

Programmanr. 2  
19-3-2017 - 14:00

Meisjes, 200m wisselslag

Minioren 5 en Junioren 1  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Zoë Bulkman	O.Z. & P.C. De Warande	NT 200600746	<b>3:49.26</b>	166				3:49.26
2. Sanne Kesteren	SCOM/De Zeehond'73	4:04.29 200600452	<b>3:58.14</b>	149				3:58.14

Programmanr. 4  
19-3-2017 - 14:05

Dames, 400m wisselslag

Junioren 2 en ouder  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Bridget de Bat	Z & PC De Zeeuwse Kust	5:23.56 200400382	<b>5:35.64</b>	512				
		150m: 250m: 300m:	350m: 400m:					
		100m: 1:15.44	5:35.64					
2. Laura Nieuwland	Z & PC De Zeeuwse Kust	5:17.57 200001834	<b>5:38.23</b>	500				
		150m: 250m: 300m:	350m: 400m:					
		100m: 1:14.52	5:38.23					
3. Roos Englebert	Hieronymus	5:32.84 200200606	<b>5:42.51</b>	481				
		150m: 250m: 300m:	350m: 400m:					
		100m: 1:17.37	5:42.51					
4. Froukje van der Heijden	De Bevelanders	NT 200201514	<b>6:18.67</b>	356				
		150m: 250m: 300m:	350m: 400m:					
		100m: 1:24.54	6:18.67					

Programmanr. 5  
19-3-2017 - 14:10

Heren, 400m wisselslag

Junioren 1 en ouder  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Janne Englebert	Hieronymus	5:18.97 200101561	<b>5:05.14</b>	510				
		150m: 250m: 300m:	350m: 400m:					
		100m: 1:07.17	5:05.14					
2. David Groenewegen	Psv	5:17.84 200400469	<b>5:35.56</b>	384				
		150m: 250m: 300m:	350m: 400m:					
		100m: 1:16.63	5:35.56					
3. Joris Haest	O.Z. & P.C. De Warande	NT 197900441	<b>6:06.34</b>	295				
		150m: 250m: 300m:	350m: 400m:					
		100m: 1:16.33	6:06.34					

Programmanr. 6  
19-3-2017 - 14:20

400m vrije slag

8 - 11 jaar  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Thijs Verhulst	O.Z. & P.C. De Warande	NT 200503447	<b>7:27.40</b>	119				
		150m: 250m: 300m:	350m: 400m:					
		100m: 1:41.82	7:27.40					
2. Aurelie Koster	O.Z. & P.C. De Warande	NT 200702134	<b>7:47.10</b>	133				
		150m: 250m: 300m:	350m: 400m:					
		100m: 1:46.28	7:47.10					
3. Sanne van Strien	O.Z. & P.C. De Warande	NT 200701602	<b>8:01.19</b>	122				
		150m: 250m: 300m:	350m: 400m:					
		100m: 1:50.76	8:01.19					

Programmanr. 7  
19-3-2017 - 14:25

Dames, 800m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	intijd	tijd	RT
1.	Dana van Leeuwen	Kzc	10:40.15	200500150	<b>11:15.40</b>	376
	100m: 1:18.69	1:18.69	300m: 4:10.38	1:25.88	500m: 7:01.03	1:25.96
	200m: 2:44.50	1:25.81	400m: 5:35.52	1:25.14	600m: 8:27.19	1:26.16
					700m: 9:53.15	1:28.25
					800m: 11:15.40	1:22.25
2.	Ymke van Dongen	O.Z. & P.C. De Warande	11:17.19	200202662	<b>11:29.37</b>	353
	100m: 1:17.04	1:17.04	300m: 4:10.15	1:27.48	500m: 7:06.15	1:28.16
	200m: 2:42.67	1:25.63	400m: 5:37.99	1:27.84	600m: 8:34.44	1:28.29
					700m: 10:03.10	1:28.66
					800m: 11:29.37	1:26.27
3.	Gwen Eygendaal	O.Z. & P.C. De Warande	NT	200404680	<b>12:39.28</b>	264
	100m: 1:24.43	1:24.43	300m: 4:36.51	1:36.16	500m: 7:53.51	1:38.59
	200m: 3:00.35	1:35.92	400m: 6:14.92	1:38.41	600m: 9:31.78	1:38.27
					700m: 11:08.06	1:36.28
					800m: 12:39.28	1:31.22
4.	Bente Koeman	O.Z. & P.C. De Warande	14:15.81	200500900	<b>12:50.58</b>	253
	100m: 1:25.32	1:25.32	300m: 4:39.92	1:38.73	500m: 7:59.64	1:40.23
	200m: 3:01.19	1:35.87	400m: 6:19.41	1:39.49	600m: 9:39.29	1:39.65
					700m: 11:17.82	1:38.53
					800m: 12:50.58	1:32.76
5.	Roos Suppers	ZV Den Doorn	NT	200500070	<b>13:35.85</b>	213
	100m: 1:30.94	1:30.94	300m: 5:00.54	1:45.60	500m: 8:35.06	1:47.00
	200m: 3:14.94	1:44.00	400m: 6:48.06	1:47.52	600m: 10:21.73	1:46.67
					700m: 12:05.84	1:44.11
					800m: 13:35.85	1:30.01
6.	Esmee van Strien	O.Z. & P.C. De Warande	NT	200404142	<b>13:37.22</b>	212
	100m: 1:28.64	1:28.64	300m: 4:50.68	1:42.92	500m: 8:24.32	1:47.30
	200m: 3:07.76	1:39.12	400m: 6:37.02	1:46.34	600m: 10:10.96	1:46.64
					700m: 11:57.06	1:46.10
					800m: 13:37.22	1:40.16
7.	Mijntje Stoof	O.Z. & P.C. De Warande	NT	200503522	<b>14:13.58</b>	186
	100m: 1:37.06	1:37.06	300m: 5:15.39	1:50.44	500m: 8:56.22	1:51.13
	200m: 3:24.95	1:47.89	400m: 7:05.09	1:49.70	600m: 10:45.91	1:49.69
					700m: 12:34.41	1:48.50
					800m: 14:13.58	1:39.17
8.	Nicole Bogerd	ZV Den Doorn	NT	200500442	<b>14:19.20</b>	183
	100m: 1:36.54	1:36.54	300m: 5:16.77	1:50.86	500m: 9:00.41	1:52.15
	200m: 3:25.91	1:49.37	400m: 7:08.26	1:51.49	600m: 10:52.30	1:51.89
					700m: 12:42.13	1:49.83
					800m: 14:19.20	1:37.07
AFGEM	Maaïke van Heeswijk	O.Z. & P.C. De Warande	13:16.76	200500472		
AFGEM	Eisemieke Koot	O.Z. & P.C. De Warande	13:21.71	200404014		

Programmanr. 8  
19-3-2017

Meisjes, 800m vrije slag

Minioren 5  
Resultaten

rang	naam	vereniging	intijd	intijd	tijd	RT
1.	Sanne Kesteren	SCOM/De Zeehond'73 (SG)	NT	200600452	<b>15:34.03</b>	142
	100m: 1:45.64	1:45.64	300m: 5:41.21	1:59.27	500m: 9:40.97	1:59.70
	200m: 3:41.94	1:56.30	400m: 7:41.27	2:00.06	600m: 11:41.48	2:00.51
					700m: 13:41.00	1:59.52
					800m: 15:34.03	1:53.03
2.	Hanna de Graaf	ZV Den Doorn	NT	200600300	<b>15:35.93</b>	141
	100m: 1:44.09	1:44.09	300m: 5:39.92	1:58.88	500m: 9:42.30	2:00.69
	200m: 3:41.04	1:56.95	400m: 7:41.61	2:01.69	600m: 11:43.35	2:01.05
					700m: 13:44.47	2:01.12
					800m: 15:35.93	1:51.46

Programmanr. 9  
19-3-2017 - 14:55

Dames, 1500m vrije slag

Junioren 2 en ouder  
Resultaten

rang	naam	vereniging	intijd	intijd	tijd	RT
1.	Anne Paulusse	O.Z. & P.C. De Warande	19:17.97	200200834	<b>19:54.10</b>	466
	100m: 1:13.42	1:13.42	500m: 6:33.97	1:20.51	900m: 11:55.50	1:20.03
	200m: 2:32.64	1:19.22	600m: 7:54.43	1:20.46	1000m: 13:15.65	1:20.15
	300m: 3:52.99	1:20.35	700m: 9:14.67	1:20.24	1100m: 14:35.82	1:20.17
	400m: 5:13.46	1:20.47	800m: 10:35.47	1:20.80	1200m: 15:56.77	1:20.95
2.	Kim Servaas	Psv	NT	200400836	<b>21:05.22</b>	391
	100m: 1:16.91	1:16.91	500m: 6:59.15	1:25.77	900m: 12:41.28	1:25.01
	200m: 2:41.17	1:24.26	600m: 8:25.19	1:26.04	1000m: 14:05.60	1:24.32
	300m: 4:06.94	1:25.77	700m: 9:50.97	1:25.78	1100m: 15:30.88	1:25.28
	400m: 5:33.38	1:26.44	800m: 11:16.27	1:25.30	1200m: 16:56.10	1:25.22
3.	Aniek Resink	Z & Pc Dio	19:41.47	199500738	<b>21:37.78</b>	363
	100m: 1:13.58	1:13.58	500m: 6:58.26	1:27.99	900m: 12:53.35	1:29.87
	200m: 2:35.74	1:22.16	600m: 8:26.24	1:27.98	1000m: 14:23.04	1:29.69
	300m: 4:01.67	1:25.93	700m: 9:54.77	1:28.53	1100m: 15:51.44	1:28.40
	400m: 5:30.27	1:28.60	800m: 11:23.48	1:28.71	1200m: 17:19.07	1:27.63
4.	Christel Kramer	ZV Den Doorn	22:45.00	199901248	<b>22:22.43</b>	328
	100m: 1:18.13	1:18.13	500m: 7:14.75	1:30.74	900m: 13:19.47	1:30.86
	200m: 2:43.70	1:25.57	600m: 8:45.98	1:31.23	1000m: 14:50.77	1:31.30
	300m: 4:12.88	1:29.18	700m: 10:17.70	1:31.72	1100m: 16:20.90	1:30.13
	400m: 5:44.01	1:31.13	800m: 11:48.61	1:30.91	1200m: 17:52.51	1:31.61
5.	Mandy Swart	ZV Den Doorn	23:30.00	199904916	<b>22:26.77</b>	325
	100m: 1:20.68	1:20.68	500m: 7:22.43	1:31.22	900m: 13:26.60	1:30.88
	200m: 2:48.59	1:27.91	600m: 8:53.49	1:31.06	1000m: 14:57.61	1:31.01
	300m: 4:18.95	1:30.36	700m: 10:23.95	1:30.46	1100m: 16:29.35	1:31.74
	400m: 5:51.21	1:32.26	800m: 11:55.72	1:31.77	1200m: 18:01.00	1:31.65

Programmanr. 9, Dames, 1500m vrije slag, Junioren 2 en ouder

rang	naam	vereniging	intijd	tijd	RT			
6.	Emma Sieboms	Z & PC De Zeeuwse Kust	NT	200402788	<b>23:53.02</b> 269			
	100m: 1:26.53	1:26.53	500m: 7:53.43	1:37.02	900m: 14:22.22	1:36.71	1300m: 20:47.93	1:35.54
	200m: 3:02.97	1:36.44	600m: 9:30.45	1:37.02	1000m: 16:00.12	1:37.90	1400m: 22:22.53	1:34.60
	300m: 4:40.98	1:38.01	700m: 11:06.86	1:36.41	1100m: 17:36.23	1:36.11	1500m: 23:53.02	1:30.49
	400m: 6:16.41	1:35.43	800m: 12:45.51	1:38.65	1200m: 19:12.39	1:36.16		
7.	Nynke Bongers	ZV Den Doorn	24:30.00	200104312	<b>25:10.56</b> 230			
	100m: 1:26.57	1:26.57	500m: 8:08.05	1:42.98	900m: 15:01.44	1:43.58	1300m: 21:52.20	1:42.67
	200m: 3:04.03	1:37.46	600m: 9:51.27	1:43.22	1000m: 16:45.43	1:43.99	1400m: 23:33.78	1:41.58
	300m: 4:43.74	1:39.71	700m: 11:34.27	1:43.00	1100m: 18:27.73	1:42.30	1500m: 25:10.56	1:36.78
	400m: 6:25.07	1:41.33	800m: 13:17.86	1:43.59	1200m: 20:09.53	1:41.80		

Programmanr. 10  
19-3-2017 - 15:20

Heren, 1500m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Yorick Visser	Z & PC De Zeeuwse Kust	17:19.05	200301957	<b>18:21.57</b> 494			
	100m: 1:08.75	1:08.75	500m: 6:03.42	1:14.31	900m: 11:00.25	1:14.84	1300m: 15:59.95	1:15.33
	200m: 2:21.87	1:13.12	600m: 7:16.89	1:13.47	1000m: 12:14.18	1:13.93	1400m: 17:14.24	1:14.29
	300m: 3:35.23	1:13.36	700m: 8:31.20	1:14.31	1100m: 13:29.16	1:14.98	1500m: 18:21.57	1:07.33
	400m: 4:49.11	1:13.88	800m: 9:45.41	1:14.21	1200m: 14:44.62	1:15.46		
2.	Vincent Dermaux	AquaDream	17:37.23	199600599	<b>18:42.54</b> 467			
	100m: 1:06.37	1:06.37	500m: 6:04.88	1:14.76	900m: 11:08.13	1:16.64	1300m: 16:13.12	1:16.17
	200m: 2:20.33	1:13.96	600m: 7:20.01	1:15.13	1000m: 12:24.31	1:16.18	1400m: 17:28.79	1:15.67
	300m: 3:34.94	1:14.61	700m: 8:35.70	1:15.69	1100m: 13:40.89	1:16.58	1500m: 18:42.54	1:13.75
	400m: 4:50.12	1:15.18	800m: 9:51.49	1:15.79	1200m: 14:56.95	1:16.06		
3.	Maquinho Vorst	ZPC De Hof	18:00.17	200204179	<b>18:47.94</b> 460			
	100m: 1:06.63	1:06.63	500m: 6:05.60	1:15.56	900m: 11:10.38	1:16.56	1300m: 16:16.63	1:16.78
	200m: 2:19.87	1:13.24	600m: 7:21.50	1:15.90	1000m: 12:26.91	1:16.53	1400m: 17:33.80	1:17.17
	300m: 3:34.41	1:14.54	700m: 8:37.35	1:15.85	1100m: 13:43.52	1:16.61	1500m: 18:47.94	1:14.14
	400m: 4:50.04	1:15.63	800m: 9:53.82	1:16.47	1200m: 14:59.85	1:16.33		
4.	David Groenewegen	Psv	17:59.59	200400469	<b>18:57.28</b> 449			
	100m: 1:09.51	1:09.51	500m: 6:10.68	1:16.03	900m: 11:17.13	1:16.84	1300m: 16:26.32	1:18.39
	200m: 2:23.97	1:14.46	600m: 7:27.10	1:16.42	1000m: 12:32.99	1:15.86	1400m: 17:43.41	1:17.09
	300m: 3:38.73	1:14.76	700m: 8:43.41	1:16.31	1100m: 13:49.90	1:16.91	1500m: 18:57.28	1:13.87
	400m: 4:54.65	1:15.92	800m: 10:00.29	1:16.88	1200m: 15:07.93	1:18.03		
5.	Chiel de Pooter	De Schelde	18:19.98	200101355	<b>19:06.17</b> 439			
	100m: 1:09.62	1:09.62	500m: 6:16.73	1:17.77	900m: 11:25.31	1:16.20	1300m: 16:33.31	1:17.74
	200m: 2:25.05	1:15.43	600m: 7:34.36	1:17.63	1000m: 12:41.82	1:16.51	1400m: 17:50.41	1:17.10
	300m: 3:41.32	1:16.27	700m: 8:51.83	1:17.47	1100m: 13:58.99	1:17.17	1500m: 19:06.17	1:15.76
	400m: 4:58.96	1:17.64	800m: 10:09.11	1:17.28	1200m: 15:15.57	1:16.58		
6.	Guido Brink	Z & PC De Zeeuwse Kust	NT	200200199	<b>19:17.96</b> 426			
	100m: 1:09.51	1:09.51	500m: 6:21.91	1:18.88	900m: 11:32.87	1:17.72	1300m: 16:47.28	1:18.84
	200m: 2:26.54	1:17.03	600m: 7:40.36	1:18.45	1000m: 12:51.49	1:18.62	1400m: 18:04.55	1:17.27
	300m: 3:45.26	1:18.72	700m: 8:57.55	1:17.19	1100m: 14:09.41	1:17.92	1500m: 19:17.96	1:13.41
	400m: 5:03.03	1:17.77	800m: 10:15.15	1:17.60	1200m: 15:28.44	1:19.03		
7.	Rutger Nieuwenhuis	ZPC De Hof	18:32.83	200100235	<b>19:28.44</b> 414			
	100m: 1:08.00	1:08.00	500m: 6:16.37	1:18.37	900m: 11:34.54	1:20.33	1300m: 16:56.62	1:20.31
	200m: 2:23.72	1:15.72	600m: 7:35.29	1:18.92	1000m: 12:54.33	1:19.79	1400m: 18:15.80	1:19.18
	300m: 3:40.19	1:16.47	700m: 8:55.03	1:19.74	1100m: 14:15.44	1:21.11	1500m: 19:28.44	1:12.64
	400m: 4:58.00	1:17.81	800m: 10:14.21	1:19.18	1200m: 15:36.31	1:20.87		
8.	Tristan Kloet	Sg ZOC	19:57.87	200200063	<b>19:47.27</b> 395			
	100m: 1:07.36	1:07.36	500m: 6:19.06	1:20.83	900m: 11:40.49	1:21.16	1300m: 17:06.11	1:21.84
	200m: 2:22.37	1:15.01	600m: 7:39.20	1:20.14	1000m: 13:01.25	1:20.76	1400m: 18:27.72	1:21.61
	300m: 3:39.70	1:17.33	700m: 8:58.92	1:19.72	1100m: 14:22.62	1:21.37	1500m: 19:47.27	1:19.55
	400m: 4:58.23	1:18.53	800m: 10:19.33	1:20.41	1200m: 15:44.27	1:21.65		
9.	Thijn Damen	O.Z. & P.C. De Warande	19:12.69	200300973	<b>19:52.23</b> 390			
	100m: 1:13.92	1:13.92	500m: 6:32.86	1:20.89	900m: 11:55.26	1:20.63	1300m: 17:17.05	1:19.99
	200m: 2:32.35	1:18.43	600m: 7:53.54	1:20.68	1000m: 13:15.98	1:20.72	1400m: 18:36.36	1:19.31
	300m: 3:51.92	1:19.57	700m: 9:14.21	1:20.67	1100m: 14:36.23	1:20.25	1500m: 19:52.23	1:15.87
	400m: 5:11.97	1:20.05	800m: 10:34.63	1:20.42	1200m: 15:57.06	1:20.83		
10.	Quinten ten Dam	ZPC De Hof	19:47.42	200400075	<b>20:24.33</b> 360			
	100m: 1:17.19	1:17.19	500m: 6:46.89	1:21.98	900m: 12:17.41	1:22.74	1300m: 17:45.19	1:22.06
	200m: 2:40.59	1:23.40	600m: 8:09.54	1:22.65	1000m: 13:39.91	1:22.50	1400m: 19:06.21	1:21.02
	300m: 4:02.74	1:22.15	700m: 9:32.50	1:22.96	1100m: 15:01.44	1:21.53	1500m: 20:24.33	1:18.12
	400m: 5:24.91	1:22.17	800m: 10:54.67	1:22.17	1200m: 16:23.13	1:21.69		
11.	Andy Zandvliet	ZPC De Hof	20:53.61	200300381	<b>20:54.08</b> 335			
	100m: 1:11.85	1:11.85	500m: 6:36.85	1:23.97	900m: 12:21.04	1:27.27	1300m: 18:04.87	1:24.11
	200m: 2:29.89	1:18.04	600m: 8:01.39	1:24.54	1000m: 13:47.30	1:26.26	1400m: 19:30.08	1:25.21
	300m: 3:50.88	1:20.99	700m: 9:27.00	1:25.61	1100m: 15:14.38	1:27.08	1500m: 20:54.08	1:24.00
	400m: 5:12.88	1:22.00	800m: 10:53.77	1:26.77	1200m: 16:40.76	1:26.38		
12.	René van Oudenaarde	Sg ZOC	NT	198301619	<b>21:51.97</b> 293			
	100m: 1:11.36	1:11.36	500m: 6:57.41	1:28.75	900m: 12:58.30	1:30.38	1300m: 19:00.62	1:31.54
	200m: 2:34.29	1:22.93	600m: 8:27.00	1:29.59	1000m: 14:28.09	1:29.79	1400m: 20:30.15	1:29.53
	300m: 4:00.23	1:25.94	700m: 9:56.73	1:29.73	1100m: 15:58.05	1:29.96	1500m: 21:51.97	1:21.82
	400m: 5:28.66	1:28.43	800m: 11:27.92	1:31.19	1200m: 17:29.08	1:31.03		

Programmanr. 10, Heren, 1500m vrije slag, Junioren 1 en ouder

rang	naam	vereniging	intijd	tijd	RT			
13.	Sem Bonte	Z & PC De Zeeuwse Kust	21:48.83	200400427	21:53.25 292			
	100m: 1:18.36	1:18.36	500m: 7:10.67	1:26.44	900m: 13:06.00	1:29.38	1300m: 19:03.25	1:28.73
	200m: 2:47.49	1:29.13	600m: 8:40.12	1:29.45	1000m: 14:35.00	1:29.00	1400m: 20:32.20	1:28.95
	300m: 4:16.10	1:28.61	700m: 10:09.15	1:29.03	1100m: 16:04.36	1:29.36	1500m: 21:53.25	1:21.05
	400m: 5:44.23	1:28.13	800m: 11:36.62	1:27.47	1200m: 17:34.52	1:30.16		
14.	Floris Verburgh	O.Z. & P.C. De Warande	20:04.71	200001191	21:53.90 291			
	100m: 1:13.52	1:13.52	500m: 7:11.53	1:28.22	900m: 13:05.23	1:28.67	1300m: 19:02.83	1:28.24
	200m: 2:40.97	1:27.45	600m: 8:39.34	1:27.81	1000m: 14:37.10	1:31.87	1400m: 20:30.99	1:28.16
	300m: 4:11.82	1:30.85	700m: 10:08.78	1:29.44	1100m: 16:04.64	1:27.54	1500m: 21:53.90	1:22.91
	400m: 5:43.31	1:31.49	800m: 11:36.56	1:27.78	1200m: 17:34.59	1:29.95		
15.	Christian van Bommel	Sg ZOC	NT	199100095	22:16.43 277			
	100m: 1:09.93	1:09.93	500m: 7:00.76	1:32.00	900m: 13:11.20	1:31.60	1300m: 19:18.94	1:30.84
	200m: 2:32.29	1:22.36	600m: 8:34.00	1:33.24	1000m: 14:43.19	1:31.99	1400m: 20:49.98	1:31.04
	300m: 3:58.76	1:26.47	700m: 10:07.62	1:33.62	1100m: 16:16.44	1:33.25	1500m: 22:16.43	1:26.45
	400m: 5:28.76	1:30.00	800m: 11:39.60	1:31.98	1200m: 17:48.10	1:31.66		
16.	Wouter van der Stelt	ZV Den Doorn	23:00.00	197200889	23:10.81 246			
	100m: 1:19.98	1:19.98	500m: 7:24.82	1:32.87	900m: 13:40.18	1:34.52	1300m: 20:00.40	1:35.35
	200m: 2:48.81	1:28.83	600m: 8:57.54	1:32.72	1000m: 15:15.03	1:34.85	1400m: 21:36.19	1:35.79
	300m: 4:20.33	1:31.52	700m: 10:31.05	1:33.51	1100m: 16:49.88	1:34.85	1500m: 23:10.81	1:34.62
	400m: 5:51.95	1:31.62	800m: 12:05.66	1:34.61	1200m: 18:25.05	1:35.17		

Programmanr. 11  
19-3-2017 - 16:05

Dames, 2000m vrije slag

Jeugd 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Angelique van Vark	Z&PC De Gouwe	26:30.15	199701478	25:07.22			
	100m: 1:08.80	1:08.80	600m: 7:24.02	1:15.71	1100m: 13:44.41	1:15.96	1600m: 20:05.00	1:16.51
	200m: 2:23.05	1:14.25	700m: 8:40.06	1:16.04	1200m: 15:00.47	1:16.06	1700m: 21:20.90	1:15.90
	300m: 3:37.65	1:14.60	800m: 9:56.47	1:16.41	1300m: 16:16.05	1:15.58	1800m: 22:37.33	1:16.43
	400m: 4:52.98	1:15.33	900m: 11:12.62	1:16.15	1400m: 17:32.21	1:16.16	1900m: 23:53.92	1:16.59
	500m: 6:08.31	1:15.33	1000m: 12:28.45	1:15.83	1500m: 18:48.49	1:16.28	2000m: 25:07.22	1:13.30
2.	Amy van Lier	Trb/Res	24:57.48	199603022	25:31.19			
	100m: 1:10.28	1:10.28	600m: 7:31.96	1:15.80	1100m: 13:51.62	1:16.80	1600m: 20:18.96	1:17.59
	200m: 2:26.75	1:16.47	700m: 8:47.32	1:15.36	1200m: 15:08.41	1:16.79	1700m: 21:37.34	1:18.38
	300m: 3:43.16	1:16.41	800m: 10:02.72	1:15.40	1300m: 16:26.00	1:17.59	1800m: 22:55.82	1:18.48
	400m: 5:00.03	1:16.87	900m: 11:18.62	1:15.90	1400m: 17:43.36	1:17.36	1900m: 24:14.18	1:18.36
	500m: 6:16.16	1:16.13	1000m: 12:34.82	1:16.20	1500m: 19:01.37	1:18.01	2000m: 25:31.19	1:17.01
3.	Anne Dickens	O.Z. & P.C. De Warande	26:16.25	200100734	26:42.05			
	100m: 1:12.54	1:12.54	600m: 8:02.36	1:20.92	1100m: 14:43.78	1:19.99	1600m: 21:22.93	1:19.91
	200m: 2:34.58	1:22.04	700m: 9:23.95	1:21.59	1200m: 16:03.39	1:19.61	1700m: 22:42.98	1:20.05
	300m: 3:56.42	1:21.84	800m: 10:43.41	1:19.46	1300m: 17:23.35	1:19.96	1800m: 24:02.70	1:19.72
	400m: 5:19.38	1:22.96	900m: 12:03.26	1:19.85	1400m: 18:43.22	1:19.87	1900m: 25:22.92	1:20.22
	500m: 6:41.44	1:22.06	1000m: 13:23.79	1:20.53	1500m: 20:03.02	1:19.80	2000m: 26:42.05	1:19.13
4.	Tara van Leeuwen	Kzc	NT	200201112	26:43.18			
	100m: 1:12.30	1:12.30	600m: 7:52.73	1:20.18	1100m: 14:34.57	1:21.09	1600m: 21:21.35	1:21.55
	200m: 2:32.39	1:20.09	700m: 9:12.70	1:19.97	1200m: 15:55.92	1:21.35	1700m: 22:42.05	1:20.70
	300m: 3:52.49	1:20.10	800m: 10:33.17	1:20.47	1300m: 17:17.56	1:21.64	1800m: 24:04.71	1:22.66
	400m: 5:12.19	1:19.70	900m: 11:53.29	1:20.12	1400m: 18:39.03	1:21.47	1900m: 25:25.76	1:21.05
	500m: 6:32.55	1:20.36	1000m: 13:13.48	1:20.19	1500m: 19:59.80	1:20.77	2000m: 26:43.18	1:17.42
5.	Lisa de Beijer	Psv	27:31.54	200002814	27:06.78			
	100m: 1:14.41	1:14.41	600m: 8:06.72	1:23.05	1100m: 14:59.63	1:22.16	1600m: 21:44.65	1:19.11
	200m: 2:35.83	1:21.42	700m: 9:29.81	1:23.09	1200m: 16:21.90	1:22.27	1700m: 23:05.24	1:20.59
	300m: 3:57.45	1:21.62	800m: 10:52.16	1:22.35	1300m: 17:44.29	1:22.39	1800m: 24:26.16	1:20.92
	400m: 5:20.74	1:23.29	900m: 12:14.64	1:22.48	1400m: 19:05.17	1:20.88	1900m: 25:47.17	1:21.01
	500m: 6:43.67	1:22.93	1000m: 13:37.47	1:22.83	1500m: 20:25.54	1:20.37	2000m: 27:06.78	1:19.61
6.	Céline Brink	Z & PC De Zeeuwse Kust	NT	200001836	27:07.35			
	100m: 1:12.60	1:12.60	600m: 7:56.95	1:22.38	1100m: 14:45.28	1:20.86	1600m: 21:46.51	1:22.80
	200m: 2:31.43	1:18.83	700m: 9:19.09	1:22.14	1200m: 16:07.35	1:22.07	1700m: 23:10.46	1:23.95
	300m: 3:50.78	1:19.35	800m: 10:42.22	1:23.13	1300m: 17:30.76	1:23.41	1800m: 24:32.57	1:22.11
	400m: 5:11.92	1:21.14	900m: 12:03.25	1:21.03	1400m: 18:56.94	1:26.18	1900m: 25:52.17	1:19.60
	500m: 6:34.57	1:22.65	1000m: 13:24.42	1:21.17	1500m: 20:23.71	1:26.77	2000m: 27:07.35	1:15.18
7.	Paulien Koster	De Bevelanders	NT	200005398	32:24.70			
	100m: 1:21.49	1:21.49	600m: 9:19.45	1:37.50	1100m: 17:36.57	1:39.45	1600m: 25:52.46	1:39.46
	200m: 2:53.40	1:31.91	700m: 10:58.74	1:39.29	1200m: 19:16.21	1:39.64	1700m: 27:30.78	1:38.32
	300m: 4:28.25	1:34.85	800m: 12:37.72	1:38.98	1300m: 20:55.17	1:38.96	1800m: 29:09.04	1:38.26
	400m: 6:04.60	1:36.35	900m: 14:17.70	1:39.98	1400m: 22:34.82	1:39.65	1900m: 30:48.26	1:39.22
	500m: 7:41.95	1:37.35	1000m: 15:57.12	1:39.42	1500m: 24:13.00	1:38.18	2000m: 32:24.70	1:36.44
8.	Rachelle Hellenbrand	Psv	33:00.00	199101204	34:11.49			
	100m: 1:27.02	1:27.02	600m: 9:54.07	1:42.37	1100m: 18:29.58	1:43.81	1600m: 27:14.54	1:45.41
	200m: 3:06.34	1:39.32	700m: 11:36.84	1:42.77	1200m: 20:14.51	1:44.93	1700m: 28:58.86	1:44.32
	300m: 4:47.60	1:41.26	800m: 13:19.30	1:42.46	1300m: 21:59.58	1:45.07	1800m: 30:43.95	1:45.09
	400m: 6:29.17	1:41.57	900m: 15:02.29	1:42.99	1400m: 23:44.47	1:44.89	1900m: 32:29.57	1:45.62
	500m: 8:11.70	1:42.53	1000m: 16:45.77	1:43.48	1500m: 25:29.13	1:44.66	2000m: 34:11.49	1:41.92

rang	naam	vereniging		intijd		tijd		RT
1.	Tom Balsen Versteeg	Hieronymus		NT 200005673		<b>23:47.07</b>		
	100m: 1:05.46	1:05.46	600m: 7:05.67	1:11.49	1100m: 13:03.12	1:11.45	1600m: 19:02.41	1:11.97
	200m: 2:17.26	1:11.80	700m: 8:17.42	1:11.75	1200m: 14:14.90	1:11.78	1700m: 20:14.23	1:11.82
	300m: 3:29.89	1:12.63	800m: 9:28.85	1:11.43	1300m: 15:26.87	1:11.97	1800m: 21:26.49	1:12.26
	400m: 4:42.32	1:12.43	900m: 10:40.72	1:11.87	1400m: 16:39.01	1:12.14	1900m: 22:39.11	1:12.62
	500m: 5:54.18	1:11.86	1000m: 11:51.67	1:10.95	1500m: 17:50.44	1:11.43	2000m: 23:47.07	1:07.96
2.	Jan Brink	Z & PC De Zeeuwse Kust		NT 196200091		<b>26:26.98</b>		
	100m: 1:13.13	1:13.13	600m: 7:49.99	1:18.87	1100m: 14:26.85	1:19.31	1600m: 21:06.85	1:20.85
	200m: 2:32.92	1:19.79	700m: 9:09.19	1:19.20	1200m: 15:46.33	1:19.48	1700m: 22:27.58	1:20.73
	300m: 3:52.81	1:19.89	800m: 10:28.83	1:19.64	1300m: 17:06.12	1:19.79	1800m: 23:48.40	1:20.82
	400m: 5:11.88	1:19.07	900m: 11:48.23	1:19.40	1400m: 18:25.93	1:19.81	1900m: 25:08.77	1:20.37
	500m: 6:31.12	1:19.24	1000m: 13:07.54	1:19.31	1500m: 19:46.00	1:20.07	2000m: 26:26.98	1:18.21
3.	Andy van Akkeren	Hieronymus		23:51.27 199505381		<b>26:27.60</b>		
	100m: 1:10.49	1:10.49	600m: 7:48.90	1:20.43	1100m: 14:28.90	1:20.76	1600m: 21:14.81	1:21.31
	200m: 2:28.96	1:18.47	700m: 9:09.05	1:20.15	1200m: 15:49.89	1:20.99	1700m: 22:37.13	1:22.32
	300m: 3:48.27	1:19.31	800m: 10:28.18	1:19.13	1300m: 17:11.37	1:21.48	1800m: 23:57.65	1:20.52
	400m: 5:08.38	1:20.11	900m: 11:48.31	1:20.13	1400m: 18:31.79	1:20.42	1900m: 25:14.97	1:17.32
	500m: 6:28.47	1:20.09	1000m: 13:08.14	1:19.83	1500m: 19:53.50	1:21.71	2000m: 26:27.60	1:12.63
4.	Jordi van Akkeren	Hieronymus		NT 199604705		<b>27:50.27</b>		
	100m: 1:15.81	1:15.81	600m: 8:13.82	1:23.87	1100m: 15:19.11	1:25.11	1600m: 22:20.50	1:23.21
	200m: 2:38.41	1:22.60	700m: 9:38.36	1:24.54	1200m: 16:43.81	1:24.70	1700m: 23:43.72	1:23.22
	300m: 4:02.76	1:24.35	800m: 11:03.40	1:25.04	1300m: 18:08.14	1:24.33	1800m: 25:06.81	1:23.09
	400m: 5:26.47	1:23.71	900m: 12:28.76	1:25.36	1400m: 19:32.42	1:24.28	1900m: 26:27.88	1:21.07
	500m: 6:49.95	1:23.48	1000m: 13:54.00	1:25.24	1500m: 20:57.29	1:24.87	2000m: 27:50.27	1:22.39
5.	Sander van Akkeren	Hieronymus		NT 199902475		<b>29:22.96</b>		
	100m: 1:17.42	1:17.42	600m: 8:44.24	1:29.09	1100m: 16:14.91	1:31.14	1600m: 23:38.16	1:28.12
	200m: 2:45.33	1:27.91	700m: 10:13.96	1:29.72	1200m: 17:44.86	1:29.95	1700m: 25:07.26	1:29.10
	300m: 4:15.59	1:30.26	800m: 11:43.74	1:29.78	1300m: 19:14.22	1:29.36	1800m: 26:33.87	1:26.61
	400m: 5:46.54	1:30.95	900m: 13:11.43	1:27.69	1400m: 20:42.35	1:28.13	1900m: 28:01.22	1:27.35
	500m: 7:15.15	1:28.61	1000m: 14:43.77	1:32.34	1500m: 22:10.04	1:27.69	2000m: 29:22.96	1:21.74
6.	Jordy Rens	Z & Pc Dio		NT 199904431		<b>31:32.46</b>		
	100m: 1:15.83	1:15.83	600m: 8:57.62	1:36.32	1100m: 17:02.13	1:37.40	1600m: 25:10.65	1:37.93
	200m: 2:41.96	1:26.13	700m: 10:34.11	1:36.49	1200m: 18:40.78	1:38.65	1700m: 26:49.09	1:38.44
	300m: 4:12.11	1:30.15	800m: 12:11.57	1:37.46	1300m: 20:17.86	1:37.08	1800m: 28:26.21	1:37.12
	400m: 5:45.75	1:33.64	900m: 13:48.15	1:36.58	1400m: 21:55.40	1:37.54	1900m: 30:02.36	1:36.15
	500m: 7:21.30	1:35.55	1000m: 15:24.73	1:36.58	1500m: 23:32.72	1:37.32	2000m: 31:32.46	1:30.10