

## Uitslag KNZB competitie deel 2 12-11-2016 te Spijkenisse (25m baan)

|   |     |  |  |            |             |                 |
|---|-----|--|--|------------|-------------|-----------------|
| <b>Progrnr: 1 4x100m vrij est. dames</b>                            |     |  |  | <b>50m</b> | <b>100m</b> | <b>Eindtijd</b> |
| 5   | DWF |  |  | 0.35.15    | 1.15.81     | 4.58.42         |
| Nikki Paans, Daniëlle de Klein, Chémène de Klein, Debby Kraaijeveld |     |  |  |            |             |                 |

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| <b>Progrnr: 4 50m school j. jeugd 2 en later</b> |                 |         |                 |              |            | <b>Eindtijd</b>             |
| 1  | Bob Hogendoorn  | 0.35.63 | 99-03089        |              |            | 0.36.35                     |
| 2  | Jelle van Tuijl | 0.40.67 | 01-04071        |              |            | 0.40.23*                    |
| <b>Verbeteringen</b>                             |                 |         |                 | <i>Nieuw</i> | <i>Oud</i> |                             |
| PR   | 50              | SCHOOL  | Jelle van Tuijl | 0.40.23      | 0.40.67    | 29-10-2016 Alblasserdam 25m |

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| <b>Progrnr: 5 200m wissel m. senioren 2 en later</b> |                       |         |                       | <b>50m</b>   | <b>Eindtijd</b> |                            |
| 2  | Sanne Nederveen       | 3.16.02 | 02-04884              | 0.43.53      | 3.04.33*        |                            |
| 5  | Chémène de Klein      | 2.56.41 | 99-00448              | 0.41.72      | 3.07.69         |                            |
| 10   | Irma van der Klooster | 3.29.86 | 99-05012              | 0.45.86      | 3.24.20*        |                            |
| <b>Verbeteringen</b>                                 |                       |         |                       | <i>Nieuw</i> | <i>Oud</i>      |                            |
| PR   | 200                   | WISSEL  | Sanne Nederveen       | 3.04.33      | 3.16.02         | 14-03-2015 Papendrecht 25m |
| PR   | 200                   | WISSEL  | Irma van der Klooster | 3.24.20      | 3.29.86         | 14-11-2015 Sliedrecht 25m  |

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| <b>Progrnr: 8 50m vlinder j. junioren 4 en later</b> |                         |         |                         |              |            | <b>Eindtijd</b>             |
| 2  | Luc Veul                | 0.37.38 | 01-02535                |              |            | 0.36.93*                    |
| 3  | Simon van Loon          | 0.48.37 | 02-03811                |              |            | 0.48.15*                    |
| 4  | Duncan van der Klooster | 0.56.09 | 02-04375                |              |            | 0.52.26*                    |
| <b>Verbeteringen</b>                                 |                         |         |                         | <i>Nieuw</i> | <i>Oud</i> |                             |
| PR   | 50                      | VLINDER | Duncan van der Klooster | 0.52.26      | 0.56.09    | 21-05-2016 Alblasserdam 25m |
| PR   | 50                      | VLINDER | Luc Veul                | 0.36.93      | 0.37.38    | 14-11-2015 Sliedrecht 25m   |
| PR   | 50                      | VLINDER | Simon van Loon          | 0.48.15      | 0.48.37    | 16-01-2016 Dordrecht 25m    |

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| <b>Progrnr: 9 100m vrij m. jeugd 2 en later</b>        |                   |         |                | <b>50m</b>   | <b>Eindtijd</b> |                             |
| 3  | Lisa Nederveen    | 1.16.82 | 02-04882       | 0.35.04      | 1.13.59*        |                             |
| 8  | Nikki Paans       | 1.13.97 | 01-03140       | 0.36.56      | 1.16.64         |                             |
| 13   | Tabitha Lagendijk | 1.21.67 | 01-05102       | 0.39.60      | 1.23.07         |                             |
|  | Myrthe Ooms       | 1.32.02 | 02-05412       |              |                 | AA                          |
| <b>Verbeteringen</b>                                   |                   |         |                | <i>Nieuw</i> | <i>Oud</i>      |                             |
| PR   | 100               | VRIJ    | Lisa Nederveen | 1.13.59      | 1.16.82         | 21-05-2016 Alblasserdam 25m |
| AA : Gestart voor het startsignaal (en wel gezwommen). |                   |         |                |              |                 |                             |

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| <b>Progrnr: 12 200m wissel m. junioren 3 en later</b> |              |         |              | <b>50m</b>   | <b>Eindtijd</b> |                            |
| 7   | Ismay Polack |         | 03-04390     | 0.48.58      | 3.23.51         |                            |
| 10  | Joëlle Paans | 3.57.64 | 04-01742     | 0.50.40      | 3.33.81*        |                            |
| <b>Verbeteringen</b>                                  |              |         |              | <i>Nieuw</i> | <i>Oud</i>      |                            |
| PR  | 200          | WISSEL  | Joëlle Paans | 3.33.81      | 3.57.64         | 18-04-2015 Papendrecht 25m |

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| <b>Progrnr: 14 50m school m. junioren 1 en later</b> |                      |         |                      |              |            | <b>Eindtijd</b>             |
| 4  | Puck Hogendoorn      | 0.50.26 | 06-00898             |              |            | 0.49.65*                    |
| 7  | Vera van Houwelingen | 0.57.21 | 06-03258             |              |            | 0.52.32*                    |
| 11   | Mara Kreukniet       | 1.02.37 | 06-03256             |              |            | 0.55.89*                    |
| <b>Verbeteringen</b>                                 |                      |         |                      | <i>Nieuw</i> | <i>Oud</i> |                             |
| PR   | 50                   | SCHOOL  | Mara Kreukniet       | 0.55.89      | 1.02.37    | 24-09-2016 Alblasserdam 25m |
| PR   | 50                   | SCHOOL  | Vera van Houwelingen | 0.52.32      | 0.57.21    | 24-09-2016 Alblasserdam 25m |
| PR   | 50                   | SCHOOL  | Puck Hogendoorn      | 0.49.65      | 0.50.26    | 01-10-2016 Spijkenisse 25m  |

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| <b>Progrnr: 15 25m vrij m./j. minioren 4 en later</b> |                  |  |          |  |  | <b>Eindtijd</b> |
| 2   | Donna Verhoef    |  | 07-01934 |  |  | 0.19.51         |
| 8   | Amy Ambachtsheer |  | 07-01932 |  |  | 0.24.36         |

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| <b>Progrnr: 16 200m vrij heren</b> |                  |         |          | <b>50m</b> | <b>100m</b> | <b>Eindtijd</b> |
| 10                                 | Jeroen Flokstra  | 2.19.95 | 97-04181 | 0.32.05    | 1.07.81     | 2.20.79         |
| 11                                 | Nick Hogendoorn  | 2.15.41 | 97-04179 | 0.31.37    | 1.07.56     | 2.21.69         |
| 17                                 | John van Heteren | 2.34.76 | 93-05017 | 0.34.60    | 1.14.10     | 2.39.39         |

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| <b>Progrnr: 19 50m rug dames</b> |                       |         |          |  | <b>Eindtijd</b> |
| 2                                | Debby Kraaijeveld     | 0.33.61 | 96-01358 |  | 0.38.48         |
| 3                                | Daniëlle de Klein     | 0.39.95 | 94-04786 |  | 0.41.40         |
| 4                                | Kira van der Klooster | 0.42.07 | 97-05730 |  | 0.42.92         |

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| <b>Progrnr: 20 200m wissel j. jeugd 2 en later</b> |                 |         |          |          | <b>50m</b> | <b>Eindtijd</b> |
| 2  | Bob Hogendoorn  | 2.29.84 | 99-03089 | 0.31.02  |            | 2.31.07         |
| 10   | Jelle van Tuijl | 3.10.30 | 01-04071 | 0.39.75* |            | 2.56.99*        |

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| <b>Verbeteringen</b> |     | <i>Nieuw</i> | <i>Oud</i>      |         |         |                            |
| PR                   | 200 | WISSEL       | Jelle van Tuijl | 2.56.99 | 3.10.30 | 14-03-2015 Papendrecht 25m |
| PR                   | 50  | VLINDER      | Jelle van Tuijl | 0.39.75 | 0.40.78 | 05-12-2015 Sliedrecht 25m  |

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| <b>Progrnr: 23 50m school m. senioren 2 en later</b> |                       |         |          |  | <b>Eindtijd</b> |
| 1  | Sanne Nederveen       | 0.41.93 | 02-04884 |  | 0.42.64         |
| 2  | Chémène de Klein      | 0.41.59 | 99-00448 |  | 0.43.18         |
| 5  | Irma van der Klooster | 0.46.61 | 99-05012 |  | 0.47.53         |

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| <b>Progrnr: 24 100m vrij j. junioren 4 en later</b> |                         |         |          |         | <b>50m</b> | <b>Eindtijd</b> |
| 12  | Luc Veul                | 1.12.01 | 01-02535 | 0.36.88 |            | 1.16.88         |
| 13  | Duncan van der Klooster | 1.24.73 | 02-04375 | 0.41.51 |            | 1.25.75         |
| 14  | Simon van Loon          | 1.29.21 | 02-03811 | 0.42.39 |            | 1.30.89         |

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| <b>Progrnr: 26 50m vlinder m. jeugd 2 en later</b> |                   |         |          |  | <b>Eindtijd</b> |
| 2  | Nikki Paans       | 0.36.77 | 01-03140 |  | 0.36.94         |
| 3  | Lisa Nederveen    | 0.37.98 | 02-04882 |  | 0.37.14*        |
| 6  | Tabitha Lagendijk | 0.41.78 | 01-05102 |  | 0.43.26         |
| 7  | Myrthe Ooms       | 0.55.51 | 02-05412 |  | 0.57.17         |

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| <b>Verbeteringen</b> |    | <i>Nieuw</i> | <i>Oud</i>     |         |         |                            |
| PR                   | 50 | VLINDER      | Lisa Nederveen | 0.37.14 | 0.37.98 | 13-02-2016 Barendrecht 25m |

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| <b>Progrnr: 29 50m vrij m. junioren 3 en later</b> |              |         |          |  | <b>Eindtijd</b> |
| 4  | Joëlle Paans | 0.36.02 | 04-01742 |  | 0.35.57*        |
| 5  | Ismay Polack | 0.37.76 | 03-04390 |  | 0.35.68*        |

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| <b>Verbeteringen</b> |    | <i>Nieuw</i> | <i>Oud</i>   |         |         |                           |
| PR                   | 50 | VRIJ         | Ismay Polack | 0.35.68 | 0.37.76 | 28-03-2015 Rozenburg 25m  |
| PR                   | 50 | VRIJ         | Joëlle Paans | 0.35.57 | 0.36.02 | 16-04-2016 Sliedrecht 25m |

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| <b>Progrnr: 31 100m wissel m. junioren 1 en later</b> |                      |         |          |  | <b>Eindtijd</b> |
| 4   | Puck Hogendoorn      | 1.44.35 | 06-00898 |  | 1.40.38*        |
| 8   | Vera van Houwelingen | 1.50.51 | 06-03258 |  | 1.45.66*        |
|   | Mara Kreukniet       |         | 06-03256 |  |                 |

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| <b>Verbeteringen</b> |     | <i>Nieuw</i> | <i>Oud</i>           |         |         |                             |
| PR                   | 100 | WISSEL       | Vera van Houwelingen | 1.45.66 | 1.50.51 | 24-09-2016 Alblasterdam 25m |
| PR                   | 100 | WISSEL       | Puck Hogendoorn      | 1.40.38 | 1.44.35 | 16-04-2016 Sliedrecht 25m   |

VG : Bij de laatste armslag voor keer- en/of eindpunt de armen niet over het water naar voren gebracht.

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| <b>Progrnr: 32 50m school m./j. minioren 4 en later</b> |                  |  |          |  | <b>Eindtijd</b> |
| 5   | Donna Verhoef    |  | 07-01934 |  | 0.57.59         |
| 8   | Amy Ambachtsheer |  | 07-01932 |  | 1.03.13         |

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| <b>Progrnr: 34 50m rug heren</b> |                  |         |          |  | <b>Eindtijd</b> |
| 7                                | Nick Hogendoorn  | 0.35.03 | 97-04179 |  | 0.39.00         |
| 8                                | Jeroen Flokstra  | 0.36.81 | 97-04181 |  | 0.39.51         |
| 9                                | John van Heteren | 0.39.77 | 93-05017 |  | 0.41.05         |

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| <b>Progrnr: 35 200m vrij dames</b> |                       |         |          |         | <b>50m</b> | <b>100m</b> | <b>Eindtijd</b> |
| 7                                  | Debby Kraaijeveld     | 2.20.37 | 96-01358 | 0.35.98 | 1.17.76    |             | 2.45.46         |
| 9                                  | Kira van der Klooster | 2.55.44 | 97-05730 | 0.38.22 | 1.22.91    |             | 2.55.24*        |
| 10                                 | Daniëlle de Klein     | 2.40.87 | 94-04786 | 0.42.32 | 1.29.44    |             | 3.04.41         |

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| <b>Verbeteringen</b> |     | <i>Nieuw</i> | <i>Oud</i>            |         |         |                             |
| PR                   | 200 | VRIJ         | Kira van der Klooster | 2.55.44 | 2.55.44 | 29-10-2016 Alblasterdam 25m |

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| <b>Progrnr: 38 4x50m vrij est. j. junioren 4 en later</b>          |  |  |  |  | <b>50m</b> | <b>Eindtijd</b> |
| DWF  |  |  |  |  | 0.32.53    | EA              |
| Luc Veul, Simon van Loon, Duncan van der Klooster, Jelle van Tuijl |  |  |  |  |            |                 |

EA : Te vroeg overgenomen (tussentijden noteren t/m de laatste zwemmer voor de fout is begaan).