

Programmanr. 1  
13-4-2018 - 13:00

Dames, 5000m vrije slag

Jeugd 1 en ouder  
Resultaten

| rang                | naam             | vereniging              | intijd          | tijd      | RT                |         |
|---------------------|------------------|-------------------------|-----------------|-----------|-------------------|---------|
| <b>Jeugd 1 en 2</b> |                  |                         |                 |           |                   |         |
| 1.                  | Suze Kuipers     | Orca                    | 24:13.16        | 200301714 | <b>1:03:43.89</b> |         |
|                     | 100m: 1:11.17    | 1:11.17                 | 1400m: 17:32.65 | 1:15.45   | 2700m: 33:59.35   | 1:16.74 |
|                     | 200m: 2:26.07    | 1:14.90                 | 1500m: 18:48.59 | 1:15.94   | 2800m: 35:16.51   | 1:17.16 |
|                     | 300m: 3:41.39    | 1:15.32                 | 1600m: 20:03.96 | 1:15.37   | 2900m: 36:33.25   | 1:16.74 |
|                     | 400m: 4:56.72    | 1:15.33                 | 1700m: 21:19.53 | 1:15.57   | 3000m: 37:50.15   | 1:16.90 |
|                     | 500m: 6:11.67    | 1:14.95                 | 1800m: 22:35.47 | 1:15.94   | 3100m: 39:06.90   | 1:16.75 |
|                     | 600m: 7:27.94    | 1:16.27                 | 1900m: 23:50.71 | 1:15.24   | 3200m: 40:23.86   | 1:16.96 |
|                     | 700m: 8:43.65    | 1:15.71                 | 2000m: 25:06.64 | 1:15.93   | 3300m: 41:40.94   | 1:17.08 |
|                     | 800m: 9:59.19    | 1:15.54                 | 2100m: 26:22.49 | 1:15.85   | 3400m: 42:57.99   | 1:17.05 |
|                     | 900m: 11:14.21   | 1:15.02                 | 2200m: 27:38.32 | 1:15.83   | 3500m: 44:15.58   | 1:17.59 |
|                     | 1000m: 12:30.05  | 1:15.84                 | 2300m: 28:54.05 | 1:15.73   | 3600m: 45:33.03   | 1:17.45 |
|                     | 1100m: 13:46.13  | 1:16.08                 | 2400m: 30:10.03 | 1:15.98   | 3700m: 46:50.20   | 1:17.17 |
|                     | 1200m: 15:02.12  | 1:15.99                 | 2500m: 31:26.21 | 1:16.18   | 3800m: 48:07.51   | 1:17.31 |
|                     | 1300m: 16:17.20  | 1:15.08                 | 2600m: 32:42.61 | 1:16.40   | 3900m: 49:25.08   | 1:17.57 |
| 2.                  | Carolien Beckers | Zwemsport Parkstad (SG) | 25:17.55        | 200200078 | <b>1:04:03.67</b> |         |
|                     | 100m: 1:12.03    | 1:12.03                 | 1400m: 17:28.04 | 1:16.02   | 2700m: 34:06.81   | 1:16.64 |
|                     | 200m: 2:26.00    | 1:13.97                 | 1500m: 18:44.67 | 1:16.63   | 2800m: 35:23.48   | 1:16.67 |
|                     | 300m: 3:40.77    | 1:14.77                 | 1600m: 20:00.77 | 1:16.10   | 2900m: 36:40.16   | 1:16.68 |
|                     | 400m: 4:56.01    | 1:15.24                 | 1700m: 21:16.87 | 1:16.10   | 3000m: 37:56.62   | 1:16.46 |
|                     | 500m: 6:11.02    | 1:15.01                 | 1800m: 22:33.31 | 1:16.44   | 3100m: 39:13.40   | 1:16.78 |
|                     | 600m: 7:26.02    | 1:15.00                 | 1900m: 23:49.89 | 1:16.58   | 3200m: 40:31.15   | 1:17.75 |
|                     | 700m: 8:41.18    | 1:15.16                 | 2000m: 25:07.27 | 1:17.38   | 3300m: 41:49.50   | 1:18.35 |
|                     | 800m: 9:56.61    | 1:15.43                 | 2100m: 26:24.00 | 1:16.73   | 3400m: 43:07.75   | 1:18.25 |
|                     | 900m: 11:11.87   | 1:15.26                 | 2200m: 27:41.12 | 1:17.12   | 3500m: 44:26.10   | 1:18.35 |
|                     | 1000m: 12:26.64  | 1:14.77                 | 2300m: 28:58.92 | 1:17.80   | 3600m: 45:44.14   | 1:18.04 |
|                     | 1100m: 13:41.46  | 1:14.82                 | 2400m: 30:16.40 | 1:17.48   | 3700m: 47:02.26   | 1:18.12 |
|                     | 1200m: 14:56.41  | 1:14.95                 | 2500m: 31:32.76 | 1:16.36   | 3800m: 48:20.73   | 1:18.47 |
|                     | 1300m: 16:12.02  | 1:15.61                 | 2600m: 32:50.17 | 1:17.41   | 3900m: 49:39.15   | 1:18.42 |
| 3.                  | Kim de Jong      | Link                    | 24:52.67        | 200301026 | <b>1:06:51.53</b> |         |
|                     | 100m: 1:14.06    | 1:14.06                 | 1400m: 18:18.60 | 1:19.33   | 2700m: 35:40.80   | 1:21.39 |
|                     | 200m: 2:31.37    | 1:17.31                 | 1500m: 19:36.93 | 1:18.33   | 2800m: 37:02.21   | 1:21.41 |
|                     | 300m: 3:49.27    | 1:17.90                 | 1600m: 20:55.02 | 1:18.09   | 2900m: 38:24.00   | 1:21.79 |
|                     | 400m: 5:07.80    | 1:18.53                 | 1700m: 22:14.28 | 1:19.26   | 3000m: 39:44.71   | 1:20.71 |
|                     | 500m: 6:26.04    | 1:18.24                 | 1800m: 23:34.10 | 1:19.82   | 3100m: 41:05.67   | 1:20.96 |
|                     | 600m: 7:44.26    | 1:18.22                 | 1900m: 24:54.72 | 1:20.62   | 3200m: 42:27.10   | 1:21.43 |
|                     | 700m: 9:02.93    | 1:18.67                 | 2000m: 26:15.48 | 1:20.76   | 3300m: 43:49.91   | 1:22.81 |
|                     | 800m: 10:21.80   | 1:18.87                 | 2100m: 27:35.75 | 1:20.27   | 3400m: 45:12.33   | 1:22.42 |
|                     | 900m: 11:40.98   | 1:19.18                 | 2200m: 28:55.82 | 1:20.07   | 3500m: 46:35.12   | 1:22.79 |
|                     | 1000m: 13:00.28  | 1:19.30                 | 2300m: 30:16.39 | 1:20.57   | 3600m: 47:56.36   | 1:21.24 |
|                     | 1100m: 14:19.92  | 1:19.64                 | 2400m: 31:37.13 | 1:20.74   | 3700m: 49:17.97   | 1:21.61 |
|                     | 1200m: 15:39.52  | 1:19.60                 | 2500m: 32:58.24 | 1:21.11   | 3800m: 50:40.42   | 1:22.45 |
|                     | 1300m: 16:59.27  | 1:19.75                 | 2600m: 34:19.41 | 1:21.17   | 3900m: 52:02.45   | 1:22.03 |
| 4.                  | Danielle Meinema | ZV 44                   | 25:10.89        | 200300534 | <b>1:07:25.09</b> |         |
|                     | 100m: 1:11.34    | 1:11.34                 | 1400m: 17:51.09 | 1:18.46   | 2700m: 35:11.82   | 1:21.13 |
|                     | 200m: 2:26.53    | 1:15.19                 | 1500m: 19:10.37 | 1:19.28   | 2800m: 36:33.86   | 1:22.04 |
|                     | 300m: 3:41.94    | 1:15.41                 | 1600m: 20:29.57 | 1:19.20   | 2900m: 37:55.78   | 1:21.92 |
|                     | 400m: 4:58.48    | 1:16.54                 | 1700m: 21:48.67 | 1:19.10   | 3000m: 39:16.99   | 1:21.21 |
|                     | 500m: 6:14.78    | 1:16.30                 | 1800m: 23:07.85 | 1:19.18   | 3100m: 40:38.31   | 1:21.32 |
|                     | 600m: 7:31.11    | 1:16.33                 | 1900m: 24:27.63 | 1:19.78   | 3200m: 41:59.69   | 1:21.38 |
|                     | 700m: 8:48.06    | 1:16.95                 | 2000m: 25:47.09 | 1:19.46   | 3300m: 43:22.62   | 1:22.93 |
|                     | 800m: 10:04.95   | 1:16.89                 | 2100m: 27:07.18 | 1:20.09   | 3400m: 44:45.28   | 1:22.66 |
|                     | 900m: 11:21.53   | 1:16.58                 | 2200m: 28:27.04 | 1:19.86   | 3500m: 46:08.84   | 1:23.56 |
|                     | 1000m: 12:38.58  | 1:17.05                 | 2300m: 29:47.43 | 1:20.39   | 3600m: 47:31.86   | 1:23.02 |
|                     | 1100m: 13:56.32  | 1:17.74                 | 2400m: 31:08.36 | 1:20.93   | 3700m: 48:54.65   | 1:22.79 |
|                     | 1200m: 15:14.30  | 1:17.98                 | 2500m: 32:29.53 | 1:21.17   | 3800m: 50:17.87   | 1:23.22 |
|                     | 1300m: 16:32.63  | 1:18.33                 | 2600m: 33:50.69 | 1:21.16   | 3900m: 51:41.01   | 1:23.14 |
| 5.                  | Mara Bosman      | The Hague Swimming (SG) | 26:10.81        | 200303048 | <b>1:08:59.56</b> |         |
|                     | 100m: 1:18.91    | 1:18.91                 | 1400m: 19:17.97 | 1:23.58   | 2700m: 37:16.55   | 1:22.72 |
|                     | 200m: 2:39.31    | 1:20.40                 | 1500m: 20:41.28 | 1:23.31   | 2800m: 38:40.48   | 1:23.93 |
|                     | 300m: 4:01.05    | 1:21.74                 | 1600m: 22:03.51 | 1:22.23   | 2900m: 40:04.88   | 1:24.40 |
|                     | 400m: 5:24.25    | 1:23.20                 | 1700m: 23:26.66 | 1:23.15   | 3000m: 41:27.90   | 1:23.02 |
|                     | 500m: 6:46.79    | 1:22.54                 | 1800m: 24:49.50 | 1:22.84   | 3100m: 42:50.37   | 1:22.47 |
|                     | 600m: 8:10.02    | 1:23.23                 | 1900m: 26:13.12 | 1:23.62   | 3200m: 44:12.82   | 1:22.45 |
|                     | 700m: 9:33.39    | 1:23.37                 | 2000m: 27:36.32 | 1:23.20   | 3300m: 45:35.07   | 1:22.25 |
|                     | 800m: 10:57.21   | 1:23.82                 | 2100m: 28:59.59 | 1:23.27   | 3400m: 46:57.01   | 1:21.94 |
|                     | 900m: 12:20.59   | 1:23.38                 | 2200m: 30:22.44 | 1:22.85   | 3500m: 48:19.84   | 1:22.83 |
|                     | 1000m: 13:43.74  | 1:23.15                 | 2300m: 31:45.26 | 1:22.82   | 3600m: 49:42.56   | 1:22.72 |
|                     | 1100m: 15:07.33  | 1:23.59                 | 2400m: 33:07.93 | 1:22.67   | 3700m: 51:06.29   | 1:23.73 |
|                     | 1200m: 16:31.11  | 1:23.78                 | 2500m: 34:31.17 | 1:23.24   | 3800m: 52:28.93   | 1:22.64 |
|                     | 1300m: 17:54.39  | 1:23.28                 | 2600m: 35:53.83 | 1:22.66   | 3900m: 53:51.95   | 1:23.02 |

Onjuistheden? mail naar [nknschrijvingen@knzb.nl](mailto:nknschrijvingen@knzb.nl)

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

| rang | naam           | vereniging | intijd   | 200200132 | tijd       | RT     |          |         |        |            |         |
|------|----------------|------------|----------|-----------|------------|--------|----------|---------|--------|------------|---------|
| 6.   | Denice Koolman | ZV 44      | 24:56.55 | 200200132 | 1:11:16.29 |        |          |         |        |            |         |
|      | 100m:          | 1:10.65    | 1400m:   | 18:16.96  | 1:20.65    | 2700m: | 36:45.59 | 1:27.51 | 4000m: | 56:05.37   | 1:29.22 |
|      | 200m:          | 2:25.97    | 1500m:   | 19:39.04  | 1:22.08    | 2800m: | 38:13.86 | 1:28.27 | 4100m: | 57:35.06   | 1:29.69 |
|      | 300m:          | 3:41.78    | 1600m:   | 21:02.70  | 1:23.66    | 2900m: | 39:41.88 | 1:28.02 | 4200m: | 59:05.37   | 1:30.31 |
|      | 400m:          | 4:58.48    | 1700m:   | 22:26.48  | 1:23.78    | 3000m: | 41:12.09 | 1:30.21 | 4300m: | 1:00:36.62 | 1:31.25 |
|      | 500m:          | 6:16.28    | 1800m:   | 23:50.32  | 1:23.84    | 3100m: | 42:40.50 | 1:28.41 | 4400m: | 1:02:07.77 | 1:31.15 |
|      | 600m:          | 7:36.08    | 1900m:   | 25:13.77  | 1:23.45    | 3200m: | 44:09.65 | 1:29.15 | 4500m: | 1:03:39.84 | 1:32.07 |
|      | 700m:          | 8:56.15    | 2000m:   | 26:38.13  | 1:24.36    | 3300m: | 45:39.25 | 1:29.60 | 4600m: | 1:05:11.44 | 1:31.60 |
|      | 800m:          | 10:15.21   | 2100m:   | 28:03.65  | 1:25.52    | 3400m: | 47:08.45 | 1:29.20 | 4700m: | 1:06:43.51 | 1:32.07 |
|      | 900m:          | 11:34.68   | 2200m:   | 29:29.41  | 1:25.76    | 3500m: | 48:38.02 | 1:29.57 | 4800m: | 1:08:15.81 | 1:32.30 |
|      | 1000m:         | 12:55.03   | 2300m:   | 30:56.22  | 1:26.81    | 3600m: | 50:07.24 | 1:29.22 | 4900m: | 1:09:47.24 | 1:31.43 |
|      | 1100m:         | 14:15.19   | 2400m:   | 32:23.14  | 1:26.92    | 3700m: | 51:36.37 | 1:29.13 | 5000m: | 1:11:16.29 | 1:29.05 |
|      | 1200m:         | 15:35.58   | 2500m:   | 33:49.91  | 1:26.77    | 3800m: | 53:05.87 | 1:29.50 |        |            |         |
|      | 1300m:         | 16:56.31   | 2600m:   | 35:18.08  | 1:28.17    | 3900m: | 54:36.15 | 1:30.28 |        |            |         |

|    |                |            |          |           |            |        |          |         |        |            |         |
|----|----------------|------------|----------|-----------|------------|--------|----------|---------|--------|------------|---------|
| 7. | Roos Englebert | Hieronymus | 25:58.89 | 200200606 | 1:11:54.41 |        |          |         |        |            |         |
|    | 100m:          | 1:17.41    | 1400m:   | 19:02.78  | 1:23.34    | 2700m: | 37:33.23 | 1:27.42 | 4000m: | 56:45.77   | 1:31.12 |
|    | 200m:          | 2:38.18    | 1500m:   | 20:27.48  | 1:24.70    | 2800m: | 39:00.27 | 1:27.04 | 4100m: | 58:16.55   | 1:30.78 |
|    | 300m:          | 3:58.61    | 1600m:   | 21:51.06  | 1:23.58    | 2900m: | 40:27.08 | 1:26.81 | 4200m: | 59:47.94   | 1:31.39 |
|    | 400m:          | 5:18.98    | 1700m:   | 23:15.88  | 1:24.82    | 3000m: | 41:54.21 | 1:27.13 | 4300m: | 1:01:19.76 | 1:31.82 |
|    | 500m:          | 6:38.10    | 1800m:   | 24:40.49  | 1:24.61    | 3100m: | 43:22.27 | 1:28.06 | 4400m: | 1:02:51.15 | 1:31.39 |
|    | 600m:          | 7:59.65    | 1900m:   | 26:05.15  | 1:24.66    | 3200m: | 44:50.16 | 1:27.89 | 4500m: | 1:04:23.13 | 1:31.98 |
|    | 700m:          | 9:21.70    | 2000m:   | 27:29.45  | 1:24.30    | 3300m: | 46:18.52 | 1:28.36 | 4600m: | 1:05:55.05 | 1:31.92 |
|    | 800m:          | 10:44.32   | 2100m:   | 28:55.31  | 1:25.86    | 3400m: | 47:47.30 | 1:28.78 | 4700m: | 1:07:27.65 | 1:32.60 |
|    | 900m:          | 12:06.60   | 2200m:   | 30:21.13  | 1:25.82    | 3500m: | 49:15.70 | 1:28.40 | 4800m: | 1:08:59.00 | 1:31.35 |
|    | 1000m:         | 13:29.11   | 2300m:   | 31:45.96  | 1:24.83    | 3600m: | 50:44.14 | 1:28.44 | 4900m: | 1:10:28.53 | 1:29.53 |
|    | 1100m:         | 14:52.16   | 2400m:   | 33:11.80  | 1:25.84    | 3700m: | 52:13.54 | 1:29.40 | 5000m: | 1:11:54.41 | 1:25.88 |
|    | 1200m:         | 16:15.40   | 2500m:   | 34:38.73  | 1:26.93    | 3800m: | 53:44.13 | 1:30.59 |        |            |         |
|    | 1300m:         | 17:39.44   | 2600m:   | 36:05.81  | 1:27.08    | 3900m: | 55:14.65 | 1:30.52 |        |            |         |

|    |                |          |          |           |            |        |          |         |        |            |         |
|----|----------------|----------|----------|-----------|------------|--------|----------|---------|--------|------------|---------|
| 8. | Naomi Polinder | ZV 44    | 26:31.93 | 200300020 | 1:12:10.38 |        |          |         |        |            |         |
|    | 100m:          | 1:16.42  | 1400m:   | 19:19.09  | 1:23.41    | 2700m: | 38:07.92 | 1:28.60 | 4000m: | 57:32.63   | 1:27.41 |
|    | 200m:          | 2:36.98  | 1500m:   | 20:43.66  | 1:24.57    | 2800m: | 39:37.16 | 1:29.24 | 4100m: | 59:00.11   | 1:27.48 |
|    | 300m:          | 3:58.55  | 1600m:   | 22:07.33  | 1:23.67    | 2900m: | 41:07.52 | 1:30.36 | 4200m: | 1:00:28.15 | 1:28.04 |
|    | 400m:          | 5:22.17  | 1700m:   | 23:33.24  | 1:25.91    | 3000m: | 42:37.15 | 1:29.63 | 4300m: | 1:01:57.49 | 1:29.34 |
|    | 500m:          | 6:45.34  | 1800m:   | 24:59.11  | 1:25.87    | 3100m: | 44:05.36 | 1:28.21 | 4400m: | 1:03:28.46 | 1:30.97 |
|    | 600m:          | 8:08.85  | 1900m:   | 26:25.34  | 1:26.23    | 3200m: | 45:35.13 | 1:29.77 | 4500m: | 1:04:56.52 | 1:28.06 |
|    | 700m:          | 9:32.61  | 2000m:   | 27:52.96  | 1:27.62    | 3300m: | 47:02.76 | 1:27.63 | 4600m: | 1:06:26.32 | 1:29.80 |
|    | 800m:          | 10:56.93 | 2100m:   | 29:19.70  | 1:26.74    | 3400m: | 48:33.86 | 1:31.10 | 4700m: | 1:07:56.31 | 1:29.99 |
|    | 900m:          | 12:20.29 | 2200m:   | 30:46.66  | 1:26.96    | 3500m: | 50:05.29 | 1:31.43 | 4800m: | 1:09:23.26 | 1:26.95 |
|    | 1000m:         | 13:43.93 | 2300m:   | 32:14.35  | 1:27.69    | 3600m: | 51:37.07 | 1:31.78 | 4900m: | 1:10:49.82 | 1:26.56 |
|    | 1100m:         | 15:07.28 | 2400m:   | 33:43.40  | 1:29.05    | 3700m: | 53:07.06 | 1:29.99 | 5000m: | 1:12:10.38 | 1:20.56 |
|    | 1200m:         | 16:31.57 | 2500m:   | 35:11.38  | 1:27.98    | 3800m: | 54:35.98 | 1:28.92 |        |            |         |
|    | 1300m:         | 17:55.68 | 2600m:   | 36:39.32  | 1:27.94    | 3900m: | 56:05.22 | 1:29.24 |        |            |         |

|    |                  |          |          |           |            |        |          |         |        |            |         |
|----|------------------|----------|----------|-----------|------------|--------|----------|---------|--------|------------|---------|
| 9. | Tara van Leeuwen | KZC      | 26:12.77 | 200201112 | 1:12:43.26 |        |          |         |        |            |         |
|    | 100m:            | 1:22.01  | 1400m:   | 19:50.99  | 1:26.85    | 2700m: | 38:51.78 | 1:27.73 | 4000m: | 58:00.65   | 1:28.03 |
|    | 200m:            | 2:46.11  | 1500m:   | 21:18.02  | 1:27.03    | 2800m: | 40:20.64 | 1:28.86 | 4100m: | 59:28.42   | 1:27.77 |
|    | 300m:            | 4:10.56  | 1600m:   | 22:44.33  | 1:26.31    | 2900m: | 41:49.93 | 1:29.29 | 4200m: | 1:00:57.36 | 1:28.94 |
|    | 400m:            | 5:35.93  | 1700m:   | 24:11.63  | 1:27.30    | 3000m: | 43:18.92 | 1:28.99 | 4300m: | 1:02:26.74 | 1:29.38 |
|    | 500m:            | 7:00.15  | 1800m:   | 25:38.41  | 1:26.78    | 3100m: | 44:46.89 | 1:27.97 | 4400m: | 1:03:56.57 | 1:29.83 |
|    | 600m:            | 8:25.85  | 1900m:   | 27:05.74  | 1:27.33    | 3200m: | 46:16.79 | 1:29.90 | 4500m: | 1:05:25.97 | 1:29.40 |
|    | 700m:            | 9:50.84  | 2000m:   | 28:34.39  | 1:28.65    | 3300m: | 47:44.11 | 1:27.32 | 4600m: | 1:06:53.95 | 1:27.98 |
|    | 800m:            | 11:16.00 | 2100m:   | 30:02.65  | 1:28.26    | 3400m: | 49:12.22 | 1:28.11 | 4700m: | 1:08:21.81 | 1:27.86 |
|    | 900m:            | 12:41.87 | 2200m:   | 31:30.17  | 1:27.52    | 3500m: | 50:41.11 | 1:28.89 | 4800m: | 1:09:50.61 | 1:28.80 |
|    | 1000m:           | 14:07.10 | 2300m:   | 32:58.48  | 1:28.31    | 3600m: | 52:09.62 | 1:28.51 | 4900m: | 1:11:17.97 | 1:27.36 |
|    | 1100m:           | 15:31.24 | 2400m:   | 34:26.86  | 1:28.38    | 3700m: | 53:37.33 | 1:27.71 | 5000m: | 1:12:43.26 | 1:25.29 |
|    | 1200m:           | 16:57.21 | 2500m:   | 35:55.31  | 1:28.45    | 3800m: | 55:04.96 | 1:27.63 |        |            |         |
|    | 1300m:           | 18:24.14 | 2600m:   | 37:24.05  | 1:28.74    | 3900m: | 56:32.62 | 1:27.66 |        |            |         |

AFGEM Lindsey Berghuis ZV 44 24:23.39 200300104

all-in

|    |                    |           |          |           |            |        |          |         |        |            |         |
|----|--------------------|-----------|----------|-----------|------------|--------|----------|---------|--------|------------|---------|
| 1. | Marij van der Mast | RTC - PSV | 24:28.56 | 200000676 | 1:00:35.92 |        |          |         |        |            |         |
|    | 100m:              | 1:10.28   | 1400m:   | 16:51.39  | 1:12.63    | 2700m: | 32:48.20 | 1:13.40 | 4000m: | 48:27.52   | 1:12.32 |
|    | 200m:              | 2:22.19   | 1500m:   | 18:05.33  | 1:13.94    | 2800m: | 34:01.08 | 1:12.88 | 4100m: | 49:39.98   | 1:12.46 |
|    | 300m:              | 3:34.23   | 1600m:   | 19:18.06  | 1:12.73    | 2900m: | 35:14.13 | 1:13.05 | 4200m: | 50:52.97   | 1:12.99 |
|    | 400m:              | 4:46.36   | 1700m:   | 20:31.92  | 1:13.86    | 3000m: | 36:27.77 | 1:13.64 | 4300m: | 52:05.20   | 1:12.23 |
|    | 500m:              | 5:58.69   | 1800m:   | 21:45.62  | 1:13.70    | 3100m: | 37:41.25 | 1:13.48 | 4400m: | 53:18.57   | 1:13.37 |
|    | 600m:              | 7:11.30   | 1900m:   | 22:59.33  | 1:13.71    | 3200m: | 38:54.55 | 1:13.30 | 4500m: | 54:31.81   | 1:13.24 |
|    | 700m:              | 8:23.68   | 2000m:   | 24:12.89  | 1:13.56    | 3300m: | 40:06.93 | 1:12.38 | 4600m: | 55:45.28   | 1:13.47 |
|    | 800m:              | 9:36.48   | 2100m:   | 25:26.43  | 1:13.54    | 3400m: | 41:18.20 | 1:11.27 | 4700m: | 56:59.07   | 1:13.79 |
|    | 900m:              | 10:48.80  | 2200m:   | 26:40.05  | 1:13.62    | 3500m: | 42:29.12 | 1:10.92 | 4800m: | 58:12.93   | 1:13.86 |
|    | 1000m:             | 12:01.22  | 2300m:   | 27:53.74  | 1:13.69    | 3600m: | 43:39.93 | 1:10.81 | 4900m: | 59:25.81   | 1:12.88 |
|    | 1100m:             | 13:13.73  | 2400m:   | 29:07.88  | 1:14.14    | 3700m: | 44:51.69 | 1:11.76 | 5000m: | 1:00:35.92 | 1:10.11 |
|    | 1200m:             | 14:26.28  | 2500m:   | 30:21.19  | 1:13.31    | 3800m: | 46:03.18 | 1:11.49 |        |            |         |
|    | 1300m:             | 15:38.76  | 2600m:   | 31:34.80  | 1:13.61    | 3900m: | 47:15.20 | 1:12.02 |        |            |         |

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

| rang | naam                | vereniging              | intijd          | intijd    | tijd              | RT      |
|------|---------------------|-------------------------|-----------------|-----------|-------------------|---------|
| 2.   | Lisa Dreesens       | The Hague Swimming (SG) | 24:03.69        | 199105798 | <b>1:03:20.79</b> |         |
|      | 100m: 1:09.98       | 1:09.98                 | 1400m: 17:07.73 | 1:14.85   | 2700m: 33:36.96   | 1:16.56 |
|      | 200m: 2:23.04       | 1:13.06                 | 1500m: 18:23.21 | 1:15.48   | 2800m: 34:52.92   | 1:15.96 |
|      | 300m: 3:35.82       | 1:12.78                 | 1600m: 19:38.44 | 1:15.23   | 2900m: 36:09.19   | 1:16.27 |
|      | 400m: 4:49.43       | 1:13.61                 | 1700m: 20:54.12 | 1:15.68   | 3000m: 37:26.21   | 1:17.02 |
|      | 500m: 6:02.33       | 1:12.90                 | 1800m: 22:09.64 | 1:15.52   | 3100m: 38:43.33   | 1:17.12 |
|      | 600m: 7:16.04       | 1:13.71                 | 1900m: 23:25.54 | 1:15.90   | 3200m: 40:00.84   | 1:17.51 |
|      | 700m: 8:29.29       | 1:13.25                 | 2000m: 24:41.47 | 1:15.93   | 3300m: 41:17.97   | 1:17.13 |
|      | 800m: 9:43.50       | 1:14.21                 | 2100m: 25:57.58 | 1:16.11   | 3400m: 42:35.52   | 1:17.55 |
|      | 900m: 10:57.06      | 1:13.56                 | 2200m: 27:14.18 | 1:16.60   | 3500m: 43:52.91   | 1:17.39 |
|      | 1000m: 12:10.44     | 1:13.38                 | 2300m: 28:30.93 | 1:16.75   | 3600m: 45:10.51   | 1:17.60 |
|      | 1100m: 13:24.92     | 1:14.48                 | 2400m: 29:47.54 | 1:16.61   | 3700m: 46:28.29   | 1:17.78 |
|      | 1200m: 14:38.58     | 1:13.66                 | 2500m: 31:04.18 | 1:16.64   | 3800m: 47:45.94   | 1:17.65 |
|      | 1300m: 15:52.88     | 1:14.30                 | 2600m: 32:20.40 | 1:16.22   | 3900m: 49:03.98   | 1:18.04 |
| 3.   | Suze Kuipers        | Orca                    | 24:13.16        | 200301714 | <b>1:03:43.89</b> |         |
|      | 100m: 1:11.17       | 1:11.17                 | 1400m: 17:32.65 | 1:15.45   | 2700m: 33:59.35   | 1:16.74 |
|      | 200m: 2:26.07       | 1:14.90                 | 1500m: 18:48.59 | 1:15.94   | 2800m: 35:16.51   | 1:17.16 |
|      | 300m: 3:41.39       | 1:15.32                 | 1600m: 20:03.96 | 1:15.37   | 2900m: 36:33.25   | 1:16.74 |
|      | 400m: 4:56.72       | 1:15.33                 | 1700m: 21:19.53 | 1:15.57   | 3000m: 37:50.15   | 1:16.90 |
|      | 500m: 6:11.67       | 1:14.95                 | 1800m: 22:35.47 | 1:15.94   | 3100m: 39:06.90   | 1:16.75 |
|      | 600m: 7:27.94       | 1:16.27                 | 1900m: 23:50.71 | 1:15.24   | 3200m: 40:23.86   | 1:16.96 |
|      | 700m: 8:43.65       | 1:15.71                 | 2000m: 25:06.64 | 1:15.93   | 3300m: 41:40.94   | 1:17.08 |
|      | 800m: 9:59.19       | 1:15.54                 | 2100m: 26:22.49 | 1:15.85   | 3400m: 42:57.99   | 1:17.05 |
|      | 900m: 11:14.21      | 1:15.02                 | 2200m: 27:38.32 | 1:15.83   | 3500m: 44:15.58   | 1:17.59 |
|      | 1000m: 12:30.05     | 1:15.84                 | 2300m: 28:54.05 | 1:15.73   | 3600m: 45:33.03   | 1:17.45 |
|      | 1100m: 13:46.13     | 1:16.08                 | 2400m: 30:10.03 | 1:15.98   | 3700m: 46:50.20   | 1:17.17 |
|      | 1200m: 15:02.12     | 1:15.99                 | 2500m: 31:26.21 | 1:16.18   | 3800m: 48:07.51   | 1:17.31 |
|      | 1300m: 16:17.20     | 1:15.08                 | 2600m: 32:42.61 | 1:16.40   | 3900m: 49:25.08   | 1:17.57 |
| 4.   | Carolien Beckers    | Zwemsport Parkstad (SG) | 25:17.55        | 200200078 | <b>1:04:03.67</b> |         |
|      | 100m: 1:12.03       | 1:12.03                 | 1400m: 17:28.04 | 1:16.02   | 2700m: 34:06.81   | 1:16.64 |
|      | 200m: 2:26.00       | 1:13.97                 | 1500m: 18:44.67 | 1:16.63   | 2800m: 35:23.48   | 1:16.67 |
|      | 300m: 3:40.77       | 1:14.77                 | 1600m: 20:00.77 | 1:16.10   | 2900m: 36:40.16   | 1:16.68 |
|      | 400m: 4:56.01       | 1:15.24                 | 1700m: 21:16.87 | 1:16.10   | 3000m: 37:56.62   | 1:16.46 |
|      | 500m: 6:11.02       | 1:15.01                 | 1800m: 22:33.31 | 1:16.44   | 3100m: 39:13.40   | 1:16.78 |
|      | 600m: 7:26.02       | 1:15.00                 | 1900m: 23:49.89 | 1:16.58   | 3200m: 40:31.15   | 1:17.75 |
|      | 700m: 8:41.18       | 1:15.16                 | 2000m: 25:07.27 | 1:17.38   | 3300m: 41:49.50   | 1:18.35 |
|      | 800m: 9:56.61       | 1:15.43                 | 2100m: 26:24.00 | 1:16.73   | 3400m: 43:07.75   | 1:18.25 |
|      | 900m: 11:11.87      | 1:15.26                 | 2200m: 27:41.12 | 1:17.12   | 3500m: 44:26.10   | 1:18.35 |
|      | 1000m: 12:26.64     | 1:14.77                 | 2300m: 28:58.92 | 1:17.80   | 3600m: 45:44.14   | 1:18.04 |
|      | 1100m: 13:41.46     | 1:14.82                 | 2400m: 30:16.40 | 1:17.48   | 3700m: 47:02.26   | 1:18.12 |
|      | 1200m: 14:56.41     | 1:14.95                 | 2500m: 31:32.76 | 1:16.36   | 3800m: 48:20.73   | 1:18.47 |
|      | 1300m: 16:12.02     | 1:15.61                 | 2600m: 32:50.17 | 1:17.41   | 3900m: 49:39.15   | 1:18.42 |
| 5.   | Lize Janna de Vries | Orca                    | 24:30.16        | 200101948 | <b>1:04:25.57</b> |         |
|      | 100m: 1:11.21       | 1:11.21                 | 1400m: 17:41.97 | 1:16.99   | 2700m: 34:30.80   | 1:18.11 |
|      | 200m: 2:26.33       | 1:15.12                 | 1500m: 18:59.65 | 1:17.68   | 2800m: 35:48.45   | 1:17.65 |
|      | 300m: 3:42.07       | 1:15.74                 | 1600m: 20:16.72 | 1:17.07   | 2900m: 37:05.58   | 1:17.13 |
|      | 400m: 4:57.59       | 1:15.52                 | 1700m: 21:34.51 | 1:17.79   | 3000m: 38:22.79   | 1:17.21 |
|      | 500m: 6:12.93       | 1:15.34                 | 1800m: 22:51.82 | 1:17.31   | 3100m: 39:40.10   | 1:17.31 |
|      | 600m: 7:29.01       | 1:16.08                 | 1900m: 24:09.26 | 1:17.44   | 3200m: 40:58.05   | 1:17.95 |
|      | 700m: 8:45.41       | 1:16.40                 | 2000m: 25:26.49 | 1:17.23   | 3300m: 42:16.59   | 1:18.54 |
|      | 800m: 10:01.64      | 1:16.23                 | 2100m: 26:43.72 | 1:17.23   | 3400m: 43:34.73   | 1:18.14 |
|      | 900m: 11:18.05      | 1:16.41                 | 2200m: 28:01.17 | 1:17.45   | 3500m: 44:52.87   | 1:18.14 |
|      | 1000m: 12:34.56     | 1:16.51                 | 2300m: 29:18.68 | 1:17.51   | 3600m: 46:10.90   | 1:18.03 |
|      | 1100m: 13:51.02     | 1:16.46                 | 2400m: 30:36.51 | 1:17.83   | 3700m: 47:29.04   | 1:18.14 |
|      | 1200m: 15:07.92     | 1:16.90                 | 2500m: 31:54.21 | 1:17.70   | 3800m: 48:47.09   | 1:18.05 |
|      | 1300m: 16:24.98     | 1:17.06                 | 2600m: 33:12.69 | 1:18.48   | 3900m: 50:04.80   | 1:17.71 |
| 6.   | Rianne de Croock    | Kimbria                 | 24:38.13        | 199801466 | <b>1:06:41.47</b> |         |
|      | 100m: 1:17.15       | 1:17.15                 | 1400m: 18:11.12 | 1:18.68   | 2700m: 35:18.69   | 1:19.18 |
|      | 200m: 2:34.89       | 1:17.74                 | 1500m: 19:30.09 | 1:18.97   | 2800m: 36:38.41   | 1:19.72 |
|      | 300m: 3:52.79       | 1:17.90                 | 1600m: 20:48.87 | 1:18.78   | 2900m: 37:57.59   | 1:19.18 |
|      | 400m: 5:10.79       | 1:18.00                 | 1700m: 22:07.72 | 1:18.85   | 3000m: 39:17.68   | 1:20.09 |
|      | 500m: 6:28.62       | 1:17.83                 | 1800m: 23:26.91 | 1:19.19   | 3100m: 40:37.97   | 1:20.29 |
|      | 600m: 7:46.12       | 1:17.50                 | 1900m: 24:45.84 | 1:18.93   | 3200m: 41:58.22   | 1:20.25 |
|      | 700m: 9:03.69       | 1:17.57                 | 2000m: 26:05.22 | 1:19.38   | 3300m: 43:19.09   | 1:20.87 |
|      | 800m: 10:21.16      | 1:17.47                 | 2100m: 27:24.22 | 1:19.00   | 3400m: 44:40.60   | 1:21.51 |
|      | 900m: 11:38.87      | 1:17.71                 | 2200m: 28:43.47 | 1:19.25   | 3500m: 46:02.44   | 1:21.84 |
|      | 1000m: 12:56.78     | 1:17.91                 | 2300m: 30:02.91 | 1:19.44   | 3600m: 47:24.12   | 1:21.68 |
|      | 1100m: 14:15.15     | 1:18.37                 | 2400m: 31:22.18 | 1:19.27   | 3700m: 48:46.34   | 1:22.22 |
|      | 1200m: 15:33.44     | 1:18.29                 | 2500m: 32:40.59 | 1:18.41   | 3800m: 50:08.68   | 1:22.34 |
|      | 1300m: 16:52.44     | 1:19.00                 | 2600m: 33:59.51 | 1:18.92   | 3900m: 51:31.30   | 1:22.62 |

Onjuistheden? mail naar [nknschrijvingen@knzb.nl](mailto:nknschrijvingen@knzb.nl)

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

| rang | naam                 | vereniging    | intijd          | 199701478 | tijd            | RT      |                   |         |
|------|----------------------|---------------|-----------------|-----------|-----------------|---------|-------------------|---------|
| 7.   | Angelique van Vark   | Z&PC De Gouwe | 24:13.55        | 199701478 | 1:06:51.06      |         |                   |         |
|      | 100m: 1:12.84        | 1:12.84       | 1400m: 17:45.40 | 1:17.66   | 2700m: 34:50.18 | 1:20.15 | 4000m: 52:33.80   | 1:23.87 |
|      | 200m: 2:28.84        | 1:16.00       | 1500m: 19:03.16 | 1:17.76   | 2800m: 36:09.78 | 1:19.60 | 4100m: 53:59.05   | 1:25.25 |
|      | 300m: 3:44.96        | 1:16.12       | 1600m: 20:21.47 | 1:18.31   | 2900m: 37:30.21 | 1:20.43 | 4200m: 55:24.24   | 1:25.19 |
|      | 400m: 5:00.86        | 1:15.90       | 1700m: 21:39.34 | 1:17.87   | 3000m: 38:51.23 | 1:21.02 | 4300m: 56:50.10   | 1:25.86 |
|      | 500m: 6:16.69        | 1:15.83       | 1800m: 22:57.77 | 1:18.43   | 3100m: 40:12.81 | 1:21.58 | 4400m: 58:16.59   | 1:26.49 |
|      | 600m: 7:32.43        | 1:15.74       | 1900m: 24:15.75 | 1:17.98   | 3200m: 41:34.42 | 1:21.61 | 4500m: 59:43.46   | 1:26.87 |
|      | 700m: 8:49.13        | 1:16.70       | 2000m: 25:34.09 | 1:18.34   | 3300m: 42:55.94 | 1:21.52 | 4600m: 1:01:09.65 | 1:26.19 |
|      | 800m: 10:05.26       | 1:16.13       | 2100m: 26:52.78 | 1:18.69   | 3400m: 44:17.28 | 1:21.34 | 4700m: 1:02:35.86 | 1:26.21 |
|      | 900m: 11:21.39       | 1:16.13       | 2200m: 28:11.61 | 1:18.83   | 3500m: 45:39.04 | 1:21.76 | 4800m: 1:04:01.49 | 1:25.63 |
|      | 1000m: 12:37.68      | 1:16.29       | 2300m: 29:31.13 | 1:19.52   | 3600m: 47:01.15 | 1:22.11 | 4900m: 1:05:28.23 | 1:26.74 |
|      | 1100m: 13:53.87      | 1:16.19       | 2400m: 30:50.52 | 1:19.39   | 3700m: 48:23.49 | 1:22.34 | 5000m: 1:06:51.06 | 1:22.83 |
|      | 1200m: 15:10.67      | 1:16.80       | 2500m: 32:10.43 | 1:19.91   | 3800m: 49:47.07 | 1:23.58 |                   |         |
|      | 1300m: 16:27.74      | 1:17.07       | 2600m: 33:30.03 | 1:19.60   | 3900m: 51:09.93 | 1:22.86 |                   |         |
| 8.   | Kim de Jong          | Link          | 24:52.67        | 200301026 | 1:06:51.53      |         |                   |         |
|      | 100m: 1:14.06        | 1:14.06       | 1400m: 18:18.60 | 1:19.33   | 2700m: 35:40.80 | 1:21.39 | 4000m: 53:24.80   | 1:22.35 |
|      | 200m: 2:31.37        | 1:17.31       | 1500m: 19:36.93 | 1:18.33   | 2800m: 37:02.21 | 1:21.41 | 4100m: 54:47.00   | 1:22.20 |
|      | 300m: 3:49.27        | 1:17.90       | 1600m: 20:55.02 | 1:18.09   | 2900m: 38:24.00 | 1:21.79 | 4200m: 56:08.56   | 1:21.56 |
|      | 400m: 5:07.80        | 1:18.53       | 1700m: 22:14.28 | 1:19.26   | 3000m: 39:44.71 | 1:20.71 | 4300m: 57:30.05   | 1:21.49 |
|      | 500m: 6:26.04        | 1:18.24       | 1800m: 23:34.10 | 1:19.82   | 3100m: 41:05.67 | 1:20.96 | 4400m: 58:51.59   | 1:21.54 |
|      | 600m: 7:44.26        | 1:18.22       | 1900m: 24:54.72 | 1:20.62   | 3200m: 42:27.10 | 1:21.43 | 4500m: 1:00:12.29 | 1:20.70 |
|      | 700m: 9:02.93        | 1:18.67       | 2000m: 26:15.48 | 1:20.76   | 3300m: 43:49.91 | 1:22.81 | 4600m: 1:01:32.08 | 1:19.79 |
|      | 800m: 10:21.80       | 1:18.87       | 2100m: 27:35.75 | 1:20.27   | 3400m: 45:12.33 | 1:22.42 | 4700m: 1:02:52.15 | 1:20.07 |
|      | 900m: 11:40.98       | 1:19.18       | 2200m: 28:55.82 | 1:20.07   | 3500m: 46:35.12 | 1:22.79 | 4800m: 1:04:12.96 | 1:20.81 |
|      | 1000m: 13:00.28      | 1:19.30       | 2300m: 30:16.39 | 1:20.57   | 3600m: 47:56.36 | 1:21.24 | 4900m: 1:05:33.74 | 1:20.78 |
|      | 1100m: 14:19.92      | 1:19.64       | 2400m: 31:37.13 | 1:20.74   | 3700m: 49:17.97 | 1:21.61 | 5000m: 1:06:51.53 | 1:17.79 |
|      | 1200m: 15:39.52      | 1:19.60       | 2500m: 32:58.24 | 1:21.11   | 3800m: 50:40.42 | 1:22.45 |                   |         |
|      | 1300m: 16:59.27      | 1:19.75       | 2600m: 34:19.41 | 1:21.17   | 3900m: 52:02.45 | 1:22.03 |                   |         |
| 9.   | Danielle Meinema     | ZV 44         | 25:10.89        | 200300534 | 1:07:25.09      |         |                   |         |
|      | 100m: 1:11.34        | 1:11.34       | 1400m: 17:51.09 | 1:18.46   | 2700m: 35:11.82 | 1:21.13 | 4000m: 53:04.73   | 1:23.72 |
|      | 200m: 2:26.53        | 1:15.19       | 1500m: 19:10.37 | 1:19.28   | 2800m: 36:33.86 | 1:22.04 | 4100m: 54:28.86   | 1:24.13 |
|      | 300m: 3:41.94        | 1:15.41       | 1600m: 20:29.57 | 1:19.20   | 2900m: 37:55.78 | 1:21.92 | 4200m: 55:52.68   | 1:23.82 |
|      | 400m: 4:58.48        | 1:16.54       | 1700m: 21:48.67 | 1:19.10   | 3000m: 39:16.99 | 1:21.21 | 4300m: 57:16.36   | 1:23.68 |
|      | 500m: 6:14.78        | 1:16.30       | 1800m: 23:07.85 | 1:19.18   | 3100m: 40:38.31 | 1:21.32 | 4400m: 58:40.78   | 1:24.62 |
|      | 600m: 7:31.11        | 1:16.33       | 1900m: 24:27.63 | 1:19.78   | 3200m: 41:59.69 | 1:21.38 | 4500m: 1:00:06.15 | 1:25.37 |
|      | 700m: 8:48.06        | 1:16.95       | 2000m: 25:47.09 | 1:19.46   | 3300m: 43:22.62 | 1:22.93 | 4600m: 1:01:33.49 | 1:27.34 |
|      | 800m: 10:04.95       | 1:16.89       | 2100m: 27:07.18 | 1:20.09   | 3400m: 44:45.28 | 1:22.66 | 4700m: 1:03:01.41 | 1:27.92 |
|      | 900m: 11:21.53       | 1:16.58       | 2200m: 28:27.04 | 1:19.86   | 3500m: 46:08.84 | 1:23.56 | 4800m: 1:04:29.56 | 1:28.15 |
|      | 1000m: 12:38.58      | 1:17.05       | 2300m: 29:47.43 | 1:20.39   | 3600m: 47:31.86 | 1:23.02 | 4900m: 1:05:58.99 | 1:29.43 |
|      | 1100m: 13:56.32      | 1:17.74       | 2400m: 31:08.36 | 1:20.93   | 3700m: 48:54.65 | 1:22.79 | 5000m: 1:07:25.09 | 1:26.10 |
|      | 1200m: 15:14.30      | 1:17.98       | 2500m: 32:29.53 | 1:21.17   | 3800m: 50:17.87 | 1:23.22 |                   |         |
|      | 1300m: 16:32.63      | 1:18.33       | 2600m: 33:50.69 | 1:21.16   | 3900m: 51:41.01 | 1:23.14 |                   |         |
| 10.  | Melissa van der Geld | De Warande    | 24:59.84        | 199506250 | 1:07:53.15      |         |                   |         |
|      | 100m: 1:12.48        | 1:12.48       | 1400m: 18:19.79 | 1:20.67   | 2700m: 35:47.22 | 1:21.01 | 4000m: 53:36.04   | 1:25.29 |
|      | 200m: 2:29.12        | 1:16.64       | 1500m: 19:40.18 | 1:20.39   | 2800m: 37:07.91 | 1:20.69 | 4100m: 55:01.98   | 1:25.94 |
|      | 300m: 3:46.94        | 1:17.82       | 1600m: 21:00.38 | 1:20.20   | 2900m: 38:29.51 | 1:21.60 | 4200m: 56:28.13   | 1:26.15 |
|      | 400m: 5:05.36        | 1:18.42       | 1700m: 22:20.23 | 1:19.85   | 3000m: 39:51.17 | 1:21.66 | 4300m: 57:55.64   | 1:27.51 |
|      | 500m: 6:23.27        | 1:17.91       | 1800m: 23:40.57 | 1:20.34   | 3100m: 41:12.45 | 1:21.28 | 4400m: 59:21.44   | 1:25.80 |
|      | 600m: 7:41.89        | 1:18.62       | 1900m: 25:00.86 | 1:20.29   | 3200m: 42:34.19 | 1:21.74 | 4500m: 1:00:48.46 | 1:27.02 |
|      | 700m: 9:01.42        | 1:19.53       | 2000m: 26:21.21 | 1:20.35   | 3300m: 43:56.41 | 1:22.22 | 4600m: 1:02:15.03 | 1:26.57 |
|      | 800m: 10:21.02       | 1:19.60       | 2100m: 27:41.83 | 1:20.62   | 3400m: 45:18.47 | 1:22.06 | 4700m: 1:03:40.92 | 1:25.89 |
|      | 900m: 11:40.23       | 1:19.21       | 2200m: 29:02.79 | 1:20.96   | 3500m: 46:39.46 | 1:20.99 | 4800m: 1:05:06.49 | 1:25.57 |
|      | 1000m: 12:59.53      | 1:19.30       | 2300m: 30:23.30 | 1:20.51   | 3600m: 48:00.99 | 1:21.53 | 4900m: 1:06:31.22 | 1:24.73 |
|      | 1100m: 14:19.08      | 1:19.55       | 2400m: 31:44.70 | 1:21.40   | 3700m: 49:23.20 | 1:22.21 | 5000m: 1:07:53.15 | 1:21.93 |
|      | 1200m: 15:39.10      | 1:20.02       | 2500m: 33:05.42 | 1:20.72   | 3800m: 50:46.76 | 1:23.56 |                   |         |
|      | 1300m: 16:59.12      | 1:20.02       | 2600m: 34:26.21 | 1:20.79   | 3900m: 52:10.75 | 1:23.99 |                   |         |
| 11.  | Nikita van den Ouden | De Warande    | 24:15.64        | 199900622 | 1:08:01.09      |         |                   |         |
|      | 100m: 1:11.62        | 1:11.62       | 1400m: 17:55.23 | 1:19.93   | 2700m: 35:30.86 | 1:23.03 | 4000m: 53:47.76   | 1:25.61 |
|      | 200m: 2:26.07        | 1:14.45       | 1500m: 19:14.84 | 1:19.61   | 2800m: 36:54.79 | 1:23.93 | 4100m: 55:13.00   | 1:25.24 |
|      | 300m: 3:41.54        | 1:15.47       | 1600m: 20:34.38 | 1:19.54   | 2900m: 38:18.11 | 1:23.32 | 4200m: 56:38.06   | 1:25.06 |
|      | 400m: 4:56.81        | 1:15.27       | 1700m: 21:54.35 | 1:19.97   | 3000m: 39:41.41 | 1:23.30 | 4300m: 58:03.29   | 1:25.23 |
|      | 500m: 6:12.17        | 1:15.36       | 1800m: 23:14.95 | 1:20.60   | 3100m: 41:05.67 | 1:24.26 | 4400m: 59:30.10   | 1:26.81 |
|      | 600m: 7:28.37        | 1:16.20       | 1900m: 24:35.61 | 1:20.66   | 3200m: 42:29.69 | 1:24.02 | 4500m: 1:00:57.18 | 1:27.08 |
|      | 700m: 8:44.69        | 1:16.32       | 2000m: 25:56.93 | 1:21.32   | 3300m: 43:54.69 | 1:25.00 | 4600m: 1:02:23.85 | 1:26.67 |
|      | 800m: 10:02.30       | 1:17.61       | 2100m: 27:17.73 | 1:20.80   | 3400m: 45:18.40 | 1:23.71 | 4700m: 1:03:49.10 | 1:25.25 |
|      | 900m: 11:20.04       | 1:17.74       | 2200m: 28:38.60 | 1:20.87   | 3500m: 46:41.01 | 1:22.61 | 4800m: 1:05:13.98 | 1:24.88 |
|      | 1000m: 12:38.33      | 1:18.29       | 2300m: 30:00.48 | 1:21.88   | 3600m: 48:05.22 | 1:24.21 | 4900m: 1:06:38.92 | 1:24.94 |
|      | 1100m: 13:57.19      | 1:18.86       | 2400m: 31:21.98 | 1:21.50   | 3700m: 49:30.81 | 1:25.59 | 5000m: 1:08:01.09 | 1:22.17 |
|      | 1200m: 15:16.16      | 1:18.97       | 2500m: 32:44.25 | 1:22.27   | 3800m: 50:56.20 | 1:25.39 |                   |         |
|      | 1300m: 16:35.30      | 1:19.14       | 2600m: 34:07.83 | 1:23.58   | 3900m: 52:22.15 | 1:25.95 |                   |         |

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

| rang | naam            | vereniging              | intijd          | tijd      | RT              |         |                   |         |
|------|-----------------|-------------------------|-----------------|-----------|-----------------|---------|-------------------|---------|
| 12.  | Sabien Timmers  | Aqua-Novio'94           | 26:08.73        | 199904440 | 1:08:26.27      |         |                   |         |
|      | 100m: 1:20.31   | 1:20.31                 | 1400m: 19:07.82 | 1:22.45   | 2700m: 36:44.54 | 1:21.67 | 4000m: 54:35.97   | 1:23.25 |
|      | 200m: 2:41.69   | 1:21.38                 | 1500m: 20:29.63 | 1:21.81   | 2800m: 38:07.15 | 1:22.61 | 4100m: 55:59.72   | 1:23.75 |
|      | 300m: 4:03.39   | 1:21.70                 | 1600m: 21:51.65 | 1:22.02   | 2900m: 39:29.00 | 1:21.85 | 4200m: 57:22.97   | 1:23.25 |
|      | 400m: 5:25.46   | 1:22.07                 | 1700m: 23:13.43 | 1:21.78   | 3000m: 40:51.43 | 1:22.43 | 4300m: 58:46.75   | 1:23.78 |
|      | 500m: 6:47.82   | 1:22.36                 | 1800m: 24:34.72 | 1:21.29   | 3100m: 42:13.22 | 1:21.79 | 4400m: 1:00:10.79 | 1:24.04 |
|      | 600m: 8:11.00   | 1:23.18                 | 1900m: 25:56.22 | 1:21.50   | 3200m: 43:35.65 | 1:22.43 | 4500m: 1:01:35.47 | 1:24.68 |
|      | 700m: 9:33.22   | 1:22.22                 | 2000m: 27:17.47 | 1:21.25   | 3300m: 44:58.07 | 1:22.42 | 4600m: 1:02:57.97 | 1:22.50 |
|      | 800m: 10:55.26  | 1:22.04                 | 2100m: 28:38.29 | 1:20.82   | 3400m: 46:20.04 | 1:21.97 | 4700m: 1:04:21.25 | 1:23.28 |
|      | 900m: 12:17.62  | 1:22.36                 | 2200m: 29:59.09 | 1:20.80   | 3500m: 47:41.57 | 1:21.53 | 4800m: 1:05:43.25 | 1:22.00 |
|      | 1000m: 13:40.22 | 1:22.60                 | 2300m: 31:19.25 | 1:20.16   | 3600m: 49:04.07 | 1:22.50 | 4900m: 1:07:05.43 | 1:22.18 |
|      | 1100m: 15:01.79 | 1:21.57                 | 2400m: 32:40.37 | 1:21.12   | 3700m: 50:26.09 | 1:22.02 | 5000m: 1:08:26.27 | 1:20.84 |
|      | 1200m: 16:23.72 | 1:21.93                 | 2500m: 34:00.97 | 1:20.60   | 3800m: 51:49.68 | 1:23.59 |                   |         |
|      | 1300m: 17:45.37 | 1:21.65                 | 2600m: 35:22.87 | 1:21.90   | 3900m: 53:12.72 | 1:23.04 |                   |         |
| 13.  | Mara Bosman     | The Hague Swimming (SG) | 26:10.81        | 200303048 | 1:08:59.56      |         |                   |         |
|      | 100m: 1:18.91   | 1:18.91                 | 1400m: 19:17.97 | 1:23.58   | 2700m: 37:16.55 | 1:22.72 | 4000m: 55:14.26   | 1:22.31 |
|      | 200m: 2:39.31   | 1:20.40                 | 1500m: 20:41.28 | 1:23.31   | 2800m: 38:40.48 | 1:23.93 | 4100m: 56:35.98   | 1:21.72 |
|      | 300m: 4:01.05   | 1:21.74                 | 1600m: 22:03.51 | 1:22.23   | 2900m: 40:04.88 | 1:24.40 | 4200m: 57:58.57   | 1:22.59 |
|      | 400m: 5:24.25   | 1:23.20                 | 1700m: 23:26.66 | 1:23.15   | 3000m: 41:27.90 | 1:23.02 | 4300m: 59:21.25   | 1:22.68 |
|      | 500m: 6:46.79   | 1:22.54                 | 1800m: 24:49.50 | 1:22.84   | 3100m: 42:50.37 | 1:22.47 | 4400m: 1:00:44.21 | 1:22.96 |
|      | 600m: 8:10.02   | 1:23.23                 | 1900m: 26:13.12 | 1:23.62   | 3200m: 44:12.82 | 1:22.45 | 4500m: 1:02:07.20 | 1:22.99 |
|      | 700m: 9:33.39   | 1:23.37                 | 2000m: 27:36.32 | 1:23.20   | 3300m: 45:35.07 | 1:22.25 | 4600m: 1:03:29.60 | 1:22.40 |
|      | 800m: 10:57.21  | 1:23.82                 | 2100m: 28:59.59 | 1:23.27   | 3400m: 46:57.01 | 1:21.94 | 4700m: 1:04:52.09 | 1:22.49 |
|      | 900m: 12:20.59  | 1:23.38                 | 2200m: 30:22.44 | 1:22.85   | 3500m: 48:19.84 | 1:22.83 | 4800m: 1:06:14.93 | 1:22.84 |
|      | 1000m: 13:43.74 | 1:23.15                 | 2300m: 31:45.26 | 1:22.82   | 3600m: 49:42.56 | 1:22.72 | 4900m: 1:07:38.38 | 1:23.45 |
|      | 1100m: 15:07.33 | 1:23.59                 | 2400m: 33:07.93 | 1:22.67   | 3700m: 51:06.29 | 1:23.73 | 5000m: 1:08:59.56 | 1:21.18 |
|      | 1200m: 16:31.11 | 1:23.78                 | 2500m: 34:31.17 | 1:23.24   | 3800m: 52:28.93 | 1:22.64 |                   |         |
|      | 1300m: 17:54.39 | 1:23.28                 | 2600m: 35:53.83 | 1:22.66   | 3900m: 53:51.95 | 1:23.02 |                   |         |
| 14.  | Amy van Lier    | De Warande              | 24:54.76        | 199603022 | 1:09:54.51      |         |                   |         |
|      | 100m: 1:12.48   | 1:12.48                 | 1400m: 18:49.45 | 1:24.70   | 2700m: 37:10.12 | 1:25.27 | 4000m: 55:40.94   | 1:24.45 |
|      | 200m: 2:29.17   | 1:16.69                 | 1500m: 20:14.04 | 1:24.59   | 2800m: 38:36.74 | 1:26.62 | 4100m: 57:06.04   | 1:25.10 |
|      | 300m: 3:47.04   | 1:17.87                 | 1600m: 21:38.44 | 1:24.40   | 2900m: 40:02.80 | 1:26.06 | 4200m: 58:32.11   | 1:26.07 |
|      | 400m: 5:05.65   | 1:18.61                 | 1700m: 23:02.60 | 1:24.16   | 3000m: 41:27.71 | 1:24.91 | 4300m: 59:58.35   | 1:26.24 |
|      | 500m: 6:25.50   | 1:19.85                 | 1800m: 24:26.81 | 1:24.21   | 3100m: 42:52.72 | 1:25.01 | 4400m: 1:01:23.89 | 1:25.54 |
|      | 600m: 7:47.46   | 1:21.96                 | 1900m: 25:51.92 | 1:25.11   | 3200m: 44:18.95 | 1:26.23 | 4500m: 1:02:49.64 | 1:25.75 |
|      | 700m: 9:09.63   | 1:22.17                 | 2000m: 27:16.87 | 1:24.95   | 3300m: 45:43.00 | 1:24.05 | 4600m: 1:04:15.37 | 1:25.73 |
|      | 800m: 10:31.34  | 1:21.71                 | 2100m: 28:40.79 | 1:23.92   | 3400m: 47:09.88 | 1:26.88 | 4700m: 1:05:40.33 | 1:24.96 |
|      | 900m: 11:52.68  | 1:21.34                 | 2200m: 30:05.03 | 1:24.24   | 3500m: 48:35.49 | 1:25.61 | 4800m: 1:07:05.27 | 1:24.94 |
|      | 1000m: 13:14.63 | 1:21.95                 | 2300m: 31:29.35 | 1:24.32   | 3600m: 50:01.17 | 1:25.68 | 4900m: 1:08:32.26 | 1:26.99 |
|      | 1100m: 14:37.14 | 1:22.51                 | 2400m: 32:53.96 | 1:24.61   | 3700m: 51:26.60 | 1:25.43 | 5000m: 1:09:54.51 | 1:22.25 |
|      | 1200m: 16:00.50 | 1:23.36                 | 2500m: 34:19.59 | 1:25.63   | 3800m: 52:51.87 | 1:25.27 |                   |         |
|      | 1300m: 17:24.75 | 1:24.25                 | 2600m: 35:44.85 | 1:25.26   | 3900m: 54:16.49 | 1:24.62 |                   |         |
| 15.  | Denice Koolman  | ZV 44                   | 24:56.55        | 200200132 | 1:11:16.29      |         |                   |         |
|      | 100m: 1:10.65   | 1:10.65                 | 1400m: 18:16.96 | 1:20.65   | 2700m: 36:45.59 | 1:27.51 | 4000m: 56:05.37   | 1:29.22 |
|      | 200m: 2:25.97   | 1:15.32                 | 1500m: 19:39.04 | 1:22.08   | 2800m: 38:13.86 | 1:28.27 | 4100m: 57:35.06   | 1:29.69 |
|      | 300m: 3:41.78   | 1:15.81                 | 1600m: 21:02.70 | 1:23.66   | 2900m: 39:41.88 | 1:28.02 | 4200m: 59:05.37   | 1:30.31 |
|      | 400m: 4:58.48   | 1:16.70                 | 1700m: 22:26.48 | 1:23.78   | 3000m: 41:12.09 | 1:30.21 | 4300m: 1:00:36.62 | 1:31.25 |
|      | 500m: 6:16.28   | 1:17.80                 | 1800m: 23:50.32 | 1:23.84   | 3100m: 42:40.50 | 1:28.41 | 4400m: 1:02:07.77 | 1:31.15 |
|      | 600m: 7:36.08   | 1:19.80                 | 1900m: 25:13.77 | 1:23.45   | 3200m: 44:09.65 | 1:29.15 | 4500m: 1:03:39.84 | 1:32.07 |
|      | 700m: 8:56.15   | 1:20.07                 | 2000m: 26:38.13 | 1:24.36   | 3300m: 45:39.25 | 1:29.60 | 4600m: 1:05:11.44 | 1:31.60 |
|      | 800m: 10:15.21  | 1:19.06                 | 2100m: 28:03.65 | 1:25.52   | 3400m: 47:08.45 | 1:29.20 | 4700m: 1:06:43.51 | 1:32.07 |
|      | 900m: 11:34.68  | 1:19.47                 | 2200m: 29:29.41 | 1:25.76   | 3500m: 48:38.02 | 1:29.57 | 4800m: 1:08:15.81 | 1:32.30 |
|      | 1000m: 12:55.03 | 1:20.35                 | 2300m: 30:56.22 | 1:26.81   | 3600m: 50:07.24 | 1:29.22 | 4900m: 1:09:47.24 | 1:31.43 |
|      | 1100m: 14:15.19 | 1:20.16                 | 2400m: 32:23.14 | 1:26.92   | 3700m: 51:36.37 | 1:29.13 | 5000m: 1:11:16.29 | 1:29.05 |
|      | 1200m: 15:35.58 | 1:20.39                 | 2500m: 33:49.91 | 1:26.77   | 3800m: 53:05.87 | 1:29.50 |                   |         |
|      | 1300m: 16:56.31 | 1:20.73                 | 2600m: 35:18.08 | 1:28.17   | 3900m: 54:36.15 | 1:30.28 |                   |         |
| 16.  | Roos Englebert  | Hieronymus              | 25:58.89        | 200200606 | 1:11:54.41      |         |                   |         |
|      | 100m: 1:17.41   | 1:17.41                 | 1400m: 19:02.78 | 1:23.34   | 2700m: 37:33.23 | 1:27.42 | 4000m: 56:45.77   | 1:31.12 |
|      | 200m: 2:38.18   | 1:20.77                 | 1500m: 20:27.48 | 1:24.70   | 2800m: 39:00.27 | 1:27.04 | 4100m: 58:16.55   | 1:30.78 |
|      | 300m: 3:58.61   | 1:20.43                 | 1600m: 21:51.06 | 1:23.58   | 2900m: 40:27.08 | 1:26.81 | 4200m: 59:47.94   | 1:31.39 |
|      | 400m: 5:18.98   | 1:20.37                 | 1700m: 23:15.88 | 1:24.82   | 3000m: 41:54.21 | 1:27.13 | 4300m: 1:01:19.76 | 1:31.82 |
|      | 500m: 6:38.10   | 1:19.12                 | 1800m: 24:40.49 | 1:24.61   | 3100m: 43:22.27 | 1:28.06 | 4400m: 1:02:51.15 | 1:31.99 |
|      | 600m: 7:59.65   | 1:21.55                 | 1900m: 26:05.15 | 1:24.66   | 3200m: 44:50.16 | 1:27.89 | 4500m: 1:04:23.13 | 1:31.98 |
|      | 700m: 9:21.70   | 1:22.05                 | 2000m: 27:29.45 | 1:24.30   | 3300m: 46:18.52 | 1:28.36 | 4600m: 1:05:55.05 | 1:31.92 |
|      | 800m: 10:44.32  | 1:22.62                 | 2100m: 28:55.31 | 1:25.86   | 3400m: 47:47.30 | 1:28.78 | 4700m: 1:07:27.65 | 1:32.60 |
|      | 900m: 12:06.60  | 1:22.28                 | 2200m: 30:21.13 | 1:25.82   | 3500m: 49:15.70 | 1:28.40 | 4800m: 1:08:59.00 | 1:31.35 |
|      | 1000m: 13:29.11 | 1:22.51                 | 2300m: 31:45.96 | 1:24.83   | 3600m: 50:44.14 | 1:28.44 | 4900m: 1:10:28.53 | 1:29.53 |
|      | 1100m: 14:52.16 | 1:23.05                 | 2400m: 33:11.80 | 1:25.84   | 3700m: 52:13.54 | 1:29.40 | 5000m: 1:11:54.41 | 1:25.88 |
|      | 1200m: 16:15.40 | 1:23.24                 | 2500m: 34:38.73 | 1:26.93   | 3800m: 53:44.13 | 1:30.59 |                   |         |
|      | 1300m: 17:39.44 | 1:24.04                 | 2600m: 36:05.81 | 1:27.08   | 3900m: 55:14.65 | 1:30.52 |                   |         |



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

| rang  | naam             | vereniging          | intijd          | 200001358 | tijd            | RT      |                   |         |
|-------|------------------|---------------------|-----------------|-----------|-----------------|---------|-------------------|---------|
| 17.   | Kirsten Walraven | ZPC De Zeeuwse Kust | 25:45.38        | 200001358 | 1:11:55.40      |         |                   |         |
|       | 100m: 1:13.11    | 1:13.11             | 1400m: 19:02.99 | 1:23.48   | 2700m: 37:33.13 | 1:27.24 | 4000m: 56:45.83   | 1:31.12 |
|       | 200m: 2:34.18    | 1:21.07             | 1500m: 20:27.48 | 1:24.49   | 2800m: 39:00.23 | 1:27.10 | 4100m: 58:16.75   | 1:30.92 |
|       | 300m: 3:55.71    | 1:21.53             | 1600m: 21:50.93 | 1:23.45   | 2900m: 40:26.72 | 1:26.49 | 4200m: 59:48.02   | 1:31.27 |
|       | 400m: 5:17.78    | 1:22.07             | 1700m: 23:15.67 | 1:24.74   | 3000m: 41:54.49 | 1:27.77 | 4300m: 1:01:19.72 | 1:31.70 |
|       | 500m: 6:38.55    | 1:20.77             | 1800m: 24:40.52 | 1:24.85   | 3100m: 43:22.47 | 1:27.98 | 4400m: 1:02:51.12 | 1:31.40 |
|       | 600m: 7:59.78    | 1:21.23             | 1900m: 26:05.66 | 1:25.14   | 3200m: 44:50.39 | 1:27.92 | 4500m: 1:04:23.18 | 1:32.06 |
|       | 700m: 9:21.96    | 1:22.18             | 2000m: 27:30.00 | 1:24.34   | 3300m: 46:18.70 | 1:28.31 | 4600m: 1:05:55.27 | 1:32.09 |
|       | 800m: 10:44.32   | 1:22.36             | 2100m: 28:55.44 | 1:25.44   | 3400m: 47:47.32 | 1:28.62 | 4700m: 1:07:27.22 | 1:31.95 |
|       | 900m: 12:06.92   | 1:22.60             | 2200m: 30:21.20 | 1:25.76   | 3500m: 49:16.11 | 1:28.79 | 4800m: 1:08:58.07 | 1:30.85 |
|       | 1000m: 13:28.95  | 1:22.03             | 2300m: 31:46.25 | 1:25.05   | 3600m: 50:44.38 | 1:28.27 | 4900m: 1:10:28.53 | 1:30.46 |
|       | 1100m: 14:52.11  | 1:23.16             | 2400m: 33:11.93 | 1:25.68   | 3700m: 52:13.55 | 1:29.17 | 5000m: 1:11:55.40 | 1:26.87 |
|       | 1200m: 16:15.54  | 1:23.43             | 2500m: 34:38.85 | 1:26.92   | 3800m: 53:44.25 | 1:30.70 |                   |         |
|       | 1300m: 17:39.51  | 1:23.97             | 2600m: 36:05.89 | 1:27.04   | 3900m: 55:14.71 | 1:30.46 |                   |         |
| 18.   | Naomi Polinder   | ZV 44               | 26:31.93        | 200300020 | 1:12:10.38      |         |                   |         |
|       | 100m: 1:16.42    | 1:16.42             | 1400m: 19:19.09 | 1:23.41   | 2700m: 38:07.92 | 1:28.60 | 4000m: 57:32.63   | 1:27.41 |
|       | 200m: 2:36.98    | 1:20.56             | 1500m: 20:43.66 | 1:24.57   | 2800m: 39:37.16 | 1:29.24 | 4100m: 59:00.11   | 1:27.48 |
|       | 300m: 3:58.55    | 1:21.57             | 1600m: 22:07.33 | 1:23.67   | 2900m: 41:07.52 | 1:30.36 | 4200m: 1:00:28.15 | 1:28.04 |
|       | 400m: 5:22.17    | 1:23.62             | 1700m: 23:33.24 | 1:25.91   | 3000m: 42:37.15 | 1:29.63 | 4300m: 1:01:57.49 | 1:29.34 |
|       | 500m: 6:45.34    | 1:23.17             | 1800m: 24:59.11 | 1:25.87   | 3100m: 44:05.36 | 1:28.21 | 4400m: 1:03:28.46 | 1:30.97 |
|       | 600m: 8:08.85    | 1:23.51             | 1900m: 26:25.34 | 1:26.23   | 3200m: 45:35.13 | 1:29.77 | 4500m: 1:04:56.52 | 1:28.06 |
|       | 700m: 9:32.61    | 1:23.76             | 2000m: 27:52.96 | 1:27.62   | 3300m: 47:02.76 | 1:27.63 | 4600m: 1:06:26.32 | 1:29.80 |
|       | 800m: 10:56.93   | 1:24.32             | 2100m: 29:19.70 | 1:26.74   | 3400m: 48:33.86 | 1:31.10 | 4700m: 1:07:56.31 | 1:29.99 |
|       | 900m: 12:20.29   | 1:23.36             | 2200m: 30:46.66 | 1:26.96   | 3500m: 50:05.29 | 1:31.43 | 4800m: 1:09:23.26 | 1:26.95 |
|       | 1000m: 13:43.93  | 1:23.64             | 2300m: 32:14.35 | 1:27.69   | 3600m: 51:37.07 | 1:31.78 | 4900m: 1:10:49.82 | 1:26.56 |
|       | 1100m: 15:07.28  | 1:23.35             | 2400m: 33:43.40 | 1:29.05   | 3700m: 53:07.06 | 1:29.99 | 5000m: 1:12:10.38 | 1:20.56 |
|       | 1200m: 16:31.57  | 1:24.29             | 2500m: 35:11.38 | 1:27.98   | 3800m: 54:35.98 | 1:28.92 |                   |         |
|       | 1300m: 17:55.68  | 1:24.11             | 2600m: 36:39.32 | 1:27.94   | 3900m: 56:05.22 | 1:29.24 |                   |         |
| 19.   | Tara van Leeuwen | KZC                 | 26:12.77        | 200201112 | 1:12:43.26      |         |                   |         |
|       | 100m: 1:22.01    | 1:22.01             | 1400m: 19:50.99 | 1:26.85   | 2700m: 38:51.78 | 1:27.73 | 4000m: 58:00.65   | 1:28.03 |
|       | 200m: 2:46.11    | 1:24.10             | 1500m: 21:18.02 | 1:27.03   | 2800m: 40:20.64 | 1:28.86 | 4100m: 59:28.42   | 1:27.77 |
|       | 300m: 4:10.56    | 1:24.45             | 1600m: 22:44.33 | 1:26.31   | 2900m: 41:49.93 | 1:29.29 | 4200m: 1:00:57.36 | 1:28.94 |
|       | 400m: 5:35.93    | 1:25.37             | 1700m: 24:11.63 | 1:27.30   | 3000m: 43:18.92 | 1:28.99 | 4300m: 1:02:26.74 | 1:29.38 |
|       | 500m: 7:00.15    | 1:24.22             | 1800m: 25:38.41 | 1:26.78   | 3100m: 44:46.89 | 1:27.97 | 4400m: 1:03:56.57 | 1:29.83 |
|       | 600m: 8:25.85    | 1:25.70             | 1900m: 27:05.74 | 1:27.33   | 3200m: 46:16.79 | 1:29.90 | 4500m: 1:05:25.97 | 1:29.40 |
|       | 700m: 9:50.84    | 1:24.99             | 2000m: 28:34.39 | 1:28.65   | 3300m: 47:44.11 | 1:27.32 | 4600m: 1:06:53.95 | 1:27.98 |
|       | 800m: 11:16.00   | 1:25.16             | 2100m: 30:02.65 | 1:28.26   | 3400m: 49:12.22 | 1:28.11 | 4700m: 1:08:21.81 | 1:27.86 |
|       | 900m: 12:41.87   | 1:25.87             | 2200m: 31:30.17 | 1:27.52   | 3500m: 50:41.11 | 1:28.89 | 4800m: 1:09:50.61 | 1:28.80 |
|       | 1000m: 14:07.10  | 1:25.23             | 2300m: 32:58.48 | 1:28.31   | 3600m: 52:09.62 | 1:28.51 | 4900m: 1:11:17.97 | 1:27.36 |
|       | 1100m: 15:31.24  | 1:24.14             | 2400m: 34:26.86 | 1:28.38   | 3700m: 53:37.33 | 1:27.71 | 5000m: 1:12:43.26 | 1:25.29 |
|       | 1200m: 16:57.21  | 1:25.97             | 2500m: 35:55.31 | 1:28.45   | 3800m: 55:04.96 | 1:27.63 |                   |         |
|       | 1300m: 18:24.14  | 1:26.93             | 2600m: 37:24.05 | 1:28.74   | 3900m: 56:32.62 | 1:27.66 |                   |         |
| AFGEM | Jolien Wind      | Nova                | 25:49.43        | 200100510 |                 |         |                   |         |
| AFGEM | Lindsey Berghuis | ZV 44               | 24:23.39        | 200300104 |                 |         |                   |         |
| AFGEM | Kaylee de Jong   | RTC - ZPCH          | 24:15.11        | 200001234 |                 |         |                   |         |