



NK 5000 meter en NJK 800/1500 meter 2012
Amersfoort, 21.4.2012



Programmanr. 1
21.04.2012 - 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
Kamp. Record Junioren 1	18:00.48	Evert Roobeek	Amersfoort	19.06.1999

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Ruben Griffioen	De Columbiaaan	18:31.76	199900771	18:25.07		C
	100m: 1:06.86	500m: 6:02.20	900m: 11:01.10	1:15.11	1300m: 15:59.71	1:14.14	
	200m: 2:20.10	600m: 7:17.05	1000m: 12:16.11	1:15.01	1400m: 17:14.60	1:14.89	
	300m: 3:34.29	700m: 8:31.51	1100m: 13:30.67	1:14.56	1500m: 18:25.07	1:10.47	
	400m: 4:47.48	800m: 9:45.99	1200m: 14:45.57	1:14.90			
2.	Adam Juhasz	Racing Club	19:02.85	199903567	18:51.97		D
	100m: 1:09.38	500m: 6:14.08	900m: 11:17.94	1:16.85	1300m: 16:22.15	1:15.93	
	200m: 2:24.73	600m: 7:29.08	1000m: 12:33.97	1:16.03	1400m: 17:37.83	1:15.68	
	300m: 3:41.46	700m: 8:45.19	1100m: 13:49.72	1:15.75	1500m: 18:51.97	1:14.14	
	400m: 4:57.94	800m: 10:01.09	1200m: 15:06.22	1:16.50			
3.	Jan-Arnoel Melse	DZ&PC	19:20.88	199900785	18:58.48		E
	100m: 1:09.64	500m: 6:13.35	900m: 11:19.86	1:17.14	1300m: 16:28.87	1:16.93	
	200m: 2:25.11	600m: 7:29.89	1000m: 12:37.51	1:17.65	1400m: 17:45.82	1:16.95	
	300m: 3:41.39	700m: 8:46.17	1100m: 13:55.51	1:18.00	1500m: 18:58.48	1:12.66	
	400m: 4:57.43	800m: 10:02.72	1200m: 15:11.94	1:16.43			
4.	Luuk Veldman	Neptunia'24	19:18.90	199900981	19:05.06		E
	100m: 1:10.64	500m: 6:19.33	900m: 11:30.15	1:17.67	1300m: 16:37.23	1:15.76	
	200m: 2:27.40	600m: 7:37.68	1000m: 12:47.63	1:17.48	1400m: 17:53.68	1:16.45	
	300m: 3:44.18	700m: 8:54.70	1100m: 14:04.55	1:16.92	1500m: 19:05.06	1:11.38	
	400m: 5:00.82	800m: 10:12.48	1200m: 15:21.47	1:16.92			
5.	Stef Poolman	WS Twente	20:14.16	199900803	19:05.45		E
	100m: 1:09.42	500m: 6:13.36	900m: 11:22.62	1:18.06	1300m: 16:32.96	1:17.76	
	200m: 2:24.99	600m: 7:30.53	1000m: 12:41.00	1:18.38	1400m: 17:51.15	1:18.19	
	300m: 3:41.01	700m: 8:47.52	1100m: 13:58.55	1:17.55	1500m: 19:05.45	1:14.30	
	400m: 4:57.16	800m: 10:04.56	1200m: 15:15.20	1:16.65			
6.	Joko Vievermanns	EIFFELswimmersPSV	19:41.85	199901915	20:01.85		
	100m: 1:12.83	500m: 6:34.05	900m: 11:56.43	1:20.44	1300m: 17:22.90	1:21.53	
	200m: 2:32.63	600m: 7:54.59	1000m: 13:17.33	1:20.90	1400m: 18:43.91	1:21.01	
	300m: 3:53.29	700m: 9:15.16	1100m: 14:39.89	1:22.56	1500m: 20:01.85	1:17.94	
	400m: 5:13.37	800m: 10:35.99	1200m: 16:01.37	1:21.48			
AFGEM	Marcoen Smits	EIFFELswimmersPSV	20:33.95	199900815			

Programmanr. 2
21.04.2012 - 10:25

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
Kamp. Record Junioren 2	17:15.36	Camillo Bérénos	Eindhoven	01.07.1994

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Jorgos Skotadis	Racing Club	18:06.04	199803317	16:54.49	*	A
	Kamp. Record Junioren 2						
	100m: 1:03.54	500m: 5:34.21	900m: 10:06.15	1:08.19	1300m: 14:40.02	1:08.82	
	200m: 2:11.37	600m: 6:42.12	1000m: 11:14.12	1:07.97	1400m: 15:48.76	1:08.74	
	300m: 3:19.34	700m: 7:49.71	1100m: 12:22.34	1:08.22	1500m: 16:54.49	1:05.73	
	400m: 4:26.66	800m: 8:57.96	1200m: 13:31.20	1:08.86			
2.	Floris Kotterink	De Veene	18:14.20	199800199	17:56.88	*	D
	400m*, 800m*						
	100m: 1:04.73	500m: 5:51.17	900m: 10:42.51	1:13.10	1300m: 15:33.99	1:12.22	
	200m: 2:15.24	600m: 7:03.61	1000m: 11:56.16	1:13.65	1400m: 16:45.82	1:11.83	
	300m: 3:27.43	700m: 8:16.51	1100m: 13:09.06	1:12.90	1500m: 17:56.88	1:11.06	
	400m: 4:39.14	800m: 9:29.41	1200m: 14:21.77	1:12.71			
3.	Jonne Schaafsma	Racing Club	18:14.08	199800745	18:05.42		D
	100m: 1:05.66	500m: 5:53.12	900m: 10:46.32	1:13.17	1300m: 15:39.31	1:13.85	
	200m: 2:16.72	600m: 7:06.46	1000m: 11:58.80	1:12.48	1400m: 16:53.28	1:13.97	
	300m: 3:28.41	700m: 8:20.19	1100m: 13:12.30	1:13.50	1500m: 18:05.42	1:12.14	
	400m: 4:40.92	800m: 9:33.15	1200m: 14:25.46	1:13.16			
4.	Timos Skotadis	Racing Club	18:13.07	199804615	18:22.54		E
	100m: 1:06.49	500m: 5:57.53	900m: 10:55.31	1:15.29	1300m: 15:56.26	1:15.28	
	200m: 2:18.41	600m: 7:11.33	1000m: 12:10.14	1:14.83	1400m: 17:10.83	1:14.57	
	300m: 3:31.01	700m: 8:25.55	1100m: 13:24.89	1:14.75	1500m: 18:22.54	1:11.71	
	400m: 4:44.15	800m: 9:40.02	1200m: 14:40.98	1:16.09			





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Programmanr. 2, Jongens, 1500m vrije slag, Junioren 2

rang	naam	vereniging			inschrijftijd		startnr.	tijd		RT	niveau
5.	Jordy Severins	Eurode KZC			18:17.93		199800559	18:41.69			E
	100m: 1:06.23	1:06.23	500m: 6:06.53	1:17.29	900m: 11:11.66	1:16.55	1300m: 16:15.96		1:15.83		
	200m: 2:18.86	1:12.63	600m: 7:22.85	1:16.32	1000m: 12:27.18	1:15.52	1400m: 17:31.18		1:15.22		
	300m: 3:33.03	1:14.17	700m: 8:38.58	1:15.73	1100m: 13:43.83	1:16.65	1500m: 18:41.69		1:10.51		
	400m: 4:49.24	1:16.21	800m: 9:55.11	1:16.53	1200m: 15:00.13	1:16.30					
6.	Jeljer Aldershof	ZV Haerlem			18:43.26		199800719	18:43.46			E
	100m: 1:09.03	1:09.03	500m: 6:08.27	1:15.42	900m: 11:08.33	1:15.56	1300m: 16:11.25		1:17.47		
	200m: 2:23.56	1:14.53	600m: 7:23.09	1:14.82	1000m: 12:22.53	1:14.20	1400m: 17:27.48		1:16.23		
	300m: 3:37.89	1:14.33	700m: 8:38.26	1:15.17	1100m: 13:37.40	1:14.87	1500m: 18:43.46		1:15.98		
	400m: 4:52.85	1:14.96	800m: 9:52.77	1:14.51	1200m: 14:53.78	1:16.38					
7.	Stan Zwinkels	WVZ			19:32.40		199800239	18:57.36			
	100m: 1:08.88	1:08.88	500m: 6:14.06	1:17.07	900m: 11:21.71	1:16.95	1300m: 16:28.83		1:16.83		
	200m: 2:24.17	1:15.29	600m: 7:30.44	1:16.38	1000m: 12:38.29	1:16.58	1400m: 17:44.09		1:15.26		
	300m: 3:40.81	1:16.64	700m: 8:47.57	1:17.13	1100m: 13:55.22	1:16.93	1500m: 18:57.36		1:13.27		
	400m: 4:56.99	1:16.18	800m: 10:04.76	1:17.19	1200m: 15:12.00	1:16.78					
8.	Lars Ruessink	Octopus			19:22.16		199800271	19:03.87			
	100m: 1:09.75	1:09.75	500m: 6:15.70	1:17.57	900m: 11:24.90	1:17.40	1300m: 16:33.46		1:17.31		
	200m: 2:25.12	1:15.37	600m: 7:32.51	1:16.81	1000m: 12:42.04	1:17.14	1400m: 17:50.74		1:17.28		
	300m: 3:41.50	1:16.38	700m: 8:49.73	1:17.22	1100m: 13:59.17	1:17.13	1500m: 19:03.87		1:13.13		
	400m: 4:58.13	1:16.63	800m: 10:07.50	1:17.77	1200m: 15:16.15	1:16.98					
9.	Mart Kortman	De Dinkel			18:18.36		199800357	19:10.27			
	100m: 1:12.57	1:12.57	500m: 6:26.32	1:17.91	900m: 11:34.91	1:16.94	1300m: 16:38.48		1:17.01		
	200m: 2:30.26	1:17.69	600m: 7:43.08	1:16.76	1000m: 12:49.03	1:14.12	1400m: 17:56.15		1:17.67		
	300m: 3:49.60	1:19.34	700m: 9:00.51	1:17.43	1100m: 14:04.49	1:15.46	1500m: 19:10.27		1:14.12		
	400m: 5:08.41	1:18.81	800m: 10:17.97	1:17.46	1200m: 15:21.47	1:16.98					
10.	Bart Sommeling	Oceanus			20:00.93		199800765	19:20.81			
	100m: 1:11.98	1:11.98	500m: 6:25.16	1:17.34	900m: 11:34.47	1:17.43	1300m: 16:50.03		1:18.62		
	200m: 2:29.96	1:17.98	600m: 7:41.75	1:16.59	1000m: 12:52.92	1:18.45	1400m: 18:07.77		1:17.74		
	300m: 3:48.62	1:18.66	700m: 8:59.69	1:17.94	1100m: 14:12.76	1:19.84	1500m: 19:20.81		1:13.04		
	400m: 5:07.82	1:19.20	800m: 10:17.04	1:17.35	1200m: 15:31.41	1:18.65					
11.	Bas Verdoes	LZ 1886			19:48.39		199801487	19:53.07			
	800m*										
	100m: 1:10.11	1:10.11	500m: 6:27.51	1:19.77	900m: 11:48.92	1:20.32	1300m: 17:14.62		1:22.19		
	200m: 2:28.14	1:18.03	600m: 7:47.91	1:20.40	1000m: 13:09.70	1:20.78	1400m: 18:34.94		1:20.32		
	300m: 3:47.51	1:19.37	700m: 9:08.27	1:20.36	1100m: 14:31.04	1:21.34	1500m: 19:53.07		1:18.13		
	400m: 5:07.74	1:20.23	800m: 10:28.60	1:20.33	1200m: 15:52.43	1:21.39					
12.	Sieb Wesseling	Noord-Limburg (SG)			20:11.76		199800489	20:03.41			
	100m: 1:12.34	1:12.34	500m: 6:34.23	1:21.41	900m: 12:04.08	1:22.56	1300m: 17:29.55		1:19.79		
	200m: 2:31.83	1:19.49	600m: 7:56.81	1:22.58	1000m: 13:26.81	1:22.73	1400m: 18:48.43		1:18.88		
	300m: 3:51.35	1:19.52	700m: 9:19.50	1:22.69	1100m: 14:48.88	1:22.07	1500m: 20:03.41		1:14.98		
	400m: 5:12.82	1:21.47	800m: 10:41.52	1:22.02	1200m: 16:09.76	1:20.88					
13.	Ivar van Straaten	WVZ			19:49.45		199800107	20:08.24			
	200m*										
	100m: 1:13.41	1:13.41	500m: 6:33.92	1:20.94	900m: 12:00.85	1:22.89	1300m: 17:29.71		1:22.40		
	200m: 2:32.10	1:18.69	600m: 7:54.98	1:21.06	1000m: 13:23.27	1:22.42	1400m: 18:50.32		1:20.61		
	300m: 3:52.39	1:20.29	700m: 9:16.04	1:21.06	1100m: 14:45.22	1:21.95	1500m: 20:08.24		1:17.92		
	400m: 5:12.98	1:20.59	800m: 10:37.96	1:21.92	1200m: 16:07.31	1:22.09					
14.	Enrico Strik	LZ 1886			20:13.45		199800747	20:09.15			
	100m: 1:12.57	1:12.57	500m: 6:33.35	1:21.74	900m: 12:03.03	1:23.20	1300m: 17:33.65		1:23.52		
	200m: 2:31.42	1:18.85	600m: 7:54.71	1:21.36	1000m: 13:25.49	1:22.46	1400m: 18:56.27		1:22.62		
	300m: 3:50.96	1:19.54	700m: 9:17.13	1:22.42	1100m: 14:46.97	1:21.48	1500m: 20:09.15		1:12.88		
	400m: 5:11.61	1:20.65	800m: 10:39.83	1:22.70	1200m: 16:10.13	1:23.16					
15.	Tobias Geurts	Nuenen			19:20.24		199801185	20:17.46			
	100m: 1:14.68	1:14.68	500m: 6:42.68	1:23.71	900m: 12:14.63	1:25.03	1300m: 17:41.19		1:21.61		
	200m: 2:36.29	1:21.61	600m: 8:05.22	1:22.54	1000m: 13:37.84	1:23.21	1400m: 19:01.57		1:20.38		
	300m: 3:57.72	1:21.43	700m: 9:29.06	1:23.84	1100m: 14:59.87	1:22.03	1500m: 20:17.46		1:15.89		
	400m: 5:18.97	1:21.25	800m: 10:49.60	1:20.54	1200m: 16:19.58	1:19.71					
16.	Kilian Bontjer	Nova			20:09.89		199800751	20:36.27			
	100m: 1:10.86	1:10.86	500m: 6:35.94	1:22.54	900m: 12:10.58	1:24.42	1300m: 17:51.91		1:24.74		
	200m: 2:30.33	1:19.47	600m: 7:58.71	1:22.77	1000m: 13:34.98	1:24.40	1400m: 19:15.56		1:23.65		
	300m: 3:51.21	1:20.88	700m: 9:22.79	1:24.08	1100m: 15:01.08	1:26.10	1500m: 20:36.27		1:20.71		
	400m: 5:13.40	1:22.19	800m: 10:46.16	1:23.37	1200m: 16:27.17	1:26.09					



NK 5000 meter en NJK 800/1500 meter 2012
Amersfoort, 21.4.2012



Programmanr. 3
21.04.2012 - 11:15

Jongens, 1500m vrije slag

Juniores 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
Kamp. Record Junioren 3	16:40.81	Maarten van der Weijden	Amersfoort	05.07.1996

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Casper Zwier 200m*,400m*,800m*	De Zeeuwse Kust (SG)	17:42.07	199701355	17:28.27		D
	100m: 1:03.66	500m: 5:44.92	1:10.35	900m: 10:26.67	1:11.44	1300m: 15:10.64	1:11.54
	200m: 2:13.57	600m: 6:54.82	1:09.90	1000m: 11:37.48	1:10.81	1400m: 16:21.42	1:10.78
	300m: 3:24.89	700m: 8:04.89	1:10.07	1100m: 12:48.16	1:10.68	1500m: 17:28.27	1:06.85
	400m: 4:34.57	800m: 9:15.23	1:10.34	1200m: 13:59.10	1:10.94		
2.	Stijn Avezaat 100m*,200m*,400m*,800m*	One Team Swimming	18:19.09	199700729	17:51.25 *		E
	100m: 1:06.36	500m: 5:55.53	1:12.20	900m: 10:44.68	1:11.83	1300m: 15:32.89	1:12.47
	200m: 2:18.81	600m: 7:08.00	1:12.47	1000m: 11:56.62	1:11.94	1400m: 16:43.77	1:10.88
	300m: 3:30.84	700m: 8:20.23	1:12.23	1100m: 13:09.09	1:12.47	1500m: 17:51.25	1:07.48
	400m: 4:43.33	800m: 9:32.85	1:12.62	1200m: 14:20.42	1:11.33		
3.	Jorn Steenberghe	DZ&PC	18:30.20	199700039	17:56.61		E
	100m: 1:05.38	500m: 5:51.78	1:12.39	900m: 10:43.10	1:12.88	1300m: 15:33.15	1:12.31
	200m: 2:16.33	600m: 7:04.60	1:12.82	1000m: 11:55.60	1:12.50	1400m: 16:46.00	1:12.85
	300m: 3:27.45	700m: 8:17.12	1:12.52	1100m: 13:07.89	1:12.29	1500m: 17:56.61	1:10.61
	400m: 4:39.39	800m: 9:30.22	1:13.10	1200m: 14:20.84	1:12.95		
4.	Maurice van der Ploeg 800m*	De Kikker	18:00.53	199700305	18:01.10		E
	100m: 1:06.57	500m: 5:55.42	1:12.25	900m: 10:46.10	1:12.65	1300m: 15:37.03	1:12.67
	200m: 2:19.11	600m: 7:08.52	1:13.10	1000m: 11:59.13	1:13.03	1400m: 16:49.76	1:12.73
	300m: 3:31.12	700m: 8:20.99	1:12.47	1100m: 13:11.69	1:12.56	1500m: 18:01.10	1:11.34
	400m: 4:43.17	800m: 9:33.45	1:12.46	1200m: 14:24.36	1:12.67		
5.	Martijn Kornet	One Team Swimming	18:30.51	199700231	18:32.98		
	100m: 1:06.81	500m: 5:57.26	1:13.46	900m: 10:59.06	1:16.73	1300m: 16:06.35	1:16.62
	200m: 2:19.47	600m: 7:11.86	1:14.60	1000m: 12:15.09	1:16.03	1400m: 17:21.94	1:15.59
	300m: 3:31.18	700m: 8:26.84	1:14.98	1100m: 13:32.88	1:17.79	1500m: 18:32.98	1:11.04
	400m: 4:43.80	800m: 9:42.33	1:15.49	1200m: 14:49.73	1:16.85		
6.	Kars Veldkamp	ZPC De Hof	18:44.26	199700747	18:42.58		
	100m: 1:07.09	500m: 6:04.45	1:14.56	900m: 11:07.39	1:15.78	1300m: 16:12.02	1:16.24
	200m: 2:20.42	600m: 7:19.40	1:14.95	1000m: 12:24.04	1:16.65	1400m: 17:27.69	1:15.67
	300m: 3:34.78	700m: 8:35.37	1:15.97	1100m: 13:40.56	1:16.52	1500m: 18:42.58	1:14.89
	400m: 4:49.89	800m: 9:51.61	1:16.24	1200m: 14:55.78	1:15.22		
7.	Krijn de Kievit	Racing Club	18:18.37	199700277	18:49.84		
	100m: 1:06.50	500m: 6:05.71	1:16.09	900m: 11:11.57	1:16.41	1300m: 16:18.08	1:16.45
	200m: 2:20.10	600m: 7:21.98	1:16.27	1000m: 12:28.30	1:16.73	1400m: 17:34.52	1:16.44
	300m: 3:33.85	700m: 8:38.60	1:16.62	1100m: 13:44.90	1:16.60	1500m: 18:49.84	1:15.32
	400m: 4:49.62	800m: 9:55.16	1:16.56	1200m: 15:01.63	1:16.73		
8.	Thomas Zielhorst 400m*	De Biesboschzwemmers	18:47.30	199702135	19:16.94		
	100m: 1:07.88	500m: 6:15.00	1:19.33	900m: 11:30.50	1:19.13	1300m: 16:43.37	1:18.94
	200m: 2:22.18	600m: 7:34.22	1:19.22	1000m: 12:47.99	1:17.49	1400m: 18:00.93	1:17.56
	300m: 3:38.37	700m: 8:52.70	1:18.48	1100m: 14:06.37	1:18.38	1500m: 19:16.94	1:16.01
	400m: 4:55.67	800m: 10:11.37	1:18.67	1200m: 15:24.43	1:18.06		

Programmanr. 4
21.04.2012 - 11:40

Jongens, 1500m vrije slag

Juniores 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
Kamp. Record Junioren 4	16:23.70	Pieter van den Hoogenband	Eindhoven	01.07.1994

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Daniël Buijs	AZ&PC	17:34.11	199600183	17:32.14		E
	100m: 1:03.39	500m: 5:44.57	1:10.49	900m: 10:31.72	1:11.59	1300m: 15:14.86	1:09.75
	200m: 2:13.30	600m: 6:55.88	1:11.31	1000m: 11:43.12	1:11.40	1400m: 16:25.74	1:10.88
	300m: 3:22.90	700m: 8:07.64	1:11.76	1100m: 12:54.24	1:11.12	1500m: 17:32.14	1:06.40
	400m: 4:34.08	800m: 9:20.13	1:12.49	1200m: 14:05.11	1:10.87		
2.	Karst Boersma	De Dinkel	17:58.26	199600849	17:46.15		E
	100m: 1:04.52	500m: 5:47.89	1:11.50	900m: 10:34.92	1:11.68	1300m: 15:22.41	1:12.39
	200m: 2:14.47	600m: 6:59.85	1:11.96	1000m: 11:46.00	1:11.08	1400m: 16:34.93	1:12.52
	300m: 3:24.84	700m: 8:11.57	1:11.72	1100m: 12:57.95	1:11.95	1500m: 17:46.15	1:11.22
	400m: 4:36.39	800m: 9:23.24	1:11.67	1200m: 14:10.02	1:12.07		



NK 5000 meter en NJK 800/1500 meter 2012
Amersfoort, 21.4.2012



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

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
3.	Bart Klok	One Team Swimming	17:30.63	199600351	17:52.95		E
	100m: 1:05.01	500m: 5:52.33	900m: 10:46.02	1:14.02	1300m: 15:34.96	1:11.26	
	200m: 2:15.37	600m: 7:04.87	1000m: 11:59.38	1:13.36	1400m: 16:46.01	1:11.05	
	300m: 3:27.31	700m: 8:18.65	1100m: 13:11.69	1:12.31	1500m: 17:52.95	1:06.94	
	400m: 4:38.98	800m: 9:32.00	1200m: 14:23.70	1:12.01			
4.	Timo van der Ende	WVZ	18:07.30	199601979	18:10.42		
	100m: 1:06.02	500m: 5:55.45	900m: 10:51.06	1:14.33	1300m: 15:44.95	1:13.20	
	200m: 2:16.60	600m: 7:08.82	1000m: 12:05.07	1:14.01	1400m: 16:58.58	1:13.63	
	300m: 3:28.83	700m: 8:22.43	1100m: 13:18.59	1:13.52	1500m: 18:10.42	1:11.84	
	400m: 4:41.61	800m: 9:36.73	1200m: 14:31.75	1:13.16			
5.	Lars Haarsma	De Dolfijn	17:33.69	199600745	18:16.25		
	100m: 1:04.81	500m: 5:50.08	900m: 10:46.69	1:14.55	1300m: 15:50.58	1:16.79	
	200m: 2:15.27	600m: 7:03.31	1000m: 12:01.85	1:15.16	1400m: 17:06.80	1:16.22	
	300m: 3:25.93	700m: 8:17.51	1100m: 13:17.40	1:15.55	1500m: 18:16.25	1:09.45	
	400m: 4:37.70	800m: 9:32.14	1200m: 14:33.79	1:16.39			
6.	Armand Heyder	ZV Westland Dijkglas	18:41.55	199603221	18:16.42		
	100m: 1:07.36	500m: 6:00.88	900m: 10:57.14	1:14.21	1300m: 15:54.00	1:14.07	
	200m: 2:19.80	600m: 7:14.73	1000m: 12:11.14	1:14.00	1400m: 17:06.95	1:12.95	
	300m: 3:32.88	700m: 8:28.90	1100m: 13:25.79	1:14.65	1500m: 18:16.42	1:09.47	
	400m: 4:46.69	800m: 9:42.93	1200m: 14:39.93	1:14.14			
7.	Peter Rietveld	TRB-RES	18:55.70	199601081	18:54.28 *		
	100m: 1:06.52	500m: 6:11.34	900m: 11:22.55	1:17.27	1300m: 16:25.57	1:14.98	
	200m: 2:19.97	600m: 7:28.90	1000m: 12:38.17	1:15.62	1400m: 17:41.35	1:15.78	
	300m: 3:34.79	700m: 8:47.11	1100m: 13:54.78	1:16.61	1500m: 18:54.28	1:12.93	
	400m: 4:52.53	800m: 10:05.28	1200m: 15:10.59	1:15.81			
8.	Vincent Dermaux	Hieronymus	19:04.09	199600599	18:55.68		
	100m: 1:08.63	500m: 6:15.58	900m: 11:23.59	1:16.84	1300m: 16:27.70	1:15.04	
	200m: 2:25.81	600m: 7:32.78	1000m: 12:39.35	1:15.76	1400m: 17:44.07	1:16.37	
	300m: 3:41.86	700m: 8:50.30	1100m: 13:55.89	1:16.54	1500m: 18:55.68	1:11.61	
	400m: 4:58.41	800m: 10:06.75	1200m: 15:12.66	1:16.77			

Programmanr. 5
21.04.2012 - 14:15

Meisjes, 5000m vrije slag

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Evelien van Ruiten	Orca	23:20.83	199602924	1:02:01.97		
	100m: 1:08.01	1400m: 17:02.17	2700m: 33:11.77	1:15.16	4000m: 49:35.02	1:15.25	
	200m: 2:20.82	1500m: 18:16.23	2800m: 34:27.11	1:15.34	4100m: 50:50.45	1:15.43	
	300m: 3:34.33	1600m: 19:29.86	2900m: 35:42.39	1:15.28	4200m: 52:05.36	1:14.91	
	400m: 4:47.59	1700m: 20:44.33	3000m: 36:58.33	1:15.94	4300m: 53:20.39	1:15.03	
	500m: 6:00.70	1800m: 21:57.92	3100m: 38:13.23	1:14.90	4400m: 54:35.51	1:15.12	
	600m: 7:13.89	1900m: 23:12.14	3200m: 39:28.45	1:15.22	4500m: 55:51.33	1:15.82	
	700m: 8:27.48	2000m: 24:26.45	3300m: 40:43.95	1:15.50	4600m: 57:06.80	1:15.47	
	800m: 9:40.83	2100m: 25:41.42	3400m: 41:59.61	1:15.66	4700m: 58:21.89	1:15.09	
	900m: 10:54.00	2200m: 26:56.45	3500m: 43:16.20	1:16.59	4800m: 59:36.77	1:14.88	
	1000m: 12:07.54	2300m: 28:11.08	3600m: 44:32.20	1:16.00	4900m: 1:00:50.30	1:13.53	
	1100m: 13:21.00	2400m: 29:26.45	3700m: 45:48.26	1:16.06	5000m: 1:02:01.97	1:11.67	
	1200m: 14:34.89	2500m: 30:41.77	3800m: 47:04.17	1:15.91			
	1300m: 15:48.64	2600m: 31:56.61	3900m: 48:19.77	1:15.60			
2.	Brenda Zwarthoed	DAW	24:12.18	199604938	1:04:02.69		
	100m: 1:08.73	1400m: 17:29.70	2700m: 34:05.95	1:16.59	4000m: 50:57.04	1:17.84	
	200m: 2:22.97	1500m: 18:46.16	2800m: 35:22.70	1:16.75	4100m: 52:15.02	1:17.98	
	300m: 3:37.89	1600m: 20:02.23	2900m: 36:39.76	1:17.06	4200m: 53:33.29	1:18.27	
	400m: 4:53.70	1700m: 21:19.29	3000m: 37:57.00	1:17.24	4300m: 54:51.57	1:18.28	
	500m: 6:08.95	1800m: 22:36.16	3100m: 39:14.07	1:17.07	4400m: 56:10.48	1:18.91	
	600m: 7:23.95	1900m: 23:53.36	3200m: 40:31.86	1:17.79	4500m: 57:29.23	1:18.75	
	700m: 8:39.42	2000m: 25:10.02	3300m: 41:49.89	1:18.03	4600m: 58:48.26	1:19.03	
	800m: 9:55.14	2100m: 26:26.86	3400m: 43:08.16	1:18.27	4700m: 1:00:07.67	1:19.41	
	900m: 11:10.51	2200m: 27:42.80	3500m: 44:26.60	1:18.44	4800m: 1:01:26.00	1:18.33	
	1000m: 12:26.02	2300m: 28:59.39	3600m: 45:44.73	1:18.13	4900m: 1:02:44.70	1:18.70	
	1100m: 13:41.67	2400m: 30:16.23	3700m: 47:02.92	1:18.19	5000m: 1:04:02.69	1:17.99	
	1200m: 14:57.32	2500m: 31:32.76	3800m: 48:20.89	1:17.97			
	1300m: 16:13.39	2600m: 32:49.36	3900m: 49:39.20	1:18.31			



NK 5000 meter en NJK 800/1500 meter 2012
Amersfoort, 21.4.2012



Programmanr. 5, Meisjes, 5000m vrije slag, Jeugd 1 en 2

rang	naam	vereniging					inschrijftijd		startnr.	tijd		RT	niveau
3.	Linda Kamperman 100m*	Aquarijn					25:04.91		199601238	1:06:19.29			
	100m:	1:14.37	1:14.37	1400m:	18:28.81	1:19.55	2700m:	35:44.96	1:21.32	4000m:	53:12.52	1:20.70	
	200m:	2:34.93	1:20.56	1500m:	19:48.78	1:19.97	2800m:	37:05.71	1:20.75	4100m:	54:31.65	1:19.13	
	300m:	3:55.59	1:20.66	1600m:	21:07.46	1:18.68	2900m:	38:26.47	1:20.76	4200m:	55:50.66	1:19.01	
	400m:	5:16.36	1:20.77	1700m:	22:26.02	1:18.56	3000m:	39:46.90	1:20.43	4300m:	57:10.57	1:19.91	
	500m:	6:35.90	1:19.54	1800m:	23:45.21	1:19.19	3100m:	41:06.91	1:20.01	4400m:	58:30.18	1:19.61	
	600m:	7:55.34	1:19.44	1900m:	25:04.68	1:19.47	3200m:	42:27.59	1:20.68	4500m:	59:49.75	1:19.57	
	700m:	9:14.68	1:19.34	2000m:	26:24.08	1:19.40	3300m:	43:47.68	1:20.09	4600m:	1:01:08.99	1:19.24	
	800m:	10:34.38	1:19.70	2100m:	27:43.02	1:18.94	3400m:	45:07.69	1:20.01	4700m:	1:02:27.81	1:18.82	
	900m:	11:52.96	1:18.58	2200m:	29:02.46	1:19.44	3500m:	46:28.31	1:20.62	4800m:	1:03:46.34	1:18.53	
	1000m:	13:11.84	1:18.88	2300m:	30:22.03	1:19.57	3600m:	47:49.37	1:21.06	4900m:	1:05:04.75	1:18.41	
	1100m:	14:30.90	1:19.06	2400m:	31:42.27	1:20.24	3700m:	49:09.94	1:20.57	5000m:	1:06:19.29	1:14.54	
	1200m:	15:49.96	1:19.06	2500m:	33:02.53	1:20.26	3800m:	50:30.68	1:20.74				
	1300m:	17:09.26	1:19.30	2600m:	34:23.64	1:21.11	3900m:	51:51.82	1:21.14				

Programmanr. 5 Jongens, 5000m vrije slag Jeugd 2 en later
21.04.2012 - 14:15 Resultaten

rang	naam	vereniging				inschrijftijd		startnr.	tijd		RT	niveau
1.	Ruben Klinkers	HGN (SG)				22:22.29		199403511	59:51.14			
	100m:	1:06.55	1:06.55	1400m:	16:32.04	1:11.91	2700m:	32:03.20	1:10.60	4000m:	47:34.86	1:12.26
	200m:	2:18.10	1:11.55	1500m:	17:43.35	1:11.31	2800m:	33:14.39	1:11.19	4100m:	48:47.13	1:12.27
	300m:	3:28.57	1:10.47	1600m:	18:54.48	1:11.13	2900m:	34:25.02	1:10.63	4200m:	49:59.73	1:12.60
	400m:	4:38.45	1:09.88	1700m:	20:05.82	1:11.34	3000m:	35:34.89	1:09.87	4300m:	51:12.26	1:12.53
	500m:	5:49.13	1:10.68	1800m:	21:17.60	1:11.78	3100m:	36:46.32	1:11.43	4400m:	52:24.73	1:12.47
	600m:	6:59.86	1:10.73	1900m:	22:29.00	1:11.40	3200m:	37:58.70	1:12.38	4500m:	53:36.51	1:11.78
	700m:	8:11.39	1:11.53	2000m:	23:40.32	1:11.32	3300m:	39:11.10	1:12.40	4600m:	54:49.36	1:12.85
	800m:	9:23.08	1:11.69	2100m:	24:52.32	1:12.00	3400m:	40:22.80	1:11.70	4700m:	56:01.57	1:12.21
	900m:	10:34.45	1:11.37	2200m:	26:03.89	1:11.57	3500m:	41:34.45	1:11.65	4800m:	57:15.69	1:14.12
	1000m:	11:45.80	1:11.35	2300m:	27:15.86	1:11.97	3600m:	42:46.36	1:11.91	4900m:	58:30.13	1:14.44
	1100m:	12:57.20	1:11.40	2400m:	28:28.10	1:12.24	3700m:	43:58.02	1:11.66	5000m:	59:51.14	1:21.01
	1200m:	14:09.00	1:11.80	2500m:	29:40.57	1:12.47	3800m:	45:10.42	1:12.40			
	1300m:	15:20.13	1:11.13	2600m:	30:52.60	1:12.03	3900m:	46:22.60	1:12.18			
2.	Frank de Graaf	DWK				22:57.97		199602671	1:00:41.78			
	Nederlands Record Junioren											
	100m:	1:07.79	1:07.79	1400m:	16:46.06	1:13.39	2700m:	32:41.64	1:12.79	4000m:	48:37.48	1:13.48
	200m:	2:19.60	1:11.81	1500m:	17:59.46	1:13.40	2800m:	33:54.07	1:12.43	4100m:	49:50.37	1:12.89
	300m:	3:31.21	1:11.61	1600m:	19:12.67	1:13.21	2900m:	35:07.71	1:13.64	4200m:	51:04.45	1:14.08
	400m:	4:43.05	1:11.84	1700m:	20:26.11	1:13.44	3000m:	36:21.82	1:14.11	4300m:	52:17.88	1:13.43
	500m:	5:54.28	1:11.23	1800m:	21:39.85	1:13.74	3100m:	37:35.87	1:14.05	4400m:	53:31.50	1:13.62
	600m:	7:06.39	1:12.11	1900m:	22:54.62	1:14.77	3200m:	38:49.50	1:13.63	4500m:	54:45.10	1:13.60
	700m:	8:18.56	1:12.17	2000m:	24:07.95	1:13.33	3300m:	40:03.56	1:14.06	4600m:	55:58.30	1:13.20
	800m:	9:30.78	1:12.22	2100m:	25:21.28	1:13.33	3400m:	41:16.76	1:13.20	4700m:	57:11.37	1:13.07
	900m:	10:43.23	1:12.45	2200m:	26:33.82	1:12.54	3500m:	42:30.35	1:13.59	4800m:	58:23.07	1:11.70
	1000m:	11:55.17	1:11.94	2300m:	27:47.92	1:14.10	3600m:	43:43.40	1:13.05	4900m:	59:35.29	1:12.22
	1100m:	13:06.59	1:11.42	2400m:	29:01.64	1:13.72	3700m:	44:57.00	1:13.60	5000m:	1:00:41.78	1:06.49
	1200m:	14:19.24	1:12.65	2500m:	30:14.98	1:13.34	3800m:	46:10.92	1:13.92			
	1300m:	15:32.67	1:13.43	2600m:	31:28.85	1:13.87	3900m:	47:24.00	1:13.08			
3.	Melvin Prins	SBC2000				23:06.29		199500201	1:00:54.40			
	100m:	1:11.00	1:11.00	1400m:	16:51.50	1:12.45	2700m:	32:44.33	1:13.50	4000m:	48:39.03	1:14.14
	200m:	2:22.06	1:11.06	1500m:	18:04.15	1:12.65	2800m:	33:57.64	1:13.31	4100m:	49:53.34	1:14.31
	300m:	3:33.50	1:11.44	1600m:	19:16.46	1:12.31	2900m:	35:10.97	1:13.33	4200m:	51:07.47	1:14.13
	400m:	4:46.35	1:12.85	1700m:	20:29.09	1:12.63	3000m:	36:24.32	1:13.35	4300m:	52:21.70	1:14.23
	500m:	5:58.77	1:12.42	1800m:	21:41.54	1:12.45	3100m:	37:36.96	1:12.64	4400m:	53:35.86	1:14.16
	600m:	7:11.09	1:12.32	1900m:	22:53.89	1:12.35	3200m:	38:50.03	1:13.07	4500m:	54:50.08	1:14.22
	700m:	8:23.49	1:12.40	2000m:	24:07.47	1:13.58	3300m:	40:03.62	1:13.59	4600m:	56:03.31	1:13.23
	800m:	9:36.54	1:13.05	2100m:	25:21.42	1:13.95	3400m:	41:16.50	1:12.88	4700m:	57:16.08	1:12.77
	900m:	10:48.58	1:12.04	2200m:	26:35.99	1:14.57	3500m:	42:29.44	1:12.94	4800m:	58:29.40	1:13.32
	1000m:	12:01.31	1:12.73	2300m:	27:50.15	1:14.16	3600m:	43:42.87	1:13.43	4900m:	59:42.07	1:12.67
	1100m:	13:13.97	1:12.66	2400m:	29:03.67	1:13.52	3700m:	44:56.95	1:14.08	5000m:	1:00:54.40	1:12.33
	1200m:	14:26.56	1:12.59	2500m:	30:17.92	1:14.25	3800m:	46:10.83	1:13.88			
	1300m:	15:39.05	1:12.49	2600m:	31:30.83	1:12.91	3900m:	47:24.89	1:14.06			
4.	Pepijn Smits	EIFFELswimmersPSV				23:27.69		199600691	1:01:43.98			
	100m:	1:09.23	1:09.23	1300m:	15:33.00	1:12.55	2500m:	30:15.76	1:13.53	3700m:	45:15.45	1:15.25
	200m:	2:21.84	1:12.61	1400m:	16:45.89	1:12.89	2600m:	31:29.76	1:14.00	3800m:	46:30.39	1:14.94
	300m:	3:33.54	1:11.70	1500m:	17:59.29	1:13.40	2700m:	32:43.89	1:14.13	3900m:	47:45.60	1:15.21
	400m:	4:45.49	1:11.95	1600m:	19:12.57	1:13.28	2800m:	33:58.07	1:14.18	4000m:	49:00.86	1:15.26
	500m:	5:57.07	1:11.58	1700m:	20:26.13	1:13.56	2900m:	35:12.60	1:14.53	4100m:	50:16.89	1:16.03
	600m:	7:08.86	1:11.79	1800m:	21:39.86	1:13.73	3000m:	36:27.48	1:14.88	4200m:	51:32.45	1:15.56
	700m:	8:20.54	1:11.68	1900m:	22:54.02	1:14.16	3100m:	37:42.23	1:14.75	4300m:	52:48.04	1:15.59
	800m:	9:32.05	1:11.51	2000m:	24:07.07	1:13.05	3200m:	38:57.51	1:15.28	4400m:	54:04.70	1:16.66
	900m:	10:43.86	1:11.81	2100m:	25:20.45	1:13.38	3300m:	40:12.86	1:15.35	4500m:	55:21.48	1:16.78
	1000m:	11:55.89	1:12.03	2200m:	26:33.86	1:13.41	3400m:	41:27.95	1:15.09	4600m:	56:37.73	1:16.25
	1100m:	13:08.10	1:12.21	2300m:	27:47.86	1:14.00	3500m:	42:44.16	1:16.21	4700m:	57:54.76	1:17.03
	1200m:	14:20.45	1:12.35	2400m:	29:02.23	1:14.37	3600m:	44:00.20	1:16.04	4800m:	59:12.07	1:17.31
	4900m:	1:00:28.57	1:16.50	5000m:	1:01:43.98	1:15.41						



NK 5000 meter en NJK 800/1500 meter 2012
Amersfoort, 21.4.2012



Programmanr. 5, Jongens, 5000m vrije slag, Jeugd 2 en later

rang	naam	vereniging				inschrijftijd		startnr.	tijd		RT	niveau
5.	Rowan Keen	Borger				23:09.99		199500727	1:02:38.84			
	100m:	1:11.69	1:11.69	1400m:	17:34.27	1:16.03	2700m:	33:50.97	1:12.51	4000m:	49:53.90	1:15.74
	200m:	2:27.62	1:15.93	1500m:	18:50.23	1:15.96	2800m:	35:03.95	1:12.98	4100m:	51:09.40	1:15.50
	300m:	3:43.19	1:15.57	1600m:	20:05.06	1:14.83	2900m:	36:16.88	1:12.93	4200m:	52:25.24	1:15.84
	400m:	4:59.39	1:16.20	1700m:	21:20.24	1:15.18	3000m:	37:30.08	1:13.20	4300m:	53:40.95	1:15.71
	500m:	6:14.72	1:15.33	1800m:	22:35.86	1:15.62	3100m:	38:43.21	1:13.13	4400m:	54:57.68	1:16.73
	600m:	7:31.00	1:16.28	1900m:	23:51.77	1:15.91	3200m:	39:56.68	1:13.47	4500m:	56:15.27	1:17.59
	700m:	8:46.45	1:15.45	2000m:	25:08.06	1:16.29	3300m:	41:10.80	1:14.12	4600m:	57:32.86	1:17.59
	800m:	10:01.95	1:15.50	2100m:	26:24.38	1:16.32	3400m:	42:24.87	1:14.07	4700m:	58:50.15	1:17.29
	900m:	11:16.81	1:14.86	2200m:	27:40.27	1:15.89	3500m:	43:39.02	1:14.15	4800m:	1:00:08.27	1:18.12
	1000m:	12:32.34	1:15.53	2300m:	28:56.29	1:16.02	3600m:	44:53.16	1:14.14	4900m:	1:01:25.86	1:17.59
	1100m:	13:47.06	1:14.72	2400m:	30:11.90	1:15.61	3700m:	46:08.18	1:15.02	5000m:	1:02:38.84	1:12.98
	1200m:	15:02.34	1:15.28	2500m:	31:25.72	1:13.82	3800m:	47:22.55	1:14.37			
	1300m:	16:18.24	1:15.90	2600m:	32:38.46	1:12.74	3900m:	48:38.16	1:15.61			
DIS	Vincent Moolhuijsen	Oceanus				22:26.98		199401215			AF	
	AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).											
DIS	Jeffrey Reijnders	Oceanus				23:33.04		199500877			AM	
	AM - Gebruik maken van hulpmiddelen. (geen tijden noteren)											

Programmanr. 5
21.04.2012 - 14:15

Dames, 5000m vrije slag

all-in
Resultaten

rang	naam	vereniging			inschrijftijd	startnr.	tijd	RT	niveau			
1.	Leonie van Noort	De Zijl/LGB			23:09.48	199301752	1:00:35.38					
	100m:	1:07.42	1:07.42	1400m:	16:39.29	1:12.84	2700m:	32:26.29	1:13.03	4000m:	48:23.92	1:14.00
	200m:	2:18.63	1:11.21	1500m:	17:51.66	1:12.37	2800m:	33:39.51	1:13.22	4100m:	49:37.07	1:13.15
	300m:	3:29.86	1:11.23	1600m:	19:04.07	1:12.41	2900m:	34:53.60	1:14.09	4200m:	50:50.07	1:13.00
	400m:	4:40.75	1:10.89	1700m:	20:16.60	1:12.53	3000m:	36:07.54	1:13.94	4300m:	52:03.86	1:13.79
	500m:	5:51.67	1:10.92	1800m:	21:30.23	1:13.63	3100m:	37:21.95	1:14.41	4400m:	53:17.26	1:13.40
	600m:	7:03.20	1:11.53	1900m:	22:43.10	1:12.87	3200m:	38:35.60	1:13.65	4500m:	54:31.51	1:14.25
	700m:	8:15.67	1:12.47	2000m:	23:55.76	1:12.66	3300m:	39:49.20	1:13.60	4600m:	55:46.02	1:14.51
	800m:	9:27.65	1:11.98	2100m:	25:08.45	1:12.69	3400m:	41:02.26	1:13.06	4700m:	56:58.95	1:12.93
	900m:	10:39.39	1:11.74	2200m:	26:21.20	1:12.75	3500m:	42:15.39	1:13.13	4800m:	58:12.26	1:13.31
	1000m:	11:50.95	1:11.56	2300m:	27:34.07	1:12.87	3600m:	43:28.57	1:13.18	4900m:	59:25.26	1:13.00
	1100m:	13:02.70	1:11.75	2400m:	28:46.92	1:12.85	3700m:	44:42.23	1:13.66	5000m:	1:00:35.38	1:10.12
	1200m:	14:14.20	1:11.50	2500m:	30:00.13	1:13.21	3800m:	45:56.04	1:13.81			
	1300m:	15:26.45	1:12.25	2600m:	31:13.26	1:13.13	3900m:	47:09.92	1:13.88			
2.	Evelien van Ruiten	Orca			23:20.83	199602924	1:02:01.97					
	100m:	1:08.01	1:08.01	1400m:	17:02.17	1:13.53	2700m:	33:11.77	1:15.16	4000m:	49:35.02	1:15.25
	200m:	2:20.82	1:12.81	1500m:	18:16.23	1:14.06	2800m:	34:27.11	1:15.34	4100m:	50:50.45	1:15.43
	300m:	3:34.33	1:13.51	1600m:	19:29.86	1:13.63	2900m:	35:42.39	1:15.28	4200m:	52:05.36	1:14.91
	400m:	4:47.59	1:13.26	1700m:	20:44.33	1:14.47	3000m:	36:58.33	1:15.94	4300m:	53:20.39	1:15.03
	500m:	6:00.70	1:13.11	1800m:	21:57.92	1:13.59	3100m:	38:13.23	1:14.90	4400m:	54:35.51	1:15.12
	600m:	7:13.89	1:13.19	1900m:	23:12.14	1:14.22	3200m:	39:28.45	1:15.22	4500m:	55:51.33	1:15.82
	700m:	8:27.48	1:13.59	2000m:	24:26.45	1:14.31	3300m:	40:43.95	1:15.50	4600m:	57:06.80	1:15.47
	800m:	9:40.83	1:13.35	2100m:	25:41.42	1:14.97	3400m:	41:59.61	1:15.66	4700m:	58:21.89	1:15.09
	900m:	10:54.00	1:13.17	2200m:	26:56.45	1:15.03	3500m:	43:16.20	1:16.59	4800m:	59:36.77	1:14.88
	1000m:	12:07.54	1:13.54	2300m:	28:11.08	1:14.63	3600m:	44:32.20	1:16.00	4900m:	1:00:50.30	1:13.53
	1100m:	13:21.00	1:13.46	2400m:	29:26.45	1:15.37	3700m:	45:48.26	1:16.06	5000m:	1:02:01.97	1:11.67
	1200m:	14:34.89	1:13.89	2500m:	30:41.77	1:15.32	3800m:	47:04.17	1:15.91			
	1300m:	15:48.64	1:13.75	2600m:	31:56.61	1:14.84	3900m:	48:19.77	1:15.60			
3.	Evelien Sohl	Het Y			24:17.99	198603346	1:03:18.22					
	100m:	1:11.96	1:11.96	1400m:	17:38.23	1:16.20	2700m:	34:08.47	1:15.58	4000m:	50:38.88	1:16.41
	200m:	2:26.75	1:14.79	1500m:	18:55.03	1:16.80	2800m:	35:24.20	1:15.73	4100m:	51:54.44	1:15.56
	300m:	3:42.57	1:15.82	1600m:	20:11.63	1:16.60	2900m:	36:39.77	1:15.57	4200m:	53:11.05	1:16.61
	400m:	4:58.18	1:15.61	1700m:	21:28.54	1:16.91	3000m:	37:55.20	1:15.43	4300m:	54:28.04	1:16.99
	500m:	6:14.22	1:16.04	1800m:	22:44.97	1:16.43	3100m:	39:10.82	1:15.62	4400m:	55:44.76	1:16.72
	600m:	7:30.28	1:16.06	1900m:	24:01.38	1:16.41	3200m:	40:26.82	1:16.00	4500m:	57:01.26	1:16.50
	700m:	8:46.71	1:16.43	2000m:	25:17.60	1:16.22	3300m:	41:43.22	1:16.40	4600m:	58:17.32	1:16.06
	800m:	10:02.15	1:15.44	2100m:	26:33.54	1:15.94	3400m:	42:59.80	1:16.58	4700m:	59:32.88	1:15.56
	900m:	11:17.70	1:15.55	2200m:	27:49.52	1:15.98	3500m:	44:16.34	1:16.54	4800m:	1:00:48.94	1:16.06
	1000m:	12:33.30	1:15.60	2300m:	29:05.44	1:15.92	3600m:	45:32.56	1:16.22	4900m:	1:02:04.97	1:16.03
	1100m:	13:49.45	1:16.15	2400m:	30:21.35	1:15.91	3700m:	46:49.16	1:16.60	5000m:	1:03:18.22	1:13.25
	1200m:	15:05.57	1:16.12	2500m:	31:37.35	1:16.00	3800m:	48:05.66	1:16.50			
	1300m:	16:22.03	1:16.46	2600m:	32:52.89	1:15.54	3900m:	49:22.47	1:16.81			



NK 5000 meter en NJK 800/1500 meter 2012
Amersfoort, 21.4.2012



Programmanr. 5, Dames, 5000m vrije slag, all-in

rang	naam		vereniging			inschrijftijd	startnr.		tijd	RT	niveau
4.	Lindi Verkooijen		SBC2000			24:26.32	199503826		1:03:44.67		
	100m:	1:13.56	1:13.56	1400m:	17:45.53	1:16.52	2700m:	34:12.20	1:16.07	4000m:	51:00.56 1:17.61
	200m:	2:31.10	1:17.54	1500m:	19:02.03	1:16.50	2800m:	35:29.19	1:16.99	4100m:	52:15.32 1:14.76
	300m:	3:47.53	1:16.43	1600m:	20:18.22	1:16.19	2900m:	36:47.07	1:17.88	4200m:	53:31.94 1:16.62
	400m:	5:04.19	1:16.66	1700m:	21:34.32	1:16.10	3000m:	38:04.22	1:17.15	4300m:	54:48.79 1:16.85
	500m:	6:20.34	1:16.15	1800m:	22:50.93	1:16.61	3100m:	39:21.19	1:16.97	4400m:	56:06.07 1:17.28
	600m:	7:36.54	1:16.20	1900m:	24:06.29	1:15.36	3200m:	40:38.40	1:17.21	4500m:	57:23.28 1:17.21
	700m:	8:53.13	1:16.59	2000m:	25:21.79	1:15.50	3300m:	41:55.50	1:17.10	4600m:	58:40.59 1:17.31
	800m:	10:09.51	1:16.38	2100m:	26:36.99	1:15.20	3400m:	43:13.32	1:17.82	4700m:	59:58.12 1:17.53
	900m:	11:25.59	1:16.08	2200m:	27:52.22	1:15.23	3500m:	44:31.18	1:17.86	4800m:	1:01:15.50 1:17.38
	1000m:	12:41.69	1:16.10	2300m:	29:06.75	1:14.53	3600m:	45:49.09	1:17.91	4900m:	1:02:32.44 1:16.94
	1100m:	13:57.19	1:15.50	2400m:	30:22.77	1:16.02	3700m:	47:07.48	1:18.39	5000m:	1:03:44.67 1:12.23
	1200m:	15:12.94	1:15.75	2500m:	31:39.57	1:16.80	3800m:	48:25.22	1:17.74		
	1300m:	16:29.01	1:16.07	2600m:	32:56.13	1:16.56	3900m:	49:42.95	1:17.73		
5.	Iris Pijtak		AZ&PC			24:44.70	199300602		1:03:44.85 *		
	100m:	1:10.82	1:10.82	1400m:	17:36.63	1:16.61	2700m:	34:12.48	1:16.11	4000m:	51:00.57 1:17.73
	200m:	2:25.60	1:14.78	1500m:	18:53.18	1:16.55	2800m:	35:29.54	1:17.06	4100m:	52:16.05 1:15.48
	300m:	3:41.69	1:16.09	1600m:	20:09.70	1:16.52	2900m:	36:47.03	1:17.49	4200m:	53:32.15 1:16.10
	400m:	4:57.21	1:15.52	1700m:	21:26.64	1:16.94	3000m:	38:04.15	1:17.12	4300m:	54:48.94 1:16.79
	500m:	6:12.24	1:15.03	1800m:	22:43.10	1:16.46	3100m:	39:21.47	1:17.32	4400m:	56:06.10 1:17.16
	600m:	7:27.56	1:15.32	1900m:	23:59.88	1:16.78	3200m:	40:38.48	1:17.01	4500m:	57:23.38 1:17.28
	700m:	8:43.30	1:15.74	2000m:	25:16.17	1:16.29	3300m:	41:55.69	1:17.21	4600m:	58:40.70 1:17.32
	800m:	9:59.59	1:16.29	2100m:	26:32.81	1:16.64	3400m:	43:13.39	1:17.70	4700m:	59:58.11 1:17.41
	900m:	11:15.74	1:16.15	2200m:	27:49.52	1:16.71	3500m:	44:30.84	1:17.45	4800m:	1:01:15.70 1:17.59
	1000m:	12:31.59	1:15.85	2300m:	29:06.76	1:17.24	3600m:	45:49.22	1:18.38	4900m:	1:02:32.41 1:16.71
	1100m:	13:47.57	1:15.98	2400m:	30:23.17	1:16.41	3700m:	47:07.47	1:18.25	5000m:	1:03:44.85 1:12.44
	1200m:	15:03.99	1:16.42	2500m:	31:39.75	1:16.58	3800m:	48:25.12	1:17.65		
	1300m:	16:20.02	1:16.03	2600m:	32:56.37	1:16.62	3900m:	49:42.84	1:17.72		
6.	Brenda Zwarthoed		DAW			24:12.18	199604938		1:04:02.69		
	100m:	1:08.73	1:08.73	1400m:	17:29.70	1:16.31	2700m:	34:05.95	1:16.59	4000m:	50:57.04 1:17.84
	200m:	2:22.97	1:14.24	1500m:	18:46.16	1:16.46	2800m:	35:22.70	1:16.75	4100m:	52:15.02 1:17.98
	300m:	3:37.89	1:14.92	1600m:	20:02.23	1:16.07	2900m:	36:39.76	1:17.06	4200m:	53:33.29 1:18.27
	400m:	4:53.70	1:15.81	1700m:	21:19.29	1:17.06	3000m:	37:57.00	1:17.24	4300m:	54:51.57 1:18.28
	500m:	6:08.95	1:15.25	1800m:	22:36.16	1:16.87	3100m:	39:14.07	1:17.07	4400m:	56:10.48 1:18.91
	600m:	7:23.95	1:15.00	1900m:	23:53.36	1:17.20	3200m:	40:31.86	1:17.79	4500m:	57:29.23 1:18.75
	700m:	8:39.42	1:15.47	2000m:	25:10.02	1:16.66	3300m:	41:49.89	1:18.03	4600m:	58:48.26 1:19.03
	800m:	9:55.14	1:15.72	2100m:	26:26.86	1:16.84	3400m:	43:08.16	1:18.27	4700m:	1:00:07.67 1:19.41
	900m:	11:10.51	1:15.37	2200m:	27:42.80	1:15.94	3500m:	44:26.60	1:18.44	4800m:	1:01:26.00 1:18.33
	1000m:	12:26.02	1:15.51	2300m:	28:59.39	1:16.59	3600m:	45:44.73	1:18.13	4900m:	1:02:44.70 1:18.70
	1100m:	13:41.67	1:15.65	2400m:	30:16.23	1:16.84	3700m:	47:02.92	1:18.19	5000m:	1:04:02.69 1:17.99
	1200m:	14:57.32	1:15.65	2500m:	31:32.76	1:16.53	3800m:	48:20.89	1:17.97		
	1300m:	16:13.39	1:16.07	2600m:	32:49.36	1:16.60	3900m:	49:39.20	1:18.31		
7.	Alice Bravo		Het Y			24:19.15	198705346		1:04:23.23		
	100m:	1:10.71	1:10.71	1400m:	17:36.17	1:16.37	2700m:	34:11.49	1:16.02	4000m:	51:00.61 1:17.54
	200m:	2:25.94	1:15.23	1500m:	18:52.91	1:16.74	2800m:	35:28.89	1:17.40	4100m:	52:17.55 1:16.94
	300m:	3:41.75	1:15.81	1600m:	20:08.18	1:15.27	2900m:	36:46.78	1:17.89	4200m:	53:36.07 1:18.52
	400m:	4:57.91	1:16.16	1700m:	21:25.89	1:17.71	3000m:	38:04.22	1:17.44	4300m:	54:56.49 1:20.42
	500m:	6:14.02	1:16.11	1800m:	22:42.66	1:16.77	3100m:	39:20.99	1:16.77	4400m:	56:16.01 1:19.52
	600m:	7:29.97	1:15.95	1900m:	23:59.99	1:17.33	3200m:	40:38.19	1:17.20	4500m:	57:37.67 1:21.66
	700m:	8:45.57	1:15.60	2000m:	25:16.10	1:16.11	3300m:	41:55.51	1:17.32	4600m:	58:56.97 1:19.30
	800m:	10:01.33	1:15.76	2100m:	26:32.78	1:16.68	3400m:	43:13.31	1:17.80	4700m:	1:00:17.95 1:20.98
	900m:	11:17.17	1:15.84	2200m:	27:49.55	1:16.77	3500m:	44:31.10	1:17.79	4800m:	1:01:40.26 1:22.31
	1000m:	12:33.07	1:15.90	2300m:	29:06.49	1:16.94	3600m:	45:48.79	1:17.69	4900m:	1:03:03.38 1:23.12
	1100m:	13:48.30	1:15.23	2400m:	30:22.87	1:16.38	3700m:	47:07.20	1:18.41	5000m:	1:04:23.23 1:19.85
	1200m:	15:04.07	1:15.77	2500m:	31:39.33	1:16.46	3800m:	48:25.01	1:17.81		
	1300m:	16:19.80	1:15.73	2600m:	32:55.47	1:16.14	3900m:	49:43.07	1:18.06		
8.	Linda Kamperman 100m*		Aquarijn			25:04.91	199601238		1:06:19.29		
	100m:	1:14.37	1:14.37	1400m:	18:28.81	1:19.55	2700m:	35:44.96	1:21.32	4000m:	53:12.52 1:20.70
	200m:	2:34.93	1:20.56	1500m:	19:48.78	1:19.97	2800m:	37:05.71	1:20.75	4100m:	54:31.65 1:19.13
	300m:	3:55.59	1:20.66	1600m:	21:07.46	1:18.68	2900m:	38:26.47	1:20.76	4200m:	55:50.66 1:19.01
	400m:	5:16.36	1:20.77	1700m:	22:26.02	1:18.56	3000m:	39:46.90	1:20.43	4300m:	57:10.57 1:19.91
	500m:	6:35.90	1:19.54	1800m:	23:45.21	1:19.19	3100m:	41:06.91	1:20.01	4400m:	58:30.18 1:19.61
	600m:	7:55.34	1:19.44	1900m:	25:04.68	1:19.47	3200m:	42:27.59	1:20.68	4500m:	59:49.75 1:19.57
	700m:	9:14.68	1:19.34	2000m:	26:24.08	1:19.40	3300m:	43:47.68	1:20.09	4600m:	1:01:08.99 1:19.24
	800m:	10:34.38	1:19.70	2100m:	27:43.02	1:18.94	3400m:	45:07.69	1:20.01	4700m:	1:02:27.81 1:18.82
	900m:	11:52.96	1:18.58	2200m:	29:02.46	1:19.44	3500m:	46:28.31	1:20.62	4800m:	1:03:46.34 1:18.53
	1000m:	13:11.84	1:18.88	2300m:	30:22.03	1:19.57	3600m:	47:49.37	1:21.06	4900m:	1:05:04.75 1:18.41
	1100m:	14:30.90	1:19.06	2400m:	31:42.27	1:20.24	3700m:	49:09.94	1:20.57	5000m:	1:06:19.29 1:14.54
	1200m:	15:49.96	1:19.06	2500m:	33:02.53	1:20.26	3800m:	50:30.68	1:20.74		
	1300m:	17:09.26	1:19.30	2600m:	34:23.64	1:21.11	3900m:	51:51.82	1:21.14		





NK 5000 meter en NJK 800/1500 meter 2012
Amersfoort, 21.4.2012



Programmanr. 5, Dames, 5000m vrije slag, all-in

rang	naam	vereniging			inschrijftijd	startnr.	tijd	RT	niveau
9.	Chantal Grove	Oceanus			24:44.23	199401844	1:06:36.24		
	100m: 1:14.82	1:14.82	1400m: 18:35.93	1:20.28	2700m: 35:53.85	1:19.42	4000m: 53:19.57	1:20.46	
	200m: 2:34.32	1:19.50	1500m: 19:56.34	1:20.41	2800m: 37:13.79	1:19.94	4100m: 54:39.66	1:20.09	
	300m: 3:54.82	1:20.50	1600m: 21:16.20	1:19.86	2900m: 38:34.32	1:20.53	4200m: 56:00.28	1:20.62	
	400m: 5:15.17	1:20.35	1700m: 22:36.64	1:20.44	3000m: 39:55.31	1:20.99	4300m: 57:20.78	1:20.50	
	500m: 6:35.37	1:20.20	1800m: 23:56.79	1:20.15	3100m: 41:15.93	1:20.62	4400m: 58:41.56	1:20.78	
	600m: 7:55.43	1:20.06	1900m: 25:16.52	1:19.73	3200m: 42:36.11	1:20.18	4500m: 1:00:00.68	1:19.12	
	700m: 9:15.33	1:19.90	2000m: 26:34.94	1:18.42	3300m: 43:56.97	1:20.86	4600m: 1:01:20.49	1:19.81	
	800m: 10:35.02	1:19.69	2100m: 27:53.79	1:18.85	3400m: 45:17.09	1:20.12	4700m: 1:02:40.22	1:19.73	
	900m: 11:54.57	1:19.55	2200m: 29:13.32	1:19.53	3500m: 46:37.36	1:20.27	4800m: 1:03:59.94	1:19.72	
	1000m: 13:14.70	1:20.13	2300m: 30:32.86	1:19.54	3600m: 47:57.69	1:20.33	4900m: 1:05:18.89	1:18.95	
	1100m: 14:35.10	1:20.40	2400m: 31:53.32	1:20.46	3700m: 49:18.26	1:20.57	5000m: 1:06:36.24	1:17.35	
	1200m: 15:55.42	1:20.32	2500m: 33:14.09	1:20.77	3800m: 50:38.69	1:20.43			
	1300m: 17:15.65	1:20.23	2600m: 34:34.43	1:20.34	3900m: 51:59.11	1:20.42			
10.	Jaimy Lee Taskin	De Columbiaaan			25:00.32	199403364	1:08:31.41		
	100m: 1:13.56	1:13.56	1400m: 18:29.86	1:19.70	2700m: 36:10.57	1:23.55	4000m: 54:23.64	1:24.82	
	200m: 2:32.91	1:19.35	1500m: 19:50.14	1:20.28	2800m: 37:35.00	1:24.43	4100m: 55:48.10	1:24.46	
	300m: 3:51.02	1:18.11	1600m: 21:08.95	1:18.81	2900m: 38:59.51	1:24.51	4200m: 57:11.54	1:23.44	
	400m: 5:10.51	1:19.49	1700m: 22:28.13	1:19.18	3000m: 40:22.95	1:23.44	4300m: 58:34.76	1:23.22	
	500m: 6:29.89	1:19.38	1800m: 23:48.13	1:20.00	3100m: 41:45.86	1:22.91	4400m: 1:00:00.70	1:25.94	
	600m: 7:49.48	1:19.59	1900m: 25:10.45	1:22.32	3200m: 43:09.42	1:23.56	4500m: 1:01:25.51	1:24.81	
	700m: 9:09.20	1:19.72	2000m: 26:32.57	1:22.12	3300m: 44:32.54	1:23.12	4600m: 1:02:51.54	1:26.03	
	800m: 10:29.02	1:19.82	2100m: 27:54.67	1:22.10	3400m: 45:56.92	1:24.38	4700m: 1:04:17.86	1:26.32	
	900m: 11:48.73	1:19.71	2200m: 29:15.80	1:21.13	3500m: 47:20.86	1:23.94	4800m: 1:05:43.00	1:25.14	
	1000m: 13:08.86	1:20.13	2300m: 30:38.20	1:22.40	3600m: 48:44.92	1:24.06	4900m: 1:07:08.80	1:25.80	
	1100m: 14:29.02	1:20.16	2400m: 32:01.29	1:23.09	3700m: 50:08.95	1:24.03	5000m: 1:08:31.41	1:22.61	
	1200m: 15:49.57	1:20.55	2500m: 33:24.39	1:23.10	3800m: 51:34.29	1:25.34			
	1300m: 17:10.16	1:20.59	2600m: 34:47.02	1:22.63	3900m: 52:58.82	1:24.53			
11.	Danielle Grootes	De Zijl/LGB			25:01.83	199501278	1:09:31.23		
	100m: 1:14.25	1:14.25	1400m: 18:49.48	1:22.18	2700m: 37:12.11	1:26.63	4000m: 55:34.58	1:23.97	
	200m: 2:33.63	1:19.38	1500m: 20:12.62	1:23.14	2800m: 38:39.64	1:27.53	4100m: 56:58.77	1:24.19	
	300m: 3:53.70	1:20.07	1600m: 21:36.00	1:23.38	2900m: 40:06.86	1:27.22	4200m: 58:22.89	1:24.12	
	400m: 5:14.46	1:20.76	1700m: 22:59.17	1:23.17	3000m: 41:33.17	1:26.31	4300m: 59:46.51	1:23.62	
	500m: 6:35.89	1:21.43	1800m: 24:22.30	1:23.13	3100m: 42:58.64	1:25.47	4400m: 1:01:10.83	1:24.32	
	600m: 7:57.51	1:21.62	1900m: 25:46.20	1:23.90	3200m: 44:23.20	1:24.56	4500m: 1:02:34.70	1:23.87	
	700m: 9:18.54	1:21.03	2000m: 27:10.95	1:24.75	3300m: 45:48.33	1:25.13	4600m: 1:03:58.64	1:23.94	
	800m: 10:39.96	1:21.42	2100m: 28:35.80	1:24.85	3400m: 47:11.20	1:22.87	4700m: 1:05:22.67	1:24.03	
	900m: 12:01.61	1:21.65	2200m: 30:00.95	1:25.15	3500m: 48:35.20	1:24.00	4800m: 1:06:47.14	1:24.47	
	1000m: 13:22.83	1:21.22	2300m: 31:26.77	1:25.82	3600m: 49:59.23	1:24.03	4900m: 1:08:10.30	1:23.16	
	1100m: 14:44.33	1:21.50	2400m: 32:52.70	1:25.93	3700m: 51:23.14	1:23.91	5000m: 1:09:31.23	1:20.93	
	1200m: 16:05.51	1:21.18	2500m: 34:19.45	1:26.75	3800m: 52:46.54	1:23.40			
	1300m: 17:27.30	1:21.79	2600m: 35:45.48	1:26.03	3900m: 54:10.61	1:24.07			

Programmanr. 5
21.04.2012 - 14:15

Heren, 5000m vrije slag

all-in
Resultaten

rang	naam	vereniging				inschrijftijd	startnr.	tijd			RT	niveau
1.	Davy Verreussel	HGN (SG)				21:27.92	198903341	57:51.97				
	100m:	1:05.76	1:05.76	1400m:	16:29.44	1:11.53	2700m:	31:57.44	1:06.78	4000m:	46:50.34	1:07.87
	200m:	2:17.12	1:11.36	1500m:	17:40.97	1:11.53	2800m:	33:06.30	1:08.86	4100m:	47:57.62	1:07.28
	300m:	3:28.91	1:11.79	1600m:	18:52.44	1:11.47	2900m:	34:14.94	1:08.64	4200m:	49:04.47	1:06.85
	400m:	4:38.59	1:09.68	1700m:	20:04.19	1:11.75	3000m:	35:23.69	1:08.75	4300m:	50:11.41	1:06.94
	500m:	5:48.84	1:10.25	1800m:	21:15.62	1:11.43	3100m:	36:32.66	1:08.97	4400m:	51:18.30	1:06.89
	600m:	6:59.84	1:11.00	1900m:	22:27.66	1:12.04	3200m:	37:41.69	1:09.03	4500m:	52:24.51	1:06.21
	700m:	8:11.19	1:11.35	2000m:	23:39.44	1:11.78	3300m:	38:50.94	1:09.25	4600m:	53:30.97	1:06.46
	800m:	9:22.22	1:11.03	2100m:	24:51.62	1:12.18	3400m:	40:00.12	1:09.18	4700m:	54:38.19	1:07.22
	900m:	10:33.44	1:11.22	2200m:	26:03.09	1:11.47	3500m:	41:08.66	1:08.54	4800m:	55:44.80	1:06.61
	1000m:	11:44.44	1:11.00	2300m:	27:15.09	1:12.00	3600m:	42:16.94	1:08.28	4900m:	56:51.22	1:06.42
	1100m:	12:55.47	1:11.03	2400m:	28:27.30	1:12.21	3700m:	43:25.19	1:08.25	5000m:	57:51.97	1:00.75
	1200m:	14:06.84	1:11.37	2500m:	29:39.04	1:11.74	3800m:	44:33.94	1:08.75			
	1300m:	15:17.91	1:11.07	2600m:	30:50.66	1:11.62	3900m:	45:42.47	1:08.53			
2.	Daan Glorie	Het Y				22:18.10	198801115	59:35.55				
	100m:	1:06.80	1:06.80	1400m:	16:29.53	1:11.60	2700m:	32:02.99	1:11.69	4000m:	47:37.69	1:11.96
	200m:	2:17.69	1:10.89	1500m:	17:41.28	1:11.75	2800m:	33:14.99	1:12.00	4100m:	48:49.62	1:11.93
	300m:	3:28.73	1:11.04	1600m:	18:52.99	1:11.71	2900m:	34:26.69	1:11.70	4200m:	50:01.80	1:12.18
	400m:	4:40.12	1:11.39	1700m:	20:04.33	1:11.34	3000m:	35:38.75	1:12.06	4300m:	51:13.89	1:12.09
	500m:	5:50.12	1:10.00	1800m:	21:15.99	1:11.66	3100m:	36:50.65	1:11.90	4400m:	52:26.03	1:12.14
	600m:	7:00.47	1:10.35	1900m:	22:27.99	1:12.00	3200m:	38:02.69	1:12.04	4500m:	53:38.21	1:12.18
	700m:	8:11.30	1:10.83	2000m:	23:39.83	1:11.84	3300m:	39:14.53	1:11.84	4600m:	54:50.86	1:12.65
	800m:	9:22.21	1:10.91	2100m:	24:51.79	1:11.96	3400m:	40:26.13	1:11.60	4700m:	56:03.09	1:12.23
	900m:	10:33.11	1:10.90	2200m:	26:03.53	1:11.74	3500m:	41:38.10	1:11.97	4800m:	57:15.31	1:12.22
	1000m:	11:43.99	1:10.88	2300m:	27:15.59	1:12.06	3600m:	42:49.61	1:11.51	4900m:	58:26.83	1:11.52
	1100m:	12:55.15	1:11.16	2400m:	28:27.53	1:11.94	3700m:	44:01.59	1:11.98	5000m:	59:35.55	1:08.72
	1200m:	14:06.35	1:11.20	2500m:	29:39.75	1:12.22	3800m:	45:13.75	1:12.16			
	1300m:	15:17.93	1:11.58	2600m:	30:51.30	1:11.55	3900m:	46:25.73	1:11.98			



NK 5000 meter en NJK 800/1500 meter 2012
Amersfoort, 21.4.2012



Programmanr. 5, Heren, 5000m vrije slag, all-in

rang	naam	vereniging			inschrijftijd			startnr.	tijd			RT	niveau
3.	Ruben Klinkers	HGN (SG)			22:22.29			199403511	59:51.14				
	100m:	1:06.55	1:06.55	1400m:	16:32.04	1:11.91	2700m:	32:03.20	1:10.60	4000m:	47:34.86	1:12.26	
	200m:	2:18.10	1:11.55	1500m:	17:43.35	1:11.31	2800m:	33:14.39	1:11.19	4100m:	48:47.13	1:12.27	
	300m:	3:28.57	1:10.47	1600m:	18:54.48	1:11.13	2900m:	34:25.02	1:10.63	4200m:	49:59.73	1:12.60	
	400m:	4:38.45	1:09.88	1700m:	20:05.82	1:11.34	3000m:	35:34.89	1:09.87	4300m:	51:12.26	1:12.53	
	500m:	5:49.13	1:10.68	1800m:	21:17.60	1:11.78	3100m:	36:46.32	1:11.43	4400m:	52:24.73	1:12.47	
	600m:	6:59.86	1:10.73	1900m:	22:29.00	1:11.40	3200m:	37:58.70	1:12.38	4500m:	53:36.51	1:11.78	
	700m:	8:11.39	1:11.53	2000m:	23:40.32	1:11.32	3300m:	39:11.10	1:12.40	4600m:	54:49.36	1:12.85	
	800m:	9:23.08	1:11.69	2100m:	24:52.32	1:12.00	3400m:	40:22.80	1:11.70	4700m:	56:01.57	1:12.21	
	900m:	10:34.45	1:11.37	2200m:	26:03.89	1:11.57	3500m:	41:34.45	1:11.65	4800m:	57:15.69	1:14.12	
	1000m:	11:45.80	1:11.35	2300m:	27:15.86	1:11.97	3600m:	42:46.36	1:11.91	4900m:	58:30.13	1:14.44	
	1100m:	12:57.20	1:11.40	2400m:	28:28.10	1:12.24	3700m:	43:58.02	1:11.66	5000m:	59:51.14	1:21.01	
	1200m:	14:09.00	1:11.80	2500m:	29:40.57	1:12.47	3800m:	45:10.42	1:12.40				
	1300m:	15:20.13	1:11.13	2600m:	30:52.60	1:12.03	3900m:	46:22.60	1:12.18				
4.	Frank de Graaf	DWK			22:57.97			199602671	1:00:41.78				
	<i>Nederlands Record Junioren</i>												
	100m:	1:07.79	1:07.79	1400m:	16:46.06	1:13.39	2700m:	32:41.64	1:12.79	4000m:	48:37.48	1:13.48	
	200m:	2:19.60	1:11.81	1500m:	17:59.46	1:13.40	2800m:	33:54.07	1:12.43	4100m:	49:50.37	1:12.89	
	300m:	3:31.21	1:11.61	1600m:	19:12.67	1:13.21	2900m:	35:07.71	1:13.64	4200m:	51:04.45	1:14.08	
	400m:	4:43.05	1:11.84	1700m:	20:26.11	1:13.44	3000m:	36:21.82	1:14.11	4300m:	52:17.88	1:13.43	
	500m:	5:54.28	1:11.23	1800m:	21:39.85	1:13.74	3100m:	37:35.87	1:14.05	4400m:	53:31.50	1:13.62	
	600m:	7:06.39	1:12.11	1900m:	22:54.62	1:14.77	3200m:	38:49.50	1:13.63	4500m:	54:45.10	1:13.60	
	700m:	8:18.56	1:12.17	2000m:	24:07.95	1:13.33	3300m:	40:03.56	1:14.06	4600m:	55:58.30	1:13.20	
	800m:	9:30.78	1:12.22	2100m:	25:21.28	1:13.33	3400m:	41:16.76	1:13.20	4700m:	57:11.37	1:13.07	
	900m:	10:43.23	1:12.45	2200m:	26:33.82	1:12.54	3500m:	42:30.35	1:13.59	4800m:	58:23.07	1:11.70	
	1000m:	11:55.17	1:11.94	2300m:	27:47.92	1:14.10	3600m:	43:43.40	1:13.05	4900m:	59:35.29	1:12.22	
	1100m:	13:06.59	1:11.42	2400m:	29:01.64	1:13.72	3700m:	44:57.00	1:13.60	5000m:	1:00:41.78	1:06.49	
	1200m:	14:19.24	1:12.65	2500m:	30:14.98	1:13.34	3800m:	46:10.92	1:13.92				
	1300m:	15:32.67	1:13.43	2600m:	31:28.85	1:13.87	3900m:	47:24.00	1:13.08				
5.	Melvin Prins	SBC2000			23:06.29			199500201	1:00:54.40				
	100m:	1:11.00	1:11.00	1400m:	16:51.50	1:12.45	2700m:	32:44.33	1:13.50	4000m:	48:39.03	1:14.14	
	200m:	2:22.06	1:11.06	1500m:	18:04.15	1:12.65	2800m:	33:57.64	1:13.31	4100m:	49:53.34	1:14.31	
	300m:	3:33.50	1:11.44	1600m:	19:16.46	1:12.31	2900m:	35:10.97	1:13.33	4200m:	51:07.47	1:14.13	
	400m:	4:46.35	1:12.85	1700m:	20:29.09	1:12.63	3000m:	36:24.32	1:13.35	4300m:	52:21.70	1:14.23	
	500m:	5:58.77	1:12.42	1800m:	21:41.54	1:12.45	3100m:	37:36.96	1:12.64	4400m:	53:35.86	1:14.16	
	600m:	7:11.09	1:12.32	1900m:	22:53.89	1:12.35	3200m:	38:50.03	1:13.07	4500m:	54:50.08	1:14.22	
	700m:	8:23.49	1:12.40	2000m:	24:07.47	1:13.58	3300m:	40:03.62	1:13.59	4600m:	56:03.31	1:13.23	
	800m:	9:36.54	1:13.05	2100m:	25:21.42	1:13.95	3400m:	41:16.50	1:12.88	4700m:	57:16.08	1:12.77	
	900m:	10:48.58	1:12.04	2200m:	26:35.99	1:14.57	3500m:	42:29.44	1:12.94	4800m:	58:29.40	1:13.32	
	1000m:	12:01.31	1:12.73	2300m:	27:50.15	1:14.16	3600m:	43:42.87	1:13.43	4900m:	59:42.07	1:12.67	
	1100m:	13:13.97	1:12.66	2400m:	29:03.67	1:13.52	3700m:	44:56.95	1:14.08	5000m:	1:00:54.40	1:12.33	
	1200m:	14:26.56	1:12.59	2500m:	30:17.92	1:14.25	3800m:	46:10.83	1:13.88				
	1300m:	15:39.05	1:12.49	2600m:	31:30.83	1:12.91	3900m:	47:24.89	1:14.06				
6.	Jan-Willem v.d. Graaff	Het Y			22:44.65			198901023	1:01:38.59				
	100m:	1:07.57	1:07.57	1400m:	16:46.54	1:13.52	2700m:	32:49.26	1:15.44	4000m:	49:03.32	1:15.84	
	200m:	2:18.95	1:11.38	1500m:	17:59.23	1:12.69	2800m:	34:04.76	1:15.50	4100m:	50:16.54	1:13.22	
	300m:	3:30.29	1:11.34	1600m:	19:12.82	1:13.59	2900m:	35:20.45	1:15.69	4200m:	51:30.57	1:14.03	
	400m:	4:41.57	1:11.28	1700m:	20:26.60	1:13.78	3000m:	36:36.26	1:15.81	4300m:	52:45.67	1:15.10	
	500m:	5:52.92	1:11.35	1800m:	21:40.48	1:13.88	3100m:	37:49.04	1:12.78	4400m:	54:01.42	1:15.75	
	600m:	7:04.20	1:11.28	1900m:	22:54.67	1:14.19	3200m:	39:01.86	1:12.82	4500m:	55:17.64	1:16.22	
	700m:	8:15.95	1:11.75	2000m:	24:08.39	1:13.72	3300m:	40:15.29	1:13.43	4600m:	56:33.70	1:16.06	
	800m:	9:28.00	1:12.05	2100m:	25:22.00	1:13.61	3400m:	41:29.80	1:14.51	4700m:	57:50.26	1:16.56	
	900m:	10:40.45	1:12.45	2200m:	26:36.23	1:14.23	3500m:	42:44.95	1:15.15	4800m:	59:06.95	1:16.69	
	1000m:	11:52.95	1:12.50	2300m:	27:49.92	1:13.69	3600m:	43:59.82	1:14.87	4900m:	1:00:23.79	1:16.84	
	1100m:	13:06.39	1:13.44	2400m:	29:03.42	1:13.50	3700m:	45:15.39	1:15.57	5000m:	1:01:38.59	1:14.80	
	1200m:	14:19.64	1:13.25	2500m:	30:19.36	1:15.94	3800m:	46:31.70	1:16.31				
	1300m:	15:33.02	1:13.38	2600m:	31:33.82	1:14.46	3900m:	47:47.48	1:15.78				
7.	Pepijn Smits	EIFFELswimmersPSV			23:27.69			199600691	1:01:43.98				
	100m:	1:09.23	1:09.23	1400m:	16:45.89	1:12.89	2700m:	32:43.89	1:14.13	4000m:	49:00.86	1:15.26	
	200m:	2:21.84	1:12.61	1500m:	17:59.29	1:13.40	2800m:	33:58.07	1:14.18	4100m:	50:16.89	1:16.03	
	300m:	3:33.54	1:11.70	1600m:	19:12.57	1:13.28	2900m:	35:12.60	1:14.53	4200m:	51:32.45	1:15.56	
	400m:	4:45.49	1:11.95	1700m:	20:26.13	1:13.56	3000m:	36:27.48	1:14.88	4300m:	52:48.04	1:15.59	
	500m:	5:57.07	1:11.58	1800m:	21:39.86	1:13.73	3100m:	37:42.23	1:14.75	4400m:	54:04.70	1:16.66	
	600m:	7:08.86	1:11.79	1900m:	22:54.02	1:14.16	3200m:	38:57.51	1:15.28	4500m:	55:21.48	1:16.78	
	700m:	8:20.54	1:11.68	2000m:	24:07.07	1:13.05	3300m:	40:12.86	1:15.35	4600m:	56:37.73	1:16.25	
	800m:	9:32.05	1:11.51	2100m:	25:20.45	1:13.38	3400m:	41:27.95	1:15.09	4700m:	57:54.76	1:17.03	
	900m:	10:43.86	1:11.81	2200m:	26:33.86	1:13.41	3500m:	42:44.16	1:16.21	4800m:	59:12.07	1:17.31	
	1000m:	11:55.89	1:12.03	2300m:	27:47.86	1:14.00	3600m:	44:00.20	1:16.04	4900m:	1:00:28.57	1:16.50	
	1100m:	13:08.10	1:12.21	2400m:	29:02.23	1:14.37	3700m:	45:15.45	1:15.25	5000m:	1:01:43.98	1:15.41	
	1200m:	14:20.45	1:12.35	2500m:	30:15.76	1:13.53	3800m:	46:30.39	1:14.94				
	1300m:	15:33.00	1:12.55	2600m:	31:29.76	1:14.00	3900m:	47:45.60	1:15.21				



NK 5000 meter en NJK 800/1500 meter 2012
Amersfoort, 21.4.2012



Programmanr. 5, Heren, 5000m vrije slag, all-in

rang	naam	vereniging			inschrijftijd		startnr.	tijd		RT	niveau	
8.	Raoul Engelenburg	Het Y			23:27.29		198900843	1:02:15.91				
	100m:	1:11.50	1:11.50	1400m:	17:36.82	1:15.91	2700m:	33:50.07	1:13.90	4000m:	49:53.88	1:14.06
	200m:	2:26.19	1:14.69	1500m:	18:52.52	1:15.70	2800m:	35:04.10	1:14.03	4100m:	51:08.13	1:14.25
	300m:	3:41.90	1:15.71	1600m:	20:07.85	1:15.33	2900m:	36:18.10	1:14.00	4200m:	52:22.57	1:14.44
	400m:	4:57.86	1:15.96	1700m:	21:23.29	1:15.44	3000m:	37:32.36	1:14.26	4300m:	53:36.93	1:14.36
	500m:	6:13.90	1:16.04	1800m:	22:38.70	1:15.41	3100m:	38:46.60	1:14.24	4400m:	54:51.32	1:14.39
	600m:	7:29.92	1:16.02	1900m:	23:54.17	1:15.47	3200m:	40:01.07	1:14.47	4500m:	56:05.57	1:14.25
	700m:	8:45.59	1:15.67	2000m:	25:09.60	1:15.43	3300m:	41:15.44	1:14.37	4600m:	57:20.09	1:14.52
	800m:	10:01.54	1:15.95	2100m:	26:24.32	1:14.72	3400m:	42:29.73	1:14.29	4700m:	58:34.71	1:14.62
	900m:	11:17.42	1:15.88	2200m:	27:39.15	1:14.83	3500m:	43:43.97	1:14.24	4800m:	59:49.44	1:14.73
	1000m:	12:33.11	1:15.69	2300m:	28:53.54	1:14.39	3600m:	44:57.53	1:13.56	4900m:	1:01:03.30	1:13.86
	1100m:	13:49.10	1:15.99	2400m:	30:08.20	1:14.66	3700m:	46:11.51	1:13.98	5000m:	1:02:15.91	1:12.61
	1200m:	15:04.99	1:15.89	2500m:	31:22.19	1:13.99	3800m:	47:25.47	1:13.96			
	1300m:	16:20.91	1:15.92	2600m:	32:36.17	1:13.98	3900m:	48:39.82	1:14.35			
9.	Rowan Keen	Borger			23:09.99		199500727	1:02:38.84				
	100m:	1:11.69	1:11.69	1400m:	17:34.27	1:16.03	2700m:	33:50.97	1:12.51	4000m:	49:53.90	1:15.74
	200m:	2:27.62	1:15.93	1500m:	18:50.23	1:15.96	2800m:	35:03.95	1:12.98	4100m:	51:09.40	1:15.50
	300m:	3:43.19	1:15.57	1600m:	20:05.06	1:14.83	2900m:	36:16.88	1:12.93	4200m:	52:25.24	1:15.84
	400m:	4:59.39	1:16.20	1700m:	21:20.24	1:15.18	3000m:	37:30.08	1:13.20	4300m:	53:40.95	1:15.71
	500m:	6:14.72	1:15.33	1800m:	22:35.86	1:15.62	3100m:	38:43.21	1:13.13	4400m:	54:57.68	1:16.73
	600m:	7:31.00	1:16.28	1900m:	23:51.77	1:15.91	3200m:	39:56.68	1:13.47	4500m:	56:15.27	1:17.59
	700m:	8:46.45	1:15.45	2000m:	25:08.06	1:16.29	3300m:	41:10.80	1:14.12	4600m:	57:32.86	1:17.59
	800m:	10:01.95	1:15.50	2100m:	26:24.38	1:16.32	3400m:	42:24.87	1:14.07	4700m:	58:50.15	1:17.29
	900m:	11:16.81	1:14.86	2200m:	27:40.27	1:15.89	3500m:	43:39.02	1:14.15	4800m:	1:00:08.27	1:18.12
	1000m:	12:32.34	1:15.53	2300m:	28:56.29	1:16.02	3600m:	44:53.16	1:14.14	4900m:	1:01:25.86	1:17.59
	1100m:	13:47.06	1:14.72	2400m:	30:11.90	1:15.61	3700m:	46:08.18	1:15.02	5000m:	1:02:38.84	1:12.98
	1200m:	15:02.34	1:15.28	2500m:	31:25.72	1:13.82	3800m:	47:22.55	1:14.37			
	1300m:	16:18.24	1:15.90	2600m:	32:38.46	1:12.74	3900m:	48:38.16	1:15.61			
10.	Sander van Elburg	Het Y			23:34.49		198800937	1:03:20.68				
	100m:	1:10.59	1:10.59	1400m:	17:25.60	1:15.84	2700m:	33:52.51	1:16.37	4000m:	50:23.39	1:16.60
	200m:	2:22.51	1:11.92	1500m:	18:41.89	1:16.29	2800m:	35:10.42	1:17.91	4100m:	51:40.14	1:16.75
	300m:	3:35.26	1:12.75	1600m:	19:57.51	1:15.62	2900m:	36:27.79	1:17.37	4200m:	52:58.16	1:18.02
	400m:	4:49.38	1:14.12	1700m:	21:13.21	1:15.70	3000m:	37:42.60	1:14.81	4300m:	54:17.14	1:18.98
	500m:	6:05.26	1:15.88	1800m:	22:28.39	1:15.18	3100m:	38:57.45	1:14.85	4400m:	55:37.21	1:20.07
	600m:	7:21.06	1:15.80	1900m:	23:43.88	1:15.49	3200m:	40:13.09	1:15.64	4500m:	56:56.60	1:19.39
	700m:	8:35.98	1:14.92	2000m:	25:00.54	1:16.66	3300m:	41:28.21	1:15.12	4600m:	58:15.58	1:18.98
	800m:	9:51.29	1:15.31	2100m:	26:17.67	1:17.13	3400m:	42:44.67	1:16.46	4700m:	59:33.58	1:18.00
	900m:	11:06.57	1:15.28	2200m:	27:34.04	1:16.37	3500m:	44:00.80	1:16.13	4800m:	1:00:50.09	1:16.51
	1000m:	12:21.86	1:15.29	2300m:	28:50.29	1:16.25	3600m:	45:16.61	1:15.81	4900m:	1:02:06.35	1:16.26
	1100m:	13:37.98	1:16.12	2400m:	30:06.33	1:16.04	3700m:	46:35.67	1:19.06	5000m:	1:03:20.68	1:14.33
	1200m:	14:53.95	1:15.97	2500m:	31:21.76	1:15.43	3800m:	47:50.42	1:14.75			
	1300m:	16:09.76	1:15.81	2600m:	32:36.14	1:14.38	3900m:	49:06.79	1:16.37			
DIS	Vincent Moolhuijsen	Oceanus			22:26.98		199401215			AF		
	AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).											
DIS	Jeffrey Reijnders	Oceanus			23:33.04		199500877			AM		
	AM - Gebruik maken van hulpmiddelen. (geen tijden noteren)											

Programmanr. 6		Meisjes, 800m vrije slag		Juniores 1
21.04.2012 - 15:50				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
Kamp. Record Junioren 1	9:48.43	Janina Beckers	Drachten	25.04.2010

rang	naam	vereniging				inschrijftijd		startnr.	tijd		RT	niveau
1.	Laura van Engelen	AquAmigos				10:25.18		200000350	10:22.63			D
	100m: 1:12.76	1:12.76	300m: 3:51.34	1:18.91	500m: 6:30.72	1:19.47	700m: 9:08.38	1:18.32				
	200m: 2:32.43	1:19.67	400m: 5:11.25	1:19.91	600m: 7:50.06	1:19.34	800m: 10:22.63	1:14.25				
2.	Amber Kerkhofs	Kimbria				10:34.09		200000074	10:25.75			D
	100m: 1:12.78	1:12.78	300m: 3:50.77	1:18.15	500m: 6:30.79	1:20.01	700m: 9:09.69	1:19.23				
	200m: 2:32.62	1:19.84	400m: 5:10.78	1:20.01	600m: 7:50.46	1:19.67	800m: 10:25.75	1:16.06				
3.	Jasmijn Boon	WVZ				10:49.68		200001280	10:40.83			E
	100m: 1:12.66	1:12.66	300m: 3:52.96	1:20.24	500m: 6:39.20	1:23.46	700m: 9:23.86	1:21.67				
	200m: 2:32.72	1:20.06	400m: 5:15.74	1:22.78	600m: 8:02.19	1:22.99	800m: 10:40.83	1:16.97				
4.	Marij van der Mast	SBC2000				10:48.26		200000676	10:45.06			E
	100m: 1:14.20	1:14.20	300m: 3:55.17	1:20.67	500m: 6:43.19	1:24.73	700m: 9:28.66	1:22.29				
	200m: 2:34.50	1:20.30	400m: 5:18.46	1:23.29	600m: 8:06.37	1:23.18	800m: 10:45.06	1:16.40				
5.	Myrthe Beijen	GoSwim				11:13.98		200002350	10:48.92			E
	100m: 1:12.32	1:12.32	300m: 3:58.43	1:23.85	500m: 6:47.69	1:25.14	700m: 9:33.29	1:22.11				
	200m: 2:34.58	1:22.26	400m: 5:22.55	1:24.12	600m: 8:11.18	1:23.49	800m: 10:48.92	1:15.63				



NK 5000 meter en NJK 800/1500 meter 2012
Amersfoort, 21.4.2012



Programmanr. 6, Meisjes, 800m vrije slag, Junioren 1

rang	naam	vereniging				inschrijftijd	startnr.	tijd	RT	niveau
6.	Floor Gerritsma	TriVia				10:40.19	200002464	10:52.63		E
	100m: 1:15.37	1:15.37	300m: 3:59.05	1:22.40	500m: 6:46.52	1:24.56	700m: 9:35.28	1:24.49		
	200m: 2:36.65	1:21.28	400m: 5:21.96	1:22.91	600m: 8:10.79	1:24.27	800m: 10:52.63	1:17.35		
7.	Amber Raadschilders	Kimbria				10:57.42	200000534	10:58.18		E
	100m: 1:16.89	1:16.89	300m: 4:03.44	1:23.82	500m: 6:52.03	1:24.54	700m: 9:39.17	1:23.08		
	200m: 2:39.62	1:22.73	400m: 5:27.49	1:24.05	600m: 8:16.09	1:24.06	800m: 10:58.18	1:19.01		
8.	Claudia Schouten	GoSwim				10:56.07	200000812	11:01.95		E
	100m: 1:15.06	1:15.06	300m: 4:01.36	1:24.72	500m: 6:52.02	1:24.93	700m: 9:42.17	1:25.35		
	200m: 2:36.64	1:21.58	400m: 5:27.09	1:25.73	600m: 8:16.82	1:24.80	800m: 11:01.95	1:19.78		
9.	Laura Setz	Stadskanaal				10:40.94	200000130	11:04.54	*	
	100m: 1:16.90	1:16.90	300m: 4:06.77	1:24.96	500m: 6:55.34	1:24.32	700m: 9:43.49	1:24.25		
	200m: 2:41.81	1:24.91	400m: 5:31.02	1:24.25	600m: 8:19.24	1:23.90	800m: 11:04.54	1:21.05		
10.	Esmée van Geest	WVZ				11:31.19	200001286	11:05.37		
	100m: 1:17.49	1:17.49	300m: 4:06.32	1:24.43	500m: 6:56.62	1:25.23	700m: 9:45.90	1:23.79		
	200m: 2:41.89	1:24.40	400m: 5:31.39	1:25.07	600m: 8:22.11	1:25.49	800m: 11:05.37	1:19.47		
11.	Marieke van der Meer	De Columbiaan				11:07.50	200000162	11:11.18		
	100m: 1:17.85	1:17.85	300m: 4:06.24	1:24.39	500m: 6:55.62	1:25.21	700m: 9:46.86	1:25.49		
	200m: 2:41.85	1:24.00	400m: 5:30.41	1:24.17	600m: 8:21.37	1:25.75	800m: 11:11.18	1:24.32		
12.	Lené Doomen	TRB-RES				11:11.12	200001330	11:16.64		
	200m*									
	100m: 1:16.72	1:16.72	300m: 4:07.68	1:24.97	500m: 7:03.06	1:28.59	700m: 9:54.68	1:26.65		
	200m: 2:42.71	1:25.99	400m: 5:34.47	1:26.79	600m: 8:28.03	1:24.97	800m: 11:16.64	1:21.96		
13.	Isabelle den Hartog	Van Vliet-Barracuda				11:29.90	200002698	11:19.93		
	100m: 1:15.12	1:15.12	300m: 4:06.28	1:26.39	500m: 7:02.97	1:28.16	700m: 9:57.40	1:26.63		
	200m: 2:39.89	1:24.77	400m: 5:34.81	1:28.53	600m: 8:30.77	1:27.80	800m: 11:19.93	1:22.53		
14.	Britt Orchard	De Duck				11:07.88	200004102	11:21.27		
	100m: 1:20.44	1:20.44	300m: 4:12.88	1:26.81	500m: 7:05.33	1:26.29	700m: 9:58.22	1:26.34		
	200m: 2:46.07	1:25.63	400m: 5:39.04	1:26.16	600m: 8:31.88	1:26.55	800m: 11:21.27	1:23.05		
15.	Nicoline Schol	HoogenboomTours/BZ&PC				11:29.72	200003600	11:24.10		
	100m: 1:19.63	1:19.63	300m: 4:14.96	1:27.79	500m: 7:08.53	1:26.87	700m: 10:01.04	1:25.95		
	200m: 2:47.17	1:27.54	400m: 5:41.66	1:26.70	600m: 8:35.09	1:26.56	800m: 11:24.10	1:23.06		
16.	Floor Habers	Zeester-Meerval				11:33.84	200000054	11:27.93		
	100m: 1:19.41	1:19.41	300m: 4:14.00	1:27.75	500m: 7:10.06	1:28.17	700m: 10:04.80	1:26.87		
	200m: 2:46.25	1:26.84	400m: 5:41.89	1:27.89	600m: 8:37.93	1:27.87	800m: 11:27.93	1:23.13		
17.	Naomi Tjon-asoi	De Veene				11:36.02	200000394	11:28.14		
	100m: 1:20.37	1:20.37	300m: 4:14.62	1:27.35	500m: 7:10.43	1:28.15	700m: 10:04.14	1:26.69		
	200m: 2:47.27	1:26.90	400m: 5:42.28	1:27.66	600m: 8:37.45	1:27.02	800m: 11:28.14	1:24.00		
18.	Iris Tjonk	De Veene				11:26.56	200004066	11:30.69		
	100m: 1:17.94	1:17.94	300m: 4:15.63	1:28.63	500m: 7:13.15	1:28.82	700m: 10:10.03	1:28.07		
	200m: 2:47.00	1:29.06	400m: 5:44.33	1:28.70	600m: 8:41.96	1:28.81	800m: 11:30.69	1:20.66		
19.	Romée Spin	Losser				11:26.82	200000724	11:30.75		
	100m*									
	100m: 1:17.00	1:17.00	300m: 4:13.57	1:28.93	500m: 7:11.60	1:29.58	700m: 10:07.76	1:26.81		
	200m: 2:44.64	1:27.64	400m: 5:42.02	1:28.45	600m: 8:40.95	1:29.35	800m: 11:30.75	1:22.99		
20.	Naomi Knetemann	De Devel				11:31.39	200000594	11:36.43		
	100m: 1:18.39	1:18.39	300m: 4:14.06	1:28.93	500m: 7:12.65	1:28.77	700m: 10:11.25	1:28.60		
	200m: 2:45.13	1:26.74	400m: 5:43.88	1:29.82	600m: 8:42.65	1:30.00	800m: 11:36.43	1:25.18		
21.	Aukje Koetsier	Kimbria				11:33.20	200002260	11:42.93		
	100m: 1:20.10	1:20.10	300m: 4:17.82	1:29.71	500m: 7:17.83	1:29.09	700m: 10:15.23	1:28.54		
	200m: 2:48.11	1:28.01	400m: 5:48.74	1:30.92	600m: 8:46.69	1:28.86	800m: 11:42.93	1:27.70		



NK 5000 meter en NJK 800/1500 meter 2012
Amersfoort, 21.4.2012



Programmanr. 7
21.04.2012 - 16:25

Meisjes, 800m vrije slag
alle tijden in dit programma zijn handtijden

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
Kamp. Record Junioren 2	9:17.78	Esmee Vermeulen	Dordrecht	26.04.2009

rang	naam	vereniging			inschrijftijd		startnr.	tijd		RT	niveau
1.	Marieke Tienstra	TriVia			10:08.43		199900302	10:02.71			D
	100m: 1:10.56	1:10.56	300m: 3:44.68	1:16.93	500m: 6:17.28	1:16.39	700m: 8:50.09	1:16.44			
	200m: 2:27.75	1:17.19	400m: 5:00.89	1:16.21	600m: 7:33.65	1:16.37	800m: 10:02.71	1:12.62			
2.	Melissa Baars	Aquarijn			10:24.07		199900376	10:14.51			E
	100m: 1:10.32	1:10.32	300m: 3:47.23	1:18.03	500m: 6:23.42	1:18.19	700m: 9:01.07	1:17.97			
	200m: 2:29.20	1:18.88	400m: 5:05.23	1:18.00	600m: 7:43.10	1:19.68	800m: 10:14.51	1:13.44			
3.	Hilde Dekker	TriVia			10:22.51		199901926	10:16.89			E
	100m: 1:10.88	1:10.88	300m: 3:46.58	1:18.47	500m: 6:23.89	1:18.90	700m: 9:02.03	1:19.00			
	200m: 2:28.11	1:17.23	400m: 5:04.99	1:18.41	600m: 7:43.03	1:19.14	800m: 10:16.89	1:14.86			
4.	Rafaëlla van Nee	De Dolfijn			10:45.65		199900358	10:30.00			E
	100m: 1:11.33	1:11.33	300m: 3:51.07	1:19.86	500m: 6:31.72	1:20.80	700m: 9:12.54	1:19.90			
	200m: 2:31.21	1:19.88	400m: 5:10.92	1:19.85	600m: 7:52.64	1:20.92	800m: 10:30.00	1:17.46			
5.	Isabel Nibourg	De Dinkel			10:39.86		199900220	10:44.64			
	100m: 1:12.23	1:12.23	300m: 3:56.42	1:23.06	500m: 6:42.45	1:22.25	700m: 9:26.33	1:20.72			
	200m: 2:33.36	1:21.13	400m: 5:20.20	1:23.78	600m: 8:05.61	1:23.16	800m: 10:44.64	1:18.31			
6.	Laura Stegge	De Dinkel			10:38.53		199900262	10:44.70			
	100m: 1:11.89	1:11.89	300m: 3:52.51	1:21.22	500m: 6:39.89	1:23.89	700m: 9:26.48	1:23.32			
	200m: 2:31.29	1:19.40	400m: 5:16.00	1:23.49	600m: 8:03.16	1:23.27	800m: 10:44.70	1:18.22			
7.	Moesha Wartes	De Dolfijn			10:42.53		199901724	10:52.49			
	100m: 1:13.85	1:13.85	300m: 3:58.32	1:22.47	500m: 6:44.82	1:23.07	700m: 9:32.06	1:23.18			
	200m: 2:35.85	1:22.00	400m: 5:21.75	1:23.43	600m: 8:08.88	1:24.06	800m: 10:52.49	1:20.43			
8.	Annemarie Meijer	De Duck			10:42.09		199900964	11:05.77			
	100m: 1:15.55	1:15.55	300m: 4:02.96	1:24.31	500m: 6:53.96	1:26.12	700m: 9:44.40	1:25.00			
	200m: 2:38.65	1:23.10	400m: 5:27.84	1:24.88	600m: 8:19.40	1:25.44	800m: 11:05.77	1:21.37			

Programmanr. 8
21.04.2012 - 16:35

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
Kamp. Record Junioren 3	9:11.81	Esmee Vermeulen	Drachten	25.04.2010

rang	naam	vereniging			inschrijftijd		startnr.	tijd		RT	niveau
1.	Tessa Vermeulen	E.ON-NZA			9:26.75		199800068	9:24.63			B
	100m: 1:04.90	1:04.90	300m: 3:25.50	1:10.70	500m: 5:49.46	1:12.09	700m: 8:14.61	1:12.61			
	200m: 2:14.80	1:09.90	400m: 4:37.37	1:11.87	600m: 7:02.00	1:12.54	800m: 9:24.63	1:10.02			
2.	Janina Beckers	Eurode KZC			9:35.48		199800574	9:30.13			C
	100m: 1:05.95	1:05.95	300m: 3:30.73	1:12.94	500m: 5:56.46	1:12.63	700m: 8:20.33	1:11.74			
	200m: 2:17.79	1:11.84	400m: 4:43.83	1:13.10	600m: 7:08.59	1:12.13	800m: 9:30.13	1:09.80			
3.	Hanny van Dijk	Orca			9:47.44		199804514	9:39.82			D
	100m: 1:07.04	1:07.04	300m: 3:32.41	1:13.03	500m: 5:59.60	1:13.74	700m: 8:27.41	1:13.87			
	200m: 2:19.38	1:12.34	400m: 4:45.86	1:13.45	600m: 7:13.54	1:13.94	800m: 9:39.82	1:12.41			
4.	Kinge Zandringa	Orca			9:51.98		199801422	9:47.60			D
	100m: 1:07.97	1:07.97	300m: 3:33.78	1:13.23	500m: 6:01.27	1:13.86	700m: 8:32.74	1:16.17			
	200m: 2:20.55	1:12.58	400m: 4:47.41	1:13.63	600m: 7:16.57	1:15.30	800m: 9:47.60	1:14.86			
5.	Serena Stel	De Dolfijn			9:47.48		199801528	10:02.56			E
	100m: 1:10.45	1:10.45	300m: 3:43.13	1:16.55	500m: 6:16.24	1:16.68	700m: 8:49.11	1:16.84			
	200m: 2:26.58	1:16.13	400m: 4:59.56	1:16.43	600m: 7:32.27	1:16.03	800m: 10:02.56	1:13.45			
6.	Kirsten Bies	Dedemsvaart-AC			10:05.18		199800516	10:05.23			E
	100m: 1:10.50	1:10.50	300m: 3:43.53	1:16.72	500m: 6:17.48	1:17.01	700m: 8:51.08	1:16.62			
	200m: 2:26.81	1:16.31	400m: 5:00.47	1:16.94	600m: 7:34.46	1:16.98	800m: 10:05.23	1:14.15			
7.	Shania Haenen	Eurode KZC			10:05.98		199802528	10:07.65			E
	100m: 1:09.09	1:09.09	300m: 3:41.19	1:16.59	500m: 6:16.08	1:16.89	700m: 8:51.15	1:17.57			
	200m: 2:24.60	1:15.51	400m: 4:59.19	1:18.00	600m: 7:33.58	1:17.50	800m: 10:07.65	1:16.50			
8.	Eva van Ginneken	De Vennen			10:15.82		199800164	10:24.07			
	100m: 1:11.09	1:11.09	300m: 3:48.47	1:19.11	500m: 6:29.21	1:20.90	700m: 9:09.02	1:19.04			
	200m: 2:29.36	1:18.27	400m: 5:08.31	1:19.84	600m: 7:49.98	1:20.77	800m: 10:24.07	1:15.05			

