

Zaans Sprint Kampioenschap 2011
Zaandam, 11-9-2011

Zaans Sprint Kampioenschap minioren

Meisjes, Minioren 4

| | | | | Min. rug | Min. school | Min. vrij | Min. wissel | |
|--------------------|----|--------|----------------|----------|-------------|-----------|-------------|---------|
| 1. Merel Krijgsman | 02 | 08-004 | 4:30.40 | 4 | 50.67 | 53.98 | 48.39 | 1:57.36 |
| 2. Nouska de Reus | 02 | 08-073 | 4:49.16 | 4 | 53.84 | 1:02.61 | 51.05 | 2:01.66 |

Meisjes, Minioren 5

| | | | | Min. rug | Min. school | Min. vrij | Min. wissel | |
|-------------------|----|--------|----------------|----------|-------------|-----------|-------------|---------|
| 1. Nikky Keijzer | 01 | 08-073 | 3:34.54 | 4 | 41.05 | 47.71 | 36.13 | 1:29.65 |
| 2. Rachel Jahn | 01 | 08-073 | 3:50.18 | 4 | 42.67 | 50.51 | 38.51 | 1:38.49 |
| 3. Danique Sap | 01 | 08-004 | 3:57.70 | 4 | 46.20 | 47.61 | 43.42 | 1:40.47 |
| 4. Venna Fassaert | 01 | 08-073 | 4:13.50 | 4 | 49.43 | 53.05 | 44.76 | 1:46.26 |
| 5. Nikita Teeuwen | 01 | 08-073 | 4:40.30 | 4 | 52.93 | 58.18 | 48.04 | 2:01.15 |
| 6. Bianca Koster | 01 | 08-073 | 4:43.05 | 4 | 50.25 | 1:04.25 | 48.96 | 1:59.59 |

Jongens, Minioren 5

| | | | | Min. rug | Min. school | Min. vrij | Min. wissel | |
|---------------------|----|--------|----------------|----------|-------------|-----------|-------------|----------|
| 1. Sjoerd Jongert | 01 | 08-004 | 3:39.25 | 4 | 41.90 | 48.82 | 37.37 | 1:31.16 |
| 2. Kenzo Doerk | 01 | 08-073 | 3:49.81 | 4 | 44.08 | 51.07 | 38.02 | 1:36.64 |
| 3. Mitchell Rijks | 01 | 08-073 | 3:52.97 | 4 | 44.24 | 54.45 | 37.37 | 1:36.91 |
| 4. Max Vonk | 01 | 08-073 | 3:55.32 | 4 | 44.08 | 50.74 | 38.67 | 1:38.83* |
| 5. Matthé Knol | 01 | 08-073 | 4:04.10 | 4 | 47.09 | 52.42 | 41.16 | 1:43.43 |
| 6. Jorn Dekker | 01 | 08-073 | 4:08.26 | 4 | 46.02 | 51.76 | 42.26 | 1:48.22 |
| 7. Remco Jak | 01 | 08-073 | 4:08.73 | 4 | 49.79 | 54.95 | 40.56 | 1:43.43 |
| 8. Frank Bouquet | 01 | 08-004 | 4:27.07 | 4 | 51.73 | 56.53 | 42.50 | 1:53.31* |
| 9. Gijs van Ouwkerk | 01 | 08-073 | 4:33.39 | 4 | 53.09* | 55.02 | 43.73 | 1:58.55 |
| 10. Floris Kooi | 01 | 08-073 | 4:33.91 | 4 | 54.61 | 56.52 | 45.88 | 1:56.90 |
| 11. Ivar Kramer | 01 | 08-073 | 4:52.56 | 4 | 57.91 | 55.40 | 50.94 | 2:08.31 |

Zaans Sprint Kampioenschap dames

Meisjes, Junioren 1

| | | | | Dames vlinder | Dames rug | Dames school | Dames vrij | Dames wissel | |
|-----------------------|----|--------|----------------|---------------|-----------|--------------|------------|--------------|----------|
| 1. Hannah Bervoets | 00 | 08-073 | 4:00.37 | 5 | 39.33 | 39.33 | 42.70 | 33.98 | 1:25.03 |
| 2. Melissa Vallinga | 00 | 08-073 | 4:17.77 | 5 | 40.50 | 41.63 | 47.13 | 37.95 | 1:30.56 |
| 3. Melissa Zeeman | 00 | 08-073 | 4:22.70 | 5 | 41.28 | 43.64 | 47.56 | 36.28 | 1:33.94 |
| 4. Neve Buijs | 00 | 08-004 | 4:35.44 | 5 | 48.51 | 43.64 | 47.20 | 36.85 | 1:36.24* |
| 5. Jeannine Pos | 00 | 08-073 | 5:08.42 | 5 | 53.62 | 50.09 | 52.68 | 43.40 | 1:48.63 |
| 6. Melissa Fijnenberg | 00 | 08-004 | 5:17.25 | 5 | 53.62 | 51.45 | 49.81 | 44.44 | 1:57.93 |
| 7. Morgan Giroth | 00 | 08-073 | 5:30.32 | 5 | 53.51* | 50.20 | 58.05 | 46.56 | 1:56.00* |

Meisjes, Junioren 2 en 3

| | | | | Dames vlinder | Dames rug | Dames school | Dames vrij | Dames wissel | |
|------------------------|----|--------|----------------|---------------|-----------|--------------|------------|--------------|---------|
| 1. Melina Knol | 98 | 08-073 | 3:39.38 | 5 | 33.09 | 35.80 | 41.96 | 30.31 | 1:18.22 |
| 2. Zoë van der Kwaak | 98 | 08-073 | 3:41.52 | 5 | 34.51 | 36.01 | 39.57 | 32.24 | 1:19.19 |
| 3. Kelsey Okkers | 98 | 08-073 | 3:48.87 | 5 | 35.75 | 36.51 | 43.72 | 32.24 | 1:20.65 |
| 4. Skye Tomie Doerk | 98 | 08-073 | 3:52.31 | 5 | 35.49 | 38.38 | 44.76 | 33.07 | 1:20.61 |
| 5. Moise Timmer | 99 | 08-073 | 4:01.91 | 5 | 38.39 | 39.86 | 44.85 | 34.59 | 1:24.22 |
| 6. Femke Stevens | 99 | 08-073 | 4:02.10 | 5 | 39.70 | 39.17 | 43.11 | 35.29 | 1:24.83 |
| 7. Kim Kenbeek | 99 | 08-073 | 4:06.77 | 5 | 37.00 | 41.96 | 47.37 | 33.78 | 1:26.66 |
| 8. Eline van Zijl | 98 | 08-073 | 4:22.75 | 5 | 42.52 | 44.21 | 47.19 | 36.56 | 1:32.27 |
| 9. Sheri Zwietering | 98 | 08-004 | 4:23.05 | 5 | 43.71 | 42.20 | 47.78 | 36.39 | 1:32.97 |
| 10. Maricha Veenendaal | 99 | 08-073 | 4:27.79 | 5 | 41.28 | 43.06 | 53.75 | 34.66 | 1:35.04 |
| 11. Franka Rotterdam | 98 | 08-073 | 4:40.19 | 5 | 51.28 | 44.07 | 46.61 | 38.06 | 1:40.17 |
| 12. Anna Bruins | 99 | 08-073 | 4:40.24 | 5 | 50.84 | 43.45 | 49.64 | 38.80 | 1:37.51 |
| 13. Iona van Stelten | 99 | 08-073 | 4:41.26 | 5 | 49.76 | 42.41 | 52.22 | 39.27 | 1:37.60 |
| 14. Carmen Tavenier | 99 | 08-073 | 4:43.98 | 5 | 48.93 | 44.96 | 50.52 | 40.63 | 1:38.94 |
| 15. Elise Rotterdam | 98 | 08-073 | 4:44.53 | 5 | 51.70 | 45.50 | 49.49 | 38.48 | 1:39.36 |
| 16. Susanne Heilijgers | 99 | 08-073 | 4:45.93 | 5 | 47.73 | 45.09 | 53.52 | 40.42 | 1:39.17 |

Zaans Sprint Kampioenschap 2011
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Meisjes, Jeugd 1 en 2

| | | | | | Dames vlinder | Dames rug | Dames school | Dames vrij | Dames wissel |
|----------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Jade Broek | 97 | 08-004 | 3:38.94 | 5 | 34.21 | 35.70 | 39.91 | 31.22 | 1:17.90 |
| 2. Eline den Brave | 96 | 08-073 | 3:48.43 | 5 | 38.34 | 35.94 | 43.61 | 30.92 | 1:19.62 |
| 3. Lieke Koenderink | 97 | 08-073 | 3:53.00 | 5 | 36.54 | 35.97 | 44.74 | 32.79 | 1:22.96 |
| 4. Ilse van Steen | 97 | 08-073 | 4:06.23 | 5 | 36.00 | 41.86 | 45.08 | 34.59 | 1:28.70 |
| 5. Nadine Scheeve | 97 | 08-073 | 4:10.17 | 5 | 40.86 | 41.26 | 45.88 | 34.10 | 1:28.07 |
| 6. Celine Jacobs | 96 | 08-073 | 4:17.21 | 5 | 38.88 | 41.07 | 49.10 | 36.57 | 1:31.59 |
| 7. Noortje Rotterdam | 96 | 08-073 | 4:20.22 | 5 | 44.04 | 42.65 | 46.14 | 35.26 | 1:32.13 |
| 8. Mandy Fijnenberg | 96 | 08-004 | 4:31.02 | 5 | 44.81 | 42.95 | 49.80 | 34.79 | 1:35.67* |
| 9. Larissa Teeuwen | 97 | 08-073 | 4:36.37 | 5 | 48.69 | 42.13 | 50.95 | 38.80 | 1:35.80 |
| 10. Melanie Kerkhof | 96 | 08-073 | 4:46.85 | 5 | 45.70 | 48.50 | 51.09 | 39.82 | 1:41.74 |

Dames, Senioren 1 en 2

| | | | | | Dames vlinder | Dames rug | Dames school | Dames vrij | Dames wissel |
|-----------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Laura van der Veen | 94 | 08-004 | 3:27.98 | 5 | 31.50 | 34.29 | 39.95 | 28.18 | 1:14.06 |
| 2. Tamara Uijtewaal | 94 | 08-073 | 3:33.69 | 5 | 32.67 | 34.29 | 41.32 | 29.51 | 1:15.90 |
| 3. Lisanne van Zijl | 95 | 08-073 | 3:36.70 | 5 | 32.58 | 36.37 | 38.95 | 30.80 | 1:18.00 |
| 4. Arianne Hendriks | 95 | 08-073 | 3:54.49 | 5 | 39.07 | 40.31 | 38.86 | 34.41 | 1:21.84 |
| 5. Nina Joosten | 94 | 08-004 | 3:56.16 | 5 | 36.80 | 39.45 | 44.13 | 33.04 | 1:22.74 |

Dames, Senioren

| | | | | | Dames vlinder | Dames rug | Dames school | Dames vrij | Dames wissel |
|-------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Ingrid Jongert | 91 | 08-004 | 3:30.61 | 5 | 31.86 | 32.85 | 43.11 | 28.71 | 1:14.08 |
| 2. Romy Willemsen | 93 | 08-004 | 3:39.64 | 5 | 32.28 | 35.33 | 41.64 | 31.59 | 1:18.80 |

Zaans Sprint Kampioenschap heren

Jongens, Minioren 6

| | | | | | Heren vlinder | Heren rug | Heren school | Heren vrij | Heren wissel |
|-----------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Gino de Groot | 00 | 08-073 | 4:09.37 | 5 | 37.21 | 40.64 | 46.13 | 34.32 | 1:28.07* |
| 2. Lucas Jak | 00 | 08-073 | 4:39.33 | 5 | 43.42 | 48.30 | 49.39 | 39.50 | 1:38.72 |
| 3. Rowan Houtlosser | 00 | 08-073 | 4:46.24 | 5 | 48.87 | 40.97 | 51.56 | 40.79 | 1:44.05 |
| 4. Yassine Belhadaoui | 00 | 08-073 | 5:06.14 | 5 | 53.93 | 47.14 | 56.99 | 41.22 | 1:46.86 |
| 5. Baran Mattagi | 00 | 08-073 | 5:18.42 | 5 | 55.67 | 53.59 | 51.01 | 43.14 | 1:55.01 |

Jongens, Junioren 1 en 2

| | | | | | Heren vlinder | Heren rug | Heren school | Heren vrij | Heren wissel |
|-------------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Ingmar Bakker | 98 | 08-004 | 3:31.74 | 5 | 34.49 | 33.38 | 39.01 | 29.31 | 1:15.55 |
| 2. Lex Sandburg | 98 | 08-073 | 3:32.29 | 5 | 33.15 | 35.21 | 38.89 | 29.62 | 1:15.42 |
| 3. Tim Kieft | 99 | 08-073 | 3:54.42 | 5 | 36.52 | 36.19 | 46.13 | 31.65 | 1:23.93 |
| 4. Raoul Lieverst | 99 | 08-073 | 4:06.74 | 5 | 37.76 | 41.69 | 43.92 | 35.34 | 1:28.03 |
| 5. Tim Wassenaar | 99 | 08-073 | 4:11.69 | 5 | 41.71 | 40.57 | 46.88 | 34.38 | 1:28.15 |
| 6. Pascal Benjamins | 99 | 08-004 | 4:20.31 | 5 | 42.15 | 43.11 | 47.58 | 36.61 | 1:30.86 |
| 7. Shai Datauker | 98 | 08-004 | 4:21.30 | 5 | 44.24 | 40.41 | 48.87 | 34.06 | 1:33.72 |
| 8. Daan In de Braekt | 99 | 08-073 | 4:23.99 | 5 | 43.29 | 43.09 | 49.20 | 35.75 | 1:32.66 |
| 9. Maarten van der Veen | 99 | 08-004 | 4:38.27 | 5 | 42.69 | 49.00 | 50.78* | 35.82 | 1:36.98 |
| 10. Kevin Nillesen | 99 | 08-073 | 4:41.67 | 5 | 50.07 | 45.68 | 48.57 | 37.24 | 1:40.11 |
| 11. Basil Barrett | 99 | 08-073 | 5:06.18 | 5 | 50.05 | 49.88 | 54.46 | 42.75 | 1:49.04 |
| 12. Sam Bijl | 99 | 08-004 | 5:17.24 | 5 | 53.66 | 51.09 | 53.89 | 43.06 | 1:52.54* |
| 13. Carlos Ruiz Ariza | 98 | 08-004 | 5:25.80 | 5 | 58.67 | 52.75 | 53.89 | 44.54 | 1:52.95* |
| 14. Davey Rhebok | 99 | 08-004 | 5:59.77 | 5 | 1:03.71* | 57.73 | 58.41 | 50.15 | 2:06.77 |

Zaans Sprint Kampioenschap 2011
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Jongens, Junioren 3 en 4

| | | | | | Heren vlinder | Heren rug | Heren school | Heren vrij | Heren wissel |
|---------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Jelle Schelvis | 97 | 08-073 | 3:19.49 | 5 | 30.59 | 32.76 | 37.77 | 27.80 | 1:10.57 |
| 2. Jeroen Jongert | 96 | 08-004 | 3:31.23 | 5 | 32.23 | 32.76 | 42.40 | 29.31 | 1:14.53 |
| 3. Chris Dekker | 97 | 08-073 | 3:34.41 | 5 | 32.41 | 34.03 | 41.18 | 30.36 | 1:16.43 |
| 4. Danny Schmidt | 96 | 08-073 | 3:36.87 | 5 | 33.09 | 36.45 | 39.71 | 30.21 | 1:17.41 |
| 5. Matthijs Fleumer | 96 | 08-073 | 3:42.00 | 5 | 33.70 | 36.13 | 41.15 | 30.22 | 1:20.80 |
| 6. Mats Sandburg | 96 | 08-073 | 4:21.68 | 5 | 48.14 | 41.91 | 47.15 | 33.46 | 1:31.02 |

Heren, Senioren 1 en ouder

| | | | | | Heren vlinder | Heren rug | Heren school | Heren vrij | Heren wissel |
|------------------------|----|--------|----------------|---|---------------|-----------|--------------|------------|--------------|
| 1. Quintin Trausel | 87 | 08-004 | 3:05.39 | 5 | 27.63 | 32.45 | 32.61 | 26.14 | 1:06.56 |
| 2. Martijn Gras | 91 | 08-073 | 3:11.26 | 5 | 29.89 | 31.51 | 34.89 | 26.79 | 1:08.18 |
| 3. Metten de Vries | 89 | 08-073 | 3:19.35 | 5 | 30.59 | 33.91 | 36.45 | 26.65 | 1:11.75 |
| 4. Bjorn de Goede | 87 | 08-073 | 3:20.61 | 5 | 31.57 | 34.01 | 35.68 | 28.78 | 1:10.57 |
| 5. Reinier Willemsen | 90 | 08-004 | 3:33.11 | 5 | 31.74 | 38.26 | 39.61 | 28.08 | 1:15.42 |
| 6. Thom Scheeve | 92 | 08-073 | 3:33.53 | 5 | 33.51 | 35.73 | 37.77 | 28.56 | 1:17.96 |
| 7. Casper Gras | 92 | 08-073 | 3:42.91 | 5 | 36.58 | 37.54 | 39.45 | 30.08 | 1:19.26 |
| 8. Sebastien v Zundert | 93 | 08-004 | 3:50.76 | 5 | 35.54 | 35.17 | 39.22 | 29.86 | 1:30.97 |