

District Kampioenschappen Lange Afstand  
Huizen, 29.3.2009

Programmanr. 1 Jongens, 400m vrije slag Jongens Minioren 3 en 4  
Resultaten  
29.3.09 - 14:45

| Rang |                   |               |               |          | In.tijd |         | Tijd           |
|------|-------------------|---------------|---------------|----------|---------|---------|----------------|
| 1.   | Ricardo Graafmans |               |               | De Futen | 5:53.32 | 9900409 | <b>5:48.99</b> |
|      | 100m: 1:20.63     | 200m: 2:48.79 | 400m: 5:48.99 |          |         |         |                |
| 2.   | Ruben Griffioen   |               |               | Oceanus  | 6:07.97 | 9900771 | <b>5:52.52</b> |
|      | 100m: 1:21.28     | 200m: 2:50.00 | 400m: 5:52.52 |          |         |         |                |
| 3.   | Daan Sommeling    |               |               | Oceanus  | 6:56.40 | 9900767 | <b>6:15.93</b> |
|      | 100m: 1:28.34     | 200m: 3:04.89 | 400m: 6:15.93 |          |         |         |                |
| 4.   | Pascal de Heij    |               |               | Zpch     | 8:02.32 | 9900297 | <b>7:51.35</b> |
|      | 100m: 1:48.02     | 200m: 3:50.20 | 400m: 7:51.35 |          |         |         |                |
| 5.   | Esra Loogman      |               |               | Zpch     | 8:01.82 | 0000167 | <b>7:55.23</b> |
|      | 100m: 1:49.14     | 200m: 3:52.45 | 400m: 7:55.23 |          |         |         |                |
| 6.   | Bas Eelzak        |               |               | Zpch     | 8:20.80 | 9901411 | <b>7:55.89</b> |
|      | 100m: 1:52.39     | 200m: 3:56.20 | 400m: 7:55.89 |          |         |         |                |

Programmanr. 2 Meisjes, 400m vrije slag Meisjes Minioren 3 en 4  
Resultaten  
29.3.09 - 14:54

| Rang |                    |               |               |          | In.tijd |         | Tijd           |
|------|--------------------|---------------|---------------|----------|---------|---------|----------------|
| 1.   | Melissa Baars      |               |               | Aquarijn | 6:05.65 | 9900376 | <b>6:08.27</b> |
|      | 100m: 1:24.90      | 200m: 3:00.72 | 400m: 6:08.27 |          |         |         |                |
| 2.   | Dana Bosman        |               |               | Oceanus  | 7:23.85 | 9901296 | <b>6:49.76</b> |
|      | 100m: 1:35.35      | 200m: 3:18.08 | 400m: 6:49.76 |          |         |         |                |
| 3.   | Maike van de Velde |               |               | Zpch     | 7:19.87 | 0000382 | <b>7:03.73</b> |
|      | 100m: 1:35.57      | 200m: 3:22.54 | 400m: 7:03.73 |          |         |         |                |
| 4.   | Kaylee de Jong     |               |               | Zpch     | 7:21.12 | 0001234 | <b>7:09.30</b> |
|      | 100m: 1:36.03      | 200m: 3:24.67 | 400m: 7:09.30 |          |         |         |                |

Programmanr. 3 Jongens, 1500m vrije slag Jongens Junioren 1 en 2  
Resultaten  
29.3.09 - 15:03

| Rang |                   |               |                |                      |  | In.tijd  |         | Tijd            |
|------|-------------------|---------------|----------------|----------------------|--|----------|---------|-----------------|
| 1.   | Jeffrey Reijnders |               |                | Oceanus              |  | 17:56.56 | 9500877 | <b>17:27.76</b> |
|      | 200m: 2:15.88     | 400m: 4:35.88 | 800m: 9:19.03  | 1500m: 17:27.76      |  |          |         |                 |
| 2.   | Sjors Lieverst    |               |                | DAW-Finanzo          |  | 18:40.39 | 9501389 | <b>18:27.00</b> |
|      | 200m: 2:20.06     | 400m: 4:49.37 | 800m: 9:50.31  | 1500m: 18:27.00      |  |          |         |                 |
| 3.   | Lars Haarsma      |               |                | Zwemvereniging Hoorn |  | 18:47.63 | 9600745 | <b>18:42.96</b> |
|      | 200m: 2:22.80     | 400m: 4:53.52 | 800m: 9:54.98  | 1500m: 18:42.96      |  |          |         |                 |
| 4.   | Guus Jonk         |               |                | Zwemvereniging Hoorn |  | 19:31.19 | 9501509 | <b>19:24.57</b> |
|      | 200m: 2:26.45     | 400m: 5:02.89 | 800m: 10:22.32 | 1500m: 19:24.57      |  |          |         |                 |
| 5.   | Remco Tol         |               |                | Ed-Vo                |  | 20:06.01 | 9501505 | <b>19:56.17</b> |
|      | 200m: 2:27.10     | 400m: 5:05.01 | 800m: 10:27.69 | 1500m: 19:56.17      |  |          |         |                 |
| 6.   | Joeri Berends     |               |                | Oceanus              |  | 20:38.92 | 9500369 | <b>20:02.10</b> |
|      | 200m: 2:33.10     | 400m: 5:13.92 | 800m: 10:39.45 | 1500m: 20:02.10      |  |          |         |                 |

District Kampioenschappen Lange Afstand  
Huizen, 29.3.2009

Programmanr. 4 Jongens, 400m wisselslag Heren Jeugd 1 en 2  
29.3.09 - 15:24 Resultaten

| Rang |   |               |                    | In.tijd |         | Tijd                |
|------|---|---------------|--------------------|---------|---------|---------------------|
| 1.   | Dennis Eliveld  |               | DAW-Finzeno        | 4:48.90 | 9202351 | <b>4:38.95</b>      |
|      | 100m: 1:03.86   | 400m: 4:38.95 |                    |         |         |                     |
| 2.   | Hans Peter Hartog   |               | DAW-Finzeno        | 5:00.15 | 9100859 | <b>4:50.50</b>      |
|      | 100m: 1:04.12   | 400m: 4:50.50 |                    |         |         |                     |
| 3.   | Richard Veerman   |               | Ed-Vo              | 5:07.31 | 9106345 | <b>5:03.71</b>      |
|      | 100m: 1:08.87   | 400m: 5:03.71 |                    |         |         |                     |
| 4.   | Martijn Gras  |               | Zaanstad (SG)      | 5:10.06 | 9100751 | <b>5:11.89</b> FJ 1 |
|      | 100m: 1:10.14   | 400m: 5:11.89 |                    |         |         |                     |
| 5.   | Bas Udinga  |               | ZV De Aalscholver  | 5:09.53 | 9201321 | <b>5:11.89</b> FJ 2 |
|      | 100m: 1:07.81   | 400m: 5:11.89 |                    |         |         |                     |
| DIS  | Fred Smink  |               | De Otters Het Gooi | 5:13.10 | 9104519 | <b>5:05.73</b> SK   |
|      | <i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i> |               |                    |         |         |                     |
|      | 100m: 1:06.80   | 400m: 5:05.73 |                    |         |         |                     |

Programmanr. 5 Meisjes, 800m vrije slag Meisjes Junioren 2 en 3  
29.3.09 - 15:31 Resultaten

| Rang |                   |               |                      | In.tijd        |         | Tijd            |
|------|-------------------|---------------|----------------------|----------------|---------|-----------------|
| 1.   | Janine Rooker     |               | WZ&PC Purmerend      | 9:38.15        | 9600316 | <b>9:34.93</b>  |
|      | 100m: 1:06.56     | 200m: 2:18.59 | 400m: 4:45.32        | 800m: 9:34.93  |         |                 |
| 2.   | Tamara Grove      |               | Oceanus              | 10:04.13       | 9601266 | <b>9:53.83</b>  |
|      | 100m: 1:09.51     | 200m: 2:23.60 | 400m: 4:53.70        | 800m: 9:53.83  |         |                 |
| 3.   | Mandy Verhage     |               | DAW-Finzeno          | 10:28.16       | 9501382 | <b>10:00.68</b> |
|      | 100m: 1:08.82     | 200m: 2:23.15 | 400m: 4:55.02        | 800m: 10:00.68 |         |                 |
| 4.   | Danielle Grootes  |               | Oceanus              | 10:00.92       | 9501278 | <b>10:01.18</b> |
|      | 100m: 1:08.05     | 200m: 2:21.43 | 400m: 4:52.84        | 800m: 10:01.18 |         |                 |
| 5.   | Tessa v.d. Zwaard |               | Oceanus              | 10:42.42       | 9501366 | <b>10:28.51</b> |
|      | 100m: 1:13.32     | 200m: 2:34.48 | 400m: 5:11.54        | 800m: 10:28.51 |         |                 |
| 6.   | Manon Wiersma     |               | Zwemvereniging Hoorn | 10:27.87       | 9600112 | <b>10:35.50</b> |
|      | 100m: 1:10.59     | 200m: 2:28.28 | 400m: 5:09.26        | 800m: 10:35.50 |         |                 |

Programmanr. 6 Dames, 400m wisselslag Dames Senioren D1 en D2  
29.3.09 - 15:42 Resultaten

| Rang  |                   |               |                   | In.tijd |         | Tijd           |
|-------|-------------------|---------------|-------------------|---------|---------|----------------|
| 1.    | Corine Rooker     |               | WZ&PC Purmerend   | 5:36.00 | 9201522 | <b>5:35.33</b> |
|       | 100m: 1:15.11     | 400m: 5:35.33 |                   |         |         |                |
| 2.    | Laura Ootes       |               | De Dolfijn        | 5:56.20 | 9201340 | <b>5:47.72</b> |
|       | 100m: 1:21.90     | 400m: 5:47.72 |                   |         |         |                |
| 3.    | Merel Toussaint   |               | De Futen          | 5:55.13 | 9203788 | <b>5:47.80</b> |
|       | 100m: 1:27.51     | 400m: 5:47.80 |                   |         |         |                |
| 4.    | Caroline Goedhart |               | ZV De Aalscholver | 5:58.71 | 9105892 | <b>5:51.41</b> |
|       | 100m: 1:27.41     | 400m: 5:51.41 |                   |         |         |                |
| 5.    | Sylvia Oudshoorn  |               | Zpch              | 6:06.40 | 9201370 | <b>6:01.26</b> |
|       | 100m: 1:26.26     | 400m: 6:01.26 |                   |         |         |                |
| NG.ZA | Danique Gielen    |               | Oceanus           | 5:25.00 | 9105922 |                |

District Kampioenschappen Lange Afstand  
Huizen, 29.3.2009

Programmanr. 7  
29.3.09 - 15:49

Jongens, 1500m vrije slag

Jongens Junioren 3 en 4  
Resultaten

| Rang |                      |               |               |                 | In.tijd  |         | Tijd            |
|------|----------------------|---------------|---------------|-----------------|----------|---------|-----------------|
| 1.   | Nils Mollema         |               |               | Oceanus         | 16:34.36 | 9306283 | <b>16:32.87</b> |
|      | 200m: 2:06.74        | 400m: 4:17.56 | 800m: 8:44.99 | 1500m: 16:32.87 |          |         |                 |
| 2.   | Bastiaan Waanders    |               |               | Oceanus         | 17:20.04 | 9301225 | <b>16:51.94</b> |
|      | 200m: 2:10.28        | 400m: 4:24.77 | 800m: 8:55.63 | 1500m: 16:51.94 |          |         |                 |
| 3.   | Vincent Moolhuijsen  |               |               | Oceanus         | 17:45.70 | 9401215 | <b>17:07.75</b> |
|      | 200m: 2:12.89        | 400m: 4:30.69 | 800m: 9:08.07 | 1500m: 17:07.75 |          |         |                 |
| 4.   | Huub van Houwelingen |               |               | Az&pc           | 18:37.73 | 9406019 | <b>17:35.74</b> |
|      | 200m: 2:15.42        | 400m: 4:35.80 | 800m: 9:19.45 | 1500m: 17:35.74 |          |         |                 |
| 5.   | Ruben Dekker         |               |               | De Dolfijn      | 18:03.97 | 9300627 | <b>17:42.32</b> |
|      | 200m: 2:12.87        | 400m: 4:32.64 | 800m: 9:26.15 | 1500m: 17:42.32 |          |         |                 |
| 6.   | Jorrick Druyven      |               |               | DAW-Finzeno     | 18:06.26 | 9400507 | <b>18:00.30</b> |
|      | 200m: 2:13.69        | 400m: 4:35.04 | 800m: 9:27.10 | 1500m: 18:00.30 |          |         |                 |

Programmanr. 8  
29.3.09 - 16:09

Heren, 400m wisselslag

Heren Senioren Open  
Resultaten

| Rang |                        |               |  |                   | In.tijd |         | Tijd           |
|------|------------------------|---------------|--|-------------------|---------|---------|----------------|
| 1.   | Tom Verbeek            |               |  | Het Y             | 4:53.58 | 8803527 | <b>4:44.98</b> |
|      | 100m: 1:02.05          | 400m: 4:44.98 |  |                   |         |         |                |
| 2.   | Jan-Willem v.d. Graaff |               |  | Het Y             | 5:00.49 | 8901023 | <b>4:50.94</b> |
|      | 100m: 1:06.66          | 400m: 4:50.94 |  |                   |         |         |                |
| 3.   | Raoul Engelenburg      |               |  | De Dolfijn        | 5:00.01 | 8900843 | <b>4:56.60</b> |
|      | 100m: 1:05.04          | 400m: 4:56.60 |  |                   |         |         |                |
| 4.   | Daan Glorie            |               |  | Het Y             | 4:54.24 | 8801115 | <b>4:56.62</b> |
|      | 100m: 1:05.28          | 400m: 4:56.62 |  |                   |         |         |                |
| 5.   | Brian Roy Ostendorf    |               |  | ZV De Aalscholver | 5:23.99 | 9004095 | <b>5:23.23</b> |
|      | 100m: 1:11.07          | 400m: 5:23.23 |  |                   |         |         |                |
| 6.   | Jeroen Vogelsang       |               |  | Het Y             | 5:21.32 | 8001645 | <b>5:30.16</b> |
|      | 100m: 1:14.29          | 400m: 5:30.16 |  |                   |         |         |                |

Programmanr. 9  
29.3.09 - 16:15

Meisjes, 800m vrije slag

Meisjes Jeugd 1 en 2  
Resultaten

| Rang |                     |               |                |               | In.tijd  |         | Tijd            |
|------|---------------------|---------------|----------------|---------------|----------|---------|-----------------|
| 1.   | Nikki van der Hoorn |               |                | Oceanus       | 9:44.45  | 9307224 | <b>9:41.00</b>  |
|      | 200m: 2:20.66       | 400m: 4:47.50 | 800m: 9:41.00  |               |          |         |                 |
| 2.   | Isabelle Grootes    |               |                | Oceanus       | 9:56.59  | 9303030 | <b>9:54.29</b>  |
|      | 200m: 2:23.89       | 400m: 4:53.30 | 800m: 9:54.29  |               |          |         |                 |
| 3.   | Shelley de Boer     |               |                | Zaanstad (SG) | 9:50.24  | 9302840 | <b>9:58.11</b>  |
|      | 200m: 2:19.98       | 400m: 4:49.14 | 800m: 9:58.11  |               |          |         |                 |
| 4.   | Sharona Mlcoch      |               |                | DAW-Finzeno   | 10:03.60 | 9406178 | <b>10:02.98</b> |
|      | 200m: 2:19.59       | 400m: 4:50.54 | 800m: 10:02.98 |               |          |         |                 |
| 5.   | Ilona Broeders      |               |                | Het Y         | 10:15.83 | 9301030 | <b>10:16.93</b> |
|      | 200m: 2:22.97       | 400m: 4:56.72 | 800m: 10:16.93 |               |          |         |                 |
| 6.   | Chantal Grove       |               |                | Oceanus       | 10:33.06 | 9401844 | <b>10:17.89</b> |
|      | 200m: 2:32.92       | 400m: 5:08.76 | 800m: 10:17.89 |               |          |         |                 |

District Kampioenschappen Lange Afstand  
Huizen, 29.3.2009

Programmanr. 10 Dames, 400m wisselslag Dames Senioren  
Resultaten  
29.3.09 - 16:27

| Rang |                |         |       |         | In.tijd |         | Tijd    |                |
|------|----------------|---------|-------|---------|---------|---------|---------|----------------|
| 1.   | Alice Bravo    |         |       |         | Het Y   | 5:15.88 | 8705346 | <b>5:13.82</b> |
|      | 100m:          | 1:11.13 | 400m: | 5:13.82 |         |         |         |                |
| 2.   | Geertje Scharp |         |       |         | Zpch    | 6:04.39 | 8603136 | <b>6:08.48</b> |
|      | 100m:          | 1:20.68 | 400m: | 6:08.48 |         |         |         |                |

Programmanr. 11 Jongens, 800m vrije slag Jongens Minioren 5 en 6  
Resultaten  
29.3.09 - 16:34

| Rang |                     |         |       |         | In.tijd           |          | Tijd    |                 |
|------|---------------------|---------|-------|---------|-------------------|----------|---------|-----------------|
| 1.   | Ivar de Jong        |         |       |         | ZV De Aalscholver | 11:25.39 | 9700869 | <b>11:05.24</b> |
|      | 200m:               | 2:41.63 | 400m: | 5:31.66 | 800m:             | 11:05.24 |         |                 |
| 2.   | Lars van der Velden |         |       |         | DAW-Finzeno       | 11:38.09 | 9800175 | <b>11:07.35</b> |
|      | 200m:               | 2:41.32 | 400m: | 5:31.35 | 800m:             | 11:07.35 |         |                 |
| 3.   | Ruben Stam          |         |       |         | De Futen          | 11:30.90 | 9800331 | <b>11:23.62</b> |
|      | 200m:               | 2:42.37 | 400m: | 5:36.02 | 800m:             | 11:23.62 |         |                 |
| 4.   | Levi Tol            |         |       |         | Ed-Vo             | 12:32.84 | 9700351 | <b>12:11.13</b> |
|      | 200m:               | 2:45.57 | 400m: | 5:54.26 | 800m:             | 12:11.13 |         |                 |
| 5.   | Jason Slijngard     |         |       |         | De Dolfijn        | 12:41.55 | 9801265 | <b>12:31.89</b> |
|      | 200m:               | 3:00.58 | 400m: | 6:12.32 | 800m:             | 12:31.89 |         |                 |
| 6.   | Damian Martens      |         |       |         | Het Y             | 12:55.30 | 9701095 | <b>12:58.48</b> |
|      | 200m:               | 3:06.20 | 400m: | 6:25.09 | 800m:             | 12:58.48 |         |                 |

Programmanr. 12 Meisjes, 800m vrije slag Meisjes Minioren 5 Junioren 1  
Resultaten  
29.3.09 - 16:48

| Rang |                 |         |       |         | In.tijd       |          | Tijd    |                 |
|------|-----------------|---------|-------|---------|---------------|----------|---------|-----------------|
| 1.   | Tessa Vermeulen |         |       |         | De Dolfijn    | 11:16.95 | 9800068 | <b>10:48.99</b> |
|      | 200m:           | 2:40.99 | 400m: | 5:26.61 | 800m:         | 10:48.99 |         |                 |
| 2.   | Hannah Rosingh  |         |       |         | Het Y         | 11:09.11 | 9700342 | <b>10:57.50</b> |
|      | 200m:           | 2:39.48 | 400m: | 5:25.52 | 800m:         | 10:57.50 |         |                 |
| 3.   | Elise Dekker    |         |       |         | De Dolfijn    | 12:11.59 | 9700976 | <b>11:44.53</b> |
|      | 200m:           | 2:43.72 | 400m: | 5:42.44 | 800m:         | 11:44.53 |         |                 |
| 4.   | Samira Mijnen   |         |       |         | Zaanstad (SG) | 12:21.69 | 9701320 | <b>11:57.94</b> |
|      | 200m:           | 2:54.61 | 400m: | 5:58.01 | 800m:         | 11:57.94 |         |                 |
| 5.   | Anouk van Dam   |         |       |         | Hpc           | 12:34.19 | 9800032 | <b>12:13.13</b> |
|      | 200m:           | 2:55.77 | 400m: | 6:02.64 | 800m:         | 12:13.13 |         |                 |
| 6.   | Yanna Loogman   |         |       |         | Zpch          | 12:30.52 | 9701848 | <b>12:23.42</b> |
|      | 200m:           | 2:55.07 | 400m: | 6:03.39 | 800m:         | 12:23.42 |         |                 |

District Kampioenschappen Lange Afstand  
Huizen, 29.3.2009

Programmanr. 13  
29.3.09 - 17:02

Jongens, 1500m vrije slag

Heren Jeugd 1 en 2  
Resultaten

| Rang |                   |         |       |         | In.tijd            |          | Tijd    |                 |
|------|-------------------|---------|-------|---------|--------------------|----------|---------|-----------------|
| 1.   | Hans Peter Hartog |         |       |         | DAW-Finenzo        | 16:42.02 | 9100859 | <b>16:38.34</b> |
|      | 200m:             | 2:06.81 | 400m: | 4:20.25 | 800m:              | 8:49.28  | 1500m:  | 16:38.34        |
| 2.   | Fred Smink        |         |       |         | De Otters Het Gooi | 17:25.32 | 9104519 | <b>17:16.96</b> |
|      | 200m:             | 2:10.33 | 400m: | 4:27.15 | 800m:              | 9:06.93  | 1500m:  | 17:16.96        |
| 3.   | Richard Veerman   |         |       |         | Ed-Vo              | 18:09.11 | 9106345 | <b>17:51.07</b> |
|      | 200m:             | 2:13.73 | 400m: | 4:34.86 | 800m:              | 9:26.39  | 1500m:  | 17:51.07        |
| 4.   | Donald Hillebregt |         |       |         | Oceanus            | 17:38.76 | 9202629 | <b>17:51.71</b> |
|      | 200m:             | 2:12.88 | 400m: | 4:33.82 | 800m:              | 9:21.07  | 1500m:  | 17:51.71        |
| 5.   | Martijn Gras      |         |       |         | Zaanstad (SG)      | 18:15.86 | 9100751 | <b>18:10.26</b> |
|      | 200m:             | 2:19.14 | 400m: | 4:46.16 | 800m:              | 9:37.39  | 1500m:  | 18:10.26        |
| 6.   | Thom van Dijk     |         |       |         | ZV De Aalscholver  | 18:53.17 | 9102903 | <b>18:32.26</b> |
|      | 200m:             | 2:17.95 | 400m: | 4:43.80 | 800m:              | 9:40.20  | 1500m:  | 18:32.26        |

Programmanr. 14  
29.3.09 - 17:21

Jongens, 400m wisselslag

Jongens Junioren 1 en 2  
Resultaten

| Rang |                     |         |       |         | In.tijd              |         | Tijd    |                |
|------|---------------------|---------|-------|---------|----------------------|---------|---------|----------------|
| 1.   | Jeffrey Reijnders   |         |       |         | Oceanus              | 5:07.65 | 9500877 | <b>5:04.48</b> |
|      | 100m:               | 1:09.53 | 400m: | 5:04.48 |                      |         |         |                |
| 2.   | Lars Haarsma        |         |       |         | Zwemvereniging Hoorn | 5:26.94 | 9600745 | <b>5:33.55</b> |
|      | 100m:               | 1:17.70 | 400m: | 5:33.55 |                      |         |         |                |
| 3.   | Mitchell van Winsum |         |       |         | Az&pc                | 5:54.96 | 9500619 | <b>5:49.38</b> |
|      | 100m:               | 1:21.87 | 400m: | 5:49.38 |                      |         |         |                |
| 4.   | Danny Berlemon      |         |       |         | Zwemvereniging Hoorn | 6:21.63 | 9600527 | <b>6:02.98</b> |
|      | 100m:               | 1:23.80 | 400m: | 6:02.98 |                      |         |         |                |
| 5.   | Remco Tol           |         |       |         | Ed-Vo                | 6:19.51 | 9501505 | <b>6:07.86</b> |
|      | 100m:               | 1:31.82 | 400m: | 6:07.86 |                      |         |         |                |
| 6.   | Raymon Ostendorf    |         |       |         | ZV De Aalscholver    | 6:29.45 | 9600845 | <b>6:17.11</b> |
|      | 100m:               | 1:29.42 | 400m: | 6:17.11 |                      |         |         |                |

Programmanr. 15  
29.3.09 - 17:29

Dames, 800m vrije slag

Dames Senioren D1 en D2  
Resultaten

| Rang |                  |         |       |         | In.tijd         |          | Tijd    |                 |
|------|------------------|---------|-------|---------|-----------------|----------|---------|-----------------|
| 1.   | Danique Gielen   |         |       |         | Oceanus         | 9:33.66  | 9105922 | <b>9:12.76</b>  |
|      | 200m:            | 2:13.70 | 400m: | 4:34.76 | 800m:           | 9:12.76  |         |                 |
| 2.   | Corine Rooker    |         |       |         | WZ&PC Purmerend | 10:17.38 | 9201522 | <b>10:03.30</b> |
|      | 200m:            | 2:22.02 | 400m: | 4:55.30 | 800m:           | 10:03.30 |         |                 |
| 3.   | Merel Toussaint  |         |       |         | De Futen        | 10:32.45 | 9203788 | <b>10:24.07</b> |
|      | 200m:            | 2:29.47 | 400m: | 5:07.38 | 800m:           | 10:24.07 |         |                 |
| 4.   | Samantha Lubbers |         |       |         | De Dolfijn      | 11:07.03 | 9106794 | <b>10:46.32</b> |
|      | 200m:            | 2:30.38 | 400m: | 5:13.22 | 800m:           | 10:46.32 |         |                 |
| 5.   | Laura Ootes      |         |       |         | De Dolfijn      | 11:13.80 | 9201340 | <b>11:13.29</b> |
|      | 200m:            | 2:43.32 | 400m: | 5:33.41 | 800m:           | 11:13.29 |         |                 |

District Kampioenschappen Lange Afstand  
Huizen, 29.3.2009

Programmanr. 16  
29.3.09 - 17:41

Meisjes, 400m wisselslag

Meisjes Junioren 2 en 3  
Resultaten

| Rang |                  |         |       |                      | In.tijd |         | Tijd           |
|------|------------------|---------|-------|----------------------|---------|---------|----------------|
| 1.   | Janine Rooker    |         |       | WZ&PC Purmerend      | 5:22.78 | 9600316 | <b>5:19.25</b> |
|      | 100m:            | 1:15.12 | 400m: | 5:19.25              |         |         |                |
| 2.   | Sanne Bommer     |         |       | Zaanstad (SG)        | 5:41.29 | 9501132 | <b>5:33.37</b> |
|      | 100m:            | 1:19.89 | 400m: | 5:33.37              |         |         |                |
| 3.   | Kimberly Mijnen  |         |       | Zaanstad (SG)        | 5:33.18 | 9503644 | <b>5:36.80</b> |
|      | 100m:            | 1:16.83 | 400m: | 5:36.80              |         |         |                |
| 4.   | Manon Wiersma    |         |       | Zwemvereniging Hoorn | 5:53.48 | 9600112 | <b>5:37.98</b> |
|      | 100m:            | 1:19.57 | 400m: | 5:37.98              |         |         |                |
| 5.   | Zoë van der Aart |         |       | Zpch                 | 5:56.44 | 9503152 | <b>5:49.77</b> |
|      | 100m:            | 1:24.22 | 400m: | 5:49.77              |         |         |                |

Programmanr. 17  
29.3.09 - 17:48

Heren, 1500m vrije slag

Heren Senioren Open  
Resultaten

| Rang |                        |         |       |            |       | In.tijd  |         | Tijd            |
|------|------------------------|---------|-------|------------|-------|----------|---------|-----------------|
| 1.   | Matthijs Dekker        |         |       | De Dolfijn |       | 16:40.39 | 9000621 | <b>16:35.08</b> |
|      | 200m:                  | 2:04.95 | 400m: | 4:15.11    | 800m: | 8:41.64  | 1500m:  | 16:35.08        |
| 2.   | Jan-Willem v.d. Graaff |         |       | Het Y      |       | 17:02.50 | 8901023 | <b>16:43.18</b> |
|      | 200m:                  | 2:09.83 | 400m: | 4:23.19    | 800m: | 8:50.13  | 1500m:  | 16:43.18        |
| 3.   | Daan Glorie            |         |       | Het Y      |       | 16:46.20 | 8801115 | <b>17:01.27</b> |
|      | 200m:                  | 2:10.92 | 400m: | 4:27.86    | 800m: | 9:03.55  | 1500m:  | 17:01.27        |
| 4.   | Tom Verbeek            |         |       | Het Y      |       | 17:28.14 | 8803527 | <b>17:04.48</b> |
|      | 200m:                  | 2:05.01 | 400m: | 4:18.61    | 800m: | 8:55.57  | 1500m:  | 17:04.48        |
| 5.   | Jeroen Vogelsang       |         |       | Het Y      |       | 18:52.88 | 8001645 | <b>18:24.57</b> |
|      | 200m:                  | 2:15.36 | 400m: | 4:39.98    | 800m: | 9:37.09  | 1500m:  | 18:24.57        |

Programmanr. 18  
29.3.09 - 18:08

Jongens, 400m wisselslag

Jongens Junioren 3 en 4  
Resultaten

| Rang |                     |         |       |             | In.tijd |         | Tijd           |
|------|---------------------|---------|-------|-------------|---------|---------|----------------|
| 1.   | Jorrick Druyven     |         |       | DAW-Finzeno | 4:55.91 | 9400507 | <b>4:56.21</b> |
|      | 100m:               | 1:07.50 | 400m: | 4:56.21     |         |         |                |
| 2.   | Vincent Moolhuijsen |         |       | Oceanus     | 4:59.79 | 9401215 | <b>4:58.02</b> |
|      | 100m:               | 1:09.27 | 400m: | 4:58.02     |         |         |                |
| 3.   | Jordan Kraaijenhof  |         |       | Az&pc       | 5:07.01 | 9301111 | <b>5:03.01</b> |
|      | 100m:               | 1:11.29 | 400m: | 5:03.01     |         |         |                |
| 4.   | Bastiaan Waanders   |         |       | Oceanus     | 5:05.19 | 9301225 | <b>5:04.52</b> |
|      | 100m:               | 1:12.36 | 400m: | 5:04.52     |         |         |                |
| 5.   | Freek Schoffelmeer  |         |       | De Dolfijn  | 5:21.24 | 9302903 | <b>5:13.32</b> |
|      | 100m:               | 1:10.20 | 400m: | 5:13.32     |         |         |                |
| 6.   | Daniel Rosingh      |         |       | Het Y       | 5:21.36 | 9302741 | <b>5:23.01</b> |
|      | 100m:               | 1:10.16 | 400m: | 5:23.01     |         |         |                |

District Kampioenschappen Lange Afstand  
Huizen, 29.3.2009

Programmanr. 19  
29.3.09 - 18:14

Dames, 800m vrije slag

Dames Senioren  
Resultaten

| Rang |                         |         |       |         | In.tijd |         | Tijd           |
|------|-------------------------|---------|-------|---------|---------|---------|----------------|
| 1.   | Alice Bravo             |         |       | Het Y   | 9:23.63 | 8705346 | <b>9:15.48</b> |
|      | 200m:                   | 2:15.82 | 400m: | 4:35.89 | 800m:   | 9:15.48 |                |
| 2.   | Katinka van Vastenhoven |         |       | Nva/Hhc | 9:40.29 | 8402500 | <b>9:47.68</b> |
|      | 200m:                   | 2:16.46 | 400m: | 4:44.61 | 800m:   | 9:47.68 |                |

Programmanr. 20  
29.3.09 - 18:25

Meisjes, 400m wisselslag

Meisjes Jeugd 1 en 2  
Resultaten

| Rang |                     |         |       |                    | In.tijd |         | Tijd           |
|------|---------------------|---------|-------|--------------------|---------|---------|----------------|
| 1.   | Isabelle Grootes    |         |       | Oceanus            | 5:32.91 | 9303030 | <b>5:30.62</b> |
|      | 100m:               | 1:16.07 | 400m: | 5:30.62            |         |         |                |
| 2.   | Chantal Grove       |         |       | Oceanus            | 5:42.92 | 9401844 | <b>5:32.05</b> |
|      | 100m:               | 1:20.77 | 400m: | 5:32.05            |         |         |                |
| 3.   | Nikki van der Hoorn |         |       | Oceanus            | 5:43.47 | 9307224 | <b>5:37.02</b> |
|      | 100m:               | 1:16.97 | 400m: | 5:37.02            |         |         |                |
| 4.   | Ramona Vuijst       |         |       | De Otters Het Gooi | 5:52.99 | 9300828 | <b>5:51.77</b> |
|      | 100m:               | 1:19.97 | 400m: | 5:51.77            |         |         |                |
| 5.   | Ilona Broeders      |         |       | Het Y              | 5:58.30 | 9301030 | <b>5:58.09</b> |
|      | 100m:               | 1:24.73 | 400m: | 5:58.09            |         |         |                |