

Programmanr. 10
8-1-2017 - 12:45

Dames, 400m wisselslag

Senioren Open
Resultaten

Nederlands Record 4:33.15 Sharon van Rouwendaal 13-033 Montpellier (FRA) 23-11-2014

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Eliza Hamelink	PSV	6:39.00	200502116	6:35.25 +0,77 313
	50m: 41.64	41.64 150m: 2:27.36	50.97 250m: 4:13.40	55.00	350m: 5:53.82 43.68
	100m: 1:36.39	54.75 200m: 3:18.40	51.04 300m: 5:10.14	56.74	400m: 6:35.25 41.43
Junioren 2					
1.	Sanne Lukken	PSV	5:50.66	200400030	5:51.65 +0,81 445
	50m: 36.00	36.00 150m: 2:09.79	48.70 250m: 3:44.07	48.18	350m: 5:13.65 41.41
	100m: 1:21.09	45.09 200m: 2:55.89	46.10 300m: 4:32.24	48.17	400m: 5:51.65 38.00
2.	Audrey Pieck	Zeester Meerval	6:01.53	200401378	5:53.25 +0,65 439
	50m: 38.20	38.20 150m: 2:12.07	46.70 250m: 3:44.54	46.87	350m: 5:13.62 41.76
	100m: 1:25.37	47.17 200m: 2:57.67	45.60 300m: 4:31.86	47.32	400m: 5:53.25 39.63
3.	Flore Meulendijks	Z&PV Nuenen	6:05.73	200401884	5:54.65 +0,92 434
	50m: 38.17	38.17 150m: 2:13.50	50.12 250m: 3:46.50	46.96	350m: 5:15.66 42.85
	100m: 1:23.38	45.21 200m: 2:59.54	46.04 300m: 4:32.81	46.31	400m: 5:54.65 38.99
4.	Kenza Gammoun	HZV Lutra	6:25.56	200402134	6:20.60 +0,78 351
	50m: 41.37	41.37 150m: 2:22.55	52.09 250m: 4:02.31	49.21	350m: 5:39.98 48.08
	100m: 1:30.46	49.09 200m: 3:13.10	50.55 300m: 4:51.90	49.59	400m: 6:20.60 40.62
5.	Pleun de Rooi	ZV Hydra	6:29.88	200401312	6:21.89 +0,76 347
	50m: 38.29	38.29 150m: 2:14.28	47.24 250m: 3:55.93	56.43	350m: 5:37.33 46.27
	100m: 1:27.04	48.75 200m: 2:59.50	45.22 300m: 4:51.06	55.13	400m: 6:21.89 44.56
DIS	Kim Servaas	PSV	6:19.47	200400836	6:09.04 RC
	RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.				
	50m:	150m:	250m:	350m:	41.22
	100m:	200m:	300m:	400m:	39.37
Junioren 3					
1.	Silke van de Weijer	ZV Hydra	5:56.59	200300692	5:54.40 +0,71 435
	50m: 35.57	35.57 150m: 2:03.02	45.14 250m: 3:38.90	51.62	350m: 5:14.38 42.02
	100m: 1:17.88	42.31 200m: 2:47.28	44.26 300m: 4:32.36	53.46	400m: 5:54.40 40.02
2.	Inge Maessen	PSV	6:15.24	200303526	6:04.43 +0,89 400
	50m: 35.89	35.89 150m: 2:07.62	47.53 250m: 3:47.44	53.30	350m: 5:23.11 42.21
	100m: 1:20.09	44.20 200m: 2:54.14	46.52 300m: 4:40.90	53.46	400m: 6:04.43 41.32
3.	Yanna van der Heijden	Tempo Valkenswaard	6:18.41	200301334	6:09.85 +0,68 382
	50m: 38.74	38.74 150m: 2:15.82	46.04 250m: 3:52.68	52.17	350m: 5:28.75 43.43
	100m: 1:29.78	51.04 200m: 3:00.51	44.69 300m: 4:45.32	52.64	400m: 6:09.85 41.10
4.	Esmee Hereijgers	Hieronymus	6:10.74	200302818	6:16.05 +0,75 364
	50m: 38.55	38.55 150m: 2:14.04	47.37 250m: 3:55.27	55.28	350m: 5:35.07 44.17
	100m: 1:26.67	48.12 200m: 2:59.99	45.95 300m: 4:50.90	55.63	400m: 6:16.05 40.98
Jeugd 1 en 2					
1.	Nienke Jonk	Hieronymus	5:11.24	200203000	5:04.62 +0,71 684
	50m: 29.93	29.93 150m: 1:44.94	40.24 250m: 3:08.67	44.54	350m: 4:29.75 35.47
	100m: 1:04.70	34.77 200m: 2:24.13	39.19 300m: 3:54.28	45.61	400m: 5:04.62 34.87
2.	Merel Phaff	Z&PV Nuenen	5:16.29	200100434	5:17.25 +0,74 606
	50m: 32.71	32.71 150m: 1:51.74	40.41 250m: 3:17.43	47.70	350m: 4:41.62 36.77
	100m: 1:11.33	38.62 200m: 2:29.73	37.99 300m: 4:04.85	47.42	400m: 5:17.25 35.63
3.	Famke Slabbers	Arethusa	5:25.41	200200100	5:22.92 +0,74 574
	50m: 34.57	34.57 150m: 1:58.15	42.26 250m: 3:24.88	45.38	350m: 4:47.51 36.80
	100m: 1:15.89	41.32 200m: 2:39.50	41.35 300m: 4:10.71	45.83	400m: 5:22.92 35.41
4.	Valesca van den Bogert	Hieronymus	5:22.37	200102138	5:26.02 +0,74 558
	50m: 33.90	33.90 150m: 1:55.65	41.89 250m: 3:25.19	47.62	350m: 4:50.51 37.95
	100m: 1:13.76	39.86 200m: 2:37.57	41.92 300m: 4:12.56	47.37	400m: 5:26.02 35.51
5.	Sterre van de Goor	Arethusa	5:35.52	200102168	5:36.72 +0,75 507
	50m: 34.44	34.44 150m: 1:59.28	43.00 250m: 3:29.80	48.19	350m: 4:59.06 39.40
	100m: 1:16.28	41.84 200m: 2:41.61	42.33 300m: 4:19.66	49.86	400m: 5:36.72 37.66
6.	Roos Englebert	Hieronymus	5:37.94	200200606	5:39.56 +0,77 494
	50m: 36.12	36.12 150m: 2:02.43	40.67 250m: 3:32.14	48.87	350m: 5:01.61 39.44
	100m: 1:21.76	45.64 200m: 2:43.27	40.84 300m: 4:22.17	50.03	400m: 5:39.56 37.95

Programmanr. 10, Dames, 400m wisselslag

Senioren 1 en ouder

1.	Inge Arts	ZWK Merlet	5:02.90	199203076	5:08.65	+0,77	658	
	50m: 31.49	31.49	150m: 1:46.31	38.71	250m: 3:09.39	44.73	350m: 4:31.71	36.49
	100m: 1:07.60	36.11	200m: 2:24.66	38.35	300m: 3:55.22	45.83	400m: 5:08.65	36.94
2.	Kim Vos	SBC2000	5:13.18	200000990	5:15.89	+0,71	614	
	50m: 31.60	31.60	150m: 1:51.90	41.93	250m: 3:15.96	42.12	350m: 4:39.98	39.58
	100m: 1:09.97	38.37	200m: 2:33.84	41.94	300m: 4:00.40	44.44	400m: 5:15.89	35.91
3.	Eva van Ginneken	Hieronymus	5:19.89	199800164	5:22.29	+0,77	578	
	50m: 35.60	35.60	150m: 1:55.57	39.36	250m: 3:22.92	47.62	350m: 4:47.45	36.30
	100m: 1:16.21	40.61	200m: 2:35.30	39.73	300m: 4:11.15	48.23	400m: 5:22.29	34.84
4.	Amy van Lier	Trb/Res	5:16.36	199603022	5:25.73	+0,73	560	
	50m: 31.97	31.97	150m: 1:54.03	43.81	250m: 3:23.32	46.83	350m: 4:49.66	37.50
	100m: 1:10.22	38.25	200m: 2:36.49	42.46	300m: 4:12.16	48.84	400m: 5:25.73	36.07
5.	Lisa de Beijer	PSV	5:34.55	200002814	5:30.02	+0,69	538	
	50m: 34.49	34.49	150m: 1:58.29	42.76	250m: 3:26.89	47.88	350m: 4:53.64	38.06
	100m: 1:15.53	41.04	200m: 2:39.01	40.72	300m: 4:15.58	48.69	400m: 5:30.02	36.38
6.	Karin de Kok	AquAmigos	5:39.58	199301010	5:39.44		495	
	50m: 38.16	38.16	150m: 2:04.94	43.08	250m: 3:34.26	46.70	350m: 5:01.53	39.74
	100m: 1:21.86	43.70	200m: 2:47.56	42.62	300m: 4:21.79	47.53	400m: 5:39.44	37.91
7.	Elise van der Velden	Hieronymus	5:48.44	200005834	5:42.77	+0,82	480	
	50m: 34.99	34.99	150m: 1:59.98	44.28	250m: 3:31.64	48.62	350m: 5:03.78	42.42
	100m: 1:15.70	40.71	200m: 2:43.02	43.04	300m: 4:21.36	49.72	400m: 5:42.77	38.99
8.	Susanne van der Linden	Z & Pc Dio	5:49.98	198802736	5:46.38	+0,81	465	
	50m: 36.02	36.02	150m: 2:04.66	46.15	250m: 3:36.87	46.62	350m: 5:05.99	41.80
	100m: 1:18.51	42.49	200m: 2:50.25	45.59	300m: 4:24.19	47.32	400m: 5:46.38	40.39
9.	Lené Doomen	Trb/Res	5:49.04	200001330	5:51.30	+0,77	446	
	50m: 34.65	34.65	150m: 2:03.65	46.97	250m: 3:38.52	49.26	350m: 5:12.97	42.96
	100m: 1:16.68	42.03	200m: 2:49.26	45.61	300m: 4:30.01	51.49	400m: 5:51.30	38.33
	Annemijn Spohr	Trb/Res	5:48.28	200000548	5:51.40	+0,73	446	
	50m: 36.43	36.43	150m: 2:07.92	45.20	250m: 3:42.43	49.51	350m: 5:13.75	41.52
	100m: 1:22.72	46.29	200m: 2:52.92	45.00	300m: 4:32.23	49.80	400m: 5:51.40	37.65
11.	Carina Spronk	zv De Vennen	5:41.60	199702382	5:55.79	+0,74	429	
	50m: 35.70	35.70	150m: 2:04.67	46.31	250m: 3:38.81	49.46	350m: 5:14.73	43.19
	100m: 1:18.36	42.66	200m: 2:49.35	44.68	300m: 4:31.54	52.73	400m: 5:55.79	41.06
DIS	Danila van den Hooqenband	Z&PV Nuenen	5:54.89	199001558	6:10.49	SD		
	SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.							
	50m:	150m:	250m:	350m:	5:28.00	43.51		
	100m:	200m:	300m:	400m:	6:10.49	42.49		

Programmanr. 11
8-1-2017 - 13:05

Heren, 1500m vrije slag

Junioren 1 en ouder
Resultaten

Nederlands Record 14:30.14 Job Kienhuis 13-033 Saint Petersburg (RUS) 18-12-2011

rang	naam	vereniging	intijd	tijd	RT	
Junioren 1						
1.	David Groenewegen	PSV	19:23.25	200400469	18:42.19 +0,86 468	
	100m: 1:10.05	1:10.05	500m: 6:11.90	1:16.05	900m: 11:12.66	1:15.75
	200m: 2:24.82	1:14.77	600m: 7:27.80	1:15.90	1000m: 12:27.66	1:15.00
	300m: 3:39.90	1:15.08	700m: 8:42.46	1:14.66	1100m: 13:44.30	1:16.64
	400m: 4:55.85	1:15.95	800m: 9:56.91	1:14.45	1200m: 15:00.05	1:15.75
1300m:	16:15.48	1:15.43				
1400m:	17:30.91	1:15.43				
1500m:	18:42.19	1:11.28				
Junioren 2						
1.	Lucas Peters	PSV	19:10.47	200301325	18:08.33 +0,64 513	
	100m: 1:08.68	1:08.68	500m: 6:02.08	1:12.80	900m: 10:57.62	1:13.42
	200m: 2:22.18	1:13.50	600m: 7:15.69	1:13.61	1000m: 12:11.17	1:13.55
	300m: 3:35.72	1:13.54	700m: 8:30.24	1:14.55	1100m: 13:24.09	1:12.92
	400m: 4:49.28	1:13.56	800m: 9:44.20	1:13.96	1200m: 14:35.90	1:11.81
1300m:	15:47.46	1:11.56				
1400m:	16:59.55	1:12.09				
1500m:	18:08.33	1:08.78				
2.	Ricardo Jansen	Arethusa	20:18.74	200301055	19:49.15 +0,72 393	
	100m: 1:13.08	1:13.08	500m: 6:30.49	1:20.06	900m: 11:52.08	1:20.68
	200m: 2:31.12	1:18.04	600m: 7:51.24	1:20.75	1000m: 13:12.62	1:20.54
	300m: 3:50.55	1:19.43	700m: 9:11.24	1:20.00	1100m: 14:32.94	1:20.32
	400m: 5:10.43	1:19.88	800m: 10:31.40	1:20.16	1200m: 15:53.59	1:20.65
1300m:	17:11.71	1:18.12				
1400m:	18:31.33	1:19.62				
1500m:	19:49.15	1:17.82				

Programmanr. 11, Jongens, 1500m vrije slag, Junioren 2

rang	naam	vereniging	intijd	tijd	RT
3.	Wessel Heijnemans	Hieronymus	20:05.01	200301353	20:16.69 +0,77 367
	100m: 1:11.51	1:11.51 500m: 6:26.85	1:21.39 900m: 11:58.70	1:23.22 1300m: 17:33.27	1:24.27
	200m: 2:28.51	1:17.00 600m: 7:49.79	1:22.94 1000m: 13:22.12	1:23.42 1400m: 18:57.16	1:23.89
	300m: 3:46.58	1:18.07 700m: 9:12.55	1:22.76 1100m: 14:43.85	1:21.73 1500m: 20:16.69	1:19.53
	400m: 5:05.46	1:18.88 800m: 10:35.48	1:22.93 1200m: 16:09.00	1:25.15	

Junioren 3

1.	Luc van Eijndhoven	O.Z. & P.C. De Warande	17:41.01	200200139	17:40.67 +0,85 554
	100m: 1:07.38	1:07.38 500m: 5:49.80	1:10.20 900m: 10:33.34	1:11.28 1300m: 15:18.16	1:11.48
	200m: 2:18.16	1:10.78 600m: 7:00.47	1:10.67 1000m: 11:44.56	1:11.22 1400m: 16:29.98	1:11.82
	300m: 3:28.39	1:10.23 700m: 8:11.03	1:10.56 1100m: 12:55.61	1:11.05 1500m: 17:40.67	1:10.69
	400m: 4:39.60	1:11.21 800m: 9:22.06	1:11.03 1200m: 14:06.68	1:11.07	
2.	Timo Spaans	PSV	17:56.99	200201087	18:01.46 +0,73 522
	100m: 1:06.28	1:06.28 500m: 5:56.20	1:12.33 900m: 10:46.21	1:12.23 1300m: 15:38.18	1:12.70
	200m: 2:19.06	1:12.78 600m: 7:09.21	1:13.01 1000m: 11:59.82	1:13.61 1400m: 16:50.44	1:12.26
	300m: 3:31.60	1:12.54 700m: 8:21.87	1:12.66 1100m: 13:12.57	1:12.75 1500m: 18:01.46	1:11.02
	400m: 4:43.87	1:12.27 800m: 9:33.98	1:12.11 1200m: 14:25.48	1:12.91	
3.	Tim Versteegen	DBD	21:17.29	200200085	19:45.31 +0,89 397
	100m: 1:13.90	1:13.90 500m: 6:33.11	1:20.25 900m: 11:52.78	1:20.45 1300m: 17:12.58	1:18.96
	200m: 2:33.02	1:19.12 600m: 7:52.52	1:19.41 1000m: 13:13.05	1:20.27 1400m: 18:31.37	1:18.79
	300m: 3:52.47	1:19.45 700m: 9:11.97	1:19.45 1100m: 14:32.73	1:19.68 1500m: 19:45.31	1:13.94
	400m: 5:12.86	1:20.39 800m: 10:32.33	1:20.36 1200m: 15:53.62	1:20.89	
4.	Dion Staal	O.Z. & P.C. De Warande	20:20.76	200200065	20:33.32 +0,75 352
	100m: 1:11.15	1:11.15 500m: 6:37.72	1:22.74 900m: 12:11.81	1:23.76 1300m: 17:47.92	1:23.88
	200m: 2:30.55	1:19.40 600m: 8:01.75	1:24.03 1000m: 13:35.33	1:23.52 1400m: 19:12.46	1:24.54
	300m: 3:51.98	1:21.43 700m: 9:25.50	1:23.75 1100m: 14:59.11	1:23.78 1500m: 20:33.32	1:20.86
	400m: 5:14.98	1:23.00 800m: 10:48.05	1:22.55 1200m: 16:24.04	1:24.93	

Junioren 4

1.	Janne Englebert	Hieronymus	17:33.23	200101561	17:38.29 +0,75 558
	100m: 1:04.25	1:04.25 500m: 5:40.22	1:09.83 900m: 10:25.14	1:12.20 1300m: 15:14.67	1:12.50
	200m: 2:12.40	1:08.15 600m: 6:50.04	1:09.82 1000m: 11:37.61	1:12.47 1400m: 16:26.77	1:12.10
	300m: 3:21.23	1:08.83 700m: 8:01.55	1:11.51 1100m: 12:50.00	1:12.39 1500m: 17:38.29	1:11.52
	400m: 4:30.39	1:09.16 800m: 9:12.94	1:11.39 1200m: 14:02.17	1:12.17	
2.	Leendert Paans	De Biesboschwimmers	18:42.78	200102805	18:37.85 +0,79 473
	100m: 1:09.00	1:09.00 500m: 6:07.93	1:14.84 900m: 11:08.09	1:14.23 1300m: 16:11.35	1:16.32
	200m: 2:24.16	1:15.16 600m: 7:23.69	1:15.76 1000m: 12:23.27	1:15.18 1400m: 17:25.59	1:14.24
	300m: 3:38.25	1:14.09 700m: 8:38.77	1:15.08 1100m: 13:38.76	1:15.49 1500m: 18:37.85	1:12.26
	400m: 4:53.09	1:14.84 800m: 9:53.86	1:15.09 1200m: 14:55.03	1:16.27	
3.	Lars Kammers	Hieronymus	20:03.51	200100497	19:09.81 +0,78 435
	100m: 1:09.69	1:09.69 500m: 6:16.13	1:17.76 900m: 11:27.34	1:16.30 1300m: 16:38.54	1:17.31
	200m: 2:25.36	1:15.67 600m: 7:34.56	1:18.43 1000m: 12:44.95	1:17.61 1400m: 17:55.39	1:16.85
	300m: 3:40.75	1:15.39 700m: 8:53.56	1:19.00 1100m: 14:02.06	1:17.11 1500m: 19:09.81	1:14.42
	400m: 4:58.37	1:17.62 800m: 10:11.04	1:17.48 1200m: 15:21.23	1:19.17	
4.	Marijn van Keulen	AquAmigos	19:38.25	200101855	19:22.36 +0,82 421
	100m: 1:11.03	1:11.03 500m: 6:18.74	1:16.75 900m: 11:28.86	1:17.95 1300m: 16:44.96	1:21.53
	200m: 2:27.71	1:16.68 600m: 7:36.25	1:17.51 1000m: 12:46.07	1:17.21 1400m: 18:05.79	1:20.83
	300m: 3:44.01	1:16.30 700m: 8:53.29	1:17.04 1100m: 14:03.94	1:17.87 1500m: 19:22.36	1:16.57
	400m: 5:01.99	1:17.98 800m: 10:10.91	1:17.62 1200m: 15:23.43	1:19.49	
5.	Bas de Reuver	Arethusa	19:25.95	200104143	20:06.11 +0,82 377
	100m: 1:08.84	1:08.84 500m: 6:20.79	1:21.33 900m: 11:51.05	1:23.68 1300m: 17:22.91	1:23.63
	200m: 2:24.14	1:15.30 600m: 7:42.44	1:21.65 1000m: 13:13.38	1:22.33 1400m: 18:45.78	1:22.87
	300m: 3:40.67	1:16.53 700m: 9:04.60	1:22.16 1100m: 14:36.55	1:23.17 1500m: 20:06.11	1:20.33
	400m: 4:59.46	1:18.79 800m: 10:27.37	1:22.77 1200m: 15:59.28	1:22.73	

Jeugd 1 en 2

1.	Tom Balsen Versteeg	Hieronymus	17:13.37	200005673	17:16.03 +0,64 594
	100m: 1:04.38	1:04.38 500m: 5:39.69	1:09.11 900m: 10:17.31	1:09.97 1300m: 14:56.69	1:09.84
	200m: 2:12.97	1:08.59 600m: 6:48.79	1:09.10 1000m: 11:27.48	1:10.17 1400m: 16:07.24	1:10.55
	300m: 3:21.05	1:08.08 700m: 7:57.80	1:09.01 1100m: 12:37.09	1:09.61 1500m: 17:16.03	1:08.79
	400m: 4:30.58	1:09.53 800m: 9:07.34	1:09.54 1200m: 13:46.85	1:09.76	
2.	Casper Bolkenbaas	Trb/Res	18:19.40	200002591	17:50.90 +0,76 538
	100m: 1:05.93	1:05.93 500m: 5:53.86	1:12.66 900m: 10:42.14	1:12.18 1300m: 15:30.42	1:12.01
	200m: 2:16.96	1:11.03 600m: 7:05.74	1:21.65 1000m: 13:13.38	1:11.51 1400m: 16:42.73	1:22.87
	300m: 3:28.99	1:12.03 700m: 8:18.03	1:12.29 1100m: 13:05.86	1:12.21 1500m: 17:50.90	1:08.17
	400m: 4:41.20	1:12.21 800m: 9:29.96	1:11.93 1200m: 14:18.41	1:12.55	
3.	Thijs Manders	PSV	18:01.71	200002731	18:04.19 +0,71 519
	100m: 1:05.95	1:05.95 500m: 5:52.25	1:12.48 900m: 10:42.31	1:12.70 1300m: 15:38.16	1:13.75
	200m: 2:17.50	1:11.55 600m: 7:04.06	1:11.81 1000m: 11:56.22	1:13.91 1400m: 16:52.68	1:14.52
	300m: 4:04.49	1:46.99 700m: 8:16.58	1:12.52 1100m: 13:10.32	1:14.10 1500m: 18:04.19	1:11.51
	400m: 4:39.77	35.28 800m: 9:29.61	1:13.03 1200m: 14:24.41	1:14.09	

Programmanr. 11, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
4.	Yulian Oppenhuizen	Zvdo'74	18:06.59	200000165	18:28.84 +0,78 485			
	100m: 1:07.37	1:07.37	500m: 5:59.16	1:13.33	900m: 10:57.06	1:14.96	1300m: 15:59.54	1:16.30
	200m: 2:20.51	1:13.14	600m: 7:12.77	1:13.61	1000m: 12:12.17	1:15.11	1400m: 17:15.70	1:16.16
	300m: 3:32.62	1:12.11	700m: 8:27.32	1:14.55	1100m: 13:27.22	1:15.05	1500m: 18:28.84	1:13.14
	400m: 4:45.83	1:13.21	800m: 9:42.10	1:14.78	1200m: 14:43.24	1:16.02		
5.	Brian van Gennip	ZV Hydra	18:38.88	200003573	18:57.25 +0,78 449			
	100m: 1:05.36	1:05.36	500m: 6:08.58	1:17.31	900m: 11:15.96	1:17.13	1300m: 16:22.79	1:17.17
	200m: 2:18.95	1:13.59	600m: 7:25.52	1:16.94	1000m: 12:32.58	1:16.62	1400m: 17:42.98	1:20.19
	300m: 3:34.51	1:15.56	700m: 8:42.63	1:17.11	1100m: 13:49.41	1:16.83	1500m: 18:57.25	1:14.27
	400m: 4:51.27	1:16.76	800m: 9:58.83	1:16.20	1200m: 15:05.62	1:16.21		
AFGEM	Wouter Schmit	PSV	17:29.91	200004895				

Senioren 1 en ouder

1.	Remco van Althuis	SBC2000	17:55.91	198300029	17:26.92 +0,80 576			
	100m: 1:03.08	1:03.08	500m: 5:39.55	1:10.07	900m: 10:21.06	1:10.58	1300m: 15:05.98	1:11.56
	200m: 2:10.87	1:07.79	600m: 6:49.44	1:09.89	1000m: 11:31.97	1:10.91	1400m: 16:17.41	1:11.43
	300m: 3:19.68	1:08.81	700m: 7:59.86	1:10.42	1100m: 12:43.17	1:11.20	1500m: 17:26.92	1:09.51
	400m: 4:29.48	1:09.80	800m: 9:10.48	1:10.62	1200m: 13:54.42	1:11.25		
2.	Pieter Pijnenburg	Z&PV Nuenen	18:10.78	199305227	17:57.69 +0,72 528			
	100m: 1:03.79	1:03.79	500m: 5:50.53	1:12.75	900m: 10:40.80	1:12.28	1300m: 15:33.32	1:13.30
	200m: 2:14.71	1:10.92	600m: 7:03.26	1:12.73	1000m: 11:53.44	1:12.64	1400m: 16:46.41	1:13.09
	300m: 3:25.90	1:11.19	700m: 8:16.35	1:13.09	1100m: 13:06.31	1:12.87	1500m: 17:57.69	1:11.28
	400m: 4:37.78	1:11.88	800m: 9:28.52	1:12.17	1200m: 14:20.02	1:13.71		