

**Uitslag Regio West Zomerkampioenschappen sessie 5-8  
27-05-2017 t/m 28-05-2017 te Dordrecht (50m baan)**

| <b>Progr nr: 1 50m vrij dames mix</b> |                      |         |          |  |  |  |  |  | <b>Eindtijd</b> |
|---------------------------------------|----------------------|---------|----------|--|--|--|--|--|-----------------|
| 13                                    | Wendy de Bruin       | 0.28.75 | 92-06320 |  |  |  |  |  | 0.29.81*        |
| 25                                    | Rozemarijn van Haaff | 0.29.69 | 02-01852 |  |  |  |  |  | 0.30.06*        |
| 31                                    | Rebecca Evers        | 0.29.64 | 92-07916 |  |  |  |  |  | 0.31.06         |
| 28                                    | Jet van Oudheusden   | 0.32.29 | 04-01012 |  |  |  |  |  | 0.33.39*        |
| 32                                    | Lotte van der Maas   | 0.32.44 | 04-02376 |  |  |  |  |  | 0.34.00*        |
| 20                                    | Emi Schipper         | 0.33.65 | 05-02126 |  |  |  |  |  | 0.34.00*        |
| 38                                    | Esmeralda Elbers     | 0.35.04 | 04-04888 |  |  |  |  |  | 0.35.15         |
| 32                                    | Daphne Keijzer       | 0.36.50 | 05-03556 |  |  |  |  |  | 0.36.77         |

| <b>Verbeteringen</b> |    |      |                      | <i>Nieuw</i> | <i>Oud</i> |            |           |     |
|----------------------|----|------|----------------------|--------------|------------|------------|-----------|-----|
| PR                   | 50 | VRIJ | Emi Schipper         | 0.34.00      | 0.39.04    | 09-04-2017 | Den Haag  | 50m |
| PR                   | 50 | VRIJ | Lotte van der Maas   | 0.34.00      | 0.35.87    | 14-05-2016 | Den Haag  | 50m |
| PR                   | 50 | VRIJ | Jet van Oudheusden   | 0.33.39      | 0.33.85    | 23-04-2017 | Den Haag  | 50m |
| PR                   | 50 | VRIJ | Wendy de Bruin       | 0.29.81      | 0.30.19    | 06-02-2010 | Dordrecht | 50m |
| PR                   | 50 | VRIJ | Rozemarijn van Haaff | 0.30.06      | 0.30.25    | 23-04-2017 | Den Haag  | 50m |

| <b>Progr nr: 3 200m school dames mix</b>          |                      |         |          | <b>50m</b> | <b>100m</b> |  |  |  | <b>Eindtijd</b> |
|---|----------------------|---------|----------|------------|-------------|--|--|--|-----------------|
| 8   | Wendy de Bruin       | 2.54.45 | 92-06320 | 0.40.68    | 1.28.04     |  |  |  | 3.05.76         |
| <i>50m: 0.40.68, 100m: 1.28.04, 150m: 2.16.76</i> |                      |         |          |            |             |  |  |  |                 |
| 17  | Rozemarijn van Haaff | 2.56.39 | 02-01852 | 0.42.13    | 1.29.72     |  |  |  | 3.06.42*        |
| <i>50m: 0.42.13, 100m: 1.29.72, 150m: 2.18.74</i> |                      |         |          |            |             |  |  |  |                 |
| 11  | Rebecca Evers        | 3.02.18 | 92-07916 | 0.41.21    | 1.29.06     |  |  |  | 3.11.31*        |
| <i>50m: 0.41.21, 100m: 1.29.06, 150m: 2.20.06</i> |                      |         |          |            |             |  |  |  |                 |
| 9   | Jet van Oudheusden   | 3.13.22 | 04-01012 | 0.43.92    | 1.33.64     |  |  |  | 3.16.27*        |
| <i>50m: 0.43.92, 100m: 1.33.64, 150m: 2.24.81</i> |                      |         |          |            |             |  |  |  |                 |
| 9   | Emi Schipper         | 3.22.86 | 05-02126 | 0.45.95    | 1.37.28     |  |  |  | 3.18.03*        |
| <i>50m: 0.45.95, 100m: 1.37.28, 150m: 2.27.41</i> |                      |         |          |            |             |  |  |  |                 |
| 13  | Lotte van der Maas   | 3.14.54 | 04-02376 | 0.45.85    | 1.38.60     |  |  |  | 3.20.12*        |
| <i>50m: 0.45.85, 100m: 1.38.60, 150m: 2.30.42</i> |                      |         |          |            |             |  |  |  |                 |

| <b>Verbeteringen</b> |     |        |                      | <i>Nieuw</i> | <i>Oud</i> |            |           |     |
|----------------------|-----|--------|----------------------|--------------|------------|------------|-----------|-----|
| PR                   | 200 | SCHOOL | Jet van Oudheusden   | 3.16.27      | 3.30.19    | 04-06-2016 | Dordrecht | 50m |
| PR                   | 200 | SCHOOL | Lotte van der Maas   | 3.20.12      | 3.25.30    | 04-06-2016 | Dordrecht | 50m |
| PR                   | 200 | SCHOOL | Emi Schipper         | 3.18.03      | 3.22.86    | 04-02-2017 | Gorinchem | 25m |
| PR                   | 200 | SCHOOL | Rozemarijn van Haaff | 3.06.42      | 3.08.25    | 04-06-2016 | Dordrecht | 50m |
| PR                   | 200 | SCHOOL | Rebecca Evers        | 3.11.31      | 3.12.87    | 05-05-2017 | Eindhoven | 50m |

| <b>Progr nr: 4 100m rug heren mix</b> |              |         |          | <b>50m</b> |  |  |  | <b>Eindtijd</b> |          |
|---------------------------------------|--------------|---------|----------|------------|--|--|--|-----------------|----------|
| 17                                    | Boaz Troost  | 1.14.30 | 01-00371 | 0.39.12*   |  |  |  |                 | 1.21.54* |
|                                       | Tristan Stam | 1.07.72 | 99-03551 |            |  |  |  |                 | AA       |

| <b>Verbeteringen</b> |     |     |             | <i>Nieuw</i> | <i>Oud</i> |            |           |     |
|----------------------|-----|-----|-------------|--------------|------------|------------|-----------|-----|
| PR                   | 100 | RUG | Boaz Troost | 1.21.54      | 1.24.95    | 04-06-2016 | Dordrecht | 50m |
| PR                   | 50  | RUG | Boaz Troost | 0.39.12      | 0.40.53    | 04-06-2016 | Dordrecht | 50m |

AA : Gestart voor het startsignaal (en wel gezwommen).

| <b>Progr nr: 7 400m wissel heren mix</b>  |              |         |          | <b>50m</b> | <b>100m</b> |  |  |  | <b>Eindtijd</b> |
|---|--------------|---------|----------|------------|-------------|--|--|--|-----------------|
| 6   | Tristan Stam | 5.13.22 | 99-03551 | 0.36.21    | 1.20.90*    |  |  |  | 5.30.08*        |
| <i>50m: 0.36.21, 100m: 1.20.90, 150m: 2.03.34, 200m: 2.45.41, 250m: 3.29.72, 300m: 4.14.98, 350m: 4.53.53</i> |              |         |          |            |             |  |  |  |                 |
| 11  | Boaz Troost  | 5.38.00 | 01-00371 | 0.37.24    | 1.27.15*    |  |  |  | 5.57.92*        |
| <i>50m: 0.37.24, 100m: 1.27.15, 150m: 2.14.03, 200m: 3.00.21, 250m: 3.47.76, 300m: 4.36.03, 350m: 5.17.07</i> |              |         |          |            |             |  |  |  |                 |

| <b>Verbeteringen</b> |     |         |              | <i>Nieuw</i> | <i>Oud</i> |            |           |     |
|----------------------|-----|---------|--------------|--------------|------------|------------|-----------|-----|
| PR                   | 400 | WISSEL  | Boaz Troost  | 5.57.92      | 6.09.41    | 04-06-2016 | Dordrecht | 50m |
| PR                   | 400 | WISSEL  | Tristan Stam | 5.30.08      | 5.34.97    | 04-06-2016 | Dordrecht | 50m |
| PR                   | 100 | VLINDER | Boaz Troost  | 1.27.15      | 1.31.06    | 04-06-2016 | Dordrecht | 50m |
| PR                   | 100 | VLINDER | Tristan Stam | 1.20.90      | 1.23.26    | 04-06-2016 | Dordrecht | 50m |

| <b>Progr nr: 8 50m vlinder dames mix</b> |                    |         |          |  |  |  |  |  | <b>Eindtijd</b> |
|--|--------------------|---------|----------|--|--|--|--|--|-----------------|
| 9  | Rebecca Evers      | 0.31.93 | 92-07916 |  |  |  |  |  | 0.32.08         |
| 19                                       | Lotte van der Maas | 0.36.85 | 04-02376 |  |  |  |  |  | 0.36.54**       |
| 22                                       | Jet van Oudheusden | 0.37.13 | 04-01012 |  |  |  |  |  | 0.37.79*        |

| <b>Verbeteringen</b> |    |         |                    | <i>Nieuw</i> | <i>Oud</i> |            |             |     |
|----------------------|----|---------|--------------------|--------------|------------|------------|-------------|-----|
| PR                   | 50 | VLINDER | Lotte van der Maas | 0.36.54      | 0.38.16    | 21-05-2017 | Dordrecht   | 50m |
| PR                   | 50 | VLINDER | Lotte van der Maas | 0.36.54      | 0.36.85    | 25-03-2017 | Papendrecht | 25m |
| PR                   | 50 | VLINDER | Jet van Oudheusden | 0.37.79      | 0.38.07    | 23-04-2017 | Den Haag    | 50m |

**Progr nr: 9 100m vrij heren mix**

|    |                   |  |         | <b>50m</b> |         |  |  |  | <b>Eindtijd</b> |          |
|----|-------------------|--|---------|------------|---------|--|--|--|-----------------|----------|
| 29 | Tristan Stam      |  | 0.59.56 | 99-03551   | 0.29.48 |  |  |  |                 | 1.01.66* |
| 30 | Boaz Troost       |  | 1.02.28 | 01-00371   | 0.31.41 |  |  |  |                 | 1.08.92* |
| 22 | Christiaan van Es |  | 1.08.73 | 03-04141   | 0.32.28 |  |  |  |                 | 1.09.45* |
| 34 | Chris de Boed     |  | 1.08.13 | 02-03289   | 0.33.67 |  |  |  |                 | 1.12.05* |

| <b>Verbeteringen</b> |     |      |                   | <i>Nieuw</i> | <i>Oud</i> |            |             |     |  |
|----------------------|-----|------|-------------------|--------------|------------|------------|-------------|-----|--|
| PR                   | 100 | VRIJ | Chris de Boed     | 1.12.05      | 1.20.18    | 25-06-2016 | Giessenburg | 50m |  |
| PR                   | 100 | VRIJ | Christiaan van Es | 1.09.45      | 1.16.04    | 25-06-2016 | Giessenburg | 50m |  |
| PR                   | 100 | VRIJ | Tristan Stam      | 1.01.66      | 1.06.50    | 25-06-2016 | Giessenburg | 50m |  |
| PR                   | 100 | VRIJ | Boaz Troost       | 1.08.92      | 1.13.56    | 28-05-2016 | Dordrecht   | 50m |  |

**Progr nr: 10 200m rug dames mix**

|   |                    |  |         | <b>50m</b> | <b>100m</b> |         |  |  |  | <b>Eindtijd</b> |            |
|---|--------------------|--|---------|------------|-------------|---------|--|--|--|-----------------|------------|
| 11  | Wendy de Bruin     |  | 2.35.49 | 92-06320   | 0.38.72     | 1.20.47 |  |  |  |                 | 2.44.36*   |
| <i>50m: 0.38.72, 100m: 1.20.47, 150m: 2.03.22</i> |                    |  |         |            |             |         |  |  |  |                 |            |
| 18  | Jet van Oudheusden |  | 2.51.61 | 04-01012   | 0.40.81     | 1.25.87 |  |  |  |                 | 2.58.30*CR |
| <i>50m: 0.40.81, 100m: 1.25.87, 150m: 2.12.60</i> |                    |  |         |            |             |         |  |  |  |                 |            |
| 27  | Lotte van der Maas |  | 2.57.84 | 04-02376   | 0.44.33     | 1.32.20 |  |  |  |                 | 3.08.40    |
| <i>50m: 0.44.33, 100m: 1.32.20, 150m: 2.22.27</i> |                    |  |         |            |             |         |  |  |  |                 |            |

| <b>Verbeteringen</b> |     |     |                    | <i>Nieuw</i> | <i>Oud</i> |            |           |     |               |      |
|----------------------|-----|-----|--------------------|--------------|------------|------------|-----------|-----|---------------|------|
| PR                   | 200 | RUG | Jet van Oudheusden | 2.58.30      | 3.07.47    | 28-05-2016 | Dordrecht | 50m |               |      |
| PR                   | 200 | RUG | Wendy de Bruin     | 2.44.36      | 2.45.01    | 16-05-2015 | Dordrecht | 50m |               |      |
| CR                   | 200 | RUG | Jet van Oudheusden | 2.58.30      | 2.59.95    | 05-02-2011 | Dordrecht | 50m | Thirza Belder | MO12 |

**Progr nr: 13 200m wissel heren mix**

|   |              |  |         | <b>50m</b> |          |  |  |  | <b>Eindtijd</b> |         |  |
|---|--------------|--|---------|------------|----------|--|--|--|-----------------|---------|--|
| 13  | Tristan Stam |  | 2.25.22 | 99-03551   | 0.34.65* |  |  |  |                 | 2.34.29 |  |
| <i>50m: 0.34.65, 100m: 1.14.27, 150m: 1.58.37</i> |              |  |         |            |          |  |  |  |                 |         |  |

| <b>Verbeteringen</b> |    |         |              | <i>Nieuw</i> | <i>Oud</i> |            |           |     |  |
|----------------------|----|---------|--------------|--------------|------------|------------|-----------|-----|--|
| PR                   | 50 | VLINDER | Tristan Stam | 0.34.65      | 0.35.17    | 05-06-2016 | Dordrecht | 50m |  |

**Progr nr: 14 50m school dames mix**

|    |                      |  |         |          |  |  |  | <b>Eindtijd</b> |          |
|----|----------------------|--|---------|----------|--|--|--|-----------------|----------|
| 15 | Rozemarijn van Haaff |  | 0.36.37 | 02-01852 |  |  |  |                 | 0.38.50* |
| 9  | Lotte van der Maas   |  | 0.39.84 | 04-02376 |  |  |  |                 | 0.40.75* |
| 4  | Emi Schipper         |  | 0.40.80 | 05-02126 |  |  |  |                 | 0.41.75* |
| 21 | Jet van Oudheusden   |  | 0.41.10 | 04-01012 |  |  |  |                 | 0.43.83  |

| <b>Verbeteringen</b> |    |        |                      | <i>Nieuw</i> | <i>Oud</i> |            |           |     |  |
|----------------------|----|--------|----------------------|--------------|------------|------------|-----------|-----|--|
| PR                   | 50 | SCHOOL | Emi Schipper         | 0.41.75      | 0.44.71    | 21-05-2017 | Dordrecht | 50m |  |
| PR                   | 50 | SCHOOL | Lotte van der Maas   | 0.40.75      | 0.41.49    | 23-04-2017 | Den Haag  | 50m |  |
| PR                   | 50 | SCHOOL | Rozemarijn van Haaff | 0.38.50      | 0.38.67    | 21-05-2017 | Dordrecht | 50m |  |

**Progr nr: 16 400m vrij dames mix**

|   |                      |  |         | <b>100m</b> | <b>200m</b> | <b>300m</b> |          |  |  |  | <b>Eindtijd</b> |            |
|---|----------------------|--|---------|-------------|-------------|-------------|----------|--|--|--|-----------------|------------|
| 11  | Wendy de Bruin       |  | 4.52.16 | 92-06320    | 1.12.36     | 2.30.91     | 3.50.72* |  |  |  |                 | 5.07.64*   |
| <i>50m: 0.34.29, 100m: 1.12.36, 150m: 1.51.27, 200m: 2.30.91, 250m: 3.10.71, 300m: 3.50.72, 350m: 4.29.93</i> |                      |  |         |             |             |             |          |  |  |  |                 |            |
| 21  | Rozemarijn van Haaff |  | 5.12.81 | 02-01852    | 1.14.05     | 2.36.20     | 4.00.14* |  |  |  |                 | 5.22.41*CR |
| <i>50m: 0.35.42, 100m: 1.14.05, 150m: 1.54.65, 200m: 2.36.20, 250m: 3.17.98, 300m: 4.00.14, 350m: 4.42.37</i> |                      |  |         |             |             |             |          |  |  |  |                 |            |
| 17  | Jet van Oudheusden   |  | 5.40.91 | 04-01012    | 1.21.23     | 2.51.41     | 4.20.58  |  |  |  |                 | 5.42.20CR  |
| <i>50m: 0.38.32, 100m: 1.21.23, 150m: 2.06.19, 200m: 2.51.41, 250m: 3.36.02, 300m: 4.20.58, 350m: 5.03.58</i> |                      |  |         |             |             |             |          |  |  |  |                 |            |

| <b>Verbeteringen</b> |     |      |                      | <i>Nieuw</i> | <i>Oud</i> |            |           |     |                    |      |
|----------------------|-----|------|----------------------|--------------|------------|------------|-----------|-----|--------------------|------|
| PR                   | 400 | VRIJ | Rozemarijn van Haaff | 5.22.41      | 6.21.93    | 24-05-2014 | Dordrecht | 50m |                    |      |
| PR                   | 300 | VRIJ | Rozemarijn van Haaff | 4.00.14      | 4.44.71    | 24-05-2014 | Dordrecht | 50m |                    |      |
| PR                   | 400 | VRIJ | Wendy de Bruin       | 5.07.64      | 5.08.10    | 05-06-2016 | Dordrecht | 50m |                    |      |
| PR                   | 300 | VRIJ | Wendy de Bruin       | 3.50.72      | 3.51.09    | 16-05-2015 | Dordrecht | 50m |                    |      |
| CR                   | 400 | VRIJ | Jet van Oudheusden   | 5.42.20      | 5.51.10    | 16-05-2009 | Dordrecht | 50m | Lianne Boer        | MO12 |
| CR                   | 400 | VRIJ | Rozemarijn van Haaff | 5.22.41      | 5.24.79    | 12-05-2007 | Dordrecht | 50m | Louise den Breejen | MO14 |

**Progr nr: 18 50m rug dames mix**

|    |                    |  |         |          |  |  |  | <b>Eindtijd</b> |           |
|----|--------------------|--|---------|----------|--|--|--|-----------------|-----------|
| 14 | Wendy de Bruin     |  | 0.33.50 | 92-06320 |  |  |  |                 | 0.35.77*  |
| 20 | Jet van Oudheusden |  | 0.37.41 | 04-01012 |  |  |  |                 | 0.39.68   |
| 21 | Lotte van der Maas |  | 0.38.75 | 04-02376 |  |  |  |                 | 0.40.28*  |
| 19 | Daphne Keijzer     |  | 0.41.24 | 05-03556 |  |  |  |                 | 0.41.12** |

| <b>Verbeteringen</b> |    |     |                    | <i>Nieuw</i> | <i>Oud</i> |            |             |     |
|----------------------|----|-----|--------------------|--------------|------------|------------|-------------|-----|
| PR                   | 50 | RUG | Daphne Keijzer     | 0.41.12      | 0.43.54    | 20-05-2017 | Dordrecht   | 50m |
| PR                   | 50 | RUG | Lotte van der Maas | 0.40.28      | 0.41.10    | 23-04-2017 | Den Haag    | 50m |
| PR                   | 50 | RUG | Wendy de Bruin     | 0.35.77      | 0.36.58    | 09-01-2010 | Dordrecht   | 50m |
| PR                   | 50 | RUG | Daphne Keijzer     | 0.41.12      | 0.41.24    | 08-04-2017 | Papendrecht | 25m |

**Progr nr: 19 100m school heren mix**

7 Tristan Stam 1.12.29 99-03551 **50m** 0.34.93\* **Eindtijd** 1.15.25\*

**Verbeteringen**

|    |     |        |              | <i>Nieuw</i> | <i>Oud</i> |            |           |     |
|----|-----|--------|--------------|--------------|------------|------------|-----------|-----|
| PR | 100 | SCHOOL | Tristan Stam | 1.15.25      | 1.17.50    | 05-06-2016 | Dordrecht | 50m |
| PR | 50  | SCHOOL | Tristan Stam | 0.34.93      | 0.36.39    | 05-06-2016 | Dordrecht | 50m |

**Progr nr: 20 100m vlinder dames mix**

14 Wendy de Bruin 1.11.71 92-06320 **50m** 0.34.19 **Eindtijd** 1.15.12\*

15 Lotte van der Maas 1.25.26 04-02376 0.39.09 **Eindtijd** 1.23.66\*\*

17 Jet van Oudheusden 1.22.87 04-01012 0.38.71 **Eindtijd** 1.25.93

**Verbeteringen**

|    |     |         |                    | <i>Nieuw</i> | <i>Oud</i> |            |             |     |
|----|-----|---------|--------------------|--------------|------------|------------|-------------|-----|
| PR | 100 | VLINDER | Lotte van der Maas | 1.23.66      | 1.30.00    | 20-05-2017 | Dordrecht   | 50m |
| PR | 100 | VLINDER | Lotte van der Maas | 1.23.66      | 1.25.26    | 25-03-2017 | Papendrecht | 25m |
| PR | 100 | VLINDER | Wendy de Bruin     | 1.15.12      | 1.15.22    | 07-06-2015 | Den Haag    | 50m |

**Progr nr: 21 200m vrij heren mix**

15 Tristan Stam 2.10.48 99-03551 **50m** 0.30.41 **100m** 1.05.78 **Eindtijd** 2.16.77\*

50m: 0.30.41, 100m: 1.05.78, 150m: 1.41.87

20 Christiaan van Es 2.40.73 03-04141 0.33.54 1.13.08 **Eindtijd** 2.33.93\*

50m: 0.33.54, 100m: 1.13.08, 150m: 1.54.86

**Verbeteringen**

|    |     |      |                   | <i>Nieuw</i> | <i>Oud</i> |            |           |     |
|----|-----|------|-------------------|--------------|------------|------------|-----------|-----|
| PR | 200 | VRIJ | Christiaan van Es | 2.33.93      | 2.40.73    | 11-03-2017 | Gorinchem | 25m |
| PR | 200 | VRIJ | Tristan Stam      | 2.16.77      | 2.21.68    | 28-05-2016 | Dordrecht | 50m |