



NK 5000 meter en NJK 800/1500 meter 2013  
Amersfoort, 20-4-2013



Programmanr. 1  
20-04-2013 - 10:00

Jongens, 1500m vrije slag

Junioren 1  
Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-05-1994
Nederlands Record 13 jaar	17:11.40	Pieter van den Hoogenband	Amersfoort	28-06-1991

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Martin Ruiter	De Houtrib	20:20.94	200001309	<b>18:47.50</b>		D	
	100m: 1:07.19	1:07.19	500m: 6:09.25	1:16.14	900m: 11:13.41	1:16.66	1300m: 16:21.98	1:17.25
	200m: 2:21.50	1:14.31	600m: 7:24.10	1:14.85	1000m: 12:30.73	1:17.32	1400m: 17:37.14	1:15.16
	300m: 3:36.56	1:15.06	700m: 8:40.66	1:16.56	1100m: 13:48.01	1:17.28	1500m: 18:47.50	1:10.36
	400m: 4:53.11	1:16.55	800m: 9:56.75	1:16.09	1200m: 15:04.73	1:16.72		
2.	Max Reinders	Racing Club	19:55.18	200004225	<b>19:18.47</b>		E	
	100m: 1:09.31	1:09.31	500m: 6:20.93	1:18.18	900m: 11:33.33	1:18.41	1300m: 16:46.33	1:18.84
	200m: 2:26.26	1:16.95	600m: 7:39.20	1:18.27	1000m: 12:50.87	1:17.54	1400m: 18:04.01	1:17.68
	300m: 3:44.24	1:17.98	700m: 8:56.95	1:17.75	1100m: 14:09.03	1:18.16	1500m: 19:18.47	1:14.46
	400m: 5:02.75	1:18.51	800m: 10:14.92	1:17.97	1200m: 15:27.49	1:18.46		
3.	Dennis Kamps	OZ&PC	20:09.10	200000191	<b>19:40.04</b>		E	
	<i>100m,200m,800m zijn handtijden</i>							
	100m: 1:11.83	1:11.83	500m: 6:29.32	1:18.53	900m: 11:42.43	1:18.85	1300m: 17:06.67	1:21.25
	200m: 2:31.11	1:19.28	600m: 7:46.75	1:17.43	1000m: 13:02.62	1:20.19	1400m: 18:26.71	1:20.04
	300m: 3:51.37	1:20.26	700m: 9:04.54	1:17.79	1100m: 14:24.30	1:21.68	1500m: 19:40.04	1:13.33
	400m: 5:10.79	1:19.42	800m: 10:23.58	1:19.04	1200m: 15:45.42	1:21.12		
4.	Anne Schuurmans	WVZ	19:07.89	200003919	<b>19:50.06</b>		F	
	100m: 1:13.52	1:13.52	500m: 6:36.12	1:20.79	900m: 11:58.36	1:20.05	1300m: 17:16.70	1:19.56
	200m: 2:34.09	1:20.57	600m: 7:57.50	1:21.38	1000m: 13:18.27	1:19.91	1400m: 18:35.33	1:18.63
	300m: 3:54.06	1:19.97	700m: 9:18.30	1:20.80	1100m: 14:37.62	1:19.35	1500m: 19:50.06	1:14.73
	400m: 5:15.33	1:21.27	800m: 10:38.31	1:20.01	1200m: 15:57.14	1:19.52		
5.	Niels Hofmeijer	WS Twente	18:57.54	200000699	<b>19:59.41</b>	*	F	
	100m: 1:15.20	1:15.20	500m: 6:35.67	1:20.45	900m: 11:58.07	1:20.78	1300m: 17:20.73	1:21.65
	200m: 2:35.50	1:20.30	600m: 7:55.95	1:20.28	1000m: 13:18.68	1:20.61	1400m: 18:41.93	1:21.20
	300m: 3:54.79	1:19.29	700m: 9:16.80	1:20.85	1100m: 14:39.35	1:20.67	1500m: 19:59.41	1:17.48
	400m: 5:15.22	1:20.43	800m: 10:37.29	1:20.49	1200m: 15:59.08	1:19.73		
6.	Bernard Rivard	WVZ	20:25.12	200000045	<b>20:08.84</b>		F	
	100m: 1:16.00	1:16.00	500m: 6:40.35	1:20.90	900m: 12:05.46	1:20.90	1300m: 17:30.49	1:21.55
	200m: 2:37.04	1:21.04	600m: 8:02.01	1:21.66	1000m: 13:26.04	1:20.58	1400m: 18:51.07	1:20.58
	300m: 3:58.28	1:21.24	700m: 9:22.57	1:20.56	1100m: 14:47.16	1:21.12	1500m: 20:08.84	1:17.77
	400m: 5:19.45	1:21.17	800m: 10:44.56	1:21.99	1200m: 16:08.94	1:21.78		
7.	Thom Delno	VZC E&P	20:10.65	200000013	<b>20:25.23</b>		F	
	100m: 1:10.15	1:10.15	500m: 6:30.01	1:20.08	900m: 12:00.04	1:27.36	1300m: 17:39.71	1:24.18
	200m: 2:28.07	1:17.92	600m: 7:48.83	1:18.82	1000m: 13:24.80	1:24.76	1400m: 19:04.64	1:24.93
	300m: 3:48.41	1:20.34	700m: 9:09.20	1:20.37	1100m: 14:48.72	1:23.92	1500m: 20:25.23	1:20.59
	400m: 5:09.93	1:21.52	800m: 10:32.68	1:23.48	1200m: 16:15.53	1:26.81		
8.	Olivier Jans	De Fuut	20:24.17	200001815	<b>20:25.33</b>		F	
	100m: 1:15.37	1:15.37	500m: 6:47.54	1:24.38	900m: 12:19.87	1:22.34	1300m: 17:48.17	1:21.74
	200m: 2:37.28	1:21.91	600m: 8:09.79	1:22.25	1000m: 13:43.48	1:23.61	1400m: 19:09.37	1:21.20
	300m: 4:00.11	1:22.83	700m: 9:33.56	1:23.77	1100m: 15:04.80	1:21.32	1500m: 20:25.33	1:15.96
	400m: 5:23.16	1:23.05	800m: 10:57.53	1:23.97	1200m: 16:26.43	1:21.63		
9.	Jasper Breugem	WVZ	20:43.84	200000303	<b>21:14.20</b>			
	100m: 1:19.36	1:19.36	500m: 7:01.41	1:26.17	900m: 12:49.14	1:26.68	1300m: 18:30.51	1:25.45
	200m: 2:44.37	1:25.01	600m: 8:28.56	1:27.15	1000m: 14:15.22	1:26.08	1400m: 19:54.44	1:23.93
	300m: 4:09.97	1:25.60	700m: 9:55.84	1:27.28	1100m: 15:40.20	1:24.98	1500m: 21:14.20	1:19.76
	400m: 5:35.24	1:25.27	800m: 11:22.46	1:26.62	1200m: 17:05.06	1:24.86		
10.	Joost de Roy van Zuydewijn	WVZ	20:43.81	200000255	<b>21:23.23</b>			
	100m: 1:22.51	1:22.51	500m: 7:04.79	1:26.21	900m: 12:49.83	1:26.26	1300m: 18:35.72	1:26.70
	200m: 2:47.49	1:24.98	600m: 8:29.98	1:25.19	1000m: 14:17.40	1:27.57	1400m: 20:02.13	1:26.41
	300m: 4:12.42	1:24.93	700m: 9:55.99	1:26.01	1100m: 15:42.94	1:25.54	1500m: 21:23.23	1:21.10
	400m: 5:38.58	1:26.16	800m: 11:23.57	1:27.58	1200m: 17:09.02	1:26.08		
11.	Dylan Kalden	De Duck	21:03.15	200003283	<b>21:42.82</b>			
	<i>400m handtijd</i>							
	100m: 1:19.35	1:19.35	500m: 7:08.01	1:28.55	900m: 13:02.65	1:29.20	1300m: 18:58.35	1:28.41
	200m: 2:45.39	1:26.04	600m: 8:36.80	1:28.79	1000m: 14:30.91	1:28.26	1400m: 20:23.13	1:24.78
	300m: 4:12.60	1:27.21	700m: 10:04.66	1:27.86	1100m: 16:00.96	1:30.05	1500m: 21:42.82	1:19.69
	400m: 5:39.46	1:26.86	800m: 11:33.45	1:28.79	1200m: 17:29.94	1:28.98		
NG	Niels de Boer	Eurode KZC	20:27.58	200001977				



NK 5000 meter en NJK 800/1500 meter 2013  
Amersfoort, 20-4-2013



Programmanr. 2  
20-04-2013 - 10:45

Jongens, 1500m vrije slag

Junioren 2  
Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-05-1994
Nederlands Record 14 jaar	16:43.43	Maarten van der Weijden	Buffalo (USA)	12-08-1995

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Luuk Veldman	Orca	19:05.06	199900981	<b>17:54.95</b>		D	
	100m: 1:03.63	1:03.63	500m: 5:51.38	1:12.99	900m: 10:42.49	1:12.53	1300m: 15:32.37	1:12.49
	200m: 2:14.29	1:10.66	600m: 7:04.43	1:13.05	1000m: 11:54.77	1:12.28	1400m: 16:44.69	1:12.32
	300m: 3:25.26	1:10.97	700m: 8:17.15	1:12.72	1100m: 13:07.45	1:12.68	1500m: 17:54.95	1:10.26
	400m: 4:38.39	1:13.13	800m: 9:29.96	1:12.81	1200m: 14:19.88	1:12.43		
2.	Ruben Griffioen	De Columbiaan	18:10.76	199900771	<b>18:09.54</b>		E	
	100m: 1:04.57	1:04.57	500m: 5:52.87	1:12.53	900m: 10:45.73	1:13.81	1300m: 15:44.21	1:14.68
	200m: 2:16.06	1:11.49	600m: 7:05.48	1:12.61	1000m: 11:59.63	1:13.90	1400m: 16:58.75	1:14.54
	300m: 3:28.44	1:12.38	700m: 8:18.89	1:13.41	1100m: 13:14.31	1:14.68	1500m: 18:09.54	1:10.79
	400m: 4:40.34	1:11.90	800m: 9:31.92	1:13.03	1200m: 14:29.53	1:15.22		
3.	Adam Juhasz	Racing Club	18:03.69	199904747	<b>18:16.73</b>		E	
	100m: 1:04.63	1:04.63	500m: 5:58.80	1:14.05	900m: 10:55.50	1:14.22	1300m: 15:51.79	1:14.58
	200m: 2:16.84	1:12.21	600m: 7:13.07	1:14.27	1000m: 12:09.61	1:14.11	1400m: 17:05.72	1:13.93
	300m: 3:30.73	1:13.89	700m: 8:27.05	1:13.98	1100m: 13:23.72	1:14.11	1500m: 18:16.73	1:11.01
	400m: 4:44.75	1:14.02	800m: 9:41.28	1:14.23	1200m: 14:37.21	1:13.49		
4.	Dario van Hulst <i>alle tijden zijn handtijden</i>	ZC Valkenburg	18:08.41	199903169	<b>18:37.39</b>		E	
	100m: 1:12.07	1:12.07	500m: 6:12.03	1:14.84	900m: 11:09.56	1:13.60	1300m: 16:09.18	1:15.00
	200m: 2:27.34	1:15.27	600m: 7:28.88	1:16.85	1000m: 12:24.25	1:14.69	1400m: 17:25.40	1:16.22
	300m: 3:41.90	1:14.56	700m: 8:41.42	1:12.54	1100m: 13:38.90	1:14.65	1500m: 18:37.39	1:11.99
	400m: 4:57.19	1:15.29	800m: 9:55.96	1:14.54	1200m: 14:54.18	1:15.28		
5.	Stef Poolman <i>alle tussentijden zijn handtijden</i>	WS Twente	18:58.02	199900803	<b>18:38.93</b>		E	
	100m: 1:05.51	1:05.51	500m: 6:04.13	1:16.12	900m: 11:07.26	1:15.24	1300m: 16:11.49	1:16.48
	200m: 2:18.04	1:12.53	600m: 7:20.19	1:16.06	1000m: 12:22.92	1:15.66	1400m: 17:26.71	1:15.22
	300m: 3:32.56	1:14.52	700m: 8:36.67	1:16.48	1100m: 13:38.68	1:15.76	1500m: 18:38.93	1:12.22
	400m: 4:48.01	1:15.45	800m: 9:52.02	1:15.35	1200m: 14:55.01	1:16.33		
6.	Bonk Stout	De Dolfijn	18:18.06	199902181	<b>18:42.76</b>		E	
	100m: 1:07.30	1:07.30	500m: 6:06.76	1:15.33	900m: 11:09.52	1:15.97	1300m: 16:13.58	1:16.22
	200m: 2:20.62	1:13.32	600m: 7:22.36	1:15.60	1000m: 12:25.02	1:15.50	1400m: 17:29.45	1:15.87
	300m: 3:36.00	1:15.38	700m: 8:38.03	1:15.67	1100m: 13:41.34	1:16.32	1500m: 18:42.76	1:13.31
	400m: 4:51.43	1:15.43	800m: 9:53.55	1:15.52	1200m: 14:57.36	1:16.02		
7.	Jan-Arnoud Melse <i>800m handtijd</i>	DZ&PC	18:35.59	199900785	<b>18:58.64</b>		F	
	100m: 1:05.13	1:05.13	500m: 5:59.77	1:15.48	900m: 11:09.46	1:18.23	1300m: 16:25.78	1:17.66
	200m: 2:17.43	1:12.30	600m: 7:16.55	1:16.78	1000m: 12:29.18	1:19.72	1400m: 17:43.48	1:17.70
	300m: 3:30.08	1:12.65	700m: 8:33.62	1:17.07	1100m: 13:48.98	1:19.80	1500m: 18:58.64	1:15.16
	400m: 4:44.29	1:14.21	800m: 9:51.23	1:17.61	1200m: 15:08.12	1:19.14		
8.	Nick van Nijburg	De Otters Het Gooi	19:47.88	199902169	<b>18:59.53</b>		F	
	100m: 1:11.99	1:11.99	500m: 6:20.74	1:16.90	900m: 11:25.17	1:16.66	1300m: 16:32.61	1:17.12
	200m: 2:29.74	1:17.75	600m: 7:36.89	1:16.15	1000m: 12:41.20	1:16.03	1400m: 17:48.22	1:15.61
	300m: 3:47.31	1:17.57	700m: 8:52.63	1:15.74	1100m: 13:58.51	1:17.31	1500m: 18:59.53	1:11.31
	400m: 5:03.84	1:16.53	800m: 10:08.51	1:15.88	1200m: 15:15.49	1:16.98		
9.	Lars van Tuijl	Arethusa	19:15.57	199900425	<b>19:21.81</b>		F	
	100m: 1:10.71	1:10.71	500m: 6:21.04	1:17.25	900m: 11:32.07	1:18.27	1300m: 16:48.65	1:17.36
	200m: 2:27.70	1:16.99	600m: 7:38.62	1:17.58	1000m: 12:52.09	1:20.02	1400m: 18:06.39	1:17.74
	300m: 3:45.96	1:18.26	700m: 8:55.64	1:17.02	1100m: 14:11.45	1:19.36	1500m: 19:21.81	1:15.42
	400m: 5:03.79	1:17.83	800m: 10:13.80	1:18.16	1200m: 15:31.29	1:19.84		
10.	Thomas van Ekert	Nuenen	19:18.83	199901917	<b>19:44.32</b>		F	
	100m: 1:11.49	1:11.49	500m: 6:27.73	1:19.24	900m: 11:54.64	1:20.59	1300m: 17:14.53	1:17.93
	200m: 2:30.59	1:19.10	600m: 7:50.17	1:22.44	1000m: 13:14.08	1:19.44	1400m: 18:33.41	1:18.88
	300m: 3:49.88	1:19.29	700m: 9:12.28	1:22.11	1100m: 14:34.87	1:20.79	1500m: 19:44.32	1:10.91
	400m: 5:08.49	1:18.61	800m: 10:34.05	1:21.77	1200m: 15:56.60	1:21.73		
11.	Floris Boendermaker	LZ 1886	19:39.36	199902619	<b>19:45.01</b>		F	
	100m: 1:11.40	1:11.40	500m: 6:28.66	1:19.64	900m: 11:51.33	1:20.75	1300m: 17:11.16	1:19.59
	200m: 2:29.99	1:18.59	600m: 7:48.94	1:20.28	1000m: 13:11.37	1:20.04	1400m: 18:30.27	1:19.11
	300m: 3:49.18	1:19.19	700m: 9:09.68	1:20.74	1100m: 14:31.70	1:20.33	1500m: 19:45.01	1:14.74
	400m: 5:09.02	1:19.84	800m: 10:30.58	1:20.90	1200m: 15:51.57	1:19.87		





NK 5000 meter en NJK 800/1500 meter 2013  
Amersfoort, 20-4-2013



Programmanr. 3  
20-04-2013 - 11:05

Jongens, 1500m vrije slag

Junioren 3  
Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-05-1994
Nederlands Record 15 jaar	16:18.40	Pieter van den Hoogenband	Den Bosch	14-05-1993

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Jorgos Skotadis	Racing Club	16:54.49	199803317	<b>17:05.32</b>		C	
	100m: 1:02.67	1:02.67	500m: 5:30.80	1:07.62	900m: 10:07.91	1:10.02	1300m: 14:49.43	1:10.54
	200m: 2:08.70	1:06.03	600m: 6:39.51	1:08.71	1000m: 11:18.24	1:10.33	1400m: 16:00.01	1:10.58
	300m: 3:15.84	1:07.14	700m: 7:48.32	1:08.81	1100m: 12:28.34	1:10.10	1500m: 17:05.32	1:05.31
	400m: 4:23.18	1:07.34	800m: 8:57.89	1:09.57	1200m: 13:38.89	1:10.55		
2.	Timos Skotadis	Racing Club	17:53.36	199804615	<b>17:41.44</b>		E	
	100m: 1:05.89	1:05.89	500m: 5:48.09	1:11.29	900m: 10:33.61	1:11.09	1300m: 15:20.25	1:11.97
	200m: 2:15.64	1:09.75	600m: 6:59.80	1:11.71	1000m: 11:45.37	1:11.76	1400m: 16:31.34	1:11.09
	300m: 3:26.05	1:10.41	700m: 8:11.10	1:11.30	1100m: 12:56.83	1:11.46	1500m: 17:41.44	1:10.10
	400m: 4:36.80	1:10.75	800m: 9:22.52	1:11.42	1200m: 14:08.28	1:11.45		
3.	Jonne Schaafsma	Racing Club	18:05.42	199800745	<b>17:47.04</b>		E	
	100m: 1:05.07	1:05.07	500m: 5:46.81	1:11.81	900m: 10:35.48	1:11.55	1300m: 15:24.00	1:12.78
	200m: 2:14.36	1:09.29	600m: 7:00.21	1:13.40	1000m: 11:47.11	1:11.63	1400m: 16:37.29	1:13.29
	300m: 3:24.42	1:10.06	700m: 8:11.96	1:11.75	1100m: 12:58.94	1:11.83	1500m: 17:47.04	1:09.75
	400m: 4:35.00	1:10.58	800m: 9:23.93	1:11.97	1200m: 14:11.22	1:12.28		
4.	Jordy Severins	Eurode KZC	18:41.69	199800559	<b>18:03.75</b>		E	
	100m: 1:04.03	1:04.03	500m: 5:48.09	1:12.27	900m: 10:43.09	1:14.51	1300m: 15:38.54	1:13.94
	200m: 2:12.90	1:08.87	600m: 7:01.36	1:13.27	1000m: 11:56.97	1:13.88	1400m: 16:52.40	1:13.86
	300m: 3:23.99	1:11.09	700m: 8:14.68	1:13.32	1100m: 13:11.09	1:14.12	1500m: 18:03.75	1:11.35
	400m: 4:35.82	1:11.83	800m: 9:28.58	1:13.90	1200m: 14:24.60	1:13.51		
5.	Bart Sommeling	Oceanus	18:16.80	199800765	<b>18:15.06</b>		E	
	100m: 1:08.10	1:08.10	500m: 5:58.24	1:12.74	900m: 10:52.49	1:13.42	1300m: 15:50.62	1:14.76
	200m: 2:20.10	1:12.00	600m: 7:11.64	1:13.40	1000m: 12:07.24	1:14.75	1400m: 17:04.51	1:13.89
	300m: 3:32.05	1:11.95	700m: 8:24.86	1:13.22	1100m: 13:21.47	1:14.23	1500m: 18:15.06	1:10.55
	400m: 4:45.50	1:13.45	800m: 9:39.07	1:14.21	1200m: 14:35.86	1:14.39		
6.	Jeljer Aldershof	ZV Haerlem	18:43.46	199800719	<b>19:01.22</b>		F	
	100m: 1:10.34	1:10.34	500m: 6:16.61	1:17.72	900m: 11:21.48	1:15.11	1300m: 16:27.44	1:17.60
	200m: 2:24.94	1:14.60	600m: 7:34.14	1:17.53	1000m: 12:37.40	1:15.92	1400m: 17:44.13	1:16.69
	300m: 3:41.63	1:16.69	700m: 8:52.37	1:18.23	1100m: 13:53.14	1:15.74	1500m: 19:01.22	1:17.09
	400m: 4:58.89	1:17.26	800m: 10:06.37	1:14.00	1200m: 15:09.84	1:16.70		

Programmanr. 4  
20-04-2013 - 11:20

Jongens, 1500m vrije slag

Junioren 4  
Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-05-1994
Nederlands Record 16 jaar	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-05-1994

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Stijn Avezaat	One Team Swimming	17:41.59	199700729	<b>17:13.37</b>		E	
	100m: 1:03.31	1:03.31	500m: 5:40.14	1:10.33	900m: 10:22.35	1:10.27	1300m: 15:00.58	1:09.33
	200m: 2:11.51	1:08.20	600m: 6:51.02	1:10.88	1000m: 11:32.27	1:09.92	1400m: 16:09.44	1:08.86
	300m: 3:20.22	1:08.71	700m: 8:01.64	1:10.62	1100m: 12:42.02	1:09.75	1500m: 17:13.37	1:03.93
	400m: 4:29.81	1:09.59	800m: 9:12.08	1:10.44	1200m: 13:51.25	1:09.23		
2.	Ruben van Leeuwen <i>800m is handtijd</i>	VZC E&P	17:19.26	199704803	<b>17:13.95</b>		E	
	100m: 1:03.77	1:03.77	500m: 5:36.72	1:09.12	900m: 10:16.94	1:10.60	1300m: 14:59.21	1:10.26
	200m: 2:10.39	1:06.62	600m: 6:46.14	1:09.42	1000m: 11:27.84	1:10.90	1400m: 16:08.75	1:09.54
	300m: 3:19.33	1:08.94	700m: 7:56.07	1:09.93	1100m: 12:38.79	1:10.95	1500m: 17:13.95	1:05.20
	400m: 4:27.60	1:08.27	800m: 9:06.34	1:10.27	1200m: 13:48.95	1:10.16		
3.	Martijn Kornet	One Team Swimming	17:49.67	199700231	<b>17:30.03</b>		E	
	100m: 1:05.83	1:05.83	500m: 5:47.38	1:10.10	900m: 10:30.27	1:11.17	1300m: 15:13.66	1:10.57
	200m: 2:16.83	1:11.00	600m: 6:57.52	1:10.14	1000m: 11:41.28	1:11.01	1400m: 16:24.18	1:10.52
	300m: 3:27.22	1:10.39	700m: 8:08.21	1:10.69	1100m: 12:52.38	1:11.10	1500m: 17:30.03	1:05.85
	400m: 4:37.28	1:10.06	800m: 9:19.10	1:10.89	1200m: 14:03.09	1:10.71		
4.	Jorn Steenbergen	DZ&PC	17:36.09	199700039	<b>17:30.86</b>		E	
	100m: 1:04.81	1:04.81	500m: 5:49.67	1:11.73	900m: 10:34.06	1:11.49	1300m: 15:15.37	1:09.54
	200m: 2:15.00	1:10.19	600m: 7:00.41	1:10.74	1000m: 11:45.53	1:11.47	1400m: 16:24.92	1:09.55
	300m: 3:26.74	1:11.74	700m: 8:11.85	1:11.44	1100m: 12:55.99	1:10.46	1500m: 17:30.86	1:05.94
	400m: 4:37.94	1:11.20	800m: 9:22.57	1:10.72	1200m: 14:05.83	1:09.84		
5.	Michel van Nieuwkerk <i>400m, 800m handtijden</i>	De Dolfijn	17:38.75	199702413	<b>17:44.07</b>		E	
	100m: 1:05.43	1:05.43	500m: 5:48.80	1:11.36	900m: 10:33.85	1:11.55	1300m: 15:22.49	1:12.50
	200m: 2:16.15	1:10.72	600m: 6:59.98	1:11.18	1000m: 11:44.69	1:10.84	1400m: 16:34.53	1:12.04
	300m: 3:26.91	1:10.76	700m: 8:11.12	1:11.14	1100m: 12:57.05	1:12.36	1500m: 17:44.07	1:09.54
	400m: 4:37.44	1:10.53	800m: 9:22.30	1:11.18	1200m: 14:09.99	1:12.94		





NK 5000 meter en NJK 800/1500 meter 2013  
Amersfoort, 20-4-2013



Programmanr. 4, Jongens, 1500m vrije slag, Junioren 4

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
6.	Maurice van der Ploeg	De Kikker	18:01.10	199700305	17:55.70		F	
	100m: 1:07.12	1:07.12	500m: 5:51.52	1:10.58	900m: 10:40.51	1:12.37	1300m: 15:32.23	1:11.97
	200m: 2:17.54	1:10.42	600m: 7:03.08	1:11.56	1000m: 11:53.64	1:13.13	1400m: 16:44.99	1:12.76
	300m: 3:29.55	1:12.01	700m: 8:15.42	1:12.34	1100m: 13:07.81	1:14.17	1500m: 17:55.70	1:10.71
	400m: 4:40.94	1:11.39	800m: 9:28.14	1:12.72	1200m: 14:20.26	1:12.45		
7.	Kars Veldkamp	ZPC De Hof	18:42.58	199700747	19:20.48			
	100m: 1:06.24	1:06.24	500m: 6:11.29	1:18.49	900m: 11:28.39	1:19.51	1300m: 16:42.98	1:18.48
	200m: 2:19.82	1:13.58	600m: 7:30.08	1:18.79	1000m: 12:47.90	1:19.51	1400m: 18:01.38	1:18.40
	300m: 3:35.69	1:15.87	700m: 8:49.51	1:19.43	1100m: 14:06.52	1:18.62	1500m: 19:20.48	1:19.10
	400m: 4:52.80	1:17.11	800m: 10:08.88	1:19.37	1200m: 15:24.50	1:17.98		

Programmanr. 5  
20-04-2013 - 12:10

Meisjes, 800m vrije slag

Junioren 1  
Resultaten

Nederlands Record Junioren	8:56.79	Esmee Vermeulen	Amsterdam	27-03-2010
Nederlands Record 12 jaar	9:47.41	Karen Wammes	Amersfoort	25-06-1989

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Inge Vieveen	WVZ	10:38.74	200100024	10:29.79 *		D	
	<i>200m is handtijd</i>							
	100m: 1:12.60	1:12.60	300m: 3:51.56	1:19.54	500m: 6:31.16	1:19.52	700m: 9:12.06	1:20.51
	200m: 2:32.02	1:19.42	400m: 5:11.64	1:20.08	600m: 7:51.55	1:20.39	800m: 10:29.79	1:17.73
2.	Sanne Barten	Aquarijn	10:58.59	200101282	10:49.65		E	
	100m: 1:13.41	1:13.41	300m: 3:55.10	1:21.23	500m: 6:41.69	1:23.81	700m: 9:29.54	1:24.24
	200m: 2:33.87	1:20.46	400m: 5:17.88	1:22.78	600m: 8:05.30	1:23.61	800m: 10:49.65	1:20.11
3.	Anne Dickens	SBC2000	11:05.79	200100734	10:53.90		E	
	<i>100m, 200m, 400m handtijd</i>							
	100m: 1:14.74	1:14.74	300m: 4:01.87	1:23.92	500m: 6:50.20	1:24.10	700m: 9:35.95	1:21.58
	200m: 2:37.95	1:23.21	400m: 5:26.10	1:24.23	600m: 8:14.37	1:24.17	800m: 10:53.90	1:17.95
4.	Diana Noordermeer	De Zeehond'73	11:14.93	200102110	10:59.16		F	
	100m: 1:17.93	1:17.93	300m: 4:04.91	1:23.72	500m: 6:50.01	1:23.44	700m: 9:37.22	1:23.30
	200m: 2:41.19	1:23.26	400m: 5:26.57	1:21.66	600m: 8:13.92	1:23.91	800m: 10:59.16	1:21.94
5.	Sam van Nunen	Nautilus	11:18.12	200100036	11:07.07		F	
	100m: 1:18.30	1:18.30	300m: 4:09.31	1:25.98	500m: 6:59.85	1:25.26	700m: 9:47.56	1:23.08
	200m: 2:43.33	1:25.03	400m: 5:34.59	1:25.28	600m: 8:24.48	1:24.63	800m: 11:07.07	1:19.51
6.	Kaylin Stel	De Dolfijn	11:08.48	200100290	11:07.27		F	
	100m: 1:17.65	1:17.65	300m: 4:08.10	1:26.20	500m: 6:59.28	1:25.30	700m: 9:47.76	1:23.36
	200m: 2:41.90	1:24.25	400m: 5:33.98	1:25.88	600m: 8:24.40	1:25.12	800m: 11:07.27	1:19.51
7.	Saskia Pietersen	GoSwim	10:43.14	200101580	11:19.78		F	
	100m: 1:15.63	1:15.63	300m: 4:07.86	1:27.26	500m: 7:05.31	1:29.26	700m: 10:00.04	1:27.40
	200m: 2:40.60	1:24.97	400m: 5:36.05	1:28.19	600m: 8:32.64	1:27.33	800m: 11:19.78	1:19.74
8.	Maaïke Huijsmans	VZC E&P	11:24.41	200100184	11:24.04		F	
	<i>200m, 400m handtijd</i>							
	100m: 1:17.68	1:17.68	300m: 4:06.99	1:25.45	500m: 7:01.97	1:28.25	700m: 9:58.80	1:28.73
	200m: 2:41.54	1:23.86	400m: 5:33.72	1:26.73	600m: 8:30.07	1:28.10	800m: 11:24.04	1:25.24
9.	Jessica Baars	Aquarijn	11:24.82	200101966	12:18.64 *			
	<i>100m, 200m, 400m handtijd</i>							
	100m: 1:23.67	1:23.67	300m: 4:29.72	1:33.78	500m: 7:40.05	1:35.54	700m: 10:47.84	1:33.61
	200m: 2:55.94	1:32.27	400m: 6:04.51	1:34.79	600m: 9:14.23	1:34.18	800m: 12:18.64	1:30.80



NK 5000 meter en NJK 800/1500 meter 2013  
Amersfoort, 20-4-2013



Programmanr. 6  
20-04-2013 - 12:20

Meisjes, 800m vrije slag

Juniores 2  
Resultaten

Nederlands Record Junioren	8:56.79	Esmee Vermeulen	Amsterdam	27-03-2010
Nederlands Record 13 jaar	9:01.19	Esmee Vermeulen	Eindhoven	27-11-2009

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Laura van Engelen	AquAmigos	9:58.48	200000350	<b>9:49.11</b>		C	
	100m: 1:07.25	1:07.25	300m: 3:36.17	1:15.02	500m: 6:07.60	1:15.85	700m: 8:38.23	1:14.90
	200m: 2:21.15	1:13.90	400m: 4:51.75	1:15.58	600m: 7:23.33	1:15.73	800m: 9:49.11	1:10.88
2.	Marij van der Mast	SBC2000	10:18.92	200000676	<b>9:59.23</b>		D	
	100m: 1:09.66	1:09.66	300m: 3:42.73	1:16.78	500m: 6:15.74	1:16.35	700m: 8:48.16	1:16.22
	200m: 2:25.95	1:16.29	400m: 4:59.39	1:16.66	600m: 7:31.94	1:16.20	800m: 9:59.23	1:11.07
3.	Iris Tjonk	De Veene	10:25.51	200004066	<b>10:02.41</b>		D	
	100m: 1:06.83	1:06.83	300m: 3:36.70	1:15.41	500m: 6:12.53	1:18.74	700m: 8:48.03	1:17.18
	200m: 2:21.29	1:14.46	400m: 4:53.79	1:17.09	600m: 7:30.85	1:18.32	800m: 10:02.41	1:14.38
4.	Amber Kerkhofs	Kimbria	10:25.75	200000074	<b>10:12.36</b>		E	
	100m: 1:10.78	1:10.78	300m: 3:44.15	1:16.63	500m: 6:18.67	1:17.70	700m: 8:58.31	1:19.85
	200m: 2:27.52	1:16.74	400m: 5:00.97	1:16.82	600m: 7:38.46	1:19.79	800m: 10:12.36	1:14.05
5.	Myrthe Beijen <i>100m is handtijd</i>	GoSwim	10:16.26	200002350	<b>10:13.41</b>		E	
	100m: 1:10.27	1:10.27	300m: 3:46.17	1:17.13	500m: 6:23.03	1:19.90	700m: 9:00.45	1:17.15
	200m: 2:29.04	1:18.77	400m: 5:03.13	1:16.96	600m: 7:43.30	1:20.27	800m: 10:13.41	1:12.96
6.	Laura Setz	Nova	9:53.09	200000130	<b>10:13.76</b>		E	
	100m: 1:11.14	1:11.14	300m: 3:45.37	1:17.88	500m: 6:21.88	1:18.55	700m: 8:59.33	1:18.34
	200m: 2:27.49	1:16.35	400m: 5:03.33	1:17.96	600m: 7:40.99	1:19.11	800m: 10:13.76	1:14.43
7.	Kaylee de Jong	ZPCH	10:34.22	200001234	<b>10:27.88</b>		E	
	100m: 1:10.73	1:10.73	300m: 3:46.99	1:18.74	500m: 6:27.64	1:20.81	700m: 9:10.20	1:20.96
	200m: 2:28.25	1:17.52	400m: 5:06.83	1:19.84	600m: 7:49.24	1:21.60	800m: 10:27.88	1:17.68
8.	Kim Vos	SBC2000	10:12.01	200000990	<b>10:30.66</b>		E	
	100m: 1:09.79	1:09.79	300m: 3:47.75	1:19.35	500m: 6:29.59	1:21.60	700m: 9:13.06	1:21.33
	200m: 2:28.40	1:18.61	400m: 5:07.99	1:20.24	600m: 7:51.73	1:22.14	800m: 10:30.66	1:17.60

Programmanr. 7  
20-04-2013 - 12:30

Meisjes, 800m vrije slag

Juniores 3  
Resultaten

Nederlands Record Junioren	8:56.79	Esmee Vermeulen	Amsterdam	27-03-2010
Nederlands Record 14 jaar	8:54.52	Sharon van Rouwendaal	Montpellier (FRA)	23-11-2007

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Marieke Tienstra	TriVia	10:02.71	199900302	<b>9:37.66</b>		D	
	100m: 1:06.21	1:06.21	300m: 3:30.95	1:12.38	500m: 5:58.23	1:14.11	700m: 8:26.10	1:14.02
	200m: 2:18.57	1:12.36	400m: 4:44.12	1:13.17	600m: 7:12.08	1:13.85	800m: 9:37.66	1:11.56
2.	Melissa Baars	Aquarijn	10:14.51	199900376	<b>10:02.67</b>		E	
	100m: 1:09.80	1:09.80	300m: 3:42.33	1:16.34	500m: 6:15.68	1:16.84	700m: 8:49.85	1:16.97
	200m: 2:25.99	1:16.19	400m: 4:58.84	1:16.51	600m: 7:32.88	1:17.20	800m: 10:02.67	1:12.82
3.	Rafaëlla van Nee	De Dolfijn	10:30.00	199900358	<b>10:16.58</b>		F	
	100m: 1:08.59	1:08.59	300m: 3:43.77	1:18.50	500m: 6:22.08	1:19.78	700m: 9:00.43	1:17.68
	200m: 2:25.27	1:16.68	400m: 5:02.30	1:18.53	600m: 7:42.75	1:20.67	800m: 10:16.58	1:16.15
4.	Nikita van den Ouden	Hieronymus	10:26.80	199900622	<b>10:17.49</b>		F	
	100m: 1:10.69	1:10.69	300m: 3:46.00	1:17.96	500m: 6:25.93	1:20.24	700m: 9:02.82	1:18.52
	200m: 2:28.04	1:17.35	400m: 5:05.69	1:19.69	600m: 7:44.30	1:18.37	800m: 10:17.49	1:14.67
5.	Senna Limburg	De Dolfijn	10:19.59	199905846	<b>10:22.40</b>		F	
	100m: 1:10.36	1:10.36	300m: 3:44.32	1:17.52	500m: 6:21.98	1:19.29	700m: 9:01.99	1:20.22
	200m: 2:26.80	1:16.44	400m: 5:02.69	1:18.37	600m: 7:41.77	1:19.79	800m: 10:22.40	1:20.41
6.	Annemarie Meijer	De Duck	10:26.22	199900964	<b>10:24.76</b>		F	
	100m: 1:10.83	1:10.83	300m: 3:46.96	1:18.67	500m: 6:26.39	1:20.66	700m: 9:06.76	1:20.26
	200m: 2:28.29	1:17.46	400m: 5:05.73	1:18.77	600m: 7:46.50	1:20.11	800m: 10:24.76	1:18.00
7.	Hilde Dekker	TriVia	10:16.89	199901926	<b>10:29.49</b>		F	
	100m: 1:10.70	1:10.70	300m: 3:48.45	1:19.78	500m: 6:29.76	1:21.30	700m: 9:11.43	1:20.90
	200m: 2:28.67	1:17.97	400m: 5:08.46	1:20.01	600m: 7:50.53	1:20.77	800m: 10:29.49	1:18.06



NK 5000 meter en NJK 800/1500 meter 2013  
Amersfoort, 20-4-2013



Programmanr. 8  
20-04-2013 - 13:15

Meisjes, 5000m vrije slag

Jeugd 1 en 2  
Resultaten

rang	naam	vereniging	inschrijftijd		startnr.	tijd		RT	niveau			
1.	Janina Beckers	HGN (SG)	23:27.22		199800574	<b>1:01:32.79</b>						
	<i>Nederlands Record Jeugd</i>											
	100m:	1:10.70	1:10.70	1400m:	17:08.21	1:13.57	2700m:	33:06.48	1:13.73	4000m:	49:10.17	1:13.67
	200m:	2:24.96	1:14.26	1500m:	18:22.35	1:14.14	2800m:	34:20.20	1:13.72	4100m:	50:22.82	1:12.65
	300m:	3:38.85	1:13.89	1600m:	19:35.50	1:13.15	2900m:	35:34.56	1:14.36	4200m:	51:36.67	1:13.85
	400m:	4:52.94	1:14.09	1700m:	20:49.54	1:14.04	3000m:	36:48.99	1:14.43	4300m:	52:51.50	1:14.83
	500m:	6:06.53	1:13.59	1800m:	22:03.22	1:13.68	3100m:	38:03.10	1:14.11	4400m:	54:05.52	1:14.02
	600m:	7:20.46	1:13.93	1900m:	23:16.80	1:13.58	3200m:	39:17.56	1:14.46	4500m:	55:20.55	1:15.03
	700m:	8:34.55	1:14.09	2000m:	24:30.23	1:13.43	3300m:	40:32.31	1:14.75	4600m:	56:35.14	1:14.59
	800m:	9:48.13	1:13.58	2100m:	25:43.45	1:13.22	3400m:	41:46.03	1:13.72	4700m:	57:49.98	1:14.84
	900m:	11:00.88	1:12.75	2200m:	26:57.11	1:13.66	3500m:	43:00.99	1:14.96	4800m:	59:04.66	1:14.68
	1000m:	12:14.07	1:13.19	2300m:	28:11.08	1:13.97	3600m:	44:15.86	1:14.87	4900m:	1:00:19.17	1:14.51
	1100m:	13:27.55	1:13.48	2400m:	29:24.63	1:13.55	3700m:	45:28.87	1:13.01	5000m:	1:01:32.79	1:13.62
	1200m:	14:40.65	1:13.10	2500m:	30:38.35	1:13.72	3800m:	46:42.58	1:13.71			
	1300m:	15:54.64	1:13.99	2600m:	31:52.75	1:14.40	3900m:	47:56.50	1:13.92			
2.	Serena Stel	De Dolfijn	25:03.52		199801528	<b>1:05:20.17</b>						
	<i>100m, 200m, 400m, 800m, 1500m handtijd</i>											
	100m:	1:13.05	1:13.05	1400m:	17:58.30	1:17.94	2700m:	35:03.30	1:18.07	4000m:	52:12.55	1:19.11
	200m:	2:29.61	1:16.56	1500m:	19:16.49	1:18.19	2800m:	36:22.41	1:19.11	4100m:	53:31.36	1:18.81
	300m:	3:46.49	1:16.88	1600m:	20:35.17	1:18.68	2900m:	37:40.64	1:18.23	4200m:	54:49.50	1:18.14
	400m:	5:03.90	1:17.41	1700m:	21:53.66	1:18.49	3000m:	39:00.06	1:19.42	4300m:	56:08.74	1:19.24
	500m:	6:20.20	1:16.30	1800m:	23:12.83	1:19.17	3100m:	40:18.99	1:18.93	4400m:	57:28.09	1:19.35
	600m:	7:36.08	1:15.88	1900m:	24:32.23	1:19.40	3200m:	41:37.93	1:18.94	4500m:	58:47.47	1:19.38
	700m:	8:53.26	1:17.18	2000m:	25:51.84	1:19.61	3300m:	42:56.89	1:18.96	4600m:	1:00:07.24	1:19.77
	800m:	10:10.74	1:17.48	2100m:	27:11.45	1:19.61	3400m:	44:16.42	1:19.53	4700m:	1:01:26.30	1:19.06
	900m:	11:28.01	1:17.27	2200m:	28:30.56	1:19.11	3500m:	45:35.46	1:19.04	4800m:	1:02:45.28	1:18.98
	1000m:	12:45.61	1:17.60	2300m:	29:50.55	1:19.99	3600m:	46:55.14	1:19.68	4900m:	1:04:04.14	1:18.86
	1100m:	14:03.55	1:17.94	2400m:	31:09.42	1:18.87	3700m:	48:14.69	1:19.55	5000m:	1:05:20.17	1:16.03
	1200m:	15:21.84	1:18.29	2500m:	32:27.96	1:18.54	3800m:	49:34.03	1:19.34			
	1300m:	16:40.36	1:18.52	2600m:	33:45.23	1:17.27	3900m:	50:53.44	1:19.41			
3.	Noa Oldenhof	De Dolfijn	25:10.80		199700622	<b>1:06:02.83</b>						
	<i>100m handtijd</i>											
	100m:	1:12.09	1:12.09	1400m:	18:05.90	1:18.88	2700m:	35:21.34	1:19.98	4000m:	52:36.05	1:19.34
	200m:	2:29.38	1:17.29	1500m:	19:25.59	1:19.69	2800m:	36:40.96	1:19.62	4100m:	53:55.89	1:19.84
	300m:	3:46.67	1:17.29	1600m:	20:44.98	1:19.39	2900m:	38:01.43	1:20.47	4200m:	55:16.57	1:20.68
	400m:	5:04.34	1:17.67	1700m:	22:04.63	1:19.65	3000m:	39:22.41	1:20.98	4300m:	56:37.58	1:21.01
	500m:	6:21.43	1:17.09	1800m:	23:24.10	1:19.47	3100m:	40:43.01	1:20.60	4400m:	57:58.65	1:21.07
	600m:	7:38.83	1:17.40	1900m:	24:42.50	1:18.40	3200m:	42:03.83	1:20.82	4500m:	59:20.22	1:21.57
	700m:	8:56.91	1:18.08	2000m:	26:01.05	1:18.55	3300m:	43:23.68	1:19.85	4600m:	1:00:40.88	1:20.66
	800m:	10:14.95	1:18.04	2100m:	27:20.27	1:19.22	3400m:	44:43.12	1:19.44	4700m:	1:02:01.95	1:21.07
	900m:	11:32.66	1:17.71	2200m:	28:39.66	1:19.39	3500m:	46:00.24	1:17.12	4800m:	1:03:22.87	1:20.92
	1000m:	12:51.07	1:18.41	2300m:	30:00.59	1:20.93	3600m:	47:18.26	1:18.02	4900m:	1:04:43.97	1:21.10
	1100m:	14:09.85	1:18.78	2400m:	31:21.17	1:20.58	3700m:	48:37.47	1:19.21	5000m:	1:06:02.83	1:18.86
	1200m:	15:28.42	1:18.57	2500m:	32:41.40	1:20.23	3800m:	49:56.61	1:19.14			
	1300m:	16:47.02	1:18.60	2600m:	34:01.36	1:19.96	3900m:	51:16.71	1:20.10			
4.	Angelique van Vark	Z&PC De Gouwe	25:21.48		199701478	<b>1:10:08.06</b>						
	100m:	1:17.97	1:17.97	1400m:	19:08.08	1:24.09	2700m:	37:26.17	1:25.04	4000m:	55:58.27	1:26.00
	200m:	2:38.19	1:20.22	1500m:	20:32.06	1:23.98	2800m:	38:51.45	1:25.28	4100m:	57:23.31	1:25.04
	300m:	3:59.05	1:20.86	1600m:	21:56.10	1:24.04	2900m:	40:16.99	1:25.54	4200m:	58:48.72	1:25.41
	400m:	5:20.44	1:21.39	1700m:	23:19.99	1:23.89	3000m:	41:42.67	1:25.68	4300m:	1:00:13.82	1:25.10
	500m:	6:41.84	1:21.40	1800m:	24:44.06	1:24.07	3100m:	43:08.24	1:25.57	4400m:	1:01:39.07	1:25.25
	600m:	8:03.56	1:21.72	1900m:	26:08.36	1:24.30	3200m:	44:34.17	1:25.93	4500m:	1:03:05.49	1:26.42
	700m:	9:26.01	1:22.45	2000m:	27:32.67	1:24.31	3300m:	46:00.06	1:25.89	4600m:	1:04:31.78	1:26.29
	800m:	10:48.08	1:22.07	2100m:	28:56.96	1:24.29	3400m:	47:25.72	1:25.66	4700m:	1:05:57.52	1:25.74
	900m:	12:10.55	1:22.47	2200m:	30:21.46	1:24.50	3500m:	48:51.78	1:26.06	4800m:	1:07:22.75	1:25.23
	1000m:	13:33.90	1:23.35	2300m:	31:46.15	1:24.69	3600m:	50:16.53	1:24.75	4900m:	1:08:47.85	1:25.10
	1100m:	14:56.94	1:23.04	2400m:	33:10.92	1:24.77	3700m:	51:41.34	1:24.81	5000m:	1:10:08.06	1:20.21
	1200m:	16:19.76	1:22.82	2500m:	34:35.76	1:24.84	3800m:	53:06.62	1:25.28			
	1300m:	17:43.99	1:24.23	2600m:	36:01.13	1:25.37	3900m:	54:32.27	1:25.65			

Programmanr. 8  
20-04-2013 - 13:15

Jongens, 5000m vrije slag

Jeugd 2 en later  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
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# NK 5000 meter en NJK 800/1500 meter 2013 Amersfoort, 20-4-2013



## Programmanr. 8, Jongens, 5000m vrije slag, Jeugd 2 en later

rang	naam	vereniging		inschrijftijd		startnr.	tijd	RT	niveau			
1.	<b>Daniël Buijs</b>	<b>AZ&amp;PC</b>		<b>22:39.31</b>		<b>199600183</b>	<b>57:43.57</b>					
	<i>Nederlands Record Jeugd</i>											
	100m:	1:04.02	1:04.02	1400m:	15:57.52	1:09.19	2700m:	30:56.88	1:08.72	4000m:	46:08.77	1:09.27
	200m:	2:12.83	1:08.81	1500m:	17:07.62	1:10.10	2800m:	32:06.06	1:09.18	4100m:	47:17.81	1:09.04
	300m:	3:21.03	1:08.20	1600m:	18:17.16	1:09.54	2900m:	33:16.06	1:10.00	4200m:	48:27.61	1:09.87
	400m:	4:30.20	1:09.17	1700m:	19:25.41	1:08.25	3000m:	34:27.18	1:11.12	4300m:	49:37.61	1:09.93
	500m:	5:38.40	1:08.20	1800m:	20:34.46	1:09.05	3100m:	35:38.04	1:10.86	4400m:	50:46.92	1:09.31
	600m:	6:47.20	1:08.80	1900m:	21:43.93	1:09.47	3200m:	36:48.07	1:10.03	4500m:	51:56.53	1:09.61
	700m:	7:55.82	1:08.62	2000m:	22:53.18	1:09.25	3300m:	37:57.00	1:08.93	4600m:	53:05.86	1:09.33
	800m:	9:04.92	1:09.10	2100m:	24:02.58	1:09.40	3400m:	39:07.57	1:10.57	4700m:	54:15.61	1:09.75
	900m:	10:13.25	1:08.33	2200m:	25:11.61	1:09.03	3500m:	40:17.86	1:10.29	4800m:	55:25.79	1:10.18
	1000m:	11:22.26	1:09.01	2300m:	26:20.78	1:09.17	3600m:	41:28.53	1:10.67	4900m:	56:35.55	1:09.76
	1100m:	12:31.21	1:08.95	2400m:	27:29.89	1:09.11	3700m:	42:38.50	1:09.97	5000m:	57:43.57	1:08.02
	1200m:	13:40.01	1:08.80	2500m:	28:39.21	1:09.32	3800m:	43:48.83	1:10.33			
	1300m:	14:48.33	1:08.32	2600m:	29:48.16	1:08.95	3900m:	44:59.50	1:10.67			
2.	<b>Frank de Graaf</b>	<b>DWK</b>		<b>22:14.29</b>		<b>199602671</b>	<b>59:04.77</b>					
	100m:	1:07.90	1:07.90	1400m:	16:21.29	1:10.03	2700m:	31:45.28	1:12.17	4000m:	47:18.91	1:10.53
	200m:	2:18.40	1:10.50	1500m:	17:31.89	1:10.60	2800m:	32:57.03	1:11.75	4100m:	48:29.43	1:10.52
	300m:	3:27.98	1:09.58	1600m:	18:41.57	1:09.68	2900m:	34:08.81	1:11.78	4200m:	49:40.76	1:11.33
	400m:	4:38.92	1:10.94	1700m:	19:51.24	1:09.67	3000m:	35:20.41	1:11.60	4300m:	50:52.14	1:11.38
	500m:	5:49.04	1:10.12	1800m:	21:01.35	1:10.11	3100m:	36:31.99	1:11.58	4400m:	52:03.53	1:11.39
	600m:	6:59.30	1:10.26	1900m:	22:12.12	1:10.77	3200m:	37:44.26	1:12.27	4500m:	53:15.40	1:11.87
	700m:	8:10.02	1:10.72	2000m:	23:22.77	1:10.65	3300m:	38:56.18	1:11.92	4600m:	54:27.44	1:12.04
	800m:	9:20.43	1:10.41	2100m:	24:34.01	1:11.24	3400m:	40:08.35	1:12.17	4700m:	55:39.00	1:11.56
	900m:	10:30.11	1:09.68	2200m:	25:45.84	1:11.83	3500m:	41:20.03	1:11.68	4800m:	56:50.20	1:11.20
	1000m:	11:40.23	1:10.12	2300m:	26:58.00	1:12.16	3600m:	42:31.65	1:11.62	4900m:	57:59.21	1:10.91
	1100m:	12:50.79	1:10.56	2400m:	28:09.49	1:11.49	3700m:	43:44.12	1:12.47	5000m:	59:04.77	1:05.56
	1200m:	14:00.87	1:10.08	2500m:	29:21.24	1:11.75	3800m:	44:56.27	1:12.15			
	1300m:	15:11.26	1:10.39	2600m:	30:33.11	1:11.87	3900m:	46:08.38	1:12.11			
3.	<b>Lars Bottelier</b>	<b>VZV</b>		<b>23:24.43</b>		<b>199702681</b>	<b>1:02:09.30</b>					
	100m:	1:08.25	1:08.25	1400m:	16:54.54	1:14.27	2700m:	33:10.41	1:15.90	4000m:	49:44.96	1:14.51
	200m:	2:20.35	1:12.10	1500m:	18:09.43	1:14.89	2800m:	34:26.25	1:15.84	4100m:	50:58.66	1:13.70
	300m:	3:32.20	1:11.85	1600m:	19:23.88	1:14.45	2900m:	35:42.99	1:16.74	4200m:	52:14.50	1:15.84
	400m:	4:44.97	1:12.77	1700m:	20:38.75	1:14.87	3000m:	36:57.18	1:14.19	4300m:	53:29.87	1:15.37
	500m:	5:56.22	1:11.25	1800m:	21:53.43	1:14.68	3100m:	38:14.38	1:17.20	4400m:	54:46.47	1:16.60
	600m:	7:08.84	1:12.62	1900m:	23:08.18	1:14.75	3200m:	39:32.00	1:17.62	4500m:	56:02.27	1:15.80
	700m:	8:21.70	1:12.86	2000m:	24:23.27	1:15.09	3300m:	40:49.04	1:17.04	4600m:	57:19.41	1:17.14
	800m:	9:34.18	1:12.48	2100m:	25:39.04	1:15.77	3400m:	42:05.65	1:16.61	4700m:	58:32.99	1:13.58
	900m:	10:45.97	1:11.79	2200m:	26:51.92	1:12.88	3500m:	43:23.05	1:17.40	4800m:	59:44.90	1:11.91
	1000m:	11:59.14	1:13.17	2300m:	28:07.31	1:15.39	3600m:	44:37.83	1:14.78	4900m:	1:00:58.83	1:13.93
	1100m:	13:12.91	1:13.77	2400m:	29:22.83	1:15.52	3700m:	45:55.27	1:17.44	5000m:	1:02:09.30	1:10.47
	1200m:	14:26.25	1:13.34	2500m:	30:38.60	1:15.77	3800m:	47:12.96	1:17.69			
	1300m:	15:40.27	1:14.02	2600m:	31:54.51	1:15.91	3900m:	48:30.45	1:17.49			
4.	<b>Sven Dogger</b>	<b>De Zwoer</b>		<b>22:45.91</b>		<b>199600617</b>	<b>1:06:08.19</b>					
	<i>100m,200m,400m,800m,1500m handtijden</i>											
	100m:	1:08.24	1:08.24	1400m:	17:18.53	1:17.64	2700m:	34:30.36	1:21.52	4000m:	52:28.10	1:22.97
	200m:	2:20.23	1:11.99	1500m:	18:36.36	1:17.83	2800m:	35:52.78	1:22.42	4100m:	53:51.64	1:23.54
	300m:	3:33.75	1:13.52	1600m:	19:50.20	1:13.84	2900m:	37:15.97	1:23.19	4200m:	55:14.65	1:23.01
	400m:	4:49.50	1:15.75	1700m:	21:05.54	1:15.34	3000m:	38:39.88	1:23.91	4300m:	56:38.32	1:23.67
	500m:	6:05.16	1:15.66	1800m:	22:25.29	1:19.75	3100m:	40:03.45	1:23.57	4400m:	58:00.85	1:22.53
	600m:	7:19.89	1:14.73	1900m:	23:44.38	1:19.09	3200m:	41:26.72	1:23.27	4500m:	59:23.07	1:22.22
	700m:	8:35.21	1:15.32	2000m:	25:04.04	1:19.66	3300m:	42:49.10	1:22.38	4600m:	1:00:44.66	1:21.59
	800m:	9:50.94	1:15.73	2100m:	26:24.04	1:20.00	3400m:	44:11.80	1:22.70	4700m:	1:02:06.33	1:21.67
	900m:	11:06.95	1:16.01	2200m:	27:44.14	1:20.10	3500m:	45:35.21	1:23.41	4800m:	1:03:26.24	1:19.91
	1000m:	12:22.70	1:15.75	2300m:	29:04.90	1:20.76	3600m:	46:59.09	1:23.88	4900m:	1:04:47.34	1:21.10
	1100m:	13:33.59	1:10.89	2400m:	30:26.65	1:21.75	3700m:	48:22.85	1:23.76	5000m:	1:06:08.19	1:20.85
	1200m:	14:44.79	1:11.20	2500m:	31:47.78	1:21.13	3800m:	49:42.60	1:19.75			
	1300m:	16:00.89	1:16.10	2600m:	33:08.84	1:21.06	3900m:	51:05.13	1:22.53			

## Programmanr. 8 20-04-2013 - 13:15

## Dames, 5000m vrije slag

## all-in Resultaten

rang	naam	vereniging		inschrijftijd		startnr.	tijd	RT	niveau			
1.	<b>Leonie van Noort</b>	<b>De Zijl/LGB</b>		<b>23:34.24</b>		<b>199301752</b>	<b>59:55.24</b>					
	100m:	1:08.92	1:08.92	1300m:	15:24.92	1:12.03	2500m:	29:49.64	1:12.48	3700m:	44:21.80	1:12.52
	200m:	2:20.13	1:11.21	1400m:	16:36.57	1:11.65	2600m:	31:02.80	1:13.16	3800m:	45:33.43	1:11.63
	300m:	3:30.36	1:10.23	1500m:	17:48.71	1:12.14	2700m:	32:16.20	1:13.40	3900m:	46:45.59	1:12.16
	400m:	4:40.59	1:10.23	1600m:	19:00.67	1:11.96	2800m:	33:30.16	1:13.96	4000m:	47:57.10	1:11.51
	500m:	5:50.95	1:10.36	1700m:	20:12.60	1:11.93	2900m:	34:43.54	1:13.38	4100m:	49:07.95	1:10.85
	600m:	7:01.51	1:10.56	1800m:	21:24.26	1:11.66	3000m:	35:56.95	1:13.41	4200m:	50:19.40	1:11.45
	700m:	8:13.10	1:11.59	1900m:	22:36.70	1:12.44	3100m:	37:09.46	1:12.51	4300m:	51:31.80	1:12.40
	800m:	9:25.15	1:12.05	2000m:	23:48.16	1:11.46	3200m:	38:22.49	1:13.03	4400m:	52:43.62	1:11.82
	900m:	10:36.42	1:11.27	2100m:	25:00.51	1:12.35	3300m:	39:34.37	1:11.88	4500m:	53:55.37	1:11.75
	1000m:	11:48.29	1:11.87	2200m:	26:12.60	1:12.09	3400m:	40:45.90	1:11.53	4600m:	55:06.91	1:11.54
	1100m:	13:01.02	1:12.73	2300m:	27:25.16	1:12.56	3500m:	41:56.68	1:10.78	4700m:	56:19.10	1:12.19
	1200m:	14:12.89	1:11.87	2400m:	28:37.16	1:12.00	3600m:	43:09.28	1:12.60	4800m:	57:31.52	1:12.42
	4900m:	58:43.94	1:12.42	5000m:	59:55.24	1:11.30						





NK 5000 meter en NJK 800/1500 meter 2013  
Amersfoort, 20-4-2013



Programmanr. 8, Dames, 5000m vrije slag, all-in

rang	naam	vereniging				inschrijftijd	startnr.	tijd	RT	niveau		
2.	Marion van den Berg	DWK				22:56.59	198600272	1:00:28.45				
	100m:	1:06.87	1:06.87	1400m:	16:35.41	1:12.81	2700m:	32:31.84	1:12.41	4000m:	48:27.41	1:13.30
	200m:	2:18.27	1:11.40	1500m:	17:49.05	1:13.64	2800m:	33:45.03	1:13.19	4100m:	49:40.32	1:12.91
	300m:	3:29.79	1:11.52	1600m:	19:01.15	1:12.10	2900m:	35:00.25	1:15.22	4200m:	50:52.50	1:12.18
	400m:	4:41.03	1:11.24	1700m:	20:13.72	1:12.57	3000m:	36:13.81	1:13.56	4300m:	52:04.70	1:12.20
	500m:	5:51.89	1:10.86	1800m:	21:26.54	1:12.82	3100m:	37:26.74	1:12.93	4400m:	53:16.23	1:11.53
	600m:	7:02.98	1:11.09	1900m:	22:41.40	1:14.86	3200m:	38:38.75	1:12.01	4500m:	54:28.31	1:12.08
	700m:	8:14.15	1:11.17	2000m:	23:57.69	1:16.29	3300m:	39:51.03	1:12.28	4600m:	55:40.97	1:12.66
	800m:	9:25.46	1:11.31	2100m:	25:12.70	1:15.01	3400m:	41:03.48	1:12.45	4700m:	56:53.99	1:13.02
	900m:	10:35.36	1:09.90	2200m:	26:25.79	1:13.09	3500m:	42:16.91	1:13.43	4800m:	58:07.23	1:13.24
	1000m:	11:47.98	1:12.62	2300m:	27:39.19	1:13.40	3600m:	43:31.31	1:14.40	4900m:	59:19.30	1:12.07
	1100m:	13:00.35	1:12.37	2400m:	28:52.91	1:13.72	3700m:	44:47.12	1:15.81	5000m:	1:00:28.45	1:09.15
	1200m:	14:11.38	1:11.03	2500m:	30:06.98	1:14.07	3800m:	46:01.37	1:14.25			
	1300m:	15:22.60	1:11.22	2600m:	31:19.43	1:12.45	3900m:	47:14.11	1:12.74			
3.	Macy Oortwijn	AZ&PC				23:52.87	199500722	1:01:25.86				
	100m:	1:10.02	1:10.02	1400m:	16:59.69	1:13.16	2700m:	33:00.89	1:14.70	4000m:	49:07.44	1:14.94
	200m:	2:23.76	1:13.74	1500m:	18:12.95	1:13.26	2800m:	34:15.10	1:14.21	4100m:	50:21.44	1:14.00
	300m:	3:36.88	1:13.12	1600m:	19:25.84	1:12.89	2900m:	35:29.53	1:14.43	4200m:	51:35.97	1:14.53
	400m:	4:51.11	1:14.23	1700m:	20:38.70	1:12.86	3000m:	36:44.06	1:14.53	4300m:	52:50.13	1:14.16
	500m:	6:03.45	1:12.34	1800m:	21:52.91	1:14.21	3100m:	37:58.86	1:14.80	4400m:	54:04.02	1:13.89
	600m:	7:16.03	1:12.58	1900m:	23:07.14	1:14.23	3200m:	39:12.56	1:13.70	4500m:	55:17.53	1:13.51
	700m:	8:28.66	1:12.63	2000m:	24:21.26	1:14.12	3300m:	40:26.69	1:14.13	4600m:	56:31.97	1:14.44
	800m:	9:41.77	1:13.11	2100m:	25:35.44	1:14.18	3400m:	41:41.16	1:14.47	4700m:	57:46.41	1:14.44
	900m:	10:54.17	1:12.40	2200m:	26:49.44	1:14.00	3500m:	42:55.25	1:14.09	4800m:	59:00.59	1:14.18
	1000m:	12:06.75	1:12.58	2300m:	28:03.59	1:14.15	3600m:	44:09.45	1:14.20	4900m:	1:00:14.39	1:13.80
	1100m:	13:19.88	1:13.13	2400m:	29:17.75	1:14.16	3700m:	45:23.70	1:14.25	5000m:	1:01:25.86	1:11.47
	1200m:	14:33.00	1:13.12	2500m:	30:31.88	1:14.13	3800m:	46:37.75	1:14.05			
	1300m:	15:46.53	1:13.53	2600m:	31:46.19	1:14.31	3900m:	47:52.50	1:14.75			
4.	Janina Beckers <i>Nederlands Record Jeugd</i>	HGN (SG)				23:27.22	199800574	1:01:32.79				
	100m:	1:10.70	1:10.70	1400m:	17:08.21	1:13.57	2700m:	33:06.48	1:13.73	4000m:	49:10.17	1:13.67
	200m:	2:24.96	1:14.26	1500m:	18:22.35	1:14.14	2800m:	34:20.20	1:13.72	4100m:	50:22.82	1:12.65
	300m:	3:38.85	1:13.89	1600m:	19:35.50	1:13.15	2900m:	35:34.56	1:14.36	4200m:	51:36.67	1:13.85
	400m:	4:52.94	1:14.09	1700m:	20:49.54	1:14.04	3000m:	36:48.99	1:14.43	4300m:	52:51.50	1:14.83
	500m:	6:06.53	1:13.59	1800m:	22:03.22	1:13.68	3100m:	38:03.10	1:14.11	4400m:	54:05.52	1:14.02
	600m:	7:20.46	1:13.93	1900m:	23:16.80	1:13.58	3200m:	39:17.56	1:14.46	4500m:	55:20.55	1:15.03
	700m:	8:34.55	1:14.09	2000m:	24:30.23	1:13.43	3300m:	40:32.31	1:14.75	4600m:	56:35.14	1:14.59
	800m:	9:48.13	1:13.58	2100m:	25:43.45	1:13.22	3400m:	41:46.03	1:13.72	4700m:	57:49.98	1:14.84
	900m:	11:00.88	1:12.75	2200m:	26:57.11	1:13.66	3500m:	43:00.99	1:14.96	4800m:	59:04.66	1:14.68
	1000m:	12:14.07	1:13.19	2300m:	28:11.08	1:13.97	3600m:	44:15.86	1:14.87	4900m:	1:00:19.17	1:14.51
	1100m:	13:27.55	1:13.48	2400m:	29:24.63	1:13.55	3700m:	45:28.87	1:13.01	5000m:	1:01:32.79	1:13.62
	1200m:	14:40.65	1:13.10	2500m:	30:38.35	1:13.72	3800m:	46:42.58	1:13.71			
	1300m:	15:54.64	1:13.99	2600m:	31:52.75	1:14.40	3900m:	47:56.50	1:13.92			
5.	Lindi Verkooijen <i>100m, 200m, 400m, 800m handtijd</i>	SBC2000				24:34.13	199503826	1:03:09.01				
	100m:	1:12.32	1:12.32	1400m:	17:41.20	1:15.28	2700m:	34:05.47	1:15.67	4000m:	50:29.39	1:16.02
	200m:	2:27.99	1:15.67	1500m:	18:57.17	1:15.97	2800m:	35:21.10	1:15.63	4100m:	51:46.78	1:17.39
	300m:	3:43.45	1:15.46	1600m:	20:12.08	1:14.91	2900m:	36:36.96	1:15.86	4200m:	53:03.31	1:16.53
	400m:	4:59.33	1:15.88	1700m:	21:27.52	1:15.44	3000m:	37:51.98	1:15.02	4300m:	54:19.10	1:15.79
	500m:	6:15.59	1:16.26	1800m:	22:43.10	1:15.58	3100m:	39:07.14	1:15.16	4400m:	55:35.07	1:15.97
	600m:	7:31.23	1:15.64	1900m:	23:58.70	1:15.60	3200m:	40:22.36	1:15.22	4500m:	56:51.52	1:16.45
	700m:	8:46.26	1:15.03	2000m:	25:15.06	1:16.36	3300m:	41:37.36	1:15.00	4600m:	58:07.60	1:16.08
	800m:	10:02.80	1:16.54	2100m:	26:30.66	1:15.60	3400m:	42:53.07	1:15.71	4700m:	59:22.97	1:15.37
	900m:	11:19.81	1:17.01	2200m:	27:46.85	1:16.19	3500m:	44:09.25	1:16.18	4800m:	1:00:38.57	1:15.60
	1000m:	12:36.58	1:16.77	2300m:	29:03.07	1:16.22	3600m:	45:25.25	1:16.00	4900m:	1:01:55.00	1:16.43
	1100m:	13:53.56	1:16.98	2400m:	30:18.89	1:15.82	3700m:	46:40.54	1:15.29	5000m:	1:03:09.01	1:14.01
	1200m:	15:10.85	1:17.29	2500m:	31:34.19	1:15.30	3800m:	47:56.67	1:16.13			
	1300m:	16:25.92	1:15.07	2600m:	32:49.80	1:15.61	3900m:	49:13.37	1:16.70			
6.	Evelien van Ruiten	Orca				24:19.91	199602924	1:03:54.43				
	100m:	1:10.04	1:10.04	1400m:	17:18.06	1:15.58	2700m:	33:50.50	1:17.58	4000m:	50:53.85	1:19.50
	200m:	2:23.17	1:13.13	1500m:	18:34.11	1:16.05	2800m:	35:08.41	1:17.91	4100m:	52:12.71	1:18.86
	300m:	3:36.58	1:13.41	1600m:	19:49.66	1:15.55	2900m:	36:26.20	1:17.79	4200m:	53:31.06	1:18.35
	400m:	4:50.73	1:14.15	1700m:	21:05.62	1:15.96	3000m:	37:44.38	1:18.18	4300m:	54:49.47	1:18.41
	500m:	6:04.41	1:13.68	1800m:	22:21.47	1:15.85	3100m:	39:02.44	1:18.06	4400m:	56:07.86	1:18.39
	600m:	7:19.35	1:14.94	1900m:	23:37.12	1:15.65	3200m:	40:20.94	1:18.50	4500m:	57:26.41	1:18.55
	700m:	8:34.06	1:14.71	2000m:	24:53.69	1:16.57	3300m:	41:39.53	1:18.59	4600m:	58:44.56	1:18.15
	800m:	9:48.65	1:14.59	2100m:	26:09.38	1:15.69	3400m:	42:58.28	1:18.75	4700m:	1:00:03.50	1:18.94
	900m:	11:02.85	1:14.20	2200m:	27:25.62	1:16.24	3500m:	44:17.50	1:19.22	4800m:	1:01:21.48	1:17.98
	1000m:	12:17.54	1:14.69	2300m:	28:41.61	1:15.99	3600m:	45:36.66	1:19.16	4900m:	1:02:38.92	1:17.44
	1100m:	13:32.81	1:15.27	2400m:	29:58.63	1:17.02	3700m:	46:56.00	1:19.34	5000m:	1:03:54.43	1:15.51
	1200m:	14:47.80	1:14.99	2500m:	31:15.28	1:16.65	3800m:	48:15.50	1:19.50			
	1300m:	16:02.48	1:14.68	2600m:	32:32.92	1:17.64	3900m:	49:34.35	1:18.85			







# NK 5000 meter en NJK 800/1500 meter 2013 Amersfoort, 20-4-2013



## Programmanr. 8, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau				
7.	Iris Pijtak <i>800m handtijd</i>	AZ&PC	24:01.92	199300602	<b>1:03:59.67</b>						
100m:	1:11.91	1:11.91	1400m:	17:39.38	1:17.18	2700m:	34:27.55	1:17.93	4000m:	51:16.97	1:16.50
200m:	2:26.33	1:14.42	1500m:	18:56.13	1:16.75	2800m:	35:45.79	1:18.24	4100m:	52:33.32	1:16.35
300m:	3:41.64	1:15.31	1600m:	20:13.09	1:16.96	2900m:	37:04.18	1:18.39	4200m:	53:50.03	1:16.71
400m:	4:57.12	1:15.48	1700m:	21:29.69	1:16.60	3000m:	38:22.55	1:18.37	4300m:	55:06.82	1:16.79
500m:	6:12.37	1:15.25	1800m:	22:46.50	1:16.81	3100m:	39:40.98	1:18.43	4400m:	56:23.83	1:17.01
600m:	7:28.61	1:16.24	1900m:	24:03.56	1:17.06	3200m:	40:59.11	1:18.13	4500m:	57:40.87	1:17.04
700m:	8:44.03	1:15.42	2000m:	25:21.59	1:18.03	3300m:	42:17.45	1:18.34	4600m:	58:58.05	1:17.18
800m:	9:59.65	1:15.62	2100m:	26:39.50	1:17.91	3400m:	43:35.76	1:18.31	4700m:	1:00:14.70	1:16.65
900m:	11:15.55	1:15.90	2200m:	27:57.14	1:17.64	3500m:	44:53.87	1:18.11	4800m:	1:01:31.15	1:16.45
1000m:	12:31.71	1:16.16	2300m:	29:15.04	1:17.90	3600m:	46:11.35	1:17.48	4900m:	1:02:47.03	1:15.88
1100m:	13:48.35	1:16.64	2400m:	30:33.26	1:18.22	3700m:	47:27.67	1:16.32	5000m:	1:03:59.67	1:12.64
1200m:	15:05.11	1:16.76	2500m:	31:51.45	1:18.19	3800m:	48:43.82	1:16.15			
1300m:	16:22.20	1:17.09	2600m:	33:09.62	1:18.17	3900m:	50:00.47	1:16.65			
8.	Evelien Sohl <i>100m, 1500m handtijd</i>	Het Y	24:00.45	198603346	<b>1:04:35.10</b>						
100m:	1:12.36	1:12.36	1400m:	17:39.17	1:17.03	2700m:	34:27.42	1:18.06	4000m:	51:27.86	1:19.06
200m:	2:27.83	1:15.47	1500m:	18:55.92	1:16.75	2800m:	35:45.61	1:18.19	4100m:	52:46.64	1:18.78
300m:	3:43.45	1:15.62	1600m:	20:13.02	1:17.10	2900m:	37:04.14	1:18.53	4200m:	54:05.58	1:18.94
400m:	4:59.12	1:15.67	1700m:	21:29.30	1:16.28	3000m:	38:22.54	1:18.40	4300m:	55:24.61	1:19.03
500m:	6:14.95	1:15.83	1800m:	22:46.17	1:16.87	3100m:	39:40.92	1:18.38	4400m:	56:43.48	1:18.87
600m:	7:29.67	1:14.72	1900m:	24:03.64	1:17.47	3200m:	40:59.48	1:18.56	4500m:	58:02.83	1:19.35
700m:	8:43.92	1:14.25	2000m:	25:21.51	1:17.87	3300m:	42:17.58	1:18.10	4600m:	59:21.64	1:18.81
800m:	9:59.39	1:15.47	2100m:	26:39.26	1:17.75	3400m:	43:36.00	1:18.42	4700m:	1:00:40.00	1:18.36
900m:	11:15.48	1:16.09	2200m:	27:57.00	1:17.74	3500m:	44:54.23	1:18.23	4800m:	1:01:58.67	1:18.67
1000m:	12:31.58	1:16.10	2300m:	29:15.04	1:18.04	3600m:	46:12.39	1:18.16	4900m:	1:03:17.51	1:18.84
1100m:	13:48.20	1:16.62	2400m:	30:33.08	1:18.04	3700m:	47:31.33	1:18.94	5000m:	1:04:35.10	1:17.59
1200m:	15:05.02	1:16.82	2500m:	31:51.36	1:18.28	3800m:	48:49.77	1:18.44			
1300m:	16:22.14	1:17.12	2600m:	33:09.36	1:18.00	3900m:	50:08.80	1:19.03			
9.	Serena Stel <i>100m, 200m, 400m, 800m, 1500m handtijd</i>	De Dolfijn	25:03.52	199801528	<b>1:05:20.17</b>						
100m:	1:13.05	1:13.05	1400m:	17:58.30	1:17.94	2700m:	35:03.30	1:18.07	4000m:	52:12.55	1:19.11
200m:	2:29.61	1:16.56	1500m:	19:16.49	1:18.19	2800m:	36:22.41	1:19.11	4100m:	53:31.36	1:18.81
300m:	3:46.49	1:16.88	1600m:	20:35.17	1:18.68	2900m:	37:40.64	1:18.23	4200m:	54:49.50	1:18.14
400m:	5:03.90	1:17.41	1700m:	21:53.66	1:18.49	3000m:	39:00.06	1:19.42	4300m:	56:08.74	1:19.24
500m:	6:20.20	1:16.30	1800m:	23:12.83	1:19.17	3100m:	40:18.99	1:19.93	4400m:	57:28.09	1:19.35
600m:	7:36.08	1:15.88	1900m:	24:32.23	1:19.40	3200m:	41:37.93	1:18.94	4500m:	58:47.47	1:19.38
700m:	8:53.26	1:17.18	2000m:	25:51.84	1:19.61	3300m:	42:56.89	1:18.96	4600m:	1:00:07.24	1:19.77
800m:	10:10.74	1:17.48	2100m:	27:11.45	1:19.61	3400m:	44:16.42	1:19.53	4700m:	1:01:26.30	1:19.06
900m:	11:28.01	1:17.27	2200m:	28:30.56	1:19.11	3500m:	45:35.46	1:19.04	4800m:	1:02:45.28	1:18.98
1000m:	12:45.61	1:17.60	2300m:	29:50.55	1:19.99	3600m:	46:55.14	1:19.68	4900m:	1:04:04.14	1:18.86
1100m:	14:03.55	1:17.94	2400m:	31:09.42	1:18.87	3700m:	48:14.69	1:19.55	5000m:	1:05:20.17	1:16.03
1200m:	15:21.84	1:18.29	2500m:	32:27.96	1:18.54	3800m:	49:34.03	1:19.34			
1300m:	16:40.36	1:18.52	2600m:	33:45.23	1:17.27	3900m:	50:53.44	1:19.41			
10.	Alice Bravo <i>100m, 200m, 400m, 800m handtijd</i>	Het Y	24:13.13	198705346	<b>1:05:44.49</b>						
100m:	1:12.07	1:12.07	1400m:	17:44.27	1:17.24	2700m:	34:40.32	1:19.38	4000m:	52:02.32	1:22.35
200m:	2:27.74	1:15.67	1500m:	19:02.48	1:18.21	2800m:	35:59.32	1:19.00	4100m:	53:23.13	1:20.81
300m:	3:43.57	1:15.83	1600m:	20:20.10	1:17.62	2900m:	37:19.09	1:19.77	4200m:	54:45.85	1:22.72
400m:	4:59.07	1:15.50	1700m:	21:38.50	1:18.40	3000m:	38:39.56	1:20.47	4300m:	56:07.37	1:21.52
500m:	6:15.68	1:16.61	1800m:	22:55.68	1:17.18	3100m:	39:59.44	1:19.88	4400m:	57:28.18	1:20.81
600m:	7:31.62	1:15.94	1900m:	24:14.28	1:18.60	3200m:	41:19.35	1:19.91	4500m:	58:49.75	1:21.57
700m:	8:46.42	1:14.80	2000m:	25:31.66	1:17.38	3300m:	42:39.87	1:20.52	4600m:	1:00:12.78	1:23.03
800m:	10:02.97	1:16.55	2100m:	26:49.09	1:17.43	3400m:	44:01.13	1:21.26	4700m:	1:01:35.56	1:22.78
900m:	11:19.48	1:16.51	2200m:	28:06.75	1:17.66	3500m:	45:23.22	1:22.09	4800m:	1:02:58.94	1:23.38
1000m:	12:36.57	1:17.09	2300m:	29:24.59	1:17.84	3600m:	46:40.94	1:17.72	4900m:	1:04:22.13	1:23.19
1100m:	13:53.41	1:16.84	2400m:	30:43.78	1:19.19	3700m:	47:57.97	1:17.03	5000m:	1:05:44.49	1:22.36
1200m:	15:10.84	1:17.43	2500m:	32:02.56	1:18.78	3800m:	49:18.37	1:20.40			
1300m:	16:27.03	1:16.19	2600m:	33:20.94	1:18.38	3900m:	50:39.97	1:21.60			
11.	Noa Oldenhof <i>100m handtijd</i>	De Dolfijn	25:10.80	199700622	<b>1:06:02.83</b>						
100m:	1:12.09	1:12.09	1400m:	18:05.90	1:18.88	2700m:	35:21.34	1:19.98	4000m:	52:36.05	1:19.34
200m:	2:29.38	1:17.29	1500m:	19:25.59	1:19.69	2800m:	36:40.96	1:19.62	4100m:	53:55.89	1:19.84
300m:	3:46.67	1:17.29	1600m:	20:44.98	1:19.39	2900m:	38:01.43	1:20.47	4200m:	55:16.57	1:20.68
400m:	5:04.34	1:17.67	1700m:	22:04.63	1:19.65	3000m:	39:22.41	1:20.98	4300m:	56:37.58	1:21.01
500m:	6:21.43	1:17.09	1800m:	23:24.10	1:19.47	3100m:	40:43.01	1:20.60	4400m:	57:58.65	1:21.07
600m:	7:38.83	1:17.40	1900m:	24:42.50	1:18.40	3200m:	42:03.83	1:20.82	4500m:	59:20.22	1:21.57
700m:	8:56.91	1:18.08	2000m:	26:01.05	1:18.55	3300m:	43:23.68	1:19.85	4600m:	1:00:40.88	1:20.66
800m:	10:14.95	1:18.04	2100m:	27:20.27	1:19.22	3400m:	44:43.12	1:19.44	4700m:	1:02:01.95	1:21.07
900m:	11:32.66	1:17.71	2200m:	28:39.66	1:19.39	3500m:	46:00.24	1:17.12	4800m:	1:03:22.87	1:20.92
1000m:	12:51.07	1:18.41	2300m:	30:00.59	1:20.93	3600m:	47:18.26	1:18.02	4900m:	1:04:43.97	1:21.10
1100m:	14:09.85	1:18.78	2400m:	31:21.17	1:20.58	3700m:	48:37.47	1:19.21	5000m:	1:06:02.83	1:18.86
1200m:	15:28.42	1:18.57	2500m:	32:41.40	1:20.23	3800m:	49:56.61	1:19.14			
1300m:	16:47.02	1:18.60	2600m:	34:01.36	1:19.96	3900m:	51:16.71	1:20.10			





NK 5000 meter en NJK 800/1500 meter 2013  
Amersfoort, 20-4-2013



Programmanr. 8, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
12.	Danielle Grootes <i>100m handtijd</i>	De Zijl/LGB	24:47.41	199501278	<b>1:06:22.22</b>			
	100m: 1:11.69	1:11.69	1400m: 18:06.80	1:18.84	2700m: 35:33.97	1:21.43	4000m: 53:08.76	1:21.07
	200m: 2:27.73	1:16.04	1500m: 19:26.17	1:19.37	2800m: 36:55.49	1:21.52	4100m: 54:28.97	1:20.21
	300m: 3:44.22	1:16.49	1600m: 20:45.59	1:19.42	2900m: 38:16.78	1:21.29	4200m: 55:49.68	1:20.71
	400m: 5:01.57	1:17.35	1700m: 22:05.18	1:19.59	3000m: 39:37.90	1:21.12	4300m: 57:09.65	1:19.97
	500m: 6:19.50	1:17.93	1800m: 23:25.33	1:20.15	3100m: 40:59.41	1:21.51	4400m: 58:30.27	1:20.62
	600m: 7:37.58	1:18.08	1900m: 24:45.25	1:19.92	3200m: 42:20.29	1:20.88	4500m: 59:50.99	1:20.72
	700m: 8:56.35	1:18.77	2000m: 26:05.76	1:20.51	3300m: 43:41.26	1:20.97	4600m: 1:01:10.56	1:19.57
	800m: 10:15.65	1:19.30	2100m: 27:26.59	1:20.83	3400m: 45:02.12	1:20.86	4700m: 1:02:29.97	1:19.41
	900m: 11:33.47	1:17.82	2200m: 28:47.43	1:20.84	3500m: 46:23.42	1:21.30	4800m: 1:03:48.30	1:18.33
	1000m: 12:51.65	1:18.18	2300m: 30:09.29	1:21.86	3600m: 47:44.22	1:20.80	4900m: 1:05:06.22	1:17.92
	1100m: 14:10.38	1:18.73	2400m: 31:30.45	1:21.16	3700m: 49:05.00	1:20.78	5000m: 1:06:22.22	1:16.00
	1200m: 15:29.34	1:18.96	2500m: 32:51.31	1:20.86	3800m: 50:26.28	1:21.28		
	1300m: 16:47.96	1:18.62	2600m: 34:12.54	1:21.23	3900m: 51:47.69	1:21.41		
13.	Angelique van Vark	Z&PC De Gouwe	25:21.48	199701478	<b>1:10:08.06</b>			
	100m: 1:17.97	1:17.97	1400m: 19:08.08	1:24.09	2700m: 37:26.17	1:25.04	4000m: 55:58.27	1:26.00
	200m: 2:38.19	1:20.22	1500m: 20:32.06	1:23.98	2800m: 38:51.45	1:25.28	4100m: 57:23.31	1:25.04
	300m: 3:59.05	1:20.86	1600m: 21:56.10	1:24.04	2900m: 40:16.99	1:25.54	4200m: 58:48.72	1:25.41
	400m: 5:20.44	1:21.39	1700m: 23:19.99	1:23.89	3000m: 41:42.67	1:25.68	4300m: 1:00:13.82	1:25.10
	500m: 6:41.84	1:21.40	1800m: 24:44.06	1:24.07	3100m: 43:08.24	1:25.57	4400m: 1:01:39.07	1:25.25
	600m: 8:03.56	1:21.72	1900m: 26:08.36	1:24.30	3200m: 44:34.17	1:25.93	4500m: 1:03:05.49	1:26.42
	700m: 9:26.01	1:22.45	2000m: 27:32.67	1:24.31	3300m: 46:00.06	1:25.89	4600m: 1:04:31.78	1:26.29
	800m: 10:48.08	1:22.07	2100m: 28:56.96	1:24.29	3400m: 47:25.72	1:25.66	4700m: 1:05:57.52	1:25.74
	900m: 12:10.55	1:22.47	2200m: 30:21.46	1:24.50	3500m: 48:51.78	1:26.06	4800m: 1:07:22.75	1:25.23
	1000m: 13:33.90	1:23.35	2300m: 31:46.15	1:24.69	3600m: 50:16.53	1:24.75	4900m: 1:08:47.85	1:25.10
	1100m: 14:56.94	1:23.04	2400m: 33:10.92	1:24.77	3700m: 51:41.34	1:24.81	5000m: 1:10:08.06	1:20.21
	1200m: 16:19.76	1:22.82	2500m: 34:35.76	1:24.84	3800m: 53:06.62	1:25.28		
	1300m: 17:43.99	1:24.23	2600m: 36:01.13	1:25.37	3900m: 54:32.27	1:25.65		
AFGEM	Grith Sigsgaard	Zwemlust-den Hommel	24:42.29	197200772				
AFGEM	Margot Stenveld	SBC2000	25:25.76	198804170				

Programmanr. 8  
20-04-2013 - 13:15

Heren, 5000m vrije slag

all-in  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Daniël Buijs <i>Nederlands Record Jeugd</i>	AZ&PC	22:39.31	199600183	<b>57:43.57</b>			
	100m: 1:04.02	1:04.02	1400m: 15:57.52	1:09.19	2700m: 30:56.88	1:08.72	4000m: 46:08.77	1:09.27
	200m: 2:12.83	1:08.81	1500m: 17:07.62	1:10.10	2800m: 32:06.06	1:09.18	4100m: 47:17.81	1:09.04
	300m: 3:21.03	1:08.20	1600m: 18:17.16	1:09.54	2900m: 33:16.06	1:10.00	4200m: 48:27.68	1:09.87
	400m: 4:30.20	1:09.17	1700m: 19:25.41	1:08.25	3000m: 34:27.18	1:11.12	4300m: 49:37.61	1:09.93
	500m: 5:38.40	1:08.20	1800m: 20:34.46	1:09.05	3100m: 35:38.04	1:10.86	4400m: 50:46.92	1:09.31
	600m: 6:47.20	1:08.80	1900m: 21:43.93	1:09.47	3200m: 36:48.07	1:10.03	4500m: 51:56.53	1:09.61
	700m: 7:55.82	1:08.62	2000m: 22:53.18	1:09.25	3300m: 37:57.00	1:08.93	4600m: 53:05.86	1:09.33
	800m: 9:04.92	1:09.10	2100m: 24:02.58	1:09.40	3400m: 39:07.57	1:10.57	4700m: 54:15.61	1:09.75
	900m: 10:13.25	1:08.33	2200m: 25:11.61	1:09.03	3500m: 40:17.86	1:10.29	4800m: 55:25.79	1:10.18
	1000m: 11:22.26	1:09.01	2300m: 26:20.78	1:09.17	3600m: 41:28.53	1:10.67	4900m: 56:35.55	1:09.76
	1100m: 12:31.21	1:08.95	2400m: 27:29.89	1:09.11	3700m: 42:38.50	1:09.97	5000m: 57:43.57	1:08.02
	1200m: 13:40.01	1:08.80	2500m: 28:39.21	1:09.32	3800m: 43:48.83	1:10.33		
	1300m: 14:48.33	1:08.32	2600m: 29:48.16	1:08.95	3900m: 44:59.50	1:10.67		
2.	Frank de Graaf	DWK	22:14.29	199602671	<b>59:04.77</b>			
	100m: 1:07.90	1:07.90	1400m: 16:21.29	1:10.03	2700m: 31:45.28	1:12.17	4000m: 47:18.91	1:10.53
	200m: 2:18.40	1:10.50	1500m: 17:31.89	1:10.60	2800m: 32:57.03	1:11.75	4100m: 48:29.43	1:10.52
	300m: 3:27.98	1:09.58	1600m: 18:41.57	1:09.68	2900m: 34:08.81	1:11.78	4200m: 49:40.76	1:11.33
	400m: 4:38.92	1:10.94	1700m: 19:51.24	1:09.67	3000m: 35:20.41	1:11.60	4300m: 50:52.14	1:11.38
	500m: 5:49.04	1:10.12	1800m: 21:01.35	1:10.11	3100m: 36:31.99	1:11.58	4400m: 52:03.53	1:11.39
	600m: 6:59.30	1:10.26	1900m: 22:12.12	1:10.77	3200m: 37:44.26	1:12.27	4500m: 53:15.40	1:11.87
	700m: 8:10.02	1:10.72	2000m: 23:22.77	1:10.65	3300m: 38:56.18	1:11.92	4600m: 54:27.44	1:12.04
	800m: 9:20.43	1:10.41	2100m: 24:34.01	1:11.24	3400m: 40:08.35	1:12.17	4700m: 55:39.00	1:11.56
	900m: 10:30.11	1:09.68	2200m: 25:45.84	1:11.83	3500m: 41:20.03	1:11.68	4800m: 56:50.20	1:11.20
	1000m: 11:40.23	1:10.12	2300m: 26:58.00	1:12.16	3600m: 42:31.65	1:11.62	4900m: 57:59.21	1:09.01
	1100m: 12:50.79	1:10.56	2400m: 28:09.49	1:11.49	3700m: 43:44.12	1:12.47	5000m: 59:04.77	1:05.56
	1200m: 14:00.87	1:10.08	2500m: 29:21.24	1:11.75	3800m: 44:56.27	1:12.15		
	1300m: 15:11.26	1:10.39	2600m: 30:33.11	1:11.87	3900m: 46:08.38	1:12.11		



NK 5000 meter en NJK 800/1500 meter 2013  
Amersfoort, 20-4-2013



Programmanr. 8, Heren, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd		startnr.	tijd	RT	niveau
<b>3.</b>	<b>Jan-Willem v.d. Graaff</b> <i>200m handtijd</i>	<b>Het Y</b>	<b>23:02.29</b>		<b>198901023</b>	<b>59:48.77</b>		
	100m: 1:09.06	1:09.06	1400m: 16:40.14	1:11.37	2700m: 32:08.61	1:11.38	4000m: 47:43.17	1:12.81
	200m: 2:21.64	1:12.58	1500m: 17:51.67	1:11.53	2800m: 33:20.51	1:11.90	4100m: 48:55.45	1:12.28
	300m: 3:34.33	1:12.69	1600m: 19:02.70	1:11.03	2900m: 34:32.14	1:11.63	4200m: 50:08.04	1:12.59
	400m: 4:46.94	1:12.61	1700m: 20:13.74	1:11.04	3000m: 35:44.20	1:12.06	4300m: 51:20.74	1:12.70
	500m: 5:58.51	1:11.57	1800m: 21:26.02	1:12.28	3100m: 36:54.77	1:10.57	4400m: 52:34.11	1:13.37
	600m: 7:09.86	1:11.35	1900m: 22:37.36	1:11.34	3200m: 38:06.08	1:11.31	4500m: 53:46.89	1:12.78
	700m: 8:21.23	1:11.37	2000m: 23:49.33	1:11.97	3300m: 39:17.83	1:11.75	4600m: 55:00.02	1:13.13
	800m: 9:33.11	1:11.88	2100m: 25:00.11	1:10.78	3400m: 40:29.54	1:11.71	4700m: 56:12.70	1:12.68
	900m: 10:44.30	1:11.19	2200m: 26:11.45	1:11.34	3500m: 41:41.61	1:12.07	4800m: 57:25.64	1:12.94
	1000m: 11:55.48	1:11.18	2300m: 27:23.00	1:11.55	3600m: 42:53.39	1:11.78	4900m: 58:38.20	1:12.56
	1100m: 13:06.64	1:11.16	2400m: 28:34.39	1:11.39	3700m: 44:05.58	1:12.19	5000m: 59:48.77	1:10.57
	1200m: 14:17.64	1:11.00	2500m: 29:46.00	1:11.61	3800m: 45:17.74	1:12.16		
	1300m: 15:28.77	1:11.13	2600m: 30:57.23	1:11.23	3900m: 46:30.36	1:12.62		
<b>4.</b>	<b>Daan Glorie</b>	<b>DAW</b>	<b>22:50.17</b>		<b>198801115</b>	<b>59:56.43</b>		
	100m: 1:07.02	1:07.02	1400m: 16:30.28	1:11.80	2700m: 32:06.51	1:12.56	4000m: 47:51.26	1:12.70
	200m: 2:17.86	1:10.84	1500m: 17:42.19	1:11.91	2800m: 33:18.70	1:12.19	4100m: 49:03.76	1:12.50
	300m: 3:28.62	1:10.76	1600m: 18:53.62	1:11.43	2900m: 34:31.30	1:12.60	4200m: 50:16.55	1:12.79
	400m: 4:39.84	1:11.22	1700m: 20:05.23	1:11.61	3000m: 35:44.15	1:12.85	4300m: 51:29.46	1:12.91
	500m: 5:50.69	1:10.85	1800m: 21:16.82	1:11.59	3100m: 36:56.81	1:12.66	4400m: 52:42.35	1:12.89
	600m: 7:01.72	1:11.03	1900m: 22:28.76	1:11.94	3200m: 38:09.28	1:12.47	4500m: 53:55.40	1:13.05
	700m: 8:12.73	1:11.01	2000m: 23:40.58	1:11.82	3300m: 39:21.56	1:12.28	4600m: 55:08.61	1:13.21
	800m: 9:23.88	1:11.15	2100m: 24:52.83	1:12.25	3400m: 40:34.20	1:12.64	4700m: 56:21.53	1:12.92
	900m: 10:34.83	1:10.95	2200m: 26:04.97	1:12.14	3500m: 41:47.14	1:12.94	4800m: 57:34.54	1:13.01
	1000m: 11:45.65	1:10.82	2300m: 27:17.68	1:12.71	3600m: 43:00.09	1:12.95	4900m: 58:47.29	1:12.75
	1100m: 12:56.37	1:10.72	2400m: 28:30.17	1:12.49	3700m: 44:13.19	1:13.10	5000m: 59:56.43	1:09.14
	1200m: 14:07.20	1:10.83	2500m: 29:42.18	1:12.01	3800m: 45:25.93	1:12.74		
	1300m: 15:18.48	1:11.28	2600m: 30:53.95	1:11.77	3900m: 46:38.56	1:12.63		
<b>5.</b>	<b>Lars Bottelier</b>	<b>VZV</b>	<b>23:24.43</b>		<b>199702681</b>	<b>1:02:09.30</b>		
	100m: 1:08.25	1:08.25	1400m: 16:54.54	1:14.27	2700m: 33:10.41	1:15.90	4000m: 49:44.96	1:14.51
	200m: 2:20.35	1:12.10	1500m: 18:09.43	1:14.89	2800m: 34:26.25	1:15.84	4100m: 50:58.66	1:13.70
	300m: 3:32.20	1:11.85	1600m: 19:23.88	1:14.45	2900m: 35:42.99	1:16.74	4200m: 52:14.50	1:15.84
	400m: 4:44.97	1:12.77	1700m: 20:38.75	1:14.87	3000m: 36:57.18	1:14.19	4300m: 53:29.87	1:15.37
	500m: 5:56.22	1:11.25	1800m: 21:53.43	1:14.68	3100m: 38:14.38	1:17.20	4400m: 54:46.47	1:16.60
	600m: 7:08.84	1:12.62	1900m: 23:08.18	1:14.75	3200m: 39:32.00	1:17.62	4500m: 56:02.27	1:15.80
	700m: 8:21.70	1:12.86	2000m: 24:23.27	1:15.09	3300m: 40:49.04	1:17.04	4600m: 57:19.41	1:17.14
	800m: 9:34.18	1:12.48	2100m: 25:39.04	1:15.77	3400m: 42:05.65	1:16.61	4700m: 58:32.99	1:13.58
	900m: 10:45.97	1:11.79	2200m: 26:51.92	1:12.88	3500m: 43:23.05	1:17.40	4800m: 59:44.90	1:11.91
	1000m: 11:59.14	1:13.17	2300m: 28:07.31	1:15.39	3600m: 44:37.83	1:14.78	4900m: 1:00:58.83	1:13.93
	1100m: 13:12.91	1:13.77	2400m: 29:22.83	1:15.52	3700m: 45:55.27	1:17.44	5000m: 1:02:09.30	1:10.47
	1200m: 14:26.25	1:13.34	2500m: 30:38.60	1:15.77	3800m: 47:12.96	1:17.69		
	1300m: 15:40.27	1:14.02	2600m: 31:54.51	1:15.91	3900m: 48:30.45	1:17.49		
<b>6.</b>	<b>Alexander Hulleman</b> <i>100m,200m, 400m handtijden</i>	<b>Steenwijk 1934</b>	<b>23:21.82</b>		<b>198300989</b>	<b>1:02:13.05</b>		
	100m: 1:09.15	1:09.15	1400m: 16:54.33	1:14.30	2700m: 33:10.25	1:16.31	4000m: 49:44.09	1:13.76
	200m: 2:22.04	1:12.89	1500m: 18:09.09	1:14.76	2800m: 34:25.97	1:15.72	4100m: 50:58.25	1:14.16
	300m: 3:34.43	1:12.39	1600m: 19:23.67	1:14.58	2900m: 35:42.69	1:16.72	4200m: 52:14.12	1:15.87
	400m: 4:47.15	1:12.72	1700m: 20:38.46	1:14.79	3000m: 36:56.96	1:14.27	4300m: 53:29.76	1:15.64
	500m: 5:58.94	1:11.79	1800m: 21:53.36	1:14.90	3100m: 38:13.99	1:17.03	4400m: 54:45.58	1:15.82
	600m: 7:10.16	1:11.22	1900m: 23:07.85	1:14.49	3200m: 39:31.80	1:17.81	4500m: 56:02.05	1:16.47
	700m: 8:22.12	1:11.96	2000m: 24:23.03	1:15.18	3300m: 40:48.13	1:16.33	4600m: 57:19.19	1:17.14
	800m: 9:33.90	1:11.78	2100m: 25:39.18	1:16.15	3400m: 42:05.25	1:17.12	4700m: 58:33.50	1:14.31
	900m: 10:45.69	1:11.79	2200m: 26:52.31	1:13.13	3500m: 43:22.54	1:17.29	4800m: 59:46.85	1:13.35
	1000m: 11:58.77	1:13.08	2300m: 28:07.42	1:15.11	3600m: 44:38.36	1:15.82	4900m: 1:01:01.39	1:14.54
	1100m: 13:12.72	1:13.95	2400m: 29:22.03	1:14.61	3700m: 45:55.07	1:16.71	5000m: 1:02:13.05	1:11.66
	1200m: 14:25.90	1:13.18	2500m: 30:38.07	1:16.04	3800m: 47:12.84	1:17.77		
	1300m: 15:40.03	1:14.13	2600m: 31:53.94	1:15.87	3900m: 48:30.33	1:17.49		
<b>7.</b>	<b>Pieter Pickhardt</b> <i>100m,200m handtijden</i>	<b>ZPC De Hof</b>	<b>23:22.92</b>		<b>198301657</b>	<b>1:02:16.41</b>		
	100m: 1:08.96	1:08.96	1400m: 17:09.97	1:14.57	2700m: 33:27.25	1:15.44	4000m: 49:55.35	1:14.54
	200m: 2:21.71	1:12.75	1500m: 18:25.71	1:15.74	2800m: 34:43.16	1:15.91	4100m: 51:09.90	1:14.55
	300m: 3:35.31	1:13.60	1600m: 19:40.15	1:14.44	2900m: 35:59.52	1:16.36	4200m: 52:24.22	1:14.32
	400m: 4:49.01	1:13.70	1700m: 20:55.02	1:14.87	3000m: 37:16.15	1:16.63	4300m: 53:38.63	1:14.41
	500m: 6:01.90	1:12.89	1800m: 22:10.06	1:15.04	3100m: 38:32.16	1:16.01	4400m: 54:52.65	1:14.02
	600m: 7:16.19	1:14.29	1900m: 23:24.76	1:14.70	3200m: 39:48.72	1:16.56	4500m: 56:07.10	1:14.45
	700m: 8:30.66	1:14.47	2000m: 24:39.41	1:14.65	3300m: 41:05.72	1:17.00	4600m: 57:21.19	1:14.09
	800m: 9:45.10	1:14.44	2100m: 25:54.65	1:15.24	3400m: 42:21.91	1:16.19	4700m: 58:34.91	1:13.72
	900m: 10:58.34	1:13.24	2200m: 27:09.59	1:14.94	3500m: 43:38.31	1:16.40	4800m: 59:48.50	1:13.59
	1000m: 12:12.62	1:14.28	2300m: 28:25.16	1:15.57	3600m: 44:54.75	1:16.44	4900m: 1:01:02.33	1:13.83
	1100m: 13:26.84	1:14.22	2400m: 29:40.54	1:15.38	3700m: 46:11.16	1:16.41	5000m: 1:02:16.41	1:14.08
	1200m: 14:40.82	1:13.98	2500m: 30:56.22	1:15.68	3800m: 47:26.25	1:15.09		
	1300m: 15:55.40	1:14.58	2600m: 32:11.81	1:15.59	3900m: 48:40.81	1:14.56		



NK 5000 meter en NJK 800/1500 meter 2013  
Amersfoort, 20-4-2013



Programmanr. 8, Heren, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
8.	Sander van Elburg	Het Y	23:20.43	198800937	<b>1:03:06.73</b>			
	<i>100m, 200m handtijd</i>							
	100m: 1:09.32	1:09.32	1400m: 17:02.30	1:14.73	2700m: 33:11.09	1:14.73	4000m: 49:45.61	1:15.25
	200m: 2:22.01	1:12.69	1500m: 18:16.64	1:14.34	2800m: 34:25.93	1:14.84	4100m: 51:03.47	1:17.86
	300m: 3:34.73	1:12.72	1600m: 19:31.12	1:14.48	2900m: 35:42.65	1:16.72	4200m: 52:23.07	1:19.60
	400m: 4:47.10	1:12.37	1700m: 20:45.74	1:14.62	3000m: 36:57.02	1:14.37	4300m: 53:41.99	1:18.92
	500m: 5:59.75	1:12.65	1800m: 22:00.25	1:14.51	3100m: 38:14.37	1:17.35	4400m: 55:02.68	1:20.69
	600m: 7:12.78	1:13.03	1900m: 23:14.47	1:14.22	3200m: 39:31.90	1:17.53	4500m: 56:23.36	1:20.68
	700m: 8:26.35	1:13.57	2000m: 24:28.50	1:14.03	3300m: 40:49.10	1:17.20	4600m: 57:44.43	1:21.07
	800m: 9:40.57	1:14.22	2100m: 25:42.38	1:13.88	3400m: 42:05.43	1:16.33	4700m: 59:06.47	1:22.04
	900m: 10:54.15	1:13.58	2200m: 26:56.65	1:14.27	3500m: 43:22.65	1:17.22	4800m: 1:00:28.09	1:21.62
	1000m: 12:07.72	1:13.57	2300m: 28:11.11	1:14.46	3600m: 44:39.11	1:16.46	4900m: 1:01:49.79	1:21.70
	1100m: 13:21.14	1:13.42	2400m: 29:26.07	1:14.96	3700m: 45:54.98	1:15.87	5000m: 1:03:06.73	1:16.94
	1200m: 14:34.01	1:12.87	2500m: 30:41.09	1:15.02	3800m: 47:12.78	1:17.80		
	1300m: 15:47.57	1:13.56	2600m: 31:56.36	1:15.27	3900m: 48:30.36	1:17.58		
9.	Harm Donkers	De Warande	23:20.75	199301809	<b>1:03:22.50</b>			
	<i>100m, 200m handtijd</i>							
	100m: 1:09.20	1:09.20	1400m: 17:10.26	1:14.52	2700m: 33:27.51	1:15.31	4000m: 50:06.54	1:19.06
	200m: 2:22.02	1:12.82	1500m: 18:25.70	1:15.44	2800m: 34:43.26	1:15.75	4100m: 51:25.11	1:18.57
	300m: 3:35.08	1:13.06	1600m: 19:40.36	1:14.66	2900m: 36:00.30	1:17.04	4200m: 52:45.00	1:19.89
	400m: 4:48.25	1:13.17	1700m: 20:55.33	1:14.97	3000m: 37:16.54	1:16.24	4300m: 54:04.74	1:19.74
	500m: 6:02.11	1:13.86	1800m: 22:10.23	1:14.90	3100m: 38:32.61	1:16.07	4400m: 55:25.02	1:20.28
	600m: 7:16.61	1:14.50	1900m: 23:24.92	1:14.69	3200m: 39:49.51	1:16.90	4500m: 56:45.89	1:20.87
	700m: 8:30.55	1:13.94	2000m: 24:39.58	1:14.66	3300m: 41:06.08	1:16.57	4600m: 58:06.26	1:20.37
	800m: 9:44.19	1:13.64	2100m: 25:54.74	1:15.16	3400m: 42:22.48	1:16.40	4700m: 59:26.70	1:20.44
	900m: 10:58.08	1:13.89	2200m: 27:09.95	1:15.21	3500m: 43:38.67	1:16.19	4800m: 1:00:46.08	1:19.38
	1000m: 12:12.86	1:14.78	2300m: 28:25.51	1:15.56	3600m: 44:55.17	1:16.50	4900m: 1:02:05.77	1:19.69
	1100m: 13:27.04	1:14.18	2400m: 29:41.08	1:15.57	3700m: 46:11.86	1:16.69	5000m: 1:03:22.50	1:16.73
	1200m: 14:41.23	1:14.19	2500m: 30:56.77	1:15.69	3800m: 47:28.67	1:16.81		
	1300m: 15:55.74	1:14.51	2600m: 32:12.20	1:15.43	3900m: 48:47.48	1:18.81		
10.	Emiel Huiskens	ZPC De Hof	23:29.42	198501139	<b>1:06:03.68</b>			
	100m: 1:08.01	1:08.01	1400m: 17:37.72	1:18.53	2700m: 34:38.43	1:19.62	4000m: 52:20.46	1:24.62
	200m: 2:22.12	1:14.11	1500m: 18:55.60	1:17.88	2800m: 35:57.92	1:19.49	4100m: 53:44.02	1:23.56
	300m: 3:35.73	1:13.61	1600m: 20:13.78	1:18.18	2900m: 37:17.32	1:19.40	4200m: 55:06.56	1:22.54
	400m: 4:49.95	1:14.22	1700m: 21:32.18	1:18.40	3000m: 38:36.21	1:18.89	4300m: 56:29.39	1:22.83
	500m: 6:04.40	1:14.45	1800m: 22:50.71	1:18.53	3100m: 39:55.97	1:19.76	4400m: 57:52.21	1:22.82
	600m: 7:19.34	1:14.94	1900m: 24:09.45	1:18.74	3200m: 41:16.55	1:20.58	4500m: 59:16.07	1:23.86
	700m: 8:34.93	1:15.59	2000m: 25:28.37	1:18.92	3300m: 42:36.67	1:20.12	4600m: 1:00:38.80	1:22.73
	800m: 9:51.48	1:16.55	2100m: 26:47.98	1:19.61	3400m: 43:57.86	1:21.19	4700m: 1:02:00.96	1:22.16
	900m: 11:07.87	1:16.39	2200m: 28:06.62	1:18.64	3500m: 45:18.61	1:20.75	4800m: 1:03:22.29	1:21.33
	1000m: 12:25.21	1:17.34	2300m: 29:24.10	1:17.48	3600m: 46:39.97	1:21.36	4900m: 1:04:43.67	1:21.38
	1100m: 13:43.24	1:18.03	2400m: 30:41.82	1:17.72	3700m: 48:02.89	1:22.92	5000m: 1:06:03.68	1:20.01
	1200m: 15:01.10	1:17.86	2500m: 31:59.69	1:17.87	3800m: 49:29.50	1:26.61		
	1300m: 16:19.19	1:18.09	2600m: 33:18.81	1:19.12	3900m: 50:55.84	1:26.34		
11.	Sven Dogger	De Zwoer	22:45.91	199600617	<b>1:06:08.19</b>			
	<i>100m, 200m, 400m, 800m, 1500m handtijden</i>							
	100m: 1:08.24	1:08.24	1400m: 17:18.53	1:17.64	2700m: 34:30.36	1:21.52	4000m: 52:28.10	1:22.97
	200m: 2:20.23	1:11.99	1500m: 18:36.36	1:17.83	2800m: 35:52.78	1:22.42	4100m: 53:51.64	1:23.54
	300m: 3:33.75	1:13.52	1600m: 19:50.20	1:13.84	2900m: 37:15.97	1:23.19	4200m: 55:14.65	1:23.01
	400m: 4:49.50	1:15.75	1700m: 21:05.54	1:15.34	3000m: 38:39.88	1:23.91	4300m: 56:38.32	1:23.67
	500m: 6:05.16	1:15.66	1800m: 22:25.29	1:19.75	3100m: 40:03.45	1:23.57	4400m: 58:00.85	1:22.53
	600m: 7:19.89	1:14.73	1900m: 23:44.38	1:19.09	3200m: 41:26.72	1:23.27	4500m: 59:23.07	1:22.22
	700m: 8:35.21	1:15.32	2000m: 25:04.04	1:19.66	3300m: 42:49.10	1:22.38	4600m: 1:00:44.66	1:21.59
	800m: 9:50.94	1:15.73	2100m: 26:24.04	1:20.00	3400m: 44:11.80	1:22.70	4700m: 1:02:06.33	1:21.67
	900m: 11:06.95	1:16.01	2200m: 27:44.14	1:20.10	3500m: 45:35.21	1:23.41	4800m: 1:03:26.24	1:19.91
	1000m: 12:22.70	1:15.75	2300m: 29:04.90	1:20.76	3600m: 46:59.09	1:23.88	4900m: 1:04:47.34	1:21.10
	1100m: 13:33.59	1:10.89	2400m: 30:26.65	1:21.75	3700m: 48:22.85	1:23.76	5000m: 1:06:08.19	1:20.85
	1200m: 14:44.79	1:11.20	2500m: 31:47.78	1:21.13	3800m: 49:42.60	1:19.75		
	1300m: 16:00.89	1:16.10	2600m: 33:08.84	1:21.06	3900m: 51:05.13	1:22.53		