

Programmanr. 1
5-11-2023 - 14:00

Dames, 400m wisselslag

C t/m H
Resultaten

| | | | |
|----------------------|---------|---------------------|------------|
| NCS Bondsrecord 18 + | 5:43.50 | Lara van Cuijk | 7-11-2021 |
| NCS Bondsrecord E | 5:41.20 | Lara van Cuijk | 4-11-2018 |
| NCS Bondsrecord D | 6:07.80 | Lara van Cuijk | 16-11-2017 |
| NCS Bondsrecord C | 5:36.80 | Jennifer Veldhuisen | 4-11-2018 |

Punten: FINA 2014

| Rang | Geb. | Tijd | Pnt |
|----------|------|---|--------------------|
| C | | | |
| 1. | 10 | Helmondse Watervrienden | 6:31.60 295 |
| | | 50m: 40.67 40.67 150m: 250m: 350m: | |
| | | 100m: 1:29.91 49.24 200m: 300m: 400m: | 6:31.60 |
| DIS | 10 | Helmondse Watervrienden | 6:41.95 |
| | | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | |
| | | 50m: 39.96 39.96 150m: 250m: 350m: | |
| | | 100m: 1:28.43 48.47 200m: 300m: 400m: | 6:41.95 |
| D | | | |
| 1. | 08 | Pijnackerse Watervrienden | 6:06.33 361 |
| | | <i>Bondsrecord</i> | |
| | | 50m: 37.83 37.83 150m: 250m: 350m: | |
| | | 100m: 1:24.81 46.98 200m: 300m: 400m: | 6:06.33 |
| 2. | 08 | WV Almere | 6:34.73 288 |
| | | 50m: 40.39 40.39 150m: 250m: 350m: | |
| | | 100m: 1:34.02 53.63 200m: 300m: 400m: | 6:34.73 |
| 3. | 09 | Helmondse Watervrienden | 6:56.50 245 |
| | | 50m: 47.36 47.36 150m: 250m: 350m: | |
| | | 100m: 1:43.04 55.68 200m: 300m: 400m: | 6:56.50 |
| 4. | 09 | WV Born | 6:56.63 245 |
| | | 50m: 42.47 42.47 150m: 250m: 350m: | |
| | | 100m: 1:36.97 54.50 200m: 300m: 400m: | 6:56.63 |
| E | | | |
| 1. | 07 | WV Almere | 5:26.40 510 |
| | | <i>Bondsrecord</i> | |
| | | 50m: 32.94 32.94 150m: 250m: 350m: | |
| | | 100m: 1:14.04 41.10 200m: 300m: 400m: | 5:26.40 |
| 2. | 07 | Tilburgse WV | 5:41.15 447 |
| | | 50m: 33.79 33.79 150m: 250m: 350m: | |
| | | 100m: 1:13.13 39.34 200m: 300m: 400m: | 5:41.15 |
| 3. | 07 | WV Born | 5:44.87 432 |
| | | 50m: 35.21 35.21 150m: 250m: 350m: | |
| | | 100m: 1:17.15 41.94 200m: 300m: 400m: | 5:44.87 |
| 4. | 07 | Helmondse Watervrienden | 6:26.98 306 |
| | | 50m: 42.32 42.32 150m: 250m: 350m: | |
| | | 100m: 1:31.20 48.88 200m: 300m: 400m: | 6:26.98 |
| 5. | 07 | WV Born | 6:30.90 297 |
| | | 50m: 39.47 39.47 150m: 250m: 350m: | |
| | | 100m: 1:31.23 51.76 200m: 300m: 400m: | 6:30.90 |
| 6. | 07 | Apeldoornse WV | 6:39.51 278 |
| | | 50m: 45.52 45.52 150m: 250m: 350m: | |
| | | 100m: 1:40.15 54.63 200m: 300m: 400m: | 6:39.51 |

Programmanr. 1, Dames, 400m wisselslag, E

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|------|------------------|---------|---------|-------|-------|---------------------------|-------|---------|--|----------------|-----|
| 7. | Lieke van Bergen | | | | 07 | Helmondse Watervrienden | | | | 6:47.78 | 261 |
| | 50m: | 43.60 | 43.60 | 150m: | 250m: | 350m: | 400m: | 6:47.78 | | | |
| | 100m: | 1:35.91 | 52.31 | 200m: | 300m: | | | | | | |
| 8. | Fabiola Gruyters | | | | 07 | Helmondse Watervrienden | | | | 7:13.64 | 217 |
| | 50m: | 46.36 | 46.36 | 150m: | 250m: | 350m: | 400m: | 7:13.64 | | | |
| | 100m: | 1:43.02 | 56.66 | 200m: | 300m: | | | | | | |
| 9. | Annemarie Tool | | | | 07 | Pijnackerse Watervrienden | | | | 7:27.47 | 198 |
| | 50m: | 50.29 | 50.29 | 150m: | 250m: | 350m: | 400m: | 7:27.47 | | | |
| | 100m: | 1:51.63 | 1:01.34 | 200m: | 300m: | | | | | | |

F

| | | | | | | | | | | | |
|----|----------------|---------|---------|-------|-------|-------------------------|-------|---------|--|----------------|-----|
| 1. | Lizzy Langen | | | | 04 | WV Born | | | | 5:48.80 | 418 |
| | 50m: | 35.45 | 35.45 | 150m: | 250m: | 350m: | 400m: | 5:48.80 | | | |
| | 100m: | 1:17.39 | 41.94 | 200m: | 300m: | | | | | | |
| 2. | Anouk Ermens | | | | 05 | Helmondse Watervrienden | | | | 7:15.01 | 215 |
| | 50m: | 49.56 | 49.56 | 150m: | 250m: | 350m: | 400m: | 7:15.01 | | | |
| | 100m: | 1:49.73 | 1:00.17 | 200m: | 300m: | | | | | | |
| 3. | Lotte Hulskamp | | | | 05 | Helmondse Watervrienden | | | | 7:21.35 | 206 |
| | 50m: | 49.56 | 49.56 | 150m: | 250m: | 350m: | 400m: | 7:21.35 | | | |
| | 100m: | 1:51.57 | 1:02.01 | 200m: | 300m: | | | | | | |

H

| | | | | | | | | | | | |
|----|------------------|---------|-------|-------|-------|--------------|-------|---------|--|----------------|-----|
| 1. | Francis Gijsen | | | | 93 | WV Born | | | | 6:04.48 | 366 |
| | 50m: | 36.95 | 36.95 | 150m: | 250m: | 350m: | 400m: | 6:04.48 | | | |
| | 100m: | 1:24.11 | 47.16 | 200m: | 300m: | | | | | | |
| 2. | Angelique Husson | | | | 97 | Tilburgse WV | | | | 6:34.25 | 289 |
| | 50m: | 41.02 | 41.02 | 150m: | 250m: | 350m: | 400m: | 6:34.25 | | | |
| | 100m: | 1:30.55 | 49.53 | 200m: | 300m: | | | | | | |

Programmanr. 2
5-11-2023 - 14:32

Heren, 400m vrije slag

C t/m H
Resultaten

| | | | |
|----------------------|---------|----------------|-----------|
| NCS Bondsrecord 18 + | 4:07.99 | Lars Bottelier | 11-5-2014 |
| NCS Bondsrecord E | 4:07.99 | Lars Bottelier | 11-5-2014 |
| NCS Bondsrecord D | 4:32.80 | Bart de Waard | 3-11-2019 |
| NCS Bondsrecord C | 5:19.00 | Mike Tjepkema | 3-11-2019 |

Punten: FINA 2014

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|------|--------------------|---------|-------|-------|---------|-------------------------|-------|---------|--|----------------|-----|
| 1. | Sjoerd van Zwienen | | | | 11 | Tilburgse WV | | | | 5:37.47 | 248 |
| | 50m: | 36.14 | 36.14 | 150m: | 250m: | 350m: | 400m: | 5:37.47 | | | |
| | 100m: | 1:16.94 | 40.80 | 200m: | 2:44.16 | 300m: | | | | | |
| 2. | Storm Ebben | | | | 10 | WV Almere | | | | 6:01.23 | 202 |
| | 50m: | 40.44 | 40.44 | 150m: | 250m: | 350m: | 400m: | 6:01.23 | | | |
| | 100m: | 1:24.61 | 44.17 | 200m: | 2:59.10 | 300m: | | | | | |
| 3. | Björn Bogie | | | | 11 | WV Born | | | | 6:30.25 | 160 |
| | 50m: | 37.98 | 37.98 | 150m: | 250m: | 350m: | 400m: | 6:30.25 | | | |
| | 100m: | 1:23.45 | 45.47 | 200m: | 3:06.13 | 300m: | | | | | |
| 4. | Jari van Casteren | | | | 11 | Helmondse Watervrienden | | | | 6:38.73 | 150 |
| | 50m: | 41.87 | 41.87 | 150m: | 250m: | 350m: | 400m: | 6:38.73 | | | |
| | 100m: | 1:29.60 | 47.73 | 200m: | 3:12.05 | 300m: | | | | | |

Programmanr. 2, Jongens, 400m vrije slag, C

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|------|---------------|---------|-------|-------|-------|---------|-------|---------|--|----------------|-----|
| 5. | Morris Rugers | | | | 10 | WV Born | | | | 6:47.00 | 141 |
| | 50m: | 40.42 | 40.42 | 150m: | 250m: | 350m: | 400m: | 6:47.00 | | | |
| | 100m: | 1:29.09 | 48.67 | 200m: | 300m: | | | | | | |

D

| | | | | | | | | | | | |
|----|------------------|---------|-------|-------|-------|-------------------------|-------|---------|--|----------------|-----|
| 1. | Tuur Strijkers | | | | 08 | WV Born | | | | 5:07.86 | 327 |
| | 50m: | 33.36 | 33.36 | 150m: | 250m: | 350m: | 400m: | 5:07.86 | | | |
| | 100m: | 1:10.68 | 37.32 | 200m: | 300m: | | | | | | |
| 2. | Bruno Wuisman | | | | 08 | Eindhovense WV | | | | 5:21.70 | 287 |
| | 50m: | 34.01 | 34.01 | 150m: | 250m: | 350m: | 400m: | 5:21.70 | | | |
| | 100m: | 1:21.71 | 47.70 | 200m: | 300m: | | | | | | |
| 3. | Donnie Cevat | | | | 09 | WV Almere | | | | 5:27.77 | 271 |
| | 50m: | 36.14 | 36.14 | 150m: | 250m: | 350m: | 400m: | 5:27.77 | | | |
| | 100m: | 1:17.39 | 41.25 | 200m: | 300m: | | | | | | |
| 4. | Niels Woudenberg | | | | 09 | Helmondse Watervrienden | | | | 5:31.68 | 262 |
| | 50m: | 35.69 | 35.69 | 150m: | 250m: | 350m: | 400m: | 5:31.68 | | | |
| | 100m: | 1:16.36 | 40.67 | 200m: | 300m: | | | | | | |
| 5. | Milan Peters | | | | 09 | Helmondse Watervrienden | | | | 5:41.31 | 240 |
| | 50m: | 32.80 | 32.80 | 150m: | 250m: | 350m: | 400m: | 5:41.31 | | | |
| | 100m: | 1:12.85 | 40.05 | 200m: | 300m: | | | | | | |
| 6. | Sven Bogie | | | | 09 | WV Born | | | | 6:08.83 | 190 |
| | 50m: | 36.77 | 36.77 | 150m: | 250m: | 350m: | 400m: | 6:08.83 | | | |
| | 100m: | 1:20.93 | 44.16 | 200m: | 300m: | | | | | | |
| 7. | Rick van de Laar | | | | 09 | Helmondse Watervrienden | | | | 6:53.92 | 134 |
| | 50m: | 43.57 | 43.57 | 150m: | 250m: | 350m: | 400m: | 6:53.92 | | | |
| | 100m: | 1:35.48 | 51.91 | 200m: | 300m: | | | | | | |

E

| | | | | | | | | | | | |
|----|------------------|---------|-------|-------|-------|---------------------------|-------|---------|--|----------------|-----|
| 1. | Luuk Hommen | | | | 07 | WV Almere | | | | 5:09.36 | 322 |
| | 50m: | 34.24 | 34.24 | 150m: | 250m: | 350m: | 400m: | 5:09.36 | | | |
| | 100m: | 1:12.10 | 37.86 | 200m: | 300m: | | | | | | |
| 2. | Milan Dekkers | | | | 07 | WV Born | | | | 5:28.67 | 269 |
| | 50m: | 32.20 | 32.20 | 150m: | 250m: | 350m: | 400m: | 5:28.67 | | | |
| | 100m: | 1:09.05 | 36.85 | 200m: | 300m: | | | | | | |
| 3. | Damian Bas | | | | 06 | WV Born | | | | 5:57.73 | 208 |
| | 50m: | 32.88 | 32.88 | 150m: | 250m: | 350m: | 400m: | 5:57.73 | | | |
| | 100m: | 1:12.15 | 39.27 | 200m: | 300m: | | | | | | |
| 4. | Robbert Kalkman | | | | 06 | Pijnackerse Watervrienden | | | | 6:19.26 | 175 |
| | 50m: | 35.42 | 35.42 | 150m: | 250m: | 350m: | 400m: | 6:19.26 | | | |
| | 100m: | 1:16.76 | 41.34 | 200m: | 300m: | | | | | | |
| 5. | Daniël Terpstra | | | | 07 | WV Almere | | | | 6:26.38 | 165 |
| | 50m: | 40.07 | 40.07 | 150m: | 250m: | 350m: | 400m: | 6:26.38 | | | |
| | 100m: | 1:26.88 | 46.81 | 200m: | 300m: | | | | | | |
| 6. | Stan van de Laar | | | | 06 | Helmondse Watervrienden | | | | 7:26.95 | 107 |
| | 50m: | 44.46 | 44.46 | 150m: | 250m: | 350m: | 400m: | 7:26.95 | | | |
| | 100m: | 1:39.47 | 55.01 | 200m: | 300m: | | | | | | |

F

| | | | | | | | | | | | |
|----|-------------------|---------|-------|-------|-------|---------|-------|---------|--|----------------|-----|
| 1. | Jeroen Langenveld | | | | 05 | WV Born | | | | 5:09.26 | 323 |
| | 50m: | 33.45 | 33.45 | 150m: | 250m: | 350m: | 400m: | 5:09.26 | | | |
| | 100m: | 1:10.60 | 37.15 | 200m: | 300m: | | | | | | |

Programmanr. 2, Heren, 400m vrije slag

G

| | | | | | | |
|----------------|---------|-------|-------|-------------------------|----------------|---------|
| 1. Rick Ermens | | | 01 | Helmondse Watervrienden | 5:01.79 | 347 |
| 50m: | 31.37 | 31.37 | 150m: | 250m: | 350m: | |
| 100m: | 1:07.58 | 36.21 | 200m: | 300m: | 400m: | 5:01.79 |

H

| | | | | | | |
|-------------------|---------|-------|-------|-------------------------|----------------|---------|
| 1. Marco Driessen | | | 99 | Helmondse Watervrienden | 4:36.92 | 450 |
| 50m: | 30.67 | 30.67 | 150m: | 250m: | 350m: | |
| 100m: | 1:05.29 | 34.62 | 200m: | 300m: | 400m: | 4:36.92 |
| 2. Jan Vriens | | | 88 | Helmondse Watervrienden | 4:48.58 | 397 |
| 50m: | 31.74 | 31.74 | 150m: | 250m: | 350m: | |
| 100m: | 1:07.16 | 35.42 | 200m: | 300m: | 400m: | 4:48.58 |
| 3. Nicky Janse | | | 99 | Helmondse Watervrienden | 4:53.43 | 378 |
| 50m: | 32.66 | 32.66 | 150m: | 250m: | 350m: | |
| 100m: | 1:09.43 | 36.77 | 200m: | 300m: | 400m: | 4:53.43 |
| 4. Ivan Timmers | | | 85 | Eindhovense WV | 4:55.77 | 369 |
| 50m: | 31.84 | 31.84 | 150m: | 250m: | 350m: | |
| 100m: | 1:08.09 | 36.25 | 200m: | 300m: | 400m: | 4:55.77 |

Programmanr. 3
5-11-2023 - 15:18

Dames, 1500m vrije slag

C t/m H
Resultaten

| | | | |
|----------------------|----------|-----------------|-----------|
| NCS Bondsrecord 18 + | 18:54.20 | Grith Sigsgaard | 7-11-2021 |
| NCS Bondsrecord E | 19:50.00 | Lara van Cuijk | 3-11-2019 |
| NCS Bondsrecord D | 20:20.47 | Nomi Olivier | 6-11-2022 |
| NCS Bondsrecord C | 23:06.50 | Nomi Olivier | 3-11-2019 |

Punten: FINA 2014

| Rang | | | Geb. | | Tijd | Pnt |
|------|-------------------|---------|---------|---------------------------|-----------------|--------|
| E | | | | | | |
| 1. | Manon Bouwer | | 06 | Pijnackerse Watervrienden | 20:42.16 | 415 |
| | 100m: | 1:13.89 | 1:13.89 | 500m: | 900m: | 1300m: |
| | 200m: | 2:34.42 | 1:20.53 | 600m: | 1000m: | 1400m: |
| | 300m: | | | 700m: | 1100m: | 1500m: |
| | 400m: | 5:19.80 | 800m: | 10:54.86 | 1200m: | |
| 2. | Anna van Arkel | | 07 | WV Almere | 22:14.43 | 335 |
| | 100m: | 1:20.18 | 1:20.18 | 500m: | 900m: | 1300m: |
| | 200m: | 2:46.09 | 1:25.91 | 600m: | 1000m: | 1400m: |
| | 300m: | | | 700m: | 1100m: | 1500m: |
| | 400m: | 5:45.15 | 800m: | 11:46.31 | 1200m: | |
| 3. | Floortje Nederlof | | 06 | Pijnackerse Watervrienden | 22:32.43 | 321 |
| | 100m: | 1:21.98 | 1:21.98 | 500m: | 900m: | 1300m: |
| | 200m: | 2:50.87 | 1:28.89 | 600m: | 1000m: | 1400m: |
| | 300m: | | | 700m: | 1100m: | 1500m: |
| | 400m: | 5:52.71 | 800m: | 11:58.03 | 1200m: | |
| 4. | Maud Kerste | | 07 | Helmondse Watervrienden | 22:56.57 | 305 |
| | 100m: | 1:24.72 | 1:24.72 | 500m: | 900m: | 1300m: |
| | 200m: | 2:57.02 | 1:32.30 | 600m: | 1000m: | 1400m: |
| | 300m: | | | 700m: | 1100m: | 1500m: |
| | 400m: | 5:57.41 | 800m: | 12:06.35 | 1200m: | |

F

Programmanr. 3, Dames, 1500m vrije slag, F

| Rang | Geb. | Tijd | Pnt |
|------------------------------------|---------------------|-----------------|-----|
| 1. Sydney Celie | 04 WV Almere | 20:25.75 | 432 |
| 100m: 1:15.70 | 500m: 900m: 1300m: | 1:15.70 | |
| 200m: 2:38.13 | 600m: 1000m: 1400m: | 1:22.43 | |
| 300m: 700m: 1100m: 1500m: 20:25.75 | 800m: 10:54.57 | | |
| 400m: 5:24.40 | 1200m: | | |
| 2. Lena Sandmeier | 04 Eindhovense WV | 25:20.63 | 226 |
| 100m: 1:32.93 | 500m: 900m: 1300m: | 1:32.93 | |
| 200m: 3:13.05 | 600m: 1000m: 1400m: | 1:40.12 | |
| 300m: 700m: 1100m: 1500m: 25:20.63 | 800m: 13:22.14 | | |
| 400m: 6:32.69 | 1200m: | | |

G

| | | | |
|------------------------------------|----------------------------|-----------------|-----|
| 1. Lara van Cuijk | 02 Helmondse Watervrienden | 21:45.44 | 358 |
| 100m: 1:11.36 | 500m: 900m: 1300m: | 1:11.36 | |
| 200m: 2:31.55 | 600m: 1000m: 1400m: | 1:20.19 | |
| 300m: 700m: 1100m: 1500m: 21:45.44 | 800m: 11:12.00 | | |
| 400m: 5:19.16 | 1200m: | | |

Programmanr. 4 Heren, 800m vrije slag C t/m H Resultaten

| | | | |
|----------------------|----------|-----------------|-----------|
| NCS Bondsrecord 18 + | 9:42.90 | Emile Manni | 3-11-2019 |
| NCS Bondsrecord E | 10:29.57 | Micha Lindenaar | 6-11-2022 |
| NCS Bondsrecord D | 9:55.20 | Bart de Waard | 4-11-2018 |
| NCS Bondsrecord C | 12:04.00 | Yorn Maassen | 4-11-2018 |

Punten: FINA 2014

| Rang | Geb. | Tijd | Pnt |
|--------------------|----------------------|-----------------|-----|
| 1. Micha Lindenaar | 06 WV Almere | 10:55.85 | 309 |
| 100m: 1:07.85 | 300m: 500m: 700m: | 1:07.85 | |
| 200m: 2:25.35 | 400m: 5:12.68 | 1:17.50 | |
| | 600m: 800m: 10:55.85 | | |

F

| | | | |
|------------------------|----------------------|-----------------|-----|
| 1. Valentino Schuurman | 03 WV Almere | 10:20.59 | 364 |
| 100m: 1:04.73 | 300m: 500m: 700m: | 1:04.73 | |
| 200m: 2:17.93 | 400m: 4:53.49 | 1:13.20 | |
| | 600m: 800m: 10:20.59 | | |

H

| | | | |
|--------------------|----------------------|-----------------|-----|
| 1. Edwin Willemsen | 87 Apeldoornse WV | 9:50.62 | 423 |
| 100m: 1:06.65 | 300m: 500m: 700m: | 1:06.65 | |
| 200m: 2:19.53 | 400m: 4:49.84 | 1:12.88 | |
| | 600m: 800m: 9:50.62 | | |
| 2. Stephan Jaspers | 87 Eindhovense WV | 11:50.32 | 243 |
| 100m: 1:17.53 | 300m: 500m: 700m: | 1:17.53 | |
| 200m: 2:44.21 | 400m: 5:46.43 | 1:26.68 | |
| | 600m: 800m: 11:50.32 | | |

Programmanr. 5
5-11-2023 - 16:13

Dames, 800m vrije slag

C t/m H
Resultaten

| | | | |
|----------------------|----------|---------------------|-----------|
| NCS Bondsrecord 18 + | 9:33.20 | Pauline Gouwens | 4-4-2010 |
| NCS Bondsrecord E | 10:09.50 | Lara van Cuijk | 21-4-2019 |
| NCS Bondsrecord D | 10:13.30 | Jennifer Veldhuisen | 10-6-2018 |
| NCS Bondsrecord C | 10:13.30 | Jennifer Veldhuisen | 10-6-2018 |

Punten: FINA 2014

| Rang | | Geb. | | Tijd | Pnt |
|----------|---------------------------|---------|---------------------------|-----------------|----------------|
| D | | | | | |
| 1. | Elise Hofhuis | 08 | WV Almere | 12:00.49 | 294 |
| | 100m: 1:23.57 | 1:23.57 | 300m: | 500m: | 700m: |
| | 200m: 2:53.07 | 1:29.50 | 400m: 5:56.65 | 600m: | 800m: 12:00.49 |
| E | | | | | |
| 1. | Nomi Olivier | 07 | WV Almere | 10:01.87 | 505 |
| | <i>Bondsrecord</i> | | | | |
| | 100m: 1:08.93 | 1:08.93 | 300m: | 500m: | 700m: |
| | 200m: 2:24.29 | 1:15.36 | 400m: 4:57.00 | 600m: | 800m: 10:01.87 |
| 2. | Isabella Denkers | 07 | WV Almere | 11:06.63 | 371 |
| | 100m: 1:15.06 | 1:15.06 | 300m: | 500m: | 700m: |
| | 200m: 2:38.56 | 1:23.50 | 400m: 5:28.45 | 600m: | 800m: 11:06.63 |
| 3. | Bieke Langen | 06 | WV Born | 11:51.99 | 305 |
| | 100m: 1:17.06 | 1:17.06 | 300m: | 500m: | 700m: |
| | 200m: 2:43.49 | 1:26.43 | 400m: 5:45.79 | 600m: | 800m: 11:51.99 |
| 4. | Annemarie Tool | 07 | Pijnackerse Watervrienden | 14:35.07 | 164 |
| | 100m: 1:43.16 | 1:43.16 | 300m: | 500m: | 700m: |
| | 200m: 3:32.75 | 1:49.59 | 400m: 7:12.85 | 600m: | 800m: 14:35.07 |
| F | | | | | |
| 1. | Isabel de Vette | 04 | Pijnackerse Watervrienden | 12:59.65 | 232 |
| | 100m: 1:29.27 | 1:29.27 | 300m: | 500m: | 700m: |
| | 200m: 3:05.84 | 1:36.57 | 400m: 6:23.70 | 600m: | 800m: 12:59.65 |
| G | | | | | |
| 1. | Manon Drenth | 01 | Apeldoornse WV | 12:48.54 | 242 |
| | 100m: 1:28.67 | 1:28.67 | 300m: | 500m: | 700m: |
| | 200m: 3:05.89 | 1:37.22 | 400m: 6:21.70 | 600m: | 800m: 12:48.54 |
| 2. | Stephanie Naudin ten Cate | 00 | Apeldoornse WV | 13:25.83 | 210 |
| | 100m: 1:30.85 | 1:30.85 | 300m: | 500m: | 700m: |
| | 200m: 3:10.24 | 1:39.39 | 400m: 6:34.18 | 600m: | 800m: 13:25.83 |
| H | | | | | |
| 1. | Michelle van Dijk | 98 | Helmondse Watervrienden | 10:37.39 | 425 |
| | 100m: 1:13.80 | 1:13.80 | 300m: | 500m: | 700m: |
| | 200m: 2:33.40 | 1:19.60 | 400m: 5:15.67 | 600m: | 800m: 10:37.39 |
| 2. | Angelique Husson | 97 | Tilburgse WV | 12:22.88 | 268 |
| | 100m: 1:23.35 | 1:23.35 | 300m: | 500m: | 700m: |
| | 200m: 2:53.39 | 1:30.04 | 400m: 6:01.52 | 600m: | 800m: 12:22.88 |

Programmanr. 6
5-11-2023 - 16:27

Heren, 1500m vrije slag

C t/m H
Resultaten

| | | | |
|----------------------|----------|----------------|-----------|
| NCS Bondsrecord 18 + | 16:32.50 | Lars Bottelier | 27-3-2016 |
| NCS Bondsrecord E | 16:45.10 | Lars Bottelier | 20-4-0201 |
| NCS Bondsrecord D | 18:37.90 | Bart de Waard | 4-11-2018 |
| NCS Bondsrecord C | 21:13.90 | Joey de Groot | 27-3-2016 |

Punten: FINA 2014

| Rang | | Geb. | | Tijd | Pnt |
|----------|---------------------------------------|------|---------------------------|-----------------|-----|
| C | | | | | |
| 1. | Kelvin Terpstra <i>Bondsrecord</i> | 10 | WV Almere | 22:24.46 | 252 |
| | 100m: 1:16.93 1:16.93 | | 500m: 900m: | 1300m: | |
| | 200m: 2:43.99 1:27.06 | | 600m: 1000m: | 1400m: | |
| | 300m: 700m: | | 1100m: | 1500m: 22:24.46 | |
| | 400m: 5:46.21 | | 800m: 11:54.16 | 1200m: | |
| 2. | Florian Tool | 10 | Pijnackerse Watervrienden | 27:00.37 | 144 |
| | 100m: 1:38.57 1:38.57 | | 500m: 900m: | 1300m: | |
| | 200m: 3:27.59 1:49.02 | | 600m: 1000m: | 1400m: | |
| | 300m: 700m: | | 1100m: | 1500m: 27:00.37 | |
| | 400m: 7:09.18 | | 800m: 14:27.76 | 1200m: | |
| F | | | | | |
| 1. | Yorn Maassen | 05 | WV Born | 20:49.03 | 315 |
| | 100m: 1:12.71 1:12.71 | | 500m: 900m: | 1300m: | |
| | 200m: 2:31.15 1:18.44 | | 600m: 1000m: | 1400m: | |
| | 300m: 700m: | | 1100m: | 1500m: 20:49.03 | |
| | 400m: 5:12.14 | | 800m: 10:54.29 | 1200m: | |
| 2. | Cas Baltes | 04 | Apeldoornse WV | 21:38.10 | 280 |
| | 100m: 1:13.19 1:13.19 | | 500m: 900m: | 1300m: | |
| | 200m: 2:34.14 1:20.95 | | 600m: 1000m: | 1400m: | |
| | 300m: 700m: | | 1100m: | 1500m: 21:38.10 | |
| | 400m: 5:25.09 | | 800m: 11:22.82 | 1200m: | |
| G | | | | | |
| 1. | Maik Bouwer | 02 | Pijnackerse Watervrienden | 19:46.82 | 367 |
| | 100m: 1:10.30 1:10.30 | | 500m: 900m: | 1300m: | |
| | 200m: 2:27.01 1:16.71 | | 600m: 1000m: | 1400m: | |
| | 300m: 700m: | | 1100m: | 1500m: 19:46.82 | |
| | 400m: 5:05.34 | | 800m: 10:23.56 | 1200m: | |
| 2. | Remco Naudin ten Cate | 01 | Apeldoornse WV | 21:12.82 | 297 |
| | 100m: 1:13.70 1:13.70 | | 500m: 900m: | 1300m: | |
| | 200m: 2:36.00 1:22.30 | | 600m: 1000m: | 1400m: | |
| | 300m: 700m: | | 1100m: | 1500m: 21:12.82 | |
| | 400m: 5:25.20 | | 800m: 11:14.73 | 1200m: | |
| H | | | | | |
| 1. | Ivan Timmers | 85 | Eindhovense WV | 19:50.60 | 364 |
| | 100m: 1:11.33 1:11.33 | | 500m: 900m: | 1300m: | |
| | 200m: 2:30.11 1:18.78 | | 600m: 1000m: | 1400m: | |
| | 300m: 700m: | | 1100m: | 1500m: 19:50.60 | |
| | 400m: 5:11.08 | | 800m: 10:34.11 | 1200m: | |
| 2. | Alex Jongkind | 79 | Apeldoornse WV | 20:54.95 | 310 |
| | 100m: 1:16.22 1:16.22 | | 500m: 900m: | 1300m: | |
| | 200m: 2:39.97 1:23.75 | | 600m: 1000m: | 1400m: | |
| | 300m: 700m: | | 1100m: | 1500m: 20:54.95 | |
| | 400m: 5:28.71 | | 800m: 11:03.76 | 1200m: | |

Programmanr. 6, Heren, 1500m vrije slag, H

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|------|------------------|---------|---------|-------|----------|--------------|--|--------|----------|-----------------|-----|
| 3. | Bart Mallon | | | | 98 | Tilburgse WV | | | | 24:33.47 | 192 |
| | 100m: | 1:21.43 | 1:21.43 | 500m: | | 900m: | | 1300m: | | | |
| | 200m: | 2:49.85 | 1:28.42 | 600m: | | 1000m: | | 1400m: | | | |
| | 300m: | | | 700m: | | 1100m: | | 1500m: | 24:33.47 | | |
| | 400m: | 5:54.65 | | 800m: | 12:33.14 | 1200m: | | | | | |
| 4. | Valerie van Loon | | | | 74 | WV Born | | | | 26:38.86 | 150 |
| | 100m: | 1:31.61 | 1:31.61 | 500m: | | 900m: | | 1300m: | | | |
| | 200m: | 3:17.81 | 1:46.20 | 600m: | | 1000m: | | 1400m: | | | |
| | 300m: | | | 700m: | | 1100m: | | 1500m: | 26:38.86 | | |
| | 400m: | 6:57.17 | | 800m: | 14:10.67 | 1200m: | | | | | |

Programmanr. 7
5-11-2023 - 17:09

Dames, 400m vrije slag

C t/m H
Resultaten

| | | | |
|----------------------|---------|---------------------|-----------|
| NCS Bondsrecord 18 + | 4:31.20 | Pauline Gouwens | 6-12-2009 |
| NCS Bondsrecord E | 4:48.80 | Jennifer Veldhuisen | 21-4-2019 |
| NCS Bondsrecord D | 4:48.80 | Jennifer Veldhuisen | 21-4-2019 |
| NCS Bondsrecord C | 4:48.80 | Jennifer Veldhuisen | 21-4-2019 |

Punten: FINA 2014

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|----------|-----------------|---------|-------|-------|---------|---------------------------|-------|-------|---------|----------------|-----|
| C | | | | | | | | | | | |
| 1. | Indy Kerste | | | | 10 | Helmondse Watervrienden | | | | 5:47.22 | 308 |
| | 50m: | 38.34 | 38.34 | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:21.72 | 43.38 | 200m: | 2:50.09 | 300m: | | 400m: | 5:47.22 | | |
| 2. | Mirte Griens | | | | 10 | WV Born | | | | 5:57.99 | 281 |
| | 50m: | 38.26 | 38.26 | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:22.45 | 44.19 | 200m: | 2:55.67 | 300m: | | 400m: | 5:57.99 | | |
| 3. | Robynn Harks | | | | 10 | Helmondse Watervrienden | | | | 6:02.70 | 270 |
| | 50m: | 38.22 | 38.22 | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:23.34 | 45.12 | 200m: | 2:57.71 | 300m: | | 400m: | 6:02.70 | | |
| D | | | | | | | | | | | |
| 1. | Fleur de Vette | | | | 08 | Pijnackerse Watervrienden | | | | 5:29.08 | 361 |
| | 50m: | 35.60 | 35.60 | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:15.99 | 40.39 | 200m: | 2:41.71 | 300m: | | 400m: | 5:29.08 | | |
| 2. | Elise Hofhuis | | | | 08 | WV Almere | | | | 5:41.86 | 322 |
| | 50m: | 37.75 | 37.75 | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:20.64 | 42.89 | 200m: | 2:47.95 | 300m: | | 400m: | 5:41.86 | | |
| 3. | Isabel Marcus | | | | 08 | WV Almere | | | | 5:58.16 | 280 |
| | 50m: | 39.34 | 39.34 | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:24.03 | 44.69 | 200m: | 2:54.92 | 300m: | | 400m: | 5:58.16 | | |
| 4. | Iris Verschuren | | | | 09 | Helmondse Watervrienden | | | | 6:16.17 | 242 |
| | 50m: | 41.86 | 41.86 | 150m: | 3:05.67 | 1:37.06 | 250m: | 350m: | | | |
| | 100m: | 1:28.61 | 46.75 | 200m: | | 300m: | | 400m: | 6:16.17 | | |
| 5. | Floor Emaus | | | | 09 | WV Born | | | | 6:17.45 | 239 |
| | 50m: | 39.63 | 39.63 | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:25.78 | 46.15 | 200m: | 3:03.51 | 300m: | | 400m: | 6:17.45 | | |

Programmanr. 7, Dames, 400m vrije slag

E

| | | | | | | |
|----|-------------------|-------|---------------|---------------------------|----------------|-----|
| 1. | Maud van Zwiene | | 07 | Tilburgse WV | 4:59.75 | 478 |
| | 50m: 31.53 | 31.53 | 150m: | 250m: | 350m: | |
| | 100m: 1:05.83 | 34.30 | 200m: 2:23.82 | 300m: | 400m: 4:59.75 | |
| 2. | Evy Knops | | 07 | WV Born | 5:08.31 | 440 |
| | 50m: 33.42 | 33.42 | 150m: | 250m: | 350m: | |
| | 100m: 1:10.47 | 37.05 | 200m: 2:29.45 | 300m: | 400m: 5:08.31 | |
| 3. | Floortje Nederlof | | 06 | Pijnackerse Watervrienden | 5:36.88 | 337 |
| | 50m: 36.22 | 36.22 | 150m: | 250m: | 350m: | |
| | 100m: 1:18.01 | 41.79 | 200m: 2:47.32 | 300m: | 400m: 5:36.88 | |
| 4. | Inge Vogels | | 07 | Helmondse Watervrienden | 5:39.82 | 328 |
| | 50m: 39.18 | 39.18 | 150m: | 250m: | 350m: | |
| | 100m: 1:21.61 | 42.43 | 200m: 2:46.96 | 300m: | 400m: 5:39.82 | |
| 5. | Juno Steinbusch | | 07 | WV Born | 5:43.72 | 317 |
| | 50m: 35.16 | 35.16 | 150m: | 250m: | 350m: | |
| | 100m: 1:15.90 | 40.74 | 200m: 2:43.79 | 300m: | 400m: 5:43.72 | |
| 6. | Esmee Drenth | | 07 | Apeldoornse WV | 5:52.19 | 295 |
| | 50m: 37.53 | 37.53 | 150m: | 250m: | 350m: | |
| | 100m: 1:20.13 | 42.60 | 200m: 2:49.26 | 300m: | 400m: 5:52.19 | |
| 7. | Lynn van der Loo | | 06 | Apeldoornse WV | 6:17.01 | 240 |
| | 50m: 37.96 | 37.96 | 150m: | 250m: | 350m: | |
| | 100m: 1:23.31 | 45.35 | 200m: 3:00.39 | 300m: | 400m: 6:17.01 | |
| 8. | Cheyenne Kocken | | 07 | Helmondse Watervrienden | 6:40.93 | 200 |
| | 50m: 45.92 | 45.92 | 150m: | 250m: | 350m: | |
| | 100m: 1:36.33 | 50.41 | 200m: 3:20.73 | 300m: | 400m: 6:40.93 | |

F

| | | | | | | |
|----|-----------------|-------|---------------|---------------------------|----------------|-----|
| 1. | Lizzy Langen | | 04 | WV Born | 5:08.24 | 440 |
| | 50m: 32.78 | 32.78 | 150m: | 250m: | 350m: | |
| | 100m: 1:10.18 | 37.40 | 200m: 2:29.15 | 300m: | 400m: 5:08.24 | |
| 2. | Isabel de Vette | | 04 | Pijnackerse Watervrienden | 6:14.16 | 246 |
| | 50m: 41.41 | 41.41 | 150m: | 250m: | 350m: | |
| | 100m: 1:27.11 | 45.70 | 200m: 3:02.90 | 300m: | 400m: 6:14.16 | |
| 3. | Anouk Ermens | | 05 | Helmondse Watervrienden | 6:33.44 | 211 |
| | 50m: 41.96 | 41.96 | 150m: | 250m: | 350m: | |
| | 100m: 1:31.63 | 49.67 | 200m: 3:13.94 | 300m: | 400m: 6:33.44 | |

G

| | | | | | | |
|----|----------------|-------|---------------|-------------------------|----------------|-----|
| 1. | Lara van Cuijk | | 02 | Helmondse Watervrienden | 5:30.12 | 358 |
| | 50m: 32.29 | 32.29 | 150m: | 250m: | 350m: | |
| | 100m: 1:08.18 | 35.89 | 200m: 2:32.14 | 300m: | 400m: 5:30.12 | |

H

| | | | | | | |
|----|---------------------|-------|---------------|-----------|----------------|-----|
| 1. | Ellen van Wingerden | | 69 | WV Almere | 6:29.21 | 218 |
| | 50m: 38.73 | 38.73 | 150m: | 250m: | 350m: | |
| | 100m: 1:22.26 | 43.53 | 200m: 2:59.31 | 300m: | 400m: 6:29.21 | |

NG Francis Gijsen 93 WV Born

Programmanr. 8
5-11-2023 - 17:38

Heren, 400m wisselslag

C t/m H
Resultaten

| | | | |
|----------------------|---------|-------------------|-----------|
| NCS Bondsrecord 18 + | 4:47.00 | Matthew Dullemond | 4-11-2018 |
| NCS Bondsrecord E | 5:10.51 | Bart de Waard | 6-11-2022 |
| NCS Bondsrecord D | 5:29.70 | Luuk Hommen | 6-11-2022 |
| NCS Bondsrecord C | 6:23.00 | Mike Tjepkema | 3-11-2019 |

Punten: FINA 2014

| Rang | Geb. | Tijd | Pnt |
|--|------------------------------|----------------|-----|
| C | | | |
| 1. Storm Ebben | 10 WV Almere | 7:01.73 | 174 |
| 50m: 50.33 50.33 | 150m: 250m: 350m: | 300m: 400m: | |
| 100m: 1:48.09 57.76 | 200m: 300m: 400m: | 7:01.73 | |
| D | | | |
| 1. Tuur Strijkers | 08 WV Born | 5:52.09 | 299 |
| 50m: 36.46 36.46 | 150m: 250m: 350m: | 300m: 400m: | |
| 100m: 1:22.88 46.42 | 200m: 300m: 400m: | 5:52.09 | |
| 2. Niels Woudenberg | 09 Helmondse Watervrienden | 5:54.46 | 293 |
| 50m: 36.90 36.90 | 150m: 250m: 350m: | 300m: 400m: | |
| 100m: 1:22.07 46.26 | 200m: 300m: 400m: | 5:54.46 | |
| 3. Donnie Cevat | 09 WV Almere | 6:01.50 | 276 |
| 50m: 35.81 35.81 | 150m: 250m: 350m: | 300m: 400m: | |
| 100m: 1:22.07 46.26 | 200m: 300m: 400m: | 6:01.50 | |
| 4. Milan Peters | 09 Helmondse Watervrienden | 6:27.12 | 225 |
| 50m: 40.19 40.19 | 150m: 250m: 350m: | 300m: 400m: | |
| 100m: 1:33.27 53.08 | 200m: 300m: 400m: | 6:27.12 | |
| DIS Sven Bogie | 09 WV Born | 6:38.67 | |
| <i>AM - Gebruik maken van hulpmiddelen (het meelopen met de deelnemer wordt gelijkgesteld met gebruik van hulpmiddelen).</i> | | | |
| 50m: 41.17 41.17 | 150m: 250m: 350m: | 300m: 400m: | |
| 100m: 1:32.74 51.57 | 200m: 300m: 400m: | 6:38.67 | |
| E | | | |
| 1. Luuk Hommen | 07 WV Almere | 5:17.49 | 408 |
| 50m: 30.37 30.37 | 150m: 250m: 350m: | 300m: 400m: | |
| 100m: 1:06.87 36.50 | 200m: 300m: 400m: | 5:17.49 | |
| 2. Milan Dekkers | 07 WV Born | 5:57.42 | 286 |
| 50m: 38.21 38.21 | 150m: 250m: 350m: | 300m: 400m: | |
| 100m: 1:26.67 48.46 | 200m: 300m: 400m: | 5:57.42 | |
| 3. Stan van de Laar | 06 Helmondse Watervrienden | 7:30.33 | 143 |
| 50m: 46.92 46.92 | 150m: 250m: 350m: | 300m: 400m: | |
| 100m: 1:46.11 59.19 | 200m: 300m: 400m: | 7:30.33 | |
| DIS Marijn Tool | 06 Pijnackerse Watervrienden | 6:37.69 | |
| <i>RE - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i> | | | |
| 50m: 37.36 37.36 | 150m: 250m: 350m: | 300m: 400m: | |
| 100m: 1:28.33 50.97 | 200m: 300m: 400m: | 6:37.69 | |
| F | | | |
| 1. Valentino Schuurman | 03 WV Almere | 5:08.82 | 443 |
| 50m: 31.48 31.48 | 150m: 250m: 350m: | 300m: 400m: | |
| 100m: 1:10.11 38.63 | 200m: 300m: 400m: | 5:08.82 | |

Programmanr. 8, Heren, 400m wisselslag, F

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|----------|-------------------|---------|-------|-------|------|---------------------------|--|-------|--|----------------|-----|
| 2. | Jeroen Langenveld | | | | 05 | WV Born | | | | 5:39.87 | 332 |
| | 50m: | 35.02 | 35.02 | 150m: | | 250m: | | 350m: | | 5:39.87 | |
| | 100m: | 1:16.56 | 41.54 | 200m: | | 300m: | | 400m: | | | |
| G | | | | | | | | | | | |
| 1. | Maik Bouwer | | | | 02 | Pijnackerse Watervrienden | | | | 5:14.88 | 418 |
| | 50m: | 32.64 | 32.64 | 150m: | | 250m: | | 350m: | | 5:14.88 | |
| | 100m: | 1:10.31 | 37.67 | 200m: | | 300m: | | 400m: | | | |
| 2. | Rick Ermens | | | | 01 | Helmondse Watervrienden | | | | 5:32.47 | 355 |
| | 50m: | 32.93 | 32.93 | 150m: | | 250m: | | 350m: | | 5:32.47 | |
| | 100m: | 1:13.63 | 40.70 | 200m: | | 300m: | | 400m: | | | |
| H | | | | | | | | | | | |
| 1. | Marco Driessen | | | | 99 | Helmondse Watervrienden | | | | 5:14.79 | 418 |
| | 50m: | 30.86 | 30.86 | 150m: | | 250m: | | 350m: | | 5:14.79 | |
| | 100m: | 1:08.77 | 37.91 | 200m: | | 300m: | | 400m: | | | |
| 2. | Jan Vriens | | | | 88 | Helmondse Watervrienden | | | | 5:26.31 | 375 |
| | 50m: | 33.22 | 33.22 | 150m: | | 250m: | | 350m: | | 5:26.31 | |
| | 100m: | 1:14.33 | 41.11 | 200m: | | 300m: | | 400m: | | | |
| 3. | Nicky Janse | | | | 99 | Helmondse Watervrienden | | | | 5:31.42 | 358 |
| | 50m: | 31.52 | 31.52 | 150m: | | 250m: | | 350m: | | 5:31.42 | |
| | 100m: | 1:12.34 | 40.82 | 200m: | | 300m: | | 400m: | | | |
| 4. | Stephan Jaspers | | | | 87 | Eindhovense WV | | | | 6:44.11 | 197 |
| | 50m: | 41.20 | 41.20 | 150m: | | 250m: | | 350m: | | 6:44.11 | |
| | 100m: | 1:31.53 | 50.33 | 200m: | | 300m: | | 400m: | | | |