

P.A.N.D.K. Deel 4
Zwijndrecht, 28-5-2022

Programmanr. 1
28-5-2022 - 14:00

Dames, 100m wisselslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|------------------------|----------------|---------|-----------|---------------------|---------|---------|
| 1. | Carmen Lems | ACZ | 1:13.31 | 200402632 | 1:13.66 FJ 1 | 33.58 | 1:13.66 |
| 2. | Amy van Leersum | Poseidon'56 | 1:11.95 | 200200300 | 1:13.66 FJ 2 | 34.01 | 1:13.66 |
| 3. | Kelly Wigleven | Poseidon'56 | 1:13.80 | 199500058 | 1:14.34 | 35.02 | 1:14.34 |
| 4. | Laura Tromp | ZZ&PC De Devel | 1:13.95 | 200000276 | 1:14.66 | 33.71 | 1:14.66 |
| 5. | Tonia Ruybroek | Poseidon'56 | 1:15.89 | 198101290 | 1:16.81 | 35.66 | 1:16.81 |
| 6. | Samantha van der Jagt | Poseidon'56 | 1:17.21 | 200700220 | 1:17.13 | 36.26 | 1:17.13 |
| 7. | Daphne Scheurwater | ZZ&PC De Devel | 1:20.36 | 199701372 | 1:17.73 | 35.63 | 1:17.73 |
| 8. | Kirsten Erkamp | ACZ | 1:19.67 | 200402306 | 1:19.40 | 37.64 | 1:19.40 |
| 9. | Jana Plaisier | ZZ&PC De Devel | 1:21.06 | 200101266 | 1:22.45 | 37.27 | 1:22.45 |
| 10. | Dayna van Hoorn | Poseidon'56 | 1:26.38 | 200502800 | 1:27.29 | 40.48 | 1:27.29 |
| 11. | Jhenna Boxman | ZZ&PC De Devel | NT | 200704710 | 1:36.56 | 46.64 | 1:36.56 |
| 12. | N. van Dongen-de Paepe | ZZ&PC De Devel | 2:22.09 | 195100044 | 2:31.71 | 1:16.47 | 2:31.71 |
| AFGEM | Thamar Karstel | ACZ | 1:24.36 | 200105990 | | | |
| AFGEM | Joyce van 't Hof | ZZ&PC De Devel | 1:19.24 | 200302122 | | | |

Programmanr. 2
28-5-2022 - 14:08

Heren, 100m wisselslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|-------------------|----------------------------|---------|-----------|---------------------|-------|---------|
| 1. | Saviël Armand | ACZ | 1:06.85 | 200204461 | 1:03.72 | 28.66 | 1:03.72 |
| 2. | Stijn den Otter | ZZ&PC De Devel | 1:05.12 | 200200225 | 1:04.10 | 29.03 | 1:04.10 |
| 3. | Stefan Groen | ACZ | 1:04.50 | 200301179 | 1:05.26 | 30.20 | 1:05.26 |
| 4. | Dylan van Kleij | Poseidon'56 | 1:07.50 | 200203297 | 1:05.85 | 30.25 | 1:05.85 |
| 5. | Bart Spaans | ACZ | 1:07.85 | 199902559 | 1:09.50 | 33.15 | 1:09.50 |
| 6. | Paul Notenboom | ZPC Numansdorp | 1:11.12 | 198805513 | 1:11.54 | 33.14 | 1:11.54 |
| 7. | Pepyn van Brakel | ZPC Numansdorp | 1:11.08 | 200300877 | 1:11.98 | 33.18 | 1:11.98 |
| 8. | Mike Boukes | De Kempvis | 1:14.29 | 200301215 | 1:12.86 | 33.37 | 1:12.86 |
| 9. | Ramón Romijn | Poseidon'56 | 1:15.00 | 199203095 | 1:13.61 | 33.46 | 1:13.61 |
| 10. | Yuri Admiraal | ZPC Numansdorp | 1:14.27 | 197701655 | 1:14.28 | 35.88 | 1:14.28 |
| 11. | Dylan Goethart | ZZ&PC De Devel | 1:26.87 | 199605217 | SM14 1:27.87 | 42.31 | 1:27.87 |
| 12. | Cezary Polko | ZZ&PC De Devel | 1:37.27 | 200703831 | 1:31.21 | 44.64 | 1:31.21 |
| BM | Maikel Blijlevens | Waalwijkse Zwem Vereniging | 1:03.85 | 200701051 | 1:04.10 | 28.60 | 1:04.10 |

Programmanr. 3
28-5-2022 - 14:15

Meisjes, 100m vrije slag

Minioren 4 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|--|----------------|---------|-----------|----------------|---------|---------|
| 1. | Jazz Hollander | ZZ&PC De Devel | 1:37.86 | 201300528 | 1:37.89 | 43.61 | 1:37.89 |
| 2. | Yara Abdullisada | ZZ&PC De Devel | 1:44.22 | 201300412 | 1:45.86 | 47.13 | 1:45.86 |
| 3. | Lisa Krispijn | ZPC Numansdorp | 2:00.63 | 201300568 | 1:50.31 | 49.76 | 1:50.31 |
| 4. | Anne van der Heiden | Poseidon'56 | 1:51.70 | 201201340 | 1:52.71 | 55.43 | 1:52.71 |
| 5. | Noa Milou Kooiman | Poseidon'56 | 1:56.52 | 201201134 | 1:53.57 | 52.54 | 1:53.57 |
| 6. | Ilse Vink | ZPC Numansdorp | 2:27.25 | 201300566 | 1:55.85 | 50.77 | 1:55.85 |
| 7. | Eleya Borsten | ZZ&PC De Devel | 2:36.43 | 201300668 | 2:11.66 | 1:00.53 | 2:11.66 |
| DIS | Lotte Droogendijk | ZZ&PC De Devel | NT | 201400162 | | | |
| | <i>VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i> | | | | | | |
| DIS | Lynn Roubos | ZZ&PC De Devel | 1:56.50 | 201201048 | | | |
| | <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | | | | |

P.A.N.D.K. Deel 4
Zwijndrecht, 28-5-2022

Programmanr. 4
28-5-2022 - 14:21

Jongens, 100m vrije slag

Minioren 4 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|-----------------|----------------|---------|-----------|----------------|---------|---------|
| 1. | Thijs van Arkel | ACZ | 1:48.85 | 201300539 | 1:35.09 | 43.01 | 1:35.09 |
| 2. | Ties de Jong | ACZ | 2:19.61 | 201200579 | 1:55.00 | 50.86 | 1:55.00 |
| 3. | Rayan EL Allali | ZZ&PC De Devel | 2:02.98 | 201300443 | 2:00.76 | 58.77 | 2:00.76 |
| 4. | Adam Bougallab | ZZ&PC De Devel | NT | 201201477 | 2:27.26 | 1:09.41 | 2:27.26 |
| AFGEM | Joes van Ingen | ACZ | NT | 201201299 | | | |

Programmanr. 5
28-5-2022 - 14:25

Meisjes, 100m wisselslag

Junioren 1 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|---|----------------|---------|-----------|----------------|-------|---------|
| 1. | Milou Filemon | ZZ&PC De Devel | 1:26.92 | 201100078 | 1:25.26 | 39.59 | 1:25.26 |
| 2. | Minke Olivia Bouman | ZZ&PC De Devel | 1:34.27 | 201100104 | 1:26.92 | 41.98 | 1:26.92 |
| 3. | Femme de Jong | Poseidon'56 | 1:53.49 | 201000292 | 1:36.75 | 44.67 | 1:36.75 |
| 4. | Noa Cogels | Poseidon'56 | 1:46.40 | 201101320 | 1:41.92 | 48.92 | 1:41.92 |
| 5. | Evy Karbaat | ZPC Numansdorp | 1:52.82 | 201102108 | 1:42.95 | 47.95 | 1:42.95 |
| 6. | Jinthe van de Vreede | ZZ&PC De Devel | 1:48.53 | 201100892 | 1:43.63 | 48.63 | 1:43.63 |
| 7. | Nina Dolphijn | Poseidon'56 | NT | 201200504 | 1:48.59 | 51.88 | 1:48.59 |
| 8. | Meira de Witt | ZZ&PC De Devel | NT | 201102482 | 1:57.18 | 54.16 | 1:57.18 |
| DIS | Maya van der Heiden | ZPC Numansdorp | 1:59.02 | 201102106 | | | |
| | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | | |
| DIS | Damla Yilmaz | Poseidon'56 | 1:46.37 | 201002230 | | | |
| | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | | |
| AFGEM | Nina-Sofia Arkesteijn | ACZ | 1:37.42 | 201101670 | | | |

Programmanr. 6
28-5-2022 - 14:31

Jongens, 100m wisselslag

Minioren 6 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|--|-------------------------|---------|-----------|----------------|-------|---------|
| 1. | Nick de Vries | Poseidon'56 | 1:33.04 | 201000225 | 1:30.00 | 40.31 | 1:30.00 |
| 2. | Sander de Bruin | ZV Vlaardingen-Schiedam | 1:55.97 | 201100617 | 1:31.80 | 44.63 | 1:31.80 |
| 3. | Kris Westerhout | ZZ&PC De Devel | 1:32.10 | 201000883 | 1:32.22 | 43.48 | 1:32.22 |
| 4. | Noah Abdulsada | ZZ&PC De Devel | 1:42.47 | 201002411 | 1:41.62 | 49.00 | 1:41.62 |
| 5. | Wanja Chepenko | ACZ | 1:46.39 | 201102065 | 1:49.85 | 50.78 | 1:49.85 |
| 6. | Yassine Bougallab | ZZ&PC De Devel | NT | 201102237 | 1:52.88 | 53.80 | 1:52.88 |
| DIS | Tim Hartevelde | Poseidon'56 | NT | 201001353 | | | |
| | <i>VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i> | | | | | | |
| AFGEM | Nitin Nanda | ACZ | NT | 201101995 | | | |
| AFGEM | Lennon Pronk | ACZ | NT | 201002505 | | | |
| AFGEM | Misha Smaal | ACZ | NT | 201102067 | | | |

Programmanr. 7
28-5-2022 - 14:36

Meisjes, 100m vrije slag

Jeugd 2 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|-----------------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Jaylin van der Linden | ZZ&PC De Devel | 1:07.61 | 200701766 | 1:06.53 | 31.55 | 1:06.53 |
| 2. | Julia van Wingerden | ZZ&PC De Devel | 1:07.21 | 200800436 | 1:06.95 | 32.27 | 1:06.95 |
| 3. | Jessica Pol | Poseidon'56 | 1:08.68 | 200600030 | 1:10.26 | 33.59 | 1:10.26 |
| 4. | Noémi Oldenkamp | ACZ | 1:10.15 | 200600162 | 1:11.00 | 33.31 | 1:11.00 |
| 5. | Roos Westerhout | ZZ&PC De Devel | 1:12.47 | 200604714 | 1:13.05 | 35.74 | 1:13.05 |
| 6. | Angeliek de Wolf | De Kempvis | NT | 200804574 | 1:15.25 | 36.31 | 1:15.25 |
| 7. | Dannii Rieborn | ZPC Numansdorp | 1:22.53 | 200603334 | 1:27.77 | 40.61 | 1:27.77 |
| AFGEM | Anne-Marie Twigt | ACZ | 1:12.01 | 200503290 | | | |

P.A.N.D.K. Deel 4
Zwijndrecht, 28-5-2022

Programmanr. 8
28-5-2022 - 14:41

Jongens, 100m vrije slag

12 - 17 jaar
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|-----------------|----------------|---------|-----------|-----|-------|---------|
| 1. | Menno Wieringa | ACZ | 56.68 | 200500927 | | 26.55 | 56.11 |
| 2. | Lucas Admiraal | ZPC Numansdorp | 1:13.60 | 200503031 | | 33.22 | 1:10.79 |
| 3. | Jelmer Paans | ZZ&PC De Devel | 1:21.99 | 200404441 | S14 | 37.51 | 1:21.43 |
| AFGEM | Quinn Huijsmans | ACZ | 1:08.96 | 200404139 | | | |

Programmanr. 9
28-5-2022 - 14:44

Meisjes, 100m schoolslag

Junioren 4 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|-----------------------|----------------|---------|-----------|----|-------|---------|
| 1. | Samantha van der Jagt | Poseidon'56 | 1:23.60 | 200700220 | | 39.15 | 1:24.57 |
| 2. | Manou Longayroux | ZZ&PC De Devel | 1:29.78 | 201000580 | | 43.21 | 1:31.72 |
| 3. | Shifra Loman | ACZ | 1:37.38 | 200703178 | | 42.74 | 1:33.59 |
| 4. | Janine Droogendijk | ZZ&PC De Devel | 1:37.69 | 200701778 | | 44.93 | 1:36.87 |
| 5. | Lea Visser | ZPC Numansdorp | 1:40.96 | 200703572 | | 46.93 | 1:38.29 |
| 6. | Storm Maliepaard | ZPC Numansdorp | 1:40.38 | 200702310 | | 46.52 | 1:40.81 |
| 7. | Femke Droogendijk | ZZ&PC De Devel | 1:41.50 | 201000216 | | 48.84 | 1:43.36 |
| 8. | Yaren Kara | ACZ | 1:46.18 | 200803998 | | 46.27 | 1:43.56 |
| 9. | Elvera Jonkers | Poseidon'56 | 1:45.51 | 200800196 | | 51.69 | 1:49.87 |
| 10. | Demi Slager | ZZ&PC De Devel | 1:47.51 | 201001630 | | 50.82 | 1:50.03 |
| 11. | Jhenna Boxman | ZZ&PC De Devel | NT | 200704710 | | 51.44 | 1:50.22 |
| 12. | Fleur Goudart | Poseidon'56 | 1:59.01 | 200803428 | | 55.55 | 1:57.65 |
| 13. | Lynn van Hengel | De Kempvis | NT | 200903956 | | 56.64 | 2:01.07 |
| AFGEM | Jolie Dronkers | ACZ | 1:49.45 | 200704638 | | | |
| AFGEM | Janneke Twigt | ACZ | 1:37.50 | 200701040 | | | |
| AFGEM | Fenna Sijtsema | Poseidon'56 | 1:55.69 | 200803496 | | | |

Programmanr. 10
28-5-2022 - 14:52

Jongens, 100m schoolslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|-------------------------|----------------|---------|-----------|----|-------|---------|
| 1. | Hessel de Jong | ACZ | 1:12.53 | 200602753 | | 34.38 | 1:13.67 |
| 2. | Benjamin van Helsdingen | ZZ&PC De Devel | 1:19.77 | 200601097 | | 36.53 | 1:18.05 |
| 3. | Jasper Groen | ACZ | 1:18.22 | 200602325 | | 36.55 | 1:18.08 |
| 4. | Ties Lakke | ACZ | 1:25.47 | 200703517 | | 39.08 | 1:22.77 |
| 5. | Arav Ramcharan | Poseidon'56 | 1:24.58 | 200603067 | | 38.66 | 1:25.55 |
| 6. | Koen Erkeland | ACZ | 1:36.28 | 200601995 | | 44.77 | 1:35.57 |
| 7. | Mohan Mathura | ACZ | 1:43.54 | 200604099 | | 46.81 | 1:38.74 |
| 8. | Cezary Polko | ZZ&PC De Devel | 1:41.15 | 200703831 | | 46.48 | 1:40.48 |
| AFGEM | Csongor Biró | ACZ | 1:26.88 | 200604101 | | | |

Programmanr. 11
28-5-2022 - 14:57

Meisjes, 100m rugslag

Junioren 1 en 2
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|------------------|----------------|---------|-----------|----|-------|---------|
| 1. | Femke Sonneveld | Poseidon'56 | 1:45.59 | 200902802 | | 44.26 | 1:31.18 |
| 2. | Lieke Verzijl | ZPC Numansdorp | 1:36.70 | 200901934 | | 45.72 | 1:34.11 |
| 3. | Diya Ramcharan | Poseidon'56 | 1:40.23 | 200900996 | | 46.08 | 1:35.83 |
| 4. | Damla Yilmaz | Poseidon'56 | 1:40.82 | 201002230 | | 52.39 | 1:40.71 |
| 5. | Marit de Wilde | ZPC Numansdorp | 1:48.55 | 200900916 | | 49.46 | 1:41.50 |
| 6. | Veerle Janssen | ACZ | 1:48.76 | 201003108 | | 54.36 | 1:50.09 |
| 7. | Fleur Stek | ACZ | NT | 200903850 | | 55.62 | 1:57.26 |
| AFGEM | Jessica Lerer | De Kempvis | 1:56.99 | 201002354 | | | |
| AFGEM | Iris de Bode | ACZ | 1:31.10 | 201000324 | | | |
| AFGEM | Melodie Dronkers | ACZ | NT | 201003106 | | | |
| AFGEM | Elise Koudstaal | ACZ | 1:29.37 | 201002338 | | | |
| AFGEM | Bente Kroos | Poseidon'56 | NT | 200903276 | | | |
| AFGEM | Marit Kroos | Poseidon'56 | NT | 200902860 | | | |

P.A.N.D.K. Deel 4
Zwijndrecht, 28-5-2022

Programmanr. 12
28-5-2022 - 15:05

Jongens, 100m rugslag

Junioren 1 en 2
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|-------------------|----------------|-------------------|----------------|----|---------|---------|
| 1. | Alex Woe | Poseidon'56 | 1:18.73 200801393 | 1:13.50 | | 35.48 | 1:13.50 |
| 2. | Milán Biró | ACZ | 1:21.46 200803169 | 1:19.05 | | 38.32 | 1:19.05 |
| 3. | Avery Arrindell | ACZ | 1:48.52 200902655 | 1:26.95 | | 42.52 | 1:26.95 |
| 4. | Thom Veldhoen | ZZ&PC De Devel | 1:24.19 200901159 | 1:30.72 | | 43.72 | 1:30.72 |
| 5. | Kaylen Sebus | ZZ&PC De Devel | 1:52.25 200902289 | 1:33.96 | | 45.28 | 1:33.96 |
| 6. | Twan Stevense | ZZ&PC De Devel | 1:46.15 200801955 | 1:42.15 | | 47.18 | 1:42.15 |
| 7. | Mohamed Bougallab | ZZ&PC De Devel | NT 200903513 | 2:11.89 | | 1:02.47 | 2:11.89 |
| DIS | Luka Arkesteijn | ACZ | 1:28.06 200903023 | | | | |

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.

Programmanr. 13
28-5-2022 - 15:11

Dames, 200m rugslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|------|-----------------------|----------------|-------------------|----------------|----|---------|---------|---------|---------|
| 1. | Carmen Lems | ACZ | 2:35.96 200402632 | 2:35.82 | | 35.90 | 1:15.51 | 1:56.41 | 2:35.82 |
| 2. | Kelly Wigleven | Poseidon'56 | 2:37.34 199500058 | 2:38.24 | | 37.24 | 1:17.18 | 1:57.96 | 2:38.24 |
| 3. | Laura Tromp | ZZ&PC De Devel | 2:35.86 200000276 | 2:42.01 | | 37.17 | 1:17.74 | 1:59.84 | 2:42.01 |
| 4. | Tonia Ruybroek | Poseidon'56 | 2:40.69 198101290 | 2:44.32 | | 38.80 | 1:20.48 | 2:03.29 | 2:44.32 |
| 5. | Daphne Scheurwater | ZZ&PC De Devel | 2:47.93 199701372 | 2:47.36 | | 39.84 | 1:22.09 | 2:04.78 | 2:47.36 |
| 6. | Kirsten Erkamp | ACZ | NT 200402306 | 2:52.40 | | 42.09 | 1:25.02 | 2:09.40 | 2:52.40 |
| 7. | Jana Plaisier | ZZ&PC De Devel | 3:00.00 200101266 | 3:01.12 | | 42.75 | 1:28.82 | 2:16.09 | 3:01.12 |
| 8. | Dayna van Hoon | Poseidon'56 | 3:05.10 200502800 | 3:02.65 | | 44.40 | 1:31.33 | 2:18.18 | 3:02.65 |
| 9. | N. van Dongen-de Paep | ZZ&PC De Devel | 4:43.57 195100044 | 4:49.12 | | 1:09.32 | 2:21.77 | 3:35.36 | 4:49.12 |
| DIS | Amy van Leersum | Poseidon'56 | 2:40.88 200200300 | | | | | | |

AF - De aangegeven afstand niet uitgezwommen.

| | | | | | | | | | |
|-------|------------------|----------------|-------------------|--|--|--|--|--|--|
| AFGEM | Thamar Karstel | ACZ | 3:06.09 200105990 | | | | | | |
| AFGEM | Joyce van 't Hof | ZZ&PC De Devel | 2:54.58 200302122 | | | | | | |

Programmanr. 14
28-5-2022 - 15:21

Heren, 200m rugslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|------|-------------------|----------------|-------------------|----------------|-----|-------|---------|---------|---------|
| 1. | Stefan Groen | ACZ | 2:25.65 200301179 | 2:24.86 | | 33.10 | 1:09.47 | 1:47.41 | 2:24.86 |
| 2. | Stijn den Otter | ZZ&PC De Devel | 2:28.95 200200225 | 2:25.13 | | 33.58 | 1:09.91 | 1:47.44 | 2:25.13 |
| 3. | B. van Helsdingen | ZZ&PC De Devel | 2:30.00 200601097 | 2:27.12 | | 34.55 | 1:11.84 | 1:50.24 | 2:27.12 |
| 4. | Dylan van Kleij | Poseidon'56 | 2:40.98 200203297 | 2:34.18 | | 34.23 | 1:12.73 | 1:53.17 | 2:34.18 |
| 5. | Bart Spaans | ACZ | 2:39.51 199902559 | 2:40.47 | | 37.54 | 1:17.97 | 1:59.53 | 2:40.47 |
| 6. | Mike Boukes | De Kempvis | NT 200301215 | 2:43.43 | | 39.08 | 1:20.83 | 2:02.78 | 2:43.43 |
| 7. | Pepyn van Brakel | ZPC Numansdorp | 2:52.08 200300877 | 2:49.92 | | 37.35 | 1:20.91 | 2:05.82 | 2:49.92 |
| 8. | Yuri Admiraal | ZPC Numansdorp | NT 197701655 | 2:52.47 | | 40.09 | 1:24.60 | 2:10.50 | 2:52.47 |
| 9. | Dylan Goethart | ZZ&PC De Devel | NT 199605217 S14 | 3:14.96 | 360 | 46.43 | 1:35.65 | 2:25.68 | 3:14.96 |
| DIS | Paul Notenboom | ZPC Numansdorp | NT 198805513 | | | | | | |

RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

| | | | | | | | | | |
|-----|--------------|-------------|-------------------|--|--|--|--|--|--|
| DIS | Ramón Romijn | Poseidon'56 | 2:44.00 199203095 | | | | | | |
|-----|--------------|-------------|-------------------|--|--|--|--|--|--|

AF - De aangegeven afstand niet uitgezwommen.

P.A.N.D.K. Deel 4
Zwijndrecht, 28-5-2022

Programmanr. 15
28-5-2022 - 15:32

Meisjes, 50m schoolslag

Minioren 4 en jonger
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|---------------------|----------------|---------|-----------|----------------|----|
| 1. | Jazz Hollander | ZZ&PC De Devel | 54.30 | 201300528 | 55.80 | |
| 2. | Ilse Vink | ZPC Numansdorp | 59.31 | 201300566 | 57.69 | |
| 3. | Lisa Krispijn | ZPC Numansdorp | 1:02.32 | 201300568 | 1:00.09 | |
| 4. | Yara Abdullsada | ZZ&PC De Devel | 1:01.00 | 201300412 | 1:01.49 | |
| 5. | Lynn Roubos | ZZ&PC De Devel | 1:04.79 | 201201048 | 1:01.90 | |
| 6. | Anne van der Heiden | Poseidon'56 | 1:05.94 | 201201340 | 1:03.37 | |
| 7. | Noa Milou Kooiman | Poseidon'56 | 1:05.16 | 201201134 | 1:04.09 | |
| 8. | Eleya Borsten | ZZ&PC De Devel | 1:05.57 | 201300668 | 1:05.80 | |
| 9. | Lotte Droogendijk | ZZ&PC De Devel | 1:15.73 | 201400162 | 1:23.27 | |

Programmanr. 16
28-5-2022 - 15:36

Jongens, 50m schoolslag

Minioren 4 en jonger
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|-----------------|----------------|---------|-----------|----------------|----|
| 1. | Thijs van Arkel | ACZ | 56.77 | 201300539 | 54.89 | |
| 2. | Ties de Jong | ACZ | 58.74 | 201200579 | 57.44 | |
| 3. | Rik Kroesbergen | Poseidon'56 | 1:04.96 | 201201465 | 1:00.23 | |
| 4. | Rayan EL Allali | ZZ&PC De Devel | 1:02.94 | 201300443 | 1:07.96 | |
| 5. | Adam Bougallab | ZZ&PC De Devel | 1:21.16 | 201201477 | 1:14.31 | |
| 6. | Jonathan Gäde | Poseidon'56 | NT | 201400357 | 1:18.34 | |
| AFGEM | Joes van Ingen | ACZ | 1:02.96 | 201201299 | | |

Programmanr. 17
28-5-2022 - 15:40

Meisjes, 100m vlinderslag

Jeugd 2 en jonger
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|-------|-----------------------|----------------|---------|-----------|----------------|----|-------|---------|
| 1. | Julia van Wingerden | ZZ&PC De Devel | 1:14.48 | 200800436 | 1:19.18 | | 36.43 | 1:19.18 |
| 2. | Jaylin van der Linden | ZZ&PC De Devel | 1:20.70 | 200701766 | 1:21.40 | | 38.07 | 1:21.40 |
| 3. | Jessica Pol | Poseidon'56 | 1:20.29 | 200600030 | 1:22.24 | | 37.87 | 1:22.24 |
| 4. | Manou Longayroux | ZZ&PC De Devel | 1:18.72 | 201000580 | 1:24.81 | | 38.37 | 1:24.81 |
| 5. | Janine Droogendijk | ZZ&PC De Devel | 1:27.09 | 200701778 | 1:26.79 | | 39.08 | 1:26.79 |
| 6. | Noëmi Oldenkamp | ACZ | 1:26.18 | 200600162 | 1:29.51 | | 37.89 | 1:29.51 |
| 7. | Roos Westerhout | ZZ&PC De Devel | 1:29.10 | 200604714 | 1:30.60 | | 39.71 | 1:30.60 |
| 8. | Dannii Rieborn | ZPC Numansdorp | 1:41.46 | 200603334 | 1:45.74 | | 46.27 | 1:45.74 |
| AFGEM | Anne-Marie Twigt | ACZ | 1:39.62 | 200503290 | | | | |

Programmanr. 18
28-5-2022 - 15:45

Jongens, 100m vlinderslag

12 - 17 jaar
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|-------|-----------------|----------------|---------|-----------|----------------|---------|-------|---------|
| 1. | Menno Wieringa | ACZ | 1:02.88 | 200500927 | 1:05.69 | | 29.72 | 1:05.69 |
| 2. | Lucas Admiraal | ZPC Numansdorp | 1:34.99 | 200503031 | 1:34.89 | | 41.66 | 1:34.89 |
| 3. | Jelmer Paans | ZZ&PC De Devel | 1:31.21 | 200404441 | 1:37.49 | S14 187 | 40.24 | 1:37.49 |
| AFGEM | Quinn Huijsmans | ACZ | 1:21.93 | 200404139 | | | | |

P.A.N.D.K. Deel 4
Zwijndrecht, 28-5-2022

Programmanr. 19
28-5-2022 - 15:48

Meisjes, 100m vlinderslag

Junioren 4 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|---|------------------|----------------|---------|-----------|----------------|---------|---------|
| 1. | Elvera Jonkers | Poseidon'56 | 1:33.43 | 200800196 | 1:30.83 | 40.80 | 1:30.83 |
| 2. | Lea Visser | ZPC Numansdorp | 1:32.51 | 200703572 | 1:33.69 | 41.06 | 1:33.69 |
| 3. | Storm Maliepaard | ZPC Numansdorp | 1:40.29 | 200702310 | 1:36.62 | 42.31 | 1:36.62 |
| 4. | Yaren Kara | ACZ | 1:49.15 | 200803998 | 1:49.18 | 48.46 | 1:49.18 |
| 5. | Fleur Goudart | Poseidon'56 | 2:09.84 | 200803428 | 2:04.18 | 54.05 | 2:04.18 |
| 6. | Demi Slager | ZZ&PC De Devel | 2:03.03 | 201001630 | 2:17.75 | 1:00.14 | 2:17.75 |
| DIS | Shifra Loman | ACZ | 1:42.48 | 200703178 | | | |
| <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | | | | | |
| AFGEM | Angeliek de Wolf | De Kempvis | NT | 200804574 | | | |
| AFGEM | Jolie Dronkers | ACZ | NT | 200704638 | | | |
| AFGEM | Janneke Twigt | ACZ | 1:31.63 | 200701040 | | | |
| AFGEM | Fenna Sijtsema | Poseidon'56 | NT | 200803496 | | | |

Programmanr. 20
28-5-2022 - 15:56

Jongens, 100m vlinderslag

Junioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|-------------------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Benjamin van Helsdingen | ZZ&PC De Devel | 1:02.72 | 200601097 | 1:03.66 | 30.09 | 1:03.66 |
| 2. | Hessel de Jong | ACZ | 1:07.17 | 200602753 | 1:08.94 | 31.58 | 1:08.94 |
| 3. | Jasper Groen | ACZ | 1:08.47 | 200602325 | 1:09.24 | 31.68 | 1:09.24 |
| 4. | Ties Lakke | ACZ | 1:13.07 | 200703517 | 1:12.20 | 32.90 | 1:12.20 |
| 5. | Arav Ramcharan | Poseidon'56 | 1:19.79 | 200603067 | 1:18.96 | 34.15 | 1:18.96 |
| 6. | Thom Veldhoen | ZZ&PC De Devel | 1:28.48 | 200901159 | 1:34.78 | 42.12 | 1:34.78 |
| 7. | Mohan Mathura | ACZ | 1:54.02 | 200604099 | 1:35.06 | 43.25 | 1:35.06 |
| 8. | Koen Erkeland | ACZ | NT | 200601995 | 1:39.11 | 42.98 | 1:39.11 |
| AFGEM | Csongor Biró | ACZ | 1:16.36 | 200604101 | | | |

Programmanr. 21
28-5-2022 - 16:02

Meisjes, 100m schoolslag

Junioren 1 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|---|-----------------------|----------------|---------|-----------|----------------|---------|---------|
| 1. | Milou Filemon | ZZ&PC De Devel | 1:35.97 | 201100078 | 1:39.06 | 47.01 | 1:39.06 |
| 2. | Femme de Jong | Poseidon'56 | 1:58.83 | 201000292 | 1:45.75 | 49.72 | 1:45.75 |
| 3. | Noa Cogels | Poseidon'56 | 1:46.07 | 201101320 | 1:47.62 | 51.55 | 1:47.62 |
| 4. | Damla Yilmaz | Poseidon'56 | 1:49.03 | 201002230 | 1:48.55 | 52.16 | 1:48.55 |
| 5. | Evy Karbaat | ZPC Numansdorp | 1:56.03 | 201102108 | 1:55.07 | 54.73 | 1:55.07 |
| 6. | Nina Dolphijn | Poseidon'56 | 1:56.30 | 201200504 | 1:58.06 | 54.96 | 1:58.06 |
| 7. | Jinthe van de Vreede | ZZ&PC De Devel | 1:56.35 | 201100892 | 1:58.24 | 55.67 | 1:58.24 |
| 8. | Meira de Witt | ZZ&PC De Devel | 2:13.40 | 201102482 | 2:17.97 | 1:06.20 | 2:17.97 |
| DIS | Minke Olivia Bouman | ZZ&PC De Devel | 1:35.02 | 201100104 | | | |
| <i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> | | | | | | | |
| AFGEM | Nina-Sofia Arkesteijn | ACZ | 1:52.80 | 201101670 | | | |
| AFGEM | Maya van der Heiden | ZPC Numansdorp | 1:52.91 | 201102106 | | | |

Programmanr. 22
28-5-2022 - 16:10

Jongens, 100m schoolslag

Minioren 6 en jonger
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|-------------------|-------------------------|---------|-----------|----------------|-------|---------|
| 1. | Sander de Bruin | ZV Vlaardingen-Schiedam | 1:44.62 | 201100617 | 1:45.50 | 49.62 | 1:45.50 |
| 2. | Kris Westerhout | ZZ&PC De Devel | 1:43.09 | 201000883 | 1:46.24 | 51.69 | 1:46.24 |
| 3. | Nick de Vries | Poseidon'56 | 1:49.08 | 201000225 | 1:48.05 | 51.12 | 1:48.05 |
| 4. | Noah Abdulsada | ZZ&PC De Devel | 1:58.10 | 201002411 | 1:53.50 | 53.31 | 1:53.50 |
| 5. | Wanja Chepenko | ACZ | 2:01.19 | 201102065 | 1:56.66 | 54.36 | 1:56.66 |
| 6. | Yassine Bougallab | ZZ&PC De Devel | 2:08.55 | 201102237 | 2:04.13 | 59.15 | 2:04.13 |
| 7. | Tim Harteveld | Poseidon'56 | 2:03.67 | 201001353 | 2:09.34 | 58.81 | 2:09.34 |
| AFGEM | Nitin Nanda | ACZ | NT | 201101995 | | | |
| AFGEM | Lennon Pronk | ACZ | 2:04.03 | 201002505 | | | |

P.A.N.D.K. Deel 4
Zwijndrecht, 28-5-2022

Programmanr. 22, Jongens, 100m schoolslag, Minioren 6 en jonger

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|-------------|------------|--------|-----------|----|-----|------|
| AFGEM | Misha Smaal | ACZ | NT | 201102067 | | | |

Programmanr. 23
28-5-2022 - 16:16

Meisjes, 100m vrije slag

Junioren 1 en 2
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-------|-------------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Femke Sonneveld | Poseidon'56 | 1:28.10 | 200902802 | 1:16.56 | 37.70 | 1:16.56 |
| 2. | Femke Droogendijk | ZZ&PC De Devel | 1:19.05 | 201000216 | 1:20.09 | 38.03 | 1:20.09 |
| 3. | Lieke Verzijl | ZPC Numansdorp | 1:19.19 | 200901934 | 1:23.13 | 40.00 | 1:23.13 |
| 4. | Diya Ramcharan | Poseidon'56 | 1:35.46 | 200900996 | 1:28.54 | 42.41 | 1:28.54 |
| 5. | Marit de Wilde | ZPC Numansdorp | 1:30.87 | 200900916 | 1:31.14 | 41.99 | 1:31.14 |
| 6. | Veerle Janssen | ACZ | NT | 201003108 | 1:46.18 | 48.99 | 1:46.18 |
| 7. | Fleur Stek | ACZ | NT | 200903850 | 2:04.23 | 56.87 | 2:04.23 |
| AFGEM | Jessica Lerer | De Kempvis | 1:41.86 | 201002354 | | | |
| AFGEM | Iris de Bode | ACZ | 1:19.78 | 201000324 | | | |
| AFGEM | Melodie Dronkers | ACZ | NT | 201003106 | | | |
| AFGEM | Elise Koudstaal | ACZ | 1:26.35 | 201002338 | | | |
| AFGEM | Bente Kroos | Poseidon'56 | 1:33.29 | 200903276 | | | |
| AFGEM | Marit Kroos | Poseidon'56 | 1:33.33 | 200902860 | | | |

Programmanr. 24
28-5-2022 - 16:24

Jongens, 100m vrije slag

Junioren 1 en 2
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|-------------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Alex Woe | Poseidon'56 | 1:09.61 | 200801393 | 1:02.62 | 29.63 | 1:02.62 |
| 2. | Milán Biró | ACZ | 1:15.86 | 200803169 | 1:09.43 | 33.68 | 1:09.43 |
| 3. | Luka Arkesteijn | ACZ | 1:12.92 | 200903023 | 1:09.93 | 33.46 | 1:09.93 |
| 4. | Avery Arrindell | ACZ | 1:26.31 | 200902655 | 1:12.54 | 34.20 | 1:12.54 |
| 5. | Thom Velthoen | ZZ&PC De Devel | 1:15.13 | 200901159 | 1:17.05 | 36.45 | 1:17.05 |
| 6. | Kaylen Sebus | ZZ&PC De Devel | 1:19.96 | 200902289 | 1:19.91 | 37.23 | 1:19.91 |
| 7. | Twan Stevense | ZZ&PC De Devel | 1:34.98 | 200801955 | 1:26.44 | 40.71 | 1:26.44 |
| 8. | Mohamed Bougallab | ZZ&PC De Devel | NT | 200903513 | 2:12.99 | 59.90 | 2:12.99 |

Programmanr. 25
28-5-2022 - 16:29

Gemengd, 8 x 50m vrije slag

7 jaar en ouder
Resultaten

| rang | vereniging | intijd | tijd | RT |
|------|------------------------|----------|--------------------|----------|
| 1. | ACZ 1 | 3:46.16 | 3:48.00 | |
| | Saviël Armand | 02 24.57 | Menno Wieringa | 05 26.11 |
| | Noémi Oldenkamp | 06 31.46 | Kirsten Erkamp | 04 30.62 |
| | Bart Spaans | 99 26.24 | Stefan Groen | 03 26.82 |
| | Shifra Loman | 07 33.07 | Carmen Lems | 04 29.11 |
| 2. | Poseidon'56 1 | 3:53.10 | 3:56.07 | |
| | Dylan van Kleij | 02 26.59 | Arav Ramcharan | 06 28.81 |
| | Amy van Leersum | 02 28.85 | Tonia Ruybroek | 81 31.87 |
| | Ramón Romijn | 92 28.33 | Jessica Pol | 06 31.32 |
| | Kelly Wigleven | 95 30.39 | Alex Woe | 08 29.91 |
| 3. | ZZ&PC De Devel 2 | 3:57.48 | 4:11.24 | |
| | Daphne Scheurwater | 97 32.30 | Janine Droogendijk | 07 33.40 |
| | Stijn den Otter | 02 25.25 | Dylan Goethart S14 | 96 31.97 |
| | Julia van Wingerden | 08 30.66 | Femke Droogendijk | 10 34.69 |
| | Benjamin van Helsingen | 06 26.63 | Jelmer Paans S14 | 04 36.34 |
| 4. | ZPC Numansdorp 1 | 4:15.53 | 4:21.45 | |
| | Dannii Rieborn | 06 39.18 | Lea Visser | 07 32.42 |
| | Lucas Admiraal | 05 31.39 | Paul Notenboom | 88 27.77 |
| | Storm Maliepaard | 07 34.02 | Pepyn van Brakel | 03 27.05 |
| | Marit de Wilde | 09 39.65 | Yuri Admiraal | 77 29.97 |