

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 40
20.12.2009 - 11:02

Heren, 1500m vrije slag

Jeugd 1 en ouder
Resultaten

Wereld Record	14:10.10	Grant Hackett	Perth (AUS)	07.08.2001
Europees Record	14:16.13	Yuri Prilukov	Helsinki (FIN)	09.12.2006
Nederlands Record Senioren	14:41.14	Job Kienhuis	Istanbul (TUR)	12.12.2009
Nederlands Record Jeugd	15:22.77	Sebastian Verschuren	Amsterdam	18.12.2005

rang naam vereniging intijd tijd RT niv.

Jeugd 1 en 2

1.	Thomas Sunter	City of Sheffield Swim Squad	15:49.05	25388	15:36.59	+0,85	A+	
	50m: 28.50	28.50	450m: 4:36.43	31.42	850m: 8:47.70	31.45	1250m: 13:00.90	31.74
	100m: 58.78	30.28	500m: 5:07.69	31.26	900m: 9:19.06	31.36	1300m: 13:32.61	31.71
	150m: 1:29.60	30.82	550m: 5:38.92	31.23	950m: 9:50.70	31.64	1350m: 14:04.15	31.54
	200m: 2:00.18	30.58	600m: 6:10.35	31.43	1000m: 10:22.44	31.74	1400m: 14:35.47	31.32
	250m: 2:31.55	31.37	650m: 6:41.72	31.37	1050m: 10:54.33	31.89	1450m: 15:07.02	31.55
	300m: 3:02.40	30.85	700m: 7:13.05	31.33	1100m: 11:25.99	31.66	1500m: 15:36.59	29.57
	350m: 3:33.59	31.19	750m: 7:44.73	31.68	1150m: 11:57.62	31.63		
	400m: 4:05.01	31.42	800m: 8:16.25	31.52	1200m: 12:29.16	31.54		
2.	Ricky Speed	City of Sheffield Swim Squad	16:08.57	27480	15:53.18	+0,81	B	
	50m: 28.25	28.25	450m: 4:40.17	31.97	850m: 8:55.80	32.23	1250m: 13:13.78	32.27
	100m: 58.93	30.68	500m: 5:11.76	31.59	900m: 9:27.96	32.16	1300m: 13:46.25	32.47
	150m: 1:30.02	31.09	550m: 5:43.54	31.78	950m: 10:00.14	32.18	1350m: 14:18.43	32.18
	200m: 2:01.39	31.37	600m: 6:15.48	31.94	1000m: 10:32.17	32.03	1400m: 14:50.71	32.28
	250m: 2:32.96	31.57	650m: 6:47.46	31.98	1050m: 11:04.47	32.30	1450m: 15:22.68	31.97
	300m: 3:04.73	31.77	700m: 7:19.36	31.90	1100m: 11:37.09	32.62	1500m: 15:53.18	30.50
	350m: 3:36.35	31.62	750m: 7:51.35	31.99	1150m: 12:09.33	32.24		
	400m: 4:08.20	31.85	800m: 8:23.57	32.22	1200m: 12:41.51	32.18		
3.	Ferry Weertman	DWK	15:35.48	9201461	15:58.41	+1,16	B	
	50m: 28.30	28.30	450m: 4:43.89	32.51	850m: 9:02.11	32.02	1250m: 13:20.70	32.23
	100m: 59.39	31.09	500m: 5:16.13	32.24	900m: 9:34.11	32.00	1300m: 13:52.73	32.03
	150m: 1:31.03	31.64	550m: 5:48.72	32.59	950m: 10:06.47	32.36	1350m: 14:24.72	31.99
	200m: 2:02.88	31.85	600m: 6:21.14	32.42	1000m: 10:38.68	32.21	1400m: 14:57.04	32.32
	250m: 2:35.13	32.25	650m: 6:53.68	32.54	1050m: 11:10.91	32.23	1450m: 15:28.50	31.46
	300m: 3:07.40	32.27	700m: 7:25.65	31.97	1100m: 11:43.58	32.67	1500m: 15:58.41	29.91
	350m: 3:39.43	32.03	750m: 7:57.74	32.09	1150m: 12:15.97	32.39		
	400m: 4:11.38	31.95	800m: 8:30.09	32.35	1200m: 12:48.47	32.50		
4.	Niek Pereboom	WVZ	16:44.34	9305395	16:25.63	+0,92	C	
	50m: 29.14	29.14	450m: 4:53.04	33.03	850m: 9:15.67	33.24	1250m: 13:42.78	33.49
	100m: 1:01.64	32.50	500m: 5:25.86	32.82	900m: 9:48.69	33.02	1300m: 14:16.35	33.57
	150m: 1:34.82	33.18	550m: 5:58.70	32.84	950m: 10:22.08	33.39	1350m: 14:49.38	33.03
	200m: 2:07.86	33.04	600m: 6:31.21	32.51	1000m: 10:55.38	33.30	1400m: 15:23.51	34.13
	250m: 2:40.84	32.98	650m: 7:03.82	32.61	1050m: 11:28.77	33.39	1450m: 15:56.82	33.31
	300m: 3:13.74	32.90	700m: 7:36.50	32.68	1100m: 12:02.17	33.40	1500m: 16:25.63	28.81
	350m: 3:46.87	33.13	750m: 8:09.59	33.09	1150m: 12:35.76	33.59		
	400m: 4:20.01	33.14	800m: 8:42.43	32.84	1200m: 13:09.29	33.53		
5.	Jens Bakker	E.ON-NZA	16:49.33	9300021	16:38.72	+0,92	D	
	50m: 30.02	30.02	450m: 4:54.31	33.05	850m: 9:20.94	33.87	1250m: 13:52.64	34.37
	100m: 1:02.77	32.75	500m: 5:27.71	33.40	900m: 9:54.14	33.20	1300m: 14:26.39	33.75
	150m: 1:36.13	33.36	550m: 6:00.93	33.22	950m: 10:28.40	34.26	1350m: 15:00.50	34.11
	200m: 2:09.59	33.46	600m: 6:34.12	33.19	1000m: 11:02.61	34.21	1400m: 15:34.58	34.08
	250m: 2:42.33	32.74	650m: 7:06.91	32.79	1050m: 11:36.51	33.90	1450m: 16:07.79	33.21
	300m: 3:15.17	32.84	700m: 7:39.89	32.98	1100m: 12:10.49	33.98	1500m: 16:38.72	30.93
	350m: 3:48.37	33.20	750m: 8:13.38	33.49	1150m: 12:44.40	33.91		
	400m: 4:21.26	32.89	800m: 8:47.07	33.69	1200m: 13:18.27	33.87		
6.	Bernd Kobesen	RTC-Drachten	16:34.38	9300981	16:41.45	+0,66	D	
	50m: 28.72	28.72	450m: 4:53.75	33.61	850m: 9:25.41	34.07	1250m: 13:56.91	33.50
	100m: 1:00.89	32.17	500m: 5:27.61	33.86	900m: 9:59.43	34.02	1300m: 14:30.52	33.61
	150m: 1:33.80	32.91	550m: 6:01.36	33.75	950m: 10:33.46	34.03	1350m: 15:03.95	33.43
	200m: 2:07.06	33.26	600m: 6:35.34	33.98	1000m: 11:07.77	34.31	1400m: 15:37.23	33.28
	250m: 2:40.38	33.32	650m: 7:09.33	33.99	1050m: 11:42.03	34.26	1450m: 16:10.39	33.16
	300m: 3:13.45	33.07	700m: 7:43.14	33.81	1100m: 12:15.95	33.92	1500m: 16:41.45	31.06
	350m: 3:46.60	33.15	750m: 8:17.13	33.99	1150m: 12:49.72	33.77		
	400m: 4:20.14	33.54	800m: 8:51.34	34.21	1200m: 13:23.41	33.69		
7.	Bart Dunweg	Vlaardingen	17:15.41	9301763	16:49.32	+0,80	D	
	50m: 29.37	29.37	450m: 5:02.23	34.38	850m: 9:31.40	34.25	1250m: 14:01.81	34.06
	100m: 1:02.86	33.49	500m: 5:36.10	33.87	900m: 10:04.88	33.48	1300m: 14:35.87	34.06
	150m: 1:37.10	34.24	550m: 6:08.67	32.57	950m: 10:38.77	33.89	1350m: 15:10.13	34.26
	200m: 2:11.66	34.56	600m: 6:42.67	34.00	1000m: 11:12.23	33.46	1400m: 15:44.43	34.30
	250m: 2:46.37	34.71	650m: 7:16.48	33.81	1050m: 11:46.37	34.14	1450m: 16:18.11	33.68
	300m: 3:20.30	33.93	700m: 7:50.56	34.08	1100m: 12:19.66	33.29	1500m: 16:49.32	31.21
	350m: 3:53.90	33.60	750m: 8:23.54	32.98	1150m: 12:53.56	33.90		
	400m: 4:27.85	33.95	800m: 8:57.15	33.61	1200m: 13:27.75	34.19		
8.	Victor Poot	Vlaardingen	16:48.00	9203651	16:54.30	+0,77	E	
	50m: 29.04	29.04	450m: 4:52.20	33.58	850m: 9:26.89	34.71	1250m: 14:07.66	35.14
	100m: 1:00.71	31.67	500m: 5:25.87	33.67	900m: 10:01.67	34.78	1300m: 14:41.82	34.16
	150m: 1:33.06	32.35	550m: 5:59.48	33.61	950m: 10:36.72	35.05	1350m: 15:16.09	34.27
	200m: 2:05.89	32.83	600m: 6:33.64	34.16	1000m: 11:12.01	35.29	1400m: 15:49.55	33.46
	250m: 2:39.02	33.13	650m: 7:08.10	34.46	1050m: 11:47.99	35.98	1450m: 16:22.33	32.78
	300m: 3:12.01	32.99	700m: 7:42.57	34.47	1100m: 12:23.33	35.34	1500m: 16:54.30	31.97
	350m: 3:45.49	33.48	750m: 8:17.52	34.95	1150m: 12:57.64	34.31		
	400m: 4:18.62	33.13	800m: 8:52.18	34.66	1200m: 13:32.52	34.88		

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Programmanr. 40, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	niv.
9.	Marcel Schouten	Haerlem'04 (SG)	16:27.44	9300653	16:57.32	+0,87 D
	50m: 28.67	28.67	450m: 4:53.32	33.13	850m: 9:21.85	34.30
	100m: 1:00.80	32.13	500m: 5:26.63	33.31	900m: 9:56.36	34.51
	150m: 1:33.81	33.01	550m: 5:59.45	32.82	950m: 10:30.75	34.39
	200m: 2:06.79	32.98	600m: 6:32.81	33.36	1000m: 11:05.77	35.02
	250m: 2:39.77	32.98	650m: 7:06.20	33.39	1050m: 11:40.42	34.65
	300m: 3:13.01	33.24	700m: 7:39.76	33.56	1100m: 12:15.93	35.51
	350m: 3:46.58	33.57	750m: 8:13.73	33.97	1150m: 12:51.78	35.85
	400m: 4:20.19	33.61	800m: 8:47.55	33.82	1200m: 13:28.30	36.52
10.	Giovanni den Ouden	De Devel	17:00.05	9300877	16:57.98	+0,81 D
	50m: 29.88	29.88	450m: 5:00.19	34.18	850m: 9:33.60	34.65
	100m: 1:02.96	33.08	500m: 5:33.75	33.56	900m: 10:07.71	34.11
	150m: 1:36.46	33.50	550m: 6:08.59	34.84	950m: 10:42.12	34.41
	200m: 2:11.11	34.65	600m: 6:42.85	34.26	1000m: 11:16.29	34.17
	250m: 2:45.07	33.96	650m: 7:16.89	34.04	1050m: 11:50.62	34.33
	300m: 3:18.29	33.22	700m: 7:50.97	34.08	1100m: 12:25.01	34.39
	350m: 3:52.23	33.94	750m: 8:24.86	33.89	1150m: 12:59.34	34.33
	400m: 4:26.01	33.78	800m: 8:58.95	34.09	1200m: 13:33.81	34.47
11.	Mitch Notten	ZC Valkenburg	16:22.38	9202505	17:11.92	+0,91 E
	50m: 28.46	28.46	450m: 4:50.15	33.64	850m: 9:28.80	35.50
	100m: 59.72	31.26	500m: 5:24.38	34.23	900m: 10:04.28	35.48
	150m: 1:31.74	32.02	550m: 5:58.62	34.24	950m: 10:40.05	35.77
	200m: 2:03.92	32.18	600m: 6:33.33	34.71	1000m: 11:15.79	35.74
	250m: 2:36.67	32.75	650m: 7:07.95	34.62	1050m: 11:51.73	35.94
	300m: 3:09.77	33.10	700m: 7:43.06	35.11	1100m: 12:27.60	35.87
	350m: 3:43.22	33.45	750m: 8:17.85	34.79	1150m: 13:03.81	36.21
	400m: 4:16.51	33.29	800m: 8:53.30	35.45	1200m: 13:39.56	35.75
12.	Pim Kienhuis	De Dinkel	17:24.73	9300263	17:13.80	+0,96 E
	50m: 29.56	29.56	450m: 5:00.80	34.76	850m: 9:39.38	35.08
	100m: 1:02.68	33.12	500m: 5:35.13	34.33	900m: 10:13.95	34.57
	150m: 1:36.69	34.01	550m: 6:10.04	34.91	950m: 10:49.76	35.81
	200m: 2:09.96	33.27	600m: 6:44.51	34.47	1000m: 11:24.56	34.80
	250m: 2:43.61	33.65	650m: 7:19.56	35.05	1050m: 11:59.31	34.75
	300m: 3:17.55	33.94	700m: 7:54.48	34.92	1100m: 12:35.05	35.74
	350m: 3:51.66	34.11	750m: 8:28.64	34.16	1150m: 13:11.07	36.02
	400m: 4:26.04	34.38	800m: 9:04.30	35.66	1200m: 13:47.06	35.99
13.	Wouter Kaman	Aquarijn	17:37.70	9300241	17:14.33	+0,81 E
	50m: 29.96	29.96	450m: 5:04.30	35.01	850m: 9:44.21	35.07
	100m: 1:02.97	33.01	500m: 5:39.04	34.74	900m: 10:18.89	34.68
	150m: 1:36.83	33.86	550m: 6:13.80	34.76	950m: 10:53.92	35.03
	200m: 2:11.58	34.75	600m: 6:48.84	35.04	1000m: 11:28.48	34.56
	250m: 2:45.86	34.28	650m: 7:24.11	35.27	1050m: 12:03.10	34.62
	300m: 3:20.44	34.58	700m: 7:58.92	34.81	1100m: 12:37.96	34.86
	350m: 3:54.77	34.33	750m: 8:34.24	35.32	1150m: 13:12.94	34.98
	400m: 4:29.29	34.52	800m: 9:09.14	34.90	1200m: 13:47.52	34.58
14.	Maurice Soudant	Nuenen	17:36.77	9302125	17:18.89	+0,71 E
	50m: 28.39	28.39	450m: 5:00.20	34.34	850m: 9:43.67	35.81
	100m: 1:01.38	32.99	500m: 5:35.05	34.85	900m: 10:18.60	34.93
	150m: 1:35.48	34.10	550m: 6:09.74	34.69	950m: 10:54.31	35.71
	200m: 2:09.70	34.22	600m: 6:44.54	34.80	1000m: 11:29.05	34.74
	250m: 2:43.72	34.02	650m: 7:19.46	34.92	1050m: 12:04.52	35.47
	300m: 3:18.04	34.32	700m: 7:54.66	35.20	1100m: 12:39.67	35.15
	350m: 3:51.97	33.93	750m: 8:31.14	36.48	1150m: 13:15.55	35.88
	400m: 4:25.86	33.89	800m: 9:07.86	36.72	1200m: 13:50.30	34.75
15.	Timo Dinkelberg	Vlaardingen	17:19.25	9300773	17:19.37	+0,80 E
	50m: 29.41	29.41	450m: 5:04.17	34.08	850m: 9:41.24	35.08
	100m: 1:02.79	33.38	500m: 5:38.28	34.11	900m: 10:16.21	34.97
	150m: 1:37.27	34.48	550m: 6:12.63	34.35	950m: 10:51.69	35.48
	200m: 2:11.95	34.68	600m: 6:46.75	34.12	1000m: 11:27.56	35.87
	250m: 2:46.70	34.75	650m: 7:21.60	34.85	1050m: 12:03.41	35.85
	300m: 3:22.04	35.34	700m: 7:56.22	34.62	1100m: 12:39.04	35.63
	350m: 3:56.20	34.16	750m: 8:31.05	34.83	1150m: 13:14.41	35.37
	400m: 4:30.09	33.89	800m: 9:06.16	35.11	1200m: 13:50.50	36.09
16.	Daniel Langerveld	De Fuut	17:01.91	9302989	17:22.14	+0,83 E
	50m: 30.06	30.06	450m: 5:04.21	34.81	850m: 9:45.88	34.47
	100m: 1:03.34	33.28	500m: 5:39.67	35.46	900m: 10:21.28	35.40
	150m: 1:37.19	33.85	550m: 6:15.27	35.60	950m: 10:56.88	35.60
	200m: 2:11.18	33.99	600m: 6:50.81	35.54	1000m: 11:32.44	35.56
	250m: 2:45.76	34.58	650m: 7:26.83	36.02	1050m: 12:07.60	35.16
	300m: 3:19.95	34.19	700m: 8:02.41	35.58	1100m: 12:42.91	35.31
	350m: 3:54.44	34.49	750m: 8:37.90	35.49	1150m: 13:18.53	35.62
	400m: 4:29.40	34.96	800m: 9:11.41	33.51	1200m: 13:54.25	35.72
17.	Kasper Leeuw	De Dinkel	17:25.31	9304435	17:27.32	+1,02 E
	50m: 30.17	30.17	450m: 5:07.31	34.88	850m: 9:51.01	35.59
	100m: 1:03.50	33.33	500m: 5:42.70	35.39	900m: 10:26.71	35.70
	150m: 1:37.85	34.35	550m: 6:17.99	35.29	950m: 11:02.05	35.34
	200m: 2:12.67	34.82	600m: 6:53.30	35.31	1000m: 11:37.69	35.64
	250m: 2:47.35	34.68	650m: 7:28.69	35.39	1050m: 12:13.23	35.54
	300m: 3:22.35	35.00	700m: 8:04.28	35.59	1100m: 12:48.54	35.31
	350m: 3:57.32	34.97	750m: 8:39.76	35.48	1150m: 13:23.86	35.32
	400m: 4:32.43	35.11	800m: 9:15.42	35.66	1200m: 13:59.43	35.57

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Programmanr. 40, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	niv.		
18.	Dennis Cramer	Appingedam	16:46.96	9200199	17:31.01	+0,86		
	50m: 29.25	29.25	450m: 5:05.60	35.20	850m: 9:50.33	36.07	1250m: 14:36.21	36.13
	100m: 1:01.66	32.41	500m: 5:41.18	35.58	900m: 10:25.94	35.61	1300m: 15:12.28	36.07
	150m: 1:36.75	35.09	550m: 6:16.43	35.25	950m: 11:01.94	36.00	1350m: 15:47.44	35.16
	200m: 2:11.40	34.65	600m: 6:52.34	35.91	1000m: 11:37.74	35.80	1400m: 16:23.19	35.75
	250m: 2:46.82	35.42	650m: 7:27.43	35.09	1050m: 12:13.19	35.45	1450m: 16:57.63	34.44
	300m: 3:20.83	34.01	700m: 8:03.18	35.75	1100m: 12:49.01	35.82	1500m: 17:31.01	33.38
	350m: 3:55.62	34.79	750m: 8:38.64	35.46	1150m: 13:24.57	35.56		
	400m: 4:30.40	34.78	800m: 9:14.26	35.62	1200m: 14:00.08	35.51		
19.	Nick Duivenvoorden	Noordwijkerhout	17:36.15	9300731	17:33.69	+0,74 E		
	50m: 29.72	29.72	450m: 5:08.87	35.90	850m: 9:53.78	35.69	1250m: 14:39.94	35.73
	100m: 1:02.93	33.21	500m: 5:44.10	35.23	900m: 10:29.31	35.53	1300m: 15:15.39	35.45
	150m: 1:37.29	34.36	550m: 6:19.82	35.72	950m: 11:05.19	35.88	1350m: 15:50.62	35.23
	200m: 2:11.93	34.64	600m: 6:55.40	35.58	1000m: 11:41.02	35.83	1400m: 16:26.03	35.41
	250m: 2:46.77	34.84	650m: 7:31.22	35.82	1050m: 12:16.65	35.63	1450m: 17:01.10	35.07
	300m: 3:22.08	35.31	700m: 8:07.00	35.78	1100m: 12:52.62	35.97	1500m: 17:33.69	32.59
	350m: 3:57.61	35.53	750m: 8:42.62	35.62	1150m: 13:28.39	35.77		
	400m: 4:32.97	35.36	800m: 9:18.09	35.47	1200m: 14:04.21	35.82		
20.	Sebastian de Been	De Warande	17:18.16	9302233	17:47.17	+0,79		
	50m: 29.13	29.13	450m: 5:06.42	35.78	850m: 9:54.03	36.43	1250m: 14:46.00	36.64
	100m: 1:02.48	33.35	500m: 5:41.97	35.55	900m: 10:30.14	36.11	1300m: 15:22.61	36.61
	150m: 1:36.80	34.32	550m: 6:17.55	35.58	950m: 11:06.94	36.80	1350m: 15:59.04	36.43
	200m: 2:10.89	34.09	600m: 6:53.72	36.17	1000m: 11:43.14	36.20	1400m: 16:35.30	36.26
	250m: 2:45.34	34.45	650m: 7:29.62	35.90	1050m: 12:19.58	36.44	1450m: 17:11.32	36.02
	300m: 3:20.01	34.67	700m: 8:05.34	35.72	1100m: 12:55.82	36.24	1500m: 17:47.17	35.85
	350m: 3:55.09	35.08	750m: 8:41.24	35.90	1150m: 13:32.75	36.93		
	400m: 4:30.64	35.55	800m: 9:17.60	36.36	1200m: 14:09.36	36.61		
21.	Thomas van Mierlo	Eiffel Swimmers PSV	17:30.21	9300353	17:48.10	+0,85		
	50m: 29.93	29.93	450m: 5:08.79	35.43	850m: 9:56.78	36.32	1250m: 14:48.21	36.69
	100m: 1:03.88	33.95	500m: 5:44.34	35.55	900m: 10:33.19	36.41	1300m: 15:24.67	36.46
	150m: 1:38.28	34.40	550m: 6:19.91	35.57	950m: 11:09.29	36.10	1350m: 16:01.40	36.73
	200m: 2:13.07	34.79	600m: 6:56.02	36.11	1000m: 11:45.80	36.51	1400m: 16:37.92	36.52
	250m: 2:47.86	34.79	650m: 7:32.11	36.09	1050m: 12:21.93	36.13	1450m: 17:13.69	35.77
	300m: 3:22.75	34.89	700m: 8:08.19	36.08	1100m: 12:58.50	36.57	1500m: 17:48.10	34.41
	350m: 3:57.73	34.98	750m: 8:44.42	36.23	1150m: 13:35.15	36.65		
	400m: 4:33.36	35.63	800m: 9:20.46	36.04	1200m: 14:11.52	36.37		
NG	Sonny Corré	Luctor et Emergo	16:59.13	9303615				
all-in								
1.	Job Kienhuis <i>Kampioenschaps Record</i>	Eiffel Swimmers PSV	14:45.91	8901631	14:48.72	+0,94 A+		
	50m: 26.96	26.96	450m: 4:23.53	29.65	850m: 8:22.68	29.83	1250m: 12:20.77	29.79
	100m: 55.81	28.85	500m: 4:53.35	29.82	900m: 8:52.47	29.79	1300m: 12:50.66	29.89
	150m: 1:25.18	29.37	550m: 5:23.53	30.18	950m: 9:22.30	29.83	1350m: 13:20.03	29.37
	200m: 1:55.00	29.82	600m: 5:53.32	29.79	1000m: 9:51.97	29.67	1400m: 13:49.85	29.82
	250m: 2:24.55	29.55	650m: 6:23.25	29.93	1050m: 10:21.87	29.90	1450m: 14:19.75	29.90
	300m: 2:54.24	29.69	700m: 6:53.17	29.92	1100m: 10:51.32	29.45	1500m: 14:48.72	28.97
	350m: 3:24.01	29.77	750m: 7:23.04	29.87	1150m: 11:21.28	29.96		
	400m: 3:53.88	29.87	800m: 7:52.85	29.81	1200m: 11:50.98	29.70		
2.	Anders Lie	Danish Swimming Federation	15:06.35	9105AF	15:08.72	+0,82 A+		
	50m: 27.54	27.54	450m: 4:29.19	30.61	850m: 8:33.91	30.75	1250m: 12:38.03	30.22
	100m: 56.92	29.38	500m: 4:59.65	30.46	900m: 9:04.64	30.73	1300m: 13:08.50	30.47
	150m: 1:26.77	29.85	550m: 5:30.01	30.36	950m: 9:35.35	30.71	1350m: 13:39.01	30.51
	200m: 1:56.88	30.11	600m: 6:00.54	30.53	1000m: 10:05.92	30.57	1400m: 14:09.50	30.49
	250m: 2:27.21	30.33	650m: 6:31.05	30.51	1050m: 10:36.37	30.45	1450m: 14:40.14	30.64
	300m: 2:57.53	30.32	700m: 7:01.71	30.66	1100m: 11:06.83	30.46	1500m: 15:08.72	28.58
	350m: 3:28.05	30.52	750m: 7:32.40	30.69	1150m: 11:37.18	30.35		
	400m: 3:58.58	30.53	800m: 8:03.16	30.76	1200m: 12:07.81	30.63		
3.	Damien Cattin Vidal	Club des Vikings de Rouen	15:21.16	88vidal	15:27.12	+0,87 A		
	50m: 27.66	27.66	450m: 4:32.54	30.74	850m: 8:42.07	31.03	1250m: 12:51.68	30.86
	100m: 57.03	29.37	500m: 5:03.66	31.12	900m: 9:13.85	31.78	1300m: 13:22.99	31.31
	150m: 1:27.15	30.12	550m: 5:34.82	31.16	950m: 9:45.13	31.28	1350m: 13:54.92	31.93
	200m: 1:57.99	30.84	600m: 6:06.25	31.43	1000m: 10:16.13	31.00	1400m: 14:25.96	31.04
	250m: 2:28.81	30.82	650m: 6:37.24	30.99	1050m: 10:47.06	30.93	1450m: 14:57.38	31.42
	300m: 3:00.02	31.21	700m: 7:08.57	31.33	1100m: 11:18.59	31.53	1500m: 15:27.12	29.74
	350m: 3:31.09	31.07	750m: 7:39.81	31.24	1150m: 11:49.58	30.99		
	400m: 4:01.80	30.71	800m: 8:11.04	31.23	1200m: 12:20.82	31.24		
4.	Thomas Sunter	City of Sheffield Swim Squad	15:49.05	25388	15:36.59	+0,85 A+		
	50m: 28.50	28.50	450m: 4:36.43	31.42	850m: 8:47.70	31.45	1250m: 13:00.90	31.74
	100m: 58.78	30.28	500m: 5:07.69	31.26	900m: 9:19.06	31.36	1300m: 13:32.61	31.71
	150m: 1:29.60	30.82	550m: 5:38.92	31.23	950m: 9:50.70	31.64	1350m: 14:04.15	31.54
	200m: 2:00.18	30.58	600m: 6:10.35	31.43	1000m: 10:22.44	31.74	1400m: 14:35.47	31.32
	250m: 2:31.55	31.37	650m: 6:41.72	31.37	1050m: 10:54.33	31.89	1450m: 15:07.02	31.55
	300m: 3:02.40	30.85	700m: 7:13.05	31.33	1100m: 11:25.99	31.66	1500m: 15:36.59	29.57
	350m: 3:33.59	31.19	750m: 7:44.73	31.68	1150m: 11:57.62	31.63		
	400m: 4:05.01	31.42	800m: 8:16.25	31.52	1200m: 12:29.16	31.54		

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Amsterdam, 18. - 20.12.2009

Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam	vereniging	intijd		tijd		RT	niv.
5.	Bryan Mannaart	Eiffel Swimmers PSV	15:58.73		9103445	15:36.80	+0,84	A
	50m: 28.21	28.21	450m: 4:35.21	31.25	850m: 8:47.95	31.96	1250m: 13:01.16	31.58
	100m: 58.19	29.98	500m: 5:06.81	31.60	900m: 9:19.53	31.58	1300m: 13:32.81	31.65
	150m: 1:28.68	30.49	550m: 5:38.11	31.30	950m: 9:51.13	31.60	1350m: 14:04.55	31.74
	200m: 1:59.45	30.77	600m: 6:09.46	31.35	1000m: 10:22.76	31.63	1400m: 14:36.06	31.51
	250m: 2:30.44	30.99	650m: 6:40.77	31.31	1050m: 10:54.27	31.51	1450m: 15:07.21	31.15
	300m: 3:01.61	31.17	700m: 7:12.40	31.63	1100m: 11:25.95	31.68	1500m: 15:36.80	29.59
	350m: 3:32.55	30.94	750m: 7:44.16	31.76	1150m: 11:57.49	31.54		
	400m: 4:03.96	31.41	800m: 8:15.99	31.83	1200m: 12:29.58	32.09		
6.	Davy Verreussel	Hellas-Glana	15:44.45		8903341	15:48.35	+0,91	C
	50m: 27.42	27.42	450m: 4:40.68	31.92	850m: 8:55.92	32.06	1250m: 13:11.11	32.33
	100m: 57.90	30.48	500m: 5:12.76	32.08	900m: 9:27.69	31.77	1300m: 13:42.76	31.65
	150m: 1:29.35	31.45	550m: 5:44.48	31.72	950m: 9:59.52	31.83	1350m: 14:14.53	31.77
	200m: 2:00.91	31.56	600m: 6:16.53	32.05	1000m: 10:31.36	31.84	1400m: 14:46.51	31.98
	250m: 2:33.05	32.14	650m: 6:48.31	31.78	1050m: 11:03.13	31.77	1450m: 15:18.12	31.61
	300m: 3:05.29	32.24	700m: 7:20.12	31.81	1100m: 11:34.92	31.79	1500m: 15:48.35	30.23
	350m: 3:36.56	31.27	750m: 7:51.98	31.86	1150m: 12:06.80	31.88		
	400m: 4:08.76	32.20	800m: 8:23.86	31.88	1200m: 12:38.78	31.98		
7.	Ricky Speed	City of Sheffield Swim Squad	16:08.57		27480	15:53.18	+0,81	B
	50m: 28.25	28.25	450m: 4:40.17	31.97	850m: 8:55.80	32.23	1250m: 13:13.78	32.27
	100m: 58.93	30.68	500m: 5:11.76	31.59	900m: 9:27.96	32.16	1300m: 13:46.25	32.47
	150m: 1:30.02	31.09	550m: 5:43.54	31.78	950m: 10:00.14	32.18	1350m: 14:18.43	32.18
	200m: 2:01.39	31.37	600m: 6:15.48	31.94	1000m: 10:32.17	32.03	1400m: 14:50.71	32.28
	250m: 2:32.96	31.57	650m: 6:47.46	31.98	1050m: 11:04.47	32.30	1450m: 15:22.68	31.97
	300m: 3:04.73	31.77	700m: 7:19.36	31.90	1100m: 11:37.09	32.62	1500m: 15:53.18	30.50
	350m: 3:36.35	31.62	750m: 7:51.35	31.99	1150m: 12:09.33	32.24		
	400m: 4:08.20	31.85	800m: 8:23.57	32.22	1200m: 12:41.51	32.18		
8.	Ferry Weertman	DWK	15:35.48		9201461	15:58.41	+1,16	B
	50m: 28.30	28.30	450m: 4:43.89	32.51	850m: 9:02.11	32.02	1250m: 13:20.70	32.23
	100m: 59.39	31.09	500m: 5:16.13	32.24	900m: 9:34.11	32.00	1300m: 13:52.73	32.03
	150m: 1:31.03	31.64	550m: 5:48.72	32.59	950m: 10:06.47	32.36	1350m: 14:24.72	31.99
	200m: 2:02.88	31.85	600m: 6:21.14	32.42	1000m: 10:38.68	32.21	1400m: 14:57.04	32.32
	250m: 2:35.13	32.25	650m: 6:53.68	32.54	1050m: 11:10.91	32.23	1450m: 15:28.50	31.46
	300m: 3:07.40	32.27	700m: 7:25.65	31.97	1100m: 11:43.58	32.67	1500m: 15:58.41	29.91
	350m: 3:39.43	32.03	750m: 7:57.74	32.09	1150m: 12:15.97	32.39		
	400m: 4:11.38	31.95	800m: 8:30.09	32.35	1200m: 12:48.47	32.50		
9.	Mark Moussa	AZ&PC	15:52.81		9002059	16:00.20	+0,93	C
	50m: 27.86	27.86	450m: 4:40.37	31.89	850m: 8:57.46	32.23	1250m: 13:18.44	32.86
	100m: 58.49	30.63	500m: 5:12.43	32.06	900m: 9:29.96	32.50	1300m: 13:51.15	32.71
	150m: 1:29.79	31.30	550m: 5:44.32	31.89	950m: 10:02.29	32.33	1350m: 14:23.72	32.63
	200m: 2:01.29	31.50	600m: 6:16.38	32.06	1000m: 10:34.90	32.61	1400m: 14:56.39	32.61
	250m: 2:33.07	31.78	650m: 6:48.67	32.29	1050m: 11:07.52	32.62	1450m: 15:28.68	32.29
	300m: 3:05.04	31.97	700m: 7:20.88	32.21	1100m: 11:40.08	32.56	1500m: 16:00.20	31.52
	350m: 3:36.54	31.50	750m: 7:52.97	32.09	1150m: 12:12.87	32.79		
	400m: 4:08.48	31.94	800m: 8:25.23	32.26	1200m: 12:45.58	32.71		
10.	Ross Muir	University of Stirling	16:07.09		69791	16:11.64	+0,81	C
	50m: 29.50	29.50	450m: 4:46.86	31.72	850m: 9:05.82	32.33	1250m: 13:28.59	32.96
	100m: 1:01.11	31.61	500m: 5:18.88	32.02	900m: 9:38.67	32.85	1300m: 14:01.74	33.15
	150m: 1:33.23	32.12	550m: 5:50.99	32.11	950m: 10:11.35	32.68	1350m: 14:34.58	32.84
	200m: 2:05.89	32.66	600m: 6:23.30	32.31	1000m: 10:44.23	32.88	1400m: 15:07.51	32.93
	250m: 2:38.19	32.30	650m: 6:55.64	32.34	1050m: 11:16.96	32.73	1450m: 15:40.33	32.82
	300m: 3:10.46	32.27	700m: 7:28.12	32.48	1100m: 11:49.63	32.67	1500m: 16:11.64	31.31
	350m: 3:42.68	32.22	750m: 8:00.61	32.49	1150m: 12:22.47	32.84		
	400m: 4:15.14	32.46	800m: 8:33.49	32.88	1200m: 12:55.63	33.16		
11.	Vincent van Iperen	Orca	16:15.15		9106179	16:18.43	+0,84	D
	50m: 28.45	28.45	450m: 4:45.93	32.75	850m: 9:11.31	33.54	1250m: 13:37.27	33.20
	100m: 59.59	31.14	500m: 5:18.63	32.70	900m: 9:44.49	33.18	1300m: 14:11.07	33.80
	150m: 1:31.01	31.42	550m: 5:51.55	32.92	950m: 10:17.73	33.24	1350m: 14:43.51	32.44
	200m: 2:02.89	31.88	600m: 6:24.26	32.71	1000m: 10:50.62	32.89	1400m: 15:16.41	32.90
	250m: 2:35.45	32.56	650m: 6:57.33	33.07	1050m: 11:23.70	33.08	1450m: 15:48.65	32.24
	300m: 3:08.01	32.56	700m: 7:30.98	33.65	1100m: 11:57.58	33.88	1500m: 16:18.43	29.78
	350m: 3:40.59	32.58	750m: 8:04.70	33.72	1150m: 12:30.70	33.12		
	400m: 4:13.18	32.59	800m: 8:37.77	33.07	1200m: 13:04.07	33.37		
12.	Raymond van de Merwe	WVZ	16:13.08		8602077	16:18.46	+0,81	D
	50m: 28.58	28.58	450m: 4:48.41	32.66	850m: 9:10.49	32.85	1250m: 13:37.04	33.55
	100m: 1:00.18	31.60	500m: 5:20.79	32.38	900m: 9:43.66	33.17	1300m: 14:10.15	33.11
	150m: 1:32.39	32.21	550m: 5:53.46	32.67	950m: 10:16.84	33.18	1350m: 14:43.41	33.26
	200m: 2:04.82	32.43	600m: 6:26.33	32.87	1000m: 10:49.92	33.08	1400m: 15:17.07	33.66
	250m: 2:37.38	32.56	650m: 6:59.26	32.93	1050m: 11:23.32	33.40	1450m: 15:49.46	32.39
	300m: 3:10.08	32.70	700m: 7:32.00	32.74	1100m: 11:56.57	33.25	1500m: 16:18.46	29.00
	350m: 3:42.71	32.63	750m: 8:04.80	32.80	1150m: 12:29.92	33.35		
	400m: 4:15.75	33.04	800m: 8:37.64	32.84	1200m: 13:03.49	33.57		
13.	Niek Pereboom	WVZ	16:44.34		9305395	16:25.63	+0,92	C
	50m: 29.14	29.14	450m: 4:53.04	33.03	850m: 9:15.67	33.24	1250m: 13:42.78	33.49
	100m: 1:01.64	32.50	500m: 5:25.86	32.82	900m: 9:48.69	33.02	1300m: 14:16.35	33.57
	150m: 1:34.82	33.18	550m: 5:58.70	32.84	950m: 10:22.08	33.39	1350m: 14:49.38	33.03
	200m: 2:07.86	33.04	600m: 6:31.21	32.51	1000m: 10:55.38	33.30	1400m: 15:23.51	34.13
	250m: 2:40.84	32.98	650m: 7:03.82	32.61	1050m: 11:28.77	33.39	1450m: 15:56.82	33.31
	300m: 3:13.74	32.90	700m: 7:36.50	32.68	1100m: 12:02.17	33.40	1500m: 16:25.63	28.81
	350m: 3:46.87	33.13	750m: 8:09.59	33.09	1150m: 12:35.76	33.59		
	400m: 4:20.01	33.14	800m: 8:42.43	32.84	1200m: 13:09.29	33.53		

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Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam	vereniging	intijd		tijd		RT	niv.
14.	Bo Wullings	KNZB	16:14.66		8904251	16:26.00	+0,93	E
	50m: 29.88	29.88	450m: 4:51.59	32.90	850m: 9:14.15	32.78	1250m: 13:39.36	33.18
	100m: 1:01.85	31.97	500m: 5:24.18	32.59	900m: 9:46.83	32.68	1300m: 14:13.26	33.90
	150m: 1:34.25	32.40	550m: 5:57.13	32.95	950m: 10:19.80	32.97	1350m: 14:47.02	33.76
	200m: 2:07.01	32.76	600m: 6:30.11	32.98	1000m: 10:52.68	32.88	1400m: 15:20.94	33.92
	250m: 2:39.89	32.88	650m: 7:03.09	32.98	1050m: 11:26.14	33.46	1450m: 15:53.91	32.97
	300m: 3:12.79	32.90	700m: 7:35.94	32.85	1100m: 11:59.45	33.31	1500m: 16:26.00	32.09
	350m: 3:45.87	33.08	750m: 8:08.61	32.67	1150m: 12:32.91	33.46		
	400m: 4:18.69	32.82	800m: 8:41.37	32.76	1200m: 13:06.18	33.27		
15.	Jens Bakker	E.ON-NZA	16:49.33		9300021	16:38.72	+0,92	D
	50m: 30.02	30.02	450m: 4:54.31	33.05	850m: 9:20.94	33.87	1250m: 13:52.64	34.37
	100m: 1:02.77	32.75	500m: 5:27.71	33.40	900m: 9:54.14	33.20	1300m: 14:26.39	33.75
	150m: 1:36.13	33.36	550m: 6:00.93	33.22	950m: 10:28.40	34.26	1350m: 15:00.50	34.11
	200m: 2:09.59	33.46	600m: 6:34.12	33.19	1000m: 11:02.61	34.21	1400m: 15:34.58	34.08
	250m: 2:42.33	32.74	650m: 7:06.91	32.79	1050m: 11:36.51	33.90	1450m: 16:07.79	33.21
	300m: 3:15.17	32.84	700m: 7:39.89	32.98	1100m: 12:10.49	33.98	1500m: 16:38.72	30.93
	350m: 3:48.37	33.20	750m: 8:13.38	33.49	1150m: 12:44.40	33.91		
	400m: 4:21.26	32.89	800m: 8:47.07	33.69	1200m: 13:18.27	33.87		
16.	Bernd Kobesen	RTC-Drachten	16:34.38		9300981	16:41.45	+0,66	D
	50m: 28.72	28.72	450m: 4:53.75	33.61	850m: 9:25.41	34.07	1250m: 13:56.91	33.50
	100m: 1:00.89	32.17	500m: 5:27.61	33.86	900m: 9:59.43	34.02	1300m: 14:30.52	33.61
	150m: 1:33.80	32.91	550m: 6:01.36	33.75	950m: 10:33.46	34.03	1350m: 15:03.95	33.43
	200m: 2:07.06	33.26	600m: 6:35.34	33.98	1000m: 11:07.77	34.31	1400m: 15:37.23	33.28
	250m: 2:40.38	33.32	650m: 7:09.33	33.99	1050m: 11:42.03	34.26	1450m: 16:10.39	33.16
	300m: 3:13.45	33.07	700m: 7:43.14	33.81	1100m: 12:15.95	33.92	1500m: 16:41.45	31.06
	350m: 3:46.60	33.15	750m: 8:17.13	33.99	1150m: 12:49.72	33.77		
	400m: 4:20.14	33.54	800m: 8:51.34	34.21	1200m: 13:23.41	33.69		
17.	Felix Broekhuizen	E.ON-NZA	16:09.88		9000439	16:42.36	+0,85	E
	50m: 30.06	30.06	450m: 4:50.54	32.49	850m: 9:16.73	33.58	1250m: 13:50.90	34.46
	100m: 1:02.81	32.75	500m: 5:23.23	32.69	900m: 9:50.90	34.17	1300m: 14:25.93	35.03
	150m: 1:35.11	32.30	550m: 5:56.29	33.06	950m: 10:25.03	34.13	1350m: 15:00.30	34.37
	200m: 2:07.76	32.65	600m: 6:29.10	32.81	1000m: 10:59.48	34.45	1400m: 15:34.36	34.06
	250m: 2:40.26	32.50	650m: 7:02.57	33.47	1050m: 11:34.06	34.58	1450m: 16:08.54	34.18
	300m: 3:12.88	32.62	700m: 7:35.79	33.22	1100m: 12:07.86	33.80	1500m: 16:42.36	33.82
	350m: 3:45.20	32.32	750m: 8:09.24	33.45	1150m: 12:42.22	34.36		
	400m: 4:18.05	32.85	800m: 8:43.15	33.91	1200m: 13:16.44	34.22		
18.	Bart Dunweg	Vlaardingen	17:15.41		9301763	16:49.32	+0,80	D
	50m: 29.37	29.37	450m: 5:02.23	34.38	850m: 9:31.40	34.25	1250m: 14:01.81	34.06
	100m: 1:02.86	33.49	500m: 5:36.10	33.87	900m: 10:04.88	33.48	1300m: 14:35.87	34.06
	150m: 1:37.10	34.24	550m: 6:08.67	32.57	950m: 10:38.77	33.89	1350m: 15:10.13	34.26
	200m: 2:11.66	34.56	600m: 6:42.67	34.00	1000m: 11:12.23	33.46	1400m: 15:44.43	34.30
	250m: 2:46.37	34.71	650m: 7:16.48	33.81	1050m: 11:46.37	34.14	1450m: 16:18.11	33.68
	300m: 3:20.30	33.93	700m: 7:50.56	34.08	1100m: 12:19.66	33.29	1500m: 16:49.32	31.21
	350m: 3:53.90	33.60	750m: 8:23.54	32.98	1150m: 12:53.56	33.90		
	400m: 4:27.85	33.95	800m: 8:57.15	33.61	1200m: 13:27.75	34.19		
19.	Marco van der Stel	Vlaardingen	16:34.78		9102879	16:50.68	+0,81	E
	50m: 29.72	29.72	450m: 4:53.74	33.62	850m: 9:26.53	34.46	1250m: 14:00.41	34.49
	100m: 1:02.11	32.39	500m: 5:27.18	33.44	900m: 10:00.63	34.10	1300m: 14:34.94	34.53
	150m: 1:35.02	32.91	550m: 6:00.71	33.53	950m: 10:35.05	34.42	1350m: 15:09.13	34.19
	200m: 2:07.77	32.75	600m: 6:34.59	33.88	1000m: 11:09.11	34.06	1400m: 15:43.55	34.42
	250m: 2:40.60	32.83	650m: 7:08.69	34.10	1050m: 11:43.31	34.20	1450m: 16:17.83	34.28
	300m: 3:13.58	32.98	700m: 7:43.04	34.35	1100m: 12:17.35	34.04	1500m: 16:50.68	32.85
	350m: 3:46.84	33.26	750m: 8:17.57	34.53	1150m: 12:51.55	34.20		
	400m: 4:20.12	33.28	800m: 8:52.07	34.50	1200m: 13:25.92	34.37		
20.	Victor Poot	Vlaardingen	16:48.00		9203651	16:54.30	+0,77	E
	50m: 29.04	29.04	450m: 4:52.20	33.58	850m: 9:26.89	34.71	1250m: 14:07.66	35.14
	100m: 1:00.71	31.67	500m: 5:25.87	33.67	900m: 10:01.67	34.78	1300m: 14:41.82	34.16
	150m: 1:33.06	32.35	550m: 5:59.48	33.61	950m: 10:36.72	35.05	1350m: 15:16.09	34.27
	200m: 2:05.89	32.83	600m: 6:33.64	34.16	1000m: 11:12.01	35.29	1400m: 15:49.55	33.46
	250m: 2:39.02	33.13	650m: 7:08.10	34.46	1050m: 11:47.99	35.98	1450m: 16:22.33	32.78
	300m: 3:12.01	32.99	700m: 7:42.57	34.47	1100m: 12:23.33	35.34	1500m: 16:54.30	31.97
	350m: 3:45.49	33.48	750m: 8:17.52	34.95	1150m: 12:57.64	34.31		
	400m: 4:18.62	33.13	800m: 8:52.18	34.66	1200m: 13:32.52	34.88		
21.	Marcel Schouten	Haerlem'04 (SG)	16:27.44		9300653	16:57.32	+0,87	D
	50m: 28.67	28.67	450m: 4:53.32	33.13	850m: 9:21.85	34.30	1250m: 14:03.90	35.60
	100m: 1:00.80	32.13	500m: 5:26.63	33.31	900m: 9:56.36	34.51	1300m: 14:40.18	36.28
	150m: 1:33.81	33.01	550m: 5:59.45	32.82	950m: 10:30.75	34.39	1350m: 15:14.52	34.34
	200m: 2:06.79	32.98	600m: 6:32.81	33.36	1000m: 11:05.77	35.02	1400m: 15:50.76	36.24
	250m: 2:39.77	32.98	650m: 7:06.20	33.39	1050m: 11:40.42	34.65	1450m: 16:24.53	33.77
	300m: 3:13.01	33.24	700m: 7:39.76	33.56	1100m: 12:15.93	35.51	1500m: 16:57.32	32.79
	350m: 3:46.58	33.57	750m: 8:13.73	33.97	1150m: 12:51.78	35.85		
	400m: 4:20.19	33.61	800m: 8:47.55	33.82	1200m: 13:28.30	36.52		
22.	Giovanni den Ouden	De Devel	17:00.05		9300877	16:57.98	+0,81	D
	50m: 29.88	29.88	450m: 5:00.19	34.18	850m: 9:33.60	34.65	1250m: 14:07.96	34.15
	100m: 1:02.96	33.08	500m: 5:33.75	33.56	900m: 10:07.71	34.11	1300m: 14:42.84	34.88
	150m: 1:36.46	33.50	550m: 6:08.59	34.84	950m: 10:42.12	34.41	1350m: 15:16.80	33.96
	200m: 2:11.11	34.65	600m: 6:42.85	34.26	1000m: 11:16.29	34.17	1400m: 15:51.46	34.66
	250m: 2:45.07	33.96	650m: 7:16.89	34.04	1050m: 11:50.62	34.33	1450m: 16:25.84	34.38
	300m: 3:18.29	33.22	700m: 7:50.97	34.08	1100m: 12:25.01	34.39	1500m: 16:57.98	32.14
	350m: 3:52.23	33.94	750m: 8:24.86	33.89	1150m: 12:59.34	34.33		
	400m: 4:26.01	33.78	800m: 8:58.95	34.09	1200m: 13:33.81	34.47		

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.		
23.	Mitch Notten	ZC Valkenburg	16:22.38	9202505	17:11.92	+0,91 E		
	50m: 28.46	28.46	450m: 4:50.15	33.64	850m: 9:28.80	35.50	1250m: 14:15.42	35.86
	100m: 59.72	31.26	500m: 5:24.38	34.23	900m: 10:04.28	35.48	1300m: 14:51.67	36.25
	150m: 1:31.74	32.02	550m: 5:58.62	34.24	950m: 10:40.05	35.77	1350m: 15:27.34	35.67
	200m: 2:03.92	32.18	600m: 6:33.33	34.71	1000m: 11:15.79	35.74	1400m: 16:02.81	35.47
	250m: 2:36.67	32.75	650m: 7:07.95	34.62	1050m: 11:51.73	35.94	1450m: 16:37.78	34.97
	300m: 3:09.77	33.10	700m: 7:43.06	35.11	1100m: 12:27.60	35.87	1500m: 17:11.92	34.14
	350m: 3:43.22	33.45	750m: 8:17.85	34.79	1150m: 13:03.81	36.21		
	400m: 4:16.51	33.29	800m: 8:53.30	35.45	1200m: 13:39.56	35.75		
24.	Pim Kienhuis	De Dinkel	17:24.73	9300263	17:13.80	+0,96 E		
	50m: 29.56	29.56	450m: 5:00.80	34.76	850m: 9:39.38	35.08	1250m: 14:21.06	34.00
	100m: 1:02.68	33.12	500m: 5:35.13	34.33	900m: 10:13.95	34.57	1300m: 14:56.11	35.05
	150m: 1:36.69	34.01	550m: 6:10.04	34.91	950m: 10:49.76	35.81	1350m: 15:31.37	35.26
	200m: 2:09.96	33.27	600m: 6:44.51	34.47	1000m: 11:24.56	34.80	1400m: 16:06.23	34.86
	250m: 2:43.61	33.65	650m: 7:19.56	35.05	1050m: 11:59.31	34.75	1450m: 16:41.10	34.87
	300m: 3:17.55	33.94	700m: 7:54.48	34.92	1100m: 12:35.05	35.74	1500m: 17:13.80	32.70
	350m: 3:51.66	34.11	750m: 8:28.64	34.16	1150m: 13:11.07	36.02		
	400m: 4:26.04	34.38	800m: 9:04.30	35.66	1200m: 13:47.06	35.99		
25.	Wouter Kaman	Aquarijn	17:37.70	9300241	17:14.33	+0,81 E		
	50m: 29.96	29.96	450m: 5:04.30	35.01	850m: 9:44.21	35.07	1250m: 14:22.04	34.52
	100m: 1:02.97	33.01	500m: 5:39.04	34.74	900m: 10:18.89	34.68	1300m: 14:56.71	34.67
	150m: 1:36.83	33.86	550m: 6:13.80	34.76	950m: 10:53.92	35.03	1350m: 15:31.33	34.62
	200m: 2:11.58	34.75	600m: 6:48.84	35.04	1000m: 11:28.48	34.56	1400m: 16:05.73	34.40
	250m: 2:45.86	34.28	650m: 7:24.11	35.27	1050m: 12:03.10	34.62	1450m: 16:40.20	34.47
	300m: 3:20.44	34.58	700m: 7:58.92	34.81	1100m: 12:37.96	34.86	1500m: 17:14.33	34.13
	350m: 3:54.77	34.33	750m: 8:34.24	35.32	1150m: 13:12.94	34.98		
	400m: 4:29.29	34.52	800m: 9:09.14	34.90	1200m: 13:47.52	34.58		
26.	Maurice Soudant	Nuenen	17:36.77	9302125	17:18.89	+0,71 E		
	50m: 28.39	28.39	450m: 5:00.20	34.34	850m: 9:43.67	35.81	1250m: 14:25.77	35.47
	100m: 1:01.38	32.99	500m: 5:35.05	34.85	900m: 10:18.60	34.93	1300m: 15:00.73	34.96
	150m: 1:35.48	34.10	550m: 6:09.74	34.69	950m: 10:54.31	35.71	1350m: 15:35.78	35.05
	200m: 2:09.70	34.22	600m: 6:44.54	34.80	1000m: 11:29.05	34.74	1400m: 16:10.64	34.86
	250m: 2:43.72	34.02	650m: 7:19.46	34.92	1050m: 12:04.52	35.47	1450m: 16:45.72	35.08
	300m: 3:18.04	34.32	700m: 7:54.66	35.20	1100m: 12:39.67	35.15	1500m: 17:18.89	33.17
	350m: 3:51.97	33.93	750m: 8:31.14	36.48	1150m: 13:15.55	35.88		
	400m: 4:25.86	33.89	800m: 9:07.86	36.72	1200m: 13:50.30	34.75		
27.	Timo Dinkelberg	Vlaardingen	17:19.25	9300773	17:19.37	+0,80 E		
	50m: 29.41	29.41	450m: 5:04.17	34.08	850m: 9:41.24	35.08	1250m: 14:25.73	35.23
	100m: 1:02.79	33.38	500m: 5:38.28	34.11	900m: 10:16.21	34.97	1300m: 15:01.76	36.03
	150m: 1:37.27	34.48	550m: 6:12.63	34.35	950m: 10:51.69	35.48	1350m: 15:37.37	35.61
	200m: 2:11.95	34.68	600m: 6:46.75	34.12	1000m: 11:27.56	35.87	1400m: 16:12.82	35.45
	250m: 2:46.70	34.75	650m: 7:21.60	34.85	1050m: 12:03.41	35.85	1450m: 16:46.51	33.69
	300m: 3:22.04	35.34	700m: 7:56.22	34.62	1100m: 12:39.04	35.63	1500m: 17:19.37	32.86
	350m: 3:56.20	34.16	750m: 8:31.05	34.83	1150m: 13:14.41	35.37		
	400m: 4:30.09	33.89	800m: 9:06.16	35.11	1200m: 13:50.50	36.09		
28.	Daniel Langerveld	De Fuut	17:01.91	9302989	17:22.14	+0,83 E		
	50m: 30.06	30.06	450m: 5:04.21	34.81	850m: 9:45.88	34.47	1250m: 14:29.32	35.07
	100m: 1:03.34	33.28	500m: 5:39.67	35.46	900m: 10:21.28	35.40	1300m: 15:05.39	36.07
	150m: 1:37.19	33.85	550m: 6:15.27	35.60	950m: 10:56.88	35.60	1350m: 15:39.75	34.36
	200m: 2:11.18	33.99	600m: 6:50.81	35.54	1000m: 11:32.44	35.56	1400m: 16:14.51	34.76
	250m: 2:45.76	34.58	650m: 7:26.83	36.02	1050m: 12:07.60	35.16	1450m: 16:48.86	34.35
	300m: 3:19.95	34.19	700m: 8:02.41	35.58	1100m: 12:42.91	35.31	1500m: 17:22.14	33.28
	350m: 3:54.44	34.49	750m: 8:37.90	35.49	1150m: 13:18.53	35.62		
	400m: 4:29.40	34.96	800m: 9:11.41	33.51	1200m: 13:54.25	35.72		
29.	Kasper Leeuw	De Dinkel	17:25.31	9304435	17:27.32	+1,02 E		
	50m: 30.17	30.17	450m: 5:07.31	34.88	850m: 9:51.01	35.59	1250m: 14:34.66	35.23
	100m: 1:03.50	33.33	500m: 5:42.70	35.39	900m: 10:26.71	35.70	1300m: 15:09.55	34.89
	150m: 1:37.85	34.35	550m: 6:17.99	35.29	950m: 11:02.05	35.34	1350m: 15:44.32	34.77
	200m: 2:12.67	34.82	600m: 6:53.30	35.31	1000m: 11:37.69	35.64	1400m: 16:19.19	34.87
	250m: 2:47.35	34.68	650m: 7:28.69	35.39	1050m: 12:13.23	35.54	1450m: 16:53.89	34.70
	300m: 3:22.35	35.00	700m: 8:04.28	35.59	1100m: 12:48.54	35.31	1500m: 17:27.32	33.43
	350m: 3:57.32	34.97	750m: 8:39.76	35.48	1150m: 13:23.86	35.32		
	400m: 4:32.43	35.11	800m: 9:15.42	35.66	1200m: 13:59.43	35.57		
30.	Dennis Cramer	Appingedam	16:46.96	9200199	17:31.01	+0,86		
	50m: 29.25	29.25	450m: 5:05.60	35.20	850m: 9:50.33	36.07	1250m: 14:36.21	36.13
	100m: 1:01.66	32.41	500m: 5:41.18	35.58	900m: 10:25.94	35.61	1300m: 15:12.28	36.07
	150m: 1:36.75	35.09	550m: 6:16.43	35.25	950m: 11:01.94	36.00	1350m: 15:47.44	35.16
	200m: 2:11.40	34.65	600m: 6:52.34	35.91	1000m: 11:37.74	35.80	1400m: 16:23.19	35.75
	250m: 2:46.82	35.42	650m: 7:27.43	35.09	1050m: 12:13.19	35.45	1450m: 16:57.63	34.44
	300m: 3:20.83	34.01	700m: 8:03.18	35.75	1100m: 12:49.01	35.82	1500m: 17:31.01	33.38
	350m: 3:55.62	34.79	750m: 8:38.64	35.46	1150m: 13:24.57	35.56		
	400m: 4:30.40	34.78	800m: 9:14.26	35.62	1200m: 14:00.08	35.51		
31.	Matthijs Dekker	De Dolfijn	16:22.12	9000621	17:32.38	+0,99		
	50m: 30.45	30.45	450m: 5:03.67	35.18	850m: 9:48.56	33.75	1250m: 14:36.44	36.12
	100m: 1:03.56	33.11	500m: 5:39.21	35.54	900m: 10:24.86	36.30	1300m: 15:12.73	36.29
	150m: 1:37.12	33.56	550m: 6:14.63	35.42	950m: 11:00.65	35.79	1350m: 15:48.94	36.21
	200m: 2:11.12	34.00	600m: 6:50.42	35.79	1000m: 11:37.06	36.41	1400m: 16:24.57	35.63
	250m: 2:44.87	33.75	650m: 7:25.97	35.55	1050m: 12:13.21	36.15	1450m: 17:00.21	35.64
	300m: 3:18.82	33.95	700m: 8:02.21	36.24	1100m: 12:48.91	35.70	1500m: 17:32.38	32.17
	350m: 3:53.30	34.48	750m: 8:38.68	36.47	1150m: 13:24.57	35.66		
	400m: 4:28.49	35.19	800m: 9:14.81	36.13	1200m: 14:00.32	35.75		

Open Nederlandse Kampioenschappen 2009
Amsterdam, 18. - 20.12.2009

Programmanr. 40, Heren, 1500m vrije slag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.
32.	Nick Duivenvoorden	Noordwijkerhout	17:36.15	9300731	17:33.69	+0,74 E
	50m: 29.72	29.72	450m: 5:08.87	35.90	850m: 9:53.78	35.69
	100m: 1:02.93	33.21	500m: 5:44.10	35.23	900m: 10:29.31	35.53
	150m: 1:37.29	34.36	550m: 6:19.82	35.72	950m: 11:05.19	35.88
	200m: 2:11.93	34.64	600m: 6:55.40	35.58	1000m: 11:41.02	35.83
	250m: 2:46.77	34.84	650m: 7:31.22	35.82	1050m: 12:16.65	35.63
	300m: 3:22.08	35.31	700m: 8:07.00	35.78	1100m: 12:52.62	35.97
	350m: 3:57.61	35.53	750m: 8:42.62	35.62	1150m: 13:28.39	35.77
	400m: 4:32.97	35.36	800m: 9:18.09	35.47	1200m: 14:04.21	35.82
33.	Sebastian de Been	De Warande	17:18.16	9302233	17:47.17	+0,79
	50m: 29.13	29.13	450m: 5:06.42	35.78	850m: 9:54.03	36.43
	100m: 1:02.48	33.35	500m: 5:41.97	35.55	900m: 10:30.14	36.11
	150m: 1:36.80	34.32	550m: 6:17.55	35.58	950m: 11:06.94	36.80
	200m: 2:10.89	34.09	600m: 6:53.72	36.17	1000m: 11:43.14	36.20
	250m: 2:45.34	34.45	650m: 7:29.62	35.90	1050m: 12:19.58	36.44
	300m: 3:20.01	34.67	700m: 8:05.34	35.72	1100m: 12:55.82	36.24
	350m: 3:55.09	35.08	750m: 8:41.24	35.90	1150m: 13:32.75	36.93
	400m: 4:30.64	35.55	800m: 9:17.60	36.36	1200m: 14:09.36	36.61
34.	Thomas van Mierlo	Eiffel Swimmers PSV	17:30.21	9300353	17:48.10	+0,85
	50m: 29.93	29.93	450m: 5:08.79	35.43	850m: 9:56.78	36.32
	100m: 1:03.88	33.95	500m: 5:44.34	35.55	900m: 10:33.19	36.41
	150m: 1:38.28	34.40	550m: 6:19.91	35.57	950m: 11:09.29	36.10
	200m: 2:13.07	34.79	600m: 6:56.02	36.11	1000m: 11:45.80	36.51
	250m: 2:47.86	34.79	650m: 7:32.11	36.09	1050m: 12:21.93	36.13
	300m: 3:22.75	34.89	700m: 8:08.19	36.08	1100m: 12:58.50	36.57
	350m: 3:57.73	34.98	750m: 8:44.42	36.23	1150m: 13:35.15	36.65
	400m: 4:33.36	35.63	800m: 9:20.46	36.04	1200m: 14:11.52	36.37
NG	Hans Peter Hartog	DAW-FINENZO	16:38.34	9100859		
NG	Sonny Corré	Luctor et Emergo	16:59.13	9303615		