

Limietwedstrijd deel 2
Barneveld, 20.11.2010

Programmanr. 1
20-11-2010 - 14:30

Dames, 400m wisselslag

Senioren open
Resultaten

| Rang | | | | | In.tijd | | Tijd |
|-------|----------------------|-------|-------|------------|---------|---------------|----------------|
| 1. | Linda Kamperman | | | Aquarijn | 5:37.03 | 9601238 | 5:29.46 |
| | 50m: 34.27 | 34.27 | 150m: | 250m: | | 350m: | |
| | 100m: 1:13.90 | 39.63 | 200m: | 300m: | | 400m: 5:29.46 | |
| 2. | Manon Friskes | | | DWK | 5:40.00 | 9701566 | 5:34.41 |
| | 50m: 33.90 | 33.90 | 150m: | 250m: | | 350m: | |
| | 100m: 1:15.86 | 41.96 | 200m: | 300m: | | 400m: 5:34.41 | |
| 3. | Anouk van Nellestijn | | | DWK | NT | 9800366 | 5:56.54 |
| | 50m: 38.73 | 38.73 | 150m: | 250m: | | 350m: | |
| | 100m: 1:24.48 | 45.75 | 200m: | 300m: | | 400m: 5:56.54 | |
| 4. | Xanne Kamerbeek | | | E Z C | 6:48.00 | 9802814 | 6:06.21 |
| | 50m: 37.74 | 37.74 | 150m: | 250m: | | 350m: | |
| | 100m: 1:24.14 | 46.40 | 200m: | 300m: | | 400m: 6:06.21 | |
| 5. | Denise Ruijsch | | | De Rijn | 6:40.00 | 9800708 | 6:31.57 |
| | 50m: 42.04 | 42.04 | 150m: | 250m: | | 350m: | |
| | 100m: 1:34.83 | 52.79 | 200m: | 300m: | | 400m: 6:31.57 | |
| AFGEM | Silke Oude Weernink | | | De Dolfijn | 5:09.80 | 9002854 | |

Programmanr. 2
20-11-2010 - 14:37

Heren, 400m wisselslag

Senioren Open
Resultaten

| Rang | | | | | In.tijd | | Tijd |
|------|-----------------------|-------|-------|---------------|---------|---------------|----------------|
| 1. | Ico Broekhuizen | | | DWK | 5:07.23 | 9300069 | 4:52.70 |
| | 50m: 30.94 | 30.94 | 150m: | 250m: | | 350m: | |
| | 100m: 1:07.46 | 36.52 | 200m: | 300m: | | 400m: 4:52.70 | |
| 2. | Jorrick Druyven | | | DAW-Finanzo | 4:52.38 | 9400507 | 5:01.81 |
| | 50m: 29.46 | 29.46 | 150m: | 250m: | | 350m: | |
| | 100m: 1:04.06 | 34.60 | 200m: | 300m: | | 400m: 5:01.81 | |
| 3. | Sjors Lieverst | | | DAW-Finanzo | 5:03.30 | 9501389 | 5:13.92 |
| | 50m: 31.98 | 31.98 | 150m: | 250m: | | 350m: | |
| | 100m: 1:10.55 | 38.57 | 200m: | 300m: | | 400m: 5:13.92 | |
| 4. | Daan Viering | | | De Waalstroom | 6:05.75 | 9403839 | 5:14.60 |
| | 50m: 36.02 | 36.02 | 150m: | 250m: | | 350m: | |
| | 100m: 1:17.42 | 41.40 | 200m: | 300m: | | 400m: 5:14.60 | |
| 5. | Frank de Graaf | | | DWK | 5:40.00 | 9602671 | 5:17.29 |
| | 50m: 33.28 | 33.28 | 150m: | 250m: | | 350m: | |
| | 100m: 1:13.77 | 40.49 | 200m: | 300m: | | 400m: 5:17.29 | |
| 6. | Marnix Ykema | | | DWK | 5:30.00 | 9601555 | 5:22.15 |
| | 50m: 32.35 | 32.35 | 150m: | 250m: | | 350m: | |
| | 100m: 1:13.14 | 40.79 | 200m: | 300m: | | 400m: 5:22.15 | |
| 7. | Maurice van der Ploeg | | | De Kikker | 5:38.66 | 9700305 | 5:27.82 |
| | 50m: 33.50 | 33.50 | 150m: | 250m: | | 350m: | |
| | 100m: 1:16.35 | 42.85 | 200m: | 300m: | | 400m: 5:27.82 | |
| 8. | Wietse Waninge | | | Nunspeet | NT | 9800023 | 5:55.36 |
| | 50m: 40.29 | 40.29 | 150m: | 250m: | | 350m: | |
| | 100m: 1:28.10 | 47.81 | 200m: | 300m: | | 400m: 5:55.36 | |
| 9. | Gijs van der Wal | | | De Rijn | 6:06.17 | 9700321 | 5:55.42 |
| | 50m: 38.39 | 38.39 | 150m: | 250m: | | 350m: | |
| | 100m: 1:27.73 | 49.34 | 200m: | 300m: | | 400m: 5:55.42 | |

Limietwedstrijd deel 2
Barneveld, 20.11.2010

Programmanr. 3
20-11-2010 - 14:50

Dames, 200m vrije slag

Senioren open
Resultaten

| Rang | | | In.tijd | 50m | 100m | 150m | 200m |
|-------|----------------------|----------------------|-----------------|-------|---------|------|---------|
| 1. | Kelly de Jong | AZ&PC | 2:06.92 9101474 | 28.30 | 1:00.51 | | 2:07.64 |
| 2. | Femke Swier | Zwemvereniging Hoorn | 2:08.63 9305122 | 30.18 | 1:03.52 | | 2:11.15 |
| 3. | Mirl de Boer | DAW-Finzeno | 2:12.59 9700468 | 30.08 | 1:03.72 | | 2:12.22 |
| 4. | Marloes Erkens | DWK | 2:09.50 9300234 | 30.46 | 1:04.52 | | 2:12.39 |
| 5. | Kimberly Mijnen | WZ&PC Purmerend | 2:13.35 9503644 | 30.65 | 1:05.10 | | 2:13.35 |
| 6. | Mette Bijeman | Aquarijn | 2:17.91 9506282 | 30.40 | 1:04.26 | | 2:13.69 |
| 7. | Milou ten Heggeler | ZPC De Hof | 2:16.39 9300306 | 30.83 | 1:04.33 | | 2:14.26 |
| 8. | Laura Moolenaar | AZ&PC | 2:16.69 9600656 | 30.48 | 1:05.12 | | 2:14.37 |
| 9. | Sedona de Keijzer | AZ&PC | 2:16.59 9603164 | 31.10 | 1:05.26 | | 2:15.48 |
| 10. | Claudia Rijkhoff | Zwemvereniging Hoorn | 2:10.64 9603338 | 30.74 | 1:04.83 | | 2:16.49 |
| 11. | Michelle Hoogendoorn | ZPC De Hof | 2:15.20 9503718 | 32.04 | 1:06.13 | | 2:17.73 |
| 12. | Denise Schulpen | Aquarijn | 2:16.82 9700158 | 30.99 | 1:06.14 | | 2:21.83 |
| 13. | Lola Holsboer | 08-043 | 2:22.01 9601554 | 31.73 | 1:08.09 | | 2:22.44 |
| 14. | Lobke Schoonderbeek | DWK | 2:26.02 9802070 | 33.10 | 1:09.73 | | 2:23.32 |
| 15. | Vera Hendriks | De Waalstroom | 2:18.35 9405270 | 31.78 | 1:07.25 | | 2:23.98 |
| 16. | Maren Kuipers | ZPC De Hof | 2:23.96 9600062 | 32.20 | 1:08.89 | | 2:24.29 |
| 17. | Tess de Boer | DAW-Finzeno | 2:22.56 9601516 | 32.76 | 1:09.95 | | 2:25.32 |
| 18. | Melissa Baars | Aquarijn | 2:29.76 9900376 | 33.05 | 1:10.02 | | 2:25.80 |
| 19. | Mandy Verhage | DAW-Finzeno | 2:16.46 9501382 | 31.60 | 1:07.45 | | 2:26.45 |
| 20. | Elena Peeters | DAW-Finzeno | 2:25.03 9603690 | 34.20 | 1:11.57 | | 2:28.70 |
| 21. | Lisanne van Zijl | Zaanstad (SG) | 2:29.16 9505454 | 32.93 | 1:11.52 | | 2:29.28 |
| 22. | Suzanne Hospers | De Kikker | 2:39.51 9801832 | 34.69 | 1:14.15 | | 2:30.40 |
| | Eline den Brave | Zaanstad (SG) | 2:32.16 9601682 | 33.79 | 1:12.06 | | 2:30.40 |
| 24. | Silke Jonk | DAW-Finzeno | 2:31.80 9802042 | 35.27 | 1:13.45 | | 2:31.03 |
| 25. | Doris Kragten | PCG | 2:32.28 9602318 | 33.60 | 1:11.94 | | 2:31.06 |
| 26. | Melina Knol | Zaanstad (SG) | 2:31.80 9802232 | 33.84 | 1:12.35 | | 2:31.87 |
| 27. | Daphne Jurriëns | Z&PV de Veene | 2:45.26 9900316 | 34.89 | 1:14.86 | | 2:36.26 |
| 28. | Ilse Wijnmaalen | PCG | 2:40.31 9900940 | 34.89 | 1:15.54 | | 2:43.16 |
| 29. | Kirsten Opmeer | Nunspeet | 2:42.74 9800014 | 37.08 | 1:19.67 | | 2:44.74 |
| 30. | Bibi Stokvis | DAW-Finzeno | 2:46.16 9900892 | 39.51 | 1:23.95 | | 2:46.80 |
| AFGEM | Laura Willemsen | DWK | 2:20.58 9700168 | | | | |

Programmanr. 4
20-11-2010 - 15:06

Heren, 200m vrije slag

Senioren Open
Resultaten

| Rang | | | In.tijd | 50m | 100m | 150m | 200m |
|------|-----------------------|----------------------|----------------------|-------|---------|------|---------|
| 1. | Vincent Moolhuijsen | Oceanus | 1:58.66 9401215 | 28.24 | 58.08 | | 1:58.20 |
| 2. | Erik Nijholt | DZ&PC | 1:59.59 9401349 | 28.00 | 58.51 | | 1:58.76 |
| 3. | Pim Kienhuis | De Dinkel | 2:00.21 9300263 | 26.93 | 57.61 | | 2:00.15 |
| 4. | Jeroen Gijselaar | De Dinkel | 1:59.69 9300777 | 27.07 | 57.23 | | 2:01.76 |
| 5. | Frank van der Wolff | Zwemvereniging Hoorn | 2:01.83 9400955 | 28.37 | 59.37 | | 2:03.58 |
| 6. | Jorden Theijink | ZPC De Hof | 2:03.70 9400323 | 27.48 | 58.55 | | 2:03.98 |
| | Richard Huiskens | ZPC De Hof | 1:59.04 8501141 | 28.29 | 59.51 | | 2:03.98 |
| 8. | Lars Schoffelman | ZPCNumansdorp | 2:04.98 9501907 | 27.62 | 58.81 | | 2:04.54 |
| 9. | Jan-Willem den Dunnen | PCG | 2:06.83 9500883 | 27.57 | 58.38 | | 2:05.25 |
| 10. | Emiel Huiskens | ZPC De Hof | 2:00.07 8501139 | 28.48 | 1:00.00 | | 2:10.48 |
| 11. | Donny van den Bosch | Aquarijn | 2:13.62 9502001 FJ 1 | 29.86 | 1:03.19 | | 2:14.59 |
| 12. | Martijn de Mercado | Oceanus | 2:13.95 9502213 FJ 2 | 30.76 | 1:04.89 | | 2:14.59 |
| 13. | Lars van der Velden | DAW-Finzeno | 2:18.27 9800175 | 31.23 | 1:06.30 | | 2:16.51 |
| 14. | Nino Sieling | DWK | 2:28.00 9701845 | 34.00 | 1:11.16 | | 2:25.64 |
| 15. | Jurre Stammes | DWK | 2:28.92 9701843 | 32.45 | 1:09.95 | | 2:27.04 |

Limietwedstrijd deel 2
Barneveld, 20.11.2010

Programmanr. 5
20-11-2010 - 15:14

Dames, 100m rugslag

Senioren open
Resultaten

| Rang | | | In.tijd | | 50m | 100m |
|-------|-----------------------|------------------|---------|---------|-------|---------|
| 1. | Ilse van Hoorn | AZ&PC | 1:11.07 | 9001578 | 33.00 | 1:06.96 |
| 2. | Daphne ten Brink | WZ&PC Purmerend | 1:05.75 | 8500454 | 32.99 | 1:07.97 |
| 3. | Chantal Grove | Oceanus | 1:07.12 | 9401844 | 33.04 | 1:08.04 |
| 4. | Sietske Veldkamp | ZPC De Hof | 1:08.95 | 9501628 | 33.60 | 1:08.67 |
| 5. | Myrthe Sijtsema | HZ&PC Heerenveen | 1:08.61 | 9502706 | 33.70 | 1:09.64 |
| 6. | Sabine van den Hoeven | Z&PV de Veene | 1:08.53 | 9600014 | 34.11 | 1:09.95 |
| 7. | Brenda Zwarthoed | DAW-Finzeno | 1:10.71 | 9604938 | 33.86 | 1:10.21 |
| 8. | Babette Aubri | Z&PV de Veene | 1:12.88 | 9700986 | 35.09 | 1:11.88 |
| 9. | Nienke van der zee | DAW-Finzeno | 1:11.92 | 9605430 | 35.41 | 1:13.34 |
| 10. | Daisy Koning | 08-043 | 1:10.51 | 9500314 | 35.72 | 1:13.90 |
| 11. | Saranda Hofstra | De Kikker | 1:12.93 | 9700526 | 34.82 | 1:14.73 |
| 12. | Kimberley Kranenberg | ZPC De Hof | 1:15.29 | 9400292 | 36.80 | 1:15.69 |
| 13. | Natasha Bosma | DWK | 1:12.11 | 9300112 | 36.40 | 1:15.75 |
| 14. | Jeanine Burgers | DWK | 1:13.12 | 9401862 | 36.89 | 1:15.80 |
| 15. | Amber Ruig | WZ&PC Purmerend | 1:13.90 | 9603240 | 36.70 | 1:16.16 |
| 16. | Sterre Mooiweer | ZPC De Hof | 1:19.70 | 9800236 | 37.10 | 1:16.37 |
| 17. | Laura Schoeman | E Z C | 1:16.01 | 9702282 | 37.49 | 1:16.58 |
| 18. | Sanne Willemsen | DWK | 1:17.51 | 9502080 | 38.32 | 1:17.47 |
| 19. | Lieke Koenderink | Zaanstad (SG) | 1:17.90 | 9703566 | 37.59 | 1:17.68 |
| 20. | Carli Harteman | DWK | 1:16.14 | 9602882 | 37.32 | 1:17.84 |
| 21. | Laura Stokx | DAW-Finzeno | 1:16.08 | 9601510 | 37.89 | 1:18.79 |
| 22. | Anoeska van de Kraats | DWK | 1:20.10 | 9701284 | 38.89 | 1:18.89 |
| 23. | Matou Zwemmer | De Rijn | 1:18.89 | 9803672 | 38.54 | 1:18.95 |
| 24. | Anne Noom | DAW-Finzeno | 1:18.41 | 9800062 | 38.32 | 1:19.26 |
| 25. | Danique Smit | Z&PV de Veene | 1:22.10 | 9903514 | 38.82 | 1:20.40 |
| 26. | Mariska Hazeleger | DWK | 1:21.31 | 9702560 | 38.96 | 1:20.87 |
| 27. | Laura Keijser | DWK | 1:22.64 | 9800046 | 39.57 | 1:20.94 |
| 28. | Janneke ten Brinke | ZPC De Hof | 1:24.06 | 9601334 | 39.10 | 1:21.10 |
| 29. | Liesbeth van Mill | DWK | 1:21.14 | 8702786 | 40.95 | 1:24.58 |
| 30. | Lisette Groeneveld | DWK | 1:26.14 | 9801972 | 41.74 | 1:25.78 |
| AFGEM | Gaby Zittersteijn | De Rijn | 1:13.96 | 9700104 | | |

Programmanr. 6
20-11-2010 - 15:23

Heren, 100m rugslag

Senioren Open
Resultaten

| Rang | | | In.tijd | | 50m | 100m |
|------|------------------|---------------|---------|---------|-------|---------|
| 1. | Erik Hagting | DZ&PC | 58.02 | 9100829 | 29.20 | 58.86 |
| 2. | Bart Arendshorst | Z&PV de Veene | 59.86 | 9300005 | 29.29 | 1:00.31 |
| 3. | Rense Loohuis | De Dinkel | 58.32 | 9101477 | 29.73 | 1:00.31 |
| 4. | Jos de Graaf | DWK | 56.79 | 9106095 | 29.89 | 1:01.29 |
| 5. | Daniël Buijs | AZ&PC | 1:05.71 | 9600183 | 33.80 | 1:07.02 |
| 6. | Luuk Drager | De Rijn | 1:11.82 | 9505553 | 34.51 | 1:11.58 |
| 7. | Dani Hoetmer | DAW-Finzeno | 1:12.92 | 9604503 | 35.95 | 1:12.70 |
| 8. | Jelle Schelvis | Zaanstad (SG) | 1:17.81 | 9701993 | 36.08 | 1:14.60 |
| 9. | Mickey Wijchers | ZC Borger | 1:16.13 | 9701965 | 36.02 | 1:15.36 |
| 10. | Kars Veldkamp | ZPC De Hof | 1:20.57 | 9700747 | 37.55 | 1:16.42 |
| 11. | Beeke Beeksma | De Kikker | 1:21.15 | 9801537 | 38.21 | 1:19.37 |
| 12. | Thomas Haneveld | DAW-Finzeno | 1:20.73 | 9801631 | 39.15 | 1:19.43 |
| 13. | Niels Beek van | DWK | 1:21.71 | 9800409 | 39.59 | 1:22.90 |

Limietwedstrijd deel 2
Barneveld, 20.11.2010

Programmanr. 7
20-11-2010 - 15:28

Dames, 100m schoolslag

Senioren open
Resultaten

| Rang | | | In.tijd | | 50m | 100m |
|------|---------------------|-----------------|---------|---------|-------|---------|
| 1. | Pascalie Spiekerman | WZ&PC Purmerend | 1:14.51 | 9403030 | 34.42 | 1:15.42 |
| 2. | Kimberly Ribberink | De Dinkel | 1:17.11 | 9501654 | 35.14 | 1:16.11 |
| 3. | Suzanne Brummel | Octopus | 1:15.92 | 9401366 | 35.86 | 1:16.36 |
| 4. | Marijke Monsma | DWK | 1:16.40 | 8502100 | 36.58 | 1:18.06 |
| 5. | Sedona de Keijzer | AZ&PC | 1:18.68 | 9603164 | 37.19 | 1:18.55 |
| 6. | Willeke Jonkman | DZ&PC | 1:18.72 | 9604304 | 37.20 | 1:19.95 |
| 7. | Yvanna Zuurveld | DAW-Finzeno | 1:22.29 | 9702998 | 38.18 | 1:20.35 |
| 8. | Marit Visscher | DAW-Finzeno | 1:17.78 | 9600004 | 38.14 | 1:21.98 |
| 9. | Maxine Alfonsi | DAW-Finzeno | 1:20.90 | 9502900 | 39.82 | 1:24.82 |
| 10. | Zoë van der Kwaak | Zaanstad (SG) | 1:28.59 | 9801064 | 39.87 | 1:25.43 |
| 11. | Denise van Leeuwen | DWK | 1:25.80 | 9501672 | 40.31 | 1:25.52 |
| 12. | Arianne Hendriks | Zaanstad (SG) | 1:27.73 | 9503028 | 40.47 | 1:26.31 |
| 13. | Jamie Lee Bron | Zaanstad (SG) | 1:32.19 | 9506020 | 41.76 | 1:32.06 |
| 14. | Hester Stoorvogel | De Rijn | 1:31.75 | 9800484 | 43.10 | 1:32.06 |
| 15. | Caitlin Smith | 08-043 | 1:32.66 | 9701100 | 43.10 | 1:32.80 |
| 16. | Kelsey Okkers | Zaanstad (SG) | 1:36.03 | 9801062 | 44.76 | 1:33.76 |
| 17. | Femke Stevens | Zaanstad (SG) | 1:36.21 | 9901546 | 44.13 | 1:34.30 |
| 18. | Nicolah Cowles | DAW-Finzeno | 1:35.78 | 9902912 | 46.30 | 1:36.28 |
| 19. | Marleen Snapper | DWK | 1:40.00 | 9805214 | 45.82 | 1:38.26 |
| 20. | Anne Kool | DWK | 1:38.97 | 9601556 | 47.10 | 1:39.75 |

Programmanr. 8
20-11-2010 - 15:35

Heren, 100m schoolslag

Senioren Open
Resultaten

| Rang | | | In.tijd | | 50m | 100m |
|------|---------------------|-----------------|---------|---------|-------|---------|
| 1. | Sjoerd Zanderink | De Dinkel | 1:03.77 | 9102651 | 31.48 | 1:06.40 |
| 2. | Roald Blok | Octopus | 1:07.11 | 9302685 | 31.50 | 1:07.21 |
| 3. | Jeffrey Appel | WZ&PC Purmerend | 1:06.86 | 9200027 | 32.36 | 1:08.39 |
| 4. | Jelle Derksen | AZ&PC | 1:04.43 | 9400017 | 32.10 | 1:10.76 |
| 5. | Brian Morssinkhof | ZPC De Hof | 1:10.80 | 8501797 | 33.40 | 1:11.00 |
| 6. | Rian Visser | DAW-Finzeno | 1:10.15 | 9007141 | 33.44 | 1:11.28 |
| 7. | Mart de Boer | DAW-Finzeno | 1:11.33 | 9303589 | 33.34 | 1:12.18 |
| 8. | Niek de Brabander | DWK | 1:20.36 | 9502071 | 36.95 | 1:18.36 |
| 9. | Carlo Kemp | WZ&PC Purmerend | 1:18.50 | 9600467 | 36.95 | 1:19.69 |
| 10. | Bart Verbon | De Kikker | 1:19.56 | 9302273 | 37.00 | 1:20.04 |
| 11. | Koen Lems | De Kikker | 1:23.30 | 9603709 | 36.93 | 1:20.68 |
| 12. | Michael den Oudsten | Aquarijn | 1:24.35 | 9703181 | 39.95 | 1:25.70 |
| 13. | Lex Sandburg | Zaanstad (SG) | 1:30.23 | 9800699 | 40.70 | 1:25.92 |
| 14. | Frank Dekker | DAW-Finzeno | 1:32.84 | 9801155 | 42.09 | 1:30.12 |
| DIS | Chris Bernard | AZ&PC | NT | 9007349 | 30.50 | 1:06.76 |

SL - Met één hand keer- en/of eindpunt aangetikt.

Limietwedstrijd deel 2
Barneveld, 20.11.2010

Programmanr. 9 Dames, 100m vlinderslag Senioren open
20-11-2010 - 15:40 Resultaten

| Rang | | | In.tijd | | 50m | 100m |
|------|---------------------|----------------------|---------|---------|-------|---------|
| 1. | Lotte Wilms | AZ&PC | 1:04.11 | 8402770 | 29.03 | 1:04.00 |
| 2. | Lianne Molkenboer | E Z C | 1:07.79 | 9602034 | 30.51 | 1:07.13 |
| 3. | Shannon Mommersteeg | Aquarijn | 1:09.77 | 9702398 | 32.32 | 1:10.36 |
| 4. | Claudia Rijkhoff | Zwemvereniging Hoorn | 1:08.28 | 9603338 | 32.29 | 1:11.23 |
| 5. | Melissa Zwaan | DAW-Finzeno | 1:09.53 | 9103666 | 32.58 | 1:11.54 |
| 6. | Manon Friskes | DWK | 1:19.67 | 9701566 | 33.58 | 1:15.71 |
| 7. | Rebecca Martens | DAW-Finzeno | 1:17.70 | 9604352 | 34.77 | 1:15.80 |
| 8. | Zoë Hendriks | De Kikker | 1:17.39 | 9405016 | 34.54 | 1:16.20 |
| 9. | Skye Tomie Doerk | Zaanstad (SG) | 1:20.94 | 9803228 | 36.23 | 1:18.36 |
| 10. | Melina Knol | Zaanstad (SG) | 1:31.64 | 9802232 | 39.93 | 1:31.03 |

Programmanr. 10 Heren, 100m vlinderslag Senioren Open
20-11-2010 - 15:44 Resultaten

| Rang | | | In.tijd | | 50m | 100m |
|------|-----------------|-----------------|---------|---------|-------|---------|
| 1. | Mark Baars | MNC Dordrecht | 57.25 | 8500059 | 27.05 | 56.71 |
| 2. | Olaf Achterberg | DWK | 1:04.00 | 9000011 | 28.27 | 1:00.93 |
| 3. | Dave Heshof | WZ&PC Purmerend | 1:01.45 | 9501403 | 28.42 | 1:01.01 |
| 4. | Jorrick Druyven | DAW-Finzeno | 1:00.59 | 9400507 | 27.94 | 1:01.01 |
| 5. | Peter Hummel | De Kikker | 1:06.20 | 9300699 | 30.28 | 1:07.47 |
| 6. | Ben Zentveld | VZV | 1:11.37 | 9505835 | 31.51 | 1:09.10 |
| 7. | Danny Schmidt | Zaanstad (SG) | 1:30.96 | 9602311 | 36.98 | 1:23.21 |
| NG | Jeroen Baars | MNC Dordrecht | 59.16 | 9200031 | | |

Programmanr. 11 Dames, 50m vrije slag Senioren open
20-11-2010 - 15:47 Resultaten

| Rang | | | In.tijd | | Tijd |
|------|--------------------|----------------------|---------|---------|-------------------|
| 1. | Kelly de Jong | AZ&PC | 26.69 | 9101474 | 27.29 |
| 2. | Ilse van Hoorn | AZ&PC | 27.29 | 9001578 | 27.43 |
| 3. | Kimberly Ribberink | De Dinkel | 28.33 | 9501654 | 28.03 |
| 4. | Milou Schraeverus | AZ&PC | 28.20 | 9503878 | 28.08 |
| 5. | Femke Swier | Zwemvereniging Hoorn | 26.97 | 9305122 | 28.26 |
| 6. | Brenda Zwarthoed | DAW-Finzeno | 27.44 | 9604938 | 28.57 |
| 7. | Monique Bruins | De Kikker | 28.05 | 8500494 | 28.73 |
| 8. | Marijke Monsma | DWK | 28.22 | 8502100 | 29.03 FJ 1 |
| 9. | Cindy Hendriks | De Waalstroom | 29.04 | 9207672 | 29.03 FJ 2 |
| 10. | Danique Wagenvoort | De Dinkel | 29.29 | 9502754 | 29.22 |
| 11. | Danaé Kreuwel | Z&PV de Veene | 30.52 | 9700438 | 30.23 |
| 12. | Rebecca Thijssen | De Waalstroom | 31.07 | 9307192 | 30.26 |
| 13. | Lola Holsboer | 08-043 | 30.17 | 9601554 | 30.33 |
| 14. | Natasha Bosma | DWK | 30.00 | 9300112 | 30.39 |
| 15. | Daisy Koning | 08-043 | 29.99 | 9500314 | 30.53 |
| 16. | Sanne Willemsen | DWK | 30.00 | 9502080 | 30.59 |
| 17. | Loraine Seliger | E Z C | 31.30 | 9503696 | 31.13 |
| 18. | Tess de Boer | DAW-Finzeno | 30.86 | 9601516 | 31.26 FJ 1 |
| 19. | Fenke Bosschert | DAW-Finzeno | 31.62 | 9704724 | 31.26 FJ 2 |
| 20. | Mandy Verhage | DAW-Finzeno | 29.32 | 9501382 | 31.42 |
| 21. | Laura Stokx | DAW-Finzeno | 29.84 | 9601510 | 31.54 |
| 22. | Caitlin Smith | 08-043 | 30.74 | 9701100 | 31.68 |
| 23. | Mariska Hazeleger | DWK | 32.89 | 9702560 | 32.50 |

Limietwedstrijd deel 2
Barneveld, 20.11.2010

Programmanr. 11, Dames, 50m vrije slag, Senioren open

| Rang | | | In.tijd | | Tijd |
|-------|-----------------------|-------------|---------|---------|--------------|
| 24. | Anoeska van de Kraats | DWK | 32.16 | 9701284 | 32.51 |
| 25. | Laura Keijser | DWK | 33.28 | 9800046 | 32.60 |
| 26. | Bibi Stokvis | DAW-Finzeno | 33.98 | 9900892 | 32.65 |
| 27. | Merel Brinkman | DWK | 32.28 | 9802040 | 32.70 |
| 28. | Elena Peeters | DAW-Finzeno | 31.85 | 9603690 | 32.76 |
| | Matou Zwemmer | De Rijn | 32.87 | 9803672 | 32.76 |
| 30. | Patty Kras | 08-043 | 32.09 | 9503112 | 32.88 |
| 31. | Mirjam Groendijk | De Rijn | 32.94 | 9800982 | 32.91 |
| 32. | Lisette Groeneveld | DWK | 34.45 | 9801972 | 33.09 |
| 33. | Denise Boonstra | DAW-Finzeno | 33.43 | 9902662 | 33.42 |
| 34. | Aïcha Croes | Oceanus | 34.73 | 9803338 | 33.64 |
| 35. | Coqo Hendriks | De Kikker | 33.29 | 9800180 | 34.10 |
| 36. | Naomi te Lindert | DAW-Finzeno | 35.23 | 9904782 | 35.27 |
| 37. | Leonie Vos | DAW-Finzeno | 35.78 | 9901662 | 35.54 |
| 38. | Myrthe van Beek | DAW-Finzeno | 37.36 | 9901074 | 37.19 |
| AFGEM | Laura Willemsen | DWK | 30.17 | 9700168 | |
| AFGEM | Gaby Zittersteijn | De Rijn | 30.02 | 9700104 | |

Programmanr. 12
20-11-2010 - 15:54

Heren, 50m vrije slag

Senioren Open
Resultaten

| Rang | | | In.tijd | | Tijd |
|------|---------------------|----------------------|---------|---------|--------------|
| 1. | Thom de Boer | DAW-Finzeno | 23.92 | 9100181 | 24.23 |
| 2. | Richard Kras | 08-043 | 24.37 | 9103407 | 24.53 |
| 3. | Stefan Timmermans | RZC | 25.23 | 9403015 | 25.10 |
| 4. | Maiko Postma | DZ&PC | 25.18 | 9400963 | 25.12 |
| 5. | Wouter Kaman | Aquarijn | 24.91 | 9300241 | 25.26 |
| 6. | Jeroen Gijselaar | De Dinkel | 25.21 | 9300777 | 25.42 |
| 7. | Jelle Derksen | AZ&PC | 24.22 | 9400017 | 25.45 |
| 8. | Jeroen v.d. Bos | AZ&PC | 25.73 | 9202299 | 25.81 |
| 9. | Frank van der Wolff | Zwemvereniging Hoorn | 26.45 | 9400955 | 26.18 |
| 10. | Nick Oortwijn | DWK | 26.14 | 9204447 | 26.42 |
| 11. | Sjors Lieverst | DAW-Finzeno | 26.73 | 9501389 | 26.59 |
| 12. | Vincent Moolhuijsen | Oceanus | 25.97 | 9401215 | 26.73 |
| 13. | Donny van den Bosch | Aquarijn | 26.68 | 9502001 | 27.00 |
| 14. | Jan Peereboom | DAW-Finzeno | 29.28 | 9501371 | 27.40 |
| 15. | Rowdy Spaltman | DAW-Finzeno | 27.58 | 9501747 | 27.42 |
| 16. | Marnix Ykema | DWK | 27.99 | 9601555 | 27.95 |
| 17. | Bert Veenstra | De Rijn | 30.29 | 9600043 | 28.71 |
| 18. | Timo Korbee | NZ&PC | 29.42 | 9601587 | 28.92 |
| 19. | Frank de Graaf | DWK | 29.46 | 9602671 | 29.20 |
| 20. | Gijs van der Wal | De Rijn | 30.18 | 9700321 | 30.30 |
| 21. | Jurre Stammes | DWK | 32.42 | 9701843 | 31.09 |
| 22. | Robin van Beek | NZ&PC | 31.77 | 9704023 | 31.14 |
| 23. | Nino Sieling | DWK | 31.92 | 9701845 | 32.13 |

Limietwedstrijd deel 2
Barneveld, 20.11.2010

Programmanr. 13
20-11-2010 - 15:58

Dames, 200m rugslag

Senioren open
Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m |
|------|----------------------------------|-----------------|-------|---------|------|---------|
| 1. | Chantal Grove Oceanus | 2:26.95 9401844 | 33.91 | 1:11.15 | | 2:26.28 |
| 2. | Denise Schulpen Aquarijn | 2:27.73 9700158 | 34.85 | 1:12.76 | | 2:29.76 |
| 3. | Myrthe Sijtsema HZ&PC Heerenveen | 2:27.80 9502706 | 35.99 | 1:14.99 | | 2:34.71 |
| 4. | Babette Aubri Z&PV de Veene | 2:35.95 9700986 | 36.16 | 1:15.76 | | 2:35.80 |
| 5. | Silke Jonk DAW-Finzeno | 2:50.02 9802042 | 41.70 | 1:24.29 | | 2:49.57 |
| 6. | Anne Noom DAW-Finzeno | 2:45.68 9800062 | 41.09 | 1:24.04 | | 2:50.68 |
| 7. | Kim Bouhuys De Kikker | 2:48.77 9401756 | 40.09 | 1:23.34 | | 2:52.39 |
| 8. | Danique Smit Z&PV de Veene | 2:55.01 9903514 | 40.80 | 1:26.12 | | 2:55.00 |
| 9. | Liesbeth van Mill DWK | 2:56.29 8702786 | 42.61 | 1:28.33 | | 3:00.14 |
| DIS | Lieke Koenderink Zaanstad (SG) | 2:58.21 9703566 | 40.44 | 1:25.50 | | 2:52.60 |

RD - Rugligging verlaten en stuwbewegingen gemaakt zonder met de keerhandeling bezig te zijn.

Programmanr. 14
20-11-2010 - 16:04

Heren, 200m rugslag

Senioren Open
Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m |
|------|--------------------------------|-----------------|-------|---------|------|---------|
| 1. | Jos de Graaf DWK | 2:05.64 9106095 | 29.11 | 1:00.17 | | 2:03.58 |
| 2. | Rense Loohuis De Dinkel | 2:05.37 9101477 | 29.75 | 1:01.21 | | 2:06.21 |
| 3. | Istvan Spaargaren Oceanus | 2:11.02 9401199 | 30.82 | 1:04.45 | | 2:11.71 |
| 4. | Bart Arendshorst Z&PV de Veene | 2:11.56 9300005 | 30.80 | 1:04.48 | | 2:12.60 |
| 5. | Jan-Willem den Dunnen PCG | 2:19.43 9500883 | 32.78 | 1:07.98 | | 2:17.42 |
| 6. | Dani Hoetmer DAW-Finzeno | 2:36.21 9604503 | 36.46 | 1:15.67 | | 2:35.31 |
| 7. | Kars Veldkamp ZPC De Hof | 2:46.16 9700747 | 38.48 | 1:19.80 | | 2:44.16 |
| 8. | Lex Sandburg Zaanstad (SG) | 2:51.81 9800699 | 38.06 | 1:21.20 | | 2:48.30 |
| 9. | Wietse Waninge Nunspeet | NT 9800023 | 39.76 | 1:24.39 | | 2:56.57 |
| 10. | Dennis Klaassen De Kikker | NT 9803093 | 45.52 | 1:35.54 | | 3:12.36 |

Programmanr. 15
20-11-2010 - 16:10

Dames, 200m wisselslag

Senioren open
Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m |
|------|-------------------------------------|-----------------|-------|---------|------|---------|
| 1. | Marloes Erkens DWK | 2:25.70 9300234 | 31.52 | 1:09.19 | | 2:27.04 |
| 2. | Milou ten Heggeler ZPC De Hof | 2:34.94 9300306 | 33.64 | 1:14.10 | | 2:31.67 |
| 3. | Carien van der Schaaf De Dinkel | 2:31.94 9500168 | 33.48 | 1:13.07 | | 2:32.73 |
| 4. | Sabine van den Hoeven Z&PV de Veene | 2:32.99 9600014 | 32.77 | 1:12.25 | | 2:33.45 |
| 5. | Mirl de Boer DAW-Finzeno | 2:36.31 9700468 | 34.28 | 1:14.03 | | 2:34.53 |
| 6. | Jeanine Burgers DWK | 2:37.98 9401862 | 35.57 | 1:15.67 | | 2:40.46 |
| 7. | Mette Bijeman Aquarijn | 2:46.56 9506282 | 35.46 | 1:18.26 | | 2:43.45 |
| 8. | Kimberley Kranenberg ZPC De Hof | 2:47.64 9400292 | 36.76 | 1:18.22 | | 2:43.50 |
| 9. | Anoeska van de Kraats DWK | 2:44.66 9701284 | 38.39 | 1:21.80 | | 2:44.86 |
| 10. | Maren Kuipers ZPC De Hof | 2:50.20 9600062 | 36.07 | 1:20.32 | | 2:47.82 |
| 11. | Doris Kragten PCG | 2:56.29 9602318 | 36.16 | 1:20.95 | | 2:51.39 |
| 12. | Laura Schoeman E Z C | 2:53.36 9702282 | 37.42 | 1:21.08 | | 2:51.58 |
| 13. | Skye Tomie Doerk Zaanstad (SG) | 2:55.91 9803228 | 37.16 | 1:20.95 | | 2:52.10 |
| 14. | Sterre Mooiweer ZPC De Hof | 2:54.23 9800236 | 39.24 | 1:21.83 | | 2:52.22 |
| 15. | Janneke ten Brinke ZPC De Hof | 2:58.20 9601334 | 44.58 | 1:21.88 | | 2:52.30 |
| 16. | Melissa Baars Aquarijn | 2:53.24 9900376 | 37.96 | 1:21.86 | | 2:52.45 |
| 17. | Kelsey Okkers Zaanstad (SG) | 3:04.43 9801062 | 41.45 | 1:27.89 | | 3:01.04 |
| 18. | Ilse Wijnmaalen PCG | 3:08.57 9900940 | 39.83 | 1:27.66 | | 3:06.30 |
| 19. | Anne Kool DWK | 3:11.70 9601556 | 42.02 | 1:29.20 | | 3:14.73 |

Limietwedstrijd deel 2
Barneveld, 20.11.2010

Programmanr. 15, Dames, 200m wisselslag, Senioren open

| Rang | | In.tijd | 50m | 100m | 150m | 200m | |
|-------|-------------------|---------------|---------|---------|-------|---------|---------|
| 20. | Femke Stevens | Zaanstad (SG) | 3:13.95 | 9901546 | 45.62 | 1:37.20 | 3:17.72 |
| AFGEM | Laura Willemsen | DWK | 2:40.32 | 9700168 | | | |
| AFGEM | Gaby Zittersteijn | De Rijn | 2:42.40 | 9700104 | | | |

Programmanr. 16
20-11-2010 - 16:23

Heren, 200m wisselslag

Senioren Open
Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m | |
|------|---------------------|-----------------|---------|---------|-------|---------|---------|
| 1. | Erik Hagting | DZ&PC | 2:11.47 | 9100829 | 28.04 | 59.47 | 2:08.53 |
| 2. | Jeffrey Appel | WZ&PC Purmerend | 2:11.57 | 9200027 | 29.67 | 1:03.92 | 2:13.82 |
| 3. | Vincent Moolhuijsen | Oceanus | 2:20.48 | 9401215 | 29.77 | 1:04.62 | 2:17.37 |
| 4. | Ico Broekhuizen | DWK | 2:17.20 | 9300069 | 30.08 | 1:07.24 | 2:20.59 |
| 5. | Jorden Theijink | ZPC De Hof | 2:18.06 | 9400323 | 30.42 | 1:07.26 | 2:21.04 |
| 6. | Erik van Lopik | PCG | 2:28.13 | 9603419 | 31.68 | 1:11.08 | 2:29.63 |
| 7. | Lars van der Velden | DAW-Finzeno | 2:35.31 | 9800175 | 34.32 | 1:14.02 | 2:35.13 |
| 8. | Jelle Schelvis | Zaanstad (SG) | 2:42.46 | 9701993 | 33.91 | 1:15.44 | 2:41.77 |
| 9. | Rick de Mercado | Oceanus | 2:52.07 | 9700673 | 35.04 | 1:17.95 | 2:42.73 |
| 10. | Beeke Beeksm | De Kikker | 3:04.12 | 9801537 | 37.71 | 1:20.53 | 2:53.98 |

Programmanr. 17
20-11-2010 - 16:29

Dames, 200m schoolslag

Senioren open
Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m | |
|-------|---------------------|-----------------|---------|---------|-------|---------|---------|
| 1. | Larissa Brak | AZ&PC | 2:39.20 | 8800572 | 35.91 | 1:17.48 | 2:43.06 |
| 2. | Suzanne Brummel | Octopus | 2:42.44 | 9401366 | 36.73 | 1:18.42 | 2:43.70 |
| 3. | Amber Ruig | WZ&PC Purmerend | 2:44.72 | 9603240 | 36.27 | 1:18.04 | 2:44.19 |
| 4. | Willeke Jonkman | DZ&PC | 2:56.95 | 9604304 | 40.51 | 1:26.67 | 2:58.20 |
| 5. | Lisanne van Zijl | Zaanstad (SG) | 3:06.60 | 9505454 | 40.91 | 1:28.37 | 3:05.00 |
| 6. | Zoë van der Kwaak | Zaanstad (SG) | 3:07.03 | 9801064 | 43.06 | 1:31.18 | 3:05.44 |
| 7. | Cindy Hendriks | De Waalstroom | 3:09.51 | 9207672 | 43.58 | 1:30.93 | 3:06.47 |
| 8. | Arianne Hendriks | Zaanstad (SG) | 3:07.28 | 9503028 | 43.20 | 1:31.13 | 3:09.39 |
| 9. | Lobke Schoonderbeek | DWK | 3:11.26 | 9802070 | 43.20 | 1:31.80 | 3:09.89 |
| 10. | Laura Keijser | DWK | 3:11.98 | 9800046 | 42.01 | 1:32.22 | 3:10.00 |
| 11. | Daphne Jurriëns | Z&PV de Veene | 3:22.06 | 9900316 | 43.41 | 1:32.83 | 3:12.31 |
| 12. | Nienke Heugen | De Kikker | 3:36.77 | 9402614 | 45.19 | 1:36.98 | 3:22.88 |
| 13. | Nicolah Cowles | DAW-Finzeno | 3:25.53 | 9902912 | 47.45 | 1:40.60 | 3:28.60 |
| 14. | Lieke Alofs | DAW-Finzeno | 3:42.25 | 9903232 | 46.70 | 1:40.51 | 3:32.70 |
| AFGEM | Eva Drager | De Rijn | 3:42.94 | 9802400 | | | |

Programmanr. 18
20-11-2010 - 16:40

Heren, 200m schoolslag

Senioren Open
Resultaten

| Rang | | In.tijd | 50m | 100m | 150m | 200m | |
|------|---------------------|-------------|---------|---------|-------|---------|---------|
| 1. | Kasper Leeuw | De Dinkel | 2:27.60 | 9304435 | 33.17 | 1:11.47 | 2:27.11 |
| 2. | Roald Blok | Octopus | 2:31.63 | 9302685 | 33.04 | 1:10.76 | 2:27.54 |
| 3. | Mart de Boer | DAW-Finzeno | 2:36.38 | 9303589 | 35.13 | 1:16.53 | 2:40.44 |
| 4. | Sjoerd Nijhof | ZPC De Hof | 2:47.92 | 9401117 | 36.48 | 1:18.16 | 2:46.73 |
| 5. | Koen Lems | De Kikker | 2:54.64 | 9603709 | 37.24 | 1:21.99 | 2:52.99 |
| 6. | Michael den Oudsten | Aquarijn | 3:04.42 | 9703181 | 41.57 | 1:28.10 | 3:04.64 |
| 7. | Frank Dekker | DAW-Finzeno | 3:29.93 | 9801155 | 45.12 | 1:36.84 | 3:21.62 |

Limietwedstrijd deel 2
Barneveld, 20.11.2010

Programmanr. 19
20-11-2010 - 16:47

Dames, 100m vrije slag

Senioren open
Resultaten

| Rang | | | In.tijd | | 50m | 100m | |
|------|-----------------------|----------------------|---------|---------|-------|---------|---------|
| 1. | Lotte Wilms | AZ&PC | 58.12 | 8402770 | 27.47 | 57.69 | |
| 2. | Ilse van Hoorn | AZ&PC | 58.31 | 9001578 | 28.06 | 58.18 | |
| 3. | Kelly de Jong | AZ&PC | 58.72 | 9101474 | 28.12 | 59.62 | |
| 4. | Sanne Rodenburg | RZC | 1:00.14 | 9404714 | 28.86 | 1:00.20 | |
| 5. | Milou Schraverus | AZ&PC | 1:01.06 | 9503878 | 29.36 | 1:01.04 | |
| 6. | Pascalie Spiekerman | WZ&PC Purmerend | 59.25 | 9403030 | 28.82 | 1:01.13 | |
| 7. | Michelle Hoogendoorn | ZPC De Hof | 1:00.89 | 9503718 | FJ 1 | 29.89 | 1:01.28 |
| 8. | Claudia Rijkhoff | Zwemvereniging Hoorn | 1:00.15 | 9603338 | FJ 2 | 29.99 | 1:01.28 |
| 9. | Kimberly Mijnen | WZ&PC Purmerend | 1:00.04 | 9503644 | 29.10 | 1:01.51 | |
| 10. | Sietske Veldkamp | ZPC De Hof | 1:01.16 | 9501628 | 29.57 | 1:01.98 | |
| 11. | Carien van der Schaaf | De Dinkel | 1:01.23 | 9500168 | 30.12 | 1:02.36 | |
| 12. | Melissa Zwaan | DAW-Finzeno | 59.97 | 9103666 | 29.59 | 1:02.54 | |
| 13. | Vera Hendriks | De Waalstroom | 1:03.00 | 9405270 | 30.52 | 1:03.09 | |
| 14. | Marijke Monsma | DWK | 1:02.83 | 8502100 | 30.20 | 1:03.16 | |
| 15. | Danique Wagenvoort | De Dinkel | 1:02.58 | 9502754 | 30.67 | 1:03.86 | |
| 16. | Lianne Molkenboer | E Z C | 1:03.29 | 9602034 | 31.02 | 1:04.42 | |
| 17. | Antje van der Meer | De Kikker | 1:05.26 | 9204146 | 31.20 | 1:05.00 | |
| 18. | Saranda Hofstra | De Kikker | 1:04.56 | 9700526 | 31.12 | 1:05.43 | |
| 19. | Maxine Alfonsi | DAW-Finzeno | 1:04.30 | 9502900 | 31.22 | 1:05.45 | |
| 20. | Monique Bruins | De Kikker | 1:02.00 | 8500494 | 30.31 | 1:05.54 | |
| 21. | Denise van Leeuwen | DWK | 1:05.73 | 9501672 | 31.76 | 1:05.67 | |
| 22. | Linda Kamperman | Aquarijn | 1:03.15 | 9601238 | 31.95 | 1:05.98 | |
| 23. | Sanne Willemsen | DWK | 1:05.19 | 9502080 | 32.02 | 1:06.13 | |
| 24. | Danaé Kreuwel | Z&PV de Veene | 1:05.92 | 9700438 | 32.02 | 1:06.14 | |
| 25. | Shannon Mommersteeg | Aquarijn | 1:04.93 | 9702398 | 31.90 | 1:06.28 | |
| 26. | Lola Holsboer | 08-043 | 1:06.00 | 9601554 | 31.82 | 1:06.32 | |
| 27. | Yvanna Zuurveld | DAW-Finzeno | 1:08.37 | 9702998 | 31.88 | 1:06.55 | |
| 28. | Natasha Bosma | DWK | 1:04.99 | 9300112 | 32.36 | 1:06.64 | |
| 29. | Rebecca Thijssen | De Waalstroom | 1:06.47 | 9307192 | 32.17 | 1:06.91 | |
| 30. | Mandy Verhage | DAW-Finzeno | 1:02.45 | 9501382 | 31.79 | 1:07.13 | |
| 31. | Rebecca Martens | DAW-Finzeno | 1:07.72 | 9604352 | 32.77 | 1:07.14 | |
| 32. | Zoë Hendriks | De Kikker | 1:06.38 | 9405016 | 32.04 | 1:07.20 | |
| 33. | Lorraine Seliger | E Z C | 1:08.39 | 9503696 | 32.05 | 1:07.32 | |
| 34. | Tess de Boer | DAW-Finzeno | 1:06.91 | 9601516 | 32.89 | 1:08.13 | |
| 35. | Eline den Brave | Zaanstad (SG) | 1:07.86 | 9601682 | 32.54 | 1:08.25 | |
| 36. | Doris Kragten | PCG | 1:08.10 | 9602318 | 32.77 | 1:08.67 | |
| 37. | Carli Harteman | DWK | 1:05.36 | 9602882 | 33.29 | 1:09.03 | |
| 38. | Fenke Bosschert | DAW-Finzeno | 1:09.24 | 9704724 | 33.39 | 1:09.26 | |
| 39. | Elena Peeters | DAW-Finzeno | 1:08.13 | 9603690 | 33.74 | 1:09.51 | |
| 40. | Caitlin Smith | 08-043 | 1:08.85 | 9701100 | 32.96 | 1:09.75 | |
| 41. | Suzanne Hospers | De Kikker | 1:10.56 | 9801832 | 33.45 | 1:09.95 | |
| 42. | Janine de Groot | ZC Borger | 1:10.48 | 9500092 | 33.65 | 1:09.97 | |
| 43. | Laura Stokx | DAW-Finzeno | 1:06.20 | 9601510 | 33.03 | 1:10.03 | |
| 44. | Marit Visscher | DAW-Finzeno | 1:04.98 | 9600004 | 33.29 | 1:10.45 | |
| 45. | Nienke van der zee | DAW-Finzeno | 1:05.49 | 9605430 | 32.52 | 1:10.49 | |
| 46. | Denise Boonstra | DAW-Finzeno | 1:21.73 | 9902662 | 33.92 | 1:11.39 | |
| 47. | Bibi Stokvis | DAW-Finzeno | 1:15.32 | 9900892 | 34.96 | 1:11.41 | |
| 48. | Merel Brinkman | DWK | 1:14.63 | 9802040 | 34.48 | 1:12.20 | |
| 49. | Patty Kras | 08-043 | 1:11.59 | 9503112 | 34.54 | 1:12.57 | |
| 50. | Kim Bouhuys | De Kikker | 1:10.89 | 9401756 | 34.45 | 1:12.92 | |
| 51. | Kirsten Opmeer | Nunspeet | 1:12.32 | 9800014 | 34.65 | 1:13.46 | |
| 52. | Matou Zwemmer | De Rijn | 1:14.56 | 9803672 | 35.07 | 1:13.48 | |
| 53. | Liesbeth van Mill | DWK | 1:13.07 | 8702786 | 35.16 | 1:13.54 | |

Limietwedstrijd deel 2
Barneveld, 20.11.2010

Programmanr. 19, Dames, 100m vrije slag, Senioren open

| Rang | | | In.tijd | | 50m | 100m |
|-------|---------------------|---------------|---------|---------|-------|---------|
| 54. | Mirjam Groendijk | De Rijn | 1:15.10 | 9800982 | 36.42 | 1:13.74 |
| 55. | Xanne Kamerbeek | E Z C | 1:12.86 | 9802814 | 35.48 | 1:13.82 |
| 56. | Coço Hendriks | De Kikker | 1:13.58 | 9800180 | 35.69 | 1:14.87 |
| 57. | Aïcha Croes | Oceanus | 1:14.31 | 9803338 | 35.67 | 1:15.10 |
| 58. | Lisette Groeneveld | DWK | 1:13.20 | 9801972 | 35.65 | 1:15.11 |
| 59. | Marleen Snapper | DWK | 1:20.00 | 9805214 | 36.40 | 1:16.17 |
| 60. | Hester Stoorvogel | De Rijn | 1:15.91 | 9800484 | 37.27 | 1:16.86 |
| 61. | Leonie Vos | DAW-Finzeno | 1:19.60 | 9901662 | 36.23 | 1:18.07 |
| | Naomi te Lindert | DAW-Finzeno | 1:29.89 | 9904782 | 35.82 | 1:18.07 |
| 63. | Jamie Lee Bron | Zaanstad (SG) | 1:19.86 | 9506020 | 36.60 | 1:18.67 |
| 64. | Denise Ruijsch | De Rijn | 1:17.11 | 9800708 | 37.76 | 1:19.16 |
| 65. | Myrthe van Beek | DAW-Finzeno | 1:18.45 | 9901074 | 38.77 | 1:21.84 |
| AFGEM | Silke Oude Weernink | De Dolfijn | 57.48 | 9002854 | | |
| NG | Noortje Timmerman | De Dinkel | 1:02.35 | 9501088 | | |

Programmanr. 20
20-11-2010 - 17:06

Heren, 100m vrije slag

Senioren Open
Resultaten

| Rang | | | In.tijd | | 50m | 100m |
|------|---------------------|---------------------|---------|---------|-------|---------|
| 1. | Thom de Boer | DAW-Finzeno | 53.05 | 9100181 | 25.73 | 53.54 |
| 2. | Olaf Achterberg | DWK | 54.89 | 9000011 | 26.74 | 54.45 |
| 3. | Jesse Puts | Zwemlust den Hommel | 54.69 | 9401147 | 26.06 | 54.53 |
| 4. | Wouter Kaman | Aquarijn | 54.02 | 9300241 | 26.09 | 54.68 |
| 5. | Pim Kienhuis | De Dinkel | 54.97 | 9300263 | 26.26 | 54.70 |
| 6. | Bart Arendshorst | Z&PV de Veene | 54.39 | 9300005 | 26.23 | 54.76 |
| 7. | Richard Kras | 08-043 | 53.30 | 9103407 | 26.14 | 55.10 |
| 8. | Maiko Postma | DZ&PC | 55.12 | 9400963 | 26.83 | 55.14 |
| 9. | Erik Nijholt | DZ&PC | 54.75 | 9401349 | 26.76 | 55.39 |
| 10. | Jelle Derksen | AZ&PC | 52.95 | 9400017 | 26.26 | 55.54 |
| 11. | Jorrick Druyven | DAW-Finzeno | 55.97 | 9400507 | 26.13 | 55.58 |
| 12. | Richard Huisken | ZPC De Hof | 54.45 | 8501141 | 26.57 | 56.07 |
| 13. | Stefan Timmermans | RZC | 56.23 | 9403015 | 26.90 | 56.77 |
| 14. | Jeroen v.d. Bos | AZ&PC | 56.67 | 9202299 | 27.83 | 57.54 |
| 15. | Peter Hummel | De Kikker | 57.43 | 9300699 | 27.66 | 58.01 |
| 16. | Sjors Lieverst | DAW-Finzeno | 57.64 | 9501389 | 28.15 | 58.15 |
| 17. | Bart Verbon | De Kikker | 57.13 | 9302273 | 27.73 | 58.17 |
| 18. | Rian Visser | DAW-Finzeno | 57.01 | 9007141 | 27.28 | 58.25 |
| 19. | Emiel Huisken | ZPC De Hof | 54.44 | 8501139 | 26.38 | 58.33 |
| 20. | Jan Peereboom | DAW-Finzeno | 1:04.40 | 9501371 | 28.33 | 58.67 |
| 21. | Donny van den Bosch | Aquarijn | 58.98 | 9502001 | 28.45 | 59.33 |
| 22. | Nick Oortwijn | DWK | 57.64 | 9204447 | 28.48 | 1:00.36 |
| 23. | Daan Viering | De Waalstroom | 1:00.94 | 9403839 | 29.13 | 1:00.42 |
| 24. | Carlo Kemp | WZ&PC Purmerend | 1:00.67 | 9600467 | 29.08 | 1:00.64 |
| 25. | Marnix Ykema | DWK | 59.70 | 9601555 | 29.14 | 1:00.77 |
| 26. | Rowdy Spaltman | DAW-Finzeno | 1:00.26 | 9501747 | 28.85 | 1:01.55 |
| 27. | Martijn de Mercado | Oceanus | 1:01.39 | 9502213 | 29.90 | 1:02.04 |
| 28. | Frank de Graaf | DWK | 1:02.19 | 9602671 | 29.79 | 1:02.70 |
| 29. | Ben Zentveld | VZV | 1:02.87 | 9505835 | 29.80 | 1:02.73 |
| 30. | Luuk Drager | De Rijn | 1:04.43 | 9505553 | 29.92 | 1:02.98 |
| 31. | Rick de Mercado | Oceanus | 1:02.26 | 9700673 | 30.28 | 1:03.08 |
| 32. | Mickey Wijchers | ZC Borger | 1:03.47 | 9701965 | 29.87 | 1:03.40 |
| 33. | Timo Korbee | NZ&PC | 1:05.69 | 9601587 | 31.45 | 1:04.77 |
| 34. | Niek de Brabander | DWK | 1:05.57 | 9502071 | 31.20 | 1:05.16 |
| 35. | Bert Veenstra | De Rijn | 1:05.67 | 9600043 | 30.80 | 1:06.05 |

Limietwedstrijd deel 2
Barneveld, 20.11.2010

Programmanr. 20, Heren, 100m vrije slag, Senioren Open

| Rang | | | In.tijd | | 50m | 100m |
|------|------------------|---------------|---------|---------|-------|---------|
| 36. | Gijs van der Wal | De Rijn | 1:06.80 | 9700321 | 32.38 | 1:06.89 |
| 37. | Nino Sieling | DWK | 1:07.82 | 9701845 | 33.31 | 1:08.81 |
| 38. | Jurre Stammes | DWK | 1:07.58 | 9701843 | 32.85 | 1:08.95 |
| 39. | Robin van Beek | NZ&PC | 1:10.24 | 9704023 | 33.65 | 1:09.20 |
| 40. | Wietse Waninge | Nunspeet | 1:09.28 | 9800023 | 33.51 | 1:09.73 |
| 41. | Thomas Haneveld | DAW-Finzeno | 1:10.61 | 9801631 | 33.86 | 1:10.73 |
| 42. | Danny Schmidt | Zaanstad (SG) | 1:10.67 | 9602311 | 33.86 | 1:11.02 |
| 43. | Niels Beek van | DWK | 1:12.97 | 9800409 | 34.40 | 1:11.35 |
| 44. | Dennis Klaassen | De Kikker | 1:19.30 | 9803093 | 36.65 | 1:17.06 |
| NG | Jeroen Baars | MNC Dordrecht | 52.70 | 9200031 | | |

Programmanr. 21 Dames, 50m rugslag Senioren open
20-11-2010 - 17:19 Resultaten

| Rang | | | In.tijd | | Tijd |
|------|----------------------|-----------------|---------|------------|------------------|
| 1. | Daphne ten Brink | WZ&PC Purmerend | 30.13 | 8500454 | 31.07 |
| 2. | Chantal Grove | Oceanus | 31.15 | 9401844 | 31.82 |
| 3. | Laura Moolenaar | AZ&PC | 32.07 | 9600656 | 32.29 |
| 4. | Brenda Zwarthoed | DAW-Finzeno | 33.53 | 9604938 | 33.36FJ 1 |
| 5. | Lobke Schoonderbeek | DWK | 33.21 | 9802070 | 33.36FJ 2 |
| 6. | Daisy Koning | 08-043 | 33.68 | 9500314 | 35.42 |
| 7. | Anouk van Nellestijn | DWK | 37.02 | 9800366 | 36.67 |
| 8. | Mariska Hazeleger | DWK | 39.67 | 9702560 | 39.14 |
| 9. | Anne Noom | DAW-Finzeno | 38.29 | 9800062 | 39.39 |
| 10. | Jamie Lee Bron | Zaanstad (SG) | | NT 9506020 | 41.07 |

Programmanr. 22 Heren, 50m rugslag Senioren Open
20-11-2010 - 17:21 Resultaten

| Rang | | | In.tijd | | Tijd |
|------|---------------------|----------------------|---------|---------|--------------|
| 1. | Pascal Timmermans | RZC | 27.02 | 9202349 | 26.89 |
| 2. | Mark Baars | MNC Dordrecht | 27.99 | 8500059 | 27.82 |
| 3. | Istvan Spaargaren | Oceanus | 28.34 | 9401199 | 28.64 |
| 4. | Chris Bernard | AZ&PC | 28.86 | 9007349 | 28.76 |
| 5. | Frank van der Wolff | Zwemvereniging Hoorn | 28.85 | 9400955 | 29.14 |
| 6. | Dave Heshof | WZ&PC Purmerend | 28.88 | 9501403 | 30.42 |
| 7. | Dani Hoetmer | DAW-Finzeno | 34.31 | 9604503 | 35.27 |

Programmanr. 23 Heren, 1500m vrije slag Senioren Open
20-11-2010 - 17:23 Resultaten

| Rang | | | In.tijd | | Tijd |
|------|-----------------------|---------------|----------|-----------------|-----------------|
| 1. | Hans Peter Hartog | DAW-Finzeno | 16:38.34 | 9100859 | 16:58.86 |
| | 100m: 1:00.60 1:00.60 | 500m: 900m: | | 1300m: | |
| | 200m: 2:06.42 1:05.82 | 600m: 1000m: | | 1400m: | |
| | 300m: 700m: | 1100m: | | 1500m: 16:58.86 | |
| | 400m: 4:22.32 | 800m: 8:57.54 | | 1200m: | |
| 2. | Lars Schoffelmeer | ZPCNumansdorp | 17:42.08 | 9501907 | 17:14.91 |
| | 100m: 1:00.78 1:00.78 | 500m: 900m: | | 1300m: | |
| | 200m: 2:08.57 1:07.79 | 600m: 1000m: | | 1400m: | |
| | 300m: 700m: | 1100m: | | 1500m: 17:14.91 | |
| | 400m: 4:26.17 | 800m: 9:07.12 | | 1200m: | |

Limietwedstrijd deel 2
Barneveld, 20.11.2010

Programmanr. 23, Heren, 1500m vrije slag, Senioren Open

| Rang | | | | | In.tijd | | Tijd |
|------|----------------|---------|-------------|-------|----------|---------|-----------------|
| 3. | Daniël Buijs | | AZ&PC | | 18:10.00 | 9600183 | 17:34.24 |
| | 100m: | 1:06.65 | 1:06.65 | 500m: | | 900m: | 1300m: |
| | 200m: | 2:18.02 | 1:11.37 | 600m: | | 1000m: | 1400m: |
| | 300m: | | | 700m: | | 1100m: | 1500m: 17:34.24 |
| | 400m: | 4:40.58 | | 800m: | 9:28.18 | 1200m: | |
| 4. | Lars Haarsma | | DAW-Finenzo | | 17:59.75 | 9600745 | 17:35.10 |
| | 100m: | 1:04.19 | 1:04.19 | 500m: | | 900m: | 1300m: |
| | 200m: | 2:14.59 | 1:10.40 | 600m: | | 1000m: | 1400m: |
| | 300m: | | | 700m: | | 1100m: | 1500m: 17:35.10 |
| | 400m: | 4:37.50 | | 800m: | 9:25.82 | 1200m: | |
| 5. | Rowan Keen | | ZC Borger | | 18:07.87 | 9500727 | 17:48.10 |
| | 100m: | 1:00.86 | 1:00.86 | 500m: | | 900m: | 1300m: |
| | 200m: | 2:08.14 | 1:07.28 | 600m: | | 1000m: | 1400m: |
| | 300m: | | | 700m: | | 1100m: | 1500m: 17:48.10 |
| | 400m: | 4:28.03 | | 800m: | 9:18.30 | 1200m: | |
| 6. | Erik van Lopik | | PCG | | 18:12.34 | 9603419 | 18:07.92 |
| | 100m: | 1:05.54 | 1:05.54 | 500m: | | 900m: | 1300m: |
| | 200m: | 2:17.57 | 1:12.03 | 600m: | | 1000m: | 1400m: |
| | 300m: | | | 700m: | | 1100m: | 1500m: 18:07.92 |
| | 400m: | 4:42.51 | | 800m: | 9:33.39 | 1200m: | |