

A. Jansen LAC periode 1 deel 2
Doetinchem, 1-12-2019

Programmanr. 1
1-12-2019 - 16:45

Meisjes, 200m vrije slag

Minioren 3 en 4
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Jesmé Haytink	De Berkelduikers 1	3:27.76	201000382	3:12.42	42.84	1:32.64	2:21.72	3:12.42
2. Sara Giesen	Ndd	3:27.76	201100016	3:14.95	43.95	1:35.02	2:26.11	3:14.95
3. Melissa ter Horst	ZV Overbetuwe	3:45.89	201100678	3:27.23	43.03	1:37.82	2:34.91	3:27.23
4. Mila Hof	ZV Overbetuwe	4:10.53	201100226	3:59.40	49.74	1:50.43	2:55.35	3:59.40

Programmanr. 2
1-12-2019 - 16:50

Jongens, 200m vrije slag

Minioren 3 en 4
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
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Programmanr. 3
1-12-2019 - 16:50

Meisjes, 200m wisselslag

Minioren 5 en Junioren 1
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Meyke Haytink	De Berkelduikers 1	3:20.25	200801188	3:16.57	44.89	1:36.04	2:32.95	3:16.57
2. Roos Vrugink	WWV Winterswijk	3:37.34	200801040	3:20.35	47.67	1:37.35	2:34.77	3:20.35
3. Elin Das	Ndd	3:45.41	200901036	3:23.46	49.07	1:39.71	2:37.84	3:23.46
4. Elise Koerselman	Ndd	NT	200901218	3:40.91	48.11	1:46.39	2:51.21	3:40.91

Programmanr. 4
1-12-2019 - 16:55

Jongens, 200m wisselslag

Minioren 5 en 6
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Sem Teunissen	ZV Overbetuwe	3:05.13	200800077	3:03.07	40.18	1:27.74	2:24.05	3:03.07
2. Rian Schoneveld	De Berkelduikers 1	3:21.55	200801789	3:24.11	44.82	1:35.66	2:41.67	3:24.11
DIS Thomas Bergmans	De Ward	2:58.91	200801663					

VC - Armen niet over het water naar voren gebracht.

Programmanr. 5
1-12-2019 - 16:59

Dames, 200m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Ilse Dadema	De Berkelduikers 1	2:55.90	200601790	2:57.08	40.45	1:26.11	2:15.23	2:57.08
2. Esmee Wilcke	ZV Overbetuwe	2:56.49	200302540	3:04.52	36.94	1:25.27	2:22.39	3:04.52
3. Lotte Buiting	Ndd	3:17.60	200702752	3:08.81	40.68	1:29.70	2:25.58	3:08.81
4. Fleur Vrugink	WWV Winterswijk	3:37.04	200701724	3:18.43	48.67	1:35.47	2:34.83	3:18.43
5. Myrthe Ketterink	WWV Winterswijk	4:00.26	200702992	3:24.27	46.68	1:37.45	1:39.89	3:24.27
6. Diede Hof	ZV Overbetuwe	3:50.79	200802744	3:44.24	50.35	1:45.32	2:50.43	3:44.24
DIS Nour Habib	ZV Overbetuwe	NT	200603986					

RH - Het eindpunt niet in rugligging aangeraakt.

Programmanr. 6
1-12-2019 - 17:08

Heren, 200m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Lars Haytink	De Berkelduikers 1	2:48.42	200601815	2:41.29	33.06	1:17.07	2:04.86	2:41.29
2. Cas Prinse	De Ward	2:59.36	200701765	2:42.66	35.22	1:18.57	2:06.52	2:42.66
3. Finn Ooijman	De Berkelduikers 1	3:08.06	200603161	3:01.50	43.31	1:30.47	2:21.82	3:01.50
4. Leon Blok	De Berkelduikers 1	3:10.85	200603163	3:06.02	41.89	1:28.23	2:25.10	3:06.02
5. Odo McCarthy	ZV Overbetuwe	3:08.43	200700307	3:11.40	46.94	1:35.81	2:31.08	3:11.40
6. Gyan Spaan	ZV Overbetuwe	3:15.59	200701061	3:12.13	44.28	1:34.34	2:27.65	3:12.13
7. Joost Pollmann	ZV Overbetuwe	3:33.35	200603521	3:38.17	50.12	1:43.07	2:47.55	3:38.17

A. Jansen LAC periode 1 deel 2
Doetinchem, 1-12-2019

Programmanr. 7
1-12-2019 - 17:17

Meisjes, 400m vrije slag

Minioren 5 en Junioren 1
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Elin Das	Ndd	7:10.89	200901036	6:08.05	
	50m: 40.90	40.90	150m: 2:13.58	46.49	250m: 3:49.75	48.38
	100m: 1:27.09	46.19	200m: 3:01.37	47.79	300m: 4:37.78	48.03
					350m: 5:24.11	46.33
					400m: 6:08.05	43.94
2.	Roos Vrugink	WWW Winterswijk	6:39.57	200801040	6:18.16	
	50m: 41.39	41.39	150m: 2:17.80	48.13	250m: 3:55.86	48.73
	100m: 1:29.67	48.28	200m: 3:07.13	49.33	300m: 4:45.16	49.30
					350m: 5:32.06	46.90
					400m: 6:18.16	46.10
3.	Myrthe Hennink	WWW Winterswijk	NT	200803570	6:23.85	
	50m: 41.39	41.39	150m: 2:19.76	49.85	250m: 3:58.06	49.14
	100m: 1:29.91	48.52	200m: 3:08.92	49.16	300m: 4:47.67	49.61
					350m: 5:38.11	50.44
					400m: 6:23.85	45.74

Programmanr. 8
1-12-2019 - 17:25

Jongens, 400m vrije slag

Minioren 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Thomas Bergmans	De Ward	5:39.87	200801663	5:37.42	
	50m: 35.48	35.48	150m: 1:58.67	42.72	250m: 3:24.89	43.22
	100m: 1:15.95	40.47	200m: 2:41.67	43.00	300m: 4:08.70	43.81
					350m: 4:52.48	43.78
					400m: 5:37.42	44.94
2.	Sem Teunissen	ZV Overbetuwe	5:54.92	200800077	5:48.88	
	50m: 36.69	36.69	150m: 2:02.54	43.37	250m: 3:34.43	46.94
	100m: 1:19.17	42.48	200m: 2:47.49	44.95	300m: 4:20.88	46.45
					350m: 5:07.48	46.60
					400m: 5:48.88	41.40
3.	Rian Schoneveld	De Berkelduikers 1	5:56.80	200801789	5:56.10	
	50m: 36.91	36.91	150m: 2:03.63	44.94	250m: 3:37.12	47.32
	100m: 1:18.69	41.78	200m: 2:49.80	46.17	300m: 4:23.47	46.35
					350m: 5:11.56	48.09
					400m: 5:56.10	44.54
4.	Wessel Mous	WWW Winterswijk	NT	200802477	6:13.14	
	50m: 41.45	41.45	150m: 2:16.18	48.44	250m: 3:52.50	48.63
	100m: 1:27.74	46.29	200m: 3:03.87	47.69	300m: 4:40.43	47.93
					350m: 5:25.99	45.56
					400m: 6:13.14	47.15

Programmanr. 9
1-12-2019 - 17:32

Dames, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Isa van Ditshuizen	De Berkelduikers 1	NT	200201002	10:50.32			
	100m: 1:12.95	1:12.95	300m: 3:55.42	1:22.04	500m: 6:41.09	1:22.88		
	200m: 2:33.38	1:20.43	400m: 5:18.21	1:22.79	600m: 8:04.62	1:23.53		
					700m: 9:59.18	1:24.56		
					800m: 10:50.32	1:21.14		
2.	Welmoed Doornbos	De IJsselmeewen	10:28.77	200203352	10:59.35			
	100m: 1:17.19	1:17.19	300m: 4:07.64	1:25.72	500m: 6:56.56	1:21.73		
	200m: 2:41.92	1:24.73	400m: 5:34.83	1:27.19	600m: 8:19.40	1:22.84		
					700m: 9:40.97	1:21.57		
					800m: 10:59.35	1:18.38		
3.	Isa Keijzers	Ndd	11:46.27	200502044	11:22.67			
	100m: 1:16.30	1:16.30	300m: 4:04.02	1:25.09	500m: 6:57.29	1:26.89		
	200m: 2:38.93	1:22.63	400m: 5:30.40	1:26.38	600m: 8:26.03	1:28.74		
					700m: 9:55.94	1:29.91		
					800m: 11:22.67	1:26.73		
4.	Imke Riefel	Ndd	13:39.15	200801994	11:52.53			
	100m:	300m: 4:30.50	1:29.83	500m: 7:30.80	1:29.18	700m: 10:30.01	1:29.81	
	200m: 3:00.67	400m: 6:01.62	1:31.12	600m: 9:00.20	1:29.40	800m: 11:52.53	1:22.52	
5.	Nynke van Leeuwen	De Berkelduikers 1	NT	200701272	11:52.64			
	100m: 1:18.20	1:18.20	300m: 4:20.17	1:31.03	500m: 7:26.30	1:31.88	700m: 10:29.04	1:30.93
	200m: 2:49.14	1:30.94	400m: 5:54.42	1:34.25	600m: 8:58.11	1:31.81	800m: 11:52.64	1:23.60
6.	Frederique Bootsvelde	De IJsselmeewen	11:51.07	200102910	12:06.66			
	100m: 1:20.52	1:20.52	300m: 4:23.63	1:32.77	500m: 7:30.81	1:33.27	700m: 10:35.87	1:33.51
	200m: 2:50.86	1:30.34	400m: 5:57.54	1:33.91	600m: 9:02.36	1:31.55	800m: 12:06.66	1:30.79
7.	Marlies Jansen	Natare	13:04.85	200701904	12:06.74			
	100m: 1:23.13	1:23.13	300m: 4:25.67	1:31.29	500m: 7:33.35	1:34.47	700m: 10:42.46	1:33.37
	200m: 2:54.38	1:31.25	400m: 5:58.88	1:33.21	600m: 9:09.09	1:35.74	800m: 12:06.74	1:24.28
8.	Fleur Vrugink	WWW Winterswijk	13:19.31	200701724	12:51.53			
	100m: 1:28.44	1:28.44	300m: 4:42.50	1:37.92	500m: 8:02.44	1:41.47	700m: 11:20.40	1:38.64
	200m: 3:04.58	1:36.14	400m: 6:20.97	1:38.47	600m: 9:01.76	1:39.32	800m: 12:51.53	1:31.13
9.	Doutsen Doornbos	De IJsselmeewen	12:13.35	200602610	13:00.28			
	100m: 1:26.00	1:26.00	300m: 4:47.83	1:43.16	500m: 8:10.58	1:42.34	700m: 11:26.24	1:37.48
	200m: 3:04.67	1:38.67	400m: 6:28.24	1:40.41	600m: 9:48.76	1:38.18	800m: 13:00.28	1:34.04
10.	Marika Hovinga	WWW Winterswijk	14:51.57	200604560	13:15.02			
	100m: 1:30.70	1:30.70	300m: 4:52.43	1:41.45	500m: 8:17.85	1:43.52	700m: 11:41.25	1:41.88
	200m: 3:10.98	1:40.28	400m: 6:34.33	1:41.90	600m: 9:59.37	1:41.52	800m: 13:15.02	1:33.77

A. Jansen LAC periode 1 deel 2
Doetinchem, 1-12-2019

Programmanr. 9, Dames, 800m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
11.	Myrthe Ketterink	WWW Winterswijk	13:20.29	200702992	13:26.39			
	100m: 1:32.39	1:32.39	300m: 4:57.10	1:43.56	500m: 8:24.42	1:44.97	700m: 11:51.16	1:44.09
	200m: 3:13.54	1:41.15	400m: 6:39.45	1:42.35	600m: 10:07.07	1:42.65	800m: 13:26.39	1:35.23
12.	Mila ter Welle	WWW Winterswijk	16:25.05	200604602	13:28.30			
	100m: 1:28.83	1:28.83	300m: 4:55.71	1:45.11	500m: 8:25.92	1:44.44	700m: 11:51.96	1:41.79
	200m: 3:10.60	1:41.77	400m: 6:41.48	1:45.77	600m: 10:10.17	1:44.25	800m: 13:28.30	1:36.34
13.	Diede Hof	ZV Overbetuwe	15:27.86	200802744	15:32.48			
	100m: 1:46.45	1:46.45	300m: 5:47.71	2:02.01	500m: 9:51.14	2:01.08	700m: 13:41.86	1:57.10
	200m: 3:45.70	1:59.25	400m: 7:50.06	2:02.35	600m: 11:44.76	1:53.62	800m: 15:32.48	1:50.62

Programmanr. 10
1-12-2019 - 18:03

Heren, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Gerben Sijbers	De IJsselmeeuwen	10:56.01	199805309	10:26.06			
	100m: 1:12.67	1:12.67	300m: 3:51.90	1:20.27	500m: 6:30.96	1:19.49	700m: 9:08.49	1:18.88
	200m: 2:31.63	1:18.96	400m: 5:11.47	1:19.57	600m: 7:49.61	1:18.65	800m: 10:26.06	1:17.57
2.	Splinter Doornbos	De IJsselmeeuwen	10:28.88	200402255	10:39.87			
	100m: 1:12.72	1:12.72	300m: 3:52.09	1:20.31	500m: 6:37.44	1:24.34	700m: 9:25.31	1:23.07
	200m: 2:31.78	1:19.06	400m: 5:13.10	1:21.01	600m: 8:02.24	1:24.80	800m: 10:39.87	1:14.56
3.	David Keurentjes	Ndd	11:33.76	200701459	10:42.53			
	100m: 1:13.26	1:13.26	300m: 3:56.52	1:22.45	500m: 6:44.57	1:24.03	700m: 9:28.52	1:21.55
	200m: 2:34.07	1:20.81	400m: 5:20.54	1:24.02	600m: 8:06.97	1:22.40	800m: 10:42.53	1:14.01
4.	Odo McCarthy	ZV Overbetuwe	11:51.45	200700307	11:52.07			
	100m: 1:22.19	1:22.19	300m: 4:22.90	1:30.62	500m: 7:25.65	1:30.81	700m: 10:27.08	1:30.15
	200m: 2:52.28	1:30.09	400m: 5:54.84	1:31.94	600m: 8:56.93	1:31.28	800m: 11:52.07	1:24.99
5.	Gyan Spaan	ZV Overbetuwe	12:51.43	200701061	12:50.20			
	100m: 1:28.69	1:28.69	300m: 4:42.83	1:37.13	500m: 7:59.86	1:37.75	700m: 11:16.75	1:37.84
	200m: 3:05.70	1:37.01	400m: 6:22.11	1:39.28	600m: 9:38.91	1:39.05	800m: 12:50.20	1:33.45
6.	Daniël Bruntink	WWW Winterswijk	NT	200702833	13:43.92			
	100m: 1:36.02	1:36.02	300m: 5:05.89	1:45.09	500m: 8:37.64	1:45.64	700m: 12:05.76	1:43.50
	200m: 3:20.80	1:44.78	400m: 6:52.00	1:46.11	600m: 10:22.26	1:44.62	800m: 13:43.92	1:38.16
7.	Bas van Hoorn	Ndd	14:02.55	200602421	14:30.68			
	100m: 1:34.62	1:34.62	300m: 5:19.13	1:54.18	500m: 9:07.60	1:54.54	700m: 12:50.17	1:50.27
	200m: 3:24.95	1:50.33	400m: 7:13.06	1:53.93	600m: 10:59.90	1:52.30	800m: 14:30.68	1:40.51
8.	Joost Pollmann	ZV Overbetuwe	14:43.01	200603521	14:53.61			
	100m: 1:36.40	1:36.40	300m: 5:19.63	1:54.95	500m: 9:15.88	1:58.66	700m: 13:07.49	1:52.61
	200m: 3:24.68	1:48.28	400m: 7:17.22	1:57.59	600m: 11:14.88	1:59.00	800m: 14:53.61	1:46.12

Programmanr. 11
1-12-2019 - 18:32

Dames, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Lisanne van Elst	De Rijn	21:43.78	200301964	20:37.72
	100m: 1:15.07	1:15.07	500m:	900m:	1300m:
	200m: 2:36.71	1:21.64	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:37.72
	400m: 5:21.83		800m: 10:54.53	1200m:	
2.	Juliëtte Bootsveld	Ndd	NT	200401270	21:05.59
	100m: 1:14.91	1:14.91	500m:	900m:	1300m:
	200m: 2:39.47	1:24.56	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 21:05.59
	400m: 5:30.41		800m: 11:13.19	1200m:	
3.	Azra Guler	Ndd	21:41.07	200503054	21:05.71
	100m: 1:16.75	1:16.75	500m:	900m:	1300m:
	200m: 2:40.55	1:23.80	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 21:05.71
	400m: 5:29.68		800m: 11:10.17	1200m:	
4.	Vivian Gravemaker	De Rijn	NT	200400058	21:20.74
	100m: 1:19.46	1:19.46	500m:	900m:	1300m:
	200m: 2:44.84	1:25.38	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 21:20.74
	400m: 5:37.08		800m: 11:23.09	1200m:	

A. Jansen LAC periode 1 deel 2
Doetinchem, 1-12-2019

Programmanr. 11, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT
5.	Hester Moene	De Rijn	NT	200501878	21:25.35
	100m: 1:18.86	1:18.86	500m: 900m:	1300m:	
	200m: 2:44.84	1:25.98	600m: 1000m:	1400m:	
	300m: 5:36.20	700m: 11:24.83	700m: 1100m:	1500m: 21:25.35	
	400m: 5:36.20	800m: 11:24.83	800m: 1200m:		
6.	Imke Temmink	De Berkelduikers 1	22:40.25	200601668	21:47.22
	100m: 1:16.50	1:16.50	500m: 900m:	1300m:	
	200m: 2:44.00	1:27.50	600m: 1000m:	1400m:	
	300m: 5:40.61	700m: 11:36.39	700m: 1100m:	1500m: 21:47.22	
	400m: 5:40.61	800m: 11:36.39	800m: 1200m:		
7.	Fleur Arendsen	Ndd	21:25.62	200202270	22:05.60
	100m: 1:17.12	1:17.12	500m: 900m:	1300m:	
	200m: 2:41.39	1:24.27	600m: 1000m:	1400m:	
	300m: 5:34.20	700m: 11:34.60	700m: 1100m:	1500m: 22:05.60	
	400m: 5:34.20	800m: 11:34.60	800m: 1200m:		
8.	Anique Gravemaker	De Rijn	NT	200700022	22:33.00
	100m: 1:19.73	1:19.73	500m: 900m:	1300m:	
	200m: 2:49.71	1:29.98	600m: 1000m:	1400m:	
	300m: 5:53.68	700m: 11:56.76	700m: 1100m:	1500m: 22:33.00	
	400m: 5:53.68	800m: 11:56.76	800m: 1200m:		
9.	Aniek Garritsen	De IJsselmeeuwen	21:28.96	199504290	22:38.79
	100m: 1:21.30	1:21.30	500m: 900m:	1300m:	
	200m: 2:51.59	1:30.29	600m: 1000m:	1400m:	
	300m: 5:54.75	700m: 12:00.80	700m: 1100m:	1500m: 22:38.79	
	400m: 5:54.75	800m: 12:00.80	800m: 1200m:		
10.	Esmee Wilcke	ZV Overbetuwe	22:44.30	200302540	22:52.32
	100m: 1:21.42	1:21.42	500m: 900m:	1300m:	
	200m: 2:48.89	1:27.47	600m: 1000m:	1400m:	
	300m: 5:52.76	700m: 12:04.00	700m: 1100m:	1500m: 22:52.32	
	400m: 5:52.76	800m: 12:04.00	800m: 1200m:		
11.	Sterre Karmiggelt	De Berkelduikers 1	NT	200601786	23:12.01
	100m: 1:22.98	1:22.98	500m: 900m:	1300m:	
	200m: 2:54.09	1:31.11	600m: 1000m:	1400m:	
	300m: 6:01.21	700m: 12:17.76	700m: 1100m:	1500m: 23:12.01	
	400m: 6:01.21	800m: 12:17.76	800m: 1200m:		
12.	Sanne Teunissen	ZV Overbetuwe	26:00.89	200502874	24:26.57
	100m: 1:25.26	1:25.26	500m: 900m:	1300m:	
	200m: 3:01.41	1:36.15	600m: 1000m:	1400m:	
	300m: 6:15.81	700m: 12:49.80	700m: 1100m:	1500m: 24:26.57	
	400m: 6:15.81	800m: 12:49.80	800m: 1200m:		
AFGEM	Sanne Arendsen	Ndd	21:36.90	200103544	

Programmanr. 12
1-12-2019 - 19:49

Heren, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Rens Stijf	Ndd	17:41.45	200501419	17:34.10
	100m: 1:03.77	1:03.77	500m: 900m:	1300m:	
	200m: 2:13.36	1:09.59	600m: 1000m:	1400m:	
	300m: 4:34.05	700m: 9:17.14	700m: 1100m:	1500m: 17:34.10	
	400m: 4:34.05	800m: 9:17.14	800m: 1200m:		
2.	Benjamin McCarthy	ZV Overbetuwe	20:08.70	200302055	19:38.93
	100m: 1:13.32	1:13.32	500m: 900m:	1300m:	
	200m: 2:31.69	1:18.37	600m: 1000m:	1400m:	
	300m: 5:10.74	700m: 10:32.13	700m: 1100m:	1500m: 19:38.93	
	400m: 5:10.74	800m: 10:32.13	800m: 1200m:		
3.	Wilco Stijf	Ndd	19:40.39	200103043	19:56.46
	100m: 1:11.11	1:11.11	500m: 900m:	1300m:	
	200m: 2:29.01	1:17.90	600m: 1000m:	1400m:	
	300m: 5:07.42	700m: 10:27.85	700m: 1100m:	1500m: 19:56.46	
	400m: 5:07.42	800m: 10:27.85	800m: 1200m:		
4.	Cas Prinse	De Ward	23:45.99	200701765	20:00.45
	100m: 1:14.89	1:14.89	500m: 900m:	1300m:	
	200m: 2:35.70	1:20.81	600m: 1000m:	1400m:	
	300m: 5:15.23	700m: 10:39.73	700m: 1100m:	1500m: 20:00.45	
	400m: 5:15.23	800m: 10:39.73	800m: 1200m:		
5.	Marijn Baas	De Ward	24:34.06	200601487	20:02.53
	100m: 1:15.02	1:15.02	500m: 900m:	1300m:	
	200m: 2:35.90	1:20.88	600m: 1000m:	1400m:	
	300m: 5:16.23	700m: 10:43.30	700m: 1100m:	1500m: 20:02.53	
	400m: 5:16.23	800m: 10:43.30	800m: 1200m:		

A. Jansen LAC periode 1 deel 2
Doetinchem, 1-12-2019

Programmanr. 12, Heren, 1500m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT
6.	Luc McCarthy	ZV Overbetuwe	22:09.12	200401469	20:04.14
	100m: 1:14.10	1:14.10	500m:	900m:	1300m:
	200m: 2:34.96	1:20.86	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:04.14
	400m: 5:18.43		800m: 10:43.36	1200m:	
7.	Wessel Meeuwenberg	De Rijn	NT	200600607	21:11.18
	100m: 1:19.13	1:19.13	500m:	900m:	1300m:
	200m: 2:45.41	1:26.28	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 21:11.18
	400m: 5:37.88		800m: 11:23.95	1200m:	
8.	Luuk Jansen	Natare	21:25.07	200402111	21:13.34
	100m: 1:14.32	1:14.32	500m:	900m:	1300m:
	200m: 2:37.22	1:22.90	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 21:13.34
	400m: 5:27.22		800m: 11:10.44	1200m:	
9.	Sam Pollmann	ZV Overbetuwe	23:36.02	200303081	23:23.43
	100m: 1:19.26	1:19.26	500m:	900m:	1300m:
	200m: 2:51.36	1:32.10	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 23:23.43
	400m: 5:57.85		800m: 12:18.87	1200m:	
10.	Kaj Folkerts	De Rijn	NT	200700067	23:31.27
	100m: 1:25.26	1:25.26	500m:	900m:	1300m:
	200m: 2:58.24	1:32.98	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 23:31.27
	400m: 6:06.47		800m: 12:35.37	1200m:	
11.	Hans Cozijn	De Rijn	NT	197001695	24:40.51
	100m: 1:23.79	1:23.79	500m:	900m:	1300m:
	200m: 2:58.21	1:34.42	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 24:40.51
	400m: 6:17.52		800m: 13:00.27	1200m:	
12.	Marnix Breedveld	De Rijn	NT	200105385	25:20.82
	100m: 1:23.42	1:23.42	500m:	900m:	1300m:
	200m: 2:56.31	1:32.89	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 25:20.82
	400m: 6:14.92		800m: 13:08.06	1200m:	