**vlaardingen**
**knzb zwemcomp 4e wedstrijd** **Waddinxveen (NED) 14-3-2010**

Overzichtslijst volgens programmanrs. Korte baan (25m)

## Sessie 1 - zondag 14 maart 2010

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| Prog.nr. 1 | 4 x 200m vrije slag Heren | : | ZV Vlaardingen Heren 1 | | | 11-99 | | 7:52.26 |
| | | | 1: Dinkelberg Timo | 93 | 1:57.63 | 3: Hartman Jurrien | 88 | 1:59.31 |
| | | | 2: van der Stel Marco | 91 | 1:58.90 | 4: Poot Victor | 92 | 1:56.42 |
| Prog.nr. 2 | 50m vlinderslag Dames | : | Gardenier Stacey | 00 | 49.58 S | Schoenmakers Hanneke | 98 | 42.78 S |
| | | | van Ree Rianne | 98 | 49.54 S | Zeebregts Richenne | 98 | 35.98 L |
| Prog.nr. 3 | 100m vrije slag Heren | : | Spaans Tim | 98 | 1:16.29 S | de Voogd Bob | 00 | 1:41.83 S |
| | | | van der Steen Ricardo | 00 | 1:27.51 S | | | |
| Prog.nr. 4 | 400m vrije slag Dames | : | Hoogendijk Celine | 96 | 4:50.44 S | van der Steen Tamara | 96 | 5:08.62 S |
| | | | Ritmeijer Asmara | 96 | 5:05.18 S | | | |
| Prog.nr. 6 | 100m schoolslag Heren | : | van der Kraan Vincent | 96 | 1:32.44 S | van der Steen Tim | 97 | 1:31.51 S |
| | | | Spiering Boris | 96 | 1:25.24 S | | | |
| Prog.nr. 7 | 200m vlinderslag Dames | : | Putter Nadya | 83 | 2:33.82 S | Stein Karin | 71 | 2:52.59 S |
| Prog.nr. 8 | 100m rugslag Heren | : | van der Bas Finn | 84 | 59.89 S | Hartman Jurrien | 88 | 1:03.95 S |
| | | | Brinkman Paul | 84 | 1:02.37 S | van der Stel Marco | 91 | 1:04.78 S |
| Prog.nr. 9 | 200m schoolslag Dames | : | Dinkelberg Marije | 97 | 3:17.40 S | Galjart Claire | 95 | 3:25.56 S |
| | | | Dunweg Astrid | 95 | 3:32.60 S | Metselaar Nadia | 94 | 3:16.15 S |
| Prog.nr. 11 | 100m rugslag Heren | : | Cleintuar Nick | 95 | 1:12.23 S | Spiering Max | 94 | 1:08.87 S |
| | | | van Deursen Jeroen | 94 | 1:08.87 S | Weisz Eli (BM) | 95 | 1:21.03 S |
| | | | Maurits Jordy | 95 | 1:09.58 S | | | |
| Prog.nr. 12 | 200m rugslag Dames | : | Hengst Ellen | 93 | 2:38.78 S | Noordermeer Ramona | 94 | 2:58.50 S |
| | | | Klerks Kiki | 93 | 2:24.00 S | Poot Ingrid | 94 | 2:54.41 S |
| Prog.nr. 13 | 100m vrije slag Heren | : | Dinkelberg Timo | 93 | 54.12 S | Poot Victor | 92 | 54.29 S |
| | | | Dunweg Bart | 93 | 54.24 S | Verwest Tim (BM) | 92 | 59.81 S |
| | | | Grudelbach Stefan | 92 | 56.37 S | | | |
| Prog.nr. 14 | 50m vrije slag Dames | : | van der Hoeven Natalie | 89 | 27.31 S | Stein Karin | 71 | 30.30 S |
| Prog.nr. 15 | 200m wisselslag Heren | : | Brinkman Paul | 84 | 2:10.41 | Hartman Jurrien | 88 | 2:12.67 S |
| | | | Galjart Boris | 92 | 2:21.12 S | van der Poel Ralf | 84 | 2:19.20 S |
| Prog.nr. 16 | 100m vrije slag Dames | : | Gardenier Stacey | 00 | 1:31.43 S | Schoenmakers Hanneke | 98 | 1:23.64 S |
| | | | van Ree Rianne | 98 | 1:26.85 S | Zeebregts Richenne | 98 | 1:14.60 S |
| Prog.nr. 17 | 50m vlinderslag Heren | : | Spaans Tim | 98 | 40.58 S | de Voogd Bob | 00 | 59.92 S |
| | | | van der Steen Ricardo | 00 | 48.97 S | | | |
| Prog.nr. 18 | 100m schoolslag Dames | : | Hoogendijk Celine | 96 | 1:18.72 S | van der Steen Tamara | 96 | 1:26.60 S |
| | | | Ritmeijer Asmara | 96 | 1:21.87 S | | | |
| Prog.nr. 19 | 400m vrije slag Heren | : | van der Kraan Vincent | 96 | 4:59.32 S | van der Steen Tim | 97 | 5:23.70 S |
| | | | Spiering Boris | 96 | 5:36.52 S | | | |
| Prog.nr. 21 | 200m wisselslag Dames | : | van der Hoeven Natalie | 89 | 2:29.94 S | Stein Karin | 71 | 2:33.80 S |
| | | | Putter Nadya | 83 | 2:30.05 S | | | |
| Prog.nr. 22 | 50m vrije slag Heren | : | van der Bas Finn | 84 | 25.08 | Hartman Jurrien | 88 | 25.11 |
| | | | Brinkman Paul | 84 | 24.75 | van der Stel Marco | 91 | 26.12 S |
| Prog.nr. 23 | 100m rugslag Dames | : | Dinkelberg Marije | 97 | 1:14.30 S | Galjart Claire | 95 | 1:28.40 S |
| | | | Dunweg Astrid | 95 | 1:26.70 S | Metselaar Nadia | 94 | 1:21.49 S |
| Prog.nr. 24 | 200m schoolslag Heren | : | Cleintuar Nick | 95 | 3:02.62 S | Spiering Max | 94 | 2:33.64 S |
| | | | van Deursen Jeroen | 94 | 3:03.44 S | Weisz Eli (BM) | 95 | 3:24.46 S |
| | | | Maurits Jordy | 95 | 3:08.23 S | | | |
| Prog.nr. 26 | 100m vrije slag Dames | : | Hengst Ellen | 93 | 1:09.12 S | Noordermeer Ramona | 94 | 1:13.78 S |
| | | | Klerks Kiki | 93 | 1:01.43 S | Poot Ingrid | 94 | 1:11.55 S |
| Prog.nr. 27 | 200m rugslag Heren | : | Dinkelberg Timo | 93 | 2:08.49 S | Poot Victor | 92 | 2:11.98 S |
| | | | Dunweg Bart | 93 | 2:28.26 S | Verwest Tim (BM) | 92 | 2:32.32 S |
| | | | Grudelbach Stefan | 92 | 2:27.72 S | | | |
| Prog.nr. 28 | 100m rugslag Dames | : | van der Hoeven Natalie | 89 | 1:15.13 S | Putter Nadya | 83 | 1:13.56 S |
| Prog.nr. 29 | 200m vlinderslag Heren | : | Galjart Boris | 92 | 2:16.61 S | van der Stel Marco | 91 | 2:18.10 S |
| | | | van der Poel Ralf | 84 | 2:27.88 S | | | |
| Prog.nr. 30 | 4 x 100m vrije slag Heren | : | ZV Vlaardingen Heren 1 | | | 11-15 | | 3:59.26 |
| | | | 1: Maurits Jordy | 95 | 59.19 | 3: Cleintuar Nick | 95 | 1:02.71 |
| | | | 2: van Deursen Jeroen | 94 | 59.66 | 4: Spiering Max | 94 | 57.70 |
| Prog.nr. 32 | 4 x 100m wisselslag Dame | : | ZV Vlaardingen Dames 1 | | | 11-13 | | 4:52.84 |
| | | | 1: Dinkelberg Marije | 97 | 1:14.30 | 3: Hoogendijk Celine | 96 | 1:10.69 |
| | | | 2: Ritmeijer Asmara | 96 | 1:21.87 | 4: van der Steen Tamara | 96 | 1:05.98 |