

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	56:18.80						
	<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	57:33.69						
	<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	59:02.59						
	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	1:00:21.17						
	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	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			

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.	Chad Michau <i>Nederlands Record Jeugd</i>	DWK	22:07.21	200005653	56:18.80			
	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.	Thomas Jansen <i>Nederlands Record Junioren</i>	WVZ	21:33.33	200100143	57:33.69			
	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.	David Kuipers	Orca	21:50.87	200003633	59:02.59			
	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.	Timos Skotadis	De Dolfijn	23:45.94	199804615	59:40.55			
	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.	Arjan Dekker	ReVeLie Swim Team	23:15.55	200000499	1:00:21.17			
	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		