

Zuidelijke Cirkel 2023-2 incl. LAC  
Terneuzen, 12-3-2023

Programmanr. 20  
12-3-2023 - 14:15

1500m vrije slag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
<b>Junioren 1 en 2, Jongens</b>								
1.	Matthijs Vinke	Scheldestroom	NT	200900105	<b>21:33.17</b>			
	50m: 36.21	36.21	450m: 6:18.77	44.06	850m: 12:11.86	44.35	1250m: 18:01.08	43.44
	100m: 1:16.96	40.75	500m: 7:03.08	44.31	900m: 12:54.86	43.00	1300m: 18:44.27	43.19
	150m: 1:59.36	42.40	550m: 7:46.56	43.48	950m: 13:38.44	43.58	1350m: 19:27.46	43.19
	200m: 2:41.67	42.31	600m: 8:30.86	44.30	1000m: 14:22.33	43.89	1400m: 20:10.34	42.88
	250m: 3:24.26	42.59	650m: 9:15.95	45.09	1050m: 15:05.90	43.57	1450m: 20:53.14	42.80
	300m: 4:07.86	43.60	700m: 9:59.43	43.48	1100m: 15:49.95	44.05	1500m: 21:33.17	40.03
	350m: 4:50.84	42.98	750m: 10:43.73	44.30	1150m: 16:33.65	43.70		
	400m: 5:34.71	43.87	800m: 11:27.51	43.78	1200m: 17:17.64	43.99		

**Junioren 1 en 2, Meisjes**

1.	Renske van den Bosch	V.Z.V. Njord	NT	201001828	<b>21:59.56</b>			
	50m: 40.18	40.18	450m: 6:37.38	45.60	850m: 12:34.07	44.35	1250m: 18:29.58	43.39
	100m: 1:23.24	43.06	500m: 7:21.68	44.30	900m: 13:18.76	44.69	1300m: 19:13.55	43.97
	150m: 2:08.88	45.64	550m: 8:05.74	44.06	950m: 14:03.62	44.86	1350m: 19:57.66	44.11
	200m: 2:54.40	45.52	600m: 8:51.29	45.55	1000m: 14:48.47	44.85	1400m: 20:40.24	42.58
	250m: 3:37.75	43.35	650m: 9:36.24	44.95	1050m: 15:33.27	44.80	1450m: 21:22.61	42.37
	300m: 4:22.02	44.27	700m: 10:20.30	44.06	1100m: 16:19.17	45.90	1500m: 21:59.56	36.95
	350m: 5:07.39	45.37	750m: 11:04.71	44.41	1150m: 17:03.31	44.14		
	400m: 5:51.78	44.39	800m: 11:49.72	45.01	1200m: 17:46.19	42.88		

**Junioren 3 en 4, Meisjes**

1.	Vera Bastiaensen	Hieronymus	20:58.98	200800572	<b>20:49.37</b>			
	50m: 36.81	36.81	450m: 6:09.40	42.69	850m: 11:48.39	42.97	1250m: 17:24.16	42.36
	100m: 1:17.14	40.33	500m: 6:51.55	42.15	900m: 12:31.13	42.74	1300m: 18:05.75	41.59
	150m: 1:58.47	41.33	550m: 7:34.06	42.51	950m: 13:13.59	42.46	1350m: 18:47.52	41.77
	200m: 2:39.00	40.53	600m: 8:16.31	42.25	1000m: 13:54.91	41.32	1400m: 19:28.79	41.27
	250m: 3:21.42	42.42	650m: 8:58.31	42.00	1050m: 14:36.26	41.35	1450m: 20:10.09	41.30
	300m: 4:02.84	41.42	700m: 9:41.19	42.88	1100m: 15:18.47	42.21	1500m: 20:49.37	39.28
	350m: 4:44.68	41.84	750m: 10:22.84	41.65	1150m: 15:59.85	41.38		
	400m: 5:26.71	42.03	800m: 11:05.42	42.58	1200m: 16:41.80	41.95		
2.	Noor Ruitenbeek	Z & PC De Zeeuwse Kust	NT	200900250	<b>21:42.24</b>			
	50m: 37.85	37.85	450m: 6:18.64	43.90	850m: 12:10.64	44.04	1250m: 18:06.00	44.84
	100m: 1:19.20	41.35	500m: 7:02.50	43.86	900m: 12:54.71	44.07	1300m: 18:50.02	44.02
	150m: 2:01.40	42.20	550m: 7:45.82	43.32	950m: 13:39.30	44.59	1350m: 19:34.82	44.80
	200m: 2:43.24	41.84	600m: 8:30.40	44.58	1000m: 14:23.50	44.20	1400m: 20:18.53	43.71
	250m: 3:25.80	42.56	650m: 9:14.40	44.00	1050m: 15:07.81	44.31	1450m: 21:01.94	43.41
	300m: 4:08.34	42.54	700m: 9:58.94	44.54	1100m: 15:52.09	44.28	1500m: 21:42.24	40.30
	350m: 4:51.03	42.69	750m: 10:42.94	44.00	1150m: 16:37.32	45.23		
	400m: 5:34.74	43.71	800m: 11:26.60	43.66	1200m: 17:21.16	43.84		
3.	Marjolein Groeneveld	De Marlijn (SG)	NT	200902180	<b>23:59.51</b>			
	50m: 39.82	39.82	450m: 6:57.92	47.76	850m: 13:38.42	51.91	1250m: 20:08.73	47.57
	100m: 1:24.51	44.69	500m: 7:46.86	48.94	900m: 14:29.00	50.58	1300m: 20:57.23	48.50
	150m: 2:11.80	47.29	550m: 8:36.07	49.21	950m: 15:18.20	49.20	1350m: 21:45.67	48.44
	200m: 2:59.57	47.77	600m: 9:26.54	50.47	1000m: 16:06.54	48.34	1400m: 22:32.82	47.15
	250m: 3:46.20	46.63	650m: 10:15.95	49.41	1050m: 16:54.95	48.41	1450m: 23:20.36	47.54
	300m: 4:33.26	47.06	700m: 11:04.70	48.75	1100m: 17:43.32	48.37	1500m: 23:59.51	39.15
	350m: 5:21.51	48.25	750m: 11:55.32	50.62	1150m: 18:31.89	48.57		
	400m: 6:10.16	48.65	800m: 12:46.51	51.19	1200m: 19:21.16	49.27		
4.	Lotte van den Hoven	De Marlijn (SG)	NT	200900158	<b>24:00.99</b>			
	50m: 40.67	40.67	450m: 7:02.00	49.09	850m: 13:43.30	50.26	1250m: 20:10.28	48.71
	100m: 1:26.95	46.28	500m: 7:50.43	48.43	900m: 14:32.09	48.79	1300m: 20:58.79	48.51
	150m: 2:14.43	47.48	550m: 8:40.53	50.10	950m: 15:20.57	48.48	1350m: 21:46.50	47.71
	200m: 3:01.69	47.26	600m: 9:30.88	50.35	1000m: 16:08.74	48.17	1400m: 22:34.38	47.88
	250m: 3:48.66	46.97	650m: 10:20.63	49.75	1050m: 16:56.41	47.67	1450m: 23:20.82	46.44
	300m: 4:36.03	47.37	700m: 11:10.69	50.06	1100m: 17:44.39	47.98	1500m: 24:00.99	40.17
	350m: 5:24.39	48.36	750m: 12:00.61	49.92	1150m: 18:33.17	48.78		
	400m: 6:12.91	48.52	800m: 12:53.04	52.43	1200m: 19:21.57	48.40		

**Jeugd 1 en 2, Jongens**

1.	Sem de Ridder	De Marlijn (SG)	NT	200600631	<b>20:11.23</b>			
	50m: 32.52	32.52	450m: 5:43.05	40.63	850m: 11:11.60	41.05	1250m: 16:44.91	42.02
	100m: 1:08.52	36.00	500m: 6:24.22	41.17	900m: 11:52.93	41.33	1300m: 17:27.16	42.25
	150m: 1:45.52	37.00	550m: 7:04.72	40.50	950m: 12:34.01	41.08	1350m: 18:09.16	42.00
	200m: 2:23.61	38.09	600m: 7:45.38	40.66	1000m: 13:15.52	41.51	1400m: 18:51.71	42.55
	250m: 3:02.79	39.18	650m: 8:26.37	40.99	1050m: 13:56.26	40.74	1450m: 19:33.10	41.39
	300m: 3:42.39	39.60	700m: 9:08.29	41.92	1100m: 14:38.19	41.93	1500m: 20:11.23	38.13
	350m: 4:22.33	39.94	750m: 9:49.55	41.26	1150m: 15:21.01	42.82		
	400m: 5:02.42	40.09	800m: 10:30.55	41.00	1200m: 16:02.89	41.88		

Zuidelijke Cirkel 2023-2 incl. LAC  
Terneuzen, 12-3-2023

Programmanr. 20, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
2.	Pieter Nuijten	De Marlijn (SG)	NT	200600043	<b>21:08.06</b>			
	50m: 32.29	32.29	450m: 6:03.20	43.14	850m: 11:59.93	53.48	1250m: 17:34.75	42.70
	100m: 1:09.11	36.82	500m: 6:46.53	43.33	900m: 12:34.35	34.42	1300m: 18:18.55	43.80
	150m: 1:49.27	40.16	550m: 7:29.53	43.00	950m: 13:16.27	41.92	1350m: 19:03.15	44.60
	200m: 2:30.64	41.37	600m: 8:12.16	42.63	1000m: 13:59.26	42.99	1400m: 19:46.08	42.93
	250m: 3:12.40	41.76	650m: 8:55.83	43.67	1050m: 14:41.81	42.55	1450m: 20:28.08	42.00
	300m: 3:55.16	42.76	700m: 9:39.47	43.64	1100m: 15:24.88	43.07	1500m: 21:08.06	39.98
	350m: 4:37.54	42.38	750m: 10:22.97	43.50	1150m: 16:08.48	43.60		
	400m: 5:20.06	42.52	800m: 11:06.45	43.48	1200m: 16:52.05	43.57		

Jeugd 1 en 2, Meisjes

1.	Anne Salomé	Scheldestroom	NT	200700008	<b>22:17.68</b>			
	50m: 38.27	38.27	450m: 6:26.67	44.86	850m: 12:28.33	45.85	1250m: 18:31.39	45.73
	100m: 1:18.70	40.43	500m: 7:11.65	44.98	900m: 13:13.37	45.04	1300m: 19:18.70	47.31
	150m: 2:01.25	42.55	550m: 7:57.62	45.97	950m: 13:58.54	45.17	1350m: 20:06.04	47.34
	200m: 2:44.25	43.00	600m: 8:42.21	44.59	1000m: 14:43.43	44.89	1400m: 20:51.22	45.18
	250m: 3:27.57	43.32	650m: 9:27.55	45.34	1050m: 15:28.57	45.14	1450m: 21:34.77	43.55
	300m: 4:11.65	44.08	700m: 10:12.97	45.42	1100m: 16:14.86	46.29	1500m: 22:17.68	42.91
	350m: 4:56.39	44.74	750m: 10:58.22	45.25	1150m: 17:00.47	45.61		
	400m: 5:41.81	45.42	800m: 11:42.48	44.26	1200m: 17:45.66	45.19		
2.	Wies Ruitenbeek	Z & PC De Zeeuwse Kust	NT	200700234	<b>22:37.93</b>			
	50m: 39.41	39.41	450m: 6:41.88	45.66	850m: 12:50.15	46.22	1250m: 18:57.77	45.69
	100m: 1:23.04	43.63	500m: 7:27.42	45.54	900m: 13:35.82	45.67	1300m: 19:43.03	45.26
	150m: 2:07.74	44.70	550m: 8:13.11	45.69	950m: 14:22.02	46.20	1350m: 20:28.76	45.73
	200m: 2:53.11	45.37	600m: 8:59.37	46.26	1000m: 15:08.04	46.02	1400m: 21:13.16	44.40
	250m: 3:38.70	45.59	650m: 9:45.50	46.13	1050m: 15:54.46	46.42	1450m: 21:57.00	43.84
	300m: 4:24.13	45.43	700m: 10:31.64	46.14	1100m: 16:41.37	46.91	1500m: 22:37.93	40.93
	350m: 5:10.08	45.95	750m: 11:17.37	45.73	1150m: 17:26.50	45.13		
	400m: 5:56.22	46.14	800m: 12:03.93	46.56	1200m: 18:12.08	45.58		

Senioren 1 en ouder, Heren

1.	Sander van Tilburg	De Biesboschzwemmers	22:45.89	198604609	<b>21:43.18</b>			
	50m: 38.68	38.68	450m: 6:27.68	43.81	850m: 12:21.54	43.67	1250m: 18:11.11	43.14
	100m: 1:21.02	42.34	500m: 7:12.15	44.47	900m: 13:05.86	44.32	1300m: 18:54.85	43.74
	150m: 2:04.19	43.17	550m: 7:56.64	44.49	950m: 13:49.28	43.42	1350m: 19:37.93	43.08
	200m: 2:47.82	43.63	600m: 8:40.76	44.12	1000m: 14:32.97	43.69	1400m: 20:20.85	42.92
	250m: 3:31.71	43.89	650m: 9:24.95	44.19	1050m: 15:16.48	43.51	1450m: 21:03.75	42.90
	300m: 4:15.52	43.81	700m: 10:08.95	44.00	1100m: 16:00.41	43.93	1500m: 21:43.18	39.43
	350m: 4:59.49	43.97	750m: 10:53.25	44.30	1150m: 16:44.13	43.72		
	400m: 5:43.87	44.38	800m: 11:37.87	44.62	1200m: 17:27.97	43.84		
2.	Luuk Zijlstra	Scheldestroom	NT	200401075	<b>22:19.54</b>			
	50m: 35.20	35.20	450m: 6:15.80	44.16	850m: 12:24.70	46.57	1250m: 18:35.86	46.13
	100m: 1:14.58	39.38	500m: 7:00.64	44.84	900m: 13:11.00	46.30	1300m: 19:21.60	45.74
	150m: 1:55.36	40.78	550m: 7:45.92	45.28	950m: 13:57.29	46.29	1350m: 20:08.20	46.60
	200m: 2:37.32	41.96	600m: 8:32.13	46.21	1000m: 14:43.67	46.38	1400m: 20:53.16	44.96
	250m: 3:19.67	42.35	650m: 9:18.60	46.47	1050m: 15:30.13	46.46	1450m: 21:38.04	44.88
	300m: 4:03.10	43.43	700m: 10:04.92	46.32	1100m: 16:17.30	47.17	1500m: 22:19.54	41.50
	350m: 4:47.02	43.92	750m: 10:51.36	46.44	1150m: 17:03.23	45.93		
	400m: 5:31.64	44.62	800m: 11:38.13	46.77	1200m: 17:49.73	46.50		
3.	Wouter van der Stelt	De Biesboschzwemmers	22:27.01	197200889	<b>23:01.10</b>			
	50m: 39.36	39.36	450m: 6:39.78	45.71	850m: 12:49.66	46.46	1250m: 19:04.96	47.68
	100m: 1:22.31	42.95	500m: 7:26.06	46.28	900m: 13:36.70	47.04	1300m: 19:52.27	47.31
	150m: 2:05.53	43.22	550m: 8:13.98	47.92	950m: 14:23.07	46.37	1350m: 20:39.30	47.03
	200m: 2:49.72	44.19	600m: 8:57.73	43.75	1000m: 15:09.93	46.86	1400m: 21:26.52	47.22
	250m: 3:35.00	45.28	650m: 9:43.87	46.14	1050m: 15:56.97	47.04	1450m: 22:13.54	47.02
	300m: 4:20.71	45.71	700m: 10:30.73	46.86	1100m: 16:43.88	46.91	1500m: 23:01.10	47.56
	350m: 5:07.08	46.37	750m: 11:16.61	45.88	1150m: 17:29.96	46.08		
	400m: 5:54.07	46.99	800m: 12:03.20	46.59	1200m: 18:17.28	47.32		
4.	Matthijs Ruitenbeek	Z & PC De Zeeuwse Kust	25:00.00	197201615	<b>25:42.01</b>			
	50m: 42.16	42.16	450m: 7:32.39	52.05	850m: 14:28.95	51.50	1250m: 21:25.13	51.59
	100m: 1:30.45	48.29	500m: 8:24.52	52.13	900m: 15:20.96	52.01	1300m: 22:17.37	52.24
	150m: 2:21.43	50.98	550m: 9:16.95	52.43	950m: 16:13.63	52.67	1350m: 23:09.85	52.48
	200m: 3:13.17	51.74	600m: 10:09.26	52.31	1000m: 17:05.75	52.12	1400m: 24:01.91	52.06
	250m: 4:05.08	51.91	650m: 11:01.19	51.93	1050m: 17:57.75	52.00	1450m: 24:53.29	51.38
	300m: 4:56.98	51.90	700m: 11:53.14	51.95	1100m: 18:49.25	51.50	1500m: 25:42.01	48.72
	350m: 5:48.57	51.59	750m: 12:45.61	52.47	1150m: 19:41.50	52.25		
	400m: 6:40.34	51.77	800m: 13:37.45	51.84	1200m: 20:33.54	52.04		
5.	Michiel Verschuieren	De Marlijn (SG)	NT	197301583	<b>27:19.41</b>			
	50m: 46.00	46.00	450m: 7:59.79	55.65	850m: 14:28.95	51.50	1250m: 22:54.80	55.89
	100m: 1:36.45	50.45	500m: 8:55.97	56.18	900m: 16:24.99	56.43	1300m: 23:50.11	55.31
	150m: 2:30.75	54.30	550m: 9:51.68	55.71	950m: 17:21.42	56.43	1350m: 24:43.69	53.58
	200m: 3:25.34	54.59	600m: 10:49.01	57.33	1000m: 18:16.87	55.45	1400m: 25:38.96	55.27
	250m: 4:18.73	53.39	650m: 11:44.22	55.21	1050m: 19:11.33	54.46	1450m: 26:30.52	51.56
	300m: 5:13.63	54.90	700m: 12:41.35	57.13	1100m: 20:06.43	55.10	1500m: 27:19.41	48.89
	350m: 6:09.01	55.38	750m: 13:36.65	55.30	1150m: 21:02.17	55.74		
	400m: 7:04.14	55.13	800m: 14:31.76	55.11	1200m: 21:58.91	56.74		

Zuidelijke Cirkel 2023-2 incl. LAC  
Terneuzen, 12-3-2023

Programmanr. 20, 1500m vrije slag

Senioren 1 en ouder, Dames

1. Kirsten Walraven	Z & PC De Zeeuwse Kust	18:39.07	200001358	<b>18:28.39</b>			
50m: 31.64	31.64	450m: 5:21.89	37.23	850m: 10:20.41	37.47	1250m: 15:22.00	37.62
100m: 1:05.99	34.35	500m: 5:58.84	36.95	900m: 10:58.10	37.69	1300m: 15:59.83	37.83
150m: 1:41.59	35.60	550m: 6:36.09	37.25	950m: 11:35.68	37.58	1350m: 16:37.28	37.45
200m: 2:17.94	36.35	600m: 7:13.38	37.29	1000m: 12:13.59	37.91	1400m: 17:15.07	37.79
250m: 2:54.35	36.41	650m: 7:50.60	37.22	1050m: 12:51.15	37.56	1450m: 17:51.68	36.61
300m: 3:30.97	36.62	700m: 8:28.27	37.67	1100m: 13:29.10	37.95	1500m: 18:28.39	36.71
350m: 4:07.76	36.79	750m: 9:05.72	37.45	1150m: 14:06.87	37.77		
400m: 4:44.66	36.90	800m: 9:42.94	37.22	1200m: 14:44.38	37.51		
2. Nasca van Dijk	De Marlijn (SG)	NT	200300816	<b>21:21.11</b>			
50m: 36.42	36.42	450m: 6:12.63	42.98	850m: 11:56.33	42.89	1250m: 17:45.37	43.09
100m: 1:16.25	39.83	500m: 6:55.32	42.69	900m: 12:40.06	43.73	1300m: 18:29.01	43.64
150m: 1:57.32	41.07	550m: 7:38.28	42.96	950m: 13:23.52	43.46	1350m: 19:12.27	43.26
200m: 2:39.40	42.08	600m: 8:20.96	42.68	1000m: 14:06.94	43.42	1400m: 19:56.36	44.09
250m: 3:21.68	42.28	650m: 9:04.22	43.26	1050m: 14:50.91	43.97	1450m: 20:38.88	42.52
300m: 4:04.01	42.33	700m: 9:47.50	43.28	1100m: 15:34.51	43.60	1500m: 21:21.11	42.23
350m: 4:46.58	42.57	750m: 10:29.92	42.42	1150m: 16:18.29	43.78		
400m: 5:29.65	43.07	800m: 11:13.44	43.52	1200m: 17:02.28	43.99		
3. Mandy Swart	De Biesboschzweimmers	22:16.04	199904916	<b>21:58.83</b>			
50m: 39.12	39.12	450m: 6:28.85	44.03	850m: 12:23.14	44.25	1250m: 18:17.78	44.85
100m: 1:21.30	42.18	500m: 7:13.17	44.32	900m: 13:07.51	44.37	1300m: 19:02.65	44.87
150m: 2:04.68	43.38	550m: 7:57.37	44.20	950m: 13:52.21	44.70	1350m: 19:47.13	44.48
200m: 2:48.54	43.86	600m: 8:41.77	44.40	1000m: 14:35.44	43.23	1400m: 20:31.47	44.34
250m: 3:32.37	43.83	650m: 9:25.94	44.17	1050m: 15:19.67	44.23	1450m: 21:16.33	44.86
300m: 4:16.54	44.17	700m: 10:10.20	44.26	1100m: 16:04.07	44.40	1500m: 21:58.83	42.50
350m: 5:00.74	44.20	750m: 10:54.63	44.43	1150m: 16:48.11	44.04		
400m: 5:44.82	44.08	800m: 11:38.89	44.26	1200m: 17:32.93	44.82		
4. Sandra Schellekens	Neptunus'58	23:17.85	198503416	<b>23:08.30</b>			
50m: 38.01	38.01	450m: 6:38.61	46.27	850m: 12:50.92	46.42	1250m: 19:11.26	47.42
100m: 1:19.79	41.78	500m: 7:24.69	46.08	900m: 13:37.76	46.84	1300m: 19:59.37	48.11
150m: 2:04.23	44.44	550m: 8:11.18	46.49	950m: 14:24.38	46.62	1350m: 20:47.68	48.31
200m: 2:49.42	45.19	600m: 8:57.87	46.69	1000m: 15:12.63	48.25	1400m: 21:35.64	47.96
250m: 3:34.77	45.35	650m: 9:44.17	46.30	1050m: 15:59.87	47.24	1450m: 22:23.59	47.95
300m: 4:20.45	45.68	700m: 10:31.03	46.86	1100m: 16:47.89	48.02	1500m: 23:08.30	44.71
350m: 5:06.05	45.60	750m: 11:17.86	46.83	1150m: 17:36.11	48.22		
400m: 5:52.34	46.29	800m: 12:04.50	46.64	1200m: 18:23.84	47.73		
5. Marenne Huigh	Scheldestroom	NT	199900852	<b>23:10.93</b>			
50m: 46.28	46.28	450m: 6:46.28	47.82	850m: 13:02.06	36.77	1250m: 19:23.51	47.44
100m: 1:33.94	47.66	500m: 7:33.94	47.66	900m: 13:49.38	47.32	1300m: 20:10.73	47.22
150m: 2:05.33	47.32	550m: 8:21.26	47.32	950m: 14:37.29	47.91	1350m: 20:56.96	46.23
200m: 2:51.05	45.72	600m: 9:08.96	47.70	1000m: 15:25.29	48.00	1400m: 21:42.84	45.88
250m: 3:37.57	46.52	650m: 9:56.04	47.08	1050m: 16:12.73	47.44	1450m: 22:27.29	44.45
300m: 4:24.29	46.72	700m: 10:42.37	46.33	1100m: 17:00.16	47.43	1500m: 23:10.93	43.64
350m: 5:11.25	46.96	750m: 11:28.90	46.53	1150m: 17:48.08	47.92		
400m: 5:58.46	47.21	800m: 12:25.29	56.39	1200m: 18:36.07	47.99		
6. Esmee van den Hout	Scheldestroom	NT	200503696	<b>23:15.72</b>			
50m: 39.46	39.46	450m: 6:46.64	46.85	850m: 13:07.46	47.47	1250m: 19:26.09	46.53
100m: 1:23.74	44.28	500m: 7:33.99	47.35	900m: 13:55.03	47.57	1300m: 20:12.80	46.71
150m: 2:09.02	45.28	550m: 8:21.55	47.56	950m: 14:43.26	48.23	1350m: 20:58.68	45.88
200m: 2:54.81	45.79	600m: 9:08.85	47.30	1000m: 15:30.50	47.24	1400m: 21:44.43	45.75
250m: 3:41.14	46.33	650m: 9:55.77	46.92	1050m: 16:18.94	48.44	1450m: 22:31.44	47.01
300m: 4:27.12	45.98	700m: 10:43.62	47.85	1100m: 17:05.70	46.76	1500m: 23:15.72	44.28
350m: 5:13.20	46.08	750m: 11:32.69	49.07	1150m: 17:52.80	47.10		
400m: 5:59.79	46.59	800m: 12:19.99	47.30	1200m: 18:39.56	46.76		
7. Kayleigh Kloet	Z.V. Zeelandia	21:45.43	199802860	<b>23:25.66</b>			
50m: 38.83	38.83	450m: 6:43.55	47.28	850m: 13:09.73	48.64	1250m: 19:31.63	47.35
100m: 1:21.53	42.70	500m: 7:31.43	47.88	900m: 14:00.23	50.50	1300m: 20:19.10	47.47
150m: 2:05.63	44.10	550m: 8:22.13	50.70	950m: 14:46.92	46.69	1350m: 21:05.90	46.80
200m: 2:50.62	44.99	600m: 9:08.71	46.58	1000m: 15:34.88	47.96	1400m: 21:53.76	47.86
250m: 3:36.36	45.74	650m: 9:56.47	47.76	1050m: 16:22.72	47.84	1450m: 22:40.19	46.43
300m: 4:22.44	46.08	700m: 10:43.70	47.23	1100m: 17:09.55	46.83	1500m: 23:25.66	45.47
350m: 5:08.97	46.53	750m: 11:32.29	49.59	1150m: 17:56.78	47.23		
400m: 5:56.27	47.30	800m: 12:21.09	47.80	1200m: 18:44.28	47.50		

Programmanr. 1  
12-3-2023 - 15:05

4 x 50m wisselslag

lft 80 - 399  
Resultaten

rang	vereniging	intijd	tijd	RT		
1.	V.Z.V. Njord 1	V.Z.V. Njord	2:30.12	<b>2:34.08</b>		
	Thomas Pas	69	42.11	Erik Keukens	75	31.93
	Jacques Verriet	70	42.02	Stephan van Beek	62	38.02

Zuidelijke Cirkel 2023-2 incl. LAC  
Terneuzen, 12-3-2023

Programmanr. 1, 4 x 50m wisselslag

lft 80 - 399, Dames

1.	V.Z.V. Njord 2	V.Z.V. Njord	2:42.46		<b>2:47.17</b>	
	Susanne van den Bosch - Kentgens	77	41.01	Femke Neeskens	78	42.33
	Annelieke Verriet	03	48.31	Karin Sagonas-Koolen	70	35.52
2.	O D 1	Old Dutch Breda	3:10.34		<b>3:17.22</b>	
	Marjon Boidin	76	42.66	Chantal Verhoeff	79	34.46
	Mies Kuipers	58	1:06.56	Marie Smits	38	53.54

lft 80 - 399, Gemengd

1.	De Marlijn (SG) 1	De Marlijn (SG)	2:35.55		<b>2:39.23</b>	
	Arjan Dekker	69	47.05	Nasca van Dijk	03	
	Michiel Verschueren	73		Martijn Verbist	78	
2.	O D 1	Old Dutch Breda	3:00.03		<b>2:59.24</b>	
	Adriaan Kop	61	39.59	Karin van Nassau-van den Heuvel	66	41.08
	Karien Musters	58	1:04.83	Frans Antonissen	55	33.74

Programmanr. 2  
12-3-2023 - 15:08

200m vrije slag

19 jaar en ouder  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
<b>Senioren 2 en ouder, Heren</b>									
1.	Craig Frankum	De Warande	2:10.00	199007759	<b>2:10.32</b>	28.78	1:01.19	1:35.70	2:10.32
2.	Henri Verschoor	De Biesboschzwemme	2:25.30	197001041	<b>2:25.07</b>	32.50	1:08.85	1:46.42	2:25.07
3.	Harold Matla	Psv	2:25.01	196800591	<b>2:26.33</b>	34.28	1:12.02	1:49.71	2:26.33
4.	Sander van Tilburg	De Biesboschzwemme	2:31.07	198604609	<b>2:36.64</b>	34.19	1:13.50	1:55.19	2:36.64
5.	Nico Swart	De Biesboschzwemme	2:32.51	196801475	<b>2:37.58</b>	35.73	1:15.53	1:56.94	2:37.58
6.	Rob van de Ven	Neptunus'58	3:24.81	197101695	<b>2:50.52</b>	37.82	1:21.31	2:06.65	2:50.52
7.	Jacques Verriet	V.Z.V. Njord	2:41.67	197001039	<b>2:53.51</b>	38.88	1:23.12	2:08.60	2:53.51
8.	D. van Markesteijn	TZC Vahalis	NT	197201333	<b>2:55.67</b>	38.41	1:22.93	2:09.17	2:55.67
9.	Ingmar Visser	De Biesboschzwemme	3:06.87	198102317	<b>3:01.55</b>	39.95	1:27.25	2:16.09	3:01.55
10.	Peter van der Zande	De Krabben	3:20.00	197301621	<b>3:03.72</b>	41.80	1:28.59	2:17.36	3:03.72
11.	Jan de Laat	AquAmigos	3:00.01	196000861	<b>3:11.30</b>	40.34	1:29.02	2:20.71	3:11.30
12.	Geoffrey Barbery	Z.V. Zeelandia	3:28.37	197801941	<b>3:21.15</b>	41.08	1:31.55	2:25.96	3:21.15
	DIS Lionel Godeaux	Cercle De Natation Spo	2:35.00	CNSW/000217/60					
	AFGEM Wouter van der Stelt	De Biesboschzwemme	2:32.20	197200889					
<b>Senioren, Dames</b>									
1.	Larissa Jansen	Psv	2:20.60	199500660	<b>2:18.69</b>	32.65	1:08.15	1:43.86	2:18.69
2.	C. van Beusekom	Scheldestroom	2:20.00	199500134	<b>2:18.98</b>	31.61	1:07.19	1:43.68	2:18.98
3.	Chantal Verhoeff	Old Dutch Breda	2:34.15	197900912	<b>2:33.56</b>	35.19	1:14.15	1:53.78	2:33.56
4.	T. van Niejenhuis	TZC Vahalis	2:40.70	197100444	<b>2:39.31</b>	36.88	1:18.24	2:00.07	2:39.31
5.	S. van den Bosch - Ken	V.Z.V. Njord	2:50.00	197701246	<b>2:42.04</b>	37.45	1:18.29	2:00.26	2:42.04
6.	Mandy Swart	De Biesboschzwemme	2:35.98	199904916	<b>2:45.23</b>	36.00	1:17.95	2:01.80	2:45.23
7.	Thérèse de Munck	Scheldestroom	2:54.35	197100438	<b>2:53.11</b>	38.22	1:21.84	2:08.03	2:53.11
8.	K. van Nassau-van den	Old Dutch Breda	3:01.06	196600188	<b>2:54.36</b>	40.83	1:25.23	2:10.23	2:54.36
9.	K. Sagonas-Koolen	V.Z.V. Njord	2:57.69	197000964	<b>2:55.00</b>	38.48	1:22.57	2:09.42	2:55.00
10.	Annelieke Verriet	V.Z.V. Njord	3:05.00	200300552	<b>2:56.37</b>	39.24	1:23.54	2:09.88	2:56.37
11.	B. Hertogh - Buijsse	Scheldestroom	3:00.29	197400910	<b>3:00.24</b>	39.02	1:24.15	2:12.39	3:00.24
12.	Sandra Van der Helm	ZPC De Rog Weert	2:57.55	197801340	<b>3:01.90</b>	40.84	1:26.49	2:13.87	3:01.90
13.	K. Van de Moortel	Shark	3:20.91	ShaRK/20315/69	<b>3:11.23</b>	43.45	1:32.49	2:22.58	3:11.23
14.	F. Verriet-Regensburg	V.Z.V. Njord	3:37.97	197500428	<b>3:31.87</b>	48.57	1:43.31	2:38.47	3:31.87
15.	Karien Musters	Old Dutch Breda	3:50.21	195800236	<b>3:58.00</b>	52.99	1:51.92	2:54.06	3:58.00
16.	Marie Smits	Old Dutch Breda	4:13.19	193800004	<b>4:20.42</b>	59.98	2:06.76	3:14.32	4:20.42
	DIS Esther de Laat	AquAmigos	2:40.35	200000174					
	DIS Marjon Boidin	Old Dutch Breda	2:56.37	197601000					
	AFGEM Rachelle Hellenbrand	Psv	3:01.24	199101204					

Zuidelijke Cirkel 2023-2 incl. LAC  
Terneuzen, 12-3-2023

Programmanr. 3  
12-3-2023 - 15:28

25m vlinderslag

19 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Senioren 2 en ouder, Heren</b>					
1.	Maarten van der Zwan	Scheldestroom	14.50	197501017	<b>14.06</b>
2.	Erik Keukens	V.Z.V. Njord	14.69	197500445	<b>14.24</b>
3.	Oscar van Holsteyn	AquAmigos	15.00	197100373	<b>14.30</b>
4.	Remco van der Graaf	Psv	15.67	198704007	<b>14.94</b>
5.	Martijn Verbist	De Marlijn (SG)	NT	197801951	<b>15.69</b>
6.	Gino Martijn	Rz	16.11	197901865	<b>16.19</b>
7.	Marcel de Wit	De Krabben	NT	198102611	<b>17.33</b>
8.	Michiel Verschuieren	De Marlijn (SG)	19.71	197301583	<b>19.60</b>

**Senioren, Dames**

1.	Nanda van Heteren	Psv	15.36	198901728	<b>15.54</b>
2.	Nasca van Dijk	De Marlijn (SG)	NT	200300816	<b>16.25</b>
	Femke Neeskens	V.Z.V. Njord	18.37	197801370	<b>16.25</b>
4.	Sabine Sanders	Scheldestroom	20.00	198202568	<b>19.93</b>
5.	Marie Smits	Old Dutch Breda	30.81	193800004	<b>29.82</b>
6.	Karien Musters	Old Dutch Breda	32.83	195800236	<b>30.62</b>

Programmanr. 30  
12-3-2023 - 15:31

400m vrije slag

Minioren 3 en 4  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Minioren 3 en 4, Meisjes</b>						
1.	Fayenne Barbery	Z.V. Zeelandia	NT	201300126	<b>8:16.08</b>	
	50m: 50.62	50.62	150m: 2:56.22	1:04.87	250m: 5:07.99	1:06.76
	100m: 1:51.35	1:00.73	200m: 4:01.23	1:05.01	300m: 6:14.44	1:06.45
					350m: 7:20.51	1:06.07
					400m: 8:16.08	55.57

Programmanr. 4  
12-3-2023 - 15:31

50m rugslag

19 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Senioren 2 en ouder, Heren</b>					
1.	Gino Martijn	Rz	36.91	197901865	<b>36.79</b>
2.	Adriaan Kop	Old Dutch Breda	37.82	196101135	<b>37.74</b>
3.	Ron R.P.J. Schouten	Z&PV Nueneen	NT	197201713	<b>39.20</b>
4.	Martijn Verbist	De Marlijn (SG)	38.23	197801951	<b>42.02</b>
5.	André Schutte	Z & PC De Zeeuwse Kust	41.64	196000521	<b>43.35</b>
6.	Rob van de Ven	Neptunus'58	43.79	197101695	<b>45.49</b>
7.	Stephan van Beek	V.Z.V. Njord	45.24	196201289	<b>47.15</b>
DIS	Kevin van Beek	V.Z.V. Njord	49.25	199406161	
NG.ZA	Bruno Nahon	Cercle De Natation Sportcity Wo	36.58	CNSW/000390/70	

**Senioren, Dames**

1.	Cynthia van Beusekom	Scheldestroom	35.31	199500134	<b>33.71</b>
2.	Esther de Laat	AquAmigos	36.50	200000174	<b>38.17</b>
3.	Sandra Schellekens	Neptunus'58	40.19	198503416	<b>38.80</b>
4.	Laura van de Velde	Scheldestroom	53.88	198504192	<b>54.79</b>
5.	Kristien Van de Moortel	Shark	55.54	ShaRK/20315/69	<b>55.72</b>
6.	F. Verriet-Regensburg	V.Z.V. Njord	56.97	197500428	<b>57.09</b>
7.	Mies Kuipers	Old Dutch Breda	59.88	195800202	<b>1:01.08</b>

Zuidelijke Cirkel 2023-2 incl. LAC  
Terneuzen, 12-3-2023

Programmanr. 5  
12-3-2023 - 15:34

100m schoolslag

19 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
<b>Senioren 2 en ouder, Heren</b>							
1.	Maarten van der Zwan	Scheldestroom	1:15.00	197501017	<b>1:17.51</b>	35.70	1:17.51
2.	Dylan Fermont	Scheldestroom	1:17.96	200203311	<b>1:18.01</b>	35.82	1:18.01
3.	Jacques Verriet	V.Z.V. Njord	1:27.46	197001039	<b>1:27.32</b>	41.37	1:27.32
4.	Thomas Pas	V.Z.V. Njord	1:30.69	196901747	<b>1:28.39</b>	41.79	1:28.39
5.	Martijn Verbist	De Marlijn (SG)	NT	197801951	<b>1:31.98</b>	42.88	1:31.98
6.	Ingmar Visser	De Biesboschzwemmers	1:31.23	198102317	<b>1:32.40</b>	42.95	1:32.40
7.	Arjan Dekker	De Marlijn (SG)	NT	196900225	<b>1:35.43</b>		1:35.43
8.	Geoffrey Barbery	Z.V. Zeelandia	1:36.80	197801941	<b>1:40.72</b>		1:40.72
AFGEM	Nico Baay	Old Dutch Breda	1:55.47	194200053			

**Senioren, Dames**

1.	Larissa Jansen	Psv	1:23.81	199500660	<b>1:25.09</b>	40.53	1:25.09
2.	A. Verschoor-Vos	De Biesboschzwemmers	1:27.83	198102300	<b>1:25.67</b>	39.60	1:25.67
3.	Trudie van Niejenhuis	TZC Vahalis	1:31.51	197100444	<b>1:32.25</b>	43.68	1:32.25
4.	Marenne Huigh	Scheldestroom	1:30.99	199900852	<b>1:32.49</b>	42.50	1:32.49
5.	S. van den Bosch - Kent	V.Z.V. Njord	1:38.00	197701246	<b>1:36.61</b>	46.89	1:36.61
6.	B. Hertogh - Buijsse	Scheldestroom	1:36.54	197400910	<b>1:37.03</b>	45.81	1:37.03
7.	K. van Nassau-van den H	Old Dutch Breda	1:40.95	196600188	<b>1:38.17</b>	46.73	1:38.17
8.	Annelieke Verriet	V.Z.V. Njord	1:44.19	200300552	<b>1:43.92</b>	48.92	1:43.92
9.	Sabine Sanders	Scheldestroom	1:45.00	198202568	<b>1:55.70</b>	51.93	1:55.70
10.	Mies Kuipers	Old Dutch Breda	2:22.85	195800202	<b>2:28.59</b>	1:11.84	2:28.59

Programmanr. 6  
12-3-2023 - 15:52

25m vrije slag

19 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Senioren 2 en ouder, Heren</b>					
1.	Lionel Godeaux	Cercle De Natation Sportcity Wo	13.50	CNSW/000217/60	<b>12.52</b>
2.	Erik Keukens	V.Z.V. Njord	12.94	197500445	<b>13.09</b>
3.	Remco van der Graaf	Psv	13.25	198704007	<b>13.34</b>
4.	Harold Matla	Psv	13.48	196800591	<b>13.42</b>
5.	Martijn Verbist	De Marlijn (SG)	NT	197801951	<b>14.11</b>
6.	Adriaan Kop	Old Dutch Breda	14.55	196101135	<b>14.84</b>
7.	Dennis van Markesteijn	TZC Vahalis	14.39	197201333	<b>15.01</b>
8.	Jos Vastenhoud	Z & PC De Zeeuwse Kust	NT	196701797	<b>15.52</b>
9.	Frans Antonissen	Old Dutch Breda	15.71	195500451	<b>15.58</b>
10.	Ingmar Visser	De Biesboschzwemmers	15.60	198102317	<b>16.02</b>
11.	Jan de Laat	AquAmigos	15.31	196000861	<b>16.03</b>
12.	Bert van den Oven	De Biesboschzwemmers	17.01	197401583	<b>16.35</b>
13.	Michiel Verschueren	De Marlijn (SG)	NT	197301583	<b>17.11</b>
14.	Kevin van Beek	V.Z.V. Njord	18.56	199406161	<b>19.06</b>

**Senioren, Dames**

1.	Chantal Verhoeff	Old Dutch Breda	14.68	197900912	<b>14.43</b>
2.	Nanda van Heteren	Psv	14.84	198901728	<b>14.59</b>
3.	Sandra Schellekens	Neptunus'58	14.89	198503416	<b>15.15</b>
4.	Nasca van Dijk	De Marlijn (SG)	NT	200300816	<b>15.98</b>
5.	Karin Sagonas-Koolen	V.Z.V. Njord	15.58	197000964	<b>16.10</b>
6.	Kristien Van de Moortel	Shark	17.00	ShaRK/20315/69	<b>17.36</b>
7.	Femke Neeskens	V.Z.V. Njord	16.86	197801370	<b>17.50</b>
8.	Laura van de Velde	Scheldestroom	21.36	198504192	<b>20.88</b>
9.	Marie Smits	Old Dutch Breda	21.56	193800004	<b>22.76</b>

Zuidelijke Cirkel 2023-2 incl. LAC  
Terneuzen, 12-3-2023

Programmanr. 7  
12-3-2023 - 15:55

100m wisselslag

19 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
<b>Senioren 2 en ouder, Heren</b>							
1.	Henri Verschoor	De Biesboschzwemmers	1:14.40	197001041	<b>1:14.72</b>		1:14.72
2.	Nico Swart	De Biesboschzwemmers	1:16.95	196801475	<b>1:16.75</b>	35.78	1:16.75
3.	Oscar van Holsteyn	AquAmigos	1:20.00	197100373	<b>1:16.98</b>	35.01	1:16.98
4.	Ron R.P.J. Schouten	Z&PV Nuenen	NT	197201713	<b>1:20.75</b>	36.82	1:20.75
5.	Jacques Verriet	V.Z.V. Njord	1:22.18	197001039	<b>1:20.90</b>	39.03	1:20.90
6.	Rob van de Ven	Neptunus'58	1:29.40	197101695	<b>1:27.66</b>	43.55	1:27.66
7.	Stephan van Beek	V.Z.V. Njord	1:43.69	196201289	<b>1:45.94</b>	48.86	1:45.94
DIS	Gino Martijn	Rz	NT	197901865			
AFGEM	Nico Baay	Old Dutch Breda	2:00.57	194200053			

Senioren, Dames

1.	C. van Beusekom	Scheldestroom	1:18.00	199500134	<b>1:13.41</b>		1:13.41
2.	Annelieke Verriet	V.Z.V. Njord	1:35.98	200300552	<b>1:32.16</b>	43.22	1:32.16
3.	K. van Nassau-van den H	Old Dutch Breda	1:33.01	196600188	<b>1:32.29</b>		1:32.29
4.	Marjon Boidin	Old Dutch Breda	1:27.45	197601000	<b>1:32.45</b>	42.91	1:32.45
5.	Thérèse de Munck	Scheldestroom	1:28.68	197100438	<b>1:32.55</b>	42.18	1:32.55
6.	Femke Neeskens	V.Z.V. Njord	1:38.65	197801370	<b>1:37.88</b>	47.51	1:37.88
7.	Sandra Van der Helm	ZPC De Rog Weert	1:36.48	197801340	<b>1:39.45</b>		1:39.45

Programmanr. 40  
12-3-2023 - 16:00

400m wisselslag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
<b>Junioren 1 en 2, Jongens</b>								
1.	Matthijs Vinke	Scheldestroom	6:10.09	200900105	<b>5:56.29</b>			
	50m: 38.69	38.69	150m: 2:13.25	45.80	250m: 3:47.58	50.33	350m: 5:13.24	35.19
	100m: 1:27.45	48.76	200m: 2:57.25	44.00	300m: 4:38.05	50.47	400m: 5:56.29	43.05
2.	Mylan Dees	Scheldestroom	6:51.09	200902019	<b>6:35.24</b>			
	50m: 42.11	42.11	150m: 2:26.67	49.40	250m: 4:10.68	54.25	350m: 5:53.59	46.81
	100m: 1:37.27	55.16	200m: 3:16.43	49.76	300m: 5:06.78	56.10	400m: 6:35.24	41.65
3.	Beau de Schepper	De Marlijn (SG)	NT	201000505	<b>7:33.91</b>			
	50m: 50.78	50.78	150m: 2:48.09	1:16.88	250m: 4:43.15	59.08	350m: 6:40.54	54.56
	100m: 1:31.21	40.43	200m: 3:44.07	55.98	300m: 5:45.98	1:02.83	400m: 7:33.91	53.37

Junioren 1 en 2, Meisjes

AFGEM	Yill van Bezouw	Hieronymus	5:54.40	201100704
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Junioren 3 en 4, Meisjes

1.	Lotte van den Hoven	De Marlijn (SG)	7:06.33	200900158	<b>6:28.96</b>			
	50m: 43.44	43.44	150m: 2:24.47	48.39	250m: 4:05.97	55.19	350m: 5:48.15	46.17
	100m: 1:36.08	52.64	200m: 3:10.78	46.31	300m: 5:01.98	56.01	400m: 6:28.96	40.81
2.	Marjolein Groeneveld	De Marlijn (SG)	NT	200902180	<b>6:43.46</b>			
	50m: 40.53	40.53	150m: 2:26.52	50.25	250m: 4:13.50	56.94	350m: 6:00.51	47.50
	100m: 1:36.27	55.74	200m: 3:16.56	50.04	300m: 5:13.01	59.51	400m: 6:43.46	42.95
3.	Nienke Kasteleijn	De Schelde	7:00.66	200901402	<b>6:55.44</b>			
	50m: 44.75	44.75	150m: 2:30.67	52.09	250m: 4:20.81	59.07	350m: 6:09.22	47.72
	100m: 1:38.58	53.83	200m: 3:21.74	51.07	300m: 5:21.50	1:00.69	400m: 6:55.44	46.22
4.	Jessie de Rijk	De Marlijn (SG)	NT	200901058	<b>7:31.83</b>			
	50m: 49.97	49.97	150m: 2:49.44	56.45	250m: 4:49.02	1:04.53	350m: 6:42.83	49.56
	100m: 1:52.99	1:03.02	200m: 3:44.49	55.05	300m: 5:53.27	1:04.25	400m: 7:31.83	49.00

Jeugd 1 en 2, Jongens

1.	Pieter Nuijten	De Marlijn (SG)	5:43.96	200600043	<b>5:49.58</b>			
	50m: 35.95	35.95	150m: 2:09.94	46.61	250m: 3:43.18	47.89	350m: 5:11.25	40.19
	100m: 1:23.33	47.38	200m: 2:55.29	45.35	300m: 4:31.06	47.88	400m: 5:49.58	38.33

Zuidelijke Cirkel 2023-2 incl. LAC  
Terneuzen, 12-3-2023

Programmanr. 40, Jongens, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
DIS	Thomas Verschoor	De Biesboschzwemmers	NT	200600903	

Jeugd 1 en 2, Meisjes

1.	Shanna Joppe	Hieronymus	5:40.37	200601186	<b>5:39.08</b>	
	50m: 37.07	37.07	150m: 2:04.37	43.20	250m: 3:34.12	47.64
	100m: 1:21.17	44.10	200m: 2:46.48	42.11	300m: 4:22.24	48.12
					350m: 5:01.50	39.26
					400m: 5:39.08	37.58
2.	Anne Salomé	Scheldestroom	5:53.18	200700008	<b>6:10.93</b>	
	50m: 36.49	36.49	150m: 2:12.50	47.74	250m: 3:49.54	50.96
	100m: 1:24.76	48.27	200m: 2:58.58	46.08	300m: 4:40.90	51.36
					350m: 5:26.85	45.95
					400m: 6:10.93	44.08
3.	Rachelle Barbery	Z.V. Zeelandia	8:06.72	200603676	<b>8:10.19</b>	
	50m: 59.38	59.38	150m: 3:04.25	1:01.37	250m: 5:15.29	1:08.39
	100m: 2:02.88	1:03.50	200m: 4:06.90	1:02.65	300m: 6:22.73	1:07.44
					350m: 7:17.35	54.62
					400m: 8:10.19	52.84

Senioren 1 en ouder, Heren

1.	Luuk Zijlstra	Scheldestroom	NT	200401075	<b>5:48.28</b>	
	50m: 34.67	34.67	150m: 2:03.28	46.07	250m: 3:36.44	49.27
	100m: 1:17.21	42.54	200m: 2:47.17	43.89	300m: 4:25.25	48.81
					350m: 5:08.30	43.05
					400m: 5:48.28	39.98
2.	Dylan Fermont	Scheldestroom	6:00.00	200203311	<b>5:55.46</b>	
	50m: 38.37	38.37	150m: 2:09.59	47.15	250m: 3:44.66	49.01
	100m: 1:22.44	44.07	200m: 2:55.65	46.06	300m: 4:34.78	50.12
					350m: 5:16.91	42.13
					400m: 5:55.46	38.55

Senioren 1 en ouder, Dames

1.	Esmee van den Hout	Scheldestroom	6:03.37	200503696	<b>6:02.32</b>	
	50m: 37.07	37.07	150m: 2:09.95	48.18	250m: 3:45.69	48.11
	100m: 1:21.77	44.70	200m: 2:57.58	47.63	300m: 4:34.13	48.44
					350m: 5:18.96	44.83
					400m: 6:02.32	43.36
2.	Nasca van Dijk	De Marlijn (SG)	6:12.84	200300816	<b>6:17.43</b>	
	50m: 37.12	37.12	150m: 2:13.82	50.66	250m: 3:57.95	54.91
	100m: 1:23.16	46.04	200m: 3:03.04	49.22	300m: 4:53.56	56.61
					350m: 5:35.99	42.43
					400m: 6:17.43	41.44
3.	Marenne Huigh	Scheldestroom	6:34.38	199900852	<b>6:29.46</b>	
	50m: 41.71	41.71	150m: 2:24.08	49.43	250m: 4:05.28	53.07
	100m: 1:34.65	52.94	200m: 3:12.21	48.13	300m: 5:00.91	55.63
					350m: 5:46.61	45.70
					400m: 6:29.46	42.85

Programmanr. 8  
12-3-2023 - 16:26

25m schoolslag

19 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
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Senioren 2 en ouder, Heren

1.	Harold Matla	Psv	14.97	196800591	<b>15.07</b>
2.	Erik Keukens	V.Z.V. Njord	16.84	197500445	<b>16.89</b>
3.	Rob van de Ven	Neptunus'58	16.51	197101695	<b>17.01</b>
4.	Adriaan Kop	Old Dutch Breda	17.85	196101135	<b>19.04</b>
5.	Remco van der Graaf	Psv	18.50	198704007	<b>19.43</b>
6.	Dennis van Markesteijn	TZC Vahalis	19.85	197201333	<b>19.91</b>
7.	Michiel Verschueren	De Marlijn (SG)	NT	197301583	<b>21.00</b>
8.	Kevin van Beek	V.Z.V. Njord	24.80	199406161	<b>25.07</b>
AFGEM	Nico Baay	Old Dutch Breda	23.19	194200053	

Senioren, Dames

1.	Nanda van Heteren	Psv	18.78	198901728	<b>18.28</b>
2.	Chantal Verhoeff	Old Dutch Breda	20.47	197900912	<b>20.66</b>
3.	Nasca van Dijk	De Marlijn (SG)	NT	200300816	<b>20.73</b>
4.	Femke Neeskens	V.Z.V. Njord	21.71	197801370	<b>21.60</b>
5.	Karin Sagonas-Koolen	V.Z.V. Njord	21.13	197000964	<b>22.32</b>
6.	Sandra Van der Helm	ZPC De Rog Weert	23.65	197801340	<b>24.35</b>
7.	Laura van de Velde	Scheldestroom	27.61	198504192	<b>28.42</b>
8.	Karien Musters	Old Dutch Breda	30.51	195800236	<b>30.62</b>



Zuidelijke Cirkel 2023-2 incl. LAC  
Terneuzen, 12-3-2023

Programmanr. 9  
12-3-2023 - 16:30

50m vrije slag

19 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Senioren 2 en ouder, Heren</b>						
1.	Craig Frankum	De Warande	26.17	199007759	<b>25.78</b>	
2.	Lionel Godeaux	Cercle De Natation Sportcity Wo	28.00	CNSW/000217/60	<b>27.27</b>	
3.	Oscar van Holsteyn	AquAmigos	28.52	197100373	<b>28.84</b>	
4.	Gino Martijn	Rz	29.22	197901865	<b>29.38</b>	
5.	Remco van der Graaf	Psv	29.45	198704007	<b>30.37</b>	
6.	Ron R.P.J. Schouten	Z&PV Nuenen	NT	197201713	<b>30.93</b>	
7.	Bruno Nahon	Cercle De Natation Sportcity Wo	31.50	CNSW/000390/70	<b>31.54</b>	
8.	Adriaan Kop	Old Dutch Breda	31.71	196101135	<b>32.56</b>	
9.	Arjan Dekker	De Marlijn (SG)	32.57	196900225	<b>32.84</b>	
10.	Frans Antonissen	Old Dutch Breda	33.92	195500451	<b>34.24</b>	
11.	Marcel de Wit	De Krabben	NT	198102611	<b>34.72</b>	
12.	Peter van der Zande	De Krabben	35.33	197301621	<b>36.00</b>	
13.	Jos Vastenhoud	Z & PC De Zeeuwse Kust	NT	196701797	<b>36.26</b>	
14.	Ingmar Visser	De Biesboschwemmers	35.49	198102317	<b>36.63</b>	
15.	Bert van den Oven	De Biesboschwemmers	42.01	197401583	<b>39.10</b>	
16.	Stephan van Beek	V.Z.V. Njord	38.38	196201289	<b>39.52</b>	
AFGEM	Nico Baay	Old Dutch Breda	48.48	194200053		

**Senioren, Dames**

1.	Larissa Jansen	Psv	29.45	199500660	<b>29.40</b>
2.	Chantal Verhoeff	Old Dutch Breda	31.32	197900912	<b>31.34</b>
3.	Nanda van Heteren	Psv	32.04	198901728	<b>32.35</b>
4.	Trudie van Niejenhuis	TZC Vahalis	32.06	197100444	<b>32.69</b>
5.	Esther de Laat	AquAmigos	31.47	200000174	<b>33.92</b>
6.	S. van den Bosch - Kentgens	V.Z.V. Njord	37.00	197701246	<b>34.38</b>
7.	Bianca Hertogh - Buijsse	Scheldestroom	34.69	197400910	<b>34.73</b>
8.	K. van Nassau-van den Heuvel	Old Dutch Breda	37.74	196600188	<b>37.38</b>
9.	Sabine Sanders	Scheldestroom	40.00	198202568	<b>39.26</b>
10.	F. Verriet-Regensburg	V.Z.V. Njord	44.53	197500428	<b>44.98</b>
11.	Marie Smits	Old Dutch Breda	48.61	193800004	<b>50.12</b>
12.	Karien Musters	Old Dutch Breda	50.52	195800236	<b>52.25</b>

Programmanr. 50  
12-3-2023 - 16:36

200m wisselslag

Minioren 3 en 4  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
<b>Programmanr. 51</b>									
<b>12-3-2023 - 16:36</b>									
<b>200m wisselslag</b>									
<b>Minioren 5 en 6</b>									
<b>Resultaten</b>									

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
<b>Minioren 5 en 6, Jongens</b>									

1.	Jarno Kasteleijn	De Schelde	3:37.26	201100337	<b>3:30.72</b>	53.38	1:46.36	2:49.06	3:30.72
2.	Xander De Jonghe	De Marlijn (SG)	NT	201101095	<b>3:30.83</b>	48.39	1:41.64	2:47.16	3:30.83

**Minioren 5 en Junioren 1, Meisjes**

1.	Indy Verbist	De Marlijn (SG)	3:28.03	201200286	<b>3:24.36</b>	47.48	1:41.63	2:39.76	3:24.36
2.	Lieke Sanders	Scheldestroom	4:01.69	201102230	<b>3:48.07</b>	54.42	1:55.65	2:57.83	3:48.07
DIS	Guusje van Oirschot	Scheldestroom	3:50.86	201102228					

Zuidelijke Cirkel 2023-2 incl. LAC  
Terneuzen, 12-3-2023

Programmanr. 10  
12-3-2023 - 16:41

100m rugslag

19 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
<b>Senioren 2 en ouder, Heren</b>							
1.	Dylan Fermont	Scheldestroom	1:16.39	200203311	<b>1:16.34</b>	36.38	1:16.34
2.	Harold Matla	Psv	1:15.61	196800591	<b>1:17.61</b>	37.91	1:17.61
3.	Bruno Nahon	Cercle De Natation Sportci	1:18.00	we CNSW/000390/70	<b>1:18.29</b>	38.34	1:18.29
4.	Henri Verschoor	De Biesboschzwemmers	1:19.70	197001041	<b>1:18.89</b>	38.95	1:18.89
5.	Jacques Verriet	V.Z.V. Njord	1:24.45	197001039	<b>1:23.84</b>	41.52	1:23.84
6.	Thomas Pas	V.Z.V. Njord	1:33.88	196901747	<b>1:32.85</b>	46.62	1:32.85
7.	André Schutte	Z & PC De Zeeuwse Kust	1:32.07	196000521	<b>1:33.28</b>	45.14	1:33.28
8.	Jan de Laat	AquAmigos	1:49.59	196000861	<b>1:44.11</b>	51.59	1:44.11

Senioren, Dames

1.	A. Verschoor-Vos	De Biesboschzwemmers	1:21.84	198102300	<b>1:20.30</b>	38.11	1:20.30
2.	Annelieke Verriet	V.Z.V. Njord	1:33.63	200300552	<b>1:33.45</b>	45.28	1:33.45
3.	Marjon Boidin	Old Dutch Breda	1:30.24	197601000	<b>1:35.12</b>	45.70	1:35.12
4.	K. Van de Moortel	Shark	1:54.22	ShaRK/20315/69	<b>1:53.88</b>	54.66	1:53.88
5.	F. Verriet-Regensburg	V.Z.V. Njord	1:59.61	197500428	<b>2:01.02</b>	59.81	2:01.02
6.	Mies Kuipers	Old Dutch Breda	2:09.93	195800202	<b>2:14.65</b>	1:07.62	2:14.65

Programmanr. 11  
12-3-2023 - 16:46

25-50-75-100 wisselslag

lft 80 - 399  
Resultaten

rang	vereniging	intijd	tijd	RT
<b>lft 80 - 399, Heren</b>				
1.	V.Z.V. Njord 3	V.Z.V. Njord	3:05.00	<b>3:17.13</b>
	Kevin van Beek	94	44.23	1:26.25
	Jacques Verriet	70		2:14.35
	Thomas Pas	69		2:44.13
	Erik Keukens	75		3:17.13

lft 80 - 399, Dames

1.	V.Z.V. Njord 4	V.Z.V. Njord	3:35.00	<b>3:41.97</b>
	Karin Sagonas-Koolen	70	44.31	1:30.75
	Femke Neeskens	78		2:26.99
	Annelieke Verriet	03		3:02.78
	Susanne van den Bosch - Kentgens	77		3:41.97

lft 80 - 399, Gemengd

1.	teamBBZ 1	De Biesboschzwemmers	NT	<b>3:04.46</b>
	Anne-Marie Verschoor-Vos	81		
	Nico Swart	68		
	Mandy Swart	99		
	Sander van Tilburg	86		
2.	De Marlijn (SG) 1	De Marlijn (SG)	3:12.09	<b>3:17.68</b>
	Arjan Dekker	69		
	Michiel Verschueren	73		
	Nasca van Dijk	03		
	Martijn Verbist	78		
3.	O D 1	Old Dutch Breda	3:25.95	<b>3:24.51</b>
	Marjon Boidin	76	41.53	1:22.91
	Adriaan Kop	61		2:06.75
	Chantal Verhoeff	79		2:44.44
	Frans Antonissen	55		3:24.51

Zuidelijke Cirkel 2023-2 incl. LAC  
Terneuzen, 12-3-2023

Programmanr. 60  
12-3-2023 - 16:55

800m vrije slag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	intijd	tijd	RT
<b>Junioren 1 en 2, Jongens</b>						
1.	Beau de Schepper	De Marlijn (SG)	14:49.43	201000505	<b>14:47.40</b>	
	50m: 44.43	44.43 250m: 4:25.16	56.54	450m: 8:16.13	56.56	650m: 12:06.10 56.41
	100m: 1:36.49	52.06 300m: 5:21.83	56.67	500m: 9:14.77	58.64	700m: 13:04.00 57.90
	150m: 2:32.35	55.86 350m: 6:20.04	58.21	550m: 10:13.17	58.40	750m: 14:01.21 57.21
	200m: 3:28.62	56.27 400m: 7:19.57	59.53	600m: 11:09.69	56.52	800m: 14:47.40 46.19
<b>Junioren 1 en 2, Meisjes</b>						
1.	Guusje van Oirschot	Scheldestroom	NT	201102228	<b>13:54.53</b>	
	50m: 44.64	44.64 250m: 4:12.60	53.90	450m: 7:45.73	53.98	650m: 11:20.44 53.90
	100m: 1:33.94	39.48 300m: 5:05.00	52.40	500m: 8:39.51	53.78	700m: 12:13.44 53.00
	150m: 2:25.75	51.81 350m: 5:58.20	53.20	550m: 9:33.10	53.59	750m: 13:06.04 52.60
	200m: 3:18.70	52.95 400m: 6:51.75	53.55	600m: 10:26.54	53.44	800m: 13:54.53 48.49
<b>Junioren 3 en 4, Meisjes</b>						
1.	Vera Bastiaensen	Hieronymus	NT	200800572	<b>10:45.43</b>	
	50m: 35.82	35.82 250m: 3:16.26	40.58	450m: 6:01.20	41.43	650m: 8:46.72 41.21
	100m: 1:15.30	39.48 300m: 3:57.36	41.10	500m: 6:43.24	42.04	700m: 9:27.15 40.43
	150m: 1:55.52	40.22 350m: 4:38.37	41.01	550m: 7:24.71	41.47	750m: 10:07.53 40.38
	200m: 2:35.68	40.16 400m: 5:19.77	41.40	600m: 8:05.51	40.80	800m: 10:45.43 37.90
2.	Esmay Steinkamp	De Marlijn (SG)	NT	200900736	<b>14:36.64</b>	
	50m: 41.40	41.40 250m: 4:12.56	55.31	450m: 7:55.89	57.15	650m: 11:45.45 57.50
	100m: 1:30.08	48.68 300m: 5:06.98	54.42	500m: 8:52.54	56.65	700m: 12:42.44 56.99
	150m: 2:23.84	53.76 350m: 6:02.74	55.76	550m: 9:50.48	57.94	750m: 13:39.66 57.22
	200m: 3:17.25	53.41 400m: 6:58.74	56.00	600m: 10:47.95	57.47	800m: 14:36.64 56.98
<b>Jeugd 1 en 2, Meisjes</b>						
1.	Shanna Joppe	Hieronymus	10:17.31	200601186	<b>10:29.23</b>	
	50m: 34.76	34.76 250m: 3:06.90	38.51	450m: 5:47.91	45.90	650m: 8:32.94 40.71
	100m: 1:11.68	36.92 300m: 3:45.26	38.36	500m: 6:30.32	42.41	700m: 9:12.83 39.89
	150m: 1:49.88	38.20 350m: 4:23.95	38.69	550m: 7:12.08	41.76	750m: 9:52.33 39.50
	200m: 2:28.39	38.51 400m: 5:02.01	38.06	600m: 7:52.23	40.15	800m: 10:29.23 36.90
2.	Merel Hommers	De Schelde	11:26.48	200600926	<b>11:48.50</b>	
	50m: 35.30	35.30 250m: 3:26.27	44.79	450m: 6:29.39	46.25	650m: 9:33.64 46.28
	100m: 1:15.12	39.82 300m: 4:11.35	45.08	500m: 7:15.04	45.65	700m: 10:19.70 46.06
	150m: 1:57.66	42.54 350m: 4:56.79	45.44	550m: 8:01.34	46.30	750m: 11:10.56 50.86
	200m: 2:41.48	43.82 400m: 5:43.14	46.35	600m: 8:47.36	46.02	800m: 11:48.50 37.94
<b>Senioren 1 en ouder, Dames</b>						
1.	Lien Fermont	De Schelde	12:51.05	200500506	<b>11:11.84</b>	
	50m: 36.00	36.00 250m: 3:17.63	41.56	450m: 6:08.91	42.62	650m: 9:04.13 43.91
	100m: 1:14.65	38.65 300m: 4:00.38	42.75	500m: 6:52.46	43.55	700m: 9:47.35 43.22
	150m: 1:54.96	40.31 350m: 4:43.31	42.93	550m: 7:36.10	43.64	750m: 10:29.87 42.52
	200m: 2:36.07	41.11 400m: 5:26.29	42.98	600m: 8:20.22	44.12	800m: 11:11.84 41.97
<b>Senioren 1 en ouder, Heren</b>						
1.	Geoffrey Barbery	Z.V. Zeelandia	NT	197801941	<b>15:22.47</b>	
	50m: 47.34	47.34 250m: 4:39.45	58.98	450m: 8:35.77	58.47	650m: 12:31.81 57.06
	100m: 1:43.95	56.61 300m: 5:39.15	59.70	500m: 9:34.78	59.01	700m: 13:29.91 58.10
	150m: 2:43.01	59.06 350m: 6:38.48	59.33	550m: 10:33.80	59.02	750m: 14:26.53 56.62
	200m: 3:40.47	57.46 400m: 7:37.30	58.82	600m: 11:34.75	1:00.95	800m: 15:22.47 55.94
BM	Xander De Jonghe	De Marlijn (SG)	NT	201101095	<b>14:50.37</b>	
	50m: 47.68	47.68 250m: 4:31.09	56.68	450m: 8:18.88	58.81	650m: 12:09.47 57.11
	100m: 1:43.35	55.67 300m: 5:26.77	55.68	500m: 9:15.27	56.39	700m: 13:04.58 55.11
	150m: 2:38.15	54.80 350m: 6:25.08	58.31	550m: 10:14.64	59.37	750m: 14:02.31 57.73
	200m: 3:34.41	56.26 400m: 7:20.07	54.99	600m: 11:12.36	57.72	800m: 14:50.37 48.06