

Programmanr. 1  
 23-4-2011 - 9:00

## Jongens, 1500m vrije slag

 Junioren 1  
 Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-5-1994
Nederlands Record 13 jaar	17:11.40	Pieter van den Hoogenband	Amersfoort	28-6-1991
Kamp. Record Junioren 1	18:00.48	Evert Roobeek	Amersfoort	19-6-1999

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Jorgos Skotadis	Racing Club	17:53.10	9803317	<b>18:06.04</b>		B	
	100m: 1:05.06	1:05.06	500m: 5:53.21	1:12.80	900m: 10:46.79	1:13.19	1300m: 15:42.47	1:13.92
	200m: 2:15.22	1:10.16	600m: 7:06.68	1:13.47	1000m: 12:00.83	1:14.04	1400m: 16:56.11	1:13.64
	300m: 3:27.12	1:11.90	700m: 8:20.26	1:13.58	1100m: 13:14.92	1:14.09	1500m: 18:06.04	1:09.93
	400m: 4:40.41	1:13.29	800m: 9:33.60	1:13.34	1200m: 14:28.55	1:13.63		
2.	Jonne Schaafsma	Racing Club	18:41.66	9800745	<b>18:45.57</b>		D	
	100m: 1:08.47	1:08.47	500m: 6:08.37	1:15.74	900m: 11:13.46	1:15.91	1300m: 16:18.17	1:15.54
	200m: 2:23.00	1:14.53	600m: 7:24.61	1:16.24	1000m: 12:29.18	1:15.72	1400m: 17:31.38	1:13.21
	300m: 3:37.48	1:14.48	700m: 8:41.33	1:16.72	1100m: 13:46.63	1:17.45	1500m: 18:45.57	1:14.19
	400m: 4:52.63	1:15.15	800m: 9:57.55	1:16.22	1200m: 15:02.63	1:16.00		
3.	Tom Laarhuis	De Dinkel	18:22.58	9800309	<b>18:50.34</b>		D	
	100m: 1:07.20	1:07.20	500m: 6:11.16	1:16.60	900m: 11:15.46	1:16.35	1300m: 16:23.62	1:17.29
	200m: 2:22.85	1:15.65	600m: 7:27.36	1:16.20	1000m: 12:32.19	1:16.73	1400m: 17:39.47	1:15.85
	300m: 3:38.39	1:15.54	700m: 8:43.48	1:16.12	1100m: 13:48.30	1:16.11	1500m: 18:50.34	1:10.87
	400m: 4:54.56	1:16.17	800m: 9:59.11	1:15.63	1200m: 15:06.33	1:18.03		
4.	Floris Kotterink	KNZB	18:42.30	9800000	<b>19:14.99</b>		E	
	100m: 1:10.01	1:10.01	500m: 6:17.52	1:16.54	900m: 11:29.43	1:18.12	1300m: 16:42.94	1:17.94
	200m: 2:26.96	1:16.95	600m: 7:34.78	1:17.26	1000m: 12:48.22	1:18.79	1400m: 18:00.04	1:17.10
	300m: 3:43.65	1:16.69	700m: 8:52.71	1:17.93	1100m: 14:06.61	1:18.39	1500m: 19:14.99	1:14.95
	400m: 5:00.98	1:17.33	800m: 10:11.31	1:18.60	1200m: 15:25.00	1:18.39		
5.	Jeljer Aldershof	ZV Haerlem	19:15.12	9800719	<b>19:20.09</b>		E	
	100m: 1:11.68	1:11.68	500m: 6:29.43	1:18.45	900m: 11:36.60	1:17.18	1300m: 16:46.72	1:18.60
	200m: 2:31.46	1:19.78	600m: 7:45.11	1:15.68	1000m: 12:53.25	1:16.65	1400m: 18:03.72	1:17.00
	300m: 3:51.90	1:20.44	700m: 9:03.06	1:17.95	1100m: 14:10.12	1:16.87	1500m: 19:20.09	1:16.37
	400m: 5:10.98	1:19.08	800m: 10:19.42	1:16.36	1200m: 15:28.12	1:18.00		
6.	Tobias Geurts	Nuenen	19:30.55	9801185	<b>19:20.24</b>		E	
	100m: 1:15.96	1:15.96	500m: 6:28.88	1:18.32	900m: 11:45.65	1:19.13	1300m: 16:54.30	1:16.24
	200m: 2:35.00	1:19.04	600m: 7:47.93	1:19.05	1000m: 13:04.14	1:18.49	1400m: 18:08.52	1:14.22
	300m: 3:52.50	1:17.50	700m: 9:07.04	1:19.11	1100m: 14:21.19	1:17.05	1500m: 19:20.24	1:11.72
	400m: 5:10.56	1:18.06	800m: 10:26.52	1:19.48	1200m: 15:38.06	1:16.87		
7.	Timos Skotadis	Racing Club	19:28.42	9804615	<b>19:28.57</b>		E	
	100m: 1:12.61	1:12.61	500m: 6:28.91	1:19.40	900m: 11:44.57	1:18.75	1300m: 16:58.08	1:17.81
	200m: 2:30.65	1:18.04	600m: 7:48.48	1:19.57	1000m: 13:04.26	1:19.69	1400m: 18:15.12	1:17.04
	300m: 3:49.83	1:19.18	700m: 9:06.86	1:18.38	1100m: 14:22.17	1:17.91	1500m: 19:28.57	1:13.45
	400m: 5:09.51	1:19.68	800m: 10:25.82	1:18.96	1200m: 15:40.27	1:18.10		
8.	Jordy Severins	Eurode KZC	18:40.88	9800559	<b>19:40.86</b>		E	
	100m: 1:10.45	1:10.45	500m: 6:25.46	1:20.65	900m: 11:42.61	1:19.78	1300m: 17:05.41	1:20.09
	200m: 2:27.27	1:16.82	600m: 7:45.13	1:19.67	1000m: 13:03.51	1:20.90	1400m: 18:25.24	1:19.83
	300m: 3:45.01	1:17.74	700m: 9:03.46	1:18.33	1100m: 14:24.22	1:20.71	1500m: 19:40.86	1:15.62
	400m: 5:04.81	1:19.80	800m: 10:22.83	1:19.37	1200m: 15:45.32	1:21.10		
9.	Robin van Grol	De Kikker	19:39.16	9800129	<b>19:41.09</b>		E	
	100m: 1:13.54	1:13.54	500m: 6:29.71	1:19.69	900m: 11:47.36	1:20.24	1300m: 17:04.48	1:19.10
	200m: 2:31.68	1:18.14	600m: 7:48.61	1:18.90	1000m: 13:06.49	1:19.13	1400m: 18:24.12	1:19.64
	300m: 3:50.93	1:19.25	700m: 9:07.79	1:19.18	1100m: 14:26.22	1:19.73	1500m: 19:41.09	1:16.97
	400m: 5:10.02	1:19.09	800m: 10:27.12	1:19.33	1200m: 15:45.38	1:19.16		
10.	Lars Ruessink	Octopus	19:31.51	9800271	<b>19:44.88</b>		E	
	100m: 1:11.53	1:11.53	500m: 6:28.82	1:19.49	900m: 11:49.74	1:19.85	1300m: 17:09.41	1:19.20
	200m: 2:29.85	1:18.32	600m: 7:48.90	1:20.08	1000m: 13:09.98	1:20.24	1400m: 18:28.61	1:19.20
	300m: 3:49.15	1:19.30	700m: 9:09.68	1:20.78	1100m: 14:30.45	1:20.47	1500m: 19:44.88	1:16.27
	400m: 5:09.33	1:20.18	800m: 10:29.89	1:20.21	1200m: 15:50.21	1:19.76		
11.	Jordy v. Oel	ZC Ooievaar (SG)	20:12.23	9802003	<b>20:02.39</b>			
	100m: 1:11.91	1:11.91	500m: 6:30.88	1:20.73	900m: 11:58.51	1:23.19	1300m: 17:20.55	1:22.10
	200m: 2:30.60	1:18.69	600m: 7:51.87	1:20.99	1000m: 13:17.08	1:18.57	1400m: 18:43.28	1:22.73
	300m: 3:50.30	1:19.70	700m: 9:13.61	1:21.74	1100m: 14:38.35	1:21.27	1500m: 20:02.39	1:19.11
	400m: 5:10.15	1:19.85	800m: 10:35.32	1:21.71	1200m: 15:58.45	1:20.10		
12.	Stan Zwinkels	WVZ	20:01.56	9800239	<b>20:08.34</b>			
	100m: 1:16.22	1:16.22	500m: 6:48.37	1:21.88	900m: 12:14.00	1:20.82	1300m: 17:33.98	1:18.37
	200m: 2:39.39	1:23.17	600m: 8:10.53	1:22.16	1000m: 13:34.27	1:20.27	1400m: 18:52.30	1:18.32
	300m: 4:03.28	1:23.89	700m: 9:32.21	1:21.68	1100m: 14:55.54	1:21.27	1500m: 20:08.34	1:16.04
	400m: 5:26.49	1:23.21	800m: 10:53.18	1:20.97	1200m: 16:15.61	1:20.07		
13.	Bart Sommeling	Oceanus	20:17.26	9800765	<b>20:09.25</b>			
	100m: 1:15.44	1:15.44	500m: 6:46.88	1:23.34	900m: 12:18.29	1:21.30	1300m: 17:38.26	1:19.49
	200m: 2:37.38	1:21.94	600m: 8:09.67	1:22.79	1000m: 13:38.57	1:20.28	1400m: 18:57.38	1:19.12
	300m: 4:00.45	1:23.07	700m: 9:34.17	1:24.50	1100m: 14:59.14	1:20.57	1500m: 20:09.25	1:11.87
	400m: 5:23.54	1:23.09	800m: 10:56.99	1:22.82	1200m: 16:18.77	1:19.63		

## Programmanr. 1, Jongens, 1500m vrije slag, Junioren 1

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
14.	Mirko van Ligtenberg	Wetterwille	20:10.36	9800735	20:23.42			
	100m: 1:12.43	1:12.43	500m: 6:39.87	1:22.98	900m: 12:12.44	1:21.57	1300m: 17:39.88	1:23.87
	200m: 2:32.80	1:20.37	600m: 8:04.65	1:24.78	1000m: 13:32.85	1:20.41	1400m: 19:03.38	1:23.50
	300m: 3:54.21	1:21.41	700m: 9:28.14	1:23.49	1100m: 14:54.57	1:21.72	1500m: 20:23.42	1:20.04
	400m: 5:16.89	1:22.68	800m: 10:50.87	1:22.73	1200m: 16:16.01	1:21.44		
15.	Sander Kirillova	De Dolfijn	20:46.21	9800121	20:42.37			
	100m: 1:18.42	1:18.42	500m: 6:56.14	1:24.78	900m: 12:30.59	1:22.64	1300m: 18:01.92	1:22.62
	200m: 2:42.38	1:23.96	600m: 8:20.36	1:24.22	1000m: 13:53.90	1:23.31	1400m: 19:23.55	1:21.63
	300m: 4:06.75	1:24.37	700m: 9:44.30	1:23.94	1100m: 15:16.72	1:22.82	1500m: 20:42.37	1:18.82
	400m: 5:31.36	1:24.61	800m: 11:07.95	1:23.65	1200m: 16:39.30	1:22.58		
16.	Ingmar Bakker	AZVD	20:05.91	9800493	20:44.28			
	100m: 1:15.01	1:15.01	500m: 6:51.49	1:23.74	900m: 12:26.63	1:24.32	1300m: 18:02.84	1:24.12
	200m: 2:38.75	1:23.74	600m: 8:15.28	1:23.79	1000m: 13:50.67	1:24.04	1400m: 19:25.79	1:22.95
	300m: 4:03.40	1:24.65	700m: 9:38.91	1:23.63	1100m: 15:14.59	1:23.92	1500m: 20:44.28	1:18.49
	400m: 5:27.75	1:24.35	800m: 11:02.31	1:23.40	1200m: 16:38.72	1:24.13		
17.	Ivar van Straaten	WVZ	21:08.98	9800107	20:48.31			
	100m: 1:19.31	1:19.31	500m: 6:52.97	1:23.34	900m: 12:28.20	1:23.77	1300m: 18:04.31	1:24.42
	200m: 2:43.07	1:23.76	600m: 8:16.42	1:23.45	1000m: 13:52.61	1:24.41	1400m: 19:28.06	1:23.75
	300m: 4:06.50	1:23.43	700m: 9:40.40	1:23.98	1100m: 15:16.14	1:23.53	1500m: 20:48.31	1:20.25
	400m: 5:29.63	1:23.13	800m: 11:04.43	1:24.03	1200m: 16:39.89	1:23.75		
18.	Bas Neef	OZ&PC	20:49.32	9800019	21:04.68			
	100m: 1:17.38	1:17.38	500m: 6:58.78	1:26.44	900m: 12:42.00	1:26.15	1300m: 18:22.09	1:23.47
	200m: 2:41.57	1:24.19	600m: 8:24.75	1:25.97	1000m: 14:07.94	1:25.94	1400m: 19:45.32	1:23.23
	300m: 4:06.43	1:24.86	700m: 9:50.30	1:25.55	1100m: 15:33.88	1:25.94	1500m: 21:04.68	1:19.36
	400m: 5:32.34	1:25.91	800m: 11:15.85	1:25.55	1200m: 16:58.62	1:24.74		
19.	Kilian Bontjer	Nova	21:32.13	9800751	21:04.83			
	100m: 1:17.76	1:17.76	500m: 6:55.04	1:24.07	900m: 12:33.35	1:25.69	1300m: 18:20.08	1:26.92
	200m: 2:42.64	1:24.88	600m: 8:18.55	1:23.51	1000m: 14:00.11	1:26.76	1400m: 19:45.19	1:25.11
	300m: 4:06.74	1:24.10	700m: 9:42.74	1:24.19	1100m: 15:25.84	1:25.73	1500m: 21:04.83	1:19.64
	400m: 5:30.97	1:24.23	800m: 11:07.66	1:24.92	1200m: 16:53.16	1:27.32		
20.	Wouter Arnoldus	WVZ	20:57.96	9800581	21:10.19			
	100m: 1:20.86	1:20.86	500m: 7:01.68	1:25.18	900m: 12:46.37	1:26.19	1300m: 18:25.69	1:24.09
	200m: 2:46.07	1:25.21	600m: 8:27.69	1:26.01	1000m: 14:12.58	1:26.21	1400m: 19:49.05	1:23.36
	300m: 4:11.34	1:25.27	700m: 9:53.61	1:25.92	1100m: 15:37.48	1:24.90	1500m: 21:10.19	1:21.14
	400m: 5:36.50	1:25.16	800m: 11:20.18	1:26.57	1200m: 17:01.60	1:24.12		
21.	Fabian Boer	De Houtrib	20:31.42	9800509	21:18.60			
	100m: 1:17.69	1:17.69	500m: 7:00.46	1:26.60	900m: 12:46.26	1:26.98	1300m: 18:30.86	1:25.40
	200m: 2:41.98	1:24.29	600m: 8:27.24	1:26.78	1000m: 14:13.06	1:26.80	1400m: 19:56.38	1:25.52
	300m: 4:07.27	1:25.29	700m: 9:52.89	1:25.65	1100m: 15:40.17	1:27.11	1500m: 21:18.60	1:22.22
	400m: 5:33.86	1:26.59	800m: 11:19.28	1:26.39	1200m: 17:05.46	1:25.29		
22.	Mart Kortman	De Dinkel	20:33.76	9800357	21:30.98			
	100m: 1:13.43	1:13.43	500m: 6:53.99	1:28.04	900m: 12:50.45	1:29.50	1300m: 18:46.08	1:28.30
	200m: 2:35.83	1:22.40	600m: 8:22.25	1:28.26	1000m: 14:19.45	1:29.00	1400m: 20:11.13	1:25.05
	300m: 4:00.25	1:24.42	700m: 9:50.97	1:28.72	1100m: 15:48.27	1:28.82	1500m: 21:30.98	1:19.85
	400m: 5:25.95	1:25.70	800m: 11:20.95	1:29.98	1200m: 17:17.78	1:29.51		
23.	Marc den Oudsten	WS Twente	21:28.62	9800597	21:32.92			
	100m: 1:16.26	1:16.26	500m: 7:01.63	1:28.06	900m: 12:53.83	1:27.72	1300m: 18:46.67	1:27.24
	200m: 2:40.42	1:24.16	600m: 8:30.33	1:28.70	1000m: 14:21.61	1:27.78	1400m: 20:12.46	1:25.79
	300m: 4:07.23	1:26.81	700m: 9:57.49	1:27.16	1100m: 15:50.13	1:28.52	1500m: 21:32.92	1:20.46
	400m: 5:33.57	1:26.34	800m: 11:26.11	1:28.62	1200m: 17:19.43	1:29.30		
24.	Simon Koopen	WZ&PC Purmerend	21:29.23	9802127	21:37.09			
	100m: 1:17.79	1:17.79	500m: 7:00.75	1:30.19	900m: 12:55.37	1:28.11	1300m: 18:50.13	1:28.69
	200m: 2:41.92	1:24.13	600m: 8:30.36	1:29.61	1000m: 14:23.63	1:28.26	1400m: 20:17.97	1:27.84
	300m: 4:06.88	1:24.96	700m: 9:58.57	1:28.21	1100m: 15:52.77	1:29.14	1500m: 21:37.09	1:19.12
	400m: 5:30.56	1:23.68	800m: 11:27.26	1:28.69	1200m: 17:21.44	1:28.67		
25.	Elwin van Gerwen	EIFFELswimmersPSV	21:17.85	9801125	21:39.72			
	200m*,400m*							
	100m: 1:18.88	1:18.88	500m: 7:08.17	1:27.20	900m: 12:58.88	1:28.10	1300m: 18:50.84	1:27.36
	200m: 2:45.17	1:26.29	600m: 8:36.32	1:28.15	1000m: 14:27.31	1:28.43	1400m: 20:17.96	1:27.12
	300m: 4:13.16	1:27.99	700m: 10:03.55	1:27.23	1100m: 15:54.97	1:27.66	1500m: 21:39.72	1:21.76
	400m: 5:40.97	1:27.81	800m: 11:30.78	1:27.23	1200m: 17:23.48	1:28.51		
26.	Ben Muller	De Geul	21:31.31	9801281	21:41.16			
	200m*							
	100m: 1:18.74	1:18.74	500m: 7:11.57	1:30.45	900m: 13:10.37	1:29.03	1300m: 19:00.17	1:24.79
	200m: 2:45.15	1:26.41	600m: 8:37.41	1:25.84	1000m: 14:41.07	1:30.70	1400m: 20:23.49	1:23.32
	300m: 4:12.36	1:27.21	700m: 10:10.55	1:33.14	1100m: 16:10.28	1:29.21	1500m: 21:41.16	1:17.67
	400m: 5:41.12	1:28.76	800m: 11:41.34	1:30.79	1200m: 17:35.38	1:25.10		
27.	Enrico Strik	LZ 1886	21:15.50	9800747	21:52.82			
	100m: 1:20.55	1:20.55	500m: 7:09.95	1:28.56	900m: 13:04.74	1:29.44	1300m: 19:02.11	1:30.06
	200m: 2:47.07	1:26.52	600m: 8:37.64	1:27.69	1000m: 14:34.20	1:29.46	1400m: 20:30.21	1:28.10
	300m: 4:14.18	1:27.11	700m: 10:06.54	1:28.90	1100m: 16:03.54	1:29.34	1500m: 21:52.82	1:22.61
	400m: 5:41.39	1:27.21	800m: 11:35.30	1:28.76	1200m: 17:32.05	1:28.51		

## Programmanr. 1, Jongens, 1500m vrije slag, Junioren 1

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
28.	Jelmer Lankhorst	Racing Club	21:35.76	9800353	<b>21:56.74</b>			
	100m: 1:15.98	1:15.98	500m: 7:03.70	1:29.24	900m: 13:01.82	1:30.73	1300m: 19:04.82	1:28.81
	200m: 2:42.10	1:26.12	600m: 8:32.67	1:28.97	1000m: 14:34.66	1:32.84	1400m: 20:32.73	1:27.91
	300m: 4:07.07	1:24.97	700m: 10:02.33	1:29.66	1100m: 16:05.92	1:31.26	1500m: 21:56.74	1:24.01
	400m: 5:34.46	1:27.39	800m: 11:31.09	1:28.76	1200m: 17:36.01	1:30.09		
29.	Sieb Wesseling	Tritium (SG)	21:03.56	9800489	<b>21:57.59</b>			
	100m: 1:18.04	1:18.04	500m: 7:07.51	1:28.95	900m: 13:06.87	1:30.23	1300m: 19:09.72	1:30.79
	200m: 2:43.14	1:25.10	600m: 8:37.42	1:29.91	1000m: 14:38.89	1:32.02	1400m: 20:34.32	1:24.60
	300m: 4:08.36	1:25.22	700m: 10:05.96	1:28.54	1100m: 16:08.19	1:29.30	1500m: 21:57.59	1:23.27
	400m: 5:38.56	1:30.20	800m: 11:36.64	1:30.68	1200m: 17:38.93	1:30.74		
30.	Max Muller	De Geul	21:14.33	9800347	<b>22:32.54</b>			
	100m: 1:17.66	1:17.66	500m: 7:08.66	1:30.28	900m: 13:13.19	1:32.88	1300m: 19:23.19	1:35.40
	200m: 2:42.43	1:24.77	600m: 8:39.93	1:31.27	1000m: 14:43.29	1:30.10	1400m: 20:58.73	1:35.54
	300m: 4:09.92	1:27.49	700m: 10:09.75	1:29.82	1100m: 16:13.85	1:30.56	1500m: 22:32.54	1:33.81
	400m: 5:38.38	1:28.46	800m: 11:40.31	1:30.56	1200m: 17:47.79	1:33.94		
31.	Perry van der Meer	Montferland	21:25.60	9801941	<b>22:33.58</b>			
	100m: 1:20.56	1:20.56	500m: 7:22.13	1:32.16	900m: 13:29.80	1:32.16	1300m: 19:37.16	1:31.76
	200m: 2:48.41	1:27.85	600m: 8:53.97	1:31.84	1000m: 15:02.24	1:32.44	1400m: 21:07.71	1:30.55
	300m: 4:18.75	1:30.34	700m: 10:25.92	1:31.95	1100m: 16:34.38	1:32.14	1500m: 22:33.58	1:25.87
	400m: 5:49.97	1:31.22	800m: 11:57.64	1:31.72	1200m: 18:05.40	1:31.02		
32.	Dimitris Mainas	Racing Club	20:46.47	9803045	<b>23:01.92</b>			
	100m: 1:19.64	1:19.64	500m: 7:23.47	1:33.72	900m: 13:45.32	1:35.93	1300m: 20:00.65	1:33.25
	200m: 2:47.53	1:27.89	600m: 8:58.83	1:35.36	1000m: 15:19.83	1:34.51	1400m: 21:32.60	1:31.95
	300m: 4:17.98	1:30.45	700m: 10:34.05	1:35.22	1100m: 16:54.58	1:34.75	1500m: 23:01.92	1:29.32
	400m: 5:49.75	1:31.77	800m: 12:09.39	1:35.34	1200m: 18:27.40	1:32.82		

 Programmanr. 2  
 23-4-2011 - 11:12

## Jongens, 1500m vrije slag

 Junioren 2  
 Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-5-1994
Nederlands Record 14 jaar	16:43.43	Maarten van der Weijden	Buffalo (USA)	12-8-1995
Kamp. Record Junioren 2	17:15.36	Camillo Bérénos	Eindhoven	1-7-1994

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Casper Zwier 200m*,400m*,800m*	Luctor et Emergo	18:04.49	9701355	<b>18:02.82</b>		D	
	100m: 1:07.21	1:07.21	500m: 6:03.09	1:12.89	900m: 10:57.11	1:13.23	1300m: 15:44.88	1:11.41
	200m: 2:20.70	1:13.49	600m: 7:16.28	1:13.19	1000m: 12:08.28	1:11.17	1400m: 16:56.27	1:11.39
	300m: 3:35.84	1:15.14	700m: 8:29.84	1:13.56	1100m: 13:21.07	1:12.79	1500m: 18:02.82	1:06.55
	400m: 4:50.20	1:14.36	800m: 9:43.88	1:14.04	1200m: 14:33.47	1:12.40		
2.	Maurice van der Ploeg	De Kikker	19:19.71	9700305	<b>18:21.39</b>		E	
	100m: 1:07.45	1:07.45	500m: 6:03.41	1:14.83	900m: 10:59.40	1:13.44	1300m: 15:57.59	1:15.22
	200m: 2:20.84	1:13.39	600m: 7:17.84	1:14.43	1000m: 12:14.70	1:15.30	1400m: 17:11.17	1:13.58
	300m: 3:34.53	1:13.69	700m: 8:31.26	1:13.42	1100m: 13:27.76	1:13.06	1500m: 18:21.39	1:10.22
	400m: 4:48.58	1:14.05	800m: 9:45.96	1:14.70	1200m: 14:42.37	1:14.61		
3.	Krijn de Kievit	Racing Club	18:50.94	9700277	<b>18:28.46</b>		E	
	100m: 1:07.35	1:07.35	500m: 6:02.07	1:14.08	900m: 10:59.78	1:14.02	1300m: 15:59.08	1:14.58
	200m: 2:20.80	1:13.45	600m: 7:16.31	1:14.24	1000m: 12:14.67	1:14.89	1400m: 17:14.37	1:15.29
	300m: 3:34.19	1:13.39	700m: 8:30.88	1:14.57	1100m: 13:29.02	1:14.35	1500m: 18:28.46	1:14.09
	400m: 4:47.99	1:13.80	800m: 9:45.76	1:14.88	1200m: 14:44.50	1:15.48		
4.	Stijn Avezaat	One Team Swimming	19:21.69	9700729	<b>18:45.76</b>		E	
	100m: 1:07.39	1:07.39	500m: 6:05.78	1:15.57	900m: 11:08.94	1:15.57	1300m: 16:16.67	1:16.87
	200m: 2:20.83	1:13.44	600m: 7:21.49	1:15.71	1000m: 12:25.60	1:16.66	1400m: 17:32.54	1:15.87
	300m: 3:35.07	1:14.24	700m: 8:36.96	1:15.47	1100m: 13:42.65	1:17.05	1500m: 18:45.76	1:13.22
	400m: 4:50.21	1:15.14	800m: 9:53.37	1:16.41	1200m: 14:59.80	1:17.15		
5.	Ivar de Jong	De Dolfijn	19:56.91	9700869	<b>18:53.15</b>		E	
	100m: 1:10.25	1:10.25	500m: 6:10.94	1:16.81	900m: 11:16.86	1:16.35	1300m: 16:25.03	1:17.01
	200m: 2:25.16	1:14.91	600m: 7:25.50	1:14.56	1000m: 12:33.89	1:17.03	1400m: 17:40.84	1:15.81
	300m: 3:38.73	1:13.57	700m: 8:42.74	1:17.24	1100m: 13:51.68	1:17.79	1500m: 18:53.15	1:12.31
	400m: 4:54.13	1:15.40	800m: 10:00.51	1:17.77	1200m: 15:08.02	1:16.34		
6.	Justin Doldersum	Deltasteur	19:30.12	9700493	<b>19:04.11</b>			
	100m: 1:08.71	1:08.71	500m: 6:13.26	1:17.71	900m: 11:24.24	1:17.75	1300m: 16:35.43	1:18.30
	200m: 2:22.83	1:14.12	600m: 7:30.67	1:17.41	1000m: 12:41.92	1:17.68	1400m: 17:51.59	1:16.16
	300m: 3:37.73	1:14.90	700m: 8:48.71	1:18.04	1100m: 14:00.11	1:18.19	1500m: 19:04.11	1:12.52
	400m: 4:55.55	1:17.82	800m: 10:06.49	1:17.78	1200m: 15:17.13	1:17.02		
7.	Martijn Kornet	GoSwim	19:28.39	9700231	<b>19:23.11</b>			
	100m: 1:09.73	1:09.73	500m: 6:21.03	1:17.82	900m: 11:34.18	1:18.51	1300m: 16:50.57	1:18.98
	200m: 2:27.66	1:17.93	600m: 7:39.23	1:18.20	1000m: 12:53.14	1:18.96	1400m: 18:09.82	1:19.25
	300m: 3:45.71	1:18.05	700m: 8:57.61	1:18.38	1100m: 14:11.88	1:18.74	1500m: 19:23.11	1:13.29
	400m: 5:03.21	1:17.50	800m: 10:15.67	1:18.06	1200m: 15:31.59	1:19.71		

## Programmanr. 2, Jongens, 1500m vrije slag, Junioren 2

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
8.	Tim van der Steen	ZVVS	19:34.98	9702961	19:33.67			
	100m: 1:09.70	1:09.70	500m: 6:25.07	1:20.05	900m: 11:41.46	1:19.52	1300m: 16:58.92	1:19.87
	200m: 2:26.13	1:16.43	600m: 7:44.00	1:18.93	1000m: 13:00.48	1:19.02	1400m: 18:18.10	1:19.18
	300m: 3:44.29	1:18.16	700m: 9:02.52	1:18.52	1100m: 14:19.83	1:19.35	1500m: 19:33.67	1:15.57
	400m: 5:05.02	1:20.73	800m: 10:21.94	1:19.42	1200m: 15:39.05	1:19.22		
9.	Niels Wiersema	Eemsrobben	19:20.10	9703221	19:39.67			
	100m: 1:10.79	1:10.79	500m: 6:27.44	1:19.77	900m: 11:46.01	1:20.27	1300m: 17:04.45	1:18.80
	200m: 2:28.75	1:17.96	600m: 7:46.37	1:18.93	1000m: 13:06.28	1:20.27	1400m: 18:24.68	1:20.23
	300m: 3:48.43	1:19.68	700m: 9:06.02	1:19.65	1100m: 14:25.23	1:18.95	1500m: 19:39.67	1:14.99
	400m: 5:07.67	1:19.24	800m: 10:25.74	1:19.72	1200m: 15:45.65	1:20.42		
10.	Bart Straten	Wijchen	19:35.10	9701695	19:39.71			
	100m: 1:09.78	1:09.78	500m: 6:27.63	1:19.94	900m: 11:48.22	1:19.24	1300m: 17:06.59	1:19.24
	200m: 2:28.05	1:18.27	600m: 7:48.06	1:20.43	1000m: 13:07.84	1:19.62	1400m: 18:25.87	1:19.28
	300m: 3:47.07	1:19.02	700m: 9:08.47	1:20.41	1100m: 14:27.51	1:19.67	1500m: 19:39.71	1:13.84
	400m: 5:07.69	1:20.62	800m: 10:28.98	1:20.51	1200m: 15:47.35	1:19.84		
11.	Dave Holweg	Livo	19:23.15	9701521	19:52.09			
	100m: 1:10.75	1:10.75	500m: 6:26.66	1:20.74	900m: 11:47.84	1:20.45	1300m: 17:13.60	1:21.06
	200m: 2:30.02	1:19.27	600m: 7:45.76	1:19.10	1000m: 13:09.71	1:21.87	1400m: 18:34.66	1:21.06
	300m: 3:48.99	1:18.97	700m: 9:06.49	1:20.73	1100m: 14:31.75	1:22.04	1500m: 19:52.09	1:17.43
	400m: 5:05.92	1:16.93	800m: 10:27.39	1:20.90	1200m: 15:52.54	1:20.79		
12.	Kars Veldkamp	ZPC De Hof	20:02.86	9700747	19:52.74			
	100m: 1:11.27	1:11.27	500m: 6:25.57	1:19.97	900m: 11:50.23	1:21.59	1300m: 17:14.87	1:20.44
	200m: 2:28.72	1:17.45	600m: 7:46.32	1:20.75	1000m: 13:11.54	1:21.31	1400m: 18:36.08	1:21.21
	300m: 3:46.66	1:17.94	700m: 9:08.06	1:21.74	1100m: 14:32.83	1:21.29	1500m: 19:52.74	1:16.66
	400m: 5:05.60	1:18.94	800m: 10:28.64	1:20.58	1200m: 15:54.43	1:21.60		
13.	Jari Hofsink	Deltasteur	19:57.51	9700535	20:02.19			
	100m: 1:12.15	1:12.15	500m: 6:32.99	1:20.91	900m: 11:55.53	1:20.55	1300m: 17:22.25	1:22.08
	200m: 2:31.55	1:19.40	600m: 7:54.24	1:21.25	1000m: 13:16.51	1:20.98	1400m: 18:44.17	1:21.92
	300m: 3:51.79	1:20.24	700m: 9:15.45	1:21.21	1100m: 14:38.55	1:22.04	1500m: 20:02.19	1:18.02
	400m: 5:12.08	1:20.29	800m: 10:34.98	1:19.53	1200m: 16:00.17	1:21.62		
14.	Jesse Derk van Schravendijk	WS Twente	20:18.64	9701479	20:11.79			
	100m: 1:12.45	1:12.45	500m: 6:33.37	1:20.80	900m: 11:59.59	1:22.55	1300m: 17:30.89	1:23.16
	200m: 2:31.27	1:18.82	600m: 7:54.76	1:21.39	1000m: 13:22.49	1:22.90	1400m: 18:53.93	1:23.04
	300m: 3:51.46	1:20.19	700m: 9:16.19	1:21.43	1100m: 14:45.18	1:22.69	1500m: 20:11.79	1:17.86
	400m: 5:12.57	1:21.11	800m: 10:37.04	1:20.85	1200m: 16:07.73	1:22.55		
15.	Hans-Jan Westerhof	WS Twente	20:21.70	9701481	20:16.52			
	100m: 1:15.50	1:15.50	500m: 6:48.30	1:22.45	900m: 12:16.50	1:21.07	1300m: 17:39.14	1:20.09
	200m: 2:38.10	1:22.60	600m: 8:11.91	1:23.61	1000m: 13:37.71	1:21.21	1400m: 18:58.84	1:19.70
	300m: 4:01.85	1:23.75	700m: 9:33.96	1:22.05	1100m: 14:58.60	1:20.89	1500m: 20:16.52	1:17.68
	400m: 5:25.85	1:24.00	800m: 10:55.43	1:21.47	1200m: 16:19.05	1:20.45		
16.	Ruben Jeurissen 200m*	Wijchen	19:36.86	9700969	20:19.79			
	100m: 1:13.03	1:13.03	500m: 6:35.20	1:21.22	900m: 12:05.11	1:23.16	1300m: 17:36.95	1:23.20
	200m: 2:32.22	1:19.19	600m: 7:57.09	1:21.89	1000m: 13:28.21	1:23.10	1400m: 18:59.70	1:22.75
	300m: 3:52.43	1:20.21	700m: 9:19.24	1:22.15	1100m: 14:51.44	1:23.23	1500m: 20:19.79	1:20.09
	400m: 5:13.98	1:21.55	800m: 10:41.95	1:22.71	1200m: 16:13.75	1:22.31		
17.	Mohamed Al-Nahas	ZV Westland Dijkglas	20:10.53	9703997	20:25.85			
	100m: 1:12.69	1:12.69	500m: 6:36.62	1:22.11	900m: 12:11.31	1:24.48	1300m: 17:41.08	1:22.44
	200m: 2:31.80	1:19.11	600m: 7:59.31	1:22.69	1000m: 13:34.22	1:22.91	1400m: 19:05.30	1:24.22
	300m: 3:52.69	1:20.89	700m: 9:23.00	1:23.69	1100m: 14:57.68	1:23.46	1500m: 20:25.85	1:20.55
	400m: 5:14.51	1:21.82	800m: 10:46.83	1:23.83	1200m: 16:18.64	1:20.96		
18.	Michael den Oudsten 400m*	Aquarijn	20:02.40	9703181	20:27.04			
	100m: 1:13.30	1:13.30	500m: 6:44.44	1:24.00	900m: 12:14.75	1:21.48	1300m: 17:47.66	1:22.21
	200m: 2:34.04	1:20.74	600m: 8:07.99	1:23.55	1000m: 13:37.16	1:22.41	1400m: 19:09.98	1:22.32
	300m: 3:55.98	1:21.94	700m: 9:31.61	1:23.62	1100m: 15:00.72	1:23.56	1500m: 20:27.04	1:17.06
	400m: 5:20.44	1:24.46	800m: 10:53.27	1:21.66	1200m: 16:25.45	1:24.73		
19.	Menno de Vries	Zignea	19:44.23	9700517	20:27.82			
	100m: 1:09.82	1:09.82	500m: 6:29.65	1:22.80	900m: 12:13.73	1:22.14	1300m: 17:47.12	1:25.87
	200m: 2:28.14	1:18.32	600m: 7:57.48	1:27.83	1000m: 13:34.94	1:21.21	1400m: 19:07.90	1:20.78
	300m: 3:46.92	1:18.78	700m: 9:25.21	1:27.73	1100m: 14:57.87	1:22.93	1500m: 20:27.82	1:19.92
	400m: 5:06.85	1:19.93	800m: 10:51.59	1:26.38	1200m: 16:21.25	1:23.38		
20.	Nino Sieling	DWK	19:52.42	9701845	20:40.01			
	100m: 1:13.22	1:13.22	500m: 6:38.30	1:23.11	900m: 12:13.04	1:23.97	1300m: 17:51.71	1:25.55
	200m: 2:32.96	1:19.74	600m: 8:01.57	1:23.27	1000m: 13:37.39	1:24.35	1400m: 19:17.25	1:25.54
	300m: 3:53.36	1:20.40	700m: 9:25.33	1:23.76	1100m: 15:02.72	1:25.33	1500m: 20:40.01	1:22.76
	400m: 5:15.19	1:21.83	800m: 10:49.07	1:23.74	1200m: 16:26.16	1:23.44		
21.	Damian Martens	Het Y	20:19.48	9701095	20:50.56			
	100m: 1:12.19	1:12.19	500m: 6:42.95	1:25.04	900m: 12:20.97	1:25.22	1300m: 18:01.98	1:25.46
	200m: 2:32.31	1:20.12	600m: 8:06.82	1:23.87	1000m: 13:44.30	1:23.33	1400m: 19:27.44	1:25.46
	300m: 3:54.92	1:22.61	700m: 9:30.51	1:23.69	1100m: 15:10.39	1:26.09	1500m: 20:50.56	1:23.12
	400m: 5:17.91	1:22.99	800m: 10:55.75	1:25.24	1200m: 16:36.52	1:26.13		

## Programmanr. 2, Jongens, 1500m vrije slag, Junioren 2

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
22.	<b>Bart Weiland</b>	<b>Wetterwille</b>	<b>20:40.57</b>	<b>9700777</b>	<b>20:55.03</b>			
	100m: 1:14.08	1:14.08	500m: 6:49.75	1:24.30	900m: 12:30.79	1:25.49	1300m: 18:11.79	1:25.63
	200m: 2:36.70	1:22.62	600m: 8:14.59	1:24.84	1000m: 13:56.08	1:25.29	1400m: 19:36.65	1:24.86
	300m: 4:00.61	1:23.91	700m: 9:39.72	1:25.13	1100m: 15:21.36	1:25.28	1500m: 20:55.03	1:18.38
	400m: 5:25.45	1:24.84	800m: 11:05.30	1:25.58	1200m: 16:46.16	1:24.80		
23.	<b>Rens van Amelsvoort</b>	<b>OZ&amp;PC</b>	<b>19:50.20</b>	<b>9700385</b>	<b>21:02.01</b>			
	100m: 1:12.26	1:12.26	500m: 6:48.75	1:24.61	900m: 12:33.47	1:27.99	1300m: 18:13.99	1:24.96
	200m: 2:34.50	1:22.24	600m: 8:14.02	1:25.27	1000m: 13:59.08	1:25.61	1400m: 19:39.73	1:25.74
	300m: 3:59.19	1:24.69	700m: 9:39.14	1:25.12	1100m: 15:23.91	1:24.83	1500m: 21:02.01	1:22.28
	400m: 5:24.14	1:24.95	800m: 11:05.48	1:26.34	1200m: 16:49.03	1:25.12		
24.	<b>Thomas de Lange</b>	<b>WS Twente</b>	<b>20:28.48</b>	<b>9701475</b>	<b>21:10.16</b>			
	100m: 1:14.73	1:14.73	500m: 6:53.32	1:26.15	900m: 12:39.64	1:26.15	1300m: 18:26.70	1:27.37
	200m: 2:37.71	1:22.98	600m: 8:20.67	1:27.35	1000m: 14:06.35	1:26.71	1400m: 19:52.06	1:25.36
	300m: 4:01.86	1:24.15	700m: 9:46.88	1:26.21	1100m: 15:32.66	1:26.31	1500m: 21:10.16	1:18.10
	400m: 5:27.17	1:25.31	800m: 11:13.49	1:26.61	1200m: 16:59.33	1:26.67		
25.	<b>Pieter Jelke Koops</b>	<b>Nova</b>	<b>20:39.03</b>	<b>9700339</b>	<b>21:22.09</b>			
	100m: 1:18.27	1:18.27	500m: 6:55.42	1:24.77	900m: 12:37.46	1:26.32	1300m: 18:28.60	1:28.18
	200m: 2:42.10	1:23.83	600m: 8:19.23	1:23.81	1000m: 14:04.21	1:26.75	1400m: 19:57.20	1:28.60
	300m: 4:05.75	1:23.65	700m: 9:44.99	1:25.76	1100m: 15:31.95	1:27.74	1500m: 21:22.09	1:24.89
	400m: 5:30.65	1:24.90	800m: 11:11.14	1:26.15	1200m: 17:00.42	1:28.47		
26.	<b>Martijn Kieffer</b> <i>800m*</i>	<b>Eemsrobben</b>	<b>20:24.62</b>	<b>9700685</b>	<b>21:39.81</b>			
	100m: 1:15.77	1:15.77	500m: 7:04.41	1:27.79	900m: 12:53.52	1:27.52	1300m: 18:47.03	1:28.82
	200m: 2:41.65	1:25.88	600m: 8:32.42	1:28.01	1000m: 14:22.15	1:28.63	1400m: 20:14.36	1:27.33
	300m: 4:09.64	1:27.99	700m: 9:59.00	1:26.58	1100m: 15:51.15	1:29.00	1500m: 21:39.81	1:25.45
	400m: 5:36.62	1:26.98	800m: 11:26.00	1:27.00	1200m: 17:18.21	1:27.06		

 Programmanr. 3  
 23-4-2011 - 12:36

## Jongens, 1500m vrije slag

 Junioren 3  
 Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-5-1994
Nederlands Record 15 jaar	16:18.40	Pieter van den Hoogenband	Den Bosch	14-5-1993
Kamp. Record Junioren 3	16:40.81	Maarten van der Weijden	Amersfoort	5-7-1996

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	<b>Mike van Herk</b>	<b>EIFFELswimmersPSV</b>	<b>17:46.02</b>	<b>9601007</b>	<b>17:29.82</b>		<b>D</b>	
	100m: 1:02.47	1:02.47	500m: 5:42.49	1:11.02	900m: 10:28.24	1:11.70	1300m: 15:10.54	1:09.95
	200m: 2:11.27	1:08.80	600m: 6:54.29	1:11.80	1000m: 11:38.77	1:10.53	1400m: 16:21.10	1:10.56
	300m: 3:21.11	1:09.84	700m: 8:05.56	1:11.27	1100m: 12:49.93	1:11.16	1500m: 17:29.82	1:08.72
	400m: 4:31.47	1:10.36	800m: 9:16.54	1:10.98	1200m: 14:00.59	1:10.66		
2.	<b>Bart Klok</b>	<b>One Team Swimming</b>	<b>18:08.90</b>	<b>9600351</b>	<b>17:30.63</b>		<b>D</b>	
	100m: 1:05.34	1:05.34	500m: 5:50.32	1:09.73	900m: 10:30.23	1:09.59	1300m: 15:12.24	1:11.24
	200m: 2:17.22	1:11.88	600m: 7:00.29	1:09.97	1000m: 11:39.84	1:09.61	1400m: 16:22.73	1:10.49
	300m: 3:29.45	1:12.23	700m: 8:10.24	1:09.95	1100m: 12:49.93	1:10.09	1500m: 17:30.63	1:07.90
	400m: 4:40.59	1:11.14	800m: 9:20.64	1:10.40	1200m: 14:01.00	1:11.07		
3.	<b>Stan Pijnenburg</b>	<b>EIFFELswimmersPSV</b>	<b>18:07.10</b>	<b>9600427</b>	<b>18:07.14</b>		<b>E</b>	
	100m: 1:06.21	1:06.21	500m: 5:54.62	1:12.70	900m: 10:48.37	1:13.63	1300m: 15:43.57	1:13.74
	200m: 2:17.57	1:11.36	600m: 7:07.81	1:13.19	1000m: 12:02.15	1:13.78	1400m: 16:56.77	1:13.20
	300m: 3:29.52	1:11.95	700m: 8:21.12	1:13.31	1100m: 13:16.23	1:14.08	1500m: 18:07.14	1:10.37
	400m: 4:41.92	1:12.40	800m: 9:34.74	1:13.62	1200m: 14:29.83	1:13.60		
4.	<b>Pepijn Smits</b>	<b>EIFFELswimmersPSV</b>	<b>18:10.84</b>	<b>9600691</b>	<b>18:11.70</b>		<b>E</b>	
	100m: 1:07.84	1:07.84	500m: 5:59.25	1:13.84	900m: 10:53.59	1:13.50	1300m: 15:46.29	1:12.51
	200m: 2:19.49	1:11.65	600m: 7:13.20	1:13.95	1000m: 12:07.26	1:13.67	1400m: 16:59.28	1:12.99
	300m: 3:32.26	1:12.77	700m: 8:26.49	1:13.29	1100m: 13:20.28	1:13.02	1500m: 18:11.70	1:12.42
	400m: 4:45.41	1:13.15	800m: 9:40.09	1:13.60	1200m: 14:33.78	1:13.50		
5.	<b>Frank de Graaf</b>	<b>DWK</b>	<b>17:45.57</b>	<b>9602671</b>	<b>18:14.98</b>		<b>E</b>	
	100m: 1:07.84	1:07.84	500m: 6:01.11	1:13.46	900m: 10:54.97	1:13.48	1300m: 15:52.09	1:14.81
	200m: 2:21.95	1:14.11	600m: 7:13.60	1:12.49	1000m: 12:08.65	1:13.68	1400m: 17:05.66	1:13.57
	300m: 3:35.81	1:13.86	700m: 8:27.41	1:13.81	1100m: 13:23.16	1:14.51	1500m: 18:14.98	1:09.32
	400m: 4:47.65	1:11.84	800m: 9:41.49	1:14.08	1200m: 14:37.28	1:14.12		
6.	<b>Niels Kemperink</b>	<b>OZ&amp;PC</b>	<b>18:45.16</b>	<b>9600005</b>	<b>18:24.48</b>		<b>E</b>	
	100m: 1:05.39	1:05.39	500m: 6:01.90	1:15.39	900m: 11:03.30	1:15.26	1300m: 16:01.15	1:13.89
	200m: 2:17.84	1:12.45	600m: 7:17.29	1:15.39	1000m: 12:17.80	1:14.50	1400m: 17:14.65	1:13.50
	300m: 3:31.46	1:13.62	700m: 8:32.72	1:15.43	1100m: 13:32.77	1:14.97	1500m: 18:24.48	1:09.83
	400m: 4:46.51	1:15.05	800m: 9:48.04	1:15.32	1200m: 14:47.26	1:14.49		
7.	<b>Lars Haarsma</b>	<b>De Dolfijn</b>	<b>18:05.46</b>	<b>9600745</b>	<b>18:24.51</b>		<b>E</b>	
	100m: 1:05.14	1:05.14	500m: 5:53.58	1:12.39	900m: 10:52.69	1:15.68	1300m: 15:58.93	1:17.42
	200m: 2:17.06	1:11.92	600m: 7:07.80	1:14.22	1000m: 12:08.51	1:15.82	1400m: 17:14.11	1:15.18
	300m: 3:29.28	1:12.22	700m: 8:22.09	1:14.29	1100m: 13:25.12	1:16.61	1500m: 18:24.51	1:10.40
	400m: 4:41.19	1:11.91	800m: 9:37.01	1:14.92	1200m: 14:41.51	1:16.39		

## Programmanr. 3, Jongens, 1500m vrije slag, Junioren 3

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
8.	Melvin van den Born	ESCA Zwemmen	18:24.56	9601029	18:28.03		E	
	100m: 1:07.60	1:07.60	500m: 6:01.71	1:13.86	900m: 10:59.89	1:14.50	1300m: 16:02.91	1:15.55
	200m: 2:20.95	1:13.35	600m: 7:15.01	1:13.30	1000m: 12:15.75	1:15.86	1400m: 17:17.50	1:14.59
	300m: 3:34.48	1:13.53	700m: 8:29.58	1:14.57	1100m: 13:31.52	1:15.77	1500m: 18:28.03	1:10.53
	400m: 4:47.85	1:13.37	800m: 9:45.39	1:15.81	1200m: 14:47.36	1:15.84		
9.	Timo van der Ende	WVZ	18:19.91	9601979	18:55.43			
	100m: 1:10.37	1:10.37	500m: 6:09.56	1:15.27	900m: 11:15.01	1:16.19	1300m: 16:23.46	1:18.27
	200m: 2:24.49	1:14.12	600m: 7:25.83	1:16.27	1000m: 12:31.90	1:16.89	1400m: 17:41.29	1:17.83
	300m: 3:39.48	1:14.99	700m: 8:42.51	1:16.68	1100m: 13:49.12	1:17.22	1500m: 18:55.43	1:14.14
	400m: 4:54.29	1:14.81	800m: 9:58.82	1:16.31	1200m: 15:05.19	1:16.07		
10.	Koen Lems	De Kikker	18:54.10	9603709	19:17.64			
	100m: 1:09.96	1:09.96	500m: 6:19.38	1:19.27	900m: 11:36.13	1:18.04	1300m: 16:44.77	1:16.37
	200m: 2:25.45	1:15.49	600m: 7:39.38	1:20.00	1000m: 12:54.08	1:17.95	1400m: 18:01.47	1:16.70
	300m: 3:41.99	1:16.54	700m: 8:59.29	1:19.91	1100m: 14:11.65	1:17.57	1500m: 19:17.64	1:16.17
	400m: 5:00.11	1:18.12	800m: 10:18.09	1:18.80	1200m: 15:28.40	1:16.75		
11.	Karst Boersma	De Dinkel	18:40.25	9600849	19:22.00			
	100m: 1:08.14	1:08.14	500m: 6:09.32	1:18.06	900m: 11:24.03	1:19.19	1300m: 16:45.03	1:20.69
	200m: 2:21.48	1:13.34	600m: 7:27.66	1:18.34	1000m: 12:43.55	1:19.52	1400m: 18:05.09	1:20.06
	300m: 3:35.82	1:14.34	700m: 8:46.48	1:18.82	1100m: 14:03.82	1:20.27	1500m: 19:22.00	1:16.91
	400m: 4:51.26	1:15.44	800m: 10:04.84	1:18.36	1200m: 15:24.34	1:20.52		
12.	Danny Berlemon	Zwemvereniging Hoorn	18:35.43	9600527	19:38.40			
	100m: 1:11.69	1:11.69	500m: 6:25.66	1:19.37	900m: 11:42.42	1:20.26	1300m: 16:33.12	1:20.73
	200m: 2:28.78	1:17.09	600m: 7:44.38	1:18.72	1000m: 13:01.63	1:19.21	1400m: 18:22.76	1:19.64
	300m: 3:47.57	1:18.79	700m: 9:03.24	1:18.86	1100m: 14:22.10	1:20.47	1500m: 19:38.40	1:15.64
	400m: 5:06.29	1:18.72	800m: 10:22.16	1:18.92	1200m: 15:42.39	1:20.29		
13.	Kevin Schaaf	ZV Haerlem	19:18.87	9602603	19:41.94			
	100m: 1:11.54	1:11.54	500m: 6:27.64	1:19.27	900m: 11:45.25	1:19.75	1300m: 17:05.87	1:20.17
	200m: 2:29.63	1:18.09	600m: 7:47.15	1:19.51	1000m: 13:05.17	1:19.92	1400m: 18:25.54	1:19.67
	300m: 3:48.26	1:18.63	700m: 9:06.54	1:19.39	1100m: 14:25.37	1:20.20	1500m: 19:41.94	1:16.40
	400m: 5:08.37	1:20.11	800m: 10:25.50	1:18.96	1200m: 15:45.70	1:20.33		
14.	Peter Rietveld	TRB-RES	19:35.03	9601081	19:58.09			
	100m: 1:10.27	1:10.27	500m: 6:20.38	1:20.63	900m: 11:47.94	1:23.93	1300m: 17:18.76	1:22.05
	200m: 2:24.72	1:14.45	600m: 7:42.20	1:21.82	1000m: 13:10.81	1:22.87	1400m: 18:05.09	1:21.17
	300m: 3:41.21	1:16.49	700m: 9:02.48	1:20.28	1100m: 14:34.93	1:24.12	1500m: 19:58.09	1:18.16
	400m: 4:59.75	1:18.54	800m: 10:24.01	1:21.53	1200m: 15:56.71	1:21.78		
15.	Joshua van den Elzen	Aquapoldro	19:02.13	9602423	20:03.33			
	100m: 1:10.94	1:10.94	500m: 6:30.70	1:21.83	900m: 11:58.41	1:21.53	1300m: 17:26.26	1:21.24
	200m: 2:29.52	1:18.58	600m: 7:52.46	1:21.76	1000m: 13:21.40	1:22.99	1400m: 18:46.81	1:20.55
	300m: 3:48.63	1:19.11	700m: 9:14.06	1:21.60	1100m: 14:42.35	1:20.95	1500m: 20:03.33	1:16.52
	400m: 5:08.87	1:20.24	800m: 10:36.88	1:22.82	1200m: 16:05.02	1:22.67		
16.	Joeri Jacobs	De Columbiaan	19:25.84	9600049	20:12.01			
	100m: 1:10.98	1:10.98	500m: 6:30.43	1:20.33	900m: 11:59.30	1:23.23	1300m: 17:33.05	1:24.59
	200m: 2:29.54	1:18.56	600m: 7:52.16	1:21.73	1000m: 13:22.51	1:23.21	1400m: 18:56.76	1:23.71
	300m: 3:48.85	1:19.31	700m: 9:13.06	1:20.90	1100m: 14:44.06	1:21.55	1500m: 20:12.01	1:15.25
	400m: 5:10.10	1:21.25	800m: 10:36.07	1:23.01	1200m: 16:08.46	1:24.40		
DIS	Thomas Verouden	Oceanus	19:03.76	9602855			AA	

 Programmanr. 4  
 23-4-2011 - 13:37

## Jongens, 1500m vrije slag

 Junioren 4  
 Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-5-1994
Nederlands Record 16 jaar	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-5-1994
Kamp. Record Junioren 4	16:23.70	Pieter van den Hoogenband	Eindhoven	1-7-1994

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Maarten Brzoskowski	EIFFELswimmersPSV	16:53.45	9500769	16:33.06		B	
	100m: 1:02.50	1:02.50	500m: 5:25.08	1:06.69	900m: 9:51.47	1:06.96	1300m: 14:21.53	1:07.68
	200m: 2:07.69	1:05.19	600m: 6:31.24	1:06.16	1000m: 10:59.11	1:07.64	1400m: 15:28.59	1:07.06
	300m: 3:12.79	1:05.10	700m: 7:37.76	1:06.52	1100m: 12:06.33	1:07.22	1500m: 16:33.06	1:04.47
	400m: 4:18.39	1:05.60	800m: 8:44.51	1:06.75	1200m: 13:13.85	1:07.52		
2.	Lucas Greven	Zeester-Meerval	16:42.94	9501941	16:53.86		D	
	100m: 1:03.30	1:03.30	500m: 5:31.37	1:07.37	900m: 10:03.24	1:08.33	1300m: 14:38.96	1:09.30
	200m: 2:09.81	1:06.51	600m: 6:38.87	1:07.50	1000m: 11:11.63	1:08.39	1400m: 15:46.87	1:07.91
	300m: 3:16.85	1:07.04	700m: 7:46.96	1:08.09	1100m: 12:20.76	1:09.13	1500m: 16:53.86	1:06.99
	400m: 4:24.00	1:07.15	800m: 8:54.91	1:07.95	1200m: 13:29.66	1:08.90		
3.	Lars Schoffelmeer	Numansdorp	17:55.46	9501907	17:31.79		E	
	100m: 1:03.11	1:03.11	500m: 5:41.86	1:10.23	900m: 10:24.73	1:11.37	1300m: 15:10.13	1:11.62
	200m: 2:11.98	1:08.87	600m: 6:52.24	1:10.38	1000m: 11:36.43	1:11.70	1400m: 16:20.76	1:10.63
	300m: 3:21.79	1:09.81	700m: 8:02.75	1:10.51	1100m: 12:47.27	1:10.84	1500m: 17:31.79	1:11.03
	400m: 4:31.63	1:09.84	800m: 9:13.36	1:10.61	1200m: 13:58.51	1:11.24		

Programmanr. 4, Jongens, 1500m vrije slag, Junioren 4

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
4.	Jurian Beukers	WVZ	17:48.20	9501327	17:41.44		E	
	100m: 1:05.09	1:05.09	500m: 5:46.70	1:11.24	900m: 10:31.19	1:11.31	1300m: 15:20.50	1:12.94
	200m: 2:14.47	1:09.38	600m: 6:57.41	1:10.71	1000m: 11:43.31	1:12.12	1400m: 16:32.51	1:12.01
	300m: 3:24.73	1:10.26	700m: 8:08.60	1:11.19	1100m: 12:55.16	1:11.85	1500m: 17:41.44	1:08.93
	400m: 4:35.46	1:10.73	800m: 9:19.88	1:11.28	1200m: 14:07.56	1:12.40		
5.	Jeffrey Reijnders	Oceanus	17:36.16	9500877	18:25.98			
	100m: 1:04.40	1:04.40	500m: 5:45.27	1:11.94	900m: 10:47.51	1:17.47	1300m: 15:55.81	1:17.23
	200m: 2:13.54	1:09.14	600m: 6:57.85	1:12.58	1000m: 12:04.82	1:17.31	1400m: 17:12.60	1:16.79
	300m: 3:22.85	1:09.31	700m: 8:13.28	1:15.43	1100m: 13:21.09	1:16.27	1500m: 18:25.98	1:13.38
	400m: 4:33.33	1:10.48	800m: 9:30.04	1:16.76	1200m: 14:38.58	1:17.49		
6.	Guus van Stiphout	Zeester-Meerval	17:34.57	9501081	18:29.90			
	100m: 1:06.59	1:06.59	500m: 5:59.62	1:13.58	900m: 10:59.02	1:15.81	1300m: 16:01.60	1:16.10
	200m: 2:17.98	1:11.39	600m: 7:13.92	1:14.30	1000m: 12:14.26	1:15.24	1400m: 17:16.99	1:15.39
	300m: 3:31.85	1:13.87	700m: 8:28.49	1:14.57	1100m: 13:29.86	1:15.60	1500m: 18:29.90	1:12.91
	400m: 4:46.04	1:14.19	800m: 9:43.21	1:14.72	1200m: 14:45.50	1:15.64		

Programmanr. 5  
23-4-2011 - 14:30

Meisjes, 5000m vrije slag

Jeugd 1 en 2  
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Tamara Grove <i>tt zijn handtijden</i>	Oceanus	24:45.94	9601266	1:06:43.95			
	100m: 1:17.36	1:17.36	1400m: 18:45.36	1:20.35	2700m: 36:10.31	1:20.44	4000m: 53:36.51	1:20.01
	200m: 2:37.71	1:20.35	1500m: 20:05.75	1:20.39	2800m: 37:31.65	1:21.34	4100m: 54:55.90	1:19.39
	300m: 3:58.99	1:21.28	1600m: 21:25.97	1:20.22	2900m: 38:52.30	1:20.65	4200m: 56:15.20	1:19.30
	400m: 5:20.18	1:21.19	1700m: 22:46.41	1:20.44	3000m: 40:12.97	1:20.67	4300m: 57:34.39	1:19.19
	500m: 6:41.22	1:21.04	1800m: 24:07.63	1:21.22	3100m: 41:33.53	1:20.56	4400m: 58:53.00	1:18.61
	600m: 8:01.85	1:20.63	1900m: 25:29.08	1:21.45	3200m: 42:53.83	1:20.30	4500m: 1:00:12.02	1:19.02
	700m: 9:23.16	1:21.31	2000m: 26:49.94	1:20.86	3300m: 44:14.76	1:20.93	4600m: 1:01:30.51	1:18.49
	800m: 10:43.62	1:20.46	2100m: 28:10.22	1:20.28	3400m: 45:35.35	1:20.59	4700m: 1:02:49.15	1:18.64
	900m: 12:04.35	1:20.73	2200m: 29:30.25	1:20.03	3500m: 46:55.83	1:20.48	4800m: 1:04:08.32	1:19.17
	1000m: 13:23.66	1:19.31	2300m: 30:49.87	1:19.62	3600m: 48:16.12	1:20.29	4900m: 1:05:26.80	1:18.48
	1100m: 14:44.25	1:20.59	2400m: 32:10.16	1:20.29	3700m: 49:35.24	1:19.12	5000m: 1:06:43.95	1:17.15
	1200m: 16:04.26	1:20.01	2500m: 33:30.15	1:19.99	3800m: 50:55.84	1:20.60		
	1300m: 17:25.01	1:20.75	2600m: 34:49.87	1:19.72	3900m: 52:16.50	1:20.66		
2.	Jamilla van Veen <i>tt zijn handtijden</i>	One Team Swimming	25:08.63	9603192	1:07:52.45			
	100m: 1:13.68	1:13.68	1400m: 18:38.28	1:21.16	2700m: 36:12.96	1:20.75	4000m: 53:55.40	1:22.34
	200m: 2:31.90	1:18.22	1500m: 20:00.00	1:21.72	2800m: 37:33.55	1:20.59	4100m: 55:18.06	1:22.66
	300m: 3:50.65	1:18.75	1600m: 21:21.18	1:21.18	2900m: 38:54.51	1:20.96	4200m: 56:42.31	1:24.25
	400m: 5:09.78	1:19.13	1700m: 22:42.56	1:21.38	3000m: 40:15.47	1:20.96	4300m: 58:05.43	1:23.12
	500m: 6:29.05	1:19.27	1800m: 24:04.08	1:21.52	3100m: 41:36.38	1:20.91	4400m: 59:29.88	1:24.45
	600m: 7:48.75	1:19.70	1900m: 25:25.88	1:21.80	3200m: 42:58.00	1:21.62	4500m: 1:00:54.51	1:24.63
	700m: 9:09.62	1:20.87	2000m: 26:46.51	1:20.63	3300m: 44:19.51	1:21.51	4600m: 1:02:19.15	1:24.64
	800m: 10:30.84	1:21.22	2100m: 28:06.75	1:20.24	3400m: 45:41.06	1:21.55	4700m: 1:03:43.40	1:24.25
	900m: 11:51.72	1:20.88	2200m: 29:27.38	1:20.63	3500m: 47:03.31	1:22.25	4800m: 1:05:07.51	1:24.11
	1000m: 13:12.72	1:21.00	2300m: 30:49.18	1:21.80	3600m: 48:26.93	1:23.62	4900m: 1:06:30.75	1:23.24
	1100m: 14:33.88	1:21.16	2400m: 32:10.72	1:21.54	3700m: 49:48.06	1:21.13	5000m: 1:07:52.45	1:21.70
	1200m: 15:55.90	1:22.02	2500m: 33:31.18	1:20.46	3800m: 51:09.53	1:21.47		
	1300m: 17:17.12	1:21.22	2600m: 34:52.21	1:21.03	3900m: 52:33.06	1:23.53		
3.	Sietske Veldkamp <i>tt zijn handtijden</i>	ZPC De Hof	25:19.42	9501628	1:08:38.53			
	100m: 1:16.29	1:16.29	1400m: 18:44.33	1:20.91	2700m: 36:23.61	1:22.38	4000m: 54:28.67	1:23.87
	200m: 2:37.67	1:21.38	1500m: 20:05.58	1:21.25	2800m: 37:45.98	1:22.37	4100m: 55:52.98	1:24.31
	300m: 3:59.04	1:21.37	1600m: 21:26.83	1:21.25	2900m: 39:08.06	1:22.08	4200m: 57:17.80	1:24.82
	400m: 5:19.30	1:20.26	1700m: 22:48.76	1:21.93	3000m: 40:30.29	1:22.23	4300m: 58:42.73	1:24.93
	500m: 6:39.73	1:20.43	1800m: 24:09.73	1:20.97	3100m: 41:53.80	1:23.51	4400m: 1:00:08.23	1:25.50
	600m: 8:00.15	1:20.42	1900m: 25:31.86	1:22.13	3200m: 43:16.98	1:23.18	4500m: 1:01:33.83	1:25.60
	700m: 9:20.70	1:20.55	2000m: 26:52.77	1:20.91	3300m: 44:40.06	1:23.08	4600m: 1:02:58.26	1:24.43
	800m: 10:41.45	1:20.75	2100m: 28:14.17	1:21.40	3400m: 46:03.98	1:23.92	4700m: 1:04:22.70	1:24.44
	900m: 12:01.86	1:20.41	2200m: 29:35.11	1:20.94	3500m: 47:27.73	1:23.75	4800m: 1:05:47.51	1:24.81
	1000m: 13:22.42	1:20.56	2300m: 30:57.10	1:21.99	3600m: 48:51.42	1:23.69	4900m: 1:07:13.06	1:25.55
	1100m: 14:42.89	1:20.47	2400m: 32:18.70	1:21.60	3700m: 50:16.12	1:24.70	5000m: 1:08:38.53	1:25.47
	1200m: 16:03.29	1:20.40	2500m: 33:40.06	1:21.36	3800m: 51:40.67	1:24.55		
	1300m: 17:23.42	1:20.13	2600m: 35:01.23	1:21.17	3900m: 53:04.80	1:24.13		

## Programmanr. 5, Meisjes, 5000m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
4.	Jeanine Kocken <i>tt zijn handtijden</i>	EIFFELswimmersPSV	25:35.40	9601816	<b>1:10:24.68</b>			
	100m: 1:16.81	1:16.81	1400m: 19:11.91	1:23.65	2700m: 37:27.87	1:28.86	4000m: 56:10.09	1:27.31
	200m: 2:37.48	1:20.67	1500m: 20:35.16	1:23.25	2800m: 38:52.46	1:24.59	4100m: 57:37.24	1:27.15
	300m: 3:58.97	1:21.49	1600m: 21:58.99	1:23.83	2900m: 40:17.53	1:25.07	4200m: 59:03.93	1:26.69
	400m: 5:20.30	1:21.33	1700m: 23:21.69	1:22.70	3000m: 41:43.94	1:26.41	4300m: 1:00:30.73	1:26.80
	500m: 6:41.88	1:21.58	1800m: 24:46.03	1:24.34	3100m: 43:07.65	1:23.71	4400m: 1:01:57.41	1:26.68
	600m: 8:04.59	1:22.71	1900m: 26:09.34	1:23.31	3200m: 44:34.39	1:26.74	4500m: 1:03:24.21	1:26.80
	700m: 9:27.85	1:23.26	2000m: 27:33.52	1:24.18	3300m: 46:01.13	1:26.74	4600m: 1:04:50.52	1:26.31
	800m: 10:51.31	1:23.46	2100m: 28:58.46	1:24.94	3400m: 47:27.85	1:26.72	4700m: 1:06:15.68	1:25.16
	900m: 12:15.01	1:23.70	2200m: 30:22.02	1:23.56	3500m: 48:53.99	1:26.14	4800m: 1:07:40.05	1:24.37
	1000m: 13:38.15	1:23.14	2300m: 31:46.63	1:24.61	3600m: 50:20.71	1:26.72	4900m: 1:09:04.24	1:24.19
	1100m: 15:01.13	1:22.98	2400m: 33:10.68	1:24.05	3700m: 51:48.24	1:27.53	5000m: 1:10:24.68	1:20.44
	1200m: 16:24.60	1:23.47	2500m: 34:35.05	1:24.37	3800m: 53:16.24	1:28.00		
	1300m: 17:48.26	1:23.66	2600m: 35:59.01	1:23.96	3900m: 54:42.78	1:26.54		

 Programmanr. 5  
 23-4-2011 - 14:30

## Jongens, 5000m vrije slag

 Jeugd 2 en later  
 Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Marcel Schouten <i>Nederlands Record Jeugd</i>	ZV Haerlem	21:41.85	9300653	<b>57:58.23</b>			
	100m: 1:03.12	1:03.12	1400m: 15:48.32	1:08.89	2700m: 30:59.11	1:10.45	4000m: 46:15.22	1:10.22
	200m: 2:10.61	1:07.49	1500m: 16:57.56	1:09.24	2800m: 32:09.39	1:10.28	4100m: 47:25.31	1:10.09
	300m: 3:18.13	1:07.52	1600m: 18:07.27	1:09.71	2900m: 33:19.99	1:10.60	4200m: 48:35.89	1:10.58
	400m: 4:25.76	1:07.63	1700m: 19:17.05	1:09.78	3000m: 34:30.58	1:10.59	4300m: 49:47.73	1:11.84
	500m: 5:33.53	1:07.77	1800m: 20:26.65	1:09.60	3100m: 35:41.87	1:11.29	4400m: 50:59.44	1:11.71
	600m: 6:41.09	1:07.56	1900m: 21:36.34	1:09.69	3200m: 36:52.99	1:11.12	4500m: 52:10.77	1:11.33
	700m: 7:49.11	1:08.02	2000m: 22:46.49	1:10.15	3300m: 38:04.15	1:11.16	4600m: 53:20.90	1:10.13
	800m: 8:57.35	1:08.24	2100m: 23:56.41	1:09.92	3400m: 39:15.32	1:11.17	4700m: 54:31.39	1:10.49
	900m: 10:06.00	1:08.65	2200m: 25:06.26	1:09.85	3500m: 40:25.67	1:10.35	4800m: 55:41.26	1:09.87
	1000m: 11:14.12	1:08.12	2300m: 26:16.37	1:10.11	3600m: 41:35.41	1:09.74	4900m: 56:51.27	1:10.01
	1100m: 12:22.30	1:08.18	2400m: 27:27.03	1:10.66	3700m: 42:44.90	1:09.49	5000m: 57:58.23	1:06.96
	1200m: 13:30.98	1:08.68	2500m: 28:38.00	1:10.97	3800m: 43:54.66	1:09.76		
	1300m: 14:39.43	1:08.45	2600m: 29:48.66	1:10.66	3900m: 45:05.00	1:10.34		
2.	Ruben Klinkers <i>tt zijn handtijden</i>	Hellas-Glana	22:42.73	9403511	<b>58:53.64</b>			
	100m: 1:08.68	1:08.68	1400m: 16:21.10	1:10.56	2700m: 31:49.07	1:11.14	4000m: 47:04.02	1:11.38
	200m: 2:18.04	1:09.36	1500m: 17:32.15	1:11.05	2800m: 33:00.20	1:11.13	4100m: 48:15.18	1:11.16
	300m: 3:28.31	1:10.27	1600m: 18:43.20	1:11.05	2900m: 34:11.50	1:11.30	4200m: 49:26.66	1:11.48
	400m: 4:38.33	1:10.02	1700m: 19:54.75	1:11.55	3000m: 35:21.64	1:10.14	4300m: 50:37.41	1:10.75
	500m: 5:48.74	1:10.41	1800m: 21:05.92	1:11.17	3100m: 36:31.08	1:09.44	4400m: 51:47.78	1:10.37
	600m: 6:58.59	1:09.85	1900m: 22:17.14	1:11.22	3200m: 37:40.30	1:09.22	4500m: 52:59.51	1:11.73
	700m: 8:09.37	1:10.78	2000m: 23:28.73	1:11.59	3300m: 38:49.53	1:09.23	4600m: 54:10.61	1:11.10
	800m: 9:19.86	1:10.49	2100m: 24:40.04	1:11.31	3400m: 40:00.00	1:10.47	4700m: 55:21.49	1:10.88
	900m: 10:30.95	1:11.09	2200m: 25:51.95	1:11.91	3500m: 41:10.54	1:10.54	4800m: 56:33.34	1:11.85
	1000m: 11:41.86	1:10.91	2300m: 27:03.72	1:11.77	3600m: 42:21.11	1:10.57	4900m: 57:44.18	1:10.84
	1100m: 12:50.84	1:08.98	2400m: 28:14.71	1:10.99	3700m: 43:32.01	1:10.90	5000m: 58:53.64	1:09.46
	1200m: 14:00.54	1:09.70	2500m: 29:26.76	1:12.05	3800m: 44:42.35	1:10.34		
	1300m: 15:10.54	1:10.00	2600m: 30:37.93	1:11.17	3900m: 45:52.64	1:10.29		
3.	Melvin Prins <i>Nederlands Record Junioren, tt zijn handtijden</i>	De Devel	23:43.21	9500201	<b>1:02:07.97</b>			
	100m: 1:11.14	1:11.14	1400m: 17:03.51	1:13.96	2700m: 33:15.75	1:15.35	4000m: 49:33.42	1:17.10
	200m: 2:22.87	1:11.73	1500m: 18:17.78	1:14.27	2800m: 34:30.68	1:14.93	4100m: 50:50.54	1:17.12
	300m: 3:35.77	1:12.90	1600m: 19:31.67	1:13.89	2900m: 35:46.38	1:15.70	4200m: 52:07.10	1:16.56
	400m: 4:48.95	1:13.18	1700m: 20:46.01	1:14.34	3000m: 37:02.18	1:15.80	4300m: 53:22.65	1:15.55
	500m: 6:02.50	1:13.55	1800m: 22:00.56	1:14.55	3100m: 38:17.48	1:15.30	4400m: 54:38.89	1:16.24
	600m: 7:15.23	1:12.73	1900m: 23:15.03	1:14.47	3200m: 39:32.14	1:14.66	4500m: 55:54.50	1:15.61
	700m: 8:28.05	1:12.82	2000m: 24:29.74	1:14.71	3300m: 40:46.29	1:14.15	4600m: 57:10.09	1:15.59
	800m: 9:40.93	1:12.88	2100m: 25:44.79	1:15.05	3400m: 42:01.27	1:14.98	4700m: 58:25.86	1:15.77
	900m: 10:54.23	1:13.30	2200m: 26:59.70	1:14.91	3500m: 43:15.69	1:14.42	4800m: 59:40.69	1:14.83
	1000m: 12:08.05	1:13.82	2300m: 28:14.73	1:15.03	3600m: 44:30.73	1:15.04	4900m: 1:00:56.00	1:15.31
	1100m: 13:21.73	1:13.68	2400m: 29:29.72	1:14.99	3700m: 45:45.31	1:14.58	5000m: 1:02:07.97	1:11.97
	1200m: 14:35.68	1:13.95	2500m: 30:45.54	1:15.82	3800m: 47:00.46	1:15.15		
	1300m: 15:49.55	1:13.87	2600m: 32:00.40	1:14.86	3900m: 48:16.32	1:15.86		

## Programmanr. 5, Jongens, 5000m vrije slag, Jeugd 2 en later

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
4.	Joeri Prins <i>tt zijn handtijden</i>	De Devel	23:20.58	9302037	<b>1:03:41.85</b>			
	100m: 1:06.21	1:06.21	1400m: 17:17.74	1:18.03	2700m: 33:55.75	1:17.70	4000m: 50:39.39	1:14.50
	200m: 2:16.26	1:10.05	1500m: 18:35.07	1:17.33	2800m: 35:13.67	1:17.92	4100m: 51:56.09	1:16.70
	300m: 3:27.28	1:11.02	1600m: 19:51.33	1:16.26	2900m: 36:30.46	1:16.79	4200m: 53:14.32	1:18.23
	400m: 4:39.88	1:12.60	1700m: 21:06.46	1:15.13	3000m: 37:45.91	1:15.45	4300m: 54:33.51	1:19.19
	500m: 5:54.00	1:14.12	1800m: 22:21.35	1:14.89	3100m: 39:03.50	1:17.59	4400m: 55:52.11	1:18.60
	600m: 7:09.01	1:15.01	1900m: 23:36.64	1:15.29	3200m: 40:20.82	1:17.32	4500m: 57:09.88	1:17.77
	700m: 8:23.73	1:14.72	2000m: 24:53.42	1:16.78	3300m: 41:37.91	1:17.09	4600m: 58:26.33	1:16.45
	800m: 9:39.08	1:15.35	2100m: 26:10.13	1:16.71	3400m: 42:55.40	1:17.49	4700m: 59:45.42	1:19.09
	900m: 10:54.43	1:15.35	2200m: 27:27.57	1:17.44	3500m: 44:12.42	1:17.02	4800m: 1:01:04.07	1:18.65
	1000m: 12:09.30	1:14.87	2300m: 28:45.12	1:17.55	3600m: 45:31.50	1:19.08	4900m: 1:02:22.70	1:18.63
	1100m: 13:25.59	1:16.29	2400m: 30:03.00	1:17.88	3700m: 46:50.60	1:19.10	5000m: 1:03:41.85	1:19.15
	1200m: 14:42.64	1:17.05	2500m: 31:21.03	1:18.03	3800m: 48:09.03	1:18.43		
	1300m: 15:59.71	1:17.07	2600m: 32:38.05	1:17.02	3900m: 49:24.89	1:15.86		

 Programmanr. 5  
 23-4-2011 - 14:30

## Dames, 5000m vrije slag

 all-in  
 Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Leonie van Noort	De Zijl/LGB	23:10.51	9301752	<b>1:02:19.60</b>			
	100m: 1:06.44	1:06.44	1400m: 16:42.69	1:13.02	2700m: 32:45.26	1:16.53	4000m: 49:20.58	1:18.66
	200m: 2:16.42	1:09.98	1500m: 17:55.77	1:13.08	2800m: 34:00.05	1:14.79	4100m: 50:38.64	1:18.06
	300m: 3:27.63	1:11.21	1600m: 19:08.19	1:12.42	2900m: 35:15.46	1:15.41	4200m: 51:56.92	1:18.28
	400m: 4:39.02	1:11.39	1700m: 20:21.23	1:13.04	3000m: 36:31.49	1:16.03	4300m: 53:15.37	1:18.45
	500m: 5:50.37	1:11.35	1800m: 21:36.26	1:15.03	3100m: 37:47.85	1:16.36	4400m: 54:33.62	1:18.25
	600m: 7:01.78	1:11.41	1900m: 22:48.68	1:12.42	3200m: 39:03.73	1:15.88	4500m: 55:51.79	1:18.17
	700m: 8:13.59	1:11.81	2000m: 24:02.21	1:13.53	3300m: 40:20.26	1:16.53	4600m: 57:10.89	1:19.10
	800m: 9:25.77	1:12.18	2100m: 25:15.70	1:13.49	3400m: 41:36.73	1:16.47	4700m: 58:30.19	1:19.30
	900m: 10:38.21	1:12.44	2200m: 26:29.64	1:13.94	3500m: 42:51.84	1:15.11	4800m: 59:46.87	1:16.68
	1000m: 11:51.18	1:12.97	2300m: 27:43.61	1:13.97	3600m: 44:10.01	1:18.17	4900m: 1:01:04.36	1:17.49
	1100m: 13:03.77	1:12.59	2400m: 28:58.69	1:15.08	3700m: 45:27.37	1:17.36	5000m: 1:02:19.60	1:15.24
	1200m: 14:16.48	1:12.71	2500m: 30:13.04	1:14.35	3800m: 46:44.37	1:17.00		
	1300m: 15:29.67	1:13.19	2600m: 31:28.73	1:15.69	3900m: 48:01.92	1:17.55		
2.	Evelien Sohl	Het Y	24:03.88	8603346	<b>1:02:49.66</b>			
	100m: 1:10.56	1:10.56	1400m: 17:26.92	1:15.04	2700m: 33:45.46	1:15.82	4000m: 50:10.23	1:15.98
	200m: 2:25.36	1:14.80	1500m: 18:41.57	1:14.65	2800m: 35:01.03	1:15.57	4100m: 51:26.18	1:15.95
	300m: 3:40.60	1:15.24	1600m: 19:56.29	1:14.72	2900m: 36:17.01	1:15.98	4200m: 52:42.49	1:16.31
	400m: 4:55.84	1:15.24	1700m: 21:10.98	1:14.69	3000m: 37:32.29	1:15.28	4300m: 53:58.87	1:16.38
	500m: 6:10.71	1:14.87	1800m: 22:26.14	1:15.16	3100m: 38:47.83	1:15.54	4400m: 55:15.63	1:16.76
	600m: 7:25.26	1:14.55	1900m: 23:41.64	1:15.50	3200m: 40:03.26	1:15.43	4500m: 56:32.40	1:16.77
	700m: 8:40.10	1:14.84	2000m: 24:57.06	1:15.42	3300m: 41:18.80	1:15.54	4600m: 57:48.89	1:16.49
	800m: 9:55.51	1:15.41	2100m: 26:12.36	1:15.30	3400m: 42:34.91	1:16.11	4700m: 59:05.06	1:16.17
	900m: 11:10.84	1:15.33	2200m: 27:27.64	1:15.28	3500m: 43:50.85	1:15.94	4800m: 1:00:21.53	1:16.47
	1000m: 12:26.06	1:15.22	2300m: 28:43.25	1:15.61	3600m: 45:06.50	1:15.65	4900m: 1:01:37.67	1:16.14
	1100m: 13:41.13	1:15.07	2400m: 29:58.63	1:15.38	3700m: 46:22.22	1:15.72	5000m: 1:02:49.66	1:11.99
	1200m: 14:56.42	1:15.29	2500m: 31:14.20	1:15.57	3800m: 47:38.01	1:15.79		
	1300m: 16:11.88	1:15.46	2600m: 32:29.64	1:15.44	3900m: 48:54.25	1:16.24		
3.	Alice Bravo	Het Y	24:14.00	8705346	<b>1:04:08.07</b>			
	100m: 1:09.89	1:09.89	1400m: 17:26.25	1:15.34	2700m: 34:00.95	1:15.79	4000m: 50:59.29	1:19.57
	200m: 2:24.42	1:14.53	1500m: 18:41.64	1:15.39	2800m: 35:18.11	1:17.16	4100m: 52:17.86	1:18.57
	300m: 3:39.79	1:15.37	1600m: 19:57.55	1:15.91	2900m: 36:35.26	1:17.15	4200m: 53:36.51	1:18.65
	400m: 4:55.21	1:15.42	1700m: 21:13.77	1:16.22	3000m: 37:52.88	1:17.62	4300m: 54:55.29	1:18.78
	500m: 6:10.02	1:14.81	1800m: 22:30.88	1:17.11	3100m: 39:10.87	1:17.99	4400m: 56:13.94	1:18.65
	600m: 7:24.76	1:14.74	1900m: 23:48.33	1:17.45	3200m: 40:29.04	1:18.17	4500m: 57:33.79	1:19.85
	700m: 8:39.27	1:14.51	2000m: 25:04.76	1:16.43	3300m: 41:47.19	1:18.15	4600m: 58:53.23	1:19.44
	800m: 9:54.43	1:15.16	2100m: 26:21.64	1:16.88	3400m: 43:05.17	1:17.98	4700m: 1:00:12.77	1:19.54
	900m: 11:09.75	1:15.32	2200m: 27:39.06	1:17.42	3500m: 44:23.50	1:18.33	4800m: 1:01:32.50	1:19.73
	1000m: 12:24.84	1:15.09	2300m: 28:56.60	1:17.54	3600m: 45:41.90	1:18.40	4900m: 1:02:51.02	1:18.52
	1100m: 13:40.38	1:15.54	2400m: 30:13.45	1:16.85	3700m: 47:01.25	1:19.35	5000m: 1:04:08.07	1:17.05
	1200m: 14:55.40	1:15.02	2500m: 31:29.49	1:16.04	3800m: 48:20.41	1:19.16		
	1300m: 16:10.91	1:15.51	2600m: 32:45.16	1:15.67	3900m: 49:39.72	1:19.31		
4.	Iris Pijtak <i>tt zijn handtijden</i>	AZ&PC	24:22.54	9300602	<b>1:04:29.09</b>			
	100m: 1:11.04	1:11.04	1300m: 16:24.32	1:17.43	2500m: 32:01.20	1:18.81	3700m: 47:47.29	1:18.72
	200m: 2:25.82	1:14.78	1400m: 17:41.51	1:17.19	2600m: 33:20.45	1:19.25	3800m: 49:06.16	1:18.87
	300m: 3:40.82	1:15.00	1500m: 18:59.39	1:17.88	2700m: 34:39.48	1:19.03	3900m: 50:25.07	1:18.91
	400m: 4:56.51	1:15.69	1600m: 20:17.02	1:17.63	2800m: 35:58.48	1:19.00	4000m: 51:43.64	1:18.57
	500m: 6:12.36	1:15.85	1700m: 21:35.02	1:18.00	2900m: 37:17.13	1:18.65	4100m: 53:01.42	1:17.78
	600m: 7:28.04	1:15.68	1800m: 22:53.20	1:18.18	3000m: 38:36.13	1:19.00	4200m: 54:19.32	1:17.90
	700m: 8:43.81	1:15.77	1900m: 24:11.54	1:18.34	3100m: 39:55.48	1:19.35	4300m: 55:36.64	1:17.32
	800m: 10:00.48	1:16.67	2000m: 25:29.76	1:18.22	3200m: 41:14.32	1:18.84	4400m: 56:54.20	1:17.56
	900m: 11:16.57	1:16.09	2100m: 26:48.29	1:18.53	3300m: 42:32.70	1:18.38	4500m: 58:11.64	1:17.44
	1000m: 12:33.10	1:16.53	2200m: 28:06.20	1:17.91	3400m: 43:51.39	1:18.69	4600m: 59:28.29	1:16.65
	1100m: 13:50.02	1:16.92	2300m: 29:23.92	1:17.72	3500m: 45:09.95	1:18.56	4700m: 1:00:44.64	1:16.35
	1200m: 15:06.89	1:16.87	2400m: 30:42.39	1:18.47	3600m: 46:28.57	1:18.62	4800m: 1:02:01.16	1:16.52
	4900m: 1:03:17.04	1:15.88	5000m: 1:04:29.09	1:12.05				

## Programmanr. 5, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
5.	<b>Tamara Grove</b>	<b>Oceanus</b>	<b>24:45.94</b>	<b>9601266</b>	<b>1:06:43.95</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:17.36	1:17.36	1400m: 18:45.36	1:20.35	2700m: 36:10.31	1:20.44	4000m: 53:36.51	1:20.01
	200m: 2:37.71	1:20.35	1500m: 20:05.75	1:20.39	2800m: 37:31.65	1:21.34	4100m: 54:55.90	1:19.39
	300m: 3:58.99	1:21.28	1600m: 21:25.97	1:20.22	2900m: 38:52.30	1:20.65	4200m: 56:15.20	1:19.30
	400m: 5:20.18	1:21.19	1700m: 22:46.41	1:20.44	3000m: 40:12.97	1:20.67	4300m: 57:34.39	1:19.19
	500m: 6:41.22	1:21.04	1800m: 24:07.63	1:21.22	3100m: 41:33.53	1:20.56	4400m: 58:53.00	1:18.61
	600m: 8:01.85	1:20.63	1900m: 25:29.08	1:21.45	3200m: 42:53.83	1:20.30	4500m: 1:00:12.02	1:19.02
	700m: 9:23.16	1:21.31	2000m: 26:49.94	1:20.86	3300m: 44:14.76	1:20.93	4600m: 1:01:30.51	1:18.49
	800m: 10:43.62	1:20.46	2100m: 28:10.22	1:20.28	3400m: 45:35.35	1:20.59	4700m: 1:02:49.15	1:18.64
	900m: 12:04.35	1:20.73	2200m: 29:30.25	1:20.03	3500m: 46:55.83	1:20.48	4800m: 1:04:08.32	1:19.17
	1000m: 13:23.66	1:19.31	2300m: 30:49.87	1:19.62	3600m: 48:16.12	1:20.29	4900m: 1:05:26.80	1:18.48
	1100m: 14:44.25	1:20.59	2400m: 32:10.16	1:20.29	3700m: 49:35.24	1:19.12	5000m: 1:06:43.95	1:17.15
	1200m: 16:04.26	1:20.01	2500m: 33:30.15	1:19.99	3800m: 50:55.84	1:20.60		
	1300m: 17:25.01	1:20.75	2600m: 34:49.87	1:19.72	3900m: 52:16.50	1:20.66		
6.	<b>Chantal Grove</b>	<b>Oceanus</b>	<b>25:10.97</b>	<b>9401844</b>	<b>1:07:03.75</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:19.02	1:19.02	1400m: 18:51.82	1:21.28	2700m: 36:22.92	1:19.97	4100m: 55:04.70	1:19.03
	200m: 2:40.51	1:21.49	1500m: 20:12.54	1:20.72	2800m: 37:43.45	1:20.53	4200m: 56:23.70	1:19.00
	300m: 4:02.23	1:21.72	1600m: 21:33.60	1:21.06	2900m: 40:23.86	2:40.41	4300m: 57:43.20	1:19.50
	400m: 5:23.10	1:20.87	1700m: 22:55.04	1:21.44	3100m: 41:44.20	1:20.34	4400m: 59:03.10	1:19.90
	500m: 6:43.80	1:20.70	1800m: 24:16.73	1:21.69	3200m: 43:04.86	1:20.66	4500m: 1:00:22.80	1:19.70
	600m: 8:04.51	1:20.71	1900m: 25:37.95	1:21.22	3300m: 44:24.73	1:19.87	4600m: 1:01:43.42	1:20.62
	700m: 9:25.48	1:20.97	2000m: 26:59.29	1:21.34	3400m: 45:45.39	1:20.66	4700m: 1:03:04.39	1:20.97
	800m: 10:46.29	1:20.81	2100m: 28:19.42	1:20.13	3500m: 47:05.64	1:20.25	4800m: 1:04:24.89	1:20.50
	900m: 12:07.39	1:21.10	2200m: 29:40.00	1:20.58	3600m: 48:26.60	1:20.96	4900m: 1:05:45.26	1:20.37
	1000m: 13:27.86	1:20.47	2300m: 31:00.57	1:20.57	3700m: 49:46.57	1:19.97	5000m: 1:07:03.75	1:18.49
	1100m: 14:48.16	1:20.30	2400m: 32:21.67	1:21.10	3800m: 51:06.45	1:19.88		
	1200m: 16:09.36	1:21.20	2500m: 33:42.67	1:21.00	3900m: 52:25.80	1:19.35		
	1300m: 17:30.54	1:21.18	2600m: 35:02.95	1:20.28	4000m: 53:45.67	1:19.87		
7.	<b>Jamilla van Veen</b>	<b>One Team Swimming</b>	<b>25:08.63</b>	<b>9603192</b>	<b>1:07:52.45</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:13.68	1:13.68	1400m: 18:38.28	1:21.16	2700m: 36:12.96	1:20.75	4000m: 53:55.40	1:22.34
	200m: 2:31.90	1:18.22	1500m: 20:00.00	1:21.72	2800m: 37:33.55	1:20.59	4100m: 55:18.06	1:22.66
	300m: 3:50.65	1:18.75	1600m: 21:21.18	1:21.18	2900m: 38:54.51	1:20.96	4200m: 56:42.31	1:24.25
	400m: 5:09.78	1:19.13	1700m: 22:42.56	1:21.38	3000m: 40:15.47	1:20.96	4300m: 58:05.43	1:23.12
	500m: 6:29.05	1:19.27	1800m: 24:04.08	1:21.52	3100m: 41:36.38	1:20.91	4400m: 59:29.88	1:24.45
	600m: 7:48.75	1:19.70	1900m: 25:25.88	1:21.80	3200m: 42:58.00	1:21.62	4500m: 1:00:54.51	1:24.63
	700m: 9:09.62	1:20.87	2000m: 26:46.51	1:20.63	3300m: 44:19.51	1:21.51	4600m: 1:02:19.15	1:24.64
	800m: 10:30.84	1:21.22	2100m: 28:06.75	1:20.24	3400m: 45:41.06	1:21.55	4700m: 1:03:43.40	1:24.25
	900m: 11:51.72	1:20.88	2200m: 29:27.38	1:20.63	3500m: 47:03.31	1:22.25	4800m: 1:05:07.51	1:24.11
	1000m: 13:12.72	1:21.00	2300m: 30:49.18	1:21.80	3600m: 48:26.93	1:23.62	4900m: 1:06:30.75	1:23.24
	1100m: 14:33.88	1:21.16	2400m: 32:10.72	1:21.54	3700m: 49:48.06	1:21.13	5000m: 1:07:52.45	1:21.70
	1200m: 15:55.90	1:22.02	2500m: 33:31.18	1:20.46	3800m: 51:09.53	1:21.47		
	1300m: 17:17.12	1:21.22	2600m: 34:52.21	1:21.03	3900m: 52:33.06	1:23.53		
8.	<b>Sietske Veldkamp</b>	<b>ZPC De Hof</b>	<b>25:19.42</b>	<b>9501628</b>	<b>1:08:38.53</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:16.29	1:16.29	1400m: 18:44.33	1:20.91	2700m: 36:23.61	1:22.38	4000m: 54:28.67	1:23.87
	200m: 2:37.67	1:21.38	1500m: 20:05.58	1:21.25	2800m: 37:45.98	1:22.37	4100m: 55:52.98	1:24.31
	300m: 3:59.04	1:21.37	1600m: 21:26.83	1:21.25	2900m: 39:08.06	1:22.08	4200m: 57:17.80	1:24.82
	400m: 5:19.30	1:20.26	1700m: 22:48.76	1:21.93	3000m: 40:30.29	1:22.23	4300m: 58:42.73	1:24.93
	500m: 6:39.73	1:20.43	1800m: 24:09.73	1:20.97	3100m: 41:53.80	1:23.51	4400m: 1:00:08.23	1:25.50
	600m: 8:00.15	1:20.42	1900m: 25:31.86	1:22.13	3200m: 43:16.98	1:23.18	4500m: 1:01:33.83	1:25.60
	700m: 9:20.70	1:20.55	2000m: 26:52.77	1:20.91	3300m: 44:40.06	1:23.08	4600m: 1:02:58.26	1:24.43
	800m: 10:41.45	1:20.75	2100m: 28:14.17	1:21.40	3400m: 46:03.98	1:23.92	4700m: 1:04:22.70	1:24.44
	900m: 12:01.86	1:20.41	2200m: 29:35.11	1:20.94	3500m: 47:27.73	1:23.75	4800m: 1:05:47.51	1:24.81
	1000m: 13:22.42	1:20.56	2300m: 30:57.10	1:21.99	3600m: 48:51.42	1:23.69	4900m: 1:07:13.06	1:25.55
	1100m: 14:42.89	1:20.47	2400m: 32:18.70	1:21.60	3700m: 50:16.12	1:24.70	5000m: 1:08:38.53	1:25.47
	1200m: 16:03.29	1:20.40	2500m: 33:40.06	1:21.36	3800m: 51:40.67	1:24.55		
	1300m: 17:23.42	1:20.13	2600m: 35:01.23	1:21.17	3900m: 53:04.80	1:24.13		
9.	<b>Jeanine Kocken</b>	<b>EIFFELswimmersPSV</b>	<b>25:35.40</b>	<b>9601816</b>	<b>1:10:24.68</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:16.81	1:16.81	1400m: 19:11.91	1:23.65	2700m: 37:27.87	1:28.86	4000m: 56:10.09	1:27.31
	200m: 2:37.48	1:20.67	1500m: 20:35.16	1:23.25	2800m: 38:52.46	1:24.59	4100m: 57:37.24	1:27.15
	300m: 3:58.97	1:21.49	1600m: 21:58.99	1:23.83	2900m: 40:17.53	1:25.07	4200m: 59:03.93	1:26.69
	400m: 5:20.30	1:21.33	1700m: 23:21.69	1:22.70	3000m: 41:43.94	1:26.41	4300m: 1:00:30.73	1:26.80
	500m: 6:41.88	1:21.58	1800m: 24:46.03	1:24.34	3100m: 43:07.65	1:23.71	4400m: 1:01:57.41	1:26.68
	600m: 8:04.59	1:22.71	1900m: 26:09.34	1:23.31	3200m: 44:34.39	1:26.74	4500m: 1:03:24.21	1:26.80
	700m: 9:27.85	1:23.26	2000m: 27:33.52	1:24.18	3300m: 46:01.13	1:26.74	4600m: 1:04:50.52	1:26.31
	800m: 10:51.31	1:23.46	2100m: 28:58.46	1:24.94	3400m: 47:27.85	1:26.72	4700m: 1:06:15.68	1:25.16
	900m: 12:15.01	1:23.70	2200m: 30:22.02	1:23.56	3500m: 48:53.99	1:26.14	4800m: 1:07:40.05	1:24.37
	1000m: 13:38.15	1:23.14	2300m: 31:46.63	1:24.61	3600m: 50:20.71	1:26.72	4900m: 1:09:04.24	1:24.19
	1100m: 15:01.13	1:22.98	2400m: 33:10.68	1:24.05	3700m: 51:48.24	1:27.53	5000m: 1:10:24.68	1:20.44
	1200m: 16:24.60	1:23.47	2500m: 34:35.05	1:24.37	3800m: 53:16.24	1:28.00		
	1300m: 17:48.26	1:23.66	2600m: 35:59.01	1:23.96	3900m: 54:42.78	1:26.54		

## Programmanr. 5, 5000m vrije slag

 Programmanr. 5  
 23-4-2011 - 14:30

Heren, 5000m vrije slag

 all-in  
 Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Hans Peter Hartog	DAW	22:36.30	9100859	57:37.55			
	100m: 1:02.40	1:02.40	1400m: 15:45.40	1:08.21	2700m: 30:44.37	1:09.68	4000m: 45:55.12	1:10.09
	200m: 2:09.59	1:07.19	1500m: 16:53.32	1:07.92	2800m: 31:53.94	1:09.57	4100m: 47:05.77	1:10.65
	300m: 3:17.73	1:08.14	1600m: 18:01.68	1:08.36	2900m: 33:03.48	1:09.54	4200m: 48:15.91	1:10.14
	400m: 4:26.03	1:08.30	1700m: 19:10.46	1:08.78	3000m: 34:13.43	1:09.95	4300m: 49:26.23	1:10.32
	500m: 5:34.00	1:07.97	1800m: 20:19.68	1:09.22	3100m: 35:23.10	1:09.67	4400m: 50:36.53	1:10.30
	600m: 6:41.66	1:07.66	1900m: 21:28.93	1:09.25	3200m: 36:33.64	1:10.54	4500m: 51:47.21	1:10.68
	700m: 7:49.67	1:08.01	2000m: 22:38.37	1:09.44	3300m: 37:44.27	1:10.63	4600m: 52:57.87	1:10.66
	800m: 8:57.69	1:08.02	2100m: 23:47.39	1:09.02	3400m: 38:54.74	1:10.47	4700m: 54:09.09	1:11.22
	900m: 10:05.39	1:07.70	2200m: 24:57.01	1:09.62	3500m: 40:05.26	1:10.52	4800m: 55:20.36	1:11.27
	1000m: 11:13.33	1:07.94	2300m: 26:06.11	1:09.10	3600m: 41:15.43	1:10.17	4900m: 56:30.66	1:10.30
	1100m: 12:21.01	1:07.68	2400m: 27:15.44	1:09.33	3700m: 42:25.74	1:10.31	5000m: 57:37.55	1:06.89
	1200m: 13:29.03	1:08.02	2500m: 28:24.97	1:09.53	3800m: 43:35.34	1:09.60		
	1300m: 14:37.19	1:08.16	2600m: 29:34.69	1:09.72	3900m: 44:45.03	1:09.69		
2.	Marcel Schouten	ZV Haerlem	21:41.85	9300653	57:58.23			
	<i>Nederlands Record Jeugd</i>							
	100m: 1:03.12	1:03.12	1400m: 15:48.32	1:08.89	2700m: 30:59.11	1:10.45	4000m: 46:15.22	1:10.22
	200m: 2:10.61	1:07.49	1500m: 16:57.56	1:09.24	2800m: 32:09.39	1:10.28	4100m: 47:25.31	1:10.09
	300m: 3:18.13	1:07.52	1600m: 18:07.27	1:09.71	2900m: 33:19.99	1:10.60	4200m: 48:35.89	1:10.58
	400m: 4:25.76	1:07.63	1700m: 19:17.05	1:09.78	3000m: 34:30.58	1:10.59	4300m: 49:47.73	1:11.84
	500m: 5:33.53	1:07.77	1800m: 20:26.65	1:09.60	3100m: 35:41.87	1:11.29	4400m: 50:59.44	1:11.71
	600m: 6:41.09	1:07.56	1900m: 21:36.34	1:09.69	3200m: 36:52.99	1:11.12	4500m: 52:10.77	1:11.33
	700m: 7:49.11	1:08.02	2000m: 22:46.49	1:10.15	3300m: 38:04.15	1:11.16	4600m: 53:20.90	1:10.13
	800m: 8:57.35	1:08.24	2100m: 23:56.41	1:09.92	3400m: 39:15.32	1:11.17	4700m: 54:31.39	1:10.49
	900m: 10:06.00	1:08.65	2200m: 25:06.26	1:09.85	3500m: 40:25.67	1:10.35	4800m: 55:41.26	1:09.87
	1000m: 11:14.12	1:08.12	2300m: 26:16.37	1:10.11	3600m: 41:35.41	1:09.74	4900m: 56:51.27	1:10.01
	1100m: 12:22.30	1:08.18	2400m: 27:27.03	1:10.66	3700m: 42:44.90	1:09.49	5000m: 57:58.23	1:06.96
	1200m: 13:30.98	1:08.68	2500m: 28:38.00	1:10.97	3800m: 43:54.66	1:09.76		
	1300m: 14:39.43	1:08.45	2600m: 29:48.66	1:10.66	3900m: 45:05.00	1:10.34		
3.	Ruben Klinkers	Hellas-Glana	22:42.73	9403511	58:53.64			
	<i>tt zijn handtijden</i>							
	100m: 1:08.68	1:08.68	1400m: 16:21.10	1:10.56	2700m: 31:49.07	1:11.14	4000m: 47:04.02	1:11.38
	200m: 2:18.04	1:09.36	1500m: 17:32.15	1:11.05	2800m: 33:00.20	1:11.13	4100m: 48:15.18	1:11.16
	300m: 3:28.31	1:10.27	1600m: 18:43.20	1:11.05	2900m: 34:11.50	1:11.30	4200m: 49:26.66	1:11.48
	400m: 4:38.33	1:10.02	1700m: 19:54.75	1:11.55	3000m: 35:21.64	1:10.14	4300m: 50:37.41	1:10.75
	500m: 5:48.74	1:10.41	1800m: 21:05.92	1:11.17	3100m: 36:31.08	1:09.44	4400m: 51:47.78	1:10.37
	600m: 6:58.59	1:09.85	1900m: 22:17.14	1:11.22	3200m: 37:40.30	1:09.22	4500m: 52:59.51	1:11.73
	700m: 8:09.37	1:10.78	2000m: 23:28.73	1:11.59	3300m: 38:49.53	1:09.23	4600m: 54:10.61	1:11.10
	800m: 9:19.86	1:10.49	2100m: 24:40.04	1:11.31	3400m: 40:00.00	1:10.47	4700m: 55:21.49	1:10.88
	900m: 10:30.95	1:11.09	2200m: 25:51.95	1:11.91	3500m: 41:10.54	1:10.54	4800m: 56:33.34	1:11.85
	1000m: 11:41.86	1:10.91	2300m: 27:03.72	1:11.77	3600m: 42:21.11	1:10.57	4900m: 57:44.18	1:10.84
	1100m: 12:50.84	1:08.98	2400m: 28:14.71	1:10.99	3700m: 43:32.01	1:10.90	5000m: 58:53.64	1:09.46
	1200m: 14:00.54	1:09.70	2500m: 29:26.76	1:12.05	3800m: 44:42.35	1:10.34		
	1300m: 15:10.54	1:10.00	2600m: 30:37.93	1:11.17	3900m: 45:52.64	1:10.29		
4.	Daan Glorie	Het Y	22:27.03	8801115	59:46.12			
	100m: 1:05.92	1:05.92	1400m: 16:20.60	1:11.41	2700m: 31:54.74	1:12.21	4000m: 47:42.57	1:12.88
	200m: 2:15.57	1:09.65	1500m: 17:32.07	1:11.47	2800m: 33:07.30	1:12.56	4100m: 48:55.54	1:12.97
	300m: 3:25.38	1:09.81	1600m: 18:43.54	1:11.47	2900m: 34:20.25	1:12.95	4200m: 50:08.38	1:12.84
	400m: 4:35.19	1:09.81	1700m: 19:55.36	1:11.82	3000m: 35:33.06	1:12.81	4300m: 51:21.14	1:12.76
	500m: 5:44.84	1:09.65	1800m: 21:07.18	1:11.82	3100m: 36:45.79	1:12.73	4400m: 52:34.19	1:13.05
	600m: 6:54.94	1:10.10	1900m: 22:19.41	1:12.23	3200m: 37:58.57	1:12.78	4500m: 53:47.03	1:12.84
	700m: 8:05.07	1:10.13	2000m: 23:31.23	1:11.82	3300m: 39:11.17	1:12.60	4600m: 54:59.70	1:12.67
	800m: 9:15.35	1:10.28	2100m: 24:42.82	1:11.59	3400m: 40:23.80	1:12.63	4700m: 56:12.30	1:12.60
	900m: 10:25.90	1:10.55	2200m: 25:54.46	1:11.64	3500m: 41:36.59	1:12.79	4800m: 57:25.47	1:13.17
	1000m: 11:36.58	1:10.68	2300m: 27:06.02	1:11.56	3600m: 42:49.79	1:13.20	4900m: 58:38.07	1:12.60
	1100m: 12:47.24	1:10.66	2400m: 28:17.90	1:11.88	3700m: 44:02.75	1:12.96	5000m: 59:46.12	1:08.05
	1200m: 13:58.01	1:10.77	2500m: 29:30.12	1:12.22	3800m: 45:16.16	1:13.41		
	1300m: 15:09.19	1:11.18	2600m: 30:42.53	1:12.41	3900m: 46:29.69	1:13.53		
5.	Jan-Willem v.d. Graaff	Het Y	22:49.91	8901023	1:00:35.79			
	<i>tt zijn handtijden</i>							
	100m: 1:06.19	1:06.19	1400m: 16:26.08	1:11.91	2700m: 32:12.11	1:13.22	4000m: 48:10.09	1:14.93
	200m: 2:15.82	1:09.63	1500m: 17:38.35	1:12.27	2800m: 33:25.74	1:13.63	4100m: 49:24.48	1:14.39
	300m: 3:25.66	1:09.84	1600m: 18:50.66	1:12.31	2900m: 34:39.58	1:13.84	4200m: 50:38.29	1:13.81
	400m: 4:36.01	1:10.35	1700m: 20:03.04	1:12.38	3000m: 35:53.14	1:13.56	4300m: 51:49.66	1:11.37
	500m: 5:46.45	1:10.44	1800m: 21:15.14	1:12.10	3100m: 37:05.96	1:12.82	4400m: 53:04.62	1:14.96
	600m: 6:56.58	1:10.13	1900m: 22:27.64	1:12.50	3200m: 38:18.95	1:12.99	4500m: 54:19.52	1:14.90
	700m: 8:07.07	1:10.49	2000m: 23:40.41	1:12.77	3300m: 39:32.01	1:13.06	4600m: 55:35.22	1:15.70
	800m: 9:18.19	1:11.12	2100m: 24:52.79	1:12.38	3400m: 40:45.46	1:13.45	4700m: 56:50.36	1:15.14
	900m: 10:29.43	1:11.24	2200m: 26:05.95	1:13.16	3500m: 41:58.30	1:12.84	4800m: 58:05.88	1:15.52
	1000m: 11:40.90	1:11.47	2300m: 27:18.91	1:12.96	3600m: 43:12.18	1:13.88	4900m: 59:21.63	1:15.75
	1100m: 12:53.07	1:12.17	2400m: 28:32.04	1:13.13	3700m: 44:25.88	1:13.70	5000m: 1:00:35.79	1:14.16
	1200m: 14:02.38	1:09.31	2500m: 29:45.76	1:13.72	3800m: 45:40.51	1:14.63		
	1300m: 15:14.17	1:11.79	2600m: 30:58.89	1:13.13	3900m: 46:55.16	1:14.65		

## Programmanr. 5, Heren, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
6.	Melvin Prins	De Devel	23:43.21	9500201	<b>1:02:07.97</b>			
	<i>Nederlands Record Junioren, tt zijn handtijden</i>							
	100m: 1:11.14	1:11.14	1400m: 17:03.51	1:13.96	2700m: 33:15.75	1:15.35	4000m: 49:33.42	1:17.10
	200m: 2:22.87	1:11.73	1500m: 18:17.78	1:14.27	2800m: 34:30.68	1:14.93	4100m: 50:50.54	1:17.12
	300m: 3:35.77	1:12.90	1600m: 19:31.67	1:13.89	2900m: 35:46.38	1:15.70	4200m: 52:07.10	1:16.56
	400m: 4:48.95	1:13.18	1700m: 20:46.01	1:14.34	3000m: 37:02.18	1:15.80	4300m: 53:22.65	1:15.55
	500m: 6:02.50	1:13.55	1800m: 22:00.56	1:14.55	3100m: 38:17.48	1:15.30	4400m: 54:38.89	1:16.24
	600m: 7:15.23	1:12.73	1900m: 23:15.03	1:14.47	3200m: 39:32.14	1:14.66	4500m: 55:54.50	1:15.61
	700m: 8:28.05	1:12.82	2000m: 24:29.74	1:14.71	3300m: 40:46.29	1:14.15	4600m: 57:10.09	1:15.59
	800m: 9:40.93	1:12.88	2100m: 25:44.79	1:15.05	3400m: 42:01.27	1:14.98	4700m: 58:25.86	1:15.77
	900m: 10:54.23	1:13.30	2200m: 26:59.70	1:14.91	3500m: 43:15.69	1:14.42	4800m: 59:40.69	1:14.83
	1000m: 12:08.05	1:13.82	2300m: 28:14.73	1:15.03	3600m: 44:30.73	1:15.04	4900m: 1:00:56.00	1:15.31
	1100m: 13:21.73	1:13.68	2400m: 29:29.72	1:14.99	3700m: 45:45.31	1:14.58	5000m: 1:02:07.97	1:11.97
	1200m: 14:35.68	1:13.95	2500m: 30:45.54	1:15.82	3800m: 47:00.46	1:15.15		
	1300m: 15:49.55	1:13.87	2600m: 32:00.40	1:14.86	3900m: 48:16.32	1:15.86		
7.	Matthijs Dekker	De Dolfijn	23:37.48	9000621	<b>1:03:13.12</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:10.07	1:10.07	1300m: 16:04.12	1:14.36	2500m: 31:31.72	1:17.72	3700m: 46:53.90	1:14.91
	200m: 2:22.03	1:11.96	1400m: 17:18.75	1:14.63	2600m: 32:49.21	1:17.49	3800m: 48:10.53	1:16.63
	300m: 3:36.73	1:14.70	1500m: 18:34.79	1:16.04	2700m: 34:07.22	1:18.01	3900m: 49:27.40	1:16.87
	400m: 4:51.79	1:15.06	1600m: 19:51.31	1:16.52	2800m: 35:25.25	1:18.03	4100m: 51:58.75	2:31.35
	500m: 6:06.46	1:14.67	1700m: 21:08.11	1:16.80	2900m: 36:42.68	1:17.43	4300m: 54:27.92	2:29.17
	600m: 7:21.78	1:15.32	1800m: 22:26.97	1:18.86	3000m: 38:00.87	1:18.19	4400m: 55:42.09	1:14.17
	700m: 8:36.96	1:15.18	1900m: 23:46.13	1:19.16	3100m: 39:17.76	1:16.89	4500m: 56:56.93	1:14.84
	800m: 9:52.54	1:15.58	2000m: 25:03.95	1:17.82	3200m: 40:33.33	1:15.57	4600m: 58:11.62	1:14.69
	900m: 11:07.21	1:14.67	2100m: 26:21.93	1:17.98	3300m: 41:49.53	1:16.20	4700m: 59:27.97	1:16.35
	1000m: 12:21.08	1:13.87	2200m: 27:39.79	1:17.86	3400m: 43:06.47	1:16.94	4800m: 1:00:43.85	1:15.88
	1100m: 13:35.12	1:14.04	2300m: 28:57.26	1:17.47	3500m: 44:22.10	1:15.63	4900m: 1:01:59.28	1:15.43
	1200m: 14:49.76	1:14.64	2400m: 30:14.00	1:16.74	3600m: 45:38.99	1:16.89	5000m: 1:03:13.12	1:13.84
8.	Joeri Prins	De Devel	23:20.58	9302037	<b>1:03:41.85</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:06.21	1:06.21	1400m: 17:17.74	1:18.03	2700m: 33:55.75	1:17.70	4000m: 50:39.39	1:14.50
	200m: 2:16.26	1:10.05	1500m: 18:35.07	1:17.33	2800m: 35:13.67	1:17.92	4100m: 51:56.09	1:16.70
	300m: 3:27.28	1:11.02	1600m: 19:51.33	1:16.26	2900m: 36:30.46	1:16.79	4200m: 53:14.32	1:18.23
	400m: 4:39.88	1:12.60	1700m: 21:06.46	1:15.13	3000m: 37:45.91	1:15.45	4300m: 54:33.51	1:19.19
	500m: 5:54.00	1:14.12	1800m: 22:21.35	1:14.89	3100m: 39:03.50	1:17.59	4400m: 55:52.11	1:18.60
	600m: 7:09.01	1:15.01	1900m: 23:36.64	1:15.29	3200m: 40:20.82	1:17.32	4500m: 57:09.88	1:17.77
	700m: 8:23.73	1:14.72	2000m: 24:53.42	1:16.78	3300m: 41:37.91	1:17.09	4600m: 58:26.33	1:16.45
	800m: 9:39.08	1:15.35	2100m: 26:10.13	1:16.71	3400m: 42:55.40	1:17.49	4700m: 59:45.42	1:19.09
	900m: 10:54.43	1:15.35	2200m: 27:27.57	1:17.44	3500m: 44:12.42	1:17.02	4800m: 1:01:04.07	1:18.65
	1000m: 12:09.30	1:14.87	2300m: 28:45.12	1:17.55	3600m: 45:31.50	1:19.08	4900m: 1:02:22.70	1:18.63
	1100m: 13:25.59	1:16.29	2400m: 30:03.00	1:17.88	3700m: 46:50.60	1:19.10	5000m: 1:03:41.85	1:19.15
	1200m: 14:42.64	1:17.05	2500m: 31:21.03	1:18.03	3800m: 48:09.03	1:18.43		
	1300m: 15:59.71	1:17.07	2600m: 32:38.05	1:17.02	3900m: 49:24.89	1:15.86		
9.	Dennis Wijbenga	Stadskanaal	23:15.06	9003283	<b>1:04:42.56</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:09.63	1:09.63	1300m: 16:15.67	1:17.76	2500m: 31:31.97	1:19.38	3900m: 50:07.78	1:22.69
	200m: 2:21.41	1:11.78	1400m: 17:32.42	1:16.75	2600m: 32:48.72	1:16.75	4000m: 51:32.43	1:24.65
	300m: 3:36.03	1:14.62	1500m: 18:45.63	1:13.21	2800m: 35:23.21	2:34.49	4100m: 52:55.62	1:23.19
	400m: 4:51.03	1:15.00	1600m: 20:00.94	1:15.31	2900m: 36:41.24	1:18.03	4200m: 54:11.34	1:15.72
	500m: 6:05.31	1:14.28	1700m: 21:14.84	1:13.90	3000m: 38:01.37	1:20.13	4300m: 55:28.88	1:17.54
	600m: 7:21.45	1:16.14	1800m: 22:28.00	1:13.16	3100m: 39:21.24	1:19.87	4400m: 56:49.68	1:20.80
	700m: 8:36.25	1:14.80	1900m: 23:42.28	1:14.28	3200m: 40:42.62	1:21.38	4500m: 58:11.15	1:21.47
	800m: 9:52.36	1:16.11	2000m: 24:58.72	1:16.44	3300m: 42:00.38	1:17.76	4600m: 59:29.81	1:18.66
	900m: 11:08.52	1:16.16	2100m: 26:16.16	1:17.44	3400m: 43:22.09	1:21.71	4700m: 1:00:47.81	1:18.00
	1000m: 12:23.77	1:15.25	2200m: 27:34.47	1:18.31	3500m: 44:43.07	1:20.98	4800m: 1:02:07.18	1:19.37
	1100m: 13:40.22	1:16.45	2300m: 28:53.41	1:18.94	3600m: 46:00.56	1:17.49	4900m: 1:03:28.41	1:21.23
	1200m: 14:57.91	1:17.69	2400m: 30:12.59	1:19.18	3800m: 48:45.09	2:44.53	5000m: 1:04:42.56	1:14.15

 Programmanr. 5  
 23-4-2011 - 16:15

## Meisjes, 5000m vrije slag

 Jeugd 1 en 2  
 Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
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## Programmanr. 5, Meisjes, 5000m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Tamara Grove	Oceanus	24:45.94	9601266	<b>1:06:43.95</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:17.36	1:17.36	1400m: 18:45.36	1:20.35	2700m: 36:10.31	1:20.44	4000m: 53:36.51	1:20.01
	200m: 2:37.71	1:20.35	1500m: 20:05.75	1:20.39	2800m: 37:31.65	1:21.34	4100m: 54:55.90	1:19.39
	300m: 3:58.99	1:21.28	1600m: 21:25.97	1:20.22	2900m: 38:52.30	1:20.65	4200m: 56:15.20	1:19.30
	400m: 5:20.18	1:21.19	1700m: 22:46.41	1:20.44	3000m: 40:12.97	1:20.67	4300m: 57:34.39	1:19.19
	500m: 6:41.22	1:21.04	1800m: 24:07.63	1:21.22	3100m: 41:33.53	1:20.56	4400m: 58:53.00	1:18.61
	600m: 8:01.85	1:20.63	1900m: 25:29.08	1:21.45	3200m: 42:53.83	1:20.30	4500m: 1:00:12.02	1:19.02
	700m: 9:23.16	1:21.31	2000m: 26:49.94	1:20.86	3300m: 44:14.76	1:20.93	4600m: 1:01:30.51	1:18.49
	800m: 10:43.62	1:20.46	2100m: 28:10.22	1:20.28	3400m: 45:35.35	1:20.59	4700m: 1:02:49.15	1:18.64
	900m: 12:04.35	1:20.73	2200m: 29:30.25	1:20.03	3500m: 46:55.83	1:20.48	4800m: 1:04:08.32	1:19.17
	1000m: 13:23.66	1:19.31	2300m: 30:49.87	1:19.62	3600m: 48:16.12	1:20.29	4900m: 1:05:26.80	1:18.48
	1100m: 14:44.25	1:20.59	2400m: 32:10.16	1:20.29	3700m: 49:35.24	1:19.12	5000m: 1:06:43.95	1:17.15
	1200m: 16:04.26	1:20.01	2500m: 33:30.15	1:19.99	3800m: 50:55.84	1:20.60		
	1300m: 17:25.01	1:20.75	2600m: 34:49.87	1:19.72	3900m: 52:16.50	1:20.66		
2.	Jamilla van Veen	One Team Swimming	25:08.63	9603192	<b>1:07:52.45</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:13.68	1:13.68	1400m: 18:38.28	1:21.16	2700m: 36:12.96	1:20.75	4000m: 53:55.40	1:22.34
	200m: 2:31.90	1:18.22	1500m: 20:00.00	1:21.72	2800m: 37:33.55	1:20.59	4100m: 55:18.06	1:22.66
	300m: 3:50.65	1:18.75	1600m: 21:21.18	1:21.18	2900m: 38:54.51	1:20.96	4200m: 56:42.31	1:24.25
	400m: 5:09.78	1:19.13	1700m: 22:42.56	1:21.38	3000m: 40:15.47	1:20.96	4300m: 58:05.43	1:23.12
	500m: 6:29.05	1:19.27	1800m: 24:04.08	1:21.52	3100m: 41:36.38	1:20.91	4400m: 59:29.88	1:24.45
	600m: 7:48.75	1:19.70	1900m: 25:25.88	1:21.80	3200m: 42:58.00	1:21.62	4500m: 1:00:54.51	1:24.63
	700m: 9:09.62	1:20.87	2000m: 26:46.51	1:20.63	3300m: 44:19.51	1:21.51	4600m: 1:02:19.15	1:24.64
	800m: 10:30.84	1:21.22	2100m: 28:06.75	1:20.24	3400m: 45:41.06	1:21.55	4700m: 1:03:43.40	1:24.25
	900m: 11:51.72	1:20.88	2200m: 29:27.38	1:20.63	3500m: 47:03.31	1:22.25	4800m: 1:05:07.51	1:24.11
	1000m: 13:12.72	1:21.00	2300m: 30:49.18	1:21.80	3600m: 48:26.93	1:23.62	4900m: 1:06:30.75	1:23.24
	1100m: 14:33.88	1:21.16	2400m: 32:10.72	1:21.54	3700m: 49:48.06	1:21.13	5000m: 1:07:52.45	1:21.70
	1200m: 15:55.90	1:22.02	2500m: 33:31.18	1:20.46	3800m: 51:09.53	1:21.47		
	1300m: 17:17.12	1:21.22	2600m: 34:52.21	1:21.03	3900m: 52:33.06	1:23.53		
3.	Sietske Veldkamp	ZPC De Hof	25:19.42	9501628	<b>1:08:38.53</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:16.29	1:16.29	1400m: 18:44.33	1:20.91	2700m: 36:23.61	1:22.38	4000m: 54:28.67	1:23.87
	200m: 2:37.67	1:21.38	1500m: 20:05.58	1:21.25	2800m: 37:45.98	1:22.37	4100m: 55:52.98	1:24.31
	300m: 3:59.04	1:21.37	1600m: 21:26.83	1:21.25	2900m: 39:08.06	1:22.08	4200m: 57:17.80	1:24.82
	400m: 5:19.30	1:20.26	1700m: 22:48.76	1:21.93	3000m: 40:30.29	1:22.23	4300m: 58:42.73	1:24.93
	500m: 6:39.73	1:20.43	1800m: 24:09.73	1:20.97	3100m: 41:53.80	1:23.51	4400m: 1:00:08.23	1:25.50
	600m: 8:00.15	1:20.42	1900m: 25:31.86	1:22.13	3200m: 43:16.98	1:23.18	4500m: 1:01:33.83	1:25.60
	700m: 9:20.70	1:20.55	2000m: 26:52.77	1:20.91	3300m: 44:40.06	1:23.08	4600m: 1:02:58.26	1:24.43
	800m: 10:41.45	1:20.75	2100m: 28:14.17	1:21.40	3400m: 46:03.98	1:23.92	4700m: 1:04:22.70	1:24.44
	900m: 12:01.86	1:20.41	2200m: 29:35.11	1:20.94	3500m: 47:27.73	1:23.75	4800m: 1:05:47.51	1:24.81
	1000m: 13:22.42	1:20.56	2300m: 30:57.10	1:21.99	3600m: 48:51.42	1:23.69	4900m: 1:07:13.06	1:25.55
	1100m: 14:42.89	1:20.47	2400m: 32:18.70	1:21.60	3700m: 50:16.12	1:24.70	5000m: 1:08:38.53	1:25.47
	1200m: 16:03.29	1:20.40	2500m: 33:40.06	1:21.36	3800m: 51:40.67	1:24.55		
	1300m: 17:23.42	1:20.13	2600m: 35:01.23	1:21.17	3900m: 53:04.80	1:24.13		
4.	Jeanine Kocken	EIFFELswimmersPSV	25:35.40	9601816	<b>1:10:24.68</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:16.81	1:16.81	1400m: 19:11.91	1:23.65	2700m: 37:27.87	1:28.86	4000m: 56:10.09	1:27.31
	200m: 2:37.48	1:20.67	1500m: 20:35.16	1:23.25	2800m: 38:52.46	1:24.59	4100m: 57:37.24	1:27.15
	300m: 3:58.97	1:21.49	1600m: 21:58.99	1:23.83	2900m: 40:17.53	1:25.07	4200m: 59:03.93	1:26.69
	400m: 5:20.30	1:21.33	1700m: 23:21.69	1:22.70	3000m: 41:43.94	1:26.41	4300m: 1:00:30.73	1:26.80
	500m: 6:41.88	1:21.58	1800m: 24:46.03	1:24.34	3100m: 43:07.65	1:23.71	4400m: 1:01:57.41	1:26.68
	600m: 8:04.59	1:22.71	1900m: 26:09.34	1:23.31	3200m: 44:34.39	1:26.74	4500m: 1:03:24.21	1:26.80
	700m: 9:27.85	1:23.26	2000m: 27:33.52	1:24.18	3300m: 46:01.13	1:26.74	4600m: 1:04:50.52	1:26.31
	800m: 10:51.31	1:23.46	2100m: 28:58.46	1:24.94	3400m: 47:27.85	1:26.72	4700m: 1:06:15.68	1:25.16
	900m: 12:15.01	1:23.70	2200m: 30:22.02	1:23.56	3500m: 48:53.99	1:26.14	4800m: 1:07:40.05	1:24.37
	1000m: 13:38.15	1:23.14	2300m: 31:46.63	1:24.61	3600m: 50:20.71	1:26.72	4900m: 1:09:04.24	1:24.19
	1100m: 15:01.13	1:22.98	2400m: 33:10.68	1:24.05	3700m: 51:48.24	1:27.53	5000m: 1:10:24.68	1:20.44
	1200m: 16:24.60	1:23.47	2500m: 34:35.05	1:24.37	3800m: 53:16.24	1:28.00		
	1300m: 17:48.26	1:23.66	2600m: 35:59.01	1:23.96	3900m: 54:42.78	1:26.54		

 Programmanr. 5  
 23-4-2011 - 16:15

## Jongens, 5000m vrije slag

 Jeugd 2 en later  
 Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
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## Programmanr. 5, Jongens, 5000m vrije slag, Jeugd 2 en later

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Marcel Schouten	ZV Haerlem	21:41.85	9300653	<b>57:58.23</b>			
	<i>Nederlands Record Jeugd</i>							
	100m: 1:03.12	1:03.12	1400m: 15:48.32	1:08.89	2700m: 30:59.11	1:10.45	4000m: 46:15.22	1:10.22
	200m: 2:10.61	1:07.49	1500m: 16:57.56	1:09.24	2800m: 32:09.39	1:10.28	4100m: 47:25.31	1:10.09
	300m: 3:18.13	1:07.52	1600m: 18:07.27	1:09.71	2900m: 33:19.99	1:10.60	4200m: 48:35.89	1:10.58
	400m: 4:25.76	1:07.63	1700m: 19:17.05	1:09.78	3000m: 34:30.58	1:10.59	4300m: 49:47.73	1:11.84
	500m: 5:33.53	1:07.77	1800m: 20:26.65	1:09.60	3100m: 35:41.87	1:11.29	4400m: 50:59.44	1:11.71
	600m: 6:41.09	1:07.56	1900m: 21:36.34	1:09.69	3200m: 36:52.99	1:11.12	4500m: 52:10.77	1:11.33
	700m: 7:49.11	1:08.02	2000m: 22:46.49	1:10.15	3300m: 38:04.15	1:11.16	4600m: 53:20.90	1:10.13
	800m: 8:57.35	1:08.24	2100m: 23:56.41	1:09.92	3400m: 39:15.32	1:11.17	4700m: 54:31.39	1:10.49
	900m: 10:06.00	1:08.65	2200m: 25:06.26	1:09.85	3500m: 40:25.67	1:10.35	4800m: 55:41.26	1:09.87
	1000m: 11:14.12	1:08.12	2300m: 26:16.37	1:10.11	3600m: 41:35.41	1:09.74	4900m: 56:51.27	1:10.01
	1100m: 12:22.30	1:08.18	2400m: 27:27.03	1:10.66	3700m: 42:44.90	1:09.49	5000m: 57:58.23	1:06.96
	1200m: 13:30.98	1:08.68	2500m: 28:38.00	1:10.97	3800m: 43:54.66	1:09.76		
	1300m: 14:39.43	1:08.45	2600m: 29:48.66	1:10.66	3900m: 45:05.00	1:10.34		
2.	Ruben Klinkers	Hellas-Glana	22:42.73	9403511	<b>58:53.64</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:08.68	1:08.68	1400m: 16:21.10	1:10.56	2700m: 31:49.07	1:11.14	4000m: 47:04.02	1:11.38
	200m: 2:18.04	1:09.36	1500m: 17:32.15	1:11.05	2800m: 33:00.20	1:11.13	4100m: 48:15.18	1:11.16
	300m: 3:28.31	1:10.27	1600m: 18:43.20	1:11.05	2900m: 34:11.50	1:11.30	4200m: 49:26.66	1:11.48
	400m: 4:38.33	1:10.02	1700m: 19:54.75	1:11.55	3000m: 35:21.64	1:10.14	4300m: 50:37.41	1:10.75
	500m: 5:48.74	1:10.41	1800m: 21:05.92	1:11.17	3100m: 36:31.08	1:09.44	4400m: 51:47.78	1:10.37
	600m: 6:58.59	1:09.85	1900m: 22:17.14	1:11.22	3200m: 37:40.30	1:09.22	4500m: 52:59.51	1:11.73
	700m: 8:09.37	1:10.78	2000m: 23:28.73	1:11.59	3300m: 38:49.53	1:09.23	4600m: 54:10.61	1:11.10
	800m: 9:19.86	1:10.49	2100m: 24:40.04	1:11.31	3400m: 40:00.00	1:10.47	4700m: 55:21.49	1:10.88
	900m: 10:30.95	1:11.09	2200m: 25:51.95	1:11.91	3500m: 41:10.54	1:10.54	4800m: 56:33.34	1:11.85
	1000m: 11:41.86	1:10.91	2300m: 27:03.72	1:11.77	3600m: 42:21.11	1:10.57	4900m: 57:44.18	1:10.84
	1100m: 12:50.84	1:08.98	2400m: 28:14.71	1:10.99	3700m: 43:32.01	1:10.90	5000m: 58:53.64	1:09.46
	1200m: 14:00.54	1:09.70	2500m: 29:26.76	1:12.05	3800m: 44:42.35	1:10.34		
	1300m: 15:10.54	1:10.00	2600m: 30:37.93	1:11.17	3900m: 45:52.64	1:10.29		
3.	Melvin Prins	De Devel	23:43.21	9500201	<b>1:02:07.97</b>			
	<i>Nederlands Record Junioren, tt zijn handtijden</i>							
	100m: 1:11.14	1:11.14	1400m: 17:03.51	1:13.96	2700m: 33:15.75	1:15.35	4000m: 49:33.42	1:17.10
	200m: 2:22.87	1:11.73	1500m: 18:17.78	1:14.27	2800m: 34:30.68	1:14.93	4100m: 50:50.54	1:17.12
	300m: 3:35.77	1:12.90	1600m: 19:31.67	1:13.89	2900m: 35:46.38	1:15.70	4200m: 52:07.10	1:16.56
	400m: 4:48.95	1:13.18	1700m: 20:46.01	1:14.34	3000m: 37:02.18	1:15.80	4300m: 53:22.65	1:15.55
	500m: 6:02.50	1:13.55	1800m: 22:00.56	1:14.55	3100m: 38:17.48	1:15.30	4400m: 54:38.89	1:16.24
	600m: 7:15.23	1:12.73	1900m: 23:15.03	1:14.47	3200m: 39:32.14	1:14.66	4500m: 55:54.50	1:15.61
	700m: 8:28.05	1:12.82	2000m: 24:29.74	1:14.71	3300m: 40:46.29	1:14.15	4600m: 57:10.09	1:15.59
	800m: 9:40.93	1:12.88	2100m: 25:44.79	1:15.05	3400m: 42:01.27	1:14.98	4700m: 58:25.86	1:15.77
	900m: 10:54.23	1:13.30	2200m: 26:59.70	1:14.91	3500m: 43:15.69	1:14.42	4800m: 59:40.69	1:14.83
	1000m: 12:08.05	1:13.82	2300m: 28:14.73	1:15.03	3600m: 44:30.73	1:15.04	4900m: 1:00:56.00	1:15.31
	1100m: 13:21.73	1:13.68	2400m: 29:29.72	1:14.99	3700m: 45:45.31	1:14.58	5000m: 1:02:07.97	1:11.97
	1200m: 14:35.68	1:13.95	2500m: 30:45.54	1:15.82	3800m: 47:00.46	1:15.15		
	1300m: 15:49.55	1:13.87	2600m: 32:00.40	1:14.86	3900m: 48:16.32	1:15.86		
4.	Joeri Prins	De Devel	23:20.58	9302037	<b>1:03:41.85</b>			
	<i>tt zijn handtijden</i>							
	100m: 1:06.21	1:06.21	1400m: 17:17.74	1:18.03	2700m: 33:55.75	1:17.70	4000m: 50:39.39	1:14.50
	200m: 2:16.26	1:10.05	1500m: 18:35.07	1:17.33	2800m: 35:13.67	1:17.92	4100m: 51:56.09	1:16.70
	300m: 3:27.28	1:11.02	1600m: 19:51.33	1:16.26	2900m: 36:30.46	1:16.79	4200m: 53:14.32	1:18.23
	400m: 4:39.88	1:12.60	1700m: 21:06.46	1:15.13	3000m: 37:45.91	1:15.45	4300m: 54:33.51	1:19.19
	500m: 5:54.00	1:14.12	1800m: 22:21.35	1:14.89	3100m: 39:03.50	1:17.59	4400m: 55:52.11	1:18.60
	600m: 7:09.01	1:15.01	1900m: 23:36.64	1:15.29	3200m: 40:20.82	1:17.32	4500m: 57:09.88	1:17.77
	700m: 8:23.73	1:14.72	2000m: 24:53.42	1:16.78	3300m: 41:37.91	1:17.09	4600m: 58:26.33	1:16.45
	800m: 9:39.08	1:15.35	2100m: 26:10.13	1:16.71	3400m: 42:55.40	1:17.49	4700m: 59:45.42	1:19.09
	900m: 10:54.43	1:15.35	2200m: 27:27.57	1:17.44	3500m: 44:12.42	1:17.02	4800m: 1:01:04.07	1:18.65
	1000m: 12:09.30	1:14.87	2300m: 28:45.12	1:17.55	3600m: 45:31.50	1:19.08	4900m: 1:02:22.70	1:18.63
	1100m: 13:25.59	1:16.29	2400m: 30:03.00	1:17.88	3700m: 46:50.60	1:19.10	5000m: 1:03:41.85	1:19.15
	1200m: 14:42.64	1:17.05	2500m: 31:21.03	1:18.03	3800m: 48:09.03	1:18.43		
	1300m: 15:59.71	1:17.07	2600m: 32:38.05	1:17.02	3900m: 49:24.89	1:15.86		

 Programmanr. 5  
 23-4-2011 - 16:15

## Dames, 5000m vrije slag

all-in

Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Leonie van Noort	De Zijl/LGB	23:10.51	9301752	<b>1:02:19.60</b>			
	100m: 1:06.44	1:06.44	1100m: 13:03.77	1:12.59	2100m: 25:15.70	1:13.49	3100m: 37:47.85	1:16.36
	200m: 2:16.42	1:09.98	1200m: 14:16.48	1:12.71	2200m: 26:29.64	1:13.94	3200m: 39:03.73	1:15.88
	300m: 3:27.63	1:11.21	1300m: 15:29.67	1:13.19	2300m: 27:43.61	1:13.97	3300m: 40:20.26	1:16.53
	400m: 4:39.02	1:11.39	1400m: 16:42.69	1:13.02	2400m: 28:58.69	1:15.08	3400m: 41:36.73	1:16.47
	500m: 5:50.37	1:11.35	1500m: 17:55.77	1:13.08	2500m: 30:13.04	1:14.35	3500m: 42:51.84	1:15.11
	600m: 7:01.78	1:11.41	1600m: 19:08.19	1:12.42	2600m: 31:28.73	1:15.69	3600m: 44:10.01	1:18.17
	700m: 8:13.59	1:11.81	1700m: 20:21.23	1:13.04	2700m: 32:45.26	1:16.53	3700m: 45:27.37	1:17.36
	800m: 9:25.77	1:12.18	1800m: 21:36.26	1:15.03	2800m: 34:00.05	1:14.79	3800m: 46:44.37	1:17.00
	900m: 10:38.21	1:12.44	1900m: 22:48.68	1:12.42	2900m: 35:15.46	1:15.41	3900m: 48:01.92	1:17.55
	1000m: 11:51.18	1:12.97	2000m: 24:02.21	1:13.53	3000m: 36:31.49	1:16.03	4000m: 49:20.58	1:18.66
	4100m: 50:38.64	1:18.06	4400m: 54:33.62	1:18.25	4700m: 58:30.19	1:19.30	5000m: 1:02:19.60	1:15.24
	4200m: 51:56.92	1:18.28	4500m: 55:51.79	1:18.17	4800m: 59:46.87	1:16.68		
	4300m: 53:15.37	1:18.45	4600m: 57:10.89	1:19.10	4900m: 1:01:04.36	1:17.49		

Programmanr. 5, Dames, 5000m vrije slag, all-in

rang	naam	vereniging		inschrijftijd		startnr.	tijd	RT	niveau
2.	<b>Evelien Sohl</b>	<b>Het Y</b>		<b>24:03.88</b>		<b>8603346</b>	<b>1:02:49.66</b>		
	100m: 1:10.56	1:10.56	1400m: 17:26.92	1:15.04	2700m: 33:45.46	1:15.82	4000m: 50:10.23	1:15.98	
	200m: 2:25.36	1:14.80	1500m: 18:41.57	1:14.65	2800m: 35:01.03	1:15.57	4100m: 51:26.18	1:15.95	
	300m: 3:40.60	1:15.24	1600m: 19:56.29	1:14.72	2900m: 36:17.01	1:15.98	4200m: 52:42.49	1:16.31	
	400m: 4:55.84	1:15.24	1700m: 21:10.98	1:14.69	3000m: 37:32.29	1:15.28	4300m: 53:58.87	1:16.38	
	500m: 6:10.71	1:14.87	1800m: 22:26.14	1:15.16	3100m: 38:47.83	1:15.54	4400m: 55:15.63	1:16.76	
	600m: 7:25.26	1:14.55	1900m: 23:41.64	1:15.50	3200m: 40:03.26	1:15.43	4500m: 56:32.40	1:16.77	
	700m: 8:40.10	1:14.84	2000m: 24:57.06	1:15.42	3300m: 41:18.80	1:15.54	4600m: 57:48.89	1:16.49	
	800m: 9:55.51	1:15.41	2100m: 26:12.36	1:15.30	3400m: 42:34.91	1:16.11	4700m: 59:05.06	1:16.17	
	900m: 11:10.84	1:15.33	2200m: 27:27.64	1:15.28	3500m: 43:50.85	1:15.94	4800m: 1:00:21.53	1:16.47	
	1000m: 12:26.06	1:15.22	2300m: 28:43.25	1:15.61	3600m: 45:06.50	1:15.65	4900m: 1:01:37.67	1:16.14	
	1100m: 13:41.13	1:15.07	2400m: 29:58.63	1:15.38	3700m: 46:22.22	1:15.72	5000m: 1:02:49.66	1:11.99	
	1200m: 14:56.42	1:15.29	2500m: 31:14.20	1:15.57	3800m: 47:38.01	1:15.79			
	1300m: 16:11.88	1:15.46	2600m: 32:29.64	1:15.44	3900m: 48:54.25	1:16.24			
3.	<b>Alice Bravo</b>	<b>Het Y</b>		<b>24:14.00</b>		<b>8705346</b>	<b>1:04:08.07</b>		
	100m: 1:09.89	1:09.89	1400m: 17:26.25	1:15.34	2700m: 34:00.95	1:15.79	4000m: 50:59.29	1:19.57	
	200m: 2:24.42	1:14.53	1500m: 18:41.64	1:15.39	2800m: 35:18.11	1:17.16	4100m: 52:17.86	1:18.57	
	300m: 3:39.79	1:15.37	1600m: 19:57.55	1:15.91	2900m: 36:35.26	1:17.15	4200m: 53:36.51	1:18.65	
	400m: 4:55.21	1:15.42	1700m: 21:13.77	1:16.22	3000m: 37:52.88	1:17.62	4300m: 54:55.29	1:18.78	
	500m: 6:10.02	1:14.81	1800m: 22:30.88	1:17.11	3100m: 39:10.87	1:17.99	4400m: 56:13.94	1:18.65	
	600m: 7:24.76	1:14.74	1900m: 23:48.33	1:17.45	3200m: 40:29.04	1:18.17	4500m: 57:33.79	1:19.85	
	700m: 8:39.27	1:14.51	2000m: 25:04.76	1:16.43	3300m: 41:47.19	1:18.15	4600m: 58:53.23	1:19.44	
	800m: 9:54.43	1:15.16	2100m: 26:21.64	1:16.88	3400m: 43:05.17	1:17.98	4700m: 1:00:12.77	1:19.54	
	900m: 11:09.75	1:15.32	2200m: 27:39.06	1:17.42	3500m: 44:23.50	1:18.33	4800m: 1:01:32.50	1:19.73	
	1000m: 12:24.84	1:15.09	2300m: 28:56.60	1:17.54	3600m: 45:41.90	1:18.40	4900m: 1:02:51.02	1:18.52	
	1100m: 13:40.38	1:15.54	2400m: 30:13.45	1:16.85	3700m: 47:01.25	1:19.35	5000m: 1:04:08.07	1:17.05	
	1200m: 14:55.40	1:15.02	2500m: 31:29.49	1:16.04	3800m: 48:20.41	1:19.16			
	1300m: 16:10.91	1:15.51	2600m: 32:45.16	1:15.67	3900m: 49:39.72	1:19.31			
4.	<b>Iris Pijtak</b> <i>tt zijn handtijden</i>	<b>AZ&amp;PC</b>		<b>24:22.54</b>		<b>9300602</b>	<b>1:04:29.09</b>		
	100m: 1:11.04	1:11.04	1400m: 17:41.51	1:17.19	2700m: 34:39.48	1:19.03	4000m: 51:43.64	1:18.57	
	200m: 2:25.82	1:14.78	1500m: 18:59.39	1:17.88	2800m: 35:58.48	1:19.00	4100m: 53:01.42	1:17.78	
	300m: 3:40.82	1:15.00	1600m: 20:17.02	1:17.63	2900m: 37:17.13	1:18.65	4200m: 54:19.32	1:17.90	
	400m: 4:56.51	1:15.69	1700m: 21:35.02	1:18.00	3000m: 38:36.13	1:19.00	4300m: 55:36.64	1:17.32	
	500m: 6:12.36	1:15.85	1800m: 22:53.20	1:18.18	3100m: 39:55.48	1:19.35	4400m: 56:54.20	1:17.56	
	600m: 7:28.04	1:15.68	1900m: 24:11.54	1:18.34	3200m: 41:14.32	1:18.84	4500m: 58:11.64	1:17.44	
	700m: 8:43.81	1:15.77	2000m: 25:29.76	1:18.22	3300m: 42:32.70	1:18.38	4600m: 59:28.29	1:16.65	
	800m: 10:00.48	1:16.67	2100m: 26:48.29	1:18.53	3400m: 43:51.39	1:18.69	4700m: 1:00:44.64	1:16.35	
	900m: 11:16.57	1:16.09	2200m: 28:06.20	1:17.91	3500m: 45:09.95	1:18.56	4800m: 1:02:01.16	1:16.52	
	1000m: 12:33.10	1:16.53	2300m: 29:23.92	1:17.72	3600m: 46:28.57	1:18.62	4900m: 1:03:17.04	1:15.88	
	1100m: 13:50.02	1:16.92	2400m: 30:42.39	1:18.47	3700m: 47:47.29	1:18.72	5000m: 1:04:29.09	1:12.05	
	1200m: 15:06.89	1:16.87	2500m: 32:01.20	1:18.81	3800m: 49:06.16	1:18.87			
	1300m: 16:24.32	1:17.43	2600m: 33:20.45	1:19.25	3900m: 50:25.07	1:18.91			
5.	<b>Tamara Grove</b> <i>tt zijn handtijden</i>	<b>Oceanus</b>		<b>24:45.94</b>		<b>9601266</b>	<b>1:06:43.95</b>		
	100m: 1:17.36	1:17.36	1400m: 18:45.36	1:20.35	2700m: 36:10.31	1:20.44	4000m: 53:36.51	1:20.01	
	200m: 2:37.71	1:20.35	1500m: 20:05.75	1:20.39	2800m: 37:31.65	1:21.34	4100m: 54:55.90	1:19.39	
	300m: 3:58.99	1:21.28	1600m: 21:25.97	1:20.22	2900m: 38:52.30	1:20.65	4200m: 56:15.20	1:19.30	
	400m: 5:20.18	1:21.19	1700m: 22:46.41	1:20.44	3000m: 40:12.97	1:20.67	4300m: 57:34.39	1:19.19	
	500m: 6:41.22	1:21.04	1800m: 24:07.63	1:21.22	3100m: 41:33.53	1:20.56	4400m: 58:53.00	1:18.61	
	600m: 8:01.85	1:20.63	1900m: 25:29.08	1:21.45	3200m: 42:53.83	1:20.30	4500m: 1:00:12.02	1:19.02	
	700m: 9:23.16	1:21.31	2000m: 26:49.94	1:20.86	3300m: 44:14.76	1:20.93	4600m: 1:01:30.51	1:18.49	
	800m: 10:43.62	1:20.46	2100m: 28:10.22	1:20.28	3400m: 45:35.35	1:20.59	4700m: 1:02:49.15	1:18.64	
	900m: 12:04.35	1:20.73	2200m: 29:30.25	1:20.03	3500m: 46:55.83	1:20.48	4800m: 1:04:08.32	1:19.17	
	1000m: 13:23.66	1:19.31	2300m: 30:49.87	1:19.62	3600m: 48:16.12	1:20.29	4900m: 1:05:26.80	1:18.48	
	1100m: 14:44.25	1:20.59	2400m: 32:10.16	1:20.29	3700m: 49:35.24	1:19.12	5000m: 1:06:43.95	1:17.15	
	1200m: 16:04.26	1:20.01	2500m: 33:30.15	1:19.99	3800m: 50:55.84	1:20.60			
	1300m: 17:25.01	1:20.75	2600m: 34:49.87	1:19.72	3900m: 52:16.50	1:20.66			
6.	<b>Chantal Grove</b> <i>tt zijn handtijden</i>	<b>Oceanus</b>		<b>25:10.97</b>		<b>9401844</b>	<b>1:07:03.75</b>		
	100m: 1:19.02	1:19.02	1400m: 18:51.82	1:21.28	2700m: 36:22.92	1:19.97	4100m: 55:04.70	1:19.03	
	200m: 2:40.51	1:21.49	1500m: 20:12.54	1:20.72	2800m: 37:43.45	1:20.53	4200m: 56:23.70	1:19.00	
	300m: 4:02.23	1:21.72	1600m: 21:33.60	1:21.06	2900m: 38:52.30	1:20.65	4300m: 57:43.20	1:19.50	
	400m: 5:23.10	1:20.87	1700m: 22:55.04	1:21.44	3000m: 40:12.97	1:20.67	4400m: 59:03.10	1:19.90	
	500m: 6:43.80	1:20.70	1800m: 24:16.73	1:21.69	3100m: 41:33.53	1:20.56	4500m: 1:00:22.80	1:19.70	
	600m: 8:04.51	1:20.71	1900m: 25:37.95	1:21.22	3200m: 42:53.83	1:20.30	4600m: 1:01:43.42	1:20.62	
	700m: 9:25.48	1:20.97	2000m: 26:59.29	1:21.34	3300m: 44:14.76	1:20.93	4700m: 1:03:04.39	1:20.97	
	800m: 10:46.29	1:20.81	2100m: 28:19.42	1:20.13	3400m: 45:35.35	1:20.59	4800m: 1:04:24.89	1:20.50	
	900m: 12:07.39	1:21.10	2200m: 29:40.00	1:20.58	3500m: 46:55.83	1:20.48	4900m: 1:05:45.26	1:20.37	
	1000m: 13:27.86	1:20.47	2300m: 31:00.57	1:20.57	3600m: 48:16.12	1:20.29	5000m: 1:07:03.75	1:18.49	
	1100m: 14:48.16	1:20.30	2400m: 32:21.67	1:21.10	3700m: 49:35.24	1:19.12			
	1200m: 16:09.36	1:21.20	2500m: 33:42.67	1:21.00	3800m: 50:55.84	1:20.60			
	1300m: 17:30.54	1:21.18	2600m: 35:02.95	1:20.28	3900m: 52:16.50	1:20.66			

## Programmanr. 5, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
7.	Jamilla van Veen <i>tt zijn handtijden</i>	One Team Swimming	25:08.63	9603192	<b>1:07:52.45</b>			
	100m: 1:13.68	1:13.68	1400m: 18:38.28	1:21.16	2700m: 36:12.96	1:20.75	4000m: 53:55.40	1:22.34
	200m: 2:31.90	1:18.22	1500m: 20:00.00	1:21.72	2800m: 37:33.55	1:20.59	4100m: 55:18.06	1:22.66
	300m: 3:50.65	1:18.75	1600m: 21:21.18	1:21.18	2900m: 38:54.51	1:20.96	4200m: 56:42.31	1:24.25
	400m: 5:09.78	1:19.13	1700m: 22:42.56	1:21.38	3000m: 40:15.47	1:20.96	4300m: 58:05.43	1:23.12
	500m: 6:29.05	1:19.27	1800m: 24:04.08	1:21.52	3100m: 41:36.38	1:20.91	4400m: 59:29.88	1:24.45
	600m: 7:48.75	1:19.70	1900m: 25:25.88	1:21.80	3200m: 42:58.00	1:21.62	4500m: 1:00:54.51	1:24.63
	700m: 9:09.62	1:20.87	2000m: 26:46.51	1:20.63	3300m: 44:19.51	1:21.51	4600m: 1:02:19.15	1:24.64
	800m: 10:30.84	1:21.22	2100m: 28:06.75	1:20.24	3400m: 45:41.06	1:21.55	4700m: 1:03:43.40	1:24.25
	900m: 11:51.72	1:20.88	2200m: 29:27.38	1:20.63	3500m: 47:03.31	1:22.25	4800m: 1:05:07.51	1:24.11
	1000m: 13:12.72	1:21.00	2300m: 30:49.18	1:21.80	3600m: 48:26.93	1:23.62	4900m: 1:06:30.75	1:23.24
	1100m: 14:33.88	1:21.16	2400m: 32:10.72	1:21.54	3700m: 49:48.06	1:21.13	5000m: 1:07:52.45	1:21.70
	1200m: 15:55.90	1:22.02	2500m: 33:31.18	1:20.46	3800m: 51:09.53	1:21.47		
	1300m: 17:17.12	1:21.22	2600m: 34:52.21	1:21.03	3900m: 52:33.06	1:23.53		
8.	Sietske Veldkamp <i>tt zijn handtijden</i>	ZPC De Hof	25:19.42	9501628	<b>1:08:38.53</b>			
	100m: 1:16.29	1:16.29	1400m: 18:44.33	1:20.91	2700m: 36:23.61	1:22.38	4000m: 54:28.67	1:23.87
	200m: 2:37.67	1:21.38	1500m: 20:05.58	1:21.25	2800m: 37:45.98	1:22.37	4100m: 55:52.98	1:24.31
	300m: 3:59.04	1:21.37	1600m: 21:26.83	1:21.25	2900m: 39:08.06	1:22.08	4200m: 57:17.80	1:24.82
	400m: 5:19.30	1:20.26	1700m: 22:48.76	1:21.93	3000m: 40:30.29	1:22.23	4300m: 58:42.73	1:24.93
	500m: 6:39.73	1:20.43	1800m: 24:09.73	1:20.97	3100m: 41:53.80	1:23.51	4400m: 1:00:08.23	1:25.50
	600m: 8:00.15	1:20.42	1900m: 25:31.86	1:22.13	3200m: 43:16.98	1:23.18	4500m: 1:01:33.83	1:25.60
	700m: 9:20.70	1:20.55	2000m: 26:52.77	1:20.91	3300m: 44:40.06	1:23.08	4600m: 1:02:58.26	1:24.43
	800m: 10:41.45	1:20.75	2100m: 28:14.17	1:21.40	3400m: 46:03.98	1:23.92	4700m: 1:04:22.70	1:24.44
	900m: 12:01.86	1:20.41	2200m: 29:35.11	1:20.94	3500m: 47:27.73	1:23.75	4800m: 1:05:47.51	1:24.81
	1000m: 13:22.42	1:20.56	2300m: 30:57.10	1:21.99	3600m: 48:51.42	1:23.69	4900m: 1:07:13.06	1:25.55
	1100m: 14:42.89	1:20.47	2400m: 32:18.70	1:21.60	3700m: 50:16.12	1:24.70	5000m: 1:08:38.53	1:25.47
	1200m: 16:03.29	1:20.40	2500m: 33:40.06	1:21.36	3800m: 51:40.67	1:24.55		
	1300m: 17:23.42	1:20.13	2600m: 35:01.23	1:21.17	3900m: 53:04.80	1:24.13		
9.	Jeanine Kocken <i>tt zijn handtijden</i>	EIFFELswimmersPSV	25:35.40	9601816	<b>1:10:24.68</b>			
	100m: 1:16.81	1:16.81	1400m: 19:11.91	1:23.65	2700m: 37:27.87	1:28.86	4000m: 56:10.09	1:27.31
	200m: 2:37.48	1:20.67	1500m: 20:35.16	1:23.25	2800m: 38:52.46	1:24.59	4100m: 57:37.24	1:27.15
	300m: 3:58.97	1:21.49	1600m: 21:58.99	1:23.83	2900m: 40:17.53	1:25.07	4200m: 59:03.93	1:26.69
	400m: 5:20.30	1:21.33	1700m: 23:21.69	1:22.70	3000m: 41:43.94	1:26.41	4300m: 1:00:30.73	1:26.80
	500m: 6:41.88	1:21.58	1800m: 24:46.03	1:24.34	3100m: 43:07.65	1:23.71	4400m: 1:01:57.41	1:26.68
	600m: 8:04.59	1:22.71	1900m: 26:09.34	1:23.31	3200m: 44:34.39	1:26.74	4500m: 1:03:24.21	1:26.80
	700m: 9:27.85	1:23.26	2000m: 27:33.52	1:24.18	3300m: 46:01.13	1:26.74	4600m: 1:04:50.52	1:26.31
	800m: 10:51.31	1:23.46	2100m: 28:58.46	1:24.94	3400m: 47:27.85	1:26.72	4700m: 1:06:16.68	1:25.16
	900m: 12:15.01	1:23.70	2200m: 30:22.02	1:23.56	3500m: 48:53.99	1:26.14	4800m: 1:07:40.05	1:24.37
	1000m: 13:38.15	1:23.14	2300m: 31:46.63	1:24.61	3600m: 50:20.71	1:26.72	4900m: 1:09:04.24	1:24.19
	1100m: 15:01.13	1:22.98	2400m: 33:10.68	1:24.05	3700m: 51:48.24	1:27.53	5000m: 1:10:24.68	1:20.44
	1200m: 16:24.60	1:23.47	2500m: 34:35.05	1:24.37	3800m: 53:16.24	1:28.00		
	1300m: 17:48.26	1:23.66	2600m: 35:59.01	1:23.96	3900m: 54:42.78	1:26.54		

 Programmanr. 5  
 23-4-2011 - 16:15

## Heren, 5000m vrije slag

 all-in  
 Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Hans Peter Hartog	DAW	22:36.30	9100859	<b>57:37.55</b>			
	100m: 1:02.40	1:02.40	1400m: 15:45.40	1:08.21	2700m: 30:44.37	1:09.68	4000m: 45:55.12	1:10.09
	200m: 2:09.59	1:07.19	1500m: 16:53.32	1:07.92	2800m: 31:53.94	1:09.57	4100m: 47:05.77	1:10.65
	300m: 3:17.73	1:08.14	1600m: 18:01.68	1:08.36	2900m: 33:03.48	1:09.54	4200m: 48:15.91	1:10.14
	400m: 4:26.03	1:08.30	1700m: 19:10.46	1:08.78	3000m: 34:13.43	1:09.95	4300m: 49:26.23	1:10.32
	500m: 5:34.00	1:07.97	1800m: 20:19.68	1:09.22	3100m: 35:23.10	1:09.67	4400m: 50:36.53	1:10.30
	600m: 6:41.66	1:07.66	1900m: 21:28.93	1:09.25	3200m: 36:33.64	1:10.54	4500m: 51:47.21	1:10.68
	700m: 7:49.67	1:08.01	2000m: 22:38.37	1:09.44	3300m: 37:44.27	1:10.63	4600m: 52:57.87	1:10.66
	800m: 8:57.69	1:08.02	2100m: 23:47.39	1:09.02	3400m: 38:54.74	1:10.47	4700m: 54:09.09	1:11.22
	900m: 10:05.39	1:07.70	2200m: 24:57.01	1:09.62	3500m: 40:05.26	1:10.52	4800m: 55:20.36	1:11.27
	1000m: 11:13.33	1:07.94	2300m: 26:06.11	1:09.10	3600m: 41:15.43	1:10.17	4900m: 56:30.66	1:10.30
	1100m: 12:21.01	1:07.68	2400m: 27:15.44	1:09.33	3700m: 42:25.74	1:10.31	5000m: 57:37.55	1:06.89
	1200m: 13:29.03	1:08.02	2500m: 28:24.97	1:09.53	3800m: 43:35.34	1:09.60		
	1300m: 14:37.19	1:08.16	2600m: 29:34.69	1:09.72	3900m: 44:45.03	1:09.69		
2.	Marcel Schouten <i>Nederlands Record Jeugd</i>	ZV Haerlem	21:41.85	9300653	<b>57:58.23</b>			
	100m: 1:03.12	1:03.12	1100m: 12:22.30	1:08.18	2100m: 23:56.41	1:09.92	3100m: 35:41.87	1:11.29
	200m: 2:10.61	1:07.49	1200m: 13:30.98	1:08.68	2200m: 25:06.26	1:09.85	3200m: 36:52.99	1:11.12
	300m: 3:18.13	1:07.52	1300m: 14:39.43	1:08.45	2300m: 26:16.37	1:10.11	3300m: 38:04.15	1:11.16
	400m: 4:25.76	1:07.63	1400m: 15:48.32	1:08.89	2400m: 27:27.03	1:10.66	3400m: 39:15.32	1:11.17
	500m: 5:33.53	1:07.77	1500m: 16:57.56	1:09.24	2500m: 28:38.00	1:10.97	3500m: 40:25.67	1:10.35
	600m: 6:41.09	1:07.56	1600m: 18:07.27	1:09.71	2600m: 29:48.66	1:10.66	3600m: 41:35.41	1:09.74
	700m: 7:49.11	1:08.02	1700m: 19:17.05	1:09.78	2700m: 30:59.11	1:10.45	3700m: 42:44.90	1:09.49
	800m: 8:57.35	1:08.24	1800m: 20:26.65	1:09.60	2800m: 32:09.39	1:10.28	3800m: 43:54.66	1:09.76
	900m: 10:06.00	1:08.65	1900m: 21:36.34	1:09.69	2900m: 33:19.99	1:10.60	3900m: 45:05.00	1:10.34
	1000m: 11:14.12	1:08.12	2000m: 22:46.49	1:10.15	3000m: 34:30.58	1:10.59	4000m: 46:15.22	1:10.22
	4100m: 47:25.31	1:10.09	4400m: 50:59.44	1:11.71	4700m: 54:31.39	1:10.49	5000m: 57:58.23	1:06.96
	4200m: 48:35.89	1:10.58	4500m: 52:10.77	1:11.33	4800m: 55:41.26	1:09.87		
	4300m: 49:47.73	1:11.84	4600m: 53:20.90	1:10.13	4900m: 56:51.27	1:10.01		

## Programmanr. 5, Heren, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
3.	<b>Ruben Klinkers</b> <i>tt zijn handtijden</i>	<b>Hellas-Glana</b>	<b>22:42.73</b>	<b>9403511</b>	<b>58:53.64</b>			
	100m: 1:08.68	1:08.68	1400m: 16:21.10	1:10.56	2700m: 31:49.07	1:11.14	4000m: 47:04.02	1:11.38
	200m: 2:18.04	1:09.36	1500m: 17:32.15	1:11.05	2800m: 33:00.20	1:11.13	4100m: 48:15.18	1:11.16
	300m: 3:28.31	1:10.27	1600m: 18:43.20	1:11.05	2900m: 34:11.50	1:11.30	4200m: 49:26.66	1:11.48
	400m: 4:38.33	1:10.02	1700m: 19:54.75	1:11.55	3000m: 35:21.64	1:10.14	4300m: 50:37.41	1:10.75
	500m: 5:48.74	1:10.41	1800m: 21:05.92	1:11.17	3100m: 36:31.08	1:09.44	4400m: 51:47.78	1:10.37
	600m: 6:58.59	1:09.85	1900m: 22:17.14	1:11.22	3200m: 37:40.30	1:09.22	4500m: 52:59.51	1:11.73
	700m: 8:09.37	1:10.78	2000m: 23:28.73	1:11.59	3300m: 38:49.53	1:09.23	4600m: 54:10.61	1:11.10
	800m: 9:19.86	1:10.49	2100m: 24:40.04	1:11.31	3400m: 40:00.00	1:10.47	4700m: 55:21.49	1:10.88
	900m: 10:30.95	1:11.09	2200m: 25:51.95	1:11.91	3500m: 41:10.54	1:10.54	4800m: 56:33.34	1:11.85
	1000m: 11:41.86	1:10.91	2300m: 27:03.72	1:11.77	3600m: 42:21.11	1:10.57	4900m: 57:44.18	1:10.84
	1100m: 12:50.84	1:08.98	2400m: 28:14.71	1:10.99	3700m: 43:32.01	1:10.90	5000m: 58:53.64	1:09.46
	1200m: 14:00.54	1:09.70	2500m: 29:26.76	1:12.05	3800m: 44:42.35	1:10.34		
	1300m: 15:10.54	1:10.00	2600m: 30:37.93	1:11.17	3900m: 45:52.64	1:10.29		
4.	<b>Daan Glorie</b>	<b>Het Y</b>	<b>22:27.03</b>	<b>8801115</b>	<b>59:46.12</b>			
	100m: 1:05.92	1:05.92	1400m: 16:20.60	1:11.41	2700m: 31:54.74	1:12.21	4000m: 47:42.57	1:12.88
	200m: 2:15.57	1:09.65	1500m: 17:32.07	1:11.47	2800m: 33:07.30	1:12.56	4100m: 48:55.54	1:12.97
	300m: 3:25.38	1:09.81	1600m: 18:43.54	1:11.47	2900m: 34:20.25	1:12.95	4200m: 50:08.38	1:12.84
	400m: 4:35.19	1:09.81	1700m: 19:55.36	1:11.82	3000m: 35:33.06	1:12.81	4300m: 51:21.14	1:12.76
	500m: 5:44.84	1:09.65	1800m: 21:07.18	1:11.82	3100m: 36:45.79	1:12.73	4400m: 52:34.19	1:13.05
	600m: 6:54.94	1:10.10	1900m: 22:19.41	1:12.23	3200m: 37:58.57	1:12.78	4500m: 53:47.03	1:12.84
	700m: 8:05.07	1:10.13	2000m: 23:31.23	1:11.82	3300m: 39:11.17	1:12.60	4600m: 54:59.70	1:12.67
	800m: 9:15.35	1:10.28	2100m: 24:42.82	1:11.59	3400m: 40:23.80	1:12.63	4700m: 56:12.30	1:12.60
	900m: 10:25.90	1:10.55	2200m: 25:54.46	1:11.64	3500m: 41:36.59	1:12.79	4800m: 57:25.47	1:13.17
	1000m: 11:36.58	1:10.68	2300m: 27:06.02	1:11.56	3600m: 42:49.79	1:13.20	4900m: 58:38.07	1:12.60
	1100m: 12:47.24	1:10.66	2400m: 28:17.90	1:11.88	3700m: 44:02.75	1:12.96	5000m: 59:46.12	1:08.05
	1200m: 13:58.01	1:10.77	2500m: 29:30.12	1:12.22	3800m: 45:16.16	1:13.41		
	1300m: 15:09.19	1:11.18	2600m: 30:42.53	1:12.41	3900m: 46:29.69	1:13.53		
5.	<b>Jan-Willem v.d. Graaff</b> <i>tt zijn handtijden</i>	<b>Het Y</b>	<b>22:49.91</b>	<b>8901023</b>	<b>1:00:35.79</b>			
	100m: 1:06.19	1:06.19	1400m: 16:26.08	1:11.91	2700m: 32:12.11	1:13.22	4000m: 48:10.09	1:14.93
	200m: 2:15.82	1:09.63	1500m: 17:38.35	1:12.27	2800m: 33:25.74	1:13.63	4100m: 49:24.48	1:14.39
	300m: 3:25.66	1:09.84	1600m: 18:50.66	1:12.31	2900m: 34:39.58	1:13.84	4200m: 50:38.29	1:13.81
	400m: 4:36.01	1:10.35	1700m: 20:03.04	1:12.38	3000m: 35:53.14	1:13.56	4300m: 51:49.66	1:11.37
	500m: 5:46.45	1:10.44	1800m: 21:15.14	1:12.10	3100m: 37:05.96	1:12.82	4400m: 53:04.62	1:14.96
	600m: 6:56.58	1:10.13	1900m: 22:27.64	1:12.50	3200m: 38:18.95	1:12.99	4500m: 54:19.52	1:14.90
	700m: 8:07.07	1:10.49	2000m: 23:40.41	1:12.77	3300m: 39:32.01	1:13.06	4600m: 55:35.22	1:15.70
	800m: 9:18.19	1:11.12	2100m: 24:52.79	1:12.38	3400m: 40:45.46	1:13.45	4700m: 56:50.36	1:15.14
	900m: 10:29.43	1:11.24	2200m: 26:05.95	1:13.16	3500m: 41:58.30	1:12.84	4800m: 58:05.88	1:15.52
	1000m: 11:40.90	1:11.47	2300m: 27:18.91	1:12.96	3600m: 43:12.18	1:13.88	4900m: 59:21.63	1:15.75
	1100m: 12:53.07	1:12.17	2400m: 28:32.04	1:13.13	3700m: 44:25.88	1:13.70	5000m: 1:00:35.79	1:14.16
	1200m: 14:02.38	1:09.31	2500m: 29:45.76	1:13.72	3800m: 45:40.51	1:14.63		
	1300m: 15:14.17	1:11.79	2600m: 30:58.89	1:13.13	3900m: 46:55.16	1:14.65		
6.	<b>Melvin Prins</b> <i>Nederlands Record Junioren, tt zijn handtijden</i>	<b>De Devel</b>	<b>23:43.21</b>	<b>9500201</b>	<b>1:02:07.97</b>			
	100m: 1:11.14	1:11.14	1400m: 17:03.51	1:13.96	2700m: 33:15.75	1:15.35	4000m: 49:33.42	1:17.10
	200m: 2:22.87	1:11.73	1500m: 18:17.78	1:14.27	2800m: 34:30.68	1:14.93	4100m: 50:50.54	1:17.12
	300m: 3:35.77	1:12.90	1600m: 19:31.67	1:13.89	2900m: 35:46.38	1:15.70	4200m: 52:07.10	1:16.56
	400m: 4:48.95	1:13.18	1700m: 20:46.01	1:14.34	3000m: 37:02.18	1:15.80	4300m: 53:22.65	1:15.55
	500m: 6:02.50	1:13.55	1800m: 22:00.56	1:14.55	3100m: 38:17.48	1:15.30	4400m: 54:38.89	1:16.24
	600m: 7:15.23	1:12.73	1900m: 23:15.03	1:14.47	3200m: 39:32.14	1:14.66	4500m: 55:54.50	1:15.61
	700m: 8:28.05	1:12.82	2000m: 24:29.74	1:14.71	3300m: 40:46.29	1:14.15	4600m: 57:10.09	1:15.59
	800m: 9:40.93	1:12.88	2100m: 25:44.79	1:15.05	3400m: 42:01.27	1:14.98	4700m: 58:25.86	1:15.77
	900m: 10:54.23	1:13.30	2200m: 26:59.70	1:14.91	3500m: 43:15.69	1:14.42	4800m: 59:40.69	1:14.83
	1000m: 12:08.05	1:13.82	2300m: 28:14.73	1:15.03	3600m: 44:30.73	1:15.04	4900m: 1:00:56.00	1:15.31
	1100m: 13:21.73	1:13.68	2400m: 29:29.72	1:14.99	3700m: 45:45.31	1:14.58	5000m: 1:02:07.97	1:11.97
	1200m: 14:35.68	1:13.95	2500m: 30:45.54	1:15.82	3800m: 47:00.46	1:15.15		
	1300m: 15:49.55	1:13.87	2600m: 32:00.40	1:14.86	3900m: 48:16.32	1:15.86		
7.	<b>Matthijs Dekker</b> <i>tt zijn handtijden</i>	<b>De Dolfijn</b>	<b>23:37.48</b>	<b>9000621</b>	<b>1:03:13.12</b>			
	100m: 1:10.07	1:10.07	1300m: 16:04.12	1:14.36	2500m: 31:31.72	1:17.72	3700m: 46:53.90	1:14.91
	200m: 2:22.03	1:11.96	1400m: 17:18.75	1:14.63	2600m: 32:49.21	1:17.49	3800m: 48:10.53	1:16.63
	300m: 3:36.73	1:14.70	1500m: 18:34.79	1:16.04	2700m: 34:07.22	1:18.01	3900m: 49:27.40	1:16.87
	400m: 4:51.79	1:15.06	1600m: 19:51.31	1:16.52	2800m: 35:25.25	1:18.03	4100m: 51:58.75	2:31.35
	500m: 6:06.46	1:14.67	1700m: 21:08.11	1:16.80	2900m: 36:42.68	1:17.43	4300m: 54:27.92	2:29.17
	600m: 7:21.78	1:15.32	1800m: 22:26.97	1:18.86	3000m: 38:00.87	1:18.19	4400m: 55:42.09	1:14.17
	700m: 8:36.96	1:15.18	1900m: 23:46.13	1:19.16	3100m: 39:17.76	1:16.89	4500m: 56:56.93	1:14.84
	800m: 9:52.54	1:15.58	2000m: 25:03.95	1:17.82	3200m: 40:33.33	1:15.57	4600m: 58:11.62	1:14.69
	900m: 11:07.21	1:14.67	2100m: 26:21.93	1:17.98	3300m: 41:49.53	1:16.20	4700m: 59:27.97	1:16.35
	1000m: 12:21.08	1:13.87	2200m: 27:39.79	1:17.86	3400m: 43:06.47	1:16.94	4800m: 1:00:43.85	1:15.88
	1100m: 13:35.12	1:14.04	2300m: 28:57.26	1:17.47	3500m: 44:22.10	1:15.63	4900m: 1:01:59.28	1:15.43
	1200m: 14:49.76	1:14.64	2400m: 30:14.00	1:16.74	3600m: 45:38.99	1:16.89	5000m: 1:03:13.12	1:13.84

## Programmanr. 5, Heren, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
8.	Joeri Prins <i>tt zijn handtijden</i>	De Devel	23:20.58	9302037	<b>1:03:41.85</b>			
	100m: 1:06.21	1:06.21	1400m: 17:17.74	1:18.03	2700m: 33:55.75	1:17.70	4000m: 50:39.39	1:14.50
	200m: 2:16.26	1:10.05	1500m: 18:35.07	1:17.33	2800m: 35:13.67	1:17.92	4100m: 51:56.09	1:16.70
	300m: 3:27.28	1:11.02	1600m: 19:51.33	1:16.26	2900m: 36:30.46	1:16.79	4200m: 53:14.32	1:18.23
	400m: 4:39.88	1:12.60	1700m: 21:06.46	1:15.13	3000m: 37:45.91	1:15.45	4300m: 54:33.51	1:19.19
	500m: 5:54.00	1:14.12	1800m: 22:21.35	1:14.89	3100m: 39:03.50	1:17.59	4400m: 55:52.11	1:18.60
	600m: 7:09.01	1:15.01	1900m: 23:36.64	1:15.29	3200m: 40:20.82	1:17.32	4500m: 57:09.88	1:17.77
	700m: 8:23.73	1:14.72	2000m: 24:53.42	1:16.78	3300m: 41:37.91	1:17.09	4600m: 58:26.33	1:16.45
	800m: 9:39.08	1:15.35	2100m: 26:10.13	1:16.71	3400m: 42:55.40	1:17.49	4700m: 59:45.42	1:19.09
	900m: 10:54.43	1:15.35	2200m: 27:27.57	1:17.44	3500m: 44:12.42	1:17.02	4800m: 1:01:04.07	1:18.65
	1000m: 12:09.30	1:14.87	2300m: 28:45.12	1:17.55	3600m: 45:31.50	1:19.08	4900m: 1:02:22.70	1:18.63
	1100m: 13:25.59	1:16.29	2400m: 30:03.00	1:17.88	3700m: 46:50.60	1:19.10	5000m: 1:03:41.85	1:19.15
	1200m: 14:42.64	1:17.05	2500m: 31:21.03	1:18.03	3800m: 48:09.03	1:18.43		
	1300m: 15:59.71	1:17.07	2600m: 32:38.05	1:17.02	3900m: 49:24.89	1:15.86		
9.	Dennis Wijbenga <i>tt zijn handtijden</i>	Stadskanaal	23:15.06	9003283	<b>1:04:42.56</b>			
	100m: 1:09.63	1:09.63	1300m: 16:15.67	1:17.76	2500m: 31:31.97	1:19.38	3900m: 50:07.78	1:22.69
	200m: 2:21.41	1:11.78	1400m: 17:32.42	1:16.75	2600m: 32:48.72	1:16.75	4000m: 51:32.43	1:24.65
	300m: 3:36.03	1:14.62	1500m: 18:45.63	1:13.21	2800m: 35:23.21	2:34.49	4100m: 52:55.62	1:23.19
	400m: 4:51.03	1:15.00	1600m: 20:00.94	1:15.31	2900m: 36:41.24	1:18.03	4200m: 54:11.34	1:15.72
	500m: 6:05.31	1:14.28	1700m: 21:14.84	1:13.90	3000m: 38:01.37	1:20.13	4300m: 55:28.88	1:17.54
	600m: 7:21.45	1:16.14	1800m: 22:28.00	1:13.16	3100m: 39:21.24	1:19.87	4400m: 56:49.68	1:20.80
	700m: 8:36.25	1:14.80	1900m: 23:42.28	1:14.28	3200m: 40:42.62	1:21.38	4500m: 58:11.15	1:21.47
	800m: 9:52.36	1:16.11	2000m: 24:58.72	1:16.44	3300m: 42:00.38	1:17.76	4600m: 59:29.81	1:18.66
	900m: 11:08.52	1:16.16	2100m: 26:16.16	1:17.44	3400m: 43:22.09	1:21.71	4700m: 1:00:47.81	1:18.00
	1000m: 12:23.77	1:15.25	2200m: 27:34.47	1:18.31	3500m: 44:43.07	1:20.98	4800m: 1:02:07.18	1:19.37
	1100m: 13:40.22	1:16.45	2300m: 28:53.41	1:18.94	3600m: 46:00.56	1:17.49	4900m: 1:03:28.41	1:21.23
	1200m: 14:57.91	1:17.69	2400m: 30:12.59	1:19.18	3800m: 48:45.09	2:44.53	5000m: 1:04:42.56	1:14.15

 Programmanr. 6  
 23-4-2011 - 17:50

## Meisjes, 800m vrije slag

 Junioren 1  
 Resultaten

Nederlands Record Junioren	8:56.79	Esmee Vermeulen	Amsterdam	27-3-2010
Nederlands Record 12 jaar	9:47.41	Karen Wammes	Amersfoort	25-6-1989
Kamp. Record Junioren 1	9:48.43	Janina Beckers	Drachten	25-4-2010

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Marieke Tienstra	TriVia	10:41.21	9900302	<b>10:18.74</b>		D	
	100m: 1:09.29	1:09.29	300m: 3:44.00	1:17.92	500m: 6:21.76	1:19.12	700m: 9:01.52	1:19.89
	200m: 2:26.08	1:16.79	400m: 5:02.64	1:18.64	600m: 7:41.63	1:19.87	800m: 10:18.74	1:17.22
2.	Melissa Baars <i>200m*, 400m*</i>	Aquarijn	10:50.38	9900376	<b>10:40.55</b>		E	
	100m: 1:12.78	1:12.78	300m: 3:55.28	1:21.44	500m: 6:40.40	1:22.85	700m: 9:23.69	1:21.02
	200m: 2:33.84	1:21.06	400m: 5:17.55	1:22.27	600m: 8:02.67	1:22.27	800m: 10:40.55	1:16.86
3.	Moesha Wartes	De Dolfijn	11:02.79	9901724	<b>10:51.97</b>		E	
	100m: 1:14.95	1:14.95	300m: 4:00.45	1:22.70	500m: 6:47.33	1:23.62	700m: 9:34.05	1:23.14
	200m: 2:37.75	1:22.80	400m: 5:23.71	1:23.26	600m: 8:10.91	1:23.58	800m: 10:51.97	1:17.92
4.	Laura Stegge	De Dinkel	10:46.96	9900262	<b>10:54.47</b>		E	
	100m: 1:16.04	1:16.04	300m: 3:59.27	1:22.32	500m: 6:44.42	1:23.03	700m: 9:33.50	1:25.18
	200m: 2:36.95	1:20.91	400m: 5:21.39	1:22.12	600m: 8:08.32	1:23.90	800m: 10:54.47	1:20.97
5.	Rafaëlla van Nee	De Dolfijn	10:56.69	9900358	<b>10:57.50</b>		E	
	100m: 1:13.72	1:13.72	300m: 4:01.23	1:23.75	500m: 6:50.99	1:24.42	700m: 9:37.58	1:22.69
	200m: 2:37.48	1:23.76	400m: 5:26.57	1:25.34	600m: 8:14.89	1:23.90	800m: 10:57.50	1:19.92
6.	Isabel van der Boor	MNC Dordrecht	11:09.21	9901330	<b>10:59.33</b>		E	
	100m: 1:15.20	1:15.20	300m: 4:00.68	1:23.34	500m: 6:49.97	1:25.44	700m: 9:37.54	1:23.86
	200m: 2:37.34	1:22.14	400m: 5:24.53	1:23.85	600m: 8:13.68	1:23.71	800m: 10:59.33	1:21.79
7.	Nikita van den Ouden	Hieronymus	11:04.37	9900622	<b>11:01.49</b>		E	
	100m: 1:16.69	1:16.69	300m: 4:01.55	1:22.68	500m: 6:51.00	1:25.20	700m: 9:39.54	1:24.18
	200m: 2:38.87	1:22.18	400m: 5:25.80	1:24.25	600m: 8:15.36	1:24.36	800m: 11:01.49	1:21.95
8.	Simone Krans <i>400m*</i>	De Kikker	10:49.58	9900756	<b>11:02.13</b>		E	
	100m: 1:15.91	1:15.91	300m: 3:58.77	1:21.28	500m: 6:45.37	1:23.96	700m: 9:37.86	1:26.29
	200m: 2:37.49	1:21.58	400m: 5:21.41	1:22.64	600m: 8:11.57	1:26.20	800m: 11:02.13	1:24.27
9.	Katja Kuijlaars	MNC Dordrecht	11:09.21	9900016	<b>11:06.81</b>		E	
	100m: 1:16.55	1:16.55	300m: 3:59.97	1:22.13	500m: 6:51.22	1:26.46	700m: 9:47.31	1:28.30
	200m: 2:37.84	1:21.29	400m: 5:24.76	1:24.79	600m: 8:19.01	1:27.79	800m: 11:06.81	1:19.50
10.	Anne Fleur Willemsen	Appingedam	10:58.99	9901396	<b>11:07.01</b>		E	
	100m: 1:17.55	1:17.55	300m: 4:07.18	1:25.17	500m: 6:58.46	1:25.89	700m: 9:48.31	1:24.77
	200m: 2:42.01	1:24.46	400m: 5:32.57	1:25.39	600m: 8:23.54	1:25.08	800m: 11:07.01	1:18.70

## Programmanr. 6, Meisjes, 800m vrije slag, Junioren 1

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
11.	Lonneke Graansma	TriVia	11:09.18	9900936	<b>11:08.39</b>			
	100m: 1:17.61	1:17.61	300m: 4:07.04	1:25.48	500m: 6:59.11	1:26.25	700m: 9:49.06	1:24.82
	200m: 2:41.56	1:23.95	400m: 5:32.86	1:25.82	600m: 8:24.24	1:25.13	800m: 11:08.39	1:19.33
12.	Hilde Dekker	Ritola-Zwemmen en Waterpolo	10:51.50	9901926	<b>11:09.53</b>			
	100m: 1:16.84	1:16.84	300m: 4:03.48	1:23.85	500m: 6:54.65	1:26.64	700m: 9:46.89	1:25.32
	200m: 2:39.63	1:22.79	400m: 5:28.01	1:24.53	600m: 8:21.57	1:26.92	800m: 11:09.53	1:22.64
13.	Isabel Nibourg	De Dinkel	11:13.09	9900220	<b>11:26.07</b>			
	100m: 1:16.93	1:16.93	300m: 4:05.47	1:25.79	500m: 7:02.23	1:28.76	700m: 9:59.48	1:28.90
	200m: 2:39.68	1:22.75	400m: 5:33.47	1:28.00	600m: 8:30.58	1:28.35	800m: 11:26.07	1:26.59
14.	Nina Geul	Aqua-Novio'94	10:59.60	9901080	<b>11:29.56</b>			
	100m: 1:17.56	1:17.56	300m: 4:08.34	1:25.85	500m: 7:03.90	1:28.83	700m: 10:02.75	1:29.86
	200m: 2:42.49	1:24.93	400m: 5:35.07	1:26.73	600m: 8:32.89	1:28.99	800m: 11:29.56	1:26.81
15.	Irem Tjihuis	De Dinkel	11:41.86	9904354	<b>11:34.24</b>			
	100m: 1:17.56	1:17.56	300m: 4:10.32	1:27.07	500m: 7:10.29	1:30.57	700m: 10:10.12	1:30.03
	200m: 2:43.25	1:25.69	400m: 5:39.72	1:29.40	600m: 8:40.09	1:29.80	800m: 11:34.24	1:24.12
16.	Anne May Alkemade	SBC2000	11:18.09	9903374	<b>11:35.79</b>			
	100m: 1:20.24	1:20.24	300m: 4:16.53	1:29.32	500m: 7:15.12	1:29.67	700m: 10:13.53	1:28.32
	200m: 2:47.21	1:26.97	400m: 5:45.45	1:28.92	600m: 8:45.21	1:30.09	800m: 11:35.79	1:22.26
17.	Nikita Vos	LZ 1886	11:35.87	9900356	<b>11:35.86</b>			
	100m: 1:16.36	1:16.36	300m: 4:08.71	1:26.65	500m: 7:08.19	1:30.35	700m: 10:07.98	1:29.70
	200m: 2:42.06	1:25.70	400m: 5:37.84	1:29.13	600m: 8:38.28	1:30.09	800m: 11:35.86	1:27.88
18.	Myrthe Offenga	De Granaet	11:27.70	9901874	<b>11:36.44</b>			
	100m: 1:22.17	1:22.17	300m: 4:21.23	1:29.51	500m: 7:20.79	1:29.92	700m: 10:16.39	1:27.35
	200m: 2:51.72	1:29.55	400m: 5:50.87	1:29.64	600m: 8:49.04	1:28.25	800m: 11:36.44	1:20.05
19.	Fabienne IJsselstein 400m*	MNC Dordrecht	11:30.53	9902108	<b>11:44.01</b>			
	100m: 1:20.36	1:20.36	300m: 4:17.64	1:29.68	500m: 7:18.59	1:30.82	700m: 10:17.33	1:29.07
	200m: 2:47.96	1:27.60	400m: 5:47.77	1:30.13	600m: 8:48.26	1:29.67	800m: 11:44.01	1:26.68
20.	Alyssa vd Lans	Racing Club	11:42.08	9901644	<b>11:46.92</b>			
	100m: 1:20.17	1:20.17	300m: 4:17.19	1:29.54	500m: 7:18.95	1:31.19	700m: 10:21.01	1:31.27
	200m: 2:47.65	1:27.48	400m: 5:47.76	1:30.57	600m: 8:49.74	1:30.79	800m: 11:46.92	1:25.91
21.	Kyra Jongman	Zeester-Meerval	11:25.07	9902688	<b>11:47.00</b>			
	100m: 1:21.55	1:21.55	300m: 4:18.92	1:28.60	500m: 7:19.73	1:32.45	700m: 10:20.07	1:29.22
	200m: 2:50.32	1:28.77	400m: 5:47.28	1:28.36	600m: 8:50.85	1:31.12	800m: 11:47.00	1:26.93
22.	Senna Lindenberg	MNC Dordrecht	11:29.29	9900738	<b>11:52.80</b>			
	100m: 1:21.99	1:21.99	300m: 4:19.30	1:29.00	500m: 7:23.33	1:32.25	700m: 10:26.70	1:31.26
	200m: 2:50.30	1:28.31	400m: 5:51.08	1:31.78	600m: 8:55.44	1:32.11	800m: 11:52.80	1:26.10
23.	Laurette van der Woning	De Dinkel	11:41.49	9900974	<b>11:58.14</b>			
	100m: 1:19.28	1:19.28	300m: 4:20.56	1:31.59	500m: 7:25.62	1:32.58	700m: 10:30.04	1:31.80
	200m: 2:48.97	1:29.69	400m: 5:53.04	1:32.48	600m: 8:58.24	1:32.62	800m: 11:58.14	1:28.10

 Programmanr. 7  
 23-4-2011 - 18:40

## Meisjes, 800m vrije slag

 Junioren 2  
 Resultaten

Nederlands Record Junioren	8:56.79	Esmee Vermeulen	Amsterdam	27-3-2010
Nederlands Record 13 jaar	9:01.19	Esmee Vermeulen	Eindhoven	27-11-2009
Kamp. Record Junioren 2	9:17.78	Esmee Vermeulen	Dordrecht	26-4-2009

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Janina Beckers	Eurode KZC	9:44.16	9800574	<b>9:35.48</b>		B	
	100m: 1:05.70	1:05.70	300m: 3:32.97	1:13.81	500m: 5:58.50	1:13.16	700m: 8:24.50	1:12.58
	200m: 2:19.16	1:13.46	400m: 4:45.34	1:12.37	600m: 7:11.92	1:13.42	800m: 9:35.48	1:10.98
2.	Tessa Vermeulen	De Dolfijn	10:17.12	9800068	<b>9:41.31</b>		C	
	100m: 1:07.60	1:07.60	300m: 3:33.52	1:13.65	500m: 6:02.56	1:14.94	700m: 8:30.21	1:13.82
	200m: 2:19.87	1:12.27	400m: 4:47.62	1:14.10	600m: 7:16.39	1:13.83	800m: 9:41.31	1:11.10
3.	Serena Stel	De Dolfijn	9:55.50	9801528	<b>9:47.48</b>		C	
	100m: 1:08.34	1:08.34	300m: 3:35.74	1:14.19	500m: 6:05.81	1:15.35	700m: 8:36.73	1:15.78
	200m: 2:21.55	1:13.21	400m: 4:50.46	1:14.72	600m: 7:20.95	1:15.14	800m: 9:47.48	1:10.75
4.	Aniek Bloemendaal	DWV	10:45.08	9800432	<b>10:08.91</b>		E	
	100m: 1:10.20	1:10.20	300m: 3:44.26	1:16.87	500m: 6:19.90	1:18.13	700m: 8:55.30	1:16.70
	200m: 2:27.39	1:17.19	400m: 5:01.77	1:17.51	600m: 7:38.60	1:18.70	800m: 10:08.91	1:13.61
5.	Lieke Remmits	One Team Swimming	10:27.07	9801880	<b>10:17.23</b>		E	
	100m: 1:11.04	1:11.04	300m: 3:48.15	1:18.77	500m: 6:26.93	1:19.67	700m: 9:03.61	1:18.97
	200m: 2:29.38	1:18.34	400m: 5:07.26	1:19.11	600m: 7:44.64	1:17.71	800m: 10:17.23	1:13.62

## Programmanr. 7, Meisjes, 800m vrije slag, Junioren 2

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
6.	Daphne de Wildt	Aqua-Novio'94	10:04.08	9800710	<b>10:20.07</b>		E
	100m: 1:08.61	300m: 3:43.38	500m: 6:22.81	1:20.39	700m: 9:02.40	1:19.81	
	200m: 2:24.71	400m: 5:02.42	600m: 7:42.59	1:19.78	800m: 10:20.07	1:17.67	
7.	Myrthe de Jong	Racing Club	10:52.44	9800244	<b>10:20.68</b>		E
	100m: 1:11.35	300m: 3:48.30	500m: 6:26.74	1:19.21	700m: 9:06.22	1:19.62	
	200m: 2:29.43	400m: 5:07.53	600m: 7:46.60	1:19.86	800m: 10:20.68	1:14.46	
8.	Shania Haenen	Eurode KZC	10:36.82	9802528	<b>10:24.05</b>		E
	100m: 1:12.25	300m: 3:48.58	500m: 6:27.73	1:20.00	700m: 9:07.95	1:19.75	
	200m: 2:31.07	400m: 5:07.73	600m: 7:48.20	1:20.47	800m: 10:24.05	1:16.10	
9.	Sanne Nijholt	Arethusa	11:00.75	9803316	<b>10:24.46</b>		E
	100m: 1:10.12	300m: 3:47.98	500m: 6:27.84	1:19.75	700m: 9:08.52	1:20.41	
	200m: 2:29.46	400m: 5:08.09	600m: 7:48.11	1:20.27	800m: 10:24.46	1:15.94	
10.	Chayenne Poorts	NIMO	10:41.90	9800670	<b>10:28.80</b>		E
	100m: 1:10.77	300m: 3:46.87	500m: 6:27.76	1:21.20	700m: 9:10.14	1:20.61	
	200m: 2:28.31	400m: 5:06.56	600m: 7:49.53	1:21.77	800m: 10:28.80	1:18.66	
11.	Sanne Advocaat	MNC Dordrecht	10:19.55	9801320	<b>10:30.22</b>		
	100m: 1:14.31	300m: 3:55.60	500m: 6:35.96	1:19.73	700m: 9:16.18	1:19.58	
	200m: 2:34.34	400m: 5:16.23	600m: 7:56.60	1:20.64	800m: 10:30.22	1:14.04	
12.	Raiesha Sardar	ZC Ooievaar (SG)	10:26.32	9800604	<b>10:30.39</b>		
	100m: 1:13.20	300m: 3:48.21	500m: 6:34.17	1:22.94	700m: 9:16.97	1:20.23	
	200m: 2:29.66	400m: 5:11.23	600m: 7:56.74	1:22.57	800m: 10:30.39	1:13.42	
13.	Lisa Brantjes	KZC	10:33.71	9800950	<b>10:33.83</b>		
	100m: 1:13.82	300m: 3:54.60	500m: 6:35.89	1:20.75	700m: 9:17.13	1:20.54	
	200m: 2:34.32	400m: 5:15.14	600m: 7:56.59	1:20.70	800m: 10:33.83	1:16.70	
14.	Brighid van Uffelen	ZVVS	10:38.34	9800310	<b>10:34.39</b>		
	100m: 1:12.97	300m: 3:50.23	500m: 6:34.81	1:21.73	700m: 9:17.03	1:20.12	
	200m: 2:30.56	400m: 5:13.08	600m: 7:56.91	1:22.10	800m: 10:34.39	1:17.36	
15.	Eva van Ginneken	De Vennen	10:34.29	9800164	<b>10:38.06</b>		
	100m: 1:13.89	300m: 3:54.63	500m: 6:38.44	1:22.54	700m: 9:22.21	1:21.06	
	200m: 2:33.88	400m: 5:15.90	600m: 8:01.15	1:22.71	800m: 10:38.06	1:15.85	
16.	Bo Verhoeven	Njord	10:53.18	9801562	<b>10:40.75</b>		
	100m: 1:12.91	300m: 3:55.55	500m: 6:42.61	1:24.19	700m: 9:26.67	1:21.19	
	200m: 2:33.78	400m: 5:18.42	600m: 8:05.48	1:22.87	800m: 10:40.75	1:14.08	
17.	Rebecca Jager	Nova	10:20.63	9800402	<b>10:41.11</b>		
	100m: 1:14.15	300m: 3:56.95	500m: 6:40.46	1:21.63	700m: 9:25.40	1:22.66	
	200m: 2:34.74	400m: 5:18.83	600m: 8:02.74	1:22.28	800m: 10:41.11	1:15.71	
18.	Marielle Vijver	Zwemvereniging Hoor	10:50.25	9800336	<b>10:45.57</b>		
	100m: 1:15.02	300m: 3:55.94	500m: 6:40.95	1:23.12	700m: 9:26.49	1:22.41	
	200m: 2:35.05	400m: 5:17.83	600m: 8:04.08	1:23.13	800m: 10:45.57	1:19.08	
19.	Cheyenne Visser	Wiekslag	10:43.15	9802318	<b>10:46.35</b>		
	100m: 1:12.79	300m: 3:54.27	500m: 6:40.14	1:23.60	700m: 9:26.57	1:24.01	
	200m: 2:32.65	400m: 5:16.54	600m: 8:02.56	1:22.42	800m: 10:46.35	1:19.78	
20.	Suzanne Hospers	De Kikker	10:32.84	9801832	<b>10:47.93</b>		
	100m: 1:12.83	300m: 3:54.67	500m: 6:40.53	1:22.49	700m: 9:27.89	1:23.43	
	200m: 2:32.65	400m: 5:18.04	600m: 8:04.46	1:23.93	800m: 10:47.93	1:20.04	
21.	Xanne Kamerbeek	EZC	10:50.27	9802814	<b>10:54.34</b>		
	100m: 1:13.58	300m: 4:00.40	500m: 6:47.31	1:23.34	700m: 9:34.69	1:23.25	
	200m: 2:36.43	400m: 5:23.97	600m: 8:11.44	1:24.13	800m: 10:54.34	1:19.65	
22.	Lynn Kamphuis	DWV	10:50.13	9800434	<b>10:54.87</b>		
	100m: 1:16.57	300m: 4:02.71	500m: 6:51.62	1:24.42	700m: 9:35.92	1:21.33	
	200m: 2:39.26	400m: 5:27.20	600m: 8:14.59	1:22.97	800m: 10:54.87	1:18.95	
23.	Myrthe Vreeswijk 400m*	LZ 1886	10:46.03	9800078	<b>10:55.46</b>		
	100m: 1:14.59	300m: 4:01.03	500m: 6:50.40	1:24.69	700m: 9:37.30	1:22.71	
	200m: 2:37.97	400m: 5:25.71	600m: 8:14.59	1:24.19	800m: 10:55.46	1:18.16	
24.	Tamara Maassen	Aquapoldro	10:49.36	9801270	<b>10:59.81</b>		
	100m: 1:15.42	300m: 4:03.27	500m: 6:51.27	1:24.11	700m: 9:39.47	1:24.03	
	200m: 2:38.26	400m: 5:27.16	600m: 8:15.44	1:24.17	800m: 10:59.81	1:20.34	
25.	Bernice Dijkhuis	TriVia	10:33.50	9800084	<b>11:01.01</b>		
	100m: 1:14.12	300m: 3:58.93	500m: 6:48.38	1:24.78	700m: 9:38.15	1:24.52	
	200m: 2:35.34	400m: 5:23.60	600m: 8:13.63	1:25.25	800m: 11:01.01	1:22.86	
26.	Marja Esmeijer	Zoetermeer	10:54.23	9800776	<b>11:01.93</b>		
	100m: 1:17.53	300m: 4:04.32	500m: 6:53.71	1:24.34	700m: 9:41.68	1:23.96	
	200m: 2:40.42	400m: 5:29.37	600m: 8:17.72	1:24.01	800m: 11:01.93	1:20.25	
27.	Vivianne Dortmund	De Pinquin	10:25.49	9801578	<b>11:05.17</b>		
	100m: 1:12.24	300m: 4:00.11	500m: 6:53.39	1:26.12	700m: 9:45.44	1:24.52	
	200m: 2:34.47	400m: 5:27.27	600m: 8:20.92	1:27.53	800m: 11:05.17	1:19.73	

## Programmanr. 7, Meisjes, 800m vrije slag, Junioren 2

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
DIS	Amber Visser	Appingedam	11:05.19	9801416		AA	

 Programmanr. 8  
 23-4-2011 - 19:39

## Meisjes, 800m vrije slag

 Junioren 3  
 Resultaten

Nederlands Record Junioren	8:56.79	Esmee Vermeulen	Amsterdam	27-3-2010
Nederlands Record 14 jaar	8:54.52	Sharon van Rouwendaal	Montpellier (FRA)	23-11-2007
Kamp. Record Junioren 3	9:11.81	Esmee Vermeulen	Drachten	25-4-2010

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Manon Friskes	DWK	9:36.07	9701566	9:31.24		C	
	100m: 1:05.68	1:05.68	300m: 3:28.40	1:11.70	500m: 5:54.02	1:12.85	700m: 8:20.37	1:13.16
	200m: 2:16.70	1:11.02	400m: 4:41.17	1:12.77	600m: 7:07.21	1:13.19	800m: 9:31.24	1:10.87
2.	Lindy Nijhuis	OZ&PC	9:51.20	9700010	9:49.20		E	
	100m: 1:07.73	1:07.73	300m: 3:34.58	1:13.45	500m: 6:04.21	1:15.06	700m: 8:36.14	1:16.12
	200m: 2:21.13	1:13.40	400m: 4:49.15	1:14.57	600m: 7:20.02	1:15.81	800m: 9:49.20	1:13.06
3.	Esmée Six	EIFFELswimmersPSV	10:01.63	9700490	9:54.17		E	
	100m: 1:06.71	1:06.71	300m: 3:33.51	1:14.44	500m: 6:06.65	1:16.40	700m: 8:40.59	1:16.64
	200m: 2:19.07	1:12.36	400m: 4:50.25	1:16.74	600m: 7:23.95	1:17.30	800m: 9:54.17	1:13.58
4.	Amy van Blitterswijk	Aqua-Novio'94	9:47.80	9700660	10:01.42		E	
	100m: 1:05.97	1:05.97	300m: 3:33.97	1:14.98	500m: 6:09.10	1:17.94	700m: 8:46.61	1:18.93
	200m: 2:18.99	1:13.02	400m: 4:51.16	1:17.19	600m: 7:27.68	1:18.58	800m: 10:01.42	1:14.81
5.	Saranda Hofstra	De Kikker	9:58.54	9700526	10:01.81		E	
	100m*: 1:06.31	1:06.31	300m: 3:38.35	1:16.69	500m: 6:15.67	1:17.68	700m: 8:49.50	1:16.02
	200m: 2:21.66	1:15.35	400m: 4:57.99	1:19.64	600m: 7:33.48	1:17.81	800m: 10:01.81	1:12.31
6.	Angelique van Vark	Z&PC De Gouwe	10:03.16	9701478	10:07.67		E	
	100m: 1:09.17	1:09.17	300m: 3:43.07	1:17.45	500m: 6:17.16	1:16.62	700m: 8:53.57	1:18.02
	200m: 2:25.62	1:16.45	400m: 5:00.54	1:17.47	600m: 7:35.55	1:18.39	800m: 10:07.67	1:14.10
7.	Mirl de Boer	DAW	10:11.43	9700468	10:09.56		E	
	100m: 1:09.31	1:09.31	300m: 3:41.99	1:17.19	500m: 6:18.29	1:18.61	700m: 8:53.01	1:17.37
	200m: 2:24.80	1:15.49	400m: 4:59.68	1:17.69	600m: 7:35.64	1:17.35	800m: 10:09.56	1:16.55
8.	Laura Willemsen	DWK	10:03.10	9700168	10:20.77			
	100m: 1:11.39	1:11.39	300m: 3:47.98	1:18.68	500m: 6:26.74	1:19.40	700m: 9:05.73	1:19.08
	200m: 2:29.30	1:17.91	400m: 5:07.34	1:19.36	600m: 7:46.65	1:19.91	800m: 10:20.77	1:15.04