

**Programma**  
**WVNL BondsZwemKampioenschappen**  
**2016**

Dag 1 - 13 maart 2016 - Almere						
Programma	Leeftijd	Geslacht	Afstand	Slag	Limiet	Vervangende tijd
1	F	Heren	100	vrije slag	00:57,0	01:03,0
2	F	Dames	200	vrije slag	02:29,0	02:44,0
3	E	Heren	100	schoolslag	01:20,0	01:28,0
4	E	Dames	200	schoolslag	03:18,0	03:38,0
5	D	Heren	200	rugslag	02:56,0	03:14,0
6	D	Dames	100	rugslag	01:23,0	01:32,0
7	C	Heren	100	vlinderslag	01:42,0	01:53,0
<b>Pauze</b>						
8	F	Heren	200	schoolslag	02:48,0	03:05,0
9	F	Dames	100	schoolslag	01:26,0	01:35,0
10	E	Heren	100	vlinderslag	01:14,0	01:22,0
11	E	Dames	200	vlinderslag	03:28,0	03:49,0
12	D	Heren	100	wisselslag	01:18,0	01:26,0
13	D	Dames	200	wisselslag	03:05,0	03:24,0
14	C	Dames	100	vrije slag	01:20,0	01:28,0
<b>Pauze / Medaille uitreiking</b>						
15	F	Heren	100	rugslag	01:08,0	01:15,0
16	F	Dames	200	rugslag	02:50,0	03:07,0
17	E	Heren	200	wisselslag	02:40,0	02:56,0
18	E	Dames	100	wisselslag	01:20,0	01:28,0
19	D	Heren	200	vrije slag	02:38,0	02:54,0
20	D	Dames	100	vrije slag	01:13,0	01:21,0
21	C	Heren	100	schoolslag	01:38,0	01:48,0
<b>Pauze / Medaille uitreiking</b>						
22	F	Dames	200	wisselslag	02:53,0	03:11,0
23	F	Heren	100	wisselslag	01:06,0	01:13,0
24	E	Heren	200	rugslag	02:43,0	03:00,0
25	E	Dames	100	rugslag	01:22,0	01:31,0
26	D	Heren	100	vlinderslag	01:23,0	01:32,0
27	D	Dames	200	vlinderslag	03:33,0	03:55,0
28	C	Dames	100	wisselslag	01:30,0	01:39,0
<b>Pauze / Medaille uitreiking</b>						
29	F	Heren	200	vlinderslag	02:36,0	02:52,0
30	F	Dames	100	vlinderslag	01:20,0	01:28,0
31	E	Heren	100	vrije slag	01:03,0	01:10,0
32	E	Dames	200	vrije slag	02:35,0	02:51,0
33	D	Heren	200	schoolslag	03:10,0	03:29,0
34	D	Dames	100	schoolslag	01:33,0	01:43,0
35	C	Heren	100	rugslag	01:27,0	01:36,0
<b>Pauze / Medaille uitreiking</b>						
36	Open	Heren	4x100	vrije slag - estafette	04:10,0	04:35,0
37	Open	Dames	4x100	wisselslag - estafette	05:30,0	06:03,0

Dag 2 - 20 maart 2016 - IJmuiden						
Programma	Leeftijd	Geslacht	Afstand	Slag	Limiet	Vervangende tijd
1	F	Heren	200	vrije slag	02:08,0	02:21,0
2	F	Dames	100	vrije slag	01:06,0	01:13,0
3	E	Heren	200	schoolslag	02:58,0	03:16,0
4	E	Dames	100	schoolslag	01:32,0	01:42,0
5	D	Heren	100	rugslag	01:18,0	01:26,0
6	D	Dames	200	rugslag	03:00,0	03:18,0
7	C	Dames	100	vlinderslag	01:36,0	01:46,0
<b>Pauze</b>						
8	F	Heren	100	schoolslag	01:16,0	01:24,0
9	F	Dames	200	schoolslag	03:08,0	03:27,0
10	E	Heren	200	vlinderslag	03:00,0	03:18,0
11	E	Dames	100	vlinderslag	01:23,0	01:32,0
12	D	Heren	200	wisselslag	02:55,0	03:13,0
13	D	Dames	100	wisselslag	01:23,0	01:32,0
14	C	Heren	100	vrije slag	01:15,0	01:23,0
<b>Pauze / Medaille uitreiking</b>						
15	F	Heren	200	rugslag	02:31,0	02:47,0
16	F	Dames	100	rugslag	01:18,0	01:26,0
17	E	Heren	100	wisselslag	01:12,0	01:20,0
18	E	Dames	200	wisselslag	02:58,0	03:16,0
19	D	Heren	100	vrije slag	01:09,0	01:16,0
20	D	Dames	200	vrije slag	02:45,0	03:02,0
21	C	Dames	100	schoolslag	01:40,0	01:50,0
<b>Pauze / Medaille uitreiking</b>						
22	F	Dames	100	wisselslag	01:17,0	01:25,0
23	F	Heren	200	wisselslag	02:28,0	02:43,0
24	E	Heren	100	rugslag	01:13,0	01:21,0
25	E	Dames	200	rugslag	02:55,0	03:13,0
26	D	Heren	200	vlinderslag	03:20,0	03:40,0
27	D	Dames	100	vlinderslag	01:29,0	01:38,0
28	C	Heren	100	wisselslag	01:30,0	01:39,0
<b>Pauze / Medaille uitreiking</b>						
29	F	Heren	100	vlinderslag	01:07,0	01:14,0
30	F	Dames	200	vlinderslag	03:10,0	03:29,0
31	E	Heren	200	vrije slag	02:23,0	02:38,0
32	E	Dames	100	vrije slag	01:10,0	01:17,0
33	D	Heren	100	schoolslag	01:28,0	01:37,0
34	D	Dames	200	schoolslag	03:25,0	03:46,0
35	C	Dames	100	rugslag	01:29,0	01:38,0
<b>Pauze / Medaille uitreiking</b>						
36	Open	Heren	4x100	wisselslag - estafette	04:45,0	05:14,0
37	Open	Dames	4x100	vrije slag - estafette	04:45,0	05:14,0