

1 - NJJK korte baan dec. 2018 sessie 1

13-12-2018 - 16:30

Programmanr. 1 13-12-2018	Jongens, 400m vrije slag			Junior/Jeugd Resultaten
Nederlands Record Junioren	3:54.22	Luc Kroon	Eindhoven	26-01-2017
Nederlands Record 15 jaar	3:57.49	Luc Kroon	Amsterdam	03-12-2016
Nederlands Record 14 jaar	4:06.56	Jorgos Skotadis	Amsterdam	03-02-2012
Kamp. Record Junioren 4	3:54.22	Luc Kroon	Eindhoven	26-01-2017
Kamp. Record Junioren 3	4:01.81	Bryan Agterdenbos	Eindhoven	27-01-2017

rang	naam	vereniging	startnr.	tijd	RT
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Junioren 3

1.	Stephan De Freitas Steverink <i>Nederlands Record 14 jaar</i>	PSV	200404481	3:58.97	+0,68			
	50m: 27.01 100m: 57.04	27.01 30.03	150m: 1:27.21 200m: 1:57.69	30.17 30.48	250m: 2:28.52 300m: 2:59.27	30.83 30.75	350m: 3:29.44 400m: 3:58.97	30.17 29.53
2.	Merlin Belmon	De Dolfijn	200403191	4:06.77	+0,77			
	50m: 27.82 100m: 58.23	27.82 30.41	150m: 1:29.00 200m: 2:00.46	30.77 31.46	250m: 2:32.13 300m: 3:03.83	31.67 31.70	350m: 3:35.82 400m: 4:06.77	31.99 30.95
3.	David Groenewegen	PSV	200400469	4:12.38	+0,71			
	50m: 28.78 100m: 59.90	28.78 31.12	150m: 1:31.93 200m: 2:04.42	32.03 32.49	250m: 2:37.24 300m: 3:09.67	32.82 32.43	350m: 3:41.86 400m: 4:12.38	32.19 30.52
4.	Luuk van Rooij	Nextline Swimming	200400581	4:12.70	+0,73			
	50m: 28.42 100m: 59.48	28.42 31.06	150m: 1:31.84 200m: 2:04.06	32.36 32.22	250m: 2:36.71 300m: 3:09.27	32.65 32.56	350m: 3:41.65 400m: 4:12.70	32.38 31.05
5.	Timo Kock	The Hague Swimming (SG)	200400387	4:17.01	+0,73			
	50m: 28.71 100m: 1:00.06	28.71 31.35	150m: 1:32.79 200m: 2:05.72	32.73 32.93	250m: 2:38.66 300m: 3:11.51	32.94 32.85	350m: 3:44.98 400m: 4:17.01	33.47 32.03
6.	Abel te Riele	WVZ	200402317	4:17.49	+0,70			
	50m: 28.74 100m: 1:01.37	28.74 32.63	150m: 1:33.77 200m: 2:06.64	32.40 32.87	250m: 2:39.28 300m: 3:12.33	32.64 33.05	350m: 3:45.64 400m: 4:17.49	33.31 31.85
7.	Robin van den Berg	ZV 44	200400699	4:19.24	+0,60			
	50m: 28.66 100m: 1:00.57	28.66 31.91	150m: 1:33.24 200m: 2:06.71	32.67 33.47	250m: 2:40.23 300m: 3:13.72	33.52 33.49	350m: 3:47.28 400m: 4:19.24	33.56 31.96
8.	Jort van der Vlag	WS Twente	200400335	4:19.79	+0,68			
	50m: 28.75 100m: 1:00.89	28.75 32.14	150m: 1:33.65 200m: 2:07.18	32.76 33.53	250m: 2:40.88 300m: 3:14.93	33.70 34.05	350m: 3:48.14 400m: 4:19.79	33.21 31.65
9.	Anders van Norden	ZPC AMERSFOORT	200400039	4:21.55	+0,71			
	50m: 29.29 100m: 1:00.95	29.29 31.66	150m: 1:33.52 200m: 2:07.13	32.57 33.61	250m: 2:40.74 300m: 3:14.20	33.61 33.46	350m: 3:47.89 400m: 4:21.55	33.69 33.66
10.	Nathan Janssen	MNC Dordrecht	200401565	4:25.15	+0,68			
	50m: 29.47 100m: 1:02.23	29.47 32.76	150m: 1:36.37 200m: 2:10.53	34.14 34.16	250m: 2:44.54 300m: 3:18.79	34.01 34.25	350m: 3:52.58 400m: 4:25.15	33.79 32.57
11.	Sem Lazaroms	Hieronymus	200402921	4:25.30	+0,71			
	50m: 29.90 100m: 1:03.46	29.90 33.56	150m: 1:37.05 200m: 2:11.47	33.59 34.42	250m: 2:45.49 300m: 3:19.37	34.02 33.88	350m: 3:52.93 400m: 4:25.30	33.56 32.37
12.	Bram Verkuiljen	PSV	200401381	4:27.51	+0,79			
	50m: 30.09 100m: 1:03.80	30.09 33.71	150m: 1:38.42 200m: 2:12.34	34.62 33.92	250m: 2:46.11 300m: 3:20.23	33.77 34.12	350m: 3:54.71 400m: 4:27.51	34.48 32.80
13.	Damian Waas	De Warande	200402285	4:27.97	+0,73			
	50m: 29.13 100m: 1:02.09	29.13 32.96	150m: 1:35.53 200m: 2:09.93	33.44 34.40	250m: 2:43.44 300m: 3:19.75	33.51 36.31	350m: 3:54.09 400m: 4:27.97	34.34 33.88
14.	Wouter Zijlstra	HZ&PC Heerenveen	200401545	4:28.18	+0,72			
	50m: 29.27 100m: 1:02.20	29.27 32.93	150m: 1:36.14 200m: 2:10.47	33.94 34.33	250m: 2:45.38 300m: 3:20.46	34.91 35.08	350m: 3:54.76 400m: 4:28.18	34.30 33.42
15.	Andrei Turta	De Aalscholver	200404549	4:28.89	+0,73			
	50m: 29.02 100m: 1:01.89	29.02 32.87	150m: 1:35.86 200m: 2:10.40	33.97 34.54	250m: 2:45.21 300m: 3:19.93	34.81 34.72	350m: 3:54.17 400m: 4:28.89	34.24 34.72
16.	Quinn Heederik	Deltasteur	200400093	4:29.30	+0,74			
	50m: 30.44 100m: 1:02.73	30.44 32.29	150m: 1:36.26 200m: 2:11.00	33.53 34.74	250m: 2:46.01 300m: 3:21.34	35.01 35.33	350m: 3:56.24 400m: 4:29.30	34.90 33.06
17.	Collin Schouten	MSV-Zeemacht	200400697	4:29.42	+0,74			
	50m: 30.31 100m: 1:03.69	30.31 33.38	150m: 1:38.17 200m: 2:13.04	34.48 34.87	250m: 2:47.91 300m: 3:22.85	34.87 34.94	350m: 3:56.92 400m: 4:29.42	34.07 32.50

Programmanr. 1, Jongens, 400m vrije slag, Junioren 3

rang	naam	vereniging	startnr.	tijd	RT
18.	Teun van der Schrier	Hieronymus	200403627	4:29.64	+0,46
	50m: 30.68	30.68 150m: 1:38.72	34.64 250m: 2:48.56	35.15 350m: 3:57.43	34.48
	100m: 1:04.08	33.40 200m: 2:13.41	34.69 300m: 3:22.95	34.39 400m: 4:29.64	32.21
19.	Koen Vissers	PSV	200401429	4:29.72	+0,73
	50m: 29.49	29.49 150m: 1:36.67	34.36 250m: 2:45.78	34.69 350m: 3:55.35	34.88
	100m: 1:02.31	32.82 200m: 2:11.09	34.42 300m: 3:20.47	34.69 400m: 4:29.72	34.37
20.	Jacco Nijland	ZPC De Hof	200400081	4:30.19	+0,76
	50m: 29.00	29.00 150m: 1:34.03	33.46 250m: 2:42.86	34.44 350m: 3:55.50	36.25
	100m: 1:00.57	31.57 200m: 2:08.42	34.39 300m: 3:19.25	36.39 400m: 4:30.19	34.69
21.	Kai Zwerver	FZC'54-De Vikings (SG)	200401175	4:31.56	+0,68
	50m: 28.28	28.28 150m: 1:33.98	33.35 250m: 2:44.08	35.50 350m: 3:56.51	36.50
	100m: 1:00.63	32.35 200m: 2:08.58	34.60 300m: 3:20.01	35.93 400m: 4:31.56	35.05
22.	Tycho de Jonge	KZC	200400411	4:33.83	+0,76
	50m: 30.09	30.09 150m: 1:37.81	34.33 250m: 2:47.82	34.92 350m: 3:58.80	35.72
	100m: 1:03.48	33.39 200m: 2:12.90	35.09 300m: 3:23.08	35.26 400m: 4:33.83	35.03
23.	Pepijn van Egmond	WVZ	200402309	4:36.45	+0,70
	50m: 30.71	30.71 150m: 1:38.96	34.57 250m: 2:50.78	35.84 350m: 4:02.64	35.64
	100m: 1:04.39	33.68 200m: 2:14.94	35.98 300m: 3:27.00	36.22 400m: 4:36.45	33.81
24.	Chris Verhoeven	Nuenen	200400593	4:45.23	+0,63
	50m: 31.25	31.25 150m: 1:42.27	35.96 250m: 2:55.25	36.78 350m: 4:09.10	36.94
	100m: 1:06.31	35.06 200m: 2:18.47	36.20 300m: 3:32.16	36.91 400m: 4:45.23	36.13
NG	Pieter Wisse	PSV	200400779		

Junioren 4

1.	Kylian Heederik	Deltasteur	200300353	4:12.92	+0,69
	50m: 27.76	27.76 150m: 1:31.68	32.28 250m: 2:35.92	32.29 350m: 3:40.71	32.55
	100m: 59.40	31.64 200m: 2:03.63	31.95 300m: 3:08.16	32.24 400m: 4:12.92	32.21
2.	Yorick Visser	ZPC De Zeeuwse Kust	200301957	4:14.91	+0,70
	50m: 28.90	28.90 150m: 1:33.68	32.77 250m: 2:39.47	32.70 350m: 3:44.46	32.10
	100m: 1:00.91	32.01 200m: 2:06.77	33.09 300m: 3:12.36	32.89 400m: 4:14.91	30.45
3.	Lukas Binnekamp	De Dinkel	200300107	4:15.01	+0,80
	50m: 28.01	28.01 150m: 1:32.81	33.04 250m: 2:37.99	32.70 350m: 3:44.25	32.79
	100m: 59.77	31.76 200m: 2:05.29	32.48 300m: 3:11.46	33.47 400m: 4:15.01	30.76
4.	Esper Schreurs	ZEPS	200300433	4:15.18	+0,71
	50m: 29.24	29.24 150m: 1:33.80	32.66 250m: 2:38.95	32.38 350m: 3:43.98	32.07
	100m: 1:01.14	31.90 200m: 2:06.57	32.77 300m: 3:11.91	32.96 400m: 4:15.18	31.20
5.	Jelle Bon	ZVVS	200301077	4:15.66	+0,63
	50m: 28.05	28.05 150m: 1:30.93	31.87 250m: 2:36.83	33.40 350m: 3:43.82	33.25
	100m: 59.06	31.01 200m: 2:03.43	32.50 300m: 3:10.57	33.74 400m: 4:15.66	31.84
6.	Stan De Swart	Nextline Swimming	200300535	4:17.64	+0,74
	50m: 28.32	28.32 150m: 1:33.45	33.00 250m: 2:39.43	32.67 350m: 3:45.19	33.03
	100m: 1:00.45	32.13 200m: 2:06.76	33.31 300m: 3:12.16	32.73 400m: 4:17.64	32.45
7.	Mike Gerritsen	PSV	200304013	4:18.35	+0,74
	50m: 28.60	28.60 150m: 1:33.55	32.77 250m: 2:39.28	32.98 350m: 3:45.65	33.64
	100m: 1:00.78	32.18 200m: 2:06.30	32.75 300m: 3:12.01	32.73 400m: 4:18.35	32.70
AFGEM	Lucas Peters	Nextline Swimming	200301325		

Paralympics

1.	Bram Daalman	HPC PARA - ZV Haerlem	200300629	S14	4:27.44	+0,86	853
	50m: 29.23	29.23 150m: 1:35.30	33.52 250m: 2:44.23	34.76 350m: 3:55.16	36.02		
	100m: 1:01.78	32.55 200m: 2:09.47	34.17 300m: 3:19.14	34.91 400m: 4:27.44	32.28		
2.	Thomas van Wanrooij	HPC PARA - Poseidon '56	200201473	S13	4:27.18	+0,68	685
	50m: 29.20	29.20 150m: 1:35.08	33.64 250m: 2:43.59	34.66 350m: 3:53.53	35.30		
	100m: 1:01.44	32.24 200m: 2:08.93	33.85 300m: 3:18.23	34.64 400m: 4:27.18	33.65		
3.	Yanu van Leeuwen	TZC-Vahalis	200500509	S9	5:32.95	+0,69	423
	50m: 36.99	36.99 150m: 2:00.70	42.02 250m: 3:27.03	42.59 350m: 4:52.44	42.30		
	100m: 1:18.68	41.69 200m: 2:44.44	43.74 300m: 4:10.14	43.11 400m: 5:32.95	40.51		
4.	Nick Selten	Merlet	200403275	S9	5:37.81	+0,74	405
	50m: 38.44	38.44 150m: 2:04.23	43.37 250m: 3:32.01	44.24 350m: 4:57.78	42.67		
	100m: 1:20.86	42.42 200m: 2:47.77	43.54 300m: 4:15.11	43.10 400m: 5:37.81	40.03		
5.	Jesse Bruines	Batavia Swim	200402413	S9	6:00.61		333
	50m: 39.00	39.00 150m: 2:08.81	46.27 250m: 3:42.25	47.62 350m: 5:16.99	47.36		
	100m: 1:22.54	43.54 200m: 2:54.63	45.82 300m: 4:29.63	47.38 400m: 6:00.61	43.62		

Programmanr. 1, Jongens, 400m vrije slag, Paralympics

rang	naam	vereniging	startnr.	tijd	RT			
6.	Josh Renkema	De Otters Het Gooi	200402537 S7	7:18.17	268			
	50m: 49.19	49.19	150m: 2:36.74	54.69	250m: 4:28.15	56.37	350m: 6:22.65	58.36
	100m: 1:42.05	52.86	200m: 3:31.78	55.04	300m: 5:24.29	56.14	400m: 7:18.17	55.52

Programmanr. 2
13-12-2018

Meisjes, 800m vrije slag

Jeugd 1 en 2
Resultaten

Nederlands Record Jeugd	8:27.44	Sharon van Rouwendaal	Saint Dizier (FRA)	14-11-2008
Nederlands Record 15 jaar	8:27.44	Sharon van Rouwendaal	Saint Dizier (FRA)	14-11-2008
Nederlands Record 14 jaar	8:35.53	Sharon van Rouwendaal	Nimes (FRA)	07-12-2007
Kamp. Record Jeugd	8:42.74	Imani de Jong	Eindhoven	27-01-2017

rang	naam	vereniging	startnr.	tijd	RT			
1.	Gaia Sterre Mirotti	VZC	200305158	9:06.75	+0,64			
	50m: 30.58	30.58	250m: 2:47.62	34.89	450m: 5:06.28	34.52	650m: 7:25.04	34.78
	100m: 1:04.13	33.55	300m: 3:22.31	34.69	500m: 5:40.50	34.22	700m: 7:59.26	34.22
	150m: 1:38.24	34.11	350m: 3:57.10	34.79	550m: 6:15.29	34.79	750m: 8:33.51	34.25
	200m: 2:12.73	34.49	400m: 4:31.76	34.66	600m: 6:50.26	34.97	800m: 9:06.75	33.24
2.	Janna van Kooten	TriVia	200404584	9:11.83	+0,88			
	50m: 30.70	30.70	250m: 2:48.40	35.05	450m: 5:07.75	34.53	650m: 7:27.82	35.10
	100m: 1:04.55	33.85	300m: 3:23.25	34.85	500m: 5:42.60	34.85	700m: 8:02.93	35.11
	150m: 1:38.75	34.20	350m: 3:58.33	35.08	550m: 6:17.45	34.85	750m: 8:38.09	35.16
	200m: 2:13.35	34.60	400m: 4:33.22	34.89	600m: 6:52.72	35.27	800m: 9:11.83	33.74
3.	Imke Beekman	Hellas-Glana	200301950	9:18.20	+0,80			
	50m: 30.87	30.87	250m: 2:50.58	35.26	450m: 5:13.66	35.86	650m: 7:35.36	34.98
	100m: 1:05.01	34.14	300m: 3:26.13	35.55	500m: 5:49.40	35.74	700m: 8:10.09	34.73
	150m: 1:40.18	35.17	350m: 4:01.78	35.65	550m: 6:25.14	35.74	750m: 8:44.66	34.57
	200m: 2:15.32	35.14	400m: 4:37.80	36.02	600m: 7:00.38	35.24	800m: 9:18.20	33.54
4.	Lize van den Nieuwehuijzen	Nextline Swimming	200304454	9:22.17	+0,76			
	50m: 30.59	30.59	250m: 2:48.98	35.11	450m: 5:10.37	35.50	650m: 7:34.86	35.89
	100m: 1:04.24	33.65	300m: 3:24.33	35.35	500m: 5:45.94	35.57	700m: 8:11.24	36.38
	150m: 1:39.01	34.77	350m: 3:59.45	35.12	550m: 6:22.22	36.28	750m: 8:46.98	35.74
	200m: 2:13.87	34.86	400m: 4:34.87	35.42	600m: 6:58.97	36.75	800m: 9:22.17	35.19
5.	Danielle Meinema	ZV 44	200300534	9:23.45	+0,81			
	50m: 30.67	30.67	250m: 2:50.55	35.71	450m: 5:14.32	36.24	650m: 7:37.68	35.47
	100m: 1:04.70	34.03	300m: 3:26.26	35.71	500m: 5:50.44	36.12	700m: 8:13.29	35.61
	150m: 1:39.68	34.98	350m: 4:02.03	35.77	550m: 6:26.20	35.76	750m: 8:49.24	35.95
	200m: 2:14.84	35.16	400m: 4:38.08	36.05	600m: 7:02.21	36.01	800m: 9:23.45	34.21
6.	Silke Huisman	Orca	200301182	9:24.88	+0,73			
	50m: 29.73	29.73	250m: 2:45.89	34.92	450m: 5:09.66	36.38	650m: 7:35.83	36.25
	100m: 1:02.71	32.98	300m: 3:21.54	35.65	500m: 5:46.12	36.46	700m: 8:12.21	36.38
	150m: 1:36.85	34.14	350m: 3:57.16	35.62	550m: 6:23.04	36.92	750m: 8:49.12	36.91
	200m: 2:10.97	34.12	400m: 4:33.28	36.12	600m: 6:59.58	36.54	800m: 9:24.88	35.76
7.	Kirsten Verhalle	VZC	200400210	9:25.93	+0,80			
	50m: 31.22	31.22	250m: 2:52.50	35.92	450m: 5:17.03	36.17	650m: 7:41.07	35.49
	100m: 1:06.04	34.82	300m: 3:28.27	35.77	500m: 5:53.37	36.34	700m: 8:16.99	35.92
	150m: 1:41.11	35.07	350m: 4:04.41	36.14	550m: 6:29.48	36.11	750m: 8:52.22	35.23
	200m: 2:16.58	35.47	400m: 4:40.86	36.45	600m: 7:05.58	36.10	800m: 9:25.93	33.71
8.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	9:29.62	+0,75			
	50m: 30.72	30.72	250m: 2:50.16	35.53	450m: 5:14.41	36.14	650m: 7:41.62	37.12
	100m: 1:04.42	33.70	300m: 3:25.93	35.77	500m: 5:51.19	36.78	700m: 8:18.58	36.96
	150m: 1:39.59	35.17	350m: 4:02.18	36.25	550m: 6:27.55	36.36	750m: 8:55.74	37.16
	200m: 2:14.63	35.04	400m: 4:38.27	36.09	600m: 7:04.50	36.95	800m: 9:29.62	33.88
9.	Charlotte Wilbers	ZPC Hoogeveen	200400312	9:29.90	+0,75			
	50m: 31.29	31.29	250m: 2:51.22	35.65	450m: 5:15.85	36.49	650m: 7:41.90	36.17
	100m: 1:05.41	34.12	300m: 3:26.90	35.68	500m: 5:52.43	36.58	700m: 8:18.70	36.80
	150m: 1:40.16	34.75	350m: 4:02.87	35.97	550m: 6:29.22	36.79	750m: 8:55.04	36.34
	200m: 2:15.57	35.41	400m: 4:39.36	36.49	600m: 7:05.73	36.51	800m: 9:29.90	34.86
10.	Suze Kuipers	Orca	200301714	9:32.85	+0,84			
	50m: 31.76	31.76	250m: 2:54.30	35.99	450m: 5:18.18	36.40	650m: 7:43.79	36.52
	100m: 1:06.51	34.75	300m: 3:29.71	35.41	500m: 5:54.53	36.35	700m: 8:20.58	36.79
	150m: 1:42.23	35.72	350m: 4:05.40	35.69	550m: 6:30.86	36.33	750m: 8:57.28	36.70
	200m: 2:18.31	36.08	400m: 4:41.78	36.38	600m: 7:07.27	36.41	800m: 9:32.85	35.57
11.	Kim Zwinkels	ZPCH	200300422	9:35.46	+0,74			
	50m: 32.50	32.50	250m: 2:58.02	36.51	450m: 5:24.68	36.59	650m: 7:50.42	36.35
	100m: 1:08.18	35.68	300m: 3:34.74	36.72	500m: 6:01.18	36.50	700m: 8:26.64	36.22
	150m: 1:44.65	36.47	350m: 4:11.38	36.64	550m: 6:37.60	36.42	750m: 9:02.36	35.72
	200m: 2:21.51	36.86	400m: 4:48.09	36.71	600m: 7:14.07	36.47	800m: 9:35.46	33.10

Programmanr. 2, Meisjes, 800m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	startnr.	tijd	RT			
12.	Ymke Dragstra	ZPC AMERSFOORT	200300930	9:35.63	+0,72			
	50m: 30.32	30.32	250m: 2:53.22	36.48	450m: 5:18.82	36.68	650m: 7:47.14	37.02
	100m: 1:04.85	34.53	300m: 3:29.35	36.13	500m: 5:56.03	37.21	700m: 8:24.22	37.08
	150m: 1:40.59	35.74	350m: 4:05.76	36.41	550m: 6:33.10	37.07	750m: 9:00.59	36.37
	200m: 2:16.74	36.15	400m: 4:42.14	36.38	600m: 7:10.12	37.02	800m: 9:35.63	35.04
13.	Josse Bergman	VZC	200305146	9:37.83	+0,68			
	50m: 30.67	30.67	250m: 2:52.25	36.02	450m: 5:19.25	37.59	650m: 7:47.46	37.51
	100m: 1:04.99	34.32	300m: 3:28.43	36.18	500m: 5:56.08	36.83	700m: 8:24.57	37.11
	150m: 1:40.29	35.30	350m: 4:04.63	36.20	550m: 6:32.78	36.70	750m: 9:01.76	37.19
	200m: 2:16.23	35.94	400m: 4:41.66	37.03	600m: 7:09.95	37.17	800m: 9:37.83	36.07
14.	Soraya Rakers	De Dinkel	200300818	9:39.17	+0,82			
	50m: 31.94	31.94	250m: 2:54.93	36.40	450m: 5:21.87	37.07	650m: 7:51.07	37.39
	100m: 1:06.77	34.83	300m: 3:31.29	36.36	500m: 5:58.97	37.10	700m: 8:28.16	37.09
	150m: 1:42.42	35.65	350m: 4:08.00	36.71	550m: 6:35.98	37.01	750m: 9:03.93	35.77
	200m: 2:18.53	36.11	400m: 4:44.80	36.80	600m: 7:13.68	37.70	800m: 9:39.17	35.24
15.	Vera Renshof	DWK	200301582	9:40.85	+0,69			
	50m: 31.23	31.23	250m: 2:58.45	37.06	450m: 5:26.42	36.67	650m: 7:53.52	36.87
	100m: 1:07.21	35.98	300m: 3:35.64	37.19	500m: 6:03.08	36.66	700m: 8:30.30	36.78
	150m: 1:44.36	37.15	350m: 4:12.81	37.17	550m: 6:39.60	36.52	750m: 9:06.53	36.23
	200m: 2:21.39	37.03	400m: 4:49.75	36.94	600m: 7:16.65	37.05	800m: 9:40.85	34.32
16.	Mirthe Schenkel	ZPC Hoogeveen	200300666	9:41.09	+0,92			
	50m: 31.84	31.84	250m: 2:54.47	36.13	450m: 5:20.09	36.94	650m: 7:49.70	37.64
	100m: 1:06.59	34.75	300m: 3:30.37	35.90	500m: 5:57.39	37.30	700m: 8:27.24	37.54
	150m: 1:42.24	35.65	350m: 4:06.52	36.15	550m: 6:34.73	37.34	750m: 9:05.03	37.79
	200m: 2:18.34	36.10	400m: 4:43.15	36.63	600m: 7:12.06	37.33	800m: 9:41.09	36.06
17.	Dominique Dingshoff	ZPC Hoogeveen	200400804	9:43.11	+0,78			
	50m: 32.18	32.18	250m: 2:58.03	37.18	450m: 5:26.45	36.88	650m: 7:56.16	37.55
	100m: 1:07.76	35.58	300m: 3:35.42	37.39	500m: 6:03.51	37.06	700m: 8:33.23	37.07
	150m: 1:44.32	36.56	350m: 4:12.72	37.30	550m: 6:41.16	37.65	750m: 9:09.71	36.48
	200m: 2:20.85	36.53	400m: 4:49.57	36.85	600m: 7:18.61	37.45	800m: 9:43.11	33.40
18.	Sterre-Marit Drok	Bubble	200400880	9:43.38	+0,72			
	50m: 32.34	32.34	250m: 2:59.16	37.18	450m: 5:26.54	36.79	650m: 7:55.28	36.97
	100m: 1:08.33	35.99	300m: 3:36.11	36.95	500m: 6:03.53	36.99	700m: 8:32.10	36.82
	150m: 1:45.10	36.77	350m: 4:12.79	36.68	550m: 6:41.09	37.56	750m: 9:09.74	37.64
	200m: 2:21.98	36.88	400m: 4:49.75	36.96	600m: 7:18.31	37.22	800m: 9:43.38	33.64
19.	Myrthe Natzijl	TriVia	200400076	9:43.78				
	50m: 32.46	32.46	250m: 2:59.64	37.27	450m: 5:28.09	36.89	650m: 7:55.81	36.98
	100m: 1:08.19	35.73	300m: 3:37.21	37.57	500m: 6:05.21	37.12	700m: 8:32.88	37.07
	150m: 1:45.12	36.93	350m: 4:14.23	37.02	550m: 6:41.93	36.72	750m: 9:09.43	36.55
	200m: 2:22.37	37.25	400m: 4:51.20	36.97	600m: 7:18.83	36.90	800m: 9:43.78	34.35
20.	Femke Doorenbos	De Duinkickers	200404214	9:44.04	+0,65			
	50m: 32.30	32.30	250m: 2:59.33	37.60	450m: 5:30.09	37.60	650m: 7:59.39	35.90
	100m: 1:08.00	35.70	300m: 3:36.50	37.17	500m: 6:07.81	37.72	700m: 8:35.72	36.33
	150m: 1:44.62	36.62	350m: 4:14.56	38.06	550m: 6:45.70	37.89	750m: 9:10.86	35.14
	200m: 2:21.73	37.11	400m: 4:52.49	37.93	600m: 7:23.49	37.79	800m: 9:44.04	33.18
21.	Mara Bosman	The Hague Swimming (SG)	200303048	9:46.38	+0,70			
	50m: 31.50	31.50	250m: 2:57.38	37.08	450m: 5:27.15	37.30	650m: 7:57.00	37.19
	100m: 1:06.95	35.45	300m: 3:34.78	37.40	500m: 6:04.61	37.46	700m: 8:33.94	36.94
	150m: 1:43.49	36.54	350m: 4:12.32	37.54	550m: 6:42.25	37.64	750m: 9:10.67	36.73
	200m: 2:20.30	36.81	400m: 4:49.85	37.53	600m: 7:19.81	37.56	800m: 9:46.38	35.71
22.	Babet de Voogd	ZPC De Zeeuwse Kust	200301362	9:47.47	+0,71			
	50m: 31.81	31.81	250m: 2:57.62	37.12	450m: 5:26.63	37.16	650m: 7:55.69	36.82
	100m: 1:07.15	35.34	300m: 3:34.88	37.26	500m: 6:04.02	37.39	700m: 8:32.82	37.13
	150m: 1:43.69	36.54	350m: 4:12.05	37.17	550m: 6:41.32	37.30	750m: 9:11.05	38.23
	200m: 2:20.50	36.81	400m: 4:49.47	37.42	600m: 7:18.87	37.55	800m: 9:47.47	36.42
23.	Kim de Jong	Link	200301026	9:55.79	+0,90			
	50m: 32.71	32.71	250m: 2:59.93	37.23	450m: 5:32.00	38.48	650m: 8:05.33	38.09
	100m: 1:08.72	36.01	300m: 3:37.35	37.42	500m: 6:10.39	38.39	700m: 8:43.36	38.03
	150m: 1:45.55	36.83	350m: 4:15.14	37.79	550m: 6:48.91	38.52	750m: 9:20.61	37.25
	200m: 2:22.70	37.15	400m: 4:53.52	38.38	600m: 7:27.24	38.33	800m: 9:55.79	35.18
24.	Lara Hoeksema	The Hague Swimming (SG)	200400514	9:55.99	+0,83			
	50m: 32.21	32.21	250m: 3:01.26	37.78	450m: 5:32.65	37.46	650m: 8:03.22	37.80
	100m: 1:09.00	36.79	300m: 3:39.07	37.81	500m: 6:10.10	37.45	700m: 8:41.04	37.82
	150m: 1:46.28	37.28	350m: 4:17.31	38.24	550m: 6:47.77	37.67	750m: 9:18.89	37.85
	200m: 2:23.48	37.20	400m: 4:55.19	37.88	600m: 7:25.42	37.65	800m: 9:55.99	37.10
25.	Marieke Lenderink	De Dinkel	200400778	9:58.01	+0,87			
	50m: 32.36	32.36	250m: 3:00.86	37.64	450m: 5:33.75	38.49	650m: 8:06.68	38.17
	100m: 1:08.83	36.47	300m: 3:38.58	37.72	500m: 6:12.02	38.27	700m: 8:44.95	38.27
	150m: 1:45.94	37.11	350m: 4:16.53	37.95	550m: 6:50.32	38.30	750m: 9:22.67	37.72
	200m: 2:23.22	37.28	400m: 4:55.26	38.73	600m: 7:28.51	38.19	800m: 9:58.01	35.34

Programmanr. 3
 13-12-2018

Meisjes, 400m vrije slag

Junioren/Jeugd
 Resultaten

Nederlands Record Junioren	4:19.97	Esmee Vermeulen	Amsterdam	20-12-2009
Nederlands Record 13 jaar	4:19.97	Esmee Vermeulen	Amsterdam	20-12-2009
Kamp. Record Junioren 3	4:20.31	Esmee Vermeulen	Heerenveen	29-01-2010

rang	naam	vereniging	startnr.	tijd	RT			
Junioren 3								
1.	Bridget Vermeer	VZC	200501766	4:28.87	+0,76			
	50m: 30.86	30.86	150m: 1:40.22	34.71	250m: 2:49.26	34.10	350m: 3:55.60	33.10
	100m: 1:05.51	34.65	200m: 2:15.16	34.94	300m: 3:22.50	33.24	400m: 4:28.87	33.27
2.	Yke Groener	De Dinkel	200500772	4:31.65	+0,81			
	50m: 31.22	31.22	150m: 1:40.62	34.82	250m: 2:50.48	34.73	350m: 3:59.20	34.34
	100m: 1:05.80	34.58	200m: 2:15.75	35.13	300m: 3:24.86	34.38	400m: 4:31.65	32.45
	Thera Janssen	Aqua-Novio'94	200500270	4:31.65	+0,78			
	50m: 30.93	30.93	150m: 1:40.48	34.82	250m: 2:50.36	34.67	350m: 3:58.69	34.33
	100m: 1:05.66	34.73	200m: 2:15.69	35.21	300m: 3:24.36	34.00	400m: 4:31.65	32.96
4.	Sophia van Droffelaar	ZVVS	200500330	4:36.64	+0,73			
	50m: 30.21	30.21	150m: 1:38.25	34.68	250m: 2:49.32	35.51	350m: 4:01.49	36.33
	100m: 1:03.57	33.36	200m: 2:13.81	35.56	300m: 3:25.16	35.84	400m: 4:36.64	35.15
5.	Merel Schravendijk	The Hague Swimming (SG)	200503382	4:37.88	+0,71			
	50m: 31.24	31.24	150m: 1:40.85	34.89	250m: 2:51.62	35.63	350m: 4:02.47	35.79
	100m: 1:05.96	34.72	200m: 2:15.99	35.14	300m: 3:26.68	35.06	400m: 4:37.88	35.41
6.	Marte Hieke van der Kamp	FZC'54-De Vikings (SG)	200500218	4:40.69	+0,74			
	50m: 31.62	31.62	150m: 1:42.40	35.84	250m: 2:54.41	36.42	350m: 4:06.25	36.15
	100m: 1:06.56	34.94	200m: 2:17.99	35.59	300m: 3:30.10	35.69	400m: 4:40.69	34.44
7.	Emma Riemers	MSV-Zeemacht	200500748	4:43.22	+0,82			
	50m: 31.66	31.66	150m: 1:42.79	36.06	250m: 2:56.27	36.90	350m: 4:09.61	36.75
	100m: 1:06.73	35.07	200m: 2:19.37	36.58	300m: 3:32.86	36.59	400m: 4:43.22	33.61
8.	Marin Wieling	Aquarijn	200501220	4:44.93	+0,76			
	50m: 31.86	31.86	150m: 1:42.65	35.78	250m: 2:56.94	36.50	350m: 4:10.32	36.11
	100m: 1:06.87	35.01	200m: 2:20.44	37.79	300m: 3:34.21	37.27	400m: 4:44.93	34.61
9.	Liz Veltman	De Ward	200503668	4:45.04	+0,79			
	50m: 31.99	31.99	150m: 1:45.06	37.05	250m: 2:58.63	36.55	350m: 4:10.97	35.98
	100m: 1:08.01	36.02	200m: 2:22.08	37.02	300m: 3:34.99	36.36	400m: 4:45.04	34.07
10.	Isa Maes	Feijenoord Albion Zwemclub	200500110	4:45.99	+0,65			
	50m: 32.26	32.26	150m: 1:45.08	36.76	250m: 2:58.19	36.60	350m: 4:11.44	36.44
	100m: 1:08.32	36.06	200m: 2:21.59	36.51	300m: 3:35.00	36.81	400m: 4:45.99	34.55
11.	Michelle Jørgensen	De Dolfijn	200501364	4:46.11	+0,78			
	50m: 32.18	32.18	150m: 1:45.10	36.88	250m: 2:57.88	36.68	350m: 4:10.96	37.00
	100m: 1:08.22	36.04	200m: 2:21.20	36.10	300m: 3:33.96	36.08	400m: 4:46.11	35.15
12.	Emma Verkuijl	ZPV Barracuda	200500826	4:50.69	+0,76			
	50m: 32.77	32.77	150m: 1:46.32	37.27	250m: 3:01.31	37.52	350m: 4:15.99	36.87
	100m: 1:09.05	36.28	200m: 2:23.79	37.47	300m: 3:39.12	37.81	400m: 4:50.69	34.70
13.	Evica Klok	VZC	200501828	4:52.65	+0,83			
	50m: 32.74	32.74	150m: 1:46.16	37.32	250m: 3:00.33	37.39	350m: 4:15.98	37.67
	100m: 1:08.84	36.10	200m: 2:22.94	36.78	300m: 3:38.31	37.98	400m: 4:52.65	36.67
14.	Asha van Lobberegt	Feijenoord Albion Zwemclub	200500088	4:57.32	+0,68			
	50m: 31.87	31.87	150m: 1:43.89	36.60	250m: 3:00.32	38.76	350m: 4:18.73	39.30
	100m: 1:07.29	35.42	200m: 2:21.56	37.67	300m: 3:39.43	39.11	400m: 4:57.32	38.59
15.	Indy van Laarhoven	De Warande	200500710	5:01.89	+0,82			
	50m: 33.30	33.30	150m: 1:49.69	38.56	250m: 3:07.48	38.69	350m: 4:24.29	38.73
	100m: 1:11.13	37.83	200m: 2:28.79	39.10	300m: 3:45.56	38.08	400m: 5:01.89	37.60

Paralympics

1.	Diede Struijk	Nuenen	200403824	S12	5:37.91		552	
	50m: 38.64	38.64	150m: 2:04.41	44.18	250m: 3:32.12	43.89	350m: 4:58.41	42.79
	100m: 1:20.23	41.59	200m: 2:48.23	43.82	300m: 4:15.62	43.50	400m: 5:37.91	39.50
2.	Milou van Winkel	Link	200402296	S14	5:38.12	*	+0,80	493
	50m: 33.94	33.94	150m: 1:57.01	42.33	250m: 3:23.91	43.42	350m: 4:54.12	45.46
	100m: 1:14.68	40.74	200m: 2:40.49	43.48	300m: 4:08.66	44.75	400m: 5:38.12	44.00
3.	Iris Onnink	DWK	200301836	S10	5:43.72		+0,66	484
	50m: 37.21	37.21	150m: 2:05.07	44.53	250m: 3:33.76	44.19	350m: 5:01.95	44.43
	100m: 1:20.54	43.33	200m: 2:49.57	44.50	300m: 4:17.52	43.76	400m: 5:43.72	41.77

Programmanr. 3, Meisjes, 400m vrije slag, Paralympics

rang	naam	vereniging	startnr.	tijd	RT			
4.	Mara de Bruin	ZPC AMERSFOORT	200303268 S9	5:56.48	+0,91 481			
	50m: 39.34	39.34	150m: 2:08.61	45.81	250m: 3:40.18	46.28	350m: 5:11.39	45.59
	100m: 1:22.80	43.46	200m: 2:53.90	45.29	300m: 4:25.80	45.62	400m: 5:56.48	45.09
5.	Suzie Pellis	Hieronymus	200701600 S9	6:09.78	431			
	50m: 38.40	38.40	150m: 2:10.83	47.21	250m: 3:46.45	47.86	350m: 5:22.49	48.14
	100m: 1:23.62	45.22	200m: 2:58.59	47.76	300m: 4:34.35	47.90	400m: 6:09.78	47.29

Programmanr. 4
 13-12-2018

Jongens, 1500m vrije slag

Jeugd 1 en 2
 Resultaten

Nederlands Record Jeugd	15:20.66	Maarten Brzoskowski	Amsterdam	28-10-2012
Nederlands Record 17 jaar	15:20.66	Maarten Brzoskowski	Amsterdam	28-10-2012
Nederlands Record 16 jaar	15:30.20	Arthur de Rouw	Lelystad	26-11-1983
Kamp. Record Jeugd	15:20.66	Maarten Brzoskowski	Amsterdam	28-10-2012

rang	naam	vereniging	startnr.	tijd	RT			
1.	Thomas Jansen	OC - WVZ	200100143	15:24.01	+0,70			
	50m: 27.08	27.08	450m: 4:34.14	30.92	850m: 8:41.40	31.05	1250m: 12:51.48	31.20
	100m: 57.43	30.35	500m: 5:05.18	31.04	900m: 9:12.66	31.26	1300m: 13:22.52	31.04
	150m: 1:28.03	30.60	550m: 5:35.71	30.53	950m: 9:44.15	31.49	1350m: 13:53.66	31.14
	200m: 1:58.88	30.85	600m: 6:06.43	30.72	1000m: 10:15.60	31.45	1400m: 14:24.51	30.85
	250m: 2:30.02	31.14	650m: 6:37.29	30.86	1050m: 10:46.73	31.13	1450m: 14:55.00	30.49
	300m: 3:01.12	31.10	700m: 7:08.41	31.12	1100m: 11:17.80	31.07	1500m: 15:24.01	29.01
	350m: 3:32.11	30.99	750m: 7:39.34	30.93	1150m: 11:49.05	31.25		
	400m: 4:03.22	31.11	800m: 8:10.35	31.01	1200m: 12:20.28	31.23		
2.	Vincent Croijmans	OC - VZC	200100381	15:25.63	+0,75			
	50m: 27.57	27.57	450m: 4:34.03	30.83	850m: 8:41.50	30.90	1250m: 12:51.59	31.28
	100m: 57.68	30.11	500m: 5:05.09	31.06	900m: 9:12.64	31.14	1300m: 13:22.74	31.15
	150m: 1:28.33	30.65	550m: 5:35.97	30.88	950m: 9:44.07	31.43	1350m: 13:53.96	31.22
	200m: 1:58.99	30.66	600m: 6:06.54	30.57	1000m: 10:15.20	31.13	1400m: 14:25.04	31.08
	250m: 2:29.99	31.00	650m: 6:37.27	30.73	1050m: 10:46.65	31.45	1450m: 14:55.94	30.90
	300m: 3:00.99	31.00	700m: 7:08.42	31.15	1100m: 11:18.09	31.44	1500m: 15:25.63	29.69
	350m: 3:32.16	31.17	750m: 7:39.47	31.05	1150m: 11:49.12	31.03		
	400m: 4:03.20	31.04	800m: 8:10.60	31.13	1200m: 12:20.31	31.19		
3.	Sander Croijmans	OC - VZC	200100383	15:31.62	+0,76			
	50m: 27.38	27.38	450m: 4:33.86	30.99	850m: 8:41.69	31.17	1250m: 12:50.71	30.79
	100m: 57.19	29.81	500m: 5:04.91	31.05	900m: 9:12.73	31.04	1300m: 13:21.10	30.39
	150m: 1:28.08	30.89	550m: 5:35.61	30.70	950m: 9:44.12	31.39	1350m: 13:53.66	32.56
	200m: 1:58.89	30.81	600m: 6:06.46	30.85	1000m: 10:15.43	31.31	1400m: 14:26.33	32.67
	250m: 2:29.91	31.02	650m: 6:37.18	30.72	1050m: 10:46.71	31.28	1450m: 14:59.73	33.40
	300m: 3:00.91	31.00	700m: 7:08.36	31.18	1100m: 11:17.54	30.83	1500m: 15:31.62	31.89
	350m: 3:31.87	30.96	750m: 7:39.50	31.14	1150m: 11:48.70	31.16		
	400m: 4:02.87	31.00	800m: 8:10.52	31.02	1200m: 12:19.92	31.22		
4.	Lars Verhalle	VZC	200200019	16:19.61	+0,75			
	50m: 29.02	29.02	450m: 4:49.09	32.61	850m: 9:12.75	33.52	1250m: 13:38.15	33.08
	100m: 1:01.01	31.99	500m: 5:21.51	32.42	900m: 9:44.76	32.01	1300m: 14:10.63	32.48
	150m: 1:33.49	32.48	550m: 5:53.82	32.31	950m: 10:18.12	33.36	1350m: 14:44.37	33.74
	200m: 2:06.52	33.03	600m: 6:26.50	32.68	1000m: 10:51.99	33.87	1400m: 15:16.81	32.44
	250m: 2:38.94	32.42	650m: 6:59.52	33.02	1050m: 11:25.43	33.44	1450m: 15:49.70	32.89
	300m: 3:11.13	32.19	700m: 7:32.62	33.10	1100m: 11:58.75	33.32	1500m: 16:19.61	29.91
	350m: 3:43.76	32.63	750m: 8:06.00	33.38	1150m: 12:32.04	33.29		
	400m: 4:16.48	32.72	800m: 8:39.23	33.23	1200m: 13:05.07	33.03		
5.	Owen Peeks	ZPC Hooerveen	200100765	16:31.17				
	50m: 29.62	29.62	450m: 4:49.63	32.81	850m: 9:14.11	33.39	1250m: 13:43.30	33.72
	100m: 1:01.50	31.88	500m: 5:22.58	32.95	900m: 9:47.76	33.65	1300m: 14:17.14	33.84
	150m: 1:34.00	32.50	550m: 5:55.19	32.61	950m: 10:21.23	33.47	1350m: 14:51.38	34.24
	200m: 2:06.27	32.27	600m: 6:27.97	32.78	1000m: 10:55.03	33.80	1400m: 15:25.14	33.76
	250m: 2:38.63	32.36	650m: 7:01.16	33.19	1050m: 11:28.42	33.39	1450m: 15:59.06	33.92
	300m: 3:11.24	32.61	700m: 7:34.07	32.91	1100m: 12:02.03	33.61	1500m: 16:31.17	32.11
	350m: 3:43.91	32.67	750m: 8:07.23	33.16	1150m: 12:35.79	33.76		
	400m: 4:16.82	32.91	800m: 8:40.72	33.49	1200m: 13:09.58	33.79		
6.	Max Visser	WVZ	200100077	16:33.04	+0,77			
	50m: 28.06	28.06	450m: 4:46.57	33.38	850m: 9:15.97	33.71	1250m: 13:46.16	33.83
	100m: 58.64	30.58	500m: 5:20.01	33.44	900m: 9:49.87	33.90	1300m: 14:19.72	33.56
	150m: 1:30.16	31.52	550m: 5:53.56	33.55	950m: 10:23.79	33.92	1350m: 14:53.56	33.84
	200m: 2:02.13	31.97	600m: 6:26.96	33.40	1000m: 10:57.35	33.56	1400m: 15:27.20	33.64
	250m: 2:34.51	32.38	650m: 7:00.75	33.79	1050m: 11:31.08	33.73	1450m: 16:00.66	33.46
	300m: 3:07.20	32.69	700m: 7:34.46	33.71	1100m: 12:04.74	33.66	1500m: 16:33.04	32.38
	350m: 3:40.20	33.00	750m: 8:08.37	33.91	1150m: 12:38.44	33.70		
	400m: 4:13.19	32.99	800m: 8:42.26	33.89	1200m: 13:12.33	33.89		

Programmanr. 4, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	startnr.	tijd	RT			
7.	Finn Vos	De Dolfijn	200200665	16:51.34	+0,66			
	50m: 29.24	29.24	450m: 4:55.18	34.00	850m: 9:31.13	34.34	1250m: 14:04.44	34.71
	100m: 1:01.87	32.63	500m: 5:29.44	34.26	900m: 10:05.36	34.23	1300m: 14:39.00	34.56
	150m: 1:35.05	33.18	550m: 6:03.92	34.48	950m: 10:39.53	34.17	1350m: 15:12.99	33.99
	200m: 2:07.80	32.75	600m: 6:38.39	34.47	1000m: 11:13.94	34.41	1400m: 15:47.36	34.37
	250m: 2:40.92	33.12	650m: 7:12.92	34.53	1050m: 11:47.36	33.42	1450m: 16:20.33	32.97
	300m: 3:13.92	33.00	700m: 7:47.60	34.68	1100m: 12:21.51	34.15	1500m: 16:51.34	31.01
	350m: 3:47.37	33.45	750m: 8:22.04	34.44	1150m: 12:55.64	34.13		
	400m: 4:21.18	33.81	800m: 8:56.79	34.75	1200m: 13:29.73	34.09		
8.	Luc van Eijndhoven	PSV	200200139	16:53.63	+0,78			
	50m: 29.72	29.72	450m: 4:58.11	33.89	850m: 9:31.12	34.02	1250m: 14:05.42	34.16
	100m: 1:02.48	32.76	500m: 5:32.25	34.14	900m: 10:05.22	34.10	1300m: 14:39.68	34.26
	150m: 1:35.91	33.43	550m: 6:06.35	34.10	950m: 10:39.50	34.28	1350m: 15:13.64	33.96
	200m: 2:09.22	33.31	600m: 6:40.69	34.34	1000m: 11:13.80	34.30	1400m: 15:47.71	34.07
	250m: 2:42.94	33.72	650m: 7:15.04	34.35	1050m: 11:48.14	34.34	1450m: 16:21.18	33.47
	300m: 3:16.61	33.67	700m: 7:49.21	34.17	1100m: 12:22.54	34.40	1500m: 16:53.63	32.45
	350m: 3:50.39	33.78	750m: 8:23.05	33.84	1150m: 12:56.96	34.42		
	400m: 4:24.22	33.83	800m: 8:57.10	34.05	1200m: 13:31.26	34.30		
9.	Makai van Haren	Apexswim	200200627	17:08.63	+0,78			
	50m: 29.68	29.68	450m: 5:04.96	34.69	850m: 9:41.64	34.71	1250m: 14:19.00	34.81
	100m: 1:03.23	33.55	500m: 5:39.87	34.91	900m: 10:16.69	35.05	1300m: 14:53.51	34.51
	150m: 1:37.14	33.91	550m: 6:14.51	34.64	950m: 10:51.03	34.34	1350m: 15:27.67	34.16
	200m: 2:11.39	34.25	600m: 6:48.76	34.25	1000m: 11:26.46	35.43	1400m: 16:02.11	34.44
	250m: 2:46.01	34.62	650m: 7:23.45	34.69	1050m: 12:00.57	34.11	1450m: 16:36.01	33.90
	300m: 3:20.87	34.86	700m: 7:58.23	34.78	1100m: 12:35.14	34.57	1500m: 17:08.63	32.62
	350m: 3:55.61	34.74	750m: 8:32.69	34.46	1150m: 13:09.52	34.38		
	400m: 4:30.27	34.66	800m: 9:06.93	34.24	1200m: 13:44.19	34.67		
10.	Janne Englebert	Hieronymus	200101561	17:20.35	+0,73			
	50m: 29.92	29.92	450m: 5:03.99	34.45	850m: 9:43.83	35.24	1250m: 14:25.20	35.73
	100m: 1:03.03	33.11	500m: 5:38.56	34.57	900m: 10:19.16	35.33	1300m: 15:00.23	35.03
	150m: 1:37.07	34.04	550m: 6:13.58	35.02	950m: 10:54.66	35.50	1350m: 15:35.46	35.23
	200m: 2:11.21	34.14	600m: 6:48.31	34.73	1000m: 11:29.77	35.11	1400m: 16:10.56	35.10
	250m: 2:45.80	34.59	650m: 7:23.27	34.96	1050m: 12:04.60	34.83	1450m: 16:45.83	35.27
	300m: 3:20.26	34.46	700m: 7:58.25	34.98	1100m: 12:39.26	34.66	1500m: 17:20.35	34.52
	350m: 3:54.98	34.72	750m: 8:33.64	35.39	1150m: 13:14.15	34.89		
	400m: 4:29.54	34.56	800m: 9:08.59	34.95	1200m: 13:49.47	35.32		
11.	Sven Elfferich	De Dolfijn	200100529	17:29.51	+0,72			
	50m: 29.79	29.79	450m: 5:05.90	35.39	850m: 9:49.09	35.32	1250m: 14:35.28	35.88
	100m: 1:03.14	33.35	500m: 5:40.88	34.98	900m: 10:25.02	35.93	1300m: 15:11.12	35.84
	150m: 1:36.90	33.76	550m: 6:16.43	35.55	950m: 11:00.77	35.75	1350m: 15:46.18	35.06
	200m: 2:11.37	34.47	600m: 6:51.88	35.45	1000m: 11:36.28	35.51	1400m: 16:21.54	35.36
	250m: 2:46.41	35.04	650m: 7:27.41	35.53	1050m: 12:12.27	35.99	1450m: 16:56.18	34.64
	300m: 3:21.02	34.61	700m: 8:02.60	35.19	1100m: 12:48.01	35.74	1500m: 17:29.51	33.33
	350m: 3:55.69	34.67	750m: 8:38.05	35.45	1150m: 13:23.84	35.83		
	400m: 4:30.51	34.82	800m: 9:13.77	35.72	1200m: 13:59.40	35.56		
12.	Guus Hoogduin	ZVL-1886	200201069	17:30.16	+0,75			
	50m: 29.43	29.43	450m: 5:04.76	35.06	850m: 9:48.11	35.72	1250m: 14:34.38	36.13
	100m: 1:02.82	33.39	500m: 5:39.79	35.03	900m: 10:23.71	35.60	1300m: 15:09.21	34.83
	150m: 1:36.85	34.03	550m: 6:14.97	35.18	950m: 10:59.33	35.62	1350m: 15:45.31	36.10
	200m: 2:11.25	34.40	600m: 6:49.93	34.96	1000m: 11:34.93	35.60	1400m: 16:21.04	35.73
	250m: 2:45.68	34.43	650m: 7:25.37	35.44	1050m: 12:10.39	35.46	1450m: 16:56.68	35.64
	300m: 3:19.74	34.06	700m: 8:00.90	35.53	1100m: 12:46.74	36.35	1500m: 17:30.16	33.48
	350m: 3:54.61	34.87	750m: 8:36.50	35.60	1150m: 13:22.83	36.09		
	400m: 4:29.70	35.09	800m: 9:12.39	35.89	1200m: 13:58.25	35.42		
13.	Mitch Kolkman	ZV Haerlem	200201211	17:33.90	+0,74			
	50m: 29.64	29.64	450m: 5:03.71	34.71	850m: 9:44.73	35.70	1250m: 14:32.95	36.18
	100m: 1:02.35	32.71	500m: 5:38.59	34.88	900m: 10:20.52	35.79	1300m: 15:09.28	36.33
	150m: 1:35.93	33.58	550m: 6:13.41	34.82	950m: 10:56.30	35.78	1350m: 15:45.36	36.08
	200m: 2:10.30	34.37	600m: 6:48.33	34.92	1000m: 11:32.50	36.20	1400m: 16:21.68	36.32
	250m: 2:44.79	34.49	650m: 7:23.64	35.31	1050m: 12:08.69	36.19	1450m: 16:58.06	36.38
	300m: 3:19.24	34.45	700m: 7:58.89	35.25	1100m: 12:44.78	36.09	1500m: 17:33.90	35.84
	350m: 3:54.00	34.76	750m: 8:33.88	34.99	1150m: 13:20.71	35.93		
	400m: 4:29.00	35.00	800m: 9:09.03	35.15	1200m: 13:56.77	36.06		