

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 | 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: 57:04.73 | 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 | 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 | | |
| 3. | Marlinde Beukers | WVZ | 25:01.03 | 200101934 | 1:06:59.29 | | | |
| | 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 | 1:11:23.10 | | | |
| | 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 | 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 | | |

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 | 1:19.54 | 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 | | |
| 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 | 1:22.43 |
| | 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 | 1:23.90 |
| | 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. | Maike van de Velde | ZPCH | 24:45.93 | 200000382 | 1:06:44.61 | | | |
| | 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. | Marlinde Beukers | WVZ | 25:01.03 | 200101934 | 1:06:59.29 | | | |
| | 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. | Jasmijn Ruijgrok | WZK Zwemmen | 25:20.39 | 199401032 | 1:09:17.02 | | | |
| | 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. | Renée Vanderheyden | ReVeLie Swim Team | 25:37.67 | 199903130 | 1:10:50.12 | | | |
| | 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 | 4900m: 1:09:17.02 | 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. | Tara van Leeuwen | KZC | 26:43.18 | 200201112 | 1:11:23.10 | | | |
| | 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 | | | | |