

Programmanr. 1
27-01-2012 - 9:00

Heren, 1500m vrije slag

Masters Open
Resultaten

rang	naam		vereniging		inschrijftijd		startnr.		tijd	RT		
Masters 20+												
1.	Dennis Wijbenga		Stadskanaal		17:12.88		199003283		17:18.34	+0,95		
	50m:	29.48	29.48	450m:	5:05.33	34.49	850m:	9:45.10	35.01	1250m:	14:27.49	35.47
	100m:	1:02.73	33.25	500m:	5:39.86	34.53	900m:	10:20.32	35.22	1300m:	15:03.32	35.83
	150m:	1:37.62	34.89	550m:	6:14.69	34.83	950m:	10:55.78	35.46	1350m:	15:37.58	34.26
	200m:	2:12.12	34.50	600m:	6:49.43	34.74	1000m:	11:30.41	34.63	1400m:	16:12.45	34.87
	250m:	2:46.61	34.49	650m:	7:24.51	35.08	1050m:	12:05.95	35.54	1450m:	16:46.97	34.52
	300m:	3:21.06	34.45	700m:	7:59.47	34.96	1100m:	12:41.93	35.98	1500m:	17:18.34	31.37
	350m:	3:55.96	34.90	750m:	8:34.53	35.06	1150m:	13:16.59	34.66			
	400m:	4:30.84	34.88	800m:	9:10.09	35.56	1200m:	13:52.02	35.43			
2.	Emile Manni		Octopus		17:40.82		199001901		17:28.66	+0,67		
	50m:	29.56	29.56	450m:	5:07.72	35.14	850m:	9:51.20	35.56	1250m:	14:34.36	35.32
	100m:	1:02.64	33.08	500m:	5:43.08	35.36	900m:	10:26.56	35.36	1300m:	15:09.62	35.26
	150m:	1:36.95	34.31	550m:	6:18.44	35.36	950m:	11:01.98	35.42	1350m:	15:44.81	35.19
	200m:	2:12.05	35.10	600m:	6:53.96	35.52	1000m:	11:37.33	35.35	1400m:	16:19.95	35.14
	250m:	2:47.51	35.46	650m:	7:29.44	35.48	1050m:	12:12.89	35.56	1450m:	16:54.87	34.92
	300m:	3:22.32	34.81	700m:	8:04.92	35.48	1100m:	12:48.44	35.55	1500m:	17:28.66	33.79
	350m:	3:57.47	35.15	750m:	8:40.06	35.14	1150m:	13:23.72	35.28			
	400m:	4:32.58	35.11	800m:	9:15.64	35.58	1200m:	13:59.04	35.32			
3.	Wessel Everloo		De Veene		18:30.80		198906597		18:16.93	+0,84		
	50m:	31.58	31.58	450m:	5:23.13	36.15	850m:	10:15.64	36.14	1250m:	15:13.04	37.59
	100m:	1:07.15	35.57	500m:	5:59.87	36.74	900m:	10:52.31	36.67	1300m:	15:51.67	38.63
	150m:	1:43.39	36.24	550m:	6:36.32	36.45	950m:	11:29.37	37.06	1350m:	16:28.17	36.50
	200m:	2:19.88	36.49	600m:	7:12.25	35.93	1000m:	12:05.78	36.41	1400m:	17:05.65	37.48
	250m:	2:56.48	36.60	650m:	7:48.25	36.00	1050m:	12:43.42	37.64	1450m:	17:42.61	36.96
	300m:	3:33.34	36.86	700m:	8:25.05	36.80	1100m:	13:20.85	37.43	1500m:	18:16.93	34.32
	350m:	4:09.89	36.55	750m:	9:01.81	36.76	1150m:	13:57.99	37.14			
	400m:	4:46.98	37.09	800m:	9:39.50	37.69	1200m:	14:35.45	37.46			
4.	Erik Simons		D'Elf WAVE (SG)		18:11.67		198902845		18:18.74	+0,89		
	50m:	28.99	28.99	450m:	5:14.23	37.14	850m:	10:14.50	38.12	1250m:	15:17.20	37.47
	100m:	1:01.90	32.91	500m:	5:51.35	37.12	900m:	10:51.90	37.40	1300m:	15:55.13	37.93
	150m:	1:36.28	34.38	550m:	6:28.63	37.28	950m:	11:29.76	37.86	1350m:	16:32.28	37.15
	200m:	2:11.65	35.37	600m:	7:06.47	37.84	1000m:	12:07.32	37.56	1400m:	17:09.23	36.95
	250m:	2:47.84	36.19	650m:	7:44.27	37.80	1050m:	12:45.42	38.10	1450m:	17:45.95	36.72
	300m:	3:23.56	35.72	700m:	8:21.65	37.38	1100m:	13:23.64	38.22	1500m:	18:18.74	32.79
	350m:	4:00.32	36.76	750m:	8:58.94	37.29	1150m:	14:02.09	38.45			
	400m:	4:37.09	36.77	800m:	9:36.38	37.44	1200m:	14:39.73	37.64			
5.	Maik Steenkamp		NDD		18:15.96		199103847		18:22.94	+0,49		
	50m:	31.61	31.61	450m:	5:21.41	37.37	850m:	10:20.49	37.39	1250m:	15:19.29	36.74
	100m:	1:06.45	34.84	500m:	5:58.47	37.06	900m:	10:57.90	37.41	1300m:	15:56.94	37.65
	150m:	1:41.88	35.43	550m:	6:36.04	37.57	950m:	11:35.39	37.49	1350m:	16:33.90	36.96
	200m:	2:17.33	35.45	600m:	7:13.55	37.51	1000m:	12:13.22	37.83	1400m:	17:10.67	36.77
	250m:	2:53.34	36.01	650m:	7:50.95	37.40	1050m:	12:50.77	37.55	1450m:	17:47.10	36.43
	300m:	3:30.17	36.83	700m:	8:28.59	37.64	1100m:	13:28.05	37.28	1500m:	18:22.94	35.84
	350m:	4:06.87	36.70	750m:	9:05.86	37.27	1150m:	14:05.35	37.30			
	400m:	4:44.04	37.17	800m:	9:43.10	37.24	1200m:	14:42.55	37.20			
6.	Tim Bunnik		Triton		18:12.90		199000505		18:37.56	+1,00		
	50m:	30.52	30.52	450m:	5:21.76	36.55	850m:	10:21.61	37.27	1250m:	15:29.93	37.63
	100m:	1:04.75	34.23	500m:	5:58.81	37.05	900m:	11:00.54	38.93	1300m:	16:07.39	37.46
	150m:	1:40.86	36.11	550m:	6:35.68	36.87	950m:	11:38.28	37.74	1350m:	16:44.90	37.51
	200m:	2:17.55	36.69	600m:	7:12.59	36.91	1000m:	12:17.71	39.43	1400m:	17:22.89	37.99
	250m:	2:54.86	37.31	650m:	7:50.21	37.62	1050m:	12:55.36	37.65	1450m:	18:00.24	37.35
	300m:	3:31.67	36.81	700m:	8:28.00	37.79	1100m:	13:33.44	38.08	1500m:	18:37.56	37.32
	350m:	4:08.17	36.50	750m:	9:06.29	38.29	1150m:	14:12.88	39.44			
	400m:	4:45.21	37.04	800m:	9:44.34	38.05	1200m:	14:52.30	39.42			
7.	Rick Hellenbrand		HGN (SG)		19:57.67		198901173		20:06.66	+0,62		
	50m:	36.41	36.41	450m:	5:59.76	40.61	850m:	11:27.19	40.72	1250m:	16:47.82	39.75
	100m:	1:16.59	40.18	500m:	6:40.40	40.64	900m:	12:08.33	41.14	1300m:	17:27.56	39.74
	150m:	1:56.89	40.30	550m:	7:21.02	40.62	950m:	12:48.56	40.23	1350m:	18:07.73	40.17
	200m:	2:37.68	40.79	600m:	8:02.10	41.08	1000m:	13:28.43	39.87	1400m:	18:47.67	39.94
	250m:	3:18.02	40.34	650m:	8:42.93	40.83	1050m:	14:08.68	40.25	1450m:	19:28.35	40.68
	300m:	3:58.38	40.36	700m:	9:23.84	40.91	1100m:	14:48.61	39.93	1500m:	20:06.66	38.31
	350m:	4:38.79	40.41	750m:	10:05.63	41.79	1150m:	15:28.41	39.80			
	400m:	5:19.15	40.36	800m:	10:46.47	40.84	1200m:	16:08.07	39.66			

Programmanr. 1, Heren, 1500m vrije slag

Masters 25+

1.	Remco van Althuis	SBC2000	17:35.30	198300029	18:20.59	+0,92						
	50m:	30.43	30.43	450m:	5:12.90	36.37	850m:	10:12.08	37.74	1250m:	15:15.60	38.12
	100m:	1:04.12	33.69	500m:	5:49.66	36.76	900m:	10:49.93	37.85	1300m:	15:53.60	38.00
	150m:	1:38.97	34.85	550m:	6:26.56	36.90	950m:	11:27.82	37.89	1350m:	16:31.53	37.93
	200m:	2:14.07	35.10	600m:	7:03.68	37.12	1000m:	12:05.62	37.80	1400m:	17:08.61	37.08
	250m:	2:49.24	35.17	650m:	7:41.21	37.53	1050m:	12:43.16	37.54	1450m:	17:45.29	36.68
	300m:	3:24.61	35.37	700m:	8:18.88	37.67	1100m:	13:21.11	37.95	1500m:	18:20.59	35.30
	350m:	4:00.26	35.65	750m:	8:56.64	37.76	1150m:	13:59.37	38.26			
	400m:	4:36.53	36.27	800m:	9:34.34	37.70	1200m:	14:37.48	38.11			
2.	Lennart Middel	D'Eft WAVE (SG)	19:03.38	198503723	18:51.83	+0,96						
	50m:	33.13	33.13	450m:	5:30.62	38.85	850m:	10:37.79	38.39	1250m:	15:41.21	38.51
	100m:	1:08.52	35.39	500m:	6:09.31	38.69	900m:	11:15.19	37.40	1300m:	16:19.18	37.97
	150m:	1:45.02	36.50	550m:	6:47.60	38.29	950m:	11:53.36	38.17	1350m:	16:57.64	38.46
	200m:	2:22.31	37.29	600m:	7:25.72	38.12	1000m:	12:31.33	37.97	1400m:	17:35.23	37.59
	250m:	2:59.54	37.23	650m:	8:04.53	38.81	1050m:	13:09.10	37.77	1450m:	18:11.94	36.71
	300m:	3:36.62	37.08	700m:	8:42.55	38.02	1100m:	13:47.12	38.02	1500m:	18:51.83	39.89
	350m:	4:14.03	37.41	750m:	9:20.56	38.01	1150m:	14:25.15	38.03			
	400m:	4:51.77	37.74	800m:	9:59.40	38.84	1200m:	15:02.70	37.55			
3.	Victor den Heijer	D'Eft WAVE (SG)	20:13.51	198300867	19:52.51	+0,79						
	50m:	32.12	32.12	450m:	5:45.86	39.83	850m:	11:06.66	41.11	1250m:	16:30.75	41.02
	100m:	1:10.31	38.19	500m:	6:25.06	39.20	900m:	11:45.99	39.33	1300m:	17:10.66	39.91
	150m:	1:48.85	38.54	550m:	7:04.88	39.82	950m:	12:26.58	40.59	1350m:	17:51.83	41.17
	200m:	2:27.48	38.63	600m:	7:44.37	39.49	1000m:	13:07.73	41.15	1400m:	18:32.91	41.08
	250m:	3:07.18	39.70	650m:	8:24.70	40.33	1050m:	13:48.69	40.96	1450m:	19:13.83	40.92
	300m:	3:46.51	39.33	700m:	9:05.42	40.72	1100m:	14:29.08	40.39	1500m:	19:52.51	38.68
	350m:	4:26.28	39.77	750m:	9:44.79	39.37	1150m:	15:09.62	40.54			
	400m:	5:06.03	39.75	800m:	10:25.55	40.76	1200m:	15:49.73	40.11			
4.	Norbert de Maillie alle tijden *	De Bruinvis	20:57.15	198601997	21:32.43	* +0,95						
	50m:	33.45	33.45	450m:	6:12.08	44.39	850m:	12:04.68	44.23	1250m:	17:57.97	43.88
	100m:	1:12.53	39.08	500m:	6:55.68	43.60	900m:	12:48.88	44.20	1300m:	18:41.84	43.87
	150m:	1:53.82	41.29	550m:	7:39.21	43.53	950m:	13:33.43	44.55	1350m:	19:25.76	43.92
	200m:	2:35.93	42.11	600m:	8:23.47	44.26	1000m:	14:17.65	44.22	1400m:	20:09.48	43.72
	250m:	3:17.94	42.01	650m:	9:07.69	44.22	1050m:	15:01.81	44.16	1450m:	20:51.91	42.43
	300m:	4:01.01	43.07	700m:	9:52.17	44.48	1100m:	15:45.89	44.08	1500m:	21:32.43	40.52
	350m:	4:43.87	42.86	750m:	10:36.32	44.15	1150m:	16:29.93	44.04			
	400m:	5:27.69	43.82	800m:	11:20.45	44.13	1200m:	17:14.09	44.16			

Masters 30+

1.	Marcel Reefhuis		De Veene		18:21.44	198101381		18:55.71	+0,50			
	50m:	31.65	31.65	450m:	5:19.91	36.89	850m:	10:22.99	38.36	1250m:	15:36.55	40.05
	100m:	1:05.76	34.11	500m:	5:57.16	37.25	900m:	11:01.50	38.51	1300m:	16:16.80	40.25
	150m:	1:41.34	35.58	550m:	6:34.61	37.45	950m:	11:40.31	38.81	1350m:	16:57.14	40.34
	200m:	2:17.29	35.95	600m:	7:12.72	38.11	1000m:	12:19.33	39.02	1400m:	17:37.49	40.35
	250m:	2:53.14	35.85	650m:	7:50.71	37.99	1050m:	12:58.39	39.06	1450m:	18:17.61	40.12
	300m:	3:29.47	36.33	700m:	8:28.67	37.96	1100m:	13:37.42	39.03	1500m:	18:55.71	38.10
	350m:	4:06.09	36.62	750m:	9:06.57	37.90	1150m:	14:16.77	39.35			
	400m:	4:43.02	36.93	800m:	9:44.63	38.06	1200m:	14:56.50	39.73			
2.	Freddie Geerlings		HGN (SG)		19:15.09	197900379		19:04.79	+0,54			
	50m:	33.17	33.17	450m:	5:32.52	37.01	850m:	10:33.94	38.81	1250m:	15:48.85	39.46
	100m:	1:10.53	37.36	500m:	6:09.18	36.66	900m:	11:13.12	39.18	1300m:	16:28.53	39.68
	150m:	1:48.32	37.79	550m:	6:46.49	37.31	950m:	11:52.37	39.25	1350m:	17:08.11	39.58
	200m:	2:25.93	37.61	600m:	7:23.33	36.84	1000m:	12:31.68	39.31	1400m:	17:47.98	39.87
	250m:	3:03.44	37.51	650m:	8:00.68	37.35	1050m:	13:11.07	39.39	1450m:	18:27.41	39.43
	300m:	3:40.96	37.52	700m:	8:38.61	37.93	1100m:	13:50.74	39.67	1500m:	19:04.79	37.38
	350m:	4:18.53	37.57	750m:	9:16.50	37.89	1150m:	14:29.73	38.99			
	400m:	4:55.51	36.98	800m:	9:55.13	38.63	1200m:	15:09.39	39.66			
3.	Jeroen Vogelsang		DAW		19:49.12	198001645		20:27.81	+0,99			
	50m:	32.97	32.97	450m:	5:43.29	41.10	850m:	11:18.10	42.39	1250m:	16:58.69	42.99
	100m:	1:09.09	36.12	500m:	6:24.41	41.12	900m:	12:01.15	43.05	1300m:	17:40.80	42.11
	150m:	1:46.15	37.06	550m:	7:06.15	41.74	950m:	12:43.32	42.17	1350m:	18:23.73	42.93
	200m:	2:24.53	38.38	600m:	7:47.02	40.87	1000m:	13:26.10	42.78	1400m:	19:07.47	43.74
	250m:	3:03.70	39.17	650m:	8:28.74	41.72	1050m:	14:07.88	41.78	1450m:	19:49.26	41.79
	300m:	3:42.69	38.99	700m:	9:11.35	42.61	1100m:	14:50.88	43.00	1500m:	20:27.81	38.55
	350m:	4:22.30	39.61	750m:	9:53.81	42.46	1150m:	15:32.89	42.01			
	400m:	5:02.19	39.89	800m:	10:35.71	41.90	1200m:	16:15.70	42.81			

Programmanr. 1, Heren, 1500m vrije slag

Masters 40+

1.	Konstantin Sklyar <i>UKR Masters Record</i>		Krivbassmasters		20:29.22		1968konst		20:09.71	+1,03		
	50m:	36.32	36.32	450m:	5:56.89	40.27	850m:	11:21.04	40.92	1250m:	16:47.28	40.96
	100m:	1:15.14	38.82	500m:	6:36.96	40.07	900m:	12:01.60	40.56	1300m:	17:28.27	40.99
	150m:	1:55.08	39.94	550m:	7:17.30	40.34	950m:	12:42.33	40.73	1350m:	18:08.88	40.61
	200m:	2:35.57	40.49	600m:	7:57.48	40.18	1000m:	13:23.07	40.74	1400m:	18:49.76	40.88
	250m:	3:15.83	40.26	650m:	8:37.97	40.49	1050m:	14:04.10	41.03	1450m:	19:30.18	40.42
	300m:	3:56.14	40.31	700m:	9:18.56	40.59	1100m:	14:44.85	40.75	1500m:	20:09.71	39.53
	350m:	4:36.68	40.54	750m:	9:59.21	40.65	1150m:	15:25.41	40.56			
	400m:	5:16.62	39.94	800m:	10:40.12	40.91	1200m:	16:06.32	40.91			
2.	John Pfaff			Zwemlust-den Hommel			20:25.45		196901475		21:08.19	* +0,96
	50m:	35.73	35.73	450m:	6:16.88	43.11	850m:	11:57.98	42.49	1250m:	17:38.09	43.11
	100m:	1:17.03	41.30	500m:	6:59.53	42.65	900m:	12:40.23	42.25	1300m:	18:20.93	42.84
	150m:	1:59.63	42.60	550m:	7:42.07	42.54	950m:	13:22.31	42.08	1350m:	19:03.15	42.22
	200m:	2:42.41	42.78	600m:	8:24.74	42.67	1000m:	14:04.92	42.61	1400m:	19:45.18	42.03
	250m:	3:25.02	42.61	650m:	9:07.38	42.64	1050m:	14:47.30	42.38	1450m:	20:27.79	42.61
	300m:	4:07.42	42.40	700m:	9:49.98	42.60	1100m:	15:29.77	42.47	1500m:	21:08.19	40.40
	350m:	4:50.92	43.50	750m:	10:32.72	42.74	1150m:	16:12.39	42.62			
	400m:	5:33.77	42.85	800m:	11:15.49	42.77	1200m:	16:54.98	42.59			
3.	Sander de Weert			OEZA			23:37.48		197201453		24:14.49	+1,20
	50m:	41.15	41.15	450m:	6:46.24	46.92	850m:	13:18.92	50.12	1250m:	20:04.53	51.10
	100m:	1:26.05	44.90	500m:	7:34.45	48.21	900m:	14:08.97	50.05	1300m:	20:55.86	51.33
	150m:	2:10.20	44.15	550m:	8:22.64	48.19	950m:	14:59.79	50.82	1350m:	21:47.06	51.20
	200m:	2:55.31	45.11	600m:	9:11.50	48.86	1000m:	15:50.10	50.31	1400m:	22:37.10	50.04
	250m:	3:41.10	45.79	650m:	10:00.73	49.23	1050m:	16:40.48	50.38	1450m:	23:27.17	50.07
	300m:	4:26.93	45.83	700m:	10:50.17	49.44	1100m:	17:31.45	50.97	1500m:	24:14.49	47.32
	350m:	5:12.95	46.02	750m:	11:39.29	49.12	1150m:	18:22.00	50.55			
	400m:	5:59.32	46.37	800m:	12:28.80	49.51	1200m:	19:13.43	51.43			
4.	Arnold Jonker			HZ&PC Heerenveen			24:46.40		197000529		25:37.71	+1,16
	50m:	46.31	46.31	450m:	7:30.15	51.46	850m:	14:20.20	51.82	1250m:	21:20.46	53.54
	100m:	1:35.39	49.08	500m:	8:21.47	51.32	900m:	15:11.87	51.67	1300m:	22:12.65	52.19
	150m:	2:25.57	50.18	550m:	9:12.20	50.73	950m:	16:04.11	52.24	1350m:	23:05.12	52.47
	200m:	3:15.95	50.38	600m:	10:03.28	51.08	1000m:	16:56.01	51.90	1400m:	23:56.90	51.78
	250m:	4:06.14	50.19	650m:	10:54.60	51.32	1050m:	17:48.29	52.28	1450m:	24:49.08	52.18
	300m:	4:57.19	51.05	700m:	11:44.98	50.38	1100m:	18:41.17	52.88	1500m:	25:37.71	48.63
	350m:	5:47.68	50.49	750m:	12:36.72	51.74	1150m:	19:33.87	52.70			
	400m:	6:38.69	51.01	800m:	13:28.38	51.66	1200m:	20:26.92	53.05			

Masters 45+

1.	Jo-an Mudde		Zeester-Meerval		18:46.45		196701457		18:48.15	+0,83		
	50m:	33.58	33.58	450m:	5:32.75	37.34	850m:	10:35.54	37.98	1250m:	15:40.59	38.16
	100m:	1:09.95	36.37	500m:	6:10.58	37.83	900m:	11:13.67	38.13	1300m:	16:18.27	37.68
	150m:	1:47.17	37.22	550m:	6:48.29	37.71	950m:	11:52.01	38.34	1350m:	16:55.60	37.33
	200m:	2:24.58	37.41	600m:	7:26.15	37.86	1000m:	12:29.98	37.97	1400m:	17:32.03	36.43
	250m:	3:02.38	37.80	650m:	8:03.95	37.80	1050m:	13:08.10	38.12	1450m:	18:10.52	38.49
	300m:	3:40.23	37.85	700m:	8:41.64	37.69	1100m:	13:46.25	38.15	1500m:	18:48.15	37.63
	350m:	4:17.68	37.45	750m:	9:19.47	37.83	1150m:	14:24.30	38.05			
	400m:	4:55.41	37.73	800m:	9:57.56	38.09	1200m:	15:02.43	38.13			
2.	Ronald van Maurik		Nat Utrecht		21:20.75		196600509		19:53.64	+0,55		
	50m:	35.17	35.17	450m:	5:52.48	40.58	850m:	11:16.87	41.08	1250m:	16:39.83	41.08
	100m:	1:13.69	38.52	500m:	6:33.09	40.61	900m:	11:56.81	39.94	1300m:	17:20.27	40.44
	150m:	1:52.94	39.25	550m:	7:13.55	40.46	950m:	12:36.80	39.99	1350m:	17:59.75	39.48
	200m:	2:32.01	39.07	600m:	7:53.89	40.34	1000m:	13:17.41	40.61	1400m:	18:40.32	40.57
	250m:	3:11.44	39.43	650m:	8:34.39	40.50	1050m:	13:57.45	40.04	1450m:	19:18.87	38.55
	300m:	3:51.94	40.50	700m:	9:15.39	41.00	1100m:	14:37.65	40.20	1500m:	19:53.64	34.77
	350m:	4:31.93	39.99	750m:	9:55.78	40.39	1150m:	15:18.14	40.49			
	400m:	5:11.90	39.97	800m:	10:35.79	40.01	1200m:	15:58.75	40.61			
3.	Joost de Kroon		AquAmigos		21:48.89		196400999		21:18.38	+1,30		
	50m:	38.11	38.11	450m:	6:16.34	42.50	850m:	11:57.99	42.85	1250m:	17:45.29	44.06
	100m:	1:19.34	41.23	500m:	6:59.01	42.67	900m:	12:41.13	43.14	1300m:	18:28.61	43.32
	150m:	2:01.97	42.63	550m:	7:41.64	42.63	950m:	13:23.96	42.83	1350m:	19:12.19	43.58
	200m:	2:44.24	42.27	600m:	8:24.37	42.73	1000m:	14:07.28	43.32	1400m:	19:55.94	43.75
	250m:	3:26.66	42.42	650m:	9:07.14	42.77	1050m:	14:50.59	43.31	1450m:	20:38.59	42.65
	300m:	4:08.79	42.13	700m:	9:50.18	43.04	1100m:	15:33.89	43.30	1500m:	21:18.38	39.79
	350m:	4:51.10	42.31	750m:	10:32.36	42.18	1150m:	16:17.43	43.54			
	400m:	5:33.84	42.74	800m:	11:15.14	42.78	1200m:	17:01.23	43.80			

Programmanr. 1, Heren, 1500m vrije slag, Masters 45+

rang	naam		vereniging		inschrijftijd		startnr.		tijd	RT		
4.	Eric Smits		Z&PC De Gouwe		21:21.64		196501453		21:29.78			
	50m:	37.52	37.52	450m:	6:19.16	43.10	850m:	12:07.97	43.56	1250m:	17:55.45	43.72
	100m:	1:17.16	39.64	500m:	7:02.81	43.65	900m:	12:51.38	43.41	1300m:	18:38.35	42.90
	150m:	1:59.31	42.15	550m:	7:46.16	43.35	950m:	13:34.93	43.55	1350m:	19:21.40	43.05
	200m:	2:42.00	42.69	600m:	8:30.18	44.02	1000m:	14:18.62	43.69	1400m:	20:04.08	42.68
	250m:	3:25.08	43.08	650m:	9:14.36	44.18	1050m:	15:01.68	43.06	1450m:	20:46.56	42.48
	300m:	4:08.55	43.47	700m:	9:58.18	43.82	1100m:	15:45.07	43.39	1500m:	21:29.78	43.22
	350m:	4:52.38	43.83	750m:	10:41.50	43.32	1150m:	16:28.71	43.64			
	400m:	5:36.06	43.68	800m:	11:24.41	42.91	1200m:	17:11.73	43.02			
5.	Pieter-Sjoerd de Wijn		Aqua-Novio'94		23:30.73		196501027		22:42.03	+0,97		
	50m:	37.85	37.85	450m:	6:40.45	46.18	850m:	12:48.82	46.13	1250m:	18:58.04	45.56
	100m:	1:20.19	42.34	500m:	7:26.99	46.54	900m:	13:34.96	46.14	1300m:	19:43.48	45.44
	150m:	2:04.58	44.39	550m:	8:13.47	46.48	950m:	14:21.43	46.47	1350m:	20:28.23	44.75
	200m:	2:50.21	45.63	600m:	8:59.29	45.82	1000m:	15:07.48	46.05	1400m:	21:13.04	44.81
	250m:	3:36.18	45.97	650m:	9:44.89	45.60	1050m:	15:53.17	45.69	1450m:	21:58.27	45.23
	300m:	4:21.92	45.74	700m:	10:30.76	45.87	1100m:	16:39.50	46.33	1500m:	22:42.03	43.76
	350m:	5:08.18	46.26	750m:	11:16.50	45.74	1150m:	17:25.43	45.93			
	400m:	5:54.27	46.09	800m:	12:02.69	46.19	1200m:	18:12.48	47.05			
6.	Jan Smalheer		SCOM		22:30.30		196400701		22:46.31	+1,33		
	50m:	37.94	37.94	450m:	6:38.65	45.80	850m:	12:50.09	46.71	1250m:	18:59.03	46.93
	100m:	1:20.87	42.93	500m:	7:24.70	46.05	900m:	13:36.20	46.11	1300m:	19:44.55	45.52
	150m:	2:05.33	44.46	550m:	8:11.33	46.63	950m:	14:22.38	46.18	1350m:	20:30.53	45.98
	200m:	2:50.38	45.05	600m:	8:57.78	46.45	1000m:	15:07.89	45.51	1400m:	21:16.31	45.78
	250m:	3:35.74	45.36	650m:	9:44.31	46.53	1050m:	15:53.53	45.64	1450m:	22:01.37	45.06
	300m:	4:21.23	45.49	700m:	10:30.82	46.51	1100m:	16:40.10	46.57	1500m:	22:46.31	44.94
	350m:	5:06.60	45.37	750m:	11:17.04	46.22	1150m:	17:25.83	45.73			
	400m:	5:52.85	46.25	800m:	12:03.38	46.34	1200m:	18:12.10	46.27			
7.	Servaas van Oosterhout		De Gelenberg		25:48.16		196401237		26:29.71	*		
	50m:	43.13	43.13	450m:	7:42.47	53.15	850m:	14:50.82	52.82	1250m:	22:02.52	53.64
	100m:	1:31.16	48.03	500m:	8:36.38	53.91	900m:	15:45.63	54.81	1300m:	22:56.09	53.57
	150m:	2:23.14	51.98	550m:	9:30.39	54.01	950m:	16:39.46	53.83	1350m:	23:49.48	53.39
	200m:	3:15.55	52.41	600m:	10:23.86	53.47	1000m:	17:33.97	54.51	1400m:	24:43.99	54.51
	250m:	4:08.51	52.96	650m:	11:17.28	53.42	1050m:	18:27.53	53.56	1450m:	25:37.36	53.37
	300m:	5:02.44	53.93	700m:	12:10.44	53.16	1100m:	19:21.25	53.72	1500m:	26:29.71	52.35
	350m:	5:55.80	53.36	750m:	13:04.14	53.70	1150m:	20:14.34	53.09			
	400m:	6:49.32	53.52	800m:	13:58.00	53.86	1200m:	21:08.88	54.54			

Masters 50+

1.	Marten de Groot	HZ&PC Heerenveen			19:00.33	195800149	18:53.18		+0,75			
	<i>Kampioenschaps Record</i>											
	50m:	34.63	34.63	450m:	5:32.16	37.46	850m:	10:35.64	38.11	1250m:	15:41.52	38.39
	100m:	1:11.80	37.17	500m:	6:09.90	37.74	900m:	11:13.57	37.93	1300m:	16:20.33	38.81
	150m:	1:49.20	37.40	550m:	6:47.85	37.95	950m:	11:51.84	38.27	1350m:	16:59.16	38.83
	200m:	2:26.17	36.97	600m:	7:25.55	37.70	1000m:	12:30.16	38.32	1400m:	17:38.06	38.90
	250m:	3:02.89	36.72	650m:	8:03.10	37.55	1050m:	13:08.60	38.44	1450m:	18:16.51	38.45
	300m:	3:39.74	36.85	700m:	8:40.93	37.83	1100m:	13:46.87	38.27	1500m:	18:53.18	36.67
	350m:	4:17.29	37.55	750m:	9:19.16	38.23	1150m:	14:24.79	37.92			
	400m:	4:54.70	37.41	800m:	9:57.53	38.37	1200m:	15:03.13	38.34			
2.	Jan Brink	De Zeeuwse Kust (SG)			19:09.90	196200091	19:13.39		+0,96			
	50m:	34.69	34.69	450m:	5:47.13	39.67	850m:	10:55.14	38.01	1250m:	16:02.55	38.79
	100m:	1:12.65	37.96	500m:	6:26.76	39.63	900m:	11:33.43	38.29	1300m:	16:40.96	38.41
	150m:	1:51.16	38.51	550m:	7:05.62	38.86	950m:	12:11.74	38.31	1350m:	17:19.33	38.37
	200m:	2:30.15	38.99	600m:	7:44.03	38.41	1000m:	12:49.84	38.10	1400m:	17:57.66	38.33
	250m:	3:09.28	39.13	650m:	8:22.52	38.49	1050m:	13:28.16	38.32	1450m:	18:36.10	38.44
	300m:	3:48.60	39.32	700m:	9:00.77	38.25	1100m:	14:06.47	38.31	1500m:	19:13.39	37.29
	350m:	4:27.98	39.38	750m:	9:39.17	38.40	1150m:	14:45.08	38.61			
	400m:	5:07.46	39.48	800m:	10:17.13	37.96	1200m:	15:23.76	38.68			
3.	Richard Broer	PLONS			19:25.13	195900077	19:49.05		+1,22			
	50m:	35.15	35.15	450m:	5:48.72	39.93	850m:	11:08.99	39.98	1250m:	16:28.82	40.66
	100m:	1:13.33	38.18	500m:	6:28.73	40.01	900m:	11:48.41	39.42	1300m:	17:10.20	41.38
	150m:	1:52.23	38.90	550m:	7:08.00	39.27	950m:	12:27.96	39.55	1350m:	17:50.18	39.98
	200m:	2:31.27	39.04	600m:	7:48.10	40.10	1000m:	13:07.80	39.84	1400m:	18:29.85	39.67
	250m:	3:10.42	39.15	650m:	8:27.90	39.80	1050m:	13:48.01	40.21	1450m:	19:10.32	40.47
	300m:	3:49.71	39.29	700m:	9:08.22	40.32	1100m:	14:27.90	39.89	1500m:	19:49.05	38.73
	350m:	4:28.93	39.22	750m:	9:48.58	40.36	1150m:	15:08.20	40.30			
	400m:	5:08.79	39.86	800m:	10:29.01	40.43	1200m:	15:48.16	39.96			

Programmanr. 1, Heren, 1500m vrije slag, Masters 50+

rang	naam		vereniging		inschrijftijd		startnr.		tijd	RT		
4.	Elzo Dijkhuis		TriVia		19:51.82		196000873		20:25.34	+1,17		
	50m:	36.40	36.40	450m:	6:03.25	41.44	850m:	11:35.16	41.71	1250m:	17:04.15	41.02
	100m:	1:16.42	40.02	500m:	6:44.69	41.44	900m:	12:16.39	41.23	1300m:	17:44.84	40.69
	150m:	1:56.58	40.16	550m:	7:26.17	41.48	950m:	12:57.59	41.20	1350m:	18:25.22	40.38
	200m:	2:36.99	40.41	600m:	8:07.98	41.81	1000m:	13:38.98	41.39	1400m:	19:05.77	40.55
	250m:	3:18.13	41.14	650m:	8:50.04	42.06	1050m:	14:19.81	40.83	1450m:	19:46.02	40.25
	300m:	3:58.92	40.79	700m:	9:30.83	40.79	1100m:	15:00.87	41.06	1500m:	20:25.34	39.32
	350m:	4:40.28	41.36	750m:	10:12.26	41.43	1150m:	15:42.09	41.22			
	400m:	5:21.81	41.53	800m:	10:53.45	41.19	1200m:	16:23.13	41.04			
5.	Peter Marc de Rooij		Zwemlust-den Hommel		20:59.13		196100829		21:17.23	+1,06		
	50m:	35.40	35.40	450m:	6:07.77	42.08	850m:	11:50.71	42.87	1250m:	17:40.38	44.02
	100m:	1:16.48	41.08	500m:	6:50.05	42.28	900m:	12:34.11	43.40	1300m:	18:24.19	43.81
	150m:	1:57.65	41.17	550m:	7:32.80	42.75	950m:	13:17.33	43.22	1350m:	19:07.95	43.76
	200m:	2:38.48	40.83	600m:	8:15.14	42.34	1000m:	14:00.99	43.66	1400m:	19:51.43	43.48
	250m:	3:19.78	41.30	650m:	8:57.97	42.83	1050m:	14:44.68	43.69	1450m:	20:35.28	43.85
	300m:	4:01.80	42.02	700m:	9:41.05	43.08	1100m:	15:27.91	43.23	1500m:	21:17.23	41.95
	350m:	4:43.87	42.07	750m:	10:24.72	43.67	1150m:	16:12.06	44.15			
	400m:	5:25.69	41.82	800m:	11:07.84	43.12	1200m:	16:56.36	44.30			
6.	Jan de Laat		AquAmigos		25:22.94		196000861		24:44.44	+1,21		
	50m:	41.35	41.35	450m:	7:17.79	50.27	850m:	13:58.18	48.88	1250m:	20:40.89	50.29
	100m:	1:27.51	46.16	500m:	8:08.04	50.25	900m:	14:48.92	50.74	1300m:	21:31.13	50.24
	150m:	2:16.64	49.13	550m:	8:58.66	50.62	950m:	15:39.39	50.47	1350m:	22:20.32	49.19
	200m:	3:06.01	49.37	600m:	9:49.47	50.81	1000m:	16:29.55	50.16	1400m:	23:10.09	49.77
	250m:	3:55.71	49.70	650m:	10:39.43	49.96	1050m:	17:19.43	49.88	1450m:	23:59.65	49.56
	300m:	4:46.57	50.86	700m:	11:29.81	50.38	1100m:	18:09.28	49.85	1500m:	24:44.44	44.79
	350m:	5:36.90	50.33	750m:	12:19.65	49.84	1150m:	19:00.25	50.97			
	400m:	6:27.52	50.62	800m:	13:09.30	49.65	1200m:	19:50.60	50.35			
7.	Jeroen Ouendag		GoSwim		25:26.11		195900725		25:03.53			
	50m:	45.31	45.31	450m:	7:24.60	50.36	850m:	14:08.18	50.54	1250m:	20:50.86	50.21
	100m:	1:33.95	48.64	500m:	8:14.24	49.64	900m:	14:59.26	51.08	1300m:	21:41.08	50.22
	150m:	2:23.50	49.55	550m:	9:05.14	50.90	950m:	15:49.28	50.02	1350m:	22:32.87	51.79
	200m:	3:13.18	49.68	600m:	9:55.64	50.50	1000m:	16:40.12	50.84	1400m:	23:24.09	51.22
	250m:	4:02.87	49.69	650m:	10:45.51	49.87	1050m:	17:30.61	50.49	1450m:	24:14.29	50.20
	300m:	4:53.18	50.31	700m:	11:36.34	50.83	1100m:	18:20.87	50.26	1500m:	25:03.53	49.24
	350m:	5:43.26	50.08	750m:	12:26.70	50.36	1150m:	19:10.98	50.11			
	400m:	6:34.24	50.98	800m:	13:17.64	50.94	1200m:	20:00.65	49.67			
NG.ZA	Paul van der Voort		De Zwoer		20:53.26		196200715					
AFGEM	Marius Ros		ZCNF34		19:59.43		195900779					

Masters 55+

1.	Paul Bunnik		Triton		22:04.14	195600413		22:29.00	+1,09			
	50m:	36.56	36.56	450m:	6:29.66	45.38	850m:	12:33.57	45.99	1250m:	18:45.32	46.74
	100m:	1:18.25	41.69	500m:	7:14.45	44.79	900m:	13:20.09	46.52	1300m:	19:31.20	45.88
	150m:	2:01.17	42.92	550m:	7:58.93	44.48	950m:	14:06.45	46.36	1350m:	20:16.80	45.60
	200m:	2:45.30	44.13	600m:	8:44.84	45.91	1000m:	14:52.81	46.36	1400m:	21:03.57	46.77
	250m:	3:29.26	43.96	650m:	9:29.68	44.84	1050m:	15:38.75	45.94	1450m:	21:48.40	44.83
	300m:	4:14.02	44.76	700m:	10:15.79	46.11	1100m:	16:24.50	45.75	1500m:	22:29.00	40.60
	350m:	4:59.42	45.40	750m:	11:01.39	45.60	1150m:	17:10.92	46.42			
	400m:	5:44.28	44.86	800m:	11:47.58	46.19	1200m:	17:58.58	47.66			
2.	Emiel van Elderen		ZVVS		22:02.00	195600383		22:31.00	+1,17			
	50m:	39.58	39.58	450m:	6:35.99	45.12	850m:	12:41.00	45.68	1250m:	18:44.75	45.15
	100m:	1:21.75	42.17	500m:	7:21.30	45.31	900m:	13:26.58	45.58	1300m:	19:29.81	45.06
	150m:	2:05.54	43.79	550m:	8:07.12	45.82	950m:	14:12.18	45.60	1350m:	20:15.26	45.45
	200m:	2:50.02	44.48	600m:	8:53.08	45.96	1000m:	14:58.24	46.06	1400m:	21:00.54	45.28
	250m:	3:34.66	44.64	650m:	9:38.52	45.44	1050m:	15:43.43	45.19	1450m:	21:46.29	45.75
	300m:	4:20.33	45.67	700m:	10:24.14	45.62	1100m:	16:28.85	45.42	1500m:	22:31.00	44.71
	350m:	5:05.41	45.08	750m:	11:09.64	45.50	1150m:	17:14.31	45.46			
	400m:	5:50.87	45.46	800m:	11:55.32	45.68	1200m:	17:59.60	45.29			
3.	Lex Hoogendam		MNC Dordrecht		22:22.88	195700541		22:54.82	+1,26			
	50m:	38.92	38.92	450m:	6:40.70	46.11	850m:	12:51.05	46.40	1250m:	19:03.69	47.01
	100m:	1:21.62	42.70	500m:	7:26.72	46.02	900m:	13:37.07	46.02	1300m:	19:50.39	46.70
	150m:	2:05.76	44.14	550m:	8:12.75	46.03	950m:	14:23.32	46.25	1350m:	20:37.14	46.75
	200m:	2:50.82	45.06	600m:	8:59.32	46.57	1000m:	15:10.15	46.83	1400m:	21:23.70	46.56
	250m:	3:36.60	45.78	650m:	9:45.29	45.97	1050m:	15:56.80	46.65	1450m:	22:10.16	46.46
	300m:	4:22.48	45.88	700m:	10:31.54	46.25	1100m:	16:43.48	46.68	1500m:	22:54.82	44.66
	350m:	5:08.11	45.63	750m:	11:18.27	46.73	1150m:	17:29.96	46.48			
	400m:	5:54.59	46.48	800m:	12:04.65	46.38	1200m:	18:16.68	46.72			

Programmanr. 1, Heren, 1500m vrije slag, Masters 55+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
4.	Peter van Genderen	Old Dutch	26:45.30	195500405	25:38.42	+1,12
	50m: 41.37 41.37	450m: 7:21.96 51.29	850m: 14:16.28 52.14	1250m: 21:16.48 52.72		
	100m: 1:27.42 46.05	500m: 8:13.77 51.81	900m: 15:08.37 52.09	1300m: 22:09.36 52.88		
	150m: 2:16.17 48.75	550m: 9:05.91 52.14	950m: 16:00.53 52.16	1350m: 23:02.46 53.10		
	200m: 3:06.21 50.04	600m: 9:57.09 51.18	1000m: 16:53.03 52.50	1400m: 23:56.25 53.79		
	250m: 3:56.57 50.36	650m: 10:48.19 51.10	1050m: 17:45.65 52.62	1450m: 24:48.97 52.72		
	300m: 4:47.86 51.29	700m: 11:39.90 51.71	1100m: 18:38.08 52.43	1500m: 25:38.42 49.45		
	350m: 5:39.28 51.42	750m: 12:31.99 52.09	1150m: 19:30.76 52.68			
	400m: 6:30.67 51.39	800m: 13:24.14 52.15	1200m: 20:23.76 53.00			

Masters 60+

1.	Wout Hemmes			De Plons			22:58.49		194800059		22:59.41 * +1,21	
	50m:	38.83	38.83	450m:	6:45.34	47.06	850m:	12:55.82	46.68	1250m:	19:08.26	46.74
	100m:	1:22.56	43.73	500m:	7:31.70	46.36	900m:	13:42.01	46.19	1300m:	19:54.53	46.27
	150m:	2:07.15	44.59	550m:	8:17.87	46.17	950m:	14:28.40	46.39	1350m:	20:41.60	47.07
	200m:	2:53.35	46.20	600m:	9:03.82	45.95	1000m:	15:14.71	46.31	1400m:	21:28.13	46.53
	250m:	3:38.93	45.58	650m:	9:49.89	46.07	1050m:	16:00.85	46.14	1450m:	22:15.10	46.97
	300m:	4:24.94	46.01	700m:	10:37.10	47.21	1100m:	16:47.67	46.82	1500m:	22:59.41	44.31
	350m:	5:11.60	46.66	750m:	11:22.34	45.24	1150m:	17:34.96	47.29			
	400m:	5:58.28	46.68	800m:	12:09.14	46.80	1200m:	18:21.52	46.56			
2.	Piet Schop			De Bevelanders			23:14.49		195000109		23:09.00	
	50m:	38.39	38.39	450m:	6:46.03	47.13	850m:	13:01.65	47.26	1250m:	19:16.98	47.35
	100m:	1:21.01	42.62	500m:	7:33.34	47.31	900m:	13:48.97	47.32	1300m:	20:04.35	47.37
	150m:	2:06.54	45.53	550m:	8:20.69	47.35	950m:	14:35.69	46.72	1350m:	20:51.46	47.11
	200m:	2:52.38	45.84	600m:	9:07.15	46.46	1000m:	15:21.77	46.08	1400m:	21:38.43	46.97
	250m:	3:38.13	45.75	650m:	9:53.77	46.62	1050m:	16:08.18	46.41	1450m:	22:24.76	46.33
	300m:	4:24.56	46.43	700m:	10:40.83	47.06	1100m:	16:55.06	46.88	1500m:	23:09.00	44.24
	350m:	5:11.33	46.77	750m:	11:28.29	47.46	1150m:	17:43.33	48.27			
	400m:	5:58.90	47.57	800m:	12:14.39	46.10	1200m:	18:29.63	46.30			

Masters 65+

1.	Donald Uijtenbogaart	Het Y				19:57.45		194700107		20:06.53	+1,00	
	Nederlands Masters Record, tt 800 NMR											
	50m:	38.23	38.23	450m:	6:03.59	39.95	850m:	11:27.07	40.75	1250m:	16:50.09	40.12
	100m:	1:19.02	40.79	500m:	6:44.01	40.42	900m:	12:07.60	40.53	1300m:	17:30.14	40.05
	150m:	2:00.18	41.16	550m:	7:24.46	40.45	950m:	12:47.81	40.21	1350m:	18:09.56	39.42
	200m:	2:40.97	40.79	600m:	8:04.62	40.16	1000m:	13:28.21	40.40	1400m:	18:49.13	39.57
	250m:	3:21.97	41.00	650m:	8:44.87	40.25	1050m:	14:08.57	40.36	1450m:	19:28.87	39.74
	300m:	4:02.71	40.74	700m:	9:25.42	40.55	1100m:	14:48.93	40.36	1500m:	20:06.53	37.66
	350m:	4:43.23	40.52	750m:	10:05.80	40.38	1150m:	15:29.45	40.52			
	400m:	5:23.64	40.41	800m:	10:46.32	40.52	1200m:	16:09.97	40.52			
2.	Rob Hanou	PSV				23:55.49		194300109		24:23.30	+1,08	
	50m:	41.38	41.38	450m:	7:11.34	49.76	850m:	13:46.97	48.60	1250m:	20:22.22	49.15
	100m:	1:28.32	46.94	500m:	8:00.70	49.36	900m:	14:37.76	50.79	1300m:	21:12.16	49.94
	150m:	2:15.28	46.96	550m:	8:50.82	50.12	950m:	15:26.90	49.14	1350m:	22:00.35	48.19
	200m:	3:03.84	48.56	600m:	9:40.50	49.68	1000m:	16:16.97	50.07	1400m:	22:47.86	47.51
	250m:	3:53.03	49.19	650m:	10:30.32	49.82	1050m:	17:05.06	48.09	1450m:	23:36.68	48.82
	300m:	4:42.83	49.80	700m:	11:18.38	48.06	1100m:	17:55.33	50.27	1500m:	24:23.30	46.62
	350m:	5:31.44	48.61	750m:	12:07.97	49.59	1150m:	18:43.40	48.07			
	400m:	6:21.58	50.14	800m:	12:58.37	50.40	1200m:	19:33.07	49.67			

Masters 70+

1.	Nico Geers			Z&PC De Gouwe			23:05.17		193800007		23:21.02		+0,63
	50m:	40.87	40.87	450m:	6:49.76	46.15	850m:	13:05.25	47.30	1250m:	19:26.51	48.85	
	100m:	1:26.04	45.17	500m:	7:36.84	47.08	900m:	13:51.99	46.74	1300m:	20:12.61	46.10	
	150m:	2:12.15	46.11	550m:	8:22.81	45.97	950m:	14:39.74	47.75	1350m:	21:00.70	48.09	
	200m:	2:58.71	46.56	600m:	9:09.48	46.67	1000m:	15:27.53	47.79	1400m:	21:49.67	48.97	
	250m:	3:45.25	46.54	650m:	9:56.94	47.46	1050m:	16:15.12	47.59	1450m:	22:37.03	47.36	
	300m:	4:31.38	46.13	700m:	10:43.54	46.60	1100m:	17:02.80	47.68	1500m:	23:21.02	43.99	
	350m:	5:17.42	46.04	750m:	11:30.72	47.18	1150m:	17:50.52	47.72				
	400m:	6:03.61	46.19	800m:	12:17.95	47.23	1200m:	18:37.66	47.14				

Masters 75+

Programmanr. 1, Heren, 1500m vrije slag, Masters 75+

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT
1.	Gregor Pompen	Aqua-Novio'94	26:36.11	193700021	27:32.34	
	<i>Kampioenschaps Record</i>					
	50m:	49.48	49.48	450m:	8:08.02	54.45
	100m:	1:42.85	53.37	500m:	9:02.66	54.64
	150m:	2:37.84	54.99	550m:	9:57.61	54.95
	200m:	3:33.30	55.46	600m:	10:52.61	55.00
	250m:	4:28.96	55.66	650m:	11:47.75	55.14
	300m:	5:23.82	54.86	700m:	12:42.66	54.91
	350m:	6:18.75	54.93	750m:	13:37.99	55.33
	400m:	7:13.57	54.82	800m:	14:33.75	55.76
				850m:	15:29.10	55.35
				900m:	16:24.58	55.48
				950m:	17:20.27	55.69
				1000m:	18:16.10	55.83
				1050m:	19:11.83	55.73
				1100m:	20:08.16	56.33
				1150m:	21:05.18	57.02
				1200m:	22:01.89	56.71
				1250m:	22:57.75	55.86
				1300m:	23:54.51	56.76
				1350m:	24:50.09	55.58
				1400m:	25:45.13	55.04
				1450m:	26:40.27	55.14
				1500m:	27:32.34	52.07