

Competitie deel 4
Nijverdal, 9-3-2024

Programmanr. 2
9-3-2024 - 12:00

Heren, 4 x 50m wisselslag

Senioren Open
Resultaten

| rang | vereniging | intijd | tijd | RT |
|------|---|--|---------------------|----------------|
| 1. | De Grunte 1 Jelle Dekker 99 Robin Leideman 01 | De Grunte 1:58.82 27.38 Frank Meier 35.29 Luuk Tangenberg | 1:57.11 88 06 | 27.81 26.63 |
| 2. | De Veene 1 Nick Swinkels 02 Rolf ter Keurs 05 | De Veene 1:59.59 34.91 Diederick Schothans 30.68 Jelmer Lesscher | 2:01.89 97 01 | 30.01 26.29 |
| 3. | WWV Winterswijk 1 Luuk Jansen 04 Bryan Tankink 95 | WWV Winterswijk 2:03.59 34.02 Wessel Mous 30.54 Rolf Veldboom | 2:02.84 08 03 | 30.31 27.97 |
| 4. | WS Twente 1 Sander Riezebos 94 Lasse Ophuis 04 | WS Twente 2 2:05.29 33.11 Patrick Groeneweg 33.21 Jordi Freriksen | 2:03.10 01 03 | 28.74 28.04 |
| 5. | Sg - E Z C L 1 Wout Wilens 00 Mathijs Krieger 99 | Sg - E Z C L 2:05.72 35.09 Bram Siebers 37.37 Serge Aelen | 2:08.58 93 01 | 29.40 26.72 |
| 6. | Livo 1 Niels Bouwmeester 03 Ruud Schutten 02 | Livo 2:14.04 32.82 Bram Tombergen 38.41 Tom Oonk | 2:09.46 97 07 | 30.26 27.97 |
| 7. | Het Ravijn 1 Tijs Kruihof 07 Lanco Manaf 04 | Het Ravijn 2:03.81 28.47 William Kruihof 35.17 Yoris Vedder | 2:10.82 80 12 | 31.17 36.01 |

Programmanr. 4
9-3-2024 - 12:03

Dames, 4 x 50m vrije slag

Senioren Open
Resultaten

| rang | vereniging | intijd | tijd | RT |
|------|---|--|---------------------|----------------|
| 1. | WWV Winterswijk 1 Femke van Wijk 04 Lisa Oberink 10 | WWV Winterswijk 1:54.48 27.30 Manou Blokhorst 32.17 Michelle van Wijk | 1:53.90 04 02 | 28.33 26.10 |
| 2. | Het Ravijn 1 Ilse Valk 00 Esmee van Dijk 08 | Het Ravijn 1:58.76 30.25 Esmée de Mink 28.67 Maud Stevens | 1:57.22 06 08 | 29.57 28.73 |
| 3. | De Grunte 1 Amber Lenters 08 Chantal Meyerink 91 | De Grunte 1:58.84 30.42 Lotte Aufderhaar 29.72 Lianne Plas | 1:59.85 06 01 | 30.17 29.54 |
| 4. | Sg - E Z C L 1 Fiona Wormeester 04 Rosa Huntjens 03 | Sg - E Z C L 2:01.07 29.08 Britt Huttenhuis 33.45 Daphne Robijn-Jongedijk | 2:01.50 08 89 | 29.14 29.83 |
| 5. | Livo 1 Tara Visser 97 Aline Meuleman 04 | Livo 1:56.36 32.95 Caya Verbruggen 28.44 Lynn Rötter | 2:01.91 05 06 | 31.98 28.54 |
| 6. | WS Twente 1 Lieke Stoker 03 Zoë van den Berg 05 | WS Twente 2 2:02.56 31.50 Iris Lok 31.32 Romée Beverdam | 2:04.17 03 01 | 31.42 29.93 |
| 7. | De Veene 1 Ine-Joy Tilburg 10 Marlijn van der Zwaluw 97 | De Veene 2:06.73 32.29 Jalie Visschedijk 32.08 Kayleigh Westenberg | 2:08.76 01 00 | 32.38 32.01 |

Programmanr. 6
9-3-2024 - 12:06

Gemengd, 4 x 100m wisselslag

Junioren 4 en jonger
Resultaten

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

Competitie deel 4
Nijverdal, 9-3-2024

Programmanr. 6, Gemengd, 4 x 100m wisselslag

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|------|---------------------|-----------------|---------|----------------|------------------------|-----|-------|---------|------|
| 1. | WWV Winterswijk 1 | WWV Winterswijk | 5:10.77 | 5:06.01 | | | | | |
| | Iris Papen | 08 | 37.33 | 1:15.22 | Wessel Mous | 08 | 32.99 | 1:12.56 | |
| | Roos Vrugink | 08 | 40.61 | 1:26.46 | Luc Meerveld | 09 | 34.84 | 1:11.77 | |
| 2. | Sg - E Z C L 1 | Sg - E Z C L | 5:33.32 | 5:13.95 | | | | | |
| | Lara Heesterbeek | 12 | 40.96 | 1:25.27 | Kayleigh van Doeselaar | 10 | 37.83 | 1:21.57 | |
| | Job Volk | 08 | 39.81 | 1:23.74 | Robin Floors | 08 | 30.12 | 1:03.37 | |
| 3. | De Grunte 1 | De Grunte | 5:19.68 | 5:15.64 | | | | | |
| | Rinse de Jonge | 09 | 38.10 | 1:18.50 | Abe Pasop | 10 | 35.52 | 1:20.12 | |
| | Meike Hultink | 10 | 38.90 | 1:23.21 | Gwen Schuur | 10 | 35.62 | 1:13.81 | |
| 4. | WS Twente 1 | WS Twente 2 | 5:26.06 | 5:17.62 | | | | | |
| | Stan van der Sommen | 08 | 35.44 | 1:13.38 | Mees Elfring | 08 | 31.41 | 1:09.93 | |
| | Noor Kouman | 10 | 40.46 | 1:30.11 | Tess Fischer | 11 | 39.83 | 1:24.20 | |
| 5. | De Veene 1 | De Veene | 5:24.26 | 5:19.19 | | | | | |
| | Silvio Overbeek | 08 | 34.90 | 1:11.51 | Imke Hazewinkel | 09 | 42.51 | 1:35.25 | |
| | Claire Lohuis | 10 | 41.38 | 1:31.28 | Bram Kulpe | 09 | 29.35 | 1:01.15 | |
| 6. | Het Ravijn 1 | Het Ravijn | 5:58.59 | 6:01.85 | | | | | |
| | Luuk ten Asbroek | 12 | 41.69 | 1:26.09 | Eline Eertink | 10 | 37.10 | 1:26.93 | |
| | Merle Eshuis | 12 | 49.65 | 1:47.69 | Kian Nijen Twilhaar | 12 | 37.46 | 1:21.14 | |

Programmanr. 8
9-3-2024 - 12:12

Jongens, 200m wisselslag

Junioren 2 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|------|---|--------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. | Abe Pasop | De Grunte | 2:44.45 | 201000501 | 2:44.32 | 37.25 | 1:20.66 | 2:06.79 | 2:44.32 |
| 2. | Joep van Nijen | De Veene | 2:56.36 | 201000545 | 2:54.22 | 38.59 | 1:25.35 | 2:14.13 | 2:54.22 |
| 3. | Hidde de Jonge | De Grunte | 3:14.02 | 201101213 | 3:05.83 | 41.36 | 1:28.92 | 2:23.94 | 3:05.83 |
| 4. | Luuk ten Asbroek | Het Ravijn | 3:06.67 | 201200601 | 3:08.56 | 43.99 | 1:31.44 | 2:27.55 | 3:08.56 |
| 5. | Thom Loohuis | WS Twente 2 | NT | 201003567 | 3:22.53 | 44.32 | 1:40.85 | 2:34.14 | 3:22.53 |
| 6. | Twan Wallerbos | Livo | 3:38.13 | 201000967 | 3:26.24 | 52.64 | 1:43.43 | 2:41.53 | 3:26.24 |
| 7. | Kjelt de Wit | WS Twente 2 | 3:41.06 | 201201099 | 3:42.69 | 57.67 | 1:52.10 | 2:55.88 | 3:42.69 |
| 8. | Jarno Timmer | WS Twente 2 | 3:39.88 | 201200509 | 3:47.72 | 55.42 | 1:51.65 | 2:58.83 | 3:47.72 |
| DIS | Wesley Budde | WS Twente 2 | NT | 201001991 | | | | | |
| | <i>VH - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i> | | | | | | | | |
| DIS | Jip Welleweerd | Het Ravijn | NT | 201101337 | | | | | |
| | <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i> | | | | | | | | |
| DIS | Jens van den Berg | Sg - E Z C L | 3:24.76 | 201200331 | | | | | |
| | <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i> | | | | | | | | |
| DIS | Jelle Bonnema | Sg - E Z C L | NT | 201201295 | | | | | |
| | <i>VC - Armen niet over het water naar voren gebracht.</i> | | | | | | | | |
| DIS | Mikai ten Haaff | Livo | 3:41.70 | 201001365 | | | | | |
| | <i>VL - Het lichaam niet op de borstzijde gehouden (met uitzondering van het keerpunt).</i> | | | | | | | | |
| DIS | Stan Roerdink | Livo | 3:56.97 | 201001811 | | | | | |
| | <i>VB - Beide armen niet gelijktijdig naar voren en/of gelijktijdig achterwaarts gebracht., tevens dis VH en SK</i> | | | | | | | | |

Programmanr. 10
9-3-2024 - 12:21

Meisjes, 200m wisselslag

Junioren 2 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|------|------------------|-----------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. | Jill Goeree | Sg - E Z C L | 3:19.41 | 201101248 | 3:08.68 | 43.77 | 1:30.36 | 2:27.87 | 3:08.68 |
| 2. | Yuna Stoteler | Livo | 3:08.06 | 201101146 | 3:10.72 | 43.88 | 1:36.40 | 2:27.97 | 3:10.72 |
| 3. | Lara Heesterbeek | Sg - E Z C L | 3:19.02 | 201200102 | 3:10.87 | 42.31 | 1:31.42 | 2:26.81 | 3:10.87 |
| 4. | Zoë Richardson | WS Twente 2 | 3:27.52 | 201300560 | 3:18.35 | 42.49 | 1:34.22 | 2:34.06 | 3:18.35 |
| 5. | Nicole Krabben | Livo | 3:22.85 | 201101144 | 3:21.32 | 45.96 | 1:38.40 | 2:34.97 | 3:21.32 |
| 6. | Tess Wolterink | Livo | 3:30.14 | 201101148 | 3:21.44 | 46.24 | 1:39.29 | 2:39.77 | 3:21.44 |
| 7. | Tessa Boesveld | WWV Winterswijk | 3:31.34 | 201102166 | 3:22.21 | 44.85 | 1:35.49 | 2:37.82 | 3:22.21 |
| 8. | Anna Jansen | De Grunte | 3:40.15 | 201200248 | 3:27.38 | 47.14 | 1:39.19 | 2:36.92 | 3:27.38 |
| 9. | Fleur Brink | De Grunte | 3:43.54 | 201300022 | 3:29.08 | 48.85 | 1:42.45 | 2:41.51 | 3:29.08 |
| 10. | Tess Fischer | WS Twente 2 | 3:42.76 | 201102122 | 3:30.66 | 50.63 | 1:44.85 | 2:42.84 | 3:30.66 |
| 11. | Puck Hoekman | WS Twente 2 | 3:49.85 | 201300574 | 3:39.10 | 57.76 | 1:51.79 | 2:56.64 | 3:39.10 |
| 12. | Fenne Beernink | De Veene | NT | 201300968 | 3:43.01 | 52.20 | 1:49.72 | 2:50.65 | 3:43.01 |

Competitie deel 4
Nijverdal, 9-3-2024

Programmanr. 10, Meisjes, 200m wisselslag, Junioren 2 en jonger

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|---|-----------------|-------------------|----------------|----|-------|---------|---------|---------|
| 13. Esmee Witbreuk | Sg - E Z C L | NT 201103246 | 3:47.58 | | 53.68 | 1:56.21 | 2:55.64 | 3:47.58 |
| DIS Yentl van Os | WS Twente 2 | 4:05.87 201101400 | | | | | | |
| <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i> | | | | | | | | |
| DIS Silke Prins | WS Twente 2 | NT 201102124 | | | | | | |
| <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | | | | |
| DIS Merle Eshuis | Het Ravijn | NT 201201090 | | | | | | |
| <i>VB - Beide armen niet gelijktijdig naar voren en/of gelijktijdig achterwaarts gebracht.</i> | | | | | | | | |
| DIS Pixie-Li Delvoije | WWV Winterswijk | 3:29.84 201103224 | | | | | | |
| <i>VL - Het lichaam niet op de borstzijde gehouden (met uitzondering van het keerpunt)., tevens dis SS</i> | | | | | | | | |
| DIS Nynke Roerdink | Livo | 3:40.00 201200428 | | | | | | |
| <i>VD - Schoolslagbenen gezwommen.</i> | | | | | | | | |
| AFGEM Fiep Spijkerman | Het Ravijn | NT 201201094 | | | | | | |
| AFGEM Doutzen Stielstra | De Veene | NT 201102626 | | | | | | |

Programmanr. 11
9-3-2024 - 12:35

Heren, 100m vrije slag

Senioren Open
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------------------------|-----------------|-------------------|----------------|----|-------|---------|
| 1. Bryan Tankink | WWV Winterswijk | 55.72 199502829 | 55.15 | | 26.57 | 55.15 |
| 2. Rolf ter Keurs | De Veene | 52.14 200500137 | 55.44 | | 26.97 | 55.44 |
| 3. Jelle Dekker | De Grunte | 55.40 199901621 | 56.51 | | 27.37 | 56.51 |
| 4. Frank Meier | De Grunte | 58.80 198802355 | 57.19 | | 26.91 | 57.19 |
| 5. Jelmer Lesscher | De Veene | 57.96 200100791 | 58.10 | | 28.46 | 58.10 |
| 6. Diederick Schothans | De Veene | 56.03 199703185 | 58.58 | | 28.25 | 58.58 |
| 7. Bram Siebers | Sg - E Z C L | 59.87 199302241 | 59.73 | | 28.38 | 59.73 |
| 8. Bram Tombergen | Livo | 57.82 199701517 | 1:00.12 | | 27.83 | 1:00.12 |
| 9. Robin Leideman | De Grunte | 1:05.95 200103137 | 1:00.66 | | 29.46 | 1:00.66 |
| 10. Lanco Manaf | Het Ravijn | 1:01.02 200402715 | 1:01.87 | | 29.64 | 1:01.87 |
| 11. Luuk Jansen | WWV Winterswijk | 1:01.78 200402111 | 1:01.88 | | 29.50 | 1:01.88 |
| 12. Jordi Freriksen | WS Twente 2 | 1:02.34 200301927 | 1:02.04 | | 29.30 | 1:02.04 |
| 13. Johan Nijeboer | WS Twente 2 | 59.89 200402417 | 1:02.36 | | 29.96 | 1:02.36 |
| 14. Roy Tettero | De Grunte | 1:06.88 199203013 | 1:02.70 | | 29.65 | 1:02.70 |
| 15. Niels Bouwmeester | Livo | 1:00.50 200303365 | 1:02.80 | | 29.90 | 1:02.80 |
| 16. Lennart Muijzer | WS Twente 2 | 1:03.43 199903587 | 1:03.13 | | 29.71 | 1:03.13 |
| 17. Lars Peters | WS Twente 2 | 1:03.52 200105027 | 1:04.57 | | 30.81 | 1:04.57 |
| 18. Rolf Veldboom | WWV Winterswijk | 1:04.68 200302231 | 1:04.67 | | 32.03 | 1:04.67 |
| 19. Wout Wilens | Sg - E Z C L | 1:10.35 200001431 | 1:04.81 | | 30.98 | 1:04.81 |
| 20. Daniël Groeneweg | WS Twente 2 | 1:03.31 200300521 | 1:06.66 | | 31.27 | 1:06.66 |
| 21. Chris Kouwenhoven | De Grunte | 1:06.44 197101669 | 1:07.14 | | 31.68 | 1:07.14 |
| 22. Ruud Schutten | Livo | 1:07.96 200203475 | 1:07.64 | | 31.76 | 1:07.64 |
| 23. Mathijs Krieger | Sg - E Z C L | 1:12.23 199905361 | 1:11.10 | | 33.41 | 1:11.10 |
| 24. Thijs Overmars | Het Ravijn | 1:26.20 200703993 | 1:22.86 | | 40.37 | 1:22.86 |
| 25. Christiaan Matser | Sg - E Z C L | 1:24.71 200105573 | 1:25.56 | | 39.50 | 1:25.56 |
| AFGEM Cars Wiegmann | WS Twente 2 | 1:01.69 199401025 | | | | |
| AFGEM Marijn Heetkamp | Het Ravijn | 1:01.83 199903407 | | | | |

Programmanr. 12
9-3-2024 - 12:42

Dames, 100m vrije slag

Senioren Open
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------------------------|-----------------|-------------------|----------------|----|-------|---------|
| 1. Michelle van Wijk | WWV Winterswijk | 57.10 200204746 | 58.25 | | 28.43 | 58.25 |
| 2. Femke van Wijk | WWV Winterswijk | 1:00.17 200403434 | 1:00.14 | | 30.19 | 1:00.14 |
| 3. Lynn Rötter | Livo | 1:02.29 200600950 | 1:02.64 | | 29.97 | 1:02.64 |
| 4. Aline Meuleman | Livo | 1:01.91 200401136 | 1:03.10 | | 30.22 | 1:03.10 |
| 5. Maud Stevens | Het Ravijn | 1:03.11 200800774 | 1:03.41 | | 30.08 | 1:03.41 |
| 6. Manou Blokhorst | WWV Winterswijk | 1:02.28 200402554 | 1:03.65 | | 31.33 | 1:03.65 |
| 7. Lianne Plas | De Grunte | 1:02.95 200101214 | 1:06.43 | | 31.85 | 1:06.43 |
| 8. Romée Beverdam | WS Twente 2 | 1:06.52 200100158 | 1:06.48 | | 31.55 | 1:06.48 |
| 9. D. Robijn-Jongedijk | Sg - E Z C L | 1:05.36 198903520 | 1:06.90 | | 32.95 | 1:06.90 |

Competitie deel 4
Nijverdal, 9-3-2024

Programmanr. 12, Dames, 100m vrije slag, Senioren Open

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|---------------------|--------------|---------|-----------|---------------------|-------|---------|
| 10. | Lotte Aufderhaar | De Grunte | 1:04.70 | 200601662 | 1:08.76 | 33.19 | 1:08.76 |
| 11. | Zoë van den Berg | WS Twente 2 | 1:08.27 | 200501638 | 1:09.37 | 32.96 | 1:09.37 |
| 12. | Lieke Stoker | WS Twente 2 | 1:08.59 | 200301412 | 1:09.56 | 33.89 | 1:09.56 |
| 13. | Caya Verbruggen | Livo | 1:08.84 | 200501918 | 1:10.27 FJ 1 | 34.22 | 1:10.27 |
| 14. | Kayleigh Westenberg | De Veene | 1:07.21 | 200004064 | 1:10.27 FJ 2 | 33.44 | 1:10.27 |
| 15. | Femke Bronkhorst | Het Ravijn | NT | 199901458 | 1:10.74 | 33.36 | 1:10.74 |
| 16. | Melissa Schuurman | Sg - E Z C L | 1:11.02 | 200006800 | 1:10.84 | 33.98 | 1:10.84 |
| 17. | Christa Valk | Het Ravijn | 1:11.28 | 200600066 | 1:11.09 | 33.93 | 1:11.09 |
| 18. | M. van der Zwaluw | De Veene | 1:10.39 | 199700648 | 1:11.62 | 33.72 | 1:11.62 |
| 19. | Annemijn Elsweier | WS Twente 2 | 1:09.92 | 200600602 | 1:11.89 | 35.39 | 1:11.89 |
| 20. | Rosa Huntjens | Sg - E Z C L | 1:10.47 | 200301402 | 1:12.00 | 34.32 | 1:12.00 |
| 21. | Tara Visser | Livo | 1:14.88 | 199706112 | 1:12.63 | 35.10 | 1:12.63 |
| 22. | Noa Boerma | Het Ravijn | 1:11.52 | 200202736 | 1:12.98 | 33.59 | 1:12.98 |
| 23. | Kyonne Maas | Sg - E Z C L | 1:11.85 | 200200434 | 1:13.97 | 35.78 | 1:13.97 |
| 24. | Eline Pullen | De Grunte | 1:12.80 | 200500630 | 1:14.81 | 35.43 | 1:14.81 |
| 25. | Lotte de Vente | Het Ravijn | 1:09.43 | 199905814 | 1:15.05 | 34.92 | 1:15.05 |
| 26. | Isabel Post | WS Twente 2 | 1:17.90 | 200604582 | 1:16.65 | 37.12 | 1:16.65 |
| 27. | Marit Gerritsen | WS Twente 2 | 1:20.02 | 200200664 | 1:23.72 | 37.04 | 1:23.72 |
| 28. | Shari Lisi | Sg - E Z C L | 1:39.53 | 199108698 | 1:28.41 | 40.62 | 1:28.41 |
| DIS | Jalie Visschedijk | De Veene | 1:12.16 | 200104126 | | | |

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

| | | | | |
|-------|------------------|-------------|---------|-----------|
| AFGEM | Maud van Vondel | WS Twente 2 | 1:21.57 | 200400326 |
| AFGEM | Mijntje Wopereis | Livo | 1:01.04 | 200501920 |

Programmanr. 13
9-3-2024 - 12:50

Jongens, 400m wisselslag

Jeugd 2 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | | | |
|------|---------------------|-----------------|---------------|-----------|----------------|-------|---------------|-------|
| 1. | Tijs Kruithof | Het Ravijn | 5:40.48 | 200701181 | 5:13.92 | | | |
| | 50m: 30.69 | 30.69 | 150m: 1:48.93 | 41.16 | 250m: 3:14.77 | 45.32 | 350m: 4:39.31 | 38.70 |
| | 100m: 1:07.77 | 37.08 | 200m: 2:29.45 | 40.52 | 300m: 4:00.61 | 45.84 | 400m: 5:13.92 | 34.61 |
| 2. | Tom Oonk | Livo | NT | 200700427 | 5:41.14 | | | |
| | 50m: 36.75 | 36.75 | 150m: 2:06.85 | 43.42 | 250m: 3:38.13 | 48.44 | 350m: 5:05.44 | 38.53 |
| | 100m: 1:23.43 | 46.68 | 200m: 2:49.69 | 42.84 | 300m: 4:26.91 | 48.78 | 400m: 5:41.14 | 35.70 |
| 3. | Daniël Bruntink | WWV Winterswijk | 5:59.63 | 200702833 | 5:43.71 | | | |
| | 50m: 36.84 | 36.84 | 150m: 2:05.86 | 45.48 | 250m: 3:39.70 | 48.81 | 350m: 5:08.51 | 40.00 |
| | 100m: 1:20.38 | 43.54 | 200m: 2:50.89 | 45.03 | 300m: 4:28.51 | 48.81 | 400m: 5:43.71 | 35.20 |
| 4. | Dago Hofmeijer | WS Twente 2 | 6:02.76 | 200600121 | 5:48.70 | | | |
| | 50m: 34.52 | 34.52 | 150m: 2:07.81 | 45.25 | 250m: 3:41.98 | 50.42 | 350m: 5:11.42 | 38.66 |
| | 100m: 1:22.56 | 48.04 | 200m: 2:51.56 | 43.75 | 300m: 4:32.76 | 50.78 | 400m: 5:48.70 | 37.28 |
| 5. | Luuk Tangenberg | De Grunte | 6:11.74 | 200601183 | 5:52.20 | | | |
| | 50m: 36.00 | 36.00 | 150m: 2:03.88 | 43.68 | 250m: 3:42.33 | 54.91 | 350m: 5:14.69 | 37.27 |
| | 100m: 1:20.20 | 44.20 | 200m: 2:47.42 | 43.54 | 300m: 4:37.42 | 55.09 | 400m: 5:52.20 | 37.51 |
| 6. | Quinten Tuitert | WS Twente 2 | NT | 200600447 | 6:03.13 | | | |
| | 50m: 37.58 | 37.58 | 150m: 2:13.21 | 48.60 | 250m: 3:47.81 | 45.98 | 350m: 5:21.57 | 44.11 |
| | 100m: 1:24.61 | 47.03 | 200m: 3:01.83 | 48.62 | 300m: 4:37.46 | 49.65 | 400m: 6:03.13 | 41.56 |
| 7. | Harm Otterman | De Veene | NT | 200600507 | 6:23.96 | | | |
| | 50m: 36.42 | 36.42 | 150m: 2:19.08 | 49.19 | 250m: 4:01.34 | 54.80 | 350m: 5:41.32 | 44.20 |
| | 100m: 1:29.89 | 53.47 | 200m: 3:06.54 | 47.46 | 300m: 4:57.12 | 55.78 | 400m: 6:23.96 | 42.64 |
| 8. | Dylan van Doeselaar | Sg - E Z C L | NT | 200700477 | 6:24.90 | | | |
| | 50m: 37.47 | 37.47 | 150m: 2:11.51 | 47.03 | 250m: 3:53.53 | 56.62 | 350m: 5:37.61 | 46.92 |
| | 100m: 1:24.48 | 47.01 | 200m: 2:56.91 | 45.40 | 300m: 4:50.69 | 57.16 | 400m: 6:24.90 | 47.29 |
| 9. | Mick Tapper | WS Twente 2 | NT | 200702471 | 6:26.33 | | | |
| | 50m: 37.89 | 37.89 | 150m: 2:12.97 | 47.94 | 250m: 3:58.08 | 54.31 | 350m: 5:40.10 | 47.91 |
| | 100m: 1:25.03 | 47.14 | 200m: 3:03.77 | 50.80 | 300m: 4:52.19 | 54.11 | 400m: 6:26.33 | 46.23 |
| 10. | Jur Hoekman | WS Twente 2 | 6:32.20 | 200600801 | 6:33.99 | | | |
| | 50m: 35.40 | 35.40 | 150m: 2:17.04 | 51.69 | 250m: 4:05.70 | 56.93 | 350m: 5:49.06 | 44.00 |
| | 100m: 1:25.35 | 49.95 | 200m: 3:08.77 | 51.73 | 300m: 5:05.06 | 59.36 | 400m: 6:33.99 | 44.93 |
| 11. | Kay Lubbers | WS Twente 2 | NT | 200600987 | 6:36.23 | | | |
| | 50m: 37.92 | 37.92 | 150m: 2:17.08 | 49.40 | 250m: 4:03.06 | 56.05 | 350m: 5:48.93 | 47.94 |
| | 100m: 1:27.68 | 49.76 | 200m: 3:07.01 | 49.93 | 300m: 5:00.99 | 57.93 | 400m: 6:36.23 | 47.30 |
| DIS | Job Volk | Sg - E Z C L | NT | 200800395 | | | | |

SP - 1 of meerdere neerwaartse (stuwende) vlinderbeenslagen gemaakt na de 1e schoolslagbeenslag.

Competitie deel 4
Nijverdal, 9-3-2024

Programmanr. 13, Jongens, 400m wisselslag, Jeugd 2 en jonger

| rang | naam | vereniging | intijd | tijd | RT |
|-------|---|-------------|---------|-----------|----|
| DIS | Bram Kulpe <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i> | De Veene | 6:17.71 | 200900329 | |
| AFGEM | Dusan Jelic | WS Twente 2 | NT | 200703701 | |

Programmanr. 14
9-3-2024 - 13:04

Meisjes, 400m wisselslag

Jeugd 2 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|---|---|---|---|----------------------------------|
| 1. | Esmee van Dijk 50m: 33.64 100m: 1:16.72 | Het Ravijn 33.64 150m: 2:02.54 43.08 200m: 2:46.45 | 5:55.69 45.82 250m: 3:36.09 43.91 300m: 4:26.59 | 200803180 49.64 350m: 5:06.48 50.50 400m: 5:44.92 | 5:44.92 39.89 38.44 |
| 2. | Iris Papen 50m: 37.21 100m: 1:22.63 | WWV Winterswijk 37.21 150m: 2:07.50 45.42 200m: 2:50.32 | 5:59.56 44.87 250m: 3:43.55 42.82 300m: 4:38.38 | 200802842 53.23 350m: 5:21.03 54.83 400m: 6:00.56 | 6:00.56 42.65 39.53 |
| 3. | Roos Vrugink 50m: 40.88 100m: 1:29.05 | WWV Winterswijk 40.88 150m: 2:14.42 48.17 200m: 2:59.03 | 5:59.88 45.37 250m: 3:49.17 44.61 300m: 4:40.77 | 200801040 50.14 350m: 5:22.98 51.60 400m: 6:02.14 | 6:02.14 42.21 39.16 |
| 4. | Femke Budde 50m: 35.91 100m: 1:11.82 | WS Twente 2 35.91 150m: 2:05.19 35.91 200m: 2:48.89 | 6:01.21 53.37 250m: 3:41.54 43.70 300m: 4:35.07 | 200801460 52.65 350m: 5:20.43 53.53 400m: 6:03.84 | 6:03.84 45.36 43.41 |
| 5. | Britt Huttenhuis 50m: 37.58 100m: 1:24.01 | Sg - E Z C L 37.58 150m: 2:11.38 46.43 200m: 2:57.29 | 6:05.07 47.37 250m: 3:49.63 45.91 300m: 4:43.93 | 200802446 52.34 350m: 5:27.57 54.30 400m: 6:08.03 | 6:08.03 43.64 40.46 |
| 6. | Kayleigh van Doeselaar 50m: 39.91 100m: 1:27.26 | Sg - E Z C L 39.91 150m: 2:14.83 47.35 200m: 2:59.69 | 7:03.34 47.57 250m: 3:54.40 44.86 300m: 4:48.41 | 201000478 54.71 350m: 5:30.96 54.01 400m: 6:11.69 | 6:11.69 42.55 40.73 |
| 7. | Jet Rötter 50m: 44.57 100m: 1:38.18 | Livo 44.57 150m: 2:23.85 53.61 200m: 3:08.76 | NT 45.67 250m: 4:01.36 44.91 300m: 4:54.04 | 200803192 52.60 350m: 5:39.84 52.68 400m: 6:20.15 | 6:20.15 45.80 40.31 |
| 8. | Ine-Joy Tilburg 50m: 39.56 100m: 1:28.86 | De Veene 39.56 150m: 2:19.09 49.30 200m: 3:06.98 | 7:17.60 50.23 250m: 4:01.58 47.89 300m: 4:56.29 | 201002036 54.60 350m: 5:41.67 54.71 400m: 6:22.43 | 6:22.43 45.38 40.76 |
| 9. | Marlies Jansen 50m: 37.02 100m: 1:20.23 | WWV Winterswijk 37.02 150m: 2:10.00 43.21 200m: 2:58.26 | 5:59.98 49.77 250m: 3:59.63 48.26 300m: 5:01.95 | 200701904 1:01.37 350m: 5:46.71 1:02.32 400m: 6:29.95 | 6:29.95 44.76 43.24 |
| 10. | Jorien Hogebrug 50m: 43.38 100m: 1:35.01 | WS Twente 2 43.38 150m: 2:24.50 51.63 200m: 3:12.57 | 6:47.36 49.49 250m: 4:09.39 48.07 300m: 5:06.50 | 200702260 56.82 350m: 5:53.73 57.11 400m: 6:39.46 | 6:39.46 47.23 45.73 |
| 11. | Lieke Kamphuis 50m: 41.16 100m: 1:34.96 | Sg - E Z C L 41.16 150m: 2:29.14 53.80 200m: 3:22.26 | NT 54.18 250m: 4:21.58 53.12 300m: 5:21.47 | 200701448 59.32 350m: 6:12.45 59.89 400m: 6:57.44 | 6:57.44 50.98 44.99 |
| 12. | Sophie Schuirink 50m: 41.16 100m: 1:33.13 | Livo 41.16 150m: 2:35.17 51.97 200m: 3:35.53 | NT 1:02.04 250m: 4:34.80 1:00.36 300m: 5:34.21 | 200802450 59.27 350m: 6:23.65 59.41 400m: 7:10.64 | 7:10.64 49.44 46.99 |
| 13. | Elina Hendriks 50m: 43.96 100m: 1:38.74 | De Grunte 43.96 150m: 2:33.66 54.78 200m: 3:28.21 | 7:25.48 54.92 250m: 4:30.60 54.55 300m: 5:35.88 | 200801178 1:02.39 350m: 6:27.15 1:05.28 400m: 7:14.02 | 7:14.02 51.27 46.87 |
| NG | Amber Lenters | De Grunte | 6:21.82 | 200800700 | |

Programmanr. 15
9-3-2024 - 13:20

Jongens, 200m wisselslag

Junioren 4 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|------|--------------------|-----------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. | Wessel Mous | WWV Winterswijk | 2:37.74 | 200802477 | 2:35.68 | 33.10 | 1:12.77 | 2:01.43 | 2:35.68 |
| 2. | Mees Elfring | WS Twente 2 | 2:41.23 | 200800009 | 2:35.91 | 32.50 | 1:14.92 | 2:00.40 | 2:35.91 |
| 3. | Silvio Overbeeke | De Veene | 2:45.66 | 200801889 | 2:45.63 | 36.84 | 1:17.35 | 2:08.74 | 2:45.63 |
| 4. | S. van der Sommen | WS Twente 2 | 2:50.18 | 200801871 | 2:46.63 | 35.17 | 1:17.74 | 2:09.46 | 2:46.63 |
| 5. | Joas Norden | De Grunte | 2:55.43 | 200902705 | 2:46.82 | 34.91 | 1:20.39 | 2:08.23 | 2:46.82 |
| 6. | Kinui Brito Geurts | WS Twente 2 | 2:53.01 | 200804059 | 2:49.48 | 38.39 | 1:21.81 | 2:13.45 | 2:49.48 |
| 7. | Rinse de Jonge | De Grunte | 2:54.86 | 200900705 | 2:50.43 | 35.11 | 1:19.08 | 2:13.73 | 2:50.43 |
| 8. | Viktor Post | WS Twente 2 | 2:51.07 | 200802201 | 2:52.62 | 37.74 | 1:22.33 | 2:13.64 | 2:52.62 |
| 9. | Thymo Smits | Livo | 3:04.30 | 200802073 | 3:00.45 | 42.46 | 1:26.37 | 2:19.26 | 3:00.45 |
| 10. | Milan Olde Heuvel | Sg - E Z C L | NT | 200800465 | 3:03.86 | 40.13 | 1:24.59 | 2:17.55 | 3:03.86 |

Competitie deel 4
Nijverdal, 9-3-2024

Programmanr. 15, Jongens, 200m wisselslag, Junioren 4 en jonger

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|--|--------------|---------|-----------|----------------|-------|---------|---------|---------|
| 11. Bouke Jansen | De Grunte | 3:10.91 | 200902265 | 3:04.37 | 39.80 | 1:28.19 | 2:23.77 | 3:04.37 |
| 12. Kian Nijen Twilhaar | Het Ravijn | NT | 201200999 | 3:37.62 | 52.37 | 1:47.98 | 2:50.19 | 3:37.62 |
| DIS Yoris Vedder | Het Ravijn | NT | 201200631 | | | | | |
| <i>RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen., tevens dis SK</i> | | | | | | | | |
| DIS Robin Floors | Sg - E Z C L | NT | 200800303 | | | | | |
| <i>RE - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i> | | | | | | | | |
| AFGEM Bram Veldhuis | Sg - E Z C L | 3:56.19 | 201202297 | | | | | |

Programmanr. 16
9-3-2024 - 13:27

Meisjes, 200m wisselslag

Junioren 4 en jonger
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|---|-----------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Meike Hultink | De Grunte | 3:04.16 | 201001686 | 2:57.32 | 39.45 | 1:29.29 | 2:17.81 | 2:57.32 |
| 2. Eline Eertink | Het Ravijn | 2:56.69 | 201000158 | 3:00.33 | 37.95 | 1:22.66 | 2:18.35 | 3:00.33 |
| 3. Gwen Schuur | De Grunte | 3:09.95 | 201000698 | 3:03.71 | 40.50 | 1:29.54 | 2:22.29 | 3:03.71 |
| 4. Imke Hazewinkel | De Veene | 3:05.58 | 200902568 | 3:03.71 | 41.78 | 1:29.06 | 2:23.13 | 3:03.71 |
| 5. Ilse Krabben | Livo | 3:04.59 | 200902304 | 3:05.58 | 41.27 | 1:32.92 | 2:23.19 | 3:05.58 |
| 6. Silke van den Berg | Sg - E Z C L | 3:09.27 | 201000752 | 3:05.75 | 42.73 | 1:28.16 | 2:25.25 | 3:05.75 |
| 7. Claire Lohuis | De Veene | 3:13.92 | 201003088 | 3:12.14 | 45.50 | 1:32.91 | 2:25.77 | 3:12.14 |
| 8. Britt Blaauput | De Veene | 3:18.86 | 201003380 | 3:13.64 | 40.76 | 1:30.78 | 2:28.94 | 3:13.64 |
| 9. Noor Kousman | WS Twente 2 | 3:19.05 | 201000172 | 3:17.09 | 44.13 | 1:34.74 | 2:29.39 | 3:17.09 |
| 10. Cato de Koning | WS Twente 2 | 3:52.04 | 200904180 | 3:46.47 | 47.80 | 1:46.21 | 2:53.83 | 3:46.47 |
| DIS Lisa Oberink | WWV Winterswijk | 3:15.97 | 201001140 | | | | | |
| <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i> | | | | | | | | |
| AFGEM Donna Groen | Sg - E Z C L | 3:12.12 | 201101342 | | | | | |
| AFGEM Desiree Dreschler | De Grunte | 3:22.72 | 200901400 | | | | | |

Programmanr. 17
9-3-2024 - 13:36

Heren, 200m vlinderslag
wordt samen gezwommen met programma 18

Senioren Open
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|---|------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Bram Tombergen | Livo | 2:51.12 | 199701517 | 2:40.05 | 31.92 | 1:11.27 | 1:53.97 | 2:40.05 |
| DIS Frank Meier | De Grunte | 2:46.42 | 198802355 | | | | | |
| <i>AE - De aangegeven zwemslag niet uitgevoerd.</i> | | | | | | | | |

Programmanr. 18
9-3-2024 - 13:39

Dames, 200m vlinderslag
wordt samen gezwommen met programma 17

Senioren Open
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|---------------------|------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Aline Meuleman | Livo | 2:31.55 | 200401136 | 2:37.59 | 36.14 | 1:16.47 | 1:57.95 | 2:37.59 |
| 2. Chantal Meyerink | De Grunte | 2:49.48 | 199105212 | 2:55.05 | 38.34 | 1:22.77 | 2:09.20 | 2:55.05 |
| 3. Lynn Rötter | Livo | 2:51.64 | 200600950 | 2:56.16 | 36.33 | 1:19.79 | 2:07.44 | 2:56.16 |
| 4. Eva Havelaar | De Grunte | 3:38.83 | 200601660 | 3:13.55 | 39.89 | 1:29.33 | 2:21.58 | 3:13.55 |

Competitie deel 4
Nijverdal, 9-3-2024

Programmanr. 21
9-3-2024 - 13:54

Gemengd, 4 x 50m wisselslag

Jeugd 2 en jonger
Resultaten

| rang | vereniging | intijd | tijd | RT |
|------|--|---|---------------------------------|----------------|
| 1. | Het Ravijn 1 Tijds Kruihof 07 Maud Stevens 08 | Het Ravijn 2:14.45 29.29 Esmee van Dijk 36.98 Yoris Vedder | 2:13.43 FJ 1 08 12 | 31.68 35.48 |
| 2. | De Grunte 1 Abe Pasop 10 Meike Hultink 10 | De Grunte 2:16.02 35.05 Luuk Tangenberg 37.33 Amber Lenters | 2:13.43 FJ 2 06 08 | 30.64 30.41 |
| 3. | WWV Winterswijk 1 Iris Papen 08 Daniël Bruntink 07 | WWV Winterswijk 2:14.36 34.74 Wessel Mous Marlies Jansen | 2:14.21 08 07 | 30.84 |
| 4. | WS Twente 1 Jorien Hogebrug 07 Quinten Tuitert 06 | WS Twente 2 2:16.26 38.36 Dago Hofmeijer 35.93 Femke Budde | 2:17.04 06 08 | 31.60 31.15 |
| 5. | Sg - E Z C L 1 Dylan van Doeselaar 07 Job Volk 08 | Sg - E Z C L 2:21.11 35.35 Britt Huttenhuis 38.57 Lieke Kamphuis | 2:19.48 08 07 | 33.43 32.13 |
| 6. | De Veene 1 Silvio Overbeeke 08 Claire Lohuis 10 | De Veene 2:11.15 33.75 Ine-Joy Tilburg 42.38 Bram Kulpe | 2:21.32 10 09 | 37.04 28.15 |

Programmanr. 22
9-3-2024 - 13:57

Heren, 50m rugslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-------|---|-----------------|--------|-----------|-------------------|
| 1. | Jelle Dekker | De Grunte | 28.71 | 199901621 | 27.68 |
| 2. | Rolf ter Keurs | De Veene | 28.05 | 200500137 | 29.62 |
| 3. | Jelmer Lesscher | De Veene | 30.24 | 200100791 | 31.04 |
| 4. | Bryan Tankink | WWV Winterswijk | 30.57 | 199502829 | 31.30 |
| 5. | Diederick Schothans | De Veene | 31.02 | 199703185 | 32.65 FJ 1 |
| 6. | Bram Siebers | Sg - E Z C L | 32.44 | 199302241 | 32.65 FJ 2 |
| 7. | Niels Bouwmeester | Livo | 33.47 | 200303365 | 32.91 |
| 8. | Sander Riezebos | WS Twente 2 | 33.29 | 199400467 | 33.01 FJ 1 |
| 9. | Serge Aelen | Sg - E Z C L | 33.01 | 200100933 | 33.01 FJ 2 |
| 10. | Robin Leideman | De Grunte | 35.67 | 200103137 | 33.16 |
| 11. | Roy Tettero | De Grunte | 33.32 | 199203013 | 33.87 FJ 1 |
| 12. | Luuk Jansen | WWV Winterswijk | 34.98 | 200402111 | 33.87 FJ 2 |
| 13. | Jordi Freriksen | WS Twente 2 | 34.39 | 200301927 | 34.12 |
| 14. | William Kruihof | Het Ravijn | 34.19 | 198000857 | 34.55 |
| 15. | Tom Schipper | WS Twente 2 | 35.48 | 200401799 | 34.57 FJ 1 |
| 16. | Lasse Ophuis | WS Twente 2 | 35.36 | 200400027 | 34.57 FJ 2 |
| 17. | Luc Meerveld | WWV Winterswijk | 41.28 | 200903911 | 34.74 |
| 18. | Patrick Groeneweg | WS Twente 2 | 35.32 | 200100513 | 34.79 |
| 19. | Wout Wilens | Sg - E Z C L | 35.35 | 200001431 | 36.09 FJ 1 |
| 20. | Lanco Manaf | Het Ravijn | 35.34 | 200402715 | 36.09 FJ 2 |
| 21. | Lars Peters | WS Twente 2 | 36.69 | 200105027 | 36.30 |
| 22. | Ruud Schutten | Livo | 36.92 | 200203475 | 36.37 |
| 23. | Daniël Groeneweg | WS Twente 2 | 36.79 | 200300521 | 37.14 |
| 24. | Rolf Veldboom | WWV Winterswijk | 36.13 | 200302231 | 37.85 |
| 25. | Christiaan Matser | Sg - E Z C L | 45.78 | 200105573 | 46.26 |
| DIS | Thijs Overmars | Het Ravijn | 43.27 | 200703993 | |
| | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | |
| AFGEM | Cars Wiegmann | WS Twente 2 | 34.12 | 199401025 | |

Competitie deel 4
Nijverdal, 9-3-2024

Programmanr. 23
9-3-2024 - 14:03

Dames, 50m rugslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-------|-------------------------|-----------------|--------|-----------|-------------------|
| 1. | Michelle van Wijk | WWV Winterswijk | 30.57 | 200204746 | 32.51 |
| 2. | Femke van Wijk | WWV Winterswijk | 31.79 | 200403434 | 32.66 |
| 3. | Esmée de Mink | Het Ravijn | 33.05 | 200600290 | 33.64 |
| 4. | Lotte Aufderhaar | De Grunte | 33.54 | 200601662 | 34.45 |
| 5. | Iris Lok | WS Twente 2 | 34.86 | 200301094 | 34.73 |
| 6. | Daphne Robijn-Jongedijk | Sg - E Z C L | 34.96 | 198903520 | 34.80 |
| 7. | Femke Bronkhorst | Het Ravijn | 34.81 | 199901458 | 34.83 |
| 8. | Manou Blokhorst | WWV Winterswijk | 34.04 | 200402554 | 34.89 |
| 9. | Fiona Wormeester | Sg - E Z C L | 34.55 | 200400674 | 35.17 |
| 10. | Melissa Schuurman | Sg - E Z C L | 35.28 | 200006800 | 36.24 |
| 11. | Ilse Valk | Het Ravijn | 37.74 | 200000172 | 36.30 |
| 12. | Lianne Plas | De Grunte | 34.17 | 200101214 | 36.55 |
| 13. | Kayleigh Westenberg | De Veene | 35.43 | 200004064 | 37.00 |
| 14. | Leonie Smit | Sg - E Z C L | 36.45 | 200301978 | 37.43 |
| 15. | Christa Valk | Het Ravijn | 38.18 | 200600066 | 38.14 |
| 16. | Marlijn van der Zwaluw | De Veene | 36.43 | 199700648 | 38.24 |
| 17. | Noa Boerma | Het Ravijn | 39.11 | 200202736 | 38.51 FJ 1 |
| 18. | Caya Verbruggen | Livo | 38.27 | 200501918 | 38.51 FJ 2 |
| 19. | Ilse Siemerink | WS Twente 2 | 40.19 | 200502512 | 39.09 |
| 20. | Eline Pullen | De Grunte | 38.59 | 200500630 | 40.02 |
| 21. | Tara Visser | Livo | 42.26 | 199706112 | 40.94 |
| 22. | Jalie Visschedijk | De Veene | 39.67 | 200104126 | 41.20 |
| 23. | Marit Gerritsen | WS Twente 2 | 41.89 | 200200664 | 41.34 |
| 24. | Isabel Post | WS Twente 2 | 40.59 | 200604582 | 41.62 |
| AFGEM | Maud van Vondel | WS Twente 2 | 42.43 | 200400326 | |
| AFGEM | Lotte de Vente | Het Ravijn | 44.89 | 199905814 | |
| AFGEM | Mijntje Wopereis | Livo | 32.16 | 200501920 | |

Programmanr. 24
9-3-2024 - 14:10

Jongens, 100m vrije slag

Junioren 2 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|-------------------|--------------|---------|-----------|----------------|-------|---------|
| 1. | Abe Pasop | De Grunte | 1:05.64 | 201000501 | 1:04.35 | 30.68 | 1:04.35 |
| 2. | Joep van Nijen | De Veene | 1:07.55 | 201000545 | 1:08.15 | 31.70 | 1:08.15 |
| 3. | Wesley Budde | WS Twente 2 | 1:23.21 | 201001991 | 1:14.57 | 35.43 | 1:14.57 |
| 4. | Jip Welleweerd | Het Ravijn | 1:24.43 | 201101337 | 1:17.35 | 37.31 | 1:17.35 |
| 5. | Hidde de Jonge | De Grunte | 1:18.03 | 201101213 | 1:17.68 | 37.83 | 1:17.68 |
| 6. | Luuk ten Asbroek | Het Ravijn | 1:19.24 | 201200601 | 1:18.04 | 38.39 | 1:18.04 |
| 7. | Jens van den Berg | Sg - E Z C L | 1:18.96 | 201200331 | 1:18.29 | 37.66 | 1:18.29 |
| 8. | Thom Loohuis | WS Twente 2 | 1:19.74 | 201003567 | 1:19.37 | 37.23 | 1:19.37 |
| 9. | Twan Wallerbos | Livo | 1:20.36 | 201000967 | 1:20.78 | 38.84 | 1:20.78 |
| 10. | Stan Roerdink | Livo | 1:27.90 | 201001811 | 1:24.48 | 40.45 | 1:24.48 |
| 11. | Kjelt de Wit | WS Twente 2 | 1:25.31 | 201201099 | 1:27.40 | 42.30 | 1:27.40 |
| 12. | Mikai ten Haaff | Livo | 1:22.98 | 201001365 | 1:31.28 | 41.23 | 1:31.28 |
| 13. | Jarno Timmer | WS Twente 2 | 1:27.44 | 201200509 | 1:32.76 | 42.83 | 1:32.76 |
| 14. | Giel Aalders | Het Ravijn | 1:43.15 | 201201059 | 1:39.41 | 46.57 | 1:39.41 |
| 15. | Jelle Bonnema | Sg - E Z C L | 1:44.00 | 201201295 | 1:46.08 | 50.45 | 1:46.08 |
| AFGEM | Noah Poppe | Het Ravijn | 1:24.31 | 201201539 | | | |

Programmanr. 25
9-3-2024 - 14:15

Meisjes, 100m vrije slag

Junioren 2 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|------|------------|--------|------|----|-----|------|
|------|------|------------|--------|------|----|-----|------|

Competitie deel 4
Nijverdal, 9-3-2024

Programmanr. 25, Meisjes, 100m vrije slag

| | | | | | | | |
|-------|---------------------|-----------------|---------|-----------|----------------|-------|---------|
| 1. | Jill Goeree | Sg - E Z C L | 1:16.68 | 201101248 | 1:16.08 | 36.76 | 1:16.08 |
| 2. | Yuna Stoteler | Livo | 1:14.60 | 201101146 | 1:17.72 | 38.00 | 1:17.72 |
| 3. | Zoë Richardson | WS Twente 2 | 1:19.60 | 201300560 | 1:18.02 | 37.31 | 1:18.02 |
| 4. | Pixie-Li Delvoije | WWV Winterswijk | 1:21.85 | 201103224 | 1:18.85 | 38.79 | 1:18.85 |
| 5. | Tess Wolterink | Livo | 1:21.23 | 201101148 | 1:19.25 | 38.31 | 1:19.25 |
| 6. | Tessa Boesveld | WWV Winterswijk | 1:20.82 | 201102166 | 1:19.93 | 36.95 | 1:19.93 |
| 7. | Nynke Roerdink | Livo | 1:21.08 | 201200428 | 1:22.39 | 40.20 | 1:22.39 |
| 8. | Merle Eshuis | Het Ravijn | 1:25.18 | 201201090 | 1:25.36 | 40.81 | 1:25.36 |
| 9. | Silke Prins | WS Twente 2 | 1:34.40 | 201102124 | 1:25.90 | 39.50 | 1:25.90 |
| 10. | Nicole Krabben | Livo | 1:27.08 | 201101144 | 1:25.91 | 40.91 | 1:25.91 |
| 11. | Puck Hoekman | WS Twente 2 | 1:23.14 | 201300574 | 1:28.33 | 43.80 | 1:28.33 |
| 12. | Lynn Arnold | Het Ravijn | 1:30.56 | 201101726 | 1:29.13 | 42.39 | 1:29.13 |
| 13. | Fleur Brink | De Grunte | 1:32.76 | 201300022 | 1:29.35 | 42.31 | 1:29.35 |
| 14. | Tess Fischer | WS Twente 2 | 1:25.49 | 201102122 | 1:30.57 | 42.66 | 1:30.57 |
| 15. | Yentl van Os | WS Twente 2 | 1:33.56 | 201101400 | 1:31.24 | 43.11 | 1:31.24 |
| 16. | Anna Jansen | De Grunte | 1:33.78 | 201200248 | 1:34.97 | 44.17 | 1:34.97 |
| 17. | Esmee Witbreuk | Sg - E Z C L | 1:47.65 | 201103246 | 1:35.19 | 45.23 | 1:35.19 |
| 18. | Fenne Beernink | De Veene | 1:34.20 | 201300968 | 1:36.31 | 46.95 | 1:36.31 |
| 19. | Thirza Kolenbrander | De Veene | NT | 201103098 | 1:37.85 | 47.12 | 1:37.85 |
| 20. | Nora Euren | Het Ravijn | 1:58.47 | 201201098 | 1:58.10 | 52.45 | 1:58.10 |
| AFGEM | Nora Euren | Het Ravijn | 1:27.91 | 201201094 | | | |
| AFGEM | Donna Groen | Sg - E Z C L | 1:15.59 | 201101342 | | | |
| AFGEM | Doutzen Stielstra | De Veene | 1:30.82 | 201102626 | | | |

Programmanr. 26
9-3-2024 - 14:22

Jongens, 100m vrije slag

Jeugd 2 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|---------------------|-----------------|---------|-----------|----------------|-------|---------|
| 1. | Luuk Tangenberg | De Grunte | 59.40 | 200601183 | 59.65 | 29.31 | 59.65 |
| 2. | Dago Hofmeijer | WS Twente 2 | 1:01.25 | 200600121 | 1:00.76 | 29.28 | 1:00.76 |
| 3. | Bram Kulpe | De Veene | 1:01.27 | 200900329 | 1:01.84 | 29.97 | 1:01.84 |
| 4. | Tom Oonk | Livo | 1:06.67 | 200700427 | 1:02.93 | 30.13 | 1:02.93 |
| 5. | Jur Hoekman | WS Twente 2 | 1:02.36 | 200600801 | 1:04.42 | 29.76 | 1:04.42 |
| 6. | Daniël Bruntink | WWV Winterswijk | 1:07.60 | 200702833 | 1:05.62 | 32.09 | 1:05.62 |
| 7. | Quinten Tuitert | WS Twente 2 | 1:05.05 | 200600447 | 1:06.87 | 31.32 | 1:06.87 |
| 8. | Harm Otterman | De Veene | 1:05.04 | 200600507 | 1:07.07 | 32.36 | 1:07.07 |
| 9. | Mick Tapper | WS Twente 2 | 1:11.65 | 200702471 | 1:07.53 | 32.43 | 1:07.53 |
| 10. | Kay Lubbers | WS Twente 2 | 1:07.64 | 200600987 | 1:07.86 | 32.95 | 1:07.86 |
| 11. | Job Volk | Sg - E Z C L | 1:13.49 | 200800395 | 1:09.82 | 33.50 | 1:09.82 |
| 12. | Dylan van Doeselaar | Sg - E Z C L | 1:09.88 | 200700477 | 1:09.94 | 32.89 | 1:09.94 |
| 13. | Noah Poppe | Het Ravijn | 1:24.31 | 201201539 | 1:20.73 | 38.04 | 1:20.73 |
| AFGEM | Tijs Kruithof | Het Ravijn | 56.59 | 200701181 | | | |
| AFGEM | Dusan Jelic | WS Twente 2 | 1:07.61 | 200703701 | | | |

Programmanr. 27
9-3-2024 - 14:25

Meisjes, 100m vrije slag

Jeugd 2 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|------------------|-----------------|---------|-----------|---------------------|-------|---------|
| 1. | Esmee van Dijk | Het Ravijn | 1:05.21 | 200803180 | 1:04.39 | 29.99 | 1:04.39 |
| 2. | Britt Huttenhuis | Sg - E Z C L | 1:04.89 | 200802446 | 1:05.67 | 30.84 | 1:05.67 |
| 3. | Iris Papen | WWV Winterswijk | 1:05.70 | 200802842 | 1:07.18 | 33.15 | 1:07.18 |
| 4. | Roos Vrugink | WWV Winterswijk | 1:10.05 | 200801040 | 1:09.52 | 34.23 | 1:09.52 |
| 5. | Marlies Jansen | WWV Winterswijk | 1:09.98 | 200701904 | 1:10.34 | 34.05 | 1:10.34 |
| 6. | Jet Rötter | Livo | 1:10.86 | 200803192 | 1:11.26 | 34.40 | 1:11.26 |
| 7. | Ine-Joy Tilburg | De Veene | 1:13.39 | 201002036 | 1:12.08 FJ 1 | 34.57 | 1:12.08 |
| 8. | Lieke Kamphuis | Sg - E Z C L | 1:12.88 | 200701448 | 1:12.08 FJ 2 | 34.09 | 1:12.08 |
| 9. | Amber Lenters | De Grunte | 1:07.23 | 200800700 | 1:12.16 | 33.34 | 1:12.16 |
| 10. | Jorien Hogebreg | WS Twente 2 | 1:16.13 | 200702260 | 1:14.02 | 35.58 | 1:14.02 |
| 11. | Sophie Schuirink | Livo | 1:16.35 | 200802450 | 1:16.86 | 35.71 | 1:16.86 |
| 12. | Tess Wielens | Sg - E Z C L | 1:23.69 | 200801252 | 1:16.91 | 37.36 | 1:16.91 |
| 13. | Elina Hendriks | De Grunte | 1:20.20 | 200801178 | 1:20.13 | 38.51 | 1:20.13 |
| DIS | Femke Budde | WS Twente 2 | 1:07.73 | 200801460 | | | |

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

Competitie deel 4
Nijverdal, 9-3-2024

Programmanr. 29
9-3-2024 - 14:29

Heren, 100m wisselslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|---|---------------------|-----------------|---------|-----------|----|-----|---------|
| 1. | Bryan Tankink | WWV Winterswijk | 1:02.83 | 199502829 | | | 1:03.17 |
| 2. | Rolf ter Keurs | De Veene | 1:00.27 | 200500137 | | | 1:03.38 |
| 3. | Jelmer Lesscher | De Veene | 1:06.03 | 200100791 | | | 1:06.39 |
| 4. | Frank Meier | De Grunte | 1:08.65 | 198802355 | | | 1:08.16 |
| 5. | Jelle Dekker | De Grunte | 1:04.34 | 199901621 | | | 1:08.44 |
| 6. | Lasse Ophuis | WS Twente 2 | 1:09.27 | 200400027 | | | 1:09.11 |
| 7. | Diederick Schothans | De Veene | 1:05.65 | 199703185 | | | 1:09.79 |
| 8. | Robin Leideman | De Grunte | 1:12.76 | 200103137 | | | 1:09.81 |
| 9. | Patrick Groeneweg | WS Twente 2 | 1:10.83 | 200100513 | | | 1:10.04 |
| 10. | Serge Aelen | Sg - E Z C L | 1:11.44 | 200100933 | | | 1:10.60 |
| 11. | Bram Tombergen | Livo | 1:09.86 | 199701517 | | | 1:11.66 |
| 12. | William Kruithof | Het Ravijn | 1:09.90 | 198000857 | | | 1:12.17 |
| 13. | Johan Nijeboer | WS Twente 2 | 1:11.36 | 200402417 | | | 1:12.69 |
| 14. | Niels Bouwmeester | Livo | 1:11.34 | 200303365 | | | 1:12.91 |
| 15. | Sander Riezebos | WS Twente 2 | 1:13.33 | 199400467 | | | 1:12.92 |
| 16. | Lanco Manaf | Het Ravijn | 1:14.73 | 200402715 | | | 1:13.93 |
| 17. | Tom Schipper | WS Twente 2 | 1:13.60 | 200401799 | | | 1:14.30 |
| 18. | Roy Tettero | De Grunte | 1:14.45 | 199203013 | | | 1:14.73 |
| 19. | Lennart Muijzer | WS Twente 2 | 1:13.73 | 199903587 | | | 1:16.67 |
| 20. | Wout Wilens | Sg - E Z C L | 1:17.79 | 200001431 | | | 1:16.74 |
| 21. | Luuk Jansen | WWV Winterswijk | 1:16.59 | 200402111 | | | 1:17.36 |
| 22. | Ruud Schutten | Livo | 1:18.57 | 200203475 | | | 1:18.10 |
| 23. | Rolf Veldboom | WWV Winterswijk | 1:17.28 | 200302231 | | | 1:18.45 |
| 24. | Mathijs Krieger | Sg - E Z C L | 1:21.03 | 199905361 | | | 1:21.08 |
| 25. | Chris Kouwenhoven | De Grunte | 1:24.26 | 197101669 | | | 1:27.89 |
| 26. | Christiaan Matser | Sg - E Z C L | 1:32.39 | 200105573 | | | 1:36.15 |
| DIS | Thijs Overmars | Het Ravijn | 1:38.16 | 200703993 | | | |
| <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | | | |
| AFGEM | Marijn Heetkamp | Het Ravijn | 1:12.21 | 199903407 | | | |

Programmanr. 31
9-3-2024 - 14:37

Dames, 100m wisselslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|---------------------|-----------------|---------|-----------|----|-----|---------|
| 1. | Michelle van Wijk | WWV Winterswijk | 1:07.08 | 200204746 | | | 1:08.20 |
| 2. | Aline Meuleman | Livo | 1:08.43 | 200401136 | | | 1:12.15 |
| 3. | Femke van Wijk | WWV Winterswijk | 1:10.25 | 200403434 | | | 1:12.15 |
| 4. | Maud Stevens | Het Ravijn | 1:11.10 | 200800774 | | | 1:13.00 |
| 5. | Lynn Rötter | Livo | 1:10.59 | 200600950 | | | 1:13.80 |
| 6. | Romée Beverdam | WS Twente 2 | 1:16.65 | 200100158 | | | 1:15.55 |
| 7. | Manou Blokhorst | WWV Winterswijk | 1:13.44 | 200402554 | | | 1:15.64 |
| 8. | Ilse Valk | Het Ravijn | 1:14.99 | 200000172 | | | 1:16.02 |
| 9. | Chantal Meyerink | De Grunte | 1:14.90 | 199105212 | | | 1:16.18 |
| 10. | Esmée de Mink | Het Ravijn | NT | 200600290 | | | 1:16.67 |
| 11. | Fiona Wormeester | Sg - E Z C L | 1:16.36 | 200400674 | | | 1:16.94 |
| 12. | Lianne Plas | De Grunte | 1:15.03 | 200101214 | | | 1:17.11 |
| 13. | Zoë van den Berg | WS Twente 2 | 1:17.77 | 200501638 | | | 1:17.70 |
| 14. | Caya Verbruggen | Livo | 1:20.98 | 200501918 | | | 1:18.50 |
| 15. | Femke Bronkhorst | Het Ravijn | 1:17.50 | 199901458 | | | 1:19.77 |
| 16. | Iris Lok | WS Twente 2 | 1:18.51 | 200301094 | | | 1:20.44 |
| 17. | Kayleigh Westenberg | De Veene | 1:17.08 | 200004064 | | | 1:20.75 |
| 18. | Eva Havelaar | De Grunte | 1:22.83 | 200601660 | | | 1:21.34 |
| 19. | M. van der Zwaluw | De Veene | 1:20.80 | 199700648 | | | 1:21.44 |
| 20. | Annemijn Elsweier | WS Twente 2 | 1:22.67 | 200600602 | | | 1:21.46 |
| 21. | Noa Boerma | Het Ravijn | NT | 200202736 | | | 1:21.76 |
| 22. | Christa Valk | Het Ravijn | 1:19.09 | 200600066 | | | 1:21.80 |
| 23. | Lieke Stoker | WS Twente 2 | 1:19.26 | 200301412 | | | 1:21.90 |
| 24. | Leonie Smit | Sg - E Z C L | 1:21.46 | 200301978 | | | 1:22.95 |
| 25. | Rosa Huntjens | Sg - E Z C L | 1:19.20 | 200301402 | | | 1:23.66 |
| 26. | Ilse Siemerink | WS Twente 2 | 1:24.86 | 200502512 | | | 1:24.07 |
| 27. | Tara Visser | Livo | 1:25.94 | 199706112 | | | 1:24.26 |
| 28. | Kyonne Maas | Sg - E Z C L | 1:26.33 | 200200434 | | | 1:25.31 |
| 29. | Jalie Visschedijk | De Veene | 1:22.37 | 200104126 | | | 1:25.76 |

Competitie deel 4
Nijverdal, 9-3-2024

Programmanr. 31, Dames, 100m wisselslag, Senioren Open

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|--------------|--------------|---------|-----------|----------------|-----|---------|
| 30. | Eline Pullen | De Grunte | 1:22.17 | 200500630 | 1:26.08 | | 1:26.08 |
| 31. | Shari Lisi | Sg - E Z C L | 1:47.79 | 199108698 | 1:47.45 | | 1:47.45 |

Programmanr. 32
9-3-2024 - 14:46

Jongens, 100m vrije slag

Junioren 4 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|---------------------|-----------------|---------|-----------|----------------|-------|---------|
| 1. | Wessel Mous | WWV Winterswijk | 58.73 | 200802477 | 1:00.09 | 29.07 | 1:00.09 |
| 2. | Mees Elfring | WS Twente 2 | 1:02.77 | 200800009 | 1:01.17 | 29.80 | 1:01.17 |
| 3. | Silvio Overbeeke | De Veene | 1:04.49 | 200801889 | 1:02.34 | 30.30 | 1:02.34 |
| 4. | Robin Floors | Sg - E Z C L | 1:08.13 | 200800303 | 1:03.97 | 30.12 | 1:03.97 |
| 5. | Kinui Brito Geurts | WS Twente 2 | 1:10.80 | 200804059 | 1:04.34 | 30.79 | 1:04.34 |
| 6. | Stan van der Sommen | WS Twente 2 | 1:06.60 | 200801871 | 1:05.23 | 32.04 | 1:05.23 |
| 7. | Thymo Smits | Livo | 1:06.52 | 200802073 | 1:05.84 | 32.12 | 1:05.84 |
| 8. | Rinse de Jonge | De Grunte | 1:07.69 | 200900705 | 1:06.90 | 32.34 | 1:06.90 |
| 9. | Joas Norden | De Grunte | 1:11.91 | 200902705 | 1:07.77 | 32.08 | 1:07.77 |
| 10. | Viktor Post | WS Twente 2 | 1:09.62 | 200802201 | 1:08.26 | 31.66 | 1:08.26 |
| 11. | Luc Meerveld | WWV Winterswijk | 1:19.47 | 200903911 | 1:15.15 | 36.07 | 1:15.15 |
| 12. | Bouke Jansen | De Grunte | 1:18.45 | 200902265 | 1:15.48 | 35.80 | 1:15.48 |
| 13. | Milan Olde Heuvel | Sg - E Z C L | NT | 200800465 | 1:16.78 | 36.12 | 1:16.78 |
| 14. | Lars Schwarte | Het Ravijn | 1:28.69 | 201101341 | 1:19.06 | 36.45 | 1:19.06 |
| 15. | Bram Veldhuis | Sg - E Z C L | 1:27.69 | 201202297 | 1:21.87 | 36.04 | 1:21.87 |
| 16. | Yoris Vedder | Het Ravijn | 1:24.44 | 201200631 | 1:22.91 | 39.41 | 1:22.91 |
| 17. | Kian Nijen Twilhaar | Het Ravijn | 1:23.66 | 201200999 | 1:24.20 | 41.36 | 1:24.20 |

Programmanr. 33
9-3-2024 - 14:52

Meisjes, 100m vrije slag

Junioren 4 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|--------------------|-----------------|---------|-----------|----------------|-------|---------|
| 1. | Meike Hultink | De Grunte | 1:11.98 | 201001686 | 1:11.48 | 33.73 | 1:11.48 |
| 2. | Ilse Krabben | Livo | 1:13.97 | 200902304 | 1:12.42 | 34.57 | 1:12.42 |
| 3. | K. van Doeselaar | Sg - E Z C L | 1:13.14 | 201000478 | 1:13.66 | 35.83 | 1:13.66 |
| 4. | Gwen Schuur | De Grunte | 1:15.40 | 201000698 | 1:14.02 | 35.73 | 1:14.02 |
| 5. | Lisa Oberink | WWV Winterswijk | 1:17.07 | 201001140 | 1:14.90 | 35.97 | 1:14.90 |
| 6. | Silke van den Berg | Sg - E Z C L | 1:17.21 | 201000752 | 1:16.51 | 37.13 | 1:16.51 |
| 7. | Eline Eertink | Het Ravijn | 1:12.38 | 201000158 | 1:16.53 | 34.57 | 1:16.53 |
| 8. | Claire Lohuis | De Veene | 1:20.43 | 201003088 | 1:19.10 | 36.68 | 1:19.10 |
| 9. | Noor Kousman | WS Twente 2 | 1:15.37 | 201000172 | 1:20.03 | 35.80 | 1:20.03 |
| 10. | Britt Blaaupot | De Veene | 1:19.76 | 201003380 | 1:24.98 | 41.45 | 1:24.98 |
| 11. | Cato de Koning | WS Twente 2 | 1:39.48 | 200904180 | 1:25.88 | 41.05 | 1:25.88 |
| 12. | Lynn Scharphof | Het Ravijn | 1:28.47 | 201101722 | 1:27.13 | 39.48 | 1:27.13 |
| 13. | Lenthe Oosterveen | WS Twente 2 | 1:40.73 | 201003886 | 1:43.13 | 46.86 | 1:43.13 |
| DIS | Dewi Siemerink | Het Ravijn | NT | 201201096 | | | |

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

| | | | | | | | |
|-------|-------------------|-----------|---------|-----------|--|--|--|
| NG.ZA | Imke Hazewinkel | De Veene | 1:12.18 | 200902568 | | | |
| AFGEM | Desiree Dreschler | De Grunte | 1:23.02 | 200901400 | | | |

Programmanr. 35
9-3-2024 - 14:56

Gemengd, 8 x 50m vrije slag
* Zie bepalingen voor leeftijden (jmjmjmjm)

All-in*
Resultaten

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

Competitie deel 4
Nijverdal, 9-3-2024

Programmanr. 35, Gemengd, 8 x 50m vrije slag

| | | | | |
|------------------------|--------------|---------|----------------|-------|
| 1. Livo 1 | Livo | 4:05.81 | 4:04.23 | |
| Twan Wallerbos | 10 | 34.16 | 07 | 28.36 |
| Yuna Stoteler | 11 | 34.51 | 08 | 30.05 |
| Thymo Smits | 08 | 30.09 | 97 | 26.19 |
| Ilse Krabben | 09 | 32.66 | 06 | 28.21 |
| 2. De Grunte 1 | De Grunte | 4:03.50 | 4:06.26 | |
| Abe Pasop | 10 | 29.24 | 06 | 26.75 |
| Anna Jansen | 12 | 40.28 | 08 | 30.76 |
| Rinse de Jonge | 09 | 29.96 | 88 | 26.01 |
| Meike Hultink | 10 | 34.31 | 01 | 28.95 |
| 3. Sg - E Z C L 1 | Sg - E Z C L | 4:15.16 | 4:11.26 | |
| Jens van den Berg | 12 | 34.02 | 07 | 30.06 |
| Lara Heesterbeek | 12 | 35.94 | 07 | 32.37 |
| Job Volk | 08 | 30.48 | 93 | 26.44 |
| Kayleigh van Doeselaar | 10 | 32.13 | 04 | 29.82 |
| 4. WS Twente 1 | WS Twente 2 | 4:20.12 | 4:13.08 | |
| Wesley Buddé | 10 | 32.48 | 06 | 28.81 |
| Silke Prins | 11 | 35.22 | 08 | 31.13 |
| Viktor Post | 08 | 31.10 | 04 | 28.09 |
| Noor Kousman | 10 | 34.87 | 05 | 31.38 |
| 5. De Veene 1 | De Veene | 4:18.96 | 4:16.38 | |
| Joep van Nijen | 10 | 31.31 | 06 | 29.12 |
| Thirza Kolenbrander | 11 | 43.98 | 09 | 32.92 |
| Bram Kulpe | 09 | 28.33 | 05 | 24.65 |
| Ine-Joy Tilburg | 10 | 33.42 | 00 | 32.45 |
| 6. Het Ravijn 1 | Het Ravijn | 4:24.54 | 4:30.32 | |
| Luuk ten Asbroek | 12 | 35.41 | 12 | 36.72 |
| Merle Eshuis | 12 | 39.92 | 08 | 29.91 |
| Kian Nijen Twilhaar | 12 | 37.64 | 80 | 27.92 |
| Eline Eertink | 10 | 33.74 | 08 | 29.06 |