

# Nederlandse Junioren Kampioenschappen 800-1500 kb 2019



KNZB ism TRB-RES  
Tilburg 21-12-2019

NJK 800-1500m korte baan - zaterdag 21 december 2019 om 13:00u (25 m)

Aanvangstijd juryvergadering: 12:00u

## 1. 800m vrije slag - Dames

11 - 12 jaar (Junioren 1 en 2)

1. Nynke Boerefijn (De Fuut, 200700114)					09:45.85(+63)		
50m	00:32.84 32,84	250m	03:01.17 37,31	450m	05:30.57 37,57	650m	07:59.96 36,92
100m	01:09.07 36,23	300m	03:38.38 37,21	500m	06:07.75 37,18	700m	08:36.07 36,11
150m	01:46.44 37,37	350m	04:15.36 36,98	550m	06:45.19 37,44	750m	09:11.21 35,14
200m	02:23.86 37,42	400m	04:53.00 37,64	600m	07:23.04 37,85		
2. Robin Vermeulen (MNC Dordrecht, 200700412)					09:50.57(+85)		
50m	00:31.74 31,74	250m	02:59.15 37,42	450m	05:28.63 37,37	650m	07:59.49 37,54
100m	01:08.03 36,29	300m	03:36.50 37,35	500m	06:06.29 37,66	700m	08:36.53 37,04
150m	01:45.12 37,09	350m	04:13.69 37,19	550m	06:44.35 38,06	750m	09:13.07 36,54
200m	02:21.73 36,61	400m	04:51.26 37,57	600m	07:21.95 37,60		
3. Angelina Rolman (WZ&PC Purmerend, 200701972)					10:01.47(+76)		
50m	00:32.15 32,15	250m	03:01.61 37,71	450m	05:34.45 38,46	650m	08:08.97 38,27
100m	01:08.79 36,64	300m	03:39.63 38,02	500m	06:13.35 38,90	700m	08:47.23 38,26
150m	01:46.38 37,59	350m	04:17.78 38,15	550m	06:52.09 38,74	750m	09:25.61 38,38
200m	02:23.90 37,52	400m	04:55.99 38,21	600m	07:30.70 38,61		
4. Yara Mels (TRB-RES, 200700232)					10:06.63(+87)		
50m	00:33.04 33,04	250m	03:01.82 37,85	450m	05:34.40 38,86	650m	08:09.82 38,77
100m	01:09.66 36,62	300m	03:39.62 37,80	500m	06:13.56 39,16	700m	08:49.17 39,35
150m	01:46.92 37,26	350m	04:17.79 38,17	550m	06:51.93 38,37	750m	09:29.03 39,86
200m	02:23.97 37,05	400m	04:55.54 37,75	600m	07:31.05 39,12		
5. Hannah Markovinovic (WS Twente, 200803266)					10:19.08(+85)		
50m	00:34.70 34,70	250m	03:10.35 39,46	450m	05:48.24 39,59	650m	08:25.65 39,13
100m	01:12.79 38,09	300m	03:49.52 39,17	500m	06:27.76 39,52	700m	09:04.64 38,99
150m	01:51.60 38,81	350m	04:29.19 39,67	550m	07:07.17 39,41	750m	09:43.40 38,76
200m	02:30.89 39,29	400m	05:08.65 39,46	600m	07:46.52 39,35		
6. Leyona Lichtendonk (Dedemsvaart-AC, 200700010)					10:20.93(+64)		
50m	00:35.09 35,09	250m	03:11.12 39,05	450m	05:49.81 39,45	650m	08:27.99 39,22
100m	01:13.84 38,75	300m	03:50.56 39,44	500m	06:29.48 39,67	700m	09:07.02 39,03
150m	01:52.91 39,07	350m	04:30.68 40,12	550m	07:09.59 40,11	750m	09:45.17 38,15
200m	02:32.07 39,16	400m	05:10.36 39,68	600m	07:48.77 39,18		
7. Feline Sam (ZV 44, 200700018)					10:20.95(+78)		
50m	00:34.36 34,36	250m	03:12.65 39,91	450m	05:51.80 39,67	650m	08:29.81 39,70
100m	01:13.30 38,94	300m	03:52.07 39,42	500m	06:31.66 39,86	700m	09:08.18 38,37
150m	01:52.99 39,69	350m	04:32.31 40,24	550m	07:11.19 39,53	750m	09:45.80 37,62
200m	02:32.74 39,75	400m	05:12.13 39,82	600m	07:50.11 38,92		
8. Charlotte Woltjes (The Hague Swimming (SG), 200700110)					10:28.60(+93)		
50m	00:34.66 34,66	250m	03:11.14 39,96	450m	05:50.28 40,42	650m	08:29.86 40,07
100m	01:12.56 37,90	300m	03:50.40 39,26	500m	06:30.16 39,88	700m	09:09.52 39,66
150m	01:51.52 38,96	350m	04:29.81 39,41	550m	07:09.89 39,73	750m	09:49.44 39,92
200m	02:31.18 39,66	400m	05:09.86 40,05	600m	07:49.79 39,90		
9. Rosa Kremers (TRB-RES, 200701224)					10:29.90(+74)		
50m	00:33.12 33,12	250m	03:08.10 39,65	450m	05:48.70 40,18	650m	08:32.07 40,83
100m	01:10.72 37,60	300m	03:47.92 39,82	500m	06:29.31 40,61	700m	09:13.07 41,00
150m	01:49.34 38,62	350m	04:28.27 40,35	550m	07:10.46 41,15	750m	09:52.99 39,92

200m 02:28.45 39,11    400m 05:08.52 40,25    600m 07:51.24 40,78

10. Lotte Mudde (Zeester-Meerval, 200700502) 10:35.20(+89)  
50m 00:35.97 35,97    250m 03:17.36 41,20    450m 05:57.55 39,22    650m 08:37.00 39,21  
100m 01:16.14 40,17    300m 03:57.58 40,22    500m 06:37.49 39,94    700m 09:17.70 40,70  
150m 01:55.82 39,68    350m 04:37.67 40,09    550m 07:17.83 40,34    750m 09:57.12 39,42  
200m 02:36.16 40,34    400m 05:18.33 40,66    600m 07:57.79 39,96

11. Frouke Ludwig (DZ&PC, 200800112) 10:35.75(+76)  
50m 00:34.19 34,19    250m 03:09.85 39,15    450m 05:52.28 41,29    650m 08:36.87 40,62  
100m 01:12.15 37,96    300m 03:49.85 40,00    500m 06:33.33 41,05    700m 09:17.69 40,82  
150m 01:51.27 39,12    350m 04:30.68 40,83    550m 07:14.71 41,38    750m 09:57.51 39,82  
200m 02:30.70 39,43    400m 05:10.99 40,31    600m 07:56.25 41,54

12. Angela Whitney (De Duinkickers, 200700002) 10:38.88(+58)  
50m 00:33.84 33,84    250m 03:14.12 40,96    450m 05:57.36 41,06    650m 08:40.38 40,42  
100m 01:12.77 38,93    300m 03:54.60 40,48    500m 06:38.42 41,06    700m 09:21.06 40,68  
150m 01:52.75 39,98    350m 04:35.39 40,79    550m 07:19.14 40,72    750m 10:01.28 40,22  
200m 02:33.16 40,41    400m 05:16.30 40,91    600m 07:59.96 40,82

13. Robin Vermeer (VZC, 200701292) 10:41.98(+80)  
50m 00:35.16 35,16    250m 03:14.64 40,45    450m 05:57.31 40,57    650m 08:41.84 41,64  
100m 01:14.27 39,11    300m 03:55.59 40,95    500m 06:37.90 40,59    700m 09:22.99 41,15  
150m 01:54.28 40,01    350m 04:36.32 40,73    550m 07:19.00 41,10    750m 10:03.76 40,77  
200m 02:34.19 39,91    400m 05:16.74 40,42    600m 08:00.20 41,20

14. Carlijn Gruppen (ZPC Hoogeveen, 200700046) 10:50.52  
50m 00:35.40 35,40    250m 03:17.16 40,99    450m 06:02.90 41,92    650m 08:49.72 41,43  
100m 01:15.06 39,66    300m 03:58.22 41,06    500m 06:44.69 41,79    700m 09:31.00 41,28  
150m 01:55.48 40,42    350m 04:39.36 41,14    550m 07:26.61 41,92    750m 10:11.19 40,19  
200m 02:36.17 40,69    400m 05:20.98 41,62    600m 08:08.29 41,68

15. Sofie Vos (ZPC Hoogeveen, 200800804) 10:51.12(+91)  
50m 00:36.42 36,42    250m 03:18.43 40,67    450m 06:05.04 41,36    650m 08:50.39 41,07  
100m 01:16.61 40,19    300m 04:00.75 42,32    500m 06:46.29 41,25    700m 09:31.01 40,62  
150m 01:57.05 40,44    350m 04:42.12 41,37    550m 07:27.65 41,36    750m 10:12.75 41,74  
200m 02:37.76 40,71    400m 05:23.68 41,56    600m 08:09.32 41,67

16. Rafaela Mulders (De Reuring, 200701398) 10:55.67(+78)  
50m 00:35.99 35,99    250m 03:21.75 42,06    450m 06:09.52 42,20    650m 08:57.53 42,21  
100m 01:16.01 40,02    300m 04:03.52 41,77    500m 06:51.75 42,23    700m 09:38.72 41,19  
150m 01:57.89 41,88    350m 04:44.99 41,47    550m 07:33.59 41,84    750m 10:18.38 39,66  
200m 02:39.69 41,80    400m 05:27.32 42,33    600m 08:15.32 41,73

## 2. 800m vrije slag - Dames

13 - 14 jaar

1. Marte Hieke van der Kamp (Orca, 200500218) 09:12.96(+78)  
50m 00:30.76 30,76    250m 02:48.79 34,62    450m 05:08.57 35,25    650m 07:31.54 35,90  
100m 01:04.61 33,85    300m 03:23.40 34,61    500m 05:43.64 35,07    700m 08:07.35 35,81  
150m 01:39.18 34,57    350m 03:58.23 34,83    550m 06:19.43 35,79    750m 08:41.66 34,31  
200m 02:14.17 34,99    400m 04:33.32 35,09    600m 06:55.64 36,21

2. Merel Schravendijk (The Hague Swimming (SG), 200503382) 09:13.72(+75)  
50m 00:30.89 30,89    250m 02:48.69 34,47    450m 05:08.34 34,99    650m 07:31.62 36,10  
100m 01:04.76 33,87    300m 03:23.32 34,63    500m 05:43.47 35,13    700m 08:07.45 35,83  
150m 01:39.49 34,73    350m 03:58.14 34,82    550m 06:19.43 35,96    750m 08:41.65 34,20  
200m 02:14.22 34,73    400m 04:33.35 35,21    600m 06:55.52 36,09

3. Emma van Leeuwen (DAW, 200500200) 09:36.40(+92)  
50m 00:32.26 32,26    250m 02:55.87 36,23    450m 05:21.41 36,13    650m 07:48.15 36,76  
100m 01:07.62 35,36    300m 03:32.12 36,25    500m 05:57.98 36,57    700m 08:25.13 36,98  
150m 01:43.63 36,01    350m 04:08.65 36,53    550m 06:34.71 36,73    750m 09:01.62 36,49  
200m 02:19.64 36,01    400m 04:45.28 36,63    600m 07:11.39 36,68

4. Sophia van Droffelaar (ZVVS, 200500330) 09:36.75(+80)  
50m 00:31.43 31,43    250m 02:53.52 35,87    450m 05:19.38 36,45    650m 07:48.91 37,77  
100m 01:06.22 34,79    300m 03:29.97 36,45    500m 05:56.60 37,22    700m 08:26.41 37,50  
150m 01:41.73 35,51    350m 04:06.42 36,45    550m 06:33.76 37,16    750m 09:03.06 36,65  
200m 02:17.65 35,92    400m 04:42.93 36,51    600m 07:11.14 37,38

5. Elydjah van der Heul (The Hague Swimming (SG), 200602180)				09:37.27(+77)			
50m	00:31.95 31,95	250m	02:55.66 36,46	450m	05:23.70 36,66	650m	07:51.08 36,58
100m	01:06.92 34,97	300m	03:32.59 36,93	500m	06:00.75 37,05	700m	08:27.60 36,52
150m	01:42.69 35,77	350m	04:09.65 37,06	550m	06:38.03 37,28	750m	09:03.70 36,10
200m	02:19.20 36,51	400m	04:47.04 37,39	600m	07:14.50 36,47		
6. Anique Hazebroek (The Hague Swimming (SG), 200502196)				09:46.77(+86)			
50m	00:32.32 32,32	250m	03:00.38 37,82	450m	05:29.89 37,22	650m	07:58.95 37,17
100m	01:08.61 36,29	300m	03:37.31 36,93	500m	06:06.98 37,09	700m	08:35.56 36,61
150m	01:45.83 37,22	350m	04:14.73 37,42	550m	06:44.47 37,49	750m	09:11.44 35,88
200m	02:22.56 36,73	400m	04:52.67 37,94	600m	07:21.78 37,31		
7. Megan Jonkman (The Hague Swimming (SG), 200600508)				09:49.62(+85)			
50m	00:32.10 32,10	250m	03:00.10 37,20	450m	05:29.64 37,68	650m	07:58.97 37,00
100m	01:08.35 36,25	300m	03:37.18 37,08	500m	06:07.21 37,57	700m	08:36.20 37,23
150m	01:45.40 37,05	350m	04:14.53 37,35	550m	06:44.69 37,48	750m	09:13.21 37,01
200m	02:22.90 37,50	400m	04:51.96 37,43	600m	07:21.97 37,28		
8. Roos Arnold (ZV 44, 200500060)				09:54.15(+67)			
50m	00:32.62 32,62	250m	03:00.74 37,08	450m	05:31.31 37,67	650m	08:02.00 37,99
100m	01:09.09 36,47	300m	03:38.64 37,90	500m	06:08.53 37,22	700m	08:40.02 38,02
150m	01:46.31 37,22	350m	04:16.23 37,59	550m	06:46.18 37,65	750m	09:18.10 38,08
200m	02:23.66 37,35	400m	04:53.64 37,41	600m	07:24.01 37,83		
9. Isa Maes (Feijenoord Albion zwemclub, 200500110)				09:54.18(+73)			
50m	00:32.11 32,11	250m	03:00.98 37,40	450m	05:31.32 37,15	650m	08:03.28 37,64
100m	01:08.48 36,37	300m	03:38.82 37,84	500m	06:09.27 37,95	700m	08:41.45 38,17
150m	01:45.89 37,41	350m	04:16.35 37,53	550m	06:47.37 38,10	750m	09:18.89 37,44
200m	02:23.58 37,69	400m	04:54.17 37,82	600m	07:25.64 38,27		
10. Marin Wieling (ZPC AMERSFOORT, 200501220)				09:56.03(+79)			
50m	00:31.40 31,40	250m	02:57.43 37,38	450m	05:29.67 37,91	650m	08:03.68 37,89
100m	01:06.72 35,32	300m	03:35.86 38,43	500m	06:08.63 38,96	700m	08:42.05 38,37
150m	01:42.79 36,07	350m	04:13.71 37,85	550m	06:46.87 38,24	750m	09:20.82 38,77
200m	02:20.05 37,26	400m	04:51.76 38,05	600m	07:25.79 38,92		
11. Emma Verkuyl (ZPV Barracuda, 200500826)				09:56.40(+68)			
50m	00:33.39 33,39	250m	03:02.53 38,11	450m	05:35.02 38,20	650m	08:06.66 37,70
100m	01:09.55 36,16	300m	03:40.38 37,85	500m	06:12.98 37,96	700m	08:43.99 37,33
150m	01:46.68 37,13	350m	04:18.58 38,20	550m	06:51.10 38,12	750m	09:21.07 37,08
200m	02:24.42 37,74	400m	04:56.82 38,24	600m	07:28.96 37,86		
12. Fleur Bos (Orca, 200500674)				09:57.16(+90)			
50m	00:31.26 31,26	250m	02:55.88 36,90	450m	05:28.49 38,61	650m	08:02.97 38,57
100m	01:06.66 35,40	300m	03:33.15 37,27	500m	06:07.17 38,68	700m	08:41.64 38,67
150m	01:42.90 36,24	350m	04:11.34 38,19	550m	06:45.90 38,73	750m	09:20.10 38,46
200m	02:18.98 36,08	400m	04:49.88 38,54	600m	07:24.40 38,50		
13. Evica Klok (VZC, 200501828)				09:59.89			
50m	00:32.96 32,96	250m	02:56.44 36,24	450m	05:27.79 38,32	650m	08:02.98 39,01
100m	01:08.32 35,36	300m	03:33.54 37,10	500m	06:06.43 38,64	700m	08:42.32 39,34
150m	01:44.16 35,84	350m	04:11.24 37,70	550m	06:45.10 38,67	750m	09:22.06 39,74
200m	02:20.20 36,04	400m	04:49.47 38,23	600m	07:23.97 38,87		
14. Sara Korthuis (Apexswim, 200600494)				10:01.91(+89)			
50m	00:32.30 32,30	250m	03:02.44 38,25	450m	05:35.96 38,56	650m	08:09.66 38,05
100m	01:09.01 36,71	300m	03:40.53 38,09	500m	06:14.53 38,57	700m	08:47.95 38,29
150m	01:46.40 37,39	350m	04:19.26 38,73	550m	06:52.83 38,30	750m	09:25.79 37,84
200m	02:24.19 37,79	400m	04:57.40 38,14	600m	07:31.61 38,78		
15. Indy van Laarhoven (TRB-RES, 200500710)				10:06.38(+79)			
50m	00:31.72 31,72	250m	03:00.86 37,93	450m	05:34.48 38,20	650m	08:11.13 39,40
100m	01:07.42 35,70	300m	03:38.76 37,90	500m	06:13.51 39,03	700m	08:50.61 39,48
150m	01:44.52 37,10	350m	04:17.36 38,60	550m	06:52.61 39,10	750m	09:29.42 38,81
200m	02:22.93 38,41	400m	04:56.28 38,92	600m	07:31.73 39,12		
16. Emma-Leigh Barkhuis (PSV, 200505228)				10:13.25(+70)			
50m	00:32.75 32,75	250m	03:01.78 38,12	450m	05:37.68 39,07	650m	08:16.38 39,21
100m	01:09.23 36,48	300m	03:40.66 38,88	500m	06:17.38 39,70	700m	08:55.67 39,29
150m	01:46.33 37,10	350m	04:19.52 38,86	550m	06:57.67 40,29	750m	09:35.01 39,34

200m 02:23.66 37,33    400m 04:58.61 39,09    600m 07:37.17 39,50

### 3. 1500m vrije slag - Heren

12 - 13 jaar (Junioren 1 en 2)

#### 1. Senna Hof (DZ&PC, 200600761)

17:35.97(+78)

50m	00:29.74 29,74	450m	05:09.00 35,34	800m	09:18.38 35,61	1150m	13:27.92 35,36
100m	01:03.76 34,02	500m	05:44.95 35,95	850m	09:54.21 35,83	1200m	14:03.91 35,99
150m	01:38.26 34,50	550m	06:20.10 35,15	900m	10:30.28 36,07	1250m	14:39.82 35,91
200m	02:13.07 34,81	600m	06:55.44 35,34	950m	11:04.99 34,71	1300m	15:15.48 35,66
250m	02:47.46 34,39	650m	07:31.13 35,69	1000m	11:40.59 35,60	1350m	15:51.01 35,53
300m	03:22.72 35,26	700m	08:06.62 35,49	1050m	12:16.77 36,18	1400m	16:26.27 35,26
350m	03:58.18 35,46	750m	08:42.77 36,15	1100m	12:52.56 35,79	1450m	17:01.38 35,11
400m	04:33.66 35,48	800m	09:18.38 35,61	1150m	13:27.92 35,36		

#### 2. Tiemo van der Veen (ZPC Hoogeveen, 200600033)

17:40.70

50m	00:30.90 30,90	450m	05:11.00 35,71	800m	09:20.72 35,72	1150m	13:31.58 36,35
100m	01:04.77 33,87	500m	05:46.68 35,68	850m	09:56.31 35,59	1200m	14:07.54 35,96
150m	01:39.28 34,51	550m	06:21.99 35,31	900m	10:32.36 36,05	1250m	14:43.73 36,19
200m	02:14.23 34,95	600m	06:57.60 35,61	950m	11:08.03 35,67	1300m	15:19.38 35,65
250m	02:49.05 34,82	650m	07:33.23 35,63	1000m	11:43.68 35,65	1350m	15:54.97 35,59
300m	03:24.46 35,41	700m	08:09.12 35,89	1050m	12:19.42 35,74	1400m	16:30.98 36,01
350m	03:59.72 35,26	750m	08:45.00 35,88	1100m	12:55.23 35,81	1450m	17:06.80 35,82
400m	04:35.29 35,57	800m	09:20.72 35,72	1150m	13:31.58 36,35		

#### 3. Tiede Groener (De Dinkel, 200700155)

17:42.57(+76)

50m	00:29.86 29,86	450m	05:12.74 36,30	800m	09:25.39 35,96	1150m	13:38.38 36,11
100m	01:03.73 33,87	500m	05:49.32 36,58	850m	10:01.66 36,27	1200m	14:14.39 36,01
150m	01:38.65 34,92	550m	06:25.10 35,78	900m	10:37.81 36,15	1250m	14:50.17 35,78
200m	02:13.95 35,30	600m	07:00.96 35,86	950m	11:14.08 36,27	1300m	15:25.35 35,18
250m	02:48.98 35,03	650m	07:37.12 36,16	1000m	11:50.14 36,06	1350m	16:00.67 35,32
300m	03:24.88 35,90	700m	08:13.60 36,48	1050m	12:26.24 36,10	1400m	16:36.05 35,38
350m	04:01.08 36,20	750m	08:49.43 35,83	1100m	13:02.27 36,03	1450m	17:10.74 34,69
400m	04:36.44 35,36	800m	09:25.39 35,96	1150m	13:38.38 36,11		

#### 4. Tenzing Geutjes (ZPC AMERSFOORT, 200600441)

18:09.27

50m	00:30.83 30,83	450m	05:20.41 36,61	800m	09:37.61 36,97	1150m	13:57.47 37,16
100m	01:05.24 34,41	500m	05:57.64 37,23	850m	10:14.36 36,75	1200m	14:34.01 36,54
150m	01:41.04 35,80	550m	06:34.21 36,57	900m	10:51.35 36,99	1250m	15:09.94 35,93
200m	02:17.21 36,17	600m	07:11.20 36,99	950m	11:28.63 37,28	1300m	15:46.19 36,25
250m	02:53.72 36,51	650m	07:47.95 36,75	1000m	12:06.14 37,51	1350m	16:22.17 35,98
300m	03:30.17 36,45	700m	08:23.80 35,85	1050m	12:43.28 37,14	1400m	16:58.55 36,38
350m	04:06.83 36,66	750m	09:00.64 36,84	1100m	13:20.31 37,03	1450m	17:34.58 36,03
400m	04:43.80 36,97	800m	09:37.61 36,97	1150m	13:57.47 37,16		

#### 5. Bjorn Rijkaart (BZ&PC, 200601337)

18:13.87(+76)

50m	00:31.70 31,70	450m	05:21.73 37,40	800m	09:41.45 36,80	1150m	13:58.70 36,51
100m	01:06.30 34,60	500m	05:58.49 36,76	850m	10:18.19 36,74	1200m	14:35.47 36,77
150m	01:41.97 35,67	550m	06:35.90 37,41	900m	10:55.34 37,15	1250m	15:12.04 36,57
200m	02:18.35 36,38	600m	07:12.81 36,91	950m	11:32.07 36,73	1300m	15:48.62 36,58
250m	02:54.64 36,29	650m	07:49.79 36,98	1000m	12:08.81 36,74	1350m	16:25.33 36,71
300m	03:30.97 36,33	700m	08:26.96 37,17	1050m	12:45.22 36,41	1400m	17:02.07 36,74
350m	04:07.90 36,93	750m	09:04.65 37,69	1100m	13:22.19 36,97	1450m	17:38.72 36,65
400m	04:44.33 36,43	800m	09:41.45 36,80	1150m	13:58.70 36,51		

#### 6. Lars Bulman (ZC Aquadream, 200600125)

18:17.54(+76)

50m	00:31.27 31,27	450m	05:19.11 36,88	800m	09:40.29 37,75	1150m	14:01.81 37,23
100m	01:06.61 35,34	500m	05:56.13 37,02	850m	10:17.85 37,56	1200m	14:38.00 36,19
150m	01:42.20 35,59	550m	06:33.33 37,20	900m	10:55.48 37,63	1250m	15:14.76 36,76
200m	02:17.84 35,64	600m	07:10.26 36,93	950m	11:33.27 37,79	1300m	15:51.62 36,86
250m	02:53.87 36,03	650m	07:47.70 37,44	1000m	12:10.97 37,70	1350m	16:28.06 36,44
300m	03:29.42 35,55	700m	08:25.31 37,61	1050m	12:47.21 36,24	1400m	17:05.69 37,63
350m	04:05.61 36,19	750m	09:02.54 37,23	1100m	13:24.58 37,37	1450m	17:42.31 36,62
400m	04:42.23 36,62	800m	09:40.29 37,75	1150m	14:01.81 37,23		

#### 7. Olivier Wilbers (ZPC Hoogeveen, 200600181)

18:20.59(+71)

50m	00:31.72 31,72	450m	05:16.49 36,24	800m	09:34.68 37,13	1150m	13:57.12 37,55
100m	01:06.52 34,80	500m	05:53.01 36,52	850m	10:11.72 37,04	1200m	14:35.02 37,90
150m	01:41.53 35,01	550m	06:29.45 36,44	900m	10:48.96 37,24	1250m	15:12.38 37,36
200m	02:16.63 35,10	600m	07:06.27 36,82	950m	11:26.21 37,25	1300m	15:50.38 38,00

250m	02:52.13	35,50	650m	07:43.45	37,18	1000m	12:03.89	37,68	1350m	16:28.59	38,21
300m	03:27.93	35,80	700m	08:20.61	37,16	1050m	12:41.58	37,69	1400m	17:06.67	38,08
350m	04:04.05	36,12	750m	08:57.55	36,94	1100m	13:19.57	37,99	1450m	17:44.23	37,56
400m	04:40.25	36,20	800m	09:34.68	37,13	1150m	13:57.12	37,55			

8. Mark Demianenko (Zoetermeer, 200600409)

18:37.05(+69)

50m	00:30.83	30,83	450m	05:20.72	36,95	800m	09:44.78	38,19	1150m	14:12.43	38,67
100m	01:05.71	34,88	500m	05:58.03	37,31	850m	10:23.08	38,30	1200m	14:50.94	38,51
150m	01:40.89	35,18	550m	06:35.27	37,24	900m	11:01.40	38,32	1250m	15:29.27	38,33
200m	02:16.32	35,43	600m	07:13.28	38,01	950m	11:39.82	38,42	1300m	16:07.22	37,95
250m	02:52.64	36,32	650m	07:50.95	37,67	1000m	12:17.85	38,03	1350m	16:45.74	38,52
300m	03:29.49	36,85	700m	08:28.61	37,66	1050m	12:55.72	37,87	1400m	17:23.84	38,10
350m	04:06.62	37,13	750m	09:06.59	37,98	1100m	13:33.76	38,04	1450m	18:01.35	37,51
400m	04:43.77	37,15	800m	09:44.78	38,19	1150m	14:12.43	38,67			

9. Lucas van Rooij (PSV, 200603943)

18:41.76(+72)

50m	00:32.90	32,90	450m	05:30.99	37,69	800m	09:54.78	37,65	1150m	14:18.69	37,81
100m	01:08.67	35,77	500m	06:09.10	38,11	850m	10:32.32	37,54	1200m	14:56.84	38,15
150m	01:45.62	36,95	550m	06:46.65	37,55	900m	11:09.89	37,57	1250m	15:34.79	37,95
200m	02:22.84	37,22	600m	07:24.28	37,63	950m	11:47.83	37,94	1300m	16:12.58	37,79
250m	03:00.27	37,43	650m	08:01.96	37,68	1000m	12:25.55	37,72	1350m	16:50.63	38,05
300m	03:37.82	37,55	700m	08:39.68	37,72	1050m	13:02.95	37,40	1400m	17:28.24	37,61
350m	04:15.52	37,70	750m	09:17.13	37,45	1100m	13:40.88	37,93	1450m	18:05.81	37,57
400m	04:53.30	37,78	800m	09:54.78	37,65	1150m	14:18.69	37,81			

10. Roan van der Weide (WIDEX GZC DONK, 200601629)

18:50.69(+74)

50m	00:33.32	33,32	450m	05:32.96	38,17	800m	09:59.16	37,87	1150m	14:26.84	38,27
100m	01:09.16	35,84	500m	06:10.35	37,39	850m	10:37.44	38,28	1200m	15:05.21	38,37
150m	01:46.22	37,06	550m	06:48.98	38,63	900m	11:15.44	38,00	1250m	15:42.82	37,61
200m	02:23.79	37,57	600m	07:26.80	37,82	950m	11:54.03	38,59	1300m	16:21.18	38,36
250m	03:01.38	37,59	650m	08:04.95	38,15	1000m	12:32.19	38,16	1350m	16:59.35	38,17
300m	03:39.13	37,75	700m	08:42.96	38,01	1050m	13:10.54	38,35	1400m	17:36.78	37,43
350m	04:17.31	38,18	750m	09:21.29	38,33	1100m	13:48.57	38,03	1450m	18:14.48	37,70
400m	04:54.79	37,48	800m	09:59.16	37,87	1150m	14:26.84	38,27			

11. Bram Loots (KZC, 200700197)

19:05.31(+72)

50m	00:33.84	33,84	450m	05:38.35	38,46	800m	10:10.87	38,56	1150m	14:42.40	38,66
100m	01:10.87	37,03	500m	06:17.40	39,05	850m	10:49.53	38,66	1200m	15:20.77	38,37
150m	01:48.66	37,79	550m	06:56.29	38,89	900m	11:28.62	39,09	1250m	15:59.00	38,23
200m	02:26.61	37,95	600m	07:35.32	39,03	950m	12:07.35	38,73	1300m	16:37.54	38,54
250m	03:04.56	37,95	650m	08:14.31	38,99	1000m	12:46.29	38,94	1350m	17:15.51	37,97
300m	03:42.60	38,04	700m	08:53.13	38,82	1050m	13:25.23	38,94	1400m	17:53.32	37,81
350m	04:21.31	38,71	750m	09:32.31	39,18	1100m	14:03.74	38,51	1450m	18:31.03	37,71
400m	04:59.89	38,58	800m	10:10.87	38,56	1150m	14:42.40	38,66			

12. Feico de Jonge (KZC, 200600047)

19:06.59(+73)

50m	00:33.83	33,83	450m	05:40.14	38,69	800m	10:12.10	38,52	1150m	14:41.75	38,08
100m	01:11.09	37,26	500m	06:19.61	39,47	850m	10:50.97	38,87	1200m	15:20.30	38,55
150m	01:49.09	38,00	550m	06:58.56	38,95	900m	11:29.45	38,48	1250m	15:58.73	38,43
200m	02:27.71	38,62	600m	07:37.64	39,08	950m	12:07.96	38,51	1300m	16:36.94	38,21
250m	03:05.80	38,09	650m	08:16.27	38,63	1000m	12:46.40	38,44	1350m	17:15.11	38,17
300m	03:44.47	38,67	700m	08:54.84	38,57	1050m	13:25.19	38,79	1400m	17:53.41	38,30
350m	04:22.80	38,33	750m	09:33.58	38,74	1100m	14:03.67	38,48	1450m	18:31.28	37,87
400m	05:01.45	38,65	800m	10:12.10	38,52	1150m	14:41.75	38,08			

13. Bjorn Mulder (Zoetermeer, 200601517)

19:06.99(+79)

50m	00:33.82	33,82	450m	05:38.55	38,33	800m	10:07.29	38,47	1150m	14:38.71	38,91
100m	01:10.68	36,86	500m	06:17.49	38,94	850m	10:46.09	38,80	1200m	15:18.04	39,33
150m	01:48.28	37,60	550m	06:56.04	38,55	900m	11:24.98	38,89	1250m	15:57.46	39,42
200m	02:26.07	37,79	600m	07:34.80	38,76	950m	12:03.52	38,54	1300m	16:36.29	38,83
250m	03:04.23	38,16	650m	08:13.08	38,28	1000m	12:42.36	38,84	1350m	17:14.66	38,37
300m	03:42.98	38,75	700m	08:51.00	37,92	1050m	13:21.10	38,74	1400m	17:53.05	38,39
350m	04:21.49	38,51	750m	09:28.82	37,82	1100m	13:59.80	38,70	1450m	18:31.01	37,96
400m	05:00.22	38,73	800m	10:07.29	38,47	1150m	14:38.71	38,91			

14. Lars Servaas (PSV, 200600377)

19:12.63

50m	00:33.45	33,45	450m	05:36.64	38,73	800m	10:07.51	38,94	1150m	14:39.96	39,31
100m	01:09.94	36,49	500m	06:15.29	38,65	850m	10:46.03	38,52	1200m	15:19.23	39,27
150m	01:47.24	37,30	550m	06:54.08	38,79	900m	11:24.90	38,87	1250m	15:59.07	39,84

200m	02:25.45 38,21	600m	07:32.77 38,69	950m	12:03.85 38,95	1300m	16:38.38 39,31
250m	03:03.23 37,78	650m	08:11.66 38,89	1000m	12:42.80 38,95	1350m	17:17.68 39,30
300m	03:41.32 38,09	700m	08:50.23 38,57	1050m	13:21.66 38,86	1400m	17:56.60 38,92
350m	04:19.70 38,38	750m	09:28.57 38,34	1100m	14:00.65 38,99	1450m	18:34.99 38,39
400m	04:57.91 38,21	800m	10:07.51 38,94	1150m	14:39.96 39,31		

15. Imme Bousema (Zwemclub Zeist, 200601873)

19:15.96(+69)

50m	00:33.57 33,57	450m	05:41.14 39,86	800m	10:19.14 39,76	1150m	14:51.61 39,73
100m	01:10.32 36,75	500m	06:21.37 40,23	850m	10:56.99 37,85	1200m	15:30.20 38,59
150m	01:47.72 37,40	550m	07:01.30 39,93	900m	11:35.97 38,98	1250m	16:08.64 38,44
200m	02:25.66 37,94	600m	07:40.34 39,04	950m	12:14.76 38,79	1300m	16:46.96 38,32
250m	03:04.08 38,42	650m	08:19.61 39,27	1000m	12:53.99 39,23	1350m	17:25.34 38,38
300m	03:42.77 38,69	700m	08:59.57 39,96	1050m	13:32.47 38,48	1400m	18:03.69 38,35
350m	04:21.91 39,14	750m	09:39.38 39,81	1100m	14:11.88 39,41	1450m	18:40.59 36,90
400m	05:01.28 39,37	800m	10:19.14 39,76	1150m	14:51.61 39,73		

16. Storm Boxum (ZV 44, 200700421)

19:27.27

50m	00:33.62 33,62	450m	05:43.92 39,85	800m	10:19.28 38,79	1150m	14:54.63 40,04
100m	01:11.43 37,81	500m	06:23.38 39,46	850m	10:56.62 37,34	1200m	15:34.01 39,38
150m	01:49.03 37,60	550m	07:02.29 38,91	900m	11:35.73 39,11	1250m	16:13.29 39,28
200m	02:27.58 38,55	600m	07:39.58 37,29	950m	12:15.60 39,87	1300m	16:53.57 40,28
250m	03:06.35 38,77	650m	08:20.32 40,74	1000m	12:55.15 39,55	1350m	17:32.96 39,39
300m	03:44.92 38,57	700m	09:00.31 39,99	1050m	13:35.15 40,00	1400m	18:12.25 39,29
350m	04:24.28 39,36	750m	09:40.49 40,18	1100m	14:14.59 39,44	1450m	18:44.27 32,02
400m	05:04.07 39,79	800m	10:19.28 38,79	1150m	14:54.63 40,04		

4. 1500m vrije slag - Heren

14 - 15 jaar (Junioren 3 en 4)

1. David Groenewegen (PSV, 200400469)

16:17.01(+77)

50m	00:29.85 29,85	450m	04:52.24 33,17	800m	08:43.76 32,94	1150m	12:31.66 32,04
100m	01:02.47 32,62	500m	05:25.27 33,03	850m	09:16.84 33,08	1200m	13:04.24 32,58
150m	01:35.01 32,54	550m	05:58.36 33,09	900m	09:49.70 32,86	1250m	13:37.00 32,76
200m	02:07.87 32,86	600m	06:31.33 32,97	950m	10:22.48 32,78	1300m	14:09.52 32,52
250m	02:40.60 32,73	650m	07:04.66 33,33	1000m	10:54.71 32,23	1350m	14:42.00 32,48
300m	03:13.53 32,93	700m	07:37.90 33,24	1050m	11:27.21 32,50	1400m	15:14.08 32,08
350m	03:46.35 32,82	750m	08:10.82 32,92	1100m	11:59.62 32,41	1450m	15:45.93 31,85
400m	04:19.07 32,72	800m	08:43.76 32,94	1150m	12:31.66 32,04		

2. Merlin Belmon (De Dolfijn, 200403191)

16:25.83(+86)

50m	00:30.08 30,08	450m	04:52.84 32,77	800m	08:43.95 32,83	1150m	12:34.08 32,75
100m	01:02.71 32,63	500m	05:25.67 32,83	850m	09:17.12 33,17	1200m	13:07.37 33,29
150m	01:35.29 32,58	550m	05:58.62 32,95	900m	09:50.20 33,08	1250m	13:40.28 32,91
200m	02:08.38 33,09	600m	06:31.61 32,99	950m	10:23.12 32,92	1300m	14:13.40 33,12
250m	02:41.11 32,73	650m	07:04.95 33,34	1000m	10:55.62 32,50	1350m	14:46.35 32,95
300m	03:13.97 32,86	700m	07:38.07 33,12	1050m	11:28.40 32,78	1400m	15:19.59 33,24
350m	03:46.90 32,93	750m	08:11.12 33,05	1100m	12:01.33 32,93	1450m	15:53.07 33,48
400m	04:20.07 33,17	800m	08:43.95 32,83	1150m	12:34.08 32,75		

3. Abel te Riele (WVZ, 200402317)

16:46.92(+77)

50m	00:29.86 29,86	450m	04:59.89 33,63	800m	08:57.80 34,49	1150m	12:54.75 34,06
100m	01:03.41 33,55	500m	05:33.72 33,83	850m	09:31.40 33,60	1200m	13:28.10 33,35
150m	01:37.25 33,84	550m	06:07.59 33,87	900m	10:05.08 33,68	1250m	14:01.40 33,30
200m	02:11.33 34,08	600m	06:41.62 34,03	950m	10:39.18 34,10	1300m	14:35.29 33,89
250m	02:44.66 33,33	650m	07:15.57 33,95	1000m	11:12.97 33,79	1350m	15:09.00 33,71
300m	03:18.25 33,59	700m	07:49.41 33,84	1050m	11:46.94 33,97	1400m	15:42.76 33,76
350m	03:52.31 34,06	750m	08:23.31 33,90	1100m	12:20.69 33,75	1450m	16:15.87 33,11
400m	04:26.26 33,95	800m	08:57.80 34,49	1150m	12:54.75 34,06		

4. Yanieck Frijstein (The Hague Swimming (SG), 200500329)

16:54.06(+69)

50m	00:29.71 29,71	450m	05:01.98 34,52	800m	09:01.95 34,03	1150m	13:00.32 33,91
100m	01:02.66 32,95	500m	05:36.23 34,25	850m	09:36.53 34,58	1200m	13:34.17 33,85
150m	01:36.43 33,77	550m	06:10.78 34,55	900m	10:10.41 33,88	1250m	14:07.86 33,69
200m	02:10.44 34,01	600m	06:45.51 34,73	950m	10:44.44 34,03	1300m	14:41.58 33,72
250m	02:44.58 34,14	650m	07:19.74 34,23	1000m	11:18.33 33,89	1350m	15:15.35 33,77
300m	03:18.84 34,26	700m	07:53.87 34,13	1050m	11:52.43 34,10	1400m	15:49.21 33,86
350m	03:53.03 34,19	750m	08:27.92 34,05	1100m	12:26.41 33,98	1450m	16:22.54 33,33
400m	04:27.46 34,43	800m	09:01.95 34,03	1150m	13:00.32 33,91		

5. Quinn Heederik (ZPC Hoogeveen, 200400093)

16:55.54(+82)



50m	00:30.89	30,89	450m	05:02.41	33,68	800m	09:01.55	34,45	1150m	13:00.53	34,12
100m	01:04.22	33,33	500m	05:36.87	34,46	850m	09:35.63	34,08	1200m	13:34.58	34,05
150m	01:38.41	34,19	550m	06:10.63	33,76	900m	10:09.79	34,16	1250m	14:09.08	34,50
200m	02:12.59	34,18	600m	06:44.71	34,08	950m	10:44.14	34,35	1300m	14:42.87	33,79
250m	02:46.94	34,35	650m	07:18.89	34,18	1000m	11:18.03	33,89	1350m	15:16.96	34,09
300m	03:20.93	33,99	700m	07:52.82	33,93	1050m	11:52.35	34,32	1400m	15:50.78	33,82
350m	03:54.64	33,71	750m	08:27.10	34,28	1100m	12:26.41	34,06	1450m	16:24.72	33,94
400m	04:28.73	34,09	800m	09:01.55	34,45	1150m	13:00.53	34,12			

6. Emile Fouzai (The Hague Swimming (SG), 200500263)

16:57.91(+70)

50m	00:30.53	30,53	450m	05:01.52	33,88	800m	09:00.72	33,85	1150m	12:59.88	34,46
100m	01:03.83	33,30	500m	05:36.15	34,63	850m	09:34.64	33,92	1200m	13:34.35	34,47
150m	01:37.51	33,68	550m	06:09.96	33,81	900m	10:09.17	34,53	1250m	14:08.58	34,23
200m	02:11.40	33,89	600m	06:44.14	34,18	950m	10:42.96	33,79	1300m	14:42.88	34,30
250m	02:45.32	33,92	650m	07:18.49	34,35	1000m	11:17.02	34,06	1350m	15:17.26	34,38
300m	03:19.37	34,05	700m	07:52.63	34,14	1050m	11:50.96	33,94	1400m	15:51.83	34,57
350m	03:53.58	34,21	750m	08:26.87	34,24	1100m	12:25.42	34,46	1450m	16:25.82	33,99
400m	04:27.64	34,06	800m	09:00.72	33,85	1150m	12:59.88	34,46			

7. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)

17:06.83(+69)

50m	00:30.10	30,10	450m	05:01.38	34,40	800m	09:02.19	34,13	1150m	13:02.72	34,59
100m	01:02.91	32,81	500m	05:36.17	34,79	850m	09:36.76	34,57	1200m	13:37.80	35,08
150m	01:36.77	33,86	550m	06:10.53	34,36	900m	10:10.92	34,16	1250m	14:13.33	35,53
200m	02:10.51	33,74	600m	06:45.29	34,76	950m	10:45.06	34,14	1300m	14:48.16	34,83
250m	02:44.58	34,07	650m	07:19.77	34,48	1000m	11:19.01	33,95	1350m	15:23.27	35,11
300m	03:18.44	33,86	700m	07:53.85	34,08	1050m	11:53.61	34,60	1400m	15:58.47	35,20
350m	03:52.43	33,99	750m	08:28.06	34,21	1100m	12:28.13	34,52	1450m	16:33.70	35,23
400m	04:26.98	34,55	800m	09:02.19	34,13	1150m	13:02.72	34,59			

8. Nathan Janssen (MNC Dordrecht, 200401565)

17:09.22(+72)

50m	00:29.99	29,99	450m	05:01.71	34,20	800m	09:04.16	34,83	1150m	13:08.44	34,93
100m	01:02.98	32,99	500m	05:35.97	34,26	850m	09:38.88	34,72	1200m	13:43.35	34,91
150m	01:36.64	33,66	550m	06:10.72	34,75	900m	10:13.49	34,61	1250m	14:17.76	34,41
200m	02:10.38	33,74	600m	06:45.25	34,53	950m	10:48.53	35,04	1300m	14:52.53	34,77
250m	02:44.43	34,05	650m	07:19.86	34,61	1000m	11:23.63	35,10	1350m	15:27.22	34,69
300m	03:18.68	34,25	700m	07:54.49	34,63	1050m	11:58.61	34,98	1400m	16:02.17	34,95
350m	03:53.04	34,36	750m	08:29.33	34,84	1100m	12:33.51	34,90	1450m	16:36.36	34,19
400m	04:27.51	34,47	800m	09:04.16	34,83	1150m	13:08.44	34,93			

9. Koen Vissers (PSV, 200401429)

17:12.40(+87)

50m	00:30.55	30,55	450m	04:59.19	34,11	800m	09:01.01	34,58	1150m	13:06.88	35,76
100m	01:03.82	33,27	500m	05:33.59	34,40	850m	09:36.20	35,19	1200m	13:41.75	34,87
150m	01:37.30	33,48	550m	06:08.04	34,45	900m	10:11.18	34,98	1250m	14:17.01	35,26
200m	02:10.31	33,01	600m	06:42.70	34,66	950m	10:45.63	34,45	1300m	14:51.94	34,93
250m	02:43.89	33,58	650m	07:17.48	34,78	1000m	11:20.73	35,10	1350m	15:27.94	36,00
300m	03:17.24	33,35	700m	07:51.73	34,25	1050m	11:55.80	35,07	1400m	16:03.52	35,58
350m	03:51.18	33,94	750m	08:26.43	34,70	1100m	12:31.12	35,32	1450m	16:38.66	35,14
400m	04:25.08	33,90	800m	09:01.01	34,58	1150m	13:06.88	35,76			

10. Gabriel Been (The Hague Swimming (SG), 200501467)

17:20.30(+85)

50m	00:30.20	30,20	450m	05:02.73	34,34	800m	09:06.58	35,01	1150m	13:13.56	35,27
100m	01:03.60	33,40	500m	05:37.38	34,65	850m	09:41.84	35,26	1200m	13:48.91	35,35
150m	01:37.72	34,12	550m	06:12.26	34,88	900m	10:17.01	35,17	1250m	14:24.33	35,42
200m	02:11.69	33,97	600m	06:46.83	34,57	950m	10:52.37	35,36	1300m	14:59.87	35,54
250m	02:45.53	33,84	650m	07:21.83	35,00	1000m	11:27.71	35,34	1350m	15:35.21	35,34
300m	03:19.62	34,09	700m	07:56.71	34,88	1050m	12:02.80	35,09	1400m	16:10.80	35,59
350m	03:53.98	34,36	750m	08:31.57	34,86	1100m	12:38.29	35,49	1450m	16:45.95	35,15
400m	04:28.39	34,41	800m	09:06.58	35,01	1150m	13:13.56	35,27			

11. Mac Peek (ZPC Hoogeveen, 200400153)

17:39.94(+74)

50m	00:31.42	31,42	450m	05:09.71	35,20	800m	09:16.05	35,24	1150m	13:27.87	36,31
100m	01:05.44	34,02	500m	05:44.82	35,11	850m	09:51.47	35,42	1200m	14:04.18	36,31
150m	01:39.91	34,47	550m	06:19.74	34,92	900m	10:27.15	35,68	1250m	14:40.82	36,64
200m	02:14.54	34,63	600m	06:55.05	35,31	950m	11:02.94	35,79	1300m	15:17.14	36,32
250m	02:49.41	34,87	650m	07:30.17	35,12	1000m	11:38.92	35,98	1350m	15:53.44	36,30
300m	03:24.38	34,97	700m	08:05.36	35,19	1050m	12:15.24	36,32	1400m	16:29.55	36,11
350m	03:59.34	34,96	750m	08:40.81	35,45	1100m	12:51.56	36,32	1450m	17:05.66	36,11
400m	04:34.51	35,17	800m	09:16.05	35,24	1150m	13:27.87	36,31			

12. Andrei Turta (Zwemvereniging New Wave Almere, 200404549)				17:49.06(+80)			
50m	00:30.27 30,27	450m	05:04.93 35,29	800m	09:16.07 36,44	1150m	13:33.66 36,80
100m	01:03.46 33,19	500m	05:40.74 35,81	850m	09:52.37 36,30	1200m	14:10.89 37,23
150m	01:37.04 33,58	550m	06:16.62 35,88	900m	10:29.09 36,72	1250m	14:48.14 37,25
200m	02:11.13 34,09	600m	06:52.30 35,68	950m	11:06.00 36,91	1300m	15:24.94 36,80
250m	02:45.36 34,23	650m	07:28.02 35,72	1000m	11:42.86 36,86	1350m	16:02.43 37,49
300m	03:19.70 34,34	700m	08:03.74 35,72	1050m	12:20.35 37,49	1400m	16:39.09 36,66
350m	03:54.63 34,93	750m	08:39.63 35,89	1100m	12:56.86 36,51	1450m	17:14.64 35,55
400m	04:29.64 35,01	800m	09:16.07 36,44	1150m	13:33.66 36,80		
13. Rens Stijf (NDD, 200501419)				17:51.02(+64)			
50m	00:30.14 30,14	450m	05:11.12 36,41	800m	09:26.40 36,47	1150m	13:42.59 36,44
100m	01:03.69 33,55	500m	05:47.50 36,38	850m	10:02.82 36,42	1200m	14:18.57 35,98
150m	01:38.05 34,36	550m	06:24.09 36,59	900m	10:39.39 36,57	1250m	14:54.17 35,60
200m	02:12.61 34,56	600m	07:00.25 36,16	950m	11:15.98 36,59	1300m	15:30.31 36,14
250m	02:47.23 34,62	650m	07:36.63 36,38	1000m	11:52.45 36,47	1350m	16:06.40 36,09
300m	03:23.04 35,81	700m	08:13.06 36,43	1050m	12:29.30 36,85	1400m	16:42.43 36,03
350m	03:58.61 35,57	750m	08:49.93 36,87	1100m	13:06.15 36,85	1450m	17:17.95 35,52
400m	04:34.71 36,10	800m	09:26.40 36,47	1150m	13:42.59 36,44		
14. Meindert Dekkinga (HZ&PC Heerenveen, 200400377)				18:18.16(+43)			
50m	00:29.80 29,80	450m	05:14.52 36,73	800m	09:34.84 36,86	1150m	13:58.99 38,23
100m	01:03.75 33,95	500m	05:51.66 37,14	850m	10:13.08 38,24	1200m	14:37.42 38,43
150m	01:37.88 34,13	550m	06:29.00 37,34	900m	10:49.65 36,57	1250m	15:14.58 37,16
200m	02:13.07 35,19	600m	07:06.23 37,23	950m	11:28.00 38,35	1300m	15:53.50 38,92
250m	02:48.61 35,54	650m	07:43.44 37,21	1000m	12:06.32 38,32	1350m	16:30.86 37,36
300m	03:24.57 35,96	700m	08:20.84 37,40	1050m	12:43.80 37,48	1400m	17:08.27 37,41
350m	04:01.12 36,55	750m	08:57.98 37,14	1100m	13:20.76 36,96	1450m	17:41.89 33,62
400m	04:37.79 36,67	800m	09:34.84 36,86	1150m	13:58.99 38,23		