
| | | |
|------------------------------------|--------------------------|------------------------------|
| Programmanr. 1 21.11.09 - 17:00 | Meisjes, 400m wisselslag | Junioren 1,2,3 Resultaten |
|------------------------------------|--------------------------|------------------------------|

| Rang | | | In.tijd | Tijd |
|---------------------|-------|-------------------|-----------------|----------------|
| 1. Femke Remmits | | One Team Swimming | 5:38.65 9603692 | 5:22.58 |
| 50m: | 150m: | 250m: | 350m: | |
| 100m: 1:10.22 | 200m: | 300m: | 400m: 5:22.58 | |
| 2. Lisanne vd Lelij | | One Team Swimming | 5:48.36 9600666 | 5:24.72 |
| 50m: | 150m: | 250m: | 350m: | |
| 100m: 1:15.43 | 200m: | 300m: | 400m: 5:24.72 | |
| 3. Manon Broeze | | AZ&PC | 6:52.01 9703468 | 6:17.11 |
| 50m: | 150m: | 250m: | 350m: | |
| 100m: 1:33.17 | 200m: | 300m: | 400m: 6:17.11 | |

| | | |
|------------------------------------|------------------------|-------------------------------------|
| Programmanr. 2 21.11.09 - 17:10 | Dames, 400m wisselslag | Jeugd 1,2 en senioren Resultaten |
|------------------------------------|------------------------|-------------------------------------|

| Rang | | | In.tijd | Tijd |
|--------------------|-------|-------------|-----------------|----------------|
| 1. Aranka Schouten | | De Fuut | 6:14.07 9503742 | 5:41.14 |
| 50m: | 150m: | 250m: | 350m: | |
| 100m: 1:21.13 | 200m: | 300m: | 400m: 5:41.14 | |
| 2. Nicolle Buijs | | AZ&PC | 6:26.65 9302400 | 6:19.29 |
| 50m: | 150m: | 250m: | 350m: | |
| 100m: 1:28.36 | 200m: | 300m: | 400m: 6:19.29 | |
| 3. Renske Eilers | | AZC De Amer | 6:44.56 8806072 | 6:26.20 |
| 50m: | 150m: | 250m: | 350m: | |
| 100m: 1:29.88 | 200m: | 300m: | 400m: 6:26.20 | |

| | | |
|------------------------------------|--------------------------|--------------------------------|
| Programmanr. 3 21.11.09 - 17:15 | Jongens, 400m wisselslag | Junioren 1,2,3,4 Resultaten |
|------------------------------------|--------------------------|--------------------------------|

| Rang | | | In.tijd | Tijd |
|------------------------|-------|---------|-----------------|---------------------|
| 1. Rikus de Lange | | AZ&PC | 5:34.19 9401261 | 5:10.26 |
| 50m: | 150m: | 250m: | 350m: | |
| 100m: 1:12.67 | 200m: | 300m: | 400m: 5:10.26 | |
| 2. Mitchell van Winsum | | AZ&PC | 5:49.38 9500619 | 5:23.58 FJ 1 |
| 50m: | 150m: | 250m: | 350m: | |
| 100m: 1:15.20 | 200m: | 300m: | 400m: 5:23.58 | |
| 3. Daniël Buijs | | AZ&PC | 5:56.95 9600183 | 5:23.58 FJ 2 |
| 50m: | 150m: | 250m: | 350m: | |
| 100m: 1:14.45 | 200m: | 300m: | 400m: 5:23.58 | |
| 4. Valentijn Stolk | | De Fuut | 5:27.73 9601563 | 5:26.03 |
| 50m: | 150m: | 250m: | 350m: | |
| 100m: 1:13.69 | 200m: | 300m: | 400m: 5:26.03 | |
| 5. Rick Smit | | De Fuut | 6:23.83 9601521 | 6:19.17 |
| 50m: | 150m: | 250m: | 350m: | |
| 100m: 1:34.52 | 200m: | 300m: | 400m: 6:19.17 | |

Programmanr. 4 Heren, 400m wisselslag Jeugd 1,2 en senioren
21.11.09 - 17:25 Resultaten

| Rang | | | In.tijd | Tijd |
|------|----------------------------|-----------|-----------------|----------------|
| 1. | Gerrit Klaas van der Vaart | De Haaien | 5:24.97 8001551 | 5:23.51 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:11.86 | 200m: | 300m: | 400m: 5:23.51 |
| NG | Daniel Langerveld | De Fuut | 5:01.57 9302989 | |

Programmanr. 5 Meisjes, 200m rugslag Junioren 1,2,3
21.11.09 - 17:30 Resultaten

| Rang | Geb. | | Tijd | 50m | 100m | 150m | 200m |
|-------|---------------------|----------------------|----------------|-----|---------|------|---------|
| 1. | Jamilla van Veen | 96 One Team Swimming | 2:33.02 | | 1:13.96 | | 2:33.02 |
| 2. | Laura Moolenaar | 96 AZ&PC | 2:34.97 | | 1:15.46 | | 2:34.97 |
| 3. | Cynthia Siebrand | 96 De Haaien | 2:44.07 | | 1:18.79 | | 2:44.07 |
| 4. | Elles Becker | 96 ZC Zeist | 2:46.19 | | 1:20.82 | | 2:46.19 |
| 5. | Amy de Langen | 97 De Fuut | 2:53.63 | | 1:25.67 | | 2:53.63 |
| AFGEM | Melanie van Someren | 96 ZC Zeist | | | | | |

Programmanr. 6 Dames, 200m rugslag Jeugd 1,2 en senioren
21.11.09 - 17:40 Resultaten

| Rang | Geb. | | Tijd | 50m | 100m | 150m | 200m |
|------|-------------------|----------------------|----------------|-----|---------|------|---------|
| 1. | Claire de Winter | 94 AZ&PC | 2:26.19 | | 1:11.05 | | 2:26.19 |
| 2. | Ilse vd Wijngaard | 89 One Team Swimming | 2:33.82 | | | | 2:33.82 |
| 3. | Sigrid Dogger | 92 De Zwoer | 2:37.76 | | 1:15.67 | | 2:37.76 |
| 4. | Rianne Weijburg | 94 De Zwoer | 2:42.36 | | 1:17.65 | | 2:42.36 |
| 5. | Anne Duijst | 89 AZC De Amer | 2:50.47 | | 1:23.15 | | 2:50.47 |
| 6. | Valerie Welkzijn | 95 ZC Zeist | 2:58.86 | | 1:26.10 | | 2:58.86 |

Programmanr. 7 Jongens, 200m rugslag Junioren 1,2,3,4
21.11.09 - 17:45 Resultaten

| Rang | Geb. | | Tijd | 50m | 100m | 150m | 200m |
|------|-----------------|----------------------|----------------|-----|---------|------|---------|
| 1. | Max de Voogt | 95 One Team Swimming | 2:24.04 | | 1:10.25 | | 2:24.04 |
| 2. | Rick Theijn | 96 ZC Zeist | 2:30.08 | | 1:13.62 | | 2:30.08 |
| 3. | Symen Dogger | 94 De Zwoer | 2:30.97 | | 1:12.66 | | 2:30.97 |
| 4. | Bart Klok | 96 One Team Swimming | 2:36.59 | | 1:17.09 | | 2:36.59 |
| 5. | Luc van de Sant | 95 ZC Zeist | 2:55.26 | | 1:24.36 | | 2:55.26 |
| 6. | Jeroen Essink | 95 De Fuut | 3:00.34 | | 1:32.47 | | 3:00.34 |

Programmanr. 8 Heren, 200m rugslag Jeugd 1,2 en senioren
21.11.09 - 17:55 Resultaten

| Rang | Geb. | | Tijd | 50m | 100m | 150m | 200m |
|--|---------------------|----------------------|----------------|-----|---------|------|---------|
| 1. | Timo Bol | 91 De Fuut | 2:32.89 | | 1:14.48 | | 2:32.89 |
| 2. | Thijs van den End | 93 One Team Swimming | 2:33.32 | | 1:14.17 | | 2:33.32 |
| 3. | Sven van Zanten | 90 De Duinkickers | 2:41.67 | | 1:18.30 | | 2:41.67 |
| 4. | Gijs van der Gugten | 93 De Fuut | 2:42.88 | | 1:16.98 | | 2:42.88 |
| 5. | Jacco Beniest | 85 One Team Swimming | 2:53.39 | | 1:22.95 | | 2:53.39 |
| DIS | Rick van der Pal | 92 De Fuut | 2:52.70 | | 1:23.27 | | 2:52.70 |
| <i>RD - Rugligging verlaten en stuwbewegingen gemaakt zonder met de keerhandeling bezig te zijn.</i> | | | | | | | |
| NG | Len ter Hart | 91 De Fuut | | | 1:16.98 | | |

Programmanr. 9 Meisjes, 200m schoolslag Junioren 1,2,3
21.11.09 - 18:00 Resultaten

| Rang | Geb. | Tijd | 50m | 100m | 150m | 200m |
|------|------------------|----------------------|----------------|---------|------|---------|
| 1. | Anne van Hoorn | 96 One Team Swimming | 3:01.98 | 1:25.62 | | 3:01.98 |
| 2. | Lisanne vd Lelij | 96 One Team Swimming | 3:02.67 | 1:28.64 | | 3:02.67 |
| 3. | Lotte Veldhuizen | 96 De Haaien | 3:07.19 | 1:29.74 | | 3:07.19 |
| 4. | Melissa Smienk | 96 De Fuut | 3:09.15 | 1:30.95 | | 3:09.15 |
| 5. | Elles Becker | 96 ZC Zeist | 3:11.97 | 1:32.65 | | 3:11.97 |
| 6. | Lotte Stoiber | 98 De Fuut | 3:23.02 | 1:37.70 | | 3:23.02 |

Programmanr. 10 Dames, 200m schoolslag Jeugd 1,2 en senioren
21.11.09 - 18:10 Resultaten

| Rang | Geb. | Tijd | 50m | 100m | 150m | 200m |
|-------|-------------------|-------------------|----------------|---------|------|---------|
| 1. | Suzanne de Vries | 95 AZ&PC | 2:47.35 | 1:20.06 | | 2:47.35 |
| 2. | Milou Schraeverus | 95 AZ&PC | 3:01.77 | 1:27.36 | | 3:01.77 |
| 3. | Aranka Schouten | 95 De Fuut | 3:06.06 | 1:31.84 | | 3:06.06 |
| 4. | Demelsa Kreuger | 95 De Fuut | 3:09.49 | 1:29.66 | | 3:09.49 |
| 5. | Kathy van Zuilen | 93 AZC De Amer | 3:09.78 | 1:30.07 | | 3:09.78 |
| 6. | Charlotte Anraad | 93 ZC Zeist | 3:19.79 | 1:33.94 | | 3:19.79 |
| 7. | Jessica Algra | 94 ZC de Vuursche | 3:24.23 | 1:38.89 | | 3:24.23 |
| 8. | Valerie Welkzijn | 95 ZC Zeist | 3:25.76 | 1:39.31 | | 3:25.76 |
| 9. | Marielle Kievit | 94 De Fuut | 3:25.98 | 1:39.32 | | 3:25.98 |
| 10. | Nicole van Zuilen | 95 AZC De Amer | 3:29.89 | 1:41.36 | | 3:29.89 |
| 11. | Desiree Monrooy | 93 De Fuut | 3:39.63 | 1:43.61 | | 3:39.63 |
| 12. | Ingrid Hoofd | 93 ZC de Vuursche | 3:43.74 | 1:48.60 | | 3:43.74 |
| AFGEM | Kimberly Passmore | 95 De Fuut | | | | |

Programmanr. 11 Jongens, 200m schoolslag Junioren 1,2,3,4
21.11.09 - 18:20 Resultaten

| Rang | Geb. | Tijd | 50m | 100m | 150m | 200m |
|------|-----------------|----------------------|----------------|---------|------|---------|
| 1. | Daan Roordink | 95 De Fuut | 2:39.36 | 1:15.52 | | 2:39.36 |
| 2. | Valentijn Stolk | 96 De Fuut | 2:55.66 | 1:24.86 | | 2:55.66 |
| 3. | Rick Theijn | 96 ZC Zeist | 2:57.85 | 1:26.50 | | 2:57.85 |
| 4. | Lars van Zanten | 94 De Duinkickers | 3:02.98 | 1:25.65 | | 3:02.98 |
| 5. | Paul Kastelein | 96 One Team Swimming | 3:28.14 | 1:40.77 | | 3:28.14 |
| DIS | Rick Smit | 96 De Fuut | 3:24.65 | 1:38.93 | | 3:24.65 |

SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.

Programmanr. 12 Heren, 200m schoolslag Jeugd 1,2 en senioren
21.11.09 - 18:30 Resultaten

| Rang | Geb. | Tijd | 50m | 100m | 150m | 200m |
|------|------------------------|----------------------|----------------|---------|------|---------|
| 1. | Jordan Kraaijenhof | 93 AZ&PC | 2:26.69 | 1:10.57 | | 2:26.69 |
| 2. | Gijs van der Gugten | 93 De Fuut | 2:39.22 | 1:15.06 | | 2:39.22 |
| 3. | Jeroen van Wilpen | 93 ZC de Vuursche | 3:03.01 | 1:27.38 | | 3:03.01 |
| 4. | Justin Post | 92 De Fuut | 3:04.91 | 1:29.89 | | 3:04.91 |
| 5. | Jacco Beniest | 85 One Team Swimming | 3:06.35 | 1:27.78 | | 3:06.35 |
| 6. | Sven van Zanten | 90 De Duinkickers | 3:06.89 | 1:28.57 | | 3:06.89 |
| 7. | Pascal van den Dijssel | 89 De Haaien | 3:19.29 | 1:33.76 | | 3:19.29 |
| 8. | Timo Bol | 91 De Fuut | 3:32.66 | 1:42.03 | | 3:32.66 |
| NG | Ronald Stolk | 66 De Fuut | | | | |

Programmanr. 13
21.11.09 - 18:40

Meisjes, 400m vrije slag

Junioren 1,2,3
Resultaten

| Rang | | | In.tijd | Tijd |
|------|--------------------|-------------------|-----------------|----------------|
| 1. | Jamilla van Veen | One Team Swimming | 4:57.71 9603192 | 4:58.09 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:10.01 | 200m: 2:26.67 | 300m: | 400m: 4:58.09 |
| 2. | Esmee In der Maur | One Team Swimming | 5:15.29 9601912 | 5:13.58 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:12.04 | 200m: 2:32.24 | 300m: | 400m: 5:13.58 |
| 3. | Amy de Langen | De Fuut | 5:19.46 9702046 | 5:27.78 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:18.60 | 200m: 2:42.62 | 300m: | 400m: 5:27.78 |
| 4. | Marlies Noteboom | De Haaien | 5:49.51 9700802 | 5:50.10 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:18.07 | 200m: 2:47.32 | 300m: | 400m: 5:50.10 |
| 5. | Jasmin Lotfolahian | AZ&PC | 6:51.66 9703148 | 6:15.20 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:26.65 | 200m: 3:02.27 | 300m: | 400m: 6:15.20 |

Programmanr. 14
21.11.09 - 18:45

Dames, 400m vrije slag

Jeugd 1,2 en senioren
Resultaten

| Rang | | | In.tijd | Tijd |
|------|-------------------------|----------------|-----------------|----------------|
| 1. | Lotte Wilms | AZ&PC | 4:39.32 8402770 | 4:25.98 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:03.54 | 200m: 2:11.82 | 300m: | 400m: 4:25.98 |
| 2. | Lynn Dybiona | AZ&PC | 4:58.68 9501786 | 4:54.58 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:10.01 | 200m: 2:25.56 | 300m: | 400m: 4:54.58 |
| 3. | Iris van Beek | De Fuut | 5:10.61 9303874 | 4:58.66 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:11.14 | 200m: 2:28.04 | 300m: | 400m: 4:58.66 |
| 4. | Estelle de Jong | De Fuut | 5:03.43 8902076 | 5:00.78 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:11.98 | 200m: 2:29.92 | 300m: | 400m: 5:00.78 |
| 5. | Monique Nieuwelink | De Haaien | 5:40.77 9002724 | 5:15.57 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:12.32 | 200m: 2:32.45 | 300m: | 400m: 5:15.57 |
| 6. | Kathy van Zuilen | AZC De Amer | 5:36.88 9306138 | 5:19.83 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:13.55 | 200m: 2:34.58 | 300m: | 400m: 5:19.83 |
| 7. | Laura Visserman | AZC De Amer | 5:48.57 8704362 | 5:29.14 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:18.13 | 200m: 2:41.20 | 300m: | 400m: 5:29.14 |
| 8. | Willemijn Nederlof | ZC de Vuursche | 6:17.84 9203282 | 6:05.66 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:18.63 | 200m: 2:51.57 | 300m: | 400m: 6:05.66 |
| 9. | Farishta Ahmadzai | AZ&PC | 6:02.36 8906928 | 6:09.55 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:24.47 | 200m: 2:58.20 | 300m: | 400m: 6:09.55 |
| 10. | Lilianne van der Dussen | ZC de Vuursche | 6:27.39 9000936 | 6:12.23 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:22.01 | 200m: 2:58.38 | 300m: | 400m: 6:12.23 |

 Programmanr. 14, Dames, 400m vrije slag, Jeugd 1,2 en senioren

| Rang | | | In.tijd | Tijd |
|------|---|----------------|---------|---------|
| DIS | Jessica Algra | ZC de Vuursche | 6:26.19 | 9404138 |
| | <i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i> | | | |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:25.30 | 200m: 3:00.96 | 300m: | 400m: |

 Programmanr. 15
 21.11.09 - 19:00
 Jongens, 400m vrije slag
Junioren 1,2,3,4
Resultaten

| Rang | | | In.tijd | Tijd |
|-------|----------------------|-------------------|---------|---------------|
| 1. | Huub van Houwelingen | AZ&PC | 4:33.02 | 9406019 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: | 200m: 2:10.15 | 300m: | 400m: 4:23.28 |
| 2. | Bart Klok | One Team Swimming | 4:33.82 | 9600351 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:01.00 | 200m: 2:09.20 | 300m: | 400m: 4:27.07 |
| 3. | Daan Roordink | De Fuut | 4:42.65 | 9503979 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:02.85 | 200m: 2:12.27 | 300m: | 400m: 4:38.45 |
| 4. | Mitchell van Winsum | AZ&PC | 4:55.10 | 9500619 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:08.82 | 200m: 2:21.77 | 300m: | 400m: 4:44.73 |
| 5. | Sven Dogger | De Zwoer | 5:02.84 | 9600617 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:10.65 | 200m: 2:26.03 | 300m: | 400m: 4:56.68 |
| 6. | Paul Kastelein | One Team Swimming | 6:00.25 | 9602103 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:21.36 | 200m: 2:48.61 | 300m: | 400m: 5:40.17 |
| AFGEM | Auke Koops | De Zwoer | 5:10.01 | 9502455 |

 Programmanr. 16
 21.11.09 - 19:10
 Heren, 400m vrije slag
Jeugd 1,2 en senioren
Resultaten

| Rang | | | In.tijd | Tijd |
|------|----------------------------|-------------------|---------|---------------|
| 1. | Jeroen v.d. Bos | AZ&PC | 4:40.81 | 9202299 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:03.33 | 200m: 2:12.74 | 300m: | 400m: 4:31.54 |
| 2. | Thijs van den End | One Team Swimming | 4:58.29 | 9306803 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:04.18 | 200m: 2:20.00 | 300m: | 400m: 4:50.22 |
| 3. | Gerrit Klaas van der Vaart | De Haaien | 4:59.86 | 8001551 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:07.20 | 200m: 2:21.64 | 300m: | 400m: 4:52.65 |
| 4. | Daryl Dekking | De Duinkickers | 5:30.39 | 9302683 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:10.39 | 200m: 2:30.45 | 300m: | 400m: 5:17.29 |
| 5. | John Pfaff | One Team Swimming | 5:14.66 | 6901475 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: | 200m: | 300m: | 400m: 5:23.99 |
| 6. | Jeroen van Wilpen | ZC de Vuursche | 5:46.53 | 9301333 |
| | 50m: | 150m: | 250m: | 350m: |
| | 100m: 1:16.93 | 200m: 2:44.83 | 300m: | 400m: 5:41.64 |

 Programmanr. 16, Heren, 400m vrije slag, Jeugd 1,2 en senioren

| Rang | | | In.tijd | Tijd |
|------|-------------------|---------|---------|---------|
| NG | Daniel Langerveld | De Fuut | 4:12.48 | 9302989 |

 Programmanr. 17 Meisjes, 200m wisselslag Junioren 1,2,3
 21.11.09 - 19:25 Resultaten

| Rang | Geb. | | Tijd | 50m | 100m | 150m | 200m |
|-------|---------------------|----|-------------------|----------------|-------|------|---------|
| 1. | Lisanne vd Lelij | 96 | One Team Swimming | 2:40.26 | 36.12 | | 2:40.26 |
| 2. | Cynthia Siebrand | 96 | De Haaien | 2:43.02 | 34.02 | | 2:43.02 |
| 3. | Elles Becker | 96 | ZC Zeist | 2:49.38 | 36.55 | | 2:49.38 |
| 4. | Lieke Remmits | 98 | One Team Swimming | 2:51.08 | 36.15 | | 2:51.08 |
| 5. | Anne van Hoorn | 96 | One Team Swimming | 3:03.57 | 40.70 | | 3:03.57 |
| 6. | Marlies Noteboom | 97 | De Haaien | 3:13.08 | 44.29 | | 3:13.08 |
| AFGEM | Melanie van Someren | 96 | ZC Zeist | | | | |

 Programmanr. 18 Dames, 200m wisselslag Jeugd 1,2 en senioren
 21.11.09 - 19:30 Resultaten

| Rang | Geb. | | Tijd | 50m | 100m | 150m | 200m |
|------|---------------------------|----|-------------------|----------------|-------|------|---------|
| 1. | Claire de Winter | 94 | AZ&PC | 2:33.33 | 31.87 | | 2:33.33 |
| 2. | Suzanne de Vries | 95 | AZ&PC | 2:34.95 | 34.02 | | 2:34.95 |
| 3. | Milou Schraeverus | 95 | AZ&PC | 2:38.40 | 33.94 | | 2:38.40 |
| 4. | Ilse vd Wijngaard | 89 | One Team Swimming | 2:40.07 | 34.38 | | 2:40.07 |
| 5. | Vivian Ogundipe | 94 | AZ&PC | 2:49.48 | 34.26 | | 2:49.48 |
| 6. | Erika Zwaneveld-Kastelein | 84 | One Team Swimming | 2:51.64 | 36.13 | | 2:51.64 |
| 7. | Monique Nieuwelink | 90 | De Haaien | 2:51.69 | 39.07 | | 2:51.69 |
| 8. | Renske Eilers | 88 | AZC De Amer | 2:58.75 | 37.82 | | 2:58.75 |
| 9. | Nicolle Buijs | 93 | AZ&PC | 2:59.08 | 37.35 | | 2:59.08 |
| 10. | Valerie Welkzijn | 95 | ZC Zeist | 3:01.83 | 40.40 | | 3:01.83 |
| 11. | Nicole van Zuilen | 95 | AZC De Amer | 3:02.02 | 43.96 | | 3:02.02 |
| 12. | Sanne Jansen | 95 | ZC de Vuursche | 3:23.92 | 41.61 | | 3:23.92 |

 Programmanr. 19 Jongens, 200m wisselslag Junioren 1,2,3,4
 21.11.09 - 19:45 Resultaten

| Rang | Geb. | | Tijd | 50m | 100m | 150m | 200m |
|------|-------------------|----|-------------------|----------------|-------|------|---------|
| 1. | Max de Voogt | 95 | One Team Swimming | 2:26.45 | 32.23 | | 2:26.45 |
| 2. | Daan Roordink | 95 | De Fuut | 2:28.07 | 33.54 | | 2:28.07 |
| 3. | Daniël Buijs | 96 | AZ&PC | 2:37.77 | 34.42 | | 2:37.77 |
| 4. | Martijn Bartels | 96 | AZ&PC | 2:55.40 | 40.75 | | 2:55.40 |
| 5. | Luc van de Sant | 95 | ZC Zeist | 3:04.01 | 41.76 | | 3:04.01 |
| 6. | Lennart Kruizinga | 97 | AZ&PC | 3:08.32 | 39.25 | | 3:08.32 |

 Programmanr. 20 Heren, 200m wisselslag Jeugd 1,2 en senioren
 21.11.09 - 19:50 Resultaten

| Rang | Geb. | | Tijd | 50m | 100m | 150m | 200m |
|------|------------------------|----|----------------|----------------|-------|------|---------|
| 1. | Daryl Dekking | 93 | De Duinkickers | 2:41.81 | 35.07 | | 2:41.81 |
| 2. | Pascal van den Dijssel | 89 | De Haaien | 2:50.85 | 34.88 | | 2:50.85 |
| 3. | Jeroen van Wilpen | 93 | ZC de Vuursche | 2:51.13 | 33.67 | | 2:51.13 |

Programmanr. 21
21.11.09 - 19:55

Meisjes, 200m vrije slag

Junioren 1,2,3
Resultaten

| Rang | Geb. | | Tijd | 50m | 100m | 150m | 200m |
|-------|------|-------------------|----------------|-----|---------|------|---------|
| 1. | 96 | One Team Swimming | 2:15.86 | | | | 2:15.86 |
| 2. | 97 | De Fuut | 2:20.17 | | 1:07.80 | | 2:20.17 |
| 3. | 96 | AZ&PC | 2:20.67 | | 1:07.64 | | 2:20.67 |
| 4. | 96 | One Team Swimming | 2:21.49 | | 1:08.09 | | 2:21.49 |
| 5. | 96 | One Team Swimming | 2:28.39 | | 1:10.56 | | 2:28.39 |
| 6. | 97 | AZ&PC | 2:32.39 | | 1:12.60 | | 2:32.39 |
| 7. | 96 | De Fuut | 2:33.88 | | | | 2:33.88 |
| 8. | 97 | De Fuut | 2:35.28 | | 1:14.66 | | 2:35.28 |
| 9. | 96 | De Haaien | 2:39.63 | | 1:15.42 | | 2:39.63 |
| 10. | 98 | One Team Swimming | 2:41.74 | | 1:16.77 | | 2:41.74 |
| 11. | 98 | De Fuut | 2:43.70 | | 1:20.07 | | 2:43.70 |
| 12. | 97 | De Haaien | 2:53.49 | | 1:23.46 | | 2:53.49 |
| AFGEM | 96 | ZC Zeist | | | | | |

Programmanr. 22
21.11.09 - 20:05

Dames, 200m vrije slag

Jeugd 1,2 en senioren
Resultaten

| Rang | Geb. | | Tijd | 50m | 100m | 150m | 200m |
|-------|------|-------------------|----------------|-----|---------|------|---------|
| 1. | 84 | AZ&PC | 2:06.30 | | | | 2:06.30 |
| 2. | 95 | AZ&PC | 2:17.61 | | 1:06.68 | | 2:17.61 |
| 3. | 94 | De Zwoer | 2:18.00 | | 1:06.20 | | 2:18.00 |
| 4. | 92 | De Zwoer | 2:20.71 | | 1:07.35 | | 2:20.71 |
| 5. | 95 | De Fuut | 2:21.94 | | 1:07.04 | | 2:21.94 |
| 6. | 89 | De Fuut | 2:24.26 | | 1:09.73 | | 2:24.26 |
| 6. | 89 | AZC De Amer | 2:24.26 | | | | 2:24.26 |
| 8. | 93 | De Fuut | 2:24.45 | | 1:10.20 | | 2:24.45 |
| 9. | 93 | AZC De Amer | 2:29.26 | | 1:10.73 | | 2:29.26 |
| 10. | 89 | One Team Swimming | 2:29.69 | | 1:09.83 | | 2:29.69 |
| 11. | 90 | De Haaien | 2:32.51 | | 1:12.36 | | 2:32.51 |
| 12. | 84 | One Team Swimming | 2:33.90 | | 1:11.73 | | 2:33.90 |
| AFGEM | 95 | De Fuut | | | | | |

Programmanr. 23
21.11.09 - 20:15

Jongens, 200m vrije slag

Junioren 1,2,3,4
Resultaten

| Rang | Geb. | | Tijd | 50m | 100m | 150m | 200m |
|-------|------|-------------------|----------------|-----|---------|------|---------|
| 1. | 95 | One Team Swimming | 2:03.94 | | 1:01.24 | | 2:03.94 |
| 2. | 96 | One Team Swimming | 2:06.15 | | 1:00.45 | | 2:06.15 |
| 3. | 94 | AZ&PC | 2:07.82 | | 1:02.07 | | 2:07.82 |
| 4. | 96 | De Fuut | 2:11.23 | | 1:02.69 | | 2:11.23 |
| 5. | 94 | De Zwoer | 2:18.02 | | 1:06.17 | | 2:18.02 |
| 6. | 96 | De Zwoer | 2:19.98 | | 1:07.48 | | 2:19.98 |
| 7. | 96 | De Fuut | 2:36.39 | | 1:14.74 | | 2:36.39 |
| 8. | 96 | One Team Swimming | 2:36.88 | | 1:16.97 | | 2:36.88 |
| 9. | 95 | De Fuut | 2:38.64 | | 1:19.73 | | 2:38.64 |
| 10. | 96 | De Haaien | 2:39.73 | | 1:16.51 | | 2:39.73 |
| AFGEM | 95 | De Zwoer | | | | | |
| AFGEM | 95 | De Zwoer | | | | | |
| NG | 95 | ZC de Vuursche | | | | | |

Programmanr. 24
21.11.09 - 20:25

Heren, 200m vrije slag

Jeugd 1,2 en senioren
Resultaten

| Rang | Geb. | | Tijd | 50m | 100m | 150m | 200m |
|------|---------------------|----|-------------------|----------------|---------|------|---------|
| 1. | Jordan Kraaijenhof | 93 | AZ&PC | 2:01.72 | 59.88 | | 2:01.72 |
| 2. | Jeroen v.d. Bos | 92 | AZ&PC | 2:06.86 | 1:01.10 | | 2:06.86 |
| 3. | Gijs van der Gugten | 93 | De Fuut | 2:10.43 | 1:02.18 | | 2:10.43 |
| 4. | Thijs van den End | 93 | One Team Swimming | 2:13.91 | 1:02.83 | | 2:13.91 |
| 5. | Timo Bol | 91 | De Fuut | 2:26.06 | 1:06.96 | | 2:26.06 |
| 6. | Rick van der Pal | 92 | De Fuut | 2:27.06 | 1:09.06 | | 2:27.06 |
| 7. | Daryl Dekking | 93 | De Duinkickers | 2:30.64 | 1:10.80 | | 2:30.64 |
| 8. | John Pfaff | 69 | One Team Swimming | 2:33.02 | 1:13.50 | | 2:33.02 |
| NG | Daniel Langerveld | 93 | De Fuut | | | | |
| NG | Len ter Hart | 91 | De Fuut | | | | |