

Programmanr. 1  
17-6-2017

Meisjes, 5000m vrije slag

Jeugd 1 en 2  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Lize Janna de Vries	Orca	24:31.65	200101948	<b>1:04:49.65</b>			
	100m: 1:12.87	1:12.87	1400m: 18:04.05	1:18.67	2700m: 35:06.23	1:18.50	4000m: 51:52.03	1:18.37
	200m: 2:28.93	1:16.06	1500m: 19:23.17	1:19.12	2800m: 36:23.31	1:17.08	4100m: 53:10.45	1:18.42
	300m: 3:44.95	1:16.02	1600m: 20:41.38	1:18.21	2900m: 37:40.09	1:16.78	4200m: 54:28.98	1:18.53
	400m: 5:01.72	1:16.77	1700m: 21:59.78	1:18.40	3000m: 38:56.91	1:16.82	4300m: 55:46.38	1:17.40
	500m: 6:18.28	1:16.56	1800m: 23:18.13	1:18.35	3100m: 40:13.93	1:17.02	4400m: 57:04.73	1:17.75
	600m: 7:35.56	1:17.28	1900m: 24:36.34	1:18.21	3200m: 41:30.31	1:16.38	4500m: 58:22.38	1:18.25
	700m: 8:53.16	1:17.60	2000m: 25:55.16	1:18.82	3300m: 42:47.31	1:17.00	4600m: 59:40.31	1:17.93
	800m: 10:11.27	1:18.11	2100m: 27:13.78	1:18.62	3400m: 44:04.73	1:17.42	4700m: 1:00:58.06	1:17.75
	900m: 11:29.38	1:18.11	2200m: 28:32.84	1:19.06	3500m: 45:22.16	1:17.43	4800m: 1:02:16.38	1:18.32
	1000m: 12:48.16	1:18.78	2300m: 29:52.38	1:19.54	3600m: 46:39.91	1:17.75	4900m: 1:03:33.73	1:17.35
	1100m: 14:06.84	1:18.68	2400m: 31:10.70	1:18.32	3700m: 47:57.63	1:17.72	5000m: 1:04:49.65	1:15.92
	1200m: 15:25.98	1:19.14	2500m: 32:29.38	1:18.68	3800m: 49:15.91	1:18.28		
	1300m: 16:45.38	1:19.40	2600m: 33:47.73	1:18.35	3900m: 50:33.66	1:17.75		
2.	Samantha van Vuure	De Dolfijn	24:25.00	200200230	<b>1:05:14.27</b>			
	100m: 1:12.89	1:12.89	1400m: 17:56.49	1:17.47	2700m: 35:05.50	1:19.10	4000m: 52:05.95	1:18.14
	200m: 2:28.84	1:15.95	1500m: 19:14.13	1:17.64	2800m: 36:23.75	1:18.25	4100m: 53:24.63	1:18.68
	300m: 3:45.39	1:16.55	1600m: 20:32.93	1:18.80	2900m: 37:43.17	1:19.42	4200m: 54:44.04	1:19.41
	400m: 5:02.39	1:17.00	1700m: 21:51.53	1:18.60	3000m: 39:01.62	1:18.45	4300m: 56:04.45	1:20.41
	500m: 6:18.04	1:15.65	1800m: 23:10.25	1:18.72	3100m: 40:21.15	1:19.53	4400m: 57:24.23	1:19.78
	600m: 7:34.80	1:16.76	1900m: 24:29.38	1:19.13	3200m: 41:39.26	1:18.11	4500m: 58:42.69	1:18.46
	700m: 8:51.83	1:17.03	2000m: 25:47.73	1:18.35	3300m: 42:57.17	1:17.91	4600m: 1:00:01.26	1:18.57
	800m: 10:09.11	1:17.28	2100m: 27:07.12	1:19.39	3400m: 44:14.98	1:17.81	4700m: 1:01:20.16	1:18.90
	900m: 11:26.47	1:17.36	2200m: 28:27.05	1:19.93	3500m: 45:33.47	1:18.49	4800m: 1:02:39.34	1:19.18
	1000m: 12:44.42	1:17.95	2300m: 29:47.62	1:20.57	3600m: 46:52.25	1:18.78	4900m: 1:03:57.99	1:18.65
	1100m: 14:02.00	1:17.58	2400m: 31:07.77	1:20.15	3700m: 48:11.03	1:18.78	5000m: 1:05:14.27	1:16.28
	1200m: 15:20.49	1:18.49	2500m: 32:27.94	1:20.17	3800m: 49:29.20	1:18.17		
	1300m: 16:39.02	1:18.53	2600m: 33:46.40	1:18.46	3900m: 50:47.81	1:18.61		
3.	Marlinde Beukers	WVZ	25:01.03	200101934	<b>1:06:59.29</b>			
	100m: 1:13.54	1:13.54	1400m: 18:13.95	1:19.28	2700m: 35:30.20	1:20.25	4000m: 53:10.73	1:22.87
	200m: 2:31.42	1:17.88	1500m: 19:33.43	1:19.48	2800m: 36:51.13	1:20.93	4100m: 54:33.39	1:22.66
	300m: 3:49.42	1:18.00	1600m: 20:52.51	1:19.08	2900m: 38:11.36	1:20.23	4200m: 55:55.80	1:22.41
	400m: 5:08.13	1:18.71	1700m: 22:11.86	1:19.35	3000m: 39:32.07	1:20.71	4300m: 57:18.92	1:23.12
	500m: 6:26.23	1:18.10	1800m: 23:31.23	1:19.37	3100m: 40:52.60	1:20.53	4400m: 58:42.23	1:23.31
	600m: 7:43.67	1:17.44	1900m: 24:50.73	1:19.50	3200m: 42:13.57	1:20.97	4500m: 1:00:06.02	1:23.79
	700m: 9:02.54	1:18.87	2000m: 26:10.29	1:19.56	3300m: 43:34.82	1:21.25	4600m: 1:01:29.36	1:23.34
	800m: 10:20.64	1:18.10	2100m: 27:30.51	1:20.22	3400m: 44:56.54	1:21.72	4700m: 1:02:52.45	1:23.09
	900m: 11:38.89	1:18.25	2200m: 28:50.42	1:19.91	3500m: 46:18.67	1:22.13	4800m: 1:04:15.67	1:23.22
	1000m: 12:57.51	1:18.62	2300m: 30:10.02	1:19.60	3600m: 47:40.92	1:22.25	4900m: 1:05:38.92	1:23.25
	1100m: 14:16.70	1:19.19	2400m: 31:29.48	1:19.46	3700m: 49:02.95	1:22.03	5000m: 1:06:59.29	1:20.37
	1200m: 15:35.64	1:18.94	2500m: 32:49.64	1:20.16	3800m: 50:25.32	1:22.37		
	1300m: 16:54.67	1:19.03	2600m: 34:09.95	1:20.31	3900m: 51:47.86	1:22.54		
4.	Tara van Leeuwen	KZC	26:43.18	200201112	<b>1:11:23.10</b>			
	100m: 1:22.53	1:22.53	1400m: 19:54.73	1:26.21	2700m: 38:23.38	1:23.74	4000m: 56:57.20	1:27.06
	200m: 2:46.77	1:24.24	1500m: 21:19.00	1:24.27	2800m: 39:48.19	1:24.81	4100m: 58:23.38	1:26.18
	300m: 4:13.45	1:26.68	1600m: 22:44.34	1:25.34	2900m: 41:12.67	1:24.48	4200m: 59:50.58	1:27.20
	400m: 5:38.46	1:25.01	1700m: 24:10.28	1:25.94	3000m: 42:37.27	1:24.60	4300m: 1:01:16.96	1:26.38
	500m: 7:03.70	1:25.24	1800m: 25:35.51	1:25.23	3100m: 44:02.86	1:25.59	4400m: 1:02:43.41	1:26.45
	600m: 8:29.77	1:26.07	1900m: 27:01.97	1:26.46	3200m: 45:28.39	1:25.53	4500m: 1:04:09.57	1:26.16
	700m: 9:55.61	1:25.84	2000m: 28:27.65	1:25.68	3300m: 46:54.28	1:25.89	4600m: 1:05:35.90	1:26.33
	800m: 11:21.72	1:26.11	2100m: 29:53.28	1:25.63	3400m: 48:20.35	1:26.07	4700m: 1:07:02.81	1:26.91
	900m: 12:47.86	1:26.14	2200m: 31:18.46	1:25.18	3500m: 49:45.87	1:25.52	4800m: 1:08:30.99	1:28.18
	1000m: 14:13.63	1:25.77	2300m: 32:43.78	1:25.32	3600m: 51:11.45	1:25.58	4900m: 1:09:58.82	1:27.83
	1100m: 15:38.74	1:25.11	2400m: 34:09.42	1:25.64	3700m: 52:37.74	1:26.29	5000m: 1:11:23.10	1:24.28
	1200m: 17:03.52	1:24.78	2500m: 35:34.75	1:25.33	3800m: 54:03.42	1:25.68		
	1300m: 18:28.52	1:25.00	2600m: 36:59.64	1:24.89	3900m: 55:30.14	1:26.72		
5.	Amé Hulleman	ReVeLie Swim Team	26:09.82	200202794	<b>1:12:00.20</b>			
	100m: 1:13.52	1:13.52	1400m: 19:09.45	1:24.32	2700m: 37:40.29	1:27.47	4000m: 56:57.57	1:30.06
	200m: 2:33.07	1:19.55	1500m: 20:34.16	1:24.71	2800m: 39:07.20	1:26.91	4100m: 58:28.02	1:30.45
	300m: 3:54.26	1:21.19	1600m: 21:57.60	1:23.44	2900m: 40:35.13	1:27.93	4200m: 59:56.86	1:28.84
	400m: 5:15.75	1:21.49	1700m: 23:22.80	1:25.20	3000m: 42:02.60	1:27.47	4300m: 1:01:26.39	1:29.53
	500m: 6:38.32	1:22.57	1800m: 24:47.02	1:24.22	3100m: 43:30.23	1:27.63	4400m: 1:02:56.67	1:30.28
	600m: 8:01.67	1:23.35	1900m: 26:11.92	1:24.90	3200m: 44:59.80	1:29.57	4500m: 1:04:26.70	1:30.03
	700m: 9:25.23	1:23.56	2000m: 27:36.73	1:24.81	3300m: 46:28.57	1:28.77	4600m: 1:05:57.26	1:30.56
	800m: 10:48.63	1:23.40	2100m: 29:00.45	1:23.72	3400m: 47:57.95	1:29.38	4700m: 1:07:28.13	1:30.87
	900m: 12:11.80	1:23.17	2200m: 30:27.07	1:26.62	3500m: 49:27.92	1:29.97	4800m: 1:08:59.67	1:31.54
	1000m: 13:35.07	1:23.27	2300m: 31:52.70	1:25.63	3600m: 50:56.73	1:28.81	4900m: 1:10:30.10	1:30.43
	1100m: 14:58.67	1:23.60	2400m: 33:18.64	1:25.94	3700m: 52:27.60	1:30.87	5000m: 1:12:00.20	1:30.10
	1200m: 16:21.64	1:22.97	2500m: 34:45.39	1:26.75	3800m: 53:57.60	1:30.00		
	1300m: 17:45.13	1:23.49	2600m: 36:12.82	1:27.43	3900m: 55:27.51	1:29.91		

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau				
6.	Susan van Grol	WIDEX GZC DONK	25:42.81	200201344	1:12:51.72						
	100m:	1:20.73	1400m:	20:08.87	1:28.93	2700m:	38:57.47	1:27.28	4000m:	58:03.94	1:28.82
	200m:	2:45.16	1500m:	21:33.83	1:24.96	2800m:	40:24.50	1:27.03	4100m:	59:33.22	1:29.28
	300m:	4:10.40	1600m:	22:59.65	1:25.82	2900m:	41:52.47	1:27.97	4200m:	1:01:02.00	1:28.78
	400m:	5:36.45	1700m:	24:26.22	1:26.57	3000m:	43:20.65	1:28.18	4300m:	1:02:30.79	1:28.79
	500m:	7:02.69	1800m:	25:53.33	1:27.11	3100m:	44:48.47	1:27.82	4400m:	1:03:59.55	1:28.76
	600m:	8:28.90	1900m:	27:20.08	1:26.75	3200m:	46:16.08	1:27.61	4500m:	1:05:28.75	1:29.20
	700m:	9:55.30	2000m:	28:46.44	1:26.36	3300m:	47:43.90	1:27.82	4600m:	1:06:57.22	1:28.47
	800m:	11:21.94	2100m:	30:13.83	1:27.39	3400m:	49:12.47	1:28.57	4700m:	1:08:26.30	1:29.08
	900m:	12:49.08	2200m:	31:40.65	1:26.82	3500m:	50:40.58	1:28.11	4800m:	1:09:54.79	1:28.49
	1000m:	14:16.40	2300m:	33:07.72	1:27.07	3600m:	52:09.05	1:28.47	4900m:	1:11:23.40	1:28.61
	1100m:	15:44.19	2400m:	34:35.05	1:27.33	3700m:	53:38.12	1:29.07	5000m:	1:12:51.72	1:28.32
	1200m:	17:12.19	2500m:	36:02.47	1:27.42	3800m:	55:06.55	1:28.43			
	1300m:	18:39.94	2600m:	37:30.19	1:27.72	3900m:	56:35.12	1:28.57			

Programmanr. 1  
17-6-2017

Dames, 5000m vrije slag

all-in  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau				
1.	Serena Stel	De Dolfijn	24:05.33	199801528	1:00:06.23						
	100m:	1:08.31	1400m:	16:43.69	1:12.91	2700m:	32:27.43	1:12.85	4000m:	48:10.65	1:13.35
	200m:	2:18.97	1500m:	17:56.20	1:12.51	2800m:	33:40.22	1:12.79	4100m:	49:22.93	1:12.28
	300m:	3:29.76	1600m:	19:08.75	1:12.55	2900m:	34:52.64	1:12.42	4200m:	50:35.47	1:12.54
	400m:	4:41.57	1700m:	20:21.44	1:12.69	3000m:	36:05.69	1:13.05	4300m:	51:48.08	1:12.61
	500m:	5:53.47	1800m:	21:34.19	1:12.75	3100m:	37:17.71	1:12.02	4400m:	52:59.82	1:11.74
	600m:	7:05.54	1900m:	22:46.84	1:12.65	3200m:	38:30.04	1:12.33	4500m:	54:11.37	1:11.55
	700m:	8:17.61	2000m:	23:59.94	1:13.10	3300m:	39:42.52	1:12.48	4600m:	55:23.61	1:12.24
	800m:	9:29.75	2100m:	25:11.43	1:11.49	3400m:	40:55.36	1:12.84	4700m:	56:36.11	1:12.50
	900m:	10:42.08	2200m:	26:23.86	1:12.43	3500m:	42:07.65	1:12.29	4800m:	57:47.73	1:11.62
	1000m:	11:54.51	2300m:	27:36.64	1:12.78	3600m:	43:19.56	1:11.91	4900m:	58:59.33	1:11.60
	1100m:	13:06.40	2400m:	28:49.40	1:12.76	3700m:	44:32.30	1:12.74	5000m:	1:00:06.23	1:06.90
	1200m:	14:18.70	2500m:	30:02.22	1:12.82	3800m:	45:44.35	1:12.05			
	1300m:	15:30.78	2600m:	31:14.58	1:12.36	3900m:	46:57.30	1:12.95			
2.	Marij van der Mast	PSV	24:42.20	200000676	1:00:56.52						
	100m:	1:11.52	1400m:	17:06.08	1:13.95	2700m:	33:07.63	1:14.00	4000m:	48:43.87	1:12.21
	200m:	2:24.60	1500m:	18:20.63	1:14.55	2800m:	34:21.02	1:13.39	4100m:	49:56.26	1:12.39
	300m:	3:37.76	1600m:	19:34.41	1:13.78	2900m:	35:34.02	1:13.00	4200m:	51:09.23	1:12.97
	400m:	4:51.68	1700m:	20:48.44	1:14.03	3000m:	36:46.51	1:12.49	4300m:	52:21.98	1:12.75
	500m:	6:04.66	1800m:	22:02.81	1:14.37	3100m:	37:58.48	1:11.97	4400m:	53:35.31	1:13.33
	600m:	7:18.13	1900m:	23:16.06	1:13.25	3200m:	39:09.94	1:11.46	4500m:	54:49.34	1:14.03
	700m:	8:30.87	2000m:	24:28.56	1:12.50	3300m:	40:20.76	1:10.82	4600m:	56:03.16	1:13.82
	800m:	9:43.87	2100m:	25:41.98	1:13.42	3400m:	41:31.91	1:11.15	4700m:	57:16.97	1:13.81
	900m:	10:56.94	2200m:	26:55.91	1:13.93	3500m:	42:43.23	1:11.32	4800m:	58:31.34	1:14.37
	1000m:	12:10.26	2300m:	28:10.31	1:14.40	3600m:	43:55.48	1:12.25	4900m:	59:44.34	1:14.37
	1100m:	13:23.94	2400m:	29:24.48	1:14.17	3700m:	45:07.84	1:12.36	5000m:	1:00:56.52	2:25.18
	1200m:	14:37.73	2500m:	30:39.16	1:14.68	3800m:	46:19.91	1:12.07			
	1300m:	15:52.13	2600m:	31:53.63	1:14.47	3900m:	47:31.66	1:11.75			
3.	Kaylee de Jong	ZPCH	23:19.42	200001234	1:01:19.35						
	100m:	1:09.73	1400m:	16:52.21	1:13.06	2700m:	32:56.38	1:14.81	4000m:	49:05.89	1:16.02
	200m:	2:20.85	1500m:	18:05.70	1:13.49	2800m:	34:10.78	1:14.40	4100m:	50:21.84	1:15.95
	300m:	3:32.75	1600m:	19:19.31	1:13.61	2900m:	35:25.28	1:14.50	4200m:	51:36.95	1:15.11
	400m:	4:45.39	1700m:	20:33.23	1:13.92	3000m:	36:39.73	1:14.45	4300m:	52:51.17	1:14.22
	500m:	5:57.84	1800m:	21:47.08	1:13.85	3100m:	37:53.61	1:13.88	4400m:	54:04.70	1:13.53
	600m:	7:10.85	1900m:	23:00.98	1:13.90	3200m:	39:06.79	1:13.18	4500m:	55:18.46	1:13.76
	700m:	8:23.81	2000m:	24:15.11	1:14.13	3300m:	40:20.23	1:13.44	4600m:	56:32.23	1:13.77
	800m:	9:36.58	2100m:	25:29.24	1:14.13	3400m:	41:33.78	1:13.55	4700m:	57:44.92	1:12.69
	900m:	10:48.83	2200m:	26:42.92	1:13.68	3500m:	42:48.29	1:14.51	4800m:	58:57.28	1:12.36
	1000m:	12:01.16	2300m:	27:57.18	1:14.26	3600m:	44:03.19	1:14.90	4900m:	1:00:09.09	1:11.81
	1100m:	13:13.29	2400m:	29:11.72	1:14.54	3700m:	45:18.43	1:15.24	5000m:	1:01:19.35	1:10.26
	1200m:	14:26.12	2500m:	30:26.49	1:14.77	3800m:	46:33.86	1:15.43			
	1300m:	15:39.15	2600m:	31:41.57	1:15.08	3900m:	47:49.87	1:16.01			
4.	Laura Setz	Nova	22:58.93	200000130	1:02:09.36						
	100m:	1:09.65	1400m:	16:51.82	1:13.03	2700m:	32:56.35	1:15.00	4000m:	49:05.61	1:15.94
	200m:	2:20.98	1500m:	18:05.49	1:13.67	2800m:	34:10.21	1:13.86	4100m:	50:21.86	1:16.25
	300m:	3:32.54	1600m:	19:19.12	1:13.63	2900m:	35:24.82	1:14.61	4200m:	51:37.69	1:15.83
	400m:	4:45.20	1700m:	20:32.82	1:13.70	3000m:	36:39.46	1:14.64	4300m:	52:55.29	1:17.60
	500m:	5:57.73	1800m:	21:46.69	1:13.87	3100m:	37:52.77	1:13.31	4400m:	54:13.71	1:18.42
	600m:	7:10.70	1900m:	23:00.79	1:14.10	3200m:	39:06.14	1:13.37	4500m:	55:32.54	1:18.83
	700m:	8:23.76	2000m:	24:14.68	1:13.89	3300m:	40:19.72	1:13.58	4600m:	56:51.53	1:18.99
	800m:	9:36.29	2100m:	25:28.79	1:14.11	3400m:	41:33.28	1:13.56	4700m:	58:11.53	1:20.00
	900m:	10:48.57	2200m:	26:42.53	1:13.74	3500m:	42:48.11	1:14.83	4800m:	59:31.46	1:19.93
	1000m:	12:00.85	2300m:	27:56.95	1:14.42	3600m:	44:03.21	1:15.10	4900m:	1:00:51.09	1:19.63
	1100m:	13:12.77	2400m:	29:11.54	1:14.59	3700m:	45:18.05	1:14.84	5000m:	1:02:09.36	1:18.27
	1200m:	14:25.77	2500m:	30:26.40	1:14.86	3800m:	46:33.73	1:15.68			
	1300m:	15:38.79	2600m:	31:41.35	1:14.95	3900m:	47:49.67	1:15.94			

Programmanr. 1, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
5.	Lize Janna de Vries	Orca	24:31.65	200101948	1:04:49.65			
	100m: 1:12.87	1:12.87	1400m: 18:04.05	1:18.67	2700m: 35:06.23	1:18.50	4000m: 51:52.03	1:18.37
	200m: 2:28.93	1:16.06	1500m: 19:23.17	1:19.12	2800m: 36:23.31	1:17.08	4100m: 53:10.45	1:18.42
	300m: 3:44.95	1:16.02	1600m: 20:41.38	1:18.21	2900m: 37:40.09	1:16.78	4200m: 54:28.98	1:18.53
	400m: 5:01.72	1:16.77	1700m: 21:59.78	1:18.40	3000m: 38:56.91	1:16.82	4300m: 55:46.38	1:17.40
	500m: 6:18.28	1:16.56	1800m: 23:18.13	1:18.35	3100m: 40:13.93	1:17.02	4400m: 57:04.13	1:17.75
	600m: 7:35.56	1:17.28	1900m: 24:36.34	1:18.21	3200m: 41:30.31	1:16.38	4500m: 58:22.38	1:18.25
	700m: 8:53.16	1:17.60	2000m: 25:55.16	1:18.82	3300m: 42:47.31	1:17.00	4600m: 59:40.31	1:17.93
	800m: 10:11.27	1:18.11	2100m: 27:13.78	1:18.62	3400m: 44:04.73	1:17.42	4700m: 1:00:58.06	1:17.75
	900m: 11:29.38	1:18.11	2200m: 28:32.84	1:19.06	3500m: 45:22.16	1:17.43	4800m: 1:02:16.38	1:18.32
	1000m: 12:48.16	1:18.78	2300m: 29:52.38	1:19.58	3600m: 46:39.91	1:17.75	4900m: 1:03:33.73	1:17.35
	1100m: 14:06.84	1:18.68	2400m: 31:10.70	1:18.32	3700m: 47:57.63	1:17.72	5000m: 1:04:49.65	1:15.92
	1200m: 15:25.98	1:19.14	2500m: 32:29.38	1:18.68	3800m: 49:15.91	1:18.28		
	1300m: 16:45.38	1:19.40	2600m: 33:47.73	1:18.35	3900m: 50:33.66	1:17.75		
6.	Madelon Dijkstra	ZPCH	23:38.04	199703510	1:04:58.24			
	100m: 1:12.12	1:12.12	1400m: 17:32.51	1:16.31	2700m: 34:25.68	1:19.90	4000m: 51:42.17	1:19.27
	200m: 2:27.00	1:14.88	1500m: 18:49.51	1:17.00	2800m: 35:44.54	1:18.86	4100m: 53:02.73	1:20.56
	300m: 3:42.07	1:15.07	1600m: 20:06.07	1:16.56	2900m: 37:04.39	1:19.85	4200m: 54:23.35	1:20.62
	400m: 4:57.12	1:15.05	1700m: 21:23.20	1:17.13	3000m: 38:23.40	1:19.01	4300m: 55:44.41	1:21.06
	500m: 6:12.22	1:15.10	1800m: 22:40.18	1:16.98	3100m: 39:42.37	1:18.97	4400m: 57:04.04	1:19.63
	600m: 7:27.31	1:15.09	1900m: 23:57.38	1:17.20	3200m: 41:02.31	1:19.94	4500m: 58:22.96	1:18.92
	700m: 8:42.08	1:14.77	2000m: 25:14.96	1:17.58	3300m: 42:21.68	1:19.37	4600m: 59:42.18	1:19.22
	800m: 9:57.44	1:15.36	2100m: 26:32.71	1:17.75	3400m: 43:41.06	1:19.38	4700m: 1:01:02.95	1:20.77
	900m: 11:12.51	1:15.07	2200m: 27:50.87	1:18.16	3500m: 45:01.07	1:20.01	4800m: 1:02:22.84	1:19.89
	1000m: 12:28.17	1:15.66	2300m: 29:09.46	1:18.59	3600m: 46:21.64	1:20.57	4900m: 1:03:42.21	1:19.37
	1100m: 13:44.18	1:16.01	2400m: 30:27.94	1:18.48	3700m: 47:41.79	1:20.15	5000m: 1:04:58.24	1:16.03
	1200m: 15:00.33	1:16.15	2500m: 31:46.85	1:18.91	3800m: 49:02.14	1:20.35		
	1300m: 16:16.20	1:15.87	2600m: 33:05.78	1:18.93	3900m: 50:22.90	1:20.76		
7.	Samantha van Vuure	De Dolfijn	24:25.00	200200230	1:05:14.27			
	100m: 1:12.89	1:12.89	1400m: 17:56.49	1:17.47	2700m: 35:05.50	1:19.10	4000m: 52:05.95	1:18.14
	200m: 2:28.84	1:15.95	1500m: 19:14.13	1:17.64	2800m: 36:23.75	1:18.25	4100m: 53:24.63	1:18.68
	300m: 3:45.39	1:16.55	1600m: 20:32.93	1:18.80	2900m: 37:43.17	1:19.42	4200m: 54:44.04	1:19.41
	400m: 5:02.39	1:17.00	1700m: 21:51.53	1:18.60	3000m: 39:01.62	1:18.45	4300m: 56:04.45	1:20.41
	500m: 6:18.04	1:15.65	1800m: 23:10.25	1:18.72	3100m: 40:21.15	1:19.53	4400m: 57:24.23	1:19.78
	600m: 7:34.80	1:16.76	1900m: 24:29.38	1:19.13	3200m: 41:39.26	1:18.11	4500m: 58:42.69	1:18.46
	700m: 8:51.83	1:17.03	2000m: 25:47.73	1:18.35	3300m: 42:57.17	1:17.91	4600m: 1:00:01.26	1:18.57
	800m: 10:09.11	1:17.28	2100m: 27:07.12	1:19.39	3400m: 44:14.98	1:17.81	4700m: 1:01:20.16	1:18.90
	900m: 11:26.47	1:17.36	2200m: 28:27.05	1:19.93	3500m: 45:33.47	1:18.49	4800m: 1:02:39.34	1:19.18
	1000m: 12:44.42	1:17.95	2300m: 29:47.62	1:20.57	3600m: 46:52.25	1:18.78	4900m: 1:03:57.99	1:18.65
	1100m: 14:02.00	1:17.58	2400m: 31:07.77	1:20.15	3700m: 48:11.03	1:18.78	5000m: 1:05:14.27	1:16.28
	1200m: 15:20.49	1:18.49	2500m: 32:27.94	1:20.17	3800m: 49:29.20	1:18.17		
	1300m: 16:39.02	1:18.53	2600m: 33:46.40	1:18.46	3900m: 50:47.81	1:18.61		
8.	Rianne de Croock	Kimbria	24:55.52	199801466	1:05:59.16			
	100m: 1:16.01	1:16.01	1400m: 18:20.43	1:18.87	2700m: 35:24.53	1:18.40	4000m: 52:34.66	1:20.08
	200m: 2:34.95	1:18.94	1500m: 19:39.29	1:18.86	2800m: 36:43.18	1:18.65	4100m: 53:55.21	1:20.55
	300m: 3:54.31	1:19.36	1600m: 20:57.71	1:18.42	2900m: 38:01.89	1:18.71	4200m: 55:16.23	1:21.02
	400m: 5:13.03	1:18.72	1700m: 22:15.90	1:18.19	3000m: 39:20.23	1:18.34	4300m: 56:37.31	1:21.08
	500m: 6:31.30	1:18.27	1800m: 23:35.44	1:19.54	3100m: 40:39.33	1:19.10	4400m: 57:58.03	1:20.72
	600m: 7:50.08	1:18.78	1900m: 24:54.09	1:18.65	3200m: 41:57.22	1:17.89	4500m: 59:19.88	1:21.85
	700m: 9:09.18	1:19.10	2000m: 26:12.74	1:18.65	3300m: 43:15.98	1:18.76	4600m: 1:00:40.67	1:20.79
	800m: 10:27.31	1:18.13	2100m: 27:31.71	1:18.97	3400m: 44:35.29	1:19.31	4700m: 1:02:00.54	1:19.87
	900m: 11:46.10	1:18.79	2200m: 28:50.46	1:18.75	3500m: 45:54.79	1:19.50	4800m: 1:03:20.54	1:20.00
	1000m: 13:05.34	1:19.24	2300m: 30:08.90	1:18.44	3600m: 47:14.28	1:19.49	4900m: 1:04:40.60	1:20.06
	1100m: 14:23.73	1:18.39	2400m: 31:27.69	1:18.79	3700m: 48:34.23	1:19.95	5000m: 1:05:59.16	1:18.56
	1200m: 15:42.79	1:19.06	2500m: 32:46.68	1:18.99	3800m: 49:54.10	1:19.87		
	1300m: 17:01.56	1:18.77	2600m: 34:06.13	1:19.45	3900m: 51:14.58	1:20.48		
9.	Angelique van Vark	Z&PC De Gouwe	24:16.12	199701478	1:06:15.54			
	100m: 1:12.31	1:12.31	1400m: 17:51.76	1:18.04	2700m: 34:58.41	1:19.88	4000m: 52:20.49	1:21.06
	200m: 2:27.65	1:15.34	1500m: 19:10.38	1:18.62	2800m: 36:17.94	1:19.53	4100m: 53:42.22	1:21.73
	300m: 3:42.78	1:15.13	1600m: 20:28.52	1:18.14	2900m: 37:38.22	1:20.28	4200m: 55:05.24	1:23.02
	400m: 4:59.13	1:16.35	1700m: 21:47.36	1:18.84	3000m: 38:57.49	1:19.27	4300m: 56:28.61	1:23.37
	500m: 6:15.50	1:16.37	1800m: 23:06.32	1:18.96	3100m: 40:17.49	1:20.00	4400m: 57:51.04	1:22.40
	600m: 7:31.67	1:16.17	1900m: 24:25.28	1:18.96	3200m: 41:37.78	1:20.29	4500m: 59:14.94	1:23.93
	700m: 8:48.41	1:16.74	2000m: 25:43.86	1:18.58	3300m: 42:57.65	1:19.87	4600m: 1:00:38.46	1:23.52
	800m: 10:05.43	1:17.02	2100m: 27:02.96	1:19.10	3400m: 44:17.29	1:19.64	4700m: 1:02:03.14	1:24.68
	900m: 11:22.76	1:17.33	2200m: 28:21.86	1:18.90	3500m: 45:37.40	1:20.11	4800m: 1:03:28.14	1:25.00
	1000m: 12:40.21	1:17.45	2300m: 29:40.69	1:18.83	3600m: 46:57.77	1:20.37	4900m: 1:04:51.60	1:23.46
	1100m: 13:57.61	1:17.40	2400m: 30:59.49	1:18.80	3700m: 48:17.96	1:20.19	5000m: 1:06:15.54	1:23.94
	1200m: 15:15.28	1:17.67	2500m: 32:19.09	1:19.60	3800m: 49:38.20	1:20.24		
	1300m: 16:33.72	1:18.44	2600m: 33:38.53	1:19.44	3900m: 50:59.43	1:21.23		

Programmanr. 1, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
10.	<b>Maike van de Velde</b>	<b>ZPCH</b>	<b>24:45.93</b>	<b>200000382</b>	<b>1:06:44.61</b>			
	100m: 1:12.42	1:12.42	1400m: 18:02.79	1:18.12	2700m: 35:18.38	1:20.07	4000m: 52:58.32	1:22.41
	200m: 2:28.89	1:16.47	1500m: 19:21.36	1:18.57	2800m: 36:38.94	1:20.56	4100m: 54:20.74	1:22.42
	300m: 3:45.33	1:16.44	1600m: 20:39.80	1:18.44	2900m: 37:59.79	1:20.85	4200m: 55:43.20	1:22.46
	400m: 5:02.39	1:17.06	1700m: 21:58.60	1:18.80	3000m: 39:20.15	1:20.36	4300m: 57:06.38	1:23.18
	500m: 6:19.67	1:17.28	1800m: 23:18.20	1:19.60	3100m: 40:40.51	1:20.36	4400m: 58:29.03	1:22.65
	600m: 7:37.17	1:17.50	1900m: 24:38.14	1:19.94	3200m: 42:01.78	1:21.27	4500m: 59:52.03	1:23.00
	700m: 8:56.12	1:18.95	2000m: 25:58.57	1:20.43	3300m: 43:23.67	1:21.89	4600m: 1:01:15.14	1:23.11
	800m: 10:14.01	1:17.89	2100m: 27:18.47	1:19.90	3400m: 44:45.84	1:22.17	4700m: 1:02:38.85	1:23.71
	900m: 11:31.64	1:17.63	2200m: 28:37.47	1:19.00	3500m: 46:07.68	1:21.84	4800m: 1:04:01.34	1:22.49
	1000m: 12:49.33	1:17.69	2300m: 29:57.39	1:19.92	3600m: 47:29.97	1:22.29	4900m: 1:05:24.66	1:23.32
	1100m: 14:07.49	1:18.16	2400m: 31:17.97	1:20.58	3700m: 48:52.01	1:22.04	5000m: 1:06:44.61	1:19.95
	1200m: 15:25.90	1:18.41	2500m: 32:38.22	1:20.25	3800m: 50:13.74	1:21.73		
	1300m: 16:44.67	1:18.77	2600m: 33:58.31	1:20.09	3900m: 51:35.91	1:22.17		
11.	<b>Marlinde Beukers</b>	<b>WVZ</b>	<b>25:01.03</b>	<b>200101934</b>	<b>1:06:59.29</b>			
	100m: 1:13.54	1:13.54	1400m: 18:13.95	1:19.28	2700m: 35:30.20	1:20.25	4000m: 53:10.73	1:22.87
	200m: 2:31.42	1:17.88	1500m: 19:33.43	1:19.48	2800m: 36:51.13	1:20.93	4100m: 54:33.39	1:22.66
	300m: 3:49.42	1:18.00	1600m: 20:52.51	1:19.08	2900m: 38:11.36	1:20.23	4200m: 55:55.80	1:22.41
	400m: 5:08.13	1:18.71	1700m: 22:11.86	1:19.35	3000m: 39:32.07	1:20.71	4300m: 57:18.92	1:23.12
	500m: 6:26.23	1:18.10	1800m: 23:31.23	1:19.37	3100m: 40:52.60	1:20.53	4400m: 58:42.23	1:23.31
	600m: 7:43.67	1:17.44	1900m: 24:50.73	1:19.50	3200m: 42:13.57	1:20.97	4500m: 1:00:06.02	1:23.79
	700m: 9:02.54	1:18.87	2000m: 26:10.29	1:19.56	3300m: 43:34.82	1:21.25	4600m: 1:01:29.36	1:23.34
	800m: 10:20.64	1:18.10	2100m: 27:30.51	1:20.22	3400m: 44:56.54	1:21.72	4700m: 1:02:52.45	1:23.09
	900m: 11:38.89	1:18.25	2200m: 28:50.42	1:19.91	3500m: 46:18.67	1:22.13	4800m: 1:04:15.67	1:23.22
	1000m: 12:57.51	1:18.62	2300m: 30:10.02	1:19.60	3600m: 47:40.92	1:22.25	4900m: 1:05:38.92	1:23.25
	1100m: 14:16.70	1:19.19	2400m: 31:29.48	1:19.46	3700m: 49:02.95	1:22.03	5000m: 1:06:59.29	1:20.37
	1200m: 15:35.64	1:18.94	2500m: 32:49.64	1:20.16	3800m: 50:25.32	1:22.37		
	1300m: 16:54.67	1:19.03	2600m: 34:09.95	1:20.31	3900m: 51:47.86	1:22.54		
12.	<b>Jasmijn Ruijrok</b>	<b>WZK Zwemmen</b>	<b>25:20.39</b>	<b>199401032</b>	<b>1:09:17.02</b>			
	100m: 1:15.65	1:15.65	1400m: 18:48.45	1:22.26	2700m: 36:49.13	1:23.92	4000m: 54:59.85	1:24.93
	200m: 2:34.71	1:19.06	1500m: 20:10.59	1:22.14	2800m: 38:13.96	1:24.83	4100m: 56:24.57	1:24.72
	300m: 3:54.28	1:19.57	1600m: 21:32.55	1:21.96	2900m: 39:37.88	1:23.92	4200m: 57:49.50	1:24.93
	400m: 5:13.34	1:19.06	1700m: 22:55.45	1:22.90	3000m: 41:01.63	1:23.75	4300m: 59:14.72	1:25.22
	500m: 6:33.57	1:20.23	1800m: 24:18.13	1:22.68	3100m: 42:25.37	1:23.74	4400m: 1:00:40.89	1:26.17
	600m: 7:54.96	1:21.39	1900m: 25:40.77	1:22.64	3200m: 43:49.21	1:23.84	4500m: 1:02:07.93	1:27.04
	700m: 9:16.46	1:21.50	2000m: 27:04.02	1:23.25	3300m: 45:12.41	1:23.20	4600m: 1:03:34.41	1:26.48
	800m: 10:37.03	1:20.57	2100m: 28:27.26	1:23.24	3400m: 46:35.76	1:23.35	4700m: 1:05:00.97	1:26.56
	900m: 11:58.36	1:21.33	2200m: 29:50.15	1:22.89	3500m: 47:58.60	1:22.84	4800m: 1:06:26.94	1:25.97
	1000m: 13:20.01	1:21.65	2300m: 31:13.49	1:23.34	3600m: 49:22.52	1:23.92	4900m: 1:07:52.99	1:26.05
	1100m: 14:42.23	1:22.22	2400m: 32:37.23	1:23.74	3700m: 50:46.91	1:24.39	5000m: 1:09:17.02	1:24.03
	1200m: 16:04.01	1:21.78	2500m: 34:01.03	1:23.80	3800m: 52:10.79	1:23.88		
	1300m: 17:26.19	1:22.18	2600m: 35:25.21	1:24.18	3900m: 53:34.92	1:24.13		
13.	<b>Renée Vanderheyden</b>	<b>ReVeLie Swim Team</b>	<b>25:37.67</b>	<b>199903130</b>	<b>1:10:50.12</b>			
	100m: 1:17.29	1:17.29	1400m: 18:56.75	1:21.75	2700m: 37:03.84	1:25.23	4000m: 56:05.87	1:28.86
	200m: 2:40.51	1:23.22	1500m: 20:19.14	1:22.39	2800m: 38:30.22	1:26.38	4100m: 57:35.14	1:29.27
	300m: 4:02.04	1:21.53	1600m: 21:41.51	1:22.37	2900m: 39:56.78	1:26.56	4200m: 59:04.42	1:29.28
	400m: 5:23.57	1:21.53	1700m: 23:04.45	1:22.94	3000m: 41:24.40	1:27.62	4300m: 1:00:34.08	1:29.66
	500m: 6:44.59	1:21.02	1800m: 24:27.78	1:23.33	3100m: 42:50.76	1:26.36	4400m: 1:02:02.72	1:28.64
	600m: 8:05.53	1:20.94	1900m: 25:51.06	1:23.28	3200m: 44:17.85	1:27.09	4500m: 1:03:31.38	1:28.66
	700m: 9:26.10	1:20.57	2000m: 27:13.91	1:22.85	3300m: 45:46.29	1:28.44	4600m: 1:05:00.42	1:29.04
	800m: 10:47.34	1:21.24	2100m: 28:37.01	1:23.10	3400m: 47:14.18	1:27.89	4700m: 1:06:29.08	1:28.66
	900m: 12:08.81	1:21.47	2200m: 30:00.22	1:23.21	3500m: 48:42.30	1:28.12	4800m: 1:07:57.15	1:28.07
	1000m: 13:29.82	1:21.01	2300m: 31:24.20	1:23.98	3600m: 50:11.34	1:29.04	5000m: 1:10:50.12	2:52.97
	1100m: 14:52.23	1:22.41	2400m: 32:48.31	1:24.11	3700m: 51:40.03	1:28.69		
	1200m: 16:13.57	1:21.34	2500m: 34:13.05	1:24.74	3800m: 53:08.55	1:28.52		
	1300m: 17:35.00	1:21.43	2600m: 35:38.61	1:25.56	3900m: 54:37.01	1:28.46		
14.	<b>Tara van Leeuwen</b>	<b>KZC</b>	<b>26:43.18</b>	<b>200201112</b>	<b>1:11:23.10</b>			
	100m: 1:22.53	1:22.53	1400m: 19:54.73	1:26.21	2700m: 38:23.38	1:23.74	4000m: 56:57.20	1:27.06
	200m: 2:46.77	1:24.24	1500m: 21:19.00	1:24.27	2800m: 39:48.19	1:24.81	4100m: 58:23.38	1:26.18
	300m: 4:13.45	1:26.68	1600m: 22:44.34	1:25.34	2900m: 41:12.67	1:24.48	4200m: 59:50.58	1:27.20
	400m: 5:38.46	1:25.01	1700m: 24:10.28	1:25.94	3000m: 42:37.27	1:24.60	4300m: 1:01:16.96	1:26.38
	500m: 7:03.70	1:25.24	1800m: 25:35.51	1:25.23	3100m: 44:02.86	1:25.59	4400m: 1:02:43.41	1:26.45
	600m: 8:29.77	1:26.07	1900m: 27:01.97	1:26.46	3200m: 45:28.39	1:25.53	4500m: 1:04:09.57	1:26.16
	700m: 9:55.61	1:25.84	2000m: 28:27.65	1:25.68	3300m: 46:54.28	1:25.89	4600m: 1:05:35.90	1:26.33
	800m: 11:21.72	1:26.11	2100m: 29:53.28	1:25.63	3400m: 48:20.35	1:26.07	4700m: 1:07:02.81	1:26.91
	900m: 12:47.86	1:26.14	2200m: 31:18.46	1:25.18	3500m: 49:45.87	1:25.52	4800m: 1:08:30.99	1:28.18
	1000m: 14:13.63	1:25.77	2300m: 32:43.78	1:25.32	3600m: 51:11.45	1:25.58	4900m: 1:09:58.82	1:27.83
	1100m: 15:38.74	1:25.11	2400m: 34:09.42	1:25.64	3700m: 52:37.74	1:26.29	5000m: 1:11:23.10	1:24.28
	1200m: 17:03.52	1:24.78	2500m: 35:34.75	1:25.33	3800m: 54:03.42	1:25.68		
	1300m: 18:28.52	1:25.00	2600m: 36:59.64	1:24.89	3900m: 55:30.14	1:26.72		

Programmanr. 1, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
15.	Sabien Timmers	Aqua-Novio'94	26:08.73	199904440	1:11:55.31			
	100m: 1:17.29	1:17.29	1400m: 19:41.24	1:26.74	2700m: 38:16.20	1:26.43	4000m: 57:15.21	1:29.57
	200m: 2:40.51	1:23.22	1500m: 21:07.45	1:26.21	2800m: 39:43.15	1:26.95	4100m: 58:43.29	1:28.08
	300m: 4:03.61	1:23.10	1600m: 22:33.26	1:25.81	2900m: 41:09.59	1:26.44	4200m: 1:00:11.71	1:28.42
	400m: 5:26.79	1:23.18	1700m: 23:58.68	1:25.42	3000m: 42:36.85	1:27.26	4300m: 1:01:40.45	1:28.74
	500m: 6:50.75	1:23.96	1800m: 25:24.21	1:25.53	3100m: 44:04.30	1:27.45	4400m: 1:03:08.58	1:28.13
	600m: 8:15.45	1:24.70	1900m: 26:49.25	1:25.04	3200m: 45:31.59	1:27.29	4500m: 1:04:36.61	1:28.03
	700m: 9:40.54	1:25.09	2000m: 28:14.17	1:24.92	3300m: 46:58.15	1:26.56	4600m: 1:06:05.29	1:28.68
	800m: 11:05.74	1:25.20	2100m: 29:40.06	1:25.89	3400m: 48:24.92	1:26.77	4700m: 1:07:34.12	1:28.83
	900m: 12:30.99	1:25.25	2200m: 31:05.80	1:25.74	3500m: 49:52.28	1:27.36	4800m: 1:09:03.01	1:28.89
	1000m: 13:56.41	1:25.42	2300m: 32:31.33	1:25.53	3600m: 51:20.04	1:27.76	4900m: 1:10:29.87	1:26.86
	1100m: 15:22.31	1:25.90	2400m: 33:57.49	1:26.16	3700m: 52:47.70	1:27.66	5000m: 1:11:55.31	1:25.44
	1200m: 16:48.43	1:26.12	2500m: 35:23.53	1:26.04	3800m: 54:16.64	1:28.94		
	1300m: 18:14.50	1:26.07	2600m: 36:49.77	1:26.24	3900m: 55:45.64	1:29.00		
16.	Amé Hulleman	ReVeLie Swim Team	26:09.82	200202794	1:12:00.20			
	100m: 1:13.52	1:13.52	1400m: 19:09.45	1:24.32	2700m: 37:40.29	1:27.47	4000m: 56:57.57	1:30.06
	200m: 2:33.07	1:19.55	1500m: 20:34.16	1:24.71	2800m: 39:07.20	1:26.91	4100m: 58:28.02	1:30.45
	300m: 3:54.26	1:21.19	1600m: 21:57.60	1:23.44	2900m: 40:35.13	1:27.93	4200m: 59:56.86	1:28.84
	400m: 5:15.75	1:21.49	1700m: 23:22.80	1:25.20	3000m: 42:02.60	1:27.47	4300m: 1:01:26.39	1:29.53
	500m: 6:38.32	1:22.57	1800m: 24:47.02	1:24.22	3100m: 43:30.23	1:27.63	4400m: 1:02:56.67	1:30.28
	600m: 8:01.67	1:23.35	1900m: 26:11.92	1:24.90	3200m: 44:59.80	1:29.57	4500m: 1:04:26.70	1:30.03
	700m: 9:25.23	1:23.56	2000m: 27:36.73	1:24.81	3300m: 46:28.57	1:28.77	4600m: 1:05:57.26	1:30.56
	800m: 10:48.63	1:23.40	2100m: 29:00.45	1:23.72	3400m: 47:57.95	1:29.38	4700m: 1:07:28.13	1:30.87
	900m: 12:11.80	1:23.17	2200m: 30:27.07	1:26.62	3500m: 49:27.92	1:29.97	4800m: 1:08:59.67	1:31.54
	1000m: 13:35.07	1:23.27	2300m: 31:52.70	1:25.63	3600m: 50:56.73	1:28.81	4900m: 1:10:30.10	1:30.43
	1100m: 14:58.67	1:23.60	2400m: 33:18.64	1:25.94	3700m: 52:27.60	1:30.87	5000m: 1:12:00.20	1:30.10
	1200m: 16:21.64	1:22.97	2500m: 34:45.39	1:26.75	3800m: 53:57.60	1:30.00		
	1300m: 17:45.13	1:23.49	2600m: 36:12.82	1:27.43	3900m: 55:27.51	1:29.91		
17.	Anne van der Schatte Olivier	De Aalscholver	26:45.28	199605302	1:12:21.22			
	100m: 1:18.60	1:18.60	1400m: 19:44.30	1:26.14	2700m: 38:38.12	1:28.72	4000m: 57:48.40	1:28.60
	200m: 2:42.15	1:23.55	1500m: 21:10.97	1:26.67	2800m: 40:06.87	1:28.75	4100m: 59:16.16	1:27.76
	300m: 4:06.68	1:24.53	1600m: 22:37.55	1:26.58	2900m: 41:34.73	1:27.86	4200m: 1:00:45.37	1:29.21
	400m: 5:32.02	1:25.34	1700m: 24:04.33	1:26.78	3000m: 43:03.26	1:28.53	4300m: 1:02:13.48	1:28.11
	500m: 6:57.40	1:25.38	1800m: 25:31.55	1:27.22	3100m: 44:32.23	1:28.97	4400m: 1:03:41.62	1:28.14
	600m: 8:22.02	1:24.62	1900m: 26:58.68	1:27.13	3200m: 46:00.80	1:28.57	4500m: 1:05:08.93	1:27.31
	700m: 9:46.26	1:24.24	2000m: 28:25.15	1:26.47	3300m: 47:29.62	1:28.82	4600m: 1:06:36.48	1:27.55
	800m: 11:10.83	1:24.57	2100m: 29:52.08	1:26.93	3400m: 48:58.76	1:29.14	4700m: 1:08:03.90	1:27.42
	900m: 12:35.08	1:24.25	2200m: 31:19.16	1:27.08	3500m: 50:26.76	1:28.00	4800m: 1:09:31.58	1:27.68
	1000m: 14:00.33	1:25.25	2300m: 32:46.08	1:26.92	3600m: 51:55.98	1:29.22	4900m: 1:10:57.68	1:26.10
	1100m: 15:25.87	1:25.54	2400m: 34:13.62	1:27.54	3700m: 53:23.83	1:27.85	5000m: 1:12:21.22	1:23.54
	1200m: 16:51.65	1:25.78	2500m: 35:41.18	1:27.56	3800m: 54:51.73	1:27.90		
	1300m: 18:18.16	1:26.51	2600m: 37:09.40	1:28.22	3900m: 56:19.80	1:28.07		
18.	Susan van Grol	WIDEX GZC DONK	25:42.81	200201344	1:12:51.72			
	100m: 1:20.73	1:20.73	1400m: 20:08.87	1:28.93	2700m: 38:57.47	1:27.28	4000m: 58:03.94	1:28.82
	200m: 2:45.16	1:24.43	1500m: 21:33.83	1:24.96	2800m: 40:24.50	1:27.03	4100m: 59:33.22	1:29.28
	300m: 4:10.40	1:25.24	1600m: 22:59.65	1:25.82	2900m: 41:52.47	1:27.97	4200m: 1:01:02.00	1:28.78
	400m: 5:36.45	1:26.05	1700m: 24:26.22	1:26.57	3000m: 43:20.65	1:28.18	4300m: 1:02:30.79	1:28.79
	500m: 7:02.69	1:26.24	1800m: 25:53.33	1:27.11	3100m: 44:48.47	1:27.82	4400m: 1:03:59.55	1:28.76
	600m: 8:28.90	1:26.21	1900m: 27:20.08	1:26.75	3200m: 46:16.08	1:27.61	4500m: 1:05:28.75	1:29.20
	700m: 9:55.30	1:26.40	2000m: 28:46.44	1:26.36	3300m: 47:43.90	1:27.82	4600m: 1:06:57.22	1:28.47
	800m: 11:21.94	1:26.64	2100m: 30:13.83	1:27.39	3400m: 49:12.47	1:28.57	4700m: 1:08:26.30	1:29.08
	900m: 12:49.08	1:27.14	2200m: 31:40.65	1:26.82	3500m: 50:40.58	1:28.11	4800m: 1:09:54.79	1:28.49
	1000m: 14:16.40	1:27.32	2300m: 33:07.72	1:27.07	3600m: 52:09.05	1:28.47	4900m: 1:11:23.40	1:28.61
	1100m: 15:44.19	1:27.79	2400m: 34:35.05	1:27.33	3700m: 53:38.12	1:29.07	5000m: 1:12:51.72	1:28.32
	1200m: 17:12.19	1:28.00	2500m: 36:02.47	1:27.42	3800m: 55:06.55	1:28.43		
	1300m: 18:39.94	1:27.75	2600m: 37:30.19	1:27.72	3900m: 56:35.12	1:28.57		
19.	Vera Kalous	DWT	26:49.00	200006610	1:13:07.78			
	100m: 1:18.32	1:18.32	1400m: 19:40.94	1:26.05	2700m: 38:18.29	1:26.23	4000m: 57:42.57	1:31.60
	200m: 2:41.70	1:23.38	1500m: 21:05.81	1:24.87	2800m: 39:45.12	1:26.83	4100m: 59:14.71	1:32.14
	300m: 4:04.81	1:23.11	1600m: 22:31.34	1:25.53	2900m: 41:12.77	1:27.65	4200m: 1:00:46.95	1:32.24
	400m: 5:28.92	1:24.11	1700m: 23:57.45	1:26.11	3000m: 42:39.49	1:26.72	4300m: 1:02:19.85	1:32.90
	500m: 6:53.00	1:24.08	1800m: 25:24.34	1:26.89	3100m: 44:08.42	1:28.93	4400m: 1:03:53.02	1:33.17
	600m: 8:17.02	1:24.02	1900m: 26:50.19	1:25.85	3200m: 45:38.12	1:29.70	4500m: 1:05:26.21	1:33.19
	700m: 9:41.10	1:24.08	2000m: 28:15.69	1:25.50	3300m: 47:08.32	1:30.20	4600m: 1:07:00.13	1:33.92
	800m: 11:06.49	1:25.39	2100m: 29:43.00	1:27.31	3400m: 48:38.65	1:30.33	4700m: 1:08:32.02	1:31.89
	900m: 12:31.70	1:25.21	2200m: 31:07.80	1:24.80	3500m: 50:08.94	1:30.29	4800m: 1:10:04.96	1:32.94
	1000m: 13:56.93	1:25.23	2300m: 32:33.83	1:26.03	3600m: 51:40.99	1:32.05	4900m: 1:11:37.59	1:32.63
	1100m: 15:22.67	1:25.74	2400m: 33:58.88	1:25.05	3700m: 53:08.89	1:27.90	5000m: 1:13:07.78	1:30.19
	1200m: 16:48.72	1:26.05	2500m: 35:25.15	1:26.27	3800m: 54:39.25	1:30.36		
	1300m: 18:14.89	1:26.17	2600m: 36:52.06	1:26.91	3900m: 56:10.97	1:31.72		
DIS	Hilde Dekker	ReVeLie Swim Team	24:43.34	199901926			AF	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
AFGEM	Lisanne Hassing	HZ&PC Heerenveen	24:01.39	199702584				

Programmanr. 2  
18-6-2017

Jongens, 5000m vrije slag

Jeugd 2 en later  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Chad Michau	DWK	22:07.21	200005653	<b>56:18.80</b>			
	<i>Nederlands Record Jeugd</i>							
	100m: 1:06.80	1:06.80	1400m: 16:02.38	1:07.85	2700m: 30:34.86	1:07.45	4000m: 45:09.46	1:07.38
	200m: 2:15.82	1:09.02	1500m: 17:09.78	1:07.40	2800m: 31:41.92	1:07.06	4100m: 46:17.32	1:07.86
	300m: 3:25.45	1:09.63	1600m: 18:17.04	1:07.26	2900m: 32:48.93	1:07.01	4200m: 47:25.10	1:07.78
	400m: 4:35.16	1:09.71	1700m: 19:24.11	1:07.07	3000m: 33:55.71	1:06.78	4300m: 48:32.44	1:07.34
	500m: 5:44.49	1:09.33	1800m: 20:30.93	1:06.82	3100m: 35:02.89	1:07.18	4400m: 49:40.33	1:07.89
	600m: 6:53.48	1:08.99	1900m: 21:37.69	1:06.76	3200m: 36:10.05	1:07.16	4500m: 50:48.21	1:07.88
	700m: 8:03.31	1:09.83	2000m: 22:44.53	1:06.84	3300m: 37:17.15	1:07.10	4600m: 51:54.97	1:06.76
	800m: 9:13.36	1:10.05	2100m: 23:51.39	1:06.86	3400m: 38:24.60	1:07.45	4700m: 53:01.52	1:06.55
	900m: 10:22.13	1:08.77	2200m: 24:58.07	1:06.68	3500m: 39:32.30	1:07.70	4800m: 54:07.98	1:06.46
	1000m: 11:30.89	1:08.76	2300m: 26:05.26	1:07.19	3600m: 40:40.02	1:07.72	4900m: 55:14.30	1:06.32
	1100m: 12:38.42	1:07.53	2400m: 27:12.60	1:07.34	3700m: 41:46.98	1:06.96	5000m: 56:18.80	1:04.50
	1200m: 13:46.36	1:07.94	2500m: 28:19.87	1:07.27	3800m: 42:54.59	1:07.61		
	1300m: 14:54.53	1:08.17	2600m: 29:27.41	1:07.54	3900m: 44:02.08	1:07.49		
2.	Thomas Jansen	WVZ	21:33.33	200100143	<b>57:33.69</b>			
	<i>Nederlands Record Junioren</i>							
	100m: 1:06.52	1:06.52	1400m: 16:09.41	1:09.15	2700m: 31:16.53	1:09.71	4000m: 46:17.80	1:08.45
	200m: 2:15.55	1:09.03	1500m: 17:19.10	1:09.69	2800m: 32:26.54	1:10.01	4100m: 47:25.58	1:07.78
	300m: 3:25.26	1:09.71	1600m: 18:28.85	1:09.75	2900m: 33:36.91	1:10.37	4200m: 48:32.78	1:07.20
	400m: 4:34.91	1:09.65	1700m: 19:38.08	1:09.23	3000m: 34:46.15	1:09.24	4300m: 49:40.71	1:07.93
	500m: 5:44.54	1:09.63	1800m: 20:47.82	1:09.74	3100m: 35:55.87	1:09.72	4400m: 50:48.67	1:07.96
	600m: 6:54.04	1:09.50	1900m: 21:57.63	1:09.81	3200m: 37:05.39	1:09.52	4500m: 51:56.58	1:07.91
	700m: 8:03.76	1:09.72	2000m: 23:07.66	1:10.03	3300m: 38:14.43	1:09.04	4600m: 53:05.16	1:08.58
	800m: 9:13.90	1:10.14	2100m: 24:17.65	1:09.99	3400m: 39:23.91	1:09.48	4700m: 54:14.12	1:08.96
	900m: 10:22.98	1:09.08	2200m: 25:27.11	1:09.46	3500m: 40:33.13	1:09.22	4800m: 55:22.82	1:08.70
	1000m: 11:32.01	1:09.03	2300m: 26:37.03	1:09.92	3600m: 41:42.29	1:09.16	4900m: 56:30.91	1:08.09
	1100m: 12:41.21	1:09.20	2400m: 27:46.94	1:09.91	3700m: 42:51.34	1:09.05	5000m: 57:33.69	1:02.78
	1200m: 13:50.45	1:09.24	2500m: 28:56.79	1:09.85	3800m: 44:00.40	1:09.06		
	1300m: 15:00.26	1:09.81	2600m: 30:06.82	1:10.03	3900m: 45:09.35	1:08.95		
3.	David Kuipers	Orca	21:50.87	200003633	<b>59:02.59</b>			
	100m: 1:03.57	1:03.57	1400m: 16:00.00	1:09.78	2700m: 31:17.27	1:10.95	4000m: 46:56.79	1:12.16
	200m: 2:10.13	1:06.56	1500m: 17:10.19	1:10.19	2800m: 32:28.16	1:10.89	4100m: 48:08.94	1:12.15
	300m: 3:16.65	1:06.52	1600m: 18:20.17	1:09.98	2900m: 33:40.61	1:12.45	4200m: 49:21.65	1:12.71
	400m: 4:24.97	1:08.32	1700m: 19:30.84	1:10.67	3000m: 34:52.69	1:12.08	4300m: 50:34.85	1:13.20
	500m: 5:34.53	1:09.56	1800m: 20:41.48	1:10.64	3100m: 36:05.02	1:12.33	4400m: 51:48.12	1:13.27
	600m: 6:44.20	1:09.67	1900m: 21:52.32	1:10.84	3200m: 37:17.12	1:12.10	4500m: 53:01.68	1:13.56
	700m: 7:53.84	1:09.64	2000m: 23:03.49	1:11.17	3300m: 38:29.16	1:12.04	4600m: 54:14.71	1:13.03
	800m: 9:02.95	1:09.11	2100m: 24:13.38	1:09.89	3400m: 39:41.65	1:12.49	4700m: 55:27.35	1:12.64
	900m: 10:12.06	1:09.11	2200m: 25:23.55	1:10.17	3500m: 40:54.22	1:12.57	4800m: 56:39.42	1:12.07
	1000m: 11:21.26	1:09.20	2300m: 26:33.07	1:09.52	3600m: 42:06.66	1:12.44	4900m: 57:52.13	1:12.71
	1100m: 12:30.70	1:09.44	2400m: 27:43.31	1:10.24	3700m: 43:19.55	1:12.89	5000m: 59:02.59	1:10.46
	1200m: 13:40.45	1:09.75	2500m: 28:54.36	1:11.05	3800m: 44:32.13	1:12.58		
	1300m: 14:50.22	1:09.77	2600m: 30:06.32	1:11.96	3900m: 45:44.63	1:12.50		
4.	Arjan Dekker	ReVeLie Swim Team	23:15.55	200000499	<b>1:00:21.17</b>			
	100m: 1:09.18	1:09.18	1400m: 16:43.11	1:12.81	2700m: 32:27.54	1:13.18	4000m: 48:16.45	1:12.97
	200m: 2:20.29	1:11.11	1500m: 17:54.82	1:11.71	2800m: 33:40.23	1:12.69	4100m: 49:29.40	1:12.95
	300m: 3:31.46	1:11.17	1600m: 19:07.34	1:12.52	2900m: 34:53.32	1:13.09	4200m: 50:42.66	1:13.26
	400m: 4:42.61	1:11.15	1700m: 20:19.49	1:12.15	3000m: 36:06.29	1:12.97	4300m: 51:55.34	1:12.68
	500m: 5:54.43	1:11.82	1800m: 21:31.84	1:12.35	3100m: 37:18.72	1:12.43	4400m: 53:08.32	1:12.98
	600m: 7:06.93	1:12.50	1900m: 22:44.61	1:12.77	3200m: 38:31.80	1:13.08	4500m: 54:21.22	1:12.90
	700m: 8:18.44	1:11.51	2000m: 23:57.27	1:12.66	3300m: 39:44.82	1:13.02	4600m: 55:33.91	1:12.69
	800m: 9:30.43	1:11.99	2100m: 25:09.85	1:12.58	3400m: 40:58.25	1:13.43	4700m: 56:46.09	1:12.18
	900m: 10:42.44	1:12.01	2200m: 26:22.37	1:12.52	3500m: 42:11.58	1:13.33	4800m: 57:58.23	1:12.14
	1000m: 11:54.23	1:11.79	2300m: 27:35.86	1:13.49	3600m: 43:24.73	1:13.15	4900m: 59:10.31	1:12.08
	1100m: 13:06.05	1:11.82	2400m: 28:48.66	1:12.80	3700m: 44:37.37	1:12.64	5000m: 1:00:21.17	1:10.86
	1200m: 14:18.33	1:12.28	2500m: 30:00.73	1:12.07	3800m: 45:50.22	1:12.85		
	1300m: 15:30.30	1:11.97	2600m: 31:14.36	1:13.63	3900m: 47:03.48	1:13.26		
5.	Tom Balsen Versteeg	Hieronymus	23:47.07	200005673	<b>1:00:37.73</b>			
	100m: 1:09.45	1:09.45	1400m: 16:43.88	1:11.76	2700m: 32:24.91	1:12.70	4000m: 48:16.98	1:13.04
	200m: 2:21.52	1:12.07	1500m: 17:56.15	1:12.27	2800m: 33:37.79	1:12.88	4100m: 49:30.07	1:13.09
	300m: 3:33.47	1:11.95	1600m: 19:08.22	1:12.07	2900m: 34:51.02	1:13.23	4200m: 50:43.38	1:13.31
	400m: 4:45.74	1:12.27	1700m: 20:20.45	1:12.23	3000m: 36:03.92	1:12.90	4300m: 51:56.31	1:12.93
	500m: 5:57.66	1:11.92	1800m: 21:32.70	1:12.25	3100m: 37:17.75	1:13.83	4400m: 53:09.20	1:12.89
	600m: 7:10.06	1:12.40	1900m: 22:44.74	1:12.04	3200m: 38:30.27	1:12.52	4500m: 54:22.66	1:13.46
	700m: 8:22.06	1:12.00	2000m: 23:56.44	1:11.70	3300m: 39:43.46	1:13.19	4600m: 55:36.23	1:13.57
	800m: 9:33.95	1:11.89	2100m: 25:08.84	1:12.40	3400m: 40:56.90	1:13.44	4700m: 56:50.45	1:14.22
	900m: 10:45.22	1:11.27	2200m: 26:22.07	1:13.23	3500m: 42:10.19	1:13.29	4800m: 58:06.19	1:15.74
	1000m: 11:57.04	1:11.82	2300m: 27:34.91	1:12.84	3600m: 43:23.79	1:13.60	4900m: 59:22.38	1:16.19
	1100m: 13:08.89	1:11.85	2400m: 28:46.67	1:11.76	3700m: 44:37.04	1:13.25	5000m: 1:00:37.73	1:15.35
	1200m: 14:20.45	1:11.56	2500m: 29:59.75	1:13.08	3800m: 45:50.08	1:13.04		
	1300m: 15:32.12	1:11.67	2600m: 31:12.21	1:12.46	3900m: 47:03.94	1:13.86		

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
6.	Maikel van der Linden	Kimbria	23:21.28	200003797	1:02:53.32			
	100m: 1:10.55	1:10.55	1400m: 17:38.00	1:16.53	2700m: 33:58.19	1:13.88	4000m: 50:20.31	1:16.32
	200m: 2:25.40	1:14.85	1500m: 18:53.00	1:15.00	2800m: 35:13.14	1:14.95	4100m: 51:37.20	1:16.89
	300m: 3:41.30	1:15.90	1600m: 20:08.86	1:15.86	2900m: 36:27.98	1:14.84	4200m: 52:52.56	1:15.36
	400m: 4:57.18	1:15.88	1700m: 21:24.61	1:15.75	3000m: 37:42.84	1:14.86	4300m: 54:10.09	1:17.53
	500m: 6:13.13	1:15.95	1800m: 22:40.50	1:15.89	3100m: 38:58.79	1:15.95	4400m: 55:26.55	1:16.46
	600m: 7:28.76	1:15.63	1900m: 23:56.67	1:16.17	3200m: 40:14.63	1:15.84	4500m: 56:41.72	1:15.17
	700m: 8:45.36	1:16.60	2000m: 25:13.11	1:16.44	3300m: 41:31.18	1:16.55	4600m: 57:57.29	1:15.57
	800m: 10:02.29	1:16.93	2100m: 26:30.10	1:16.99	3400m: 42:47.57	1:16.39	4700m: 59:13.01	1:15.72
	900m: 11:18.37	1:16.08	2200m: 27:45.98	1:15.88	3500m: 44:04.38	1:16.81	4800m: 1:00:27.53	1:14.52
	1000m: 12:33.84	1:15.47	2300m: 29:00.56	1:14.58	3600m: 45:19.91	1:15.53	4900m: 1:01:41.60	1:14.07
	1100m: 13:50.39	1:16.55	2400m: 30:15.13	1:14.57	3700m: 46:33.37	1:13.46	5000m: 1:02:53.32	1:11.72
	1200m: 15:05.51	1:15.12	2500m: 31:29.85	1:14.72	3800m: 47:47.63	1:14.26		
	1300m: 16:21.47	1:15.96	2600m: 32:44.31	1:14.46	3900m: 49:03.99	1:16.36		
7.	Joris Bezemer	De Kempvis	23:25.65	199900527	1:02:55.61			
	100m: 1:09.84	1:09.84	1400m: 16:44.99	1:12.41	2700m: 32:53.56	1:15.56	4000m: 49:44.20	1:17.17
	200m: 2:21.67	1:11.83	1500m: 17:58.22	1:13.23	2800m: 34:08.98	1:15.42	4100m: 51:02.22	1:18.02
	300m: 3:33.67	1:12.00	1600m: 19:10.65	1:12.43	2900m: 35:27.61	1:18.63	4200m: 52:20.25	1:18.03
	400m: 4:45.87	1:12.20	1700m: 20:24.42	1:13.77	3000m: 36:46.92	1:19.31	4300m: 53:38.79	1:18.54
	500m: 5:57.73	1:11.86	1800m: 21:37.49	1:13.07	3100m: 38:04.85	1:17.93	4400m: 54:57.95	1:19.16
	600m: 7:09.50	1:11.77	1900m: 22:51.36	1:13.87	3200m: 39:23.64	1:18.79	4500m: 56:17.46	1:19.51
	700m: 8:21.36	1:11.86	2000m: 24:05.80	1:14.44	3300m: 40:41.85	1:18.21	4600m: 57:36.32	1:18.86
	800m: 9:32.94	1:11.58	2100m: 25:21.59	1:15.79	3400m: 42:00.60	1:18.75	4700m: 58:56.34	1:20.02
	900m: 10:44.70	1:11.76	2200m: 26:36.76	1:15.17	3500m: 43:19.39	1:18.79	4800m: 1:00:18.22	1:21.88
	1000m: 11:56.36	1:11.66	2300m: 27:51.07	1:14.31	3600m: 44:37.19	1:17.80	4900m: 1:01:38.97	1:20.75
	1100m: 13:08.22	1:11.86	2400m: 29:06.49	1:15.42	3700m: 45:53.29	1:16.10	5000m: 1:02:55.61	1:16.64
	1200m: 14:20.32	1:12.10	2500m: 30:22.32	1:15.83	3800m: 47:09.50	1:16.21		
	1300m: 15:32.58	1:12.26	2600m: 31:38.00	1:15.68	3900m: 48:27.03	1:17.53		
8.	Jarmo van den Blink	De Houtrib	24:01.73	200100585	1:03:55.44			
	100m: 1:14.83	1:14.83	1400m: 17:51.20	1:16.56	2700m: 34:26.95	1:16.70	4000m: 51:07.06	1:16.60
	200m: 2:31.05	1:16.22	1500m: 19:08.92	1:17.72	2800m: 35:42.83	1:15.88	4100m: 52:23.91	1:16.85
	300m: 3:47.56	1:16.51	1600m: 20:25.56	1:16.64	2900m: 36:59.71	1:16.88	4200m: 53:41.03	1:17.12
	400m: 5:04.40	1:16.84	1700m: 21:42.36	1:16.80	3000m: 38:16.11	1:16.40	4300m: 54:57.04	1:16.01
	500m: 6:20.92	1:16.52	1800m: 22:59.97	1:17.61	3100m: 39:32.96	1:16.85	4400m: 56:14.86	1:17.82
	600m: 7:37.83	1:16.91	1900m: 24:15.96	1:15.99	3200m: 40:49.98	1:17.02	4500m: 57:32.27	1:17.41
	700m: 8:54.72	1:16.89	2000m: 25:31.92	1:15.96	3300m: 42:06.93	1:16.95	4600m: 58:49.60	1:17.33
	800m: 10:11.80	1:17.08	2100m: 26:49.70	1:17.78	3400m: 43:23.95	1:17.02	4700m: 1:00:06.66	1:17.06
	900m: 11:28.01	1:16.21	2200m: 28:06.04	1:16.34	3500m: 44:40.92	1:16.97	4800m: 1:01:24.37	1:17.71
	1000m: 12:44.76	1:16.75	2300m: 29:21.96	1:15.92	3600m: 45:57.96	1:17.04	4900m: 1:02:42.31	1:17.94
	1100m: 14:01.31	1:16.55	2400m: 30:38.24	1:16.28	3700m: 47:15.69	1:17.73	5000m: 1:03:55.44	1:13.13
	1200m: 15:18.15	1:16.84	2500m: 31:54.04	1:15.80	3800m: 48:32.84	1:17.15		
	1300m: 16:34.64	1:16.49	2600m: 33:10.25	1:16.21	3900m: 49:50.46	1:17.62		
9.	Sem de Goei	WS Twente	24:29.06	200200029	1:04:48.80			
	100m: 1:11.98	1:11.98	1400m: 17:51.12	1:16.60	2700m: 34:44.27	1:18.74	4000m: 51:46.05	1:18.69
	200m: 2:28.87	1:16.89	1500m: 19:08.01	1:16.89	2800m: 36:03.09	1:18.82	4100m: 53:04.94	1:18.89
	300m: 3:46.48	1:17.61	1600m: 20:25.52	1:17.51	2900m: 37:20.87	1:17.78	4200m: 54:23.01	1:18.07
	400m: 5:03.43	1:16.95	1700m: 21:42.25	1:16.73	3000m: 38:38.76	1:17.89	4300m: 55:42.44	1:19.43
	500m: 6:20.80	1:17.37	1800m: 22:58.46	1:16.21	3100m: 39:56.51	1:17.75	4400m: 57:00.42	1:17.98
	600m: 7:37.75	1:16.95	1900m: 24:14.85	1:16.39	3200m: 41:14.12	1:17.61	4500m: 58:19.37	1:18.95
	700m: 8:54.58	1:16.83	2000m: 25:31.79	1:16.94	3300m: 42:32.34	1:18.22	4600m: 59:37.89	1:18.52
	800m: 10:11.54	1:16.96	2100m: 26:49.63	1:17.84	3400m: 43:51.26	1:18.92	4700m: 1:00:57.35	1:19.46
	900m: 11:27.85	1:16.31	2200m: 28:08.62	1:18.99	3500m: 45:09.92	1:18.66	4800m: 1:02:16.79	1:19.44
	1000m: 12:44.67	1:16.82	2300m: 29:27.09	1:18.47	3600m: 46:28.95	1:19.03	4900m: 1:03:34.78	1:17.99
	1100m: 14:01.22	1:16.55	2400m: 30:47.83	1:20.74	3700m: 47:48.41	1:19.46	5000m: 1:04:48.80	1:14.02
	1200m: 15:18.02	1:16.80	2500m: 32:06.35	1:18.52	3800m: 49:07.44	1:19.03		
	1300m: 16:34.52	1:16.50	2600m: 33:25.53	1:19.18	3900m: 50:27.36	1:19.92		

Programmanr. 2  
18-6-2017

Heren, 5000m vrije slag

all-in  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Jorgos Skotadis	De Dolfijn	22:37.16	199803317	55:31.33			
	100m: 1:04.95	1:04.95	1400m: 15:24.43	1:06.49	2700m: 29:53.10	1:07.01	4000m: 44:24.86	1:07.62
	200m: 2:09.39	1:04.44	1500m: 16:31.33	1:06.90	2800m: 30:59.94	1:06.84	4100m: 45:32.07	1:07.21
	300m: 3:15.02	1:05.63	1600m: 17:38.09	1:06.76	2900m: 32:07.15	1:07.21	4200m: 46:39.41	1:07.34
	400m: 4:20.37	1:05.35	1700m: 18:44.95	1:06.86	3000m: 33:13.99	1:06.84	4300m: 47:46.60	1:07.19
	500m: 5:26.58	1:06.21	1800m: 19:51.75	1:06.80	3100m: 34:20.43	1:06.44	4400m: 48:54.08	1:07.48
	600m: 6:33.02	1:06.44	1900m: 20:58.65	1:06.90	3200m: 35:27.20	1:06.77	4500m: 50:01.48	1:07.40
	700m: 7:39.33	1:06.31	2000m: 22:05.23	1:06.58	3300m: 36:34.08	1:06.88	4600m: 51:08.13	1:06.65
	800m: 8:45.59	1:06.26	2100m: 23:11.97	1:06.74	3400m: 37:41.50	1:07.42	4700m: 52:15.10	1:06.97
	900m: 9:52.01	1:06.42	2200m: 24:18.83	1:06.86	3500m: 38:48.52	1:07.02	4800m: 53:21.94	1:06.84
	1000m: 10:58.60	1:06.59	2300m: 25:25.30	1:06.47	3600m: 39:55.55	1:07.03	4900m: 54:27.77	1:05.83
	1100m: 12:04.89	1:06.29	2400m: 26:32.31	1:07.01	3700m: 41:02.83	1:07.28	5000m: 55:31.33	1:03.56
	1200m: 13:11.44	1:06.55	2500m: 27:39.41	1:07.10	3800m: 42:10.21	1:07.38		
	1300m: 14:17.94	1:06.50	2600m: 28:46.09	1:06.68	3900m: 43:17.24	1:07.03		

Programmanr. 2, Heren, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
2.	<b>Chad Michau</b> <i>Nederlands Record Jeugd</i>	DWK	22:07.21	200005653	<b>56:18.80</b>			
	100m: 1:06.80	1:06.80	1400m: 16:02.38	1:07.85	2700m: 30:34.86	1:07.45	4000m: 45:09.46	1:07.38
	200m: 2:15.82	1:09.02	1500m: 17:09.78	1:07.40	2800m: 31:41.92	1:07.06	4100m: 46:17.32	1:07.86
	300m: 3:25.45	1:09.63	1600m: 18:17.04	1:07.26	2900m: 32:48.93	1:07.01	4200m: 47:25.10	1:07.78
	400m: 4:35.16	1:09.71	1700m: 19:24.11	1:07.07	3000m: 33:55.71	1:06.78	4300m: 48:32.44	1:07.34
	500m: 5:44.49	1:09.33	1800m: 20:30.93	1:06.82	3100m: 35:02.89	1:07.18	4400m: 49:40.33	1:07.89
	600m: 6:53.48	1:08.99	1900m: 21:37.69	1:06.76	3200m: 36:10.05	1:07.16	4500m: 50:48.21	1:07.88
	700m: 8:03.31	1:09.83	2000m: 22:44.53	1:06.84	3300m: 37:17.15	1:07.10	4600m: 51:54.97	1:06.76
	800m: 9:13.36	1:10.05	2100m: 23:51.39	1:06.86	3400m: 38:24.60	1:07.45	4700m: 53:01.52	1:06.55
	900m: 10:22.13	1:08.77	2200m: 24:58.07	1:06.68	3500m: 39:32.30	1:07.70	4800m: 54:07.98	1:06.46
	1000m: 11:30.89	1:08.76	2300m: 26:05.26	1:07.19	3600m: 40:40.02	1:07.72	4900m: 55:14.30	1:06.32
	1100m: 12:38.42	1:07.53	2400m: 27:12.60	1:07.34	3700m: 41:46.98	1:06.96	5000m: 56:18.80	1:04.50
	1200m: 13:46.36	1:07.94	2500m: 28:19.87	1:07.27	3800m: 42:54.59	1:07.61		
	1300m: 14:54.53	1:08.17	2600m: 29:27.41	1:07.54	3900m: 44:02.08	1:07.49		
3.	<b>Thomas Jansen</b> <i>Nederlands Record Junioren</i>	WVZ	21:33.33	200100143	<b>57:33.69</b>			
	100m: 1:06.52	1:06.52	1400m: 16:09.41	1:09.15	2700m: 31:16.53	1:09.71	4000m: 46:17.80	1:08.45
	200m: 2:15.55	1:09.03	1500m: 17:19.10	1:09.69	2800m: 32:26.54	1:10.01	4100m: 47:25.58	1:07.78
	300m: 3:25.26	1:09.71	1600m: 18:28.85	1:09.75	2900m: 33:36.91	1:10.37	4200m: 48:32.78	1:07.20
	400m: 4:34.91	1:09.65	1700m: 19:38.08	1:09.23	3000m: 34:46.15	1:09.24	4300m: 49:40.71	1:07.93
	500m: 5:44.54	1:09.63	1800m: 20:47.82	1:09.74	3100m: 35:55.87	1:09.72	4400m: 50:48.67	1:07.96
	600m: 6:54.04	1:09.50	1900m: 21:57.63	1:09.81	3200m: 37:05.39	1:09.52	4500m: 51:56.58	1:07.91
	700m: 8:03.76	1:09.72	2000m: 23:07.66	1:10.03	3300m: 38:14.43	1:09.04	4600m: 53:05.16	1:08.58
	800m: 9:13.90	1:10.14	2100m: 24:17.65	1:09.99	3400m: 39:23.91	1:09.48	4700m: 54:14.12	1:08.96
	900m: 10:22.98	1:09.08	2200m: 25:27.11	1:09.46	3500m: 40:33.13	1:09.22	4800m: 55:22.82	1:08.70
	1000m: 11:32.01	1:09.03	2300m: 26:37.03	1:09.92	3600m: 41:42.29	1:09.16	4900m: 56:30.91	1:08.09
	1100m: 12:41.21	1:09.20	2400m: 27:46.94	1:09.91	3700m: 42:51.34	1:09.05	5000m: 57:33.69	1:02.78
	1200m: 13:50.45	1:09.24	2500m: 28:56.79	1:09.85	3800m: 44:00.40	1:09.06		
	1300m: 15:00.26	1:09.81	2600m: 30:06.82	1:10.03	3900m: 45:09.35	1:08.95		
4.	<b>David Kuipers</b>	Orca	21:50.87	200003633	<b>59:02.59</b>			
	100m: 1:03.57	1:03.57	1400m: 16:00.00	1:09.78	2700m: 31:17.27	1:10.95	4000m: 46:56.79	1:12.16
	200m: 2:10.13	1:06.56	1500m: 17:10.19	1:10.19	2800m: 32:28.16	1:10.89	4100m: 48:08.94	1:12.15
	300m: 3:16.65	1:06.52	1600m: 18:20.17	1:09.98	2900m: 33:40.61	1:12.45	4200m: 49:21.65	1:12.71
	400m: 4:24.97	1:08.32	1700m: 19:30.84	1:10.67	3000m: 34:52.69	1:12.08	4300m: 50:34.85	1:13.20
	500m: 5:34.53	1:09.56	1800m: 20:41.48	1:10.64	3100m: 36:05.02	1:12.33	4400m: 51:48.12	1:13.27
	600m: 6:44.20	1:09.67	1900m: 21:52.32	1:10.84	3200m: 37:17.12	1:12.10	4500m: 53:01.68	1:13.56
	700m: 7:53.84	1:09.64	2000m: 23:03.49	1:11.17	3300m: 38:29.16	1:12.04	4600m: 54:14.71	1:13.03
	800m: 9:02.95	1:09.11	2100m: 24:13.38	1:09.89	3400m: 39:41.65	1:12.49	4700m: 55:27.35	1:12.64
	900m: 10:12.06	1:09.11	2200m: 25:23.55	1:10.17	3500m: 40:54.22	1:12.57	4800m: 56:39.42	1:12.07
	1000m: 11:21.26	1:09.20	2300m: 26:33.07	1:09.52	3600m: 42:06.66	1:12.44	4900m: 57:52.13	1:12.71
	1100m: 12:30.70	1:09.44	2400m: 27:43.31	1:10.24	3700m: 43:19.55	1:12.89	5000m: 59:02.59	1:10.46
	1200m: 13:40.45	1:09.75	2500m: 28:54.36	1:11.05	3800m: 44:32.13	1:12.58		
	1300m: 14:50.22	1:09.77	2600m: 30:06.32	1:11.96	3900m: 45:44.63	1:12.50		
5.	<b>Timos Skotadis</b>	De Dolfijn	23:45.94	199804615	<b>59:40.55</b>			
	100m: 1:08.16	1:08.16	1400m: 16:27.53	1:11.23	2700m: 32:05.93	1:12.89	4000m: 47:43.07	1:11.02
	200m: 2:18.11	1:09.95	1500m: 17:38.94	1:11.41	2800m: 33:17.44	1:11.51	4100m: 48:55.63	1:12.56
	300m: 3:28.65	1:10.54	1600m: 18:50.44	1:11.50	2900m: 34:29.27	1:11.83	4200m: 50:08.36	1:12.73
	400m: 4:38.87	1:10.22	1700m: 20:02.36	1:11.92	3000m: 35:41.19	1:11.92	4300m: 51:19.62	1:11.26
	500m: 5:49.21	1:10.34	1800m: 21:13.95	1:11.59	3100m: 36:53.27	1:12.08	4400m: 52:31.86	1:12.24
	600m: 6:59.54	1:10.33	1900m: 22:26.41	1:12.46	3200m: 38:04.99	1:11.72	4500m: 53:44.09	1:12.23
	700m: 8:10.31	1:10.77	2000m: 23:38.77	1:12.36	3300m: 39:17.39	1:12.40	4600m: 54:55.81	1:11.72
	800m: 9:20.89	1:10.58	2100m: 24:50.96	1:12.19	3400m: 40:29.72	1:12.33	4700m: 56:07.22	1:11.41
	900m: 10:32.35	1:11.46	2200m: 26:02.96	1:12.00	3500m: 41:43.17	1:13.45	4800m: 57:19.20	1:11.98
	1000m: 11:42.88	1:10.53	2300m: 27:15.16	1:12.20	3600m: 42:55.97	1:12.80	4900m: 58:31.09	1:11.89
	1100m: 12:54.03	1:11.15	2400m: 28:27.79	1:12.63	3700m: 44:08.21	1:12.24	5000m: 59:40.55	1:09.46
	1200m: 14:05.04	1:11.01	2500m: 29:40.15	1:12.36	3800m: 45:19.46	1:11.25		
	1300m: 15:16.30	1:11.26	2600m: 30:53.04	1:12.89	3900m: 46:32.05	1:12.59		
6.	<b>Arjan Dekker</b>	ReVeLie Swim Team	23:15.55	200000499	<b>1:00:21.17</b>			
	100m: 1:09.18	1:09.18	1400m: 16:43.11	1:12.81	2700m: 32:27.54	1:13.18	4000m: 48:16.45	1:12.97
	200m: 2:20.29	1:11.11	1500m: 17:54.82	1:11.71	2800m: 33:40.23	1:12.69	4100m: 49:29.40	1:12.95
	300m: 3:31.46	1:11.17	1600m: 19:07.34	1:12.52	2900m: 34:53.32	1:13.09	4200m: 50:42.66	1:13.26
	400m: 4:42.61	1:11.15	1700m: 20:19.49	1:12.15	3000m: 36:06.29	1:12.97	4300m: 51:55.34	1:12.68
	500m: 5:54.43	1:11.82	1800m: 21:31.84	1:12.35	3100m: 37:18.72	1:12.43	4400m: 53:08.32	1:12.98
	600m: 7:06.93	1:12.50	1900m: 22:44.61	1:12.77	3200m: 38:31.80	1:13.08	4500m: 54:21.22	1:12.90
	700m: 8:18.44	1:11.51	2000m: 23:57.27	1:12.66	3300m: 39:44.82	1:13.02	4600m: 55:33.91	1:12.69
	800m: 9:30.43	1:11.99	2100m: 25:09.85	1:12.58	3400m: 40:58.25	1:13.43	4700m: 56:46.09	1:12.18
	900m: 10:42.44	1:12.01	2200m: 26:22.37	1:12.52	3500m: 42:11.58	1:13.33	4800m: 57:58.23	1:12.14
	1000m: 11:54.23	1:11.79	2300m: 27:35.86	1:13.49	3600m: 43:24.73	1:13.15	4900m: 59:10.31	1:12.08
	1100m: 13:06.05	1:11.82	2400m: 28:48.66	1:12.80	3700m: 44:37.37	1:12.64	5000m: 1:00:21.17	1:10.86
	1200m: 14:18.33	1:12.28	2500m: 30:00.73	1:12.07	3800m: 45:50.22	1:12.85		
	1300m: 15:30.30	1:11.97	2600m: 31:14.36	1:13.63	3900m: 47:03.48	1:13.26		



Programmanr. 2, Heren, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
7.	Tom Balsen Versteeg	Hieronymus	23:47.07	200005673	1:00:37.73			
	100m: 1:09.45	1:09.45	1400m: 16:43.88	1:11.76	2700m: 32:24.91	1:12.70	4000m: 48:16.98	1:13.04
	200m: 2:21.52	1:12.07	1500m: 17:56.15	1:12.27	2800m: 33:37.79	1:12.88	4100m: 49:30.07	1:13.09
	300m: 3:33.47	1:11.95	1600m: 19:08.22	1:12.07	2900m: 34:51.02	1:13.23	4200m: 50:43.38	1:13.31
	400m: 4:45.74	1:12.27	1700m: 20:20.45	1:12.23	3000m: 36:03.92	1:12.90	4300m: 51:56.31	1:12.93
	500m: 5:57.66	1:11.92	1800m: 21:32.70	1:12.25	3100m: 37:17.75	1:13.83	4400m: 53:09.20	1:12.89
	600m: 7:10.06	1:12.40	1900m: 22:44.74	1:12.04	3200m: 38:30.27	1:12.52	4500m: 54:22.66	1:13.46
	700m: 8:22.06	1:12.00	2000m: 23:56.44	1:11.70	3300m: 39:43.46	1:13.19	4600m: 55:36.23	1:13.57
	800m: 9:33.95	1:11.89	2100m: 25:08.84	1:12.40	3400m: 40:56.90	1:13.44	4700m: 56:50.45	1:14.22
	900m: 10:45.22	1:11.27	2200m: 26:22.07	1:13.23	3500m: 42:10.19	1:13.29	4800m: 58:06.19	1:15.74
	1000m: 11:57.04	1:11.82	2300m: 27:34.91	1:12.84	3600m: 43:23.79	1:13.60	4900m: 59:22.38	1:16.19
	1100m: 13:08.89	1:11.85	2400m: 28:46.67	1:11.76	3700m: 44:37.04	1:13.25	5000m: 1:00:37.73	1:15.35
	1200m: 14:20.45	1:11.56	2500m: 29:59.75	1:13.08	3800m: 45:50.08	1:13.04		
	1300m: 15:32.12	1:11.67	2600m: 31:12.21	1:12.46	3900m: 47:03.94	1:13.86		
8.	Maikel van der Linden	Kimbria	23:21.28	200003797	1:02:53.32			
	100m: 1:10.55	1:10.55	1400m: 17:38.00	1:16.53	2700m: 33:58.19	1:13.88	4000m: 50:20.31	1:16.32
	200m: 2:25.40	1:14.85	1500m: 18:53.00	1:15.00	2800m: 35:13.14	1:14.95	4100m: 51:37.20	1:16.89
	300m: 3:41.30	1:15.90	1600m: 20:08.86	1:15.86	2900m: 36:27.98	1:14.84	4200m: 52:52.56	1:15.36
	400m: 4:57.18	1:15.88	1700m: 21:24.61	1:15.75	3000m: 37:42.84	1:14.86	4300m: 54:10.09	1:17.53
	500m: 6:13.13	1:15.95	1800m: 22:40.50	1:15.89	3100m: 38:58.79	1:15.95	4400m: 55:26.55	1:16.46
	600m: 7:28.76	1:15.63	1900m: 23:56.67	1:16.17	3200m: 40:14.63	1:15.84	4500m: 56:41.72	1:15.17
	700m: 8:45.36	1:16.60	2000m: 25:13.11	1:16.44	3300m: 41:31.18	1:16.55	4600m: 57:57.29	1:15.57
	800m: 10:02.29	1:16.93	2100m: 26:30.10	1:16.99	3400m: 42:47.57	1:16.39	4700m: 59:13.01	1:15.72
	900m: 11:18.37	1:16.08	2200m: 27:45.98	1:15.88	3500m: 44:04.38	1:16.81	4800m: 1:00:27.53	1:14.52
	1000m: 12:33.84	1:15.47	2300m: 29:00.56	1:14.58	3600m: 45:19.91	1:15.53	4900m: 1:01:41.60	1:14.07
	1100m: 13:50.39	1:16.55	2400m: 30:15.13	1:14.57	3700m: 46:33.37	1:13.46	5000m: 1:02:53.32	1:11.72
	1200m: 15:05.51	1:15.12	2500m: 31:29.85	1:14.72	3800m: 47:47.63	1:14.26		
	1300m: 16:21.47	1:15.96	2600m: 32:44.31	1:14.46	3900m: 49:03.99	1:16.36		
9.	Joris Bezemer	De Kempvis	23:25.65	199900527	1:02:55.61			
	100m: 1:09.84	1:09.84	1400m: 16:44.99	1:12.41	2700m: 32:53.56	1:15.56	4000m: 49:44.20	1:17.17
	200m: 2:21.67	1:11.83	1500m: 17:58.22	1:13.23	2800m: 34:08.98	1:15.42	4100m: 51:02.22	1:18.02
	300m: 3:33.67	1:12.00	1600m: 19:10.65	1:12.43	2900m: 35:27.61	1:18.63	4200m: 52:20.25	1:18.03
	400m: 4:45.87	1:12.20	1700m: 20:24.42	1:13.77	3000m: 36:46.92	1:19.31	4300m: 53:38.79	1:18.54
	500m: 5:57.73	1:11.86	1800m: 21:37.49	1:13.07	3100m: 38:04.85	1:17.93	4400m: 54:57.95	1:19.16
	600m: 7:09.50	1:11.77	1900m: 22:51.36	1:13.87	3200m: 39:23.64	1:18.79	4500m: 56:17.46	1:19.51
	700m: 8:21.36	1:11.86	2000m: 24:05.80	1:14.44	3300m: 40:41.85	1:18.21	4600m: 57:36.32	1:18.86
	800m: 9:32.94	1:11.58	2100m: 25:21.59	1:15.79	3400m: 42:00.60	1:18.75	4700m: 58:56.34	1:20.02
	900m: 10:44.70	1:11.76	2200m: 26:36.76	1:15.17	3500m: 43:19.39	1:18.79	4800m: 1:00:18.22	1:21.88
	1000m: 11:56.36	1:11.66	2300m: 27:51.07	1:14.31	3600m: 44:37.19	1:17.80	4900m: 1:01:38.97	1:20.75
	1100m: 13:08.22	1:11.86	2400m: 29:06.49	1:15.42	3700m: 45:53.29	1:16.10	5000m: 1:02:55.61	1:16.64
	1200m: 14:20.32	1:12.10	2500m: 30:22.32	1:15.83	3800m: 47:09.50	1:16.21		
	1300m: 15:32.58	1:12.26	2600m: 31:38.00	1:15.68	3900m: 48:27.03	1:17.53		
10.	Jarmo van den Blink	De Houtrib	24:01.73	200100585	1:03:55.44			
	100m: 1:14.83	1:14.83	1400m: 17:51.20	1:16.56	2700m: 34:26.95	1:16.70	4000m: 51:07.06	1:16.60
	200m: 2:31.05	1:16.22	1500m: 19:08.92	1:17.72	2800m: 35:42.83	1:15.88	4100m: 52:23.91	1:16.85
	300m: 3:47.56	1:16.51	1600m: 20:25.56	1:16.64	2900m: 36:59.71	1:16.88	4200m: 53:41.03	1:17.12
	400m: 5:04.40	1:16.84	1700m: 21:42.36	1:16.80	3000m: 38:16.11	1:16.40	4300m: 54:57.04	1:16.01
	500m: 6:20.92	1:16.52	1800m: 22:59.97	1:17.61	3100m: 39:32.96	1:16.85	4400m: 56:14.86	1:17.82
	600m: 7:37.83	1:16.91	1900m: 24:15.96	1:15.99	3200m: 40:49.98	1:17.02	4500m: 57:32.27	1:17.41
	700m: 8:54.72	1:16.89	2000m: 25:31.92	1:15.96	3300m: 42:06.93	1:16.95	4600m: 58:49.60	1:17.33
	800m: 10:11.80	1:17.08	2100m: 26:49.70	1:17.78	3400m: 43:23.95	1:17.02	4700m: 1:00:06.66	1:17.06
	900m: 11:28.01	1:16.21	2200m: 28:06.04	1:16.34	3500m: 44:40.92	1:16.97	4800m: 1:01:24.37	1:17.71
	1000m: 12:44.76	1:16.75	2300m: 29:21.96	1:15.92	3600m: 45:57.96	1:17.04	4900m: 1:02:42.31	1:17.94
	1100m: 14:01.31	1:16.55	2400m: 30:38.24	1:16.28	3700m: 47:15.69	1:17.73	5000m: 1:03:55.44	1:13.13
	1200m: 15:18.15	1:16.84	2500m: 31:54.04	1:15.80	3800m: 48:32.84	1:17.15		
	1300m: 16:34.64	1:16.49	2600m: 33:10.25	1:16.21	3900m: 49:50.46	1:17.62		
11.	Sem de Goei	WS Twente	24:29.06	200200029	1:04:48.80			
	100m: 1:11.98	1:11.98	1400m: 17:51.12	1:16.60	2700m: 34:44.27	1:18.74	4000m: 51:46.05	1:18.69
	200m: 2:28.87	1:16.89	1500m: 19:08.01	1:16.89	2800m: 36:03.09	1:18.82	4100m: 53:04.94	1:18.89
	300m: 3:46.48	1:17.61	1600m: 20:25.52	1:17.51	2900m: 37:20.87	1:17.78	4200m: 54:23.01	1:18.07
	400m: 5:03.43	1:16.95	1700m: 21:42.25	1:16.73	3000m: 38:38.76	1:17.89	4300m: 55:42.44	1:19.43
	500m: 6:20.80	1:17.37	1800m: 22:58.46	1:16.21	3100m: 39:56.51	1:17.75	4400m: 57:00.42	1:17.98
	600m: 7:37.75	1:16.95	1900m: 24:14.85	1:16.39	3200m: 41:14.12	1:17.61	4500m: 58:19.37	1:18.95
	700m: 8:54.58	1:16.83	2000m: 25:31.79	1:16.94	3300m: 42:32.34	1:18.22	4600m: 59:37.89	1:18.52
	800m: 10:11.54	1:16.96	2100m: 26:49.63	1:17.84	3400m: 43:51.26	1:18.92	4700m: 1:00:57.35	1:19.46
	900m: 11:27.85	1:16.31	2200m: 28:08.62	1:18.99	3500m: 45:09.92	1:18.66	4800m: 1:02:16.79	1:19.44
	1000m: 12:44.67	1:16.82	2300m: 29:27.09	1:18.47	3600m: 46:28.95	1:19.03	4900m: 1:03:34.78	1:17.99
	1100m: 14:01.22	1:16.55	2400m: 30:47.83	1:20.74	3700m: 47:48.41	1:19.46	5000m: 1:04:48.80	1:14.02
	1200m: 15:18.02	1:16.80	2500m: 32:06.35	1:18.52	3800m: 49:07.44	1:19.03		
	1300m: 16:34.52	1:16.50	2600m: 33:25.53	1:19.18	3900m: 50:27.36	1:19.92		