

rang naam	vereniging	inschrijftijd	tijd	100m	200m	300m	400m
Junioren 2 en 3							
1. Sophie de Jonge	Wvz	5:13.42	200200118	5:23.99	1:16.10	2:39.13	4:09.35 5:23.99
50m:	150m:		250m:		350m:		
100m: 1:16.10	200m: 2:39.13		300m: 4:09.35		400m: 5:23.99		
2. Inge Vieveen	Wvz	5:11.42	200100024	5:36.25	1:15.09	2:43.08	4:16.23 5:36.25
50m:	150m:		250m:		350m:		
100m: 1:15.09	200m: 2:43.08		300m: 4:16.23		400m: 5:36.25		
3. Sanne Heemskerck	Lz 1886	5:41.04	200100600	5:47.99	1:21.74	2:46.72	4:28.30 5:47.99
50m:	150m:		250m:		350m:		
100m: 1:21.74	200m: 2:46.72		300m: 4:28.30		400m: 5:47.99		
4. Jana Plaisier	de Devel	5:54.41	200101266	6:02.90	1:17.44	2:56.44	4:41.76 6:02.90
50m:	150m:		250m:		350m:		
100m: 1:17.44	200m: 2:56.44		300m: 4:41.76		400m: 6:02.90		
5. Giulia Corsi	De Columbiaan	6:01.26	200100468	6:03.25	1:27.53	3:01.73	4:47.22 6:03.25
50m:	150m:		250m:		350m:		
100m: 1:27.53	200m: 3:01.73		300m: 4:47.22		400m: 6:03.25		
6. Anne van der Zwan	Des	5:56.40	200101134	6:03.44	1:22.15	2:57.28	4:43.14 6:03.44
50m:	150m:		250m:		350m:		
100m: 1:22.15	200m: 2:57.28		300m: 4:43.14		400m: 6:03.44		
7. Anniek de Ruiter	Widex Gzc Donk	6:01.10	200101224	6:04.31	1:25.35	2:59.92	4:40.77 6:04.31
50m:	150m:		250m:		350m:		
100m: 1:25.35	200m: 2:59.92		300m: 4:40.77		400m: 6:04.31		
8. Samantha Gerritse	Lz 1886	5:47.92	200102062	6:13.08	1:25.69	3:05.72	4:50.87 6:13.08
50m:	150m:		250m:		350m:		
100m: 1:25.69	200m: 3:05.72		300m: 4:50.87		400m: 6:13.08		
9. Amy van Leersum	Poseidon'56	6:08.29	200200300	6:13.85	1:25.02	3:02.70	4:50.29 6:13.85
50m:	150m:		250m:		350m:		
100m: 1:25.02	200m: 3:02.70		300m: 4:50.29		400m: 6:13.85		
10. Nienke Vork	Widex Gzc Donk	6:11.49	200102294	6:17.42	1:31.90	3:12.79	4:57.62 6:17.42
50m:	150m:		250m:		350m:		
100m: 1:31.90	200m: 3:12.79		300m: 4:57.62		400m: 6:17.42		
11. Sanne van Ruijven	Lz 1886	6:20.77	200201120	6:21.02	1:29.61	3:10.29	4:55.44 6:21.02
50m:	150m:		250m:		350m:		
100m: 1:29.61	200m: 3:10.29		300m: 4:55.44		400m: 6:21.02		
12. Susan van Grol	Widex Gzc Donk	6:11.73	200201344	6:21.42	1:35.61	3:12.54	4:55.82 6:21.42
50m:	150m:		250m:		350m:		
100m: 1:35.61	200m: 3:12.54		300m: 4:55.82		400m: 6:21.42		
13. Ilonka van der Well	Zpb H&L	6:24.85	200103732	6:29.26	1:31.31	3:12.06	5:01.35 6:29.26
50m:	150m:		250m:		350m:		
100m: 1:31.31	200m: 3:12.06		300m: 5:01.35		400m: 6:29.26		
DIS Babet Roeling	Zoetermeer	6:46.22	200101322				
<i>SA - Na start en/of keerpunt niet met het hoofd het wateroppervlak doorbroken, voordat bij het wijdstste gedeelte v.d. 2e armslag de handen naar bi</i>							
AFGEM Maartje Rijnja	Des	6:47.19	200101344				
AFGEM Havaska Eekhof	Lz 1886	6:35.18	200102820				

Jeugd 1 en 2

1. Lauren van IJll	Wvz	5:53.77	200001064	5:37.41	1:16.78	2:45.29	4:19.62 5:37.41
50m:	150m:		250m:		350m:		
100m: 1:16.78	200m: 2:45.29		300m: 4:19.62		400m: 5:37.41		
2. Gaetane Demyttenaere	Des	5:22.86	199905018	5:41.68	1:19.59	2:46.11	4:28.36 5:41.68
50m:	150m:		250m:		350m:		
100m: 1:19.59	200m: 2:46.11		300m: 4:28.36		400m: 5:41.68		
3. Lotte Middelbos	zc De Schotejil	5:29.61	199900680	5:44.47	1:20.56	2:47.64	4:26.86 5:44.47
50m:	150m:		250m:		350m:		
100m: 1:20.56	200m: 2:47.64		300m: 4:26.86		400m: 5:44.47		
4. Sanne Hobe	Poseidon'56	5:46.95	200000826	6:00.61	1:22.15	2:52.49	4:38.58 6:00.61
50m:	150m:		250m:		350m:		
100m: 1:22.15	200m: 2:52.49		300m: 4:38.58		400m: 6:00.61		
5. Amanda Holst	Zoetermeer	6:04.00	200004204	6:04.67	1:21.31	2:57.12	4:42.03 6:04.67
50m:	150m:		250m:		350m:		
100m: 1:21.31	200m: 2:57.12		300m: 4:42.03		400m: 6:04.67		
6. Marieke van der Meer	De Columbiaan	6:06.82	200000162	6:14.84	1:31.19	3:04.34	4:50.19 6:14.84
50m:	150m:		250m:		350m:		
100m: 1:31.19	200m: 3:04.34		300m: 4:50.19		400m: 6:14.84		
7. Zoë van Gool	De Geul	6:19.33	200000964	6:28.36	1:24.81	3:04.19	4:58.22 6:28.36
50m:	150m:		250m:		350m:		
100m: 1:24.81	200m: 3:04.19		300m: 4:58.22		400m: 6:28.36		

Programmanr. 1, Dames, 400m wisselslag

Senioren 1 en 2

1. Eva Cornelisse	Zpb H&L	5:52.65	199701336	6:09.72	1:24.91	3:01.91	4:47.05	6:09.72
50m: 1:24.91	150m: 3:01.91	250m: 4:47.05	350m: 6:09.72					

Senioren

1. Leonie van Noort	Wvz	4:50.99	199301752	5:05.49	1:06.75	2:23.76	3:54.08	5:05.49
50m: 1:06.75	150m: 2:23.76	250m: 3:54.08	350m: 5:05.49					
2. Moniek Heemskerck	Lz 1886	5:22.21	199601964	5:29.54	1:15.54	2:43.35	4:15.38	5:29.54
50m: 1:15.54	150m: 2:43.35	250m: 4:15.38	350m: 5:29.54					
3. Eef Hollander	Des	5:18.31	199602074	5:31.31	1:13.71	2:37.68	4:18.09	5:31.31
50m: 1:13.71	150m: 2:37.68	250m: 4:18.09	350m: 5:31.31					
4. Wendy de Bruin	Zob'66	5:32.40	199206320	5:44.73	1:19.08	2:48.65	4:27.51	5:44.73
50m: 1:19.08	150m: 2:48.65	250m: 4:27.51	350m: 5:44.73					
5. Aniek Huijsman	KZV de Lansingh	5:34.34	198801932	5:52.34	1:20.06	2:52.67	4:29.72	5:52.34
50m: 1:20.06	150m: 2:52.67	250m: 4:29.72	350m: 5:52.34					
6. Tamara Caspers	Lz 1886	6:02.17	199007272	5:54.06	1:14.64	2:45.26	4:30.63	5:54.06
50m: 1:14.64	150m: 2:45.26	250m: 4:30.63	350m: 5:54.06					
7. Karin Simons	WZK Zwemmen	5:53.29	198903804	5:56.98	1:23.41	2:56.56	4:37.16	5:56.98
50m: 1:23.41	150m: 2:56.56	250m: 4:37.16	350m: 5:56.98					
8. Linda Janssen	Zpb H&L	5:49.98	198802088	5:57.81	1:23.03	2:56.26	4:36.98	5:57.81
50m: 1:23.03	150m: 2:56.26	250m: 4:36.98	350m: 5:57.81					

Programmanr. 2
15-3-2015 - 14:25

Heren, 1500m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
Junioren 1 en 2				
1.	Thomas Jansen	Wvz	17:31.20	200100143 18:39.55
	100m: 1:07.19	1:07.19	500m: 6:05.80	1:15.75
	200m: 2:21.23	1:14.04	600m: 7:21.64	1:15.84
	300m: 3:35.58	1:14.35	700m: 8:38.06	1:16.42
	400m: 4:50.05	1:14.47	800m: 9:53.83	1:15.77
			900m: 11:09.75	1:15.92
			1000m: 12:25.98	1:16.23
			1100m: 13:41.92	1:15.94
			1200m: 14:58.39	1:16.47
			1300m: 16:14.08	1:15.69
			1400m: 17:29.81	1:15.73
			1500m: 18:39.55	1:09.74
2.	Brandon van den Berg	Poseidon'56	19:53.93	200200669 19:44.66
	100m: 1:09.91	1:09.91	500m: 6:26.58	1:19.94
	200m: 2:27.64	1:17.73	600m: 7:47.26	1:20.68
	300m: 3:46.62	1:18.98	700m: 9:07.21	1:19.95
	400m: 5:06.64	1:20.02	800m: 10:27.46	1:20.25
			900m: 11:46.53	1:19.07
			1000m: 13:06.80	1:20.27
			1100m: 14:27.24	1:20.44
			1200m: 15:47.18	1:19.94
			1300m: 17:08.13	1:20.95
			1400m: 18:27.10	1:18.97
			1500m: 19:44.66	1:17.56
3.	Tjeerd van Stein	Lz 1886	19:02.67	200101439 19:55.39
	100m: 1:10.49	1:10.49	500m: 6:31.10	1:21.00
	200m: 2:29.10	1:18.61	600m: 7:51.79	1:20.69
	300m: 3:49.41	1:20.31	700m: 9:11.71	1:19.92
	400m: 5:10.10	1:20.69	800m: 10:31.99	1:20.28
			900m: 11:53.14	1:21.15
			1000m: 13:13.79	1:20.65
			1100m: 14:35.07	1:21.28
			1200m: 15:56.10	1:21.03
			1300m: 17:16.79	1:20.69
			1400m: 18:38.19	1:21.40
			1500m: 19:55.39	1:17.20
4.	Dave van den Nieuwendijk	De Columbiaan	19:22.39	200100475 20:22.75
	100m: 1:10.96	1:10.96	500m: 6:35.11	1:22.41
	200m: 2:30.46	1:19.50	600m: 7:57.89	1:22.78
	300m: 3:51.13	1:20.67	700m: 9:20.99	1:23.10
	400m: 5:12.70	1:21.57	800m: 10:44.18	1:23.19
			900m: 12:07.72	1:23.54
			1000m: 13:32.01	1:24.29
			1100m: 14:56.75	1:24.74
			1200m: 16:19.74	1:22.99
			1300m: 17:43.44	1:23.70
			1400m: 19:04.45	1:21.01
			1500m: 20:22.75	1:18.30
5.	Guus Hoogduin	Lz 1886	19:49.36	200201069 20:23.67
	100m: 1:15.14	1:15.14	500m: 6:42.38	1:21.88
	200m: 2:36.38	1:21.24	600m: 8:04.89	1:22.51
	300m: 3:58.32	1:21.94	700m: 9:27.55	1:22.66
	400m: 5:20.50	1:22.18	800m: 10:50.39	1:22.84
			900m: 12:13.85	1:23.46
			1000m: 13:36.67	1:22.82
			1100m: 14:59.14	1:22.47
			1200m: 16:21.20	1:22.06
			1300m: 17:43.16	1:21.96
			1400m: 19:05.03	1:21.87
			1500m: 20:23.67	1:18.64
6.	Finn van Bommel	De Columbiaan	20:50.14	200103683 20:58.93
	100m: 1:16.11	1:16.11	500m: 6:56.72	1:26.61
	200m: 2:40.22	1:24.11	600m: 8:22.83	1:26.11
	300m: 4:04.64	1:24.42	700m: 9:48.68	1:25.85
	400m: 5:30.11	1:25.47	800m: 11:16.17	1:27.49
			900m: 12:41.52	1:25.35
			1000m: 14:06.15	1:24.63
			1100m: 15:32.06	1:25.91
			1200m: 16:55.85	1:23.79
			1300m: 18:19.93	1:24.08
			1400m: 19:41.03	1:21.10
			1500m: 20:58.93	1:17.90
7.	Sander Iuga	Poseidon'56	21:01.03	200101389 21:25.80
	100m: 1:14.91	1:14.91	500m: 6:58.56	1:27.28
	200m: 2:39.30	1:24.39	600m: 8:25.83	1:27.27
	300m: 4:04.59	1:25.29	700m: 9:53.16	1:27.33
	400m: 5:31.28	1:26.69	800m: 11:21.95	1:28.79
			900m: 12:50.09	1:28.14
			1000m: 14:16.95	1:26.86
			1100m: 15:43.92	1:26.97
			1200m: 17:13.31	1:29.39
			1300m: 18:41.66	1:28.35
			1400m: 20:08.05	1:26.39
			1500m: 21:25.80	1:17.75

Programmanr. 2, Jongens, 1500m vrije slag, Junioren 1 en 2

rang	naam	vereniging				inschrijftijd				tijd		
8.	David Kras	de Devel				21:05.02				21:30.04		
	100m:	1:17.04	1:17.04	500m:	6:58.74	1:26.76	900m:	12:47.34	1:26.92	1300m:	18:38.22	1:27.88
	200m:	2:40.31	1:23.27	600m:	8:25.39	1:26.65	1000m:	14:14.49	1:27.15	1400m:	20:05.49	1:27.27
	300m:	4:05.41	1:25.10	700m:	9:52.77	1:27.38	1100m:	15:41.44	1:26.95	1500m:	21:30.04	1:24.55
	400m:	5:31.98	1:26.57	800m:	11:20.42	1:27.65	1200m:	17:10.34	1:28.90			
9.	Boy Borreman	Lz 1886				21:00.13				22:41.81		
	100m:	1:21.66	1:21.66	500m:	7:21.19	1:30.53	900m:	13:25.63	1:31.72	1300m:	19:40.09	1:34.13
	200m:	2:50.94	1:29.28	600m:	8:51.63	1:30.44	1000m:	14:58.59	1:32.96	1400m:	21:12.19	1:32.10
	300m:	4:20.51	1:29.57	700m:	10:22.94	1:31.31	1100m:	16:32.16	1:33.57	1500m:	22:41.81	1:29.62
	400m:	5:50.66	1:30.15	800m:	11:53.91	1:30.97	1200m:	18:05.96	1:33.80			
NG.ZA	Victor van Dam	Lz 1886				21:46.78				200103703		
Junioren 3 en 4												
1.	Jorian Tanis	zc De Schotejil				17:32.64				199900327	17:50.72	
	100m:	1:06.75	1:06.75	500m:	5:53.70	1:11.87	900m:	10:42.43	1:12.68	1300m:	15:30.03	1:11.65
	200m:	2:17.83	1:11.08	600m:	7:05.57	1:11.87	1000m:	11:54.41	1:11.98	1400m:	16:41.51	1:11.48
	300m:	3:29.88	1:12.05	700m:	8:17.86	1:12.29	1100m:	13:06.19	1:11.78	1500m:	17:50.72	1:09.21
	400m:	4:41.83	1:11.95	800m:	9:29.75	1:11.89	1200m:	14:18.38	1:12.19			
2.	Anne Schuurmans	Wvz				17:29.12				200003919	17:55.36	
	100m:	1:05.72	1:05.72	500m:	5:55.11	1:12.69	900m:	10:44.31	1:12.30	1300m:	15:34.51	1:12.20
	200m:	2:17.22	1:11.50	600m:	7:07.79	1:12.68	1000m:	11:57.14	1:12.83	1400m:	16:46.60	1:12.09
	300m:	3:29.69	1:12.47	700m:	8:19.72	1:11.93	1100m:	13:10.10	1:12.96	1500m:	17:55.36	1:08.76
	400m:	4:42.42	1:12.73	800m:	9:32.01	1:12.29	1200m:	14:22.31	1:12.21			
3.	Wesley Bos	De Columbiaan				17:37.15				199901241	17:57.46	
	100m:	1:03.65	1:03.65	500m:	5:53.48	1:13.41	900m:	10:43.78	1:13.11	1300m:	15:35.14	1:13.91
	200m:	2:14.90	1:11.25	600m:	7:05.72	1:12.24	1000m:	11:56.55	1:12.77	1400m:	16:49.30	1:14.16
	300m:	3:27.75	1:12.85	700m:	8:18.10	1:12.38	1100m:	13:08.63	1:12.08	1500m:	17:57.46	1:08.16
	400m:	4:40.07	1:12.32	800m:	9:30.67	1:12.57	1200m:	14:21.23	1:12.60			
4.	Joris Bezemer	De Kempvis				17:42.80				199900527	18:01.34	
	100m:	1:09.61	1:09.61	500m:	5:57.05	1:11.82	900m:	10:47.57	1:11.76	1300m:	15:39.41	1:12.95
	200m:	2:21.87	1:12.26	600m:	7:10.19	1:13.14	1000m:	12:00.88	1:13.31	1400m:	16:51.94	1:12.53
	300m:	3:33.25	1:11.38	700m:	8:22.99	1:12.80	1100m:	13:13.65	1:12.77	1500m:	18:01.34	1:09.40
	400m:	4:45.23	1:11.98	800m:	9:35.81	1:12.82	1200m:	14:26.46	1:12.81			
5.	Jasper Breugem	Wvz				19:16.45				200000303	19:25.76	
	100m:	1:09.79	1:09.79	500m:	6:19.62	1:19.18	900m:	11:35.69	1:19.00	1300m:	16:52.12	1:19.00
	200m:	2:26.05	1:16.26	600m:	7:38.47	1:18.85	1000m:	12:54.55	1:18.86	1400m:	18:10.87	1:18.75
	300m:	3:43.22	1:17.17	700m:	8:57.84	1:19.37	1100m:	14:13.91	1:19.36	1500m:	19:25.76	1:14.89
	400m:	5:00.44	1:17.22	800m:	10:16.69	1:18.85	1200m:	15:33.12	1:19.21			
6.	Otto Pranger	SG SCOM/ De Zeehond'73				18:15.60				200000007	19:30.99	
	100m:	1:06.96	1:06.96	500m:	6:17.87	1:19.18	900m:	11:35.98	1:19.66	1300m:	16:54.81	1:19.63
	200m:	2:21.83	1:14.87	600m:	7:37.81	1:19.94	1000m:	12:55.06	1:19.08	1400m:	18:13.37	1:18.56
	300m:	3:39.63	1:17.80	700m:	8:56.97	1:19.16	1100m:	14:15.31	1:20.25	1500m:	19:30.99	1:17.62
	400m:	4:58.69	1:19.06	800m:	10:16.32	1:19.35	1200m:	15:35.18	1:19.87			
7.	Sander van Beek	Lz 1886				19:43.02				200002917	20:18.85	
	100m:	1:08.48	1:08.48	500m:	6:31.19	1:22.67	900m:	12:05.68	1:23.85	1300m:	17:36.78	1:21.51
	200m:	2:25.66	1:17.18	600m:	7:54.79	1:23.60	1000m:	13:29.33	1:23.65	1400m:	18:58.69	1:21.91
	300m:	3:45.88	1:20.22	700m:	9:18.31	1:23.52	1100m:	14:52.80	1:23.47	1500m:	20:18.85	1:20.16
	400m:	5:08.52	1:22.64	800m:	10:41.83	1:23.52	1200m:	16:15.27	1:22.47			
8.	Aidan van Gool	De Geul				21:44.05				200001773	22:17.24	
	100m:	1:12.40	1:12.40	500m:	6:58.08	1:28.34	900m:	13:03.47	1:33.24	1300m:	19:16.39	1:31.50
	200m:	2:35.77	1:23.37	600m:	8:27.11	1:29.03	1000m:	14:37.43	1:33.96	1400m:	20:47.50	1:31.11
	300m:	4:02.68	1:26.91	700m:	9:58.73	1:31.62	1100m:	16:11.87	1:34.44	1500m:	22:17.24	1:29.74
	400m:	5:29.74	1:27.06	800m:	11:30.23	1:31.50	1200m:	17:44.89	1:33.02			
NG.ZA	Erik Speksnijder	Zpb H&L				21:35.16				200001375		
NG	Ruben Griffioen	De Columbiaan				17:23.55				199900771		
Jeugd 1 en 2												
1.	Robin van Beek	Lz 1886				17:08.04				199704023	17:42.00	
	100m:	1:05.64	1:05.64	500m:	5:51.37	1:12.60	900m:	10:39.64	1:10.69	1300m:	15:22.83	1:10.78
	200m:	2:15.72	1:10.08	600m:	7:03.68	1:12.31	1000m:	11:50.41	1:10.77	1400m:	16:33.02	1:10.19
	300m:	3:26.58	1:10.86	700m:	8:16.05	1:12.37	1100m:	13:01.13	1:10.72	1500m:	17:42.00	1:08.98
	400m:	4:38.77	1:12.19	800m:	9:28.95	1:12.90	1200m:	14:12.05	1:10.92			
2.	Mike Hoek	De Duck				18:00.03				199702229	17:59.63	
	100m:	1:05.93	1:05.93	500m:	5:50.58	1:11.89	900m:	10:38.68	1:11.50	1300m:	15:29.03	1:15.85
	200m:	2:16.54	1:10.61	600m:	7:02.51	1:11.93	1000m:	11:50.57	1:11.89	1400m:	16:47.22	1:18.19
	300m:	3:26.78	1:10.24	700m:	8:15.09	1:12.58	1100m:	13:01.68	1:11.11	1500m:	17:59.63	1:12.41
	400m:	4:38.69	1:11.91	800m:	9:27.18	1:12.09	1200m:	14:13.18	1:11.50			
3.	Ben Muller	De Geul				18:45.41				199801281	19:30.97	
	100m:	1:07.31	1:07.31	500m:	6:11.91	1:18.00	900m:	11:29.22	1:19.90	1300m:	16:50.36	1:20.82
	200m:	2:21.78	1:14.47	600m:	7:30.65	1:18.74	1000m:	12:49.30	1:20.08	1400m:	18:10.72	1:20.36
	300m:	3:36.97	1:15.19	700m:	8:49.38	1:18.73	1100m:	14:09.17	1:19.87	1500m:	19:30.97	1:20.25
	400m:	4:53.91	1:16.94	800m:	10:09.32	1:19.94	1200m:	15:29.54	1:20.37			
4.	Linquendo van der Klooster	Zpb H&L				19:00.97				199801361	19:54.84	
	100m:	1:11.59	1:11.59	500m:	6:33.69	1:20.03	900m:	11:53.61	1:19.97	1300m:	17:20.54	1:22.39
	200m:	2:30.81	1:19.22	600m:	7:53.43	1:19.74	1000m:	13:15.79	1:22.18	1400m:	18:41.18	1:20.64
	300m:	3:51.31	1:20.50	700m:	9:12.92	1:19.49	1100m:	14:37.02	1:21.23	1500m:	19:54.84	1:13.66
	400m:	5:13.66	1:22.35	800m:	10:33.64	1:20.72	1200m:	15:58.15	1:21.13			

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

rang	naam	vereniging	inschrijftijd	tijd
5.	Roel van Grol	Widex Gzc Donk	19:59.59	20:06.58
	100m: 1:14.94	500m: 6:43.16	12:07.78	1300m: 17:31.07
	200m: 2:36.41	600m: 8:04.59	12:21.04	1400m: 18:50.28
	300m: 3:54.07	700m: 9:25.52	1:21.21	1500m: 20:06.58
	400m: 5:21.37	800m: 10:46.74	1:20.93	1:16.30
			1200m: 16:10.80	
6.	Max Muller	De Geul	19:29.39	21:03.57
	100m: 1:07.51	500m: 6:32.64	12:18.83	1300m: 18:11.14
	200m: 2:23.25	600m: 7:58.98	1:27.31	1400m: 19:37.81
	300m: 3:44.48	700m: 9:25.54	1:29.15	1500m: 21:03.57
	400m: 5:07.94	800m: 10:51.52	1:28.85	1:25.76
			1200m: 16:45.96	
AFGEM	Frank Paardekooper	Zoetermeer	20:03.53	199803793

Senioren 1 en ouder

1.	Alex Schelvis	De Geul	17:02.26	17:40.94
	100m: 1:04.79	500m: 5:46.71	10:31.14	1300m: 15:18.05
	200m: 2:14.25	600m: 6:57.66	1:11.31	1400m: 16:30.24
	300m: 3:24.60	700m: 8:08.98	1:11.26	1500m: 17:40.94
	400m: 4:35.40	800m: 9:19.83	1:11.79	1:10.70
			1200m: 14:05.76	
2.	Lars Schoffemeer	Zpb H&L	17:35.13	17:53.79
	100m: 1:06.47	500m: 5.48	9:24.46	1300m: 14:18.20
	200m: 2:17.34	600m: 1:37.00	1:12.85	1400m: 15:31.71
	300m: 3:27.61	700m: 6:59.70	1:13.10	1500m: 17:53.79
	400m: 4:38.03	800m: 8:11.61	1:13.95	2:22.08
			1200m: 13:04.88	
3.	Emiel van Beusekom	Van Vliet-Barracuda	17:24.36	17:54.59
	100m: 1:05.65	500m: 5:55.92	10:48.31	1300m: 15:38.61
	200m: 2:17.33	600m: 7:09.25	1:13.09	1400m: 16:49.31
	300m: 3:29.55	700m: 8:22.24	1:13.20	1500m: 17:54.59
	400m: 4:42.83	800m: 9:35.20	1:12.99	1:05.28
			1200m: 13:14.74	
4.	Nordin Termoshuizen	Wvz	17:54.54	18:30.21
	100m: 1:06.80	500m: 6:00.73	11:01.77	1300m: 16:01.84
	200m: 2:18.63	600m: 7:15.51	1:15.90	1400m: 17:17.07
	300m: 3:32.26	700m: 8:30.88	1:15.19	1500m: 18:30.21
	400m: 4:46.15	800m: 9:45.87	1:14.71	1:13.14
			1200m: 14:46.69	
5.	Niels Albrechts	zc De Schotejil	18:27.76	19:33.32
	100m: 1:11.50	500m: 6:24.11	11:39.35	1300m: 16:58.76
	200m: 2:28.82	600m: 7:42.91	1:19.25	1400m: 18:18.21
	300m: 3:47.23	700m: 9:01.63	1:19.67	1500m: 19:33.32
	400m: 5:04.95	800m: 10:20.10	1:19.07	1:15.11
			1200m: 15:38.77	
6.	Paul van Grol	Widex Gzc Donk	18:48.77	19:56.66
	100m: 1:10.88	500m: 6:27.66	11:51.51	1300m: 17:18.24
	200m: 2:29.02	600m: 7:48.26	1:21.11	1400m: 18:39.20
	300m: 3:47.60	700m: 9:09.46	1:21.38	1500m: 19:56.66
	400m: 5:07.18	800m: 10:30.40	1:21.98	1:17.46
			1200m: 15:56.78	
7.	Jeroen van Blanken	KZV de Lansingh	19:59.07	20:51.64
	100m: 1:13.06	500m: 6:52.14	12:30.36	1300m: 18:08.49
	200m: 2:28.82	600m: 8:16.46	1:25.25	1400m: 19:33.18
	300m: 4:02.21	700m: 9:40.71	1:24.32	1500m: 20:51.64
	400m: 5:25.86	800m: 11:05.11	1:25.03	1:18.46
			1200m: 16:54.14	
8.	Christiaan Iuga	Poseidon'56	22:02.51	21:53.21
	100m: 1:13.24	500m: 6:57.76	12:58.04	1300m: 19:00.00
	200m: 2:36.70	600m: 8:26.69	1:31.27	1400m: 20:51.64
	300m: 4:02.61	700m: 9:56.38	1:30.08	1500m: 21:53.21
	400m: 5:28.63	800m: 11:26.77	1:30.80	
			1200m: 17:29.84	

Programmanr. 3
15-3-2015 - 15:55

Jongens, 400m vrije slag

Minioren 3 en 4
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	100m	200m	300m	400m	
1.	Dylan Groeneveld	De Geul	7:05.49	200600011	6:38.81	1:31.16	3:13.84	4:59.30	6:38.81
	50m: 1:31.16	150m: 3:13.84	250m: 4:59.30	350m: 6:38.81					
2.	Winston van der Berg	Poseidon'56	7:44.08	200600253	7:16.10	1:37.96	3:30.18	5:24.50	7:16.10
	50m: 1:37.96	150m: 3:30.18	250m: 5:24.50	350m: 7:16.10					
3.	Peter Zoetekouw	SG SCOM/ De Zeehond'73	7:36.26	200500203	7:45.92	1:48.51	3:48.63	5:51.67	7:45.92
	50m: 1:48.51	150m: 3:48.63	250m: 5:51.67	350m: 7:45.92					
4.	Robin den Ouden	Poseidon'56	8:15.24	200600255	7:49.56	1:50.18	3:50.58	5:50.35	7:49.56
	50m: 1:50.18	150m: 3:50.58	250m: 5:50.35	350m: 7:49.56					

Programmanr. 4
15-3-2015 - 16:00

Meisjes, 400m vrije slag

Minioren 3 en 4
Resultaten

rang naam	vereniging	inschrijftijd	tijd	100m	200m	300m	400m	
1. Jelsie van Ruijven	Lz 1886	6:00.73	200500282	6:00.94	1:23.41	2:55.35	4:30.86	6:00.94
50m:			250m:					
100m: 1:23.41		150m:	300m: 4:30.86		350m:			
		200m: 2:55.35		400m: 6:00.94				
2. Emma de Jonge	Wvz	6:19.33	200600020	6:21.67	1:23.73	3:00.55	4:42.17	6:21.67
50m:			250m:					
100m: 1:23.73		150m:	300m: 4:42.17		350m:			
		200m: 3:00.55		400m: 6:21.67				
3. Mar Stoel	Lz 1886	6:49.18	200500520	6:43.38	1:32.33	3:15.17	5:01.94	6:43.38
50m:			250m:					
100m: 1:32.33		150m:	300m: 5:01.94		350m:			
		200m: 3:15.17		400m: 6:43.38				
4. Daphne van Tilburg	De Geul	7:06.76	200500580	6:51.09	1:35.94	3:25.86	5:12.64	6:51.09
50m:			250m:					
100m: 1:35.94		150m:	300m: 5:12.64		350m:			
		200m: 3:25.86		400m: 6:51.09				
5. Iris de Rouw	Zpb H&L	7:46.21	200501826	7:29.36	1:48.72	3:44.51	5:40.77	7:29.36
50m:			250m:					
100m: 1:48.72		150m:	300m: 5:40.77		350m:			
		200m: 3:44.51		400m: 7:29.36				
6. Crystal Chen	SG SCOM/ De Zeehond'73	7:55.24	200600848	7:57.82	1:46.40	3:50.01	5:57.62	7:57.82
50m:			250m:					
100m: 1:46.40		150m:	300m: 5:57.62		350m:			
		200m: 3:50.01		400m: 7:57.82				
7. Sterre de Lange	SG SCOM/ De Zeehond'73	8:01.51	200600036	8:01.62	1:51.97	3:58.94	6:05.59	8:01.62
50m:			250m:					
100m: 1:51.97		150m:	300m: 6:05.59		350m:			
		200m: 3:58.94		400m: 8:01.62				

Programmanr. 5
15-3-2015 - 16:30

Jongens, 800m vrije slag

Minioren 5 en 6
Resultaten

rang naam	vereniging	inschrijftijd	tijd				
1. Jason van den Berg	Poseidon'56	11:07.41	200400009	11:11.74			
100m: 1:15.44	1:15.44	300m: 4:09.21	1:27.56	500m: 7:04.49	1:27.23	700m: 9:55.03	1:25.33
200m: 2:41.65	1:26.21	400m: 5:37.26	1:28.05	600m: 8:29.70	1:25.21	800m: 11:11.74	1:16.71
2. Yassine Maas	Des	11:41.14	200301505	11:15.61			
100m: 1:19.71	1:19.71	300m: 4:12.39	1:26.53	500m: 7:06.14	1:26.50	700m: 9:55.75	1:24.14
200m: 2:45.86	1:26.15	400m: 5:39.64	1:27.25	600m: 8:31.61	1:25.47	800m: 11:15.61	1:19.86
3. Julian Stok	de Devel	11:38.10	200300071	11:22.62			
100m: 1:17.33	1:17.33	300m: 4:11.24	1:27.18	500m: 7:05.73	1:27.12	700m: 10:00.21	1:28.26
200m: 2:44.06	1:26.73	400m: 5:38.61	1:27.37	600m: 8:31.95	1:26.22	800m: 11:22.62	1:22.41
4. Jay de Vries	de Devel	11:14.35	200400669	11:23.89			
100m: 1:16.83	1:16.83	300m: 4:11.17	1:27.87	500m: 7:08.11	1:28.65	700m: 10:03.42	1:26.62
200m: 2:43.30	1:26.47	400m: 5:39.46	1:28.29	600m: 8:36.80	1:28.69	800m: 11:23.89	1:20.47
5. Erik Oldenkamp	KZV de Lansingh	11:26.54	200400597	11:39.95			
100m: 1:20.30	1:20.30	300m: 4:22.11	1:30.57	500m: 7:20.20	1:29.16	700m: 10:16.83	1:28.00
200m: 2:51.54	1:31.24	400m: 5:51.04	1:28.93	600m: 8:48.83	1:28.63	800m: 11:39.95	1:23.12
6. Brandon Groeneveld	De Geul	11:40.93	200300595	11:47.26			
100m: 1:22.30	1:22.30	300m: 4:23.96	1:31.30	500m: 7:22.86	1:29.78	700m: 10:20.92	1:28.59
200m: 2:52.66	1:30.36	400m: 5:53.08	1:29.12	600m: 8:52.33	1:29.47	800m: 11:47.26	1:26.34
7. Timo Kock	de Devel	11:54.26	200400387	11:59.08			
100m: 1:24.08	1:24.08	300m: 4:25.18	1:30.81	500m: 7:30.65	1:32.96	700m: 10:33.22	1:28.35
200m: 2:54.37	1:30.29	400m: 5:57.69	1:32.51	600m: 9:04.87	1:34.22	800m: 11:59.08	1:25.86
8. Thimo van Beek	Lz 1886	13:01.23	200301347	12:46.56			
100m: 1:26.94	1:26.94	300m: 4:41.81	1:38.43	500m: 7:59.48	1:39.32	700m: 11:16.16	1:36.00
200m: 3:03.38	1:36.44	400m: 6:20.16	1:38.35	600m: 9:40.16	1:40.68	800m: 12:46.56	1:30.40
AFGEM Chris Siemens	SG SCOM/ De Zeehond'73	11:52.30	200400005				

Programmanr. 6
15-3-2015 - 16:45

Meisjes, 800m vrije slag

Minioren 5 en Junioren 1
Resultaten

rang naam	vereniging	inschrijftijd	tijd				
1. Britta Koehorst	KZV de Lansingh	10:13.93	200300246	10:33.00			
100m: 1:12.85	1:12.85	300m: 3:55.43	1:21.51	500m: 6:37.16	1:20.85	700m: 9:18.27	1:20.38
200m: 2:33.92	1:21.07	400m: 5:16.31	1:20.88	600m: 7:57.89	1:20.73	800m: 10:33.00	1:14.73
2. Anisa Groenescheij	Lz 1886	10:54.90	200300788	10:39.13			
100m: 1:12.57	1:12.57	300m: 3:55.29	1:21.90	500m: 6:37.95	1:21.63	700m: 9:21.16	1:21.71
200m: 2:33.39	1:20.82	400m: 5:16.32	1:21.03	600m: 7:59.45	1:21.50	800m: 10:39.13	1:17.97
3. Megan de Hoog	SG SCOM/ De Zeehond'73	10:34.27	200300214	11:04.96			
100m: 1:13.46	1:13.46	300m: 3:55.72	1:21.85	500m: 6:44.62	1:26.06	700m: 9:39.09	1:27.53
200m: 2:33.87	1:20.41	400m: 5:18.56	1:22.84	600m: 8:11.56	1:26.94	800m: 11:04.96	1:25.87

Programmanr. 6, Meisjes, 800m vrije slag, Minioren 5 en Junioren 1

rang	naam			vereniging			inschrijftijd			tijd		
4.	Kim de Jong			Lz 1886			10:55.56	200301026		11:22.32		
	100m:	1:18.67	1:18.67	300m:	4:10.17	1:26.37	500m:	7:04.51	1:26.99	700m:	9:58.94	1:26.16
	200m:	2:43.80	1:25.13	400m:	5:37.52	1:27.35	600m:	8:32.78	1:28.27	800m:	11:22.32	1:23.38
5.	Amy Koelman			De Columbiaan			11:15.51	200300922		11:32.20		
	100m:	1:18.77	1:18.77	300m:	4:13.91	1:28.90	500m:	7:12.00	1:30.19	700m:	10:09.08	1:28.63
	200m:	2:45.01	1:26.24	400m:	5:41.81	1:27.90	600m:	8:40.45	1:28.45	800m:	11:32.20	1:23.12
6.	Esther Reinders			KZV de Lansingh			11:52.08	200301798		12:00.12		
	100m:	1:22.37	1:22.37	300m:	4:26.97	1:33.32	500m:	7:31.97	1:31.75	700m:	10:33.72	1:29.72
	200m:	2:53.65	1:31.28	400m:	6:00.22	1:33.25	600m:	9:04.00	1:32.03	800m:	12:00.12	1:26.40
7.	Daphne Zoetekouw			SG SCOM/ De Zeehond'73			12:06.88	200301750		12:07.67		
	100m:	1:25.14	1:25.14	300m:	4:31.07	1:33.82	500m:	7:40.07	1:34.17	700m:	10:43.86	1:31.89
	200m:	2:57.25	1:32.11	400m:	6:05.90	1:34.83	600m:	9:11.97	1:31.90	800m:	12:07.67	1:23.81
8.	Emma Schurink			Zpb H&L			11:48.97	200301586		12:08.07		
	100m:	1:25.53	1:25.53	300m:	4:33.78	1:35.21	500m:	7:41.86	1:32.18	700m:	10:45.57	1:31.85
	200m:	2:58.57	1:33.04	400m:	6:09.68	1:35.90	600m:	9:13.72	1:31.86	800m:	12:08.07	1:22.50

Programmanr. 7
15-3-2015 - 16:55

Dames, 800m vrije slag

Junioren 2 en ouder
Resultaten

rang	naam			vereniging			inschrijftijd			tijd		
Junioren 2 en 3												
1.	Sophie de Jonge			Wvz			9:42.09	200200118		9:46.99		
	100m:	1:07.11	1:07.11	300m:	3:35.77	1:14.81	500m:	6:06.17	1:15.31	700m:	8:35.33	1:14.83
	200m:	2:20.96	1:13.85	400m:	4:50.86	1:15.09	600m:	7:20.50	1:14.33	800m:	9:46.99	1:11.66
2.	Inge Vieveen			Wvz			9:49.53	200100024		10:09.93		
	100m:	1:11.12	1:11.12	300m:	3:45.53	1:17.02	500m:	6:20.34	1:17.46	700m:	8:54.53	1:17.35
	200m:	2:28.51	1:17.39	400m:	5:02.88	1:17.35	600m:	7:37.18	1:16.84	800m:	10:09.93	1:15.40
3.	Sanne Heemskerk			Lz 1886			10:14.55	200100600		10:22.60		
	100m:	1:09.82	1:09.82	300m:	3:45.23	1:17.56	500m:	6:22.26	1:18.84	700m:	9:04.60	1:21.60
	200m:	2:27.67	1:17.85	400m:	5:03.42	1:18.19	600m:	7:43.00	1:20.74	800m:	10:22.60	1:18.00
4.	Sam IJzerman			De Geul			10:32.63	200101204		10:32.78		
	100m:	1:12.53	1:12.53	300m:	3:53.25	1:21.00	500m:	6:35.38	1:20.77	700m:	9:15.86	1:19.40
	200m:	2:32.25	1:19.72	400m:	5:14.61	1:21.36	600m:	7:56.46	1:21.08	800m:	10:32.78	1:16.92
5.	Giulia Corsi			De Columbiaan			10:32.51	200100468		10:37.54		
	100m:	1:14.22	1:14.22	300m:	3:57.51	1:21.57	500m:	6:41.21	1:21.45	700m:	9:23.66	1:20.64
	200m:	2:35.94	1:21.72	400m:	5:19.76	1:22.25	600m:	8:03.02	1:21.81	800m:	10:37.54	1:13.88
6.	Diana Noordermeer			SG SCOM/ De Zeehond'73			10:26.56	200102110		10:37.88		
	100m:	1:14.72	1:14.72	300m:	3:55.72	1:20.71	500m:	6:36.97	1:20.68	700m:	9:19.57	1:21.28
	200m:	2:35.01	1:20.29	400m:	5:16.29	1:20.57	600m:	7:58.29	1:21.32	800m:	10:37.88	1:18.31
7.	Marlinde Beukers			Wvz			10:55.35	200101934		10:39.65		
	100m:	1:13.40	1:13.40	300m:	3:54.61	1:20.96	500m:	6:37.68	1:21.11	700m:	9:21.68	1:21.84
	200m:	2:33.65	1:20.25	400m:	5:16.57	1:21.96	600m:	7:59.84	1:22.16	800m:	10:39.65	1:17.97
8.	Kristel Beijk			De Columbiaan			10:57.43	200201278		10:53.64		
	100m:	1:15.85	1:15.85	300m:	4:00.89	1:22.89	500m:	6:47.82	1:23.62	700m:	9:34.96	1:23.76
	200m:	2:38.00	1:22.15	400m:	5:24.20	1:23.31	600m:	8:11.20	1:23.38	800m:	10:53.64	1:18.68
9.	Nienke Vork			Widex Gzc Donk			11:00.08	200102294		10:55.35		
	100m:	1:18.41	1:18.41	300m:	4:07.38	1:24.47	500m:	6:53.84	1:23.06	700m:	9:37.38	1:21.22
	200m:	2:42.91	1:24.50	400m:	5:30.78	1:23.40	600m:	8:16.16	1:22.32	800m:	10:55.35	1:17.97
10.	Manon Middelbos			zc De Schotejil			10:45.42	200100056		11:00.27		
	100m:	1:14.45	1:14.45	300m:	4:02.60	1:24.29	500m:	6:50.95	1:23.92	700m:	9:39.84	1:24.24
	200m:	2:38.31	1:23.86	400m:	5:27.03	1:24.43	600m:	8:15.60	1:24.65	800m:	11:00.27	1:20.43
11.	Juliet van Dinther			Racing Club			11:06.18	200101124		11:03.10		
	100m:	1:18.12	1:18.12	300m:	4:06.93	1:24.76	500m:	6:54.32	1:24.14	700m:	9:42.28	1:23.80
	200m:	2:42.17	1:24.05	400m:	5:30.18	1:23.25	600m:	8:18.48	1:24.16	800m:	11:03.10	1:20.82
12.	Susan van Grol			Widex Gzc Donk			11:15.74	200201344		11:20.91		
	100m:	1:20.14	1:20.14	300m:	4:12.50	1:26.15	500m:	7:04.93	1:26.38	700m:	9:57.62	1:26.28
	200m:	2:46.35	1:26.21	400m:	5:38.55	1:26.05	600m:	8:31.34	1:26.41	800m:	11:20.91	1:23.29
13.	Elyanne Boudestein			Zoetermeer			10:58.69	200101060		11:51.60		
	100m:	1:19.45	1:19.45	300m:	4:20.03	1:30.68	500m:	7:24.10	1:32.00	700m:	10:25.70	1:31.14
	200m:	2:49.35	1:29.90	400m:	5:52.10	1:32.07	600m:	8:54.56	1:30.46	800m:	11:51.60	1:25.90

Programmanr. 7, Dames, 800m vrije slag

Jeugd 1 en 2

1.	Annemarie Meijer		De Duck	9:17.91	199900964	9:42.67		
	100m: 1:07.91	1:07.91	300m: 3:34.69	1:13.86	500m: 6:03.14	1:14.01	700m: 8:31.20	1:14.15
	200m: 2:20.83	1:12.92	400m: 4:49.13	1:14.44	600m: 7:17.05	1:13.91	800m: 9:42.67	1:11.47
2.	Emma Berry		Racing Club	9:42.64	199906390	10:01.32		
	100m: 1:09.54	1:09.54	300m: 3:41.92	1:16.44	500m: 6:15.31	1:16.57	700m: 8:48.18	1:15.97
	200m: 2:25.48	1:15.94	400m: 4:58.74	1:16.82	600m: 7:32.21	1:16.90	800m: 10:01.32	1:13.14
3.	Gaetane Demyttenaere		Des	10:27.20	199905018	10:02.44		
	100m: 1:10.02	1:10.02	300m: 3:41.91	1:15.89	500m: 6:15.09	1:16.83	700m: 8:48.22	1:16.35
	200m: 2:26.02	1:16.00	400m: 4:58.26	1:16.35	600m: 7:31.87	1:16.78	800m: 10:02.44	1:14.22
4.	Marieke van der Meer		De Columbiaan	10:19.80	200000162	10:42.40		
	100m: 1:14.70	1:14.70	300m: 3:56.09	1:20.80	500m: 6:40.11	1:22.42	700m: 9:23.81	1:21.75
	200m: 2:35.29	1:20.59	400m: 5:17.69	1:21.60	600m: 8:02.06	1:21.95	800m: 10:42.40	1:18.59
5.	Juliette Diaz Diaz		Wvz	10:18.44	200000048	10:45.99		
	100m: 1:14.62	1:14.62	300m: 3:57.64	1:21.40	500m: 6:42.15	1:22.26	700m: 9:26.59	1:22.10
	200m: 2:36.24	1:21.62	400m: 5:19.89	1:22.25	600m: 8:04.49	1:22.34	800m: 10:45.99	1:19.40
6.	Lotte Middelbos		zc De Schotejil	10:18.22	199900680	10:51.67		
	100m: 1:13.82	1:13.82	300m: 3:56.32	1:21.56	500m: 6:42.73	1:23.57	700m: 9:30.54	1:24.12
	200m: 2:34.76	1:20.94	400m: 5:19.16	1:22.84	600m: 8:06.42	1:23.69	800m: 10:51.67	1:21.13
7.	Mariska Lugtenburg		Racing Club	10:38.38	200003700	11:16.22		
	100m: 1:20.44	1:20.44	300m: 4:12.00	1:26.03	500m: 7:04.19	1:25.64	700m: 9:56.72	1:26.32
	200m: 2:45.97	1:25.53	400m: 5:38.55	1:26.55	600m: 8:30.40	1:26.21	800m: 11:16.22	1:19.50
8.	Amanda Holst		Zoetermeer	10:58.54	200004204	11:16.82		
	100m: 1:16.19	1:16.19	300m: 4:09.00	1:27.39	500m: 7:03.82	1:27.67	700m: 9:56.46	1:25.42
	200m: 2:41.61	1:25.42	400m: 5:36.15	1:27.15	600m: 8:31.04	1:27.22	800m: 11:16.82	1:20.36
NG.ZA	Rebecca Onderstal		de Zijl/LGB	10:54.08	199901642			
NG	Simone Does		De Columbiaan	10:48.31	199902932			

Senioren 1 en 2

1.	Myrthe Vreeswijk		Lz 1886	10:08.61	199800078	10:35.98		
	100m: 1:12.53	1:12.53	300m: 3:52.97	1:21.33	500m: 6:35.84	1:22.62	700m: 9:18.70	1:21.59
	200m: 2:31.64	1:19.11	400m: 5:13.22	1:20.25	600m: 7:57.11	1:21.27	800m: 10:35.98	1:17.28
2.	Marsha van den Heuvel		Widex Gzc Donk	10:38.70	199801154	10:55.35		
	100m: 1:13.58	1:13.58	300m: 3:58.14	1:22.81	500m: 6:49.42	1:25.06	700m: 9:37.30	1:23.66
	200m: 2:35.33	1:21.75	400m: 5:24.36	1:26.22	600m: 8:13.64	1:24.22	800m: 10:55.35	1:18.05
3.	Melissa Weber		de Zijl/LGB	10:36.30	199705316	11:01.64		
	100m: 1:14.56	1:14.56	300m: 4:00.24	1:24.28	500m: 6:50.25	1:25.06	700m: 9:41.19	1:25.44
	200m: 2:35.96	1:21.40	400m: 5:25.19	1:24.95	600m: 8:15.75	1:25.50	800m: 11:01.64	1:20.45
4.	Tamara van den Brink		Van Vliet-Barracuda	11:11.08	199804182	11:38.87		
	100m: 1:18.68	1:18.68	300m: 4:17.34	1:30.06	500m: 7:16.42	1:29.32	700m: 10:14.54	1:29.36
	200m: 2:47.28	1:28.60	400m: 5:47.10	1:29.76	600m: 8:45.18	1:28.76	800m: 11:38.87	1:24.33
AFGEM	Kelsey Tukker		Poseidon'56	10:50.78	199801148			

Senioren

1.	Leonie van Noort		Wvz	8:45.46	199301752	9:09.88		
	100m: 1:04.47	1:04.47	300m: 3:21.38	1:08.97	500m: 5:39.19	1:09.15	700m: 7:59.43	1:10.12
	200m: 2:12.41	1:07.94	400m: 4:30.04	1:08.66	600m: 6:49.31	1:10.12	800m: 9:09.88	1:10.45
2.	Eef Hollander		Des	10:10.24	199602074	9:59.32		
	100m: 1:09.33	1:09.33	300m: 3:41.32	1:16.00	500m: 6:13.33	1:15.81	700m: 8:45.52	1:16.00
	200m: 2:25.32	1:15.99	400m: 4:57.52	1:16.20	600m: 7:29.52	1:16.19	800m: 9:59.32	1:13.80
3.	Moniek Heemskerk		Lz 1886	10:08.89	199601964	10:23.20		
	100m: 1:17.47	1:17.47	300m: 3:46.83	1:18.69	500m: 6:25.11	1:19.25	700m: 9:07.00	1:20.83
	200m: 2:28.14	1:10.67	400m: 5:05.86	1:19.03	600m: 7:46.17	1:21.06	800m: 10:23.20	1:16.20
4.	Seline Koek		Lz 1886	10:00.11	199400622	10:27.64		
	100m: 1:07.66	1:07.66	300m: 3:43.91	1:19.45	500m: 6:28.75	1:22.89	700m: 9:11.45	1:19.44
	200m: 2:24.46	1:16.80	400m: 5:05.86	1:21.95	600m: 7:52.01	1:23.26	800m: 10:27.64	1:16.19
5.	Tamara Caspers		Lz 1886	10:46.44	199007272	10:49.72		
	100m: 1:12.12	1:12.12	300m: 3:54.47	1:21.97	500m: 6:42.19	1:24.22	700m: 9:29.97	1:23.97
	200m: 2:32.50	1:20.38	400m: 5:17.97	1:23.50	600m: 8:06.00	1:23.81	800m: 10:49.72	1:19.75
6.	Pauline Tieleman		De Geul	10:31.43	198403348	10:55.52		
	100m: 1:15.02	1:15.02	300m: 4:00.62	1:23.46	500m: 6:47.94	1:23.70	700m: 9:34.80	1:23.13
	200m: 2:37.16	1:22.14	400m: 5:24.24	1:23.62	600m: 8:11.67	1:23.73	800m: 10:55.52	1:20.72
7.	Rosanne de Boer		Lz 1886	10:33.79	199104060	11:12.12		
	100m: 1:16.05	1:16.05	300m: 4:05.22	1:25.53	500m: 6:58.19	1:26.72	700m: 9:48.37	1:24.82
	200m: 2:39.69	1:23.64	400m: 5:31.47	1:26.25	600m: 8:23.55	1:25.36	800m: 11:12.12	1:23.75

rang naam	vereniging	inschrijftijd	tijd	100m	200m	300m	400m
Junioren 1 en 2							
1. Thomas Jansen	Wvz	4:58.66	200100143	5:19.21	1:12.89		5:19.21
50m:	150m:		250m:	350m:			
100m: 1:12.89	200m:		300m:	400m:	5:19.21		
2. Freek Hollander	Des	5:42.89	200103815	5:22.59	1:12.88		5:22.59
50m:	150m:		250m:	350m:			
100m: 1:12.88	200m:		300m:	400m:	5:22.59		
3. Gerard Willighagen	Poseidon'56	5:24.18	200103663	5:27.00	1:13.18		5:27.00
50m:	150m:		250m:	350m:			
100m: 1:13.18	200m:		300m:	400m:	5:27.00		
4. Guus Hoogduin	Lz 1886	5:42.15	200201069	5:49.61	1:18.74		5:49.61
50m:	150m:		250m:	350m:			
100m: 1:18.74	200m:		300m:	400m:	5:49.61		
5. Wouter Verdoes	Lz 1886	6:05.51	200200351	6:11.62	1:32.95		6:11.62
50m:	150m:		250m:	350m:			
100m: 1:32.95	200m:		300m:	400m:	6:11.62		
6. Victor van Dam	Lz 1886	6:13.92	200103703	6:12.00	1:26.70		6:12.00
50m:	150m:		250m:	350m:			
100m: 1:26.70	200m:		300m:	400m:	6:12.00		
7. Boy Borreman	Lz 1886	6:05.36	200102751	6:13.89	1:25.62		6:13.89
50m:	150m:		250m:	350m:			
100m: 1:25.62	200m:		300m:	400m:	6:13.89		
8. Dylano Termoshuizen	Wvz	6:13.51	200202169	6:23.48	1:36.44		6:23.48
50m:	150m:		250m:	350m:			
100m: 1:36.44	200m:		300m:	400m:	6:23.48		
AFGEM Youri ten Brink	Des	6:30.20	200104719				
AFGEM Elliott Savelon	Des	6:39.94	200104693				
AFGEM Ivo Stolk	SG SCOM/ De Zeehond'73	5:19.04	200100615				

Junioren 3 en 4

1. Eric Verdoes	Lz 1886	5:07.06	199900947	5:10.64	1:11.51		5:10.64
50m:	150m:		250m:	350m:			
100m: 1:11.51	200m:		300m:	400m:	5:10.64		
2. Anne Schuurmans	Wvz	4:56.09	200003919	5:12.63	1:12.03		5:12.63
50m:	150m:		250m:	350m:			
100m: 1:12.03	200m:		300m:	400m:	5:12.63		
3. Jasper Breugem	Wvz	5:13.37	200000303	5:21.58	1:12.34		5:21.58
50m:	150m:		250m:	350m:			
100m: 1:12.34	200m:		300m:	400m:	5:21.58		
4. Daniël Apperloo	Wvz	5:15.29	200002645	5:22.24	1:11.72		5:22.24
50m:	150m:		250m:	350m:			
100m: 1:11.72	200m:		300m:	400m:	5:22.24		
5. Sybe de Waard	de Devel	5:31.14	199900139	5:35.13	1:19.34		5:35.13
50m:	150m:		250m:	350m:			
100m: 1:19.34	200m:		300m:	400m:	5:35.13		
6. Ryan van den Ouden	Poseidon'56	5:21.47	199900377	5:43.81	1:14.42		5:43.81
50m:	150m:		250m:	350m:			
100m: 1:14.42	200m:		300m:	400m:	5:43.81		
7. Nino van Krimpen	Zpb H&L	6:27.65	200004611	6:32.26	1:33.34		6:32.26
50m:	150m:		250m:	350m:			
100m: 1:33.34	200m:		300m:	400m:	6:32.26		
8. Liam van Gool	De Geul	6:22.16	200001111	6:50.01	1:44.57		6:50.01
50m:	150m:		250m:	350m:			
100m: 1:44.57	200m:		300m:	400m:	6:50.01		
NG Ruben Griffioen	De Columbiaan	4:53.05	199900771				

Jeugd 1 en 2

1. Michel Nieuwkerk	Albion	4:48.54	199702413	4:55.70	1:09.24		4:55.70
50m:	150m:		250m:	350m:			
100m: 1:09.24	200m:		300m:	400m:	4:55.70		
2. Jonne Schaafsma	Racing Club	4:42.81	199800745	4:57.27	1:07.94		4:57.27
50m:	150m:		250m:	350m:			
100m: 1:07.94	200m:		300m:	400m:	4:57.27		
3. Rainier Voll	de Devel	5:20.42	199800365	5:23.08	1:10.67		5:23.08
50m:	150m:		250m:	350m:			
100m: 1:10.67	200m:		300m:	400m:	5:23.08		

Programmanr. 8, Jongens, 400m wisselslag, Jeugd 1 en 2

rang naam	vereniging	inschrijftijd		tijd	100m	200m	300m	400m
4. Dion de Mooy	Lz 1886	5:07.98	199701803	5:29.29	1:10.32			5:29.29
50m:		150m:	250m:		350m:			
100m: 1:10.32		200m:	300m:		400m:	5:29.29		
5. Daan Siebenheller	Zob'66	5:19.24	199804955	5:32.05	1:09.96			5:32.05
50m:		150m:	250m:		350m:			
100m: 1:09.96		200m:	300m:		400m:	5:32.05		

Senioren 1 en ouder

1. Emiel van Beusekom	Van Vliet-Barracuda	4:55.44	199403951	5:06.14	1:07.48			5:06.14
50m:		150m:	250m:		350m:			
100m: 1:07.48		200m:	300m:		400m:	5:06.14		
2. Nordin Termoshuizen	Wvz	4:56.83	199605401	5:10.24	1:07.24			5:10.24
50m:		150m:	250m:		350m:			
100m: 1:07.24		200m:	300m:		400m:	5:10.24		
3. Thommy Nickel	Van Vliet-Barracuda	5:05.65	198401627	5:17.42	1:15.07			5:17.42
50m:		150m:	250m:		350m:			
100m: 1:15.07		200m:	300m:		400m:	5:17.42		
4. Paul van Grol	Widex Gzc Donk	5:15.14	199602951	5:31.80	1:15.50			5:31.80
50m:		150m:	250m:		350m:			
100m: 1:15.50		200m:	300m:		400m:	5:31.80		