

Programmanr. 1
12-4-2019

Dames, 5000m vrije slag

Jeugd 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	
Jeugd 1 en 2						
1.	Mara Bosman	The Hague Swimming (SG)	24:46.94	200303048	1:06:12.64	
	100m: 1:13.39	1:13.39	1400m: 17:42.69	1:16.45	2700m: 34:19.36	1:17.31
	200m: 2:28.68	1:15.29	1500m: 18:59.16	1:16.47	2800m: 35:37.43	1:18.07
	300m: 3:44.38	1:15.70	1600m: 20:15.13	1:15.97	2900m: 36:56.42	1:18.99
	400m: 5:00.77	1:16.39	1700m: 21:31.14	1:16.01	3000m: 38:15.13	1:18.71
	500m: 6:16.76	1:15.99	1800m: 22:47.91	1:16.77	3100m: 39:34.98	1:19.85
	600m: 7:33.13	1:16.37	1900m: 24:04.60	1:16.69	3200m: 40:54.97	1:19.99
	700m: 8:49.48	1:16.35	2000m: 25:21.29	1:16.69	3300m: 42:16.14	1:21.17
	800m: 10:05.82	1:16.34	2100m: 26:37.32	1:16.03	3400m: 43:37.77	1:21.63
	900m: 11:21.88	1:16.06	2200m: 27:53.77	1:16.45	3500m: 44:59.72	1:21.95
	1000m: 12:37.85	1:15.97	2300m: 29:10.30	1:16.53	3600m: 46:22.59	1:22.87
	1100m: 13:53.78	1:15.93	2400m: 30:27.41	1:17.11	3700m: 47:45.42	1:22.83
	1200m: 15:09.89	1:16.11	2500m: 31:44.84	1:17.43	3800m: 49:08.55	1:23.13
	1300m: 16:26.24	1:16.35	2600m: 33:02.05	1:17.21	3900m: 50:33.26	1:24.71
2.	Danielle Meinema	ZV 44	24:50.03	200300534	1:07:09.73	
	100m: 1:14.25	1:14.25	1400m: 18:01.90	1:18.87	2700m: 35:35.25	1:22.25
	200m: 2:29.28	1:15.03	1500m: 19:21.82	1:19.92	2800m: 36:55.08	1:19.83
	300m: 3:44.50	1:15.22	1600m: 20:41.25	1:19.43	2900m: 38:14.03	1:18.95
	400m: 5:01.97	1:17.47	1700m: 22:01.28	1:20.03	3000m: 39:33.16	1:19.13
	500m: 6:18.86	1:16.89	1800m: 23:20.97	1:19.69	3100m: 40:52.47	1:19.31
	600m: 7:35.83	1:16.97	1900m: 24:40.53	1:19.56	3200m: 42:11.68	1:19.21
	700m: 8:53.58	1:17.75	2000m: 26:01.10	1:20.57	3300m: 43:30.75	1:19.07
	800m: 10:11.87	1:18.29	2100m: 27:22.56	1:21.46	3400m: 44:51.53	1:20.78
	900m: 11:29.58	1:17.71	2200m: 28:44.11	1:21.55	3500m: 46:12.75	1:21.22
	1000m: 12:46.90	1:17.32	2300m: 30:06.53	1:22.42	3600m: 47:34.90	1:22.15
	1100m: 14:04.90	1:18.00	2400m: 31:28.03	1:21.50	3700m: 48:57.43	1:22.53
	1200m: 15:23.78	1:18.88	2500m: 32:50.65	1:22.62	3800m: 50:20.90	1:23.47
	1300m: 16:43.03	1:19.25	2600m: 34:13.00	1:22.35	3900m: 51:44.25	1:23.35
3.	Loes Sotthewes	WS Twente	26:28.32	200401792	1:09:00.32	
	100m: 1:19.52	1:19.52	1400m: 19:14.19	1:24.40	2700m: 37:21.56	1:23.37
	200m: 2:40.77	1:21.25	1500m: 20:38.49	1:24.30	2800m: 38:44.29	1:22.73
	300m: 4:01.73	1:20.96	1600m: 22:01.79	1:23.30	2900m: 40:07.04	1:22.75
	400m: 5:23.41	1:21.68	1700m: 23:25.85	1:24.06	3000m: 41:29.80	1:22.76
	500m: 6:45.11	1:21.70	1800m: 24:49.56	1:23.71	3100m: 42:52.45	1:22.65
	600m: 8:07.32	1:22.21	1900m: 26:12.67	1:23.11	3200m: 44:14.72	1:22.27
	700m: 9:30.00	1:22.68	2000m: 27:37.07	1:24.40	3300m: 45:37.40	1:22.68
	800m: 10:52.99	1:22.99	2100m: 29:01.26	1:24.19	3400m: 46:59.67	1:22.27
	900m: 12:15.44	1:22.45	2200m: 30:25.52	1:24.26	3500m: 48:21.75	1:22.08
	1000m: 13:38.42	1:22.98	2300m: 31:48.89	1:23.37	3600m: 49:43.26	1:21.51
	1100m: 15:02.65	1:24.23	2400m: 33:12.79	1:23.90	3700m: 51:05.61	1:22.35
	1200m: 16:26.01	1:23.36	2500m: 34:35.57	1:22.78	3800m: 52:28.14	1:22.53
	1300m: 17:49.79	1:23.78	2600m: 35:58.19	1:22.62	3900m: 53:51.23	1:23.09
4.	Naomi Polinder	ZV 44	25:28.78	200300020	1:09:23.56	
	100m: 1:17.91	1:17.91	1400m: 18:46.85	1:23.29	2700m: 37:02.13	1:24.53
	200m: 2:36.62	1:18.71	1500m: 20:09.85	1:23.00	2800m: 38:25.81	1:23.68
	300m: 3:55.70	1:19.08	1600m: 21:31.85	1:22.00	2900m: 39:49.49	1:23.68
	400m: 5:15.70	1:20.00	1700m: 22:54.20	1:22.35	3000m: 41:14.74	1:25.25
	500m: 6:35.45	1:19.75	1800m: 24:18.03	1:23.83	3100m: 42:41.27	1:26.53
	600m: 7:55.35	1:19.90	1900m: 25:41.67	1:23.64	3200m: 44:07.10	1:25.83
	700m: 9:15.60	1:20.25	2000m: 27:06.76	1:25.09	3300m: 45:32.20	1:25.10
	800m: 10:35.89	1:20.29	2100m: 28:32.38	1:25.62	3400m: 46:57.77	1:25.57
	900m: 11:56.35	1:20.46	2200m: 29:56.99	1:24.61	3500m: 48:22.03	1:24.26
	1000m: 13:17.45	1:21.10	2300m: 31:22.25	1:25.26	3600m: 49:43.45	1:21.42
	1100m: 14:39.10	1:21.65	2400m: 32:49.17	1:26.92	3700m: 51:06.63	1:23.18
	1200m: 16:01.25	1:22.15	2500m: 34:12.81	1:23.64	3800m: 52:28.81	1:22.18
	1300m: 17:23.56	1:22.31	2600m: 35:37.60	1:24.79	3900m: 53:51.92	1:23.11
5.	Cynthia Koolman	Zuiderzeewimmers	26:45.02	200300232	1:12:51.47	
	100m: 1:19.77	1:19.77	1400m: 20:06.30	1:27.94	2700m: 39:03.53	1:27.47
	200m: 2:44.05	1:24.28	1500m: 21:34.57	1:28.27	2800m: 40:30.39	1:26.86
	300m: 4:09.99	1:25.94	1600m: 23:01.32	1:26.75	2900m: 41:56.75	1:26.36
	400m: 5:36.25	1:26.26	1700m: 24:27.06	1:25.74	3000m: 43:23.91	1:27.16
	500m: 7:02.30	1:26.05	1800m: 25:54.02	1:26.96	3100m: 44:51.82	1:27.91
	600m: 8:28.04	1:25.74	1900m: 27:20.36	1:26.34	3200m: 46:19.01	1:27.19
	700m: 9:54.12	1:26.08	2000m: 28:47.70	1:27.34	3300m: 47:46.70	1:27.69
	800m: 11:20.75	1:26.63	2100m: 30:15.59	1:27.89	3400m: 49:14.32	1:27.62
	900m: 12:47.37	1:26.62	2200m: 31:42.88	1:27.29	3500m: 50:41.39	1:27.07
	1000m: 14:14.97	1:27.60	2300m: 33:10.84	1:27.96	3600m: 52:09.56	1:28.17
	1100m: 15:42.20	1:27.23	2400m: 34:39.74	1:28.90	3700m: 53:38.96	1:29.40
	1200m: 17:10.14	1:27.94	2500m: 36:07.81	1:28.07	3800m: 55:08.73	1:29.77
	1300m: 18:38.36	1:28.22	2600m: 37:36.06	1:28.25	3900m: 56:37.84	1:29.11

serie 1 zwemt links - serie 2 zwemt rechts

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd
6.	Lieke Visser	Apexswim	27:40.28	200400666	1:15:44.28
	100m: 1:18.64	1400m: 20:06.52	1:27.85	2700m: 40:07.06	1:33.54
	200m: 2:44.12	1500m: 21:34.68	1:28.16	2800m: 41:38.92	1:31.86
	300m: 4:09.95	1600m: 23:03.38	1:28.70	2900m: 43:12.63	1:33.71
	400m: 5:35.89	1700m: 24:34.74	1:31.36	3000m: 44:47.35	1:34.72
	500m: 7:02.35	1800m: 26:06.77	1:32.03	3100m: 46:21.84	1:34.49
	600m: 8:28.63	1900m: 27:39.03	1:32.26	3200m: 47:56.87	1:35.03
	700m: 9:54.38	2000m: 29:11.23	1:32.20	3300m: 49:31.42	1:34.55
	800m: 11:20.83	2100m: 30:43.77	1:32.54	3400m: 51:06.56	1:35.14
	900m: 12:47.70	2200m: 32:15.56	1:31.79	3500m: 52:41.56	1:35.00
	1000m: 14:15.16	2300m: 33:48.81	1:33.25	3600m: 54:17.61	1:36.05
	1100m: 15:42.31	2400m: 35:23.87	1:35.06	3700m: 55:52.95	1:35.34
	1200m: 17:10.60	2500m: 36:58.45	1:34.58	3800m: 57:28.84	1:35.89
	1300m: 18:38.67	2600m: 38:33.52	1:35.07	3900m: 59:03.85	1:35.01
7.	Melanie Marinus-Cruz	WVZ	26:48.42	200404702	1:16:10.88
	100m: 1:22.14	1400m: 20:17.38	1:29.15	2700m: 40:07.35	1:33.53
	200m: 2:47.32	1500m: 21:47.16	1:29.78	2800m: 41:40.68	1:33.33
	300m: 4:12.84	1600m: 23:18.58	1:31.42	2900m: 43:14.40	1:33.72
	400m: 5:39.45	1700m: 24:47.68	1:29.10	3000m: 44:48.65	1:34.25
	500m: 7:05.89	1800m: 26:17.77	1:30.09	3100m: 46:23.30	1:34.65
	600m: 8:32.89	1900m: 27:46.95	1:29.18	3200m: 47:59.47	1:36.17
	700m: 9:58.67	2000m: 29:18.53	1:31.58	3300m: 49:36.45	1:36.98
	800m: 11:25.73	2100m: 30:48.72	1:30.19	3400m: 51:14.27	1:37.82
	900m: 12:53.45	2200m: 32:20.65	1:31.93	3500m: 52:50.27	1:36.00
	1000m: 14:21.61	2300m: 33:51.55	1:30.90	3600m: 54:27.94	1:37.67
	1100m: 15:49.71	2400m: 35:24.25	1:32.70	3700m: 56:04.76	1:36.82
	1200m: 17:19.30	2500m: 36:59.35	1:35.10	3800m: 57:44.49	1:39.73
	1300m: 18:48.23	2600m: 38:33.82	1:34.47	3900m: 59:21.76	1:37.27

all-in

1.	Leonie van Noort	WVZ	23:10.16	199301752	1:00:52.09
	100m: 1:11.41	1400m: 17:04.06	1:14.01	2700m: 32:58.73	1:12.98
	200m: 2:24.33	1500m: 18:18.04	1:13.98	2800m: 34:11.90	1:13.17
	300m: 3:37.54	1600m: 19:32.39	1:14.35	2900m: 35:24.81	1:12.91
	400m: 4:50.77	1700m: 20:46.07	1:13.68	3000m: 36:38.45	1:13.64
	500m: 6:04.14	1800m: 21:59.94	1:13.87	3100m: 37:51.14	1:12.69
	600m: 7:17.90	1900m: 23:13.68	1:13.74	3200m: 39:04.07	1:12.93
	700m: 8:31.63	2000m: 24:27.47	1:13.79	3300m: 40:17.23	1:13.16
	800m: 9:45.02	2100m: 25:41.33	1:13.86	3400m: 41:29.61	1:12.38
	900m: 10:58.36	2200m: 26:54.78	1:13.45	3500m: 42:41.66	1:12.05
	1000m: 12:11.43	2300m: 28:07.61	1:12.83	3600m: 43:54.94	1:13.28
	1100m: 13:24.15	2400m: 29:20.76	1:13.15	3700m: 45:07.58	1:12.64
	1200m: 14:36.47	2500m: 30:33.08	1:12.32	3800m: 46:20.07	1:12.49
	1300m: 15:50.05	2600m: 31:45.75	1:12.67	3900m: 47:32.79	1:12.72
2.	Anne Noom	Het Y	23:10.71	199800062	1:01:29.73
	100m: 1:11.02	1400m: 17:03.41	1:13.80	2700m: 33:06.99	1:14.29
	200m: 2:23.49	1500m: 18:18.02	1:14.61	2800m: 34:21.30	1:14.31
	300m: 3:36.55	1600m: 19:31.66	1:13.64	2900m: 35:35.81	1:14.51
	400m: 4:50.55	1700m: 20:45.62	1:13.96	3000m: 36:50.69	1:14.88
	500m: 6:03.44	1800m: 21:59.34	1:13.72	3100m: 38:05.79	1:15.10
	600m: 7:17.12	1900m: 23:13.34	1:14.00	3200m: 39:20.35	1:14.56
	700m: 8:30.99	2000m: 24:27.73	1:14.39	3300m: 40:34.84	1:14.49
	800m: 9:44.54	2100m: 25:41.55	1:13.82	3400m: 41:49.22	1:14.38
	900m: 10:57.34	2200m: 26:55.78	1:14.23	3500m: 43:03.90	1:14.68
	1000m: 12:10.49	2300m: 28:10.17	1:14.39	3600m: 44:18.15	1:14.25
	1100m: 13:22.77	2400m: 29:24.74	1:14.57	3700m: 45:32.50	1:14.35
	1200m: 14:35.76	2500m: 30:38.75	1:14.01	3800m: 46:47.00	1:14.50
	1300m: 15:49.61	2600m: 31:52.70	1:13.95	3900m: 48:02.00	1:15.00
3.	Manon van Esch	TRB-RES	23:28.37	199702090	1:02:44.38
	100m: 1:12.23	1400m: 17:23.09	1:15.10	2700m: 33:48.21	1:15.97
	200m: 2:26.67	1500m: 18:37.80	1:14.71	2800m: 35:05.17	1:16.96
	300m: 3:41.42	1600m: 19:52.74	1:14.94	2900m: 36:21.28	1:16.11
	400m: 4:56.15	1700m: 21:07.89	1:15.15	3000m: 37:37.42	1:16.14
	500m: 6:10.57	1800m: 22:24.07	1:16.18	3100m: 38:54.17	1:16.75
	600m: 7:24.74	1900m: 23:39.74	1:15.67	3200m: 40:10.07	1:15.90
	700m: 8:39.31	2000m: 24:55.65	1:15.91	3300m: 41:25.81	1:15.74
	800m: 9:54.10	2100m: 26:11.71	1:16.06	3400m: 42:42.21	1:16.40
	900m: 11:08.53	2200m: 27:29.14	1:17.43	3500m: 43:58.53	1:16.32
	1000m: 12:23.24	2300m: 28:44.67	1:15.53	3600m: 45:14.57	1:16.04
	1100m: 13:38.28	2400m: 29:59.96	1:15.29	3700m: 46:29.89	1:15.32
	1200m: 14:53.07	2500m: 31:16.81	1:16.85	3800m: 47:44.78	1:14.89
	1300m: 16:07.99	2600m: 32:32.24	1:15.43	3900m: 49:00.74	1:15.96

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

rang	naam		vereniging		inschrijftijd		startnr.		tijd			
4.	Lisa Dreesens		The Hague Swimming (SG)		24:03.69		199105798		1:02:53.27			
	100m:	1:12.20	1:12.20	1400m:	17:12.65	1:14.05	2700m:	33:31.69	1:15.30	4000m:	49:58.88	1:15.60
	200m:	2:26.69	1:14.49	1500m:	18:27.12	1:14.47	2800m:	34:47.38	1:15.69	4100m:	51:15.22	1:16.34
	300m:	3:40.94	1:14.25	1600m:	19:41.74	1:14.62	2900m:	36:03.15	1:15.77	4200m:	52:32.02	1:16.80
	400m:	4:55.55	1:14.61	1700m:	20:56.37	1:14.63	3000m:	37:18.97	1:15.82	4300m:	53:48.82	1:16.80
	500m:	6:09.43	1:13.88	1800m:	22:11.36	1:14.99	3100m:	38:35.03	1:16.06	4400m:	55:05.14	1:16.32
	600m:	7:22.80	1:13.37	1900m:	23:26.39	1:15.03	3200m:	39:51.11	1:16.08	4500m:	56:22.75	1:17.61
	700m:	8:36.31	1:13.51	2000m:	24:41.91	1:15.52	3300m:	41:07.18	1:16.07	4600m:	57:40.07	1:17.32
	800m:	9:50.32	1:14.01	2100m:	25:57.61	1:15.70	3400m:	42:22.87	1:15.69	4700m:	58:58.95	1:18.88
	900m:	11:04.26	1:13.94	2200m:	27:13.50	1:15.89	3500m:	43:39.26	1:16.39	4800m:	1:00:17.04	1:18.09
	1000m:	12:17.75	1:13.49	2300m:	28:29.10	1:15.60	3600m:	44:55.54	1:16.28	4900m:	1:01:34.95	1:17.91
	1100m:	13:31.39	1:13.64	2400m:	29:44.77	1:15.67	3700m:	46:11.81	1:16.27	5000m:	1:02:53.27	1:18.32
	1200m:	14:45.12	1:13.73	2500m:	31:00.60	1:15.83	3800m:	47:28.02	1:16.21			
	1300m:	15:58.60	1:13.48	2600m:	32:16.39	1:15.79	3900m:	48:43.28	1:15.26			
5.	Anne Paulusse		O.Z. & P.C. De Warande		24:23.41		200200834		1:05:01.40			
	100m:	1:12.96	1:12.96	1400m:	17:47.58	1:17.20	2700m:	34:43.83	1:18.31	4000m:	51:58.67	1:18.38
	200m:	2:28.74	1:15.78	1500m:	19:05.31	1:17.73	2800m:	36:02.08	1:18.25	4100m:	53:17.42	1:18.75
	300m:	3:45.04	1:16.30	1600m:	20:23.82	1:18.51	2900m:	37:20.50	1:18.42	4200m:	54:37.09	1:19.67
	400m:	5:02.12	1:17.08	1700m:	21:42.45	1:18.63	3000m:	38:39.61	1:19.11	4300m:	55:56.90	1:19.81
	500m:	6:18.06	1:15.94	1800m:	23:00.38	1:17.93	3100m:	39:59.40	1:19.79	4400m:	57:15.86	1:18.96
	600m:	7:34.43	1:16.37	1900m:	24:19.07	1:18.69	3200m:	41:19.33	1:19.93	4500m:	58:34.48	1:18.62
	700m:	8:51.01	1:16.58	2000m:	25:38.18	1:19.11	3300m:	42:39.53	1:20.20	4600m:	59:52.45	1:17.97
	800m:	10:07.73	1:16.72	2100m:	26:54.82	1:16.64	3400m:	44:00.53	1:21.00	4700m:	1:01:10.01	1:17.56
	900m:	11:24.02	1:16.29	2200m:	28:12.33	1:17.51	3500m:	45:20.43	1:19.90	4800m:	1:02:27.92	1:17.91
	1000m:	12:41.00	1:16.98	2300m:	29:30.13	1:17.80	3600m:	46:39.90	1:19.47	4900m:	1:03:45.40	1:17.48
	1100m:	13:57.27	1:16.27	2400m:	30:48.41	1:18.28	3700m:	48:00.37	1:20.47	5000m:	1:05:01.40	1:16.00
	1200m:	15:13.67	1:16.40	2500m:	32:07.05	1:18.64	3800m:	49:20.41	1:20.04			
	1300m:	16:30.38	1:16.71	2600m:	33:25.52	1:18.47	3900m:	50:40.29	1:19.88			
6.	Sterre van de Goor		PSV		24:02.31		200102168		1:05:29.60			
	100m:	1:14.90	1:14.90	1400m:	17:44.08	1:15.69	2700m:	34:18.51	1:16.76	4000m:	51:24.52	1:21.27
	200m:	2:30.51	1:15.61	1500m:	18:59.53	1:15.45	2800m:	35:35.54	1:17.03	4100m:	52:46.75	1:22.23
	300m:	3:46.24	1:15.73	1600m:	20:14.92	1:15.39	2900m:	36:53.21	1:17.67	4200m:	54:09.82	1:23.07
	400m:	5:02.34	1:16.10	1700m:	21:30.67	1:15.75	3000m:	38:10.43	1:17.22	4300m:	55:33.51	1:23.69
	500m:	6:18.43	1:16.09	1800m:	22:47.11	1:16.44	3100m:	39:28.40	1:17.97	4400m:	56:57.62	1:24.11
	600m:	7:34.81	1:16.38	1900m:	24:03.73	1:16.62	3200m:	40:46.47	1:18.07	4500m:	58:21.86	1:24.24
	700m:	8:51.32	1:16.51	2000m:	25:20.44	1:16.71	3300m:	42:04.97	1:18.50	4600m:	59:47.14	1:25.28
	800m:	10:07.77	1:16.45	2100m:	26:36.99	1:16.55	3400m:	43:23.78	1:18.81	4700m:	1:01:12.83	1:25.69
	900m:	11:24.32	1:16.55	2200m:	27:53.59	1:16.60	3500m:	44:42.69	1:18.91	4800m:	1:02:38.84	1:26.01
	1000m:	12:40.94	1:16.62	2300m:	29:10.56	1:16.97	3600m:	46:01.74	1:19.05	4900m:	1:04:05.03	1:26.19
	1100m:	13:56.96	1:16.02	2400m:	30:27.65	1:17.09	3700m:	47:21.73	1:19.99	5000m:	1:05:29.60	1:24.57
	1200m:	15:13.04	1:16.08	2500m:	31:44.86	1:17.21	3800m:	48:41.97	1:20.24			
	1300m:	16:28.39	1:15.35	2600m:	33:01.75	1:16.89	3900m:	50:03.25	1:21.28			
7.	Mara Bosman		The Hague Swimming (SG)		24:46.94		200303048		1:06:12.64			
	100m:	1:13.39	1:13.39	1400m:	17:42.69	1:16.45	2700m:	34:19.36	1:17.31	4000m:	51:58.17	1:24.91
	200m:	2:28.68	1:15.29	1500m:	18:59.16	1:16.47	2800m:	35:37.43	1:18.07	4100m:	53:22.56	1:24.39
	300m:	3:44.38	1:15.70	1600m:	20:15.13	1:15.97	2900m:	36:56.42	1:18.99	4200m:	54:47.51	1:24.95
	400m:	5:00.77	1:16.39	1700m:	21:31.14	1:16.01	3000m:	38:15.13	1:18.71	4300m:	56:12.86	1:25.35
	500m:	6:16.76	1:15.99	1800m:	22:47.91	1:16.77	3100m:	39:34.98	1:19.85	4400m:	57:38.17	1:25.31
	600m:	7:33.13	1:16.37	1900m:	24:04.60	1:16.69	3200m:	40:54.97	1:19.99	4500m:	59:03.58	1:25.41
	700m:	8:49.48	1:16.35	2000m:	25:21.29	1:16.69	3300m:	42:16.14	1:21.17	4600m:	1:00:29.05	1:25.47
	800m:	10:05.82	1:16.34	2100m:	26:37.32	1:16.03	3400m:	43:37.77	1:21.63	4700m:	1:01:55.44	1:26.39
	900m:	11:21.88	1:16.06	2200m:	27:53.77	1:16.45	3500m:	44:59.72	1:21.95	4800m:	1:03:21.89	1:26.45
	1000m:	12:37.85	1:15.97	2300m:	29:10.30	1:16.53	3600m:	46:22.59	1:22.87	4900m:	1:04:47.36	1:25.47
	1100m:	13:53.78	1:15.93	2400m:	30:27.41	1:17.11	3700m:	47:45.42	1:22.83	5000m:	1:06:12.64	1:25.28
	1200m:	15:09.89	1:16.11	2500m:	31:44.84	1:17.43	3800m:	49:08.55	1:23.13			
	1300m:	16:26.24	1:16.35	2600m:	33:02.05	1:17.21	3900m:	50:33.26	1:24.71			
8.	Danielle Meinema		ZV 44		24:50.03		200300534		1:07:09.73			
	100m:	1:14.25	1:14.25	1400m:	18:01.90	1:18.87	2700m:	35:35.25	1:22.25	4000m:	53:08.50	1:24.25
	200m:	2:29.28	1:15.03	1500m:	19:21.82	1:19.92	2800m:	36:55.08	1:19.83	4100m:	54:32.75	1:24.25
	300m:	3:44.50	1:15.22	1600m:	20:41.25	1:19.43	2900m:	38:14.03	1:18.95	4200m:	55:58.00	1:25.25
	400m:	5:01.97	1:17.47	1700m:	22:01.28	1:20.03	3000m:	39:33.16	1:19.13	4300m:	57:22.93	1:24.93
	500m:	6:18.86	1:16.89	1800m:	23:20.97	1:19.69	3100m:	40:52.47	1:19.31	4400m:	58:47.86	1:24.93
	600m:	7:35.83	1:16.97	1900m:	24:40.53	1:19.56	3200m:	42:11.68	1:19.21	4500m:	1:00:13.03	1:25.17
	700m:	8:53.58	1:17.75	2000m:	26:01.10	1:20.57	3300m:	43:30.75	1:19.07	4600m:	1:01:39.03	1:26.00
	800m:	10:11.87	1:18.29	2100m:	27:22.56	1:21.46	3400m:	44:51.53	1:20.78	4700m:	1:03:04.28	1:25.25
	900m:	11:29.58	1:17.71	2200m:	28:44.11	1:21.55	3500m:	46:12.75	1:21.22	4800m:	1:04:28.43	1:24.15
	1000m:	12:46.90	1:17.32	2300m:	30:06.53	1:22.42	3600m:	47:34.90	1:22.15	5000m:	1:07:09.73	2:41.30
	1100m:	14:04.90	1:18.00	2400m:	31:28.03	1:21.50	3700m:	48:57.43	1:22.53			
	1200m:	15:23.78	1:18.88	2500m:	32:50.65	1:22.62	3800m:	50:20.90	1:23.47			
	1300m:	16:43.03	1:19.25	2600m:	34:13.00	1:22.35	3900m:	51:44.25	1:23.35			

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd		
9.	Amé Hulleman	ReVeLie Swim Team	24:24.51	200202794	1:07:30.67		
	100m: 1:13.01	1400m: 18:01.86	1:19.02	2700m: 35:24.87	121.16	4000m: 53:19.61	1:24.17
	200m: 2:27.51	1500m: 19:21.42	1:19.56	2800m: 36:46.12	121.25	4100m: 54:44.74	1:25.13
	300m: 3:43.91	1600m: 20:40.94	1:19.52	2900m: 38:07.58	121.46	4200m: 56:09.80	1:25.06
	400m: 5:01.60	1700m: 22:00.12	1:19.18	3000m: 39:29.36	121.78	4300m: 57:34.66	1:24.86
	500m: 6:18.91	1800m: 23:19.97	1:19.85	3100m: 40:50.46	121.10	4400m: 59:00.00	1:25.34
	600m: 7:35.75	1900m: 24:39.71	1:19.74	3200m: 42:12.47	122.01	4500m: 1:00:25.40	1:25.40
	700m: 8:53.73	2000m: 25:59.90	1:20.19	3300m: 43:35.13	122.66	4600m: 1:01:50.66	1:25.26
	800m: 10:11.55	2100m: 27:20.19	1:20.29	3400m: 44:57.60	122.47	4700m: 1:03:15.93	1:25.27
	900m: 11:28.99	2200m: 28:40.03	1:19.84	3500m: 46:21.14	123.54	4800m: 1:04:41.37	1:25.44
	1000m: 12:46.61	2300m: 30:00.45	1:20.42	3600m: 47:44.74	123.60	4900m: 1:06:06.23	1:24.86
	1100m: 14:04.83	2400m: 31:21.59	1:21.14	3700m: 49:07.90	123.16	5000m: 1:07:30.67	1:24.44
	1200m: 15:23.71	2500m: 32:42.68	1:21.09	3800m: 50:31.45	123.55		
	1300m: 16:42.84	2600m: 34:03.71	1:21.03	3900m: 51:55.44	123.99		
10.	Roos Englebort	Hieronymus	25:05.34	200200606	1:07:52.54		
	100m: 1:14.62	1400m: 18:22.75	1:20.69	2700m: 36:06.77	121.53	4000m: 53:51.46	1:22.42
	200m: 2:31.89	1500m: 19:43.69	1:20.94	2800m: 37:28.34	121.57	4100m: 55:14.30	1:22.84
	300m: 3:49.84	1600m: 21:04.51	1:20.82	2900m: 38:49.76	121.42	4200m: 56:38.39	1:24.09
	400m: 5:08.50	1700m: 22:25.69	1:21.18	3000m: 40:10.73	120.97	4300m: 58:02.40	1:24.01
	500m: 6:27.05	1800m: 23:47.68	1:21.99	3100m: 41:31.82	121.09	4400m: 59:26.53	1:24.13
	600m: 7:45.99	1900m: 25:09.45	1:21.77	3200m: 42:53.22	121.40	4500m: 1:00:51.22	1:24.69
	700m: 9:05.04	2000m: 26:31.87	1:22.42	3300m: 44:14.64	121.42	4600m: 1:02:15.82	1:24.60
	800m: 10:24.37	2100m: 27:53.76	1:21.89	3400m: 45:36.55	121.91	4700m: 1:03:40.87	1:25.05
	900m: 11:43.43	2200m: 29:16.06	1:22.30	3500m: 46:59.22	122.67	4800m: 1:05:05.17	1:24.30
	1000m: 13:02.65	2300m: 30:37.90	1:21.84	3600m: 48:21.63	122.41	4900m: 1:06:30.40	1:25.23
	1100m: 14:22.09	2400m: 32:00.12	1:22.22	3700m: 49:43.90	122.27	5000m: 1:07:52.54	1:22.14
	1200m: 15:41.94	2500m: 33:22.49	1:22.37	3800m: 51:06.42	122.52		
	1300m: 17:02.06	2600m: 34:45.24	1:22.75	3900m: 52:29.04	122.62		
11.	Lisanne Andeweg	Zuiderzeezwemmers	25:16.71	198800092	1:08:01.11		
	100m: 1:16.92	1400m: 18:51.15	1:21.45	2700m: 36:33.98	121.61	4000m: 54:21.45	1:22.25
	200m: 2:36.19	1500m: 20:12.86	1:21.71	2800m: 37:55.43	121.45	4100m: 55:43.98	1:22.53
	300m: 3:56.72	1600m: 21:34.59	1:21.73	2900m: 39:17.36	121.93	4200m: 57:06.55	1:22.57
	400m: 5:17.96	1700m: 22:56.12	1:21.53	3000m: 40:39.17	121.81	4300m: 58:28.88	1:22.33
	500m: 6:39.44	1800m: 24:18.17	1:22.05	3100m: 42:00.96	121.79	4400m: 59:51.49	1:22.61
	600m: 8:00.87	1900m: 25:39.96	1:21.79	3200m: 43:22.91	121.95	4500m: 1:01:14.76	1:23.27
	700m: 9:22.24	2000m: 27:01.51	1:21.55	3300m: 44:44.88	121.97	4600m: 1:02:37.87	1:23.11
	800m: 10:44.06	2100m: 28:23.50	1:21.99	3400m: 46:07.21	122.33	4700m: 1:03:59.74	1:21.87
	900m: 12:05.06	2200m: 29:45.35	1:21.85	3500m: 47:29.22	122.01	4800m: 1:05:21.61	1:21.87
	1000m: 13:26.09	2300m: 31:06.46	1:21.11	3600m: 48:51.55	122.33	4900m: 1:06:43.19	1:21.58
	1100m: 14:47.36	2400m: 32:27.97	1:21.51	3700m: 50:14.18	122.63	5000m: 1:08:01.11	1:17.92
	1200m: 16:08.45	2500m: 33:49.94	1:21.97	3800m: 51:36.79	122.61		
	1300m: 17:29.70	2600m: 35:12.37	1:22.43	3900m: 52:59.20	122.41		
12.	Selene Wortel	Hieronymus	25:30.28	199700654	1:08:12.59		
	100m: 1:16.66	1400m: 18:57.65	1:21.72	2700m: 36:46.09	122.06	4000m: 54:36.81	1:23.15
	200m: 2:36.10	1500m: 20:19.17	1:21.52	2800m: 38:07.60	121.51	4100m: 55:58.54	1:21.73
	300m: 3:56.65	1600m: 21:41.40	1:22.23	2900m: 39:28.90	121.30	4200m: 57:19.60	1:21.06
	400m: 5:17.75	1700m: 23:04.26	1:22.86	3000m: 40:50.29	121.39	4300m: 58:40.45	1:20.85
	500m: 6:39.42	1800m: 24:26.35	1:22.09	3100m: 42:12.57	122.28	4400m: 1:00:02.66	1:22.21
	600m: 8:00.81	1900m: 25:47.72	1:21.37	3200m: 43:35.28	122.71	4500m: 1:01:24.95	1:22.29
	700m: 9:22.95	2000m: 27:09.06	1:21.34	3300m: 44:58.05	122.77	4600m: 1:02:46.99	1:22.04
	800m: 10:44.90	2100m: 28:30.36	1:21.30	3400m: 46:20.91	122.86	4700m: 1:04:08.97	1:21.98
	900m: 12:06.60	2200m: 29:52.28	1:21.92	3500m: 47:43.72	122.81	4800m: 1:05:30.96	1:21.99
	1000m: 13:28.74	2300m: 31:15.02	1:22.74	3600m: 49:05.88	122.16	4900m: 1:06:53.12	1:22.16
	1100m: 14:51.15	2400m: 32:37.81	1:22.79	3700m: 50:28.08	122.20	5000m: 1:08:12.59	1:19.47
	1200m: 16:14.06	2500m: 34:00.92	1:23.11	3800m: 51:51.00	122.92		
	1300m: 17:35.93	2600m: 35:24.03	1:23.11	3900m: 53:13.66	122.66		
13.	Kirsten Walraven	ZPC De Zeeuwse Kust	24:59.64	200001358	1:08:37.72		
	100m: 1:14.87	1400m: 18:22.89	1:20.47	2700m: 36:09.06	123.54	4000m: 54:26.62	1:24.75
	200m: 2:32.07	1500m: 19:44.16	1:21.27	2800m: 37:31.66	122.60	4100m: 55:51.83	1:25.21
	300m: 3:49.96	1600m: 21:04.91	1:20.75	2900m: 38:54.97	123.31	4200m: 57:17.99	1:26.16
	400m: 5:08.59	1700m: 22:26.14	1:21.23	3000m: 40:18.35	123.38	4300m: 58:43.84	1:25.85
	500m: 6:27.20	1800m: 23:48.08	1:21.94	3100m: 41:41.65	123.30	4400m: 1:00:10.59	1:26.75
	600m: 7:45.86	1900m: 25:09.80	1:21.72	3200m: 43:04.77	123.12	4500m: 1:01:36.96	1:26.37
	700m: 9:05.02	2000m: 26:32.13	1:22.33	3300m: 44:27.85	123.08	4600m: 1:03:02.52	1:25.56
	800m: 10:24.68	2100m: 27:54.11	1:21.98	3400m: 45:51.71	123.86	4700m: 1:04:26.93	1:24.41
	900m: 11:43.73	2200m: 29:16.57	1:22.46	3500m: 47:17.12	125.41	4800m: 1:05:52.07	1:25.14
	1000m: 13:03.02	2300m: 30:38.25	1:21.68	3600m: 48:43.28	126.16	4900m: 1:07:15.51	1:23.44
	1100m: 14:22.54	2400m: 32:00.38	1:22.13	3700m: 50:09.41	126.13	5000m: 1:08:37.72	1:22.21
	1200m: 15:42.65	2500m: 33:22.73	1:22.35	3800m: 51:35.34	125.93		
	1300m: 17:02.42	2600m: 34:45.52	1:22.79	3900m: 53:01.87	126.53		

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd
14.	Loes Sotthewes	WS Twente	26:28.32	200401792	1:09:00.32
	100m: 1:19.52	1400m: 19:14.19	1:24.40	2700m: 37:21.56	1:23.37
	200m: 2:40.77	1500m: 20:38.49	1:24.30	2800m: 38:44.29	1:22.73
	300m: 4:01.73	1600m: 22:01.79	1:23.30	2900m: 40:07.04	1:22.75
	400m: 5:23.41	1700m: 23:25.85	1:24.06	3000m: 41:29.80	1:22.76
	500m: 6:45.11	1800m: 24:49.56	1:23.71	3100m: 42:52.45	1:22.65
	600m: 8:07.32	1900m: 26:12.67	1:23.11	3200m: 44:14.72	1:22.27
	700m: 9:30.00	2000m: 27:37.07	1:24.40	3300m: 45:37.40	1:22.68
	800m: 10:52.99	2100m: 29:01.26	1:24.19	3400m: 46:59.67	1:22.27
	900m: 12:15.44	2200m: 30:25.52	1:24.26	3500m: 48:21.75	1:22.08
	1000m: 13:38.42	2300m: 31:48.89	1:23.37	3600m: 49:43.26	1:21.51
	1100m: 15:02.65	2400m: 33:12.79	1:23.90	3700m: 51:05.61	1:22.35
	1200m: 16:26.01	2500m: 34:35.57	1:22.78	3800m: 52:28.14	1:22.53
	1300m: 17:49.79	2600m: 35:58.19	1:22.62	3900m: 53:51.23	1:23.09
15.	Naomi Polinder	ZV 44	25:28.78	200300020	1:09:23.56
	100m: 1:17.91	1400m: 18:46.85	1:23.29	2700m: 37:02.13	1:24.53
	200m: 2:36.62	1500m: 20:09.85	1:23.00	2800m: 38:25.81	1:23.68
	300m: 3:55.70	1600m: 21:31.85	1:22.00	2900m: 39:49.49	1:23.68
	400m: 5:15.70	1700m: 22:54.20	1:22.35	3000m: 41:14.74	1:25.25
	500m: 6:35.45	1800m: 24:18.03	1:23.83	3100m: 42:41.27	1:26.53
	600m: 7:55.35	1900m: 25:41.67	1:23.64	3200m: 44:07.10	1:25.83
	700m: 9:15.60	2000m: 27:06.76	1:25.09	3300m: 45:32.20	1:25.10
	800m: 10:35.89	2100m: 28:32.38	1:25.62	3400m: 46:57.77	1:25.57
	900m: 11:56.35	2200m: 29:56.99	1:24.61	3500m: 48:22.03	1:24.26
	1000m: 13:17.45	2300m: 31:22.25	1:25.26	3600m: 49:43.45	1:21.42
	1100m: 14:39.10	2400m: 32:49.17	1:26.92	3700m: 51:06.63	1:23.18
	1200m: 16:01.25	2500m: 34:12.81	1:23.64	3800m: 52:28.81	1:22.18
	1300m: 17:23.56	2600m: 35:37.60	1:24.79	3900m: 53:51.92	1:23.11
16.	Michelle Zomerdijk	Dedemsvaart-AC	25:01.26	200003196	1:10:06.59
	100m: 1:22.78	1400m: 19:54.52	1:25.85	2700m: 38:10.39	1:24.73
	200m: 2:47.68	1500m: 21:20.05	1:25.53	2800m: 39:34.60	1:24.21
	300m: 4:12.82	1600m: 22:45.37	1:25.32	2900m: 40:59.01	1:24.41
	400m: 5:37.51	1700m: 24:10.90	1:25.53	3000m: 42:23.46	1:24.45
	500m: 7:02.79	1800m: 25:36.88	1:25.98	3100m: 43:48.01	1:24.55
	600m: 8:27.88	1900m: 27:01.79	1:24.91	3200m: 45:11.74	1:23.73
	700m: 9:53.16	2000m: 28:24.57	1:22.78	3300m: 46:35.03	1:23.29
	800m: 11:19.88	2100m: 29:46.28	1:21.71	3400m: 47:58.41	1:23.38
	900m: 12:45.50	2200m: 31:09.13	1:22.85	3500m: 49:22.45	1:24.04
	1000m: 14:11.75	2300m: 32:32.98	1:23.85	3600m: 50:45.67	1:23.22
	1100m: 15:36.88	2400m: 33:57.38	1:24.40	3700m: 52:08.82	1:23.15
	1200m: 17:02.63	2500m: 35:21.66	1:24.28	3800m: 53:32.53	1:23.71
	1300m: 18:28.67	2600m: 36:45.66	1:24.00	3900m: 54:56.08	1:23.55
17.	Cynthia Koolman	Zuiderzeewimmers	26:45.02	200300232	1:12:51.47
	100m: 1:19.77	1400m: 20:06.30	1:27.94	2700m: 39:03.53	1:27.47
	200m: 2:44.05	1500m: 21:34.57	1:28.27	2800m: 40:30.39	1:26.86
	300m: 4:09.99	1600m: 23:01.32	1:26.75	2900m: 41:56.75	1:26.36
	400m: 5:36.25	1700m: 24:27.06	1:25.74	3000m: 43:23.91	1:27.16
	500m: 7:02.30	1800m: 25:54.02	1:26.96	3100m: 44:51.82	1:27.91
	600m: 8:28.04	1900m: 27:20.36	1:26.34	3200m: 46:19.01	1:27.19
	700m: 9:54.12	2000m: 28:47.70	1:27.34	3300m: 47:46.70	1:27.69
	800m: 11:20.75	2100m: 30:15.59	1:27.89	3400m: 49:14.32	1:27.62
	900m: 12:47.37	2200m: 31:42.88	1:27.29	3500m: 50:41.39	1:27.07
	1000m: 14:14.97	2300m: 33:10.84	1:27.96	3600m: 52:09.56	1:28.17
	1100m: 15:42.20	2400m: 34:39.74	1:28.90	3700m: 53:38.96	1:29.40
	1200m: 17:10.14	2500m: 36:07.81	1:28.07	3800m: 55:08.73	1:29.77
	1300m: 18:38.36	2600m: 37:36.06	1:28.25	3900m: 56:37.84	1:29.11
18.	Lieke Visser	Apexswim	27:40.28	200400666	1:15:44.28
	100m: 1:18.64	1400m: 20:06.52	1:27.85	2700m: 40:07.06	1:33.54
	200m: 2:44.12	1500m: 21:34.68	1:28.16	2800m: 41:38.92	1:31.86
	300m: 4:09.95	1600m: 23:03.38	1:28.70	2900m: 43:12.63	1:33.71
	400m: 5:35.89	1700m: 24:34.74	1:31.36	3000m: 44:47.35	1:34.72
	500m: 7:02.35	1800m: 26:06.77	1:32.03	3100m: 46:21.84	1:34.49
	600m: 8:28.63	1900m: 27:39.03	1:32.26	3200m: 47:56.87	1:35.03
	700m: 9:54.38	2000m: 29:11.23	1:32.20	3300m: 49:31.42	1:34.55
	800m: 11:20.83	2100m: 30:43.77	1:32.54	3400m: 51:06.56	1:35.14
	900m: 12:47.70	2200m: 32:15.56	1:31.79	3500m: 52:41.56	1:35.00
	1000m: 14:15.16	2300m: 33:48.81	1:33.25	3600m: 54:17.61	1:36.05
	1100m: 15:42.31	2400m: 35:23.87	1:35.06	3700m: 55:52.95	1:35.34
	1200m: 17:10.60	2500m: 36:58.45	1:34.58	3800m: 57:28.84	1:35.89
	1300m: 18:38.67	2600m: 38:33.52	1:35.07	3900m: 59:03.85	1:35.01

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd			
19.	Melanie Marinus-Cruz	WVZ	26:48.42	200404702	1:16:10.88			
	100m: 1:22.14	1:22.14	1400m: 20:17.38	1:29.15	2700m: 40:07.35	1:33.53	4000m: 1:00:54.93	1:33.17
	200m: 2:47.32	1:25.18	1500m: 21:47.16	1:29.78	2800m: 41:40.68	1:33.33	4100m: 1:02:26.54	1:31.61
	300m: 4:12.84	1:25.52	1600m: 23:18.58	1:31.42	2900m: 43:14.40	1:33.72	4200m: 1:04:01.51	1:34.97
	400m: 5:39.45	1:26.61	1700m: 24:47.68	1:29.10	3000m: 44:48.65	1:34.25	4300m: 1:05:35.46	1:33.95
	500m: 7:05.89	1:26.44	1800m: 26:17.77	1:30.09	3100m: 46:23.30	1:34.65	4400m: 1:07:14.42	1:38.96
	600m: 8:32.89	1:27.00	1900m: 27:46.95	1:29.18	3200m: 47:59.47	1:36.17	4500m: 1:08:48.58	1:34.16
	700m: 9:58.67	1:25.78	2000m: 29:18.53	1:31.58	3300m: 49:36.45	1:36.98	4600m: 1:10:17.16	1:28.58
	800m: 11:25.73	1:27.06	2100m: 30:48.72	1:30.19	3400m: 51:14.27	1:37.82	4700m: 1:11:49.49	1:32.33
	900m: 12:53.45	1:27.72	2200m: 32:20.65	1:31.93	3500m: 52:50.27	1:36.00	4800m: 1:13:20.65	1:31.16
	1000m: 14:21.61	1:28.16	2300m: 33:51.55	1:30.90	3600m: 54:27.94	1:37.67	4900m: 1:14:50.57	1:29.92
	1100m: 15:49.71	1:28.10	2400m: 35:24.25	1:32.70	3700m: 56:04.76	1:36.82	5000m: 1:16:10.88	1:20.31
	1200m: 17:19.30	1:29.59	2500m: 36:59.35	1:35.10	3800m: 57:44.49	1:39.73		
	1300m: 18:48.23	1:28.93	2600m: 38:33.82	1:34.47	3900m: 59:21.76	1:37.27		
AFGEM	Marij van der Mast	PSV	24:12.89	200000676				