

1 - Kwalificatiewedstrijd 10.000 meter vrije slag

25-03-2010 - 12:00

Programmanr. 1
25-03-2010

10000m vrije slag

14 jaar en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
Jeugd 1 en ouder, Dames								
1.	Linsy Heister	Eiffel Swimmers PSV	1:58:02.14	8801672	2:00:11.88			
	100m: 1:09.65	1:09.65	2600m: 31:39.44	1:14.88	5100m: 1:02:15.02	1:12.52	7600m: 1:32:06.78	1:10.50
	200m: 2:21.00	1:11.35	2700m: 32:51.67	1:12.23	5200m: 1:03:25.42	1:10.40	7700m: 1:33:17.00	1:10.22
	300m: 3:32.58	1:11.58	2800m: 34:05.29	1:13.62	5300m: 1:04:37.25	1:11.83	7800m: 1:34:27.73	1:10.73
	400m: 4:43.75	1:11.17	2900m: 35:19.08	1:13.79	5400m: 1:05:48.85	1:11.60	7900m: 1:35:38.33	1:10.60
	500m: 5:55.20	1:11.45	3000m: 36:32.46	1:13.38	5500m: 1:07:00.56	1:11.71	8000m: 1:36:49.16	1:10.83
	600m: 7:08.44	1:13.24	3100m: 37:46.29	1:13.83	5600m: 1:08:12.56	1:12.00	8100m: 1:38:00.06	1:10.90
	700m: 8:22.06	1:13.62	3200m: 38:59.77	1:13.48	5700m: 1:09:24.45	1:11.89	8200m: 1:39:11.14	1:11.08
	800m: 9:35.20	1:13.14	3300m: 40:13.25	1:13.48	5800m: 1:10:36.25	1:11.80	8300m: 1:40:22.07	1:10.93
	900m: 10:48.47	1:13.27	3400m: 41:26.98	1:13.73	5900m: 1:11:48.11	1:11.86	8400m: 1:41:32.98	1:10.91
	1000m: 12:02.43	1:13.96	3500m: 42:40.51	1:13.53	6000m: 1:12:59.98	1:11.87	8500m: 1:42:44.40	1:11.42
	1100m: 13:16.03	1:13.60	3600m: 43:53.68	1:13.17	6100m: 1:14:12.03	1:12.05	8600m: 1:43:55.29	1:10.89
	1200m: 14:29.50	1:13.47	3700m: 45:06.98	1:13.30	6200m: 1:15:23.72	1:11.69	8700m: 1:45:05.32	1:10.03
	1300m: 15:42.84	1:13.34	3800m: 46:21.26	1:14.28	6300m: 1:16:36.57	1:12.85	8800m: 1:46:15.49	1:10.17
	1400m: 16:55.90	1:13.06	3900m: 47:33.95	1:12.69	6400m: 1:17:47.69	1:11.12	8900m: 1:47:25.46	1:09.97
	1500m: 18:09.84	1:13.94	4000m: 48:47.10	1:13.15	6500m: 1:18:59.44	1:11.75	9000m: 1:48:35.61	1:10.15
	1600m: 19:23.17	1:13.33	4100m: 50:00.73	1:13.63	6600m: 1:20:11.17	1:11.73	9100m: 1:49:46.11	1:10.50
	1700m: 20:36.66	1:13.49	4200m: 51:14.43	1:13.70	6700m: 1:21:22.68	1:11.51	9200m: 1:50:56.51	1:10.40
	1800m: 21:50.23	1:13.57	4300m: 52:27.96	1:13.53	6800m: 1:22:34.24	1:11.56	9300m: 1:52:07.08	1:10.57
	1900m: 23:03.32	1:13.09	4400m: 53:41.24	1:13.28	6900m: 1:23:46.04	1:11.80	9400m: 1:53:17.64	1:10.56
	2000m: 24:16.52	1:13.20	4500m: 54:54.77	1:13.53	7000m: 1:24:57.82	1:11.78	9500m: 1:54:28.13	1:10.49
	2100m: 25:30.01	1:13.49	4600m: 56:08.33	1:13.56	7100m: 1:26:09.35	1:11.53	9600m: 1:55:37.03	1:08.90
	2200m: 26:43.78	1:13.77	4700m: 57:21.99	1:13.66	7200m: 1:27:21.00	1:11.65	9700m: 1:56:46.31	1:09.28
	2300m: 27:57.20	1:13.42	4800m: 58:35.60	1:13.61	7300m: 1:28:32.69	1:11.69	9800m: 1:57:55.57	1:09.26
	2400m: 29:11.00	1:13.80	4900m: 59:49.21	1:13.61	7400m: 1:29:44.49	1:21.80	9900m: 1:59:04.88	1:09.31
	2500m: 30:24.56	1:13.56	5000m: 1:01:02.50	1:13.29	7500m: 1:30:56.28	1:01.79	10000m: 2:00:11.88	1:07.00

2.	Laurence Lambot	Lorelei	2:00:00.00	LOR/202/91	2:08:42.50			
	100m: 1:13.57	1:13.57	2600m: 33:18.71	1:16.02	5100m: 1:05:20.50	1:16.57	7600m: 1:37:28.22	1:17.05
	200m: 2:31.01	1:17.44	2700m: 34:35.00	1:16.29	5200m: 1:06:37.11	1:16.61	7700m: 1:38:46.08	1:17.86
	300m: 3:49.12	1:18.11	2800m: 35:51.14	1:16.14	5300m: 1:07:52.98	1:15.87	7800m: 1:40:03.47	1:17.39
	400m: 5:07.35	1:18.23	2900m: 37:07.76	1:16.62	5400m: 1:09:08.36	1:15.38	7900m: 1:41:21.93	1:18.46
	500m: 6:25.41	1:18.06	3000m: 38:24.43	1:16.67	5500m: 1:10:24.46	1:16.10	8000m: 1:42:40.01	1:18.08
	600m: 7:43.25	1:17.84	3100m: 39:41.08	1:16.65	5600m: 1:11:41.05	1:16.59	8100m: 1:43:57.44	1:17.43
	700m: 9:00.58	1:17.33	3200m: 40:57.94	1:16.86	5700m: 1:12:57.58	1:16.53	8200m: 1:45:15.77	1:18.33
	800m: 10:17.35	1:16.77	3300m: 42:20.07	1:22.13	5800m: 1:14:13.70	1:16.12	8300m: 1:46:33.68	1:17.91
	900m: 11:34.22	1:16.87	3400m: 43:35.12	1:15.05	5900m: 1:15:30.65	1:16.95	8400m: 1:47:52.12	1:18.44
	1000m: 12:51.29	1:17.07	3500m: 44:51.88	1:16.76	6000m: 1:16:47.95	1:17.30	8500m: 1:49:09.87	1:17.75
	1100m: 14:08.45	1:17.16	3600m: 46:08.60	1:16.72	6100m: 1:18:05.34	1:17.39	8600m: 1:50:27.13	1:17.26
	1200m: 15:25.61	1:17.16	3700m: 47:25.29	1:16.69	6200m: 1:19:22.67	1:17.33	8700m: 1:51:44.60	1:17.47
	1300m: 16:43.28	1:17.67	3800m: 48:42.04	1:16.75	6300m: 1:20:39.79	1:17.12	8800m: 1:53:02.43	1:17.83
	1400m: 18:00.34	1:17.06	3900m: 49:58.73	1:16.69	6400m: 1:21:57.13	1:17.34	8900m: 1:54:20.66	1:18.23
	1500m: 19:16.80	1:16.46	4000m: 51:14.62	1:15.89	6500m: 1:23:13.08	1:15.95	9000m: 1:55:39.18	1:18.52
	1600m: 20:33.26	1:16.46	4100m: 52:30.27	1:15.65	6600m: 1:24:35.86	1:22.78	9100m: 1:56:58.18	1:19.00
	1700m: 21:49.03	1:15.77	4200m: 53:47.11	1:16.84	6700m: 1:25:52.22	1:16.36	9200m: 1:58:17.57	1:19.39
	1800m: 23:05.04	1:16.01	4300m: 55:03.67	1:16.56	6800m: 1:27:08.93	1:16.71	9300m: 1:59:37.19	1:19.62
	1900m: 24:26.81	1:21.77	4400m: 56:20.15	1:16.48	6900m: 1:28:25.77	1:16.84	9400m: 2:00:55.76	1:18.57
	2000m: 25:41.16	1:14.35	4500m: 57:37.02	1:16.87	7000m: 1:29:42.81	1:17.04	9500m: 2:02:13.63	1:17.87
	2100m: 26:57.20	1:16.04	4600m: 58:53.37	1:16.35	7100m: 1:31:00.70	1:17.89	9600m: 2:03:32.32	1:18.69
	2200m: 28:13.64	1:16.44	4700m: 1:00:09.78	1:16.41	7200m: 1:32:18.97	1:18.27	9700m: 2:04:50.74	1:18.42
	2300m: 29:30.09	1:16.45	4800m: 1:01:26.23	1:16.45	7300m: 1:33:37.39	1:18.42	9800m: 2:06:09.35	1:18.61
	2400m: 30:46.50	1:16.41	4900m: 1:02:48.50	1:22.27	7400m: 1:34:54.60	1:17.21	9900m: 2:07:27.05	1:17.70
	2500m: 32:02.69	1:16.19	5000m: 1:04:03.93	1:15.43	7500m: 1:36:11.17	1:16.57	10000m: 2:08:42.50	1:15.45

DIS Maaïke Waaijer Eiffel Swimmers PSV 1:59:27.66 9004120
AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).

Junioren 3 en ouder, Heren

1.	Tom Vangeneugden	Eiffel Swimmers PSV	1:48:40.88	8302775	1:53:06.73			
	100m: 1:02.41	1:02.41	1300m: 14:36.71	1:10.47	2500m: 28:27.68	1:09.07	3700m: 42:25.92	1:08.93
	200m: 2:05.88	1:03.47	1400m: 15:45.20	1:08.49	2600m: 29:42.90	1:15.22	3800m: 43:40.82	1:14.90
	300m: 3:09.64	1:03.76	1500m: 16:54.45	1:09.25	2700m: 30:51.46	1:08.56	3900m: 44:49.52	1:08.70
	400m: 4:14.65	1:05.01	1600m: 18:03.50	1:09.05	2800m: 32:00.71	1:09.25	4000m: 45:58.88	1:09.36
	500m: 5:20.93	1:06.28	1700m: 19:12.74	1:09.24	2900m: 33:09.93	1:09.22	4100m: 47:08.13	1:09.25
	600m: 6:29.13	1:08.20	1800m: 20:22.05	1:09.31	3000m: 34:19.37	1:09.44	4200m: 48:17.20	1:09.07
	700m: 7:38.57	1:09.44	1900m: 21:31.36	1:09.31	3100m: 35:29.02	1:09.65	4300m: 49:26.99	1:09.79
	800m: 8:47.76	1:09.19	2000m: 22:40.86	1:09.50	3200m: 36:39.21	1:10.19	4400m: 50:36.33	1:09.34
	900m: 9:57.35	1:09.59	2100m: 23:49.89	1:09.03	3300m: 37:49.02	1:09.81	4500m: 51:45.96	1:09.63
	1000m: 11:07.20	1:09.85	2200m: 24:59.27	1:09.38	3400m: 38:58.53	1:09.51	4600m: 52:55.42	1:09.46
	1100m: 12:16.98	1:09.78	2300m: 26:08.74	1:09.47	3500m: 40:07.56	1:09.03	4700m: 54:04.48	1:09.06
	1200m: 13:26.24	1:09.26	2400m: 27:18.61	1:09.87	3600m: 41:16.99	1:09.43	4800m: 55:13.67	1:09.19
	4900m: 56:23.14	1:09.47	5200m: 59:53.41	1:09.07	5500m: 1:03:20.85	1:08.97	5800m: 1:06:47.98	1:09.26
	5000m: 57:32.20	1:09.06	5300m: 1:01:02.56	1:09.15	5600m: 1:04:29.58	1:08.73	5900m: 1:07:56.33	1:08.35
	5100m: 58:44.34	1:12.14	5400m: 1:02:11.88	1:09.32	5700m: 1:05:38.72	1:09.14	6000m: 1:09:05.15	1:08.82
	6100m: 1:10:14.13	1:08.98	6200m: 1:11:23.06	1:08.93	6300m: 1:12:35.69	1:12.63	6400m: 1:13:44.46	1:08.77

Nederlands Kampioenschap 5000 meter + kwalificatie 10.000 meter
Amsterdam, 25. - 28.3.2010



Programmanr. 1, Heren, 10000m vrije slag, Junioren 3 en ouder

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
6500m:	1:14:54.67	1:10.21	7400m: 1:25:04.34	1:06.92	8300m: 1:35:01.26	1:05.23	9200m: 1:44:42.06	1:03.25
6600m:	1:16:03.52	1:08.85	7500m: 1:26:11.44	1:07.10	8400m: 1:36:06.39	1:05.13	9300m: 1:45:45.27	1:03.21
6700m:	1:17:12.56	1:09.04	7600m: 1:27:18.37	1:06.93	8500m: 1:37:11.78	1:05.39	9400m: 1:46:48.56	1:03.29
6800m:	1:18:21.20	1:08.64	7700m: 1:28:25.27	1:06.90	8600m: 1:38:16.60	1:04.82	9500m: 1:47:51.81	1:03.25
6900m:	1:19:29.81	1:08.61	7800m: 1:29:32.58	1:07.31	8700m: 1:39:21.22	1:04.62	9600m: 1:48:54.99	1:03.18
7000m:	1:20:37.33	1:07.52	7900m: 1:30:39.43	1:06.85	8800m: 1:40:26.25	1:05.03	9700m: 1:49:58.44	1:03.45
7100m:	1:21:43.72	1:06.39	8000m: 1:31:45.70	1:06.27	8900m: 1:41:31.06	1:04.81	9800m: 1:51:01.69	1:03.25
7200m:	1:22:50.40	1:06.68	8100m: 1:32:50.84	1:05.14	9000m: 1:42:35.58	1:04.52	9900m: 1:52:04.41	1:02.72
7300m:	1:23:57.42	1:07.02	8200m: 1:33:56.03	1:05.19	9100m: 1:43:38.81	1:03.23	10000m: 1:53:06.73	1:02.32
DIS	Robin den Boer	Eiffel Swimmers PSV	1:55:43.58	9006177				

AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).



2 - Nederlands Kampioenschap 5.000 meter vrije slag

28-03-2010 - 12:00

Programmanr. 2
28-03-2010

5000m vrije slag

14 jaar en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
1.	Robin den Boer	Eiffel Swimmers PSV	22:20.31	9006177	58:50.50			
	100m: 1:02.98	1:02.98	1400m: 16:03.78	1:10.60	2700m: 31:33.54	1:11.33	4000m: 47:03.98	1:11.61
	200m: 2:09.06	1:06.08	1500m: 17:14.45	1:10.67	2800m: 32:44.91	1:11.37	4100m: 48:15.43	1:11.45
	300m: 3:15.79	1:06.73	1600m: 18:26.48	1:12.03	2900m: 33:56.39	1:11.48	4200m: 49:25.91	1:10.48
	400m: 4:23.42	1:07.63	1700m: 19:37.90	1:11.42	3000m: 35:07.40	1:11.01	4300m: 50:36.74	1:10.83
	500m: 5:31.44	1:08.02	1800m: 20:48.68	1:10.78	3100m: 36:18.82	1:11.42	4400m: 51:47.69	1:10.95
	600m: 6:39.92	1:08.48	1900m: 21:59.64	1:10.96	3200m: 37:30.57	1:11.75	4500m: 52:58.80	1:11.11
	700m: 7:49.03	1:09.11	2000m: 23:11.77	1:12.13	3300m: 38:42.34	1:11.77	4600m: 54:10.14	1:11.34
	800m: 8:58.37	1:09.34	2100m: 24:23.81	1:12.04	3400m: 39:54.15	1:11.81	4700m: 55:21.17	1:11.03
	900m: 10:08.43	1:10.06	2200m: 25:35.57	1:11.76	3500m: 41:06.00	1:11.85	4800m: 56:32.58	1:11.41
	1000m: 11:19.09	1:10.66	2300m: 26:47.18	1:11.61	3600m: 42:17.89	1:11.89	4900m: 57:42.73	1:10.15
	1100m: 12:30.73	1:11.64	2400m: 27:59.01	1:11.83	3700m: 43:29.04	1:11.15	5000m: 58:50.50	1:07.77
	1200m: 13:41.82	1:11.09	2500m: 29:11.47	1:12.46	3800m: 44:40.98	1:11.94		
	1300m: 14:53.18	1:11.36	2600m: 30:22.21	1:10.74	3900m: 45:52.37	1:11.39		
2.	Daan Glorie	Het Y	23:08.22	8801115	1:00:37.02			
	100m: 1:08.60	1:08.60	1400m: 16:39.87	1:11.76	2700m: 32:25.47	1:13.45	4000m: 48:23.08	1:13.80
	200m: 2:19.53	1:10.93	1500m: 17:52.16	1:12.29	2800m: 33:38.60	1:13.13	4100m: 49:37.06	1:13.98
	300m: 3:31.49	1:11.96	1600m: 19:04.65	1:12.49	2900m: 34:52.34	1:13.74	4200m: 50:51.14	1:14.08
	400m: 4:43.14	1:11.65	1700m: 20:16.99	1:12.34	3000m: 36:05.53	1:13.19	4300m: 52:04.81	1:13.67
	500m: 5:54.89	1:11.75	1800m: 21:29.49	1:12.50	3100m: 37:19.00	1:13.47	4400m: 53:18.74	1:13.93
	600m: 7:06.89	1:12.00	1900m: 22:42.15	1:12.66	3200m: 38:32.87	1:13.87	4500m: 54:32.80	1:14.06
	700m: 8:18.55	1:11.66	2000m: 23:54.53	1:12.38	3300m: 39:46.51	1:13.64	4600m: 55:46.61	1:13.81
	800m: 9:30.34	1:11.79	2100m: 25:07.47	1:12.94	3400m: 40:59.97	1:13.46	4700m: 56:59.99	1:13.38
	900m: 10:41.63	1:11.29	2200m: 26:20.21	1:12.74	3500m: 42:13.56	1:13.59	4800m: 58:13.28	1:13.29
	1000m: 11:53.05	1:11.42	2300m: 27:32.97	1:12.76	3600m: 43:27.69	1:14.13	4900m: 59:28.99	1:15.71
	1100m: 13:04.48	1:11.43	2400m: 28:46.05	1:13.08	3700m: 44:41.74	1:14.05	5000m: 1:00:37.02	1:08.03
	1200m: 14:16.20	1:11.72	2500m: 29:58.79	1:12.74	3800m: 45:55.65	1:13.91		
	1300m: 15:28.11	1:11.91	2600m: 31:12.02	1:13.23	3900m: 47:09.28	1:13.63		
3.	Marco van der Stel	Vlaardingen	22:35.00	9102879	1:01:11.84			
	100m: 1:09.03	1:09.03	1400m: 16:45.13	1:12.96	2700m: 32:42.84	1:13.48	4000m: 48:40.62	1:13.45
	200m: 2:20.63	1:11.60	1500m: 17:58.27	1:13.14	2800m: 33:56.69	1:13.85	4100m: 49:53.98	1:13.36
	300m: 3:32.30	1:11.67	1600m: 19:10.73	1:12.46	2900m: 35:09.58	1:12.89	4200m: 51:09.21	1:15.23
	400m: 4:44.31	1:12.01	1700m: 20:24.04	1:13.31	3000m: 36:23.57	1:13.99	4300m: 52:24.64	1:15.43
	500m: 5:55.63	1:11.32	1800m: 21:37.79	1:13.75	3100m: 37:37.41	1:13.84	4400m: 53:40.99	1:16.35
	600m: 7:07.38	1:11.75	1900m: 22:51.85	1:14.06	3200m: 38:51.47	1:14.06	4500m: 54:57.34	1:16.35
	700m: 8:19.48	1:12.10	2000m: 24:05.99	1:14.14	3300m: 40:05.27	1:13.80	4600m: 56:13.12	1:15.78
	800m: 9:31.30	1:11.82	2100m: 25:20.60	1:14.61	3400m: 41:18.71	1:13.44	4700m: 57:28.73	1:15.61
	900m: 10:43.02	1:11.72	2200m: 26:34.29	1:13.69	3500m: 42:32.16	1:13.45	4800m: 58:44.74	1:16.01
	1000m: 11:54.88	1:11.86	2300m: 27:48.27	1:13.98	3600m: 43:45.49	1:13.33	4900m: 1:00:01.08	1:16.34
	1100m: 13:07.21	1:12.33	2400m: 29:02.49	1:14.22	3700m: 44:59.45	1:13.96	5000m: 1:01:11.84	1:10.76
	1200m: 14:19.53	1:12.32	2500m: 30:16.35	1:13.86	3800m: 46:13.23	1:13.78		
	1300m: 15:32.17	1:12.64	2600m: 31:29.36	1:13.01	3900m: 47:27.17	1:13.94		
4.	Matthijs Dekker	De Dolfijn	23:26.72	9000621	1:02:29.33			
	100m: 1:09.89	1:09.89	1400m: 16:53.17	1:14.54	2700m: 33:07.53	1:15.19	4000m: 49:40.18	1:17.05
	200m: 2:21.54	1:11.65	1500m: 18:08.01	1:14.84	2800m: 34:22.85	1:15.32	4100m: 50:56.89	1:16.71
	300m: 3:33.83	1:12.29	1600m: 19:23.30	1:15.29	2900m: 35:38.29	1:15.44	4200m: 52:13.69	1:16.80
	400m: 4:45.74	1:11.91	1700m: 20:38.20	1:14.90	3000m: 36:53.44	1:15.15	4300m: 53:30.64	1:16.95
	500m: 5:57.97	1:12.23	1800m: 21:52.33	1:14.13	3100m: 38:08.91	1:15.47	4400m: 54:47.80	1:17.16
	600m: 7:09.82	1:11.85	1900m: 23:07.56	1:15.23	3200m: 39:24.47	1:15.56	4500m: 56:04.60	1:16.80
	700m: 8:21.13	1:11.31	2000m: 24:22.11	1:14.55	3300m: 40:41.01	1:16.54	4600m: 57:21.83	1:17.23
	800m: 9:32.86	1:11.73	2100m: 25:36.86	1:14.75	3400m: 41:57.46	1:16.45	4700m: 58:39.53	1:17.70
	900m: 10:45.32	1:12.46	2200m: 26:51.55	1:14.69	3500m: 43:13.92	1:16.46	4800m: 59:57.01	1:17.48
	1000m: 11:56.87	1:11.55	2300m: 28:06.24	1:14.69	3600m: 44:31.01	1:17.09	4900m: 1:01:14.34	1:17.33
	1100m: 13:10.15	1:13.28	2400m: 29:21.26	1:15.02	3700m: 45:48.29	1:17.28	5000m: 1:02:29.33	1:14.99
	1200m: 14:24.13	1:13.98	2500m: 30:36.76	1:15.50	3800m: 47:05.06	1:16.77		
	1300m: 15:38.63	1:14.50	2600m: 31:52.34	1:15.58	3900m: 48:23.13	1:18.07		
5.	Emiel Huisken	ZPC De Hof	23:15.02	8501139	1:02:38.94			
	100m: 1:09.39	1:09.39	1400m: 17:08.85	1:14.74	2700m: 33:30.58	1:15.12	4000m: 49:57.70	1:15.94
	200m: 2:22.49	1:13.10	1500m: 18:24.11	1:15.26	2800m: 34:45.65	1:15.07	4100m: 51:13.56	1:15.86
	300m: 3:35.56	1:13.07	1600m: 19:39.23	1:15.12	2900m: 36:01.32	1:15.67	4200m: 52:29.63	1:16.07
	400m: 4:48.33	1:12.77	1700m: 20:54.33	1:15.10	3000m: 37:17.04	1:15.72	4300m: 53:46.15	1:16.52
	500m: 6:01.22	1:12.89	1800m: 22:09.81	1:15.48	3100m: 38:32.48	1:15.44	4400m: 55:02.52	1:16.37
	600m: 7:14.42	1:13.20	1900m: 23:25.40	1:15.59	3200m: 39:48.35	1:15.87	4500m: 56:18.83	1:16.31
	700m: 8:28.33	1:13.91	2000m: 24:41.16	1:15.76	3300m: 41:03.99	1:15.64	4600m: 57:35.89	1:17.06
	800m: 9:42.80	1:14.47	2100m: 25:56.71	1:15.55	3400m: 42:20.50	1:16.51	4700m: 58:51.40	1:15.51
	900m: 10:56.68	1:13.88	2200m: 27:11.89	1:15.18	3500m: 43:36.58	1:16.08	4800m: 1:00:06.73	1:15.33
	1000m: 12:10.80	1:14.12	2300m: 28:27.72	1:15.83	3600m: 44:53.18	1:16.60	4900m: 1:01:24.11	1:17.38
	1100m: 13:25.00	1:14.20	2400m: 29:43.96	1:16.24	3700m: 46:10.31	1:17.13	5000m: 1:02:38.94	1:14.83
	1200m: 14:39.38	1:14.38	2500m: 30:59.67	1:15.71	3800m: 47:26.04	1:15.73		
	1300m: 15:54.11	1:14.73	2600m: 32:15.46	1:15.79	3900m: 48:41.76	1:15.72		
NG.ZA	Alexander Hulleman	De Zijl/LGB	23:15.75	8300989				

Programmanr. 2, 5000m vrije slag

Jeugd 2 en jonger, Jongens

1. Joeri Prins		De Devel		23:36.64		9302037		1:03:02.93			
100m:	1:11.00	1:11.00	1400m:	17:19.03	1:14.69	2700m:	33:37.81	1:16.10	4000m:	50:15.39	1:17.46
200m:	2:24.73	1:13.73	1500m:	18:33.49	1:14.46	2800m:	34:52.63	1:14.82	4100m:	51:33.18	1:17.79
300m:	3:38.97	1:14.24	1600m:	19:48.58	1:15.09	2900m:	36:08.46	1:15.83	4200m:	52:50.30	1:17.12
400m:	4:53.68	1:14.71	1700m:	21:03.26	1:14.68	3000m:	37:24.94	1:16.48	4300m:	54:07.79	1:17.49
500m:	6:08.17	1:14.49	1800m:	22:17.91	1:14.65	3100m:	38:41.58	1:16.64	4400m:	55:25.64	1:17.85
600m:	7:23.54	1:15.37	1900m:	23:33.17	1:15.26	3200m:	39:58.64	1:17.06	4500m:	56:43.81	1:18.17
700m:	8:38.57	1:15.03	2000m:	24:48.27	1:15.10	3300m:	41:15.94	1:17.30	4600m:	58:01.93	1:18.12
800m:	9:53.48	1:14.91	2100m:	26:03.73	1:15.46	3400m:	42:32.26	1:16.32	4700m:	59:18.51	1:16.58
900m:	11:08.40	1:14.92	2200m:	27:19.19	1:15.46	3500m:	43:48.60	1:16.34	4800m:	1:00:34.60	1:16.09
1000m:	12:21.82	1:13.42	2300m:	28:34.44	1:15.25	3600m:	45:06.11	1:17.51	4900m:	1:01:49.85	1:15.25
1100m:	13:35.87	1:14.05	2400m:	29:50.18	1:15.74	3700m:	46:23.13	1:17.02	5000m:	1:03:02.93	1:13.08
1200m:	14:50.26	1:14.39	2500m:	31:05.99	1:15.81	3800m:	47:40.81	1:17.68			
1300m:	16:04.34	1:14.08	2600m:	32:21.71	1:15.72	3900m:	48:57.93	1:17.12			

Senioren, Dames

1. Leonie van Noort		De Zijl/LGB		23:20.36		9301752		1:00:39.08			
<i>Nederlands Record 17 jaar, Kampioenschapsrecord</i>											
100m:	1:08.58	1:08.58	1400m:	16:44.89	1:12.98	2700m:	32:42.34	1:13.58	4000m:	48:38.95	1:12.60
200m:	2:20.07	1:11.49	1500m:	17:57.71	1:12.82	2800m:	33:56.33	1:13.99	4100m:	49:50.69	1:11.74
300m:	3:31.70	1:11.63	1600m:	19:10.55	1:12.84	2900m:	35:09.54	1:13.21	4200m:	51:02.21	1:11.52
400m:	4:43.64	1:11.94	1700m:	20:23.77	1:13.22	3000m:	36:23.02	1:13.48	4300m:	52:13.89	1:11.68
500m:	5:55.13	1:11.49	1800m:	21:37.29	1:13.52	3100m:	37:37.04	1:14.02	4400m:	53:26.50	1:12.61
600m:	7:06.90	1:11.77	1900m:	22:51.44	1:14.15	3200m:	38:51.06	1:14.02	4500m:	54:39.06	1:12.56
700m:	8:18.68	1:11.78	2000m:	24:05.71	1:14.27	3300m:	40:04.53	1:13.47	4600m:	55:52.10	1:13.04
800m:	9:31.10	1:12.42	2100m:	25:20.03	1:14.32	3400m:	41:17.92	1:13.39	4700m:	57:04.74	1:12.64
900m:	10:42.89	1:11.79	2200m:	26:33.98	1:13.95	3500m:	42:31.22	1:13.30	4800m:	58:17.84	1:13.10
1000m:	11:54.92	1:12.03	2300m:	27:47.98	1:14.00	3600m:	43:45.00	1:13.78	4900m:	59:30.69	1:12.85
1100m:	13:06.92	1:12.00	2400m:	29:01.84	1:13.86	3700m:	44:58.88	1:13.88	5000m:	1:00:39.08	1:08.39
1200m:	14:19.20	1:12.28	2500m:	30:15.60	1:13.76	3800m:	46:12.37	1:13.49			
1300m:	15:31.91	1:12.71	2600m:	31:28.76	1:13.16	3900m:	47:26.35	1:13.98			

2. Laurence Lambot		Lorelei		26:00.00		LOR/202/91		1:03:27.50			
100m:	1:10.72	1:10.72	1400m:	17:27.72	1:16.01	2700m:	34:08.14	1:16.47	4000m:	50:47.59	1:16.20
200m:	2:24.96	1:14.24	1500m:	18:45.21	1:17.49	2800m:	35:24.38	1:16.24	4100m:	52:03.86	1:16.27
300m:	3:39.20	1:14.24	1600m:	20:02.74	1:17.53	2900m:	36:41.42	1:17.04	4200m:	53:19.14	1:15.28
400m:	4:54.27	1:15.07	1700m:	21:20.03	1:17.29	3000m:	38:00.39	1:18.97	4300m:	54:36.53	1:17.39
500m:	6:08.78	1:14.51	1800m:	22:35.91	1:15.88	3100m:	39:18.42	1:18.03	4400m:	55:54.04	1:17.51
600m:	7:23.54	1:14.76	1900m:	23:51.47	1:15.56	3200m:	40:34.68	1:16.26	4500m:	57:10.99	1:16.95
700m:	8:38.66	1:15.12	2000m:	25:08.10	1:16.63	3300m:	41:50.79	1:16.11	4600m:	58:26.34	1:15.35
800m:	9:53.19	1:14.53	2100m:	26:25.88	1:17.78	3400m:	43:06.46	1:15.67	4700m:	59:41.90	1:15.56
900m:	11:08.50	1:15.31	2200m:	27:43.52	1:17.64	3500m:	44:22.96	1:16.50	4800m:	1:00:57.20	1:15.30
1000m:	12:23.45	1:14.95	2300m:	29:01.67	1:18.15	3600m:	45:40.36	1:17.40	4900m:	1:02:14.36	1:17.16
1100m:	13:39.28	1:15.83	2400m:	30:19.82	1:18.15	3700m:	46:57.11	1:16.75	5000m:	1:03:27.50	1:13.14
1200m:	14:55.45	1:16.17	2500m:	31:36.02	1:16.20	3800m:	48:14.35	1:17.24			
1300m:	16:11.71	1:16.26	2600m:	32:51.67	1:15.65	3900m:	49:31.39	1:17.04			

3. Bianca de Bruijn		De Devel		24:44.89		8400390		1:04:07.80			
100m:	1:12.23	1:12.23	1400m:	17:43.79	1:16.80	2700m:	34:21.59	1:17.22	4000m:	51:08.18	1:17.99
200m:	2:27.93	1:15.70	1500m:	19:00.45	1:16.66	2800m:	35:38.54	1:16.95	4100m:	52:25.74	1:17.56
300m:	3:44.34	1:16.41	1600m:	20:17.01	1:16.56	2900m:	36:55.11	1:16.57	4200m:	53:43.09	1:17.35
400m:	5:00.62	1:16.28	1700m:	21:33.47	1:16.46	3000m:	38:12.38	1:17.27	4300m:	55:01.03	1:17.94
500m:	6:16.59	1:15.97	1800m:	22:50.29	1:16.82	3100m:	39:29.66	1:17.28	4400m:	56:18.93	1:17.90
600m:	7:32.61	1:16.02	1900m:	24:07.10	1:16.81	3200m:	40:47.35	1:17.69	4500m:	57:36.50	1:17.57
700m:	8:48.76	1:16.15	2000m:	25:23.45	1:16.35	3300m:	42:04.79	1:17.44	4600m:	58:54.26	1:17.76
800m:	10:05.27	1:16.51	2100m:	26:39.99	1:16.54	3400m:	43:22.28	1:17.49	4700m:	1:00:13.23	1:18.97
900m:	11:21.59	1:16.32	2200m:	27:56.78	1:16.79	3500m:	44:39.90	1:17.62	4800m:	1:01:31.81	1:18.58
1000m:	12:37.61	1:16.02	2300m:	29:13.49	1:16.71	3600m:	45:57.34	1:17.44	4900m:	1:02:50.13	1:18.32
1100m:	13:53.97	1:16.36	2400m:	30:30.29	1:16.80	3700m:	47:14.95	1:17.61	5000m:	1:04:07.80	1:17.67
1200m:	15:10.57	1:16.60	2500m:	31:46.91	1:16.62	3800m:	48:32.46	1:17.51			
1300m:	16:26.99	1:16.42	2600m:	33:04.37	1:17.46	3900m:	49:50.19	1:17.73			

4. Evelien Sohl		Het Y		23:58.18		8603346		1:04:24.67			
100m:	1:12.91	1:12.91	1400m:	17:48.54	1:17.31	2700m:	34:33.16	1:17.27	4000m:	51:22.17	1:18.40
200m:	2:28.37	1:15.46	1500m:	19:05.87	1:17.33	2800m:	35:50.58	1:17.42	4100m:	52:40.39	1:18.22
300m:	3:44.26	1:15.89	1600m:	20:23.06	1:17.19	2900m:	37:08.04	1:17.46	4200m:	53:59.06	1:18.67
400m:	5:00.91	1:16.65	1700m:	21:40.06	1:17.00	3000m:	38:25.72	1:17.68	4300m:	55:17.73	1:18.67
500m:	6:17.80	1:16.89	1800m:	22:57.54	1:17.48	3100m:	39:43.40	1:17.68	4400m:	56:36.44	1:18.71
600m:	7:34.50	1:16.70	1900m:	24:14.72	1:17.18	3200m:	41:01.28	1:17.88	4500m:	57:54.97	1:18.53
700m:	8:50.83	1:16.33	2000m:	25:32.28	1:17.56	3300m:	42:18.80	1:17.52	4600m:	59:13.73	1:18.76
800m:	10:07.48	1:16.65	2100m:	26:49.73	1:17.45	3400m:	43:36.94	1:18.14	4700m:	1:00:32.63	1:18.90
900m:	11:24.47	1:16.99	2200m:	28:07.29	1:17.56	3500m:	44:53.53	1:16.59	4800m:	1:01:51.54	1:18.91
1000m:	12:41.24	1:16.77	2300m:	29:24.90	1:17.61	3600m:	46:10.65	1:17.12	4900m:	1:03:09.19	1:17.65
1100m:	13:58.11	1:16.87	2400m:	30:41.93	1:17.03	3700m:	47:28.07	1:17.42	5000m:	1:04:24.67	1:15.48
1200m:	15:14.63	1:16.52	2500m:	31:59.19	1:17.26	3800m:	48:46.08	1:18.01			
1300m:	16:31.23	1:16.60	2600m:	33:15.89	1:16.70	3900m:	50:03.77	1:17.69			

Programmanr. 2, Dames, 5000m vrije slag, Senioren

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
5.	Judith van Meijel	HZPC	24:41.38	9102076	1:05:42.12			
	100m: 1:13.78	1:13.78	1400m: 18:22.27	1:19.03	2700m: 35:34.73	1:18.63	4000m: 52:43.02	1:19.36
	200m: 2:30.99	1:17.21	1500m: 19:41.57	1:19.30	2800m: 36:54.08	1:19.35	4100m: 54:01.89	1:18.87
	300m: 3:49.57	1:18.58	1600m: 21:00.72	1:19.15	2900m: 38:13.49	1:19.41	4200m: 55:21.05	1:19.16
	400m: 5:08.73	1:19.16	1700m: 22:20.34	1:19.62	3000m: 39:32.83	1:19.34	4300m: 56:39.57	1:18.52
	500m: 6:27.73	1:19.00	1800m: 23:40.35	1:20.01	3100m: 40:52.27	1:19.44	4400m: 57:58.93	1:19.36
	600m: 7:47.25	1:19.52	1900m: 25:00.37	1:20.02	3200m: 42:11.75	1:19.48	4500m: 59:17.49	1:18.56
	700m: 9:07.07	1:19.82	2000m: 26:19.99	1:19.62	3300m: 43:31.13	1:19.38	4600m: 1:00:36.68	1:19.19
	800m: 10:25.96	1:18.89	2100m: 27:39.50	1:19.51	3400m: 44:49.96	1:18.83	4700m: 1:01:53.94	1:17.26
	900m: 11:45.28	1:19.32	2200m: 28:58.94	1:19.44	3500m: 46:08.93	1:18.97	4800m: 1:03:11.17	1:17.23
	1000m: 13:04.96	1:19.68	2300m: 30:18.14	1:19.20	3600m: 47:27.44	1:18.51	4900m: 1:04:28.41	1:17.24
	1100m: 14:24.50	1:19.54	2400m: 31:37.67	1:19.53	3700m: 48:45.95	1:18.51	5000m: 1:05:42.12	1:13.71
	1200m: 15:43.82	1:19.32	2500m: 32:57.02	1:19.35	3800m: 50:04.73	1:18.78		
	1300m: 17:03.24	1:19.42	2600m: 34:16.10	1:19.08	3900m: 51:23.66	1:18.93		
6.	Nanda de Vries	HZ&PC Heerenveen	25:49.57	9204328	1:10:22.69			
	100m: 1:15.18	1:15.18	1400m: 19:15.79	1:24.12	2700m: 37:42.59	1:25.02	4000m: 56:17.09	1:25.74
	200m: 2:35.99	1:20.81	1500m: 20:40.32	1:24.53	2800m: 39:07.49	1:24.90	4100m: 57:42.72	1:25.63
	300m: 3:57.41	1:21.42	1600m: 22:06.06	1:25.74	2900m: 40:32.30	1:24.81	4200m: 59:08.84	1:26.12
	400m: 5:20.08	1:22.67	1700m: 23:31.96	1:25.90	3000m: 41:57.97	1:25.67	4300m: 1:00:34.80	1:25.96
	500m: 6:42.80	1:22.72	1800m: 24:56.83	1:24.87	3100m: 43:23.50	1:25.53	4400m: 1:02:00.47	1:25.67
	600m: 8:05.95	1:23.15	1900m: 26:21.93	1:25.10	3200m: 44:48.98	1:25.48	4500m: 1:03:25.63	1:25.16
	700m: 9:29.42	1:23.47	2000m: 27:46.53	1:24.60	3300m: 46:14.99	1:26.01	4600m: 1:04:50.38	1:24.75
	800m: 10:52.90	1:23.48	2100m: 29:12.27	1:25.74	3400m: 47:40.59	1:25.60	4700m: 1:06:15.34	1:24.96
	900m: 12:16.15	1:23.25	2200m: 30:37.77	1:25.50	3500m: 49:05.92	1:25.33	4800m: 1:07:40.28	1:24.94
	1000m: 13:40.12	1:23.97	2300m: 32:03.22	1:25.45	3600m: 50:32.75	1:26.83	4900m: 1:09:03.82	1:23.54
	1100m: 15:03.67	1:23.55	2400m: 33:27.63	1:24.41	3700m: 51:58.75	1:26.00	5000m: 1:10:22.69	1:18.87
	1200m: 16:27.52	1:23.85	2500m: 34:52.80	1:25.17	3800m: 53:24.83	1:26.08		
	1300m: 17:51.67	1:24.15	2600m: 36:17.57	1:24.77	3900m: 54:51.35	1:26.52		

Jeugd 1 en 2, Meisjes

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
1.	Priscilla Meerman	Het Y	25:39.51	9401428	1:08:18.66			
	100m: 1:11.85	1:11.85	1400m: 18:24.97	1:20.20	2700m: 36:18.75	1:23.07	4000m: 54:22.70	1:24.61
	200m: 2:28.09	1:16.24	1500m: 19:46.60	1:21.63	2800m: 37:41.51	1:22.76	4100m: 55:47.01	1:24.31
	300m: 3:46.81	1:18.72	1600m: 21:08.84	1:22.24	2900m: 39:03.30	1:21.79	4200m: 57:11.41	1:24.40
	400m: 5:06.19	1:19.38	1700m: 22:30.86	1:22.02	3000m: 40:25.12	1:21.82	4300m: 58:37.39	1:25.98
	500m: 6:26.22	1:20.03	1800m: 23:53.15	1:22.29	3100m: 41:47.73	1:22.61	4400m: 1:00:02.59	1:25.20
	600m: 7:46.72	1:20.50	1900m: 25:15.19	1:22.04	3200m: 43:10.88	1:23.15	4500m: 1:01:27.10	1:24.51
	700m: 9:06.66	1:19.94	2000m: 26:38.17	1:22.98	3300m: 44:34.54	1:23.66	4600m: 1:02:49.92	1:22.82
	800m: 10:26.44	1:19.78	2100m: 28:01.00	1:22.83	3400m: 45:58.64	1:24.10	4700m: 1:04:12.04	1:22.12
	900m: 11:46.20	1:19.76	2200m: 29:23.31	1:22.31	3500m: 47:22.24	1:23.60	4800m: 1:05:34.97	1:22.93
	1000m: 13:05.63	1:19.43	2300m: 30:46.29	1:22.98	3600m: 48:45.73	1:23.49	4900m: 1:06:58.16	1:23.19
	1100m: 14:25.11	1:19.48	2400m: 32:09.51	1:23.22	3700m: 50:09.56	1:23.83	5000m: 1:08:18.66	1:20.50
	1200m: 15:45.02	1:19.91	2500m: 33:32.74	1:23.23	3800m: 51:33.35	1:23.79		
	1300m: 17:04.77	1:19.75	2600m: 34:55.68	1:22.94	3900m: 52:58.09	1:24.74		