

28 april 2007

NK Junioren

800/1500 vrij

Dordrecht

NK 5 kilometer

Nr. 1 1500m vrije slag Heren Jongens Junioren 1
 Nr. 2 1500m vrije slag Heren Jongens Junioren 2
 Nr. 3 1500m vrije slag Heren Jongens Junioren 3 en 4
 Nr. 4 1500m vrije slag Heren Jongens Junioren 4

Nr. 5 5000m vrije slag Gemengd Mixed Senioren Open
 Nr. 6 800m vrije slag Dames Meisjes Minioren 6
 Nr. 7 800m vrije slag Dames Meisjes Junioren 1
 Nr. 8 800m vrije slag Dames Meisjes Junioren 2

Nat.Kamp.5000m en Nat.Jun.Kamp. 800-1500 meter

zaterdag 28 april 2007 - 9:30

Nr. 1 1500m vrije slag Heren Jongens Junioren 1

28-4-2007

	Jr.	Afk./depot	Tijd
1. Ensger Kotterink	94	EZC	18:38.68
100m: 1:10.51 1:10.51	500m: 6:18.91 1:17.23	900m: 11:19.35 1:15.04	1300m: 16:13.19 1:13.06
200m: 2:27.56 1:17.05	600m: 7:35.19 1:16.28	1000m: 12:34.25 1:14.90	1400m: 17:26.63 1:13.44
300m: 3:44.41 1:16.85	700m: 8:50.65 1:15.46	1100m: 13:47.05 1:12.80	1500m: 18:38.68 1:12.05
400m: 5:01.68 1:17.27	800m: 10:04.31 1:13.66	1200m: 15:00.13 1:13.08	
2. Stef Heijnekamp	94	HZC-Weusthag	18:51.83
100m: 1:09.99 1:09.99	500m: 6:18.27 1:16.19	900m: 11:20.08 1:14.47	1300m: 16:21.55 1:16.63
200m: 2:26.65 1:16.66	600m: 7:35.36 1:17.09	1000m: 12:35.24 1:15.16	1400m: 17:37.58 1:16.03
300m: 3:44.42 1:17.77	700m: 8:51.20 1:15.84	1100m: 13:49.53 1:14.29	1500m: 18:51.83 1:14.25
400m: 5:02.08 1:17.66	800m: 10:05.61 1:14.41	1200m: 15:04.92 1:15.39	
3. Jacco Doest	94	DWK-XCESS	19:21.47
100m: 1:13.03 1:13.03	500m: 6:21.81 1:17.98	900m: 11:36.05 1:18.01	1300m: 16:49.69 1:17.94
200m: 2:30.16 1:17.13	600m: 7:40.35 1:18.54	1000m: 12:53.94 1:17.89	1400m: 18:07.97 1:18.28
300m: 3:46.66 1:16.50	700m: 8:58.87 1:18.52	1100m: 14:13.18 1:19.24	1500m: 19:21.47 1:13.50
400m: 5:03.83 1:17.17	800m: 10:18.04 1:19.17	1200m: 15:31.75 1:18.57	
4. Jordy Vroomen	94	Eurodekzcc	19:28.10
100m: 1:07.03 1:07.03	500m: 6:20.14 1:19.84	900m: 11:40.91 1:19.28	1300m: 16:56.68 1:19.42
200m: 2:23.53 1:16.50	600m: 7:40.50 1:20.36	1000m: 12:58.94 1:18.03	1400m: 18:14.86 1:18.18
300m: 3:41.67 1:18.14	700m: 9:00.44 1:19.94	1100m: 14:17.72 1:18.78	1500m: 19:28.10 1:13.24
400m: 5:00.30 1:18.63	800m: 10:21.63 1:21.19	1200m: 15:37.26 1:19.54	
5. Remy den Boer	94	De Warande	19:30.15
100m: 1:13.47 1:13.47	500m: 6:30.43 1:18.53	900m: 11:44.38 1:17.50	1300m: 16:56.19 1:17.80
200m: 2:32.58 1:19.11	600m: 7:49.94 1:19.51	1000m: 13:02.30 1:17.92	1400m: 18:13.92 1:17.73
300m: 3:51.96 1:19.38	700m: 9:08.36 1:18.42	1100m: 14:21.24 1:18.94	1500m: 19:30.15 1:16.23
400m: 5:11.90 1:19.94	800m: 10:26.88 1:18.52	1200m: 15:38.39 1:17.15	
6. Ruben Klinkers	94	ZCV	19:33.66
100m: 1:13.24 1:13.24	500m: 6:26.98 1:18.32	900m: 11:46.12 1:19.20	1300m: 17:00.43 1:19.37
200m: 2:32.69 1:19.45	600m: 7:45.52 1:18.54	1000m: 13:04.24 1:18.12	1400m: 18:18.86 1:18.43
300m: 3:50.33 1:17.64	700m: 9:06.78 1:21.26	1100m: 14:23.75 1:19.51	1500m: 19:33.66 1:14.80
400m: 5:08.66 1:18.33	800m: 10:26.92 1:20.14	1200m: 15:41.06 1:17.31	
7. Marciano Lynch	94	WVZ	19:50.88
100m: 1:11.85 1:11.85	500m: 6:27.01 1:18.71	900m: 11:46.24 1:19.77	1300m: 17:10.69 1:23.00
200m: 2:30.42 1:18.57	600m: 7:46.48 1:19.47	1000m: 13:06.44 1:20.20	1400m: 18:32.60 1:21.91
300m: 3:48.89 1:18.47	700m: 9:06.38 1:19.90	1100m: 14:26.97 1:20.53	1500m: 19:50.88 1:18.28
400m: 5:08.30 1:19.41	800m: 10:26.47 1:20.09	1200m: 15:47.69 1:20.72	
8. Alex Catsburg	94	MNC Dordrecht	19:55.07
100m: 1:11.77 1:11.77	500m: 6:28.45 1:19.99	900m: 11:52.81 1:21.09	1300m: 17:17.32 1:21.01
200m: 2:30.02 1:18.25	600m: 7:48.81 1:20.36	1000m: 13:13.32 1:20.51	1400m: 18:38.07 1:20.75
300m: 3:49.01 1:18.99	700m: 9:10.25 1:21.44	1100m: 14:34.58 1:21.26	1500m: 19:55.07 1:17.00
400m: 5:08.46 1:19.45	800m: 10:31.72 1:21.47	1200m: 15:56.31 1:21.73	
9. Simon Stouten	94	De Zijl/LGB	20:00.38
100m: 1:13.98 1:13.98	500m: 6:40.00 1:20.63	900m: 12:07.22 1:21.89	1300m: 17:25.06 1:18.94
200m: 2:35.24 1:21.26	600m: 8:00.96 1:20.96	1000m: 13:26.19 1:18.97	1400m: 18:45.85 1:20.79
300m: 3:57.23 1:21.99	700m: 9:23.34 1:22.38	1100m: 14:46.19 1:20.00	1500m: 20:00.38 1:14.53
400m: 5:19.37 1:22.14	800m: 10:45.33 1:21.99	1200m: 16:06.12 1:19.93	
10. Jorrick Druyven	94	Oeza	20:05.93
100m: 1:13.58 1:13.58	500m: 6:35.47 1:21.42	900m: 12:00.29 1:21.22	1300m: 17:26.11 1:21.74
200m: 2:33.62 1:20.04	600m: 7:56.75 1:21.28	1000m: 13:21.56 1:21.27	1400m: 18:47.81 1:21.70
300m: 3:53.54 1:19.92	700m: 9:18.44 1:21.69	1100m: 14:42.97 1:21.41	1500m: 20:05.93 1:18.12
400m: 5:14.05 1:20.51	800m: 10:39.07 1:20.63	1200m: 16:04.37 1:21.40	
11. Jacques Journée	94	De Dinkel Denek	20:18.29
100m: 1:12.89 1:12.89	500m: 6:34.54 1:21.26	900m: 12:01.98 1:22.09	1300m: 17:36.19 1:24.04
200m: 2:32.45 1:19.56	600m: 7:56.00 1:21.46	1000m: 13:25.17 1:23.19	1400m: 18:58.85 1:22.66
300m: 3:51.96 1:19.51	700m: 9:17.30 1:21.30	1100m: 14:48.44 1:23.27	1500m: 20:18.29 1:19.44
400m: 5:13.28 1:21.32	800m: 10:39.89 1:22.59	1200m: 16:12.15 1:23.71	
12. Mike ter Horst	94	De Dolfijn	20:32.48 *
100m: 1:12.85 1:12.85	500m: 6:38.71 1:22.68	900m: 12:11.06 1:23.41	1300m: 17:48.07 1:24.76
200m: 2:32.50 1:19.65	600m: 8:01.97 1:23.26	1000m: 13:34.91 1:23.85	1400m: 19:13.43 1:25.36
300m: 3:54.36 1:21.86	700m: 9:24.94 1:22.97	1100m: 14:59.13 1:24.22	1500m: 20:32.48 1:19.05

400m: 5:16.03 1:21.67	800m: 10:47.65 1:22.71	1200m: 16:23.31 1:24.18	
13. Thomas Rietveld	94	TRB-RES	20:41.68 *
100m: 1:15.89 1:15.89	500m: 6:45.80 1:24.78	900m: 12:24.90 1:25.84	1300m: 17:59.78 1:23.79
200m: 2:42.10 1:26.21	600m: 8:08.48 1:22.68	1000m: 13:47.96 1:23.06	1400m: 19:23.13 1:23.35
300m: 4:01.43 1:19.33	700m: 9:34.87 1:26.39	1100m: 15:11.90 1:23.94	1500m: 20:41.68 1:18.55
400m: 5:21.02 1:19.59	800m: 10:59.06 1:24.19	1200m: 16:35.99 1:24.09	
14. Frank van der Wolff	94	Hoorn-Aurik	20:46.83 *
100m: 1:12.95 1:12.95	500m: 6:48.56 1:24.25	900m: 12:24.50 1:23.93	1300m: 18:02.86 1:25.01
200m: 2:35.61 1:22.66	600m: 8:12.45 1:23.89	1000m: 13:49.00 1:24.50	1400m: 19:28.20 1:25.34
300m: 3:59.36 1:23.75	700m: 9:35.98 1:23.53	1100m: 15:12.89 1:23.89	1500m: 20:46.83 1:18.63
400m: 5:24.31 1:24.95	800m: 11:00.57 1:24.59	1200m: 16:37.85 1:24.96	
15. Renco Sloof	94	Poseidon'56	20:48.62 *
100m: 1:14.71 1:14.71	500m: 6:49.09 1:23.63	900m: 12:26.04 1:24.44	1300m: 18:06.57 1:24.44
200m: 2:37.48 1:22.77	600m: 8:13.31 1:24.22	1000m: 13:51.57 1:25.53	1400m: 19:29.35 1:22.78
300m: 4:01.43 1:23.95	700m: 9:37.35 1:24.04	1100m: 15:17.24 1:25.67	1500m: 20:48.62 1:19.27
400m: 5:25.46 1:24.03	800m: 11:01.60 1:24.25	1200m: 16:42.13 1:24.89	
16. Remco van Eck	94	De Meer	21:30.25 *
100m: 1:17.72 1:17.72	500m: 7:01.48 1:26.90	900m: 12:47.96 1:26.88	1300m: 18:37.75 1:27.18
200m: 2:42.10 1:24.38	600m: 8:27.85 1:26.37	1000m: 14:15.14 1:27.18	1400m: 20:05.19 1:27.44
300m: 4:07.87 1:25.77	700m: 9:54.58 1:26.73	1100m: 15:42.53 1:27.39	1500m: 21:30.25 1:25.06
400m: 5:34.58 1:26.71	800m: 11:21.08 1:26.50	1200m: 17:10.57 1:28.04	

<< TOP >>

Nr. 2 1500m vrije slag Heren Jongens Junioren 2

28-4-2007

	Jr.	Afk./depot	Tijd
1. Niek Pereboom	93	WIDEX GZC DONK	17:55.74
100m: 1:08.58 1:08.58	500m: 5:55.81 1:11.78	900m: 10:44.94 1:12.17	1300m: 15:35.44 1:12.59
200m: 2:21.10 1:12.52	600m: 7:07.37 1:11.56	1000m: 11:57.29 1:12.35	1400m: 16:47.49 1:12.05
300m: 3:32.72 1:11.62	700m: 8:20.28 1:12.91	1100m: 13:10.26 1:12.97	1500m: 17:55.74 1:08.25
400m: 4:44.03 1:11.31	800m: 9:32.77 1:12.49	1200m: 14:22.85 1:12.59	
2. Nils Mollema	93	De Zijl/LGB	17:59.20
100m: 1:08.75 1:08.75	500m: 6:02.99 1:13.26	900m: 10:55.10 1:14.07	1300m: 15:40.37 1:11.29
200m: 2:22.84 1:14.09	600m: 7:15.21 1:12.22	1000m: 12:07.54 1:12.44	1400m: 16:51.67 1:11.30
300m: 3:36.99 1:14.15	700m: 8:27.19 1:11.98	1100m: 13:17.96 1:10.42	1500m: 17:59.20 1:07.53
400m: 4:49.73 1:12.74	800m: 9:41.03 1:13.84	1200m: 14:29.08 1:11.12	
3. Bastiaan Waanders	93	De Zijl/LGB	18:06.25
100m: 1:09.89 1:09.89	500m: 6:05.61 1:13.18	900m: 10:56.71 1:12.58	1300m: 15:45.40 1:11.74
200m: 2:24.40 1:14.51	600m: 7:18.57 1:12.96	1000m: 12:09.16 1:12.45	1400m: 16:57.44 1:12.04
300m: 3:38.87 1:14.47	700m: 8:31.29 1:12.72	1100m: 13:21.41 1:12.25	1500m: 18:06.25 1:08.81
400m: 4:52.43 1:13.56	800m: 9:44.13 1:12.84	1200m: 14:33.66 1:12.25	
4. Jens Bakker	93	De Dolfijn	18:16.73
100m: 1:07.32 1:07.32	500m: 5:59.78 1:13.16	900m: 10:54.44 1:14.12	1300m: 15:51.86 1:14.66
200m: 2:20.50 1:13.18	600m: 7:12.92 1:13.14	1000m: 12:07.95 1:13.51	1400m: 17:05.48 1:13.62
300m: 3:33.54 1:13.04	700m: 8:26.02 1:13.10	1100m: 13:22.42 1:14.47	1500m: 18:16.73 1:11.25
400m: 4:46.62 1:13.08	800m: 9:40.32 1:14.30	1200m: 14:37.20 1:14.78	
5. Maarten Arntz	93	De Gelenberg	18:24.92
100m: 1:09.88 1:09.88	500m: 6:09.52 1:15.19	900m: 11:05.64 1:13.69	1300m: 15:59.25 1:13.06
200m: 2:24.04 1:14.16	600m: 7:23.86 1:14.34	1000m: 12:19.11 1:13.47	1400m: 17:12.98 1:13.73
300m: 3:39.13 1:15.09	700m: 8:37.87 1:14.01	1100m: 13:32.63 1:13.52	1500m: 18:24.92 1:11.94
400m: 4:54.33 1:15.20	800m: 9:51.95 1:14.08	1200m: 14:46.19 1:13.56	
6. Sonny Corré	93	De Stormvogel	18:26.03
100m: 1:06.95 1:06.95	500m: 6:01.36 1:14.23	900m: 10:59.89 1:14.93	1300m: 15:59.98 1:15.07
200m: 2:20.01 1:13.06	600m: 7:14.99 1:13.63	1000m: 12:14.45 1:14.56	1400m: 17:14.71 1:14.73
300m: 3:33.43 1:13.42	700m: 8:29.61 1:14.62	1100m: 13:29.89 1:15.44	1500m: 18:26.03 1:11.32
400m: 4:47.13 1:13.70	800m: 9:44.96 1:15.35	1200m: 14:44.91 1:15.02	
7. Timo Dinkelberg	93	Vlaardingen	18:26.90
100m: 1:06.29 1:06.29	500m: 6:03.26 1:15.16	900m: 11:04.81 1:15.71	1300m: 16:02.81 1:14.72
200m: 2:19.06 1:12.77	600m: 7:18.33 1:15.07	1000m: 12:19.58 1:14.77	1400m: 17:18.04 1:15.23
300m: 3:33.19 1:14.13	700m: 8:33.23 1:14.90	1100m: 13:33.86 1:14.28	1500m: 18:26.90 1:08.86
400m: 4:48.10 1:14.91	800m: 9:49.10 1:15.87	1200m: 14:48.09 1:14.23	
8. Melvin Dobbe	93	WVZ	18:28.20
100m: 1:07.97 1:07.97	500m: 6:05.88 1:15.00	900m: 11:04.12 1:15.33	1300m: 16:03.11 1:14.93
200m: 2:21.28 1:13.31	600m: 7:20.12 1:14.24	1000m: 12:19.16 1:15.04	1400m: 17:17.86 1:14.75
300m: 3:35.89 1:14.61	700m: 8:34.11 1:13.99	1100m: 13:33.88 1:14.72	1500m: 18:28.20 1:10.34
400m: 4:50.88 1:14.99	800m: 9:48.79 1:14.68	1200m: 14:48.18 1:14.30	
9. Lars Sieval	93	LZ 1886	18:29.95
100m: 1:06.16 1:06.16	500m: 6:00.40 1:14.34	900m: 10:57.08 1:15.45	1300m: 16:00.70 1:17.37
200m: 2:18.94 1:12.78	600m: 7:14.43 1:14.03	1000m: 12:12.40 1:15.32	1400m: 17:17.72 1:17.02
300m: 3:32.89 1:13.95	700m: 8:28.20 1:13.77	1100m: 13:29.53 1:17.13	1500m: 18:29.95 1:12.23
400m: 4:46.06 1:13.17	800m: 9:41.63 1:13.43	1200m: 14:43.33 1:13.80	
10. Marcel Schouten	93	Rapido'82	18:56.86
100m: 1:08.23 1:08.23	500m: 6:09.83 1:16.04	900m: 11:16.45 1:17.16	1300m: 16:26.38 1:17.52

200m: 2:22.48 1:14.25	600m: 7:25.71 1:15.88	1000m: 12:34.32 1:17.87	1400m: 17:42.32 1:15.94
300m: 3:37.99 1:15.51	700m: 8:42.32 1:16.61	1100m: 13:51.39 1:17.07	1500m: 18:56.86 1:14.54
400m: 4:53.79 1:15.80	800m: 9:59.29 1:16.97	1200m: 15:08.86 1:17.47	
11. Kasper Leeuw	93	EZC	19:03.93
100m: 1:10.34 1:10.34	500m: 6:17.14 1:17.38	900m: 11:26.32 1:17.16	1300m: 16:34.33 1:16.17
200m: 2:25.72 1:15.38	600m: 7:33.93 1:16.79	1000m: 12:43.87 1:17.55	1400m: 17:49.82 1:15.49
300m: 3:42.38 1:16.66	700m: 8:52.17 1:18.24	1100m: 14:00.94 1:17.07	1500m: 19:03.93 1:14.11
400m: 4:59.76 1:17.38	800m: 10:09.16 1:16.99	1200m: 15:18.16 1:17.22	
12. Sebastian de Been	93	De Warande	19:05.20
100m: 1:08.75 1:08.75	500m: 6:06.43 1:14.99	900m: 11:13.63 1:17.98	1300m: 16:28.07 1:18.70
200m: 2:22.52 1:13.77	600m: 7:22.16 1:15.73	1000m: 12:31.48 1:17.85	1400m: 17:47.61 1:19.54
300m: 3:36.76 1:14.24	700m: 8:38.56 1:16.40	1100m: 13:49.77 1:18.29	1500m: 19:05.20 1:17.59
400m: 4:51.44 1:14.68	800m: 9:55.65 1:17.09	1200m: 15:09.37 1:19.60	
13. Wessel van der Maarel	93	De Rijn	19:09.57
100m: 1:12.08 1:12.08	500m: 6:22.03 1:16.74	900m: 11:27.95 1:15.78	1300m: 16:35.88 1:16.86
200m: 2:30.51 1:18.43	600m: 7:39.18 1:17.15	1000m: 12:44.61 1:16.66	1400m: 17:53.56 1:17.68
300m: 3:48.32 1:17.81	700m: 8:55.66 1:16.48	1100m: 14:01.90 1:17.29	1500m: 19:09.57 1:16.01
400m: 5:05.29 1:16.97	800m: 10:12.17 1:16.51	1200m: 15:19.02 1:17.12	
14. Remon van Mil	93	WVZ	19:10.48
100m: 1:11.90 1:11.90	500m: 6:26.76 1:20.13	900m: 11:33.50 1:16.49	1300m: 16:41.86 1:16.96
200m: 2:30.19 1:18.29	600m: 7:44.31 1:17.55	1000m: 12:51.06 1:17.56	1400m: 17:57.86 1:16.00
300m: 3:48.74 1:18.55	700m: 9:00.77 1:16.46	1100m: 14:08.24 1:17.18	1500m: 19:10.48 1:12.62
400m: 5:06.63 1:17.89	800m: 10:17.01 1:16.24	1200m: 15:24.90 1:16.66	
15. Dirk Vogels	93	Zeester-Meerval	19:11.29
100m: 1:11.32 1:11.32	500m: 6:23.48 1:18.34	900m: 11:35.13 1:18.21	1300m: 16:41.71 1:16.11
200m: 2:28.29 1:16.97	600m: 7:41.70 1:18.22	1000m: 12:52.98 1:17.85	1400m: 17:57.93 1:16.22
300m: 3:46.52 1:18.23	700m: 8:59.13 1:17.43	1100m: 14:09.56 1:16.58	1500m: 19:11.29 1:13.36
400m: 5:05.14 1:18.62	800m: 10:16.92 1:17.79	1200m: 15:25.60 1:16.04	
16. Nils Veldkamp	93	De Whee	19:27.36 *
100m: 1:12.49 1:12.49	500m: 6:24.54 1:18.12	900m: 11:36.69 1:17.83	1300m: 16:52.72 1:19.83
200m: 2:30.15 1:17.66	600m: 7:42.58 1:18.04	1000m: 12:54.66 1:17.97	1400m: 18:11.30 1:18.58
300m: 3:48.52 1:18.37	700m: 9:00.62 1:18.04	1100m: 14:13.71 1:19.05	1500m: 19:27.36 1:16.06
400m: 5:06.42 1:17.90	800m: 10:18.86 1:18.24	1200m: 15:32.89 1:19.18	

<< TOP >>

Nr. 3 1500m vrije slag Heren Jongens Junioren 3

28-4-2007

	Jr.	Afk./depot	Tijd
1. Mike Marissen	92	Nunspeet	17:13.23
100m: 1:01.66 1:01.66	500m: 5:39.79 1:10.40	900m: 10:21.28 1:10.09	1300m: 15:00.19 1:09.22
200m: 2:10.24 1:08.58	600m: 6:49.87 1:10.08	1000m: 11:31.52 1:10.24	1400m: 16:09.40 1:09.21
300m: 3:19.47 1:09.23	700m: 8:00.65 1:10.78	1100m: 12:41.27 1:09.75	1500m: 17:13.23 1:03.83
400m: 4:29.39 1:09.92	800m: 9:11.19 1:10.54	1200m: 13:50.97 1:09.70	
2. Mitch Notten	92	ZCV	17:45.56
100m: 1:02.18 1:02.18	500m: 5:45.72 1:12.64	900m: 10:36.69 1:12.13	1300m: 15:25.90 1:12.34
200m: 2:10.94 1:08.76	600m: 6:59.01 1:13.29	1000m: 11:49.00 1:12.31	1400m: 16:38.28 1:12.38
300m: 3:21.05 1:10.11	700m: 8:11.97 1:12.96	1100m: 13:01.02 1:12.02	1500m: 17:45.56 1:07.28
400m: 4:33.08 1:12.03	800m: 9:24.56 1:12.59	1200m: 14:13.56 1:12.54	
3. Julian van Leuven	92	De Dolfijn	17:47.04
100m: 1:05.53 1:05.53	500m: 5:52.19 1:11.70	900m: 10:39.34 1:12.01	1300m: 15:27.68 1:12.09
200m: 2:16.55 1:11.02	600m: 7:04.04 1:11.85	1000m: 11:51.30 1:11.96	1400m: 16:39.06 1:11.38
300m: 3:28.26 1:11.71	700m: 8:15.85 1:11.81	1100m: 13:03.31 1:12.01	1500m: 17:47.04 1:07.98
400m: 4:40.49 1:12.23	800m: 9:27.33 1:11.48	1200m: 14:15.59 1:12.28	
4. Bas Onderstal	92	LZ 1886	17:57.98
100m: 1:03.93 1:03.93	500m: 5:50.86 1:12.41	900m: 10:41.50 1:13.17	1300m: 15:33.94 1:13.18
200m: 2:14.81 1:10.88	600m: 7:03.56 1:12.70	1000m: 11:54.18 1:12.68	1400m: 16:46.27 1:12.33
300m: 3:26.63 1:11.82	700m: 8:16.10 1:12.54	1100m: 13:07.40 1:13.22	1500m: 17:57.98 1:11.71
400m: 4:38.45 1:11.82	800m: 9:28.33 1:12.23	1200m: 14:20.76 1:13.36	
5. Donald Hillebregt	92	De Zijl/LGB	18:08.10
100m: 1:04.93 1:04.93	500m: 5:50.78 1:12.68	900m: 10:42.60 1:13.40	1300m: 15:39.39 1:15.51
200m: 2:14.72 1:09.79	600m: 7:03.61 1:12.83	1000m: 11:55.70 1:13.10	1400m: 16:53.40 1:14.01
300m: 3:26.10 1:11.38	700m: 8:16.37 1:12.76	1100m: 13:10.12 1:14.42	1500m: 18:08.10 1:14.70
400m: 4:38.10 1:12.00	800m: 9:29.20 1:12.83	1200m: 14:23.88 1:13.76	
6. Dennis Eliveld	92	Rapido'82	18:10.58
100m: 1:05.25 1:05.25	500m: 5:54.65 1:12.89	900m: 10:48.67 1:13.82	1300m: 15:45.22 1:13.70
200m: 2:16.65 1:11.40	600m: 7:07.84 1:13.19	1000m: 12:02.89 1:14.22	1400m: 16:58.67 1:13.45
300m: 3:29.13 1:12.48	700m: 8:21.20 1:13.36	1100m: 13:17.24 1:14.35	1500m: 18:10.58 1:11.91
400m: 4:41.76 1:12.63	800m: 9:34.85 1:13.65	1200m: 14:31.52 1:14.28	
7. Daniek Saman	92	Stadskanaal	18:18.88
100m: 1:04.03 1:04.03	500m: 5:53.35 1:13.41	900m: 10:51.08 1:14.44	1300m: 15:50.53 1:15.31
200m: 2:15.11 1:11.08	600m: 7:07.46 1:14.11	1000m: 12:05.70 1:14.62	1400m: 17:05.84 1:15.31
300m: 3:27.01 1:11.90	700m: 8:21.84 1:14.38	1100m: 13:20.35 1:14.65	1500m: 18:18.88 1:13.04
400m: 4:39.94 1:12.93	800m: 9:36.64 1:14.80	1200m: 14:35.22 1:14.87	
8. Jelmar Kluiwstra	92	LZ 1886	18:22.69

100m: 1:06.45 1:06.45	500m: 5:58.79 1:13.63	900m: 10:55.80 1:14.31	1300m: 15:58.16 1:16.88
200m: 2:18.13 1:11.68	600m: 7:12.91 1:14.12	1000m: 12:10.98 1:15.18	1400m: 17:12.43 1:14.27
300m: 3:31.90 1:13.77	700m: 8:27.60 1:14.69	1100m: 13:26.31 1:15.33	1500m: 18:22.69 1:10.26
400m: 4:45.16 1:13.26	800m: 9:41.49 1:13.89	1200m: 14:41.28 1:14.97	
9. Maurits Muthert	92	Stadskanaal	18:23.89
100m: 1:05.04 1:05.04	500m: 5:57.54 1:14.65	900m: 10:58.16 1:15.52	1300m: 16:00.29 1:15.04
200m: 2:16.63 1:11.59	600m: 7:12.73 1:15.19	1000m: 12:13.56 1:15.40	1400m: 17:13.96 1:13.67
300m: 3:29.50 1:12.87	700m: 8:27.65 1:14.92	1100m: 13:29.37 1:15.81	1500m: 18:23.89 1:09.93
400m: 4:42.89 1:13.39	800m: 9:42.64 1:14.99	1200m: 14:45.25 1:15.88	
10. Jeroen Feijs	92	ZCV	18:28.53
100m: 1:06.78 1:06.78	500m: 6:01.33 1:14.29	900m: 11:02.47 1:15.33	1300m: 16:02.02 1:14.75
200m: 2:20.44 1:13.66	600m: 7:16.55 1:15.22	1000m: 12:17.06 1:14.59	1400m: 17:16.28 1:14.26
300m: 3:33.83 1:13.39	700m: 8:22.78 1:06.23	1100m: 13:33.09 1:16.03	1500m: 18:28.53 1:12.25
400m: 4:47.04 1:13.21	800m: 9:47.14 1:24.36	1200m: 14:47.27 1:14.18	
11. John Verhagen	92	Neptunus'58	18:42.80 *
100m: 1:06.15 1:06.15	500m: 6:01.46 1:14.59	900m: 11:02.03 1:15.06	1300m: 16:12.91 1:18.37
200m: 2:19.48 1:13.33	600m: 7:16.86 1:15.40	1000m: 12:17.36 1:15.33	1400m: 17:27.86 1:14.95
300m: 3:33.87 1:14.39	700m: 8:32.72 1:15.86	1100m: 13:34.05 1:16.69	1500m: 18:42.80 1:14.94
400m: 4:46.87 1:13.00	800m: 9:46.97 1:14.25	1200m: 14:54.54 1:20.49	
12. Robbin van Kilsdonk	92	GoSwim	18:49.03 *
100m: 1:06.63 1:06.63	500m: 6:07.84 1:16.02	900m: 11:13.03 1:17.07	1300m: 16:22.23 1:16.18
200m: 2:20.35 1:13.72	600m: 7:24.41 1:16.57	1000m: 12:30.94 1:17.91	1400m: 17:37.53 1:15.30
300m: 3:35.61 1:15.26	700m: 8:40.33 1:15.92	1100m: 13:47.28 1:16.34	1500m: 18:49.03 1:11.50
400m: 4:51.82 1:16.21	800m: 9:55.96 1:15.63	1200m: 15:06.05 1:18.77	
ng.za Kees Derks	92	ZCV	

<< TOP >>

Nr. 3 1500m vrije slag Heren Jongens Junioren 4

28-4-2007

	Jr.	Afk./depot	Tijd
1. Tim Wagenmans	91	Aquarijn	17:31.53
100m: 1:05.34 1:05.34	500m: 5:47.58 1:10.92	900m: 10:31.51 1:10.49	1300m: 15:13.27 1:10.24
200m: 2:16.26 1:10.92	600m: 6:58.24 1:10.66	1000m: 11:42.75 1:11.24	1400m: 16:23.05 1:09.78
300m: 3:26.41 1:10.15	700m: 8:09.55 1:11.31	1100m: 12:53.31 1:10.56	1500m: 17:31.53 1:08.48
400m: 4:36.66 1:10.25	800m: 9:21.02 1:11.47	1200m: 14:03.03 1:09.72	
2. Bryan Mannaart	91	WVZ	17:33.54
100m: 1:05.86 1:05.86	500m: 5:48.39 1:11.57	900m: 10:32.18 1:10.75	1300m: 15:14.46 1:10.57
200m: 2:16.12 1:10.26	600m: 6:59.08 1:10.69	1000m: 11:43.47 1:11.29	1400m: 16:23.89 1:09.43
300m: 3:26.61 1:10.49	700m: 8:09.87 1:10.79	1100m: 12:53.58 1:10.11	1500m: 17:33.54 1:09.65
400m: 4:36.82 1:10.21	800m: 9:21.43 1:11.56	1200m: 14:03.89 1:10.31	
3. Chris van Vliet	91	DZ&PC	17:38.83
100m: 1:04.85 1:04.85	500m: 5:45.94 1:11.22	900m: 10:32.75 1:11.91	1300m: 15:19.92 1:11.35
200m: 2:14.47 1:09.62	600m: 6:57.10 1:11.16	1000m: 11:45.24 1:12.49	1400m: 16:31.12 1:11.20
300m: 3:24.37 1:09.90	700m: 8:09.00 1:11.90	1100m: 12:57.20 1:11.96	1500m: 17:38.83 1:07.71
400m: 4:34.72 1:10.35	800m: 9:20.84 1:11.84	1200m: 14:08.57 1:11.37	
4. Marco van der Stel	91	ACZ	17:39.30
100m: 1:04.46 1:04.46	500m: 5:47.28 1:11.38	900m: 10:32.96 1:11.63	1300m: 15:20.80 1:11.65
200m: 2:16.03 1:11.57	600m: 6:58.54 1:11.26	1000m: 11:45.06 1:12.10	1400m: 16:32.61 1:11.81
300m: 3:25.65 1:09.62	700m: 8:09.81 1:11.27	1100m: 12:56.95 1:11.89	1500m: 17:39.30 1:06.69
400m: 4:35.90 1:10.25	800m: 9:21.33 1:11.52	1200m: 14:09.15 1:12.20	
5. Fred Smink	91	De Otters Het G	17:48.43
100m: 1:04.92 1:04.92	500m: 5:51.95 1:12.18	900m: 10:38.57 1:11.48	1300m: 15:26.42 1:12.47
200m: 2:16.05 1:11.13	600m: 7:03.99 1:12.04	1000m: 11:50.09 1:11.52	1400m: 16:38.72 1:12.30
300m: 3:27.50 1:11.45	700m: 8:15.94 1:11.95	1100m: 13:01.82 1:11.73	1500m: 17:48.43 1:09.71
400m: 4:39.77 1:12.27	800m: 9:27.09 1:11.15	1200m: 14:13.95 1:12.13	
6. Yannick Mommers	91	ZCV	17:53.16
100m: 1:04.46 1:04.46	500m: 5:53.33 1:12.55	900m: 10:42.13 1:12.50	1300m: 15:30.00 1:12.19
200m: 2:15.91 1:11.45	600m: 7:04.92 1:11.59	1000m: 11:54.24 1:12.11	1400m: 16:42.23 1:12.23
300m: 3:28.08 1:12.17	700m: 8:16.75 1:11.83	1100m: 13:06.73 1:12.49	1500m: 17:53.16 1:10.93
400m: 4:40.78 1:12.70	800m: 9:29.63 1:12.88	1200m: 14:17.81 1:11.08	
7. Niels van Polanen	91	De Columbiaan	18:02.36
100m: 1:04.56 1:04.56	500m: 5:50.46 1:12.59	900m: 10:42.33 1:12.98	1300m: 15:36.89 1:14.05
200m: 2:16.11 1:11.55	600m: 7:03.44 1:12.98	1000m: 11:55.51 1:13.18	1400m: 16:50.16 1:13.27
300m: 3:26.55 1:10.44	700m: 8:16.12 1:12.68	1100m: 13:09.10 1:13.59	1500m: 18:02.36 1:12.20
400m: 4:37.87 1:11.32	800m: 9:29.35 1:13.23	1200m: 14:22.84 1:13.74	
8. Hans Peter Hartog	91	Zaanstad (SG)	18:05.40
100m: 1:04.79 1:04.79	500m: 5:56.92 1:14.15	900m: 10:49.23 1:13.14	1300m: 15:42.68 1:13.36
200m: 2:17.03 1:12.24	600m: 7:10.07 1:13.15	1000m: 12:02.44 1:13.21	1400m: 16:55.70 1:13.02
300m: 3:29.82 1:12.79	700m: 8:22.78 1:12.71	1100m: 13:15.72 1:13.28	1500m: 18:05.40 1:09.70
400m: 4:42.77 1:12.95	800m: 9:36.09 1:13.31	1200m: 14:29.32 1:13.60	
9. Gerben Fiere	91	De Warande	18:09.79
100m: 1:05.94 1:05.94	500m: 5:54.31 1:12.82	900m: 10:46.61 1:13.36	1300m: 15:42.77 1:14.75
200m: 2:17.35 1:11.41	600m: 7:06.90 1:12.59	1000m: 12:00.42 1:13.81	1400m: 16:56.75 1:13.98
300m: 3:28.70 1:11.35	700m: 8:20.16 1:13.26	1100m: 13:14.75 1:14.33	1500m: 18:09.79 1:13.04

400m: 4:41.49 1:12.79	800m: 9:33.25 1:13.09	1200m: 14:28.02 1:13.27	
10. Giel van Dijk	91	De Biesboschzwe	18:45.66 *
100m: 1:06.57 1:06.57	500m: 5:56.51 1:13.66	900m: 10:59.14 1:17.73	1300m: 16:14.47 1:16.60
200m: 2:18.00 1:11.43	600m: 7:10.51 1:14.00	1000m: 12:19.00 1:19.86	1400m: 17:30.71 1:16.24
300m: 3:29.82 1:11.82	700m: 8:25.41 1:14.90	1100m: 13:39.12 1:20.12	1500m: 18:45.66 1:14.95
400m: 4:42.85 1:13.03	800m: 9:41.41 1:16.00	1200m: 14:57.87 1:18.75	
11. Erik Koops	91	Zwemlust-den Ho	18:55.33 *
100m: 1:06.71 1:06.71	500m: 6:08.96 1:16.92	900m: 11:16.17 1:16.95	1300m: 16:23.84 1:17.19
200m: 2:20.68 1:13.97	600m: 7:25.75 1:16.79	1000m: 12:33.21 1:17.04	1400m: 17:40.54 1:16.70
300m: 3:35.74 1:15.06	700m: 8:42.37 1:16.62	1100m: 13:49.96 1:16.75	1500m: 18:55.33 1:14.79
400m: 4:52.04 1:16.30	800m: 9:59.22 1:16.85	1200m: 15:06.65 1:16.69	

<< TOP >>

Nr. 6 800m vrije slag Dames Meisjes Minioren 6

28-4-2007

	Jr.	Afk./depot	Tijd
1. Rachelle Visser	95	De Haaïen	10:01.65
<i>Kamp.rec. minioren 6</i>			
100m: 1:09.77 1:09.77	300m: 3:43.75 1:17.86	500m: 6:18.92 1:17.51	700m: 8:50.05 1:15.06
200m: 2:25.89 1:16.12	400m: 5:01.41 1:17.66	600m: 7:34.99 1:16.07	800m: 10:01.65 1:11.60
2. Claudia den Ottelander	95	SBC-2000 (SG)	10:26.06
100m: 1:11.19 1:11.19	300m: 3:46.64 1:18.16	500m: 6:29.09 1:20.19	700m: 9:10.16 1:20.45
200m: 2:28.48 1:17.29	400m: 5:08.90 1:22.26	600m: 7:49.71 1:20.62	800m: 10:26.06 1:15.90
3. Elisabeth Muthert	95	Stadskanaal	10:28.17
100m: 1:11.55 1:11.55	300m: 3:49.67 1:19.63	500m: 6:29.66 1:19.48	700m: 9:11.57 1:20.57
200m: 2:30.04 1:18.49	400m: 5:10.18 1:20.51	600m: 7:51.00 1:21.34	800m: 10:28.17 1:16.60
4. Maya Kingma	95	SBC-2000 (SG)	10:40.33
100m: 1:14.76 1:14.76	300m: 3:59.25 1:22.52	500m: 6:41.38 1:20.49	700m: 9:22.76 1:20.38
200m: 2:36.73 1:21.97	400m: 5:20.89 1:21.64	600m: 8:02.38 1:21.00	800m: 10:40.33 1:17.57
5. Macy Oortwijn	95	Aquapoldro	10:42.79
100m: 1:12.63 1:12.63	300m: 3:56.14 1:22.22	500m: 6:40.86 1:21.83	700m: 9:24.76 1:21.89
200m: 2:33.92 1:21.29	400m: 5:19.03 1:22.89	600m: 8:02.87 1:22.01	800m: 10:42.79 1:18.03
6. Carien van der Schaaf	95	De Dinkel Denek	10:54.21
100m: 1:13.18 1:13.18	300m: 3:58.66 1:23.30	500m: 6:46.90 1:23.76	700m: 9:33.61 1:23.10
200m: 2:35.36 1:22.18	400m: 5:23.14 1:24.48	600m: 8:10.51 1:23.61	800m: 10:54.21 1:20.60
7. Cecily Sadowski	95	Aquapoldro	10:56.94
100m: 1:14.00 1:14.00	300m: 3:59.61 1:22.88	500m: 6:49.66 1:25.64	700m: 9:38.52 1:24.48
200m: 2:36.73 1:22.73	400m: 5:24.02 1:24.41	600m: 8:14.04 1:24.38	800m: 10:56.94 1:18.42
8. Kelly Wigleven	95	Poseidon'56	10:57.35
100m: 1:13.82 1:13.82	300m: 3:59.08 1:23.30	500m: 6:48.60 1:25.10	700m: 9:37.86 1:24.44
200m: 2:35.78 1:21.96	400m: 5:23.50 1:24.42	600m: 8:13.42 1:24.82	800m: 10:57.35 1:19.49
9. Martine Kuijlaars	95	MNC Dordrecht	11:16.73
100m: 1:19.19 1:19.19	300m: 4:12.19 1:26.79	500m: 7:06.12 1:26.78	700m: 9:57.12 1:25.29
200m: 2:45.40 1:26.21	400m: 5:39.34 1:27.15	600m: 8:31.83 1:25.71	800m: 11:16.73 1:19.61
10. Miloes Rozemuller	95	Hoorn-Aurik	11:17.84
100m: 1:18.58 1:18.58	300m: 4:11.99 1:26.78	500m: 7:06.56 1:27.12	700m: 9:57.72 1:25.13
200m: 2:45.21 1:26.63	400m: 5:39.44 1:27.45	600m: 8:32.59 1:26.03	800m: 11:17.84 1:20.12
11. Sanne Bommer	95	Zaanstad (SG)	11:19.19
100m: 1:17.47 1:17.47	300m: 4:09.77 1:26.75	500m: 7:04.16 1:26.86	700m: 9:57.56 1:26.61
200m: 2:43.02 1:25.55	400m: 5:37.30 1:27.53	600m: 8:30.95 1:26.79	800m: 11:19.19 1:21.63
12. Aniek Resink	95	DIO	11:39.04 *
100m: 1:17.52 1:17.52	300m: 4:14.54 1:29.57	500m: 7:15.63 1:29.78	700m: 10:13.22 1:28.42
200m: 2:44.97 1:27.45	400m: 5:45.85 1:31.31	600m: 8:44.80 1:29.17	800m: 11:39.04 1:25.82
dis. Deborah Wissink	95	HZC-Weusthag	
.VRA			
100m: -:-:-	300m: -:-:-	500m: -:-:-	700m: -:-:-
200m: -:-:-	400m: -:-:-	600m: -:-:-	800m: -:-:-

<< TOP >>

Nr. 7 800m vrije slag Dames Meisjes Junioren 1

28-4-2007

	Jr.	Afk./depot	Tijd
1. Lisa Boers	94	Noordkop-Zeemac	9:57.91
100m: 1:09.91 1:09.91	300m: 3:41.47 1:15.77	500m: 6:12.32 1:15.87	700m: 8:44.31 1:16.13
200m: 2:25.70 1:15.79	400m: 4:56.45 1:14.98	600m: 7:28.18 1:15.86	800m: 9:57.91 1:13.60
2. Marjolein Delno	94	De Rijn	10:06.86

	100m: 1:10.20 1:10.20	300m: 3:43.59 1:17.24	500m: 6:19.27 1:18.43	700m: 8:53.88 1:17.08
	200m: 2:26.35 1:16.15	400m: 5:00.84 1:17.25	600m: 7:36.80 1:17.53	800m: 10:06.86 1:12.98
3. Merle Verkijk		94	WVZ	10:08.91
	100m: 1:10.01 1:10.01	300m: 3:44.96 1:18.12	500m: 6:21.78 1:18.57	700m: 8:56.59 1:17.04
	200m: 2:26.84 1:16.83	400m: 5:03.21 1:18.25	600m: 7:39.55 1:17.77	800m: 10:08.91 1:12.32
4. Leonie Oude Elferink		94	Zignea	10:09.16
	100m: 1:11.12 1:11.12	300m: 3:45.34 1:17.30	500m: 6:20.38 1:17.54	700m: 8:54.70 1:16.92
	200m: 2:28.04 1:16.92	400m: 5:02.84 1:17.50	600m: 7:37.78 1:17.40	800m: 10:09.16 1:14.46
5. Noortje van den Boom		94	PSV	10:19.82
	100m: 1:11.26 1:11.26	300m: 3:46.11 1:17.72	500m: 6:22.98 1:18.25	700m: 9:01.24 1:19.17
	200m: 2:28.39 1:17.13	400m: 5:04.73 1:18.62	600m: 7:42.07 1:19.09	800m: 10:19.82 1:18.58
6. Floortje de Waard		94	De Devel	10:24.81
	100m: 1:10.81 1:10.81	300m: 3:45.29 1:17.70	500m: 6:23.63 1:19.92	700m: 9:05.75 1:19.89
	200m: 2:27.59 1:16.78	400m: 5:03.71 1:18.42	600m: 7:45.86 1:22.23	800m: 10:24.81 1:19.06
7. Kira Toussaint		94	De Futen	10:26.29
	100m: 1:09.10 1:09.10	300m: 3:45.27 1:18.82	500m: 6:26.37 1:20.93	700m: 9:08.05 1:20.65
	200m: 2:26.45 1:17.35	400m: 5:05.44 1:20.17	600m: 7:47.40 1:21.03	800m: 10:26.29 1:18.24
8. Beau Rijpers		94	Hoogeveen	10:29.59
	100m: 1:13.42 1:13.42	300m: 3:50.54 1:19.11	500m: 6:31.25 1:20.40	700m: 9:11.70 1:20.39
	200m: 2:31.43 1:18.01	400m: 5:10.85 1:20.31	600m: 7:51.31 1:20.06	800m: 10:29.59 1:17.89
9. Lonne Dijkhuis		94	De Dinkel Denek	10:32.10
	100m: 1:12.80 1:12.80	300m: 3:54.47 1:20.80	500m: 6:34.43 1:19.93	700m: 9:14.93 1:20.06
	200m: 2:33.67 1:20.87	400m: 5:14.50 1:20.03	600m: 7:54.87 1:20.44	800m: 10:32.10 1:17.17
10. Priscilla Meerman		94	Luctor et Emerg	10:35.73
	100m: 1:12.05 1:12.05	300m: 3:52.70 1:20.53	500m: 6:33.68 1:20.69	700m: 9:17.99 1:22.22
	200m: 2:32.17 1:20.12	400m: 5:12.99 1:20.29	600m: 7:55.77 1:22.09	800m: 10:35.73 1:17.74
11. Tamara van Vliet		94	De Columbiaan	10:36.02
	100m: 1:10.35 1:10.35	300m: 3:51.23 1:21.63	500m: 6:35.71 1:22.93	700m: 9:18.95 1:21.53
	200m: 2:29.60 1:19.25	400m: 5:12.78 1:21.55	600m: 7:57.42 1:21.71	800m: 10:36.02 1:17.07
dis. Sophie Sollie		94	Zeester-Meerval	AA
	100m: -:-:-	300m: -:-:-	500m: -:-:-	700m: -:-:-
	200m: -:-:-	400m: -:-:-	600m: -:-:-	800m: -:-:-
ng.za Nicole Klijnstra		94	De Dolfijn	

<< TOP >>

Nr. 8 800m vrije slag Dames Meisjes Junioren 2

28-4-2007

	Jr.	Afk./depot	Tijd
1. Andrea Kneppers	93	Hoorn-Aurik	9:30.08
		100m: 1:04.53 1:04.53	300m: 3:28.00 1:12.06
		200m: 2:15.94 1:11.41	400m: 4:40.56 1:12.56
2. Judith Stap	93	De Stormvogel	9:35.01
		100m: 1:05.34 1:05.34	300m: 3:31.08 1:13.53
		200m: 2:17.55 1:12.21	400m: 4:45.01 1:13.93
3. Leonie van Noort	93	De Zijl/LGB	9:42.22
		100m: 1:05.57 1:05.57	300m: 3:30.07 1:12.27
		200m: 2:17.80 1:12.23	400m: 4:44.03 1:13.96
4. Renske de Groot	93	't Tolhekke	9:53.03
		100m: 1:08.92 1:08.92	300m: 3:37.36 1:14.65
		200m: 2:22.71 1:13.79	400m: 4:52.80 1:15.44
5. Marcha Admiraal	93	De Biesboschzwe	10:00.87
		100m: 1:09.37 1:09.37	300m: 3:40.84 1:15.90
		200m: 2:24.94 1:15.57	400m: 4:57.80 1:16.96
6. Misty Coert	93	ZCV	10:03.07
		100m: 1:08.07 1:08.07	300m: 3:39.16 1:15.81
		200m: 2:23.35 1:15.28	400m: 4:55.46 1:16.30
7. Jamie de Jong	93	De Dolfijn	10:15.82
		100m: 1:08.19 1:08.19	300m: 3:44.77 1:19.16
		200m: 2:25.61 1:17.42	400m: 5:04.54 1:19.77
8. Ela Hutten	93	MNC Dordrecht	10:20.76
		100m: 1:08.92 1:08.92	300m: 3:40.08 1:16.16
		200m: 2:23.92 1:15.00	400m: 4:58.81 1:18.73
9. Milou Julicher	93	Wiekslag	10:23.27
		100m: 1:08.98 1:08.98	300m: 3:40.45 1:16.13
		200m: 2:24.32 1:15.34	400m: 4:56.83 1:16.38
10. Shelley de Boer	93	Zaanstad (SG)	10:24.17
		100m: 1:09.88 1:09.88	300m: 3:45.91 1:18.70
		200m: 2:27.21 1:17.33	400m: 5:04.43 1:18.52
11. Marleen Bakker	93	TRB-RES	10:27.08
		100m: 1:10.75 1:10.75	300m: 3:49.81 1:19.59
		200m: 2:30.22 1:19.47	400m: 5:09.75 1:19.94
		500m: 6:29.98 1:20.23	700m: 9:11.38 1:21.30
		600m: 7:50.08 1:20.10	800m: 10:27.08 1:15.70

12. Manon Minneboo	93	De Stormvogel	10:30.08
100m: 1:10.97 1:10.97	300m: 3:48.67 1:19.50	500m: 6:28.54 1:20.46	700m: 9:10.56 1:20.81
200m: 2:29.17 1:18.20	400m: 5:08.08 1:19.41	600m: 7:49.75 1:21.21	800m: 10:30.08 1:19.52
13. Mariska Scheel	93	De Lansingh	10:44.56 *
100m: 1:10.12 1:10.12	300m: 3:54.21 1:22.61	500m: 6:41.64 1:23.82	700m: 9:28.59 1:23.28
200m: 2:31.60 1:21.48	400m: 5:17.82 1:23.61	600m: 8:05.31 1:23.67	800m: 10:44.56 1:15.97
14. Anniek Minderhoud	93	De Stormvogel	10:47.93 *
100m: 1:11.48 1:11.48	300m: 3:51.83 1:20.80	500m: 6:38.36 1:24.81	700m: 9:27.42 1:24.48
200m: 2:31.03 1:19.55	400m: 5:13.55 1:21.72	600m: 8:02.94 1:24.58	800m: 10:47.93 1:20.51
ng.za Carlie Mennen	93	PSV	
ng.za Jamie Schepers	93	ZCV	