

Lange afstandwedstrijd  
Breda, 26/2/2023

Programmanr. 1  
26/02/2023 - 13:00

Dames, 400m vrije slag

Juniores 2 en ouder  
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
1. Roos Englebert	Hieronymus	4:55.28 200200606	<b>4:47.24</b>		1:08.36	2:21.34	3:35.35	4:47.24
50m: 100m: 1:08.36		150m: 200m: 2:21.34	250m: 300m: 3:35.35		350m: 400m: 4:47.24			
2. Isa Jansen	SBC2000	4:50.90 200701176	<b>4:50.10</b>		1:08.09	2:22.37	3:37.37	4:50.10
50m: 100m: 1:08.09		150m: 200m: 2:22.37	250m: 300m: 3:37.37		350m: 400m: 4:50.10			
3. Yara Mels	Hieronymus	4:59.91 200700232	<b>5:12.80</b>		1:13.48	2:33.75	3:54.66	5:12.80
50m: 100m: 1:13.48		150m: 200m: 2:33.75	250m: 300m: 3:54.66		350m: 400m: 5:12.80			
4. K. van der Schrier	Hieronymus	5:30.23 200900834	<b>5:17.32</b>		1:15.69	2:38.89	4:00.99	5:17.32
50m: 100m: 1:15.69		150m: 200m: 2:38.89	250m: 300m: 4:00.99		350m: 400m: 5:17.32			
5. Jessy van Vlimmeren	Hieronymus	5:15.05 200801452	<b>5:26.77</b>		1:14.12	2:38.79	4:04.66	5:26.77
50m: 100m: 1:14.12		150m: 200m: 2:38.79	250m: 300m: 4:04.66		350m: 400m: 5:26.77			
6. Lotte Blanken	SBC2000	5:25.77 200801476	<b>5:28.24</b>		1:16.54	2:41.13	4:06.74	5:28.24
50m: 100m: 1:16.54		150m: 200m: 2:41.13	250m: 300m: 4:06.74		350m: 400m: 5:28.24			
7. Noor Vermeer	SBC2000	4:38.73 200600752	<b>5:35.00</b>		1:16.69	2:40.38	4:08.11	5:35.00
50m: 100m: 1:16.69		150m: 200m: 2:40.38	250m: 300m: 4:08.11		350m: 400m: 5:35.00			
8. Evelien Goorhuis	Hieronymus	5:30.62 201000194	<b>5:35.39</b>		1:17.92	2:43.52	4:10.83	5:35.39
50m: 100m: 1:17.92		150m: 200m: 2:43.52	250m: 300m: 4:10.83		350m: 400m: 5:35.39			
9. Evi Grauwmans	SBC2000	7:06.48 200902326	<b>5:46.22</b>		1:22.33	2:51.81	4:22.23	5:46.22
50m: 100m: 1:22.33		150m: 200m: 2:51.81	250m: 300m: 4:22.23		350m: 400m: 5:46.22			
10. Anouk Vis	Z & PC De Zeeuwse Kl	5:36.22 200900286	<b>5:51.14</b>		1:21.47	2:53.47	4:23.01	5:51.14
50m: 100m: 1:21.47		150m: 200m: 2:53.47	250m: 300m: 4:23.01		350m: 400m: 5:51.14			
11. Eva Steggerda	SBC2000	6:29.03 200901506	<b>5:52.15</b>		1:19.75	2:50.73	4:22.30	5:52.15
50m: 100m: 1:19.75		150m: 200m: 2:50.73	250m: 300m: 4:22.30		350m: 400m: 5:52.15			
12. Mila Hermans	Dzt'62	5:55.63 200801006	<b>5:59.81</b>		1:26.68	2:59.29	4:32.86	5:59.81
50m: 100m: 1:26.68		150m: 200m: 2:59.29	250m: 300m: 4:32.86		350m: 400m: 5:59.81			
13. Saar Vermeer	SBC2000	6:55.49 201000174	<b>6:00.46</b>		1:25.21	2:59.15	4:31.78	6:00.46
50m: 100m: 1:25.21		150m: 200m: 2:59.15	250m: 300m: 4:31.78		350m: 400m: 6:00.46			
14. Jools Van Volsem	De Zilvermeeuw	NT 200602592	<b>6:15.12</b>		1:25.46	3:00.41	4:38.12	6:15.12
50m: 100m: 1:25.46		150m: 200m: 3:00.41	250m: 300m: 4:38.12		350m: 400m: 6:15.12			
15. Coranda Vissers	SBC2000	5:48.14 199705706	<b>6:18.82</b>		1:27.12	3:04.11	4:42.11	6:18.82
50m: 100m: 1:27.12		150m: 200m: 3:04.11	250m: 300m: 4:42.11		350m: 400m: 6:18.82			
16. Yara Peters	SBC2000	7:53.75 200802578	<b>6:39.48</b>		1:33.60	3:18.24	5:02.00	6:39.48
50m: 100m: 1:33.60		150m: 200m: 3:18.24	250m: 300m: 5:02.00		350m: 400m: 6:39.48			
17. Door van Haperen	SBC2000	NT 201002874	<b>6:39.84</b>		1:29.97	3:14.43	4:59.83	6:39.84
50m: 100m: 1:29.97		150m: 200m: 3:14.43	250m: 300m: 4:59.83		350m: 400m: 6:39.84			
18. Els Vervaart	SBC2000	NT 201001476	<b>6:46.22</b>		1:31.04	3:15.20	5:01.14	6:46.22
50m: 100m: 1:31.04		150m: 200m: 3:15.20	250m: 300m: 5:01.14		350m: 400m: 6:46.22			
19. C. van Bruxvoort	SG SCOM/de Zeehond	6:55.85 197700138	<b>6:53.17</b>		1:33.91	3:18.20	5:06.62	6:53.17
50m: 100m: 1:33.91		150m: 200m: 3:18.20	250m: 300m: 5:06.62		350m: 400m: 6:53.17			
AFGEM Anne May Alkemade	SBC2000	5:15.46 199903374						

Lange afstandwedstrijd  
Breda, 26/2/2023

Programmanr. 2  
26/02/2023 - 13:30

Heren, 400m vrije slag

Junioren 1 en ouder  
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
1. Milco Matla	PSV	4:47.92 200600555	<b>4:43.87</b>		1:06.21	2:18.73	3:32.08	4:43.87
50m:		150m:	250m:		350m:			
100m: 1:06.21		200m: 2:18.73	300m: 3:32.08		400m: 4:43.87			
2. Aidan van der Stelt	De Geul	4:50.03 200900901	<b>4:44.93</b>		1:07.59	2:20.62	3:34.54	4:44.93
50m:		150m:	250m:		350m:			
100m: 1:07.59		200m: 2:20.62	300m: 3:34.54		400m: 4:44.93			
3. Alrik van Eeghem	Hellas-Glana	5:09.70 200600471	<b>4:59.04</b>		1:09.35	2:16.74	3:44.63	4:59.04
50m:		150m:	250m:		350m:			
100m: 1:09.35		200m: 2:16.74	300m: 3:44.63		400m: 4:59.04			
4. Max van der Spank	Hieronymus	5:25.66 201000275	<b>5:10.58</b>		1:13.28	2:33.72	3:54.16	5:10.58
50m:		150m:	250m:		350m:			
100m: 1:13.28		200m: 2:33.72	300m: 3:54.16		400m: 5:10.58			
5. Jaap Bouwmans	Dzt'62	4:50.60 198503993	<b>5:12.90</b>		1:10.31	2:28.63	3:50.96	5:12.90
50m:		150m:	250m:		350m:			
100m: 1:10.31		200m: 2:28.63	300m: 3:50.96		400m: 5:12.90			
6. Jannick van Eeghem	Hellas-Glana	6:31.26 200800147	<b>5:15.24</b>		1:14.44	2:36.33	3:59.59	5:15.24
50m:		150m:	250m:		350m:			
100m: 1:14.44		200m: 2:36.33	300m: 3:59.59		400m: 5:15.24			
7. Seppe Beunis	De Zilvermeeuw	5:05.54 200802607	<b>5:16.26</b>		1:11.50	2:33.22	3:56.54	5:16.26
50m:		150m:	250m:		350m:			
100m: 1:11.50		200m: 2:33.22	300m: 3:56.54		400m: 5:16.26			
8. B. van der Schrier	Hieronymus	5:17.30 200601915	<b>5:25.55</b>		1:13.78	2:36.58	4:02.48	5:25.55
50m:		150m:	250m:		350m:			
100m: 1:13.78		200m: 2:36.58	300m: 4:02.48		400m: 5:25.55			
9. Simeon van de Rhee	SBC2000	6:26.43 200600503	<b>5:35.63</b>		1:21.92	2:52.39	4:19.19	5:35.63
50m:		150m:	250m:		350m:			
100m: 1:21.92		200m: 2:52.39	300m: 4:19.19		400m: 5:35.63			
10. Sven Buijs	Hieronymus	8:04.97 200902853	<b>5:35.75</b>		1:18.77	2:45.61	4:12.95	5:35.75
50m:		150m:	250m:		350m:			
100m: 1:18.77		200m: 2:45.61	300m: 4:12.95		400m: 5:35.75			
11. Loek Martens	SBC2000	NT 200703773	<b>5:37.31</b>		1:16.59	2:46.60	4:15.14	5:37.31
50m:		150m:	250m:		350m:			
100m: 1:16.59		200m: 2:46.60	300m: 4:15.14		400m: 5:37.31			
12. Sibe Verhoeven	De Zilvermeeuw	5:39.97 200604289	<b>5:38.22</b>		1:12.83	2:39.50	4:10.86	5:38.22
50m:		150m:	250m:		350m:			
100m: 1:12.83		200m: 2:39.50	300m: 4:10.86		400m: 5:38.22			
13. Thijn Runia	Dzt'62	6:56.42 201000895	<b>5:38.23</b>		1:20.62	2:46.37	4:14.70	5:38.23
50m:		150m:	250m:		350m:			
100m: 1:20.62		200m: 2:46.37	300m: 4:14.70		400m: 5:38.23			
14. Senn oude Lohuis	SBC2000	6:31.39 200801067	<b>5:39.68</b>		1:20.91	2:51.03	4:19.94	5:39.68
50m:		150m:	250m:		350m:			
100m: 1:20.91		200m: 2:51.03	300m: 4:19.94		400m: 5:39.68			
15. Damian de Nijs	De Zilvermeeuw	NT 200903525	<b>5:46.56</b>		1:17.64	2:50.78	4:21.09	5:46.56
50m:		150m:	250m:		350m:			
100m: 1:17.64		200m: 2:50.78	300m: 4:21.09		400m: 5:46.56			
16. Floris Melchers	SBC2000	5:55.24 200703285	<b>5:55.75</b>		1:18.50	2:49.17	4:23.43	5:55.75
50m:		150m:	250m:		350m:			
100m: 1:18.50		200m: 2:49.17	300m: 4:23.43		400m: 5:55.75			
17. Davy Zwieters	SBC2000	6:55.48 201000419	<b>6:25.49</b>		1:21.07	2:59.64	4:43.08	6:25.49
50m:		150m:	250m:		350m:			
100m: 1:21.07		200m: 2:59.64	300m: 4:43.08		400m: 6:25.49			
DIS Ben Konings	SBC2000	NT 201002835						

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Lange afstandwedstrijd  
Breda, 26/2/2023

Programmanr. 3  
26/02/2023 - 13:50

200m wisselslag

Minioeren 5 en 6  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	100m	200m
<b>Minioeren 5 en 6, Jongens</b>							
1.	Lars Stelten	Hellas-Glana	3:18.70	201200151	<b>3:15.07</b>		3:15.07
2.	Adam Ziani	AquaDream	3:29.56	201100369	<b>3:28.42</b>		3:28.42
3.	Xander Helmons	Hieronymus	4:06.55	201101383	<b>4:01.14</b>		4:01.14
4.	Tom Verhulst	SBC2000	4:16.46	201200171	<b>4:19.04</b>		4:19.04

Minioeren 5 en Junioren 1, Meisjes

1.	Yill van Bezouw	Hieronymus	2:57.73	201100704	<b>2:44.19</b>		2:44.19
2.	Esra Simon	Hellas-Glana	2:57.16	201100004	<b>2:55.19</b>		2:55.19
3.	Sterre de Veen	Hellas-Glana	3:12.97	201100086	<b>2:56.88</b>		2:56.88
4.	Elke Kriesels	Hieronymus	3:09.88	201100898	<b>2:57.05</b>		2:57.05
5.	Lise Markes	SBC2000	3:17.15	201101276	<b>3:03.83</b>		3:03.83
6.	Sara Creemers	Hellas-Glana	3:24.36	201100242	<b>3:07.77</b>		3:07.77
7.	Fenne Hardeman	Hellas-Glana	3:18.84	201100244	<b>3:09.94</b>		3:09.94
8.	Fleur Buijs	Hieronymus	3:14.12	201100676	<b>3:19.73</b>		3:19.73
9.	Zora Spriet	De Zilvermeeuw	3:21.63	201100532	<b>3:27.02</b>		3:27.02
10.	Mischa Brouwers	Hieronymus	3:50.07	201202208	<b>3:33.30</b>		3:33.30
11.	Si Yue Chen	Hellas-Glana	3:27.72	201200260	<b>3:39.39</b>		3:39.39
12.	Sterre de Weert	Hieronymus	3:52.64	201200792	<b>4:00.09</b>		4:00.09

Programmanr. 4  
26/02/2023 - 14:05

Dames, 400m wisselslag

Junioren 2 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
1.	Benigna Kocsispeter	Hellas-Glana	5:19.61	200702058	<b>5:42.61</b>	1:14.26			5:42.61
	50m: 1:14.26	150m: 2:00m:		250m: 300m:		350m: 400m:	5:42.61		
2.	Myrthe Stelten	Hellas-Glana	5:48.12	200900234	<b>6:00.33</b>	1:21.23			6:00.33
	50m: 1:21.23	150m: 200m:		250m: 300m:		350m: 400m:	6:00.33		
3.	Rona Goverde	Hieronymus	NT	200900298	<b>6:22.76</b>	1:33.13			6:22.76
	50m: 1:33.13	150m: 200m:		250m: 300m:		350m: 400m:	6:22.76		
4.	Linn van Overveld	Z.D.F.	NT	200703456	<b>6:23.85</b>	1:30.08			6:23.85
	50m: 1:30.08	150m: 200m:		250m: 300m:		350m: 400m:	6:23.85		
5.	Noor Ruitenbeek	Z & PC De Zeeuwse Kust	NT	200900250	<b>6:33.89</b>	1:27.31			6:33.89
	50m: 1:27.31	150m: 200m:		250m: 300m:		350m: 400m:	6:33.89		
6.	Ilona Helmons	Hieronymus	NT	200903522	<b>6:46.81</b>	1:39.30			6:46.81
	50m: 1:39.30	150m: 200m:		250m: 300m:		350m: 400m:	6:46.81		

Programmanr. 5  
26/02/2023 - 14:15

Heren, 400m wisselslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
1.	Bjorn van den Berge	Z & PC De Zeeuwse Kust	4:57.40	200701991	<b>5:13.09</b>	1:12.08			5:13.09
	50m: 1:12.08	150m: 200m:		250m: 300m:		350m: 400m:	5:13.09		
2.	Tijmen Puijssers	Hieronymus	5:38.91	201000129	<b>5:40.87</b>	1:23.21			5:40.87
	50m: 1:23.21	150m: 200m:		250m: 300m:		350m: 400m:	5:40.87		

Lange afstandwedstrijd  
Breda, 26/2/2023

Programmanr. 6  
26/02/2023 - 14:25

400m vrije slag

Minioren 5 en 6  
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
<b>Minioren 5 en 6, Jongens</b>								
1. H. Kuzey Kudat	Hellas-Glana	6:09.27	201201917	<b>6:12.47</b>	1:24.78	3:00.80	4:38.64	6:12.47
50m:		150m:		250m:	350m:			
100m: 1:24.78		200m: 3:00.80		300m: 4:38.64	400m: 6:12.47			
2. Jaro Hermans	Dzt'62	NT	201200173	<b>6:39.08</b>	1:27.88	3:09.35	4:50.25	6:39.08
50m:		150m:		250m:	350m:			
100m: 1:27.88		200m: 3:09.35		300m: 4:50.25	400m: 6:39.08			

Minioren 5 en Junioren 1, Meisjes

1. Sterre de Veen	Hellas-Glana	5:23.96	201100086	<b>5:38.79</b>	1:19.73	2:46.80	4:14.55	5:38.79
50m:		150m:		250m:	350m:			
100m: 1:19.73		200m: 2:46.80		300m: 4:14.55	400m: 5:38.79			
2. Dagmar Wierckx	SBC2000	6:24.30	201101278	<b>6:04.77</b>	1:25.72	3:00.77	4:35.84	6:04.77
50m:		150m:		250m:	350m:			
100m: 1:25.72		200m: 3:00.77		300m: 4:35.84	400m: 6:04.77			
3. Dagmara Drobig	Hieronymus	NT	201101786	<b>6:49.38</b>	1:34.59	3:19.88	5:07.24	6:49.38
50m:		150m:		250m:	350m:			
100m: 1:34.59		200m: 3:19.88		300m: 5:07.24	400m: 6:49.38			

Programmanr. 7  
26/02/2023 - 14:30

Dames, 1500m vrije slag

Junioren 2 en ouder  
Resultaten

rang naam	vereniging	intijd	tijd	RT
1. Manon Ritten	PSV	17:23.78	200002440	<b>18:24.28</b>
100m: 1:06.90	1:06.90	500m: 5:59.68	1:12.74	900m: 10:55.29
200m: 2:19.41	1:12.51	600m: 7:12.94	1:13.26	1000m: 12:09.55
300m: 3:33.65	1:14.24	700m: 8:26.67	1:13.73	1100m: 13:24.57
400m: 4:46.94	1:13.29	800m: 9:41.17	1:14.50	1200m: 14:39.62
1300m: 15:55.48				1:14.12
1400m: 17:11.21				1:14.26
1500m: 18:24.28				1:15.02
1:15.07				1:15.05
2. Kirsten Walraven	Z & PC De Zeeuwse Kust	18:39.07	200001358	<b>19:26.36</b>
100m: 1:08.45	1:08.45	500m: 6:18.04	1:12.74	900m: 11:31.84
200m: 2:24.62	1:16.17	600m: 7:36.87	1:18.83	1000m: 12:51.05
300m: 3:41.73	1:17.11	700m: 8:55.24	1:18.37	1100m: 14:09.97
400m: 4:59.88	1:17.11	800m: 10:13.87	1:18.63	1200m: 15:29.45
1300m: 16:48.89				1:17.97
1400m: 18:08.01				1:19.21
1500m: 19:26.36				1:18.92
1:18.35				1:19.48
3. Lieke Duijnkerke	Z & PC De Zeeuwse Kust	21:12.86	200700468	<b>19:42.58</b>
100m: 1:11.16	1:11.16	500m: 6:22.99	1:19.13	900m: 11:43.39
200m: 2:28.24	1:17.08	600m: 7:43.20	1:20.21	1000m: 13:03.65
300m: 3:45.47	1:17.23	700m: 9:02.96	1:19.76	1100m: 14:24.12
400m: 5:03.86	1:18.39	800m: 10:23.08	1:20.12	1200m: 15:43.75
1300m: 17:04.53				1:20.31
1400m: 18:26.10				1:20.26
1500m: 19:42.58				1:20.47
1:16.48				1:19.63
4. Shanna Joppe	Hieronymus	20:06.12	200601186	<b>20:52.64</b>
100m: 1:14.13	1:14.13	500m: 6:46.90	1:24.33	900m: 12:30.79
200m: 2:35.22	1:21.09	600m: 8:11.82	1:24.92	1000m: 13:56.39
300m: 3:58.33	1:23.11	700m: 9:37.31	1:25.49	1100m: 15:21.66
400m: 5:22.57	1:24.24	800m: 11:03.95	1:26.64	1200m: 16:45.74
1300m: 18:09.23				1:26.84
1400m: 19:34.34				1:25.60
1500m: 20:52.64				1:25.27
1:18.30				1:24.08
5. Vera Bastiaensen	Hieronymus	NT	200800572	<b>21:52.87</b>
100m: 1:18.86	1:18.86	500m: 7:06.49	1:27.82	900m: 13:01.47
200m: 2:44.41	1:25.55	600m: 8:35.09	1:28.60	1000m: 14:30.78
300m: 4:10.34	1:25.93	700m: 10:04.22	1:29.13	1100m: 16:00.15
400m: 5:38.67	1:28.33	800m: 11:33.45	1:29.23	1200m: 17:30.25
1300m: 18:59.24				1:28.02
1400m: 20:27.73				1:29.31
1500m: 21:52.87				1:29.37
1:25.14				1:30.10
6. Ashley Mercera	SG SCOM/de Zeehond'73	21:53.61	201000178	<b>22:27.98</b>
100m: 1:19.74	1:19.74	500m: 7:16.68	1:30.72	900m: 13:17.55
200m: 2:46.87	1:27.13	600m: 8:47.42	1:30.74	1000m: 14:51.06
300m: 4:16.39	1:29.52	700m: 10:16.47	1:29.05	1100m: 16:24.79
400m: 5:45.96	1:29.57	800m: 11:46.50	1:30.03	1200m: 17:58.72
1300m: 19:30.22				1:31.05
1400m: 21:02.67				1:33.51
1500m: 22:27.98				1:33.73
1:25.31				1:33.93
7. Kim Teljeur	AquaDream	NT	200202154	<b>22:48.29</b>
100m: 1:22.17	1:22.17	500m: 7:28.12	1:33.26	900m: 13:39.74
200m: 2:53.36	1:31.19	600m: 9:00.82	1:32.70	1000m: 15:13.43
300m: 4:23.96	1:30.60	700m: 10:34.89	1:34.07	1100m: 16:47.19
400m: 5:54.86	1:30.90	800m: 12:08.02	1:33.13	1200m: 18:20.57
1300m: 19:51.93				1:31.72
1400m: 21:21.63				1:33.69
1500m: 22:48.29				1:33.76
1:26.66				1:33.38
8. Linn van Overveld	Z.D.F.	NT	200703456	<b>23:28.09</b>
100m: 1:25.06	1:25.06	500m: 7:38.67	1:33.64	900m: 13:57.11
200m: 2:57.64	1:32.58	600m: 9:13.17	1:34.50	1000m: 15:34.48
300m: 4:31.69	1:34.05	700m: 10:47.17	1:34.00	1100m: 17:10.23
400m: 6:05.03	1:33.34	800m: 12:21.83	1:34.66	1200m: 18:46.41
1300m: 20:22.18				1:35.28
1400m: 21:56.13				1:37.37
1500m: 23:28.09				1:35.75
1:31.96				1:36.18

Lange afstandwedstrijd  
Breda, 26/2/2023

Programmanr. 7, Dames, 1500m vrije slag, Junioren 2 en ouder

rang	naam	vereniging	intijd				tijd				RT	
9.	Leonie Heijboer	SBC2000	NT				199205400				<b>24:10.96</b>	
	100m:	1:26.02	1:26.02	500m:	7:56.51	1:39.63	900m:	14:33.33	1:38.39	1300m:	21:06.21	1:34.47
	200m:	3:00.86	1:34.84	600m:	9:36.05	1:39.54	1000m:	16:12.76	1:39.43	1400m:	22:41.00	1:34.79
	300m:	4:38.01	1:37.15	700m:	11:17.87	1:41.82	1100m:	17:52.56	1:39.80	1500m:	24:10.96	1:29.96
	400m:	6:16.88	1:38.87	800m:	12:54.94	1:37.07	1200m:	19:31.74	1:39.18			
10.	Mascha Schijvenaars	De Zilvermeeuw	31:31.37				197900754				<b>32:57.82</b>	
	100m:	1:54.18	1:54.18	500m:	10:46.98	2:14.04	900m:	19:41.34	2:13.53	1300m:	28:34.73	2:12.93
	200m:	4:05.46	2:11.28	600m:	13:00.58	2:13.60	1000m:	21:54.28	2:12.94	1400m:	30:48.17	2:13.44
	300m:	6:19.54	2:14.08	700m:	15:14.54	2:13.96	1100m:	24:07.77	2:13.49	1500m:	32:57.82	2:09.65
	400m:	8:32.94	2:13.40	800m:	17:27.81	2:13.27	1200m:	26:21.80	2:14.03			

Programmanr. 8  
26/02/2023 - 15:45

Heren, 200m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd		tijd	RT	100m	200m
1.	Jaap Bouwmans	Dzt'62	2:22.70	198503993	<b>2:26.56</b>		1:10.18	2:26.56
2.	Jannick van Eeghem	Hellas-Glana	2:25.18	200800147	<b>2:26.63</b>		1:12.46	2:26.63
3.	Berend van der Schrier	Hieronymus	2:23.56	200601915	<b>2:29.47</b>		1:10.82	2:29.47
4.	Sibe Verhoeven	De Zilvermeeuw	2:26.36	200604289	<b>2:30.35</b>		1:10.29	2:30.35
5.	Loek Martens	SBC2000	3:24.64	200703773	<b>2:37.57</b>		1:15.51	2:37.57
6.	Si Tian Chen	Hellas-Glana	2:47.06	201001069	<b>2:53.70</b>		1:22.34	2:53.70
7.	Davy Zwiers	SBC2000	3:07.20	201000419	<b>3:00.94</b>		1:23.96	3:00.94
8.	Ben Konings	SBC2000	3:23.95	201002835	<b>3:10.64</b>		1:28.38	3:10.64

Programmanr. 9  
26/02/2023 - 15:55

Dames, 200m vrije slag

Junioren 2 en ouder  
Resultaten

rang	naam	vereniging	intijd		tijd	RT	100m	200m
1.	Roos Englebert	Hieronymus	2:18.56	200200606	<b>2:15.71</b>		1:05.72	2:15.71
2.	Ilona Helmons	Hieronymus	2:55.21	200903522	<b>2:47.53</b>		1:20.74	2:47.53
3.	Suze Wegkamp	SBC2000	2:43.66	200403032	<b>2:48.05</b>		1:21.19	2:48.05
4.	Yara Peters	SBC2000	3:29.69	200802578	<b>3:05.60</b>		1:28.55	3:05.60
AFGEM	Anne May Alkemade	SBC2000	2:37.47	199903374				

Programmanr. 10  
26/02/2023 - 15:55

Heren, 200m wisselslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd		tijd	RT	100m	200m
1.	Bjorn van den Berge	Z & PC De Zeeuwse Kust	2:24.53	200701991	<b>2:24.58</b>			2:24.58
2.	Milco Matla	PSV	2:29.61	200600555	<b>2:30.71</b>			2:30.71
3.	Alrik van Eeghem	Hellas-Glana	2:52.91	200600471	<b>2:35.77</b>			2:35.77
4.	Aidan van der Stelt	De Geul	2:48.48	200900901	<b>2:40.82</b>			2:40.82
5.	Thijmen Pruijssers	Hieronymus	2:59.31	201000129	<b>2:41.06</b>			2:41.06
6.	Max van der Spank	Hieronymus	2:49.09	201000275	<b>2:42.02</b>			2:42.02
7.	Simeon van de Rhee	SBC2000	3:11.40	200600503	<b>2:52.24</b>			2:52.24
8.	Thijn Runia	Dzt'62	2:50.56	201000895	<b>2:52.65</b>			2:52.65
9.	Damian de Nijs	De Zilvermeeuw	2:55.95	200903525	<b>2:56.26</b>			2:56.26
10.	Senn oude Lohuis	SBC2000	3:11.72	200801067	<b>2:59.22</b>			2:59.22
11.	Floris Melchers	SBC2000	NT	200703285	<b>3:13.30</b>			3:13.30
12.	Si Tian Chen	Hellas-Glana	3:26.89	201001069	<b>3:14.80</b>			3:14.80

Lange afstandwedstrijd  
Breda, 26/2/2023

Programmanr. 11  
26/02/2023 - 16:05

Dames, 200m wisselslag

Junioren 2 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	100m	200m
1.	Noor Vermeer	SBC2000	2:28.68	200600752	<b>2:43.68</b>		2:43.68
2.	Myrthe Stelten	Hellas-Glana	2:39.07	200900234	<b>2:43.87</b>		2:43.87
3.	Jessy van Vlimmeren	Hieronymus	2:48.73	200801452	<b>2:44.24</b>		2:44.24
4.	Karlijn van der Schrier	Hieronymus	2:54.98	200900834	<b>2:45.58</b>		2:45.58
5.	Evelien Goorhuis	Hieronymus	2:56.68	201000194	<b>2:53.81</b>		2:53.81
6.	Rona Goverde	Hieronymus	2:51.54	200900298	<b>3:00.83</b>		3:00.83
7.	Anouk Vis	Z & PC De Zeeuwse Kust	2:55.50	200900286	<b>3:01.53</b>		3:01.53
8.	Evi Grauwmans	SBC2000	2:58.56	200902326	<b>3:03.57</b>		3:03.57
9.	Saar Vermeer	SBC2000	NT	201000174	<b>3:03.61</b>		3:03.61
10.	Britt Jongeneelen	Hieronymus	3:32.75	201000196	<b>3:12.27</b>		3:12.27
11.	Eva Steggerda	SBC2000	3:34.43	200901506	<b>3:12.91</b>		3:12.91
12.	Mila Hermans	Dzt'62	3:23.02	200801006	<b>3:13.99</b>		3:13.99
13.	Jools Van Volsem	De Zilvermeeuw	3:14.37	200602592	<b>3:15.03</b>		3:15.03
14.	Elize Wijzenbeek	Hellas-Glana	3:25.58	201001338	<b>3:18.86</b>		3:18.86
15.	Door van Haperen	SBC2000	3:53.38	201002874	<b>3:27.39</b>		3:27.39
16.	Els Vervaart	SBC2000	NT	201001476	<b>3:28.99</b>		3:28.99
17.	C. van Bruxvoort	SG SCOM/de Zeehond'73	3:45.34	197700138	<b>3:45.24</b>		3:45.24

Programmanr. 12  
26/02/2023 - 16:15

100m vrije slag

Minioren 5 en 6  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Minioren 5 en 6, Jongens</b>					
1.	H. Kuzey Kudat	Hellas-Glana	1:14.70	201201917	<b>1:16.93</b>
2.	Lars Stelten	Hellas-Glana	1:33.15	201200151	<b>1:28.31</b>
3.	Xander Helmons	Hieronymus	1:35.94	201101383	<b>1:34.72</b>
4.	Douwe Jonker	SBC2000	1:44.01	201101465	<b>1:37.45</b>
5.	Tom Verhulst	SBC2000	1:48.62	201200171	<b>1:41.77</b>
6.	Jakov Deskovski	SBC2000	2:15.03	201201353	<b>1:47.72</b>

Minioren 5 en Junioren 1, Meisjes

1.	Yill van Bezouw	Hieronymus	1:16.07	201100704	<b>1:08.09</b>
2.	Elke Kriesels	Hieronymus	1:17.99	201100898	<b>1:11.10</b>
3.	Sterre de Veen	Hellas-Glana	1:20.14	201100086	<b>1:11.69</b>
4.	Esra Simon	Hellas-Glana	1:13.49	201100004	<b>1:14.55</b>
5.	Lise Markes	SBC2000	1:18.85	201101276	<b>1:16.45</b>
6.	Dagmar Wierckx	SBC2000	1:23.68	201101278	<b>1:20.78</b>
7.	Fenne Hardeman	Hellas-Glana	1:33.66	201100244	<b>1:21.19</b>
8.	Zora Spriet	De Zilvermeeuw	1:25.47	201100532	<b>1:24.05</b>
9.	Lincy Sussek	SBC2000	NT	201102604	<b>1:27.20</b>
10.	Mischa Brouwers	Hieronymus	1:27.19	201202208	<b>1:27.55</b>
11.	Si Yue Chen	Hellas-Glana	1:28.72	201200260	<b>1:33.09</b>
12.	Aleksandra Zieltjens	SBC2000	NT	201201744	<b>1:42.09</b>
13.	Sterre de Weert	Hieronymus	1:38.12	201200792	<b>1:45.25</b>
14.	Kelly Wong	SBC2000	NT	201103012	<b>1:46.53</b>

Programmanr. 13  
26/02/2023 - 16:25

Heren, 1500m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Efe öngören	Blue Marlins	16:18.25	200504459	<b>16:38.80</b>			
	100m: 59.61	59.61	500m: 5:24.20	1:06.63	900m: 9:54.72	1:07.71	1300m: 14:27.60	1:08.02
	200m: 2:05.50	1:05.89	600m: 6:31.45	1:07.25	1000m: 11:02.80	1:08.08	1400m: 15:35.18	1:07.58
	300m: 3:10.85	1:05.35	700m: 7:39.15	1:07.70	1100m: 12:11.23	1:08.43	1500m: 16:38.80	1:03.62
	400m: 4:17.57	1:06.72	800m: 8:47.01	1:07.86	1200m: 13:19.58	1:08.35		
2.	Bas Blanker	SG SCOM/de Zeehond'73	18:03.95	200601497	<b>17:25.18</b>			
	100m: 1:05.52	1:05.52	500m: 5:45.69	1:09.86	900m: 10:27.88	1:10.33	1300m: 15:07.90	1:10.08
	200m: 2:15.47	1:09.95	600m: 6:55.99	1:10.30	1000m: 11:38.27	1:10.39	1400m: 16:19.50	1:11.60
	300m: 3:25.39	1:09.92	700m: 8:06.90	1:10.91	1100m: 12:48.08	1:09.81	1500m: 17:25.18	1:05.68
	400m: 4:35.83	1:10.44	800m: 9:17.55	1:10.65	1200m: 13:57.82	1:09.74		

Lange afstandwedstrijd  
Breda, 26/2/2023

Programmanr. 13, Heren, 1500m vrije slag, Junioren 1 en ouder

rang	naam	vereniging	intijd	tijd	RT			
3.	Lucas van Rooij	PSV	17:45.58	200603943	<b>17:33.62</b>			
	100m: 1:05.49	1:05.49	500m: 5:46.57	1:10.27	900m: 10:31.66	1:11.67	1300m: 15:14.47	1:10.41
	200m: 2:15.70	1:10.21	600m: 6:57.32	1:10.75	1000m: 11:42.47	1:10.81	1400m: 16:25.15	1:10.68
	300m: 3:25.81	1:10.11	700m: 8:08.49	1:11.17	1100m: 12:52.98	1:10.51	1500m: 17:33.62	1:08.47
	400m: 4:36.30	1:10.49	800m: 9:19.99	1:11.50	1200m: 14:04.06	1:11.08		
4.	Seppe Beunis	De Zilvermeeuw	NT	200802607	<b>21:24.12</b>			
	100m: 1:14.00	1:14.00	500m: 6:57.45	1:26.90	900m: 12:49.08	1:28.06	1300m: 18:40.34	1:27.06
	200m: 2:38.23	1:24.23	600m: 8:25.30	1:27.85	1000m: 14:17.68	1:28.60	1400m: 20:07.65	1:27.31
	300m: 4:03.81	1:25.58	700m: 9:52.74	1:27.44	1100m: 15:45.11	1:27.43	1500m: 21:24.12	1:16.47
	400m: 5:30.55	1:26.74	800m: 11:21.02	1:28.28	1200m: 17:13.28	1:28.17		
5.	Joshua Prevoo	Hieronymus	NT	200603841	<b>21:27.35</b>			
	100m: 1:14.03	1:14.03	500m: 6:49.53	1:26.20	900m: 12:37.55	1:27.82	1300m: 18:35.62	1:31.34
	200m: 2:35.96	1:21.93	600m: 8:16.18	1:26.65	1000m: 14:05.56	1:28.01	1400m: 20:04.55	1:28.93
	300m: 3:58.93	1:22.97	700m: 9:42.75	1:26.57	1100m: 15:34.61	1:29.05	1500m: 21:27.35	1:22.80
	400m: 5:23.33	1:24.40	800m: 11:09.73	1:26.98	1200m: 17:04.28	1:29.67		
6.	Tibbe Rongen	SBC2000	NT	200801929	<b>22:17.61</b>			
	100m: 1:20.62	1:20.62	500m: 7:28.81	1:30.66	900m: 13:32.92	1:31.47	1300m: 19:31.13	1:29.03
	200m: 2:52.12	1:31.50	600m: 8:58.39	1:29.58	1000m: 15:03.47	1:30.55	1400m: 21:00.59	1:29.46
	300m: 4:24.95	1:32.83	700m: 10:29.89	1:31.50	1100m: 16:33.84	1:30.37	1500m: 22:17.61	1:17.02
	400m: 5:58.15	1:33.20	800m: 12:01.45	1:31.56	1200m: 18:02.10	1:28.26		
7.	Tycho Meliefste	Z & PC De Zeeuwse Kust	NT	200802597	<b>22:54.67</b>			
	100m: 1:14.63	1:14.63	500m: 7:17.23	1:33.33	900m: 13:32.55	1:34.10	1300m: 19:53.78	1:35.13
	200m: 2:41.88	1:27.25	600m: 8:51.50	1:34.27	1000m: 15:07.88	1:35.33	1400m: 21:30.40	1:36.62
	300m: 4:12.04	1:30.16	700m: 10:25.13	1:33.63	1100m: 16:43.31	1:35.43	1500m: 22:54.67	1:24.27
	400m: 5:43.90	1:31.86	800m: 11:58.45	1:33.32	1200m: 18:18.65	1:35.34		
8.	Jayden Bergman	SBC2000	NT	200701343	<b>24:50.26</b>			
	100m: 1:23.13	1:23.13	500m: 7:58.13	1:40.62	900m: 14:40.27	1:41.68	1300m: 21:29.89	1:40.75
	200m: 2:58.96	1:35.83	600m: 9:36.06	1:37.93	1000m: 16:22.43	1:42.16	1400m: 23:12.66	1:42.77
	300m: 4:37.79	1:38.83	700m: 11:17.29	1:41.23	1100m: 18:05.46	1:43.03	1500m: 24:50.26	1:37.60
	400m: 6:17.51	1:39.72	800m: 12:58.59	1:41.30	1200m: 19:49.14	1:43.68		
9.	Bram Palinckx	De Zilvermeeuw	NT	197601721	<b>35:26.87</b>			
	100m: 1:55.78	1:55.78	500m: 11:23.51	2:25.14	900m: 20:59.72	2:23.56	1300m: 30:37.81	2:24.78
	200m: 4:12.65	2:16.87	600m: 13:47.58	2:24.07	1000m: 23:24.26	2:24.54	1400m: 33:06.04	2:28.23
	300m: 6:34.63	2:21.98	700m: 16:12.53	2:24.95	1100m: 25:48.62	2:24.36	1500m: 35:26.87	2:20.83
	400m: 8:58.37	2:23.74	800m: 18:36.16	2:23.63	1200m: 28:13.03	2:24.41		
DIS	Justin Steenkamp	PSV	17:39.64	200404133				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
AFGEM	Matthijs Ruitenbeek	Z & PC De Zeeuwse Kust	NT	197201615				

Programmanr. 14  
26/02/2023 - 17:05

Dames, 800m vrije slag

Junioren 2 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Jade van der Schrier	Azc	9:53.59	200800692	<b>9:36.13</b>			
	100m: 1:05.34	1:05.34	300m: 3:30.69	1:13.14	500m: 5:59.18	1:14.35	700m: 8:27.12	1:13.98
	200m: 2:17.55	1:12.21	400m: 4:44.83	1:14.14	600m: 7:13.14	1:13.96	800m: 9:36.13	1:09.01
2.	Isa Jansen	SBC2000	10:28.36	200701176	<b>10:03.65</b>			
	100m: 1:08.18	1:08.18	300m: 3:40.63	1:16.54	500m: 6:14.72	1:17.31	700m: 8:49.27	1:16.98
	200m: 2:24.09	1:15.91	400m: 4:57.41	1:16.78	600m: 7:32.29	1:17.57	800m: 10:03.65	1:14.38
3.	Djelaysa Buunk	Z & PC De Zeeuwse Kust	9:59.90	200900536	<b>10:20.79</b>			
	100m: 1:11.02	1:11.02	300m: 3:47.59	1:18.77	500m: 6:27.26	1:20.09	700m: 9:05.91	1:18.15
	200m: 2:28.82	1:17.80	400m: 5:07.17	1:19.58	600m: 7:47.76	1:20.50	800m: 10:20.79	1:14.88
4.	Yara Mels	Hieronymus	10:17.80	200700232	<b>10:44.19</b>			
	100m: 1:13.00	1:13.00	300m: 3:55.96	1:22.79	500m: 6:41.21	1:22.19	700m: 9:26.47	1:21.85
	200m: 2:33.17	1:20.17	400m: 5:19.02	1:23.06	600m: 8:04.62	1:23.41	800m: 10:44.19	1:17.72
5.	Anouk Kuijlaars	PSV	10:57.77	199401700	<b>10:47.94</b>			
	100m: 1:14.00	1:14.00	300m: 3:54.83	1:21.44	500m: 6:40.55	1:23.67	700m: 9:27.32	1:22.94
	200m: 2:33.39	1:19.39	400m: 5:16.88	1:22.05	600m: 8:04.38	1:23.83	800m: 10:47.94	1:20.62
6.	Manaudou Verhaar	AquaDream	NT	200801376	<b>11:02.12</b>			
	100m: 1:15.76	1:15.76	300m: 4:00.33	1:22.25	500m: 6:50.06	1:25.81	700m: 9:42.06	1:25.21
	200m: 2:38.08	1:22.32	400m: 5:24.25	1:23.92	600m: 8:16.85	1:26.79	800m: 11:02.12	1:20.06
7.	Lotte Blanken	SBC2000	NT	200801476	<b>11:18.35</b>			
	100m: 1:19.39	1:19.39	300m: 4:13.91	1:27.41	500m: 7:05.90	1:26.17	700m: 9:57.90	1:25.58
	200m: 2:46.50	1:27.11	400m: 5:39.73	1:25.82	600m: 8:32.32	1:26.42	800m: 11:18.35	1:20.45
8.	Lotje Koenraads	SBC2000	NT	200900896	<b>11:36.45</b>			
	100m: 1:20.33	1:20.33	300m: 4:19.47	1:30.13	500m: 7:16.43	1:29.04	700m: 10:14.32	1:28.88
	200m: 2:49.34	1:29.01	400m: 5:47.39	1:27.92	600m: 8:45.44	1:29.01	800m: 11:36.45	1:22.13
9.	Renske van den Bosch	V.Z.V. Njord	11:56.82	201001828	<b>11:39.10</b>			
	100m: 1:21.85	1:21.85	300m: 4:19.17	1:30.10	500m: 7:19.77	1:30.00	700m: 10:16.72	1:28.00
	200m: 2:49.07	1:27.22	400m: 5:49.77	1:30.60	600m: 8:48.72	1:28.95	800m: 11:39.10	1:22.38

Lange afstandwedstrijd  
Breda, 26/2/2023

Programmanr. 14, Dames, 800m vrije slag, Junioren 2 en ouder

rang	naam	vereniging	intijd		tijd		RT
10.	Jayna Wagemakers	AquaDream	NT		201000226		<b>11:43.48</b>
	100m: 1:21.29	1:21.29	300m: 4:20.32	1:29.83	500m: 7:21.32	1:29.68	700m: 10:20.38 1:28.50
	200m: 2:50.49	1:29.20	400m: 5:51.64	1:31.32	600m: 8:51.88	1:30.56	800m: 11:43.48 1:23.10
11.	Elize Wijzenbeek	Hellas-Glana	13:56.03		201001338		<b>12:49.37</b>
	100m: 1:28.61	1:28.61	300m: 4:44.19	1:37.25	500m: 8:03.72	1:40.24	700m: 11:18.51 1:36.94
	200m: 3:06.94	1:38.33	400m: 6:23.48	1:39.29	600m: 9:41.57	1:37.85	800m: 12:49.37 1:30.86
12.	Coranda Vissers	SBC2000	12:47.65		199705706		<b>13:22.18</b>
	100m: 1:30.78	1:30.78	300m: 4:52.03	1:41.79	500m: 8:20.53	1:42.97	700m: 11:47.50 1:42.48
	200m: 3:10.24	1:39.46	400m: 6:37.56	1:45.53	600m: 10:05.02	1:44.49	800m: 13:22.18 1:34.68
13.	Kelly Wanrooij	De Zilvermeeuw	NT		198202564		<b>20:26.87</b>
	100m: 2:18.38	2:18.38	300m: 7:24.75	2:35.48	500m: 12:36.25	2:35.98	700m: 17:49.73 2:37.05
	200m: 4:49.27	2:30.89	400m: 10:00.27	2:35.52	600m: 15:12.68	2:36.43	800m: 20:26.87 2:37.14

Programmanr. 15  
26/02/2023 - 17:45

200m vrije slag

Minioren 5 en 6  
Resultaten

rang	naam	vereniging	intijd		tijd	RT	100m	200m
Minioren 5 en 6, Jongens								
1.	Adam Ziani	AquaDream	3:07.64	201100369	<b>3:02.48</b>		1:26.83	3:02.48
2.	Jaro Hermans	Dzt'62	2:59.71	201200173	<b>3:05.48</b>		1:25.33	3:05.48
3.	Tom Verhulst	SBC2000	3:45.06	201200171	<b>3:38.72</b>		1:47.54	3:38.72
4.	Douwe Jonker	SBC2000	3:40.20	201101465	<b>3:40.18</b>		1:44.92	3:40.18
5.	Jakov Deskovski	SBC2000	3:59.22	201201353	<b>3:56.17</b>		1:52.95	3:56.17

Minioren 5 en Junioren 1, Meisjes

1.	Yill van Bezouw	Hieronymus	2:38.46	201100704	<b>2:33.92</b>		1:15.64	2:33.92
2.	Elke Kriesels	Hieronymus	2:44.52	201100898	<b>2:39.89</b>		1:18.89	2:39.89
3.	Lise Markes	SBC2000	3:07.83	201101276	<b>2:51.31</b>		1:20.89	2:51.31
4.	Sara Creemers	Hellas-Glana	2:50.88	201100242	<b>2:52.26</b>		1:25.74	2:52.26
5.	Dagmar Wierckx	SBC2000	3:05.56	201101278	<b>2:52.99</b>		1:23.98	2:52.99
6.	Fenne Hardeman	Hellas-Glana	3:01.95	201100244	<b>2:53.54</b>		1:27.33	2:53.54
7.	Fleur Buijs	Hieronymus	3:08.49	201100676	<b>3:02.58</b>		1:28.82	3:02.58
8.	Lincy Sussek	SBC2000	NT	201102604	<b>3:24.71</b>		1:32.12	3:24.71
9.	Aleksandra Zieltjens	SBC2000	NT	201201744	<b>3:49.03</b>		1:47.64	3:49.03
10.	Kelly Wong	SBC2000	NT	201103012	<b>4:07.31</b>		1:53.40	4:07.31