

LAC deel 1



OZ&PC De Warande

Oosterhout 29-10-2016

LAC Periode - zaterdag 29 oktober 2016 om 14:00u (25 m)

Aanvangstijd juryvergadering: 13:30u

1. 200m wisselslag - Dames

10 - 11 jaar (Minioren 5 en Junioren 1)

- | | |
|--|----------|
| 1. Dion Boeijen (Arethusa, 200500008) | 02:57.26 |
| 50m 00:39.10 39,10 | |
| 2. Shanna Joppe (Z & PC De Zeeuwse Kust, 200601186) | 03:14.15 |
| 50m 00:46.53 46,53 | |
| 3. Floor de Pooter (De Schelde, 200501120) | 03:18.54 |
| 50m 00:45.61 45,61 | |
| 4. Romée van Rossem (De Biesboschwemmers, 200500684) | 03:23.10 |
| 50m 00:49.18 49,18 | |
| 5. Maud Ruitenbeek (ZCKoewacht, 200501894) | 03:24.95 |
| 50m 00:47.16 47,16 | |
| 6. Megann van de Donk (Thalassa, 200601506) | 03:38.75 |
| 50m 00:47.84 47,84 | |
| 7. Sam Albicher (De Schelde, 200600936) | 04:03.06 |
| 50m 00:55.76 55,76 | |

2. 200m wisselslag - Heren

10 - 11 jaar (Minioren 5 en 6)

- | | |
|--|----------|
| 1. Joris Doensen (Thalassa, 200500923) | 03:31.65 |
| 50m 00:42.35 42,35 | |
| DIS. Ruben Slingerland (De Bevelanders, 200601005) | 00:00.00 |

3. 200m wisselslag - Dames

vanaf 12 jaar (Junioren 2 en ouder)

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|---|----------|
| 1. Esther Tiemersma (Z & PC De Zeeuwse Kust, 200202962) | 02:35.67 |
| 50m 00:34.02 34,02 | |
| 2. Mandy van Rossum (Arethusa, 200204904) | 02:43.59 |
| 50m 00:35.30 35,30 | |
| 3. Anna Tiemersma (Z & PC De Zeeuwse Kust, 200400686) | 02:47.27 |
| 50m 00:38.55 38,55 | |
| 4. Froukje van der Heijden (De Bevelanders, 200201514) | 02:47.75 |
| 50m 00:37.80 37,80 | |
| 5. Sophie Albers (Arethusa, 200300990) | 02:52.22 |
| 50m 00:38.58 38,58 | |
| 6. Suze van Bergen (Arethusa, 200303642) | 02:56.29 |
| 50m 00:36.99 36,99 | |
| 7. Paulien Koster (De Bevelanders, 200005398) | 03:06.14 |
| 50m 00:38.64 38,64 | |
| 8. Ibe van Boven (De Schelde, 200404188) | 03:06.87 |
| 50m 00:41.82 41,82 | |
| 9. Ilja van der Stelt (ZV Den Doorn, 200200640) | 03:08.80 |
| 50m 00:40.61 40,61 | |

10. Ilse van Hal (Dbd, 200404374)		03:09.29
50m	00:43.15 43,15	
11. Nasca van Dijk (ZCKoewacht, 200300816)		03:09.40
50m	00:38.95 38,95	
12. Gwen Visser (Z & PC De Zeeuwse Kust, 200006206)		03:13.68
50m	00:42.56 42,56	
13. Rachelle Hellenbrand (Thalassa, 199101204)		03:16.65
50m	00:42.68 42,68	
14. Dieuwertje van den Heuvel (Arethusa, 200400098)		03:18.99
50m	00:50.42 50,42	
15. Ela Ince (Arethusa, 200400966)		03:27.43
50m	00:44.68 44,68	
16. Anna Burghout (ZV Den Doorn, 200400070)		03:33.61
50m	00:48.44 48,44	
17. Chimène Huisman (De Biesboschwemmers, 200400534)		03:47.17
50m	00:56.30 56,30	
4. 200m wisselslag - Heren		
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>		
1. Leon Faasse (De Schelde, 200002473)		02:25.45
50m	00:30.70 30,70	
2. Guido Brink (Z & PC De Zeeuwse Kust, 200200199)		02:30.12
50m	00:33.44 33,44	
3. Rinke Hiel (ZCKoewacht, 200102131)		02:35.04
50m	00:32.28 32,28	
4. Jan Brink (Z & PC De Zeeuwse Kust, 196200091)		02:37.18
50m	00:33.68 33,68	
5. Dion Staal (O.Z. & P.C. De Warande, 200200065)		02:41.79
50m	00:33.61 33,61	
6. Max Embregts (O.Z. & P.C. De Warande, 200200583)		02:49.22
50m	00:35.99 35,99	
7. Lars Langens (Arethusa, 200303825)		03:08.65
50m	00:42.37 42,37	
8. Huub Warmerdam (Arethusa, 200204043)		03:12.70
50m	00:43.26 43,26	
5. 200m vrije slag -		
<i>8 - 10 jaar</i>		
1. Wies Ruitenbeek (ZCKoewacht, 200700234)		03:41.24
50m	00:49.75 49,75	
100m	01:47.92 58,17	
150m	02:48.10 60,18	
2. Pien van Geel (O.Z. & P.C. De Warande, 200600202)		03:41.64
50m	00:50.38 50,38	
100m	01:49.21 58,83	
150m	02:49.83 60,62	
3. Zoë Bulkman (O.Z. & P.C. De Warande, 200600746)		03:43.20
50m	00:50.43 50,43	
100m	01:48.15 57,72	
4. Aurelie Koster (O.Z. & P.C. De Warande, 200702134)		03:50.86
50m	00:50.23 50,23	
100m	01:48.83 58,60	
150m	02:52.50 63,67	
5. Daan van Houten (O.Z. & P.C. De Warande, 200700893)		04:07.68
50m	00:55.01 55,01	
100m	01:59.12 64,11	
6. Gorshid Ashough (O.Z. & P.C. De Warande, 200700836)		04:27.20
50m	00:57.89 57,89	
100m	02:11.07 73,18	
150m	03:19.89 68,82	
6. 400m vrije slag - Dames		

10 - 11 jaar (Minioren 5 en Junioren 1)

1. Dion Boeijen (Arethusa, 200500008)						05:47.86					
50m	00:38.76	38,76	150m	02:07.04	44,84	250m	03:37.51	45,78	350m	05:08.60	45,50
100m	01:22.20	43,44	200m	02:51.73	44,69	300m	04:23.10	45,59			
2. Lonneke Tijmstra (Zwevlust- den Hommel, 200502900)						06:02.10					
50m	00:39.75	39,75	150m	02:11.97	47,27	250m	03:44.94	46,30	350m	05:18.13	46,81
100m	01:24.70	44,95	200m	02:58.64	46,67	300m	04:31.32	46,38			
3. Floor de Pooter (De Schelde, 200501120)						06:12.77					
50m	00:40.43	40,43	100m	01:26.34	45,91	200m	03:02.94	96,60			
4. Maaike van Heeswijk (O.Z. & P.C. De Warande, 200500472)						06:15.31					
50m	00:41.39	41,39	150m	02:14.13	46,44	250m	03:51.89	48,37	350m	05:29.07	47,31
100m	01:27.69	46,30	200m	03:03.52	49,39	300m	04:41.76	49,87			
5. Bente Koeman (O.Z. & P.C. De Warande, 200500900)						06:15.35					
50m	00:40.52	40,52	150m	02:13.65	47,18	250m	03:50.76	48,65	350m	05:29.36	49,19
100m	01:26.47	45,95	200m	03:02.11	48,46	300m	04:40.17	49,41			
6. Roos Suppers (ZV Den Doorn, 200500070)						06:19.43					
50m	00:40.16	40,16	100m	01:25.67	45,51	200m	03:04.86	99,19			
7. Maud Ruitenbeek (ZCKoewacht, 200501894)						06:30.63					
50m	00:42.71	42,71	150m	02:18.82	48,53	250m	03:59.69	50,19	350m	05:42.52	51,61
100m	01:30.29	47,58	200m	03:09.50	50,68	300m	04:50.91	51,22			
8. Isabel van Katwijk (Zwevlust- den Hommel, 200601014)						06:48.76					
50m	00:45.00	45,00	150m	02:28.45	52,85	250m	04:12.95	52,44	350m	05:58.36	52,60
100m	01:35.60	50,60	200m	03:20.51	52,06	300m	05:05.76	52,81			
9. Megann van de Donk (Thalassa, 200601506)						07:01.95					
50m	00:44.90	44,90	150m	02:29.93	53,61	250m	04:19.91	54,79	350m	06:10.53	55,69
100m	01:36.32	51,42	200m	03:25.12	55,19	300m	05:14.84	54,93			
10. Sanne van Kesteren (SG SCOM/de Zeehond '73, 200600452)						07:19.06					
50m	00:45.26	45,26	150m	02:37.24	56,83	250m	04:31.80	57,49	350m	06:25.27	55,57
100m	01:40.41	55,15	200m	03:34.31	57,07	300m	05:29.70	57,90			
11. Hanna de Graaf (ZV Den Doorn, 200600300)						07:31.55					
50m	00:47.02	47,02	100m	01:43.37	56,35	200m	03:40.21	116,84	300m	05:38.12	117,91
12. Sam Albicher (De Schelde, 200600936)						07:37.32					
50m	00:50.22	50,22	150m	02:47.54	60,07	250m	04:45.54	58,47	350m	06:42.34	57,98
100m	01:47.47	57,25	200m	03:47.07	59,53	300m	05:44.36	58,82			
7. 400m vrije slag - Heren											
10 - 11 jaar (Minioren 5 en 6)											
1. Yardan Taya (Zwevlust- den Hommel, 200501343)						05:41.77					
50m	00:36.39	36,39	150m	02:01.45	43,91	250m	03:31.33	45,66	350m	05:01.14	44,88
100m	01:17.54	41,15	200m	02:45.67	44,22	300m	04:16.26	44,93			
2. Bjarn Martens (ZV Hydra, 200500505)						06:05.74					
50m	00:39.05	39,05	150m	02:11.48	47,02	250m	03:46.91	48,57	350m	05:23.81	48,59
100m	01:24.46	45,41	200m	02:58.34	46,86	300m	04:35.22	48,31			
3. Thijs Wellink (Zwevlust- den Hommel, 200600715)						06:26.90					
50m	00:39.80	39,80	150m	02:18.96	50,18	250m	03:59.98	50,04	350m	05:39.76	49,37
100m	01:28.78	48,98	200m	03:09.94	50,98	300m	04:50.39	50,41			
4. Pieter Nuijten (ZCKoewacht, 200600043)						06:52.61					
50m	00:42.56	42,56	100m	01:34.17	51,61	200m	03:20.46	106,29	300m	05:04.54	104,08
5. Wouter Buijs (ZCKoewacht, 200501977)						06:54.88					
50m	00:42.50	42,50	150m	02:25.57	52,49	250m	04:12.56	53,74	350m	06:01.25	55,35
100m	01:33.08	50,58	200m	03:18.82	53,25	300m	05:05.90	53,34			
6. Joris Doensen (Thalassa, 200500923)						07:10.05					
50m	00:41.25	41,25	100m	01:33.40	52,15	200m	03:24.86	111,46			

8. 800m vrije slag - Dames

vanaf 12 jaar (Junioren 2 en ouder)

1. Sterre van de Goor (Arethusa, 200102168)					09:51.00
50m	00:34.29 34,29	250m	03:05.29 37,34	450m	05:34.07 37,25
100m	01:12.32 38,03	300m	03:42.73 37,44	500m	06:10.73 36,66
150m	01:50.36 38,04	350m	04:19.57 36,84	550m	06:47.67 36,94
200m	02:27.95 37,59	400m	04:56.82 37,25	600m	07:25.10 37,43
650m	08:02.32 37,22	700m	08:39.23 36,91	750m	09:15.51 36,28
2. Eva van Ginneken (Hieronymus, 199800164)					09:53.43
50m	00:32.98 32,98	250m	03:01.94 37,64	450m	05:33.11 37,35
100m	01:09.47 36,49	300m	03:39.63 37,69	500m	06:11.42 38,31
150m	01:46.86 37,39	350m	04:17.53 37,90	550m	06:49.91 38,49
200m	02:24.30 37,44	400m	04:55.76 38,23	600m	07:27.74 37,83
650m	08:05.12 37,38	700m	08:42.06 36,94	750m	09:18.23 36,17
3. Valesca van den Bogert (Hieronymus, 200102138)					09:54.96
50m	00:32.97 32,97	250m	03:02.92 37,72	450m	05:34.35 37,68
100m	01:10.40 37,43	300m	03:40.69 37,77	500m	06:12.16 37,81
150m	01:47.88 37,48	350m	04:18.39 37,70	550m	06:49.96 37,80
200m	02:25.20 37,32	400m	04:56.67 38,28	600m	07:27.71 37,75
650m	08:05.33 37,62	700m	08:43.11 37,78	750m	09:20.25 37,14
4. Bridget de Bat (Z & PC De Zeeuwse Kust, 200400382)					10:17.70
50m	00:33.43 33,43	250m	03:04.96 38,70	450m	05:42.52 39,59
100m	01:09.60 36,17	300m	03:44.05 39,09	500m	06:21.92 39,40
150m	01:47.53 37,93	350m	04:23.54 39,49	550m	07:01.46 39,54
200m	02:26.26 38,73	400m	05:02.93 39,39	600m	07:41.35 39,89
650m	08:21.11 39,76	700m	09:00.28 39,17	750m	09:39.58 39,30
5. Sasya van Hamersveld (Arethusa, 200201454)					10:18.99
50m	00:35.36 35,36	250m	03:07.23 38,94	450m	05:44.32 39,53
100m	01:12.58 37,22	300m	03:46.25 39,02	500m	06:23.69 39,37
150m	01:50.02 37,44	350m	04:25.31 39,06	550m	07:03.10 39,41
200m	02:28.29 38,27	400m	05:04.79 39,48	600m	07:42.63 39,53
650m	08:22.08 39,45	700m	09:02.07 39,99	750m	09:41.31 39,24
6. Esther Tiemersma (Z & PC De Zeeuwse Kust, 200202962)					10:21.22
50m	00:34.84 34,84	250m	03:10.03 38,63	450m	05:48.55 39,15
100m	01:13.59 38,75	300m	03:49.59 39,56	500m	06:27.82 39,27
150m	01:52.66 39,07	350m	04:29.56 39,97	550m	07:07.72 39,90
200m	02:31.40 38,74	400m	05:09.40 39,84	600m	07:46.77 39,05
650m	08:26.22 39,45	700m	09:05.53 39,31	750m	09:43.85 38,32
7. Roos Englebert (Hieronymus, 200200606)					10:21.66
50m	00:34.51 34,51	250m	03:11.89 39,58	450m	05:49.27 39,15
100m	01:12.75 38,24	300m	03:51.71 39,82	500m	06:28.54 39,27
150m	01:52.27 39,52	350m	04:30.84 39,13	550m	07:08.16 39,62
200m	02:32.31 40,04	400m	05:10.12 39,28	600m	07:48.20 40,04
650m	08:27.58 39,38	700m	09:07.29 39,71	750m	09:45.21 37,92
8. Silke Aben (ZV Hydra, 200103354)					10:39.84
50m	00:35.37 35,37	250m	03:13.66 40,04	450m	05:54.87 40,07
100m	01:14.37 39,00	300m	03:54.26 40,60	500m	06:36.12 41,25
150m	01:53.73 39,36	350m	04:34.75 40,49	550m	07:17.14 41,02
200m	02:33.62 39,89	400m	05:14.80 40,05	600m	07:58.57 41,43
650m	08:39.47 40,90	700m	09:20.44 40,97	750m	10:01.46 41,02
9. Ymke van Dongen (O.Z. & P.C. De Warande, 200202662)					10:47.15
50m	00:35.78 35,78	250m	03:15.37 40,86	450m	05:58.65 40,72
100m	01:14.57 38,79	300m	03:56.37 41,00	500m	06:39.93 41,28
150m	01:54.21 39,64	350m	04:37.29 40,92	550m	07:21.62 41,69
200m	02:34.51 40,30	400m	05:17.93 40,64	600m	08:03.37 41,75
650m	08:44.93 41,56	700m	09:26.43 41,50	750m	10:07.16 40,73
10. Sophie Stekelenburg (Zweamlust- den Hommel, 200400166)					10:55.54
50m	00:33.59 33,59	250m	03:14.45 41,72	450m	06:02.50 42,43
100m	01:11.41 37,82	300m	03:56.50 42,05	500m	06:44.37 41,87
150m	01:51.51 40,10	350m	04:38.33 41,83	550m	07:26.75 42,38
200m	02:32.73 41,22	400m	05:20.07 41,74	600m	08:08.58 41,83
650m	08:51.57 42,99	700m	09:33.91 42,34	750m	10:16.32 42,41
11. Christel Kramer (ZV Den Doorn, 199901248)					11:01.49
50m	00:35.99 35,99	250m	03:21.01 42,94	450m	06:13.53 43,12
100m	01:15.49 39,50	300m	04:04.24 43,23	500m	06:56.28 42,75
150m	01:56.62 41,13	350m	04:46.35 42,11	550m	07:39.79 43,51
200m	02:38.07 41,45	400m	05:30.41 44,06	600m	08:23.01 43,22
650m	09:06.33 43,32	700m	09:49.85 43,52	750m	10:32.37 42,52
12. Susanne van der Linden (Z&PC DIO, 198802736)					11:07.94
50m	00:37.42 37,42	250m	03:25.48 42,71	450m	06:15.26 42,40
100m	01:18.20 40,78	300m	04:08.07 42,59	500m	06:57.18 41,92
650m	09:03.70 41,92	700m	09:45.80 42,10		

	50m 00:39.53 39,53	250m 03:44.85 46,71	450m 06:57.51 47,36	650m 10:11.91 48,90	
	100m 01:24.84 45,31	300m 04:33.25 48,40	500m 07:45.55 48,04	700m 11:01.27 49,36	
	150m 02:11.63 46,79	350m 05:21.85 48,60	550m 08:34.48 48,93	750m 11:48.51 47,24	
	200m 02:58.14 46,51	400m 06:10.15 48,30	600m 09:23.01 48,53		
25. Ilse van Hal (Dbd, 200404374)					12:44.29
	50m 00:42.59 42,59	250m 03:53.21 47,27	450m 07:06.68 48,07	650m 10:22.64 49,36	
	100m 01:29.47 46,88	300m 04:42.05 48,84	500m 07:54.61 47,93	700m 11:10.43 47,79	
	150m 02:17.69 48,22	350m 05:29.63 47,58	550m 08:43.98 49,37	750m 11:59.16 48,73	
	200m 03:05.94 48,25	400m 06:18.61 48,98	600m 09:33.28 49,30		
26. Ibe van Boven (De Schelde, 200404188)					12:46.18
	50m 00:40.42 40,42	250m 03:51.69 48,85	450m 07:07.63 48,07	650m 10:23.31 48,76	
	100m 01:26.77 46,35	300m 04:41.18 49,49	500m 07:56.75 49,12	700m 11:11.34 48,03	
	150m 02:15.01 48,24	350m 05:30.46 49,28	550m 08:46.20 49,45	750m 12:00.02 48,68	
	200m 03:02.84 47,83	400m 06:19.56 49,10	600m 09:34.55 48,35		
27. Melanie Hornsveld (Zwemlust- den Hommel, 200103492)					12:52.27
	50m 00:37.88 37,88	250m 03:48.38 49,79	450m 07:08.71 50,24	650m 10:29.65 49,79	
	100m 01:22.51 44,63	300m 04:39.01 50,63	500m 07:59.55 50,84	700m 11:20.07 50,42	
	150m 02:09.78 47,27	350m 05:27.90 48,89	550m 08:49.68 50,13	750m 12:07.71 47,64	
	200m 02:58.59 48,81	400m 06:18.47 50,57	600m 09:39.86 50,18		
28. Rachele Hellenbrand (Thalassa, 199101204)					12:59.51
	50m 00:40.28 40,28	250m 03:50.89 49,82	450m 07:13.15 51,45	650m 10:36.64 50,52	
	100m 01:25.05 44,77	300m 04:40.51 49,62	500m 08:04.04 50,89	700m 11:26.68 50,04	
	150m 02:12.44 47,39	350m 05:30.83 50,32	550m 08:55.10 51,06	750m 12:14.92 48,24	
	200m 03:01.07 48,63	400m 06:21.70 50,87	600m 09:46.12 51,02		
29. Loes van Geel (O.Z. & P.C. De Warande, 200203628)					13:13.48
	50m 00:40.21 40,21	250m 03:58.39 51,13	450m 07:26.41 52,71	650m 10:50.96 50,89	
	100m 01:27.27 47,06	300m 04:49.80 51,41	500m 08:17.69 51,28	700m 11:40.24 49,28	
	150m 02:16.57 49,30	350m 05:41.51 51,71	550m 09:08.84 51,15	750m 12:28.30 48,06	
	200m 03:07.26 50,69	400m 06:33.70 52,19	600m 10:00.07 51,23		
30. Ela Ince (Arethusa, 200400966)					13:14.15
	50m 00:40.71 40,71	250m 04:02.43 50,72	450m 07:26.33 51,74	650m 10:51.52 50,42	
	100m 01:29.57 48,86	300m 04:52.61 50,18	500m 08:17.64 51,31	700m 11:38.67 47,15	
	150m 02:20.34 50,77	350m 05:43.91 51,30	550m 09:08.60 50,96	750m 12:30.23 51,56	
	200m 03:11.71 51,37	400m 06:34.59 50,68	600m 10:01.10 52,50		
31. Myrthe Vonk (ZV Den Doorn, 200205578)					13:31.05
	50m 00:40.21 40,21	250m 04:00.45 51,16	450m 07:31.52 53,43	650m 10:53.31 45,65	
	100m 01:26.28 46,07	300m 04:53.65 53,20	500m 08:23.78 52,26	700m 11:51.63 58,32	
	150m 02:16.89 50,61	350m 05:44.84 51,19	550m 09:15.77 51,99	750m 12:43.21 51,58	
	200m 03:09.29 52,40	400m 06:38.09 53,25	600m 10:07.66 51,89		
32. Laurie Huigen (O.Z. & P.C. De Warande, 200403026)					14:56.58
	50m 00:45.70 45,70	250m 04:28.85 56,96	450m 08:24.02 59,04	650m 12:12.39 56,68	
	100m 01:39.46 53,76	300m 05:28.97 60,12	500m 09:22.98 58,96	700m 13:09.24 56,85	
	150m 02:35.00 55,54	350m 06:25.22 56,25	550m 10:19.09 56,11	750m 14:04.46 55,22	
	200m 03:31.89 56,89	400m 07:24.98 59,76	600m 11:15.71 56,62		
9. 800m vrije slag - Heren					
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>					
1. Luc van Eijndhoven (O.Z. & P.C. De Warande, 200200139)					09:21.34
	50m 00:32.10 32,10	250m 02:52.80 35,12	450m 05:14.56 35,32	650m 07:36.95 35,52	
	100m 01:07.26 35,16	300m 03:28.08 35,28	500m 05:50.14 35,58	700m 08:12.18 35,23	
	150m 01:42.46 35,20	350m 04:03.66 35,58	550m 06:25.70 35,56	750m 08:47.65 35,47	
	200m 02:17.68 35,22	400m 04:39.24 35,58	600m 07:01.43 35,73		
2. Yorick Visser (Z & PC De Zeeuwse Kust, 200301957)					09:41.87
	50m 00:32.26 32,26	250m 02:56.88 36,76	450m 05:20.87 38,24	650m 07:55.53 38,59	
	100m 01:07.38 35,12	300m 03:32.53 35,65	500m 06:00.04 39,17	700m 08:34.15 38,62	
	150m 01:49.19 41,81	350m 04:07.85 35,32	550m 06:39.33 39,29	750m 09:10.17 36,02	
	200m 02:20.12 30,93	400m 04:42.63 34,78	600m 07:16.94 37,61		
3. Jan Brink (Z & PC De Zeeuwse Kust, 196200091)					09:51.53
	50m 00:32.38 32,38	250m 02:57.84 37,09	450m 05:28.22 37,43	650m 07:59.92 38,35	
	100m 01:07.63 35,25	300m 03:35.26 37,42	500m 06:05.94 37,72	700m 08:37.83 37,91	

150m 01:44.12 36,49	350m 04:13.00 37,74	550m 06:43.67 37,73	750m 09:15.41 37,58
200m 02:20.75 36,63	400m 04:50.79 37,79	600m 07:21.57 37,90	
4. Niels Albrechts (zc De Schotejil, 198800039)			
50m 00:33.20 33,20	250m 03:00.76 37,53	450m 05:30.89 37,60	650m 08:04.10 39,03
100m 01:08.64 35,44	300m 03:38.36 37,60	500m 06:08.82 37,93	700m 08:42.64 38,54
150m 01:45.45 36,81	350m 04:15.82 37,46	550m 06:46.80 37,98	750m 09:20.76 38,12
200m 02:23.23 37,78	400m 04:53.29 37,47	600m 07:25.07 38,27	
5. Guido Brink (Z & PC De Zeeuwse Kust, 200200199)			
50m 00:34.65 34,65	250m 03:05.31 37,95	450m 05:35.89 37,64	650m 08:08.38 37,77
100m 01:11.79 37,14	300m 03:43.44 38,13	500m 06:14.23 38,34	700m 08:46.19 37,81
150m 01:49.77 37,98	350m 04:20.64 37,20	550m 06:52.75 38,52	750m 09:23.93 37,74
200m 02:27.36 37,59	400m 04:58.25 37,61	600m 07:30.61 37,86	
6. Rinke Hiel (ZCKoewacht, 200102131)			
50m 00:31.89 31,89	250m 03:01.18 37,59	450m 05:36.20 39,63	650m 08:11.89 38,65
100m 01:08.22 36,33	300m 03:39.44 38,26	500m 06:15.51 39,31	700m 08:50.19 38,30
150m 01:45.66 37,44	350m 04:17.94 38,50	550m 06:54.27 38,76	750m 09:27.07 36,88
200m 02:23.59 37,93	400m 04:56.57 38,63	600m 07:33.24 38,97	
7. Gijs de Pooter (De Schelde, 200301113)			
50m 00:34.25 34,25	250m 03:17.29 40,37	450m 06:00.63 41,64	650m 08:46.38 42,24
100m 01:14.58 40,33	300m 03:57.58 40,29	500m 06:41.92 41,29	700m 09:27.13 40,75
150m 01:55.84 41,26	350m 04:38.04 40,46	550m 07:23.46 41,54	750m 10:08.51 41,38
200m 02:36.92 41,08	400m 05:18.99 40,95	600m 08:04.14 40,68	
8. Jonah Stekelenburg (Zwemlust- den Hommel, 200101667)			
50m 00:34.55 34,55	250m 03:16.39 41,86	450m 06:07.60 43,19	650m 08:57.31 42,08
100m 01:12.61 38,06	300m 03:59.27 42,88	500m 06:50.77 43,17	700m 09:39.33 42,02
150m 01:52.80 40,19	350m 04:41.41 42,14	550m 07:33.05 42,28	750m 10:21.06 41,73
200m 02:34.53 41,73	400m 05:24.41 43,00	600m 08:15.23 42,18	
9. Dion Staal (O.Z. & P.C. De Warande, 200200065)			
50m 00:34.00 34,00	250m 03:16.41 41,72	450m 06:05.92 43,29	650m 09:01.17 43,16
100m 01:13.07 39,07	300m 03:58.03 41,62	500m 06:50.21 44,29	700m 09:45.38 44,21
150m 01:53.06 39,99	350m 04:39.75 41,72	550m 07:33.79 43,58	750m 10:28.44 43,06
200m 02:34.69 41,63	400m 05:22.63 42,88	600m 08:18.01 44,22	
10. Nathan de Bruin (Z & PC De Zeeuwse Kust, 200302177)			
50m 00:37.21 37,21	250m 03:22.79 42,07	450m 06:13.85 43,01	650m 09:05.10 43,13
100m 01:16.99 39,78	300m 04:05.22 42,43	500m 06:56.19 42,34	700m 09:47.62 42,52
150m 01:58.51 41,52	350m 04:47.65 42,43	550m 07:39.16 42,97	750m 10:31.61 43,99
200m 02:40.72 42,21	400m 05:30.84 43,19	600m 08:21.97 42,81	
11. Max Embregts (O.Z. & P.C. De Warande, 200200583)			
50m 00:35.19 35,19	250m 03:23.20 43,47	450m 06:16.20 43,50	650m 09:11.38 43,54
100m 01:14.95 39,76	300m 04:05.80 42,60	500m 06:59.85 43,65	700m 09:53.54 42,16
150m 01:56.65 41,70	350m 04:49.14 43,34	550m 07:43.80 43,95	750m 10:36.35 42,81
200m 02:39.73 43,08	400m 05:32.70 43,56	600m 08:27.84 44,04	
12. Huub Warmerdam (Arethusa, 200204043)			
50m 00:39.45 39,45	250m 03:35.79 43,52	450m 06:36.33 44,42	650m 09:33.35 45,23
100m 01:23.86 44,41	300m 04:20.86 45,07	500m 07:20.85 44,52	700m 10:19.50 46,15
150m 02:09.49 45,63	350m 05:05.57 44,71	550m 08:06.78 45,93	750m 11:05.18 45,68
200m 02:52.27 42,78	400m 05:51.91 46,34	600m 08:48.12 41,34	
13. Jonas Oosterhoff (Sg ZOC, 200200591)			
50m 00:38.86 38,86	250m 03:41.44 45,86	450m 06:48.03 45,99	650m 09:53.17 45,86
100m 01:23.00 44,14	300m 04:28.51 47,07	500m 07:34.46 46,43	700m 10:38.05 44,88
150m 02:09.19 46,19	350m 05:15.13 46,62	550m 08:20.64 46,18	750m 11:23.84 45,79
200m 02:55.58 46,39	400m 06:02.04 46,91	600m 09:07.31 46,67	
14. Lars Langens (Arethusa, 200303825)			
50m 00:37.89 37,89	250m 03:36.54 46,85	450m 06:47.35 48,32	650m 09:57.52 47,74
100m 01:20.20 42,31	300m 04:22.24 45,70	500m 07:34.93 47,58	700m 10:44.93 47,41
150m 02:04.22 44,02	350m 05:10.73 48,49	550m 08:21.81 46,88	750m 11:28.80 43,87
200m 02:49.69 45,47	400m 05:59.03 48,30	600m 09:09.78 47,97	
15. Sem Lazeroms (Hieronymus, 200402921)			

50m	00:39.67	39,67	250m	03:43.29	46,58	450m	06:53.93	47,83	650m	10:00.55	46,63
100m	01:24.32	44,65	300m	04:30.41	47,12	500m	07:41.23	47,30	700m	10:46.45	45,90
150m	02:10.94	46,62	350m	05:17.64	47,23	550m	08:27.99	46,76	750m	11:31.86	45,41
200m	02:56.71	45,77	400m	06:06.10	48,46	600m	09:13.92	45,93			

16. Tomas Sterk (Thalassa, 200204289)

50m	00:47.46	47,46	250m	04:29.17	57,05	450m	08:17.33	56,85	650m	12:05.89	56,40
100m	01:40.77	53,31	300m	05:26.64	57,47	500m	09:14.56	57,23	700m	13:02.06	56,17
150m	02:34.89	54,12	350m	06:23.81	57,17	550m	10:10.55	55,99	750m	13:58.98	56,92
200m	03:32.12	57,23	400m	07:20.48	56,67	600m	11:09.49	58,94			

14:48.75

10. 1500m vrije slag - Dames

vanaf 12 jaar (Junioren 2 en ouder)

1. Laura Nieuwland (Z & PC De Zeeuwse Kust, 200001834)

50m	00:32.98	32,98	450m	05:33.41	37,56	800m	10:00.26	38,75	1150m	14:26.73	37,91
100m	01:09.66	36,68	500m	06:11.03	37,62	850m	10:38.69	38,43	1200m	15:04.71	37,98
150m	01:47.33	37,67	550m	06:48.99	37,96	900m	11:16.29	37,60	1250m	15:41.08	36,37
200m	02:25.10	37,77	600m	07:27.56	38,57	950m	11:55.53	39,24	1300m	16:18.25	37,17
250m	03:02.76	37,66	650m	08:05.48	37,92	1000m	12:32.77	37,24	1350m	16:55.97	37,72
300m	03:40.07	37,31	700m	08:43.59	38,11	1050m	13:10.47	37,70	1400m	17:32.51	36,54
350m	04:18.06	37,99	750m	09:21.51	37,92	1100m	13:48.82	38,35	1450m	18:07.38	34,87
400m	04:55.85	37,79	800m	10:00.26	38,75	1150m	14:26.73	37,91			

18:40.31

2. Désirée Emmen (O.Z. & P.C. De Warande, 199204862)

50m	00:33.22	33,22	400m	05:00.39	38,88	800m	10:13.26	38,82	1150m	14:49.56	39,92
100m	01:09.89	36,67	450m	05:39.57	39,18	850m	10:52.54	39,28	1200m	15:28.94	39,38
150m	01:47.68	37,79	500m	06:19.13	39,56	900m	11:31.41	38,87	1250m	16:08.36	39,42
200m	02:25.68	38,00	600m	07:37.48	78,35	950m	12:10.95	39,54	1300m	16:47.92	39,56
250m	03:04.12	38,44	650m	08:16.61	39,13	1000m	12:50.50	39,55	1350m	17:27.01	39,09
300m	03:42.57	38,45	700m	08:55.66	39,05	1050m	13:30.29	39,79	1400m	18:06.64	39,63
350m	04:21.51	38,94	750m	09:34.44	38,78	1100m	14:09.64	39,35	1450m	18:45.81	39,17

19:24.00

3. Lisenka Kornet-van den Akker (Zwemlust- den Hommel, 196901052)

50m	00:38.58	38,58	450m	06:23.09	43,21	800m	11:26.01	43,33	1150m	16:32.01	44,10
100m	01:20.66	42,08	500m	07:06.84	43,75	850m	12:08.77	42,76	1200m	17:15.25	43,24
150m	02:03.41	42,75	550m	07:50.65	43,81	900m	12:52.60	43,83	1250m	17:59.01	43,76
200m	02:46.59	43,18	600m	08:33.54	42,89	950m	13:36.91	44,31	1300m	18:42.56	43,55
250m	03:29.50	42,91	650m	09:16.61	43,07	1000m	14:20.33	43,42	1350m	19:26.14	43,58
300m	04:12.64	43,14	700m	09:59.74	43,13	1050m	15:03.98	43,65	1400m	20:09.72	43,58
350m	04:56.00	43,36	750m	10:42.68	42,94	1100m	15:47.91	43,93	1450m	20:52.79	43,07
400m	05:39.88	43,88	800m	11:26.01	43,33	1150m	16:32.01	44,10			

21:35.07

4. Larissa Huisman (De Biesboschzwemmers, 200005636)

50m	00:38.18	38,18	450m	06:33.90	45,65	800m	11:55.84	46,07	1150m	17:17.44	46,81
100m	01:20.53	42,35	500m	07:20.38	46,48	850m	12:41.60	45,76	1200m	18:03.29	45,85
150m	02:03.67	43,14	550m	08:06.13	45,75	900m	13:28.05	46,45	1250m	18:49.07	45,78
200m	02:47.55	43,88	600m	08:52.58	46,45	950m	14:13.56	45,51	1300m	19:34.69	45,62
250m	03:32.36	44,81	650m	09:37.77	45,19	1000m	14:59.74	46,18	1350m	20:20.39	45,70
300m	04:17.49	45,13	700m	10:23.88	46,11	1050m	15:45.12	45,38	1400m	21:05.60	45,21
350m	05:02.65	45,16	750m	11:09.77	45,89	1100m	16:30.63	45,51	1450m	21:50.22	44,62
400m	05:48.25	45,60	800m	11:55.84	46,07	1150m	17:17.44	46,81			

22:31.48

5. Ilse van de Pol (De Biesboschzwemmers, 200100192)

50m	00:39.10	39,10	450m	06:36.36	45,91	800m	12:04.11	48,00	1150m	17:41.91	48,51
100m	01:21.16	42,06	500m	07:22.97	46,61	850m	12:51.47	47,36	1200m	18:29.66	47,75
150m	02:04.65	43,49	550m	08:09.83	46,86	900m	13:38.32	46,85	1250m	19:17.37	47,71
200m	02:49.04	44,39	600m	08:55.36	45,53	950m	14:27.67	49,35	1300m	20:04.62	47,25
250m	03:33.63	44,59	650m	09:41.96	46,60	1000m	15:16.24	48,57	1350m	20:51.69	47,07
300m	04:18.77	45,14	700m	10:28.47	46,51	1050m	16:04.88	48,64	1400m	21:38.06	46,37
350m	05:04.41	45,64	750m	11:16.11	47,64	1100m	16:53.40	48,52	1450m	22:24.56	46,50
400m	05:50.45	46,04	800m	12:04.11	48,00	1150m	17:41.91	48,51			

23:06.59

6. Marie Smits (Old Dutch, 193800004)

50m	00:54.72	54,72	450m	09:43.92	66,22	800m	17:26.16	66,08	1150m	25:09.21	66,12
100m	01:59.08	64,36	500m	10:49.41	65,49	850m	18:32.48	66,32	1200m	26:16.06	66,85
150m	03:07.13	68,10	550m	11:55.66	66,25	900m	19:37.37	64,89	1250m	27:23.31	67,25
200m	04:13.13	65,95	600m	13:01.78	66,12	950m	20:43.93	66,56	1300m	28:29.28	65,97
250m	05:19.80	66,67	650m	14:08.21	66,43	1000m	21:50.26	66,33	1350m	29:35.80	66,52
300m	06:24.98	65,18	700m	15:14.33	66,12	1050m	22:56.74	66,48	1400m	30:42.89	67,09

32:52.29

350m 07:32.01 67,03	750m 16:20.08 65,75	1100m 24:03.09 66,35	1450m 31:49.29 66,40
400m 08:37.70 65,69	800m 17:26.16 66,08	1150m 25:09.21 66,12	

11. 1500m vrije slag - Heren

vanaf 12 jaar (Junioren 1 en ouder)

1. Kalle van Gemert (Z & PC De Zeeuwse Kust, 199801259)

16:56.94

50m 00:29.74 29,74	450m 05:01.21 34,07	800m 08:59.66 34,21	1150m 12:59.35 34,16
100m 01:02.90 33,16	500m 05:35.26 34,05	850m 09:33.73 34,07	1200m 13:33.91 34,56
150m 01:36.68 33,78	550m 06:09.79 34,53	900m 10:08.51 34,78	1250m 14:07.91 34,00
200m 02:10.78 34,10	600m 06:43.88 34,09	950m 10:42.76 34,25	1300m 14:41.99 34,08
250m 02:44.80 34,02	650m 07:17.72 33,84	1000m 11:16.78 34,02	1350m 15:16.11 34,12
300m 03:18.68 33,88	700m 07:51.82 34,10	1050m 11:50.97 34,19	1400m 15:51.02 34,91
350m 03:53.12 34,44	750m 08:25.45 33,63	1100m 12:25.19 34,22	1450m 16:25.15 34,13
400m 04:27.14 34,02	800m 08:59.66 34,21	1150m 12:59.35 34,16	

2. Janne Englebert (Hieronymus, 200101561)

17:33.23

50m 00:31.57 31,57	450m 05:11.73 35,57	800m 09:20.92 35,28	1150m 13:26.70 34,70
100m 01:05.70 34,13	500m 05:47.39 35,66	850m 09:56.51 35,59	1200m 14:01.42 34,72
150m 01:40.39 34,69	550m 06:23.23 35,84	900m 10:31.67 35,16	1250m 14:37.13 35,71
200m 02:15.20 34,81	600m 06:59.00 35,77	950m 11:06.51 34,84	1300m 15:12.60 35,47
250m 02:50.48 35,28	650m 07:34.54 35,54	1000m 11:41.57 35,06	1350m 15:48.70 36,10
300m 03:25.42 34,94	700m 08:10.23 35,69	1050m 12:16.92 35,35	1400m 16:24.54 35,84
350m 04:00.57 35,15	750m 08:45.64 35,41	1100m 12:52.00 35,08	1450m 17:00.10 35,56
400m 04:36.16 35,59	800m 09:20.92 35,28	1150m 13:26.70 34,70	

3. Noa Eversdijk (Z & PC De Zeeuwse Kust, 199903595)

17:39.85

50m 00:30.32 30,32	450m 05:10.65 35,98	800m 09:19.24 35,81	1150m 13:28.55 35,82
100m 01:04.12 33,80	500m 05:46.75 36,10	850m 09:55.10 35,86	1200m 14:04.75 36,20
150m 01:38.78 34,66	550m 06:21.80 35,05	900m 10:30.29 35,19	1250m 14:40.43 35,68
200m 02:13.51 34,73	600m 06:57.12 35,32	950m 11:05.75 35,46	1300m 15:16.86 36,43
250m 02:48.02 34,51	650m 07:32.76 35,64	1000m 11:41.05 35,30	1350m 15:53.80 36,94
300m 03:23.21 35,19	700m 08:08.28 35,52	1050m 12:17.35 36,30	1400m 16:30.35 36,55
350m 03:59.02 35,81	750m 08:43.43 35,15	1100m 12:52.73 35,38	1450m 17:06.13 35,78
400m 04:34.67 35,65	800m 09:19.24 35,81	1150m 13:28.55 35,82	

4. Thijs Manders (Psv, 200002731)

18:01.71

50m 00:31.06 31,06	450m 05:18.47 36,50	800m 09:33.92 36,47	1150m 13:48.75 36,48
100m 01:05.91 34,85	500m 05:55.38 36,91	850m 10:10.25 36,33	1200m 14:25.48 36,73
150m 01:41.05 35,14	550m 06:32.55 37,17	900m 10:46.87 36,62	1250m 15:02.07 36,59
200m 02:17.78 36,73	600m 07:08.47 35,92	950m 11:22.72 35,85	1300m 15:38.55 36,48
250m 02:53.38 35,60	650m 07:45.10 36,63	1000m 11:59.42 36,70	1350m 16:14.85 36,30
300m 03:29.46 36,08	700m 08:21.77 36,67	1050m 12:35.61 36,19	1400m 16:51.89 37,04
350m 04:05.45 35,99	750m 08:57.45 35,68	1100m 13:12.27 36,66	1450m 17:27.93 36,04
400m 04:41.97 36,52	800m 09:33.92 36,47	1150m 13:48.75 36,48	

5. Steef Warmerdam (Arethusa, 200003915)

18:22.41

50m 00:32.21 32,21	450m 05:24.76 37,80	800m 09:45.11 36,88	1150m 14:02.99 36,26
100m 01:07.50 35,29	500m 06:02.13 37,37	850m 10:22.23 37,12	1200m 14:39.81 36,82
150m 01:43.75 36,25	550m 06:38.42 36,29	900m 10:58.71 36,48	1250m 15:16.83 37,02
200m 02:19.90 36,15	600m 07:15.77 37,35	950m 11:25.29 26,58	1300m 15:54.38 37,55
250m 02:56.67 36,77	650m 07:53.89 38,12	1000m 12:12.46 47,17	1350m 16:31.77 37,39
300m 03:33.14 36,47	700m 08:30.86 36,97	1050m 12:48.92 36,46	1400m 17:08.92 37,15
350m 04:10.03 36,89	750m 09:08.23 37,37	1100m 13:26.73 37,81	1450m 17:46.53 37,61
400m 04:46.96 36,93	800m 09:45.11 36,88	1150m 14:02.99 36,26	

6. Rick Embregts (O.Z. & P.C. De Warande, 200000449)

18:27.04

50m 00:31.75 31,75	450m 05:26.84 37,77	800m 09:49.35 37,33	1150m 14:11.11 36,93
100m 01:07.14 35,39	500m 06:04.81 37,97	850m 10:26.94 37,59	1200m 14:47.90 36,79
150m 01:43.71 36,57	550m 06:42.04 37,23	900m 11:04.91 37,97	1250m 15:25.21 37,31
200m 02:20.31 36,60	600m 07:19.70 37,66	950m 11:42.58 37,67	1300m 16:02.02 36,81
250m 02:57.21 36,90	650m 07:57.33 37,63	1000m 12:20.23 37,65	1350m 16:38.83 36,81
300m 03:34.83 37,62	700m 08:34.94 37,61	1050m 12:57.27 37,04	1400m 17:15.77 36,94
350m 04:11.91 37,08	750m 09:12.02 37,08	1100m 13:34.18 36,91	1450m 17:52.25 36,48
400m 04:49.07 37,16	800m 09:49.35 37,33	1150m 14:11.11 36,93	

7. Leon Faasse (De Schelde, 200002473)

18:33.87

50m 00:32.76 32,76	450m 05:23.82 37,40	800m 09:45.34 37,59	1150m 14:11.38 38,19
100m 01:07.75 34,99	500m 06:00.54 36,72	850m 10:23.31 37,97	1200m 14:49.46 38,08
150m 01:43.57 35,82	550m 06:37.75 37,21	900m 11:01.29 37,98	1250m 15:27.30 37,84

200m	02:20.04 36,47	600m	07:15.42 37,67	950m	11:39.38 38,09	1300m	16:05.38 38,08	
250m	02:56.61 36,57	650m	07:52.76 37,34	1000m	12:17.43 38,05	1350m	16:43.72 38,34	
300m	03:33.03 36,42	700m	08:30.08 37,32	1050m	12:55.10 37,67	1400m	17:21.45 37,73	
350m	04:09.85 36,82	750m	09:07.75 37,67	1100m	13:33.19 38,09	1450m	17:58.72 37,27	
400m	04:46.42 36,57	800m	09:45.34 37,59	1150m	14:11.38 38,19			
8. Brian van Gennip (ZV Hydra, 200003573)								18:38.88
50m	00:32.35 32,35	450m	05:26.89 37,63	800m	09:50.51 37,44	1150m	14:15.14 37,73	
100m	01:07.53 35,18	500m	06:04.76 37,87	850m	10:28.29 37,78	1200m	14:53.00 37,86	
150m	01:44.31 36,78	550m	06:42.95 38,19	900m	11:06.00 37,71	1250m	15:31.04 38,04	
200m	02:21.55 37,24	600m	07:20.05 37,10	950m	11:44.03 38,03	1300m	16:08.90 37,86	
250m	02:58.11 36,56	650m	07:57.59 37,54	1000m	12:22.25 38,22	1350m	16:46.70 37,80	
300m	03:34.66 36,55	700m	08:35.37 37,78	1050m	12:59.90 37,65	1400m	17:24.87 38,17	
350m	04:11.92 37,26	750m	09:13.07 37,70	1100m	13:37.41 37,51	1450m	18:02.78 37,91	
400m	04:49.26 37,34	800m	09:50.51 37,44	1150m	14:15.14 37,73			
9. Wessel Stupers (Psv, 200203541)								18:44.80
50m	00:31.99 31,99	450m	05:27.89 38,63	800m	09:57.06 38,96	1150m	14:23.98 37,55	
100m	01:07.48 35,49	500m	06:06.49 38,60	850m	10:33.67 36,61	1200m	15:02.97 38,99	
150m	01:44.59 37,11	550m	06:44.82 38,33	900m	11:12.12 38,45	1250m	15:42.07 39,10	
200m	02:21.20 36,61	600m	07:23.26 38,44	950m	11:51.04 38,92	1300m	16:19.01 36,94	
250m	02:57.86 36,66	650m	08:01.14 37,88	1000m	12:29.20 38,16	1350m	16:57.52 38,51	
300m	03:33.88 36,02	700m	08:39.83 38,69	1050m	13:08.45 39,25	1400m	17:34.91 37,39	
350m	04:11.24 37,36	750m	09:18.10 38,27	1100m	13:46.43 37,98	1450m	18:11.95 37,04	
400m	04:49.26 38,02	800m	09:57.06 38,96	1150m	14:23.98 37,55			
10. Andy van Akkeren (Hieronymus, 199505381)								18:45.14
50m	00:32.09 32,09	450m	05:28.25 38,34	800m	09:55.47 37,66	1150m	14:26.71 37,96	
100m	01:07.79 35,70	500m	06:05.64 37,39	850m	10:33.16 37,69	1200m	15:04.34 37,63	
150m	01:43.96 36,17	550m	06:43.60 37,96	900m	11:12.03 38,87	1250m	15:42.90 38,56	
200m	02:21.36 37,40	600m	07:22.06 38,46	950m	11:51.00 38,97	1300m	16:20.98 38,08	
250m	02:57.94 36,58	650m	08:00.50 38,44	1000m	12:30.19 39,19	1350m	16:58.03 37,05	
300m	03:35.22 37,28	700m	08:38.74 38,24	1050m	13:09.43 39,24	1400m	17:34.73 36,70	
350m	04:12.78 37,56	750m	09:17.81 39,07	1100m	13:48.75 39,32	1450m	18:11.35 36,62	
400m	04:49.91 37,13	800m	09:55.47 37,66	1150m	14:26.71 37,96			
11. Niels van Beers (Hieronymus, 199904571)								18:54.74
50m	00:32.96 32,96	450m	05:39.76 38,40	800m	10:05.97 37,94	1150m	14:31.74 37,74	
100m	01:09.74 36,78	500m	06:18.24 38,48	850m	10:44.14 38,17	1200m	15:09.34 37,60	
150m	01:47.60 37,86	550m	06:55.57 37,33	900m	11:22.19 38,05	1250m	15:47.88 38,54	
200m	02:20.03 32,43	600m	07:34.14 38,57	950m	12:00.24 38,05	1300m	16:25.13 37,25	
250m	03:04.30 44,27	650m	08:11.70 37,56	1000m	12:38.13 37,89	1350m	17:03.25 38,12	
300m	03:43.37 39,07	700m	08:49.89 38,19	1050m	13:16.03 37,90	1400m	17:41.01 37,76	
350m	04:22.26 38,89	750m	09:28.03 38,14	1100m	13:54.00 37,97	1450m	18:18.73 37,72	
400m	05:01.36 39,10	800m	10:05.97 37,94	1150m	14:31.74 37,74			
12. Chiel de Pooter (De Schelde, 200101355)								19:03.41
50m	00:32.67 32,67	450m	05:38.38 39,41	800m	10:09.24 39,42	1150m	14:40.98 37,40	
100m	01:09.30 36,63	500m	06:17.46 39,08	850m	10:48.86 39,62	1200m	15:17.91 36,93	
150m	01:47.07 37,77	550m	06:56.56 39,10	900m	11:28.06 39,20	1250m	15:54.94 37,03	
200m	02:24.74 37,67	600m	07:34.70 38,14	950m	12:07.41 39,35	1300m	16:32.06 37,12	
250m	03:03.10 38,36	650m	08:10.44 35,74	1000m	12:47.83 40,42	1350m	17:09.79 37,73	
300m	03:41.25 38,15	700m	08:50.12 39,68	1050m	13:26.16 38,33	1400m	17:48.00 38,21	
350m	04:20.05 38,80	750m	09:29.82 39,70	1100m	14:03.58 37,42	1450m	18:25.89 37,89	
400m	04:58.97 38,92	800m	10:09.24 39,42	1150m	14:40.98 37,40			
13. David Groenewegen (Psv, 200400469)								19:23.25
50m	00:34.45 34,45	450m	05:47.77 40,56	800m	10:21.61 39,14	1150m	14:54.39 38,26	
100m	01:12.32 37,87	500m	06:26.61 38,84	850m	11:00.53 38,92	1200m	15:33.28 38,89	
150m	01:51.58 39,26	550m	07:06.24 39,63	900m	11:39.39 38,86	1250m	16:12.69 39,41	
200m	02:30.60 39,02	600m	07:45.25 39,01	950m	12:18.79 39,40	1300m	16:51.05 38,36	
250m	03:09.43 38,83	650m	08:24.32 39,07	1000m	12:57.84 39,05	1350m	17:30.10 39,05	
300m	03:48.71 39,28	700m	09:03.70 39,38	1050m	13:37.38 39,54	1400m	18:09.49 39,39	
350m	04:27.83 39,12	750m	09:42.47 38,77	1100m	14:16.13 38,75	1450m	18:48.36 38,87	
400m	05:07.21 39,38	800m	10:21.61 39,14	1150m	14:54.39 38,26			
14. Bas de Reuver (Arethusa, 200104143)								19:25.95
50m	00:32.66 32,66	450m	05:41.43 39,00	800m	10:19.86 38,57	1150m	14:57.81 39,44	
100m	01:09.43 36,77	500m	06:20.86 39,43	850m	10:59.49 39,63	1200m	15:37.19 39,38	

150m	01:47.41 37,98	550m	07:00.12 39,26	900m	11:38.78 39,29	1250m	16:16.65 39,46
200m	02:25.71 38,30	600m	07:39.83 39,71	950m	12:18.37 39,59	1300m	16:55.19 38,54
250m	03:04.19 38,48	650m	08:19.76 39,93	1000m	12:58.30 39,93	1350m	17:34.42 39,23
300m	03:43.05 38,86	700m	09:00.50 40,74	1050m	13:38.10 39,80	1400m	18:13.19 38,77
350m	04:22.73 39,68	750m	09:41.29 40,79	1100m	14:18.37 40,27	1450m	18:50.23 37,04
400m	05:02.43 39,70	800m	10:19.86 38,57	1150m	14:57.81 39,44		
15. Wouter Netto (Zwemlust- den Hommel, 199803137) 19:28.48							
50m	00:32.88 32,88	450m	05:34.26 38,90	800m	10:09.80 39,49	1150m	14:49.68 41,82
100m	01:08.43 35,55	500m	06:13.65 39,39	850m	10:49.29 39,49	1200m	15:29.90 40,22
150m	01:44.67 36,24	550m	06:53.65 40,00	900m	11:28.67 39,38	1250m	16:10.92 41,02
200m	02:21.84 37,17	600m	07:33.49 39,84	950m	12:07.78 39,11	1300m	16:51.18 40,26
250m	03:00.73 38,89	650m	08:12.30 38,81	1000m	12:47.86 40,08	1350m	17:31.56 40,38
300m	03:38.54 37,81	700m	08:50.73 38,43	1050m	13:28.39 40,53	1400m	18:11.02 39,46
350m	04:16.18 37,64	750m	09:30.31 39,58	1100m	14:07.86 39,47	1450m	18:49.79 38,77
400m	04:55.36 39,18	800m	10:09.80 39,49	1150m	14:49.68 41,82		
16. Thijn Damen (O.Z. & P.C. De Warande, 200300973) 19:33.34							
50m	00:34.72 34,72	450m	05:48.28 39,85	800m	10:25.23 39,54	1150m	15:00.82 39,97
100m	01:13.46 38,74	500m	06:28.26 39,98	850m	11:04.30 39,07	1200m	15:40.86 40,04
150m	01:52.04 38,58	550m	07:08.01 39,75	900m	11:43.13 38,83	1250m	16:19.36 38,50
200m	02:31.24 39,20	600m	07:47.69 39,68	950m	12:22.89 39,76	1300m	16:59.74 40,38
250m	03:09.89 38,65	650m	08:26.78 39,09	1000m	13:01.82 38,93	1350m	17:39.44 39,70
300m	03:49.01 39,12	700m	09:06.03 39,25	1050m	13:40.94 39,12	1400m	18:18.56 39,12
350m	04:28.52 39,51	750m	09:45.69 39,66	1100m	14:20.85 39,91	1450m	18:57.31 38,75
400m	05:08.43 39,91	800m	10:25.23 39,54	1150m	15:00.82 39,97		
17. Jordi van Akkeren (Hieronymus, 199604705) 20:07.73							
50m	00:34.70 34,70	450m	05:52.89 39,89	800m	10:34.32 39,81	1150m	15:20.13 40,84
100m	01:13.02 38,32	500m	06:33.26 40,37	850m	11:14.23 39,91	1200m	16:01.80 41,67
150m	01:52.57 39,55	550m	07:13.70 40,44	900m	11:55.10 40,87	1250m	16:43.48 41,68
200m	02:32.64 40,07	600m	07:54.10 40,40	950m	12:35.70 40,60	1300m	17:24.82 41,34
250m	03:12.64 40,00	650m	08:33.82 39,72	1000m	13:17.13 41,43	1350m	18:07.26 42,44
300m	03:52.67 40,03	700m	09:14.36 40,54	1050m	13:58.13 41,00	1400m	18:49.60 42,34
350m	04:33.02 40,35	750m	09:54.51 40,15	1100m	14:39.29 41,16	1450m	19:30.60 41,00
400m	05:13.00 39,98	800m	10:34.32 39,81	1150m	15:20.13 40,84		
18. Wessel Heijnemans (Hieronymus, 200301353) 20:20.81							
50m	00:36.04 36,04	450m	05:59.35 39,98	800m	10:46.83 41,17	1150m	15:37.26 41,86
100m	01:15.05 39,01	500m	06:39.66 40,31	850m	11:28.16 41,33	1200m	16:19.33 42,07
150m	01:54.67 39,62	550m	07:20.76 41,10	900m	12:09.25 41,09	1250m	17:01.07 41,74
200m	02:34.92 40,25	600m	08:01.43 40,67	950m	12:51.31 42,06	1300m	17:42.91 41,84
250m	03:15.57 40,65	650m	08:42.67 41,24	1000m	13:32.85 41,54	1350m	18:24.60 41,69
300m	03:56.07 40,50	700m	09:24.06 41,39	1050m	14:15.06 42,21	1400m	19:04.48 39,88
350m	04:37.19 41,12	750m	10:05.66 41,60	1100m	14:55.40 40,34	1450m	19:43.23 38,75
400m	05:19.37 42,18	800m	10:46.83 41,17	1150m	15:37.26 41,86		
19. Tom van Gils (Sg ZOC, 199501799) 20:31.88							
50m	00:33.55 33,55	450m	05:46.34 40,65	800m	10:37.88 41,98	1150m	15:34.84 42,65
100m	01:10.40 36,85	500m	06:27.52 41,18	850m	11:19.82 41,94	1200m	16:17.57 42,73
150m	01:47.88 37,48	550m	07:08.50 40,98	900m	12:02.21 42,39	1250m	17:00.27 42,70
200m	02:26.50 38,62	600m	07:50.15 41,65	950m	12:45.06 42,85	1300m	17:43.09 42,82
250m	03:05.48 38,98	650m	08:32.15 42,00	1000m	13:27.59 42,53	1350m	18:25.91 42,82
300m	03:45.27 39,79	700m	09:13.80 41,65	1050m	14:10.10 42,51	1400m	19:08.13 42,22
350m	04:25.57 40,30	750m	09:55.90 42,10	1100m	14:52.19 42,09	1450m	19:49.63 41,50
400m	05:05.69 40,12	800m	10:37.88 41,98	1150m	15:34.84 42,65		
20. Martino Valentijn (Z&PC DIO, 199403913) 20:36.04							
50m	00:33.86 33,86	450m	06:02.63 41,91	800m	10:54.08 41,44	1150m	15:42.03 40,52
100m	01:12.11 38,25	500m	06:45.03 42,40	850m	11:35.32 41,24	1200m	16:23.67 41,64
150m	01:52.63 40,52	550m	07:26.67 41,64	900m	12:16.04 40,72	1250m	17:04.76 41,09
200m	02:33.69 41,06	600m	08:08.16 41,49	950m	12:57.35 41,31	1300m	17:45.62 40,86
250m	03:15.00 41,31	650m	08:49.79 41,63	1000m	13:38.99 41,64	1350m	18:36.76 51,14
300m	03:56.69 41,69	700m	09:31.24 41,45	1050m	14:20.27 41,28	1400m	19:18.51 41,75
350m	04:38.35 41,66	750m	10:12.64 41,40	1100m	15:01.51 41,24	1450m	19:58.58 40,07
400m	05:20.72 42,37	800m	10:54.08 41,44	1150m	15:42.03 40,52		
21. Sander van Akkeren (Hieronymus, 199902475) 20:43.65							
50m	00:34.89 34,89	450m	06:05.12 41,30	800m	11:00.02 41,81	1150m	15:56.34 41,66

100m	01:15.85	40,96	500m	06:46.59	41,47	850m	11:42.34	42,32	1200m	16:37.61	41,27
150m	01:57.38	41,53	550m	07:28.89	42,30	900m	12:25.21	42,87	1250m	17:19.59	41,98
200m	02:38.93	41,55	600m	08:10.31	41,42	950m	13:07.59	42,38	1300m	18:02.01	42,42
250m	03:19.95	41,02	650m	08:51.51	41,20	1000m	13:48.95	41,36	1350m	18:44.12	42,11
300m	04:00.84	40,89	700m	09:35.13	43,62	1050m	14:31.83	42,88	1400m	19:25.76	41,64
350m	04:42.29	41,45	750m	10:18.21	43,08	1100m	15:14.68	42,85	1450m	20:06.55	40,79
400m	05:23.82	41,53	800m	11:00.02	41,81	1150m	15:56.34	41,66			
22. Tim Versteegen (Dbd, 200200085) 21:17.29											
50m	00:37.53	37,53	450m	06:21.13	43,80	800m	11:25.01	42,87	1150m	16:26.62	43,17
100m	01:18.35	40,82	500m	07:04.55	43,42	850m	12:07.25	42,24	1200m	17:10.94	44,32
150m	02:00.76	42,41	550m	07:47.76	43,21	900m	12:49.58	42,33	1250m	17:53.48	42,54
200m	02:43.62	42,86	600m	08:30.45	42,69	950m	13:33.08	43,50	1300m	18:35.99	42,51
250m	03:27.69	44,07	650m	09:14.01	43,56	1000m	14:17.35	44,27	1350m	19:16.26	40,27
300m	04:10.61	42,92	700m	09:57.95	43,94	1050m	15:00.57	43,22	1400m	19:58.71	42,45
350m	04:54.68	44,07	750m	10:42.14	44,19	1100m	15:43.45	42,88	1450m	20:40.68	41,97
400m	05:37.33	42,65	800m	11:25.01	42,87	1150m	16:26.62	43,17			
23. Vincent Oosterhoff (Sg ZOC, 199901749) 21:18.95											
50m	00:38.47	38,47	450m	06:26.42	43,51	800m	11:31.80	42,92	1150m	16:32.25	42,12
100m	01:20.37	41,90	500m	07:10.17	43,75	850m	12:15.15	43,35	1200m	17:13.98	41,73
150m	02:02.94	42,57	550m	07:54.08	43,91	900m	12:58.22	43,07	1250m	17:54.95	40,97
200m	02:46.15	43,21	600m	08:37.82	43,74	950m	13:41.03	42,81	1300m	18:36.36	41,41
250m	03:29.99	43,84	650m	09:22.12	44,30	1000m	14:23.80	42,77	1350m	19:17.84	41,48
300m	04:14.18	44,19	700m	10:05.76	43,64	1050m	15:06.87	43,07	1400m	19:58.30	40,46
350m	04:58.73	44,55	750m	10:48.88	43,12	1100m	15:50.13	43,26	1450m	20:38.84	40,54
400m	05:42.91	44,18	800m	11:31.80	42,92	1150m	16:32.25	42,12			
24. Jordy Rens (Z&PC DIO, 199904431) 21:30.36											
50m	00:32.73	32,73	450m	06:04.70	44,38	800m	11:09.30	44,35	1150m	16:20.28	45,13
100m	01:09.83	37,10	500m	06:48.60	43,90	850m	11:52.73	43,43	1200m	17:06.17	45,89
150m	01:49.36	39,53	550m	07:31.32	42,72	900m	12:37.46	44,73	1250m	17:50.43	44,26
200m	02:30.20	40,84	600m	08:14.27	42,95	950m	13:21.75	44,29	1300m	18:35.51	45,08
250m	03:11.81	41,61	650m	08:58.05	43,78	1000m	14:06.02	44,27	1350m	19:19.77	44,26
300m	03:54.07	42,26	700m	09:41.56	43,51	1050m	14:51.10	45,08	1400m	20:04.69	44,92
350m	04:36.60	42,53	750m	10:24.95	43,39	1100m	15:35.15	44,05	1450m	20:48.99	44,30
400m	05:20.32	43,72	800m	11:09.30	44,35	1150m	16:20.28	45,13			
25. Chris Kouwenhoven (De Spatters, 197101669) 21:54.66											
50m	00:38.91	38,91	450m	06:34.98	44,38	800m	11:41.51	43,34	1150m	16:47.61	43,91
100m	01:23.18	44,27	500m	07:19.43	44,45	850m	12:24.63	43,12	1200m	17:31.32	43,71
150m	02:08.05	44,87	550m	08:04.50	45,07	900m	13:08.13	43,50	1250m	18:15.61	44,29
200m	02:52.63	44,58	600m	08:47.17	42,67	950m	13:51.97	43,84	1300m	18:59.56	43,95
250m	03:37.73	45,10	650m	09:30.61	43,44	1000m	14:35.88	43,91	1350m	19:43.50	43,94
300m	04:22.17	44,44	700m	10:14.47	43,86	1050m	15:19.82	43,94	1400m	20:27.16	43,66
350m	05:06.25	44,08	750m	10:58.17	43,70	1100m	16:03.70	43,88	1450m	21:10.97	43,81
400m	05:50.60	44,35	800m	11:41.51	43,34	1150m	16:47.61	43,91			
26. Bram van Ginneken (Hieronymus, 199501385) 22:11.51											
50m	00:33.12	33,12	450m	06:19.60	45,26	800m	11:45.50	43,85	1150m	17:01.51	46,24
100m	01:10.32	37,20	500m	07:06.76	47,16	850m	12:28.74	43,24	1200m	17:50.44	48,93
150m	01:51.69	41,37	550m	07:53.32	46,56	900m	13:12.74	44,00	1250m	18:34.43	43,99
200m	02:34.88	43,19	600m	08:40.28	46,96	950m	13:57.48	44,74	1300m	19:19.24	44,81
250m	03:19.31	44,43	650m	09:27.36	47,08	1000m	14:43.92	46,44	1350m	20:04.29	45,05
300m	04:03.88	44,57	700m	10:13.60	46,24	1050m	15:30.21	46,29	1400m	20:46.95	42,66
350m	04:49.29	45,41	750m	11:01.65	48,05	1100m	16:15.27	45,06	1450m	21:30.06	43,11
400m	05:34.34	45,05	800m	11:45.50	43,85	1150m	17:01.51	46,24			
27. Nigel Werring (Zwemlust- den Hommel, 200301503) 22:20.49											
50m	00:38.88	38,88	450m	06:34.59	44,10	800m	11:52.97	45,52	1150m	17:15.85	46,81
100m	01:21.71	42,83	500m	07:19.27	44,68	850m	12:39.41	46,44	1200m	18:03.32	47,47
150m	02:05.33	43,62	550m	08:05.34	46,07	900m	13:26.25	46,84	1250m	18:46.97	43,65
200m	02:50.94	45,61	600m	08:51.48	46,14	950m	14:09.59	43,34	1300m	19:32.33	45,36
250m	03:35.04	44,10	650m	09:36.65	45,17	1000m	14:55.30	45,71	1350m	20:16.60	44,27
300m	04:19.74	44,70	700m	10:22.60	45,95	1050m	15:41.34	46,04	1400m	21:00.22	43,62
350m	05:04.79	45,05	750m	11:07.45	44,85	1100m	16:29.04	47,70	1450m	21:41.69	41,47
400m	05:50.49	45,70	800m	11:52.97	45,52	1150m	17:15.85	46,81			
28. Tristan Kornet (Zwemlust- den Hommel, 200200297) 22:30.09											

50m	00:46.47 46,47	450m	06:24.23 44,91	800m	11:48.70 46,86	1150m	17:17.95 46,04
100m	01:17.18 30,71	500m	07:09.33 45,10	850m	12:36.35 47,65	1200m	18:04.19 46,24
150m	01:59.42 42,24	550m	07:55.15 45,82	900m	13:24.63 48,28	1250m	18:49.98 45,79
200m	02:41.39 41,97	600m	08:41.82 46,67	950m	14:11.53 46,90	1300m	19:36.23 46,25
250m	03:25.17 43,78	650m	09:28.29 46,47	1000m	14:58.58 47,05	1350m	20:21.65 45,42
300m	04:09.89 44,72	700m	10:13.97 45,68	1050m	15:45.06 46,48	1400m	21:06.59 44,94
350m	04:54.51 44,62	750m	11:01.84 47,87	1100m	16:31.91 46,85	1450m	21:48.78 42,19
400m	05:39.32 44,81	800m	11:48.70 46,86	1150m	17:17.95 46,04		

29. Tijs Klaren (Thalassa, 200203053)

23:18.84

50m	00:36.43 36,43	450m	06:34.81 48,17	800m	12:05.77 47,15	1150m	17:45.41 48,06
100m	01:17.36 40,93	500m	07:22.01 47,20	850m	12:54.31 48,54	1200m	18:35.83 50,42
150m	01:59.56 42,20	550m	08:08.79 46,78	900m	13:44.87 50,56	1250m	19:23.56 47,73
200m	02:42.01 42,45	600m	08:54.86 46,07	950m	14:32.05 47,18	1300m	20:11.34 47,78
250m	03:26.78 44,77	650m	09:42.06 47,20	1000m	15:19.91 47,86	1350m	21:01.96 50,62
300m	04:12.79 46,01	700m	10:31.51 49,45	1050m	16:09.67 49,76	1400m	21:49.65 47,69
350m	04:59.35 46,56	750m	11:18.62 47,11	1100m	16:57.35 47,68	1450m	22:35.83 46,18
400m	05:46.64 47,29	800m	12:05.77 47,15	1150m	17:45.41 48,06		

30. Abe Kramer (Z & PC De Zeeuwse Kust, 195700481)

34:14.52

50m	00:52.43 52,43	450m	09:45.10 68,01	800m	17:53.92 70,48	1150m	26:10.77 71,08
100m	01:52.37 59,94	500m	10:54.23 69,13	850m	19:04.33 70,41	1200m	27:21.46 70,69
150m	02:56.99 64,62	550m	12:03.45 69,22	900m	20:15.41 71,08	1250m	28:30.95 69,49
200m	04:04.21 67,22	600m	13:12.37 68,92	950m	21:26.15 70,74	1300m	29:40.67 69,72
250m	05:11.37 67,16	650m	14:22.01 69,64	1000m	22:36.60 70,45	1350m	30:49.09 68,42
300m	06:20.21 68,84	700m	15:32.75 70,74	1050m	23:47.22 70,62	1400m	31:57.87 68,78
350m	07:29.01 68,80	750m	16:43.44 70,69	1100m	24:59.69 72,47	1450m	33:08.03 70,16
400m	08:37.09 68,08	800m	17:53.92 70,48	1150m	26:10.77 71,08		