

Competitie deel 3

| <u>Progr. nr. 1 4x100m Wisselslag estafette senioren heren all-in</u> | | | | 50m | 100m | Eindtijd | |
|---|------------|---------|--|------------|-------------|-----------------|-----|
| 1 | OEZA | 4.13.79 | | 0.29.64 | 1.00.60 | 4.18.29 | I |
| 2 | KZC | 4.26.86 | | 0.33.51 | 1.06.96 | 4.33.18 | II |
| 3 | ZV De Zaan | 4.33.36 | | 0.34.53 | 1.12.01 | 4.34.67 | III |
| 4 | A.Z.V.D. | 4.53.19 | | 0.37.49 | 1.18.72 | 4.53.21 | |

A.Z.V.D.

| | | |
|----------|----------------------|---------|
| 99-02381 | Maarten van der Veen | 1.18.72 |
| 82-00967 | Paul Kos | |
| 96-00445 | Jeroen Jongert | |
| 01-03123 | Daan Swart | |

KZC

| | | |
|----------|----------------|---------|
| 86-00017 | Alex Admiraal | 1.06.96 |
| 97-04617 | Bjarne Bruijns | |
| 87-02947 | Mark Schoep | |
| 86-01783 | Richard Kuiper | |

OEZA

| | | |
|----------|---------------------|---------|
| 93-00661 | Barry Kleijne | 1.00.60 |
| 81-01287 | Paul Oudendijk | |
| 87-01097 | Jory van der Gracht | |
| 88-01115 | Daan Glorie | |

ZV De Zaan

| | | |
|----------|---------------------|---------|
| 99-01921 | Tim Kieft | 1.12.01 |
| 90-02615 | Robin Schortinghuis | |
| 91-00751 | Martijn Gras | |
| 90-03859 | Matthew van der Ent | |

| <u>Progr. nr. 3 4x100m Vrijeslag estafette m. senioren 2 en later</u> | | | | 50m | 100m | Eindtijd | |
|---|--------------|---------|--|------------|-------------|-----------------|-----|
| 1 | OEZA | 4.22.78 | | 0.31.22 | 1.06.78 | 4.26.52 | I |
| 2 | KZC | 4.31.25 | | 0.32.38 | 1.07.42 | 4.35.31 | II |
| 3 | ZV De Zaan 1 | 4.55.60 | | 0.34.61 | 1.12.11 | 4.53.64 | III |
| 4 | ZV De Zaan 2 | 5.11.45 | | 0.34.16 | 1.14.24 | 5.06.38 | |
| 5 | A.Z.V.D. | 5.16.56 | | 0.29.44 | 1.02.56 | 5.11.29 | |

A.Z.V.D.

| | | |
|----------|---------------------|---------|
| 97-02300 | Jade Broek | 1.02.56 |
| 03-01808 | Lisa Buter | |
| 99-06326 | Nicky Daamen | |
| 02-02550 | Gwyneth vd Ouweland | |

KZC

| | | |
|----------|------------------|---------|
| 02-01112 | Tara van Leeuwen | 1.07.42 |
| 98-00950 | Lisa Brantjes | |
| 00-00842 | Kirsten Dijkman | |
| 01-02610 | Merel Doll | |

OEZA

| | | |
|----------|---------------|---------|
| 01-01520 | Naomi Buur | 1.06.78 |
| 00-02986 | Kirsten Petit | |
| 01-05302 | Sanne Smit | |
| 00-01740 | Danae Kingma | |

ZV De Zaan 1

| | | |
|----------|---------------------|---------|
| 03-00780 | Yvonne Engel | 1.12.11 |
| 98-02036 | Sheri Zwietering | |
| 99-02314 | Iona van Wagtendonk | |
| 97-02176 | Daphne Duinkerke | |

ZV De Zaan 2

| | | |
|----------|------------------|---------|
| 03-00370 | Indy van Stelten | 1.14.24 |
| 00-03806 | Morgan Giroth | |
| 01-03708 | Gayl Reurslag | |
| 02-02556 | Romy Tuijnman | |

Progr. nr. 4 25m Vlinderslag dames/heren mix

JMIN4EL, MMIN4EL

Eindtijd

Jongens minioren 4 en later

j. minioren 4 en later

| | | | | | | | | |
|---|-----------------------|------------|---------|----------|---|--|---------|-----|
| 1 | Wessel Treffers | KZC | | 06-00139 | J | | 0.20.42 | I |
| 2 | Zias Kool | KZC | 0.33.75 | 05-01099 | J | | 0.20.96 | II |
| 3 | Ian van Rijn | OEZA | 0.40.65 | 05-01399 | J | | 0.25.75 | III |
| 4 | Hessel Tijben | ZV De Zaan | | 06-00375 | J | | 0.26.13 | |
| 5 | Stijn Beekhoven | ZV De Zaan | | 06-00329 | J | | 0.26.33 | |
| 6 | Quinten van der Horst | ZV De Zaan | | 05-01223 | J | | 0.27.85 | |

Competitie deel 3

Vervolg Progr. nr. 4 25m Vlinderslag dames/heren mix

| | | | | | | Eindtijd | |
|---|-----------------|------------|---------|----------|---|-----------------|----|
| 7 | Xam Blaauw | OEZA | 0.30.89 | 07-00113 | J | 0.29.82 | |
| 8 | Damiën Voordouw | ZV De Zaan | | 06-00577 | J | 0.33.51 | |
| - | Feico de Jonge | KZC | 0.24.77 | 06-00047 | J | | VH |
| - | Bram Loots | KZC | | 07-00197 | J | | VG |
| - | Neil van't Veer | A.Z.V.D. | | 05-01445 | J | afg. | |

Meisjes minioren 4 en later

m. minioren 4 en later

| | | | | | | | |
|----|---------------------|------------|---------|----------|---|---------|-----|
| 1 | Kim Boer | ZV De Zaan | 0.24.26 | 06-00034 | M | 0.19.28 | I |
| 2 | Marit van Tol | ZV De Zaan | | 05-00824 | M | 0.21.54 | II |
| 3 | Dana van Leeuwen | KZC | 0.23.75 | 05-00150 | M | 0.21.75 | III |
| 4 | Dina el Moudden | ZV De Zaan | | 06-00880 | M | 0.23.18 | |
| 5 | Britt Kat | ZV De Zaan | | 05-02170 | M | 0.23.45 | |
| 6 | Chantal Half | KZC | 0.29.26 | 06-00562 | M | 0.23.50 | |
| 7 | Danée Duin | KZC | | 05-02560 | M | 0.23.68 | |
| 8 | Kyara Hollingsworth | ZV De Zaan | | 06-00878 | M | 0.24.20 | |
| 9 | Blossom Meijer | KZC | 0.27.34 | 05-00368 | M | 0.24.43 | |
| 10 | Demi Barker | KZC | 0.28.06 | 05-00348 | M | 0.24.52 | |
| 11 | Reese Rutgers | ZV De Zaan | | 06-00254 | M | 0.25.87 | |
| 12 | Kim Oudendijk | KZC | | 06-00964 | M | 0.26.78 | |
| 13 | Laura Kelder | ZV De Zaan | | 05-00508 | M | 0.27.04 | |
| 14 | Marieke Bos | A.Z.V.D. | | 06-01272 | M | 0.27.48 | |
| 15 | Isabel de Boer | OEZA | 0.29.23 | 06-01552 | M | 0.28.44 | |
| 16 | Maaïke Bleij | A.Z.V.D. | | 06-01274 | M | 0.29.47 | |
| 17 | Fleur Dessart | ZV De Zaan | | 07-00060 | M | 0.30.71 | |
| 18 | Robin Visser | A.Z.V.D. | | 05-01742 | M | 0.30.78 | |
| 19 | Nanou Kool | KZC | | 07-00438 | M | 0.32.60 | |
| - | Manouk Hol | OEZA | 0.33.08 | 05-02598 | M | afg. | |

Progr. nr. 5 50m Schoolslag m. junioren 1 en later

| | | | | | | Eindtijd | |
|----|--------------------|------------|---------|----------|--|-----------------|-----|
| 1 | Eline Hoekstra | OEZA | 0.44.00 | 03-01280 | | 0.43.98 | I |
| 2 | Marije Kelder | ZV De Zaan | 0.50.07 | 03-00412 | | 0.46.21 | II |
| 3 | Yvonne Engel | ZV De Zaan | 0.51.39 | 03-00780 | | 0.46.48 | III |
| 4 | Indy van Stelten | ZV De Zaan | 0.44.34 | 03-00370 | | 0.46.74 | |
| 5 | Iris Renkema | OEZA | 0.48.46 | 04-01030 | | 0.46.80a | |
| 6 | Maia de Boer | OEZA | 0.48.56 | 03-03862 | | 0.46.80b | |
| 7 | Britt Scholten | OEZA | 0.48.23 | 04-01728 | | 0.47.27 | |
| 8 | Talisa Mosk | KZC | 0.47.29 | 04-00602 | | 0.47.71 | |
| 9 | Maura Bakker | ZV De Zaan | 0.51.23 | 03-00940 | | 0.47.82 | |
| 10 | Rachella van Zanen | ZV De Zaan | 0.46.16 | 03-00806 | | 0.47.98 | |
| 11 | Yente Blaauw | OEZA | 0.47.01 | 03-01932 | | 0.48.23 | |
| 12 | Yara Winkelman | ZV De Zaan | 0.50.72 | 03-00882 | | 0.48.81 | |
| 13 | Dewi Welboren | KZC | 0.55.19 | 03-01520 | | 0.50.42 | |
| 14 | Resa Treffers | KZC | 0.52.28 | 04-01140 | | 0.50.87 | |
| 15 | Lonneke Ritman | KZC | 0.49.89 | 04-00022 | | 0.51.51 | |
| 16 | Shari Kok | ZV De Zaan | 0.54.61 | 04-00248 | | 0.52.06 | |
| 17 | Amelia Veldhuis | OEZA | 0.53.36 | 03-02954 | | 0.52.29 | |
| 18 | Kiyaan Elghandor | OEZA | 0.52.18 | 03-02956 | | 0.52.78 | |
| 19 | Shaime Sobh | OEZA | 0.53.46 | 03-01282 | | 0.53.06 | |
| 20 | Lianne Wieman | OEZA | 0.56.62 | 03-01284 | | 0.54.18 | |
| 21 | Maud de Wildt | OEZA | 0.57.71 | 05-01974 | | 0.54.22 | |
| 22 | Gwen Makker | ZV De Zaan | 0.58.18 | 04-02680 | | 0.54.70 | |

Competitie deel 3

Vervolg Progr. nr. 5 50m Schoolslag m. junioren 1 en later

| | | | | | Eindtijd | |
|----|--------------------|------------|---------|----------|-----------------|----|
| 23 | Luna Huiberts | ZV De Zaan | 0.55.94 | 03-03038 | 0.55.40 | |
| 24 | Giulia Gelsumino | OEZA | 0.59.41 | 03-04070 | 0.57.50 | |
| 25 | Elvira Prins | A.Z.V.D. | 1.00.27 | 04-03106 | 0.59.13 | |
| 26 | Yara wentink | OEZA | 0.58.70 | 04-03334 | 0.59.67 | |
| - | Lisa Buter | A.Z.V.D. | 0.53.16 | 03-01808 | | SJ |
| - | Jalina Venema | OEZA | 1.01.14 | 04-03336 | | AB |
| - | Iris van't Veer | A.Z.V.D. | 0.46.29 | 03-01254 | afg. | |
| - | Shana Visser | A.Z.V.D. | 0.53.48 | 04-00710 | afg. | |
| - | Yasmin Balahoua | A.Z.V.D. | 1.05.57 | 04-03638 | afg. | |
| - | landra Martens | OEZA | 0.48.63 | 03-04398 | afg. | |
| - | Sydney van Rijn | OEZA | 0.53.21 | 03-03860 | afg. | |
| - | Angelina Kesselaar | ZV De Zaan | 0.55.74 | 04-00046 | afg. | |

Progr. nr. 6 50m Schoolslag j. minioren 6 en later

| | | | | | Eindtijd | |
|----|-------------------------|------------|---------|----------|-----------------|-----|
| 1 | Rick Offringa | OEZA | 0.45.65 | 03-00979 | 0.45.24 | I |
| 2 | Jur In de Braekt | ZV De Zaan | 0.45.10 | 03-00365 | 0.45.53 | II |
| 3 | Pepijn van der Putten | ZV De Zaan | 0.47.59 | 03-00361 | 0.47.41 | III |
| 4 | Luan Dijkman Dulkes | KZC | 0.52.53 | 03-02431 | 0.48.87 | |
| 5 | Miquel Carrillo Moreno | ZV De Zaan | 0.49.23 | 03-00583 | 0.49.82 | |
| 6 | Stefano de Vries | KZC | 0.50.22 | 03-01671 | 0.50.13 | |
| 7 | Tycho de Jonge | KZC | 0.50.59 | 04-00411 | 0.50.98 | |
| 8 | Ramses Rinder | KZC | 0.59.00 | 03-01861 | 0.53.80 | |
| 9 | Kalle Oortwijn | OEZA | 0.55.68 | 05-01141 | 0.54.35 | |
| 10 | Brian Half | KZC | 1.01.00 | 03-01669 | 0.54.91 | |
| 11 | Yannick Glas | ZV De Zaan | 0.59.53 | 04-02917 | 0.55.22 | |
| 12 | Yoran Nijland | OEZA | 0.55.61 | 05-01331 | 0.56.88 | |
| 13 | Lorenzo Huis in 't Veld | OEZA | 0.59.97 | 03-03735 | 0.59.57 | |
| 14 | Mica Blaauw | OEZA | 0.57.68 | 05-00928 | 1.01.61 | |
| - | Aaron Mientjes | KZC | 0.53.16 | 04-00781 | afg. | |

Progr. nr. 7 50m Vlinderslag m. junioren 3 en later

| | | | | | Eindtijd | |
|----|-----------------------|------------|---------|----------|-----------------|-----|
| 1 | Tara van Leeuwen | KZC | 0.35.77 | 02-01112 | 0.36.39 | I |
| 2 | Merel Doll | KZC | 0.36.76 | 01-02610 | 0.36.57 | II |
| 3 | Gayl Reurslag | ZV De Zaan | 0.37.56 | 01-03708 | 0.39.83 | III |
| 4 | Sterre Kieft | KZC | 0.42.98 | 02-03010 | 0.40.48 | |
| 5 | Nienke Angenent | OEZA | 0.42.19 | 01-04780 | 0.40.68 | |
| 6 | Talita Dijkman Dulkes | KZC | 0.43.56 | 02-03484 | 0.41.05 | |
| 7 | Yasmin Hofland | OEZA | 0.41.81 | 01-04214 | 0.41.82 | |
| 8 | Sanne Lagerweij | ZV De Zaan | 0.43.33 | 02-01552 | 0.42.00 | |
| 9 | Nikita van Huisstede | OEZA | 0.43.19 | 01-03192 | 0.42.47 | |
| 10 | Romy Tuijnman | ZV De Zaan | 0.44.60 | 02-02556 | 0.43.06 | |
| 11 | Faith Giroth | ZV De Zaan | 0.41.97 | 02-01590 | 0.43.35 | |
| 12 | Isabel van Vliet | OEZA | 0.52.16 | 02-05090 | 0.44.02 | |
| 13 | Isabel de Wolff | OEZA | 0.45.68 | 01-04216 | 0.45.74 | |
| 14 | Gwyneth vd Ouweland | A.Z.V.D. | 0.45.54 | 02-02550 | 0.46.43 | |
| 15 | Jonell Barker | KZC | 0.47.30 | 01-03468 | 0.46.85 | |
| 16 | Bianca Koster | ZV De Zaan | 0.47.93 | 01-00630 | 0.47.12 | |
| 17 | Beau Porte | KZC | 1.03.78 | 01-04878 | 0.59.06 | |
| - | Indy Hooijschuur | ZV De Zaan | 0.47.11 | 01-02130 | afg. | |

Progr. nr. 8 50m Vlinderslag j. junioren 2 en later

| | | | | | Eindtijd | |
|---|------------|----------|---------|----------|-----------------|---|
| 1 | Daan Swart | A.Z.V.D. | 0.39.48 | 01-03123 | 0.34.00 | I |

Competitie deel 3

Vervolg Progr. nr. 8 50m Vlinderslag j. junioren 2 en later

| | | | | | Eindtijd | |
|----|-----------------------|------------|---------|----------|-----------------|-----|
| 2 | Sjoerd Jongert | A.Z.V.D. | 0.37.28 | 01-00427 | 0.35.92 | II |
| 3 | Teun van Vegten | OEZA | 0.37.65 | 01-03329 | 0.37.52 | III |
| 4 | Tobias de Boer | OEZA | 0.39.59 | 02-01493 | 0.38.45 | |
| 5 | Owen Barker | KZC | 0.41.51 | 03-00679 | 0.41.30 | |
| 6 | Stijn van de Wetering | ZV De Zaan | 0.41.31 | 01-02307 | 0.42.00 | |
| 7 | Frank Bouquet | A.Z.V.D. | 0.45.81 | 01-02279 | 0.44.19 | |
| 8 | Sep Smit | KZC | 0.50.95 | 02-01687 | 0.47.35 | |
| 9 | Moemen Hussein | ZV De Zaan | | 02-03039 | 0.53.42 | |
| 10 | Bas Brouwer | KZC | | 02-04251 | 0.54.41 | |
| - | Nout Schouten | A.Z.V.D. | | 01-04537 | | VB |
| - | Maarten Woudsma | OEZA | 0.51.06 | 01-03181 | | VB |
| - | Beau Wever | KZC | 0.55.06 | 01-04337 | afg. | |

Progr. nr. 9 100m Rugslag m. jeugd 2 en later

| | | | | 50m | Eindtijd | |
|----|---------------------|------------|---------|------------|-----------------|-----|
| 1 | Naomi Buur | OEZA | 1.17.64 | 01-01520 | 1.17.01 | I |
| 2 | Sanne Smit | OEZA | 1.16.14 | 01-05302 | 1.17.69 | II |
| 3 | Iona van Wagtendonk | ZV De Zaan | 1.25.30 | 99-02314 | 1.20.07 | III |
| 4 | Femke Stevens | ZV De Zaan | 1.21.16 | 99-01546 | 1.20.23 | |
| 5 | Manou ten Hoorn | ZV De Zaan | 1.21.07 | 02-02086 | 1.20.32 | |
| 6 | Femke Ritman | KZC | 1.28.80 | 01-00286 | 1.24.86 | |
| 7 | Kirsten Dijkman | KZC | 1.18.57 | 00-00842 | 1.26.12 | |
| 8 | Suzanne Ivens | OEZA | 1.30.44 | 99-02904 | 1.29.53 | |
| 9 | Joylean Meijer | KZC | 1.32.14 | 99-05252 | 1.30.85 | |
| 10 | Nicky Daamen | A.Z.V.D. | 1.42.16 | 99-06326 | 1.41.21 | |
| - | Morgan Giroth | ZV De Zaan | 1.29.50 | 00-03806 | | RC |

Progr. nr. 11 100m Rugslag j. junioren 4 en later

| | | | | 50m | Eindtijd | |
|----|----------------------|------------|---------|------------|-----------------|-----|
| 1 | Phil Brantjes | KZC | 1.08.21 | 00-00485 | 1.09.04 | I |
| 2 | Roy Vlieland | KZC | 1.16.70 | 99-01517 | 1.15.13 | II |
| 3 | Davey van der Laan | ZV De Zaan | 1.14.90 | 00-03991 | 1.15.56 | III |
| 4 | Jeffrey van Zanen | ZV De Zaan | 1.20.02 | 00-03123 | 1.16.42 | |
| 5 | Roel Gaal | OEZA | 1.18.85 | 01-01173 | 1.17.48 | |
| 6 | Maarten van der Veen | A.Z.V.D. | 1.17.21 | 99-02381 | 1.18.41 | |
| 7 | Stefan Woudsma | OEZA | 1.21.73 | 00-03437 | 1.19.27 | |
| 8 | Daan In de Braekt | ZV De Zaan | 1.19.10 | 99-00571 | 1.20.86 | |
| 9 | Jordy Koan | ZV De Zaan | 1.32.74 | 99-04519 | 1.21.45 | |
| 10 | David Rinder | KZC | | 00-00777 | 1.22.57 | |
| - | Goos Duin | OEZA | 1.36.21 | 00-05339 | | RC |
| - | Davey Rhebok | A.Z.V.D. | 1.37.66 | 99-04401 | afg. | |
| - | Bram Schillemans | OEZA | 1.21.10 | 99-04861 | afg. | |

Progr. nr. 13 50m Vrijeslag m. senioren 2 en later

| <u>Progr. nr. 13 50m Vrijeslag m. senioren 2 en later</u> | | | | | Eindtijd | |
|---|------------------|------------|---------|----------|-----------------|-----|
| 1 | Danae Kingma | OEZA | 0.27.50 | 00-01740 | 0.27.99 | I |
| 2 | Jade Broek | A.Z.V.D. | 0.28.98 | 97-02300 | 0.28.83 | II |
| 3 | Lisa Brantjes | KZC | 0.30.65 | 98-00950 | 0.31.74 | III |
| 4 | Kirsten Petit | OEZA | 0.32.00 | 00-02986 | 0.32.56 | |
| 5 | Sheri Zwietering | ZV De Zaan | 0.32.87 | 98-02036 | 0.33.08 | |

Progr. nr. 14 50m Vrijeslag j. jeugd 2 en later

| Progr. nr. 14 50m Vrijeslag j. jeugd 2 en later | | | | | Eindtijd | |
|---|------------------|------------|---------|----------|----------|-----|
| 1 | Tim Kieft | ZV De Zaan | 0.26.45 | 99-01921 | 0.26.82 | I |
| 2 | Angelo Di Mattia | OEZA | 0.28.10 | 97-05323 | 0.27.11 | II |
| 3 | Ahmet Liman | KZC | 0.30.16 | 97-04215 | 0.29.52 | III |

Competitie deel 3

Vervolg Progr. nr. 14 50m Vrijeslag j. jeugd 2 en later

| | | | | | | Eindtijd |
|---|----------------|------|---------|----------|----|-----------------|
| 4 | Koen Gaal | OEZA | 0.29.62 | 99-01113 | | 0.30.07 |
| 5 | Matthew de Wit | OEZA | 0.35.30 | 97-03831 | S8 | 0.34.99 |

Handicap: S8; IPC-NED Punten: 431.96

Progr. nr. 15 200m Schoolslag senioren dames all-in

| | | | | | 50m | 100m | Eindtijd | |
|---|---------------------|------------|---------|----------|------------|-------------|-----------------|-----|
| 1 | Dyana van Pomeran | KZC | | 90-02990 | 0.42.67 | 1.31.60 | 3.12.13 | I |
| 2 | Anne Groen | OEZA | 3.14.90 | 95-05996 | 0.43.00 | 1.31.93 | 3.13.13 | II |
| 3 | Shira de Haan | OEZA | 3.14.14 | 00-01130 | 0.43.18 | 1.33.03 | 3.16.09 | III |
| 4 | Frédérique van Tiel | KZC | 3.12.87 | 97-02852 | 0.46.32 | 1.37.46 | 3.16.42 | |
| 5 | Melonie Hoonakker | ZV De Zaan | 3.16.75 | 92-00804 | 0.46.27 | 1.38.24 | 3.29.27 | |
| 6 | Daphne Duinkerke | ZV De Zaan | 3.21.50 | 97-02176 | 0.47.16 | 1.41.71 | 3.30.71 | |
| 7 | Cindy Buur | OEZA | 3.37.72 | 99-05052 | 0.47.18 | 1.42.80 | 3.42.42 | |
| 8 | Kim van Soest | ZV De Zaan | 3.51.78 | 94-03574 | 0.49.92 | 1.48.43 | 3.51.04 | |

Progr. nr. 17 200m Schoolslag senioren heren all-in

| | | | | | 50m | 100m | Eindtijd | |
|----|----------------------|------------|---------|----------|------------|-------------|-----------------|-----|
| 1 | Paul Oudendijk | OEZA | 2.40.62 | 81-01287 | 0.37.14 | 1.19.55 | 2.43.04 | I |
| 2 | Daan Glorie | OEZA | 2.49.10 | 88-01115 | 0.37.69 | 1.19.80 | 2.45.33 | II |
| 3 | Robin Schortinghuis | ZV De Zaan | 2.49.14 | 90-02615 | 0.36.70 | 1.18.87.00 | 2.47.03 | III |
| 4 | Barry Kleijne | OEZA | 3.00.69 | 93-00661 | | 1.20.93 | 2.51.78 | |
| 5 | Martijn Gras | ZV De Zaan | 2.56.22 | 91-00751 | 0.38.17 | 1.21.96 | 2.53.61 | |
| 6 | Jory van der Gracht | OEZA | 2.49.78 | 87-01097 | 0.38.98 | 1.22.45 | 2.53.70 | |
| 7 | Mark Schoep | KZC | 2.54.81 | 87-02947 | 0.40.73 | 1.24.39 | 2.55.04 | |
| 8 | Kristian Stam | ZV De Zaan | 2.53.94 | 91-02187 | 0.42.01 | 1.26.26 | 2.56.90 | |
| 9 | Wibo Mooibroek | ZV De Zaan | 2.58.82 | 74-01339 | 0.39.24 | 1.23.65 | 2.57.60 | |
| 10 | Bjarne Bruijns | KZC | | 97-04617 | 0.39.77 | 1.25.23 | 2.58.93 | |
| 11 | Thom Scheeve | ZV De Zaan | 3.03.41 | 92-03089 | 0.39.22 | 1.25.35 | 2.59.15 | |
| 12 | Metten de Vries | ZV De Zaan | | 89-03473 | 0.40.00 | 1.25.46 | 3.03.49 | |
| 13 | Jeroen Jongert | A.Z.V.D. | 2.54.86 | 96-00445 | 0.39.74 | 1.25.83 | 3.03.54 | |
| 14 | Dylan de Vries | OEZA | 3.06.25 | 93-05531 | 0.42.75 | 1.30.60 | 3.04.96 | |
| 15 | Pascal Palmboom | OEZA | 3.04.63 | 89-02395 | 0.37.79 | 1.24.05 | 3.08.11 | |
| 16 | Paul Kos | A.Z.V.D. | 2.58.96 | 82-00967 | 0.43.09 | 1.30.81 | 3.08.60 | |
| 17 | Casper Gras | ZV De Zaan | 3.09.81 | 92-00403 | 0.41.21 | 1.29.39 | 3.08.88 | |
| 18 | Tim Essers | OEZA | 2.56.38 | 88-00987 | 0.41.86 | 1.29.23 | 3.09.70 | |
| 19 | Jeroen Schortinghuis | ZV De Zaan | 3.16.79 | 87-02981 | 0.43.18 | 1.33.52 | 3.17.49 | |
| 20 | Matthijs Bloem | ZV De Zaan | 3.18.16 | 90-06953 | 0.42.00 | 1.31.64 | 3.17.50 | |
| 21 | Matthew van der Ent | ZV De Zaan | 3.04.37 | 90-03859 | 0.56.15 | 1.55.87 | 3.54.67 | |
| - | Lásse Krikke | KZC | | 88-02027 | | | afg. | |

Progr. nr. 19 50m Rugslag dames/heren mix

JMIN4EL, MMIN4EL

Eindtijd

Jongens minioren 4 en later

j. minioren 4 en later

| | | | | | | | |
|---|-----------------------|------------|---------|----------|---|---------|-----|
| 1 | Zias Kool | KZC | 0.47.52 | 05-01099 | J | 0.45.32 | I |
| 2 | Feico de Jonge | KZC | 0.49.28 | 06-00047 | J | 0.48.51 | II |
| 3 | Hessel Tijben | ZV De Zaan | 0.51.83 | 06-00375 | J | 0.49.55 | III |
| 4 | Quinten van der Horst | ZV De Zaan | 0.57.01 | 05-01223 | J | 0.51.30 | |
| 5 | Wessel Treffers | KZC | 0.50.59 | 06-00139 | J | 0.52.02 | |
| 6 | Xam Blaauw | OEZA | 0.54.56 | 07-00113 | J | 0.53.03 | |
| 7 | Ian van Rijn | OEZA | 0.55.75 | 05-01399 | J | 0.54.42 | |
| 8 | Bram Loots | KZC | | 07-00197 | J | 0.55.91 | |
| 9 | Damiën Voordouw | ZV De Zaan | 0.57.37 | 06-00577 | J | 0.57.83 | |
| - | Stijn Beekhoven | ZV De Zaan | 0.50.92 | 06-00329 | J | | RD |

Competitie deel 3

Vervolg Progr. nr. 19 50m Rugslag dames/heren mix

| | | | | | | |
|---|-----------------|----------|---------|----------|---|-------------------------|
| - | Neil van't Veer | A.Z.V.D. | 1.02.02 | 05-01445 | J | Eindtijd afg. |
|---|-----------------|----------|---------|----------|---|-------------------------|

Meisjes minioren 4 en later

m. minioren 4 en later

| | | | | | | | |
|----|---------------------|------------|---------|----------|---|---------|-----|
| 1 | Marit van Tol | ZV De Zaan | 0.48.28 | 05-00824 | M | 0.45.26 | I |
| 2 | Kim Boer | ZV De Zaan | 0.45.43 | 06-00034 | M | 0.46.92 | II |
| 3 | Chantal Half | KZC | 0.49.21 | 06-00562 | M | 0.48.00 | III |
| 4 | Dana van Leeuwen | KZC | 0.51.93 | 05-00150 | M | 0.48.83 | |
| 5 | Britt Kat | ZV De Zaan | 0.52.31 | 05-02170 | M | 0.49.72 | |
| 6 | Robin Visser | A.Z.V.D. | 0.51.79 | 05-01742 | M | 0.50.49 | |
| 7 | Isabel de Boer | OEZA | 1.02.16 | 06-01552 | M | 0.50.92 | |
| 8 | Laura Kelder | ZV De Zaan | | 05-00508 | M | 0.52.02 | |
| 9 | Kim Oudendijk | KZC | 0.56.71 | 06-00964 | M | 0.52.12 | |
| 10 | Dina el Moudden | ZV De Zaan | 0.53.23 | 06-00880 | M | 0.52.74 | |
| 11 | Demi Barker | KZC | 0.51.54 | 05-00348 | M | 0.52.85 | |
| 12 | Kyara Hollingsworth | ZV De Zaan | 0.57.07 | 06-00878 | M | 0.53.08 | |
| 13 | Reese Rutgers | ZV De Zaan | 0.53.23 | 06-00254 | M | 0.53.26 | |
| 14 | Danée Duin | KZC | | 05-02560 | M | 0.54.00 | |
| 15 | Fleur Dessart | ZV De Zaan | 0.58.82 | 07-00060 | M | 0.58.28 | |
| 16 | Marieke Bos | A.Z.V.D. | 1.00.64 | 06-01272 | M | 0.58.48 | |
| 17 | Maaïke Bleij | A.Z.V.D. | 0.55.70 | 06-01274 | M | 0.58.64 | |
| 18 | Nanou Kool | KZC | 1.05.11 | 07-00438 | M | 1.01.47 | |
| 19 | Karuna Meirmans | KZC | 1.13.86 | 06-01682 | M | 1.01.66 | |
| - | Blossom Meijer | KZC | 0.51.83 | 05-00368 | M | | RD |
| - | Manouk Hol | OEZA | | 05-02598 | M | afg. | |

Progr. nr. 20 100m Rugslag m. junioren 1 en later

| | | | | 50m | Eindtijd | |
|----|--------------------|------------|---------|------------|-----------------|-------------|
| 1 | Yvonne Engel | ZV De Zaan | 1.30.04 | 03-00780 | 0.38.59 | 1.20.94 I |
| 2 | Eline Hoekstra | OEZA | 1.23.60 | 03-01280 | 0.39.62 | 1.21.74 II |
| 3 | Rachella van Zanen | ZV De Zaan | 1.33.04 | 03-00806 | 0.41.04 | 1.25.81 III |
| 4 | Indy van Stelten | ZV De Zaan | 1.22.92 | 03-00370 | 0.41.26 | 1.26.49 |
| 5 | Talisa Mosk | KZC | 1.25.27 | 04-00602 | 0.42.36 | 1.26.63 |
| 6 | Yente Blaauw | OEZA | 1.28.60 | 03-01932 | 0.42.65 | 1.27.85 |
| 7 | Britt Scholten | OEZA | 1.29.37 | 04-01728 | 0.44.02 | 1.28.94 |
| 8 | Marije Kelder | ZV De Zaan | 1.32.10 | 03-00412 | | 1.31.24 |
| 9 | Dewi Welboren | KZC | 1.38.66 | 03-01520 | 0.44.06 | 1.31.38 |
| 10 | Iris Renkema | OEZA | 1.35.06 | 04-01030 | 0.44.24 | 1.31.53 |
| 11 | Luna Huiberts | ZV De Zaan | 1.59.27 | 03-03038 | 0.45.00 | 1.31.82 |
| 12 | Shaime Sobh | OEZA | 1.42.56 | 03-01282 | | 1.36.31 |
| 13 | Lonneke Ritman | KZC | 1.41.07 | 04-00022 | 0.47.30 | 1.36.61 |
| 14 | Yara Winkelman | ZV De Zaan | 1.40.78 | 03-00882 | 0.47.12 | 1.38.96 |
| 15 | Lisa Buter | A.Z.V.D. | | 03-01808 | 0.48.68 | 1.40.61 |
| 16 | Amelia Veldhuis | OEZA | 1.50.67 | 03-02954 | 0.49.26 | 1.42.03 |
| 17 | Maia de Boer | OEZA | 1.45.15 | 03-03862 | 0.49.77 | 1.43.14 |
| 18 | Maura Bakker | ZV De Zaan | 1.49.37 | 03-00940 | 0.50.90 | 1.45.01 |
| 19 | Maud de Wildt | OEZA | 1.52.47 | 05-01974 | 0.52.03 | 1.48.44 |
| 20 | Gwen Makker | ZV De Zaan | | 04-02680 | 0.47.55 | 1.49.31 |
| 21 | Lianne Wieman | OEZA | 1.53.41 | 03-01284 | | 1.49.48 |
| 22 | Elvira Prins | A.Z.V.D. | 1.57.29 | 04-03106 | 0.54.40 | 1.51.48 |
| 23 | Kiyaan Elghandor | OEZA | 1.56.35 | 03-02956 | 0.55.29 | 1.52.88 |
| 24 | Giulia Gelsumino | OEZA | 1.56.88 | 03-04070 | 0.55.92 | 1.53.55 |
| 25 | Yara wentink | OEZA | 1.53.88 | 04-03334 | 0.55.17 | 1.53.63 |

Competitie deel 3

Vervolg Progr. nr. 20 100m Rugslag m. junioren 1 en later

| | | | | 50m | Eindtijd | |
|---|--------------------|------------|---------|----------|----------|----|
| - | Resa Treffers | KZC | 1.32.07 | 04-01140 | | RC |
| - | Jalina Venema | OEZA | | 04-03336 | | RE |
| - | Shari Kok | ZV De Zaan | 1.39.84 | 04-00248 | | RD |
| - | Iris van't Veer | A.Z.V.D. | 1.24.78 | 03-01254 | afg. | |
| - | Shana Visser | A.Z.V.D. | 1.45.27 | 04-00710 | afg. | |
| - | Yasmin Balahoua | A.Z.V.D. | 2.27.91 | 04-03638 | afg. | |
| - | landra Martens | OEZA | 1.59.96 | 03-04398 | afg. | |
| - | Sydney van Rijn | OEZA | 1.46.03 | 03-03860 | afg. | |
| - | Angelina Kesselaar | ZV De Zaan | | 04-00046 | afg. | |

Progr. nr. 22 100m Rugslag j. minioren 6 en later

| | | | | 50m | Eindtijd | |
|----|-------------------------|------------|---------|----------|----------|-----|
| 1 | Rick Offringa | OEZA | 1.23.28 | 03-00979 | 0.38.48 | I |
| 2 | Tycho de Jonge | KZC | 1.24.62 | 04-00411 | 0.42.15 | II |
| 3 | Ramses Rinder | KZC | 1.25.76 | 03-01861 | 0.42.27 | III |
| 4 | Pepijn van der Putten | ZV De Zaan | 1.30.83 | 03-00361 | 0.44.01 | |
| 5 | Miquel Carrillo Moreno | ZV De Zaan | 1.34.00 | 03-00583 | 0.44.11 | |
| 6 | Luan Dijkman Dulkes | KZC | 1.36.05 | 03-02431 | 0.47.94 | |
| 7 | Jur In de Braekt | ZV De Zaan | 1.40.54 | 03-00365 | 0.46.80 | |
| 8 | Kalle Oortwijn | OEZA | 1.45.16 | 05-01141 | 0.50.60 | |
| 9 | Lorenzo Huis in 't Veld | OEZA | 1.54.18 | 03-03735 | 0.51.26 | |
| 10 | Mica Blaauw | OEZA | 1.43.56 | 05-00928 | 0.53.80 | |
| 11 | Stefano de Vries | KZC | | 03-01671 | 0.53.73 | |
| 12 | Yannick Glas | ZV De Zaan | | 04-02917 | 0.54.68 | |
| 13 | Yoran Nijland | OEZA | 1.54.13 | 05-01331 | 0.57.00 | |
| 14 | Brian Half | KZC | 2.15.89 | 03-01669 | 1.03.38 | |
| - | Aaron Mientjes | KZC | 1.55.72 | 04-00781 | afg. | |

Progr. nr. 24 50m Vrijeslag m. junioren 3 en later

| | | | | | Eindtijd | |
|----|-----------------------|------------|---------|----------|----------|-----|
| 1 | Tara van Leeuwen | KZC | 0.32.20 | 02-01112 | 0.30.92 | I |
| 2 | Merel Doll | KZC | 0.31.39 | 01-02610 | 0.32.05 | II |
| 3 | Talita Dijkman Dulkes | KZC | 0.33.05 | 02-03484 | 0.32.57 | III |
| 4 | Nienke Angenent | OEZA | 0.33.46 | 01-04780 | 0.33.42 | |
| 5 | Gayl Reurslag | ZV De Zaan | 0.33.89 | 01-03708 | 0.33.44 | |
| 6 | Yasmin Hofland | OEZA | 0.34.28 | 01-04214 | 0.33.98 | |
| 7 | Sterre Kieft | KZC | 0.36.54 | 02-03010 | 0.34.04 | |
| 8 | Gwyneth vd Ouweland | A.Z.V.D. | 0.34.47 | 02-02550 | 0.34.50 | |
| 9 | Isabel de Wolff | OEZA | 0.35.00 | 01-04216 | 0.34.80 | |
| 10 | Romy Tuijnman | ZV De Zaan | 0.38.12 | 02-02556 | 0.34.92 | |
| 11 | Nikita van Huisstede | OEZA | 0.35.32 | 01-03192 | 0.35.19 | |
| 12 | Jonell Barker | KZC | 0.36.18 | 01-03468 | 0.36.07 | |
| 13 | Bianca Koster | ZV De Zaan | 0.37.89 | 01-00630 | 0.36.46 | |
| 14 | Isabel van Vliet | OEZA | 0.37.08 | 02-05090 | 0.36.91 | |
| 15 | Sanne Lagerweij | ZV De Zaan | 0.37.09 | 02-01552 | 0.38.40 | |
| 16 | Faith Giroth | ZV De Zaan | 0.39.85 | 02-01590 | 0.39.87 | |
| 17 | Beau Porte | KZC | 0.42.15 | 01-04878 | 0.40.65 | |
| - | Indy Hooijschuur | ZV De Zaan | 0.36.76 | 01-02130 | afg. | |

Progr. nr. 25 50m Vrijeslag j. junioren 2 en later

| | | | | | Eindtijd | |
|---|-----------------|----------|---------|----------|----------|-----|
| 1 | Daan Swart | A.Z.V.D. | 0.32.48 | 01-03123 | 0.29.96 | I |
| 2 | Sjoerd Jongert | A.Z.V.D. | 0.32.48 | 01-00427 | 0.30.99 | II |
| 3 | Teun van Vegten | OEZA | 0.31.36 | 01-03329 | 0.31.84 | III |
| 4 | Tobias de Boer | OEZA | 0.34.49 | 02-01493 | 0.33.78 | |

Competitie deel 3

Vervolg Progr. nr. 25 50m Vrijeslag j. junioren 2 en later

| | | | | | Eindtijd |
|----|-----------------------|------------|---------|----------|-----------------|
| 5 | Stijn van de Wetering | ZV De Zaan | 0.34.41 | 01-02307 | 0.34.62 |
| 6 | Owen Barker | KZC | 0.35.66 | 03-00679 | 0.34.81 |
| 7 | Sep Smit | KZC | 0.38.32 | 02-01687 | 0.35.25 |
| 8 | Frank Bouquet | A.Z.V.D. | 0.36.10 | 01-02279 | 0.36.31 |
| 9 | Moemen Hussein | ZV De Zaan | 0.41.19 | 02-03039 | 0.37.85 |
| 10 | Maarten Woudsma | OEZA | 0.40.66 | 01-03181 | 0.39.15 |
| 11 | Nout Schouten | A.Z.V.D. | 0.42.42 | 01-04537 | 0.40.36 |
| 12 | Bas Brouwer | KZC | 0.45.61 | 02-04251 | 0.41.55 |
| - | Beau Wever | KZC | 0.43.21 | 01-04337 | afg. |

Progr. nr. 26 200m Wisselslag m. jeugd 2 en later

| | | | | 50m | Eindtijd | |
|---|---------------------|------------|---------|------------|-----------------|-----|
| 1 | Sanne Smit | OEZA | 2.50.00 | 01-05302 | 2.49.64 | I |
| 2 | Naomi Buur | OEZA | 2.53.36 | 01-01520 | 2.51.54 | II |
| 3 | Manou ten Hoor | ZV De Zaan | 3.04.68 | 02-02086 | 3.00.86 | III |
| 4 | Femke Ritman | KZC | 3.00.42 | 01-00286 | 3.01.88 | |
| 5 | Iona van Wagtendonk | ZV De Zaan | 3.13.76 | 99-02314 | 3.05.32 | |
| 6 | Femke Stevens | ZV De Zaan | 2.59.89 | 99-01546 | 3.09.11 | |
| 7 | Kirsten Dijkman | KZC | 2.55.76 | 00-00842 | 3.09.75 | |
| 8 | Joylean Meijer | KZC | 3.26.14 | 99-05252 | 3.19.74 | |
| - | Nicky Daamen | A.Z.V.D. | 3.54.98 | 99-06326 | | AF |
| - | Morgan Giroth | ZV De Zaan | 3.22.76 | 00-03806 | | AF |

Progr. nr. 28 200m Wisselslag j. junioren 4 en later

| | | | | 50m | Eindtijd | |
|----|----------------------|------------|---------|------------|-----------------|-----|
| 1 | Phil Brantjes | KZC | 2.33.85 | 00-00485 | 2.33.32 | I |
| 2 | Maarten van der Veen | A.Z.V.D. | 2.51.08 | 99-02381 | 2.47.79 | II |
| 3 | Davey van der Laan | ZV De Zaan | 3.15.43 | 00-03991 | 2.48.97 | III |
| 4 | Daan In de Braekt | ZV De Zaan | 2.47.70 | 99-00571 | 2.50.66 | |
| 5 | Stefan Woudsma | OEZA | 3.02.15 | 00-03437 | 2.52.63 | |
| 6 | Jeffrey van Zanen | ZV De Zaan | 2.58.55 | 00-03123 | 2.53.70 | |
| 7 | Roy Vlieland | KZC | 2.46.33 | 99-01517 | 2.54.13 | |
| 8 | Jordy Koan | ZV De Zaan | 3.18.84 | 99-04519 | 3.00.66 | |
| 9 | Roel Gaal | OEZA | 2.57.96 | 01-01173 | 3.01.16 | |
| 10 | David Rinder | KZC | 3.10.61 | 00-00777 | 3.04.22 | |
| 11 | Goos Duin | OEZA | | 00-05339 | 3.06.81 | |
| - | Davey Rhebok | A.Z.V.D. | 3.36.10 | 99-04401 | afg. | |
| - | Bram Schillemans | OEZA | | 99-04861 | afg. | |

Progr. nr. 30 200m Rugslag m. senioren 2 en later

| | | | | 50m | 100m | Eindtijd | |
|---|------------------|------------|---------|------------|-------------|-----------------|-----|
| 1 | Jade Broek | A.Z.V.D. | 2.33.48 | 97-02300 | 1.13.28 | 2.31.09 | I |
| 2 | Danae Kingma | OEZA | 2.40.00 | 00-01740 | 1.14.83 | 2.32.81 | II |
| 3 | Kirsten Petit | OEZA | 2.51.80 | 00-02986 | 1.24.89 | 2.53.07 | III |
| 4 | Sheri Zwietering | ZV De Zaan | 3.04.47 | 98-02036 | 1.24.56 | 2.54.58 | |

Progr. nr. 32 200m Rugslag j. jeugd 2 en later

| | | | | 50m | 100m | Eindtijd | |
|---|------------------|------------|---------|------------|-------------|-----------------|---------|
| 1 | Tim Kieft | ZV De Zaan | 2.36.83 | 99-01921 | 1.15.56 | 2.35.20 | I |
| 2 | Angelo Di Mattia | OEZA | 2.40.00 | 97-05323 | 1.16.68 | 2.36.44 | II |
| 3 | Koen Gaal | OEZA | 2.45.34 | 99-01113 | 1.20.07 | 2.42.12 | III |
| 4 | Ahmet Liman | KZC | 3.03.53 | 97-04215 | 1.24.36 | 2.55.02 | |
| 5 | Matthew de Wit | OEZA | 3.06.94 | 97-03831 | S8 0.43.27 | 1.30.56 | 3.06.61 |

Handicap: S8; IPC-NED Punten: 455.30

Competitie deel 3

Progr. nr. 34 100m Vrijeslag senioren dames all-in

| | | | | 50m | Eindtijd | |
|----|----------------------|------------|---------|------------|-----------------|-------------|
| 1 | Anne Groen | OEZA | 1.04.05 | 95-05996 | 0.30.96 | 1.05.62 I |
| 2 | Dyana van Pomerén | KZC | | 90-02990 | 0.31.37 | 1.05.93 II |
| 3 | Tara van Leeuwen | KZC | 1.07.67 | 02-01112 | 0.32.46 | 1.07.99 III |
| 4 | Anouk van der Gracht | OEZA | 1.07.45 | 89-01408 | 0.33.06 | 1.08.47 |
| 5 | Melonie Hoonakker | ZV De Zaan | 1.07.87 | 92-00804 | 0.33.18 | 1.09.20 |
| 6 | Kim van Soest | ZV De Zaan | 1.15.91 | 94-03574 | 0.34.14 | 1.12.94 |
| 7 | Shira de Haan | OEZA | 1.11.15 | 00-01130 | 0.35.72 | 1.15.22 |
| 8 | Frédérique van Tiel | KZC | 1.14.19 | 97-02852 | 0.35.66 | 1.16.43 |
| 9 | Daphne Duinkerke | ZV De Zaan | 1.13.12 | 97-02176 | 0.36.28 | 1.17.48 |
| 10 | Cindy Buur | OEZA | 1.22.04 | 99-05052 | 0.36.68 | 1.22.54 |

Progr. nr. 36 100m Vrijeslag senioren heren all-in

| | | | | 50m | Eindtijd | |
|----|----------------------|------------|---------|------------|-----------------|-------------|
| 1 | Jeroen Jongert | A.Z.V.D. | 0.55.19 | 96-00445 | 0.27.14 | 0.55.38 I |
| 2 | Barry Kleijne | OEZA | 0.54.89 | 93-00661 | 0.26.48 | 0.55.44 II |
| 3 | Mark Schoep | KZC | 0.57.56 | 87-02947 | 0.28.31 | 0.57.58 III |
| 4 | Matthew van der Ent | ZV De Zaan | 0.58.79 | 90-03859 | 0.27.96 | 0.58.56 |
| 5 | Jory van der Gracht | OEZA | 0.57.95 | 87-01097 | 0.28.00 | 0.58.96 |
| 6 | Daan Glorie | OEZA | 0.58.54 | 88-01115 | 0.28.43 | 0.59.21 |
| 7 | Metten de Vries | ZV De Zaan | 1.02.77 | 89-03473 | 0.29.15 | 1.00.07 |
| 8 | Martijn Gras | ZV De Zaan | 1.03.16 | 91-00751 | 0.28.86 | 1.01.29 |
| 9 | Paul Oudendijk | OEZA | 0.56.85 | 81-01287 | 0.29.22 | 1.01.90 |
| 10 | Robin Schortinghuis | ZV De Zaan | 1.03.41 | 90-02615 | 0.29.59 | 1.01.92 |
| 11 | Thom Scheeve | ZV De Zaan | 1.03.35 | 92-03089 | 0.29.49 | 1.02.40 |
| 12 | Bjarne Bruijns | KZC | | 97-04617 | 0.30.68 | 1.02.96 |
| 13 | Wibo Mooibroek | ZV De Zaan | 1.04.78 | 74-01339 | 0.31.08 | 1.04.25 |
| 14 | Kristian Stam | ZV De Zaan | 1.05.14 | 91-02187 | 0.32.05 | 1.04.73 |
| 15 | Pascal Palmboom | OEZA | 1.02.75 | 89-02395 | 0.30.32 | 1.06.01 |
| 16 | Casper Gras | ZV De Zaan | 1.04.10 | 92-00403 | 0.31.22 | 1.06.59 |
| 17 | Tim Essers | OEZA | 1.01.53 | 88-00987 | 0.32.11 | 1.08.15 |
| 18 | Paul Kos | A.Z.V.D. | 1.05.11 | 82-00967 | 0.32.11 | 1.09.25 |
| 19 | Matthijs Bloem | ZV De Zaan | 1.09.62 | 90-06953 | 0.33.20 | 1.09.87 |
| 20 | Jeroen Schortinghuis | ZV De Zaan | 1.13.22 | 87-02981 | 0.33.35 | 1.10.36 |
| 21 | Dylan de Vries | OEZA | 1.09.71 | 93-05531 | 0.33.22 | 1.10.88 |
| - | Lâsse Krikke | KZC | | 88-02027 | | afg. |

Progr. nr. 38 4x50m Wisselslag estafette m. jeugd 2 en later

| | | | 50m | Eindtijd | |
|---|--------------|---------|------------|-----------------|-----|
| 1 | OEZA 1 | 2.19.23 | 0.38.93 | 2.21.01 | I |
| 2 | ZV De Zaan 1 | 2.30.99 | 0.38.35 | 2.33.05 | II |
| 3 | KZC | 2.26.95 | 0.41.75 | 2.35.75 | III |
| 4 | OEZA 2 | 2.39.57 | 0.41.23 | 2.39.89 | |
| 5 | ZV De Zaan 2 | 2.39.92 | 0.39.47 | 2.45.11 | |
| - | A.Z.V.D. | 3.00.26 | | afg. | |

Competitie deel 3

Vervolg Progr. nr. 38 4x50m Wisselslag estafette m. jeugd 2 en later

| | | | 50m | Eindtijd |
|-----------------|---------------------|------------|------------------|-----------------|
| A.Z.V.D. | | KZC | | |
| 03-01808 | Lisa Buter | 00-00842 | Kirsten Dijkman | 0.41.75 |
| 99-06326 | Nicky Daamen | 01-02610 | Merel Doll | |
| 02-02550 | Gwyneth vd Ouweland | 02-01112 | Tara van Leeuwen | |
| 03-01254 | Iris van't Veer | 01-00286 | Femke Ritman | |

OEZA 1

| | | |
|----------|---------------|---------|
| 00-02986 | Kirsten Petit | 0.38.93 |
| 00-01740 | Danae Kingma | |
| 01-01520 | Naomi Buur | |
| 01-05302 | Sanne Smit | |

OEZA 2

| | | |
|----------|-----------------|---------|
| 03-01932 | Yente Blaauw | 0.41.23 |
| 00-01130 | Shira de Haan | |
| 01-04780 | Nienke Angenent | |
| 01-04216 | Isabel de Wolff | |

ZV De Zaan 1

| | | |
|----------|--------------------|---------|
| 99-02314 | Iona van Wagendonk | 0.38.35 |
| 99-01546 | Femke Stevens | |
| 01-03708 | Gayl Reurslag | |
| 03-00370 | Indy van Stelten | |

ZV De Zaan 2

| | | |
|----------|--------------------|---------|
| 02-02086 | Manou ten Hoorn | 0.39.47 |
| 03-00806 | Rachella van Zanen | |
| 02-01552 | Sanne Lagerweij | |
| 03-00780 | Yvonne Engel | |

Progr. nr. 39 4x25m Schoolslag estafette m./j. minioren 6 en later

| | | 25m | Eindtijd | |
|---|--------------|------------|-----------------|-----|
| 1 | ZV De Zaan 1 | | 1.27.25 | I |
| 2 | OEZA | 1.40.60 | 1.27.36 | II |
| 3 | ZV De Zaan 2 | | 1.31.28 | III |
| 4 | KZC | | 1.32.97 | |

KZC

| | |
|----------|----------------|
| 04-00411 | Tycho de Jonge |
| 04-00602 | Talisa Mosk |
| 05-01099 | Zias Kool |
| 04-00022 | Lonneke Ritman |

OEZA

| | |
|----------|----------------|
| 05-01141 | Kalle Oortwijn |
| 04-01728 | Britt Scholten |
| 03-00979 | Rick Offringa |
| 03-01280 | Eline Hoekstra |

ZV De Zaan 1

| | |
|----------|-----------------------|
| 03-00365 | Jur In de Braekt |
| 03-00806 | Rachella van Zanen |
| 03-00361 | Pepijn van der Putten |
| 03-00370 | Indy van Stelten |

ZV De Zaan 2

| | |
|----------|------------------------|
| 03-00583 | Miquel Carrillo Moreno |
| 03-00882 | Yara Winkelman |
| 05-01223 | Quinten van der Horst |
| 03-00412 | Marije Kelder |