

Programmanr. 22
13-6-2025 - 13:12

Jongens, 800m vrije slag

onder 16
Resultaten

Punten: AQUA 2024

rang	naam	vereniging				tijd				RT	FINA	para
1.	Jelte de Jong	ZPCH				200900975				8:45.49	+0,72	636
	50m: 29.33	29.33	250m: 2:40.98	33.44	450m: 4:54.50	33.04	650m: 7:08.01	33.00				
	100m: 1:01.52	32.19	300m: 3:14.39	33.41	500m: 5:27.94	33.44	700m: 7:41.16	33.15				
	150m: 1:34.59	33.07	350m: 3:47.91	33.52	550m: 6:01.36	33.42	750m: 8:13.68	32.52				
	200m: 2:07.54	32.95	400m: 4:21.46	33.55	600m: 6:35.01	33.65	800m: 8:45.49	31.81				
2.	Stefan van der Meer	VZC				200901361				9:01.12	+0,68	583
	50m: 29.61	29.61	250m: 2:43.69	34.17	450m: 5:00.95	34.48	650m: 7:19.58	34.74				
	100m: 1:02.23	32.62	300m: 3:17.85	34.16	500m: 5:35.33	34.38	700m: 7:53.57	33.99				
	150m: 1:35.80	33.57	350m: 3:52.02	34.17	550m: 6:09.98	34.65	750m: 8:27.39	33.82				
	200m: 2:09.52	33.72	400m: 4:26.47	34.45	600m: 6:44.84	34.86	800m: 9:01.12	33.73				
3.	Sverre van der Zwaan	WVZ				200900737				9:04.23	+0,73	573
	50m: 30.22	30.22	250m: 2:45.41	34.23	450m: 5:03.26	34.57	650m: 7:22.15	34.52				
	100m: 1:03.69	33.47	300m: 3:19.73	34.32	500m: 5:38.17	34.91	700m: 7:56.54	34.39				
	150m: 1:37.44	33.75	350m: 3:54.20	34.47	550m: 6:12.75	34.58	750m: 8:30.71	34.17				
	200m: 2:11.18	33.74	400m: 4:28.69	34.49	600m: 6:47.63	34.88	800m: 9:04.23	33.52				
4.	Mattias Stolk	HZ&PC Heerenveen				201000525				9:10.34	+0,73	554
	50m: 30.54	30.54	250m: 2:47.84	34.72	450m: 5:07.10	34.63	650m: 7:27.41	35.24				
	100m: 1:04.47	33.93	300m: 3:22.60	34.76	500m: 5:42.26	35.16	700m: 8:02.01	34.60				
	150m: 1:38.92	34.45	350m: 3:57.66	35.06	550m: 6:17.17	34.91	750m: 8:36.19	34.18				
	200m: 2:13.12	34.20	400m: 4:32.47	34.81	600m: 6:52.17	35.00	800m: 9:10.34	34.15				
5.	Steven Knol	De Dolfijn				200900543				9:14.86	+0,70	541
	50m: 29.92	29.92	250m: 2:48.85	35.27	450m: 5:10.33	35.21	650m: 7:31.47	35.32				
	100m: 1:04.08	34.16	300m: 3:24.24	35.39	500m: 5:45.74	35.41	700m: 8:06.67	35.20				
	150m: 1:38.60	34.52	350m: 3:59.65	35.41	550m: 6:20.93	35.19	750m: 8:41.36	34.69				
	200m: 2:13.58	34.98	400m: 4:35.12	35.47	600m: 6:56.15	35.22	800m: 9:14.86	33.50				
6.	Abel op den Velde	De Duinkickers				201000079				9:15.52	+0,73	539
	50m: 31.32	31.32	250m: 2:51.73	35.09	450m: 5:12.73	35.56	650m: 7:33.90	35.06				
	100m: 1:06.19	34.87	300m: 3:26.41	34.68	500m: 5:48.01	35.28	700m: 8:09.04	35.14				
	150m: 1:41.47	35.28	350m: 4:01.79	35.38	550m: 6:23.50	35.49	750m: 8:44.35	35.31				
	200m: 2:16.64	35.17	400m: 4:37.17	35.38	600m: 6:58.84	35.34	800m: 9:15.52	31.17				
7.	Wessel van Dorst	Aqua-Novio'94				200900727				9:15.88	+0,69	538
	50m: 30.41	30.41	250m: 2:50.00	35.13	450m: 5:12.52	36.22	650m: 7:35.05	36.38				
	100m: 1:05.04	34.63	300m: 3:25.75	35.75	500m: 5:48.29	35.77	700m: 8:09.24	34.19				
	150m: 1:39.77	34.73	350m: 4:00.93	35.18	550m: 6:23.41	35.12	750m: 8:43.79	34.55				
	200m: 2:14.87	35.10	400m: 4:36.30	35.37	600m: 6:58.67	35.26	800m: 9:15.88	32.09				
8.	Aidan van der Stelt	Blue Marlins				200900901				9:20.69	+0,70	524
	50m: 30.02	30.02	250m: 2:46.96	34.64	450m: 5:09.21	36.06	650m: 7:33.69	36.33				
	100m: 1:03.56	33.54	300m: 3:22.00	35.04	500m: 5:45.35	36.14	700m: 8:09.81	36.12				
	150m: 1:37.84	34.28	350m: 3:57.32	35.32	550m: 6:21.33	35.98	750m: 8:45.41	35.60				
	200m: 2:12.32	34.48	400m: 4:33.15	35.83	600m: 6:57.36	36.03	800m: 9:20.69	35.28				
9.	Baris Tomu	ZPCH				201000869				9:21.17 *	+0,57	522
	50m: 30.49	30.49	250m: 2:49.41	34.73	450m: 5:11.34	35.97	650m: 7:35.03	36.01				
	100m: 1:04.92	34.43	300m: 3:24.51	35.10	500m: 5:47.12	35.78	700m: 8:11.10	36.07				
	150m: 1:39.60	34.68	350m: 3:59.80	35.29	550m: 6:23.39	36.27	750m: 8:47.10	36.00				
	200m: 2:14.68	35.08	400m: 4:35.37	35.57	600m: 6:59.02	35.63	800m: 9:21.17	34.07				
10.	Dax van den Nouland	Blue Marlins				201000071				9:26.97	+0,71	507
	50m: 30.99	30.99	250m: 2:50.98	35.47	450m: 5:15.31	36.03	650m: 7:40.37	36.16				
	100m: 1:05.64	34.65	300m: 3:27.09	36.11	500m: 5:51.82	36.51	700m: 8:16.70	36.33				
	150m: 1:40.21	34.57	350m: 4:03.03	35.94	550m: 6:27.85	36.03	750m: 8:52.37	35.67				
	200m: 2:15.51	35.30	400m: 4:39.28	36.25	600m: 7:04.21	36.36	800m: 9:26.97	34.60				
11.	Stan Rothschild	ZPC Hoogetveen				201000353				9:28.51	+0,72	502
	50m: 32.57	32.57	250m: 2:55.67	36.27	450m: 5:19.74	35.79	650m: 7:42.75	35.89				
	100m: 1:07.90	35.33	300m: 3:31.74	36.07	500m: 5:55.41	35.67	700m: 8:17.96	35.21				
	150m: 1:43.49	35.59	350m: 4:07.82	36.08	550m: 6:31.35	35.94	750m: 8:53.73	35.77				
	200m: 2:19.40	35.91	400m: 4:43.95	36.13	600m: 7:06.86	35.51	800m: 9:28.51	34.78				
12.	Sven Mulder	WVZ				200901655				9:29.34	+0,72	500
	50m: 30.88	30.88	250m: 2:53.05	35.95	450m: 5:17.44	36.33	650m: 7:44.67	36.94				
	100m: 1:05.44	34.56	300m: 3:28.90	35.85	500m: 5:53.84	36.40	700m: 8:21.19	36.52				
	150m: 1:40.81	35.37	350m: 4:05.01	36.11	550m: 6:30.98	37.14	750m: 8:56.69	35.50				
	200m: 2:17.10	36.29	400m: 4:41.11	36.10	600m: 7:07.73	36.75	800m: 9:29.34	32.65				
13.	Thijmen Puijssers	Hieronymus				201000129				9:29.73	+0,70	499
	50m: 30.35	30.35	250m: 2:52.52	36.05	450m: 5:18.46	36.50	650m: 7:44.51	35.89				
	100m: 1:04.64	34.29	300m: 3:28.62	36.10	500m: 5:55.36	36.90	700m: 8:21.13	36.62				
	150m: 1:40.23	35.59	350m: 4:05.34	36.72	550m: 6:31.97	36.61	750m: 8:56.53	35.40				
	200m: 2:16.47	36.24	400m: 4:41.96	36.62	600m: 7:08.62	36.65	800m: 9:29.73	33.20				

Programmanr. 22, Jongens, 800m vrije slag, onder 16

rang	naam	vereniging				tijd				RT	FINA	para
14.	Finn Stamsnieder	OZ&PC				200900225				9:30.36	+0,74	498
	50m: 31.20	31.20	250m: 2:54.76	36.20	450m: 5:19.93	36.35	650m: 7:44.59	35.90				
	100m: 1:06.39	35.19	300m: 3:31.06	36.30	500m: 5:56.18	36.25	700m: 8:20.79	36.20				
	150m: 1:42.42	36.03	350m: 4:07.65	36.59	550m: 6:32.43	36.25	750m: 8:56.38	35.59				
	200m: 2:18.56	36.14	400m: 4:43.58	35.93	600m: 7:08.69	36.26	800m: 9:30.36	33.98				
15.	Tren Wullms	Hellas-Glana				201000469				9:33.15	+0,72	490
	50m: 31.61	31.61	250m: 2:57.56	37.29	450m: 5:24.72	37.26	650m: 7:49.24	35.93				
	100m: 1:07.22	35.61	300m: 3:34.23	36.67	500m: 6:00.83	36.11	700m: 8:25.03	35.79				
	150m: 1:44.06	36.84	350m: 4:10.91	36.68	550m: 6:37.30	36.47	750m: 9:00.16	35.13				
	200m: 2:20.27	36.21	400m: 4:47.46	36.55	600m: 7:13.31	36.01	800m: 9:33.15	32.99				
16.	Brent Schifflers	ZPC Woerden				200902041				9:33.68	+0,69	489
	50m: 30.55	30.55	250m: 2:56.29	37.29	450m: 5:24.46	36.72	650m: 7:51.60	36.51				
	100m: 1:06.18	35.63	300m: 3:33.97	37.68	500m: 6:01.32	36.86	700m: 8:28.00	36.40				
	150m: 1:42.48	36.30	350m: 4:10.71	36.74	550m: 6:38.57	37.25	750m: 9:02.75	34.75				
	200m: 2:19.00	36.52	400m: 4:47.74	37.03	600m: 7:15.09	36.52	800m: 9:33.68	30.93				
17.	Oleksandr Hordienko	De Aalscholver				201003061				9:33.89	+0,65	488
	50m: 30.88	30.88	250m: 2:56.15	37.20	450m: 5:23.04	36.68	650m: 7:50.32	37.48				
	100m: 1:06.09	35.21	300m: 3:33.15	37.00	500m: 5:59.34	36.30	700m: 8:26.49	36.17				
	150m: 1:42.44	36.35	350m: 4:09.29	36.14	550m: 6:36.20	36.86	750m: 9:00.91	34.42				
	200m: 2:18.95	36.51	400m: 4:46.36	37.07	600m: 7:12.84	36.64	800m: 9:33.89	32.98				
18.	Tycho Wienbelt	De Vikings				201001397				9:36.24	+0,76	483
	50m: 32.27	32.27	250m: 2:55.21	36.09	450m: 5:20.68	36.54	650m: 7:47.23	36.78				
	100m: 1:07.31	35.04	300m: 3:31.32	36.11	500m: 5:57.27	36.59	700m: 8:24.03	36.80				
	150m: 1:42.85	35.54	350m: 4:07.49	36.17	550m: 6:33.68	36.41	750m: 9:00.54	36.51				
	200m: 2:19.12	36.27	400m: 4:44.14	36.65	600m: 7:10.45	36.77	800m: 9:36.24	35.70				
19.	Dyon Scholten	Steenwijk 1934				200900095				9:40.33	+0,82	472
	50m: 30.55	30.55	250m: 2:54.43	36.99	450m: 5:22.56	36.99	650m: 7:51.12	36.87				
	100m: 1:05.25	34.70	300m: 3:30.98	36.55	500m: 6:00.01	37.45	700m: 8:28.12	37.00				
	150m: 1:41.20	35.95	350m: 4:08.41	37.43	550m: 6:37.02	37.01	750m: 9:04.80	36.68				
	200m: 2:17.44	36.24	400m: 4:45.57	37.16	600m: 7:14.25	37.23	800m: 9:40.33	35.53				
20.	Tristan Meijers	SWOL 1894				201000089				9:41.60	+0,80	469
	50m: 32.14	32.14	250m: 2:58.44	36.28	450m: 5:25.98	37.02	650m: 7:53.21	37.23				
	100m: 1:08.27	36.13	300m: 3:35.03	36.59	500m: 6:02.38	36.40	700m: 8:30.15	36.94				
	150m: 1:45.58	37.31	350m: 4:11.82	36.79	550m: 6:39.39	37.01	750m: 9:07.12	36.97				
	200m: 2:22.16	36.58	400m: 4:48.96	37.14	600m: 7:15.98	36.59	800m: 9:41.60	34.48				
21.	Finn Wensveen	De Ham				201000811				9:44.86	+0,85	461
	50m: 31.34	31.34	250m: 2:58.54	37.96	450m: 5:29.84	37.75	650m: 7:58.09	36.90				
	100m: 1:06.21	34.87	300m: 3:36.07	37.53	500m: 6:06.98	37.14	700m: 8:34.99	36.90				
	150m: 1:43.22	37.01	350m: 4:14.00	37.93	550m: 6:43.97	36.99	750m: 9:11.18	36.19				
	200m: 2:20.58	37.36	400m: 4:52.09	38.09	600m: 7:21.19	37.22	800m: 9:44.86	33.68				
22.	Twan Wielage	KSN (SG)				200902671				9:45.05	+0,76	461
	50m: 31.50	31.50	250m: 2:55.07	36.33	450m: 5:24.29	37.90	650m: 7:55.34	37.82				
	100m: 1:06.77	35.27	300m: 3:32.15	37.08	500m: 6:02.21	37.92	700m: 8:33.12	37.78				
	150m: 1:42.73	35.96	350m: 4:09.02	36.87	550m: 6:40.11	37.90	750m: 9:10.49	37.37				
	200m: 2:18.74	36.01	400m: 4:46.39	37.37	600m: 7:17.52	37.41	800m: 9:45.05	34.56				
23.	Daan Mulder	KSN (SG)				201100267				9:46.86	+0,79	457
	50m: 31.72	31.72	250m: 2:58.73	37.17	450m: 5:28.91	37.26	650m: 7:58.60	37.49				
	100m: 1:08.05	36.33	300m: 3:35.93	37.20	500m: 6:05.87	36.96	700m: 8:35.84	37.24				
	150m: 1:44.83	36.78	350m: 4:13.58	37.65	550m: 6:43.63	37.76	750m: 9:13.63	37.79				
	200m: 2:21.56	36.73	400m: 4:51.65	38.07	600m: 7:21.11	37.48	800m: 9:46.86	33.23				
24.	Roan van der Stege	SWOL 1894				200900107				9:48.61	+0,74	453
	50m: 31.52	31.52	250m: 2:56.50	37.13	450m: 5:28.19	38.11	650m: 7:58.49	37.36				
	100m: 1:06.57	35.05	300m: 3:34.24	37.74	500m: 6:06.30	38.11	700m: 8:35.82	37.33				
	150m: 1:42.73	36.16	350m: 4:11.93	37.69	550m: 6:43.52	37.22	750m: 9:12.91	37.09				
	200m: 2:19.37	36.64	400m: 4:50.08	38.15	600m: 7:21.13	37.61	800m: 9:48.61	35.70				
25.	Milan Bottenberg	Deltasteur				200900153				9:51.49	+0,75	446
	50m: 32.34	32.34	250m: 3:00.92	37.85	450m: 5:31.54	37.70	650m: 8:02.58	37.60				
	100m: 1:07.99	35.65	300m: 3:38.17	37.25	500m: 6:09.73	38.19	700m: 8:39.18	36.60				
	150m: 1:45.38	37.39	350m: 4:16.04	37.87	550m: 6:47.77	38.04	750m: 9:15.99	36.81				
	200m: 2:23.07	37.69	400m: 4:53.84	37.80	600m: 7:24.98	37.21	800m: 9:51.49	35.50				
26.	Guus van Duinen	Dedemsvaart-AC				200901107				9:55.37	+0,78	437
	50m: 32.12	32.12	250m: 3:01.76	38.25	450m: 5:34.17	38.56	650m: 8:05.20	37.84				
	100m: 1:08.14	36.02	300m: 3:39.35	37.59	500m: 6:11.72	37.55	700m: 8:42.42	37.22				
	150m: 1:45.59	37.45	350m: 4:17.61	38.26	550m: 6:49.66	37.94	750m: 9:19.80	37.38				
	200m: 2:23.51	37.92	400m: 4:55.61	38.00	600m: 7:27.36	37.70	800m: 9:55.37	35.57				
27.	Ruben Nooter	Dedemsvaart-AC				200901577				9:56.41	+0,65	435
	50m: 31.70	31.70	250m: 2:58.66	36.92	450m: 5:30.56	38.47	650m: 8:04.26	38.35				
	100m: 1:08.13	36.43	300m: 3:36.25	37.59	500m: 6:08.99	38.43	700m: 8:42.31	38.05				
	150m: 1:45.40	37.27	350m: 4:14.36	38.11	550m: 6:47.48	38.49	750m: 9:20.90	38.59				
	200m: 2:21.74	36.34	400m: 4:52.09	37.73	600m: 7:25.91	38.43	800m: 9:56.41	35.51				

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rang	naam	vereniging				tijd				RT	FINA	para
28.	Stan Nijhuis	OZ&PC				201100191	10:01.66				+0,81	424
	50m:	32.59	32.59	250m:	3:01.99	38.32	450m:	5:36.23	38.35	650m:	8:10.31	38.42
	100m:	1:08.59	36.00	300m:	3:40.22	38.23	500m:	6:14.55	38.32	700m:	8:47.96	37.65
	150m:	1:46.01	37.42	350m:	4:19.15	38.93	550m:	6:53.32	38.77	750m:	9:25.03	37.07
	200m:	2:23.67	37.66	400m:	4:57.88	38.73	600m:	7:31.89	38.57	800m:	10:01.66	36.63
29.	Rick Zuurman	ZPC Hoogeveen				200900049	10:02.81				+0,92	421
	50m:	32.27	32.27	250m:	3:01.78	38.06	450m:	5:35.82	38.68	650m:	8:09.27	38.11
	100m:	1:08.57	36.30	300m:	3:40.55	38.77	500m:	6:14.04	38.22	700m:	8:48.00	38.73
	150m:	1:45.55	36.98	350m:	4:18.53	37.98	550m:	6:52.77	38.73	750m:	9:26.13	38.13
	200m:	2:23.72	38.17	400m:	4:57.14	38.61	600m:	7:31.16	38.39	800m:	10:02.81	36.68
30.	Mads Blacqui�re	PSV				201103233	10:03.54				+0,64	420
	50m:	33.49	33.49	250m:	3:05.38	38.46	450m:	5:37.98	38.42	650m:	8:10.86	38.07
	100m:	1:10.77	37.28	300m:	3:43.46	38.08	500m:	6:16.48	38.50	700m:	8:49.05	38.19
	150m:	1:48.80	38.03	350m:	4:21.29	37.83	550m:	6:54.66	38.18	750m:	9:26.67	37.62
	200m:	2:26.92	38.12	400m:	4:59.56	38.27	600m:	7:32.79	38.13	800m:	10:03.54	36.87
31.	Thijs van Kints	BZ&PC				201101059	10:03.98				+0,81	419
	50m:	32.96	32.96	250m:	3:04.56	38.97	450m:	5:38.88	39.02	650m:	8:11.78	38.37
	100m:	1:09.83	36.87	300m:	3:42.89	38.33	500m:	6:16.82	37.94	700m:	8:49.63	37.85
	150m:	1:47.68	37.85	350m:	4:21.55	38.66	550m:	6:55.36	38.54	750m:	9:28.04	38.41
	200m:	2:25.59	37.91	400m:	4:59.86	38.31	600m:	7:33.41	38.05	800m:	10:03.98	35.94
32.	Kris Westerhout	ZZ&PC De Devel				201000883	10:05.60				+0,79	416
	50m:	32.89	32.89	250m:	3:04.18	38.45	450m:	5:38.99	38.64	650m:	8:14.54	38.71
	100m:	1:09.52	36.63	300m:	3:42.89	38.71	500m:	6:18.07	39.08	700m:	8:53.06	38.52
	150m:	1:47.81	38.29	350m:	4:21.47	38.58	550m:	6:56.97	38.90	750m:	9:29.85	36.79
	200m:	2:25.73	37.92	400m:	5:00.35	38.88	600m:	7:35.83	38.86	800m:	10:05.60	35.75
33.	Noud Assinck	Zignea				200900047	10:12.19				+0,80	402
	50m:	32.93	32.93	250m:	3:05.91	38.39	450m:	5:42.28	38.56	650m:	8:18.66	38.39
	100m:	1:10.40	37.47	300m:	3:44.81	38.90	500m:	6:22.16	39.88	700m:	8:58.07	39.41
	150m:	1:48.85	38.45	350m:	4:24.07	39.26	550m:	7:01.24	39.08	750m:	9:36.44	38.37
	200m:	2:27.52	38.67	400m:	5:03.72	39.65	600m:	7:40.27	39.03	800m:	10:12.19	35.75
34.	Yorre van der Wal	Bolsward-Workum (SG)				201000017	10:12.38				+0,75	402
	50m:	31.46	31.46	250m:	3:01.65	38.16	450m:	5:36.60	38.84	650m:	8:14.33	39.53
	100m:	1:07.85	36.39	300m:	3:40.50	38.85	500m:	6:16.03	39.43	700m:	8:54.53	40.20
	150m:	1:45.47	37.62	350m:	4:18.80	38.30	550m:	6:55.23	39.20	750m:	9:33.93	39.40
	200m:	2:23.49	38.02	400m:	4:57.76	38.96	600m:	7:34.80	39.57	800m:	10:12.38	38.45
35.	Vince van Dam	ACZ				201000405	10:16.86				+0,53	393
	50m:	33.65	33.65	250m:	3:06.09	38.77	450m:	5:42.62	39.53	650m:	8:21.41	39.95
	100m:	1:10.85	37.20	300m:	3:44.89	38.80	500m:	6:22.06	39.44	700m:	9:00.63	39.22
	150m:	1:49.04	38.19	350m:	4:24.04	39.15	550m:	7:02.01	39.95	750m:	9:39.46	38.83
	200m:	2:27.32	38.28	400m:	5:03.09	39.05	600m:	7:41.46	39.45	800m:	10:16.86	37.40
36.	Paul Ruitenber	De Geul				200900979	10:20.90				+0,74	386
	50m:	30.62	30.62	250m:	3:02.52	39.40	450m:	5:45.50	41.05	650m:	8:29.07	40.55
	100m:	1:06.39	35.77	300m:	3:43.04	40.52	500m:	6:26.32	40.82	700m:	9:08.40	39.33
	150m:	1:44.16	37.77	350m:	4:23.30	40.26	550m:	7:07.21	40.89	750m:	9:45.77	37.37
	200m:	2:23.12	38.96	400m:	5:04.45	41.15	600m:	7:48.52	41.31	800m:	10:20.90	35.13
37.	Thijs Bijman	NieMo Barracuda				200901111	10:21.00				+0,80	385
	50m:	33.21	33.21	250m:	3:08.21	39.73	450m:	5:48.63	40.84	650m:	8:28.47	40.06
	100m:	1:09.65	36.44	300m:	3:47.53	39.32	500m:	6:28.79	40.16	700m:	9:08.06	39.59
	150m:	1:48.75	39.10	350m:	4:27.49	39.96	550m:	7:08.66	39.87	750m:	9:45.88	37.82
	200m:	2:28.48	39.73	400m:	5:07.79	40.30	600m:	7:48.41	39.75	800m:	10:21.00	35.12
38.	Hessel Wachter	Zwemclub Zeist				200903337	10:26.43				+0,79	375
	50m:	32.67	32.67	250m:	3:07.69	39.66	450m:	5:51.32	41.56	650m:	8:33.96	40.10
	100m:	1:09.90	37.23	300m:	3:48.12	40.43	500m:	6:32.58	41.26	700m:	9:12.66	38.70
	150m:	1:48.69	38.79	350m:	4:28.69	40.57	550m:	7:13.01	40.43	750m:	9:50.28	37.62
	200m:	2:28.03	39.34	400m:	5:09.76	41.07	600m:	7:53.86	40.85	800m:	10:26.43	36.15
NG.ZA	Evan Havenaar	VZC				201102101						
NG	Thomas Nauta	Arethusa				200900339						