

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 1
20-5-2023 - 9:30

Dames, 400m vrije slag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Junioren 1 en 2								
1. Malin Roozeboom	WVZ	4:44.61	201100006	4:51.85 +0,76	1:10.02	2:25.06	3:40.31	4:51.85
50m:	33.28	33.28	150m:	1:47.32	37.30	250m:	3:02.77	37.71
100m:	1:10.02	36.74	200m:	2:25.06	37.74	300m:	3:40.31	37.54
350m:							4:17.13	36.82
400m:							4:51.85	34.72
2. Nina van der Schrier	AZC	4:54.54	201000444	4:52.02	1:07.77	2:22.79	3:38.70	4:52.02
50m:	32.12	32.12	150m:	1:45.03	37.26	250m:	3:00.92	38.13
100m:	1:07.77	35.65	200m:	2:22.79	37.76	300m:	3:38.70	37.78
350m:							4:16.68	37.98
400m:							4:52.02	35.34
3. Erin de Jong	GZC DONK	5:02.89	201000024	4:59.96 +0,96	1:10.79	2:28.52	3:45.65	4:59.96
50m:	33.40	33.40	150m:	1:49.54	38.75	250m:	3:07.55	39.03
100m:	1:10.79	37.39	200m:	2:28.52	38.98	300m:	3:45.65	38.10
350m:							4:22.99	37.34
400m:							4:59.96	36.97
4. Mariia Kostina	Blue Marlins	4:57.01	201002042	5:04.07 +0,94	1:10.41	2:26.89	3:45.75	5:04.07
50m:	33.32	33.32	150m:	1:48.27	37.86	250m:	3:06.12	39.23
100m:	1:10.41	37.09	200m:	2:26.89	38.62	300m:	3:45.75	39.63
350m:							4:25.36	39.61
400m:							5:04.07	38.71
5. Julia D browska	Blue Marlins	4:58.08	201000300	5:05.11 +0,81	1:11.17	2:28.71	3:47.13	5:05.11
50m:	33.70	33.70	150m:	1:49.61	38.44	250m:	3:08.03	39.32
100m:	1:11.17	37.47	200m:	2:28.71	39.10	300m:	3:47.13	39.10
350m:							4:26.57	39.44
400m:							5:05.11	38.54
6. Nina Tetteroo	De Columbiaan	5:01.18	201000048	5:07.08 +0,65	1:12.71	2:31.02	3:50.11	5:07.08
<i>*BU 50m</i>								
50m:	34.80	34.80	150m:	1:51.97	39.26	250m:	3:10.73	39.71
100m:	1:12.71	37.91	200m:	2:31.02	39.05	300m:	3:50.11	39.38
350m:							4:29.38	39.27
400m:							5:07.08	37.70
7. Milou Filemon	ZZ&PC De Devel	5:09.78	201100078	5:14.44 +0,65	1:12.97	2:32.77	3:54.18	5:14.44
50m:	34.36	34.36	150m:	1:52.67	39.70	250m:	3:12.81	40.04
100m:	1:12.97	38.61	200m:	2:32.77	40.10	300m:	3:54.18	41.37
350m:							4:34.70	40.52
400m:							5:14.44	39.74
8. Odenza Soselisa	Blue Marlins	5:13.12	201101780	5:20.73 +0,70	1:16.60	2:38.17	4:01.06	5:20.73
<i>*BU 50m</i>								
50m:	35.73	35.73	150m:	1:57.80	41.20	250m:	3:19.52	41.35
100m:	1:16.60	40.87	200m:	2:38.17	40.37	300m:	4:01.06	41.54
350m:							4:42.44	41.38
400m:							5:20.73	38.29
9. Rozalia Diederiks	ZVL-1886 Center	5:21.64	201100904	5:21.16 +0,83	1:17.45	2:39.54	4:02.37	5:21.16
50m:	36.93	36.93	150m:	1:58.49	41.04	250m:	3:21.07	41.53
100m:	1:17.45	40.52	200m:	2:39.54	41.05	300m:	4:02.37	41.30
350m:							4:42.99	40.62
400m:							5:21.16	38.17
10. Famke Franzen	z.c De Schotejil	5:11.56	201000058	5:25.02 +0,68	1:13.87	2:36.17	4:01.61	5:25.02
50m:	34.65	34.65	150m:	1:54.31	40.44	250m:	3:18.60	42.43
100m:	1:13.87	39.22	200m:	2:36.17	41.86	300m:	4:01.61	43.01
350m:							4:44.45	42.84
400m:							5:25.02	40.57
11. Tessa de Jong	GZC DONK	5:23.79	201000026	5:25.65	1:17.39	2:40.50	4:04.49	5:25.65
50m:	36.74	36.74	150m:	1:58.86	41.47	250m:	3:22.73	42.23
100m:	1:17.39	40.65	200m:	2:40.50	41.64	300m:	4:04.49	41.76
350m:							4:44.54	40.05
400m:							5:25.65	41.11
12. Eva Ehlert	GZC DONK	5:18.08	201002026	5:27.59	1:16.93	2:41.12	4:06.88	5:27.59
50m:	36.44	36.44	150m:	1:58.82	41.89	250m:	3:24.47	43.35
100m:	1:16.93	40.49	200m:	2:41.12	42.30	300m:	4:06.88	42.41
350m:							4:48.73	41.85
400m:							5:27.59	38.86
13. Ashley Mercera	SG SCOM/de Zeehond	5:23.58	201000178	5:31.34 +0,83	1:16.83	2:41.22	4:07.31	5:31.34
<i>*BU eindtijd</i>								
50m:	36.32	36.32	150m:	1:58.77	41.94	250m:	3:24.31	43.09
100m:	1:16.83	40.51	200m:	2:41.22	42.45	300m:	4:07.31	43.00
350m:							4:49.96	42.65
400m:							5:31.34	41.38
14. Reina Böhm	De Columbiaan	5:13.40	201000042	5:32.46 +0,78	1:17.70	2:43.86	4:08.94	5:32.46
50m:	36.09	36.09	150m:	2:00.66	42.96	250m:	3:26.82	42.96
100m:	1:17.70	41.61	200m:	2:43.86	43.20	300m:	4:08.94	42.12
350m:							4:52.41	43.47
400m:							5:32.46	40.05
15. Manou Longayroux	ZZ&PC De Devel	5:13.80	201000580	5:33.91 +0,67	1:21.66	2:47.90	4:14.90	5:33.91
50m:	38.35	38.35	150m:	2:04.17	42.51	250m:	3:31.37	43.47
100m:	1:21.66	43.31	200m:	2:47.90	43.73	300m:	4:14.90	43.53
350m:							4:55.93	41.03
400m:							5:33.91	37.98
16. Ilse Stout	ACZ	5:19.64	201001704	5:33.98 +0,71	1:16.86	2:41.02	4:08.71	5:33.98
50m:	36.42	36.42	150m:	1:58.17	41.31	250m:	3:24.48	43.46
100m:	1:16.86	40.44	200m:	2:41.02	42.85	300m:	4:08.71	44.23
350m:							4:52.65	43.94
400m:							5:33.98	41.33
17. Evelien de Vree	Blue Marlins	5:32.34	201002158	5:35.40 +0,75	1:19.37	2:44.67	4:11.49	5:35.40
50m:	37.68	37.68	150m:	2:01.53	42.16	250m:	3:27.85	43.18
100m:	1:19.37	41.69	200m:	2:44.67	43.14	300m:	4:11.49	43.64
350m:							4:54.46	42.97
400m:							5:35.40	40.94
18. Eefje van Hinsbergen	Blue Marlins	5:38.87	201002252	5:37.46 +0,71	1:19.45	2:46.27	4:13.25	5:37.46
50m:	37.60	37.60	150m:	2:02.79	43.34	250m:	3:29.39	43.12
100m:	1:19.45	41.85	200m:	2:46.27	43.48	300m:	4:13.25	43.86
350m:							4:56.27	43.02
400m:							5:37.46	41.19
19. Elin Riedijk	Blue Marlins	5:32.13	201002056	5:39.21 +0,71	1:21.88	2:49.38	4:16.69	5:39.21
50m:	38.51	38.51	150m:	2:05.62	43.74	250m:	3:32.61	43.23
100m:	1:21.88	43.37	200m:	2:49.38	43.76	300m:	4:16.69	44.08
350m:							4:59.44	42.75
400m:							5:39.21	39.77
20. Tess Meeuwissen	De Columbiaan	5:32.11	201000370	5:41.27 +0,62	1:20.19	2:47.81	4:15.07	5:41.27
50m:	37.29	37.29	150m:	2:03.73	43.54	250m:	3:30.81	43.00
100m:	1:20.19	42.90	200m:	2:47.81	44.08	300m:	4:15.07	44.26
350m:							4:58.29	43.22
400m:							5:41.27	42.98

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Programmanr. 1, Meisjes, 400m vrije slag, Junioren 1 en 2

rang naam	vereniging	intijd		tijd	RT	100m	200m	300m	400m
21. Vere van Klooster	AZC	5:36.00	201002128	5:43.55		1:20.07	2:49.25	4:18.60	5:43.55
50m: 37.64	37.64	150m: 2:04.60	44.53	250m: 3:33.77	44.52	350m: 5:02.35	43.75		
100m: 1:20.07	42.43	200m: 2:49.25	44.65	300m: 4:18.60	44.83	400m: 5:43.55	41.20		
22. Esmee de Raadt	ZPB H&L Productions	5:41.34	201002328	5:45.49	+0,78	1:22.11	2:51.30	4:20.07	5:45.49
50m: 38.10	38.10	150m: 2:06.46	44.35	250m: 3:35.89	44.59	350m: 5:04.39	44.32		
100m: 1:22.11	44.01	200m: 2:51.30	44.84	300m: 4:20.07	44.18	400m: 5:45.49	41.10		
23. Sophie Hoogervorst	AZC	5:42.55	201100252	5:49.93		1:22.85	2:52.56	4:23.24	5:49.93
50m: 39.90	39.90	150m: 2:08.22	45.37	250m: 3:38.14	45.58	350m: 5:08.29	45.05		
100m: 1:22.85	42.95	200m: 2:52.56	44.34	300m: 4:23.24	45.10	400m: 5:49.93	41.64		
24. Tess Liebrechts	GZC DONK	5:41.39	201000212	5:50.86	+0,80	1:23.44	2:53.99	4:24.61	5:50.86
50m: 39.33	39.33	150m: 2:08.17	44.73	250m: 3:38.83	44.84	350m: 5:09.00	44.39		
100m: 1:23.44	44.11	200m: 2:53.99	45.82	300m: 4:24.61	45.78	400m: 5:50.86	41.86		
25. Britt van de Reep	De Columbiaan	5:41.45	201001084	5:51.33	+0,62	1:21.81	2:51.66	4:22.13	5:51.33
50m: 38.12	38.12	150m: 2:06.52	44.71	250m: 3:36.96	45.30	350m: 5:07.30	45.17		
100m: 1:21.81	43.69	200m: 2:51.66	45.14	300m: 4:22.13	45.17	400m: 5:51.33	44.03		
26. Demi Bos	Niemo Barracuda	5:49.66	201001282	5:58.83	+0,94	1:24.63	2:56.88	4:32.78	5:58.83
50m: 39.45	39.45	150m: 2:11.57	46.94	250m: 3:44.49	47.61	350m: 5:17.36	44.58		
100m: 1:24.63	45.18	200m: 2:56.88	45.31	300m: 4:32.78	48.29	400m: 5:58.83	41.47		
27. Louise Kuiper	WVZ	6:10.66	201101012	6:03.00	+0,65	1:25.81	2:59.40	4:32.79	6:03.00
<i>*BU 50m</i>									
50m: 39.97	39.97	150m: 2:12.66	46.85	250m: 3:45.83	46.43	350m: 5:19.14	46.35		
100m: 1:25.81	45.84	200m: 2:59.40	46.74	300m: 4:32.79	46.96	400m: 6:03.00	43.86		
28. Evy v. Nimwegen	z.c De Schotejil	5:55.78	201100168	6:07.35		1:25.46	2:58.84	4:34.09	6:07.35
50m: 40.02	40.02	150m: 2:11.74	46.28	250m: 3:46.93	48.09	350m: 5:21.61	47.52		
100m: 1:25.46	45.44	200m: 2:58.84	47.10	300m: 4:34.09	47.16	400m: 6:07.35	45.74		

Junioren 3 en 4

1. Jade van der Schrier	AZC	4:31.81	200800692	4:37.87	+0,84	1:04.84	2:16.57	3:28.52	4:37.87
50m: 30.73	30.73	150m: 1:40.29	35.45	250m: 2:52.33	35.76	350m: 4:03.93	35.41		
100m: 1:04.84	34.11	200m: 2:16.57	36.28	300m: 3:28.52	36.19	400m: 4:37.87	33.94		
2. Meyke v. Nimwegen	z.c De Schotejil	5:00.44	200800106	4:48.55	+0,82	1:08.84	2:22.09	3:35.70	4:48.55
<i>*BU 50m</i>									
50m: 33.13	33.13	150m: 1:45.20	36.36	250m: 2:58.83	36.74	350m: 4:12.44	36.74		
100m: 1:08.84	35.71	200m: 2:22.09	36.89	300m: 3:35.70	36.87	400m: 4:48.55	36.11		
3. Ilse Rozema	Blue Marlins	4:41.21	200803318	4:49.45	+0,60	1:08.44	2:24.48	3:38.51	4:49.45
50m: 32.20	32.20	150m: 1:46.91	38.47	250m: 3:01.33	36.85	350m: 4:14.95	36.44		
100m: 1:08.44	36.24	200m: 2:24.48	37.57	300m: 3:38.51	37.18	400m: 4:49.45	34.50		
4. Ece Öngören	Blue Marlins	4:45.48	200903862	4:53.96	+0,79	1:09.40	2:24.02	3:38.62	4:53.96
<i>*BU eindtijd</i>									
50m: 32.54	32.54	150m: 1:46.77	37.37	250m: 3:01.33	37.31	350m: 4:16.35	37.73		
100m: 1:09.40	36.86	200m: 2:24.02	37.25	300m: 3:38.62	37.29	400m: 4:53.96	37.61		
5. Grace Peters	Blue Marlins	5:01.15	200901474	5:04.14	+0,92	1:11.47	2:29.78	3:46.87	5:04.14
50m: 33.99	33.99	150m: 1:50.69	39.22	250m: 3:08.87	39.09	350m: 4:26.29	39.42		
100m: 1:11.47	37.48	200m: 2:29.78	39.09	300m: 3:46.87	38.00	400m: 5:04.14	37.85		
6. Suuz Griekspoor	Noordwijkerhout	4:54.94	200901204	5:05.69	+0,85	1:11.23	2:28.67	3:48.03	5:05.69
50m: 33.73	33.73	150m: 1:49.82	38.59	250m: 3:08.38	39.71	350m: 4:27.72	39.69		
100m: 1:11.23	37.50	200m: 2:28.67	38.85	300m: 3:48.03	39.65	400m: 5:05.69	37.97		
7. Sophie van Leent	Blue Marlins	5:10.62	200800522	5:09.08	+0,73	1:09.80	2:29.79	3:51.31	5:09.08
50m: 32.25	32.25	150m: 1:48.94	39.14	250m: 3:10.64	40.85	350m: 4:30.76	39.45		
100m: 1:09.80	37.55	200m: 2:29.79	40.85	300m: 3:51.31	40.67	400m: 5:09.08	38.32		
8. Liv Heijdra	WVZ	5:02.56	200800736	5:09.99	+0,75	1:10.24	2:28.98	3:49.75	5:09.99
50m: 33.28	33.28	150m: 1:49.46	39.22	250m: 3:08.90	39.92	350m: 4:30.84	41.09		
100m: 1:10.24	36.96	200m: 2:28.98	39.52	300m: 3:49.75	40.85	400m: 5:09.99	39.15		
9. Nadine Kuiper	WVZ	5:13.84	200802372	5:15.14	+0,92	1:13.52	2:34.74	3:56.18	5:15.14
50m: 34.42	34.42	150m: 1:53.96	40.44	250m: 3:15.31	40.57	350m: 4:36.93	40.75		
100m: 1:13.52	39.10	200m: 2:34.74	40.78	300m: 3:56.18	40.87	400m: 5:15.14	38.21		
10. Jorja Verschoor	AZC	5:12.88	200902640	5:17.99	+0,79	1:14.67	2:35.42	3:57.48	5:17.99
50m: 35.38	35.38	150m: 1:54.90	40.23	250m: 3:16.75	41.33	350m: 4:38.45	40.97		
100m: 1:14.67	39.29	200m: 2:35.42	40.52	300m: 3:57.48	40.73	400m: 5:17.99	39.54		
11. Zoë Rijkaart	AZC	5:26.33	200903008	5:20.13	+0,79	1:14.24	2:36.69	4:01.84	5:20.13
50m: 34.88	34.88	150m: 1:55.51	41.27	250m: 3:19.09	42.40	350m: 4:41.81	39.97		
100m: 1:14.24	39.36	200m: 2:36.69	41.18	300m: 4:01.84	42.75	400m: 5:20.13	38.32		
12. H. Forschelen	MNC Dordrecht	5:23.12	200903572	5:22.17	+0,68	1:18.76	2:41.62	4:03.99	5:22.17
50m: 37.65	37.65	150m: 2:00.40	41.64	250m: 3:22.87	41.25	350m: 4:44.31	40.32		
100m: 1:18.76	41.11	200m: 2:41.62	41.22	300m: 4:03.99	41.12	400m: 5:22.17	37.86		

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rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
13. Sanne Mulder	Zoetermeer	5:22.34	200900280	5:22.83 +0,55	1:16.64	2:39.62	4:03.04	5:22.83
50m: 35.31	35.31	150m: 1:57.41	40.77	250m: 3:21.43	41.81	350m: 4:44.03	40.99	
100m: 1:16.64	41.33	200m: 2:39.62	42.21	300m: 4:03.04	41.61	400m: 5:22.83	38.80	
14. Julia van Wingerden	ZZ&PC De Devel	5:10.55	200800436	5:26.20	1:19.77	2:44.55	4:06.93	5:26.20
50m: 37.46	37.46	150m: 2:02.24	42.47	250m: 3:25.87	41.32	350m: 4:47.18	40.25	
100m: 1:19.77	42.31	200m: 2:44.55	42.31	300m: 4:06.93	41.06	400m: 5:26.20	39.02	
15. Gwen Hermans	De Columbiaan	5:19.71	200900058	5:27.00 +0,71	1:16.54	2:41.64	4:07.29	5:27.00
50m: 36.33	36.33	150m: 1:58.78	42.24	250m: 3:24.73	43.09	350m: 4:48.69	41.40	
100m: 1:16.54	40.21	200m: 2:41.64	42.86	300m: 4:07.29	42.56	400m: 5:27.00	38.31	
16. Jasmijn Schoonen	Wiekslag	5:15.86	200901196	5:34.12 +0,72	1:16.49	2:41.45	4:08.40	5:34.12
50m: 35.82	35.82	150m: 1:58.37	41.88	250m: 3:24.50	43.05	350m: 4:52.41	44.01	
100m: 1:16.49	40.67	200m: 2:41.45	43.08	300m: 4:08.40	43.90	400m: 5:34.12	41.71	
17. Julie Vacque <i>*BU 50m</i>	DSZ	5:39.31	200804552	5:35.16 +0,77	1:17.93	2:45.98	4:13.35	5:35.16
50m: 35.90	35.90	150m: 2:01.40	43.47	250m: 3:29.44	43.46	350m: 4:57.03	43.68	
100m: 1:17.93	42.03	200m: 2:45.98	44.58	300m: 4:13.35	43.91	400m: 5:35.16	38.13	
18. Hanna van Loenen	ZV Vlaardingen-Schied	5:41.54	200800836	5:38.50 +0,66	1:18.08	2:44.81	4:13.69	5:38.50
50m: 35.84	35.84	150m: 2:01.52	43.44	250m: 3:29.26	44.45	350m: 4:57.40	43.71	
100m: 1:18.08	42.24	200m: 2:44.81	43.29	300m: 4:13.69	44.43	400m: 5:38.50	41.10	
19. Carice Forschelen <i>*BU 50m</i>	MNC Dordrecht	5:31.39	200804338	5:38.77 +0,77	1:20.05	2:47.18	4:14.50	5:38.77
50m: 37.96	37.96	150m: 2:02.90	42.85	250m: 3:30.67	43.49	350m: 4:57.98	43.48	
100m: 1:20.05	42.09	200m: 2:47.18	44.28	300m: 4:14.50	43.83	400m: 5:38.77	40.79	
20. Juliëtte Priester	WZK	5:28.68	200800872	5:41.01 +0,85	1:21.61	2:49.65	4:17.72	5:41.01
50m: 38.28	38.28	150m: 2:06.18	44.57	250m: 3:33.34	43.69	350m: 5:01.51	43.79	
100m: 1:21.61	43.33	200m: 2:49.65	43.47	300m: 4:17.72	44.38	400m: 5:41.01	39.50	
AFGEM Tessa Hoogstraten	De Columbiaan	5:01.42	200800544					
Jeugd 1 en 2								
1. Anna Beck	Blue Marlins	4:42.07	200605282	4:47.14 +0,83	1:08.24	2:21.10	3:34.55	4:47.14
50m: 32.76	32.76	150m: 1:44.83	36.59	250m: 2:57.75	36.65	350m: 4:11.42	36.87	
100m: 1:08.24	35.48	200m: 2:21.10	36.27	300m: 3:34.55	36.80	400m: 4:47.14	35.72	
2. Floor Hogervorst	Noordwijkerhout	4:44.67	200701400	4:54.91 +0,64	1:08.78	2:23.34	3:40.02	4:54.91
50m: 32.97	32.97	150m: 1:45.68	36.90	250m: 3:01.39	38.05	350m: 4:18.29	38.27	
100m: 1:08.78	35.81	200m: 2:23.34	37.66	300m: 3:40.02	38.63	400m: 4:54.91	36.62	
3. Annedieke Scholte	Blue Marlins	4:50.29	200701110	5:01.53 +0,79	1:10.93	2:29.21	3:46.81	5:01.53
50m: 33.42	33.42	150m: 1:49.95	39.02	250m: 3:08.25	39.04	350m: 4:25.02	38.21	
100m: 1:10.93	37.51	200m: 2:29.21	39.26	300m: 3:46.81	38.56	400m: 5:01.53	36.51	
4. Donna van der Meer	BZ en PC	4:56.96	200601146	5:06.66 +0,71	1:12.90	2:31.39	3:49.91	5:06.66
50m: 34.28	34.28	150m: 1:52.54	39.64	250m: 3:10.58	39.19	350m: 4:29.44	39.53	
100m: 1:12.90	38.62	200m: 2:31.39	38.85	300m: 3:49.91	39.33	400m: 5:06.66	37.22	
5. Hilda Vrijbloed	ZV Vlaardingen-Schied	5:05.51	200605262	5:08.78 +0,77	1:12.21	2:31.84	3:52.05	5:08.78
50m: 33.60	33.60	150m: 1:52.01	39.80	250m: 3:11.76	39.92	350m: 4:31.74	39.69	
100m: 1:12.21	38.61	200m: 2:31.84	39.83	300m: 3:52.05	40.29	400m: 5:08.78	37.04	
6. Marjolijn Offeringa	ZV Vlaardingen-Schied	5:18.11	200701788	5:18.34 +0,78	1:15.21	2:35.28	3:56.99	5:18.34
50m: 35.47	35.47	150m: 1:55.65	40.44	250m: 3:16.09	40.81	350m: 4:38.70	41.71	
100m: 1:15.21	39.74	200m: 2:35.28	39.63	300m: 3:56.99	40.90	400m: 5:18.34	39.64	
7. Jaylin van der Linden <i>*BU 50m</i>	ZZ&PC De Devel	5:04.74	200701766	5:24.14 +0,77	1:16.81	2:39.89	4:02.45	5:24.14
50m: 36.06	36.06	150m: 1:58.56	41.75	250m: 3:21.13	41.24	350m: 4:44.02	41.57	
100m: 1:16.81	40.75	200m: 2:39.89	41.33	300m: 4:02.45	41.32	400m: 5:24.14	40.12	
8. Nada Mghizrat <i>*BU 50m</i>	GZC DONK	5:20.23	200702178	5:27.15 +0,83	1:16.64	2:40.51	4:05.08	5:27.15
50m: 36.28	36.28	150m: 1:58.38	41.74	250m: 3:23.00	42.49	350m: 4:47.23	42.15	
100m: 1:16.64	40.36	200m: 2:40.51	42.13	300m: 4:05.08	42.08	400m: 5:27.15	39.92	
9. Aguila Dolsma	Blue Marlins	5:32.36	200603902 S14	5:46.12 +0,71	1:21.23	2:50.60	4:19.36	5:46.12
50m: 37.65	37.65	150m: 2:06.15	44.92	250m: 3:35.24	44.64	350m: 5:04.33	44.97	
100m: 1:21.23	43.58	200m: 2:50.60	44.45	300m: 4:19.36	44.12	400m: 5:46.12	41.79	
NG Madelief Penning	ZZ&PC De Devel	5:07.37	200701298					

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 1, Dames, 400m vrije slag

Senioren 1 en ouder

1. Lynn Blommers	Blue Marlins	4:35.34	200105062	4:33.77	+0,62	1:05.07	2:14.62	3:24.97	4:33.77
50m: 31.00	31.00	150m: 1:39.66	34.59	250m: 2:49.94	35.32	350m: 4:00.27	35.30		
100m: 1:05.07	34.07	200m: 2:14.62	34.96	300m: 3:24.97	35.03	400m: 4:33.77	33.50		
2. S. van Droffelaar	ZV Vlaardingen-Schied4	4:23.56	200500330	4:34.58	+0,75	1:04.89	2:14.91	3:25.49	4:34.58
50m: 31.20	31.20	150m: 1:39.76	34.87	250m: 2:50.13	35.22	350m: 4:00.75	35.26		
100m: 1:04.89	33.69	200m: 2:14.91	35.15	300m: 3:25.49	35.36	400m: 4:34.58	33.83		
3. Angelique van Vark	GZC DONK	4:35.97	199701478	4:34.71	+0,72	1:05.22	2:15.10	3:26.52	4:34.71
50m: 31.19	31.19	150m: 1:39.85	34.63	250m: 2:50.91	35.81	350m: 4:01.78	35.26		
100m: 1:05.22	34.03	200m: 2:15.10	35.25	300m: 3:26.52	35.61	400m: 4:34.71	32.93		
4. Mara Bosman	Blue Marlins	4:37.46	200303048	4:39.14	+0,71	1:05.15	2:15.12	3:27.12	4:39.14
50m: 30.99	30.99	150m: 1:40.25	35.10	250m: 2:50.71	35.59	350m: 4:03.01	35.89		
100m: 1:05.15	34.16	200m: 2:15.12	34.87	300m: 3:27.12	36.41	400m: 4:39.14	36.13		
5. Merel Leuring <i>*BU 50m</i>	AZC	4:40.39	200401204	4:49.29	+0,78	1:08.66	2:23.49	3:37.41	4:49.29
50m: 32.29	32.29	150m: 1:46.62	37.96	250m: 3:00.79	37.30	350m: 4:13.62	36.21		
100m: 1:08.66	36.37	200m: 2:23.49	36.87	300m: 3:37.41	36.62	400m: 4:49.29	35.67		
6. Anouchka Bos	Niemo Barracuda	4:56.87	200501528	4:56.12	+0,86	1:10.22	2:25.86	3:42.41	4:56.12
50m: 33.42	33.42	150m: 1:47.81	37.59	250m: 3:03.89	38.03	350m: 4:20.38	37.97		
100m: 1:10.22	36.80	200m: 2:25.86	38.05	300m: 3:42.41	38.52	400m: 4:56.12	35.74		
7. M. Marinus-Cruz	Blue Marlins	4:52.98	200404702	4:56.80	+0,76	1:10.18	2:26.76	3:42.88	4:56.80
50m: 32.99	32.99	150m: 1:47.90	37.72	250m: 3:04.80	38.04	350m: 4:20.34	37.46		
100m: 1:10.18	37.19	200m: 2:26.76	38.86	300m: 3:42.88	38.08	400m: 4:56.80	36.46		
8. Anouk Vis	De Columbiaan	4:49.20	200203322	5:01.58	+0,84	1:10.12	2:26.31	3:44.05	5:01.58
50m: 33.30	33.30	150m: 1:48.11	37.99	250m: 3:04.99	38.68	350m: 4:23.01	38.96		
100m: 1:10.12	36.82	200m: 2:26.31	38.20	300m: 3:44.05	39.06	400m: 5:01.58	38.57		
9. Aisha Nobels	z.c De Schotejil	4:56.26	200501710	5:05.62	+0,72	1:11.87	2:29.49	3:49.01	5:05.62
50m: 34.03	34.03	150m: 1:50.66	38.79	250m: 3:09.18	39.69	350m: 4:27.75	38.74		
100m: 1:11.87	37.84	200m: 2:29.49	38.83	300m: 3:49.01	39.83	400m: 5:05.62	37.87		
10. Isabelle Janssen	De Geul	5:38.13	200006318	5:57.91	+0,87	1:23.06	2:53.90	4:25.94	5:57.91
50m: 40.07	40.07	150m: 2:08.01	44.95	250m: 3:40.51	46.61	350m: 5:12.40	46.46		
100m: 1:23.06	42.99	200m: 2:53.90	45.89	300m: 4:25.94	45.43	400m: 5:57.91	45.51		
11. Esmeralda Elbers	Blue Marlins	6:14.06	200404888	6:12.71	+0,86	1:27.60	3:01.79	4:38.88	6:12.71
50m: 41.49	41.49	150m: 2:14.76	47.16	250m: 3:50.17	48.38	350m: 5:27.37	48.49		
100m: 1:27.60	46.11	200m: 3:01.79	47.03	300m: 4:38.88	48.71	400m: 6:12.71	45.34		

Programmanr. 2
20-5-2023 - 10:25

Heren, 400m wisselslag

Juniores 1 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m	
Juniores 1 en 2									
1. Ivo Bot	Wiekslag	5:04.74	200900509	5:18.61	+0,73	1:15.17	2:37.39	4:09.42	5:18.61
50m: 31.25	31.25	150m: 1:56.00	40.83	250m: 3:23.36	45.97	350m: 4:44.84	35.42		
100m: 1:15.17	43.92	200m: 2:37.39	41.39	300m: 4:09.42	46.06	400m: 5:18.61	33.77		
2. Sverre van der Zwaan	WVZ	5:21.16	200900737	5:21.27	+0,76	1:12.34	2:30.47	4:08.32	5:21.27
50m: 33.54	33.54	150m: 1:52.74	40.40	250m: 3:19.24	48.77	350m: 4:45.52	37.20		
100m: 1:12.34	38.80	200m: 2:30.47	37.73	300m: 4:08.32	49.08	400m: 5:21.27	35.75		
3. Adriaan Coppelmans	AZC	5:13.57	200903243	5:22.81	+0,52	1:13.54	2:36.72	4:07.80	5:22.81
50m: 33.11	33.11	150m: 1:55.60	42.06	250m: 3:21.35	44.63	350m: 4:46.25	38.45		
100m: 1:13.54	40.43	200m: 2:36.72	41.12	300m: 4:07.80	46.45	400m: 5:22.81	36.56		
4. Luca Boorsma	De Columbiaan	5:16.59	200902031	5:23.17	+0,64	1:15.35	2:38.17	4:11.60	5:23.17
50m: 33.61	33.61	150m: 1:57.58	42.23	250m: 3:24.23	46.06	350m: 4:47.44	35.84		
100m: 1:15.35	41.74	200m: 2:38.17	40.59	300m: 4:11.60	47.37	400m: 5:23.17	35.73		
5. Aidan van der Stelt	De Geul	5:23.47	200900901	5:32.76	+0,72	1:14.54	2:41.63	4:19.69	5:32.76
50m: 33.23	33.23	150m: 1:59.02	44.48	250m: 3:31.06	49.43	350m: 4:56.58	36.89		
100m: 1:14.54	41.31	200m: 2:41.63	42.61	300m: 4:19.69	48.63	400m: 5:32.76	36.18		
6. Paul Ruitenbergh <i>*BU 50m</i>	De Geul	5:20.19	200900979	5:40.43	+0,70	1:16.08	2:46.17	4:22.18	5:40.43
50m: 34.13	34.13	150m: 2:02.10	46.02	250m: 3:33.17	47.00	350m: 5:01.63	39.45		
100m: 1:16.08	41.95	200m: 2:46.17	44.07	300m: 4:22.18	49.01	400m: 5:40.43	38.80		
7. Myron Artemenko	Niemo Barracuda	5:36.72	201003021	5:42.56	+0,61	1:19.78	2:43.80	4:22.83	5:42.56
50m: 36.62	36.62	150m: 2:01.90	42.12	250m: 3:32.49	48.69	350m: 5:02.41	39.58		
100m: 1:19.78	43.16	200m: 2:43.80	41.90	300m: 4:22.83	50.34	400m: 5:42.56	40.15		

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 2, Jongens, 400m wisselslag, Junioren 1 en 2

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
8. D. van den Nouland	Blue Marlins	5:33.10 201000071	5:44.26	+0,67	1:21.88	2:46.97	4:23.76	5:44.26
50m: 36.47	36.47	150m: 2:05.00	43.12	250m: 3:35.51	48.54	350m: 5:04.49	40.73	
100m: 1:21.88	45.41	200m: 2:46.97	41.97	300m: 4:23.76	48.25	400m: 5:44.26	39.77	
9. Owen Houdé	De Geul	5:48.54 200900903	5:56.73	+0,82	1:25.35	2:58.80	4:41.43	5:56.73
50m: 36.85	36.85	150m: 2:13.05	47.70	250m: 3:49.81	51.01	350m: 5:21.55	40.12	
100m: 1:25.35	48.50	200m: 2:58.80	45.75	300m: 4:41.43	51.62	400m: 5:56.73	35.18	
10. Eli Shields	Niemo Barracuda	5:45.38 201000407	5:59.41	+0,73	1:23.06	2:52.87	4:39.50	5:59.41
50m: 36.44	36.44	150m: 2:08.99	45.93	250m: 3:45.75	52.88	350m: 5:19.76	40.26	
100m: 1:23.06	46.62	200m: 2:52.87	43.88	300m: 4:39.50	53.75	400m: 5:59.41	39.65	
11. Sven Mulder	Zoetermeer	6:02.86 200901655	5:59.69	+0,77	1:28.48	2:53.15	4:42.18	5:59.69
50m: 37.44	37.44	150m: 2:11.85	43.37	250m: 3:46.84	53.69	350m: 5:22.43	40.25	
100m: 1:28.48	51.04	200m: 2:53.15	41.30	300m: 4:42.18	55.34	400m: 5:59.69	37.26	
12. Vince van Dam	ACZ	5:55.35 201000405	6:11.82	+0,68	1:24.46	2:58.44	4:46.75	6:11.82
50m: 37.78	37.78	150m: 2:12.07	47.61	250m: 3:51.59	53.15	350m: 5:30.17	43.42	
100m: 1:24.46	46.68	200m: 2:58.44	46.37	300m: 4:46.75	55.16	400m: 6:11.82	41.65	
13. Girish Nolden	Blue Marlins	NT 201000087	6:12.77	+0,70	1:21.85	2:54.94	4:46.83	6:12.77
<i>*BU 50m</i>								
50m: 36.07	36.07	150m: 2:09.09	47.24	250m: 3:50.13	55.19	350m: 5:31.04	44.21	
100m: 1:21.85	45.78	200m: 2:54.94	45.85	300m: 4:46.83	56.70	400m: 6:12.77	41.73	
14. Jordan Neyhoff	Wiekslag	6:03.90 201000765	6:13.62		1:25.94	3:00.85	4:52.84	6:13.62
50m: 38.23	38.23	150m: 2:13.75	47.81	250m: 3:56.89	56.04	350m: 5:35.82	42.98	
100m: 1:25.94	47.71	200m: 3:00.85	47.10	300m: 4:52.84	55.95	400m: 6:13.62	37.80	
15. Thijs Bijman	Niemo Barracuda	6:06.16 200901111	6:17.13	+0,89	1:23.67	3:07.60	4:52.55	6:17.13
50m: 36.85	36.85	150m: 2:17.85	54.18	250m: 3:59.07	51.47	350m: 5:36.53	43.98	
100m: 1:23.67	46.82	200m: 3:07.60	49.75	300m: 4:52.55	53.48	400m: 6:17.13	40.60	
16. Luca Kamps	De Vliet (SG)	NT 200900891	6:21.70	+0,78	1:30.57	3:04.23	4:57.10	6:21.70
50m: 39.13	39.13	150m: 2:18.28	47.71	250m: 3:59.76	55.53	350m: 5:40.33	43.23	
100m: 1:30.57	51.44	200m: 3:04.23	45.95	300m: 4:57.10	57.34	400m: 6:21.70	41.37	
17. Duncan Hoogendijk	Blue Marlins	NT 200901815	6:27.83	+0,83	1:30.54	3:11.21	5:01.20	6:27.83
50m: 38.79	38.79	150m: 2:22.08	51.54	250m: 4:06.03	54.82	350m: 5:45.96	44.76	
100m: 1:30.54	51.75	200m: 3:11.21	49.13	300m: 5:01.20	55.17	400m: 6:27.83	41.87	
18. Tygo van Berkel	De Geul	6:37.65 201000327	6:30.72	+0,64	1:36.37	3:18.10	5:09.03	6:30.72
50m: 42.94	42.94	150m: 2:28.46	52.09	250m: 4:12.56	54.46	350m: 5:51.03	42.00	
100m: 1:36.37	53.43	200m: 3:18.10	49.64	300m: 5:09.03	56.47	400m: 6:30.72	39.69	
19. Rens van der Es	De Geul	6:49.32 201000583	6:53.81	+0,59	1:42.44	3:29.16	5:26.62	6:53.81
50m: 43.41	43.41	150m: 2:35.55	53.11	250m: 4:27.61	58.45	350m: 6:11.29	44.67	
100m: 1:42.44	59.03	200m: 3:29.16	53.61	300m: 5:26.62	59.01	400m: 6:53.81	42.52	
DIS Wanne van Geest	ZV Vlaardingen-Schied	5:19.13 200901425						
	<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>							
NG Ghalil Lodder	Wiekslag	6:42.17 201000711						
Junioren 3 en 4								
1. Denzel Barthen	WVZ	4:50.50 200700147	4:54.68	+0,64	1:04.38	2:21.05	3:46.91	4:54.68
50m: 29.67	29.67	150m: 1:42.53	38.15	250m: 3:04.01	42.96	350m: 4:20.92	34.01	
100m: 1:04.38	34.71	200m: 2:21.05	38.52	300m: 3:46.91	42.90	400m: 4:54.68	33.76	
2. Yarno van Dam	ACZ	4:55.65 200800115	4:59.44	+0,71	1:04.92	2:23.22	3:50.77	4:59.44
50m: 30.09	30.09	150m: 1:44.12	39.20	250m: 3:06.49	43.27	350m: 4:25.23	34.46	
100m: 1:04.92	34.83	200m: 2:23.22	39.10	300m: 3:50.77	44.28	400m: 4:59.44	34.21	
3. Gijs Hartwijk	ZVL-1886 Center	5:06.44 200800573	5:08.57	+0,65	1:09.58	2:29.18	3:58.46	5:08.57
50m: 32.12	32.12	150m: 1:49.67	40.09	250m: 3:13.74	44.56	350m: 4:32.93	34.47	
100m: 1:09.58	37.46	200m: 2:29.18	39.51	300m: 3:58.46	44.72	400m: 5:08.57	35.64	
4. Boele Böhm	Blue Marlins	4:58.07 200700739	5:08.75	+0,72	1:07.28	2:25.16	3:59.53	5:08.75
50m: 30.54	30.54	150m: 1:46.78	39.50	250m: 3:12.56	47.40	350m: 4:33.92	34.39	
100m: 1:07.28	36.74	200m: 2:25.16	38.38	300m: 3:59.53	46.97	400m: 5:08.75	34.83	
5. Tim Boerefijn	WVZ	NT 200802815	5:22.16	+0,83	1:12.49	2:37.10	4:14.16	5:22.16
50m: 33.37	33.37	150m: 1:55.49	43.00	250m: 3:25.42	48.32	350m: 4:49.51	35.35	
100m: 1:12.49	39.12	200m: 2:37.10	41.61	300m: 4:14.16	48.74	400m: 5:22.16	32.65	
6. Twan Hoogervorst	De Columbiaan	5:32.12 200700741	5:27.10	+0,69	1:14.83	2:36.19	4:11.33	5:27.10
50m: 33.25	33.25	150m: 1:56.05	41.22	250m: 3:23.61	47.42	350m: 4:49.87	38.54	
100m: 1:14.83	41.58	200m: 2:36.19	40.14	300m: 4:11.33	47.72	400m: 5:27.10	37.23	
7. Niek Sonneveld	WVZ	5:31.89 200802631	5:33.10	+0,70	1:16.22	2:36.60	4:15.45	5:33.10
50m: 34.23	34.23	150m: 1:56.60	40.38	250m: 3:24.67	48.07	350m: 4:54.90	39.45	
100m: 1:16.22	41.99	200m: 2:36.60	40.00	300m: 4:15.45	50.78	400m: 5:33.10	38.20	
8. Mitchell van Dijk	Niemo Barracuda	6:16.19 200800577	6:29.98	+0,83	1:31.25	3:06.25	4:56.62	6:29.98
<i>*BU 50m</i>								
50m: 40.80	40.80	150m: 2:18.69	47.44	250m: 4:00.48	54.23	350m: 5:44.43	47.81	
100m: 1:31.25	50.45	200m: 3:06.25	47.56	300m: 4:56.62	56.14	400m: 6:29.98	45.55	

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 2, Jongens, 400m wisselslag, Junioren 3 en 4

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
9. Esh Nolden	Blue Marlins	6:11.41 200800145	6:31.86	+0,59	1:34.14	3:17.09	5:05.32	6:31.86
50m: 40.30	40.30	150m: 2:26.59	52.45	250m: 4:10.98	53.89	350m: 5:49.85	44.53	
100m: 1:34.14	53.84	200m: 3:17.09	50.50	300m: 5:05.32	54.34	400m: 6:31.86	42.01	
10. Roan van Veen	ZOB'66	6:31.70 200702085	6:35.92	+0,77	1:31.61	3:13.39	5:03.12	6:35.92
50m: 39.15	39.15	150m: 2:24.02	52.41	250m: 4:08.29	54.90	350m: 5:49.63	46.51	
100m: 1:31.61	52.46	200m: 3:13.39	49.37	300m: 5:03.12	54.83	400m: 6:35.92	46.29	
DIS Lucas Bongers	ZOB'66	5:46.51 200800903						
<i>AE - De aangegeven zwemslag niet uitgevoerd., armen niet naar buiten bewogen bij schoolslag</i>								
DIS Aiden Lips	Blue Marlins	5:44.65 200800951						
<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>								
DIS Fabian Riedijk	Blue Marlins	NT 200800603						
<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>								
NG Gaëtan Spicq	Blue Marlins	5:04.57 200701807						
NG Xiaoyu Yin	Blue Marlins	4:41.63 200803363						

Jeugd 1 en 2

1. Émile Fouzaï	Blue Marlins	4:30.77 200500263	4:40.55	+0,75	1:00.81	2:18.49	3:39.11	4:40.55
50m: 28.34	28.34	150m: 1:40.48	39.67	250m: 2:58.79	40.30	350m: 4:10.10	30.99	
100m: 1:00.81	32.47	200m: 2:18.49	38.01	300m: 3:39.11	40.32	400m: 4:40.55	30.45	
2. Daan Sonneveld	WVZ	4:51.41 200601085	4:50.44	+0,71	1:08.51	2:19.53	3:45.73	4:50.44
50m: 30.38	30.38	150m: 1:45.17	36.66	250m: 3:02.34	42.81	350m: 4:19.19	33.46	
100m: 1:08.51	38.13	200m: 2:19.53	34.36	300m: 3:45.73	43.39	400m: 4:50.44	31.25	
3. Lars Bulman	Blue Marlins	4:47.08 200600125	4:56.33	+0,68	1:03.73	2:21.18	3:48.36	4:56.33
50m: 29.60	29.60	150m: 1:42.31	38.58	250m: 3:04.81	43.63	350m: 4:22.86	34.50	
100m: 1:03.73	34.13	200m: 2:21.18	38.87	300m: 3:48.36	43.55	400m: 4:56.33	33.47	
4. Imme Bousema *BU 50m	Blue Marlins	4:58.32 200601873	5:02.59	+0,71	1:07.67	2:28.60	3:51.87	5:02.59
50m: 30.67	30.67	150m: 1:48.32	40.65	250m: 3:09.54	40.94	350m: 4:27.80	35.93	
100m: 1:07.67	37.00	200m: 2:28.60	40.28	300m: 3:51.87	42.33	400m: 5:02.59	34.79	
5. Laurens Kalle	z.c De Schotejil	4:53.01 200600161	5:08.47	+0,81	1:06.80	2:28.19	4:00.46	5:08.47
50m: 30.22	30.22	150m: 1:47.80	41.00	250m: 3:14.22	46.03	350m: 4:36.60	36.14	
100m: 1:06.80	36.58	200m: 2:28.19	40.39	300m: 4:00.46	46.24	400m: 5:08.47	31.87	
6. Bas Blanker	SG SCOM/de Zeehond	4:58.53 200601497	5:09.46	+0,71	1:08.61	2:35.13	4:04.20	5:09.46
50m: 31.55	31.55	150m: 1:52.39	43.78	250m: 3:19.51	44.38	350m: 4:38.34	34.14	
100m: 1:08.61	37.06	200m: 2:35.13	42.74	300m: 4:04.20	44.69	400m: 5:09.46	31.12	
7. Bo Merkestein	WVZ	NT 200602451	5:27.01	+0,79	1:11.17	2:36.38	4:16.49	5:27.01
50m: 32.27	32.27	150m: 1:54.01	42.84	250m: 3:25.75	49.37	350m: 4:52.43	35.94	
100m: 1:11.17	38.90	200m: 2:36.38	42.37	300m: 4:16.49	50.74	400m: 5:27.01	34.58	
8. Björn Mulder	Zoetermeer	5:16.25 200601517	5:27.33	+0,69	1:14.59	2:40.07	4:11.23	5:27.33
50m: 32.29	32.29	150m: 1:57.68	43.09	250m: 3:24.75	44.68	350m: 4:49.70	38.47	
100m: 1:14.59	42.30	200m: 2:40.07	42.39	300m: 4:11.23	46.48	400m: 5:27.33	37.63	
9. Thijs Huizer	Noordwijkerhout	5:32.59 200502523	5:40.95	+0,72	1:14.36	2:41.61	4:22.80	5:40.95
50m: 33.00	33.00	150m: 1:58.37	44.01	250m: 3:32.39	50.78	350m: 5:04.21	41.41	
100m: 1:14.36	41.36	200m: 2:41.61	43.24	300m: 4:22.80	50.41	400m: 5:40.95	36.74	
10. Reinier Velthuijs	Niemo Barracuda	5:36.18 200503537	5:58.27	+0,80	1:15.69	2:47.64	4:31.90	5:58.27
50m: 32.97	32.97	150m: 2:02.50	46.81	250m: 3:37.62	49.98	350m: 5:16.05	44.15	
100m: 1:15.69	42.72	200m: 2:47.64	45.14	300m: 4:31.90	54.28	400m: 5:58.27	42.22	
11. Rien Mackloet	z.c De Schotejil	5:46.87 200600533	6:04.38	+0,78	1:17.22	2:52.59	4:44.21	6:04.38
50m: 34.83	34.83	150m: 2:06.16	48.94	250m: 3:47.99	55.40	350m: 5:25.48	41.27	
100m: 1:17.22	42.39	200m: 2:52.59	46.43	300m: 4:44.21	56.22	400m: 6:04.38	38.90	

Senioren 1 en ouder

1. Abel te Riele	WVZ	4:24.73 200402317	4:45.31	+0,75	1:03.28	2:18.60	3:39.00	4:45.31
50m: 28.93	28.93	150m: 1:41.73	38.45	250m: 2:58.25	39.65	350m: 4:12.75	33.75	
100m: 1:03.28	34.35	200m: 2:18.60	36.87	300m: 3:39.00	40.75	400m: 4:45.31	32.56	
2. Guus Hoogduin	ZVL-1886 Center	4:44.37 200201069	4:58.30	+0,67	1:05.49	2:22.38	3:49.17	4:58.30
50m: 30.43	30.43	150m: 1:44.15	38.66	250m: 3:05.55	43.17	350m: 4:24.73	35.56	
100m: 1:05.49	35.06	200m: 2:22.38	38.23	300m: 3:49.17	43.62	400m: 4:58.30	33.57	
3. Daan Hogerhuis	De Columbiaan	4:48.49 200300317	5:05.39	+0,78	1:05.74	2:23.79	3:55.64	5:05.39
50m: 30.08	30.08	150m: 1:44.78	39.04	250m: 3:08.83	45.04	350m: 4:30.97	35.33	
100m: 1:05.74	35.66	200m: 2:23.79	39.01	300m: 3:55.64	46.81	400m: 5:05.39	34.42	
4. Pepijn van Egmond	WVZ	4:52.73 200402309	5:07.90	+0,74	1:05.77	2:25.84	3:56.99	5:07.90
50m: 30.08	30.08	150m: 1:45.35	39.58	250m: 3:10.78	44.94	350m: 4:33.38	36.39	
100m: 1:05.77	35.69	200m: 2:25.84	40.49	300m: 3:56.99	46.21	400m: 5:07.90	34.52	

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 2, Heren, 400m wisselslag, Senioren 1 en ouder

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
5. Bert Duivenvoorde <i>*BU 50m</i>	Noordwijkerhout	4:55.38 199701805	5:08.64	+0,73	1:03.56	2:24.35	3:56.76	5:08.64
50m: 29.57	29.57	150m: 1:44.75	41.19	250m: 3:10.00	45.65	350m: 4:33.32	36.56	
100m: 1:03.56	33.99	200m: 2:24.35	39.60	300m: 3:56.76	46.76	400m: 5:08.64	35.32	
6. Nathan Janssen	De Geul	5:01.04 200401565	5:12.75	+0,73	1:07.20	2:32.99	4:00.95	5:12.75
50m: 30.61	30.61	150m: 1:50.40	43.20	250m: 3:17.19	44.20	350m: 4:37.58	36.63	
100m: 1:07.20	36.59	200m: 2:32.99	42.59	300m: 4:00.95	43.76	400m: 5:12.75	35.17	
7. Bas Verdoes	De Columbiaan	5:18.15 199801487	5:22.80	+0,87	1:07.38	2:32.74	4:05.64	5:22.80
50m: 30.75	30.75	150m: 1:50.46	43.08	250m: 3:18.35	45.61	350m: 4:44.88	39.24	
100m: 1:07.38	36.63	200m: 2:32.74	42.28	300m: 4:05.64	47.29	400m: 5:22.80	37.92	
8. David Kievit <i>*BU eidntijd</i>	z.c De Schotejil	5:21.26 199900325	5:25.29	+0,85	1:09.30	2:34.77	4:06.69	5:25.29
50m: 30.96	30.96	150m: 1:52.26	42.96	250m: 3:20.65	45.88	350m: 4:45.61	38.92	
100m: 1:09.30	38.34	200m: 2:34.77	42.51	300m: 4:06.69	46.04	400m: 5:25.29	39.68	

Programmanr. 3
20-5-2023 - 11:25

Dames, 100m schoolslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT
Junioren 1 en 2				
1. Julia D browska	Blue Marlins	1:18.29	201000300	1:21.27 +0,79
2. Eva Ehlert	GZC DONK	1:20.77	201002026	1:22.09
3. Tess van de Steeg	WVZ	1:21.10	201000016	1:23.96 +0,84
4. Tess Meeuwissen	De Columbiaan	1:25.70	201000370	1:25.91 +0,68
5. Ashley Mercera	SG SCOM/de Zeehond'73	1:25.09	201000178	1:26.52 +0,78
6. Eefje van Hinsbergen	Blue Marlins	1:26.27	201002252	1:27.00 +0,73
7. Chloé in 't Veen	WVZ	1:25.87	201100010	1:27.75 +0,71
8. Odenza Soselisa	Blue Marlins	1:26.15	201101780	1:29.02 +0,60
9. Esmee de Raadt	ZPB H&L Productions	1:28.26	201002328	1:29.79 +0,78
10. Britt van de Reep	De Columbiaan	1:27.47	201001084	1:30.37 +0,63
11. Manou Longayroux	ZZ&PC De Devel	1:24.71	201000580	1:30.38 +0,67
12. Famke Franzen	z.c De Schotejil	1:32.61	201000058	1:30.63 +0,69
13. Erin de Jong	GZC DONK	1:27.78	201000024	1:30.78
14. Mariia Kostina	Blue Marlins	1:27.83	201002042	1:30.93 +0,71
15. Tess Liebrechts	GZC DONK	1:29.47	201000212	1:31.18 +0,77
16. Meike van der Klugt	WVZ	1:32.88	201100808	1:31.34 +0,78
17. Anouk Steller	WVZ	1:27.96	201000004	1:32.49 +0,82
18. Nina van der Schrier	AZC	1:29.94	201000444	1:32.52 +0,81
19. Evy de Bonte	z.c De Schotejil	1:33.84	201000220	1:32.57 +0,70
20. Anne van Lith	ZVL-1886 Center	1:30.14	201001000	1:32.97 +0,63
21. Tessa de Jong	GZC DONK	1:27.30	201000026	1:33.24 +0,81
22. Nina Tetteroo	De Columbiaan	1:28.00	201000048	1:33.78 +0,63
23. Evelien de Vree	Blue Marlins	1:31.29	201002158	1:34.11 +0,70
24. Minke Bouman	Blue Marlins	1:30.73	201100104	1:34.46 +0,77
25. Nina Slagter	D.E.S.	1:33.29	201003164	1:34.58 +0,83
26. Reina Böhm	De Columbiaan	1:28.32	201000042	1:34.89 +0,58
27. Milou Filemon	ZZ&PC De Devel	1:32.30	201100078	1:34.97 +0,63
28. Abya Buscop	z.c De Schotejil	1:34.64	201100056	1:35.41
29. Demi Bos	Niemo Barracuda	1:31.50	201001282	1:35.50 +0,76
30. Lisa Maat	ZOB'66	1:34.93	201100974	1:38.11 +0,86
31. Rozalia Diederiks	ZVL-1886 Center	1:33.31	201100904	1:39.05 +0,84
32. Ilse Stout	ACZ	1:34.26	201001704	1:39.10 +0,76

Junioren 3 en 4

1. Flora Szili-Torok	Feijenoord Albion	1:17.05	200800114	1:14.51 +0,74
2. Tess Vonk	De Geul	1:15.76	200900024	1:18.29 +0,69
3. Liv Heijdra	WVZ	1:15.82	200800736	1:20.36
4. Jinth Engelse	Niemo Barracuda	1:16.53	200800204	1:21.77 +0,75
5. Meyke v. Nimwegen	z.c De Schotejil	1:20.76	200800106	1:21.85 +0,79
6. Mijke Ouderkerken	Blue Marlins	1:21.30	200901254	1:22.74 +0,86
7. Jade van der Schrier	AZC	1:21.98	200800692	1:23.40 +0,74
8. Ilse Rozema	Blue Marlins	1:22.16	200803318	1:24.65 +0,67
9. Sophie van Leent	Blue Marlins	1:22.24	200800522	1:24.86 +0,72

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 3, Meisjes, 100m schoolslag, Junioren 3 en 4

rang	naam	vereniging	intijd		tijd	RT	
10.	Sanne Hoogduin	ZVL-1886 Center	1:25.06	200800778	1:25.88	+0,81	
11.	Jasmijn Schoonen	Wiekslag	1:23.72	200901196	1:26.34	+0,87	
12.	Jennifer Blenk	ZV Vlaardingen-Schiedam	1:29.03	200903172	1:27.41		
13.	Grace Peters	Blue Marlins	1:21.73	200901474	1:27.49	+0,78	
14.	Suuz Griekspoor	Noordwijkerhout	1:24.76	200901204	1:28.11		
15.	Fleur Van den Eijk	Blue Marlins	1:23.30	200900304	1:28.37	+0,64	
16.	Sanne Mulder	Zoetermeer	1:27.50	200900280	1:29.27	+0,61	
17.	Sophie de Wolf	De Columbiaan	1:25.56	200803132	1:29.93	+0,72	
18.	Ebony Mercera	SG SCOM/de Zeehond'73	1:24.14	200800488	1:30.67	+0,87	
19.	Anouk de Jong	GZC DONK	1:27.37	200902506	1:32.10	+0,74	
20.	Luna Schipper	ZOB'66	1:30.06	200900364	1:33.43	+0,77	
21.	Veronica Borges	Blue Marlins	1:35.41	200903380	1:38.95	+0,91	
22.	Aminata Turay	Niemo Barracuda	2:08.16	200900282	2:07.70	+0,87	239

Jeugd 1 en 2

1.	Mare Schallenberg	ACZ	1:09.99	200600078	1:14.40	+0,74	
2.	Annique Rupke	WVZ	1:13.84	200700876	1:15.77	+0,64	
3.	Thalia Meijer	Blue Marlins	1:14.79	200704048	1:17.61	+0,73	
4.	Leyla Oversluisen	Feijenoord Albion	1:14.39	200602730	1:18.62	+0,80	
5.	Mila Oomens	Niemo Barracuda	1:14.91	200700016	1:19.56	+0,71	
6.	Lisa Dirkzwager	Blue Marlins	1:19.91	200703458	1:21.98	+0,76	
7.	Floor Hogervorst	Noordwijkerhout	1:18.43	200701400	1:23.57	+0,73	
8.	Zofia Lehmann	Blue Marlins	1:22.19	200704118	1:24.67	+0,83	
9.	Dominique Overduin	z.c De Schotejil	1:24.21	200700172	1:25.84	+0,80	
10.	Britte Lodder	ZZ&PC De Devel	1:21.49	200702290	1:28.03	+0,71	
11.	Nada Mghizrat	GZC DONK	1:23.01	200702178	1:28.08	+0,61	
12.	Samantha van der Jagt	Poseidon'56	1:23.60	200700220	1:28.73	+0,80	
13.	Annedieke Scholte	Blue Marlins	1:24.13	200701110	1:28.97	+0,75	
14.	Kyana van Dam	Niemo Barracuda	1:28.26	200703008	1:30.25	+0,79	
15.	Aguila Dolsma	Blue Marlins	1:29.51	200603902	1:33.20	+0,74	507

Senioren 1 en ouder

1.	Anne Palmans	WVZ	1:06.92	200006324	1:11.61	+0,75	
2.	Jill Nai Chung Tong	WVZ	1:08.28	200404272	1:11.92	+0,61	
3.	Lynn Blommers	Blue Marlins	1:09.86	200105062	1:15.11	+0,70	
4.	Rinske Bouman	Blue Marlins	1:13.28	200400578	1:15.94	+0,80	
5.	Jade Geurts	WVZ	1:13.33	200402278	1:16.05	+0,75	
6.	Silke Molendijk	ZVL-1886 Center	1:13.85	200100178	1:16.90	+0,66	
7.	Angelique van Vark	GZC DONK	1:13.78	199701478	1:17.05	+0,69	
8.	Merel Schravendijk	Blue Marlins	1:13.65	200503382	1:17.60	+0,72	
9.	Anouchka Bos	Niemo Barracuda	1:14.10	200501528	1:18.87	+0,86	
10.	Merel Leuring	AZC	1:16.46	200401204	1:19.25	+0,80	
11.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	1:15.94	200503292	1:19.57	+0,78	
12.	Lyke Buscop	z.c De Schotejil	1:20.62	200500552	1:20.44	+0,86	
13.	Lotte Middelbos	z.c De Schotejil	1:18.10	199900680	1:20.95	+0,82	
14.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	1:15.10	200500330	1:21.12	+0,64	
15.	Anne Dekker	Feijenoord Albion	1:17.20	199606830	1:21.51	+0,70	
16.	Daniëlle Vis	De Columbiaan	1:17.75	200401044	1:22.45	+0,80	
17.	Madoline Held	Blue Marlins	1:21.93	200503412	1:24.44	+0,73	
18.	Suzan Blankestijn	ZVL-1886 Center	1:21.57	198900350	1:25.14	+0,80	
19.	Carmen Lems	ACZ	1:20.50	200402632	1:26.42	+0,63	
20.	Melanie Marinus-Cruz	Blue Marlins	1:22.83	200404702	1:29.53	+0,79	
21.	Laura Tromp	ZZ&PC De Devel	1:23.17	200000276	1:30.09	+0,70	
22.	Daphne van Tilburg	De Geul	1:28.51	200500580	1:31.62	+0,83	
23.	Milou van Winkel	WVZ	1:37.76	200402296	1:37.89	+0,75	437
AFGEM	Phaedra Meijer	Blue Marlins	1:15.89	200405834			
NG	Marbel Diderik	De Columbiaan	1:19.40	200205752			

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 4
20-5-2023 - 11:50

Heren, 200m schoolslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	100m	200m	
Junioren 1 en 2								
1.	Thygo van de Peppel	Blue Marlins	2:42.96	200901101	2:42.39	+0,58	1:17.22	2:42.39
2.	Luca Boorsma	De Columbiaan	2:40.31	200902031	2:44.76	+0,65	1:20.03	2:44.76
3.	Adriaan Coppelmans	AZC	2:43.95	200903243	2:52.65	+0,71	1:22.83	2:52.65
4.	Dax van den Nouland	Blue Marlins	2:57.25	201000071	3:01.60	+0,72	1:28.11	3:01.60
5.	Tristan Fredema	Blue Marlins	3:14.15	200903699	3:03.07	+0,68	1:25.28	3:03.07
6.	Paul Ruitenbergh	De Geul	2:51.16	200900979	3:03.65	+0,77	1:26.64	3:03.65
7.	Myron Artemenko	Niemo Barracuda	2:55.20	201003021	3:07.62	+0,71	1:30.30	3:07.62
8.	Yaroslav Budylevskiy	Niemo Barracuda	3:18.30	200903563	3:08.80	+0,76	1:31.22	3:08.80
9.	Bink de Vries	AZC	2:59.65	200901887	3:10.42	+0,76	1:29.86	3:10.42
10.	Thijs Bijman	Niemo Barracuda	3:16.57	200901111	3:14.10	+0,77	1:33.35	3:14.10
11.	Idse Eisses	WVZ	3:11.15	200900009	3:18.14	+0,85	1:36.03	3:18.14
12.	Duncan Hoogendijk	Blue Marlins	3:18.17	200901815	3:18.57	+0,81	1:36.59	3:18.57
13.	Thom Veldhoen	ZZ&PC De Devel	3:07.46	200901159	3:22.18	+0,55	1:36.76	3:22.18
14.	Eli Shields	Niemo Barracuda	3:15.89	201000407	3:29.89	+0,73	1:42.13	3:29.89
15.	Jochem Evers	ZVL-1886 Center	3:16.86	200903423	3:32.35		1:43.24	3:32.35
16.	Tygo van Berkel	De Geul	3:29.18	201000327	3:35.68	+0,70	1:45.51	3:35.68
AFGEM	Aidan van der Stelt	De Geul	2:59.14	200900901				

Junioren 3 en 4

1.	Nikodim Markovic	Blue Marlins	2:20.21	200700255	2:32.29	+0,68	1:15.47	2:32.29
2.	Denzel Barthen	WVZ	2:29.54	200700147	2:32.77	+0,65	1:14.43	2:32.77
3.	Thierry Zulver	ZV Vlaardingen-Schiedam	2:35.90	200700023	2:42.55	+0,70	1:18.26	2:42.55
4.	Twan Huisman	WVZ	2:38.27	200702207	2:43.09	+0,75	1:17.75	2:43.09
5.	Yarno van Dam	ACZ	2:49.87	200800115	2:44.14	+0,75	1:19.87	2:44.14
6.	Matthijs de Rooij	WZK	2:36.63	200803481	2:44.60	+0,85	1:16.86	2:44.60
7.	Twan Hoogervorst	De Columbiaan	2:43.67	200700741	2:52.04	+0,68	1:21.45	2:52.04
8.	James Lawton	De Columbiaan	2:45.20	200700745	2:52.49	+0,68	1:24.04	2:52.49
9.	Gijs Hartwijk	ZVL-1886 Center	2:43.16	200800573	2:53.52	+0,56	1:23.41	2:53.52
10.	Floris van der Valk	Wiekslag	2:42.41	200801891	2:56.26	+0,73	1:21.36	2:56.26
11.	Fabrice Poot	ZV De Watervogels	2:51.50	200800757	2:58.39	+0,70	1:27.63	2:58.39
12.	Luuk Knijnenburg	Noordwijkerhout	2:51.29	200802291	3:00.76	+0,74	1:26.83	3:00.76
13.	Tristan Peltenburg	Niemo Barracuda	2:55.03	200700981	3:05.16	+0,81	1:30.31	3:05.16
14.	Lucas Bongers	ZOB'66	3:01.30	200800903	3:13.87	+0,72	1:34.02	3:13.87
AFGEM	Jochem Kistemaker	ZV Vlaardingen-Schiedam	3:12.01	200702819				
NG	Sanad Abualrous	WZK	3:07.86	200703055				
NG	Milan Roos	ZOB'66	3:09.28	200802971				

Jeugd 1 en 2

1.	River Streefland	Blue Marlins	2:21.16	200502253	2:27.28	+0,76	1:11.32	2:27.28
2.	Roan van der Weide	GZC DONK	2:32.25	200601629	2:29.81	+0,79	1:10.88	2:29.81
3.	Émile Fouzaï	Blue Marlins	2:23.73	200500263	2:31.26	+0,74	1:13.33	2:31.26
4.	Joshua Agussalim	WVZ	2:27.21	200600153	2:32.09	+0,72	1:12.36	2:32.09
5.	Daan Sonneveld	WVZ	2:30.58	200601085	2:39.26	+0,73	1:15.75	2:39.26
6.	Bas Blanker	SG SCOM/de Zeehond'73	2:33.11	200601497	2:39.30	+0,68	1:17.67	2:39.30
7.	Hessel de Jong	ACZ	2:33.65	200602753	2:40.16	+0,75	1:14.35	2:40.16
8.	Björn Mulder	Zoetermeer	2:38.34	200601517	2:48.24	+0,62	1:17.80	2:48.24
9.	Thijs Visser	Niemo Barracuda	2:42.25	200502129	2:50.00	+0,74	1:17.01	2:50.00
DIS	Imme Bousema	Blue Marlins	2:23.31	200601873				

SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt., betreft alle keerpunten

Senioren 1 en ouder

1.	Jasper Willig	Blue Marlins	2:23.38	200104757	2:25.98	+0,69	1:08.37	2:25.98
2.	J. de Roy van Zuydewijn	WVZ	2:19.48	200000255	2:26.16	+0,70	1:07.82	2:26.16
3.	Abel te Riele	WVZ	2:31.49	200402317	2:33.99	+0,77	1:14.23	2:33.99
4.	Xander Vis	z.c De Schotelij	2:32.43	200300173	2:34.63	+0,74	1:11.57	2:34.63
5.	D. van den Nieuwendijk	De Columbiaan	2:26.50	200100475	2:38.66	+0,77	1:15.19	2:38.66
6.	Thomas Hesper	Blue Marlins	2:27.94	200004181	2:40.33	+0,91	1:15.97	2:40.33
7.	Guus Hoogduin	ZVL-1886 Center	2:39.98	200201069	2:43.48	+0,76	1:17.16	2:43.48
8.	Nathan Janssen	De Geul	2:43.92	200401565	2:45.40	+0,73	1:19.64	2:45.40
AFGEM	Thomas van Wanrooij	Poseidon'56	2:23.44	200201473	SB13			

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 5
20-5-2023 - 13:30

Dames, 50m vlinderslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1 en 2						
1.	Julia D browska	Blue Marlins	31.35	201000300	31.49	+0,81
2.	Odenza Soselisa	Blue Marlins	32.02	201101780	31.72	
3.	Chloé in 't Veen	WVZ	32.77	201100010	32.16	+0,71
4.	Mariia Kostina	Blue Marlins	33.66	201002042	33.20	+0,77
5.	Eva Ehlert	GZC DONK	34.19	201002026	33.28	+0,66
6.	Manou Longayroux	ZZ&PC De Devel	33.58	201000580	33.69	+0,68
7.	Anouk Steller	WVZ	32.61	201000004	33.90	+0,79
8.	Nina van der Schrier	AZC	33.56	201000444	33.93	+0,70
9.	Eefje van Hinsbergen	Blue Marlins	35.00	201002252	34.22	+0,73
10.	Famke Franzen	z.c De Schotejil	35.61	201000058	35.08	+0,75
11.	Evy de Bonte	z.c De Schotejil	37.94	201000220	35.38	+0,55
12.	Tess Meeuwissen	De Columbiaan	34.83	201000370	36.03	+0,54
13.	Nina Tetteroo	De Columbiaan	35.77	201000048	36.11	+0,57
14.	Britt van de Reep	De Columbiaan	36.12	201001084	36.49	
15.	Alaine Dumont	ZV De Watervogels	35.61	201102140	37.17	+0,74
16.	Milou Filemon	ZZ&PC De Devel	37.05	201100078	37.42	+0,78
17.	Minke Bouman	Blue Marlins	38.06	201100104	37.97	+0,69
18.	Nino Akhvlediani	WZK	38.26	201000722	38.59	+0,81
19.	Ilse Stout	ACZ	36.07	201001704	38.72	+0,70
20.	Rozalia Diederiks	ZVL-1886 Center	37.08	201100904	39.25	+0,83
21.	Danique Westerhof	ZV De Watervogels	37.67	201100492	39.27	+0,78
22.	Brisa Dekkers	GZC DONK	38.91	201002164	39.31	+0,74
23.	Merel Doest	ZV Vlaardingen-Schiedam	40.14	201001142	39.99	+0,64
24.	Evy v. Nimwegen	z.c De Schotejil	37.82	201100168	40.15	
25.	Abya Buscop	z.c De Schotejil	39.39	201100056	40.63	
26.	Britt Duijvestijn	Blue Marlins	42.00	201003658	41.79	
Junioren 3 en 4						
1.	Jinth Engelse	Niemo Barracuda	28.36	200800204	28.52	+0,79
2.	Ilse Rozema	Blue Marlins	31.24	200803318	30.31	+0,67
3.	Jazz-Lynn Gomes Delgado	Feijenoord Albion	29.41	200800738	30.67	+0,64
4.	Liv Heijdra	WVZ	30.55	200800736	30.79	+0,71
5.	Flora Szili-Torok	Feijenoord Albion	31.92	200800114	31.04	+0,70
6.	Tess Vonk	De Geul	30.54	200900024	31.27	+0,67
7.	Jade van der Schrier	AZC	31.75	200800692	32.69	+0,77
8.	Judith Keijzer	ZOB'66	32.52	200801056	32.95	+0,80
	Fleur Van den Eijk	Blue Marlins	31.75	200900304	32.95	+0,64
10.	Gwen Hermans	De Columbiaan	32.33	200900058	33.25	
11.	Luna Schipper	ZOB'66	33.02	200900364	33.28	+0,80
12.	Julia van Wingerden	ZZ&PC De Devel	32.25	200800436	33.34	+0,67
13.	Sophie van Leent	Blue Marlins	33.20	200800522	34.36	+0,58
14.	Hadewych Forschelen	MNC Dordrecht	34.97	200903572	34.68	+0,70
15.	Merel Bijl	SG SCOM/de Zeehond'73	34.70	200900762	34.78	+0,76
16.	Florien van Veenen	WZK	36.40	200801242	34.85	+0,56
17.	Daphne v.d. Slik	z.c De Schotejil	34.70	200800554	34.92	+0,77
18.	Juliëtte Priester	WZK	34.33	200800872	35.39	+0,80
19.	Veronica Borges	Blue Marlins	35.28	200903380	35.55	+0,87
20.	Suuz Griekspoor	Noordwijkerhout	33.57	200901204	35.66	+0,84
21.	Sanne Mulder	Zoetermeer	34.61	200900280	35.70	+0,75
22.	Anouk de Jong	GZC DONK	34.32	200902506	36.02	+0,63
23.	Hanna van Loenen	ZV Vlaardingen-Schiedam	34.81	200800836	36.14	
24.	Jorja Verschoor	AZC	35.48	200902640	36.38	+0,83
25.	Florine Rausch	D.E.S.	35.19	200804508	36.44	+0,68
26.	Julie Vacque	DSZ	35.05	200804552	36.52	+0,73
27.	Zoë Rijkaart	AZC	34.97	200903008	36.62	+0,76
28.	Hei Yiu Tang	SG SCOM/de Zeehond'73	37.43	200902148	39.13	+0,81
29.	Aminata Turay	Niemo Barracuda	46.84	200900282	46.78	
AFGEM	Tessa Hoogstraten	De Columbiaan	31.80	200800544		

S10

270

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 5, Dames, 50m vlinderslag

Jeugd 1 en 2

1.	Megan Jonkman	Blue Marlins	28.30	200600508	28.66	+0,75
2.	Mare Schallenberg	ACZ	28.15	200600078	29.33	+0,76
3.	Kimberly Ruiters	De Columbiaan	27.68	200600492	29.78	+0,72
4.	Leyla Oversluisen	Feijenoord Albion	28.58	200602730	30.11	+0,80
5.	Laura 't Lam	De Geul	30.05	200603376	30.49	+0,76
6.	Thalia Meijer	Blue Marlins	30.10	200704048	31.05	+0,77
7.	Floor Hogervorst	Noordwijkerhout	31.00	200701400	31.37	+0,73
	Lisa Dirkwager	Blue Marlins	31.42	200703458	31.37	+0,84
9.	Nikita Snoeren	WVZ	30.39	200600342	31.70	+0,72
10.	Britte Lodder	ZZ&PC De Devel	30.77	200702290	31.73	+0,73
	Kyona Steffe	Blue Marlins	31.17	200702004	31.73	+0,66
12.	Mila Oomens	Niemo Barracuda	30.84	200700016	31.85	+0,70
13.	Jasmine Matuskova	ZV Vlaardingen-Schiedam	32.56	200602328	32.16	+0,71
14.	Ananda van der Wiel	WVZ	30.15	200701562	32.28	+0,66
15.	Donna van der Meer	BZ en PC	31.04	200601146	32.48	
16.	Eloisa Gomes Delgado	Feijenoord Albion	32.16	200700812	33.24	+0,83
17.	Annedieke Scholte	Blue Marlins	32.15	200701110	33.35	+0,73
18.	Charlene Ruiters	De Columbiaan	31.65	200700522	33.83	+0,56
19.	Jamila de Lobel	SG SCOM/de Zeehond'73	33.80	200602320	34.25	+0,70
20.	Nada Mghizrat	GZC DONK	32.80	200702178	34.44	+0,86
21.	Zahra Day	Blue Marlins	34.18	200601374	34.64	+0,66
22.	Marjolijn Offeringa	ZV Vlaardingen-Schiedam	33.38	200701788	34.81	+0,77
23.	Dominique Overduin	z.c De Schotejil	34.66	200700172	34.90	+0,68
24.	Noa Bijl	SG SCOM/de Zeehond'73	34.58	200603586	35.29	+0,76
25.	Puck Hogendoorn	DWF	34.28	200600898	35.71	+0,83
26.	Samantha van der Jagt	Poseidon'56	35.18	200700220	36.44	+0,84
27.	Eva Bot	Wiekslag	35.27	200702392	36.63	+0,75
28.	Kyana van Dam	Niemo Barracuda	36.01	200703008	38.40	+0,76

Senioren 1 en ouder

1.	Britta Koehorst	WVZ	26.54	200300246	27.73	+0,70
2.	Anne Palmans	WVZ	27.64	200006324	28.19	+0,61
3.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	28.33	200503292	28.88	+0,77
4.	Merel Schravendijk	Blue Marlins	28.50	200503382	29.44	+0,71
5.	Silke Molendijk	ZVL-1886 Center	28.22	200100178	29.58	+0,70
6.	Emma Verkuyl	WVZ	29.36	200500826	29.78	+0,74
7.	Marit Huisman	WVZ	27.90	200502620	29.95	+0,75
8.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	29.53	200500330	29.97	+0,71
9.	Lynn Blommers	Blue Marlins	28.48	200105062	30.06	+0,68
10.	Shelby Kasse	Blue Marlins	29.45	199806316	30.42	+0,58
11.	Rinske Bouman	Blue Marlins	29.91	200400578	30.56	+0,79
12.	Madoline Held	Blue Marlins	31.07	200503412	31.16	+0,73
13.	Julia Notenboom	De Columbiaan	30.06	200302596	31.34	+0,80
14.	Anouk Vis	De Columbiaan	31.04	200203322	31.53	+0,80
15.	Carmen Lems	ACZ	31.44	200402632	31.63	+0,72
16.	Anne Dekker	Feijenoord Albion	31.71	199606830	32.16	+0,69
17.	Marije de Jager	De Columbiaan	30.50	200301394	32.79	+0,72
18.	Marbel Diderik	De Columbiaan	31.22	200205752	32.96	+0,63
19.	Lyke Buscop	z.c De Schotejil	32.87	200500552	33.33	+0,75
20.	Jessica Braat	AZC	31.12	200205684	33.51	+0,76
	Jade Geurts	WVZ	31.83	200402278	33.51	+0,76
22.	Lisa Nederveen	DWF	32.51	200204882	33.61	+0,75
23.	Nikita Herwig	Wiekslag	32.32	199903552	33.89	+0,84
24.	Zoë Molenaar	Zoetermeer	33.66	200300978	34.07	+0,76
25.	Aisha Nobels	z.c De Schotejil	32.44	200501710	34.34	+0,77
26.	Milou van Winkel	WVZ	34.61	200402296	35.88	+0,75
27.	Isabelle Janssen	De Geul	37.34	200006318	38.52	+0,88
28.	Esmeralda Elbers	Blue Marlins	38.91	200404888	41.61	+0,89
AFGEM	Phaedra Meijer	Blue Marlins	28.75	200405834		
NG	Sanne Nederveen	DWF	33.64	200204884		

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 6
20-5-2023 - 13:50

Heren, 50m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1 en 2						
1.	Neo Reiber	Feijenoord Albion	26.31	200900699	26.89	+0,67
2.	Ivo Bot	Wiekslag	26.83	200900509	27.44	+0,56
3.	Wanne van Geest	ZV Vlaardingen-Schiedam	28.46	200901425	27.55	+0,75
4.	Luca Boorsma	De Columbiaan	27.46	200902031	27.57	+0,67
5.	Adriaan Coppelmans	AZC	27.60	200903243	27.88	+0,66
6.	Bink de Vries	AZC	27.88	200901887	27.92	+0,73
7.	Thygo van de Peppel	Blue Marlins	28.19	200901101	28.08	+0,71
8.	Aidan van der Stelt	De Geul	27.69	200900901	28.17	+0,70
9.	Avner Weigel	Z&PC Rotterdam	29.84	200900697	28.21	+0,78
10.	Paul Ruitenbergh	De Geul	28.77	200900979	28.83	+0,72
11.	Myron Artemenko	Niemo Barracuda	28.28	201003021	29.08	+0,75
12.	Sascha Timmer	AZC	28.73	200902987	29.22	+0,64
13.	Owen Houdé	De Geul	28.67	200900903	29.30	+0,69
14.	Sven Mulder	Zoetermeer	29.18	200901655	29.53	+0,75
15.	Thom Veldhoen	ZZ&PC De Devel	28.75	200901159	29.60	+0,60
16.	Arda Naci	WZK	29.50	200901599	29.89	+0,78
17.	Duco de Gelder	Blue Marlins	29.91	201000217	30.26	+0,61
18.	Jordan Neyhoft	Wiekslag	31.20	201000765	30.29	+0,76
19.	Joëll van der Meiden	ZV Vlaardingen-Schiedam	30.37	200903439	30.56	+0,85
20.	Finn de Heij	BZ en PC	30.94	200900411	30.70	+0,79
21.	Luca Kamps	De Vliet (SG)	30.00	200900891	30.88	+0,76
22.	Jeremy Soerodiwongso	Z&PC Rotterdam	31.71	200903085	31.05	+0,77
23.	Luuk Schippers	Poseidon'56	31.53	200901161	31.06	+0,93
24.	Kaylen Sebus	ZZ&PC De Devel	30.84	200902289	31.12	+0,78
25.	Thijs Bijman	Niemo Barracuda	32.52	200901111	31.32	
26.	Thijs Militie	DWF	31.13	200901507	31.38	+0,87
27.	Nathan Creyft	WZK	32.86	200903557	31.39	+0,98
28.	Art Jin van der Ent	Blue Marlins	31.50	200903785	31.40	+0,83
29.	Gunawan Bekker	ZZ&PC De Devel	32.52	200902297	31.43	+0,66
30.	Idse Eisses	WVZ	32.36	200900009	31.47	+0,85
31.	Tristan Fredema	Blue Marlins	32.34	200903699	31.50	+0,70
32.	Yaroslav Budylevskiy	Niemo Barracuda	30.57	200903563	31.61	+0,73
33.	Eli Shields	Niemo Barracuda	31.88	201000407	31.90	
34.	Dax van den Noulant	Blue Marlins	31.87	201000071	31.92	+0,62
35.	Armin Humic	Niemo Barracuda	32.08	200902255	32.16	+0,98
36.	Kris Westerhout	ZZ&PC De Devel	32.88	201000883	32.43	+0,68
	Duncan Hoogendijk	Blue Marlins	32.23	200901815	32.43	+0,78
38.	Ideun Bom	Blue Marlins	32.25	201000371	32.62	
39.	Ralfs Lagzdins	ZPB H&L Productions	34.30	200903031	32.78	+0,83
40.	Adam Salmi	De Vliet (SG)	32.40	200902715	32.81	+0,82
41.	Dj Nobel	SGGO	33.75	200901539	32.84	+0,79
42.	Noah Kuyper	ZV De Watervogels	33.26	201000975	33.00	+0,80
43.	Jochem Evers	ZVL-1886 Center	32.25	200903423	33.14	+0,82
44.	Vince van Dam	ACZ	32.11	201000405	33.18	+0,65
45.	Andreas Boer	ZOB'66	34.74	200902351	33.21	+0,99
46.	Nick de Vries	Poseidon'56	33.95	201000225	33.36	
47.	Girish Nolden	Blue Marlins	32.14	201000087	33.45	+0,63
48.	Shiloh Bravenboer	Poseidon'56	34.08	201000661	33.54	+0,81
49.	Anton Stevens	Z&PC Rotterdam	33.58	201002733	33.63	+0,62
50.	Rens van der Es	De Geul	34.15	201000583	34.31	+0,70
51.	Tygo van Berkel	De Geul	33.68	201000327	34.63	+0,78
52.	Noah Abdullasada	ZZ&PC De Devel	34.57	201002411	34.74	+0,67
53.	Kenji Bor	DWF	33.97	201001419	35.11	+0,61
54.	Ethan Chan	ZV De Watervogels	35.89	201002651	36.28	+0,54
55.	Sefanius Sutarno	Blue Marlins	38.13	201003311	36.70	+0,73
NG	Ghalil Lodder	Wiekslag	34.28	201000711		

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 6, Heren, 50m vrije slag

Junioren 3 en 4

1.	Nikodim Markovic	Blue Marlins	24.05	200700255		24.31	+0,64
2.	Kaan Sudak	Blue Marlins	24.07	200803733		24.47	+0,63
3.	Boele Böhm	Blue Marlins	25.26	200700739		25.92	+0,72
4.	Jisse Lousma	WVZ	25.84	200701493		26.32	+0,67
5.	Denzel Barthen	WVZ	26.36	200700147		26.41	+0,78
6.	Rely Hoogendijk	WVZ	25.95	200702521		26.47	+0,78
7.	Yarno van Dam	ACZ	26.66	200800115		26.90	+0,68
8.	Floris van der Valk	Wiekslag	26.94	200801891		27.10	+0,60
9.	Ties Lakke	ACZ	26.30	200703517		27.27	+0,73
10.	Gaëtan Spicq	Blue Marlins	25.93	200701807		27.28	+0,76
11.	Sebastian Lopes Cardozo	WZK	27.05	200800187		27.29	+0,74
12.	Tim Boerefijn	WVZ	27.52	200802815		27.49	+0,82
13.	Rein Stoel	ZVL-1886 Center	26.72	200800463		27.54	+0,66
14.	Luuk Knijnenburg	Noordwijkerhout	27.21	200802291		27.61	+0,78
15.	Niek Sonneveld	WVZ	27.52	200802631		27.76	+0,74
16.	Alex Woe	Poseidon'56	27.33	200801393		27.88	+0,63
17.	Aditya Winterberg	Blue Marlins	27.69	200800953		27.99	+0,67
18.	Matthijs de Rooij	WZK	27.44	200803481		28.39	+0,85
19.	Fabian Riedijk	Blue Marlins	28.16	200800603		28.70	+0,71
20.	James Lawton	De Columbiaan	27.62	200700745		28.91	+0,69
21.	Jamie Kannegieter	Z&PC Rotterdam	28.67	200800563		29.00	+0,71
22.	Twan Huisman	WVZ	28.41	200702207		29.06	+0,78
23.	Renzo Steller	WVZ	27.69	200701141		29.08	+0,64
24.	Lucas Bongers	ZOB'66	29.33	200800903		29.29	+0,77
25.	Twan Hoogervorst	De Columbiaan	28.48	200700741		29.30	+0,50
26.	Rick Boender	ZOB'66	29.81	200700235		29.46	+0,75
27.	Artemiy Demidov	WZK	30.20	200801225		29.48	+0,70
28.	Jelke Visser	De Linge PCG	29.93	200800695		29.52	+0,81
29.	Tristan Peltenburg	Niemo Barracuda	28.95	200700981		29.57	+0,86
30.	Fabrice Poot	ZV De Watervogels	29.28	200800757		29.58	+0,75
31.	Magnus Kijkuit	ZV De Watervogels	29.39	200803427		29.86	+0,72
32.	Arya Keshavarsi	Poseidon'56	30.36	200702807		30.08	+0,77
33.	Gijs Krug	ZV Vlaardingen-Schiedam	30.20	200702453		30.38	+0,82
34.	Hassan Turay	Niemo Barracuda	30.05	200700519		30.81	+0,86
35.	Omar Badawy	De Vliet (SG)	31.33	200802679		30.84	+0,82
36.	Merijn van den Berg	DSZ	30.73	200801281		30.96	+0,59
37.	Tim Schildkamp	AZC	30.31	200703819		31.16	+0,89
	Laurens Wassenaar	WVZ	32.50	200802633		31.16	+0,88
39.	Milán Biró	ACZ	30.44	200803169		31.20	+0,84
40.	Mathijs Raak	Poseidon'56	30.50	200701105		31.28	+0,85
41.	Kees Wassenaar	Wiekslag	30.42	200702917		31.35	+0,81
42.	Faizaan Sahebdin	Blue Marlins	37.87	200804009		31.45	+0,75
43.	Kay Remmerswaal	D.E.S.	32.18	200800671		31.58	+0,77
44.	Timo de Jager	De Linge PCG	31.06	200703191		31.63	+0,70
45.	Thomas Braat	AZC	32.15	200802269	S14	32.12	+0,93
46.	Polat Akkus	De Vliet (SG)	31.48	200702845		32.16	+0,57
47.	Rowél Boon	Z&PC Rotterdam	31.52	200800917		32.34	+0,73
48.	Mitchell van Dijk	Niemo Barracuda	31.70	200800577		32.39	+0,93
49.	Roan van Veen	ZOB'66	31.65	200702085		32.45	+0,77
50.	Esh Nolden	Blue Marlins	32.59	200800145		32.68	
51.	Lars Barendrecht	Niemo Barracuda	32.31	200800587		32.75	+0,74
NG.ZA	Jesper van Tilburg	De Geul	29.56	200800043			
AFGEM	Jochem Kistemaker	ZV Vlaardingen-Schiedam	33.08	200702819			
NG	Sanad Abualrous	WZK	29.76	200703055			
NG	Milan Roos	ZOB'66	31.43	200802971			

Jeugd 1 en 2

1.	Émile Fouzaï	Blue Marlins	23.75	200500263		24.37	+0,70
2.	River Streefland	Blue Marlins	24.61	200502253		25.15	+0,75
3.	Bjorn Rijkaart	WVZ	24.42	200601337		25.25	+0,70
4.	Daan Sonneveld	WVZ	23.87	200601085		25.26	+0,77
5.	Vilmos Alm	WZK	24.42	200504031		25.77	+0,77
6.	Floris Wassenaar	WVZ	25.09	200600649		25.78	+0,74
7.	Joshua Agussalim	WVZ	25.12	200600153		26.21	+0,72
8.	Jasper Groen	ACZ	26.64	200602325		26.51	+0,56
9.	Dimi Stoyanov	Blue Marlins	26.94	200601067		26.53	+0,74
10.	Roan van der Weide	GZC DONK	26.23	200601629		26.58	+0,76
11.	Laurens Kalle	z.c De Schoteijl	26.32	200600161		26.64	+0,79

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 6, Jongens, 50m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd		tijd	RT
12.	Bas Blanker	SG SCOM/de Zeehond'73	26.18	200601497	26.78	+0,61
13.	Thijs Huizer	Noordwijkerhout	26.54	200502523	26.79	+0,75
14.	Kaan Uludag	Zoetermeer	26.50	200603559	26.81	+0,73
15.	Bo Merkestein	WVZ	26.18	200602451	27.01	+0,80
16.	Tavi de Gelder	ZOB'66	26.84	200602335	27.09	+0,73
17.	Hessel de Jong	ACZ	25.60	200602753	27.23	+0,71
18.	Thijs Visser	Niemo Barracuda	26.89	200502129	27.33	+0,72
	Janu Nolden	Blue Marlins	27.58	200600289	27.33	+0,71
20.	Sidique Turay	Niemo Barracuda	26.40	200500981	27.41	+0,77
21.	Björn Mulder	Zoetermeer	27.27	200601517	27.50	+0,75
22.	Jesse van der Meij	ZVL-1886 Center	28.53	200600841	27.58	+0,72
23.	Benjamin Vermeer	Zoetermeer	27.26	200600177	27.60	+0,67
24.	Stijn de Bondt	ZPB H&L Productions	28.18	200502249	27.61	+0,87
25.	Marnix van Wanrooij	Poseidon'56	27.13	200600015	27.65	+0,81
26.	Robin den Ouden	Wiekslag	27.74	200600255	28.38	+0,66
27.	Tim van Lochem	Blue Marlins	28.19	200500077	28.51	+0,68
28.	Reinier Velthuis	Niemo Barracuda	29.17	200503537	29.60	+0,76
29.	Rien Mackloet	z.c De Schotejil	29.00	200600533	29.61	+0,77

Senioren 1 en ouder

1.	Perry Laarhoven	Feijenoord Albion	22.10	200301321	23.23	+0,59	
2.	Michael Smink	Blue Marlins	22.56	200302169	23.87	+0,67	
3.	Max van Schagen	De Columbiaan	23.79	200402591	24.33	+0,65	
4.	Saviël Armand	ACZ	23.35	200204461	24.54	+0,67	
5.	Daan Hogerhuis	De Columbiaan	23.70	200300317	24.57	+0,71	
6.	Erik van Gemert	Poseidon'56	23.76	200300587	24.59	+0,71	
7.	Jarno Verbeek	Zoetermeer	24.71	200200931	24.98	+0,71	
8.	Kenan Coeruez	Feijenoord Albion	24.47	200300357	25.14	+0,67	
9.	Aron Paasse	z.c De Schotejil	25.46	200000099	25.35	+0,69	
10.	Ryan van den Ouden	Poseidon'56	24.43	199900377	25.42	+0,82	
11.	Bert Duivenvoorde	Noordwijkerhout	24.11	199701805	25.53	+0,71	
12.	Xander Vis	z.c De Schotejil	25.37	200300173	25.58	+0,70	
13.	Jort Vizee	Feijenoord Albion	25.42	200201779	25.87	+0,64	
14.	Jasper Willig	Blue Marlins	24.96	200104757	25.94	+0,76	
15.	Stijn den Otter	ZZ&PC De Devel	25.82	200200225	25.99	+0,65	
16.	Rob Lugtenburg	Blue Marlins	24.90	200201123	26.00	+0,71	
17.	Abel te Riele	WVZ	25.38	200402317	26.04	+0,72	
18.	Sander Iuga	Feijenoord Albion	25.32	200101389	26.06	+0,64	
19.	Robin van Beek	ZVL-1886 Center	25.24	199704023	26.37	+0,74	
20.	Jim Geestman	Blue Marlins	24.83	198300699	26.43	+0,78	
21.	Bas Verdoes	De Columbiaan	25.77	199801487	26.51	+0,76	
22.	Gerard Willighagen	Poseidon'56	24.82	200103663	26.63	+0,75	
23.	Pepijn van Egmond	WVZ	25.45	200402309	26.65	+0,73	
24.	Simon Dijkstra	Blue Marlins	25.96	200204905	26.66	+0,68	
25.	Neel Sahti	Blue Marlins	25.94	200404227	26.67	+0,75	
26.	Jacob Mackloet	z.c De Schotejil	26.70	200001171	26.83	+0,74	
27.	Bob Hogendoorn	DWF	26.00	199903089	27.15	+0,79	
	Konstantinos Doulfis	Blue Marlins	26.83	200204279	27.15	+0,67	
29.	Paul van Grol	GZC DONK	26.14	199602951	27.29	+0,69	
30.	Jeroen Matthijssen	AZC	25.95	199103751	27.32	+0,78	
31.	Rogier Dorsman	ZZ&PC De Devel	26.02	199900211	27.33	+0,68	877
32.	Jordy van Oel	WVZ	26.66	199802003	27.58	+0,78	
33.	Christian Kalle	z.c De Schotejil	26.54	200400687	27.62	+0,80	
34.	Thomas Boxman	Blue Marlins	27.21	200005203	27.78	+0,89	
35.	Daniel 't Mannetje	z.c De Schotejil	26.58	200400183	27.87	+0,75	
36.	Thomas Hesper	Blue Marlins	27.15	200004181	28.11	+0,82	
37.	Marijn Dekkers	WVZ	26.98	200402275	28.42	+0,74	
AFGEM	Thomas van Wanrooij	Poseidon'56	24.32	200201473			S13
NG	Daniël Pronk	WZK	25.96	200201409			
NG	J. de Roy van Zuydewijn	WVZ	24.47	200000255			

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 7
20-5-2023 - 14:15

Dames, 200m rugslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	100m	200m	
Junioren 1 en 2								
1.	Malin Roozeboom	WVZ	2:34.69	201100006	2:30.87	+0,84	1:14.66	2:30.87
2.	Mariia Kostina	Blue Marlins	2:38.92	201002042	2:38.79	+0,83	1:17.58	2:38.79
3.	Tess van de Steeg	WVZ	2:41.88	201000016	2:39.22	+0,75	1:18.36	2:39.22
4.	Erin de Jong	GZC DONK	2:34.36	201000024	2:39.38	+0,85	1:18.26	2:39.38
5.	Nina van der Schrier	AZC	2:33.66	201000444	2:40.25	+0,76	1:18.32	2:40.25
6.	Anouk Steller	WVZ	2:34.13	201000004	2:42.20	+0,66	1:18.04	2:42.20
7.	Julia D browska	Blue Marlins	2:41.09	201000300	2:42.36	+0,77	1:18.95	2:42.36
8.	Odenza Soselisa	Blue Marlins	2:45.75	201101780	2:45.98	+0,77	1:21.94	2:45.98
9.	Nina Tetteroo	De Columbiaan	2:47.46	201000048	2:48.58	+0,78	1:24.40	2:48.58
10.	Faye Thijsse	WVZ	2:45.58	201001364	2:49.84	+0,90	1:21.36	2:49.84
11.	Milou Filemon	ZZ&PC De Devel	2:46.62	201100078	2:51.89	+0,89	1:25.33	2:51.89
12.	Famke Franzen	z.c De Schotejil	2:46.63	201000058	2:52.58	+0,68	1:26.13	2:52.58
13.	Eva Ehler	GZC DONK	2:51.14	201002026	2:53.11	+0,70	1:25.43	2:53.11
14.	Tess Meeuwissen	De Columbiaan	2:50.62	201000370	2:54.19	+0,82	1:25.31	2:54.19
15.	Rozalia Diederiks	ZVL-1886 Center	2:47.31	201100904	2:55.52	+0,88	1:28.35	2:55.52
16.	Britt van de Reep	De Columbiaan	2:54.30	201001084	2:57.80	+0,78	1:28.63	2:57.80
17.	Reina Böhm	De Columbiaan	2:53.81	201000042	2:58.16	+0,73	1:26.01	2:58.16
18.	Tessa de Jong	GZC DONK	2:57.49	201000026	2:59.65	+0,72	1:29.49	2:59.65
19.	Tess Liebrechts	GZC DONK	3:02.88	201000212	2:59.84	+0,79	1:30.48	2:59.84
20.	Ilse Stout	ACZ	2:48.58	201001704	3:00.27	+0,83	1:29.72	3:00.27
21.	Abya Buscop	z.c De Schotejil	2:56.44	201100056	3:02.88	+0,88	1:30.11	3:02.88
22.	Louise Kuiper	WVZ	3:01.89	201101012	3:08.27	+0,87	1:32.22	3:08.27

Junioren 3 en 4

1.	Jinth Engelse	Niemo Barracuda	2:17.61	200800204	2:23.49	+0,75	1:08.86	2:23.49
2.	Jade van der Schrier	AZC	2:24.66	200800692	2:28.13	+0,75	1:12.19	2:28.13
3.	Meyke v. Nimwegen	z.c De Schotejil	2:31.55	200800106	2:31.18	+0,74	1:13.83	2:31.18
4.	Ece Öngören	Blue Marlins	2:29.52	200903862	2:32.56	+0,77	1:13.21	2:32.56
5.	Ilse Rozema	Blue Marlins	2:34.55	200803318	2:38.79	+0,63	1:18.00	2:38.79
6.	J. Gomes Delgado	Feijenoord Albion	2:33.67	200800738	2:41.41	+0,65	1:19.68	2:41.41
7.	Fleur Van den Eijk	Blue Marlins	2:30.95	200900304	2:42.57	+0,73	1:18.71	2:42.57
8.	Hadewych Forschelen	MNC Dordrecht	2:39.30	200903572	2:44.06	+0,69	1:20.44	2:44.06
9.	Gwen Hermans	De Columbiaan	2:37.82	200900058	2:45.13	+0,65	1:22.00	2:45.13
10.	Jasmijn Schoonen	Wiekslag	2:42.47	200901196	2:48.04	+0,78	1:21.84	2:48.04
11.	Luna Buis	De Columbiaan	2:43.64	200902680	2:49.62	+0,80	1:22.87	2:49.62
12.	Sanne Mulder	Zoetermeer	2:50.03	200900280	2:50.68	+0,70	1:23.93	2:50.68
13.	Victoria Diederiks	ZVL-1886 Center	2:44.31	200900758	2:51.29	+0,81	1:24.96	2:51.29
14.	Daynah de Snaijer	Zoetermeer	2:50.88	200802266	2:51.60	+0,70	1:23.50	2:51.60
15.	Carice Forschelen	MNC Dordrecht	2:52.53	200804338	2:52.67	+0,83	1:24.10	2:52.67
16.	Jorja Verschoor	AZC	2:55.73	200902640	2:52.86	+0,83	1:24.73	2:52.86
17.	Juliëtte Priester	WZK	2:47.43	200800872	2:53.35	+0,87	1:27.42	2:53.35
18.	Luna Schipper	ZOB'66	2:49.68	200900364	3:00.18	+0,70	1:29.17	3:00.18
19.	Hanna van Loenen	ZV Vlaardingen-Schiedam	2:50.57	200800836	3:03.68	+0,60	1:28.81	3:03.68
20.	Daphne v.d. Slik	z.c De Schotejil	2:52.95	200800554	3:08.93	+0,88	1:33.80	3:08.93
AFGEM	Tessa Hoogstraten	De Columbiaan	2:33.45	200800544				

Jeugd 1 en 2

1.	Mare Schallenberg	ACZ	2:14.60	200600078	2:26.22	+0,80	1:13.08	2:26.22
2.	Floor Hogervorst	Noordwijkerhout	2:21.67	200701400	2:29.00	+0,76	1:13.49	2:29.00
3.	Mila Oomens	Niemo Barracuda	2:24.61	200700016	2:34.68	+0,69	1:15.63	2:34.68
4.	Nikita Snoeren	WVZ	2:28.30	200600342	2:35.53	+0,58	1:15.42	2:35.53
5.	Hilda Vrijbloed	ZV Vlaardingen-Schiedam	2:39.96	200605262	2:37.43	+0,67	1:16.49	2:37.43
6.	Anna Beck	Blue Marlins	2:28.23	200605282	2:38.18	+0,86	1:16.79	2:38.18
7.	Thalia Meijer	Blue Marlins	2:37.72	200704048	2:41.76	+0,82	1:18.72	2:41.76
8.	Kyona Steffe	Blue Marlins	2:33.52	200702004	2:41.95	+0,74	1:17.74	2:41.95
9.	Annedieke Scholte	Blue Marlins	2:33.23	200701110	2:42.38	+0,69	1:19.18	2:42.38
10.	Eloisa Gomes Delgado	Feijenoord Albion	2:32.30	200700812	2:42.64	+0,75	1:19.14	2:42.64
11.	Aukje Schonewille	SG SCOM/de Zeehond'73	2:44.81	200702340	2:49.26	+0,81	1:23.17	2:49.26
12.	Laura 't Lam	De Geul	2:41.00	200603376	2:51.25	+0,81	1:23.30	2:51.25
13.	Zahra Day	Blue Marlins	2:44.16	200601374	2:54.92	+0,74	1:22.77	2:54.92
14.	Samantha van der Jagt	Poseidon'56	2:46.05	200700220	2:57.61	+0,87	1:26.29	2:57.61

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 7, Dames, 200m rugslag

Senioren 1 en ouder

1.	Merel Schravendijk	Blue Marlins	2:16.68	200503382	2:25.28	+0,76	1:11.94	2:25.28
2.	Julia Notenboom	De Columbiaan	2:27.16	200302596	2:31.95	+0,67	1:14.48	2:31.95
3.	Anouk Vis	De Columbiaan	2:30.11	200203322	2:35.62	+0,74	1:15.86	2:35.62
4.	Aisha Nobels	z.c De Schotejil	2:34.76	200501710	2:38.29	+0,68	1:17.60	2:38.29
5.	Carmen Lems	ACZ	2:33.35	200402632	2:38.98	+0,75	1:17.64	2:38.98
6.	Lyke Buscop <i>*BU eindtijd</i>	z.c De Schotejil	2:37.97	200500552	2:41.72	+0,72	1:17.79	2:41.72
7.	Rinske Bouman	Blue Marlins	2:39.32	200400578	2:43.43	+0,81	1:17.09	2:43.43
AFGEM	Anne Palmans	WVZ	2:24.54	200006324				

Programmanr. 8
20-5-2023 - 14:45

Heren, 100m vlinderslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1 en 2						
1.	Luca Boorsma	De Columbiaan	1:06.56	200902031	1:06.66	
2.	Wanne van Geest	ZV Vlaardingen-Schiedam	1:09.50	200901425	1:07.59	+0,81
3.	Sascha Timmer	AZC	1:07.74	200902987	1:08.21	+0,53
4.	Ivo Bot	Wiekslag	1:09.96	200900509	1:10.91	+0,72
5.	Myron Artemenko	Niemo Barracuda	1:08.40	201003021	1:11.15	+0,73
6.	Paul Ruitenbergh	De Geul	1:09.38	200900979	1:11.70	+0,75
7.	Aidan van der Stelt	De Geul	1:09.13	200900901	1:12.05	+0,73
8.	Adriaan Coppelmans	AZC	1:09.55	200903243	1:12.29	+0,68
9.	Jan Schouten	ZVL-1886 Center	1:13.36	200902305	1:12.98	+0,88
10.	Eli Shields	Niemo Barracuda	1:14.07	201000407	1:16.12	+0,60
11.	Joëll van der Meiden	ZV Vlaardingen-Schiedam	1:16.68	200903439	1:17.02	+0,80
12.	Bink de Vries	AZC	1:16.41	200901887	1:17.89	+0,75
13.	Girish Nolden	Blue Marlins	1:17.02	201000087	1:18.89	+0,63
14.	Arda Naci	WZK	1:32.42	200901599	1:20.22	+0,77
15.	Avery Arrindell	ACZ	1:17.53	200902655	1:20.28	+0,65
16.	Jordan Neyhoft	Wiekslag	1:19.44	201000765	1:20.35	+0,76
17.	Dax van den Nouland	Blue Marlins	1:15.75	201000071	1:20.99	+0,66
18.	Yaroslav Budylevskiy	Niemo Barracuda	1:19.16	200903563	1:21.80	+0,74
19.	Luka Arkesteyn	ACZ	1:17.01	200903023	1:21.91	+0,81
20.	Owen Houdé	De Geul	1:20.29	200900903	1:22.08	+0,77
21.	Vince van Dam <i>*BU eindtijd</i>	ACZ	1:19.64	201000405	1:23.96	+0,56
22.	Duco de Gelder	Blue Marlins	1:19.13	201000217	1:24.37	+0,65
23.	Thom Veldhoen	ZZ&PC De Devel	1:14.25	200901159	1:24.71	+0,62
24.	Thijs Bijman	Niemo Barracuda	1:24.76	200901111	1:25.10	+0,88
25.	Luca Kamps	De Vliet (SG)	1:24.03	200900891	1:25.39	+0,72
26.	Duncan Hoogendijk	Blue Marlins	1:22.83	200901815	1:25.52	
27.	Ideun Bom	Blue Marlins	1:23.09	201000371	1:25.61	+0,55
28.	Kaylen Sebus	ZZ&PC De Devel	1:24.31	200902289	1:27.25	+0,70
29.	Ethan Chan	ZV De Watervogels	1:26.12	201002651	1:31.18	+0,68
30.	Idse Eisses	WVZ	1:29.76	200900009	1:32.19	+0,87
31.	Tygo van Berkel	De Geul	1:36.32	201000327	1:36.38	+0,77
32.	Nathan Creyf	WZK	1:31.86	200903557	1:38.68	
DIS	Tristan Fredema	Blue Marlins	1:32.71	200903699		
<i>VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.</i>						
DIS	Sverre van der Zwaan	WVZ	1:12.03	200900737		
<i>VL - Het lichaam niet op de borstzijde gehouden (met uitzondering van het keerpunt).</i>						

Junioren 3 en 4

1.	Vincent Huele	Blue Marlins	57.73	200703423	59.45	
2.	Kaan Sudak	Blue Marlins	58.36	200803733	1:00.17	+0,67
3.	Thierry Zulver	ZV Vlaardingen-Schiedam	1:01.55	200700023	1:02.41	+0,69
4.	Denzel Barthen	WVZ	1:01.99	200700147	1:02.44	+0,79
5.	Jisse Lousma	WVZ	1:02.23	200701493	1:02.53	+0,66
6.	Boele Böhm	Blue Marlins	1:01.19	200700739	1:03.98	+0,73
7.	Aditya Winterberg	Blue Marlins	1:05.14	200800953	1:04.64	+0,49

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 8, Jongens, 100m vlinderslag, Junioren 3 en 4

rang	naam	vereniging	intijd		tijd	RT
8.	Rein Stoel	ZVL-1886 Center	1:04.94	200800463	1:05.74	+0,78
9.	Rely Hoogendijk	WVZ	1:05.65	200702521	1:06.59	+0,76
10.	Floris van der Valk	Wiekslag	1:08.15	200801891	1:07.32	+0,73
11.	Sebastian Lopes Cardozo	WZK	1:11.03	200800187	1:08.50	+0,75
12.	Tim Boerefijn	WVZ	1:09.29	200802815	1:08.83	+0,84
13.	Niek Sonneveld	WVZ	1:15.28	200802631	1:09.72	+0,79
14.	Gijs Hartwijk	ZVL-1886 Center	1:08.40	200800573	1:09.91	+0,65
15.	Alex Woe	Poseidon'56	1:12.37	200801393	1:11.20	+0,62
16.	Matthijs de Rooij	WZK	1:08.66	200803481	1:12.55	+0,71
17.	Twan Hoogervorst	De Columbiaan	1:11.58	200700741	1:13.43	+0,72
18.	Aiden Lips	Blue Marlins	1:11.13	200800951	1:14.12	+0,84
19.	Renzo Steller	WVZ	1:14.67	200701141	1:16.90	+0,83
20.	Rick Boender	ZOB'66	1:16.62	200700235	1:18.66	+0,82
21.	Lucas Bongers	ZOB'66	1:19.57	200800903	1:22.08	+0,74
22.	Esh Nolden	Blue Marlins	1:30.46	200800145	1:31.03	+0,53
NG.ZA	Jesper van Tilburg	De Geul	1:19.90	200800043		
NG	Sanad Abualrous	WZK	1:15.19	200703055		
NG	Xiaoyu Yin	Blue Marlins	57.81	200803363		

Jeugd 1 en 2

1.	Émile Fouzaï	Blue Marlins	55.03	200500263	57.16	
2.	Lars Bulman	Blue Marlins	57.08	200600125	58.64	+0,66
3.	River Streefland	Blue Marlins	1:00.41	200502253	59.41	+0,78
4.	Joshua Agussalim	WVZ	57.03	200600153	1:00.85	+0,61
5.	Bjorn Rijkaart	WVZ	1:01.03	200601337	1:02.01	+0,78
6.	Dimi Stoyanov	Blue Marlins	1:03.37	200601067	1:03.75	+0,74
7.	Laurens Kalle	z.c De Schotejil	1:02.62	200600161	1:04.22	+0,84
8.	Bas Blanker	SG SCOM/de Zeehond'73	1:02.74	200601497	1:04.70	+0,70
9.	Jasper Groen	ACZ	1:03.34	200602325	1:05.27	+0,71
10.	Janu Nolden	Blue Marlins	1:04.22	200600289	1:05.38	+0,73
11.	Tim van Lochem	Blue Marlins	1:05.95	200500077	1:06.53	+0,69
12.	Roan van der Weide	GZC DONK	1:05.26	200601629	1:07.48	+0,77
13.	Bo Merkestein	WVZ	1:06.67	200602451	1:08.17	+0,78
14.	Kaan Uludag	Zoetermeer	1:05.49	200603559	1:08.22	+0,75
15.	Benjamin Vermeer	Zoetermeer	1:10.74	200600177	1:11.60	+0,81
16.	Stijn de Bondt	ZPB H&L Productions	1:08.49	200502249	1:12.16	+0,88
17.	Björn Mulder	Zoetermeer	1:10.82	200601517	1:12.83	+0,72
18.	Sidique Turay	Niemo Barracuda	1:06.92	200500981	1:13.57	+0,73
19.	Rien Mackloet	z.c De Schotejil	1:11.38	200600533	1:14.92	+0,81
20.	Jesse van der Meij	ZVL-1886 Center	1:13.45	200600841	1:16.10	+0,80
NG	Sven Markkus Eschbach	ZZ&PC De Devel	1:06.44	200602013		

Senioren 1 en ouder

1.	Michael Smink	Blue Marlins	53.14	200302169	55.37	+0,74
2.	Jarno Verbeek	Zoetermeer	57.39	200200931	58.69	+0,72
3.	Bert Duivenvoorde	Noordwijkerhout	57.89	199701805	59.92	+0,72
4.	Pepijn van Egmond	WVZ	57.82	200402309	1:00.04	+0,74
5.	Robin van Beek	ZVL-1886 Center	58.58	199704023	1:00.75	
6.	Björn de Heus	ZV Vlaardingen-Schiedam	1:01.55	200201077	1:01.31	+0,69
7.	Abel te Riele	WVZ	58.23	200402317	1:01.79	+0,75
8.	Guus Hoogduin	ZVL-1886 Center	1:00.66	200201069	1:02.17	+0,81
9.	Bas Verdoes	De Columbiaan	1:00.48	199801487	1:02.48	+0,94
10.	Gerard Willighagen	Poseidon'56	58.25	200103663	1:02.62	+0,74
11.	Nathan Janssen	De Geul	1:02.23	200401565	1:02.86	+0,65
12.	Daan Hogerhuis	De Columbiaan	1:00.51	200300317	1:02.87	+0,75
13.	Kenan Coeruez	Feijenoord Albion	1:01.46	200300357	1:03.49	+0,69
14.	Jacob Mackloet	z.c De Schotejil	1:05.19	200001171	1:04.65	+0,75
15.	Aron Paasse	z.c De Schotejil	1:05.11	200000099	1:05.69	+0,74
16.	Erik van Gemert	Poseidon'56	1:00.06	200300587	1:05.95	+0,76
17.	Paul van Grol	GZC DONK	1:02.29	199602951	1:06.14	+0,68
18.	Jordy van Oel	WVZ	1:03.25	199802003	1:06.20	+0,77
19.	Ferdy van Mastrigt	Blue Marlins	1:04.30	198802315	1:06.29	+0,68
20.	Jort Vizee	Feijenoord Albion	1:03.39	200201779	1:06.49	+0,65
21.	Stijn den Otter	ZZ&PC De Devel	1:01.82	200200225	1:06.60	+0,68
22.	Neel Sahiti	Blue Marlins	1:06.55	200404227	1:06.97	+0,82
23.	Christian Kalle	z.c De Schotejil	1:05.27	200400687	1:06.98	+0,81
24.	David Kievit	z.c De Schotejil	1:05.62	199900325	1:08.04	+0,80

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 8, Heren, 100m vlinderslag, Senioren 1 en ouder

rang	naam	vereniging	intijd			tijd	RT	
25.	Thomas Hesper	Blue Marlins	1:06.24	200004181		1:10.96	+0,93	
26.	Rogier Dorsman	ZZ&PC De Devel	1:03.76	199900211	S11	1:12.66	+0,69	642
27.	Konstantinos Doulfis	Blue Marlins	1:13.85	200204279		1:16.20	+0,64	
AFGEM	Thomas van Wanrooij	Poseidon'56	58.14	200201473	S13			
NG	J. de Roy van Zuydewijn	WVZ	58.25	200000255				

Programmanr. 9
20-5-2023 - 15:15

Jongens, 4 x 200m vrije slag

Juniores
Resultaten

rang	vereniging	intijd				tijd	RT
1.	WVZ 1	WVZ	8:24.54			8:53.69	
	Rely Hoogendijk	07	31.88	1:07.60	1:43.90	2:17.96	2:17.96
	Jisse Lousma	07	+0,28 31.94	1:09.42	1:45.12	2:17.18	2:17.18
	Tim Boerefijn	08	+0,71 29.12	1:02.20	1:36.63	2:09.54	2:09.54
	Denzel Barthen	07	+0,61 29.96	1:05.68	1:38.01	2:09.01	2:09.01
2.	WVZ 2	WVZ	9:03.97			9:21.93	+0,67
	Renzo Steller	07	+0,67 31.79	1:07.41	1:44.21	2:19.14	2:19.14
	Niek Sonneveld	08	+0,46 32.30	1:08.84	1:45.22	2:18.22	2:18.22
	Twan Huisman	07	+0,40 32.05	1:09.23	1:47.88	2:25.84	2:25.84
	Sverre van der Zwaan	09	31.49	1:06.61	1:42.73	2:18.73	2:18.73
3.	De Geul 1	De Geul	9:46.23			9:44.62	+0,77
	Jesper van Tilburg	08	+0,77 32.28	1:10.86	1:52.62	2:35.13	2:35.13
	Owen Houdé	09	+0,63 32.53	1:09.85	1:48.50	2:24.50	2:24.50
	Paul Ruitenber	09	+0,50 32.89	1:10.69	1:49.77	2:25.49	2:25.49
	Aidan van der Stelt	09	+0,51 31.71	1:07.87	1:44.66	2:19.50	2:19.50
4.	AZC 1	AZC	9:35.65			9:52.12	+0,67
	Sascha Timmer	09	+0,67 32.17	1:11.14	1:54.74	2:38.38	2:38.38
	Thomas Braat S14	08	+0,61 33.31	1:11.01	1:54.14	2:37.04	2:37.04
	Bink de Vries	09	+0,67 31.14	1:06.56	1:43.89	2:19.43	2:19.43
	Adriaan Coppelmans	09	+0,58 29.94	1:04.32	1:41.04	2:17.27	2:17.27

Programmanr. 10
20-5-2023 - 15:25

Heren, 4 x 200m vrije slag

Juniores 1 en ouder
Resultaten

rang	vereniging	intijd				tijd	RT
1.	Blue Marlins 1	Blue Marlins	7:39.60			8:10.30	+0,73
	Michael Smink	03	+0,73 27.79	59.79	1:32.72	2:04.94	2:04.94
	Nikodim Markovic	07	-0,65 26.49	57.65	1:29.50	2:01.26	2:01.26
	Lars Bulman	06	+0,53 28.55	59.50	1:31.31	2:02.94	2:02.94
	River Streefland	05	+0,51 27.81	57.92	1:29.42	2:01.16	2:01.16
2.	WVZ 1	WVZ	7:52.84			8:17.50	+0,73
	Daan Sonneveld	06	+0,73 27.90	59.24	1:32.00	2:02.38	2:02.38
	Bjorn Rijkaart	06	+0,52 28.49	1:00.24	1:32.90	2:05.56	2:05.56
	Pepijn van Egmond	04	+0,43 28.27	1:00.41	1:34.28	2:08.64	2:08.64
	Abel te Riele	04	+0,19 27.02	57.67	1:29.69	2:00.92	2:00.92
3.	De Schotejil 1	z.c De Schotejil	8:08.01			8:34.86	+0,78
	Jacob Mackloet	00	+0,78 28.96	1:01.59	1:35.10	2:06.87	2:06.87
	Aron Paasse	00	+0,42 28.53	1:01.41	1:36.05	2:09.98	2:09.98
	Xander Vis	03	+0,28 27.40	59.25	1:33.77	2:08.99	2:08.99
	Laurens Kalle	06	+0,27 29.18	1:01.87	1:36.74	2:09.02	2:09.02
4.	Blue Marlins 2	Blue Marlins	7:59.74			8:46.14	+0,73
	Dimi Stoyanov	06	+0,73 28.88	1:03.85	1:40.73	2:17.31	2:17.31
	Kaan Sudak	08	+0,44 28.02	59.36	1:33.58	2:06.45	2:06.45
	Boele Böhm	07	+0,44 29.20	1:02.51	1:37.42	2:11.07	2:11.07
	Vincent Huele	07	+0,46 29.44	1:02.74	1:37.38	2:11.31	2:11.31
5.	ACZ 1	ACZ	8:29.50			8:55.86	+0,74
	Yarno van Dam	08	+0,74 28.74	1:01.05	1:35.02	2:07.16	2:07.16
	Jasper Groen	06	+0,44 29.37	1:03.89	1:41.75	2:18.51	2:18.51
	Ties Lakke	07	+0,57 30.76	1:05.63	1:43.44	2:18.88	2:18.88
	Hessel de Jong	06	+0,38 28.75	1:02.29	1:36.98	2:11.31	2:11.31
AFGEM	Feijenoord Albion 1	Feijenoord Albion	7:54.92				
NG	WVZ 2	WVZ	8:23.47				

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 11
21-5-2023 - 9:30

Dames, 100m rugslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1 en 2						
1.	Malin Roozeboom	WVZ	1:10.24	201100006	1:09.85	+0,86
2.	Julia D browska	Blue Marlins	1:12.98	201000300	1:12.86	+0,69
3.	Mariia Kostina	Blue Marlins	1:11.57	201002042	1:13.91	+0,73
4.	Anouk Steller	WVZ	1:11.17	201000004	1:14.43	+0,66
5.	Nina van der Schrier	AZC	1:11.97	201000444	1:14.52	+0,75
6.	Erin de Jong	GZC DONK	1:15.63	201000024	1:16.80	+0,81
7.	Odenza Soselisa	Blue Marlins	1:15.55	201101780	1:16.83	+0,69
8.	Chloé in 't Veen	WVZ	1:18.40	201100010	1:18.49	+0,68
9.	Nina Tetteroo	De Columbiaan	1:19.22	201000048	1:19.18	+0,73
10.	Elin Riedijk	Blue Marlins	1:20.91	201002056	1:19.59	+0,86
11.	Milou Filemon	ZZ&PC De Devel	1:17.06	201100078	1:19.62	+0,79
12.	Famke Franzen	z.c De Schotejil	1:20.43	201000058	1:19.67	+0,75
13.	Tess Meeuwissen	De Columbiaan	1:19.52	201000370	1:20.42	+0,75
14.	Reina Böhm	De Columbiaan	1:19.80	201000042	1:20.94	+0,75
15.	Rozalia Diederiks	ZVL-1886 Center	1:18.57	201100904	1:21.36	+0,84
	<i>*BU eindtijd</i>					
16.	Esmee de Raadt	ZPB H&L Productions	1:18.91	201002328	1:21.92	+0,76
17.	Eva Ehlert	GZC DONK	1:19.04	201002026	1:22.09	+0,71
18.	Britt van de Reep	De Columbiaan	1:22.81	201001084	1:22.23	+0,76
19.	Evelien de Vree	Blue Marlins	1:19.58	201002158	1:22.50	+0,76
20.	Eefje van Hinsbergen	Blue Marlins	1:22.03	201002252	1:23.68	+0,71
21.	Alaine Dumont	ZV De Watervogels	1:21.59	201102140	1:23.90	+0,69
22.	Minke Bouman	Blue Marlins	1:24.23	201100104	1:23.92	+0,73
23.	Demi Bos	Niemo Barracuda	1:27.35	201001282	1:24.37	+0,74
24.	Tess Liebrechts	GZC DONK	1:22.06	201000212	1:24.52	+0,78
25.	Abya Buscop	z.c De Schotejil	1:21.56	201100056	1:25.03	+0,76
26.	Manou Longayroux	ZZ&PC De Devel	1:18.53	201000580	1:25.08	+0,69
27.	Ilse Stout	ACZ	1:19.16	201001704	1:26.14	+0,81
28.	Nienke v. Weenen	z.c De Schotejil	1:25.17	201000282	1:26.80	+0,71
29.	Tessa de Jong	GZC DONK	1:21.42	201000026	1:27.71	+0,66
30.	Danique Westerhof	ZV De Watervogels	1:25.28	201100492	1:28.45	+0,86
31.	Nina-Sofia Arkesteijn	ACZ	1:28.15	201101670	1:28.49	+0,75
32.	Floortje Bakker	Blue Marlins	1:36.93	201101124	1:39.14	+0,86
	<i>*BU eindtijd</i>					
Junioren 3 en 4						
1.	Jinth Engelse	Niemo Barracuda	1:03.13	200800204	1:04.55	+0,71
2.	Jade van der Schrier	AZC	1:07.62	200800692	1:09.60	+0,72
3.	Ilse Rozema	Blue Marlins	1:08.40	200803318	1:11.12	+0,69
4.	Meyke v. Nimwegen	z.c De Schotejil	1:12.32	200800106	1:11.13	+0,72
5.	Jazz-Lynn Gomes Delgado	Feijenoord Albion	1:10.19	200800738	1:11.74	+0,58
6.	Fleur Van den Eijk	Blue Marlins	1:08.82	200900304	1:12.73	+0,72
7.	Gwen Hermans	De Columbiaan	1:11.53	200900058	1:13.44	+0,64
8.	Ece Öngören	Blue Marlins	1:09.87	200903862	1:13.50	+0,76
9.	Liv Heijdra	WVZ	1:08.94	200800736	1:14.49	+0,67
10.	Hadewych Forschelen	MNC Dordrecht	1:15.28	200903572	1:17.40	+0,74
11.	Judith Keijzer	ZOB'66	1:13.95	200801056	1:18.38	+0,65
12.	Suuz Griekspoor	Noordwijkerhout	1:13.25	200901204	1:19.06	+0,77
13.	Jorja Verschoor	AZC	1:16.71	200902640	1:19.08	+0,81
14.	Victoria Diederiks	ZVL-1886 Center	1:15.38	200900758	1:19.21	+0,71
15.	Jasmijn Schoonen	Wiekslag	1:15.72	200901196	1:19.98	+0,69
16.	Luna Buis	De Columbiaan	1:16.99	200902680	1:20.24	+0,80
17.	Juliette Priester	WZK	1:17.23	200800872	1:20.29	+0,87
	Luna Schipper	ZOB'66	1:19.54	200900364	1:20.29	+0,66
19.	Sanne Mulder	Zoetermeer	1:17.78	200900280	1:20.71	+0,73
20.	Julia van Wingerden	ZZ&PC De Devel	1:16.10	200800436	1:20.72	+0,68
21.	Sanne Hoogduin	ZVL-1886 Center	1:16.52	200800778	1:21.25	+0,69
22.	Veronica Borges	Blue Marlins	1:18.11	200903380	1:22.42	+0,80
23.	Florien van Veenen	WZK	1:22.39	200801242	1:22.63	+0,68
24.	Carice Forschelen	MNC Dordrecht	1:19.26	200804338	1:22.78	+0,80
25.	Daynah de Snaijer	Zoetermeer	1:21.06	200802266	1:23.45	+0,69
26.	Hanna van Loenen	ZV Vlaardingingen-Schiedam	1:18.01	200800836	1:26.17	+0,62

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 11, Meisjes, 100m rugslag, Junioren 3 en 4

rang	naam	vereniging	intijd		tijd	RT	
27.	Valerie Hesper	Niemo Barracuda	1:26.36	200900260		1:29.30	+0,74
28.	Aminata Turay	Niemo Barracuda	1:34.10	200900282	S10	1:39.07	332
AFGEM	Tessa Hoogstraten	De Columbiaan	1:11.61	200800544			

Jeugd 1 en 2

1.	Mare Schallenberg	ACZ	1:01.92	200600078		1:05.71	+0,76
2.	Floor Hogervorst	Noordwijkerhout	1:05.58	200701400		1:08.96	+0,75
3.	Nikita Snoeren	WVZ	1:07.64	200600342		1:10.64	+0,59
4.	Mila Oomens	Niemo Barracuda	1:08.18	200700016		1:11.14	+0,72
5.	Eloisa Gomes Delgado	Feijenoord Albion	1:10.78	200700812		1:12.42	+0,77
6.	Anniqne Rupke	WVZ	1:09.06	200700876		1:12.45	+0,79
	<i>*BU eindtijd</i>						
7.	Kyona Steffe	Blue Marlins	1:11.03	200702004		1:12.98	+0,83
8.	Thalia Meijer	Blue Marlins	1:10.89	200704048		1:13.76	+0,77
9.	Annedieke Scholte	Blue Marlins	1:09.09	200701110		1:13.85	+0,70
10.	Hilda Vrijbloed	ZV Vlaardingen-Schiedam	1:15.73	200605262		1:14.92	+0,65
11.	Anna Beck	Blue Marlins	1:09.42	200605282		1:15.18	+0,81
12.	Donna van der Meer	BZ en PC	1:12.53	200601146		1:16.89	+0,78
13.	Britte Lodder	ZZ&PC De Devel	1:11.33	200702290		1:17.13	+0,85
14.	Kimberly Ruiters	De Columbiaan	1:09.25	200600492		1:18.81	+0,71
15.	Aukje Schonewille	SG SCOM/de Zeehond'73	1:15.34	200702340		1:19.92	+0,78
16.	Laura 't Lam	De Geul	1:13.44	200603376		1:21.10	+0,79
17.	Samantha van der Jagt	Poseidon'56	1:16.93	200700220		1:22.21	+0,80
18.	Charlene Ruiters	De Columbiaan	1:15.19	200700522		1:24.12	+0,73

Senioren 1 en ouder

1.	Britta Koehorst	WVZ	1:03.00	200300246		1:07.56	+0,67
2.	Merel Schravendijk	Blue Marlins	1:04.32	200503382		1:07.62	+0,72
3.	Shelby Kasse	Blue Marlins	1:02.25	199806316		1:08.11	+0,79
	<i>*BU eindtijd</i>						
4.	Marit Huisman	WVZ	1:04.19	200502620		1:08.34	+0,65
5.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	1:07.34	200503292		1:08.74	+0,70
6.	Jill Nai Chung Tong	WVZ	1:04.27	200404272		1:09.04	+0,77
7.	Julia Notenboom	De Columbiaan	1:07.07	200302596		1:10.26	+0,71
8.	Lynn Blommers	Blue Marlins	1:08.08	200105062		1:12.10	+0,64
9.	Lyke Buscop	z.c De Schotejil	1:12.61	200500552		1:12.34	+0,69
10.	Emma Verkuyl	WVZ	1:08.71	200500826		1:12.57	+0,77
11.	Rinske Bouman	Blue Marlins	1:11.51	200400578		1:13.38	+0,74
	<i>*BU eindtijd</i>						
12.	Aisha Nobels	z.c De Schotejil	1:11.63	200501710		1:13.57	+0,70
13.	Carmen Lems	ACZ	1:09.25	200402632		1:13.98	+0,72
14.	Madoline Held	Blue Marlins	1:14.25	200503412		1:16.58	+0,79
15.	Milou van Winkel	WVZ	1:21.78	200402296	S14	1:22.14	+0,80
16.	Esmeralda Elbers	Blue Marlins	1:30.67	200404888		1:32.08	+0,80

Programmanr. 12
21-5-2023 - 9:55

Heren, 200m rugslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT	100m	200m
1.	Luca Boorsma	De Columbiaan	2:26.93	200902031	2:26.20	+0,68	1:10.90	2:26.20
2.	Sverre van der Zwaan	WVZ	2:32.03	200900737	2:29.75	+0,67	1:13.19	2:29.75
3.	Adriaan Coppelmans	AZC	2:32.17	200903243	2:31.39	+0,75	1:13.44	2:31.39
4.	Ivo Bot	Wiekslag	2:32.54	200900509	2:32.54	+0,72	1:15.08	2:32.54
5.	Thygo van de Peppel	Blue Marlins	2:31.12	200901101	2:37.30	+0,70	1:15.82	2:37.30
6.	Myron Artemenko	Niemo Barracuda	2:35.57	201003021	2:38.06	+0,59	1:16.08	2:38.06
7.	Dax van den Nouland	Blue Marlins	2:35.73	201000071	2:40.33	+0,87	1:18.83	2:40.33
8.	Sven Mulder	Zoetermeer	2:41.85	200901655	2:40.56	+0,65	1:18.32	2:40.56
9.	Paul Ruitenbergh	De Geul	2:39.62	200900979	2:43.88	+0,72	1:19.70	2:43.88
10.	Vince van Dam	ACZ	2:51.77	201000405	2:52.91	+0,61	1:26.57	2:52.91
11.	Luca Kamps	De Vliet (SG)	2:57.06	200900891	2:54.88	+0,79	1:24.69	2:54.88

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 12, Jongens, 200m rugslag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT	100m	200m	
12.	Idse Eisses	WVZ	2:57.25	200900009	2:55.27	+0,89	1:27.90	2:55.27
13.	Eli Shields	Niemo Barracuda	2:38.74	201000407	2:56.60	+0,62	1:26.41	2:56.60
14.	Gunawan Bekker	ZZ&PC De Devel	2:55.04	200902297	2:57.18	+0,72	1:25.03	2:57.18
15.	Tristan Fredema	Blue Marlins	3:22.44	200903699	3:05.20	+0,73	1:33.44	3:05.20
AFGEM	Aidan van der Stelt	De Geul	2:36.44	200900901				

Junioren 3 en 4

1.	Nikodim Markovic	Blue Marlins	2:05.97	200700255	2:14.37	+0,68	1:06.81	2:14.37
2.	Jisse Lousma	WVZ	2:09.62	200701493	2:15.01	+0,66	1:07.30	2:15.01
3.	Denzel Barthen	WVZ	2:17.89	200700147	2:20.03	+0,73	1:06.58	2:20.03
4.	Gaëtan Spicq	Blue Marlins	2:14.43	200701807	2:20.47	+0,70	1:07.67	2:20.47
5.	Yarno van Dam	ACZ	2:20.58	200800115	2:20.51	+0,70	1:08.72	2:20.51
6.	Niek Sonneveld	WVZ	2:19.85	200802631	2:25.21	+0,67	1:10.16	2:25.21
7.	Rein Stoel	ZVL-1886 Center	2:19.12	200800463	2:26.05		1:10.67	2:26.05
	<i>*BU eindtijd</i>							
8.	S. Lopes Cardozo	WZK	2:25.60	200800187	2:28.12	+0,73	1:12.08	2:28.12
9.	Aditya Winterberg	Blue Marlins	2:46.58	200800953	2:31.19	+0,83	1:13.78	2:31.19
10.	Aiden Lips	Blue Marlins	2:35.21	200800951	2:31.76		1:15.33	2:31.76
11.	Twan Hoogervorst	De Columbiaan	2:31.93	200700741	2:34.09	+0,63	1:14.25	2:34.09
12.	Renzo Steller	WVZ	2:33.68	200701141	2:37.28	+0,76	1:16.34	2:37.28
13.	Tristan Peltenburg	Niemo Barracuda	2:36.70	200700981	2:40.84	+0,80	1:17.71	2:40.84
14.	Bart Geelen	ZVL-1886 Center	2:50.20	200700473	2:47.76	+0,74	1:19.71	2:47.76
15.	Esh Nolden	Blue Marlins	3:05.00	200800145	2:56.24	+0,74	1:27.86	2:56.24

Jeugd 1 en 2

1.	Daan Sonneveld	WVZ	2:00.87	200601085	2:09.15	+0,75	1:02.28	2:09.15
2.	Janu Nolden	Blue Marlins	2:20.18	200600289	2:24.07	+0,73	1:09.16	2:24.07
3.	Roan van der Weide	GZC DONK	2:23.02	200601629	2:28.33	+0,76	1:12.15	2:28.33
4.	Floris Wassenaar	WVZ	2:20.96	200600649	2:29.39	+0,73	1:08.48	2:29.39
5.	Jesse van der Meij	ZVL-1886 Center	2:25.81	200600841	2:33.28	+0,87	1:14.30	2:33.28
6.	Tim van Lochem	Blue Marlins	2:24.94	200500077	2:38.45		1:16.61	2:38.45
	<i>*BU eindtijd</i>							

Senioren 1 en ouder

1.	Jorian Tanis	Feijenoord Albion	2:08.98	199900327	2:16.76	+0,74	1:06.50	2:16.76
2.	Björn de Heus	ZV Vlaardingen-Schiedam	2:17.15	200201077	2:27.09	+0,82	1:10.66	2:27.09
3.	David Kievit	z.c De Schoteijl	2:18.22	199900325	2:29.30	+0,81	1:10.73	2:29.30
4.	Jordy van Oel	WVZ	2:21.84	199802003	2:30.27	+0,79	1:12.37	2:30.27

Programmanr. 13
21-5-2023 - 10:15

Dames, 50m schoolslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Junioren 1 en 2						
1.	Julia D browska	Blue Marlins	36.01	201000300	36.49	+0,71
2.	Eva Ehler	GZC DONK	37.76	201002026	38.02	+0,69
3.	Ashley Mercera	SG SCOM/de Zeehond'73	37.71	201000178	38.06	+0,75
4.	Tess van de Steeg	WVZ	38.41	201000016	39.16	+0,81
5.	Eefje van Hinsbergen	Blue Marlins	38.07	201002252	39.53	+0,71
6.	Chloé in 't Veen	WVZ	40.98	201100010	40.17	+0,72
7.	Tess Meeuwissen	De Columbiaan	39.03	201000370	40.31	+0,65
8.	Odenza Soselisa	Blue Marlins	40.75	201101780	40.38	+0,59
9.	Famke Franzen	z.c De Schoteijl	40.14	201000058	40.75	+0,81
10.	Britt van de Reep	De Columbiaan	40.08	201001084	40.98	+0,67
11.	Esmee de Raadt	ZPB H&L Productions	40.25	201002328	41.52	+0,80
12.	Meike van der Klugt	WVZ	43.07	201100808	42.01	+0,83
13.	Manou Longayroux	ZZ&PC De Devel	41.09	201000580	43.08	+0,69
14.	Anne van Lith	ZVL-1886 Center	40.56	201001000	43.13	+0,66
15.	Nina Slagter	D.E.S.	42.25	201003164	43.15	+0,72
16.	Anouk Steller	WVZ	40.78	201000004	43.30	+0,81
17.	Lisa Maat	ZOB'66	42.91	201100974	43.79	+0,76
18.	Merel Doest	ZV Vlaardingen-Schiedam	45.90	201001142	44.25	+0,79

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 13, Meisjes, 50m schoolslag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT
19.	Minke Bouman	Blue Marlins	42.20	201100104	44.30	+0,77
20.	Abya Buscop	z.c De Schotejil	43.56	201100056	44.61	
21.	Nina van der Schrier	AZC	41.08	201000444	45.21	+0,91
22.	Nina Tetteroo	De Columbiaan	41.58	201000048	45.23	+0,74
23.	Louise Kuiper	WVZ	42.97	201101012	46.34	+0,65
24.	Evy v. Nimwegen	z.c De Schotejil	44.50	201100168	46.51	+0,58
25.	Nino Akhvlediani	WZK	44.75	201000722	46.84	+0,74
26.	Alaine Dumont	ZV De Watervogels	41.50	201102140	48.61	+0,75
27.	Britt Duijvestijn	Blue Marlins	50.07	201003658	50.98	
28.	Floortje Bakker	Blue Marlins	51.02	201101124	55.62	+0,88

Junioren 3 en 4

1.	Flora Szili-Torok	Feijenoord Albion	34.76	200800114	34.60	+0,71	
2.	Tess Vonk	De Geul	35.44	200900024	36.54	+0,68	
3.	Liv Heijdra	WVZ	34.97	200800736	36.87	+0,72	
4.	Jinth Engelse	Niemo Barracuda	35.92	200800204	37.19	+0,71	
5.	Sophie van Leent	Blue Marlins	37.79	200800522	37.52	+0,73	
6.	Mijke Ouderkerken	Blue Marlins	38.23	200901254	38.09	+0,74	
7.	Ilse Rozema	Blue Marlins	38.46	200803318	39.00	+0,68	
8.	Jennifer Blenk	ZV Vlaardingen-Schiedam	40.89	200903172	39.65	+0,65	
9.	Jade van der Schrier	AZC	38.14	200800692	39.79	+0,77	
10.	Ebony Mercera	SG SCOM/de Zeehond'73	37.88	200800488	39.84	+0,92	
	Jazz-Lynn Gomes Delgado	Feijenoord Albion	37.92	200800738	39.84	+0,74	
12.	Jasmijn Schoonen	Wiekslag	39.34	200901196	39.85	+0,75	
13.	Anouk de Jong	GZC DONK	39.41	200902506	40.70	+0,72	
14.	Sanne Hoogduin	ZVL-1886 Center	39.33	200800778	41.05	+0,82	
15.	Sanne Mulder	Zoetermeer	40.03	200900280	41.11	+0,61	
16.	Suuz Griekspoor	Noordwijkerhout	38.83	200901204	41.38	+0,84	
17.	Sophie de Wolf	De Columbiaan	38.66	200803132	41.51		
18.	Hanna van Loenen	ZV Vlaardingen-Schiedam	40.33	200800836	41.65	+0,75	
19.	Fleur Van den Eijk	Blue Marlins	39.63	200900304	41.68	+0,62	
20.	Judith Keijzer	ZOB'66	40.62	200801056	42.87	+0,76	
21.	Esmee Bos	MNC Dordrecht	41.42	200802320	43.19	+0,62	
22.	Gwen Hermans	De Columbiaan	40.75	200900058	43.21		
23.	Luna Schipper	ZOB'66	40.84	200900364	43.86	+0,79	
24.	Evi van den Berg	DSZ	40.24	200804554	44.26	+0,81	
25.	Aminata Turay	Niemo Barracuda	57.26	200900282	55.84		270
NG.ZA	Diede Cloos	Blue Marlins	49.90	200904244			

Jeugd 1 en 2

1.	Mare Schallenberg	ACZ	31.85	200600078	33.85	+0,78	
2.	Annieke Rupke	WVZ	33.44	200700876	34.82	+0,78	
3.	Thalia Meijer	Blue Marlins	33.97	200704048	35.31	+0,75	
4.	Leyla Oversluisen	Feijenoord Albion	34.45	200602730	35.99	+0,79	
5.	Mila Oomens	Niemo Barracuda	33.69	200700016	36.40	+0,72	
6.	Anoeska Wiltenburg	GZC DONK	35.85	200703028	36.49	+0,76	
7.	Zofia Lehmann	Blue Marlins	36.56	200704118	37.16	+0,83	
8.	Lisa Dirkzwager	Blue Marlins	35.54	200703458	37.17	+0,80	
9.	Charlene Ruiten	De Columbiaan	35.09	200700522	37.41	+0,73	
10.	Kimberly Ruiten	De Columbiaan	33.19	200600492	37.62	+0,72	
11.	Floor Hogervorst	Noordwijkerhout	36.12	200701400	38.59	+0,73	
12.	Britte Lodder	ZZ&PC De Devel	37.35	200702290	39.04	+0,71	
13.	Samantha van der Jagt	Poseidon'56	38.22	200700220	40.40	+0,82	
14.	Laura 't Lam	De Geul	37.36	200603376	40.65	+0,78	
15.	Nada Mghizrat	GZC DONK	38.81	200702178	41.18	+0,81	
16.	Jamila de Lobel	SG SCOM/de Zeehond'73	39.93	200602320	41.90		
17.	Kyana van Dam	Niemo Barracuda	40.65	200703008	41.95	+0,77	
18.	Aguila Dolsma	Blue Marlins	39.58	200603902	42.11	+0,72	538
NG	Ananda van der Wiel	WVZ	36.39	200701562			

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 13, Dames, 50m schoolslag

Senioren 1 en ouder

1.	Jill Nai Chung Tong	WVZ	31.34	200404272		32.96	+0,71
2.	Lynn Blommers	Blue Marlins	31.23	200105062		33.96	
3.	Merel Schravendijk	Blue Marlins	33.76	200503382		34.80	+0,73
4.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	34.26	200503292		35.17	+0,71
5.	Jade Geurts	WVZ	34.40	200402278		35.34	+0,74
6.	Lotte Middelbos	z.c De Schotejil	35.40	199900680		36.12	+0,82
7.	Merel Leuring	AZC	34.86	200401204		36.22	+0,77
8.	Rinske Bouman	Blue Marlins	34.50	200400578		36.62	+0,78
9.	Lyke Buscop	z.c De Schotejil	36.59	200500552		37.28	+0,74
10.	Zoë Molenaar	Zoetermeer	38.60	200300978		38.07	+0,74
11.	Madoline Held	Blue Marlins	37.29	200503412		38.26	+0,73
12.	Carmen Lems	ACZ	37.59	200402632		39.58	+0,74
13.	Melanie Marinus-Cruz	Blue Marlins	37.99	200404702		40.57	+0,80
14.	Laura Tromp	ZZ&PC De Devel	38.65	200000276		40.79	+0,71
15.	Daphne van Tilburg	De Geul	41.02	200500580		42.53	+0,83
16.	Milou van Winkel	WVZ	41.76	200402296	SB14	44.13	+0,72 467
AFGEM	Phaedra Meijer	Blue Marlins	34.05	200405834			

Programmanr. 14
21-5-2023 - 10:45

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Junioren 1 en 2									
1.	Sverre van der Zwaan	WVZ	4:37.18	200900737		4:41.24			
	50m:	32.22	32.22	150m:	1:42.29	35.18	250m:	2:53.47	35.75
	100m:	1:07.11	34.89	200m:	2:17.72	35.43	300m:	3:30.14	36.67
							350m:	4:06.31	36.17
							400m:	4:41.24	34.93
2.	Ivo Bot	Wiekslag	4:43.60	200900509		4:46.57	+0,76		
	50m:	30.86	30.86	150m:	1:43.55	36.67	250m:	2:59.10	38.10
	100m:	1:06.88	36.02	200m:	2:21.00	37.45	300m:	3:36.86	37.76
							350m:	4:12.87	36.01
							400m:	4:46.57	33.70
3.	Aidan van der Stelt	De Geul	4:44.93	200900901		4:46.80	+0,72		
	50m:	32.22	32.22	150m:	1:46.49	37.33	250m:	2:59.62	36.55
	100m:	1:09.16	36.94	200m:	2:23.07	36.58	300m:	3:36.67	37.05
							350m:	4:12.99	36.32
							400m:	4:46.80	33.81
4.	Adriaan Coppelmans	AZC	4:38.15	200903243		4:49.88	+0,76		
	50m:	30.66	30.66	150m:	1:42.05	36.24	250m:	2:56.78	37.79
	100m:	1:05.81	35.15	200m:	2:18.99	36.94	300m:	3:34.68	37.90
							350m:	4:12.96	38.28
							400m:	4:49.88	36.92
5.	Paul Ruitenbergh	De Geul	4:56.19	200900979		4:59.83	+0,78		
	50m:	32.47	32.47	150m:	1:48.58	38.60	250m:	3:05.97	38.42
	100m:	1:09.98	37.51	200m:	2:27.55	38.97	300m:	3:45.55	39.58
							350m:	4:24.68	39.13
							400m:	4:59.83	35.15
6.	Owen Houdé	De Geul	5:01.62	200900903		5:00.08	+0,78		
	50m:	32.63	32.63	150m:	1:47.69	38.31	250m:	3:05.99	39.82
	100m:	1:09.38	36.75	200m:	2:26.17	38.48	300m:	3:46.30	40.31
							350m:	4:26.03	39.73
							400m:	5:00.08	34.05
7.	Luca Boorsma	De Columbianen	4:41.07	200902031		5:01.47	+0,65		
	50m:	32.31	32.31	150m:	1:46.39	37.33	250m:	3:02.90	38.34
	100m:	1:09.06	36.75	200m:	2:24.56	38.17	300m:	3:42.36	39.46
							350m:	4:22.57	40.21
							400m:	5:01.47	38.90
8.	Sven Mulder	Zoetermeer	5:12.73	200901655		5:07.94	+0,73		
	50m:	33.68	33.68	150m:	1:52.35	39.91	250m:	3:12.20	39.70
	100m:	1:12.44	38.76	200m:	2:32.50	40.15	300m:	3:51.10	38.90
							350m:	4:31.07	39.97
							400m:	5:07.94	36.87
9.	D. van den Nouland	Blue Marlins	5:01.58	201000071		5:08.83	+0,67		
	50m:	34.96	34.96	150m:	1:54.20	39.84	250m:	3:13.47	39.45
	100m:	1:14.36	39.40	200m:	2:34.02	39.82	300m:	3:52.86	39.39
							350m:	4:31.28	38.42
							400m:	5:08.83	37.55
10.	Bink de Vries	AZC	5:15.27	200901887		5:09.37	+0,75		
	50m:	33.52	33.52	150m:	1:52.66	40.24	250m:	3:13.74	40.62
	100m:	1:12.42	38.90	200m:	2:33.12	40.46	300m:	3:54.25	40.51
							350m:	4:33.57	39.32
							400m:	5:09.37	35.80
11.	Myron Artemenko	Niemo Barracuda	5:06.83	201003021		5:11.46	+0,73		
	50m:	35.15	35.15	150m:	1:54.48	40.32	250m:	3:14.40	38.92
	100m:	1:14.16	39.01	200m:	2:35.48	41.00	300m:	3:54.43	40.03
							350m:	4:34.12	39.69
							400m:	5:11.46	37.34
12.	Eli Shields	Niemo Barracuda	5:05.49	201000407		5:11.96	+0,44		
	50m:	34.11	34.11	150m:	1:52.97	39.85	250m:	3:13.74	40.56
	100m:	1:13.12	39.01	200m:	2:33.18	40.21	300m:	3:53.96	40.22
							350m:	4:33.94	39.98
							400m:	5:11.96	38.02
13.	Jan Schouten	ZVL-1886 Center	5:11.78	200902305		5:14.69	+0,87		
	50m:	33.47	33.47	150m:	1:53.22	40.68	250m:	3:16.16	41.62
	100m:	1:12.54	39.07	200m:	2:34.54	41.32	300m:	3:56.75	40.59
							350m:	4:37.58	40.83
							400m:	5:14.69	37.11
14.	Sascha Timmer	AZC	5:04.78	200902987		5:15.52	+0,70		
	50m:	31.77	31.77	150m:	1:49.23	40.00	250m:	3:12.64	42.19
	100m:	1:09.23	37.46	200m:	2:30.45	41.22	300m:	3:53.09	40.45
							350m:	4:35.77	42.68
							400m:	5:15.52	39.75

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 14, Jongens, 400m vrije slag, Junioren 1 en 2

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
15. Vince van Dam	ACZ	5:20.04 201000405	5:21.89	+0,67	1:15.35	2:37.21	4:00.38	5:21.89
50m: 35.24	35.24	150m: 1:56.30	40.95	250m: 3:18.94	41.73	350m: 4:41.82	41.44	
100m: 1:15.35	40.11	200m: 2:37.21	40.91	300m: 4:00.38	41.44	400m: 5:21.89	40.07	
16. Finn de Heij	BZ en PC	5:38.03 200900411	5:26.03	+0,76	1:14.86	2:38.46	4:03.42	5:26.03
50m: 35.28	35.28	150m: 1:56.05	41.19	250m: 3:20.74	42.28	350m: 4:46.13	42.71	
100m: 1:14.86	39.58	200m: 2:38.46	42.41	300m: 4:03.42	42.68	400m: 5:26.03	39.90	
17. Girish Nolden	Blue Marlines	5:37.35 201000087	5:26.30	+0,62	1:17.38	2:41.42	4:06.01	5:26.30
50m: 36.74	36.74	150m: 1:59.22	41.84	250m: 3:23.71	42.29	350m: 4:48.25	42.24	
100m: 1:17.38	40.64	200m: 2:41.42	42.20	300m: 4:06.01	42.30	400m: 5:26.30	38.05	
18. Luka Arkesteijn	ACZ	5:40.65 200903023	5:26.70	+0,82	1:13.80	2:40.02	4:04.51	5:26.70
50m: 34.00	34.00	150m: 1:56.98	43.18	250m: 3:22.20	42.18	350m: 4:47.32	42.81	
100m: 1:13.80	39.80	200m: 2:40.02	43.04	300m: 4:04.51	42.31	400m: 5:26.70	39.38	
19. Joëll van der Meiden	ZV Vlaardingen-Schied	5:47.41 200903439	5:30.35	+0,80	1:18.15	2:43.79	4:05.89	5:30.35
50m: 36.08	36.08	150m: 2:00.82	42.67	250m: 3:26.30	42.51	350m: 4:51.28	45.39	
100m: 1:18.15	42.07	200m: 2:43.79	42.97	300m: 4:05.89	39.59	400m: 5:30.35	39.07	
20. Arda Naci	WZK	5:33.86 200901599	5:30.59	+0,78	1:13.18	2:36.90	4:04.88	5:30.59
50m: 34.33	34.33	150m: 1:54.67	41.49	250m: 3:20.87	43.97	350m: 4:48.42	43.54	
100m: 1:13.18	38.85	200m: 2:36.90	42.23	300m: 4:04.88	44.01	400m: 5:30.59	42.17	
21. Jochem Evers	ZVL-1886 Center	5:44.09 200903423	5:30.72	+0,80	1:17.90	2:43.49	4:08.63	5:30.72
50m: 36.49	36.49	150m: 2:00.36	42.46	250m: 3:26.17	42.68	350m: 4:51.00	42.37	
100m: 1:17.90	41.41	200m: 2:43.49	43.13	300m: 4:08.63	42.46	400m: 5:30.72	39.72	
22. Duco de Gelder	Blue Marlines	5:13.60 201000217	5:30.88	+0,65	1:14.89	2:39.31	4:06.08	5:30.88
50m: 34.40	34.40	150m: 1:56.43	41.54	250m: 3:22.75	43.44	350m: 4:49.39	43.31	
100m: 1:14.89	40.49	200m: 2:39.31	42.88	300m: 4:06.08	43.33	400m: 5:30.88	41.49	
23. Duncan Hoogendijk	Blue Marlines	5:38.12 200901815	5:50.09	+0,83	1:21.23	2:51.16	4:22.70	5:50.09
50m: 37.50	37.50	150m: 2:06.25	45.02	250m: 3:36.98	45.82	350m: 5:07.78	45.08	
100m: 1:21.23	43.73	200m: 2:51.16	44.91	300m: 4:22.70	45.72	400m: 5:50.09	42.31	
24. Tygo van Berkel	De Geul	6:01.91 201000327	5:57.03	+0,77	1:22.66	2:55.37	4:28.84	5:57.03
50m: 38.24	38.24	150m: 2:08.75	46.09	250m: 3:42.81	47.44	350m: 5:14.87	46.03	
100m: 1:22.66	44.42	200m: 2:55.37	46.62	300m: 4:28.84	46.03	400m: 5:57.03	42.16	

Junioren 3 en 4

1. Denzel Barthen	WVZ	4:20.75 200700147	4:22.26	+0,77	1:01.03	2:08.11	3:16.63	4:22.26
50m: 28.88	28.88	150m: 1:34.36	33.33	250m: 2:42.34	34.23	350m: 3:50.81	34.18	
100m: 1:01.03	32.15	200m: 2:08.11	33.75	300m: 3:16.63	34.29	400m: 4:22.26	31.45	
2. Boele Böhm	Blue Marlines	4:24.85 200700739	4:27.88	+0,70	1:01.61	2:11.42	3:20.90	4:27.88
50m: 28.52	28.52	150m: 1:36.27	34.66	250m: 2:46.01	34.59	350m: 3:55.02	34.12	
100m: 1:01.61	33.09	200m: 2:11.42	35.15	300m: 3:20.90	34.89	400m: 4:27.88	32.86	
3. Yarno van Dam	ACZ	4:28.24 200800115	4:29.16	+0,79	1:02.41	2:11.27	3:21.63	4:29.16
50m: 29.35	29.35	150m: 1:36.79	34.38	250m: 2:46.47	35.20	350m: 3:56.79	35.16	
100m: 1:02.41	33.06	200m: 2:11.27	34.48	300m: 3:21.63	35.16	400m: 4:29.16	32.37	
4. Tim Boerefijn	WVZ	4:42.17 200802815	4:33.67	+0,87	1:04.66	2:15.05	3:26.15	4:33.67
50m: 30.13	30.13	150m: 1:39.90	35.24	250m: 2:50.55	35.50	350m: 4:01.25	35.10	
100m: 1:04.66	34.53	200m: 2:15.05	35.15	300m: 3:26.15	35.60	400m: 4:33.67	32.42	
5. Gijs Hartwijk	ZVL-1886 Center	4:33.03 200800573	4:38.32	+0,66	1:05.60	2:16.70	3:27.96	4:38.32
50m: 30.95	30.95	150m: 1:41.08	35.48	250m: 2:52.24	35.54	350m: 4:03.66	35.70	
100m: 1:05.60	34.65	200m: 2:16.70	35.62	300m: 3:27.96	35.72	400m: 4:38.32	34.66	
6. Gaëtan Spicq	Blue Marlines	4:28.44 200701807	4:41.49	+0,79	1:05.25	2:18.93	3:30.31	4:41.49
50m: 30.26	30.26	150m: 1:41.71	36.46	250m: 2:54.05	35.12	350m: 4:06.02	35.71	
100m: 1:05.25	34.99	200m: 2:18.93	37.22	300m: 3:30.31	36.26	400m: 4:41.49	35.47	
7. Rein Stoel	ZVL-1886 Center	4:40.00 200800463	4:43.24	+0,78	1:06.24	2:19.14	3:31.78	4:43.24
50m: 31.55	31.55	150m: 1:42.71	36.47	250m: 2:55.43	36.29	350m: 4:08.43	36.65	
100m: 1:06.24	34.69	200m: 2:19.14	36.43	300m: 3:31.78	36.35	400m: 4:43.24	34.81	
8. S. Lopes Cardozo	WZK	4:39.72 200800187	4:44.26	+0,69	1:07.55	2:21.13	3:33.96	4:44.26
50m: 31.41	31.41	150m: 1:44.04	36.49	250m: 2:57.50	36.37	350m: 4:10.02	36.06	
100m: 1:07.55	36.14	200m: 2:21.13	37.09	300m: 3:33.96	36.46	400m: 4:44.26	34.24	
9. Twan Hoogervorst	De Columbiaan	4:50.80 200700741	4:50.79	+0,72	1:07.29	2:20.98	3:36.30	4:50.79
50m: 31.92	31.92	150m: 1:44.15	36.86	250m: 2:58.31	37.33	350m: 4:14.30	38.00	
100m: 1:07.29	35.37	200m: 2:20.98	36.83	300m: 3:36.30	37.99	400m: 4:50.79	36.49	
10. Joey Pop	ZV Vlaardingen-Schied	4:42.01 200800277	4:51.59	+0,87	1:09.63	2:23.90	3:38.84	4:51.59
50m: 33.14	33.14	150m: 1:46.49	36.86	250m: 3:01.54	37.64	350m: 4:15.67	36.83	
100m: 1:09.63	36.49	200m: 2:23.90	37.41	300m: 3:38.84	37.30	400m: 4:51.59	35.92	
11. Fabian Riedijk	Blue Marlines	4:51.18 200800603	5:14.45	+0,76	1:11.54	2:34.19	3:55.28	5:14.45
50m: 32.91	32.91	150m: 1:52.41	40.87	250m: 3:13.89	39.70	350m: 4:36.32	41.04	
100m: 1:11.54	38.63	200m: 2:34.19	41.78	300m: 3:55.28	41.39	400m: 5:14.45	38.13	
12. Lucas Bongers	ZOB'66	5:23.22 200800903	5:23.72	+0,76	1:14.19	2:37.68	4:02.06	5:23.72
50m: 35.13	35.13	150m: 1:56.00	41.81	250m: 3:19.51	41.83	350m: 4:45.22	43.16	
100m: 1:14.19	39.06	200m: 2:37.68	41.68	300m: 4:02.06	42.55	400m: 5:23.72	38.50	

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 14, Jongens, 400m vrije slag, Junioren 3 en 4

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
13. Thomas Braat	AZC	5:38.03 200802269 S14	5:41.15	+0,91 404	1:16.27	2:43.15	4:13.31	5:41.15
50m: 34.82	34.82	150m: 1:59.20	42.93	250m: 3:29.28	46.13	350m: 4:57.27	43.96	
100m: 1:16.27	41.45	200m: 2:43.15	43.95	300m: 4:13.31	44.03	400m: 5:41.15	43.88	
NG.ZA Xiaoyu Yin	Blue Marlins	4:08.26 200803363						
Jeugd 1 en 2								
1. Efe Öngören	Blue Marlins	3:55.68 200504459	4:04.31		59.02	2:01.51	3:03.50	4:04.31
50m: 27.97	27.97	150m: 1:30.24	31.22	250m: 2:32.39	30.88	350m: 3:34.41	30.91	
100m: 59.02	31.05	200m: 2:01.51	31.27	300m: 3:03.50	31.11	400m: 4:04.31	29.90	
2. Émile Fouzaï	Blue Marlins	3:57.78 200500263	4:05.35	+0,75	59.45	2:03.16	3:04.56	4:05.35
50m: 28.13	28.13	150m: 1:31.28	31.83	250m: 2:34.28	31.12	350m: 3:35.27	30.71	
100m: 59.45	31.32	200m: 2:03.16	31.88	300m: 3:04.56	30.28	400m: 4:05.35	30.08	
3. Borys Rudman	Blue Marlins	4:00.88 200504479	4:11.50	+0,75	58.80	2:01.41	3:06.07	4:11.50
50m: 28.14	28.14	150m: 1:29.62	30.82	250m: 2:33.08	31.67	350m: 3:39.55	33.48	
100m: 58.80	30.66	200m: 2:01.41	31.79	300m: 3:06.07	32.99	400m: 4:11.50	31.95	
4. Lars Bulman	Blue Marlins	4:15.66 200600125	4:21.53	+0,70	1:00.38	2:06.78	3:14.21	4:21.53
50m: 28.53	28.53	150m: 1:33.20	32.82	250m: 2:40.23	33.45	350m: 3:48.02	33.81	
100m: 1:00.38	31.85	200m: 2:06.78	33.58	300m: 3:14.21	33.98	400m: 4:21.53	33.51	
5. Bas Blanker	SG SCOM/de Zeehond	4:16.20 200601497	4:22.47	+0,72	1:02.09	2:09.95	3:17.71	4:22.47
50m: 29.56	29.56	150m: 1:35.76	33.67	250m: 2:43.99	34.04	350m: 3:51.41	33.70	
100m: 1:02.09	32.53	200m: 2:09.95	34.19	300m: 3:17.71	33.72	400m: 4:22.47	31.06	
6. Bo Merkestein	WVZ	4:40.40 200602451	4:40.56	+0,73	1:02.54	2:13.41	3:27.03	4:40.56
50m: 29.55	29.55	150m: 1:37.29	34.75	250m: 2:49.81	36.40	350m: 4:04.51	37.48	
100m: 1:02.54	32.99	200m: 2:13.41	36.12	300m: 3:27.03	37.22	400m: 4:40.56	36.05	
7. Björn Mulder	Zoetermeer	4:35.99 200601517	4:44.87	+0,77	1:04.78	2:17.38	3:30.74	4:44.87
50m: 30.62	30.62	150m: 1:40.58	35.80	250m: 2:54.03	36.65	350m: 4:08.33	37.59	
100m: 1:04.78	34.16	200m: 2:17.38	36.80	300m: 3:30.74	36.71	400m: 4:44.87	36.54	

Senioren 1 en ouder

1. Robin van Beek	ZVL-1886 Center	4:26.04 199704023	4:28.92	+0,74	1:04.44	2:12.91	3:21.58	4:28.92
50m: 30.62	30.62	150m: 1:38.45	34.01	250m: 2:47.20	34.29	350m: 3:55.80	34.22	
100m: 1:04.44	33.82	200m: 2:12.91	34.46	300m: 3:21.58	34.38	400m: 4:28.92	33.12	
2. Guus Hoogduin	ZVL-1886 Center	4:19.26 200201069	4:28.94		1:03.03	2:11.86	3:21.99	4:28.94
50m: 29.77	29.77	150m: 1:37.18	34.15	250m: 2:46.65	34.79	350m: 3:56.48	34.49	
100m: 1:03.03	33.26	200m: 2:11.86	34.68	300m: 3:21.99	35.34	400m: 4:28.94	32.46	
3. Nathan Janssen	De Geul	4:27.38 200401565	4:29.04	+0,72	1:02.26	2:10.89	3:21.63	4:29.04
50m: 29.21	29.21	150m: 1:36.16	33.90	250m: 2:46.11	35.22	350m: 3:56.75	35.12	
100m: 1:02.26	33.05	200m: 2:10.89	34.73	300m: 3:21.63	35.52	400m: 4:29.04	32.29	
4. Jordy van Oel	WVZ	4:30.81 199802003	4:46.42	+0,75	1:06.59	2:20.20	3:34.17	4:46.42
50m: 31.44	31.44	150m: 1:42.99	36.40	250m: 2:57.07	36.87	350m: 4:10.89	36.72	
100m: 1:06.59	35.15	200m: 2:20.20	37.21	300m: 3:34.17	37.10	400m: 4:46.42	35.53	

Programmanr. 15
21-5-2023 - 11:30

Meisjes, 800m vrije slag

Junioren 4 en jonger
Resultaten

rang naam	vereniging	intijd	tijd	RT
Junioren 1 en 2				
1. Nina van der Schrier	AZC	10:05.51 201000444	10:08.99	
50m: 32.21	32.21	250m: 3:02.39	38.27	450m: 5:37.65
100m: 1:08.41	36.20	300m: 3:41.08	38.69	500m: 6:17.09
150m: 1:46.18	37.77	350m: 4:19.28	38.20	550m: 6:56.08
200m: 2:24.12	37.94	400m: 4:58.67	39.39	600m: 7:35.48
38.98				650m: 8:14.33
				700m: 8:52.73
				750m: 9:30.73
				800m: 10:08.99
38.85				
38.40				
38.00				
38.26				
2. Erin de Jong	GZC DONK	10:30.78 201000024	10:16.14	+0,87
50m: 32.57	32.57	250m: 3:04.92	39.18	450m: 5:41.30
100m: 1:09.34	36.77	300m: 3:43.51	38.59	500m: 6:20.59
150m: 1:47.42	38.08	350m: 4:22.76	39.25	550m: 7:00.38
200m: 2:25.74	38.32	400m: 5:01.92	39.16	600m: 7:39.81
39.38				650m: 8:19.45
				700m: 8:59.22
				750m: 9:37.78
				800m: 10:16.14
39.64				
39.77				
38.56				
38.36				
3. Nina Tetteroo	De Columbiaan	10:24.60 201000048	10:32.57	+0,58
50m: 34.75	34.75	250m: 3:11.66	40.07	450m: 5:53.19
100m: 1:12.68	37.93	300m: 3:51.58	39.92	500m: 6:33.39
150m: 1:52.34	39.66	350m: 4:31.81	40.23	550m: 7:14.50
200m: 2:31.59	39.25	400m: 5:12.97	41.16	600m: 7:54.65
40.22				650m: 8:35.56
				700m: 9:15.33
				750m: 9:55.16
				800m: 10:32.57
40.91				
39.77				
39.83				
37.41				

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 15, Meisjes, 800m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
4.	Milou Filemon	ZZ&PC De Devel	10:43.02	201100078	10:42.14 +0,78			
	50m: 33.98	33.98	250m: 3:15.19	41.05	450m: 6:00.78	41.17	650m: 8:44.60	40.29
	100m: 1:12.61	38.63	300m: 3:56.32	41.13	500m: 6:42.38	41.60	700m: 9:25.05	40.45
	150m: 1:53.29	40.68	350m: 4:38.14	41.82	550m: 7:23.28	40.90	750m: 10:04.79	39.74
	200m: 2:34.14	40.85	400m: 5:19.61	41.47	600m: 8:04.31	41.03	800m: 10:42.14	37.35
5.	Julia D browska	Blue Marlins	10:34.07	201000300	10:47.37 +0,81			
	50m: 34.66	34.66	250m: 3:14.44	40.66	450m: 5:59.85	41.80	650m: 8:45.77	41.49
	100m: 1:13.24	38.58	300m: 3:55.39	40.95	500m: 6:41.16	41.31	700m: 9:26.83	41.06
	150m: 1:53.33	40.09	350m: 4:36.54	41.15	550m: 7:23.03	41.87	750m: 10:08.35	41.52
	200m: 2:33.78	40.45	400m: 5:18.05	41.51	600m: 8:04.28	41.25	800m: 10:47.37	39.02
6.	Rozalia Diederiks	ZVL-1886 Center	12:06.20	201100904	10:54.43 +0,86			
	50m: 36.65	36.65	250m: 3:22.67	42.32	450m: 6:12.57	42.16	650m: 8:58.24	40.93
	100m: 1:16.68	40.03	300m: 4:05.64	42.97	500m: 6:54.97	42.40	700m: 9:38.93	40.69
	150m: 1:58.37	41.69	350m: 4:48.08	42.44	550m: 7:36.44	41.47	750m: 10:17.34	38.41
	200m: 2:40.35	41.98	400m: 5:30.41	42.33	600m: 8:17.31	40.87	800m: 10:54.43	37.09
7.	Mariia Kostina	Blue Marlins	NT	201002042	10:56.53 +0,90			
	50m: 34.42	34.42	250m: 3:20.14	42.37	450m: 6:09.07	42.49	650m: 8:55.77	41.75
	100m: 1:13.70	39.28	300m: 4:02.22	42.08	500m: 6:51.77	42.70	700m: 9:37.43	41.66
	150m: 1:55.43	41.73	350m: 4:44.75	42.53	550m: 7:33.79	42.02	750m: 10:17.17	39.74
	200m: 2:37.77	42.34	400m: 5:26.58	41.83	600m: 8:14.02	40.23	800m: 10:56.53	39.36
8.	Tessa de Jong	GZC DONK	11:27.52	201000026	11:03.48			
	50m: 36.21	36.21	250m: 3:25.22	42.72	450m: 6:12.70	41.33	650m: 8:59.73	41.73
	100m: 1:17.57	41.36	300m: 4:07.65	42.43	500m: 6:55.45	42.75	700m: 9:40.76	41.03
	150m: 1:59.64	42.07	350m: 4:49.33	41.68	550m: 7:35.69	40.24	750m: 10:22.26	41.50
	200m: 2:42.50	42.86	400m: 5:31.37	42.04	600m: 8:18.00	42.31	800m: 11:03.48	41.22
9.	Reina Böhm	De Columbiaan	10:58.10	201000042	11:21.87 +0,60			
	50m: 35.82	35.82	250m: 3:25.83	42.57	450m: 6:19.22	43.04	650m: 9:12.93	43.27
	100m: 1:17.86	42.04	300m: 4:09.45	43.62	500m: 7:02.14	42.92	700m: 9:56.89	43.96
	150m: 1:59.87	42.01	350m: 4:52.19	42.74	550m: 7:46.11	43.97	750m: 10:40.54	43.65
	200m: 2:43.26	43.39	400m: 5:36.18	43.99	600m: 8:29.66	43.55	800m: 11:21.87	41.33
10.	Ashley Mercera	SG SCOM/de Zeehond'73	10:55.89	201000178	11:30.34 +0,76			
	50m: 36.96	36.96	250m: 3:28.05	44.42	450m: 6:25.86	44.53	650m: 9:21.52	43.43
	100m: 1:17.60	40.64	300m: 4:12.22	44.17	500m: 7:09.85	43.99	700m: 10:04.75	43.23
	150m: 2:00.11	42.51	350m: 4:56.99	44.77	550m: 7:54.48	44.63	750m: 10:48.38	43.63
	200m: 2:43.63	43.52	400m: 5:41.33	44.34	600m: 8:38.09	43.61	800m: 11:30.34	41.96
11.	Ilse Stout	ACZ	11:13.38	201001704	11:40.40 +0,67			
	50m: 38.44	38.44	250m: 3:33.51	43.98	450m: 6:31.81	44.58	650m: 9:30.71	44.94
	100m: 1:21.56	43.12	300m: 4:17.93	44.42	500m: 7:16.32	44.51	700m: 10:15.36	44.65
	150m: 2:05.78	44.22	350m: 5:02.56	44.63	550m: 8:01.49	45.17	750m: 10:59.23	43.87
	200m: 2:49.53	43.75	400m: 5:47.23	44.67	600m: 8:45.77	44.28	800m: 11:40.40	41.17
12.	Vere van Klooster	AZC	11:53.75	201002128	11:51.35 +0,73			
	50m: 38.39	38.39	250m: 3:37.51	45.64	450m: 6:39.83	43.67	650m: 9:40.02	44.48
	100m: 1:21.77	43.38	300m: 4:23.50	45.99	500m: 7:25.20	45.37	700m: 10:24.58	44.56
	150m: 2:07.23	45.46	350m: 5:10.03	46.53	550m: 8:11.01	45.81	750m: 11:08.84	44.26
	200m: 2:51.87	44.64	400m: 5:56.16	46.13	600m: 8:55.54	44.53	800m: 11:51.35	42.51
13.	Sophie Hoogervorst	AZC	11:46.86	201100252	12:04.77			
	50m: 40.20	40.20	250m: 3:40.60	46.77	450m: 6:41.70	46.54	650m: 9:48.31	46.21
	100m: 1:24.82	44.62	300m: 4:26.27	45.67	500m: 7:28.00	46.30	700m: 10:36.53	48.22
	150m: 2:08.88	44.06	350m: 5:12.26	45.99	550m: 8:14.75	46.75	750m: 11:21.82	45.29
	200m: 2:53.83	44.95	400m: 5:55.16	42.90	600m: 9:02.10	47.35	800m: 12:04.77	42.95
14.	Tess Liebrechts	GZC DONK	11:45.46	201000212	12:06.50 +0,88			
	50m: 39.12	39.12	250m: 3:40.00	45.41	450m: 6:44.15	46.03	650m: 9:52.11	47.29
	100m: 1:23.55	44.43	300m: 4:25.73	45.73	500m: 7:30.50	46.35	700m: 10:39.01	46.90
	150m: 2:08.74	45.19	350m: 5:11.79	46.06	550m: 8:17.36	46.86	750m: 11:24.32	45.31
	200m: 2:54.59	45.85	400m: 5:58.12	46.33	600m: 9:04.82	47.46	800m: 12:06.50	42.18
15.	Evy v. Nimwegen	z.c De Schotejil	12:02.41	201100168	12:30.13 +0,56			
	50m: 40.05	40.05	250m: 3:47.61	48.63	450m: 7:00.32	47.83	650m: 10:11.61	46.89
	100m: 1:25.14	45.09	300m: 4:35.75	48.14	500m: 7:48.72	48.40	700m: 10:59.67	48.06
	150m: 2:11.84	46.70	350m: 5:23.76	48.01	550m: 8:36.81	48.09	750m: 11:45.91	46.24
	200m: 2:58.98	47.14	400m: 6:12.49	48.73	600m: 9:24.72	47.91	800m: 12:30.13	44.22

Junioren 3 en 4

1.	Jade van der Schrier	AZC	9:15.40	200800692	9:28.77 +0,79			
	50m: 31.14	31.14	250m: 2:52.97	35.80	450m: 5:17.51	36.31	650m: 7:43.35	35.94
	100m: 1:05.53	34.39	300m: 3:29.19	36.22	500m: 5:54.27	36.76	700m: 8:19.02	35.67
	150m: 1:41.00	35.47	350m: 4:04.86	35.67	550m: 6:30.84	36.57	750m: 8:54.64	35.62
	200m: 2:17.17	36.17	400m: 4:41.20	36.34	600m: 7:07.41	36.57	800m: 9:28.77	34.13
2.	Meyle v. Nimwegen	z.c De Schotejil	9:39.34	200800106	9:53.36 +0,84			
	50m: 33.53	33.53	250m: 3:01.68	37.26	450m: 5:31.09	37.22	650m: 8:01.35	37.59
	100m: 1:09.97	36.44	300m: 3:39.03	37.35	500m: 6:08.60	37.51	700m: 8:38.84	37.49
	150m: 1:47.13	37.16	350m: 4:16.31	37.28	550m: 6:45.90	37.30	750m: 9:16.19	37.35
	200m: 2:24.42	37.29	400m: 4:53.87	37.56	600m: 7:23.76	37.86	800m: 9:53.36	37.17

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 15, Meisjes, 800m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT			
3.	Ece Öngören <i>*BU eindtijd</i>	Blue Marlins	10:17.44	200903862	10:12.98 +0,75			
	50m: 33.77	33.77	250m: 3:06.62	38.14	450m: 5:41.21	38.59	650m: 8:17.49	39.15
	100m: 1:12.07	38.30	300m: 3:45.45	38.83	500m: 6:20.11	38.90	700m: 8:56.19	38.70
	150m: 1:50.39	38.32	350m: 4:23.64	38.19	550m: 6:59.11	39.00	750m: 9:34.99	38.80
	200m: 2:28.48	38.09	400m: 5:02.62	38.98	600m: 7:38.34	39.23	800m: 10:12.98	37.99
4.	Grace Peters	Blue Marlins	10:08.29	200901474	10:27.82 +0,82			
	50m: 34.05	34.05	250m: 3:09.75	39.99	450m: 5:49.70	40.32	650m: 8:29.63	39.91
	100m: 1:11.51	37.46	300m: 3:49.36	39.61	500m: 6:29.53	39.83	700m: 9:08.21	38.58
	150m: 1:50.88	39.37	350m: 4:29.41	40.05	550m: 7:09.76	40.23	750m: 9:49.52	41.31
	200m: 2:29.76	38.88	400m: 5:09.38	39.97	600m: 7:49.72	39.96	800m: 10:27.82	38.30
5.	Ilse Rozema	Blue Marlins	10:03.31	200803318	10:34.42 +0,70			
	50m: 34.24	34.24	250m: 3:14.31	39.98	450m: 5:57.04	41.33	650m: 9:28.09	40.05
	100m: 1:13.95	39.71	300m: 3:54.34	40.03	500m: 6:37.96	40.92	700m: 9:18.66	39.57
	150m: 1:54.60	40.65	350m: 4:34.86	40.52	550m: 7:18.71	40.75	750m: 9:57.46	38.80
	200m: 2:34.33	39.73	400m: 5:15.71	40.85	600m: 7:59.04	40.33	800m: 10:34.42	36.96
6.	Zoë Rijkaart	AZC	11:04.59	200903008	11:01.15 +0,78			
	50m: 36.10	36.10	250m: 3:23.65	42.19	450m: 6:11.31	42.24	650m: 9:00.46	41.52
	100m: 1:16.26	40.16	300m: 4:05.98	42.33	500m: 6:54.06	42.75	700m: 9:42.13	41.67
	150m: 1:58.70	42.44	350m: 4:48.13	42.15	550m: 7:36.59	42.53	750m: 10:22.42	40.29
	200m: 2:41.46	42.76	400m: 5:29.07	40.94	600m: 8:18.94	42.35	800m: 11:01.15	38.73
7.	Jorja Verschoor	AZC	11:13.71	200902640	11:06.95 +0,79			
	50m: 35.10	35.10	250m: 3:17.95	41.57	450m: 6:08.83	43.87	650m: 9:01.77	43.48
	100m: 1:14.49	39.39	300m: 3:59.94	41.99	500m: 6:51.80	42.97	700m: 9:44.22	42.45
	150m: 1:54.95	40.46	350m: 4:42.62	42.68	550m: 7:35.24	43.44	750m: 10:26.14	41.92
	200m: 2:36.38	41.43	400m: 5:24.96	42.34	600m: 8:18.29	43.05	800m: 11:06.95	40.81
8.	Carice Forschelen	MNC Dordrecht	NT	200804338	11:40.58 +0,73			
	50m: 37.59	37.59	250m: 3:30.80	43.87	450m: 6:28.92	44.37	650m: 9:28.26	44.50
	100m: 1:19.67	42.08	300m: 4:15.17	44.37	500m: 7:14.30	45.38	700m: 10:13.02	44.76
	150m: 2:03.23	43.56	350m: 4:59.31	44.14	550m: 7:58.79	44.49	750m: 10:57.37	44.35
	200m: 2:46.93	43.70	400m: 5:44.55	45.24	600m: 8:43.76	44.97	800m: 11:40.58	43.21

Programmanr. 16
21-5-2023 - 13:30

Dames, 800m vrije slag

Jeugd 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Jeugd 1 en 2								
1.	Annedieke Scholte	Blue Marlins	10:08.84	200701110	10:07.46 +0,84			
	50m: 33.28	33.28	250m: 3:05.99	38.76	450m: 5:40.16	38.51	650m: 8:14.40	38.83
	100m: 1:10.22	36.94	300m: 3:44.53	38.54	500m: 6:18.53	38.37	700m: 8:52.58	38.18
	150m: 1:48.57	38.35	350m: 4:23.14	38.61	550m: 6:57.21	38.68	750m: 9:30.87	38.29
	200m: 2:27.23	38.66	400m: 5:01.65	38.51	600m: 7:35.57	38.36	800m: 10:07.46	36.59
2.	Donna van der Meer	BZ en PC	10:18.49	200601146	10:26.65 +0,78			
	50m: 34.54	34.54	250m: 3:12.52	39.83	450m: 5:52.96	40.18	650m: 8:32.72	39.40
	100m: 1:13.23	38.69	300m: 3:52.45	39.93	500m: 6:33.07	40.11	700m: 9:12.53	39.81
	150m: 1:52.91	39.68	350m: 4:32.22	39.77	550m: 7:12.92	39.85	750m: 9:50.54	38.01
	200m: 2:32.69	39.78	400m: 5:12.78	40.56	600m: 7:53.32	40.40	800m: 10:26.65	36.11
3.	Hilda Vrijbloed	ZV Vlaardingen-Schiedam	10:14.60	200605262	10:32.04 +0,78			
	50m: 33.73	33.73	250m: 3:12.80	39.61	450m: 5:54.45	41.10	650m: 8:35.76	40.19
	100m: 1:13.33	39.60	300m: 3:53.07	40.27	500m: 6:34.76	40.31	700m: 9:14.47	38.71
	150m: 1:53.43	40.10	350m: 4:32.88	39.81	550m: 7:15.19	40.43	750m: 9:54.15	39.68
	200m: 2:33.19	39.76	400m: 5:13.35	40.47	600m: 7:55.57	40.38	800m: 10:32.04	37.89
4.	Marjolijn Offeringa	ZV Vlaardingen-Schiedam	10:42.73	200701788	10:58.76 +0,79			
	50m: 37.49	37.49	250m: 3:25.94	41.88	450m: 6:12.05	41.62	650m: 8:58.34	41.59
	100m: 1:19.74	42.25	300m: 4:07.61	41.67	500m: 6:53.84	41.79	700m: 9:39.16	40.82
	150m: 2:02.18	42.44	350m: 4:49.24	41.63	550m: 7:35.40	41.56	750m: 10:20.27	41.11
	200m: 2:44.06	41.88	400m: 5:30.43	41.19	600m: 8:16.75	41.35	800m: 10:58.76	38.49
5.	Aukje Schonewille	SG SCOM/de Zeehond'73	10:51.49	200702340	11:08.18 +0,81			
	50m: 36.05	36.05	250m: 3:25.02	42.19	450m: 6:16.79	43.14	650m: 9:06.44	42.27
	100m: 1:17.30	41.25	300m: 4:07.75	42.73	500m: 6:59.95	43.16	700m: 9:47.92	41.48
	150m: 1:59.72	42.42	350m: 4:50.28	42.53	550m: 7:42.09	42.14	750m: 10:29.10	41.18
	200m: 2:42.83	43.11	400m: 5:33.65	43.37	600m: 8:24.17	42.08	800m: 11:08.18	39.08
6.	Jaylin van der Linden	ZZ&PC De Devel	11:09.37	200701766	11:08.67 +0,78			
	50m: 37.80	37.80	250m: 3:26.96	42.69	450m: 6:15.89	42.51	650m: 9:05.35	43.00
	100m: 1:19.88	42.08	300m: 4:09.01	42.05	500m: 6:58.07	42.18	700m: 9:47.24	41.89
	150m: 2:02.57	42.69	350m: 4:51.76	42.75	550m: 7:40.77	42.70	750m: 10:28.99	41.75
	200m: 2:44.27	41.70	400m: 5:33.38	41.62	600m: 8:22.35	41.58	800m: 11:08.67	39.68
7.	Sabine Looden	De Columbiaan	11:33.41	200601390	11:38.91 +0,80			
	50m: 36.83	36.83	250m: 3:33.95	44.04	450m: 6:33.57	44.68	650m: 9:30.74	43.77
	100m: 1:20.24	43.41	300m: 4:19.11	45.16	500m: 7:18.10	44.53	700m: 10:14.85	44.11
	150m: 2:04.92	44.68	350m: 5:03.72	44.61	550m: 8:02.97	44.87	750m: 10:58.47	43.62
	200m: 2:49.91	44.99	400m: 5:48.89	45.17	600m: 8:46.97	44.00	800m: 11:38.91	40.44

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 16, Dames, 800m vrije slag

Senioren 1 en ouder

1.	Merel Schravendijk	Blue Marlins	9:07.06	200503382	9:22.55	+0,71	
	50m: 31.33	31.33 250m: 2:52.75	34.99	450m: 5:15.20	35.56	650m: 7:37.90	35.84
	100m: 1:06.04	34.71 300m: 3:27.64	34.89	500m: 5:50.50	35.30	700m: 8:13.36	35.46
	150m: 1:41.89	35.85 350m: 4:03.31	35.67	550m: 6:26.40	35.90	750m: 8:49.11	35.75
	200m: 2:17.76	35.87 400m: 4:39.64	36.33	600m: 7:02.06	35.66	800m: 9:22.55	33.44
2.	Mara Bosman	Blue Marlins	9:23.01	200303048	9:26.29	+0,65	
	50m: 31.31	31.31 250m: 2:53.03	35.11	450m: 5:15.61	35.75	650m: 7:39.15	35.95
	100m: 1:06.09	34.78 300m: 3:28.59	35.56	500m: 5:51.58	35.97	700m: 8:15.13	35.98
	150m: 1:41.78	35.69 350m: 4:03.93	35.34	550m: 6:27.29	35.71	750m: 8:51.15	36.02
	200m: 2:17.92	36.14 400m: 4:39.86	35.93	600m: 7:03.20	35.91	800m: 9:26.29	35.14
3.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	9:10.75	200500330	9:30.00	+0,79	
	50m: 31.98	31.98 250m: 2:55.46	36.28	450m: 5:20.06	36.29	650m: 7:45.12	36.23
	100m: 1:07.06	35.08 300m: 3:31.67	36.21	500m: 5:56.76	36.70	700m: 8:20.96	35.84
	150m: 1:43.07	36.01 350m: 4:07.78	36.11	550m: 6:33.17	36.41	750m: 8:56.30	35.34
	200m: 2:19.18	36.11 400m: 4:43.77	35.99	600m: 7:08.89	35.72	800m: 9:30.00	33.70
4.	Angelique van Vark	GZC DONK	9:24.35	199701478	9:39.24	+0,72	
	50m: 32.18	32.18 250m: 2:55.60	36.20	450m: 5:22.99	37.09	650m: 7:52.12	37.27
	100m: 1:07.46	35.28 300m: 3:32.15	36.55	500m: 6:00.03	37.04	700m: 8:29.23	37.11
	150m: 1:43.36	35.90 350m: 4:09.07	36.92	550m: 6:37.54	37.51	750m: 9:05.32	36.09
	200m: 2:19.40	36.04 400m: 4:45.90	36.83	600m: 7:14.85	37.31	800m: 9:39.24	33.92
5.	Melanie Marinus-Cruz	Blue Marlins	10:06.14	200404702	10:01.64	+0,79	
	50m: 33.64	33.64 250m: 3:03.92	37.23	450m: 5:36.12	38.06	650m: 8:10.54	39.12
	100m: 1:10.92	37.28 300m: 3:41.53	37.61	500m: 6:14.67	38.55	700m: 8:47.50	36.96
	150m: 1:48.33	37.41 350m: 4:19.87	38.34	550m: 6:52.94	38.27	750m: 9:25.00	37.50
	200m: 2:26.69	38.36 400m: 4:58.06	38.19	600m: 7:31.42	38.48	800m: 10:01.64	36.64
6.	Anouchka Bos	Niemo Barracuda	10:00.44	200501528	10:18.02	+0,86	
	50m: 33.07	33.07 250m: 3:04.07	39.13	450m: 5:42.51	40.27	650m: 8:24.58	40.87
	100m: 1:09.05	35.98 300m: 3:43.14	39.07	500m: 6:22.82	40.31	700m: 9:03.73	39.15
	150m: 1:46.55	37.50 350m: 4:22.60	39.46	550m: 7:03.18	40.36	750m: 9:42.53	38.80
	200m: 2:24.94	38.39 400m: 5:02.24	39.64	600m: 7:43.71	40.53	800m: 10:18.02	35.49
7.	Madoline Held	Blue Marlins	9:45.75	200503412	10:23.58	+0,80	
	50m: 33.13	33.13 250m: 3:08.80	39.53	450m: 5:48.74	39.58	650m: 8:28.80	40.04
	100m: 1:10.57	37.44 300m: 3:48.98	40.18	500m: 6:28.64	39.90	700m: 9:08.07	39.27
	150m: 1:49.39	38.82 350m: 4:28.85	39.87	550m: 7:08.80	40.16	750m: 9:46.25	38.18
	200m: 2:29.27	39.88 400m: 5:09.16	40.31	600m: 7:48.76	39.96	800m: 10:23.58	37.33
8.	Daphne van Tilburg	De Geul	11:14.88	200500580	11:04.18	+0,86	
	50m: 36.42	36.42 250m: 3:23.20	42.50	450m: 6:13.07	42.66	650m: 9:02.90	42.36
	100m: 1:17.30	40.88 300m: 4:05.51	42.31	500m: 6:55.24	42.17	700m: 9:43.80	40.90
	150m: 1:59.06	41.76 350m: 4:48.16	42.65	550m: 7:37.85	42.61	750m: 10:25.00	41.20
	200m: 2:40.70	41.64 400m: 5:30.41	42.25	600m: 8:20.54	42.69	800m: 11:04.18	39.18
9.	Ramona Linting	AZC	NT	198301274	11:21.42	+0,71	
	50m: 35.57	35.57 250m: 3:22.40	42.51	450m: 6:14.66	43.29	650m: 9:09.67	43.85
	100m: 1:16.32	40.75 300m: 4:05.11	42.71	500m: 6:58.30	43.64	700m: 9:54.02	44.35
	150m: 1:57.38	41.06 350m: 4:48.26	43.15	550m: 7:41.52	43.22	750m: 10:38.11	44.09
	200m: 2:39.89	42.51 400m: 5:31.37	43.11	600m: 8:25.82	44.30	800m: 11:21.42	43.31
10.	Esmee Verbeek	Zoetermeer	11:38.44	200502086	11:44.92	+0,80	
	50m: 36.72	36.72 250m: 3:31.68	44.44	450m: 6:32.47	45.54	650m: 9:32.97	44.88
	100m: 1:19.31	42.59 300m: 4:16.71	45.03	500m: 7:17.79	45.32	700m: 10:18.13	45.16
	150m: 2:02.83	43.52 350m: 5:01.90	45.19	550m: 8:02.87	45.08	750m: 11:01.83	43.70
	200m: 2:47.24	44.41 400m: 5:46.93	45.03	600m: 8:48.09	45.22	800m: 11:44.92	43.09
11.	Isabelle Janssen	De Geul	11:28.85	200006318	11:58.56	+0,88	
	50m: 39.20	39.20 250m: 3:37.47	45.77	450m: 6:41.44	46.39	650m: 9:45.94	46.35
	100m: 1:21.98	42.78 300m: 4:22.92	45.45	500m: 7:27.11	45.67	700m: 10:31.44	45.50
	150m: 2:06.89	44.91 350m: 5:08.83	45.91	550m: 8:13.37	46.26	750m: 11:15.60	44.16
	200m: 2:51.70	44.81 400m: 5:55.05	46.22	600m: 8:59.59	46.22	800m: 11:58.56	42.96
12.	Esmeralda Elbers	Blue Marlins	12:44.54	200404888	12:55.74	+0,85	
	50m: 42.33	42.33 250m: 3:53.22	49.54	450m: 7:10.12	49.25	650m: 10:30.56	49.88
	100m: 1:28.66	46.33 300m: 4:42.27	49.05	500m: 7:59.89	49.77	700m: 11:20.07	49.51
	150m: 2:16.14	47.48 350m: 5:31.31	49.04	550m: 8:51.01	51.12	750m: 12:09.34	49.27
	200m: 3:03.68	47.54 400m: 6:20.87	49.56	600m: 9:40.68	49.67	800m: 12:55.74	46.40
NG	Jet van Oudheusden	ZOB'66	11:09.47	200401012			

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 17
21-5-2023 - 14:10

Heren, 100m schoolslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1 en 2						
1.	Luca Boorsma	De Columbiaan	1:12.55	200902031	1:14.22	+0,63
2.	Thygo van de Peppel	Blue Marlins	1:12.97	200901101	1:14.26	+0,74
3.	Adriaan Coppelmans	AZC	1:15.41	200903243	1:17.54	+0,72
4.	Ivo Bot	Wiekslag	1:19.21	200900509	1:19.29	+0,77
5.	Jan Schouten	ZVL-1886 Center	1:18.51	200902305	1:19.98	+0,85
6.	Paul Ruitenber	De Geul	1:17.66	200900979	1:20.69	+0,76
7.	Tristan Fredema	Blue Marlins	1:20.02	200903699	1:20.80	+0,71
8.	Dax van den Noulant	Blue Marlins	1:20.38	201000071	1:22.56	+0,73
9.	Owen Houdé	De Geul	1:22.71	200900903	1:23.30	+0,81
10.	Myron Artemenko	Niemo Barracuda	1:21.46	201003021	1:24.53	+0,76
11.	Aidan van der Stelt	De Geul	1:20.86	200900901	1:25.72	+0,71
12.	Yaroslav Budylevskyi	Niemo Barracuda	1:26.60	200903563	1:25.85	+0,67
13.	Wanne van Geest	ZV Vlaardingen-Schiedam	1:27.73	200901425	1:26.88	+0,75
14.	Bink de Vries	AZC	1:24.32	200901887	1:27.35	+0,74
15.	Thijs Bijman	Niemo Barracuda	1:26.79	200901111	1:27.57	+0,76
16.	Duco de Gelder	Blue Marlins	1:24.30	201000217	1:28.55	+0,57
17.	Thom Veldhoen	ZZ&PC De Devel	1:29.15	200901159	1:28.88	+0,65
18.	Arda Naci	WZK	1:27.50	200901599	1:29.15	+0,78
19.	Duncan Hoogendijk	Blue Marlins	1:30.00	200901815	1:30.97	+0,84
20.	Finn de Heij	BZ en PC	1:28.91	200900411	1:31.29	+0,72
21.	Ralfs Lagzdins	ZPB H&L Productions	1:31.32	200903031	1:31.40	+0,86
22.	Luca Kamps	De Vliet (SG)	1:29.71	200900891	1:32.15	+0,77
23.	Eli Shields	Niemo Barracuda	1:30.89	201000407	1:34.35	+0,73
24.	Thijs Militie	DWF	1:31.07	200901507	1:34.71	+0,84
25.	Joëll van der Meiden	ZV Vlaardingen-Schiedam	1:32.73	200903439	1:34.94	+0,77
26.	Kaylen Sebus	ZZ&PC De Devel	1:30.36	200902289	1:35.32	+0,76
27.	Nathan Creyf	WZK	1:40.54	200903557	1:35.83	+0,93
28.	Jordan Neyhoft	Wiekslag	1:30.08	201000765	1:36.53	+0,70
29.	Girish Nolden	Blue Marlins	1:38.16	201000087	1:36.95	+0,65
30.	Tygo van Berkel	De Geul	1:37.77	201000327	1:37.40	+0,79
31.	Sascha Timmer	AZC	1:31.33	200902987	1:37.62	+0,68
32.	Luuk Schippers	Poseidon'56	1:33.98	200901161	1:37.77	+0,99
33.	Jochem Evers	ZVL-1886 Center	1:33.20	200903423	1:37.83	+0,80
34.	Boudewijn de Rooij	WZK	1:35.88	201002301	1:42.48	+0,65
35.	Thijmen Woudt	ZV De Watervogels	1:45.65	201001853	1:44.92	+0,58
36.	Ethan Chan	ZV De Watervogels	1:41.21	201002651	1:45.22	+0,69
37.	Sefanius Sutarno	Blue Marlins	1:44.53	201003311	1:45.31	+0,65
DIS	Sverre van der Zwaan	WVZ	1:26.71	200900737		

SO - Het lichaam niet op de borstzijde gehouden (met uitzondering van het keerpunt)., SR meer dan 1 vlinderbeenslag gemaakt voordat de eerste schoolslagbeenslag is gemaakt.

NG Ideun Bom Blue Marlins 1:31.33 201000371

Junioren 3 en 4

1.	Nikodim Markovic	Blue Marlins	1:05.45	200700255	1:09.52	+0,71
2.	Thierry Zulver	ZV Vlaardingen-Schiedam	1:09.12	200700023	1:10.56	+0,72
3.	Denzel Barthen	WVZ	1:10.70	200700147	1:12.17	+0,78
4.	Twan Huisman	WVZ	1:12.99	200702207	1:13.69	+0,77
5.	Matthijs de Rooij	WZK	1:11.36	200803481	1:14.04	+0,80
6.	James Lawton	De Columbiaan	1:11.27	200700745	1:15.42	+0,67
7.	Floris van der Valk	Wiekslag	1:11.10	200801891	1:15.78	+0,75
8.	Jisse Lousma	WVZ	1:15.25	200701493	1:15.93	+0,64
9.	Floris Tanis	Feijenoord Albion	1:12.66	200700005	1:17.00	+0,71
10.	Boele Böhm	Blue Marlins	1:15.28	200700739	1:18.76	+0,71
11.	Twan Hoogervorst	De Columbiaan	1:17.05	200700741	1:18.85	+0,74
12.	Rein Stoel	ZVL-1886 Center	1:14.40	200800463	1:19.08	+0,78
13.	Gijs Hartwijk	ZVL-1886 Center	1:17.61	200800573	1:19.43	+0,65
14.	Luuk Knijnenburg	Noordwijkerhout	1:17.90	200802291	1:19.51	+0,84
15.	Thijs van der Hout	Blue Marlins	1:22.72	200700913	1:21.25	+0,70
16.	Fabrice Poot	ZV De Watervogels	1:20.06	200800757	1:22.62	+0,80
17.	Fabian Riedijk	Blue Marlins	1:20.03	200800603	1:23.04	+0,77
18.	Tim Boerefijn	WVZ	1:19.82	200802815	1:23.32	+0,83
19.	Niek Sonneveld	WVZ	1:22.61	200802631	1:23.78	+0,71

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 17, Jongens, 100m schoolslag, Junioren 3 en 4

rang	naam	vereniging	intijd		tijd	RT
20.	Sanad Abualrous	WZK	1:23.21	200703055	1:23.99	+0,73
21.	Tristan Peltenburg	Niemo Barracuda	1:18.51	200700981	1:24.33	+0,80
22.	Milán Biró	ACZ	1:23.77	200803169	1:27.32	+0,71
23.	Hassan Turay	Niemo Barracuda	1:23.56	200700519	1:27.56	+0,90
24.	Lucas Bongers	ZOB'66	1:27.39	200800903	1:27.59	+0,74
25.	Faizaan Sahebodin	Blue Marlins	1:42.64	200804009	1:31.07	+0,65
26.	Polat Akkus	De Vliet (SG)	1:29.35	200702845	1:32.28	+0,80
27.	Rick Boender	ZOB'66	1:28.97	200700235	1:32.89	+0,77
28.	Esh Nolden	Blue Marlins	1:31.86	200800145	1:36.18	+0,66
29.	Thomas Braat	AZC	1:40.94	200802269	1:39.02	+0,98
AFGEM	Jochem Kistemaker	ZV Vlaardingen-Schiedam	1:29.51	200702819		287
NG	Milan Roos	ZOB'66	1:29.81	200802971		

Jeugd 1 en 2

1.	River Streefland	Blue Marlins	1:01.38	200502253	1:03.64	+0,73
2.	Roan van der Weide	GZC DONK	1:07.08	200601629	1:07.24	+0,76
3.	Imme Bousema	Blue Marlins	1:04.34	200601873	1:08.43	+0,69
4.	Joshua Agussalim	WVZ	1:07.66	200600153	1:10.48	+0,72
5.	Émile Fouzaï	Blue Marlins	1:06.36	200500263	1:10.61	+0,70
6.	Bas Blanker	SG SCOM/de Zeehond'73	1:10.25	200601497	1:12.36	+0,70
7.	Bjorn Rijkaart	WVZ	1:09.49	200601337	1:12.46	+0,73
8.	Hessel de Jong	ACZ	1:09.25	200602753	1:12.99	+0,74
9.	Lars Bulman	Blue Marlins	1:07.55	200600125	1:13.03	+0,70
10.	Björn Mulder	Zoetermeer	1:14.37	200601517	1:13.26	+0,73
11.	Daan Sonneveld	WVZ	1:04.73	200601085	1:13.62	+0,77
12.	Thijs Visser	Niemo Barracuda	1:09.79	200502129	1:14.19	+0,77
13.	Thijs Huizer	Noordwijkerhout	1:14.45	200502523	1:15.58	+0,72
14.	Jesse van der Meij	ZVL-1886 Center	1:16.97	200600841	1:15.95	+0,69
15.	Floris Wassenaar	WVZ	1:12.63	200600649	1:17.40	+0,78
16.	Benjamin Vermeer	Zoetermeer	1:17.88	200600177	1:18.09	+0,81
17.	Sidique Turay	Niemo Barracuda	1:14.47	200500981	1:21.86	+0,83
18.	Robin den Ouden	Wiekslag	1:18.78	200600255	1:22.28	+0,67
NG	Sven Markkus Eschbach	ZZ&PC De Devel	1:12.83	200602013		

Senioren 1 en ouder

1.	Jasper Willig	Blue Marlins	1:04.45	200104757	1:05.62	+0,73
2.	Perry Laarhoven	Feijenoord Albion	1:02.23	200301321	1:06.10	+0,78
3.	Xander Vis	z.c De Schotejil	1:08.38	200300173	1:09.07	+0,74
4.	Bert Duivenvoorde	Noordwijkerhout	1:04.95	199701805	1:09.66	+0,74
5.	Simon Dijkstra	Blue Marlins	1:10.86	200204905	1:09.72	+0,62
6.	Max van Schagen	De Columbiaan	1:06.64	200402591	1:10.27	+0,66
7.	Dave van den Nieuwendijk	De Columbiaan	1:06.32	200100475	1:12.17	+0,77
8.	Paul van Grol	GZC DONK	1:08.51	199602951	1:12.98	+0,70
9.	Thomas Hesper	Blue Marlins	1:08.22	200004181	1:13.25	+0,89
10.	Jorian Tanis	Feijenoord Albion	1:08.35	199900327	1:13.95	+0,77
11.	Ryan van den Ouden	Poseidon'56	1:10.90	199900377	1:14.32	+0,82
12.	Guus Hoogduin	ZVL-1886 Center	1:10.22	200201069	1:15.28	+0,73
13.	Nathan Janssen	De Geul	1:12.19	200401565	1:16.77	+0,73
14.	Bas Verdoes	De Columbiaan	1:11.67	199801487	1:16.88	+0,80
15.	Bart Spaans	ACZ	1:13.17	199902559	1:19.19	+0,60
16.	Marijn Dekkers	WVZ	1:13.03	200402275	1:19.25	+0,76
AFGEM	Thomas van Wanrooij	Poseidon'56	1:05.71	200201473		

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 18
21-5-2023 - 14:50

Dames, 200m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	100m	200m	
Junioren 1 en 2								
1.	Nina van der Schrier	AZC	2:18.86	201000444	2:18.82	+0,64	1:07.57	2:18.82
2.	Malin Roozeboom	WVZ	2:16.37	201100006	2:19.07	+0,77	1:08.25	2:19.07
3.	Erin de Jong	GZC DONK	2:20.09	201000024	2:19.20	+0,88	1:07.31	2:19.20
4.	Julia D browska	Blue Marlines	2:24.90	201000300	2:24.26	+0,78	1:08.10	2:24.26
5.	Tess van de Steeg	WVZ	2:21.55	201000016	2:24.40	+0,81	1:09.68	2:24.40
6.	Rozalia Diederiks	ZVL-1886 Center	2:27.34	201100904	2:24.95	+0,83	1:09.78	2:24.95
7.	Chloé in 't Veen	WVZ	2:31.49	201100010	2:27.05	+0,68	1:11.57	2:27.05
8.	Nina Tetteroo	De Columbiaan	2:25.43	201000048	2:27.94	+0,61	1:11.44	2:27.94
9.	Odenza Soselisa	Blue Marlines	2:29.28	201101780	2:28.74	+0,61	1:13.07	2:28.74
10.	Famke Franzen	z.c De Schotejil	2:29.35	201000058	2:29.14	+0,82	1:11.09	2:29.14
11.	Faye Thijsse	WVZ	2:51.41	201001364	2:29.18	+0,61	1:10.39	2:29.18
12.	Milou Filemon	ZZ&PC De Devel	2:31.50	201100078	2:29.26	+0,63	1:12.14	2:29.26
13.	Anouk Steller	WVZ	2:21.19	201000004	2:30.18	+0,87	1:12.28	2:30.18
14.	Tess Meeuwissen	De Columbiaan	2:38.40	201000370	2:31.77	+0,59	1:13.72	2:31.77
15.	Eva Ehlert	GZC DONK	2:27.57	201002026	2:32.31		1:12.50	2:32.31
16.	Fanni Farkas	De Columbiaan	2:42.18	201100360	2:32.54	+0,68	1:13.44	2:32.54
17.	Manou Longayroux	ZZ&PC De Devel	2:31.33	201000580	2:33.82	+0,67	1:17.53	2:33.82
18.	Tessa de Jong	GZC DONK	2:31.74	201000026	2:35.24	+0,77	1:15.07	2:35.24
19.	Abya Buscop	z.c De Schotejil	2:35.97	201100056	2:36.77	+0,69	1:15.71	2:36.77
20.	Elin Riedijk	Blue Marlines	2:31.52	201002056	2:37.42		1:16.59	2:37.42
21.	Nienke v. Weenen	z.c De Schotejil	2:44.59	201000282	2:38.34	+0,73	1:16.92	2:38.34
22.	Tess Liebrechts	GZC DONK	2:38.34	201000212	2:42.47	+0,89	1:19.45	2:42.47
23.	Vere van Klooster	AZC	2:37.87	201002128	2:42.65	+0,61	1:18.72	2:42.65
24.	Brisa Dekkers	GZC DONK	2:42.46	201002164	2:42.66	+0,74	1:17.00	2:42.66
25.	Alaine Dumont	ZV De Watervogels	2:37.52	201102140	2:44.07	+0,75	1:18.47	2:44.07
26.	Minke Bouman	Blue Marlines	2:42.32	201100104	2:45.35	+0,71	1:20.77	2:45.35
	<i>*BU eindtijd</i>							
27.	Evy v. Nimwegen	z.c De Schotejil	2:44.22	201100168	2:46.89		1:21.30	2:46.89
28.	Merel Doest	ZV Vlaardingen-Schiedam	2:52.55	201001142	2:46.95		1:21.72	2:46.95
29.	Meike van der Klugt	WVZ	2:43.12	201100808	2:47.57	+0,78	1:20.81	2:47.57
30.	Demi Bos	Niemo Barracuda	2:37.88	201001282	2:48.34	+0,85	1:20.08	2:48.34
31.	Daniëke Westerhof	ZV De Watervogels	2:43.51	201100492	2:49.24	+0,85	1:21.01	2:49.24
32.	Louise Kuiper	WVZ	2:42.75	201101012	2:50.86	+0,66	1:21.20	2:50.86
33.	Sophie Hoogervorst	AZC	2:41.22	201100252	2:53.85	+0,54	1:22.13	2:53.85
34.	Floortje Bakker	Blue Marlines	2:59.30	201101124	3:03.19	+0,81	1:30.10	3:03.19
Junioren 3 en 4								
1.	Ilse Rozema	Blue Marlines	2:12.14	200803318	2:11.57	+0,69	1:02.92	2:11.57
2.	Jade van der Schrier	AZC	2:10.95	200800692	2:13.96	+0,78	1:04.09	2:13.96
3.	Flora Szili-Torok	Feijenoord Albion	2:15.04	200800114	2:15.53	+0,74	1:06.33	2:15.53
4.	Meike v. Nimwegen	z.c De Schotejil	2:16.82	200800106	2:16.29	+0,84	1:06.52	2:16.29
5.	Jinthe Engelse	Niemo Barracuda	2:12.94	200800204	2:16.91	+0,79	1:06.71	2:16.91
6.	J. Gomes Delgado	Feijenoord Albion	2:15.12	200800738	2:18.43	+0,74	1:06.99	2:18.43
7.	Ece Öngören	Blue Marlines	2:16.98	200903862	2:20.20	+0,77	1:08.40	2:20.20
8.	Tess Vonk	De Geul	2:19.31	200900024	2:20.57	+0,69	1:08.36	2:20.57
9.	Liv Heijdra	WVZ	2:20.13	200800736	2:22.72	+0,75	1:09.28	2:22.72
10.	Sophie van Leent	Blue Marlines	2:30.67	200800522	2:24.35	+0,74	1:07.83	2:24.35
11.	Suuz Griekspoor	Noordwijkerhout	2:21.75	200901204	2:24.90	+0,85	1:10.14	2:24.90
12.	Julia van Wingerden	ZZ&PC De Devel	2:21.42	200800436	2:26.73	+0,64	1:11.03	2:26.73
13.	Zoë Rijkaart	AZC	2:26.71	200903008	2:27.77	+0,75	1:09.51	2:27.77
14.	Jorja Verschoor	AZC	2:28.60	200902640	2:28.85	+0,80	1:10.15	2:28.85
15.	Gwen Hermans	De Columbiaan	2:30.72	200900058	2:30.07	+0,61	1:12.23	2:30.07
16.	Hadewych Forschelen	MNC Dordrecht	2:32.16	200903572	2:30.62	+0,74	1:12.59	2:30.62
17.	Sanne Mulder	Zoetermeer	2:33.93	200900280	2:31.23	+0,60	1:12.65	2:31.23
18.	Sanne Hoogduin	ZVL-1886 Center	2:31.03	200800778	2:33.31	+0,85	1:15.63	2:33.31
19.	Luna Schipper	ZOB'66	2:36.33	200900364	2:33.90	+0,78	1:15.25	2:33.90
20.	Carice Forschelen	MNC Dordrecht	2:31.19	200804338	2:34.44	+0,70	1:13.91	2:34.44
21.	Luna Buis	De Columbiaan	2:29.55	200902680	2:38.10	+0,76	1:14.01	2:38.10
22.	Hanna van Loenen	ZV Vlaardingen-Schiedam	2:33.37	200800836	2:39.33	+0,75	1:16.11	2:39.33
23.	Juliëtte Priester	WZK	2:34.36	200800872	2:40.90	+0,81	1:18.82	2:40.90
24.	Daynah de Snaijer	Zoetermeer	2:37.66	200802266	2:41.55		1:16.11	2:41.55
25.	Wictoria Diederiks	ZVL-1886 Center	2:36.31	200900758	2:41.72	+0,61	1:18.85	2:41.72
26.	Aminata Turay	Niemo Barracuda	2:59.64	200900282	3:07.95		1:28.26	3:07.95
				S10		344		

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 18, Meisjes, 200m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT	100m	200m
AFGEM	Tessa Hoogstraten	De Columbiaan	2:20.38	200800544			
NG	Fleur Van den Eijk	Blue Marlins	2:18.82	200900304			

Jeugd 1 en 2

1.	Megan Jonkman	Blue Marlins	2:06.23	200600508	2:07.27	+0,78	1:02.37	2:07.27
2.	Mare Schallenberg	ACZ	2:04.61	200600078	2:08.64	+0,78	1:03.86	2:08.64
3.	Floor Hogervorst	Noordwijkerhout	2:12.41	200701400	2:14.96	+0,76	1:06.03	2:14.96
4.	Anna Beck	Blue Marlins	2:13.30	200605282	2:17.79	+0,84	1:06.68	2:17.79
5.	Leyla Oversluizen	Feijenoord Albion	2:12.25	200602730	2:18.88	+0,82	1:06.08	2:18.88
6.	Anniqne Rupke	WVZ	2:12.22	200700876	2:19.07	+0,83	1:08.15	2:19.07
7.	Thalia Meijer	Blue Marlins	2:16.52	200704048	2:21.54	+0,80	1:07.53	2:21.54
8.	Nikita Snoeren	WVZ	2:19.11	200600342	2:22.10	+0,68	1:08.55	2:22.10
9.	Britte Lodder	ZZ&PC De Devel	2:18.97	200702290	2:22.16	+0,74	49.21	2:22.16
10.	Kyona Steffe	Blue Marlins	2:26.58	200702004	2:22.66	+0,64	1:07.25	2:22.66
11.	Donna van der Meer	BZ en PC	2:21.43	200601146	2:24.71	+0,70	1:10.87	2:24.71
12.	Eloisa Gomes Delgado	Feijenoord Albion	2:16.48	200700812	2:24.96	+0,83	1:08.61	2:24.96
13.	Hilda Vrijbloed	ZV Vlaardingen-Schiedam	2:25.46	200605262	2:28.24	+0,80	1:11.34	2:28.24
14.	Anoeska Wiltenburg	GZC DONK	2:22.41	200703028	2:28.87	+0,84	1:11.07	2:28.87
15.	Mila Oomens	Niemo Barracuda	2:20.87	200700016	2:29.35	+0,72	1:11.09	2:29.35
16.	Madelif Penning	ZZ&PC De Devel	2:28.03	200701298	2:29.48	+0,70	1:12.99	2:29.48
17.	Zofia Lehmann	Blue Marlins	2:31.61	200704118	2:31.13	+0,82	1:10.64	2:31.13
18.	Jasmine Matuskova	ZV Vlaardingen-Schiedam	2:29.43	200602328	2:31.38	+0,70	1:13.24	2:31.38
19.	Laura 't Lam	De Geul	2:18.47	200603376	2:33.46	+0,80	1:10.92	2:33.46
20.	Nada Mghizat	GZC DONK	2:23.75	200702178	2:34.52	+0,75	1:13.52	2:34.52
21.	Zahra Day	Blue Marlins	2:32.40	200601374	2:34.92	+0,68	1:12.68	2:34.92
22.	Kyana van Dam	Niemo Barracuda	2:32.18	200703008	2:37.05	+0,78	1:17.01	2:37.05
23.	Jaylin van der Linden	ZZ&PC De Devel	2:26.08	200701766	2:37.69	+0,80	1:15.58	2:37.69
24.	Aukje Schonewille	SG SCOM/de Zeehond'73	2:30.96	200702340	2:38.86	+0,77	1:15.98	2:38.86
25.	Aguila Dolsma	Blue Marlins	2:36.67	200603902	2:39.83	+0,70	1:15.99	2:39.83
26.	Samantha van der Jagt	Poseidon'56	2:35.92	200700220	2:44.11	+0,85	1:19.22	2:44.11

Senioren 1 en ouder

1.	Lynn Blommers	Blue Marlins	2:04.85	200105062	2:07.39	+0,70	1:01.32	2:07.39
2.	Angelique van Vark	GZC DONK	2:07.93	199701478	2:09.84	+0,69	1:02.65	2:09.84
3.	Mara Bosman	Blue Marlins	2:11.83	200303048	2:14.38	+0,69	1:04.31	2:14.38
4.	Rinske Bouman	Blue Marlins	2:11.75	200400578	2:14.91	+0,80	1:03.80	2:14.91
5.	Anouchka Bos	Niemo Barracuda	2:13.19	200501528	2:17.60	+0,78	1:05.07	2:17.60
6.	Anouk Vis	De Columbiaan	2:16.44	200203322	2:20.22	+0,79	1:06.59	2:20.22
7.	Carmen Lems	ACZ	2:16.81	200402632	2:20.25	+0,73	1:06.63	2:20.25
8.	Aisha Nobels	z.c De Schotejil	2:19.51	200501710	2:21.54	+0,74	1:08.51	2:21.54
9.	Lyke Buscop	z.c De Schotejil	2:16.52	200500552	2:22.78	+0,75	1:07.75	2:22.78
10.	Ilona van der Knaap	ZV De Watervogels	2:30.89	199204954	2:34.51	+0,63	1:13.14	2:34.51
BM	Milou van Wijk	WVZ	2:04.03	200404948	2:08.74	+0,77	1:02.85	2:08.74

Programmanr. 19
21-5-2023 - 15:35

Heren, 50m vlinderslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Junioren 1 en 2						
1.	Wanne van Geest	ZV Vlaardingen-Schiedam	29.83	200901425	29.25	+0,73
2.	Luca Boorsma	De Columbiaan	29.40	200902031	29.72	+0,63
3.	Aidan van der Stelt	De Geul	31.07	200900901	29.75	+0,69
4.	Ivo Bot	Wiekslag	29.77	200900509	29.77	+0,64
5.	Neo Reiber	Feijenoord Albion	29.89	200900699	29.78	+0,69
6.	Sascha Timmer	AZC	30.48	200902987	30.06	+0,66
7.	Myron Artemenko	Niemo Barracuda	30.79	201003021	30.66	+0,75
8.	Thom Veldhoen	ZZ&PC De Devel	31.49	200901159	30.94	+0,65
9.	Thygo van de Peppel	Blue Marlins	32.70	200901101	31.49	+0,77
10.	Adriaan Coppelmans	AZC	31.83	200903243	31.96	+0,70
11.	Paul Ruitenber	De Geul	31.80	200900979	31.98	+0,73
12.	Bink de Vries	AZC	32.17	200901887	32.40	+0,73
13.	Owen Houdé	De Geul	32.34	200900903	32.42	+0,79
	Joëll van der Meiden	ZV Vlaardingen-Schiedam	32.94	200903439	32.42	+0,81

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 19, Jongens, 50m vlinderslag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT
15.	Arda Naci	WZK	33.57	200901599	32.98	+0,77
16.	Avery Arrindell	ACZ	34.39	200902655	33.22	+0,74
17.	Girish Nolden	Blue Marlins	35.11	201000087	33.74	+0,67
18.	Yaroslav Budylevskiy	Niemo Barracuda	34.21	200903563	34.07	+0,77
19.	Eli Shields	Niemo Barracuda	33.49	201000407	34.19	+0,68
20.	Dax van den Nouland	Blue Marlins	35.38	201000071	34.58	+0,64
21.	Jordan Neyhoft	Wiekslag	35.45	201000765	34.66	+0,74
22.	Tristan Fredema	Blue Marlins	34.88	200903699	34.70	+0,71
23.	Thijs Bijman	Niemo Barracuda	38.25	200901111	34.92	+0,83
24.	Sven Mulder	Zoetermeer	35.99	200901655	35.07	+0,78
25.	Art Jin van der Ent	Blue Marlins	38.55	200903785	35.48	+0,91
26.	Luca Kamps	De Vliet (SG)	36.47	200900891	35.62	+0,62
27.	Duco de Gelder	Blue Marlins	35.78	201000217	36.33	+0,61
28.	Kaylen Sebus	ZZ&PC De Devel	36.92	200902289	36.36	+0,76
29.	Duncan Hoogendijk	Blue Marlins	36.09	200901815	37.07	+0,84
30.	Luuk Schippers	Poseidon'56	37.76	200901161	37.32	+0,98
31.	Finn de Heij	BZ en PC	36.48	200900411	37.46	+0,75
32.	Rens van der Es	De Geul	40.00	201000583	38.06	+0,68
33.	Kris Westerhout	ZZ&PC De Devel	37.44	201000883	38.11	+0,81
34.	Jochem Evers	ZVL-1886 Center	38.65	200903423	38.39	+0,82
35.	Gunawan Bekker	ZZ&PC De Devel	39.63	200902297	38.50	+0,73
36.	Alexander van der Maaten	Blue Marlins	36.97	200903251	38.74	+0,75
	<i>*BU eindtijd</i>					
37.	Nathan Creyff	WZK	37.94	200903557	38.80	+0,85
38.	Ethan Chan	ZV De Watervogels	38.59	201002651	38.86	+0,71
39.	Tygo van Berkel	De Geul	39.89	201000327	39.71	+0,75
40.	Boudewijn de Rooij	WZK	36.67	201002301	39.76	+0,53
41.	Kenji Bor	DWF	39.87	201001419	39.98	+0,58
42.	Thijs Militie	DWF	39.10	200901507	40.79	+0,81
43.	Thijmen Woudt	ZV De Watervogels	42.32	201001853	43.15	
44.	Sefanius Sutarno	Blue Marlins	45.03	201003311	43.53	+0,64
NG	Ideun Bom	Blue Marlins	36.19	201000371		
NG	Ghalil Lodder	Wiekslag	39.43	201000711		

Junioren 3 en 4

1.	Nikodim Markovic	Blue Marlins	25.26	200700255	25.65	+0,66
2.	Vincent Huele	Blue Marlins	26.57	200703423	26.88	+0,73
3.	Thierry Zulver	ZV Vlaardingen-Schiedam	27.13	200700023	27.41	+0,74
4.	Jisse Lousma	WVZ	27.25	200701493	27.66	+0,65
5.	Boele Böhm	Blue Marlins	27.83	200700739	28.09	+0,74
6.	Floris Tanis	Feijenoord Albion	28.00	200700005	28.38	+0,71
7.	Aditya Winterberg	Blue Marlins	29.05	200800953	29.01	+0,67
8.	Floris van der Valk	Wiekslag	28.55	200801891	29.25	+0,71
9.	Ties Lakke	ACZ	29.11	200703517	29.26	+0,80
10.	Thijs van der Hout	Blue Marlins	30.71	200700913	29.30	+0,64
11.	Rein Stoel	ZVL-1886 Center	29.60	200800463	29.66	+0,70
12.	Alex Woe	Poseidon'56	29.90	200801393	30.48	+0,64
	Niek Sonneveld	WVZ	30.86	200802631	30.48	+0,73
14.	Luuk Knijnenburg	Noordwijkerhout	30.96	200802291	30.81	+0,68
15.	Twan Hoogervorst	De Columbiaan	31.65	200700741	31.05	+0,71
16.	Aiden Lips	Blue Marlins	32.64	200800951	31.31	+0,74
17.	Sanad Abualrous	WZK	30.73	200703055	31.45	+0,73
18.	Tim Boerefijn	WVZ	32.23	200802815	31.55	+0,84
19.	Matthijs de Rooij	WZK	30.10	200803481	31.98	+0,78
20.	James Lawton	De Columbiaan	31.18	200700745	32.03	+0,67
21.	Arya Keshavarsi	Poseidon'56	32.95	200702807	32.15	+0,70
22.	Fabrice Poot	ZV De Watervogels	33.99	200800757	32.50	+0,77
23.	Rick Boender	ZOB'66	33.69	200700235	33.06	+0,78
24.	Milán Biró	ACZ	31.65	200803169	33.24	+0,67
25.	Lucas Bongers	ZOB'66	34.86	200800903	33.63	+0,74
26.	Jelke Visser	De Linge PCG	34.36	200800695	33.93	+0,83
27.	Magnus Kijkuit	ZV De Watervogels	33.89	200803427	34.09	+0,68
28.	Twan Huisman	WVZ	33.38	200702207	34.61	+0,72
29.	Merijn van den Berg	DSZ	33.31	200801281	35.22	+0,68
30.	Kees Wassenaar	Wiekslag	35.69	200702917	35.40	+0,76
31.	Faizaan Sahebodin	Blue Marlins	40.92	200804009	36.71	+0,67
32.	Esh Nolden	Blue Marlins	36.13	200800145	37.40	+0,50
33.	Thomas Braat	AZC	39.71	200802269	39.11	+0,92

S14

264

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 19, Jongens, 50m vlinderslag, Junioren 3 en 4

rang	naam	vereniging	intijd		tijd	RT	
NG.ZA	Jesper van Tilburg	De Geul	34.18	200800043			
Jeugd 1 en 2							
1.	Émile Fouzaï	Blue Marlins	25.09	200500263	25.75	+0,70	
2.	Lars Bulman	Blue Marlins	25.22	200600125	26.48	+0,67	
3.	River Streefland	Blue Marlins	26.67	200502253	26.61	+0,75	
4.	Joshua Agussalim	WVZ	25.48	200600153	26.81	+0,71	
5.	Floris Wassenaar	WVZ	27.37	200600649	27.18	+0,72	
6.	Bjorn Rijkaart	WVZ	26.68	200601337	27.32	+0,74	
7.	Daan Sonneveld	WVZ	27.08	200601085	27.46	+0,75	
8.	Bas Blanker	SG SCOM/de Zeehond'73	28.13	200601497	27.93	+0,70	
9.	Imme Bousema	Blue Marlins	27.63	200601873	28.15	+0,67	
10.	Roan van der Weide	GZC DONK	30.72	200601629	28.48	+0,71	
11.	Janu Nolden	Blue Marlins	28.93	200600289	28.57	+0,82	
12.	Hessel de Jong	ACZ	28.66	200602753	29.39	+0,71	
13.	Sidique Turay	Niemo Barracuda	28.13	200500981	29.43	+0,80	
14.	Tim van Lochem	Blue Marlins	28.69	200500077	29.51	+0,66	
15.	Marnix van Wanrooij	Poseidon'56	30.67	200600015	29.88	+0,77	
16.	Thijs Huizer	Noordwijkerhout	29.07	200502523	29.96	+0,73	
17.	Bo Merkestein	WVZ	29.26	200602451	30.33	+0,73	
18.	Björn Mulder	Zoetermeer	30.58	200601517	30.41	+0,72	
19.	Dominique Drabbe	Zoetermeer	30.73	200600145	30.70	+0,83	
20.	Thijs Visser	Niemo Barracuda	30.84	200502129	31.21	+0,83	
21.	Jesse van der Meij	ZVL-1886 Center	32.62	200600841	31.30	+0,74	
22.	Benjamin Vermeer	Zoetermeer	31.68	200600177	31.38	+0,78	
23.	Robin den Ouden	Wiekslag	31.71	200600255	31.69	+0,67	
24.	Csongor Biró	ACZ	30.95	200604101	32.06	+0,67	
25.	Reinier Velthuijs	Niemo Barracuda	31.83	200503537	32.65	+0,76	
Senioren 1 en ouder							
1.	Michael Smink	Blue Marlins	23.84	200302169	24.54	+0,76	
2.	Perry Laarhoven	Feijenoord Albion	24.74	200301321	25.14	+0,70	
3.	Nikhom Westphal	Blue Marlins	24.38	200203329	25.39	+0,74	
4.	Bert Duivenvoorde	Noordwijkerhout	25.42	199701805	26.06	+0,71	
5.	Jarno Verbeek	Zoetermeer	25.92	200200931	26.16	+0,69	
6.	Max van Schagen	De Columbiaan	25.77	200402591	26.19	+0,66	
7.	Erik van Gemert	Poseidon'56	25.36	200300587	26.41	+0,76	
8.	Kenan Coeruez	Feijenoord Albion	26.25	200300357	26.43	+0,67	
9.	Ferdy van Mastrigt	Blue Marlins	27.10	198802315	27.08	+0,66	
10.	Pepijn van Egmond	WVZ	26.31	200402309	27.12	+0,70	
11.	Milan Hamel	Blue Marlins	26.37	200302125	27.21	+0,70	
12.	Rob Lugtenburg	Blue Marlins	26.58	200201123	27.34	+0,63	
13.	Bas Verdoes	De Columbiaan	27.14	199801487	27.51	+0,76	
14.	Ryan van den Ouden	Poseidon'56	26.59	199900377	27.53	+0,83	
15.	Björn de Heus	ZV Vlaardingen-Schiedam	27.53	200201077	27.54	+0,70	
16.	Gerard Willighagen	Poseidon'56	26.24	200103663	27.58	+0,73	
17.	Xander Vis	z.c De Schotejil	27.42	200300173	27.66	+0,71	
18.	Robin van Beek	ZVL-1886 Center	26.52	199704023	27.72	+0,73	
19.	Jort Vizee	Feijenoord Albion	26.98	200201779	27.77	+0,62	
20.	Saviël Armand	ACZ	26.74	200204461	27.84	+0,72	
21.	Nathan Janssen	De Geul	27.72	200401565	28.08	+0,71	
22.	Stijn den Otter	ZZ&PC De Devel	27.65	200200225	28.17	+0,64	
23.	Neel Sahti	Blue Marlins	28.81	200404227	28.44	+0,75	
24.	Jorian Tanis	Feijenoord Albion	27.40	199900327	28.47	+0,74	
25.	Paul van Grol	GZC DONK	28.21	199602951	28.69	+0,66	
26.	Rogier Dorsman	ZZ&PC De Devel	28.03	199900211	28.92	+0,62	922
27.	Jim Geestman	Blue Marlins	27.73	198300699	29.14	+0,75	
28.	Konstantinos Doulfis	Blue Marlins	29.35	200204279	29.85	+0,68	
29.	Thomas Hesper	Blue Marlins	29.13	200004181	30.31	+0,83	
30.	Marijn Dekkers	WVZ	29.67	200402275	30.79	+0,75	
AFGEM	Thomas van Wanrooij	Poseidon'56	26.51	200201473			
AFGEM	Finn de Kan	Noordwijkerhout	29.24	200304607			
NG	Daniël Pronk	WZK	29.10	200201409			

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 20
21-5-2023 - 15:55

Meisjes, 4 x 100m wisselslag

Junioren 4 en jonger
Resultaten

rang	vereniging	intijd	tijd	RT
1.	WVZ 1	4:41.90	4:54.02	+0,74
	Malin Roozeboom +0,74 34.44	1:10.30 Liv Heijdra	+0,60 32.52	1:13.41
	Tess van de Steeg +0,55 39.17	1:24.72 Anouk Steller	+0,35 30.77	1:05.59
2.	AZC 1	4:56.87	5:05.96	+0,76
	Nina van der Schrier +0,76 36.92	1:16.42 Jade van der Schrier	+0,74 33.14	1:12.92
	Zoë Rijkaart +0,69 42.01	1:29.45 Jorja Verschoor	+0,46 31.93	1:07.17
3.	De Columbiaan 1	4:55.13	5:07.14	+0,83
	Luna Buis +0,83 38.16	1:19.63 Gwen Hermans	+0,37 33.62	1:13.22
	Tess Meeuwissen 39.26	1:26.17 Nina Tetteroo	32.76	1:08.12
4.	GZC DONK 1	5:06.40	5:16.50	+0,73
	Tess Liebrechts +0,73 41.62	1:24.91 Erin de Jong	+0,51 34.30	1:14.49
	Eva Ehler +0,54 38.74	1:24.16 Tessa de Jong	+0,53 34.41	1:12.94
5.	WVZ 2	5:24.23	5:30.17	+0,90
	Faye Thijsse +0,90 38.59	1:20.48 Chloé in 't Veen	+0,56 34.83	1:18.68
	Meike van der Klugt +0,59 42.87	1:32.03 Louise Kuiper	+0,06 36.52	1:18.98

Programmanr. 21
21-5-2023 - 16:00

Dames, 4 x 100m wisselslag

Senioren Open
Resultaten

rang	vereniging	intijd	tijd	RT
1.	WVZ 1	4:29.78	4:25.57	+0,67
	Marit Huisman +0,67 32.83	1:08.00 Emma Verkuyl	+0,42 30.97	1:06.99
	Jade Geurts +0,55 34.48	1:14.37 Milou van Wijk	+0,42 26.99	56.21
2.	Blue Marlins 1	4:17.66	4:29.49	+0,70
	Fleur Van den Eijk +0,70 34.40	1:12.80 Megan Jonkman	+0,61 29.56	1:03.79
	Lynn Blommers +0,34 34.14	1:14.33 Merel Schravendijk	+0,13 27.65	58.57
3.	Feijenoord Albion 1	4:29.06	4:43.60	+0,77
	Eloisa Gomes Delgado +0,77 36.65	1:15.46 Leyla Oversluizen	+0,52 30.63	1:07.37
	Flora Szili-Torok +0,72 36.23	1:18.37 Jazz-Lynn Gomes Delgado	+0,31 29.11	1:02.40
4.	Blue Marlins 2	4:38.53	4:50.39	+0,75
	Julia D browska +0,75 35.81	1:14.26 Ilse Rozema	+0,23 32.00	1:12.12
	Thalia Meijer +0,33 35.56	1:17.68 Sophie van Leent	+0,33 30.99	1:06.33
5.	De Geul 1	4:55.32	5:06.74	+0,84
	Daphne van Tilburg +0,84 40.12	1:21.55 Laura 't Lam	+0,45 31.83	1:10.74
	Tess Vonk +0,50 36.89	1:19.90 Isabelle Janssen	+0,34 35.69	1:14.55
6.	GZC DONK 1	4:54.68	5:08.62	+0,68
	Anouk de Jong +0,68 43.48	1:25.87 Angelique van Vark	+0,47 32.44	1:10.31
	Anoeska Wiltenburg +0,46 38.12	1:22.81 Nada Mghizrat	+0,65 33.68	1:09.63
7.	ZZ&PC De Devel 1	4:58.59	5:18.23	+0,70
	Madelief Penning +0,70 40.96	1:24.51 Julia van Wingerden	+0,29 34.92	1:19.94
	Britte Lodder +0,30 38.96	1:23.65 Jaylin van der Linden	+0,21 32.34	1:10.13
NG	ACZ 1	4:28.73		

Programmanr. 22
21-5-2023 - 16:10

Jongens, 4 x 100m vrije slag

Junioren
Resultaten

rang	vereniging	intijd	tijd	RT
1.	WVZ 1	3:44.72	3:51.85	+0,70
	Niek Sonneveld +0,70 28.81	1:00.02 Jisse Lousma	+0,36 28.04	58.25
	Rely Hoogendijk +0,66 26.88	57.63 Denzel Barthen	+0,68 26.72	55.95
2.	AZC 1	4:07.92	4:14.55	+0,66
	Sascha Timmer +0,66 29.62	1:03.13 Bink de Vries	+0,57 28.98	1:01.59
	Thomas Braat S14 +0,51 31.88	1:09.56 Adriaan Coppelmans	+0,42 28.38	1:00.27
3.	De Geul 1	4:09.46	4:18.48	+0,77
	Owen Houdé +0,77 30.58	1:04.89 Aidan van der Stelt	+0,49 30.34	1:03.46
	Jesper van Tilburg +0,46 30.83	1:06.54 Paul Ruitenbergh	+0,56 29.53	1:03.59
4.	Blue Marlins 1	4:42.51	4:45.98	+0,83
	Art Jin van der Ent +0,83 32.92	1:09.70 Duncan Hoogendijk	+0,50 34.36	1:13.67
	Alexander van der Maaten +0,69 32.75	1:09.97 Esh Nolden	+0,14 33.93	1:12.64
5.	ZV De Watervogels 1	4:47.70	5:00.30	+0,66
	Ethan Chan +0,66 36.11	1:20.17 Magnus Kijkuit	+0,15 31.94	1:07.38
	Fabrice Poot +0,54 31.74	1:06.68 Thijmen Woudt	36.54	1:26.07

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 22, Jongens, 4 x 100m vrije slag, Junioren

rang	vereniging	intijd	tijd	RT
AFGEM	Z&PC Rotterdam 1	Z&PC Rotterdam	4:56.31	

Programmanr. 23
21-5-2023 - 16:15

Heren, 4 x 100m vrije slag

Junioren 1 en ouder
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Blue Marlins 1	3:22.78	3:31.76	+0,70
	Michael Smink +0,70 24.84	51.72 Nikodim Markovic	+0,52 26.43	54.62
	River Streefland +0,46 25.26	53.10 Émile Fouzaï	+0,18 24.93	52.32
2.	Feijenoord Albion 1	3:29.09	3:37.19	+0,65
	Perry Laarhoven +0,65 24.01	50.61 Floris Tanis	+0,47 26.59	55.05
	Kenan Coeruez +0,22 26.04	55.42 Jorian Tanis	+0,62 26.76	56.11
3.	WVZ 1	3:33.83	3:43.24	+0,74
	Bjorn Rijkaart +0,74 26.47	55.26 Pepijn van Egmond	+0,30 26.89	56.94
	Floris Wassenaar +0,63 26.44	57.16 Daan Sonneveld	+0,49 25.72	53.88
4.	Blue Marlins 2	3:35.80	3:45.72	+0,69
	Vincent Huele +0,69 27.57	57.61 Kaan Sudak	+0,27 26.03	55.19
	Imme Bousema +0,42 27.53	57.74 Lars Bulman	+0,42 26.58	55.18
5.	Blue Marlins 3	3:45.65	3:53.13	+0,74
	Boele Böhm +0,74 27.69	57.46 Gaëtan Spicq	+0,29 27.89	58.89
	Konstantinos Doullis +0,54 28.19	59.32 Jim Geestman	+0,33 27.36	57.46
6.	WVZ 2	3:51.30	4:06.59	+0,72
	Bo Merkestein +0,72 27.99	58.99 Twan Huisman	+0,34 30.79	1:06.12
	Marijn Dekkers +0,20 29.90	1:03.92 Joshua Agussalim	+0,30 27.13	57.56
7.	Blue Marlins 4	4:07.12	4:11.34	+0,79
	Neel Sahti +0,79 28.51	59.36 Girish Nolden	+0,31 32.97	1:09.87
	Ferdy van Maastricht +0,39 29.88	1:03.31 Janu Nolden	+0,10 27.64	58.80
AFGEM	Poseidon'56 1	Poseidon'56	3:31.70	