

Programmanr. 2
13-4-2018 - 14:15

Heren, 5000m vrije slag

Junioren 3 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Jeugd 2 en later								
1.	David Kuipers	Orca	21:46.41	200003633	57:44.45			
	100m: 1:07.37	1:07.37	1400m: 16:02.19	1:07.94	2700m: 31:05.84	1:09.99	4000m: 46:18.59	1:11.06
	200m: 2:16.20	1:08.83	1500m: 17:11.07	1:08.88	2800m: 32:16.45	1:10.61	4100m: 47:29.15	1:10.56
	300m: 3:25.81	1:09.61	1600m: 18:20.69	1:09.62	2900m: 33:25.68	1:09.23	4200m: 48:39.36	1:10.21
	400m: 4:35.40	1:09.59	1700m: 19:30.11	1:09.42	3000m: 34:35.03	1:09.35	4300m: 49:48.96	1:09.60
	500m: 5:44.45	1:09.05	1800m: 20:40.33	1:10.22	3100m: 35:44.51	1:09.48	4400m: 50:58.18	1:09.22
	600m: 6:52.62	1:08.17	1900m: 21:50.26	1:09.93	3200m: 36:54.78	1:10.27	4500m: 52:07.28	1:09.10
	700m: 8:01.77	1:09.15	2000m: 23:00.24	1:09.98	3300m: 38:04.83	1:10.05	4600m: 53:16.30	1:09.02
	800m: 9:11.14	1:09.37	2100m: 24:08.09	1:07.85	3400m: 39:14.93	1:10.10	4700m: 54:25.14	1:08.84
	900m: 10:20.84	1:09.70	2200m: 25:16.28	1:08.19	3500m: 40:25.08	1:10.15	4800m: 55:33.93	1:08.79
	1000m: 11:30.02	1:09.18	2300m: 26:24.91	1:08.63	3600m: 41:35.35	1:10.27	4900m: 56:39.45	1:05.52
	1100m: 12:39.35	1:09.33	2400m: 27:35.88	1:10.97	3700m: 42:46.39	1:11.04	5000m: 57:44.45	1:05.00
	1200m: 13:46.66	1:07.31	2500m: 28:45.71	1:09.83	3800m: 43:56.78	1:10.39		
	1300m: 14:54.25	1:07.59	2600m: 29:55.85	1:10.14	3900m: 45:07.53	1:10.75		
2.	Sander Crooijmans	RTC - VZC	21:35.59	200100383	57:52.12			
	100m: 1:07.24	1:07.24	1400m: 16:07.14	1:09.02	2700m: 31:07.53	1:09.28	4000m: 46:18.76	1:11.06
	200m: 2:16.02	1:08.78	1500m: 17:16.66	1:09.52	2800m: 32:15.99	1:08.46	4100m: 47:29.36	1:10.60
	300m: 3:25.41	1:09.39	1600m: 18:26.06	1:09.40	2900m: 33:25.27	1:09.28	4200m: 48:39.25	1:09.89
	400m: 4:33.99	1:08.58	1700m: 19:35.91	1:09.85	3000m: 34:34.49	1:09.22	4300m: 49:49.01	1:09.76
	500m: 5:43.42	1:09.43	1800m: 20:45.37	1:09.46	3100m: 35:44.37	1:09.88	4400m: 50:58.19	1:09.18
	600m: 6:52.59	1:09.17	1900m: 21:55.01	1:09.64	3200m: 36:54.68	1:10.31	4500m: 52:07.33	1:09.14
	700m: 8:02.04	1:09.45	2000m: 23:04.88	1:09.87	3300m: 38:04.78	1:10.10	4600m: 53:16.12	1:08.79
	800m: 9:11.14	1:09.10	2100m: 24:14.15	1:09.27	3400m: 39:14.68	1:09.90	4700m: 54:25.13	1:09.01
	900m: 10:20.51	1:09.37	2200m: 25:23.15	1:09.00	3500m: 40:24.97	1:10.29	4800m: 55:34.12	1:08.99
	1000m: 11:29.71	1:09.20	2300m: 26:31.98	1:08.83	3600m: 41:35.35	1:10.38	4900m: 56:43.53	1:09.41
	1100m: 12:39.39	1:09.68	2400m: 27:40.58	1:08.60	3700m: 42:46.16	1:10.81	5000m: 57:52.12	1:08.59
	1200m: 13:48.83	1:09.44	2500m: 28:49.45	1:08.87	3800m: 43:56.81	1:10.65		
	1300m: 14:58.12	1:09.29	2600m: 29:58.25	1:08.80	3900m: 45:07.70	1:10.89		
3.	Vincent Crooijmans	RTC - VZC	21:44.72	200100381	58:03.46			
	100m: 1:07.48	1:07.48	1400m: 16:07.33	1:09.05	2700m: 31:07.74	1:09.10	4000m: 46:19.00	1:11.10
	200m: 2:16.23	1:08.75	1500m: 17:16.99	1:09.66	2800m: 32:16.26	1:08.52	4100m: 47:29.98	1:10.98
	300m: 3:25.55	1:09.32	1600m: 18:26.58	1:09.59	2900m: 33:25.40	1:09.14	4200m: 48:40.23	1:10.25
	400m: 4:34.25	1:08.70	1700m: 19:36.44	1:09.86	3000m: 34:34.81	1:09.41	4300m: 49:51.14	1:10.91
	500m: 5:43.50	1:09.25	1800m: 20:45.71	1:09.27	3100m: 35:44.66	1:09.85	4400m: 51:02.76	1:11.62
	600m: 6:52.65	1:09.15	1900m: 21:55.56	1:09.85	3200m: 36:54.91	1:10.25	4500m: 52:14.98	1:12.22
	700m: 8:02.24	1:09.59	2000m: 23:05.20	1:09.64	3300m: 38:04.92	1:10.01	4600m: 53:26.01	1:11.03
	800m: 9:11.50	1:09.26	2100m: 24:14.72	1:09.52	3400m: 39:14.71	1:09.79	4700m: 54:36.04	1:10.03
	900m: 10:20.73	1:09.23	2200m: 25:23.69	1:08.97	3500m: 40:25.14	1:10.43	4800m: 55:45.88	1:08.84
	1000m: 11:30.01	1:09.28	2300m: 26:32.43	1:08.74	3600m: 41:35.65	1:10.51	4900m: 56:54.87	1:08.99
	1100m: 12:39.66	1:09.65	2400m: 27:41.23	1:08.80	3700m: 42:46.47	1:10.82	5000m: 58:03.46	1:08.59
	1200m: 13:49.10	1:09.44	2500m: 28:49.89	1:08.66	3800m: 43:57.02	1:10.55		
	1300m: 14:58.28	1:09.18	2600m: 29:58.64	1:08.75	3900m: 45:07.90	1:10.88		
4.	Thomas Jansen	RTC - WVZ	21:33.33	200100143	58:15.39			
	100m: 1:07.10	1:07.10	1400m: 16:07.18	1:08.97	2700m: 31:07.88	1:09.18	4000m: 46:18.99	1:10.95
	200m: 2:15.91	1:08.81	1500m: 17:16.99	1:09.81	2800m: 32:16.52	1:08.64	4100m: 47:30.07	1:11.08
	300m: 3:25.44	1:09.53	1600m: 18:26.41	1:09.42	2900m: 33:25.73	1:09.21	4200m: 48:40.29	1:10.22
	400m: 4:34.08	1:08.64	1700m: 19:36.35	1:09.94	3000m: 34:34.89	1:09.16	4300m: 49:50.74	1:10.45
	500m: 5:43.37	1:09.29	1800m: 20:45.65	1:09.30	3100m: 35:44.80	1:09.91	4400m: 51:02.86	1:12.12
	600m: 6:52.69	1:09.32	1900m: 21:55.29	1:09.64	3200m: 36:55.04	1:10.24	4500m: 52:15.09	1:12.23
	700m: 8:02.04	1:09.35	2000m: 23:05.14	1:09.85	3300m: 38:05.09	1:10.05	4600m: 53:26.60	1:11.51
	800m: 9:11.29	1:09.25	2100m: 24:14.38	1:09.24	3400m: 39:14.84	1:09.75	4700m: 54:37.73	1:11.13
	900m: 10:20.53	1:09.24	2200m: 25:23.37	1:08.99	3500m: 40:25.29	1:10.45	4800m: 55:50.85	1:12.92
	1000m: 11:29.76	1:09.23	2300m: 26:32.71	1:09.34	3600m: 41:35.74	1:10.45	4900m: 57:03.71	1:13.06
	1100m: 12:39.61	1:09.85	2400m: 27:41.21	1:08.50	3700m: 42:46.45	1:10.71	5000m: 58:15.39	1:11.68
	1200m: 13:48.89	1:09.28	2500m: 28:49.94	1:08.73	3800m: 43:57.19	1:10.74		
	1300m: 14:58.21	1:09.32	2600m: 29:58.70	1:08.76	3900m: 45:08.04	1:10.85		
5.	Olivier Jans	The Hague Swimming (SG)	22:33.22	200001815	58:29.03			
	100m: 1:07.42	1:07.42	1400m: 16:08.24	1:09.51	2700m: 31:15.54	1:10.68	4000m: 46:34.47	1:11.17
	200m: 2:16.39	1:08.97	1500m: 17:17.53	1:09.29	2800m: 32:26.34	1:10.80	4100m: 47:45.40	1:10.93
	300m: 3:25.60	1:09.21	1600m: 18:26.77	1:09.24	2900m: 33:37.10	1:10.76	4200m: 48:56.45	1:11.05
	400m: 4:34.57	1:08.97	1700m: 19:36.65	1:09.88	3000m: 34:47.77	1:10.67	4300m: 50:07.77	1:11.32
	500m: 5:43.88	1:09.31	1800m: 20:46.36	1:09.71	3100m: 35:58.96	1:11.19	4400m: 51:19.45	1:11.68
	600m: 6:52.98	1:09.10	1900m: 21:56.14	1:09.78	3200m: 37:10.49	1:11.53	4500m: 52:31.43	1:11.98
	700m: 8:02.70	1:09.72	2000m: 23:05.56	1:09.42	3300m: 38:21.13	1:10.64	4600m: 53:43.37	1:11.94
	800m: 9:11.77	1:09.07	2100m: 24:15.68	1:10.12	3400m: 39:31.72	1:10.59	4700m: 54:55.00	1:11.63
	900m: 10:21.12	1:09.35	2200m: 25:24.49	1:08.81	3500m: 40:42.47	1:10.75	4800m: 56:06.89	1:11.89
	1000m: 11:30.24	1:09.12	2300m: 26:34.32	1:09.83	3600m: 41:52.74	1:10.27	4900m: 57:18.90	1:12.01
	1100m: 12:39.94	1:09.70	2400m: 27:44.45	1:10.13	3700m: 43:02.85	1:10.11	5000m: 58:29.03	1:10.13
	1200m: 13:49.44	1:09.50	2500m: 28:54.29	1:09.84	3800m: 44:13.24	1:10.39		
	1300m: 14:58.73	1:09.29	2600m: 30:04.86	1:10.57	3900m: 45:23.30	1:10.06		

Onjuistheden? mail naar nknschrijvingen@knzb.nl

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

rang	naam	vereniging	intijd	tijd	RT			
6.	Floris de Leeuw	The Hague Swimming (SG)	22:50.17	200105317	59:28.78			
	100m: 1:07.99	1:07.99	1400m: 16:20.44	1:10.75	2700m: 31:47.47	1:11.92	4000m: 47:19.00	1:11.95
	200m: 2:17.32	1:09.33	1500m: 17:31.25	1:10.81	2800m: 32:59.12	1:11.65	4100m: 48:30.45	1:11.45
	300m: 3:26.94	1:09.62	1600m: 18:42.40	1:11.15	2900m: 34:10.33	1:11.21	4200m: 49:43.39	1:12.94
	400m: 4:37.00	1:10.06	1700m: 19:53.40	1:11.00	3000m: 35:22.25	1:11.92	4300m: 50:55.47	1:12.08
	500m: 5:46.97	1:09.97	1800m: 21:04.12	1:10.72	3100m: 36:34.40	1:12.15	4400m: 52:07.83	1:12.36
	600m: 6:57.56	1:10.59	1900m: 22:15.12	1:11.00	3200m: 37:45.69	1:11.29	4500m: 53:20.58	1:12.75
	700m: 8:08.72	1:11.16	2000m: 23:26.44	1:11.32	3300m: 38:57.08	1:11.39	4600m: 54:33.30	1:12.72
	800m: 9:18.67	1:09.95	2100m: 24:37.30	1:10.86	3400m: 40:08.72	1:11.64	4700m: 55:46.19	1:12.89
	900m: 10:28.62	1:09.95	2200m: 25:48.97	1:11.67	3500m: 41:20.12	1:11.40	4800m: 56:58.50	1:12.31
	1000m: 11:38.65	1:10.03	2300m: 27:00.22	1:11.25	3600m: 42:31.72	1:11.60	4900m: 58:17.40	1:18.90
	1100m: 12:48.69	1:10.04	2400m: 28:11.97	1:11.75	3700m: 43:43.33	1:11.61	5000m: 59:28.78	1:11.38
	1200m: 13:58.83	1:10.14	2500m: 29:23.72	1:11.75	3800m: 44:55.22	1:11.89		
	1300m: 15:09.69	1:10.86	2600m: 30:35.55	1:11.83	3900m: 46:07.05	1:11.83		
7.	Christiaan Smit	The Hague Swimming (SG)	22:38.57	200102463	59:51.47			
	100m: 1:08.14	1:08.14	1400m: 16:40.65	1:11.98	2700m: 32:14.45	1:10.56	4000m: 47:48.76	1:12.65
	200m: 2:18.79	1:10.65	1500m: 17:52.67	1:12.02	2800m: 33:24.88	1:10.43	4100m: 49:01.21	1:12.45
	300m: 3:30.58	1:11.79	1600m: 19:04.66	1:11.99	2900m: 34:35.77	1:10.89	4200m: 50:13.86	1:12.65
	400m: 4:42.69	1:12.11	1700m: 20:17.15	1:12.49	3000m: 35:47.10	1:11.33	4300m: 51:25.68	1:11.82
	500m: 5:54.57	1:11.88	1800m: 21:30.43	1:13.28	3100m: 36:59.50	1:12.40	4400m: 52:38.42	1:12.74
	600m: 7:05.63	1:11.06	1900m: 22:42.58	1:12.15	3200m: 38:11.14	1:11.64	4500m: 53:50.20	1:11.78
	700m: 8:16.91	1:11.28	2000m: 23:54.26	1:11.68	3300m: 39:23.35	1:12.21	4600m: 55:03.01	1:12.81
	800m: 9:28.55	1:11.64	2100m: 25:06.48	1:12.22	3400m: 40:35.88	1:12.53	4700m: 56:15.87	1:12.86
	900m: 10:41.00	1:12.45	2200m: 26:18.64	1:12.16	3500m: 41:47.89	1:12.01	4800m: 57:28.89	1:13.02
	1000m: 11:53.26	1:12.26	2300m: 27:30.58	1:11.94	3600m: 42:59.94	1:12.05	4900m: 58:41.01	1:12.12
	1100m: 13:05.00	1:11.74	2400m: 28:42.42	1:11.84	3700m: 44:12.66	1:12.72	5000m: 59:51.47	1:10.46
	1200m: 14:17.09	1:12.09	2500m: 29:53.51	1:11.09	3800m: 45:23.98	1:11.32		
	1300m: 15:28.67	1:11.58	2600m: 31:03.89	1:10.38	3900m: 46:36.11	1:12.13		
8.	Tom Balsen Versteeg	De Warande	23:16.19	200005673	1:02:28.29			
	100m: 1:09.51	1:09.51	1400m: 16:51.05	1:13.11	2700m: 32:40.59	1:13.10	4000m: 48:43.02	1:17.43
	200m: 2:20.58	1:11.07	1500m: 18:02.41	1:11.36	2800m: 33:52.37	1:11.78	4100m: 50:01.97	1:18.95
	300m: 3:31.26	1:10.68	1600m: 19:15.47	1:13.06	2900m: 35:05.55	1:13.18	4200m: 51:21.41	1:19.44
	400m: 4:44.06	1:12.80	1700m: 20:29.16	1:13.69	3000m: 36:17.91	1:12.36	4300m: 52:42.84	1:21.43
	500m: 5:56.09	1:12.03	1800m: 21:42.05	1:12.89	3100m: 37:30.69	1:12.78	4400m: 54:05.64	1:22.80
	600m: 7:08.05	1:11.96	1900m: 22:54.66	1:12.61	3200m: 38:43.76	1:13.07	4500m: 55:28.84	1:23.20
	700m: 8:20.44	1:12.39	2000m: 24:07.76	1:13.10	3300m: 39:56.19	1:12.43	4600m: 56:53.55	1:24.71
	800m: 9:33.17	1:12.73	2100m: 25:20.44	1:12.68	3400m: 41:09.14	1:12.95	4700m: 58:17.51	1:23.96
	900m: 10:46.12	1:12.95	2200m: 26:32.82	1:12.38	3500m: 42:22.91	1:13.77	4800m: 59:42.79	1:25.28
	1000m: 11:59.09	1:12.97	2300m: 27:45.62	1:12.80	3600m: 43:36.94	1:14.03	4900m: 1:01:07.58	1:24.79
	1100m: 13:11.02	1:11.93	2400m: 28:58.69	1:13.07	3700m: 44:52.09	1:15.15	5000m: 1:02:28.29	1:20.71
	1200m: 14:24.19	1:13.17	2500m: 30:13.02	1:14.33	3800m: 46:09.64	1:17.55		
	1300m: 15:37.94	1:13.75	2600m: 31:27.49	1:14.47	3900m: 47:25.59	1:15.95		
9.	Maikel van der Linden	Kimbria	23:40.16	200003797	1:02:47.57			
	100m: 1:11.39	1:11.39	1400m: 17:17.61	1:14.93	2700m: 33:36.52	1:15.63	4000m: 50:08.44	1:16.36
	200m: 2:26.28	1:14.89	1500m: 18:31.71	1:14.10	2800m: 34:52.77	1:16.25	4100m: 51:25.71	1:17.27
	300m: 3:40.73	1:14.45	1600m: 19:46.67	1:14.96	2900m: 36:09.33	1:16.56	4200m: 52:40.88	1:15.17
	400m: 4:55.37	1:14.64	1700m: 21:01.80	1:15.13	3000m: 37:26.36	1:17.03	4300m: 53:56.23	1:15.35
	500m: 6:09.96	1:14.59	1800m: 22:16.59	1:14.79	3100m: 38:42.62	1:16.26	4400m: 55:12.29	1:16.06
	600m: 7:23.34	1:13.38	1900m: 23:31.40	1:14.81	3200m: 39:58.50	1:15.88	4500m: 56:29.25	1:16.96
	700m: 8:38.00	1:14.66	2000m: 24:46.84	1:15.44	3300m: 41:14.58	1:16.08	4600m: 57:46.15	1:16.90
	800m: 9:52.12	1:14.12	2100m: 26:02.79	1:15.95	3400m: 42:31.67	1:17.09	4700m: 59:03.57	1:17.42
	900m: 11:06.08	1:13.96	2200m: 27:18.59	1:15.80	3500m: 43:49.01	1:17.34	4800m: 1:00:20.74	1:17.17
	1000m: 12:20.08	1:14.00	2300m: 28:33.89	1:15.30	3600m: 45:05.06	1:16.05	4900m: 1:01:35.44	1:14.70
	1100m: 13:33.56	1:13.48	2400m: 29:49.52	1:15.63	3700m: 46:19.97	1:14.91	5000m: 1:02:47.57	1:12.13
	1200m: 14:48.00	1:14.44	2500m: 31:04.76	1:15.24	3800m: 47:36.56	1:16.59		
	1300m: 16:02.68	1:14.68	2600m: 32:20.89	1:16.13	3900m: 48:52.08	1:15.52		
10.	Janne Englebert	Hieronymus	22:53.85	200101561	1:03:11.04			
	100m: 1:08.79	1:08.79	1400m: 16:52.95	1:13.84	2700m: 33:16.33	1:16.06	4000m: 50:03.58	1:17.42
	200m: 2:19.67	1:10.88	1500m: 18:07.99	1:15.04	2800m: 34:33.24	1:16.91	4100m: 51:20.16	1:16.58
	300m: 3:30.68	1:11.01	1600m: 19:22.50	1:14.51	2900m: 35:51.34	1:18.10	4200m: 52:37.91	1:17.75
	400m: 4:43.24	1:12.56	1700m: 20:37.81	1:15.31	3000m: 37:08.50	1:17.16	4300m: 53:56.66	1:18.75
	500m: 5:55.43	1:12.19	1800m: 21:53.83	1:16.02	3100m: 38:25.74	1:17.24	4400m: 55:16.43	1:19.77
	600m: 7:07.50	1:12.07	1900m: 23:09.29	1:15.46	3200m: 39:42.73	1:16.99	4500m: 56:36.31	1:19.88
	700m: 8:20.03	1:12.53	2000m: 24:25.00	1:15.71	3300m: 41:00.70	1:17.97	4600m: 57:55.25	1:18.94
	800m: 9:32.90	1:12.87	2100m: 25:40.75	1:15.75	3400m: 42:18.78	1:18.08	4700m: 59:14.42	1:19.17
	900m: 10:46.05	1:13.15	2200m: 26:56.30	1:15.55	3500m: 43:35.41	1:16.63	4800m: 1:00:33.57	1:19.15
	1000m: 11:59.28	1:13.23	2300m: 28:12.06	1:15.76	3600m: 44:52.33	1:16.92	4900m: 1:01:52.70	1:19.13
	1100m: 13:11.90	1:12.62	2400m: 29:28.17	1:16.11	3700m: 46:10.22	1:17.89	5000m: 1:03:11.04	1:18.34
	1200m: 14:25.35	1:13.45	2500m: 30:44.29	1:16.12	3800m: 47:28.16	1:17.94		
	1300m: 15:39.11	1:13.76	2600m: 32:00.27	1:15.98	3900m: 48:46.16	1:18.00		

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

rang	naam	vereniging	intijd	tijd	RT			
11.	Sem de Goei	WS Twente	23:57.45	200200029	1:03:24.69			
	100m: 1:11.85	1:11.85	1400m: 17:34.25	1:15.38	2700m: 33:54.20	1:15.19	4000m: 50:19.55	1:16.45
	200m: 2:26.45	1:14.60	1500m: 18:50.40	1:16.15	2800m: 35:09.28	1:15.08	4100m: 51:36.51	1:16.86
	300m: 3:41.53	1:15.08	1600m: 20:05.14	1:14.74	2900m: 36:24.91	1:15.63	4200m: 52:53.87	1:17.36
	400m: 4:57.96	1:16.43	1700m: 21:19.79	1:14.65	3000m: 37:40.13	1:15.22	4300m: 54:11.67	1:17.80
	500m: 6:14.41	1:16.45	1800m: 22:34.63	1:14.84	3100m: 38:55.57	1:15.44	4400m: 55:29.79	1:18.12
	600m: 7:30.11	1:15.70	1900m: 23:49.73	1:15.10	3200m: 40:11.86	1:16.29	4500m: 56:48.39	1:18.60
	700m: 8:45.23	1:15.12	2000m: 25:05.32	1:15.59	3300m: 41:28.20	1:16.34	4600m: 58:07.87	1:19.48
	800m: 10:01.35	1:16.12	2100m: 26:21.01	1:15.69	3400m: 42:43.09	1:14.89	4700m: 59:27.20	1:19.33
	900m: 11:17.10	1:15.75	2200m: 27:36.74	1:15.73	3500m: 43:58.38	1:15.29	4800m: 1:00:47.06	1:19.86
	1000m: 12:32.35	1:15.25	2300m: 28:52.71	1:15.97	3600m: 45:14.96	1:16.58	4900m: 1:02:07.51	1:20.45
	1100m: 13:47.85	1:15.50	2400m: 30:08.03	1:15.32	3700m: 46:30.82	1:15.86	5000m: 1:03:24.69	1:17.18
	1200m: 15:04.09	1:16.24	2500m: 31:23.15	1:15.12	3800m: 47:47.01	1:16.19		
	1300m: 16:18.87	1:14.78	2600m: 32:39.01	1:15.86	3900m: 49:03.10	1:16.09		
12.	Tjeerd van Stein	Link	23:26.56	200101439	1:03:25.12			
	100m: 1:11.88	1:11.88	1400m: 17:18.06	1:15.02	2700m: 33:47.41	1:15.81	4000m: 50:40.40	1:18.22
	200m: 2:26.26	1:14.38	1500m: 18:33.86	1:15.80	2800m: 35:04.04	1:16.63	4100m: 51:59.43	1:19.03
	300m: 3:40.94	1:14.68	1600m: 19:49.12	1:15.26	2900m: 36:21.76	1:17.72	4200m: 53:18.29	1:18.86
	400m: 4:55.72	1:14.78	1700m: 21:04.77	1:15.65	3000m: 37:39.79	1:18.03	4300m: 54:37.13	1:18.84
	500m: 6:09.87	1:14.15	1800m: 22:20.56	1:15.79	3100m: 38:57.27	1:17.48	4400m: 55:53.10	1:15.97
	600m: 7:23.71	1:13.84	1900m: 23:36.21	1:15.65	3200m: 40:15.37	1:18.10	4500m: 57:09.16	1:16.06
	700m: 8:37.94	1:14.23	2000m: 24:52.44	1:16.23	3300m: 41:33.60	1:18.23	4600m: 58:24.72	1:15.56
	800m: 9:52.55	1:14.61	2100m: 26:08.69	1:16.25	3400m: 42:51.49	1:17.89	4700m: 59:41.16	1:16.44
	900m: 11:06.38	1:13.83	2200m: 27:25.51	1:16.82	3500m: 44:09.71	1:18.22	4800m: 1:00:56.63	1:15.47
	1000m: 12:20.37	1:13.99	2300m: 28:42.88	1:17.37	3600m: 45:27.09	1:17.38	4900m: 1:02:11.85	1:15.22
	1100m: 13:33.78	1:13.41	2400m: 29:59.37	1:16.49	3700m: 46:45.05	1:17.96	5000m: 1:03:25.12	1:13.27
	1200m: 14:48.31	1:14.53	2500m: 31:15.37	1:16.00	3800m: 48:03.41	1:18.36		
	1300m: 16:03.04	1:14.73	2600m: 32:31.60	1:16.23	3900m: 49:22.18	1:18.77		
13.	Luc van Eijndhoven	De Warande	23:07.48	200200139	1:04:01.29			
	100m: 1:12.26	1:12.26	1400m: 17:18.10	1:15.66	2700m: 33:48.32	1:16.15	4000m: 50:40.91	1:19.18
	200m: 2:26.20	1:13.94	1500m: 18:33.55	1:15.45	2800m: 35:04.84	1:16.52	4100m: 51:59.44	1:18.53
	300m: 3:40.59	1:14.39	1600m: 19:48.70	1:15.15	2900m: 36:21.80	1:16.96	4200m: 53:18.52	1:19.08
	400m: 4:55.51	1:14.92	1700m: 21:04.43	1:15.73	3000m: 37:39.07	1:17.27	4300m: 54:37.82	1:19.30
	500m: 6:09.24	1:13.73	1800m: 22:20.35	1:15.92	3100m: 38:57.09	1:18.02	4400m: 55:57.58	1:19.76
	600m: 7:23.07	1:13.83	1900m: 23:36.19	1:15.84	3200m: 40:15.04	1:17.95	4500m: 57:17.62	1:20.04
	700m: 8:37.46	1:14.39	2000m: 24:52.36	1:16.17	3300m: 41:33.38	1:18.34	4600m: 58:38.15	1:20.53
	800m: 9:51.57	1:14.11	2100m: 26:08.87	1:16.51	3400m: 42:51.17	1:17.79	4700m: 59:58.56	1:20.41
	900m: 11:05.39	1:13.82	2200m: 27:25.43	1:16.56	3500m: 44:09.16	1:17.99	4800m: 1:01:19.97	1:21.41
	1000m: 12:19.22	1:13.83	2300m: 28:42.58	1:17.15	3600m: 45:26.92	1:17.76	4900m: 1:02:40.83	1:20.86
	1100m: 13:33.18	1:13.96	2400m: 29:59.72	1:17.14	3700m: 46:44.72	1:17.80	5000m: 1:04:01.29	1:20.46
	1200m: 14:47.54	1:14.36	2500m: 31:15.61	1:15.89	3800m: 48:03.39	1:18.67		
	1300m: 16:02.44	1:14.90	2600m: 32:32.17	1:16.56	3900m: 49:21.73	1:18.34		
14.	Rens van Beek	Aqua-Novio'94	23:53.07	200300537	1:04:34.21			
	100m: 1:10.01	1:10.01	1400m: 17:15.30	1:15.62	2700m: 33:47.91	1:17.83	4000m: 51:05.99	1:21.06
	200m: 2:22.49	1:12.48	1500m: 18:31.20	1:15.90	2800m: 35:05.80	1:17.89	4100m: 52:26.09	1:20.10
	300m: 3:35.76	1:13.27	1600m: 19:46.58	1:15.38	2900m: 36:23.73	1:17.93	4200m: 53:48.63	1:22.54
	400m: 4:49.43	1:13.67	1700m: 21:01.82	1:15.24	3000m: 37:42.82	1:19.09	4300m: 55:09.61	1:20.98
	500m: 6:02.90	1:13.47	1800m: 22:17.28	1:15.46	3100m: 39:02.22	1:19.40	4400m: 56:30.52	1:20.91
	600m: 7:16.87	1:13.97	1900m: 23:32.63	1:15.35	3200m: 40:21.90	1:19.68	4500m: 57:51.71	1:21.19
	700m: 8:30.83	1:13.96	2000m: 24:49.29	1:16.66	3300m: 41:41.34	1:19.44	4600m: 59:12.52	1:20.81
	800m: 9:45.35	1:14.52	2100m: 26:06.71	1:17.42	3400m: 43:01.31	1:19.97	4700m: 1:00:33.83	1:21.31
	900m: 10:59.44	1:14.09	2200m: 27:22.79	1:16.08	3500m: 44:21.58	1:20.27	4800m: 1:01:55.66	1:21.83
	1000m: 12:14.48	1:15.04	2300m: 28:39.28	1:16.49	3600m: 45:41.88	1:20.30	4900m: 1:03:15.46	1:19.80
	1100m: 13:29.28	1:14.80	2400m: 29:56.24	1:16.96	3700m: 47:02.99	1:21.11	5000m: 1:04:34.21	1:18.75
	1200m: 14:44.40	1:15.12	2500m: 31:13.30	1:17.06	3800m: 48:24.09	1:21.10		
	1300m: 15:59.68	1:15.28	2600m: 32:30.08	1:16.78	3900m: 49:44.93	1:20.84		
15.	Rik Stahlie	TriVia	24:09.16	200201915	1:05:27.51			
	100m: 1:12.41	1:12.41	1400m: 18:20.52	1:19.98	2700m: 35:36.46	1:20.66	4000m: 52:41.47	1:18.59
	200m: 2:28.88	1:16.47	1500m: 19:39.76	1:19.24	2800m: 36:55.59	1:19.13	4100m: 54:00.13	1:18.66
	300m: 3:47.14	1:18.26	1600m: 20:58.88	1:19.12	2900m: 38:15.10	1:19.51	4200m: 55:19.08	1:18.95
	400m: 5:06.81	1:19.67	1700m: 22:17.25	1:18.37	3000m: 39:34.88	1:19.78	4300m: 56:37.92	1:18.84
	500m: 6:26.16	1:19.35	1800m: 23:35.53	1:18.28	3100m: 40:53.18	1:18.30	4400m: 57:56.01	1:18.09
	600m: 7:45.51	1:19.35	1900m: 24:55.85	1:20.32	3200m: 42:12.77	1:19.59	4500m: 59:12.62	1:16.61
	700m: 9:04.44	1:18.93	2000m: 26:15.65	1:19.80	3300m: 43:31.53	1:18.76	4600m: 1:00:29.38	1:16.76
	800m: 10:23.53	1:19.09	2100m: 27:35.60	1:19.95	3400m: 44:49.58	1:18.05	4700m: 1:01:45.38	1:16.00
	900m: 11:42.23	1:18.70	2200m: 28:55.61	1:20.01	3500m: 46:07.51	1:17.93	4800m: 1:03:00.86	1:15.48
	1000m: 13:01.38	1:19.15	2300m: 30:15.76	1:20.15	3600m: 47:25.98	1:18.47	4900m: 1:04:16.59	1:15.73
	1100m: 14:21.09	1:19.71	2400m: 31:35.95	1:20.19	3700m: 48:45.27	1:19.29	5000m: 1:05:27.51	1:10.92
	1200m: 15:40.95	1:19.86	2500m: 32:55.99	1:20.04	3800m: 50:04.42	1:19.15		
	1300m: 17:00.54	1:19.59	2600m: 34:15.80	1:19.81	3900m: 51:22.88	1:18.46		

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

rang	naam	vereniging	intijd	tijd	RT			
16.	Joey de Groot	De Aalscholver	25:01.18	200303587	1:06:54.32			
	100m: 1:12.20	1:12.20	1400m: 18:20.66	1:20.15	2700m: 35:36.71	1:20.64	4000m: 53:07.48	1:23.13
	200m: 2:28.94	1:16.74	1500m: 19:41.19	1:20.53	2800m: 36:56.16	1:19.45	4100m: 54:29.42	1:21.94
	300m: 3:47.23	1:18.29	1600m: 20:58.70	1:17.51	2900m: 38:15.10	1:18.94	4200m: 55:53.03	1:23.61
	400m: 5:07.01	1:19.78	1700m: 22:17.27	1:18.57	3000m: 39:35.29	1:20.19	4300m: 57:16.65	1:23.62
	500m: 6:26.44	1:19.43	1800m: 23:35.89	1:18.62	3100m: 40:53.97	1:18.68	4400m: 58:39.43	1:23.78
	600m: 7:45.63	1:19.19	1900m: 24:56.18	1:20.29	3200m: 42:12.90	1:18.93	4500m: 1:00:03.04	1:23.61
	700m: 9:04.41	1:18.78	2000m: 26:15.78	1:19.60	3300m: 43:32.28	1:19.38	4600m: 1:01:27.16	1:24.12
	800m: 10:23.36	1:18.95	2100m: 27:36.01	1:20.23	3400m: 44:52.14	1:19.86	4700m: 1:02:49.76	1:22.60
	900m: 11:42.24	1:18.88	2200m: 28:55.88	1:19.87	3500m: 46:12.86	1:20.72	4800m: 1:04:12.37	1:22.61
	1000m: 13:01.59	1:19.35	2300m: 30:15.88	1:20.00	3600m: 47:34.43	1:21.57	4900m: 1:05:33.82	1:21.45
	1100m: 14:21.36	1:19.77	2400m: 31:36.07	1:20.19	3700m: 48:57.56	1:23.13	5000m: 1:06:54.32	1:20.50
	1200m: 15:41.04	1:19.68	2500m: 32:56.41	1:20.34	3800m: 50:21.60	1:24.04		
	1300m: 17:00.51	1:19.47	2600m: 34:16.07	1:19.66	3900m: 51:44.35	1:22.75		

17.	Miguel Klooster	DWT	25:17.46	200100613	1:07:43.91			
	100m: 1:14.64	1:14.64	1400m: 18:33.37	1:19.16	2700m: 36:16.86	1:20.77	4000m: 53:56.88	1:21.27
	200m: 2:32.25	1:17.61	1500m: 19:52.33	1:18.96	2800m: 37:38.22	1:21.36	4100m: 55:18.21	1:21.33
	300m: 3:51.52	1:19.27	1600m: 21:12.96	1:20.63	2900m: 38:59.98	1:21.76	4200m: 56:39.68	1:21.47
	400m: 5:11.78	1:20.26	1700m: 22:34.90	1:21.94	3000m: 40:21.29	1:21.31	4300m: 58:02.31	1:22.63
	500m: 6:31.56	1:19.78	1800m: 23:57.94	1:23.04	3100m: 41:42.95	1:21.66	4400m: 59:24.61	1:22.30
	600m: 7:51.94	1:20.38	1900m: 25:19.93	1:21.99	3200m: 43:04.77	1:21.82	4500m: 1:00:47.20	1:22.59
	700m: 9:12.04	1:20.10	2000m: 26:42.63	1:22.70	3300m: 44:25.33	1:20.56	4600m: 1:02:11.26	1:24.06
	800m: 10:32.82	1:20.78	2100m: 28:05.80	1:23.17	3400m: 45:46.51	1:21.18	4700m: 1:03:34.64	1:23.38
	900m: 11:54.12	1:21.30	2200m: 29:27.70	1:21.90	3500m: 47:07.81	1:21.30	4800m: 1:04:59.04	1:24.40
	1000m: 13:13.30	1:19.18	2300m: 30:50.34	1:22.64	3600m: 48:29.20	1:21.39	4900m: 1:06:22.84	1:23.80
	1100m: 14:33.99	1:20.69	2400m: 32:13.10	1:22.76	3700m: 49:50.83	1:21.63	5000m: 1:07:43.91	1:21.07
	1200m: 15:53.78	1:19.79	2500m: 33:33.64	1:20.54	3800m: 51:13.35	1:22.52		
	1300m: 17:14.21	1:20.43	2600m: 34:56.09	1:22.45	3900m: 52:35.61	1:22.26		

18.	Tenzin Tieman	VZV	24:40.73	200005549	1:09:22.87			
	100m: 1:14.34	1:14.34	1400m: 18:31.06	1:21.46	2700m: 36:22.52	1:23.32	4000m: 54:58.81	1:27.75
	200m: 2:32.04	1:17.70	1500m: 19:52.33	1:21.27	2800m: 37:44.52	1:22.00	4100m: 56:25.27	1:26.46
	300m: 3:49.84	1:17.80	1600m: 21:13.13	1:20.80	2900m: 39:09.60	1:25.08	4200m: 57:52.67	1:27.40
	400m: 5:08.17	1:18.33	1700m: 22:34.92	1:21.79	3000m: 40:34.85	1:25.25	4300m: 59:20.03	1:27.36
	500m: 6:28.87	1:20.70	1800m: 23:57.95	1:23.03	3100m: 42:00.42	1:25.57	4400m: 1:00:46.84	1:26.81
	600m: 7:46.10	1:17.23	1900m: 25:20.06	1:22.11	3200m: 43:26.31	1:25.89	4500m: 1:02:12.06	1:25.22
	700m: 9:05.20	1:19.10	2000m: 26:42.70	1:22.64	3300m: 44:53.93	1:27.62	4600m: 1:03:38.74	1:26.68
	800m: 10:24.73	1:19.53	2100m: 28:05.87	1:23.17	3400m: 46:20.20	1:26.27	4700m: 1:05:05.03	1:26.29
	900m: 11:45.49	1:20.76	2200m: 29:28.13	1:22.26	3500m: 47:46.45	1:26.25	4800m: 1:06:31.70	1:26.67
	1000m: 13:06.10	1:20.61	2300m: 30:50.60	1:22.47	3600m: 49:12.20	1:25.75	4900m: 1:07:58.13	1:26.43
	1100m: 14:26.81	1:20.71	2400m: 32:13.99	1:23.39	3700m: 50:38.87	1:26.67	5000m: 1:09:22.87	1:24.74
	1200m: 15:48.45	1:21.64	2500m: 33:36.35	1:22.36	3800m: 52:04.60	1:25.73		
	1300m: 17:09.60	1:21.15	2600m: 34:59.20	1:22.85	3900m: 53:31.06	1:26.46		

all-in

1.	David Kuipers	Orca	21:46.41	200003633	57:44.45			
	100m: 1:07.37	1:07.37	1400m: 16:02.19	1:07.94	2700m: 31:05.84	1:09.99	4000m: 46:18.59	1:11.06
	200m: 2:16.20	1:08.83	1500m: 17:11.07	1:08.88	2800m: 32:16.45	1:10.61	4100m: 47:29.15	1:10.56
	300m: 3:25.81	1:09.61	1600m: 18:20.69	1:09.62	2900m: 33:25.68	1:09.23	4200m: 48:39.36	1:10.21
	400m: 4:35.40	1:09.59	1700m: 19:30.11	1:09.42	3000m: 34:35.03	1:09.35	4300m: 49:48.96	1:09.60
	500m: 5:44.45	1:09.05	1800m: 20:40.33	1:10.22	3100m: 35:44.51	1:09.48	4400m: 50:58.18	1:09.22
	600m: 6:52.62	1:08.17	1900m: 21:50.26	1:09.93	3200m: 36:54.78	1:10.27	4500m: 52:07.28	1:09.10
	700m: 8:01.77	1:09.15	2000m: 23:00.24	1:09.98	3300m: 38:04.83	1:10.05	4600m: 53:16.30	1:09.02
	800m: 9:11.14	1:09.37	2100m: 24:08.09	1:07.85	3400m: 39:14.93	1:10.10	4700m: 54:25.14	1:08.84
	900m: 10:20.84	1:09.70	2200m: 25:16.28	1:08.19	3500m: 40:25.08	1:10.15	4800m: 55:33.93	1:08.79
	1000m: 11:30.02	1:09.18	2300m: 26:24.91	1:08.63	3600m: 41:35.35	1:10.27	4900m: 56:39.45	1:05.52
	1100m: 12:39.35	1:09.33	2400m: 27:35.88	1:10.97	3700m: 42:46.39	1:11.04	5000m: 57:44.45	1:05.00
	1200m: 13:46.66	1:07.31	2500m: 28:45.71	1:09.83	3800m: 43:56.78	1:10.39		
	1300m: 14:54.25	1:07.59	2600m: 29:55.85	1:10.14	3900m: 45:07.53	1:10.75		

2.	Sander Croijmans	RTC - VZC	21:35.59	200100383	57:52.12			
	100m: 1:07.24	1:07.24	1400m: 16:07.14	1:09.02	2700m: 31:07.53	1:09.28	4000m: 46:18.76	1:11.06
	200m: 2:16.02	1:08.78	1500m: 17:16.66	1:09.52	2800m: 32:15.99	1:08.46	4100m: 47:29.36	1:10.60
	300m: 3:25.41	1:09.39	1600m: 18:26.06	1:09.40	2900m: 33:25.27	1:09.28	4200m: 48:39.25	1:09.89
	400m: 4:33.99	1:08.58	1700m: 19:35.91	1:09.85	3000m: 34:34.49	1:09.22	4300m: 49:49.01	1:09.76
	500m: 5:43.42	1:09.43	1800m: 20:45.37	1:09.46	3100m: 35:44.37	1:09.88	4400m: 50:58.19	1:09.18
	600m: 6:52.59	1:09.17	1900m: 21:55.01	1:09.64	3200m: 36:54.68	1:10.31	4500m: 52:07.33	1:09.14
	700m: 8:02.04	1:09.45	2000m: 23:04.88	1:09.87	3300m: 38:04.78	1:10.10	4600m: 53:16.12	1:08.79
	800m: 9:11.14	1:09.10	2100m: 24:14.15	1:09.27	3400m: 39:14.68	1:09.90	4700m: 54:25.13	1:09.01
	900m: 10:20.51	1:09.37	2200m: 25:23.15	1:09.00	3500m: 40:24.97	1:10.29	4800m: 55:34.12	1:08.99
	1000m: 11:29.71	1:09.20	2300m: 26:31.98	1:08.83	3600m: 41:35.35	1:10.38	4900m: 56:43.53	1:09.41
	1100m: 12:39.39	1:09.68	2400m: 27:40.58	1:08.60	3700m: 42:46.16	1:10.81	5000m: 57:52.12	1:08.59
	1200m: 13:48.83	1:09.44	2500m: 28:49.45	1:08.87	3800m: 43:56.81	1:10.65		
	1300m: 14:58.12	1:09.29	2600m: 29:58.25	1:08.80	3900m: 45:07.70	1:10.89		

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

rang	naam	vereniging	intijd	tijd	RT			
3.	Vincent Croijmans	RTC - VZC	21:44.72	200100381	58:03.46			
	100m: 1:07.48	1:07.48	1400m: 16:07.33	1:09.05	2700m: 31:07.74	1:09.10	4000m: 46:19.00	1:11.10
	200m: 2:16.23	1:08.75	1500m: 17:16.99	1:09.66	2800m: 32:16.26	1:08.52	4100m: 47:29.98	1:10.98
	300m: 3:25.55	1:09.32	1600m: 18:26.58	1:09.59	2900m: 33:25.40	1:09.14	4200m: 48:40.23	1:10.25
	400m: 4:34.25	1:08.70	1700m: 19:36.44	1:09.86	3000m: 34:34.81	1:09.41	4300m: 49:51.14	1:10.91
	500m: 5:43.50	1:09.25	1800m: 20:45.71	1:09.27	3100m: 35:44.66	1:09.85	4400m: 51:02.76	1:11.62
	600m: 6:52.65	1:09.15	1900m: 21:55.56	1:09.85	3200m: 36:54.91	1:10.25	4500m: 52:14.98	1:12.22
	700m: 8:02.24	1:09.59	2000m: 23:05.20	1:09.64	3300m: 38:04.92	1:10.01	4600m: 53:26.01	1:11.03
	800m: 9:11.50	1:09.26	2100m: 24:14.72	1:09.52	3400m: 39:14.71	1:09.79	4700m: 54:36.04	1:10.03
	900m: 10:20.73	1:09.23	2200m: 25:23.69	1:08.97	3500m: 40:25.14	1:10.43	4800m: 55:45.88	1:09.84
	1000m: 11:30.01	1:09.28	2300m: 26:32.43	1:08.74	3600m: 41:35.65	1:10.51	4900m: 56:54.87	1:08.99
	1100m: 12:39.66	1:09.65	2400m: 27:41.23	1:08.80	3700m: 42:46.47	1:10.82	5000m: 58:03.46	1:08.59
	1200m: 13:49.10	1:09.44	2500m: 28:49.89	1:08.66	3800m: 43:57.02	1:10.55		
	1300m: 14:58.28	1:09.18	2600m: 29:58.64	1:08.75	3900m: 45:07.90	1:10.88		
4.	Thomas Jansen	RTC - WVZ	21:33.33	200100143	58:15.39			
	100m: 1:07.10	1:07.10	1400m: 16:07.18	1:08.97	2700m: 31:07.88	1:09.18	4000m: 46:18.99	1:10.95
	200m: 2:15.91	1:08.81	1500m: 17:16.99	1:09.81	2800m: 32:16.52	1:08.64	4100m: 47:30.07	1:11.08
	300m: 3:25.60	1:09.53	1600m: 18:26.41	1:09.42	2900m: 33:25.73	1:09.21	4200m: 48:40.29	1:10.22
	400m: 4:34.08	1:08.64	1700m: 19:36.35	1:09.94	3000m: 34:34.89	1:09.16	4300m: 49:50.74	1:10.45
	500m: 5:43.37	1:09.29	1800m: 20:45.65	1:09.30	3100m: 35:44.80	1:09.91	4400m: 51:02.86	1:12.12
	600m: 6:52.69	1:09.32	1900m: 21:55.29	1:09.64	3200m: 36:55.04	1:10.24	4500m: 52:15.09	1:12.23
	700m: 8:02.04	1:09.35	2000m: 23:05.14	1:09.85	3300m: 38:05.09	1:10.05	4600m: 53:26.60	1:11.51
	800m: 9:11.29	1:09.25	2100m: 24:14.38	1:09.24	3400m: 39:14.84	1:09.75	4700m: 54:37.73	1:11.13
	900m: 10:20.53	1:09.24	2200m: 25:23.37	1:08.99	3500m: 40:25.29	1:10.45	4800m: 55:50.65	1:12.92
	1000m: 11:29.76	1:09.23	2300m: 26:32.71	1:09.34	3600m: 41:35.74	1:10.45	4900m: 57:03.71	1:13.06
	1100m: 12:39.61	1:09.85	2400m: 27:41.21	1:08.50	3700m: 42:46.45	1:10.71	5000m: 58:15.39	1:11.68
	1200m: 13:48.89	1:09.28	2500m: 28:49.94	1:08.73	3800m: 43:57.19	1:10.74		
	1300m: 14:58.21	1:09.32	2600m: 29:58.70	1:08.76	3900m: 45:08.04	1:10.85		
5.	Olivier Jans	The Hague Swimming (SG)	22:33.22	200001815	58:29.03			
	100m: 1:07.42	1:07.42	1400m: 16:08.24	1:09.51	2700m: 31:15.54	1:10.68	4000m: 46:34.47	1:11.17
	200m: 2:16.39	1:08.97	1500m: 17:17.53	1:09.29	2800m: 32:26.34	1:10.80	4100m: 47:45.40	1:10.93
	300m: 3:25.60	1:09.21	1600m: 18:26.77	1:09.24	2900m: 33:37.10	1:10.76	4200m: 48:56.45	1:11.05
	400m: 4:34.57	1:08.97	1700m: 19:36.65	1:09.88	3000m: 34:47.77	1:10.67	4300m: 50:07.77	1:11.32
	500m: 5:43.88	1:09.31	1800m: 20:46.36	1:09.71	3100m: 35:58.96	1:11.19	4400m: 51:19.45	1:11.68
	600m: 6:52.98	1:09.10	1900m: 21:56.14	1:09.78	3200m: 37:10.49	1:11.53	4500m: 52:31.43	1:11.98
	700m: 8:02.70	1:09.72	2000m: 23:05.56	1:09.42	3300m: 38:21.13	1:10.64	4600m: 53:43.37	1:11.94
	800m: 9:11.77	1:09.07	2100m: 24:15.68	1:10.12	3400m: 39:31.72	1:10.59	4700m: 54:55.00	1:11.63
	900m: 10:21.12	1:09.35	2200m: 25:24.49	1:08.81	3500m: 40:42.47	1:10.75	4800m: 56:06.89	1:11.89
	1000m: 11:30.24	1:09.12	2300m: 26:34.32	1:09.83	3600m: 41:52.74	1:10.27	4900m: 57:18.90	1:12.01
	1100m: 12:39.94	1:09.70	2400m: 27:44.45	1:10.13	3700m: 43:02.85	1:10.11	5000m: 58:29.03	1:10.13
	1200m: 13:49.44	1:09.50	2500m: 28:54.29	1:09.84	3800m: 44:13.24	1:10.39		
	1300m: 14:58.73	1:09.29	2600m: 30:04.86	1:10.57	3900m: 45:23.30	1:10.06		
6.	Floris de Leeuw	The Hague Swimming (SG)	22:50.17	200105317	59:28.78			
	100m: 1:07.99	1:07.99	1400m: 16:20.44	1:10.75	2700m: 31:47.47	1:11.92	4000m: 47:19.00	1:11.95
	200m: 2:17.32	1:09.33	1500m: 17:31.25	1:10.81	2800m: 32:59.12	1:11.65	4100m: 48:30.45	1:11.45
	300m: 3:26.94	1:09.62	1600m: 18:42.40	1:11.15	2900m: 34:10.33	1:11.21	4200m: 49:43.39	1:12.94
	400m: 4:37.00	1:10.06	1700m: 19:53.40	1:11.00	3000m: 35:22.25	1:11.92	4300m: 50:55.47	1:12.08
	500m: 5:46.97	1:09.97	1800m: 21:04.12	1:10.72	3100m: 36:34.40	1:12.15	4400m: 52:07.83	1:12.36
	600m: 6:57.56	1:10.59	1900m: 22:15.12	1:11.00	3200m: 37:45.69	1:11.29	4500m: 53:20.58	1:12.75
	700m: 8:08.72	1:11.16	2000m: 23:26.44	1:11.32	3300m: 38:57.08	1:11.39	4600m: 54:33.30	1:12.72
	800m: 9:18.67	1:09.95	2100m: 24:37.30	1:10.86	3400m: 40:08.72	1:11.64	4700m: 55:46.19	1:12.89
	900m: 10:28.62	1:09.95	2200m: 25:48.97	1:11.67	3500m: 41:20.12	1:11.40	4800m: 56:58.50	1:12.31
	1000m: 11:38.65	1:10.03	2300m: 27:00.22	1:11.25	3600m: 42:31.72	1:11.60	4900m: 58:17.40	1:18.90
	1100m: 12:48.69	1:10.04	2400m: 28:11.97	1:11.75	3700m: 43:43.33	1:11.61	5000m: 59:28.78	1:11.38
	1200m: 13:58.83	1:10.14	2500m: 29:23.72	1:11.75	3800m: 44:55.22	1:11.89		
	1300m: 15:09.69	1:10.86	2600m: 30:35.55	1:11.83	3900m: 46:07.05	1:11.83		
7.	Christiaan Smit	The Hague Swimming (SG)	22:38.57	200102463	59:51.47			
	100m: 1:08.14	1:08.14	1400m: 16:40.65	1:11.98	2700m: 32:14.45	1:10.56	4000m: 47:48.76	1:12.65
	200m: 2:18.79	1:10.65	1500m: 17:52.67	1:12.02	2800m: 33:24.88	1:10.43	4100m: 49:01.21	1:12.45
	300m: 3:30.58	1:11.79	1600m: 19:04.66	1:11.99	2900m: 34:35.77	1:10.89	4200m: 50:13.86	1:12.65
	400m: 4:42.69	1:12.11	1700m: 20:17.15	1:12.49	3000m: 35:47.10	1:11.33	4300m: 51:25.88	1:11.82
	500m: 5:54.57	1:11.88	1800m: 21:30.43	1:13.28	3100m: 36:59.50	1:12.40	4400m: 52:38.42	1:12.74
	600m: 7:05.63	1:11.06	1900m: 22:42.58	1:12.15	3200m: 38:11.14	1:11.64	4500m: 53:50.20	1:11.78
	700m: 8:16.91	1:11.28	2000m: 23:54.26	1:11.68	3300m: 39:23.35	1:12.21	4600m: 55:03.01	1:12.81
	800m: 9:28.55	1:11.64	2100m: 25:06.48	1:12.22	3400m: 40:35.88	1:12.53	4700m: 56:15.87	1:12.86
	900m: 10:41.00	1:12.45	2200m: 26:18.64	1:12.16	3500m: 41:47.89	1:12.01	4800m: 57:28.89	1:13.02
	1000m: 11:53.26	1:12.26	2300m: 27:30.58	1:11.94	3600m: 42:59.94	1:12.05	4900m: 58:41.01	1:12.12
	1100m: 13:05.00	1:11.74	2400m: 28:42.42	1:11.84	3700m: 44:12.66	1:12.72	5000m: 59:51.47	1:10.46
	1200m: 14:17.09	1:12.09	2500m: 29:53.51	1:11.09	3800m: 45:23.98	1:11.32		
	1300m: 15:28.67	1:11.58	2600m: 31:03.89	1:10.38	3900m: 46:36.11	1:12.13		

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

rang	naam	vereniging	intijd	tijd	RT			
8.	Joris Bezemer	De Kempvis	23:38.60	199900527	1:00:29.29			
	100m: 1:09.38	1:09.38	1400m: 16:50.19	1:12.63	2700m: 32:39.97	1:12.96	4000m: 48:23.69	1:11.85
	200m: 2:20.58	1:11.20	1500m: 18:01.85	1:11.66	2800m: 33:52.05	1:12.08	4100m: 49:36.73	1:13.04
	300m: 3:31.55	1:10.97	1600m: 19:15.38	1:13.53	2900m: 35:05.13	1:13.08	4200m: 50:49.23	1:12.50
	400m: 4:43.81	1:12.26	1700m: 20:28.85	1:13.47	3000m: 36:17.48	1:12.35	4300m: 52:01.91	1:12.68
	500m: 5:55.92	1:12.11	1800m: 21:41.50	1:12.65	3100m: 37:30.28	1:12.80	4400m: 53:15.14	1:13.23
	600m: 7:07.72	1:11.80	1900m: 22:54.29	1:12.79	3200m: 38:43.37	1:13.09	4500m: 54:28.16	1:13.02
	700m: 8:20.30	1:12.58	2000m: 24:07.64	1:13.35	3300m: 39:55.55	1:12.18	4600m: 55:40.55	1:12.39
	800m: 9:32.92	1:12.62	2100m: 25:19.98	1:12.34	3400m: 41:08.80	1:13.25	4700m: 56:53.10	1:12.55
	900m: 10:45.92	1:13.00	2200m: 26:32.42	1:12.44	3500m: 42:22.53	1:13.73	4800m: 58:05.74	1:12.64
	1000m: 11:58.53	1:12.61	2300m: 27:45.12	1:12.70	3600m: 43:36.62	1:14.09	4900m: 59:19.34	1:13.60
	1100m: 13:10.32	1:11.79	2400m: 28:58.21	1:13.09	3700m: 44:48.04	1:11.42	5000m: 1:00:29.29	1:09.95
	1200m: 14:23.66	1:13.34	2500m: 30:12.98	1:14.77	3800m: 46:00.08	1:12.04		
	1300m: 15:37.56	1:13.90	2600m: 31:27.01	1:14.03	3900m: 47:11.84	1:11.76		
9.	Tom Balsen Versteeg	De Warande	23:16.19	200005673	1:02:28.29			
	100m: 1:09.51	1:09.51	1400m: 16:51.05	1:13.11	2700m: 32:40.59	1:13.10	4000m: 48:43.02	1:17.43
	200m: 2:20.58	1:11.07	1500m: 18:02.41	1:11.36	2800m: 33:52.37	1:11.78	4100m: 50:01.97	1:18.95
	300m: 3:31.26	1:10.68	1600m: 19:15.47	1:13.06	2900m: 35:05.55	1:13.18	4200m: 51:21.41	1:19.44
	400m: 4:44.06	1:12.80	1700m: 20:29.16	1:13.69	3000m: 36:17.91	1:12.36	4300m: 52:42.84	1:21.43
	500m: 5:56.09	1:12.03	1800m: 21:42.05	1:12.89	3100m: 37:30.69	1:12.78	4400m: 54:05.64	1:22.80
	600m: 7:08.05	1:11.96	1900m: 22:54.66	1:12.61	3200m: 38:43.76	1:13.07	4500m: 55:28.84	1:23.20
	700m: 8:20.44	1:12.39	2000m: 24:07.76	1:13.10	3300m: 39:56.19	1:12.43	4600m: 56:53.55	1:24.71
	800m: 9:33.17	1:12.73	2100m: 25:20.44	1:12.68	3400m: 41:09.14	1:12.95	4700m: 58:17.51	1:23.96
	900m: 10:46.12	1:12.95	2200m: 26:32.82	1:12.38	3500m: 42:22.91	1:13.77	4800m: 59:42.79	1:25.28
	1000m: 11:59.09	1:12.97	2300m: 27:45.62	1:12.80	3600m: 43:36.94	1:14.03	4900m: 1:01:07.58	1:24.79
	1100m: 13:11.02	1:11.93	2400m: 28:58.69	1:13.07	3700m: 44:52.09	1:15.15	5000m: 1:02:28.29	1:20.71
	1200m: 14:24.19	1:13.17	2500m: 30:13.02	1:14.33	3800m: 46:09.64	1:17.55		
	1300m: 15:37.94	1:13.75	2600m: 31:27.49	1:14.47	3900m: 47:25.59	1:15.95		
10.	Maikel van der Linden	Kimbria	23:40.16	200003797	1:02:47.57			
	100m: 1:11.39	1:11.39	1400m: 17:17.61	1:14.93	2700m: 33:36.52	1:15.63	4000m: 50:08.44	1:16.36
	200m: 2:26.28	1:14.89	1500m: 18:31.71	1:14.10	2800m: 34:52.77	1:16.25	4100m: 51:25.71	1:17.27
	300m: 3:40.73	1:14.45	1600m: 19:46.67	1:14.96	2900m: 36:09.33	1:16.56	4200m: 52:40.88	1:15.17
	400m: 4:55.37	1:14.64	1700m: 21:01.80	1:15.13	3000m: 37:26.36	1:17.03	4300m: 53:56.23	1:15.35
	500m: 6:09.96	1:14.59	1800m: 22:16.59	1:14.79	3100m: 38:42.62	1:16.26	4400m: 55:12.29	1:16.06
	600m: 7:23.34	1:13.38	1900m: 23:31.40	1:14.81	3200m: 39:58.50	1:15.88	4500m: 56:29.25	1:16.96
	700m: 8:38.00	1:14.66	2000m: 24:46.84	1:15.44	3300m: 41:14.58	1:16.08	4600m: 57:46.15	1:16.90
	800m: 9:52.12	1:14.12	2100m: 26:02.79	1:15.95	3400m: 42:31.67	1:17.09	4700m: 59:03.57	1:17.42
	900m: 11:06.08	1:13.96	2200m: 27:18.59	1:15.80	3500m: 43:49.01	1:17.34	4800m: 1:00:20.74	1:17.17
	1000m: 12:20.08	1:14.00	2300m: 28:33.89	1:15.30	3600m: 45:05.06	1:16.05	4900m: 1:01:35.44	1:14.70
	1100m: 13:33.56	1:13.48	2400m: 29:49.52	1:15.63	3700m: 46:19.97	1:14.91	5000m: 1:02:47.57	1:12.13
	1200m: 14:48.00	1:14.44	2500m: 31:04.76	1:15.24	3800m: 47:36.56	1:16.59		
	1300m: 16:02.68	1:14.68	2600m: 32:20.89	1:16.13	3900m: 48:52.08	1:15.52		
11.	Janne Englebort	Hieronymus	22:53.85	200101561	1:03:11.04			
	100m: 1:08.79	1:08.79	1400m: 16:52.95	1:13.84	2700m: 33:16.33	1:16.06	4000m: 50:03.58	1:17.42
	200m: 2:19.67	1:10.88	1500m: 18:07.99	1:15.04	2800m: 34:33.24	1:16.91	4100m: 51:20.16	1:16.58
	300m: 3:30.68	1:11.01	1600m: 19:22.50	1:14.51	2900m: 35:51.34	1:18.10	4200m: 52:37.91	1:17.75
	400m: 4:43.24	1:12.56	1700m: 20:37.81	1:15.31	3000m: 37:08.50	1:17.16	4300m: 53:56.66	1:18.75
	500m: 5:55.43	1:12.19	1800m: 21:53.83	1:16.02	3100m: 38:25.74	1:17.24	4400m: 55:16.43	1:19.77
	600m: 7:07.50	1:12.07	1900m: 23:09.29	1:15.46	3200m: 39:42.73	1:16.99	4500m: 56:36.31	1:19.88
	700m: 8:20.03	1:12.53	2000m: 24:25.00	1:15.71	3300m: 41:00.70	1:17.97	4600m: 57:55.25	1:18.94
	800m: 9:32.90	1:12.87	2100m: 25:40.75	1:15.75	3400m: 42:18.78	1:18.08	4700m: 59:14.42	1:19.17
	900m: 10:46.05	1:13.15	2200m: 26:56.30	1:15.55	3500m: 43:35.41	1:16.63	4800m: 1:00:33.57	1:19.15
	1000m: 11:59.28	1:13.23	2300m: 28:12.06	1:15.76	3600m: 44:52.33	1:16.92	4900m: 1:01:52.70	1:19.13
	1100m: 13:11.90	1:12.62	2400m: 29:28.17	1:16.11	3700m: 46:10.22	1:17.89	5000m: 1:03:11.04	1:18.34
	1200m: 14:25.35	1:13.45	2500m: 30:44.29	1:16.12	3800m: 47:28.16	1:17.94		
	1300m: 15:39.11	1:13.76	2600m: 32:00.27	1:15.98	3900m: 48:46.16	1:18.00		
12.	Sem de Goei	WS Twente	23:57.45	200200029	1:03:24.69			
	100m: 1:11.85	1:11.85	1400m: 17:34.25	1:15.38	2700m: 33:54.20	1:15.19	4000m: 50:19.55	1:16.45
	200m: 2:26.45	1:14.60	1500m: 18:50.40	1:16.15	2800m: 35:09.28	1:15.08	4100m: 51:36.51	1:16.96
	300m: 3:41.53	1:15.08	1600m: 20:05.14	1:14.74	2900m: 36:24.91	1:15.63	4200m: 52:53.87	1:17.36
	400m: 4:57.96	1:16.43	1700m: 21:19.79	1:14.65	3000m: 37:40.13	1:15.22	4300m: 54:11.67	1:17.80
	500m: 6:14.41	1:16.45	1800m: 22:34.63	1:14.84	3100m: 38:55.57	1:15.44	4400m: 55:29.79	1:18.12
	600m: 7:30.11	1:15.70	1900m: 23:49.73	1:15.10	3200m: 40:11.86	1:16.29	4500m: 56:48.39	1:18.60
	700m: 8:45.23	1:15.12	2000m: 25:05.32	1:15.59	3300m: 41:28.20	1:16.34	4600m: 58:07.87	1:19.48
	800m: 10:01.35	1:16.12	2100m: 26:21.01	1:15.69	3400m: 42:43.09	1:14.89	4700m: 59:27.20	1:19.33
	900m: 11:17.10	1:15.75	2200m: 27:36.74	1:15.73	3500m: 43:58.38	1:15.29	4800m: 1:00:47.06	1:19.86
	1000m: 12:32.35	1:15.25	2300m: 28:52.71	1:15.97	3600m: 45:14.96	1:16.58	4900m: 1:02:07.51	1:20.45
	1100m: 13:47.85	1:15.50	2400m: 30:08.03	1:15.32	3700m: 46:30.82	1:15.86	5000m: 1:03:24.69	1:17.18
	1200m: 15:04.09	1:16.24	2500m: 31:23.15	1:15.12	3800m: 47:47.01	1:16.19		
	1300m: 16:18.87	1:14.78	2600m: 32:39.01	1:15.86	3900m: 49:03.10	1:16.09		

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

rang	naam	vereniging	intijd	tijd	RT			
13.	Tjeerd van Stein	Link	23:26.56	200101439	1:03:25.12			
	100m: 1:11.88	1:11.88	1400m: 17:18.06	1:15.02	2700m: 33:47.41	1:15.81	4000m: 50:40.40	1:18.22
	200m: 2:26.26	1:14.38	1500m: 18:33.86	1:15.80	2800m: 35:04.04	1:16.63	4100m: 51:59.43	1:19.03
	300m: 3:40.94	1:14.68	1600m: 19:49.12	1:15.26	2900m: 36:21.76	1:17.72	4200m: 53:18.29	1:18.86
	400m: 4:55.72	1:14.78	1700m: 21:04.77	1:15.65	3000m: 37:39.79	1:18.03	4300m: 54:37.13	1:18.84
	500m: 6:09.87	1:14.15	1800m: 22:20.56	1:15.79	3100m: 38:57.27	1:17.48	4400m: 55:53.10	1:15.97
	600m: 7:23.71	1:13.84	1900m: 23:36.21	1:15.65	3200m: 40:15.37	1:18.10	4500m: 57:09.16	1:16.06
	700m: 8:37.94	1:14.23	2000m: 24:52.44	1:16.23	3300m: 41:33.60	1:18.23	4600m: 58:24.72	1:15.56
	800m: 9:52.55	1:14.61	2100m: 26:08.69	1:16.25	3400m: 42:51.49	1:17.89	4700m: 59:41.16	1:16.44
	900m: 11:06.38	1:13.83	2200m: 27:25.51	1:16.82	3500m: 44:09.71	1:18.22	4800m: 1:00:56.63	1:15.47
	1000m: 12:20.37	1:13.99	2300m: 28:42.88	1:17.37	3600m: 45:27.09	1:17.38	4900m: 1:02:11.85	1:15.22
	1100m: 13:33.78	1:13.41	2400m: 29:59.37	1:16.49	3700m: 46:45.05	1:17.96	5000m: 1:03:25.12	1:13.27
	1200m: 14:48.31	1:14.53	2500m: 31:15.37	1:16.00	3800m: 48:03.41	1:18.36		
	1300m: 16:03.04	1:14.73	2600m: 32:31.60	1:16.23	3900m: 49:22.18	1:18.77		
14.	Lars van der Haijden	Zwemsport Parkstad (SG)	23:47.36	199900225	1:03:39.03			
	100m: 1:10.90	1:10.90	1400m: 17:23.55	1:15.36	2700m: 33:50.99	1:16.08	4000m: 50:24.56	1:17.31
	200m: 2:23.95	1:13.05	1500m: 18:40.55	1:17.00	2800m: 35:06.23	1:15.24	4100m: 51:41.85	1:17.29
	300m: 3:37.57	1:13.62	1600m: 19:57.12	1:16.57	2900m: 36:22.38	1:16.15	4200m: 53:00.20	1:18.35
	400m: 4:51.88	1:14.31	1700m: 21:12.26	1:15.14	3000m: 37:39.44	1:17.06	4300m: 54:19.27	1:19.07
	500m: 6:06.82	1:14.94	1800m: 22:29.11	1:16.85	3100m: 38:56.35	1:16.91	4400m: 55:38.67	1:19.40
	600m: 7:21.76	1:14.94	1900m: 23:44.06	1:14.95	3200m: 40:12.46	1:16.11	4500m: 56:58.83	1:20.16
	700m: 8:36.59	1:14.83	2000m: 24:59.78	1:15.72	3300m: 41:29.96	1:17.50	4600m: 58:18.35	1:19.52
	800m: 9:51.30	1:14.71	2100m: 26:15.75	1:15.97	3400m: 42:45.98	1:16.02	4700m: 59:38.21	1:19.86
	900m: 11:06.35	1:15.05	2200m: 27:29.71	1:13.96	3500m: 44:00.69	1:14.71	4800m: 1:00:59.08	1:20.87
	1000m: 12:21.64	1:15.29	2300m: 28:46.19	1:16.48	3600m: 45:17.24	1:16.55	4900m: 1:02:18.87	1:19.79
	1100m: 13:37.15	1:15.51	2400m: 30:01.95	1:15.76	3700m: 46:34.27	1:17.03	5000m: 1:03:39.03	1:20.16
	1200m: 14:52.69	1:15.54	2500m: 31:18.49	1:16.54	3800m: 47:51.63	1:17.36		
	1300m: 16:08.19	1:15.50	2600m: 32:34.91	1:16.42	3900m: 49:07.25	1:15.62		
15.	Luc van Eijndhoven	De Warande	23:07.48	200200139	1:04:01.29			
	100m: 1:12.26	1:12.26	1400m: 17:18.10	1:15.66	2700m: 33:48.32	1:16.15	4000m: 50:40.91	1:19.18
	200m: 2:26.20	1:13.94	1500m: 18:33.55	1:15.45	2800m: 35:04.84	1:16.52	4100m: 51:59.44	1:18.53
	300m: 3:40.59	1:14.39	1600m: 19:48.70	1:15.15	2900m: 36:21.80	1:16.96	4200m: 53:18.52	1:19.08
	400m: 4:55.51	1:14.92	1700m: 21:04.43	1:15.73	3000m: 37:39.07	1:17.27	4300m: 54:37.82	1:19.30
	500m: 6:09.24	1:13.73	1800m: 22:20.35	1:15.92	3100m: 38:57.09	1:18.02	4400m: 55:57.58	1:19.76
	600m: 7:23.07	1:13.83	1900m: 23:36.19	1:15.84	3200m: 40:15.04	1:17.95	4500m: 57:17.62	1:20.04
	700m: 8:37.46	1:14.39	2000m: 24:52.36	1:16.17	3300m: 41:33.38	1:18.34	4600m: 58:38.15	1:20.53
	800m: 9:51.57	1:14.11	2100m: 26:08.87	1:16.51	3400m: 42:51.17	1:17.79	4700m: 59:58.56	1:20.41
	900m: 11:05.39	1:13.82	2200m: 27:25.43	1:16.56	3500m: 44:09.16	1:17.99	4800m: 1:01:19.97	1:21.41
	1000m: 12:19.22	1:13.83	2300m: 28:42.58	1:17.15	3600m: 45:26.92	1:17.76	4900m: 1:02:40.83	1:20.86
	1100m: 13:33.18	1:13.96	2400m: 29:59.72	1:17.14	3700m: 46:44.72	1:17.80	5000m: 1:04:01.29	1:20.46
	1200m: 14:47.54	1:14.36	2500m: 31:15.61	1:15.89	3800m: 48:03.39	1:18.67		
	1300m: 16:02.44	1:14.90	2600m: 32:32.17	1:16.56	3900m: 49:21.73	1:18.34		
16.	Rens van Beek	Aqua-Novio'94	23:53.07	200300537	1:04:34.21			
	100m: 1:10.01	1:10.01	1400m: 17:15.30	1:15.62	2700m: 33:47.91	1:17.83	4000m: 51:05.99	1:21.06
	200m: 2:22.49	1:12.48	1500m: 18:31.20	1:15.90	2800m: 35:05.80	1:17.89	4100m: 52:26.09	1:20.10
	300m: 3:35.76	1:13.27	1600m: 19:46.58	1:15.38	2900m: 36:23.73	1:17.93	4200m: 53:48.63	1:22.54
	400m: 4:49.43	1:13.67	1700m: 21:01.82	1:15.24	3000m: 37:42.82	1:19.09	4300m: 55:09.61	1:20.98
	500m: 6:02.90	1:13.47	1800m: 22:17.28	1:15.46	3100m: 39:02.22	1:19.40	4400m: 56:30.52	1:20.91
	600m: 7:16.87	1:13.97	1900m: 23:32.63	1:15.35	3200m: 40:21.90	1:19.68	4500m: 57:51.71	1:21.19
	700m: 8:30.83	1:13.96	2000m: 24:49.29	1:16.66	3300m: 41:41.34	1:19.44	4600m: 59:12.52	1:20.81
	800m: 9:45.35	1:14.52	2100m: 26:06.71	1:17.42	3400m: 43:01.31	1:19.97	4700m: 1:00:33.83	1:21.31
	900m: 10:59.44	1:14.09	2200m: 27:22.79	1:16.08	3500m: 44:21.58	1:20.27	4800m: 1:01:55.66	1:21.83
	1000m: 12:14.48	1:15.04	2300m: 28:39.28	1:16.49	3600m: 45:41.88	1:20.30	4900m: 1:03:15.46	1:19.80
	1100m: 13:29.28	1:14.80	2400m: 29:56.24	1:16.96	3700m: 47:02.99	1:21.11	5000m: 1:04:34.21	1:18.75
	1200m: 14:44.40	1:15.12	2500m: 31:13.30	1:17.06	3800m: 48:24.09	1:21.10		
	1300m: 15:59.68	1:15.28	2600m: 32:30.08	1:16.78	3900m: 49:44.93	1:20.84		
17.	Rik Stahlie	TriVia	24:09.16	200201915	1:05:27.51			
	100m: 1:12.41	1:12.41	1400m: 18:20.52	1:19.98	2700m: 35:36.46	1:20.66	4000m: 52:41.47	1:18.59
	200m: 2:28.88	1:16.47	1500m: 19:39.76	1:19.24	2800m: 36:55.59	1:19.13	4100m: 54:00.13	1:18.66
	300m: 3:47.14	1:18.26	1600m: 20:58.88	1:19.12	2900m: 38:15.10	1:19.51	4200m: 55:19.08	1:18.95
	400m: 5:06.81	1:19.67	1700m: 22:17.25	1:18.37	3000m: 39:34.88	1:19.78	4300m: 56:37.92	1:18.84
	500m: 6:26.16	1:19.35	1800m: 23:35.53	1:18.28	3100m: 40:53.18	1:18.30	4400m: 57:56.01	1:18.09
	600m: 7:45.51	1:19.35	1900m: 24:55.85	1:20.32	3200m: 42:12.77	1:19.59	4500m: 59:12.62	1:16.61
	700m: 9:04.44	1:18.93	2000m: 26:15.65	1:19.80	3300m: 43:31.53	1:18.76	4600m: 1:00:29.38	1:16.76
	800m: 10:23.53	1:19.09	2100m: 27:35.60	1:19.95	3400m: 44:49.58	1:18.05	4700m: 1:01:45.38	1:16.00
	900m: 11:42.23	1:18.70	2200m: 28:55.61	1:20.01	3500m: 46:07.51	1:17.93	4800m: 1:03:00.86	1:15.48
	1000m: 13:01.38	1:19.15	2300m: 30:15.76	1:20.15	3600m: 47:25.98	1:18.47	4900m: 1:04:16.59	1:15.73
	1100m: 14:21.09	1:19.71	2400m: 31:35.95	1:20.19	3700m: 48:45.27	1:19.29	5000m: 1:05:27.51	1:10.92
	1200m: 15:40.95	1:19.86	2500m: 32:55.99	1:20.04	3800m: 50:04.42	1:19.15		
	1300m: 17:00.54	1:19.59	2600m: 34:15.80	1:19.81	3900m: 51:22.88	1:18.46		

Onjuistheden? mail naar nknschrijvingen@knzb.nl

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

rang	naam	vereniging	intijd	intijd	tijd	RT		
18.	Joey de Groot	De Aalscholver	25:01.18	200303587	1:06:54.32			
	100m: 1:12.20	1:12.20	1400m: 18:20.66	1:20.15	2700m: 35:36.71	1:20.64	4000m: 53:07.48	1:23.13
	200m: 2:28.94	1:16.74	1500m: 19:41.19	1:20.53	2800m: 36:56.16	1:19.45	4100m: 54:29.42	1:21.94
	300m: 3:47.23	1:18.29	1600m: 20:58.70	1:17.51	2900m: 38:15.10	1:18.94	4200m: 55:53.03	1:23.61
	400m: 5:07.01	1:19.78	1700m: 22:17.27	1:18.57	3000m: 39:35.29	1:20.19	4300m: 57:16.65	1:23.62
	500m: 6:26.44	1:19.43	1800m: 23:35.89	1:18.62	3100m: 40:53.97	1:18.68	4400m: 58:39.43	1:22.78
	600m: 7:45.63	1:19.19	1900m: 24:56.18	1:20.29	3200m: 42:12.90	1:18.93	4500m: 1:00:03.04	1:23.61
	700m: 9:04.41	1:18.78	2000m: 26:15.78	1:19.60	3300m: 43:32.28	1:19.38	4600m: 1:01:27.16	1:24.12
	800m: 10:23.36	1:18.95	2100m: 27:36.01	1:20.23	3400m: 44:52.14	1:19.86	4700m: 1:02:49.76	1:22.60
	900m: 11:42.24	1:18.88	2200m: 28:55.88	1:19.87	3500m: 46:12.86	1:20.72	4800m: 1:04:12.37	1:22.61
	1000m: 13:01.59	1:19.35	2300m: 30:15.88	1:20.00	3600m: 47:34.43	1:21.57	4900m: 1:05:33.82	1:21.45
	1100m: 14:21.36	1:19.77	2400m: 31:36.07	1:20.19	3700m: 48:57.56	1:23.13	5000m: 1:06:54.32	1:20.50
	1200m: 15:41.04	1:19.68	2500m: 32:56.41	1:20.34	3800m: 50:21.60	1:24.04		
	1300m: 17:00.51	1:19.47	2600m: 34:16.07	1:19.66	3900m: 51:44.35	1:22.75		
19.	Miguel Klooster	DWT	25:17.46	200100613	1:07:43.91			
	100m: 1:14.64	1:14.64	1400m: 18:33.37	1:19.16	2700m: 36:16.86	1:20.77	4000m: 53:56.88	1:21.27
	200m: 2:32.25	1:17.61	1500m: 19:52.33	1:18.96	2800m: 37:38.22	1:21.36	4100m: 55:18.21	1:21.33
	300m: 3:51.52	1:19.27	1600m: 21:12.96	1:20.63	2900m: 38:59.98	1:21.76	4200m: 56:39.68	1:21.47
	400m: 5:11.78	1:20.26	1700m: 22:34.90	1:21.94	3000m: 40:21.29	1:21.31	4300m: 58:02.31	1:22.63
	500m: 6:31.56	1:19.78	1800m: 23:57.94	1:23.04	3100m: 41:42.95	1:21.66	4400m: 59:24.61	1:22.30
	600m: 7:51.94	1:20.38	1900m: 25:19.93	1:21.99	3200m: 43:04.77	1:21.82	4500m: 1:00:47.20	1:22.59
	700m: 9:12.04	1:20.10	2000m: 26:42.63	1:22.70	3300m: 44:25.33	1:20.56	4600m: 1:02:11.26	1:24.06
	800m: 10:32.82	1:20.78	2100m: 28:05.80	1:23.17	3400m: 45:46.51	1:21.18	4700m: 1:03:34.64	1:23.38
	900m: 11:54.12	1:21.30	2200m: 29:27.70	1:21.90	3500m: 47:07.81	1:21.30	4800m: 1:04:59.04	1:24.40
	1000m: 13:13.30	1:19.18	2300m: 30:50.34	1:22.64	3600m: 48:29.20	1:21.39	4900m: 1:06:22.84	1:23.80
	1100m: 14:33.99	1:20.69	2400m: 32:13.10	1:22.76	3700m: 49:50.83	1:21.63	5000m: 1:07:43.91	1:21.07
	1200m: 15:53.78	1:19.79	2500m: 33:33.64	1:20.54	3800m: 51:13.35	1:22.52		
	1300m: 17:14.21	1:20.43	2600m: 34:56.09	1:22.45	3900m: 52:35.61	1:22.26		
20.	Tenzin Tieman	VZV	24:40.73	200005549	1:09:22.87			
	100m: 1:14.34	1:14.34	1400m: 18:31.06	1:21.46	2700m: 36:22.52	1:23.32	4000m: 54:58.81	1:27.75
	200m: 2:32.04	1:17.70	1500m: 19:52.33	1:21.27	2800m: 37:44.52	1:22.00	4100m: 56:25.27	1:26.46
	300m: 3:49.84	1:17.80	1600m: 21:13.13	1:20.80	2900m: 39:09.60	1:25.08	4200m: 57:52.67	1:27.40
	400m: 5:08.17	1:18.33	1700m: 22:34.92	1:21.79	3000m: 40:34.85	1:25.25	4300m: 59:20.03	1:27.36
	500m: 6:28.87	1:20.70	1800m: 23:57.95	1:23.03	3100m: 42:00.42	1:25.57	4400m: 1:00:46.84	1:26.81
	600m: 7:46.10	1:17.23	1900m: 25:20.06	1:22.11	3200m: 43:26.31	1:25.89	4500m: 1:02:12.06	1:25.22
	700m: 9:05.20	1:19.10	2000m: 26:42.70	1:22.64	3300m: 44:53.93	1:27.62	4600m: 1:03:38.74	1:26.68
	800m: 10:24.73	1:19.53	2100m: 28:05.87	1:23.17	3400m: 46:20.20	1:26.27	4700m: 1:05:05.03	1:26.29
	900m: 11:45.49	1:20.76	2200m: 29:28.13	1:22.26	3500m: 47:46.45	1:26.25	4800m: 1:06:31.70	1:26.67
	1000m: 13:06.10	1:20.61	2300m: 30:50.60	1:22.47	3600m: 49:12.20	1:25.75	4900m: 1:07:58.13	1:26.43
	1100m: 14:26.81	1:20.71	2400m: 32:13.99	1:23.39	3700m: 50:38.87	1:26.67	5000m: 1:09:22.87	1:24.74
	1200m: 15:48.45	1:21.64	2500m: 33:36.35	1:22.36	3800m: 52:04.60	1:25.73		
	1300m: 17:09.60	1:21.15	2600m: 34:59.20	1:22.85	3900m: 53:31.06	1:26.46		