Programmanr. 1
18-6-2016

Meisjes, 5000m vrije slag

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Kaylee de Jong	ZPCH	23:46.12	200001234	**1:05:02.85**		
2.	Maike van de Velde	ZPCH	25:10.10	200000382	**1:07:10.95**		
3.	Lisa de Beijer	PSV	25:21.15	200002814	**1:07:58.78**		
4.	Michelle Zomerdijk	Dedemsvaart-AC	25:27.17	200003196	**1:08:21.42**		
5.	Renske Beek	AZ&PC De Futen	28:20.08	200000516	**1:14:29.83**		

100m:	1:09.22	1:09.22	1400m:	17:08.91	1:15.21	2700m:	33:46.62	1:18.01	4000m:	50:58.75	1:21.28
200m:	2:21.65	1:12.43	1500m:	18:24.26	1:15.35	2800m:	35:04.72	1:18.10	4100m:	52:20.92	1:22.17
300m:	3:34.59	1:12.94	1600m:	19:39.93	1:15.67	2900m:	36:23.96	1:19.24	4200m:	53:43.49	1:22.57
400m:	4:47.55	1:12.96	1700m:	20:55.65	1:15.72	3000m:	37:42.47	1:18.51	4300m:	55:06.88	1:23.39
500m:	6:00.39	1:12.84	1800m:	22:11.32	1:15.67	3100m:	39:02.08	1:19.61	4400m:	56:31.44	1:24.56
600m:	7:13.81	1:13.42	1900m:	23:27.53	1:16.21	3200m:	40:22.17	1:20.09	4500m:	57:56.19	1:24.75
700m:	8:27.70	1:13.89	2000m:	24:43.93	1:16.40	3300m:	41:40.84	1:18.67	4600m:	59:19.17	1:22.98
800m:	9:41.89	1:14.19	2100m:	26:00.27	1:16.34	3400m:	43:00.53	1:19.69	4700m:	1:00:44.05	1:24.88
900m:	10:55.84	1:13.95	2200m:	27:17.33	1:17.06	3500m:	44:19.73	1:19.20	4800m:	1:02:10.25	1:26.20
1000m:	12:10.09	1:14.25	2300m:	28:34.56	1:17.23	3600m:	45:38.69	1:18.96	4900m:	1:03:36.26	1:26.01
1100m:	13:24.32	1:14.23	2400m:	29:51.93	1:17.37	3700m:	46:57.43	1:18.74	5000m:	1:05:02.85	1:26.59
1200m:	14:38.81	1:14.49	2500m:	31:10.45	1:18.52	3800m:	48:16.90	1:19.47			
1300m:	15:53.70	1:14.89	2600m:	32:28.61	1:18.16	3900m:	49:37.47	1:20.57			

100m:	1:12.05	1:12.05	1400m:	18:24.33	1:20.72	2700m:	35:58.69	1:21.46	4000m:	53:38.00	1:21.92
200m:	2:28.91	1:16.86	1500m:	19:45.03	1:20.70	2800m:	37:19.62	1:20.93	4100m:	54:59.50	1:21.50
300m:	3:45.93	1:17.02	1600m:	21:06.06	1:21.03	2900m:	38:40.95	1:21.33	4200m:	56:20.21	1:20.71
400m:	5:03.55	1:17.62	1700m:	22:27.42	1:21.36	3000m:	40:02.38	1:21.43	4300m:	57:42.75	1:22.54
500m:	6:22.92	1:19.37	1800m:	23:48.35	1:20.93	3100m:	41:23.27	1:20.89	4400m:	59:03.78	1:21.03
600m:	7:42.23	1:19.31	1900m:	25:09.25	1:20.90	3200m:	42:44.45	1:21.18	4500m:	1:00:25.47	1:21.69
700m:	9:02.36	1:20.13	2000m:	26:30.40	1:21.15	3300m:	44:05.60	1:21.15	4600m:	1:01:47.18	1:21.71
800m:	10:22.40	1:20.04	2100m:	27:51.64	1:21.24	3400m:	45:27.00	1:21.40	4700m:	1:03:09.03	1:21.85
900m:	11:42.40	1:20.00	2200m:	29:12.44	1:20.80	3500m:	46:48.31	1:21.31	4800m:	1:04:31.81	1:22.78
1000m:	13:02.68	1:20.28	2300m:	30:33.82	1:21.38	3600m:	48:09.78	1:21.47	4900m:	1:05:54.03	1:22.22
1100m:	14:22.67	1:19.99	2400m:	31:55.04	1:21.22	3700m:	49:32.02	1:22.24	5000m:	1:07:10.95	1:16.92
1200m:	15:43.01	1:20.34	2500m:	33:16.11	1:21.07	3800m:	50:54.06	1:22.04			
1300m:	17:03.61	1:20.60	2600m:	34:37.23	1:21.12	3900m:	52:16.08	1:22.02			

100m:	1:16.62	1:16.62	1400m:	19:10.27	1:21.80	2700m:	37:10.59	1:22.85	4000m:	54:51.46	1:21.35
200m:	2:37.14	1:20.52	1500m:	20:33.02	1:22.75	2800m:	38:31.81	1:21.22	4100m:	56:12.13	1:20.67
300m:	3:58.58	1:21.44	1600m:	21:55.77	1:22.75	2900m:	39:53.82	1:22.01	4200m:	57:32.52	1:20.39
400m:	5:21.30	1:22.72	1700m:	23:19.82	1:24.05	3000m:	41:15.42	1:21.60	4300m:	58:52.30	1:19.78
500m:	6:42.94	1:21.64	1800m:	24:43.65	1:23.83	3100m:	42:37.56	1:22.14	4400m:	1:00:12.44	1:20.14
600m:	8:04.93	1:21.99	1900m:	26:06.65	1:23.00	3200m:	43:59.15	1:21.59	4500m:	1:01:31.38	1:18.94
700m:	9:28.18	1:23.25	2000m:	27:31.54	1:24.89	3300m:	45:20.44	1:21.29	4600m:	1:02:48.87	1:17.49
800m:	10:50.75	1:22.57	2100m:	28:55.41	1:23.87	3400m:	46:41.80	1:21.36	4700m:	1:04:07.74	1:18.87
900m:	12:13.37	1:22.62	2200m:	30:18.93	1:23.52	3500m:	48:03.66	1:21.86	4800m:	1:05:25.87	1:18.13
1000m:	13:36.55	1:23.18	2300m:	31:40.65	1:21.72	3600m:	49:25.99	1:22.33	4900m:	1:06:44.56	1:18.69
1100m:	14:59.57	1:23.02	2400m:	33:03.20	1:22.55	3700m:	50:47.74	1:21.75	5000m:	1:07:58.78	1:14.22
1200m:	16:23.26	1:23.69	2500m:	34:25.86	1:22.66	3800m:	52:08.21	1:20.47			
1300m:	17:48.47	1:25.21	2600m:	35:47.74	1:21.88	3900m:	53:30.11	1:21.90			

100m:	1:14.44	1:14.44	1400m:	18:31.58	1:20.59	2700m:	36:14.73	1:22.18	4000m:	54:12.04	1:24.30
200m:	2:30.97	1:16.53	1500m:	19:52.54	1:20.96	2800m:	37:36.99	1:22.26	4100m:	55:37.75	1:25.71
300m:	3:49.10	1:18.13	1600m:	21:13.46	1:20.92	2900m:	38:59.12	1:22.13	4200m:	57:02.48	1:24.73
400m:	5:08.75	1:19.65	1700m:	22:35.36	1:21.90	3000m:	40:21.23	1:22.11	4300m:	58:27.22	1:24.74
500m:	6:29.27	1:20.52	1800m:	23:57.26	1:21.90	3100m:	41:43.12	1:21.89	4400m:	59:52.45	1:25.23
600m:	7:48.99	1:19.72	1900m:	25:18.24	1:20.98	3200m:	43:04.91	1:21.79	4500m:	1:01:17.56	1:25.11
700m:	9:08.29	1:19.30	2000m:	26:38.97	1:20.73	3300m:	44:27.09	1:22.18	4600m:	1:02:42.55	1:24.99
800m:	10:28.07	1:19.78	2100m:	28:00.42	1:21.45	3400m:	45:49.70	1:22.61	4700m:	1:04:07.26	1:24.71
900m:	11:47.80	1:19.73	2200m:	29:22.26	1:21.84	3500m:	47:13.14	1:23.44	4800m:	1:05:32.73	1:25.47
1000m:	13:08.72	1:20.92	2300m:	30:44.37	1:22.11	3600m:	48:36.44	1:23.30	4900m:	1:06:57.86	1:25.13
1100m:	14:28.66	1:19.94	2400m:	32:07.28	1:22.91	3700m:	49:59.51	1:23.07	5000m:	1:08:21.42	1:23.56
1200m:	15:49.74	1:21.08	2500m:	33:30.45	1:23.17	3800m:	51:23.60	1:24.09			
1300m:	17:10.99	1:21.25	2600m:	34:52.55	1:22.10	3900m:	52:47.74	1:24.14			

100m:	1:17.87	1:17.87	1400m:	20:26.42	1:30.55	2700m:	40:13.58	1:31.23	4000m:	59:56.64	1:30.61
200m:	2:42.22	1:24.35	1500m:	21:55.77	1:29.35	2800m:	41:45.43	1:31.85	4100m:	1:01:24.89	1:28.25
300m:	4:08.11	1:25.89	1600m:	23:26.25	1:30.48	2900m:	43:16.90	1:31.47	4200m:	1:02:52.60	1:27.71
400m:	5:35.73	1:27.62	1700m:	24:56.19	1:29.94	3000m:	44:48.52	1:31.62	4300m:	1:04:23.06	1:30.46
500m:	7:03.29	1:27.56	1800m:	26:26.76	1:30.57	3100m:	46:19.90	1:31.38	4400m:	1:05:52.36	1:29.30
600m:	8:30.98	1:27.69	1900m:	27:58.20	1:31.44	3200m:	47:50.74	1:30.84	4500m:	1:07:20.79	1:28.43
700m:	9:59.82	1:28.84	2000m:	29:28.58	1:30.38	3300m:	49:21.38	1:30.64	4600m:	1:08:48.82	1:28.03
800m:	11:28.15	1:28.33	2100m:	30:59.91	1:31.33	3400m:	50:50.59	1:29.21	4700m:	1:10:15.73	1:26.91
900m:	12:57.09	1:28.94	2200m:	32:34.73	1:34.82	3500m:	52:21.87	1:31.28	4800m:	1:11:42.47	1:26.74
1000m:	14:26.28	1:29.19	2300m:	34:06.79	1:32.06	3600m:	53:53.65	1:31.78	4900m:	1:13:07.90	1:25.43
1100m:	15:56.65	1:30.37	2400m:	35:38.65	1:31.86	3700m:	55:25.30	1:31.65	5000m:	1:14:29.83	1:21.93
1200m:	17:26.94	1:30.29	2500m:	37:09.83	1:31.18	3800m:	56:55.31	1:30.01			
1300m:	18:55.87	1:28.93	2600m:	38:42.35	1:32.52	3900m:	58:26.03	1:30.72			

Programmanr. 1, Dames, 5000m vrije slag

Programmanr. 1 — Dames, 5000m vrije slag — all-in
18-6-2016 — Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Serena Stel	RTC - De Dolfijn	24:25.75	199801528	**1:00:17.99**		

100m:	1:09.14	1:09.14	1400m:	16:50.34	1:12.22	2700m:	32:33.96	1:12.80	4000m:	48:18.58	1:12.89
200m:	2:21.43	1:12.29	1500m:	18:02.82	1:12.48	2800m:	33:46.62	1:12.66	4100m:	49:31.65	1:13.07
300m:	3:34.01	1:12.58	1600m:	19:15.97	1:13.15	2900m:	34:58.96	1:12.34	4200m:	50:43.74	1:12.09
400m:	4:45.75	1:11.74	1700m:	20:28.39	1:12.42	3000m:	36:12.18	1:13.22	4300m:	51:56.06	1:12.32
500m:	5:57.67	1:11.92	1800m:	21:40.88	1:12.49	3100m:	37:24.73	1:12.55	4400m:	53:09.47	1:13.41
600m:	7:10.60	1:12.93	1900m:	22:53.15	1:12.27	3200m:	38:37.72	1:12.99	4500m:	54:21.79	1:12.32
700m:	8:23.04	1:12.44	2000m:	24:05.33	1:12.18	3300m:	39:50.53	1:12.81	4600m:	55:34.27	1:12.48
800m:	9:35.90	1:12.86	2100m:	25:17.23	1:11.90	3400m:	41:03.64	1:13.11	4700m:	56:46.22	1:11.95
900m:	10:48.20	1:12.30	2200m:	26:30.21	1:12.98	3500m:	42:15.44	1:11.80	4800m:	57:58.52	1:12.30
1000m:	12:01.05	1:12.85	2300m:	27:43.05	1:12.84	3600m:	43:28.71	1:13.27	4900m:	59:09.76	1:11.24
1100m:	13:13.43	1:12.38	2400m:	28:56.04	1:12.99	3700m:	44:41.05	1:12.34	5000m:	1:00:17.99	1:08.23
1200m:	14:26.41	1:12.98	2500m:	30:08.99	1:12.95	3800m:	45:53.10	1:12.05			
1300m:	15:38.12	1:11.71	2600m:	31:21.16	1:12.17	3900m:	47:05.69	1:12.59			

2.	Marieke Tienstra	RTC - TriVia	22:56.36	199900302	**1:01:40.45**						
100m:	1:09.03	1:09.03	1400m:	16:55.23	1:13.17	2700m:	33:01.97	1:14.51	4000m:	49:17.82	1:15.11
200m:	2:21.72	1:12.69	1500m:	18:08.93	1:13.70	2800m:	34:17.02	1:15.05	4100m:	50:32.31	1:14.49
300m:	3:34.58	1:12.86	1600m:	19:22.68	1:13.75	2900m:	35:32.06	1:15.04	4200m:	51:47.44	1:15.13
400m:	4:47.32	1:12.74	1700m:	20:36.57	1:13.89	3000m:	36:46.65	1:14.59	4300m:	53:01.84	1:14.40
500m:	5:59.89	1:12.57	1800m:	21:50.72	1:14.15	3100m:	38:01.23	1:14.58	4400m:	54:16.49	1:14.65
600m:	7:12.31	1:12.42	1900m:	23:05.13	1:14.41	3200m:	39:16.15	1:14.92	4500m:	55:31.37	1:14.88
700m:	8:24.91	1:12.60	2000m:	24:20.09	1:14.96	3300m:	40:31.22	1:15.07	4600m:	56:46.31	1:14.94
800m:	9:37.64	1:12.73	2100m:	25:35.00	1:14.91	3400m:	41:46.80	1:15.58	4700m:	58:00.73	1:14.42
900m:	10:49.91	1:12.27	2200m:	26:50.25	1:15.25	3500m:	43:02.46	1:15.66	4800m:	59:15.35	1:14.62
1000m:	12:02.67	1:12.76	2300m:	28:05.16	1:14.91	3600m:	44:17.65	1:15.19	4900m:	1:00:29.24	1:13.89
1100m:	13:15.65	1:12.98	2400m:	29:19.34	1:14.18	3700m:	45:32.53	1:14.88	5000m:	1:01:40.45	1:11.21
1200m:	14:28.87	1:13.22	2500m:	30:33.39	1:14.05	3800m:	46:47.66	1:15.13			
1300m:	15:42.06	1:13.19	2600m:	31:47.46	1:14.07	3900m:	48:02.71	1:15.05			

3.	Annemarie Meijer	PSV	23:57.17	199900964	**1:03:21.72**						
100m:	1:12.99	1:12.99	1400m:	17:50.11	1:16.51	2700m:	34:16.72	1:16.63	4000m:	50:44.58	1:15.62
200m:	2:30.17	1:17.18	1500m:	19:06.21	1:16.10	2800m:	35:32.72	1:16.00	4100m:	52:00.22	1:15.64
300m:	3:46.39	1:16.22	1600m:	20:21.70	1:15.49	2900m:	36:48.51	1:15.79	4200m:	53:15.61	1:15.39
400m:	5:03.28	1:16.89	1700m:	21:36.29	1:14.59	3000m:	38:04.77	1:16.26	4300m:	54:31.47	1:15.86
500m:	6:19.83	1:16.55	1800m:	22:51.44	1:15.15	3100m:	39:20.62	1:15.85	4400m:	55:47.77	1:16.30
600m:	7:36.76	1:16.93	1900m:	24:07.14	1:15.70	3200m:	40:36.04	1:15.42	4500m:	57:04.66	1:16.89
700m:	8:53.52	1:16.76	2000m:	25:22.73	1:15.59	3300m:	41:52.62	1:16.58	4600m:	58:21.29	1:16.63
800m:	10:10.90	1:17.38	2100m:	26:38.81	1:16.08	3400m:	43:09.34	1:16.72	4700m:	59:37.97	1:16.68
900m:	11:28.06	1:17.16	2200m:	27:54.74	1:15.93	3500m:	44:26.09	1:16.75	4800m:	1:00:53.30	1:15.33
1000m:	12:45.04	1:16.98	2300m:	29:10.97	1:16.23	3600m:	45:42.14	1:16.05	4900m:	1:02:08.74	1:15.44
1100m:	14:01.35	1:16.31	2400m:	30:27.27	1:16.30	3700m:	46:58.13	1:15.99	5000m:	1:03:21.72	1:12.98
1200m:	15:17.56	1:16.21	2500m:	31:43.42	1:16.15	3800m:	48:13.23	1:15.10			
1300m:	16:33.60	1:16.04	2600m:	33:00.09	1:16.67	3900m:	49:28.96	1:15.73			

4.	Lisanne Hassing	HZ&PC Heerenveen	24:02.63	199702584	**1:03:25.71**						
100m:	1:09.22	1:09.22	1400m:	17:29.53	1:17.09	2700m:	34:12.08	1:17.35	4000m:	50:45.42	1:16.46
200m:	2:21.65	1:12.43	1500m:	18:46.65	1:17.12	2800m:	35:29.88	1:17.80	4100m:	52:02.69	1:17.27
300m:	3:34.59	1:12.94	1600m:	20:03.86	1:17.21	2900m:	36:47.04	1:17.16	4200m:	53:19.62	1:16.93
400m:	4:48.78	1:14.19	1700m:	21:20.66	1:16.80	3000m:	38:03.77	1:16.73	4300m:	54:36.21	1:16.59
500m:	6:03.91	1:15.13	1800m:	22:37.49	1:16.83	3100m:	39:20.90	1:17.13	4400m:	55:53.17	1:16.96
600m:	7:19.91	1:16.00	1900m:	23:53.58	1:16.09	3200m:	40:38.09	1:17.19	4500m:	57:10.12	1:16.95
700m:	8:36.16	1:16.25	2000m:	25:10.23	1:16.65	3300m:	41:55.19	1:17.10	4600m:	58:27.77	1:17.65
800m:	9:51.53	1:15.37	2100m:	26:27.18	1:16.95	3400m:	43:10.58	1:15.39	4700m:	59:44.41	1:16.64
900m:	11:06.61	1:15.08	2200m:	27:44.75	1:17.57	3500m:	44:25.30	1:14.72	4800m:	1:01:00.53	1:16.12
1000m:	12:22.00	1:15.39	2300m:	29:02.95	1:18.20	3600m:	45:40.88	1:15.58	4900m:	1:02:14.50	1:13.97
1100m:	13:38.38	1:16.38	2400m:	30:20.23	1:17.28	3700m:	46:55.86	1:14.98	5000m:	1:03:25.71	1:11.21
1200m:	14:55.36	1:16.98	2500m:	31:37.61	1:17.38	3800m:	48:12.08	1:16.22			
1300m:	16:12.44	1:17.08	2600m:	32:54.73	1:17.12	3900m:	49:28.96	1:16.88			

5.	Kaylee de Jong	ZPCH	23:46.12	200001234	**1:05:02.85**						
100m:	1:09.22	1:09.22	1400m:	17:08.91	1:15.21	2700m:	33:46.62	1:18.01	4000m:	50:58.75	1:21.28
200m:	2:21.65	1:12.43	1500m:	18:24.26	1:15.35	2800m:	35:04.72	1:18.10	4100m:	52:20.92	1:22.17
300m:	3:34.59	1:12.94	1600m:	19:39.93	1:15.67	2900m:	36:23.96	1:19.24	4200m:	53:43.49	1:22.57
400m:	4:47.55	1:12.96	1700m:	20:55.65	1:15.72	3000m:	37:42.47	1:18.51	4300m:	55:06.88	1:23.39
500m:	6:00.39	1:12.84	1800m:	22:11.32	1:15.67	3100m:	39:02.08	1:19.61	4400m:	56:31.44	1:24.56
600m:	7:13.81	1:13.42	1900m:	23:27.53	1:16.21	3200m:	40:22.17	1:20.09	4500m:	57:56.19	1:24.75
700m:	8:27.70	1:13.89	2000m:	24:43.93	1:16.40	3300m:	41:40.84	1:18.67	4600m:	59:19.17	1:22.98
800m:	9:41.89	1:14.19	2100m:	26:00.27	1:16.34	3400m:	43:00.53	1:19.69	4700m:	1:00:44.05	1:24.88
900m:	10:55.84	1:13.95	2200m:	27:17.33	1:17.06	3500m:	44:19.73	1:19.20	4800m:	1:02:10.25	1:26.20
1000m:	12:10.09	1:14.25	2300m:	28:34.56	1:17.23	3600m:	45:38.69	1:18.96	4900m:	1:03:36.26	1:26.01
1100m:	13:24.32	1:14.23	2400m:	29:51.93	1:17.37	3700m:	46:57.43	1:18.74	5000m:	1:05:02.85	1:26.59
1200m:	14:38.81	1:14.49	2500m:	31:10.45	1:18.52	3800m:	48:16.90	1:19.47			
1300m:	15:53.70	1:14.89	2600m:	32:28.61	1:18.16	3900m:	49:37.47	1:20.57			

Programmanr. 1, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT niveau
6.	Sterre Mooiweer	De Dinkel	23:40.75	199800236	**1:05:21.32**	

100m:	1:10.39	1:10.39	1400m:	17:42.28	1:18.72	2700m:	34:40.58	1:19.48	4000m:	51:55.96	1:20.48
200m:	2:23.45	1:13.06	1500m:	19:01.07	1:18.79	2800m:	35:59.46	1:18.88	4100m:	53:15.61	1:19.65
300m:	3:38.03	1:14.58	1600m:	20:19.22	1:18.15	2900m:	37:18.40	1:18.94	4200m:	54:36.88	1:21.27
400m:	4:53.15	1:15.12	1700m:	21:36.10	1:16.88	3000m:	38:38.03	1:19.63	4300m:	55:58.12	1:21.24
500m:	6:09.42	1:16.27	1800m:	22:51.44	1:15.34	3100m:	39:58.16	1:20.13	4400m:	57:19.42	1:21.30
600m:	7:24.82	1:15.40	1900m:	24:08.44	1:17.00	3200m:	41:18.19	1:20.03	4500m:	58:41.16	1:21.74
700m:	8:40.55	1:15.73	2000m:	25:26.75	1:18.31	3300m:	42:36.95	1:18.76	4600m:	1:00:01.96	1:20.80
800m:	9:56.58	1:16.03	2100m:	26:45.77	1:19.02	3400m:	43:55.65	1:18.70	4700m:	1:01:22.69	1:20.73
900m:	11:12.71	1:16.13	2200m:	28:04.39	1:18.62	3500m:	45:15.11	1:19.46	4800m:	1:02:43.96	1:21.27
1000m:	12:29.89	1:17.18	2300m:	29:23.54	1:19.15	3600m:	46:35.22	1:20.11	4900m:	1:04:03.33	1:19.37
1100m:	13:47.47	1:17.58	2400m:	30:42.66	1:19.12	3700m:	47:54.73	1:19.51	5000m:	1:05:21.32	1:17.99
1200m:	15:05.39	1:17.92	2500m:	32:02.23	1:19.57	3800m:	49:15.05	1:20.32			
1300m:	16:23.56	1:18.17	2600m:	33:21.10	1:18.87	3900m:	50:35.48	1:20.43			

7.	Jasmijn Ruijgrok	De Zijl Zwemsport	25:20.39	199401032	**1:05:24.76**						
100m:	1:13.47	1:13.47	1400m:	17:57.71	1:18.38	2700m:	34:59.87	1:20.26	4000m:	52:14.73	1:19.35
200m:	2:31.51	1:18.04	1500m:	19:15.77	1:18.06	2800m:	36:19.37	1:19.50	4100m:	53:33.53	1:18.80
300m:	3:48.68	1:17.17	1600m:	20:32.96	1:17.19	2900m:	37:39.04	1:19.67	4200m:	54:52.60	1:19.07
400m:	5:05.23	1:16.55	1700m:	21:51.19	1:18.23	3000m:	38:58.92	1:19.88	4300m:	56:12.30	1:19.70
500m:	6:21.30	1:16.07	1800m:	23:09.05	1:17.86	3100m:	40:18.46	1:19.54	4400m:	57:32.55	1:20.25
600m:	7:37.53	1:16.23	1900m:	24:27.67	1:18.62	3200m:	41:37.46	1:19.00	4500m:	58:52.21	1:19.66
700m:	8:53.31	1:15.78	2000m:	25:46.20	1:18.53	3300m:	42:57.07	1:19.61	4600m:	1:00:12.53	1:20.32
800m:	10:09.97	1:16.66	2100m:	27:04.66	1:18.46	3400m:	44:16.68	1:19.61	4700m:	1:01:31.59	1:19.06
900m:	11:27.33	1:17.36	2200m:	28:23.37	1:18.71	3500m:	45:36.68	1:20.00	4800m:	1:02:49.39	1:17.80
1000m:	12:44.58	1:17.25	2300m:	29:42.65	1:19.28	3600m:	46:56.45	1:19.77	4900m:	1:04:07.79	1:18.40
1100m:	14:02.36	1:17.78	2400m:	31:01.55	1:18.90	3700m:	48:16.61	1:20.16	5000m:	1:05:24.76	1:16.97
1200m:	15:20.64	1:18.28	2500m:	32:20.61	1:19.06	3800m:	49:35.83	1:19.22			
1300m:	16:39.33	1:18.69	2600m:	33:39.61	1:19.00	3900m:	50:55.38	1:19.55			

8.	Eef Hollander	The Hague Swimming (SG)	24:59.10	199602074	**1:06:52.83**						
100m:	1:13.47	1:13.47	1400m:	18:25.18	1:19.76	2700m:	35:58.98	1:21.42	4000m:	53:33.53	1:21.35
200m:	2:31.51	1:18.04	1500m:	19:45.38	1:20.20	2800m:	37:19.58	1:20.60	4100m:	54:55.06	1:21.53
300m:	3:49.89	1:18.38	1600m:	21:06.53	1:21.15	2900m:	38:41.40	1:21.82	4200m:	56:16.26	1:21.20
400m:	5:08.92	1:19.03	1700m:	22:27.64	1:21.11	3000m:	40:02.21	1:20.81	4300m:	57:36.01	1:19.75
500m:	6:28.19	1:19.27	1800m:	23:47.79	1:20.15	3100m:	41:23.56	1:21.35	4400m:	58:55.85	1:19.84
600m:	7:47.06	1:18.87	1900m:	25:09.29	1:21.50	3200m:	42:44.56	1:21.00	4500m:	1:00:15.78	1:19.93
700m:	9:07.13	1:20.07	2000m:	26:30.45	1:21.16	3300m:	44:06.38	1:21.82	4600m:	1:01:36.13	1:20.35
800m:	10:27.01	1:19.88	2100m:	27:52.07	1:21.62	3400m:	45:28.66	1:22.28	4700m:	1:02:56.09	1:19.96
900m:	11:47.09	1:20.08	2200m:	29:12.25	1:20.18	3500m:	46:49.25	1:20.59	4800m:	1:04:15.40	1:19.31
1000m:	13:07.22	1:20.13	2300m:	30:33.50	1:21.25	3600m:	48:09.14	1:19.89	4900m:	1:05:34.91	1:19.51
1100m:	14:26.32	1:19.10	2400m:	31:55.08	1:21.58	3700m:	49:28.89	1:19.75	5000m:	1:06:52.83	1:17.92
1200m:	15:46.08	1:19.76	2500m:	33:16.06	1:20.98	3800m:	50:49.90	1:21.01			
1300m:	17:05.42	1:19.34	2600m:	34:37.56	1:21.50	3900m:	52:12.18	1:22.28			

9.	Nikita van den Ouden	ZPC De Zeeuwse Kust	24:14.64	199900622	**1:06:54.95**						
100m:	1:13.30	1:13.30	1400m:	18:24.84	1:20.01	2700m:	35:58.04	1:20.90	4000m:	53:20.90	1:21.58
200m:	2:31.41	1:18.11	1500m:	19:45.60	1:20.76	2800m:	37:19.08	1:21.04	4100m:	54:43.17	1:22.27
300m:	3:49.97	1:18.56	1600m:	21:06.54	1:20.94	2900m:	38:40.58	1:21.50	4200m:	56:05.23	1:22.06
400m:	5:09.01	1:19.04	1700m:	22:27.49	1:20.95	3000m:	40:01.90	1:21.32	4300m:	57:26.98	1:21.75
500m:	6:28.10	1:19.09	1800m:	23:47.99	1:20.50	3100m:	41:20.67	1:18.77	4400m:	58:48.87	1:21.89
600m:	7:47.45	1:19.35	1900m:	25:08.86	1:20.87	3200m:	42:37.92	1:17.25	4500m:	1:00:10.68	1:21.81
700m:	9:06.81	1:19.36	2000m:	26:30.22	1:21.36	3300m:	43:56.70	1:18.78	4600m:	1:01:31.48	1:20.80
800m:	10:26.74	1:19.93	2100m:	27:51.23	1:21.01	3400m:	45:16.12	1:19.42	4700m:	1:02:53.97	1:22.49
900m:	11:46.79	1:20.05	2200m:	29:11.62	1:20.39	3500m:	46:36.39	1:20.27	4800m:	1:04:17.19	1:23.22
1000m:	13:07.05	1:20.26	2300m:	30:32.82	1:21.20	3600m:	47:56.61	1:20.22	4900m:	1:05:39.01	1:21.82
1100m:	14:26.64	1:19.59	2400m:	31:54.52	1:21.70	3700m:	49:17.46	1:20.85	5000m:	1:06:54.95	1:15.94
1200m:	15:45.30	1:18.66	2500m:	33:16.18	1:21.66	3800m:	50:37.68	1:20.22			
1300m:	17:04.83	1:19.53	2600m:	34:37.14	1:20.96	3900m:	51:59.32	1:21.64			

10.	Eva van Ginneken	Hieronymus	24:52.62	199800164	**1:06:58.78**						
100m:	1:15.43	1:15.43	1400m:	18:33.57	1:19.71	2700m:	35:59.91	1:21.14	4000m:	53:37.91	1:21.84
200m:	2:33.84	1:18.41	1500m:	19:53.42	1:19.85	2800m:	37:21.25	1:21.34	4100m:	54:59.37	1:21.46
300m:	3:53.06	1:19.22	1600m:	21:13.61	1:20.19	2900m:	38:42.16	1:20.91	4200m:	56:20.24	1:20.87
400m:	5:11.94	1:18.88	1700m:	22:33.96	1:20.35	3000m:	40:02.81	1:20.65	4300m:	57:42.20	1:21.96
500m:	6:31.99	1:20.05	1800m:	23:54.73	1:20.77	3100m:	41:23.78	1:20.97	4400m:	59:03.78	1:21.58
600m:	7:51.89	1:19.90	1900m:	25:15.40	1:20.67	3200m:	42:44.76	1:20.98	4500m:	1:00:25.51	1:21.73
700m:	9:12.37	1:20.48	2000m:	26:36.45	1:21.05	3300m:	44:06.25	1:21.49	4600m:	1:01:47.14	1:21.63
800m:	10:32.89	1:20.52	2100m:	27:57.81	1:21.36	3400m:	45:27.26	1:21.01	4700m:	1:03:06.47	1:19.33
900m:	11:53.53	1:20.64	2200m:	29:17.61	1:19.80	3500m:	46:48.59	1:21.33	4800m:	1:04:24.94	1:18.47
1000m:	13:13.43	1:19.90	2300m:	30:38.00	1:20.39	3600m:	48:09.92	1:21.33	4900m:	1:05:43.42	1:18.48
1100m:	14:34.56	1:21.13	2400m:	31:58.52	1:20.52	3700m:	49:32.52	1:22.60	5000m:	1:06:58.78	1:15.36
1200m:	15:54.54	1:19.98	2500m:	33:18.71	1:20.19	3800m:	50:54.21	1:21.69			
1300m:	17:13.86	1:19.32	2600m:	34:38.77	1:20.06	3900m:	52:16.07	1:21.86			

Programmanr. 1, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT niveau
11.	Maike van de Velde	ZPCH	25:10.10	200000382	**1:07:10.95**	

100m:	1:12.05	1:12.05	1400m:	18:24.33	1:20.72	2700m:	35:58.69	1:21.46	4000m:	53:38.00	1:21.92
200m:	2:28.91	1:16.86	1500m:	19:45.03	1:20.70	2800m:	37:19.62	1:20.93	4100m:	54:59.50	1:21.50
300m:	3:45.93	1:17.02	1600m:	21:06.06	1:21.03	2900m:	38:40.95	1:21.33	4200m:	56:20.21	1:20.71
400m:	5:03.55	1:17.62	1700m:	22:27.42	1:21.36	3000m:	40:02.38	1:21.43	4300m:	57:42.75	1:22.54
500m:	6:22.92	1:19.37	1800m:	23:48.35	1:20.93	3100m:	41:23.27	1:20.89	4400m:	59:03.78	1:21.03
600m:	7:42.23	1:19.31	1900m:	25:09.25	1:20.90	3200m:	42:44.45	1:21.18	4500m:	1:00:25.47	1:21.69
700m:	9:02.36	1:20.13	2000m:	26:30.40	1:21.15	3300m:	44:05.60	1:21.15	4600m:	1:01:47.18	1:21.71
800m:	10:22.40	1:20.04	2100m:	27:51.64	1:21.24	3400m:	45:27.00	1:21.40	4700m:	1:03:09.03	1:21.85
900m:	11:42.40	1:20.00	2200m:	29:12.44	1:20.80	3500m:	46:48.31	1:21.31	4800m:	1:04:31.81	1:22.78
1000m:	13:02.68	1:20.28	2300m:	30:33.82	1:21.38	3600m:	48:09.78	1:21.47	4900m:	1:05:54.03	1:22.22
1100m:	14:22.67	1:19.99	2400m:	31:55.04	1:21.22	3700m:	49:32.02	1:22.24	5000m:	1:07:10.95	1:16.92
1200m:	15:43.01	1:20.34	2500m:	33:16.11	1:21.07	3800m:	50:54.06	1:22.04			
1300m:	17:03.61	1:20.60	2600m:	34:37.23	1:21.12	3900m:	52:16.08	1:22.02			

12.	Angelique van Vark	Z&PC De Gouwe	24:34.14	199701478	**1:07:30.39**						
100m:	1:13.30	1:13.30	1400m:	18:24.73	1:19.90	2700m:	35:58.04	1:20.90	4000m:	53:34.65	1:22.67
200m:	2:31.41	1:18.11	1500m:	19:45.44	1:20.71	2800m:	37:18.97	1:20.93	4100m:	54:55.37	1:20.72
300m:	3:49.97	1:18.56	1600m:	21:06.39	1:20.95	2900m:	38:40.52	1:21.55	4200m:	56:17.28	1:21.91
400m:	5:09.01	1:19.04	1700m:	22:27.49	1:21.10	3000m:	40:01.81	1:21.29	4300m:	57:42.14	1:24.86
500m:	6:27.97	1:18.96	1800m:	23:47.99	1:20.50	3100m:	41:23.14	1:21.33	4400m:	59:06.77	1:24.63
600m:	7:47.31	1:19.34	1900m:	25:08.86	1:20.87	3200m:	42:44.20	1:21.06	4500m:	1:00:31.86	1:25.09
700m:	9:06.75	1:19.44	2000m:	26:30.15	1:21.29	3300m:	44:06.50	1:22.30	4600m:	1:01:55.83	1:23.97
800m:	10:26.60	1:19.85	2100m:	27:51.16	1:21.01	3400m:	45:28.55	1:22.05	4700m:	1:03:21.07	1:25.24
900m:	11:46.64	1:20.04	2200m:	29:11.62	1:20.46	3500m:	46:48.10	1:19.55	4800m:	1:04:45.77	1:24.70
1000m:	13:06.84	1:20.20	2300m:	30:32.71	1:21.09	3600m:	48:08.02	1:19.92	4900m:	1:06:09.40	1:23.63
1100m:	14:26.57	1:19.73	2400m:	31:54.37	1:21.66	3700m:	49:29.53	1:21.51	5000m:	1:07:30.39	1:20.99
1200m:	15:45.30	1:18.73	2500m:	33:16.06	1:21.69	3800m:	50:50.07	1:20.54			
1300m:	17:04.83	1:19.53	2600m:	34:37.14	1:21.08	3900m:	52:11.98	1:21.91			

13.	Lisa de Beijer	PSV	25:21.15	200002814	**1:07:58.78**						
100m:	1:16.62	1:16.62	1400m:	19:10.27	1:21.80	2700m:	37:10.59	1:22.85	4000m:	54:51.46	1:21.35
200m:	2:37.14	1:20.52	1500m:	20:33.02	1:22.75	2800m:	38:31.81	1:21.22	4100m:	56:12.13	1:20.67
300m:	3:58.58	1:21.44	1600m:	21:55.77	1:22.75	2900m:	39:53.82	1:22.01	4200m:	57:32.52	1:20.39
400m:	5:21.30	1:22.72	1700m:	23:19.82	1:24.05	3000m:	41:15.42	1:21.60	4300m:	58:52.30	1:19.78
500m:	6:42.94	1:21.64	1800m:	24:43.65	1:23.83	3100m:	42:37.56	1:22.14	4400m:	1:00:12.44	1:20.14
600m:	8:04.93	1:21.99	1900m:	26:06.65	1:23.00	3200m:	43:59.15	1:21.59	4500m:	1:01:31.38	1:18.94
700m:	9:28.18	1:23.25	2000m:	27:31.54	1:24.89	3300m:	45:20.44	1:21.29	4600m:	1:02:48.87	1:17.49
800m:	10:50.75	1:22.57	2100m:	28:55.41	1:23.87	3400m:	46:41.80	1:21.36	4700m:	1:04:07.74	1:18.87
900m:	12:13.37	1:22.62	2200m:	30:18.93	1:23.52	3500m:	48:03.66	1:21.86	4800m:	1:05:25.87	1:18.13
1000m:	13:36.55	1:23.18	2300m:	31:40.65	1:21.72	3600m:	49:25.99	1:22.33	4900m:	1:06:44.56	1:18.69
1100m:	14:59.57	1:23.02	2400m:	33:03.20	1:22.55	3700m:	50:47.74	1:21.75	5000m:	1:07:58.78	1:14.22
1200m:	16:23.26	1:23.69	2500m:	34:25.86	1:22.66	3800m:	52:08.21	1:20.47			
1300m:	17:48.47	1:25.21	2600m:	35:47.74	1:21.88	3900m:	53:30.11	1:21.90			

14.	Michelle Zomerdijk	Dedemsvaart-AC	25:27.17	200003196	**1:08:21.42**						
100m:	1:14.44	1:14.44	1400m:	18:31.58	1:20.59	2700m:	36:14.73	1:22.18	4000m:	54:12.04	1:24.30
200m:	2:30.97	1:16.53	1500m:	19:52.54	1:20.96	2800m:	37:36.99	1:22.26	4100m:	55:37.75	1:25.71
300m:	3:49.10	1:18.13	1600m:	21:13.46	1:20.92	2900m:	38:59.12	1:22.13	4200m:	57:02.48	1:24.73
400m:	5:08.75	1:19.65	1700m:	22:35.36	1:21.90	3000m:	40:21.23	1:22.11	4300m:	58:27.22	1:24.74
500m:	6:29.27	1:20.52	1800m:	23:57.26	1:21.90	3100m:	41:43.12	1:21.89	4400m:	59:52.45	1:25.23
600m:	7:48.99	1:19.72	1900m:	25:18.24	1:20.98	3200m:	43:04.91	1:21.79	4500m:	1:01:17.56	1:25.11
700m:	9:08.29	1:19.30	2000m:	26:38.97	1:20.73	3300m:	44:27.09	1:22.18	4600m:	1:02:42.55	1:24.99
800m:	10:28.07	1:19.78	2100m:	28:00.42	1:21.45	3400m:	45:49.70	1:22.61	4700m:	1:04:07.26	1:24.71
900m:	11:47.80	1:19.73	2200m:	29:22.26	1:21.84	3500m:	47:13.14	1:23.44	4800m:	1:05:32.73	1:25.47
1000m:	13:08.72	1:20.92	2300m:	30:44.37	1:22.11	3600m:	48:36.44	1:23.30	4900m:	1:06:57.86	1:25.13
1100m:	14:28.66	1:19.94	2400m:	32:07.28	1:22.91	3700m:	49:59.51	1:23.07	5000m:	1:08:21.42	1:23.56
1200m:	15:49.74	1:21.08	2500m:	33:30.45	1:23.17	3800m:	51:23.60	1:24.09			
1300m:	17:10.99	1:21.25	2600m:	34:52.55	1:22.10	3900m:	52:47.74	1:24.14			

15.	Renske Beek	AZ&PC De Futen	28:20.08	200000516	**1:14:29.83**						
100m:	1:17.87	1:17.87	1400m:	20:26.42	1:30.55	2700m:	40:13.58	1:31.23	4000m:	59:56.64	1:30.61
200m:	2:42.22	1:24.35	1500m:	21:55.77	1:29.35	2800m:	41:45.43	1:31.85	4100m:	1:01:24.89	1:28.25
300m:	4:08.11	1:25.89	1600m:	23:26.25	1:30.48	2900m:	43:16.90	1:31.47	4200m:	1:02:52.60	1:27.71
400m:	5:35.73	1:27.62	1700m:	24:56.19	1:29.94	3000m:	44:48.52	1:31.62	4300m:	1:04:23.06	1:30.46
500m:	7:03.29	1:27.56	1800m:	26:26.76	1:30.57	3100m:	46:19.90	1:31.38	4400m:	1:05:52.36	1:29.30
600m:	8:30.98	1:27.69	1900m:	27:58.20	1:31.44	3200m:	47:50.74	1:30.84	4500m:	1:07:20.79	1:28.43
700m:	9:59.82	1:28.84	2000m:	29:28.58	1:30.38	3300m:	49:21.38	1:30.64	4600m:	1:08:48.82	1:28.03
800m:	11:28.15	1:28.33	2100m:	30:59.91	1:31.33	3400m:	50:50.59	1:29.21	4700m:	1:10:15.73	1:26.91
900m:	12:57.09	1:28.94	2200m:	32:34.73	1:34.82	3500m:	52:21.87	1:31.28	4800m:	1:11:42.47	1:26.74
1000m:	14:26.28	1:29.19	2300m:	34:06.79	1:32.06	3600m:	53:53.65	1:31.78	4900m:	1:13:07.90	1:25.43
1100m:	15:56.65	1:30.37	2400m:	35:38.65	1:31.86	3700m:	55:25.30	1:31.65	5000m:	1:14:29.83	1:21.93
1200m:	17:26.94	1:30.29	2500m:	37:09.83	1:31.18	3800m:	56:55.31	1:30.01			
1300m:	18:55.87	1:28.93	2600m:	38:42.35	1:32.52	3900m:	58:26.03	1:30.72			

Programmanr. 2
19-6-2016

Jongens, 5000m vrije slag

Jeugd 2 en later
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Jorgos Skotadis	RTC - De Dolfijn	22:24.07	199803317	**57:28.17**		
2.	David Kuipers *Nederlands Record Junioren*	Orca	21:50.87	200003633	**58:40.08**		
3.	Thomas Jansen *Nederlands Record 15 jaar*	RTC - WVZ	22:01.98	200100143	**59:21.50**		
4.	Timos Skotadis	De Dolfijn	23:47.66	199804615	**59:53.53**		
5.	Joris Bezemer	De Kempvis	23:55.01	199900527	**1:02:15.66**		

Jorgos Skotadis

100m:	1:03.00	1:03.00	1400m:	15:39.52	1:09.10	2700m:	30:48.49	1:10.02	4000m:	45:59.45	1:09.81
200m:	2:07.42	1:04.42	1500m:	16:49.38	1:09.86	2800m:	31:58.90	1:10.41	4100m:	47:09.19	1:09.74
300m:	3:12.98	1:05.56	1600m:	17:58.94	1:09.56	2900m:	33:07.81	1:08.91	4200m:	48:19.48	1:10.29
400m:	4:19.14	1:06.16	1700m:	19:08.00	1:09.06	3000m:	34:18.10	1:10.29	4300m:	49:28.05	1:08.57
500m:	5:25.72	1:06.58	1800m:	20:17.27	1:09.27	3100m:	35:28.40	1:10.30	4400m:	50:37.14	1:09.09
600m:	6:32.87	1:07.15	1900m:	21:26.96	1:09.69	3200m:	36:38.26	1:09.86	4500m:	51:46.12	1:08.98
700m:	7:40.15	1:07.28	2000m:	22:37.16	1:10.20	3300m:	37:48.99	1:10.73	4600m:	52:54.86	1:08.74
800m:	8:48.04	1:07.89	2100m:	23:47.17	1:10.01	3400m:	38:58.96	1:09.97	4700m:	54:04.29	1:09.43
900m:	9:56.50	1:08.46	2200m:	24:56.95	1:09.78	3500m:	40:09.37	1:10.41	4800m:	55:13.50	1:09.21
1000m:	11:04.82	1:08.32	2300m:	26:07.20	1:10.25	3600m:	41:19.78	1:10.41	4900m:	56:22.41	1:08.91
1100m:	12:13.16	1:08.34	2400m:	27:17.49	1:10.29	3700m:	42:28.91	1:09.13	5000m:	57:28.17	1:05.76
1200m:	13:21.73	1:08.57	2500m:	28:27.91	1:10.42	3800m:	43:39.25	1:10.34			
1300m:	14:30.42	1:08.69	2600m:	29:38.47	1:10.56	3900m:	44:49.64	1:10.39			

David Kuipers

100m:	1:05.26	1:05.26	1400m:	16:16.69	1:11.01	2700m:	31:30.07	1:10.12	4000m:	46:50.40	1:11.46
200m:	2:13.36	1:08.10	1500m:	17:26.94	1:10.25	2800m:	32:39.99	1:09.92	4100m:	48:01.13	1:10.73
300m:	3:23.00	1:09.64	1600m:	18:37.19	1:10.25	2900m:	33:50.47	1:10.48	4200m:	49:12.36	1:11.23
400m:	4:32.71	1:09.71	1700m:	19:47.11	1:09.92	3000m:	35:01.26	1:10.79	4300m:	50:22.84	1:10.48
500m:	5:42.57	1:09.86	1800m:	20:57.24	1:10.13	3100m:	36:11.93	1:10.67	4400m:	51:34.16	1:11.32
600m:	6:52.17	1:09.60	1900m:	22:07.12	1:09.88	3200m:	37:22.76	1:10.83	4500m:	52:45.62	1:11.46
700m:	8:02.06	1:09.89	2000m:	23:17.56	1:10.44	3300m:	38:33.67	1:10.91	4600m:	53:57.23	1:11.61
800m:	9:12.01	1:09.95	2100m:	24:27.47	1:09.91	3400m:	39:44.86	1:11.19	4700m:	55:09.16	1:11.93
900m:	10:22.58	1:10.57	2200m:	25:38.21	1:10.74	3500m:	40:55.42	1:10.56	4800m:	56:20.89	1:11.73
1000m:	11:33.25	1:10.67	2300m:	26:48.86	1:10.65	3600m:	42:05.82	1:10.40	4900m:	57:32.44	1:11.55
1100m:	12:43.57	1:10.32	2400m:	27:59.48	1:10.62	3700m:	43:16.52	1:10.70	5000m:	58:40.08	1:07.64
1200m:	13:54.75	1:11.18	2500m:	29:09.63	1:10.15	3800m:	44:27.56	1:11.04			
1300m:	15:05.68	1:10.93	2600m:	30:19.95	1:10.32	3900m:	45:38.94	1:11.38			

Thomas Jansen

100m:	1:08.79	1:08.79	1400m:	16:35.52	1:11.47	2700m:	32:04.29	1:11.50	4000m:	47:36.74	1:12.14
200m:	2:19.84	1:11.05	1500m:	17:47.06	1:11.54	2800m:	33:15.64	1:11.35	4100m:	48:47.95	1:11.21
300m:	3:31.46	1:11.62	1600m:	18:58.45	1:11.39	2900m:	34:27.47	1:11.83	4200m:	49:59.97	1:12.02
400m:	4:42.32	1:10.86	1700m:	20:10.65	1:12.20	3000m:	35:38.95	1:11.48	4300m:	51:11.89	1:11.92
500m:	5:53.59	1:11.27	1800m:	21:22.38	1:11.73	3100m:	36:51.01	1:12.06	4400m:	52:23.80	1:11.91
600m:	7:04.91	1:11.32	1900m:	22:33.90	1:11.52	3200m:	38:02.48	1:11.47	4500m:	53:35.31	1:11.51
700m:	8:16.36	1:11.45	2000m:	23:45.33	1:11.43	3300m:	39:14.10	1:11.62	4600m:	54:45.79	1:10.48
800m:	9:27.46	1:11.10	2100m:	24:56.80	1:11.47	3400m:	40:25.76	1:11.66	4700m:	55:56.28	1:10.49
900m:	10:38.69	1:11.23	2200m:	26:08.40	1:11.60	3500m:	41:37.48	1:11.72	4800m:	57:06.79	1:10.51
1000m:	11:50.02	1:11.33	2300m:	27:19.39	1:10.99	3600m:	42:49.42	1:11.94	4900m:	58:16.52	1:09.73
1100m:	13:01.36	1:11.34	2400m:	28:30.55	1:11.16	3700m:	44:01.27	1:11.85	5000m:	59:21.50	1:04.98
1200m:	14:12.79	1:11.43	2500m:	29:41.52	1:10.97	3800m:	45:12.90	1:11.63			
1300m:	15:24.05	1:11.26	2600m:	30:52.79	1:11.27	3900m:	46:24.60	1:11.70			

Timos Skotadis

100m:	1:07.22	1:07.22	1400m:	16:32.94	1:11.73	2700m:	32:16.73	1:12.27	4000m:	47:58.05	1:10.49
200m:	2:17.00	1:09.78	1500m:	17:44.76	1:11.82	2800m:	33:29.05	1:12.32	4100m:	49:09.57	1:11.52
300m:	3:27.60	1:10.60	1600m:	18:56.48	1:11.72	2900m:	34:41.51	1:12.46	4200m:	50:21.52	1:11.95
400m:	4:39.08	1:11.48	1700m:	20:08.85	1:12.37	3000m:	35:53.79	1:12.28	4300m:	51:34.07	1:12.55
500m:	5:50.16	1:11.08	1800m:	21:20.96	1:12.11	3100m:	37:06.51	1:12.72	4400m:	52:45.46	1:11.39
600m:	7:01.18	1:11.02	1900m:	22:33.51	1:12.55	3200m:	38:19.58	1:13.07	4500m:	53:57.93	1:12.47
700m:	8:11.97	1:10.79	2000m:	23:45.94	1:12.43	3300m:	39:32.01	1:12.43	4600m:	55:10.13	1:12.20
800m:	9:23.14	1:11.17	2100m:	24:58.89	1:12.95	3400m:	40:44.70	1:12.69	4700m:	56:22.66	1:12.53
900m:	10:34.25	1:11.11	2200m:	26:12.05	1:13.16	3500m:	41:57.59	1:12.89	4800m:	57:34.32	1:11.66
1000m:	11:45.64	1:11.39	2300m:	27:25.22	1:13.17	3600m:	43:09.81	1:12.22	4900m:	58:44.79	1:10.47
1100m:	12:57.27	1:11.63	2400m:	28:38.86	1:13.64	3700m:	44:21.84	1:12.03	5000m:	59:53.53	1:08.74
1200m:	14:09.01	1:11.74	2500m:	29:51.72	1:12.86	3800m:	45:34.96	1:13.12			
1300m:	15:21.21	1:12.20	2600m:	31:04.46	1:12.74	3900m:	46:47.56	1:12.60			

Joris Bezemer

100m:	1:11.77	1:11.77	1400m:	17:36.99	1:16.10	2700m:	34:02.82	1:16.05	4000m:	50:13.73	1:12.64
200m:	2:27.90	1:16.13	1500m:	18:52.32	1:15.33	2800m:	35:19.13	1:16.31	4100m:	51:26.17	1:12.44
300m:	3:43.97	1:16.07	1600m:	20:08.76	1:16.44	2900m:	36:36.02	1:16.89	4200m:	52:38.92	1:12.75
400m:	4:59.44	1:15.47	1700m:	21:24.37	1:15.61	3000m:	37:52.19	1:16.17	4300m:	53:51.88	1:12.96
500m:	6:14.56	1:15.12	1800m:	22:40.33	1:15.96	3100m:	39:08.16	1:15.97	4400m:	55:04.29	1:12.41
600m:	7:29.82	1:15.26	1900m:	23:56.37	1:16.04	3200m:	40:24.53	1:16.37	4500m:	56:17.86	1:13.57
700m:	8:46.03	1:16.21	2000m:	25:12.30	1:15.93	3300m:	41:39.63	1:15.10	4600m:	57:30.60	1:12.74
800m:	10:01.58	1:15.55	2100m:	26:27.42	1:15.12	3400m:	42:53.92	1:14.29	4700m:	58:42.79	1:12.19
900m:	11:17.62	1:16.04	2200m:	27:42.74	1:15.32	3500m:	44:08.17	1:14.25	4800m:	59:54.95	1:12.16
1000m:	12:33.45	1:15.83	2300m:	28:58.30	1:15.56	3600m:	45:21.09	1:12.92	4900m:	1:01:06.38	1:11.43
1100m:	13:49.64	1:16.19	2400m:	30:14.58	1:16.28	3700m:	46:34.66	1:13.57	5000m:	1:02:15.66	1:09.28
1200m:	15:05.17	1:15.53	2500m:	31:30.49	1:15.91	3800m:	47:48.10	1:13.44			
1300m:	16:20.89	1:15.72	2600m:	32:46.77	1:16.28	3900m:	49:01.09	1:12.99			

Programmanr. 2, Jongens, 5000m vrije slag, Jeugd 2 en later

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
6.	Erno Vriens	WZ&PC Purmerend	23:22.70	199902587	**1:02:33.14**		
7.	Marijn Kagchelland	ZPCH	23:34.33	200000655	**1:03:20.97**		

100m:	1:11.60	1:11.60	1400m:	17:32.47	1:16.20	2700m:	34:01.86	1:16.06	4000m:	50:16.95	1:13.24
200m:	2:26.93	1:15.33	1500m:	18:48.91	1:16.44	2800m:	35:18.39	1:16.53	4100m:	51:30.62	1:13.67
300m:	3:42.88	1:15.95	1600m:	20:05.13	1:16.22	2900m:	36:35.17	1:16.78	4200m:	52:44.29	1:13.67
400m:	4:58.58	1:15.70	1700m:	21:21.44	1:16.31	3000m:	37:51.97	1:16.80	4300m:	53:57.50	1:13.21
500m:	6:13.64	1:15.06	1800m:	22:38.21	1:16.77	3100m:	39:07.72	1:15.75	4400m:	55:11.30	1:13.80
600m:	7:29.16	1:15.52	1900m:	23:54.62	1:16.41	3200m:	40:24.12	1:16.40	4500m:	56:25.14	1:13.84
700m:	8:44.38	1:15.22	2000m:	25:10.99	1:16.37	3300m:	41:39.59	1:15.47	4600m:	57:39.00	1:13.86
800m:	9:58.76	1:14.38	2100m:	26:26.78	1:15.79	3400m:	42:54.61	1:15.02	4700m:	58:53.01	1:14.01
900m:	11:13.13	1:14.37	2200m:	27:42.66	1:15.88	3500m:	44:09.66	1:15.05	4800m:	1:00:07.09	1:14.08
1000m:	12:28.74	1:15.61	2300m:	28:57.75	1:15.09	3600m:	45:24.28	1:14.62	4900m:	1:01:21.25	1:14.16
1100m:	13:45.10	1:16.36	2400m:	30:14.25	1:16.50	3700m:	46:37.40	1:13.12	5000m:	1:02:33.14	1:11.89
1200m:	15:00.62	1:15.52	2500m:	31:29.90	1:15.65	3800m:	47:50.28	1:12.88			
1300m:	16:16.27	1:15.65	2600m:	32:45.80	1:15.90	3900m:	49:03.71	1:13.43			
100m:	1:11.87	1:11.87	1400m:	17:37.39	1:15.96	2700m:	34:02.74	1:16.22	4000m:	50:28.97	1:16.19
200m:	2:27.61	1:15.74	1500m:	18:52.65	1:15.26	2800m:	35:18.64	1:15.90	4100m:	51:46.21	1:17.24
300m:	3:43.69	1:16.08	1600m:	20:08.86	1:16.21	2900m:	36:35.80	1:17.16	4200m:	53:03.04	1:16.83
400m:	4:59.40	1:15.71	1700m:	21:24.69	1:15.83	3000m:	37:52.03	1:16.23	4300m:	54:21.00	1:17.96
500m:	6:14.69	1:15.29	1800m:	22:40.80	1:16.11	3100m:	39:07.71	1:15.68	4400m:	55:38.50	1:17.50
600m:	7:30.26	1:15.57	1900m:	23:56.26	1:15.46	3200m:	40:24.50	1:16.79	4500m:	56:56.84	1:18.34
700m:	8:46.12	1:15.86	2000m:	25:12.09	1:15.83	3300m:	41:39.85	1:15.35	4600m:	58:14.79	1:17.95
800m:	10:01.77	1:15.65	2100m:	26:27.36	1:15.27	3400m:	42:55.01	1:15.16	4700m:	59:33.06	1:18.27
900m:	11:17.67	1:15.90	2200m:	27:42.68	1:15.32	3500m:	44:10.22	1:15.21	4800m:	1:00:50.84	1:17.78
1000m:	12:33.81	1:16.14	2300m:	28:58.26	1:15.58	3600m:	45:24.98	1:14.76	4900m:	1:02:08.08	1:17.24
1100m:	13:50.01	1:16.20	2400m:	30:14.52	1:16.26	3700m:	46:40.45	1:15.47	5000m:	1:03:20.97	1:12.89
1200m:	15:05.73	1:15.72	2500m:	31:30.37	1:15.85	3800m:	47:55.95	1:15.50			
1300m:	16:21.43	1:15.70	2600m:	32:46.52	1:15.15	3900m:	49:12.78	1:16.83			

Programmanr. 2 — Heren, 5000m vrije slag — all-in
19-6-2016 — Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Lars Bottelier	VZV	21:44.46	199702681	**55:48.62**		
2.	Beau Kneppers	ZPC AMERSFOORT	21:48.61	199703157	**57:16.81**		
3.	Jorgos Skotadis	RTC - De Dolfijn	22:24.07	199803317	**57:28.17**		

100m:	1:03.67	1:03.67	1400m:	15:21.06	1:06.89	2700m:	29:56.70	1:07.79	4000m:	44:37.29	1:08.20
200m:	2:08.32	1:04.65	1500m:	16:27.83	1:06.77	2800m:	31:04.40	1:07.70	4100m:	45:44.63	1:07.34
300m:	3:13.59	1:05.27	1600m:	17:34.60	1:06.77	2900m:	32:12.29	1:07.89	4200m:	46:51.38	1:06.75
400m:	4:19.09	1:05.50	1700m:	18:41.44	1:06.84	3000m:	33:20.05	1:07.76	4300m:	47:58.72	1:07.34
500m:	5:24.82	1:05.73	1800m:	19:48.79	1:07.35	3100m:	34:27.70	1:07.65	4400m:	49:06.02	1:07.30
600m:	6:30.35	1:05.53	1900m:	20:55.96	1:07.17	3200m:	35:35.00	1:07.30	4500m:	50:14.47	1:08.45
700m:	7:36.15	1:05.80	2000m:	22:03.49	1:07.53	3300m:	36:42.86	1:07.86	4600m:	51:22.49	1:08.02
800m:	8:42.23	1:06.08	2100m:	23:10.92	1:07.43	3400m:	37:50.86	1:08.00	4700m:	52:29.99	1:07.50
900m:	9:48.73	1:06.50	2200m:	24:18.36	1:07.44	3500m:	38:59.15	1:08.29	4800m:	53:37.43	1:07.44
1000m:	10:54.69	1:05.96	2300m:	25:26.05	1:07.69	3600m:	40:06.33	1:07.18	4900m:	54:44.25	1:06.82
1100m:	12:00.97	1:06.28	2400m:	26:33.68	1:07.63	3700m:	41:13.51	1:07.18	5000m:	55:48.62	1:04.37
1200m:	13:07.46	1:06.49	2500m:	27:41.43	1:07.75	3800m:	42:21.06	1:07.55			
1300m:	14:14.17	1:06.71	2600m:	28:48.91	1:07.48	3900m:	43:29.09	1:08.03			
100m:	1:02.61	1:02.61	1400m:	15:29.97	1:08.06	2700m:	30:26.66	1:11.81	4000m:	45:40.96	1:11.99
200m:	2:07.61	1:05.00	1500m:	16:38.11	1:08.14	2800m:	31:34.16	1:07.50	4100m:	46:52.73	1:11.77
300m:	3:13.90	1:06.29	1600m:	17:46.23	1:08.12	2900m:	32:41.75	1:07.59	4200m:	48:04.93	1:12.20
400m:	4:20.18	1:06.28	1700m:	18:54.53	1:08.30	3000m:	33:51.88	1:10.13	4300m:	49:14.01	1:09.08
500m:	5:26.34	1:06.16	1800m:	20:02.52	1:07.99	3100m:	35:01.38	1:09.50	4400m:	50:23.04	1:09.03
600m:	6:32.27	1:05.93	1900m:	21:11.20	1:08.68	3200m:	36:10.99	1:09.61	4500m:	51:32.04	1:09.00
700m:	7:38.77	1:06.50	2000m:	22:19.78	1:08.58	3300m:	37:21.48	1:10.49	4600m:	52:39.90	1:07.86
800m:	8:45.70	1:06.93	2100m:	23:28.63	1:08.85	3400m:	38:32.25	1:10.77	4700m:	53:48.90	1:09.00
900m:	9:52.30	1:06.60	2200m:	24:37.62	1:08.99	3500m:	39:42.96	1:10.71	4800m:	54:59.59	1:10.69
1000m:	10:59.85	1:07.55	2300m:	25:46.78	1:09.16	3600m:	40:54.61	1:11.65	4900m:	56:09.10	1:09.51
1100m:	12:06.98	1:07.13	2400m:	26:56.02	1:09.24	3700m:	42:05.73	1:11.12	5000m:	57:16.81	1:07.71
1200m:	13:14.46	1:07.48	2500m:	28:05.65	1:09.63	3800m:	43:17.56	1:11.83			
1300m:	14:21.91	1:07.45	2600m:	29:14.85	1:09.20	3900m:	44:28.97	1:11.41			
100m:	1:03.00	1:03.00	1300m:	14:30.42	1:08.69	2500m:	28:27.91	1:10.42	3700m:	42:28.91	1:09.13
200m:	2:07.42	1:04.42	1400m:	15:39.52	1:09.10	2600m:	29:38.47	1:10.56	3800m:	43:39.25	1:10.34
300m:	3:12.98	1:05.56	1500m:	16:49.38	1:09.86	2700m:	30:48.49	1:10.02	3900m:	44:49.64	1:10.39
400m:	4:19.14	1:06.16	1600m:	17:58.94	1:09.56	2800m:	31:58.90	1:10.41	4000m:	45:59.45	1:09.81
500m:	5:25.72	1:06.58	1700m:	19:08.00	1:09.06	2900m:	33:07.81	1:08.91	4100m:	47:09.19	1:09.74
600m:	6:32.87	1:07.15	1800m:	20:17.27	1:09.27	3000m:	34:18.10	1:10.29	4200m:	48:19.48	1:10.29
700m:	7:40.15	1:07.28	1900m:	21:26.96	1:09.69	3100m:	35:28.40	1:10.30	4300m:	49:28.05	1:08.57
800m:	8:48.04	1:07.89	2000m:	22:37.16	1:10.20	3200m:	36:38.26	1:09.86	4400m:	50:37.14	1:09.09
900m:	9:56.50	1:08.46	2100m:	23:47.17	1:10.01	3300m:	37:48.99	1:10.73	4500m:	51:46.12	1:08.98
1000m:	11:04.82	1:08.32	2200m:	24:56.95	1:09.78	3400m:	38:58.96	1:09.97	4600m:	52:54.86	1:08.74
1100m:	12:13.16	1:08.34	2300m:	26:07.20	1:10.25	3500m:	40:09.37	1:10.41	4700m:	54:04.29	1:09.43
1200m:	13:21.73	1:08.57	2400m:	27:17.49	1:10.29	3600m:	41:19.78	1:10.41	4800m:	55:13.50	1:09.21
4900m:	56:22.41	1:08.91	5000m:	57:28.17	1:05.76						

Programmanr. 2, Heren, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
4.	David Kuipers *Nederlands Record Junioren*	Orca	21:50.87	200003633	**58:40.08**		

100m:	1:05.26	1:05.26	1400m:	16:16.69	1:11.01	2700m:	31:30.07	1:10.12	4000m:	46:50.40	1:11.46
200m:	2:13.36	1:08.10	1500m:	17:26.94	1:10.25	2800m:	32:39.99	1:09.92	4100m:	48:01.13	1:10.73
300m:	3:23.00	1:09.64	1600m:	18:37.19	1:10.25	2900m:	33:50.47	1:10.48	4200m:	49:12.36	1:11.23
400m:	4:32.71	1:09.71	1700m:	19:47.11	1:09.92	3000m:	35:01.26	1:10.79	4300m:	50:22.84	1:10.48
500m:	5:42.57	1:09.86	1800m:	20:57.24	1:10.13	3100m:	36:11.93	1:10.67	4400m:	51:34.16	1:11.32
600m:	6:52.17	1:09.60	1900m:	22:07.12	1:09.88	3200m:	37:22.76	1:10.83	4500m:	52:45.62	1:11.46
700m:	8:02.06	1:09.89	2000m:	23:17.56	1:10.44	3300m:	38:33.67	1:10.91	4600m:	53:57.23	1:11.61
800m:	9:12.01	1:09.95	2100m:	24:27.47	1:09.91	3400m:	39:44.86	1:11.19	4700m:	55:09.16	1:11.93
900m:	10:22.58	1:10.57	2200m:	25:38.21	1:10.74	3500m:	40:55.42	1:10.56	4800m:	56:20.89	1:11.73
1000m:	11:33.25	1:10.67	2300m:	26:48.86	1:10.65	3600m:	42:05.82	1:10.40	4900m:	57:32.44	1:11.55
1100m:	12:43.57	1:10.32	2400m:	27:59.48	1:10.62	3700m:	43:16.52	1:10.70	5000m:	58:40.08	1:07.64
1200m:	13:54.75	1:11.18	2500m:	29:09.63	1:10.15	3800m:	44:27.56	1:11.04			
1300m:	15:05.68	1:10.93	2600m:	30:19.95	1:10.32	3900m:	45:38.94	1:11.38			

5.	Karst Boersma	De Dinkel	21:55.07	199600849	**59:16.24**						
100m:	1:06.06	1:06.06	1400m:	16:26.08	1:11.35	2700m:	31:56.57	1:12.06	4000m:	47:09.60	1:09.80
200m:	2:15.79	1:09.73	1500m:	17:37.10	1:11.02	2800m:	33:07.81	1:11.24	4100m:	48:19.88	1:10.28
300m:	3:26.24	1:10.45	1600m:	18:48.27	1:11.17	2900m:	34:18.10	1:10.29	4200m:	49:31.21	1:11.33
400m:	4:36.60	1:10.36	1700m:	19:59.83	1:11.56	3000m:	35:28.40	1:10.30	4300m:	50:44.33	1:13.12
500m:	5:47.31	1:10.71	1800m:	21:11.08	1:11.25	3100m:	36:38.26	1:09.86	4400m:	51:57.79	1:13.46
600m:	6:58.12	1:10.81	1900m:	22:22.43	1:11.35	3200m:	37:48.99	1:10.73	4500m:	53:11.03	1:13.24
700m:	8:08.61	1:10.49	2000m:	23:33.86	1:11.43	3300m:	38:58.96	1:09.97	4600m:	54:24.68	1:13.65
800m:	9:19.45	1:10.84	2100m:	24:45.55	1:11.69	3400m:	40:09.37	1:10.41	4700m:	55:37.91	1:13.23
900m:	10:30.50	1:11.05	2200m:	25:57.14	1:11.59	3500m:	41:19.78	1:10.41	4800m:	56:51.48	1:13.57
1000m:	11:41.59	1:11.09	2300m:	27:09.06	1:11.92	3600m:	42:29.22	1:09.44	4900m:	58:04.86	1:13.38
1100m:	12:52.80	1:11.21	2400m:	28:20.95	1:11.89	3700m:	43:39.44	1:10.22	5000m:	59:16.24	1:11.38
1200m:	14:04.05	1:11.25	2500m:	29:32.72	1:11.77	3800m:	44:49.64	1:10.20			
1300m:	15:14.73	1:10.68	2600m:	30:44.51	1:11.79	3900m:	45:59.80	1:10.16			

6.	Thomas Jansen *Nederlands Record 15 jaar*	RTC - WVZ	22:01.98	200100143	**59:21.50**						
100m:	1:08.79	1:08.79	1400m:	16:35.52	1:11.47	2700m:	32:04.29	1:11.50	4000m:	47:36.74	1:12.14
200m:	2:19.84	1:11.05	1500m:	17:47.06	1:11.54	2800m:	33:15.64	1:11.35	4100m:	48:47.95	1:11.21
300m:	3:31.46	1:11.62	1600m:	18:58.45	1:11.39	2900m:	34:27.47	1:11.83	4200m:	49:59.97	1:12.02
400m:	4:42.32	1:10.86	1700m:	20:10.65	1:12.20	3000m:	35:38.95	1:11.48	4300m:	51:11.89	1:11.92
500m:	5:53.59	1:11.27	1800m:	21:22.38	1:11.73	3100m:	36:51.01	1:12.06	4400m:	52:23.80	1:11.91
600m:	7:04.91	1:11.32	1900m:	22:33.90	1:11.52	3200m:	38:02.48	1:11.47	4500m:	53:35.31	1:11.51
700m:	8:16.36	1:11.45	2000m:	23:45.33	1:11.43	3300m:	39:14.10	1:11.62	4600m:	54:45.79	1:10.48
800m:	9:27.46	1:11.10	2100m:	24:56.80	1:11.47	3400m:	40:25.76	1:11.66	4700m:	55:56.28	1:10.49
900m:	10:38.69	1:11.23	2200m:	26:08.40	1:11.60	3500m:	41:37.48	1:11.72	4800m:	57:06.79	1:10.51
1000m:	11:50.02	1:11.33	2300m:	27:19.39	1:10.99	3600m:	42:49.42	1:11.94	4900m:	58:16.52	1:09.73
1100m:	13:01.36	1:11.34	2400m:	28:30.55	1:11.16	3700m:	44:01.27	1:11.85	5000m:	59:21.50	1:04.98
1200m:	14:12.79	1:11.43	2500m:	29:41.52	1:10.97	3800m:	45:12.90	1:11.63			
1300m:	15:24.05	1:11.26	2600m:	30:52.79	1:11.27	3900m:	46:24.60	1:11.70			

7.	Jens Bakker	De Dolfijn	21:54.04	199300021	**59:21.72**						
100m:	1:07.76	1:07.76	1400m:	16:25.49	1:10.98	2700m:	31:59.29	1:11.36	4000m:	47:31.16	1:12.20
200m:	2:15.90	1:08.14	1500m:	17:36.67	1:11.18	2800m:	33:11.48	1:12.19	4100m:	48:43.29	1:12.13
300m:	3:25.73	1:09.83	1600m:	18:48.10	1:11.43	2900m:	34:23.78	1:12.30	4200m:	49:55.46	1:12.17
400m:	4:36.33	1:10.60	1700m:	19:59.70	1:11.60	3000m:	35:35.87	1:12.09	4300m:	51:07.66	1:12.20
500m:	5:46.90	1:10.57	1800m:	21:11.38	1:11.68	3100m:	36:47.16	1:11.29	4400m:	52:19.47	1:11.81
600m:	6:57.47	1:10.57	1900m:	22:23.22	1:11.84	3200m:	37:58.59	1:11.43	4500m:	53:31.20	1:11.73
700m:	8:07.77	1:10.30	2000m:	23:34.89	1:11.67	3300m:	39:09.91	1:11.32	4600m:	54:43.13	1:11.93
800m:	9:18.91	1:11.14	2100m:	24:46.93	1:12.04	3400m:	40:21.40	1:11.49	4700m:	55:54.43	1:11.30
900m:	10:29.83	1:10.92	2200m:	25:59.12	1:12.19	3500m:	41:32.81	1:11.41	4800m:	57:05.84	1:11.41
1000m:	11:40.57	1:10.74	2300m:	27:10.84	1:11.72	3600m:	42:43.63	1:10.82	4900m:	58:16.52	1:10.68
1100m:	12:51.69	1:11.12	2400m:	28:23.56	1:12.72	3700m:	43:55.10	1:11.47	5000m:	59:21.72	1:05.20
1200m:	14:03.20	1:11.51	2500m:	29:35.79	1:12.23	3800m:	45:07.02	1:11.92			
1300m:	15:14.51	1:11.31	2600m:	30:47.93	1:12.14	3900m:	46:18.96	1:11.94			

8.	Emiel van Beusekom	Van Vliet-Barracuda	22:59.30	199403951	**59:50.69**						
100m:	1:08.20	1:08.20	1400m:	16:50.14	1:10.38	2700m:	32:30.69	1:10.74	4000m:	48:00.22	1:10.31
200m:	2:19.76	1:11.56	1500m:	18:02.62	1:12.48	2800m:	33:42.36	1:11.67	4100m:	49:11.36	1:11.14
300m:	3:32.18	1:12.42	1600m:	19:15.18	1:12.56	2900m:	34:54.12	1:11.76	4200m:	50:22.19	1:10.83
400m:	4:45.27	1:13.09	1700m:	20:27.98	1:12.80	3000m:	36:05.86	1:11.74	4300m:	51:34.07	1:11.88
500m:	5:58.05	1:12.78	1800m:	21:40.75	1:12.77	3100m:	37:17.77	1:11.91	4400m:	52:45.79	1:11.72
600m:	7:10.95	1:12.90	1900m:	22:53.47	1:12.72	3200m:	38:30.14	1:12.37	4500m:	53:57.93	1:12.14
700m:	8:23.57	1:12.62	2000m:	24:06.10	1:12.63	3300m:	39:42.30	1:12.16	4600m:	55:10.13	1:12.20
800m:	9:36.21	1:12.64	2100m:	25:18.59	1:12.49	3400m:	40:53.97	1:11.67	4700m:	56:21.62	1:11.49
900m:	10:48.83	1:12.62	2200m:	26:31.85	1:13.26	3500m:	42:05.32	1:11.35	4800m:	57:32.53	1:10.91
1000m:	12:00.30	1:11.47	2300m:	27:44.39	1:12.54	3600m:	43:16.59	1:11.27	4900m:	58:43.25	1:10.72
1100m:	13:12.88	1:12.58	2400m:	28:56.90	1:12.51	3700m:	44:27.54	1:10.95	5000m:	59:50.69	1:07.44
1200m:	14:25.76	1:12.88	2500m:	30:09.08	1:12.18	3800m:	45:38.99	1:11.45			
1300m:	15:39.76	1:14.00	2600m:	31:19.95	1:10.87	3900m:	46:49.91	1:10.92			

Programmanr. 2, Heren, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT niveau
9.	Timos Skotadis	De Dolfijn	23:47.66	199804615	**59:53.53**	

100m:	1:07.22	1:07.22	1400m:	16:32.94	1:11.73	2700m:	32:16.73	1:12.27	4000m:	47:58.05	1:10.49
200m:	2:17.00	1:09.78	1500m:	17:44.76	1:11.82	2800m:	33:29.05	1:12.32	4100m:	49:09.57	1:11.52
300m:	3:27.60	1:10.60	1600m:	18:56.48	1:11.72	2900m:	34:41.51	1:12.46	4200m:	50:21.52	1:11.95
400m:	4:39.08	1:11.48	1700m:	20:08.85	1:12.37	3000m:	35:53.79	1:12.28	4300m:	51:34.07	1:12.55
500m:	5:50.16	1:11.08	1800m:	21:20.96	1:12.11	3100m:	37:06.51	1:12.72	4400m:	52:45.46	1:11.39
600m:	7:01.18	1:11.02	1900m:	22:33.51	1:12.55	3200m:	38:19.58	1:13.07	4500m:	53:57.93	1:12.47
700m:	8:11.97	1:10.79	2000m:	23:45.94	1:12.43	3300m:	39:32.01	1:12.43	4600m:	55:10.13	1:12.20
800m:	9:23.14	1:11.17	2100m:	24:58.89	1:12.95	3400m:	40:44.70	1:12.69	4700m:	56:22.66	1:12.53
900m:	10:34.25	1:11.11	2200m:	26:12.05	1:13.16	3500m:	41:57.59	1:12.89	4800m:	57:34.32	1:11.66
1000m:	11:45.64	1:11.39	2300m:	27:25.22	1:13.17	3600m:	43:09.81	1:12.22	4900m:	58:44.79	1:10.47
1100m:	12:57.27	1:11.63	2400m:	28:38.86	1:13.64	3700m:	44:21.84	1:12.03	5000m:	59:53.53	1:08.74
1200m:	14:09.01	1:11.74	2500m:	29:51.72	1:12.86	3800m:	45:34.96	1:13.12			
1300m:	15:21.21	1:12.20	2600m:	31:04.46	1:12.74	3900m:	46:47.56	1:12.60			

10.	Joris Bezemer	De Kempvis	23:55.01	199900527	**1:02:15.66**						
100m:	1:11.77	1:11.77	1400m:	17:36.99	1:16.10	2700m:	34:02.82	1:16.05	4000m:	50:13.73	1:12.64
200m:	2:27.90	1:16.13	1500m:	18:52.32	1:15.33	2800m:	35:19.13	1:16.31	4100m:	51:26.17	1:12.44
300m:	3:43.97	1:16.07	1600m:	20:08.76	1:16.44	2900m:	36:36.02	1:16.89	4200m:	52:38.92	1:12.75
400m:	4:59.44	1:15.47	1700m:	21:24.37	1:15.61	3000m:	37:52.19	1:16.17	4300m:	53:51.88	1:12.96
500m:	6:14.56	1:15.12	1800m:	22:40.33	1:15.96	3100m:	39:08.16	1:15.97	4400m:	55:04.29	1:12.41
600m:	7:29.82	1:15.26	1900m:	23:56.37	1:16.04	3200m:	40:24.53	1:16.37	4500m:	56:17.86	1:13.57
700m:	8:46.03	1:16.21	2000m:	25:12.30	1:15.93	3300m:	41:39.63	1:15.10	4600m:	57:30.60	1:12.74
800m:	10:01.58	1:15.55	2100m:	26:27.42	1:15.12	3400m:	42:53.92	1:14.29	4700m:	58:42.79	1:12.19
900m:	11:17.62	1:16.04	2200m:	27:42.74	1:15.32	3500m:	44:08.17	1:14.25	4800m:	59:54.95	1:12.16
1000m:	12:33.45	1:15.83	2300m:	28:58.30	1:15.56	3600m:	45:21.09	1:12.92	4900m:	1:01:06.38	1:11.43
1100m:	13:49.64	1:16.19	2400m:	30:14.58	1:16.28	3700m:	46:34.66	1:13.57	5000m:	1:02:15.66	1:09.28
1200m:	15:05.17	1:15.53	2500m:	31:30.49	1:15.91	3800m:	47:48.10	1:13.44			
1300m:	16:20.89	1:15.72	2600m:	32:46.77	1:16.28	3900m:	49:01.09	1:12.99			

11.	Erno Vriens	WZ&PC Purmerend	23:22.70	199902587	**1:02:33.14**						
100m:	1:11.60	1:11.60	1400m:	17:32.47	1:16.20	2700m:	34:01.86	1:16.06	4000m:	50:16.95	1:13.24
200m:	2:26.93	1:15.33	1500m:	18:48.91	1:16.44	2800m:	35:18.39	1:16.53	4100m:	51:30.62	1:13.67
300m:	3:42.88	1:15.95	1600m:	20:05.13	1:16.22	2900m:	36:35.17	1:16.78	4200m:	52:44.29	1:13.67
400m:	4:58.58	1:15.70	1700m:	21:21.44	1:16.31	3000m:	37:51.97	1:16.80	4300m:	53:57.50	1:13.21
500m:	6:13.64	1:15.06	1800m:	22:38.21	1:16.77	3100m:	39:07.72	1:15.75	4400m:	55:11.30	1:13.80
600m:	7:29.16	1:15.52	1900m:	23:54.62	1:16.41	3200m:	40:24.12	1:16.40	4500m:	56:25.14	1:13.84
700m:	8:44.38	1:15.22	2000m:	25:10.99	1:16.37	3300m:	41:39.59	1:15.47	4600m:	57:39.00	1:13.86
800m:	9:58.76	1:14.38	2100m:	26:26.78	1:15.79	3400m:	42:54.61	1:15.02	4700m:	58:53.01	1:14.01
900m:	11:13.13	1:14.37	2200m:	27:42.66	1:15.88	3500m:	44:09.66	1:15.05	4800m:	1:00:07.09	1:14.08
1000m:	12:28.74	1:15.61	2300m:	28:57.75	1:15.09	3600m:	45:24.28	1:14.62	4900m:	1:01:21.25	1:14.16
1100m:	13:45.10	1:16.36	2400m:	30:14.25	1:16.50	3700m:	46:37.40	1:13.12	5000m:	1:02:33.14	1:11.89
1200m:	15:00.62	1:15.52	2500m:	31:29.90	1:15.65	3800m:	47:50.28	1:12.88			
1300m:	16:16.27	1:15.65	2600m:	32:45.80	1:15.90	3900m:	49:03.71	1:13.43			

12.	Marijn Kagchelland	ZPCH	23:34.33	200000655	**1:03:20.97**						
100m:	1:11.87	1:11.87	1400m:	17:37.39	1:15.96	2700m:	34:02.74	1:16.22	4000m:	50:28.97	1:16.19
200m:	2:27.61	1:15.74	1500m:	18:52.65	1:15.26	2800m:	35:18.64	1:15.90	4100m:	51:46.21	1:17.24
300m:	3:43.69	1:16.08	1600m:	20:08.86	1:16.21	2900m:	36:35.80	1:17.16	4200m:	53:03.04	1:16.83
400m:	4:59.40	1:15.71	1700m:	21:24.69	1:15.83	3000m:	37:52.03	1:16.23	4300m:	54:21.00	1:17.96
500m:	6:14.69	1:15.29	1800m:	22:40.80	1:16.11	3100m:	39:07.71	1:15.68	4400m:	55:38.50	1:17.50
600m:	7:30.26	1:15.57	1900m:	23:56.26	1:15.46	3200m:	40:24.50	1:16.79	4500m:	56:56.84	1:18.34
700m:	8:46.12	1:15.86	2000m:	25:12.09	1:15.83	3300m:	41:39.85	1:15.35	4600m:	58:14.79	1:17.95
800m:	10:01.77	1:15.65	2100m:	26:27.36	1:15.27	3400m:	42:55.01	1:15.16	4700m:	59:33.06	1:18.27
900m:	11:17.67	1:15.90	2200m:	27:42.68	1:15.32	3500m:	44:10.22	1:15.21	4800m:	1:00:50.84	1:17.78
1000m:	12:33.81	1:16.14	2300m:	28:58.26	1:15.58	3600m:	45:24.98	1:14.76	4900m:	1:02:08.08	1:17.24
1100m:	13:50.01	1:16.20	2400m:	30:14.52	1:16.26	3700m:	46:40.45	1:15.47	5000m:	1:03:20.97	1:12.89
1200m:	15:05.73	1:15.72	2500m:	31:30.37	1:15.85	3800m:	47:55.95	1:15.50			
1300m:	16:21.43	1:15.70	2600m:	32:46.52	1:16.15	3900m:	49:12.78	1:16.83			

13.	Niels Wiersema	Nova	22:53.13	199703221	**1:03:42.08**						
100m:	1:09.41	1:09.41	1400m:	17:37.63	1:16.31	2700m:	34:25.75	1:13.23	4000m:	50:52.30	1:19.06
200m:	2:21.07	1:11.66	1500m:	18:54.08	1:16.45	2800m:	35:39.33	1:13.58	4100m:	52:11.22	1:18.92
300m:	3:34.02	1:12.95	1600m:	20:11.60	1:17.52	2900m:	36:52.64	1:13.31	4200m:	53:30.61	1:19.39
400m:	4:48.84	1:14.82	1700m:	21:28.42	1:16.82	3000m:	38:07.58	1:14.94	4300m:	54:46.78	1:16.17
500m:	6:04.49	1:15.65	1800m:	22:47.64	1:19.22	3100m:	39:25.13	1:17.55	4400m:	56:04.27	1:17.49
600m:	7:20.83	1:16.34	1900m:	24:08.41	1:20.77	3200m:	40:40.31	1:15.18	4500m:	57:23.82	1:19.55
700m:	8:37.75	1:16.92	2000m:	25:29.94	1:21.53	3300m:	41:54.78	1:14.47	4600m:	58:42.64	1:18.82
800m:	9:56.10	1:18.35	2100m:	26:51.99	1:22.05	3400m:	43:08.48	1:13.70	4700m:	59:59.91	1:17.27
900m:	11:13.90	1:17.80	2200m:	28:13.08	1:21.09	3500m:	44:22.52	1:14.04	4800m:	1:01:16.96	1:17.05
1000m:	12:29.51	1:15.61	2300m:	29:32.72	1:19.64	3600m:	45:38.14	1:15.62	4900m:	1:02:31.52	1:14.56
1100m:	13:46.20	1:16.69	2400m:	30:48.21	1:15.49	3700m:	46:55.03	1:16.89	5000m:	1:03:42.08	1:10.56
1200m:	15:04.56	1:18.36	2500m:	32:01.11	1:12.90	3800m:	48:14.01	1:18.98			
1300m:	16:21.32	1:16.76	2600m:	33:12.52	1:11.41	3900m:	49:33.24	1:19.23			