

Programmanr. 2
12-4-2019

Heren, 5000m vrije slag

Junioren 3 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	
14 - 17 jaar						
1.	Max Visser	WVZ	22:09.21	200100077	57:08.70	
	100m: 1:06.99	1:06.99	1400m: 15:58.41	1:08.58	2700m: 30:50.75	1:08.01
	200m: 2:15.32	1:08.33	1500m: 17:06.93	1:08.52	2800m: 31:58.93	1:08.18
	300m: 3:23.65	1:08.33	1600m: 18:15.26	1:08.33	2900m: 33:07.23	1:08.30
	400m: 4:32.18	1:08.53	1700m: 19:23.80	1:08.54	3000m: 34:15.77	1:08.54
	500m: 5:40.33	1:08.15	1800m: 20:32.62	1:08.82	3100m: 35:24.40	1:08.63
	600m: 6:48.80	1:08.47	1900m: 21:41.35	1:08.73	3200m: 36:33.20	1:08.80
	700m: 7:57.80	1:09.00	2000m: 22:50.24	1:08.89	3300m: 37:41.62	1:08.42
	800m: 9:06.64	1:08.84	2100m: 23:59.18	1:08.94	3400m: 38:50.27	1:08.65
	900m: 10:15.35	1:08.71	2200m: 25:07.93	1:08.75	3500m: 39:58.87	1:08.60
	1000m: 11:23.83	1:08.48	2300m: 26:16.83	1:08.90	3600m: 41:07.66	1:08.79
	1100m: 12:32.58	1:08.75	2400m: 27:25.66	1:08.83	3700m: 42:16.48	1:08.82
	1200m: 13:41.33	1:08.75	2500m: 28:34.53	1:08.87	3800m: 43:25.37	1:08.89
	1300m: 14:49.83	1:08.50	2600m: 29:42.74	1:08.21	3900m: 44:34.49	1:09.12
2.	Thomas Jansen	OC - WVZ	20:58.75	200100143	57:45.40	
	100m: 1:04.51	1:04.51	1400m: 15:27.76	1:07.68	2700m: 30:16.74	1:08.95
	200m: 2:08.96	1:04.45	1500m: 16:35.84	1:08.08	2800m: 31:25.82	1:09.08
	300m: 3:13.38	1:04.42	1600m: 17:43.48	1:07.64	2900m: 32:35.08	1:09.26
	400m: 4:18.40	1:05.02	1700m: 18:51.65	1:08.17	3000m: 33:44.78	1:09.70
	500m: 5:24.40	1:06.00	1800m: 19:59.97	1:08.32	3100m: 34:54.25	1:09.47
	600m: 6:31.02	1:06.62	1900m: 21:08.12	1:08.15	3200m: 36:04.32	1:10.07
	700m: 7:37.48	1:06.46	2000m: 22:16.16	1:08.04	3300m: 37:14.20	1:09.88
	800m: 8:44.29	1:06.81	2100m: 23:24.52	1:08.36	3400m: 38:24.28	1:10.08
	900m: 9:51.16	1:06.87	2200m: 24:32.71	1:08.19	3500m: 39:34.88	1:10.60
	1000m: 10:57.87	1:06.71	2300m: 25:41.60	1:08.89	3600m: 40:45.77	1:10.89
	1100m: 12:04.95	1:07.08	2400m: 26:49.97	1:08.37	3700m: 41:56.71	1:10.94
	1200m: 13:12.67	1:07.72	2500m: 27:58.87	1:08.90	3800m: 43:08.45	1:11.74
	1300m: 14:20.08	1:07.41	2600m: 29:07.79	1:08.92	3900m: 44:20.50	1:12.05
3.	Owen Peeks	ZPC Hoogeveen	22:05.63	200100765	59:48.08	
	100m: 1:08.96	1:08.96	1400m: 16:18.87	1:10.32	2700m: 31:45.89	1:12.19
	200m: 2:19.34	1:10.38	1500m: 17:29.68	1:10.81	2800m: 32:57.95	1:12.06
	300m: 3:29.59	1:10.25	1600m: 18:40.22	1:10.54	2900m: 34:09.49	1:11.54
	400m: 4:39.08	1:09.49	1700m: 19:51.26	1:11.04	3000m: 35:21.42	1:11.93
	500m: 5:49.01	1:09.93	1800m: 21:02.31	1:11.05	3100m: 36:33.29	1:11.87
	600m: 6:59.24	1:10.23	1900m: 22:13.15	1:10.84	3200m: 37:44.48	1:11.19
	700m: 8:09.19	1:09.95	2000m: 23:24.39	1:11.24	3300m: 38:56.90	1:12.42
	800m: 9:18.97	1:09.78	2100m: 24:35.74	1:11.35	3400m: 40:09.24	1:12.34
	900m: 10:28.90	1:09.93	2200m: 25:46.97	1:11.23	3500m: 41:22.28	1:13.04
	1000m: 11:38.57	1:09.67	2300m: 26:58.46	1:11.49	3600m: 42:35.15	1:12.87
	1100m: 12:48.37	1:09.80	2400m: 28:09.98	1:11.52	3700m: 43:48.08	1:12.93
	1200m: 13:58.32	1:09.95	2500m: 29:21.78	1:11.80	3800m: 45:00.98	1:12.90
	1300m: 15:08.55	1:10.23	2600m: 30:33.70	1:11.92	3900m: 46:14.71	1:13.73
4.	Makai van Haren	Apexswim	23:28.96	200200627	1:02:06.09	
	100m: 1:09.98	1:09.98	1400m: 17:12.82	1:14.84	2700m: 33:25.49	1:14.85
	200m: 2:22.54	1:12.56	1500m: 18:28.26	1:15.44	2800m: 34:41.03	1:15.54
	300m: 3:35.57	1:13.03	1600m: 19:43.37	1:15.11	2900m: 35:55.93	1:14.90
	400m: 4:49.67	1:14.10	1700m: 20:58.76	1:15.39	3000m: 37:11.18	1:15.25
	500m: 6:03.93	1:14.26	1800m: 22:14.04	1:15.28	3100m: 38:26.22	1:15.04
	600m: 7:17.82	1:13.89	1900m: 23:29.59	1:15.55	3200m: 39:41.23	1:15.01
	700m: 8:32.09	1:14.27	2000m: 24:45.27	1:15.68	3300m: 40:55.10	1:13.87
	800m: 9:46.78	1:14.69	2100m: 25:59.50	1:14.23	3400m: 42:10.62	1:15.52
	900m: 11:00.92	1:14.14	2200m: 27:14.04	1:14.54	3500m: 43:25.78	1:15.16
	1000m: 12:14.94	1:14.02	2300m: 28:27.83	1:13.79	3600m: 44:41.16	1:15.38
	1100m: 13:28.59	1:13.65	2400m: 29:42.35	1:14.52	3700m: 45:56.86	1:15.70
	1200m: 14:43.45	1:14.86	2500m: 30:56.05	1:13.70	3800m: 47:13.23	1:16.37
	1300m: 15:57.98	1:14.53	2600m: 32:10.64	1:14.59	3900m: 48:29.39	1:16.16
5.	Janne Englebret	Hieronymus	22:53.85	200101561	1:02:54.19	
	100m: 1:10.00	1:10.00	1400m: 17:13.00	1:14.85	2700m: 33:34.62	1:16.35
	200m: 2:22.78	1:12.78	1500m: 18:28.38	1:15.38	2800m: 34:50.57	1:15.95
	300m: 3:35.50	1:12.72	1600m: 19:43.48	1:15.10	2900m: 36:07.59	1:17.02
	400m: 4:49.81	1:14.31	1700m: 20:58.88	1:15.40	3000m: 37:24.15	1:16.56
	500m: 6:04.15	1:14.34	1800m: 22:14.02	1:15.14	3100m: 38:40.27	1:16.12
	600m: 7:17.69	1:13.54	1900m: 23:29.75	1:15.73	3200m: 39:55.99	1:15.72
	700m: 8:31.97	1:14.28	2000m: 24:45.48	1:15.73	3300m: 41:13.11	1:17.12
	800m: 9:46.83	1:14.86	2100m: 26:00.12	1:14.64	3400m: 42:30.16	1:17.05
	900m: 11:01.09	1:14.26	2200m: 27:15.60	1:15.48	3500m: 43:47.43	1:17.27
	1000m: 12:15.61	1:14.52	2300m: 28:31.05	1:15.45	3600m: 45:03.95	1:16.52
	1100m: 13:29.31	1:13.70	2400m: 29:47.20	1:16.15	3700m: 46:20.96	1:17.01
	1200m: 14:43.55	1:14.24	2500m: 31:02.65	1:15.45	3800m: 47:37.83	1:16.87
	1300m: 15:58.15	1:14.60	2600m: 32:18.27	1:15.62	3900m: 48:55.49	1:17.66

Programmanr. 2, Jongens, 5000m vrije slag, 14 - 17 jaar

rang	naam	vereniging	inschrijftijd	startnr.	tijd
6.	Quinn Heederik	Deltasteur	23:45.93	200400093	1:03:51.42
	100m: 1:10.85	1400m: 17:44.70	1:18.04	2700m: 34:51.08	1:19.03
	200m: 2:24.38	1500m: 19:02.77	1:18.07	2800m: 36:10.02	1:18.94
	300m: 3:39.54	1600m: 20:21.07	1:18.30	2900m: 37:29.05	1:19.03
	400m: 4:55.32	1700m: 21:39.37	1:18.30	3000m: 38:47.80	1:18.75
	500m: 6:11.93	1800m: 22:58.69	1:19.32	3100m: 40:06.30	1:18.50
	600m: 7:28.06	1900m: 24:17.55	1:18.86	3200m: 41:25.14	1:18.84
	700m: 8:44.17	2000m: 25:37.00	1:19.45	3300m: 42:44.17	1:19.03
	800m: 10:00.74	2100m: 26:56.33	1:19.33	3400m: 44:02.26	1:18.09
	900m: 11:17.87	2200m: 28:15.74	1:19.41	3500m: 45:21.37	1:19.11
	1000m: 12:34.95	2300m: 29:34.64	1:18.90	3600m: 46:37.54	1:16.17
	1100m: 13:51.58	2400m: 30:53.89	1:19.25	3700m: 47:53.33	1:15.79
	1200m: 15:09.16	2500m: 32:12.88	1:18.99	3800m: 49:08.86	1:15.53
	1300m: 16:26.66	2600m: 33:32.05	1:19.17	3900m: 50:24.61	1:15.75
7.	Andrei Turta	De Aalscholver	24:27.04	200404549	1:04:28.99
	100m: 1:11.92	1400m: 17:42.37	1:17.39	2700m: 34:39.36	1:17.42
	200m: 2:25.76	1500m: 18:59.60	1:17.23	2800m: 35:57.49	1:18.13
	300m: 3:40.65	1600m: 20:17.83	1:18.23	2900m: 37:15.45	1:17.96
	400m: 4:57.01	1700m: 21:35.76	1:17.93	3000m: 38:33.79	1:18.34
	500m: 6:12.12	1800m: 22:53.18	1:17.42	3100m: 39:51.47	1:17.68
	600m: 7:28.22	1900m: 24:11.68	1:18.50	3200m: 41:09.75	1:18.28
	700m: 8:44.06	2000m: 25:30.44	1:18.76	3300m: 42:27.83	1:18.08
	800m: 10:00.64	2100m: 26:48.70	1:18.26	3400m: 43:46.34	1:18.51
	900m: 11:17.50	2200m: 28:07.80	1:19.10	3500m: 45:05.35	1:19.01
	1000m: 12:33.84	2300m: 29:26.93	1:19.13	3600m: 46:24.01	1:18.66
	1100m: 13:50.65	2400m: 30:44.85	1:17.92	3700m: 47:41.19	1:17.18
	1200m: 15:07.89	2500m: 32:03.25	1:18.40	3800m: 48:58.96	1:17.77
	1300m: 16:24.98	2600m: 33:21.94	1:18.69	3900m: 50:17.08	1:18.12
8.	Rens van Beek	Aqua-Novio'94	23:48.07	200300537	1:05:04.99
	100m: 1:11.51	1400m: 17:59.02	1:17.36	2700m: 34:52.12	1:18.21
	200m: 2:26.80	1500m: 19:17.43	1:18.41	2800m: 36:10.43	1:18.31
	300m: 3:43.98	1600m: 20:35.30	1:17.87	2900m: 37:28.48	1:18.05
	400m: 5:01.68	1700m: 21:53.41	1:18.11	3000m: 38:46.93	1:18.45
	500m: 6:19.66	1800m: 23:10.91	1:17.50	3100m: 40:05.12	1:18.19
	600m: 7:37.48	1900m: 24:28.66	1:17.75	3200m: 41:23.66	1:18.54
	700m: 8:55.16	2000m: 25:46.48	1:17.82	3300m: 42:41.87	1:18.21
	800m: 10:13.17	2100m: 27:04.33	1:17.85	3400m: 44:00.16	1:18.29
	900m: 11:30.62	2200m: 28:21.83	1:17.50	3500m: 45:19.08	1:18.92
	1000m: 12:48.62	2300m: 29:39.91	1:18.08	3600m: 46:38.08	1:19.00
	1100m: 14:06.48	2400m: 30:57.91	1:18.00	3700m: 47:57.33	1:19.25
	1200m: 15:23.93	2500m: 32:16.19	1:18.28	3800m: 49:16.43	1:19.10
	1300m: 16:41.66	2600m: 33:33.91	1:17.72	3900m: 50:36.16	1:19.73
9.	Nathanaël Nijsink	ZPC De Hof	24:25.16	200100947	1:06:03.58
	100m: 1:14.20	1400m: 18:16.51	1:18.51	2700m: 35:30.10	1:21.06
	200m: 2:31.86	1500m: 19:35.36	1:18.85	2800m: 36:51.42	1:21.32
	300m: 3:50.23	1600m: 20:53.48	1:18.12	2900m: 38:11.00	1:19.58
	400m: 5:08.60	1700m: 22:13.13	1:19.65	3000m: 39:31.67	1:20.67
	500m: 6:27.70	1800m: 23:31.54	1:18.41	3100m: 40:51.23	1:19.56
	600m: 7:46.04	1900m: 24:50.04	1:18.50	3200m: 42:11.80	1:20.57
	700m: 9:04.54	2000m: 26:08.13	1:18.09	3300m: 43:30.36	1:18.56
	800m: 10:23.49	2100m: 27:26.95	1:18.82	3400m: 44:50.16	1:19.80
	900m: 11:42.23	2200m: 28:46.86	1:19.91	3500m: 46:09.82	1:19.66
	1000m: 13:00.92	2300m: 30:06.82	1:19.96	3600m: 47:28.67	1:18.85
	1100m: 14:21.07	2400m: 31:28.00	1:21.18	3700m: 48:47.48	1:18.81
	1200m: 15:39.60	2500m: 32:48.80	1:20.80	3800m: 50:06.16	1:18.68
	1300m: 16:58.00	2600m: 34:09.04	1:20.24	3900m: 51:26.00	1:19.84
10.	Bas van Nisius	The Hague Swimming (SG)	23:34.32	200202107	1:06:22.03
	100m: 1:15.69	1400m: 18:35.50	1:18.36	2700m: 36:03.75	1:22.63
	200m: 2:34.42	1500m: 19:54.85	1:19.35	2800m: 37:25.94	1:22.19
	300m: 3:54.38	1600m: 21:14.70	1:19.85	2900m: 38:47.66	1:21.72
	400m: 5:14.33	1700m: 22:33.93	1:19.23	3000m: 40:10.50	1:22.84
	500m: 6:34.66	1800m: 23:55.07	1:21.14	3100m: 41:31.65	1:21.15
	600m: 7:54.24	1900m: 25:15.35	1:20.28	3200m: 42:52.29	1:20.64
	700m: 9:14.98	2000m: 26:36.39	1:21.04	3300m: 44:10.49	1:18.20
	800m: 10:34.90	2100m: 27:56.73	1:20.34	3400m: 45:27.08	1:16.59
	900m: 11:56.24	2200m: 29:17.01	1:20.28	3500m: 46:43.28	1:16.20
	1000m: 13:16.48	2300m: 30:38.01	1:21.00	3600m: 48:01.98	1:18.70
	1100m: 14:37.45	2400m: 31:59.25	1:21.24	3700m: 49:18.86	1:16.88
	1200m: 15:56.41	2500m: 33:21.81	1:22.56	3800m: 50:35.81	1:16.95
	1300m: 17:17.14	2600m: 34:41.12	1:19.31	3900m: 51:53.98	1:18.17

Programmanr. 2, Jongens, 5000m vrije slag, 14 - 17 jaar

rang	naam	vereniging	inschrijftijd	startnr.	tijd
11.	Justin Jansen	De Aalscholver	25:08.91	200302079	1:07:44.48
	100m: 1:14.35	1400m: 18:27.37	2700m: 36:15.18	123.26	4000m: 54:15.80
	200m: 2:32.39	1500m: 19:47.14	2800m: 37:38.58	123.40	4100m: 55:37.10
	300m: 3:51.18	1600m: 21:08.13	2900m: 39:01.74	123.16	4200m: 56:59.39
	400m: 5:09.82	1700m: 22:29.64	3000m: 40:24.76	123.02	4300m: 58:21.33
	500m: 6:28.88	1800m: 23:50.40	3100m: 41:48.63	123.87	4400m: 59:42.19
	600m: 7:48.06	1900m: 25:12.28	3200m: 43:12.23	123.60	4500m: 1:01:03.45
	700m: 9:07.27	2000m: 26:34.59	3300m: 44:35.78	123.55	4600m: 1:02:25.16
	800m: 10:26.40	2100m: 27:56.91	3400m: 45:58.97	123.19	4700m: 1:03:45.89
	900m: 11:45.71	2200m: 29:19.66	3500m: 47:21.61	122.64	4800m: 1:05:06.49
	1000m: 13:04.71	2300m: 30:42.59	3600m: 48:44.22	122.61	4900m: 1:06:26.16
	1100m: 14:25.21	2400m: 32:05.61	3700m: 50:07.02	122.80	5000m: 1:07:44.48
	1200m: 15:46.52	2500m: 33:28.94	3800m: 51:30.24	123.22	
	1300m: 17:06.75	2600m: 34:51.92	3900m: 52:52.91	122.67	

AFGEM	Guus Hoogduin	ZVL-1886	23:43.89	200201069
AFGEM	Quint van Haren	Apexswim	26:20.10	200400215

all-in

1.	Lars Bottelier	OC - VZV	21:31.06	199702681	55:39.64
	100m: 1:03.99	1400m: 15:10.63	2700m: 29:43.03	1:07.33	4000m: 44:25.48
	200m: 2:07.99	1500m: 16:17.04	2800m: 30:50.36	1:07.33	4100m: 45:32.28
	300m: 3:12.31	1600m: 17:23.59	2900m: 31:58.03	1:07.67	4200m: 46:39.43
	400m: 4:16.74	1700m: 18:30.20	3000m: 33:05.75	1:07.72	4300m: 47:47.04
	500m: 5:21.45	1800m: 19:37.01	3100m: 34:13.46	1:07.71	4400m: 48:54.81
	600m: 6:26.12	1900m: 20:43.84	3200m: 35:21.07	1:07.61	4500m: 50:03.12
	700m: 7:31.09	2000m: 21:50.87	3300m: 36:28.89	1:07.82	4600m: 51:11.48
	800m: 8:36.32	2100m: 22:58.41	3400m: 37:36.32	1:07.43	4700m: 52:20.15
	900m: 9:41.59	2200m: 24:05.78	3500m: 38:44.54	1:08.22	4800m: 53:28.38
	1000m: 10:46.87	2300m: 25:13.41	3600m: 39:52.68	1:08.14	4900m: 54:34.97
	1100m: 11:52.55	2400m: 26:20.66	3700m: 41:00.55	1:07.87	5000m: 55:39.64
	1200m: 12:58.09	2500m: 27:28.04	3800m: 42:08.72	1:08.17	
	1300m: 14:04.22	2600m: 28:35.70	3900m: 43:17.18	1:08.46	

2.	Max Visser	WVZ	22:09.21	200100077	57:08.70
	100m: 1:06.99	1400m: 15:58.41	2700m: 30:50.75	1:08.01	4000m: 45:42.98
	200m: 2:15.32	1500m: 17:06.93	2800m: 31:58.93	1:08.18	4100m: 46:51.22
	300m: 3:23.65	1600m: 18:15.26	2900m: 33:07.23	1:08.30	4200m: 47:59.45
	400m: 4:32.18	1700m: 19:23.80	3000m: 34:15.77	1:08.54	4300m: 49:07.45
	500m: 5:40.33	1800m: 20:32.62	3100m: 35:24.40	1:08.63	4400m: 50:16.12
	600m: 6:48.80	1900m: 21:41.35	3200m: 36:33.20	1:08.80	4500m: 51:24.94
	700m: 7:57.80	2000m: 22:50.24	3300m: 37:41.62	1:08.42	4600m: 52:34.27
	800m: 9:06.64	2100m: 23:59.18	3400m: 38:50.27	1:08.65	4700m: 53:43.73
	900m: 10:15.35	2200m: 25:07.93	3500m: 39:58.87	1:08.60	4800m: 54:52.92
	1000m: 11:23.83	2300m: 26:16.83	3600m: 41:07.66	1:08.79	4900m: 56:02.13
	1100m: 12:32.58	2400m: 27:25.66	3700m: 42:16.48	1:08.82	5000m: 57:08.70
	1200m: 13:41.33	2500m: 28:34.53	3800m: 43:25.37	1:08.89	
	1300m: 14:49.83	2600m: 29:42.74	3900m: 44:34.49	1:09.12	

3.	Thomas Jansen	OC - WVZ	20:58.75	200100143	57:45.40
	100m: 1:04.51	1400m: 15:27.76	2700m: 30:16.74	1:08.95	4000m: 45:32.86
	200m: 2:08.96	1500m: 16:35.84	2800m: 31:25.82	1:09.08	4100m: 46:45.33
	300m: 3:13.38	1600m: 17:43.48	2900m: 32:35.08	1:09.26	4200m: 47:58.26
	400m: 4:18.40	1700m: 18:51.65	3000m: 33:44.78	1:09.70	4300m: 49:11.07
	500m: 5:24.40	1800m: 19:59.97	3100m: 34:54.25	1:09.47	4400m: 50:23.90
	600m: 6:31.02	1900m: 21:08.12	3200m: 36:04.32	1:10.07	4500m: 51:37.37
	700m: 7:37.48	2000m: 22:16.16	3300m: 37:14.20	1:09.88	4600m: 52:51.21
	800m: 8:44.29	2100m: 23:24.52	3400m: 38:24.28	1:10.08	4700m: 54:05.21
	900m: 9:51.16	2200m: 24:32.71	3500m: 39:34.88	1:10.60	4800m: 55:18.89
	1000m: 10:57.87	2300m: 25:41.60	3600m: 40:45.77	1:10.89	4900m: 56:32.62
	1100m: 12:04.95	2400m: 26:49.97	3700m: 41:56.71	1:10.94	5000m: 57:45.40
	1200m: 13:12.67	2500m: 27:58.87	3800m: 43:08.45	1:11.74	
	1300m: 14:20.08	2600m: 29:07.79	3900m: 44:20.50	1:12.05	

4.	Owen Peeks	ZPC Hoogeveen	22:05.63	200100765	59:48.08
	100m: 1:08.96	1400m: 16:18.87	2700m: 31:45.89	1:12.19	4000m: 47:28.05
	200m: 2:19.34	1500m: 17:29.68	2800m: 32:57.95	1:12.06	4100m: 48:41.31
	300m: 3:29.59	1600m: 18:40.22	2900m: 34:09.49	1:11.54	4200m: 49:54.72
	400m: 4:39.08	1700m: 19:51.26	3000m: 35:21.42	1:11.93	4300m: 51:08.87
	500m: 5:49.01	1800m: 21:02.31	3100m: 36:33.29	1:11.87	4400m: 52:22.88
	600m: 6:59.24	1900m: 22:13.15	3200m: 37:44.48	1:11.19	4500m: 53:37.10
	700m: 8:09.19	2000m: 23:24.39	3300m: 38:56.90	1:12.42	4600m: 54:51.38
	800m: 9:18.97	2100m: 24:35.74	3400m: 40:09.24	1:12.34	4700m: 56:04.97
	900m: 10:28.90	2200m: 25:46.97	3500m: 41:22.28	1:13.04	4800m: 57:20.02
	1000m: 11:38.57	2300m: 26:58.46	3600m: 42:35.15	1:12.87	4900m: 58:34.54
	1100m: 12:48.37	2400m: 28:09.98	3700m: 43:48.08	1:12.93	5000m: 59:48.08
	1200m: 13:58.32	2500m: 29:21.78	3800m: 45:00.98	1:12.90	
	1300m: 15:08.55	2600m: 30:33.70	3900m: 46:14.71	1:13.73	

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd
5.	Makai van Haren	Apexswim	23:28.96	200200627	1:02:06.09
	100m: 1:09.98	1400m: 17:12.82	1:14.84	2700m: 33:25.49	1:14.85
	200m: 2:22.54	1500m: 18:28.26	1:15.44	2800m: 34:41.03	1:15.54
	300m: 3:35.57	1600m: 19:43.37	1:15.11	2900m: 35:55.93	1:14.90
	400m: 4:49.67	1700m: 20:58.76	1:15.39	3000m: 37:11.18	1:15.25
	500m: 6:03.93	1800m: 22:14.04	1:15.28	3100m: 38:26.22	1:15.04
	600m: 7:17.82	1900m: 23:29.59	1:15.55	3200m: 39:41.23	1:15.01
	700m: 8:32.09	2000m: 24:45.27	1:15.68	3300m: 40:55.10	1:13.87
	800m: 9:46.78	2100m: 25:59.50	1:14.23	3400m: 42:10.62	1:15.52
	900m: 11:00.92	2200m: 27:14.04	1:14.54	3500m: 43:25.78	1:15.16
	1000m: 12:14.94	2300m: 28:27.83	1:13.79	3600m: 44:41.16	1:15.38
	1100m: 13:28.59	2400m: 29:42.35	1:14.52	3700m: 45:56.86	1:15.70
	1200m: 14:43.45	2500m: 30:56.05	1:13.70	3800m: 47:13.23	1:16.37
	1300m: 15:57.98	2600m: 32:10.64	1:14.59	3900m: 48:29.39	1:16.16
6.	Janne Englebret	Hieronymus	22:53.85	200101561	1:02:54.19
	100m: 1:10.00	1400m: 17:13.00	1:14.85	2700m: 33:34.62	1:16.35
	200m: 2:22.78	1500m: 18:28.38	1:15.38	2800m: 34:50.57	1:15.95
	300m: 3:35.50	1600m: 19:43.48	1:15.10	2900m: 36:07.59	1:17.02
	400m: 4:49.81	1700m: 20:58.88	1:15.40	3000m: 37:24.15	1:16.56
	500m: 6:04.15	1800m: 22:14.02	1:15.14	3100m: 38:40.27	1:16.12
	600m: 7:17.69	1900m: 23:29.75	1:15.73	3200m: 39:55.99	1:15.72
	700m: 8:31.97	2000m: 24:45.48	1:15.73	3300m: 41:13.11	1:17.12
	800m: 9:46.83	2100m: 26:00.12	1:14.64	3400m: 42:30.16	1:17.05
	900m: 11:01.09	2200m: 27:15.60	1:15.48	3500m: 43:47.43	1:17.27
	1000m: 12:15.61	2300m: 28:31.05	1:15.45	3600m: 45:03.95	1:16.52
	1100m: 13:29.31	2400m: 29:47.20	1:16.15	3700m: 46:20.96	1:17.01
	1200m: 14:43.55	2500m: 31:02.65	1:15.45	3800m: 47:37.83	1:16.87
	1300m: 15:58.15	2600m: 32:18.27	1:15.62	3900m: 48:55.49	1:17.66
7.	Quinn Heederik	Deltasteur	23:45.93	200400093	1:03:51.42
	100m: 1:10.85	1400m: 17:44.70	1:18.04	2700m: 34:51.08	1:19.03
	200m: 2:24.38	1500m: 19:02.77	1:18.07	2800m: 36:10.02	1:18.94
	300m: 3:39.54	1600m: 20:21.07	1:18.30	2900m: 37:29.05	1:19.03
	400m: 4:55.32	1700m: 21:39.37	1:18.30	3000m: 38:47.80	1:18.75
	500m: 6:11.93	1800m: 22:58.69	1:19.32	3100m: 40:06.30	1:18.50
	600m: 7:28.06	1900m: 24:17.55	1:18.86	3200m: 41:25.14	1:18.84
	700m: 8:44.17	2000m: 25:37.00	1:19.45	3300m: 42:44.17	1:19.03
	800m: 10:00.74	2100m: 26:56.33	1:19.33	3400m: 44:02.26	1:18.09
	900m: 11:17.87	2200m: 28:15.74	1:19.41	3500m: 45:21.37	1:19.11
	1000m: 12:34.95	2300m: 29:34.64	1:18.90	3600m: 46:37.54	1:16.17
	1100m: 13:51.58	2400m: 30:53.89	1:19.25	3700m: 47:53.33	1:15.79
	1200m: 15:09.16	2500m: 32:12.88	1:18.99	3800m: 49:08.86	1:15.53
	1300m: 16:26.66	2600m: 33:32.05	1:19.17	3900m: 50:24.61	1:15.75
8.	Tom Balsen Versteeg	O.Z. & P.C. De Warande	23:16.19	200005673	1:04:16.22
	100m: 1:08.76	1400m: 17:10.84	1:15.25	2700m: 33:51.68	1:17.12
	200m: 2:21.77	1500m: 18:26.48	1:15.64	2800m: 35:07.51	1:15.83
	300m: 3:35.49	1600m: 19:42.57	1:16.09	2900m: 36:24.02	1:16.51
	400m: 4:49.06	1700m: 20:58.89	1:16.32	3000m: 37:41.05	1:17.03
	500m: 6:02.84	1800m: 22:15.49	1:16.60	3100m: 38:58.45	1:17.40
	600m: 7:17.56	1900m: 23:31.64	1:16.15	3200m: 40:16.84	1:18.39
	700m: 8:31.62	2000m: 24:49.73	1:18.09	3300m: 41:35.96	1:19.12
	800m: 9:45.15	2100m: 26:06.78	1:17.05	3400m: 42:54.38	1:18.42
	900m: 10:58.62	2200m: 27:25.10	1:18.32	3500m: 44:12.53	1:18.15
	1000m: 12:12.91	2300m: 28:41.75	1:16.65	3600m: 45:30.46	1:17.93
	1100m: 13:27.06	2400m: 30:00.29	1:18.54	3700m: 46:48.86	1:18.40
	1200m: 14:41.21	2500m: 31:17.73	1:17.44	3800m: 48:09.77	1:20.91
	1300m: 15:55.59	2600m: 32:34.56	1:16.83	3900m: 49:30.69	1:20.92
9.	Andrei Turta	De Aalscholver	24:27.04	200404549	1:04:28.99
	100m: 1:11.92	1400m: 17:42.37	1:17.39	2700m: 34:39.36	1:17.42
	200m: 2:25.76	1500m: 18:59.60	1:17.23	2800m: 35:57.49	1:18.13
	300m: 3:40.65	1600m: 20:17.83	1:18.23	2900m: 37:15.45	1:17.96
	400m: 4:57.01	1700m: 21:35.76	1:17.93	3000m: 38:33.79	1:18.34
	500m: 6:12.12	1800m: 22:53.18	1:17.42	3100m: 39:51.47	1:17.68
	600m: 7:28.22	1900m: 24:11.68	1:18.50	3200m: 41:09.75	1:18.28
	700m: 8:44.06	2000m: 25:30.44	1:18.76	3300m: 42:27.83	1:18.08
	800m: 10:00.64	2100m: 26:48.70	1:18.26	3400m: 43:46.34	1:18.51
	900m: 11:17.50	2200m: 28:07.80	1:19.10	3500m: 45:05.35	1:19.01
	1000m: 12:33.84	2300m: 29:26.93	1:19.13	3600m: 46:24.01	1:18.66
	1100m: 13:50.65	2400m: 30:44.85	1:17.92	3700m: 47:41.19	1:17.18
	1200m: 15:07.89	2500m: 32:03.25	1:18.40	3800m: 48:58.96	1:17.77
	1300m: 16:24.98	2600m: 33:21.94	1:18.69	3900m: 50:17.08	1:18.12

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd
10.	Rens van Beek	Aqua-Novio'94	23:48.07	200300537	1:05:04.99
	100m: 1:11.51	1400m: 17:59.02	1:17.36	2700m: 34:52.12	1:18.21
	200m: 2:26.80	1500m: 19:17.43	1:18.41	2800m: 36:10.43	1:18.31
	300m: 3:43.98	1600m: 20:35.30	1:17.87	2900m: 37:28.48	1:18.05
	400m: 5:01.68	1700m: 21:53.41	1:18.11	3000m: 38:46.93	1:18.45
	500m: 6:19.66	1800m: 23:10.91	1:17.50	3100m: 40:05.12	1:18.19
	600m: 7:37.48	1900m: 24:28.66	1:17.75	3200m: 41:23.66	1:18.54
	700m: 8:55.16	2000m: 25:46.48	1:17.82	3300m: 42:41.87	1:18.21
	800m: 10:13.17	2100m: 27:04.33	1:17.85	3400m: 44:00.16	1:18.29
	900m: 11:30.62	2200m: 28:21.83	1:17.50	3500m: 45:19.08	1:18.92
	1000m: 12:48.62	2300m: 29:39.91	1:18.08	3600m: 46:38.08	1:19.00
	1100m: 14:06.48	2400m: 30:57.91	1:18.00	3700m: 47:57.33	1:19.25
	1200m: 15:23.93	2500m: 32:16.19	1:18.28	3800m: 49:16.43	1:19.10
	1300m: 16:41.66	2600m: 33:33.91	1:17.72	3900m: 50:36.16	1:19.73
11.	Nathanaël Nijnsink	ZPC De Hof	24:25.16	200100947	1:06:03.58
	100m: 1:14.20	1400m: 18:16.51	1:18.51	2700m: 35:30.10	1:21.06
	200m: 2:31.86	1500m: 19:35.36	1:18.85	2800m: 36:51.42	1:21.32
	300m: 3:50.23	1600m: 20:53.48	1:18.12	2900m: 38:11.00	1:19.58
	400m: 5:08.60	1700m: 22:13.13	1:19.65	3000m: 39:31.67	1:20.67
	500m: 6:27.70	1800m: 23:31.54	1:18.41	3100m: 40:51.23	1:19.56
	600m: 7:46.04	1900m: 24:50.04	1:18.50	3200m: 42:11.80	1:20.57
	700m: 9:04.54	2000m: 26:08.13	1:18.09	3300m: 43:30.36	1:18.56
	800m: 10:23.49	2100m: 27:26.95	1:18.82	3400m: 44:50.16	1:19.80
	900m: 11:42.23	2200m: 28:46.86	1:19.91	3500m: 46:09.82	1:19.66
	1000m: 13:00.92	2300m: 30:06.82	1:19.96	3600m: 47:28.67	1:18.85
	1100m: 14:21.07	2400m: 31:28.00	1:21.18	3700m: 48:47.48	1:18.81
	1200m: 15:39.60	2500m: 32:48.80	1:20.80	3800m: 50:06.16	1:18.68
	1300m: 16:58.00	2600m: 34:09.04	1:20.24	3900m: 51:26.00	1:19.84
12.	Bas van Nisius	The Hague Swimming (SG)	23:34.32	200202107	1:06:22.03
	100m: 1:15.69	1400m: 18:35.50	1:18.36	2700m: 36:03.75	1:22.63
	200m: 2:34.42	1500m: 19:54.85	1:19.35	2800m: 37:25.94	1:22.19
	300m: 3:54.38	1600m: 21:14.70	1:19.85	2900m: 38:47.66	1:21.72
	400m: 5:14.33	1700m: 22:33.93	1:19.23	3000m: 40:10.50	1:22.84
	500m: 6:34.66	1800m: 23:55.07	1:21.14	3100m: 41:31.65	1:21.15
	600m: 7:54.24	1900m: 25:15.35	1:20.28	3200m: 42:52.29	1:20.64
	700m: 9:14.98	2000m: 26:36.39	1:21.04	3300m: 44:10.49	1:18.20
	800m: 10:34.90	2100m: 27:56.73	1:20.34	3400m: 45:27.08	1:16.59
	900m: 11:56.24	2200m: 29:17.01	1:20.28	3500m: 46:43.28	1:16.20
	1000m: 13:16.48	2300m: 30:38.01	1:21.00	3600m: 48:01.98	1:18.70
	1100m: 14:37.45	2400m: 31:59.25	1:21.24	3700m: 49:18.86	1:16.88
	1200m: 15:56.41	2500m: 33:21.81	1:22.56	3800m: 50:35.81	1:16.95
	1300m: 17:17.14	2600m: 34:41.12	1:19.31	3900m: 51:53.98	1:18.17
13.	Tim Bunnik	Triton	23:59.03	199000505	1:06:30.71
	100m: 1:13.61	1400m: 18:06.00	1:19.22	2700m: 35:08.50	1:17.32
	200m: 2:30.50	1500m: 19:25.46	1:19.46	2800m: 36:26.61	1:18.11
	300m: 3:47.32	1600m: 20:47.90	1:22.44	2900m: 37:45.57	1:18.96
	400m: 5:04.72	1700m: 22:08.11	1:20.21	3000m: 39:06.00	1:20.43
	500m: 6:22.07	1800m: 23:27.72	1:19.61	3100m: 40:24.43	1:18.43
	600m: 7:39.72	1900m: 24:46.75	1:19.03	3200m: 41:43.32	1:18.89
	700m: 8:57.15	2000m: 26:06.28	1:19.53	3300m: 43:03.36	1:20.04
	800m: 10:14.86	2100m: 27:24.53	1:18.25	3400m: 44:22.86	1:19.50
	900m: 11:32.28	2200m: 28:41.57	1:17.04	3500m: 45:44.26	1:21.40
	1000m: 12:50.00	2300m: 29:58.50	1:16.93	3600m: 47:06.03	1:21.77
	1100m: 14:08.90	2400m: 31:15.72	1:17.22	3700m: 48:27.86	1:21.83
	1200m: 15:27.28	2500m: 32:33.86	1:18.14	3800m: 49:50.65	1:22.79
	1300m: 16:46.78	2600m: 33:51.18	1:17.32	3900m: 51:13.65	1:23.00
14.	Justin Jansen	De Aalscholver	25:08.91	200302079	1:07:44.48
	100m: 1:14.35	1400m: 18:27.37	1:20.62	2700m: 36:15.18	1:23.26
	200m: 2:32.39	1500m: 19:47.14	1:19.77	2800m: 37:38.58	1:23.40
	300m: 3:51.18	1600m: 21:08.13	1:20.99	2900m: 39:01.74	1:23.16
	400m: 5:09.82	1700m: 22:29.64	1:21.51	3000m: 40:24.76	1:23.02
	500m: 6:28.88	1800m: 23:50.40	1:20.76	3100m: 41:48.63	1:23.87
	600m: 7:48.06	1900m: 25:12.28	1:21.88	3200m: 43:12.23	1:23.60
	700m: 9:07.27	2000m: 26:34.59	1:22.31	3300m: 44:35.78	1:23.55
	800m: 10:26.40	2100m: 27:56.91	1:22.32	3400m: 45:58.97	1:23.19
	900m: 11:45.71	2200m: 29:19.66	1:22.75	3500m: 47:21.61	1:22.64
	1000m: 13:04.71	2300m: 30:42.59	1:22.93	3600m: 48:44.22	1:22.61
	1100m: 14:25.21	2400m: 32:05.61	1:23.02	3700m: 50:07.02	1:22.80
	1200m: 15:46.52	2500m: 33:28.94	1:23.33	3800m: 51:30.24	1:23.22
	1300m: 17:06.75	2600m: 34:51.92	1:22.98	3900m: 52:52.91	1:22.67

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

rang	naam	vereniging	inschrijftijd	startnr.	tijd		
15.	Tom van Gils	ZPC De Zeeuwse Kust	25:36.80	199501799	1:08:55.45		
	100m: 1:14.76	1400m: 18:35.09	1:22.03	2700m: 36:38.69	1:22.78	4000m: 54:51.91	1:24.50
	200m: 2:32.98	1500m: 19:57.69	1:22.60	2800m: 38:02.66	1:23.97	4100m: 56:16.48	1:24.57
	300m: 3:51.38	1600m: 21:21.16	1:23.47	2900m: 39:26.66	1:24.00	4200m: 57:40.76	1:24.28
	400m: 5:10.88	1700m: 22:44.59	1:23.43	3000m: 40:50.56	1:23.90	4300m: 59:06.34	1:25.58
	500m: 6:30.06	1800m: 24:07.66	1:23.07	3100m: 42:14.44	1:23.88	4400m: 1:00:31.69	1:25.35
	600m: 7:49.41	1900m: 25:30.94	1:23.28	3200m: 43:38.91	1:24.47	4500m: 1:01:56.81	1:25.12
	700m: 9:09.38	2000m: 26:54.22	1:23.28	3300m: 45:02.87	1:23.96	4600m: 1:03:21.51	1:24.70
	800m: 10:29.12	2100m: 28:17.69	1:23.47	3400m: 46:26.66	1:23.79	4700m: 1:04:45.94	1:24.43
	900m: 11:48.59	2200m: 29:41.51	1:23.82	3500m: 47:50.48	1:23.82	4800m: 1:06:10.38	1:24.44
	1000m: 13:08.41	2300m: 31:04.91	1:23.40	3600m: 49:14.59	1:24.11	4900m: 1:07:34.17	1:23.79
	1100m: 14:28.98	2400m: 32:28.34	1:23.43	3700m: 50:38.69	1:24.10	5000m: 1:08:55.45	1:21.28
	1200m: 15:50.91	2500m: 33:51.94	1:23.60	3800m: 52:03.06	1:24.37		
	1300m: 17:13.06	2600m: 35:15.91	1:23.97	3900m: 53:27.41	1:24.35		
AFGEM	Guus Hoogduin	ZVL-1886	23:43.89	200201069			
AFGEM	Quint van Haren	Apexswim	26:20.10	200400215			