

Nederlands Kampioenschap 5 km
Amsterdam, 16.4.2009

Programmanr. 1
16.04.2009

5000m vrije slag

14 jaar en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	
Senioren 1 en ouder, Dames						
1.	Maaike Waaijer	Eiffel Swimmers PSV	23:30.03	9004120	58:25.72	
	100m: 1:07.76	1:07.76	1400m: 16:13.20	1:10.02	2700m: 31:30.43	1:10.82
	200m: 2:16.75	1:08.99	1500m: 17:23.13	1:09.93	2800m: 32:41.21	1:10.78
	300m: 3:25.98	1:09.23	1600m: 18:33.41	1:10.28	2900m: 33:51.92	1:10.71
	400m: 4:35.59	1:09.61	1700m: 19:43.78	1:10.37	3000m: 35:02.95	1:11.03
	500m: 5:45.43	1:09.84	1800m: 20:54.25	1:10.47	3100m: 36:13.62	1:10.67
	600m: 6:54.94	1:09.51	1900m: 22:04.49	1:10.24	3200m: 37:24.74	1:11.12
	700m: 8:04.50	1:09.56	2000m: 23:14.96	1:10.47	3300m: 38:35.84	1:11.10
	800m: 9:14.12	1:09.62	2100m: 24:25.47	1:10.51	3400m: 39:47.39	1:11.55
	900m: 10:24.10	1:09.98	2200m: 25:35.90	1:10.43	3500m: 40:57.91	1:10.52
	1000m: 11:33.59	1:09.49	2300m: 26:46.82	1:10.92	3600m: 42:08.43	1:10.52
	1100m: 12:43.52	1:09.93	2400m: 27:57.70	1:10.88	3700m: 43:18.82	1:10.39
	1200m: 13:53.24	1:09.72	2500m: 29:08.71	1:11.01	3800m: 44:29.34	1:10.52
	1300m: 15:03.18	1:09.94	2600m: 30:19.61	1:10.90	3900m: 45:39.80	1:10.46
2.	Daniëke Gielen	Oceanus	23:45.69	9105922	1:04:55.60	
	100m: 1:14.68	1:14.68	1400m: 17:42.55	1:16.02	2700m: 34:28.47	1:17.59
	200m: 2:32.39	1:17.71	1500m: 18:58.17	1:15.62	2800m: 35:45.86	1:17.39
	300m: 3:48.98	1:16.59	1600m: 20:13.84	1:15.67	2900m: 37:03.54	1:17.68
	400m: 5:04.47	1:15.49	1700m: 21:30.05	1:16.21	3000m: 38:21.48	1:17.94
	500m: 6:19.98	1:15.51	1800m: 22:46.69	1:16.64	3100m: 39:40.01	1:18.53
	600m: 7:35.81	1:15.83	1900m: 24:04.03	1:17.34	3200m: 40:59.40	1:19.39
	700m: 8:52.16	1:16.35	2000m: 25:21.89	1:17.86	3300m: 42:18.55	1:19.15
	800m: 10:07.90	1:15.74	2100m: 26:40.06	1:18.17	3400m: 43:37.68	1:19.13
	900m: 11:23.60	1:15.70	2200m: 27:58.39	1:18.33	3500m: 44:57.02	1:19.34
	1000m: 12:39.28	1:15.68	2300m: 29:16.65	1:18.26	3600m: 46:16.13	1:19.11
	1100m: 13:55.00	1:15.72	2400m: 30:34.99	1:18.34	3700m: 47:35.80	1:19.67
	1200m: 15:10.70	1:15.70	2500m: 31:53.26	1:18.27	3800m: 48:56.37	1:20.57
	1300m: 16:26.53	1:15.83	2600m: 33:10.88	1:17.62	3900m: 50:17.22	1:20.85
3.	Désirée Emmen	De Vennen	25:26.64	9204862	1:05:59.50	
	100m: 1:12.35	1:12.35	1400m: 18:07.07	1:19.00	2700m: 35:13.26	1:19.59
	200m: 2:28.95	1:16.60	1500m: 19:26.23	1:19.16	2800m: 36:32.05	1:18.79
	300m: 3:45.56	1:16.61	1600m: 20:45.15	1:18.92	2900m: 37:51.32	1:19.27
	400m: 5:03.70	1:18.14	1700m: 22:03.65	1:18.50	3000m: 39:11.75	1:20.43
	500m: 6:20.65	1:16.95	1800m: 23:22.41	1:18.76	3100m: 40:31.87	1:20.12
	600m: 7:38.67	1:18.02	1900m: 24:40.56	1:18.15	3200m: 41:52.64	1:20.77
	700m: 8:56.19	1:17.52	2000m: 25:59.44	1:18.88	3300m: 43:12.85	1:20.21
	800m: 10:14.75	1:18.56	2100m: 27:18.35	1:18.91	3400m: 44:32.70	1:19.85
	900m: 11:32.81	1:18.06	2200m: 28:36.89	1:18.54	3500m: 45:52.84	1:20.14
	1000m: 12:51.61	1:18.80	2300m: 29:56.23	1:19.34	3600m: 47:13.10	1:20.26
	1100m: 14:10.58	1:18.97	2400m: 31:15.72	1:19.49	3700m: 48:32.94	1:19.84
	1200m: 15:29.51	1:18.93	2500m: 32:34.71	1:18.99	3800m: 49:54.10	1:21.16
	1300m: 16:48.07	1:18.56	2600m: 33:53.67	1:18.96	3900m: 51:15.53	1:21.43
4.	Rosanne de Boer	LZ 1886	25:52.18	9104060	1:08:00.05	
	100m: 1:13.46	1:13.46	1400m: 18:03.61	1:18.77	2700m: 35:27.52	1:22.61
	200m: 2:30.25	1:16.79	1500m: 19:22.70	1:19.09	2800m: 36:50.57	1:23.05
	300m: 3:46.50	1:16.25	1600m: 20:41.96	1:19.26	2900m: 38:13.89	1:23.32
	400m: 5:03.14	1:16.64	1700m: 22:01.21	1:19.25	3000m: 39:37.34	1:23.45
	500m: 6:19.38	1:16.24	1800m: 23:20.73	1:19.52	3100m: 41:01.02	1:23.68
	600m: 7:36.26	1:16.88	1900m: 24:40.27	1:19.54	3200m: 42:25.00	1:23.98
	700m: 8:53.44	1:17.18	2000m: 25:59.86	1:19.59	3300m: 43:49.23	1:24.23
	800m: 10:10.55	1:17.11	2100m: 27:19.57	1:19.71	3400m: 45:14.30	1:25.07
	900m: 11:29.16	1:18.61	2200m: 28:39.44	1:19.87	3500m: 46:38.81	1:24.51
	1000m: 12:47.88	1:18.72	2300m: 29:59.77	1:20.33	3600m: 48:03.35	1:24.54
	1100m: 14:06.39	1:18.51	2400m: 31:20.98	1:21.21	3700m: 49:27.56	1:24.21
	1200m: 15:25.34	1:18.95	2500m: 32:42.52	1:21.54	3800m: 50:52.47	1:24.91
	1300m: 16:44.84	1:19.50	2600m: 34:04.91	1:22.39	3900m: 52:17.48	1:25.01
5.	Suzanne Konst	De Dinkel	25:36.02	9005094	1:11:18.27	
	100m: 1:13.77	1:13.77	1400m: 18:53.29	1:23.84	2700m: 37:15.96	1:25.10
	200m: 2:31.83	1:18.06	1500m: 20:18.54	1:25.25	2800m: 38:41.99	1:26.03
	300m: 3:51.05	1:19.22	1600m: 21:43.67	1:25.13	2900m: 40:08.43	1:26.44
	400m: 5:11.49	1:20.44	1700m: 23:09.47	1:25.80	3000m: 41:34.40	1:25.97
	500m: 6:32.69	1:21.20	1800m: 24:35.05	1:25.58	3100m: 42:59.86	1:25.46
	600m: 7:54.06	1:21.37	1900m: 26:00.27	1:25.22	3200m: 44:27.73	1:27.87
	700m: 9:15.63	1:21.57	2000m: 27:23.70	1:23.43	3300m: 46:01.14	1:33.41
	800m: 10:36.93	1:21.30	2100m: 28:47.94	1:24.24	3400m: 47:29.81	1:28.67
	900m: 11:58.96	1:22.03	2200m: 30:11.72	1:23.78	3500m: 48:56.90	1:27.09
	1000m: 13:21.20	1:22.24	2300m: 31:35.78	1:24.06	3600m: 50:28.03	1:31.13
	1100m: 14:43.96	1:22.76	2400m: 32:59.18	1:23.40	3700m: 51:58.85	1:30.82
	1200m: 16:06.22	1:22.26	2500m: 34:24.31	1:25.13	3800m: 53:30.84	1:31.99
	1300m: 17:29.45	1:23.23	2600m: 35:50.86	1:26.55	3900m: 55:01.94	1:31.10

Nederlands Kampioenschap 5 km
Amsterdam, 16.4.2009

Programmanr. 1, Dames, 5000m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
6.	Baukje Hooghiemstra	HZ&PC Heerenveen	25:27.45	8801880	1:11:49.91			
	100m: 1:13.04	1:13.04	1400m: 18:26.73	1:21.69	2700m: 36:12.09	1:22.71	4000m: 55:36.98	1:34.01
	200m: 2:30.04	1:17.00	1500m: 19:48.01	1:21.28	2800m: 37:35.52	1:23.43	4100m: 57:11.99	1:35.01
	300m: 3:47.88	1:17.84	1600m: 21:09.63	1:21.62	2900m: 38:59.96	1:24.44	4200m: 58:47.73	1:35.74
	400m: 5:06.21	1:18.33	1700m: 22:31.50	1:21.87	3000m: 40:25.15	1:25.19	4300m: 1:00:24.65	1:36.92
	500m: 6:24.53	1:18.32	1800m: 23:52.74	1:21.24	3100m: 41:51.36	1:26.21	4400m: 1:02:02.70	1:38.05
	600m: 7:44.59	1:20.06	1900m: 25:14.23	1:21.49	3200m: 43:17.78	1:26.42	4500m: 1:03:41.55	1:38.85
	700m: 9:04.62	1:20.03	2000m: 26:35.56	1:21.33	3300m: 44:44.62	1:26.84	4600m: 1:05:21.55	1:40.00
	800m: 10:23.77	1:19.15	2100m: 27:56.61	1:21.05	3400m: 46:12.18	1:27.56	4700m: 1:06:59.31	1:37.76
	900m: 11:44.42	1:20.65	2200m: 29:18.56	1:21.95	3500m: 47:59.33	1:47.15	4800m: 1:08:37.27	1:37.96
	1000m: 13:04.31	1:19.89	2300m: 30:40.93	1:22.37	3600m: 49:27.44	1:28.11	4900m: 1:10:14.49	1:37.22
	1100m: 14:25.06	1:20.75	2400m: 32:03.34	1:22.41	3700m: 50:57.61	1:30.17	5000m: 1:11:49.91	1:35.42
	1200m: 15:44.53	1:19.47	2500m: 33:26.53	1:23.19	3800m: 52:29.62	1:32.01		
	1300m: 17:05.04	1:20.51	2600m: 34:49.38	1:22.85	3900m: 54:02.97	1:33.35		
DIS	Stephanie Rombout	Luctor et Emergo	25:00.01	8803696				
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>							

Jeugd 1 en 2, Meisjes

1.	Leonie van Noort	De Zijl LGB	24:47.36	9301752	1:01:45.75			
	<i>Nederlands Record Jeugd</i>							
	100m: 1:08.76	1:08.76	1400m: 16:57.81	1:14.37	2700m: 33:23.20	1:15.75	4000m: 49:29.25	1:15.14
	200m: 2:19.54	1:10.78	1500m: 18:12.61	1:14.80	2800m: 34:38.70	1:15.50	4100m: 50:43.51	1:14.26
	300m: 3:31.42	1:11.88	1600m: 19:27.04	1:14.43	2900m: 35:53.99	1:15.29	4200m: 51:57.73	1:14.22
	400m: 4:43.95	1:12.53	1700m: 20:43.25	1:16.21	3000m: 37:08.57	1:14.58	4300m: 53:12.58	1:14.85
	500m: 5:55.06	1:11.11	1800m: 21:59.26	1:16.01	3100m: 38:23.68	1:15.11	4400m: 54:27.71	1:15.13
	600m: 7:07.81	1:12.75	1900m: 23:15.33	1:16.07	3200m: 39:38.17	1:14.49	4500m: 55:42.40	1:14.69
	700m: 8:20.67	1:12.86	2000m: 24:28.91	1:13.58	3300m: 40:53.92	1:15.75	4600m: 56:57.10	1:14.70
	800m: 9:33.35	1:12.68	2100m: 25:45.02	1:16.11	3400m: 42:08.60	1:14.68	4700m: 58:10.59	1:13.49
	900m: 10:47.07	1:13.72	2200m: 27:02.19	1:17.17	3500m: 43:19.66	1:11.06	4800m: 59:24.41	1:13.82
	1000m: 12:00.69	1:13.62	2300m: 28:18.04	1:15.85	3600m: 44:31.18	1:11.52	4900m: 1:00:37.17	1:12.76
	1100m: 13:14.62	1:13.93	2400m: 29:34.22	1:16.18	3700m: 45:45.20	1:14.02	5000m: 1:01:45.75	1:08.58
	1200m: 14:28.76	1:14.14	2500m: 30:50.76	1:16.54	3800m: 47:00.09	1:14.89		
	1300m: 15:43.44	1:14.68	2600m: 32:07.45	1:16.69	3900m: 48:14.11	1:14.02		
DIS	Ela Hutten	SBC 2000	25:00.92	9300354				
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>							

Senioren 1 en ouder, Heren

1.	Alex Schelvis	MNC Dordrecht	20:58.39	8702927	54:56.08			
	100m: 1:01.86	1:01.86	1400m: 14:56.79	1:05.10	2700m: 29:14.86	1:06.41	4000m: 43:46.28	1:07.01
	200m: 2:05.52	1:03.66	1500m: 16:01.95	1:05.16	2800m: 30:21.75	1:06.89	4100m: 44:53.43	1:07.15
	300m: 3:09.46	1:03.94	1600m: 17:06.63	1:04.68	2900m: 31:29.06	1:07.31	4200m: 46:00.02	1:06.59
	400m: 4:13.20	1:03.74	1700m: 18:12.23	1:05.60	3000m: 32:36.47	1:07.41	4300m: 47:06.91	1:06.89
	500m: 5:16.89	1:03.69	1800m: 19:17.79	1:05.56	3100m: 33:43.09	1:06.62	4400m: 48:13.98	1:07.07
	600m: 6:20.48	1:03.59	1900m: 20:23.38	1:05.59	3200m: 34:50.04	1:06.95	4500m: 49:21.24	1:07.26
	700m: 7:24.77	1:04.29	2000m: 21:29.17	1:05.79	3300m: 35:56.81	1:06.77	4600m: 50:28.25	1:07.01
	800m: 8:29.14	1:04.37	2100m: 22:35.18	1:06.01	3400m: 37:03.72	1:06.91	4700m: 51:35.64	1:07.39
	900m: 9:33.29	1:04.15	2200m: 23:41.62	1:06.44	3500m: 38:10.96	1:07.24	4800m: 52:43.12	1:07.48
	1000m: 10:37.71	1:04.42	2300m: 24:47.71	1:06.09	3600m: 39:18.62	1:07.66	4900m: 53:50.13	1:07.01
	1100m: 11:42.44	1:04.73	2400m: 25:54.40	1:06.69	3700m: 40:25.22	1:06.60	5000m: 54:56.08	1:05.95
	1200m: 12:46.82	1:04.38	2500m: 27:01.43	1:07.03	3800m: 41:32.39	1:07.17		
	1300m: 13:51.69	1:04.87	2600m: 28:08.45	1:07.02	3900m: 42:39.27	1:06.88		
2.	Robin den Boer	Eiffel Swimmers PSV	23:11.51	9006177	56:39.73			
	100m: 1:05.84	1:05.84	1400m: 15:34.29	1:07.98	2700m: 30:20.19	1:08.83	4000m: 45:14.73	1:08.86
	200m: 2:12.25	1:06.41	1500m: 16:42.24	1:07.95	2800m: 31:29.27	1:09.08	4100m: 46:24.26	1:09.53
	300m: 3:18.13	1:05.88	1600m: 17:50.16	1:07.92	2900m: 32:38.02	1:08.75	4200m: 47:32.95	1:08.69
	400m: 4:24.15	1:06.02	1700m: 18:57.55	1:07.39	3000m: 33:46.49	1:08.47	4300m: 48:41.27	1:08.32
	500m: 5:30.08	1:05.93	1800m: 20:04.79	1:07.24	3100m: 34:54.72	1:08.23	4400m: 49:49.68	1:08.41
	600m: 6:35.59	1:05.51	1900m: 21:12.19	1:07.40	3200m: 36:03.24	1:08.52	4500m: 50:58.20	1:08.52
	700m: 7:42.32	1:06.73	2000m: 22:20.31	1:08.12	3300m: 37:11.86	1:08.62	4600m: 52:07.32	1:09.12
	800m: 8:48.67	1:06.35	2100m: 23:28.32	1:08.01	3400m: 38:20.23	1:08.37	4700m: 53:16.34	1:09.02
	900m: 9:55.37	1:06.70	2200m: 24:36.47	1:08.15	3500m: 39:29.23	1:09.00	4800m: 54:25.40	1:09.06
	1000m: 11:02.92	1:07.55	2300m: 25:45.06	1:08.59	3600m: 40:37.89	1:08.66	4900m: 55:34.61	1:09.21
	1100m: 12:10.77	1:07.85	2400m: 26:53.72	1:08.66	3700m: 41:47.00	1:09.11	5000m: 56:39.73	1:05.12
	1200m: 13:18.51	1:07.74	2500m: 28:02.32	1:08.60	3800m: 42:56.49	1:09.49		
	1300m: 14:26.31	1:07.80	2600m: 29:11.36	1:09.04	3900m: 44:05.87	1:09.38		
3.	Michael van der Linden	De Zijl LGB	22:43.65	8601921	59:32.59			
	100m: 1:08.21	1:08.21	1400m: 16:30.50	1:11.52	2700m: 32:06.26	1:10.63	4000m: 47:36.79	1:12.61
	200m: 2:18.50	1:10.29	1500m: 17:41.28	1:10.78	2800m: 33:16.80	1:10.54	4100m: 48:48.19	1:11.40
	300m: 3:28.72	1:10.22	1600m: 18:52.39	1:11.11	2900m: 34:26.86	1:10.06	4200m: 49:59.98	1:11.79
	400m: 4:39.52	1:10.80	1700m: 20:04.62	1:12.23	3000m: 35:37.66	1:10.80	4300m: 51:11.17	1:11.19
	500m: 5:50.53	1:11.01	1800m: 21:17.48	1:12.86	3100m: 36:48.80	1:11.14	4400m: 52:23.45	1:12.28
	600m: 7:01.38	1:10.85	1900m: 22:30.16	1:12.68	3200m: 38:00.00	1:11.20	4500m: 53:35.95	1:12.50
	700m: 8:12.05	1:10.67	2000m: 23:43.32	1:13.16	3300m: 39:11.56	1:11.56	4600m: 54:48.06	1:12.11
	800m: 9:22.30	1:10.25	2100m: 24:55.75	1:12.43	3400m: 40:23.59	1:12.03	4700m: 56:01.16	1:13.10
	900m: 10:33.88	1:11.58	2200m: 26:08.42	1:12.67	3500m: 41:35.65	1:12.06	4800m: 57:12.67	1:11.51
	1000m: 11:45.07	1:11.19	2300m: 27:21.16	1:12.74	3600m: 42:47.25	1:11.60	4900m: 58:23.61	1:10.94
	1100m: 12:56.54	1:11.47	2400m: 28:33.22	1:12.06	3700m: 43:59.67	1:12.42	5000m: 59:32.59	1:08.98
	1200m: 14:07.70	1:11.16	2500m: 29:46.01	1:12.79	3800m: 45:11.75	1:12.08		
	1300m: 15:18.98	1:11.28	2600m: 30:55.63	1:09.62	3900m: 46:24.18	1:12.43		

Nederlands Kampioenschap 5 km
Amsterdam, 16.4.2009

Programmanr. 1, Heren, 5000m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	inschrijftijd	startnr.	tijd				
4.	Jan-Willem v.d. Graaff	Het Y	23:07.76	8901023	59:55.98				
	100m: 1:08.19	1:08.19	1400m: 16:31.85	1:11.15	2700m: 32:07.48	1:12.11	4000m:		
	200m: 2:18.78	1:10.59	1500m: 17:43.17	1:11.32	2800m: 33:20.10	1:12.62	4100m:		
	300m: 3:30.27	1:11.49	1600m: 18:54.44	1:11.27	2900m: 34:32.50	1:12.40	4200m:		
	400m: 4:42.06	1:11.79	1700m: 20:05.03	1:10.59	3000m: 35:45.11	1:12.61	4300m:		
	500m: 5:53.00	1:10.94	1800m: 21:16.20	1:11.17	3100m: 36:57.62	1:12.51	4400m:		
	600m: 7:03.75	1:10.75	1900m: 22:28.87	1:12.67	3200m: 38:10.22	1:12.60	4500m:		
	700m: 8:14.84	1:11.09	2000m: 23:40.86	1:11.99	3300m: 39:23.14	1:12.92	4600m:		
	800m: 9:26.08	1:11.24	2100m: 24:53.03	1:12.17	3400m: 40:35.58	1:12.44	4700m:		
	900m: 10:37.02	1:10.94	2200m: 26:06.06	1:13.03	3500m: 41:47.48	1:11.90	4800m:		
	1000m: 11:48.14	1:11.12	2300m: 27:18.90	1:12.84	3600m: 43:00.48	1:13.00	4900m:		
	1100m: 12:58.84	1:10.70	2400m: 28:30.86	1:11.96	3700m: 44:13.45	1:12.97	5000m:	59:55.98	
	1200m: 14:09.63	1:10.79	2500m: 29:43.46	1:12.60	3800m:				
	1300m: 15:20.70	1:11.07	2600m: 30:55.37	1:11.91	3900m:				
5.	Daan Glorie	Het Y	22:42.62	8801115	59:57.59				
	100m: 1:05.89	1:05.89	1400m: 16:15.67	1:11.72	2700m: 31:54.56	1:12.98	4000m:	47:47.06	1:13.31
	200m: 2:13.82	1:07.93	1500m: 17:27.57	1:11.90	2800m: 33:07.55	1:12.99	4100m:	49:00.58	1:13.52
	300m: 3:22.71	1:08.89	1600m: 18:39.37	1:11.80	2900m: 34:20.22	1:12.67	4200m:	50:13.74	1:13.16
	400m: 4:31.68	1:08.97	1700m: 19:51.39	1:12.02	3000m: 35:33.26	1:13.04	4300m:	51:27.34	1:13.60
	500m: 5:40.67	1:08.99	1800m: 21:03.38	1:11.99	3100m: 36:46.11	1:12.85	4400m:	52:41.40	1:14.06
	600m: 6:49.86	1:09.19	1900m: 22:15.26	1:11.88	3200m: 37:59.39	1:13.28	4500m:	53:55.15	1:13.75
	700m: 7:59.54	1:09.68	2000m: 23:27.13	1:11.87	3300m: 39:12.56	1:13.17	4600m:	55:08.99	1:13.84
	800m: 9:09.61	1:10.07	2100m: 24:39.34	1:12.21	3400m: 40:25.60	1:13.04	4700m:	56:22.47	1:13.48
	900m: 10:19.66	1:10.05	2200m: 25:51.39	1:12.42	3500m: 41:38.86	1:13.26	4800m:	57:35.90	1:13.43
	1000m: 11:30.21	1:10.55	2300m: 27:03.82	1:12.06	3600m: 42:52.60	1:13.74	4900m:	58:48.93	1:13.03
	1100m: 12:41.21	1:11.00	2400m: 28:16.33	1:12.51	3700m: 44:05.89	1:13.29	5000m:	59:57.59	1:08.66
	1200m: 13:52.29	1:11.08	2500m: 29:28.81	1:12.48	3800m: 45:19.76	1:13.87			
	1300m: 15:03.95	1:11.66	2600m: 30:41.58	1:12.77	3900m: 46:33.75	1:13.99			
6.	Matthijs Dekker	De Dolfijn	22:43.77	9000621	1:00:09.98				
	100m: 1:07.77	1:07.77	1400m: 16:27.33	1:11.39	2700m: 32:10.22	1:11.79	4000m:	47:54.80	1:14.57
	200m: 2:17.96	1:10.19	1500m: 17:39.92	1:12.59	2800m: 33:22.55	1:12.33	4100m:	49:09.03	1:14.23
	300m: 3:26.34	1:08.38	1600m: 18:52.09	1:12.17	2900m: 34:35.05	1:12.50	4200m:	50:23.59	1:14.56
	400m: 4:35.87	1:09.53	1700m: 20:04.53	1:12.44	3000m: 35:47.15	1:12.10	4300m:	51:38.09	1:14.50
	500m: 5:45.71	1:09.84	1800m: 21:17.46	1:12.93	3100m: 36:59.75	1:12.60	4400m:	52:52.09	1:14.00
	600m: 6:56.18	1:10.47	1900m: 22:30.16	1:12.70	3200m: 38:11.98	1:12.23	4500m:	54:06.04	1:13.95
	700m: 8:07.01	1:10.83	2000m: 23:43.32	1:13.16	3300m: 39:23.69	1:11.71	4600m:	55:19.75	1:13.71
	800m: 9:17.89	1:10.88	2100m: 24:55.66	1:12.34	3400m: 40:35.53	1:11.84	4700m:	56:33.03	1:13.28
	900m: 10:29.10	1:11.21	2200m: 26:08.39	1:12.73	3500m: 41:47.64	1:12.11	4800m:	57:45.47	1:12.44
	1000m: 11:39.90	1:10.80	2300m: 27:22.03	1:13.64	3600m: 43:00.15	1:12.51	4900m:	58:58.49	1:13.02
	1100m: 12:51.59	1:11.69	2400m: 28:33.56	1:11.53	3700m: 44:12.99	1:12.84	5000m:	1:00:09.98	1:11.49
	1200m: 14:03.40	1:11.81	2500m: 29:46.60	1:13.04	3800m: 45:26.59	1:13.60			
	1300m: 15:15.94	1:12.54	2600m: 30:58.43	1:11.83	3900m: 46:40.23	1:13.64			
7.	Erik Simons	WZK	22:17.70	8902845	1:02:08.01				
	100m: 1:04.68	1:04.68	1400m: 16:25.88	1:11.44	2700m: 31:55.00	1:11.60	4000m:	48:05.84	1:19.54
	200m: 2:12.97	1:08.29	1500m: 17:36.64	1:10.76	2800m: 33:07.17	1:12.17	4100m:	49:24.46	1:18.62
	300m: 3:23.18	1:10.21	1600m: 18:47.80	1:11.16	2900m: 34:18.80	1:11.63	4200m:	50:44.63	1:20.17
	400m: 4:34.05	1:10.87	1700m: 19:58.80	1:11.00	3000m: 35:31.27	1:12.47	4300m:	52:06.11	1:21.48
	500m: 5:45.13	1:11.08	1800m: 21:09.83	1:11.03	3100m: 36:43.86	1:12.59	4400m:	53:29.04	1:22.93
	600m: 6:56.38	1:11.25	1900m: 22:20.91	1:11.08	3200m: 37:56.85	1:12.99	4500m:	54:53.24	1:24.20
	700m: 8:07.70	1:11.32	2000m: 23:32.23	1:11.32	3300m: 39:10.40	1:13.55	4600m:	56:19.80	1:26.56
	800m: 9:18.94	1:11.24	2100m: 24:43.94	1:11.71	3400m: 40:24.58	1:14.18	4700m:	57:46.55	1:26.75
	900m: 10:29.70	1:10.76	2200m: 25:55.81	1:11.87	3500m: 41:39.79	1:15.21	4800m:	59:14.61	1:28.06
	1000m: 11:40.30	1:10.60	2300m: 27:07.74	1:11.93	3600m: 42:55.72	1:15.93	4900m:	1:00:42.24	1:27.63
	1100m: 12:51.67	1:11.37	2400m: 28:19.59	1:11.85	3700m: 44:11.71	1:15.99	5000m:	1:02:08.01	1:25.77
	1200m: 14:03.03	1:11.36	2500m: 29:31.77	1:12.18	3800m: 45:28.55	1:16.84			
	1300m: 15:14.44	1:11.41	2600m: 30:43.40	1:11.63	3900m: 46:46.30	1:17.75			

Jeugd 2 en jonger, Jongens

1.	Hans Peter Hartog	DAW-Finzeno	22:22.99	9100859	58:52.66				
	100m: 1:02.78	1:02.78	1400m: 16:04.35	1:10.57	2700m: 31:30.13	1:11.64	4000m:	47:00.93	1:11.61
	200m: 2:09.81	1:07.03	1500m: 17:15.03	1:10.68	2800m: 32:41.66	1:11.53	4100m:	48:12.48	1:11.55
	300m: 3:17.88	1:08.07	1600m: 18:25.64	1:10.61	2900m: 33:53.33	1:11.67	4200m:	49:24.47	1:11.99
	400m: 4:26.55	1:08.67	1700m: 19:36.45	1:10.81	3000m: 35:05.24	1:11.91	4300m:	50:36.13	1:11.66
	500m: 5:35.63	1:09.08	1800m: 20:47.33	1:10.88	3100m: 36:17.05	1:11.81	4400m:	51:48.22	1:12.09
	600m: 6:45.10	1:09.47	1900m: 21:58.79	1:11.46	3200m: 37:28.84	1:11.79	4500m:	53:00.02	1:11.80
	700m: 7:54.92	1:09.82	2000m: 23:09.88	1:11.09	3300m: 38:40.48	1:11.64	4600m:	54:12.15	1:12.13
	800m: 9:04.83	1:09.91	2100m: 24:20.84	1:10.96	3400m: 39:52.28	1:11.80	4700m:	55:23.95	1:11.80
	900m: 10:14.65	1:09.82	2200m: 25:32.30	1:11.46	3500m: 41:04.02	1:11.74	4800m:	56:35.15	1:11.20
	1000m: 11:24.27	1:09.62	2300m: 26:44.14	1:11.84	3600m: 42:15.06	1:11.04	4900m:	57:46.52	1:11.37
	1100m: 12:33.82	1:09.55	2400m: 27:55.57	1:11.43	3700m: 43:26.40	1:11.34	5000m:	58:52.66	1:06.14
	1200m: 13:43.59	1:09.77	2500m: 29:06.97	1:11.40	3800m: 44:38.03	1:11.63			
	1300m: 14:53.78	1:10.19	2600m: 30:18.49	1:11.52	3900m: 45:49.32	1:11.29			
2.	Marco van der Stel	Vlaardingen	22:29.38	9102879	59:30.11				
	100m: 1:07.57	1:07.57	1100m: 12:50.67	1:10.40	2100m: 24:44.29	1:12.28	3100m:	36:39.35	1:10.83
	200m: 2:16.87	1:09.30	1200m: 14:01.88	1:11.21	2200m: 25:55.89	1:11.60	3200m:	37:50.43	1:11.08
	300m: 3:27.33	1:10.46	1300m: 15:13.28	1:11.40	2300m: 27:07.42	1:11.53	3300m:	39:01.56	1:11.13
	400m: 4:38.15	1:10.82	1400m: 16:25.10	1:11.82	2400m: 28:19.49	1:12.07	3400m:	40:13.21	1:11.65
	500m: 5:48.75	1:10.60	1500m: 17:36.89	1:11.79	2500m: 29:31.35	1:11.86	3500m:	41:24.55	1:11.34
	600m: 6:59.54	1:10.79	1600m: 18:47.84	1:10.95	2600m: 30:43.33	1:11.98	3600m:	42:36.30	1:11.75
	700m: 8:09.65	1:10.11	1700m: 19:58.97	1:11.13	2700m: 31:55.07	1:11.74	3700m:	43:47.64	1:11.34
	800m: 9:19.47	1:09.82	1800m: 21:09.76	1:10.79	2800m: 33:06.41	1:11.34	3800m:	44:59.77	1:12.13
	900m: 10:29.67	1:10.20	1900m: 22:20.41	1:10.65	2900m: 34:17.85	1:11.44	3900m:	46:11.75	1:11.98
	1000m: 11:40.27	1:10.60	2000m: 23:32.01	1:11.60	3000m: 35:28.52	1:10.67	4000m:	47:24.22	1:12.47
	4100m: 48:36.09	1:11.87	4300m: 51:00.30	1:11.90	4500m: 53:25.57	1:12.53	4700m:	55:51.93	1:13.24
	4200m: 49:48.40	1:12.31	4400m: 52:13.04	1:12.74	4600m: 54:38.69	1:13.12	4800m:	57:05.71	1:13.78
	4900m: 58:18.64	1:12.93	5000m: 59:30.11	1:11.47					

Nederlands Kampioenschap 5 km
Amsterdam, 16.4.2009

Programmanr. 1, Jongens, 5000m vrije slag, Jeugd 2 en jonger

rang	naam	vereniging	inschrijftijd	startnr.	tijd
3.	Lars Sieval	LZ 1886	23:15.90	9300723	1:07:08.51
	100m:	1:07.57	1400m:	17:28.02	1:20.16
	200m:	2:20.04	1500m:	18:50.33	1:22.31
	300m:	3:32.24	1600m:	20:05.64	1:15.31
	400m:	4:45.83	1700m:	21:16.91	1:11.27
	500m:	6:00.96	1800m:	22:33.84	1:16.93
	600m:	7:16.02	1900m:	23:55.27	1:21.43
	700m:	8:27.57	2000m:	25:17.26	1:21.99
	800m:	9:38.95	2100m:	26:39.54	1:22.28
	900m:	10:54.74	2200m:	28:02.08	1:22.54
	1000m:	12:14.11	2300m:	29:26.53	1:24.45
	1100m:	13:31.00	2400m:	30:49.72	1:23.19
	1200m:	14:49.71	2500m:	32:12.85	1:23.13
	1300m:	16:07.86	2600m:	33:37.08	1:24.23
			2700m:	35:01.48	1:24.40
			2800m:	36:26.25	1:24.77
			2900m:	37:50.23	1:23.98
			3000m:	39:15.75	1:25.52
			3100m:	40:36.60	1:20.85
			3200m:	41:58.47	1:21.87
			3300m:	43:22.26	1:23.79
			3400m:	44:48.20	1:25.94
			3500m:	46:13.61	1:25.41
			3600m:	47:40.19	1:26.58
			3700m:	49:06.46	1:26.27
			3800m:	50:32.93	1:26.47
			3900m:	52:00.65	1:27.72
			4000m:	53:27.51	1:26.86
			4100m:	54:54.81	1:27.30
			4200m:	56:20.88	1:26.07
			4300m:	57:44.73	1:23.85
			4400m:	59:10.62	1:25.89
			4500m:	1:00:33.39	1:22.77
			4600m:	1:01:49.64	1:16.25
			4700m:	1:03:11.25	1:21.61
			4800m:	1:04:32.96	1:21.71
			4900m:	1:05:55.30	1:22.34
			5000m:	1:07:08.51	1:13.21