

Districts Lange Afstand 2010, definitieve startlijst
Dordrecht, 28.3.2010

Programma 1; Dames, 400m wisselslag
Junioren 2 en 3

| | | | | |
|-----|---------------------|---------|----------------|---------|
| 1 | Anouk van der Vlies | 9603226 | Zoetermeer | 5:27.83 |
| 2 | Aylin van Uffelen | 9600352 | Racing Club | 5:29.83 |
| 3 | Jasmijn Bink | 9700332 | Lz 1886 | 5:31.61 |
| 4 | Lisa van den Eng | 9602070 | Wvz | 5:37.57 |
| 5 | Joelle Geerts | 9700206 | Poseidon'56 | 5:41.86 |
| 6 | Moniek Heemskerck | 9601964 | Lz 1886 | 5:51.21 |
| 7 | Anne Braam | 9602210 | Lz 1886 | 5:52.06 |
| 8 | Lisa Postma | 9701588 | De Zijl LGB | 6:00.51 |
| Res | Isabel Spit | 9604712 | Lac | 6:01.82 |
| Res | Marije Dinkelberg | 9703192 | ZV Vlaardingen | 6:06.09 |
| Res | Sanne van der Meer | 9601648 | De Columbiaan | 6:07.39 |

Programma 1; Dames, 400m wisselslag
Jeugd 1 en 2

| | | | | |
|-----|---------------------|---------|-----------------------|---------|
| 1 | Kelly Wigleven | 9500058 | Poseidon'56 | 5:22.02 |
| 2 | Jennifer den Besten | 9501740 | Hoogenboom Tours BZ&F | 5:30.82 |
| 3 | Jaimy Lee Taskin | 9403364 | Noordwijkerhout | 5:31.51 |
| 4 | Laura van Daalen | 9503474 | De Columbiaan | 5:44.97 |
| 5 | Krista Kostwinder | 9401058 | De Kempvis | 5:48.07 |
| 6 | Saskia Kommers | 9502846 | Van Vliet Barracuda | 5:49.06 |
| 7 | Birgit Adriaansen | 9503342 | MNC Dordrecht | 5:51.62 |
| 8 | Danielle Grootes | 9501278 | De Columbiaan | 5:52.89 |
| 9 | Anouk Kuijlaars | 9401700 | MNC Dordrecht | 5:53.25 |
| Res | Liselotte Mulder | 9503472 | De Columbiaan | 5:55.29 |
| Res | Jasmijn Ruijgrok | 9401032 | Lz 1886 | 6:00.24 |
| Res | Giulia Rolloos | 9500946 | Van Vliet Barracuda | 6:07.94 |

Programma 1; Dames, 400m wisselslag
Senioren 1 en 2

| | | | | |
|---|---------------------|---------|-----------------|---------|
| 1 | Isabelle Grootes | 9303030 | De Columbiaan | 5:30.62 |
| 2 | Karliën Veldscholte | 9305880 | Zpb H&I | 5:35.14 |
| 3 | Silje Welsh | 9206488 | De Zijl LGB | 5:36.09 |
| 4 | Lisa van Milt | 9201228 | de Devel | 5:38.92 |
| 5 | Zarife Gela | 9200584 | KZV de Lansingh | 6:06.38 |
| 6 | Marjolein van Kleef | 9301398 | De Zijl LGB | 6:15.33 |

Programma 1; Dames, 400m wisselslag
Senioren

| | | | | |
|-----|--------------------|---------|---------------------|---------|
| 1 | Tonia Ruybroek | 8101290 | Poseidon'56 | 5:19.31 |
| 2 | Nadya Putter | 8301630 | ZV Vlaardingen | 5:20.89 |
| 3 | Rosanne de Boer | 9104060 | Lz 1886 | 5:28.51 |
| 4 | Iris Barendregt | 8600172 | Van Vliet Barracuda | 5:30.91 |
| 5 | Maryse Lampe | 8702458 | de Devel | 5:33.00 |
| 6 | Mea Ferreira | 8901194 | ZC Ooievaar (SG) | 5:35.74 |
| 7 | Tamara Hoogenboom | 9001560 | Wzk | 5:41.53 |
| 8 | Lieke Hengst | 9108048 | Lac | 5:43.76 |
| 9 | Kimberly de Pater | 8903218 | KZV de Lansingh | 5:51.30 |
| Res | Linda Hoogendam | 8300892 | d'ELFT | 5:57.00 |
| Res | Andrea van Leeuwen | 8100904 | De Zijl LGB | 5:57.54 |

Districts Lange Afstand 2010, definitieve startlijst
Dordrecht, 28.3.2010

Programma 2; Heren, 1500m vrije slag

Junioren 1 en 2

| | | | | |
|-----|-------------------|---------|----------------|----------|
| 1 | Timo van der Ende | 9601979 | Wvz | 18:28.09 |
| 2 | Krijn de Kievit | 9700277 | Racing Club | 19:20.60 |
| 3 | Dion de Mooy | 9701803 | Lz 1886 | 20:14.92 |
| 4 | Selim Barraho | 9604249 | Lac | 20:17.72 |
| 5 | Tim van der Steen | 9702961 | ZV Vlaardingen | 20:24.07 |
| 6 | Roberto Hogerwerf | 9701183 | de Devel | 20:35.22 |
| 7 | Jeroen Oosthoek | 9602547 | De Columbiaan | 21:08.28 |
| 8 | Sven Hubregtse | 9702057 | De Kempvis | 21:15.11 |
| Res | Thom Paardekooper | 9604259 | Zoetermeer | 21:20.64 |
| Res | Gijs Ruijgrok | 9600863 | Lz 1886 | 21:25.57 |

Programma 2; Heren, 1500m vrije slag

Junioren 3 en 4

| | | | | |
|-----|------------------------|---------|----------------------|----------|
| 1 | Ensger Kotterink | 9403391 | Racing Club | 17:15.24 |
| 2 | Jeffrey Buddenberg | 9502289 | de Zeehond '73 | 17:19.41 |
| 3 | Lars Schoffelmeer | 9501907 | ZPCNumansdorp | 17:42.08 |
| 4 | Jeroen van der Giessen | 9404751 | ZV Westland Dijkglas | 17:52.95 |
| 5 | Melvin Prins | 9500201 | de Devel | 18:02.09 |
| 6 | Simon Stouten | 9400943 | De Zijl LGB | 18:18.10 |
| 7 | Jurian Beukers | 9501327 | Wvz | 18:25.26 |
| 8 | Oscar van den Heuvel | 9500803 | Noordwijkerhout | 18:35.48 |
| 9 | Bas Perik | 9502209 | Electrolux AZC | 18:50.07 |
| 10 | Tim Muller | 9501019 | De Geul | 19:06.16 |
| Res | Sander Asjes | 9503787 | Lac | 19:33.82 |
| Res | Roy Bos | 9500241 | de Devel | 19:38.82 |
| Res | Joris Kraaijestein | 9502167 | MNC Dordrecht | 19:42.41 |
| Res | Emiel van Beusekom | 9403951 | Van Vliet Barracuda | 19:56.51 |
| Res | Robin van der Voort | 9501215 | De Columbiaan | 20:12.94 |

Programma 2; Heren, 1500m vrije slag

Jeugd 1 en 2

| | | | | |
|-----|----------------------|---------|----------------------|----------|
| 1 | Giovanni den Ouden | 9300877 | de Devel | 16:57.98 |
| 2 | Menno van den Heuvel | 9200519 | Noordwijkerhout | 17:18.95 |
| 3 | Timo Dinkelberg | 9300773 | ZV Vlaardingen | 17:19.37 |
| 4 | Nick Duivenvoorden | 9300731 | Noordwijkerhout | 17:20.25 |
| 5 | Jelmar Kluiwstra | 9204323 | Lz 1886 | 17:28.09 |
| 6 | Joeri Prins | 9302037 | de Devel | 17:41.06 |
| 7 | Thomas Hansen | 9204327 | Lz 1886 | 17:57.38 |
| 8 | Gianpaolo Gioia | 9306457 | ZC Ooievaar (SG) | 18:45.26 |
| Res | Lennart Spaans | 9201237 | ZV Westland Dijkglas | 19:44.86 |

Programma 2; Heren, 1500m vrije slag

Senioren 1 en ouder

| | | | | |
|---|---------------------|---------|-----------------|----------|
| 1 | Erik Simons | 8902845 | Wzk | 17:08.83 |
| 2 | Kristiaan Lenos | 8301331 | Lz 1886 | 17:32.13 |
| 3 | Dirk Hoek | 8202445 | De Zijl LGB | 17:50.10 |
| 4 | Alex Vermeulen | 8905811 | Wzk | 18:39.81 |
| 5 | Dirkjan Beugelsdijk | 8100123 | De Zijl LGB | 18:49.54 |
| 6 | Mark Lomax | 8201095 | KZV de Lansingh | 19:47.39 |

Districts Lange Afstand 2010, definitieve startlijst
Dordrecht, 28.3.2010

Programmanr. 3; Jongens, 400m vrije slag

Minioren 3 en 4

| | | | | |
|-----|-----------------------|---------|----------------|---------|
| 1 | Thomas Jansen | 0100143 | Wvz | 6:09.32 |
| 2 | Bernard Rivard | 0000045 | Wvz | 6:09.64 |
| 3 | Otto Pranger | 0000007 | de Zeehond '73 | 6:10.24 |
| 4 | Doran Paap | 0000301 | Racing Club | 6:10.38 |
| 5 | Ricardo van der Steen | 0000625 | ZV Vlaardingen | 6:24.02 |
| 6 | Oussama Sahi | 0000367 | Lz 1886 | 6:32.40 |
| 7 | Robin Waas | 0100135 | de Devel | 6:34.41 |
| 8 | Mark de Jongh | 0001325 | de Devel | 6:37.76 |
| Res | Luke Boom | 0000637 | de Devel | 6:37.87 |
| Res | Luke Verburg | 0100047 | ZV Vlaardingen | 7:11.71 |

Programmanr. 4; Meisjes, 400m vrije slag

Minioren 3 en 4

| | | | | |
|-----|----------------------|---------|----------------|---------|
| 1 | Sanne Heemskerk | 0100600 | Lz 1886 | 6:03.11 |
| 2 | Marieke van der Meer | 0000162 | De Columbiaan | 6:08.55 |
| 3 | Inge Vieveen | 0100024 | Wvz | 6:13.00 |
| 4 | Ingeborg Uyttenbroek | 0001976 | Lac | 6:15.56 |
| 5 | Jasmijn Boon | 0001280 | Electrolux AZC | 6:19.17 |
| 6 | Jasmin Entezar | 0001826 | Electrolux AZC | 6:25.13 |
| 7 | Maartje Braam | 0000910 | Lz 1886 | 6:26.80 |
| 8 | Naomi Knetemann | 0000594 | de Devel | 6:28.00 |
| Res | Loulou Janssen | 0100132 | De Columbiaan | 6:31.60 |
| Res | Door van Eeden | 0002244 | Lz 1886 | 6:51.23 |

Programma 5; Jongens, 800m vrije slag

Minioren 5 en 6

| | | | | |
|-----|----------------------------|---------|------------------|----------|
| 1 | Remco van Velzen | 9800011 | de Zeehond '73 | 10:28.88 |
| 2 | Floris Kotterink | 9800199 | Racing Club | 10:47.67 |
| 3 | Jordy v. Oel | 9802003 | ZC Ooievaar (SG) | 11:06.27 |
| 4 | Moukhlis Sahi | 9800061 | Lz 1886 | 11:12.63 |
| 5 | Rick van den Eng | 9800755 | Wvz | 11:24.98 |
| 6 | Linguendo van der Klooster | 9801361 | Zpb H&I | 11:41.14 |
| 7 | Wouter Arnoldus | 9800581 | Wvz | 11:54.60 |
| 8 | Enrico Strik | 9800747 | Lz 1886 | 12:08.54 |
| Res | Mitchell van der Tak | 9801373 | KZV de Lansingh | 12:10.77 |
| Res | Ben Muller | 9801281 | De Geul | 12:14.66 |

Programma 6; Meisjes, 800m vrije slag

Minioren 5 en Junioren 1

| | | | | |
|-----|------------------------|---------|------------------|----------|
| 1 | Sanne Advocaat | 9801320 | MNC Dordrecht | 10:24.89 |
| 2 | Raiesha Sardar | 9800604 | ZC Ooievaar (SG) | 10:24.96 |
| 3 | Marja Esmeijer | 9800776 | Zoetermeer | 10:58.42 |
| 4 | Valerie van Roon | 9802326 | d'ELFT | 11:08.23 |
| 5 | Charlotte Eijkelenboom | 9800956 | Poseidon'56 | 11:15.01 |
| 6 | Myrthe Vreeswijk | 9800078 | Lz 1886 | 11:16.33 |
| 7 | Lara Bink | 9800076 | Lz 1886 | 11:22.14 |
| 8 | Nikita Vos | 9900356 | Lz 1886 | 11:22.51 |
| Res | Brighid van Uffelen | 9800310 | Racing Club | 11:30.14 |
| Res | Kelsey Tukker | 9801148 | Poseidon'56 | 11:35.84 |

Districts Lange Afstand 2010, definitieve startlijst
Dordrecht, 28.3.2010

Programma 7; Dames, 800m vrije slag

Junioren 2 en 3

| | | | | |
|-----|----------------------|---------|------------------|----------|
| 1 | Elisabeth Rivard | 9600244 | Wvz | 9:50.70 |
| 2 | Amber de Kroon | 9601098 | Wvz | 9:59.13 |
| 3 | Asmara Ritmeijer | 9600790 | ZV Vlaardingen | 10:07.38 |
| 4 | Carina Klees | 9602680 | Wvz | 10:12.55 |
| 5 | Anouk van der Vlies | 9603226 | Zoetermeer | 10:25.94 |
| 6 | Jasmijn Bink | 9700332 | Lz 1886 | 10:27.66 |
| 7 | Tamara van der Steen | 9605156 | ZV Vlaardingen | 10:28.15 |
| 8 | Eef Hollander | 9602074 | ZC Ooievaar (SG) | 10:32.89 |
| Res | Marije Dinkelberg | 9703192 | ZV Vlaardingen | 10:50.35 |
| Res | Kelly de Jonge | 9701210 | Poseidon'56 | 10:50.49 |
| Res | Lisa Postma | 9701588 | De Zijl LGB | 11:04.51 |

Programma 7; Dames, 800m vrije slag

Jeugd 1 en 2

| | | | | |
|-----|----------------------|---------|----------------------|----------|
| 1 | Kelly Wigleven | 9500058 | Poseidon'56 | 9:48.86 |
| 2 | Astrid van Nieuwkerk | 9402904 | ZV Westland Dijkglas | 9:52.45 |
| 3 | Seline Koek | 9400622 | Lz 1886 | 9:58.54 |
| 4 | Jaimy Lee Taskin | 9403364 | Noordwijkerhout | 9:59.86 |
| 5 | Danielle Grootes | 9501278 | De Columbiaan | 10:08.05 |
| 6 | Maud Hoofs | 9501206 | Racing Club | 10:09.35 |
| 7 | Sabine Koudijs | 9500024 | Wvz | 10:14.40 |
| 8 | Lisa Witvliet | 9403980 | Racing Club | 10:29.44 |
| 9 | Amber Reijm | 9405434 | Van Vliet Barracuda | 10:32.02 |
| 10 | Anouk Kuijlaars | 9401700 | MNC Dordrecht | 10:33.99 |
| Res | Alinda Damsteegt | 9400222 | Wiekslag | 10:42.36 |
| Res | Laura van Daalen | 9503474 | De Columbiaan | 10:48.28 |
| Res | Jasmijn Ruijgrok | 9401032 | Lz 1886 | 10:52.44 |
| Res | Giulia Rolloos | 9500946 | Van Vliet Barracuda | 10:56.97 |
| Res | Saskia Kommers | 9502846 | Van Vliet Barracuda | 10:57.22 |

Programma 7; Dames, 800m vrije slag

Senioren 1 en 2

| | | | | |
|---|---------------------|---------|-----------------|----------|
| 1 | Isabelle Grootes | 9303030 | De Columbiaan | 9:52.16 |
| 2 | Ellen Hengst | 9305850 | ZV Vlaardingen | 10:30.62 |
| 3 | Karliën Veldscholte | 9305880 | Zpb H&I | 10:35.25 |
| 4 | Marjolein van Kleef | 9301398 | De Zijl LGB | 10:56.25 |
| 5 | Zarife Gela | 9200584 | KZV de Lansingh | 11:11.51 |
| 6 | Esther Radder | 9303620 | Zhm | 11:14.37 |

Programma 7; Dames, 800m vrije slag

Senioren

| | | | | |
|-----|---------------------|---------|---------------------|----------|
| 1 | Merel Barendregt | 9100118 | Van Vliet Barracuda | 9:31.02 |
| 2 | Rosanne de Boer | 9104060 | Lz 1886 | 9:31.08 |
| 3 | Nadya Putter | 8301630 | ZV Vlaardingen | 9:56.97 |
| 4 | Karin Stein | 7100554 | ZV Vlaardingen | 10:11.17 |
| 5 | Linda Hoogendam | 8300892 | d'ELFT | 10:17.54 |
| 6 | Lieke Hengst | 9108048 | Lac | 10:21.48 |
| 7 | Tamara Hoogenboom | 9001560 | Wzk | 10:26.61 |
| 8 | Kimberly de Pater | 8903218 | KZV de Lansingh | 10:44.34 |
| Res | Andrea van Leeuwen | 8100904 | De Zijl LGB | 10:55.23 |
| Res | Sunanda van Heteren | 8901728 | Pcg | 11:22.07 |

Districts Lange Afstand 2010, definitieve startlijst
Dordrecht, 28.3.2010

Programma 8; Heren, 400m wisselslag

Junioren 1 en 2

| | | | | |
|-----|-------------------|---------|----------------|---------|
| 1 | Jesse de Win | 9600191 | De Geul | 5:18.07 |
| 2 | Stanley Klerks | 9600809 | Wvz | 5:29.88 |
| 3 | Wimar Lindenberg | 9601857 | MNC Dordrecht | 5:43.25 |
| 4 | Krijn de Kievit | 9700277 | Racing Club | 5:43.30 |
| 5 | Tim van der Steen | 9702961 | ZV Vlaardingen | 5:51.90 |
| 6 | Selim Barraho | 9604249 | Lac | 5:57.54 |
| 7 | Gijs Ruijgrok | 9600863 | Lz 1886 | 5:59.01 |
| 8 | Thomas de Jager | 9602373 | Lz 1886 | 6:01.14 |
| Res | Jeroen Oosthoek | 9602547 | De Columbiaan | 6:13.98 |
| Res | Sven Hubregtse | 9702057 | De Kempvis | 6:17.86 |

Programma 8; Heren, 400m wisselslag

Junioren 3 en 4

| | | | | |
|-----|----------------------|---------|----------------------|---------|
| 1 | Ensgar Kotterink | 9403391 | Racing Club | 4:39.76 |
| 2 | Alex Catsburg | 9404753 | KZV de Lansingh | 4:52.48 |
| 3 | Rowan Stobbart | 9406045 | Lz 1886 | 5:07.34 |
| 4 | Bas Perik | 9502209 | Electrolux AZC | 5:07.62 |
| 5 | Mike Bravenboer | 9500299 | Poseidon'56 | 5:08.78 |
| 6 | Richard Bestebreur | 9404797 | ZPCNumansdorp | 5:15.51 |
| 7 | Lars Schoffelman | 9501907 | ZPCNumansdorp | 5:17.14 |
| 8 | Simon Stouten | 9400943 | De Zijl LGB | 5:17.92 |
| 9 | Oscar van den Heuvel | 9500803 | Noordwijkerhout | 5:19.65 |
| 10 | Sander Asjes | 9503787 | Lac | 5:19.75 |
| Res | Jelmar Hillebrink | 9500401 | MNC Dordrecht | 5:36.00 |
| Res | Dennis van Kleef | 9500821 | De Zijl LGB | 5:43.53 |
| Res | Martijn van den Hul | 9404981 | Lac | 5:45.26 |
| Res | Patrick de Jong | 9403007 | ZV Westland Dijkglas | 5:55.96 |

Programma 8; Heren, 400m wisselslag

Jeugd 1 en 2

| | | | | |
|---|----------------------|---------|-----------------------|---------|
| 1 | Menno van den Heuvel | 9200519 | Noordwijkerhout | 4:50.11 |
| 2 | Timo Dinkelberg | 9300773 | ZV Vlaardingen | 4:51.98 |
| 3 | Nick Duivenvoorden | 9300731 | Noordwijkerhout | 5:04.72 |
| 4 | Jelmar Kluiwstra | 9204323 | Lz 1886 | 5:07.62 |
| 5 | Stefan Grudelbach | 9202073 | ZV Vlaardingen | 5:09.56 |
| 6 | Stefan Verheul | 9302983 | Hoogenboom Tours BZ&F | 5:10.36 |
| 7 | Eduard Bremmer | 9200145 | De Columbiaan | 5:16.05 |
| 8 | Tim Verwest | 9204675 | ZV Vlaardingen | 5:31.75 |

Programma 8; Heren, 400m wisselslag

Senioren 1 en ouder

| | | | | |
|---|---------------------|---------|-----------------------|---------|
| 1 | Kristiaan Lenos | 8301331 | Lz 1886 | 4:54.50 |
| 2 | Hans van Wijk | 8903605 | Hoogenboom Tours BZ&F | 5:04.49 |
| 3 | Alex Vermeulen | 8905811 | Wzk | 5:09.74 |
| 4 | Dirk Hoek | 8202445 | De Zijl LGB | 5:10.25 |
| 5 | Dirkjan Beugelsdijk | 8100123 | De Zijl LGB | 5:17.78 |
| 6 | Mark Lomax | 8201095 | KZV de Lansingh | 5:36.05 |