

# Nederlandse Kampioenschappen 5km



KNZB ism PSV

Eindhoven 17-6-2017 t/m 18-6-2017

Nederlandse Kampioenschappen 5km 2017 - zaterdag 17 juni 2017 om 13:30u (50 m)

Aanvangstijd juryvergadering: 12:30u

## 1. 5000m vrije slag - Dames

vanaf 14 jaar (Junioren 4 en ouder)

### 1. Serena Stel (De Dolfijn, 199801528)

01:00:06.23

100m	01:08.31 68,31	1400m	16:43.69 72,91	2600m	31:14.58 72,36	3800m	45:44.35 72,05
200m	02:18.97 70,66	1500m	17:56.20 72,51	2700m	32:27.43 72,85	3900m	46:57.30 72,95
300m	03:29.76 70,79	1600m	19:08.75 72,55	2800m	33:40.22 72,79	4000m	48:10.65 73,35
400m	04:41.57 71,81	1700m	20:21.44 72,69	2900m	34:52.64 72,42	4100m	49:22.93 72,28
500m	05:53.47 71,90	1800m	21:34.19 72,75	3000m	36:05.69 73,05	4200m	50:35.47 72,54
600m	07:05.54 72,07	1900m	22:46.84 72,65	3100m	37:17.71 72,02	4300m	51:48.08 72,61
700m	08:17.61 72,07	2000m	23:59.94 73,10	3200m	38:30.04 72,33	4400m	52:59.82 71,74
800m	09:29.75 72,14	2100m	25:11.43 71,49	3300m	39:42.52 72,48	4500m	54:11.37 71,55
900m	10:42.08 72,33	2200m	26:23.86 72,43	3400m	40:55.36 72,84	4600m	55:23.61 72,24
1000m	11:54.51 72,43	2300m	27:36.64 72,78	3500m	42:07.65 72,29	4700m	56:36.11 72,50
1100m	13:06.40 71,89	2400m	28:49.40 72,76	3600m	43:19.56 71,91	4800m	57:47.73 71,62
1200m	14:18.70 72,30	2500m	30:02.22 72,82	3700m	44:32.30 72,74	4900m	58:59.33 71,60
1300m	15:30.78 72,08	2600m	31:14.58 72,36	3800m	45:44.35 72,05		

### 2. Marij van der Mast (PSV, 200000676)

01:00:56.52

100m	01:11.52 71,52	1300m	15:52.13 74,40	2500m	30:39.16 74,68	3700m	45:07.84 72,36
200m	02:24.60 73,08	1400m	17:06.08 73,95	2600m	31:53.63 74,47	3800m	46:19.91 72,07
300m	03:37.76 73,16	1500m	18:20.63 74,55	2700m	33:07.63 74,00	3900m	47:31.66 71,75
400m	04:51.68 73,92	1600m	19:34.41 73,78	2800m	34:21.02 73,39	4000m	48:43.87 72,21
500m	06:04.66 72,98	1700m	20:48.44 74,03	2900m	35:34.02 73,00	4100m	49:56.26 72,39
600m	07:18.13 73,47	1800m	22:02.81 74,37	3000m	36:46.51 72,49	4200m	51:09.23 72,97
700m	08:30.87 72,74	1900m	23:16.06 73,25	3100m	37:58.48 71,97	4300m	52:21.98 72,75
800m	09:43.87 73,00	2000m	24:28.56 72,50	3200m	39:09.94 71,46	4400m	53:35.31 73,33
900m	10:56.94 73,07	2100m	25:41.98 73,42	3300m	40:20.76 70,82	4500m	54:49.34 74,03
1000m	12:10.26 73,32	2200m	26:55.91 73,93	3400m	41:31.91 71,15	4600m	56:03.16 73,82
1100m	13:23.94 73,68	2300m	28:10.31 74,40	3500m	42:43.23 71,32	4700m	57:16.97 73,81
1200m	14:37.73 73,79	2400m	29:24.48 74,17	3600m	43:55.48 72,25	4800m	58:31.34 74,37

### 3. Kaylee de Jong (ZPCH, 200001234)

01:01:19.35

100m	01:09.73 69,73	1400m	16:52.21 73,06	2600m	31:41.57 75,08	3800m	46:33.86 75,43
200m	02:20.85 71,12	1500m	18:05.70 73,49	2700m	32:56.38 74,81	3900m	47:49.87 76,01
300m	03:32.75 71,90	1600m	19:19.31 73,61	2800m	34:10.78 74,40	4000m	49:05.89 76,02
400m	04:45.39 72,64	1700m	20:33.23 73,92	2900m	35:25.28 74,50	4100m	50:21.84 75,95
500m	05:57.84 72,45	1800m	21:47.08 73,85	3000m	36:39.73 74,45	4200m	51:36.95 75,11
600m	07:10.85 73,01	1900m	23:00.98 73,90	3100m	37:53.61 73,88	4300m	52:51.17 74,22
700m	08:23.81 72,96	2000m	24:15.11 74,13	3200m	39:06.79 73,18	4400m	54:04.70 73,53
800m	09:36.58 72,77	2100m	25:29.24 74,13	3300m	40:20.23 73,44	4500m	55:18.46 73,76
900m	10:48.83 72,25	2200m	26:42.92 73,68	3400m	41:33.78 73,55	4600m	56:32.23 73,77
1000m	12:01.16 72,33	2300m	27:57.18 74,26	3500m	42:48.29 74,51	4700m	57:44.92 72,69
1100m	13:13.29 72,13	2400m	29:11.72 74,54	3600m	44:03.19 74,90	4800m	58:57.28 72,36
1200m	14:26.12 72,83	2500m	30:26.49 74,77	3700m	45:18.43 75,24	4900m	00:09.09 -3528,19
1300m	15:39.15 73,03	2600m	31:41.57 75,08	3800m	46:33.86 75,43		

### 4. Laura Setz (Nova, 200000130)

01:02:09.36

100m	01:09.65 69,65	1400m	16:51.82 73,03	2600m	31:41.35 74,95	3800m	46:33.73 75,68
200m	02:20.98 71,33	1500m	18:05.49 73,67	2700m	32:56.35 75,00	3900m	47:49.67 75,94
300m	03:32.54 71,56	1600m	19:19.12 73,63	2800m	34:10.21 73,86	4000m	49:05.61 75,94
400m	04:45.20 72,66	1700m	20:32.82 73,70	2900m	35:24.82 74,61	4100m	50:21.86 76,25
500m	05:57.73 72,53	1800m	21:46.69 73,87	3000m	36:39.46 74,64	4200m	51:37.69 75,83
600m	07:10.70 72,97	1900m	23:00.79 74,10	3100m	37:52.77 73,31	4300m	52:55.29 77,60
700m	08:23.76 73,06	2000m	24:14.68 73,89	3200m	39:06.14 73,37	4400m	54:13.71 78,42
800m	09:36.29 72,53	2100m	25:28.79 74,11	3300m	40:19.72 73,58	4500m	55:32.54 78,83
900m	10:48.57 72,28	2200m	26:42.53 73,74	3400m	41:33.28 73,56	4600m	56:51.53 78,99

1000m	12:00.85 72,28	2300m	27:56.95 74,42	3500m	42:48.11 74,83	4700m	58:11.53 80,00
1100m	13:12.77 71,92	2400m	29:11.54 74,59	3600m	44:03.21 75,10	4800m	59:31.46 79,93
1200m	14:25.77 73,00	2500m	30:26.40 74,86	3700m	45:18.05 74,84	4900m	00:51.09 -3520,37
1300m	15:38.79 73,02	2600m	31:41.35 74,95	3800m	46:33.73 75,68		

6. Madelon Dijkstra (ZPCH, 199703510)

01:04:58.24

100m	01:12.12 72,12	1400m	17:32.51 76,31	2600m	33:05.78 78,93	3800m	49:02.14 80,35
200m	02:27.00 74,88	1500m	18:49.51 77,00	2700m	34:25.68 79,90	3900m	50:22.90 80,76
300m	03:42.07 75,07	1600m	20:06.07 76,56	2800m	35:44.54 78,86	4000m	51:42.17 79,27
400m	04:57.12 75,05	1700m	21:23.20 77,13	2900m	37:04.39 79,85	4100m	53:02.73 80,56
500m	06:12.22 75,10	1800m	22:40.18 76,98	3000m	38:23.40 79,01	4200m	54:23.35 80,62
600m	07:27.31 75,09	1900m	23:57.38 77,20	3100m	39:42.37 78,97	4300m	55:44.41 81,06
700m	08:42.08 74,77	2000m	25:14.96 77,58	3200m	41:02.31 79,94	4400m	57:04.04 79,63
800m	09:57.44 75,36	2100m	26:32.71 77,75	3300m	42:21.68 79,37	4500m	58:22.96 78,92
900m	11:12.51 75,07	2200m	27:50.87 78,16	3400m	43:41.06 79,38	4600m	59:42.18 79,22
1000m	12:28.17 75,66	2300m	29:09.46 78,59	3500m	45:01.07 80,01	4700m	01:02.95 -3519,23
1100m	13:44.18 76,01	2400m	30:27.94 78,48	3600m	46:21.64 80,57	4800m	02:22.84 79,89
1200m	15:00.33 76,15	2500m	31:46.85 78,91	3700m	47:41.79 80,15	4900m	03:42.21 79,37
1300m	16:16.20 75,87	2600m	33:05.78 78,93	3800m	49:02.14 80,35		

8. Rianne de Croock (Kimbria, 199801466)

01:05:59.16

100m	01:16.01 76,01	1400m	18:20.43 78,87	2600m	34:06.13 79,45	3800m	49:54.10 79,87
200m	02:34.95 78,94	1500m	19:39.29 78,86	2700m	35:24.53 78,40	3900m	51:14.58 80,48
300m	03:54.31 79,36	1600m	20:57.71 78,42	2800m	36:43.18 78,65	4000m	52:34.66 80,08
400m	05:13.03 78,72	1700m	22:15.90 78,19	2900m	38:01.89 78,71	4100m	53:55.21 80,55
500m	06:31.30 78,27	1800m	23:35.44 79,54	3000m	39:20.23 78,34	4200m	55:16.23 81,02
600m	07:50.08 78,78	1900m	24:54.09 78,65	3100m	40:39.33 79,10	4300m	56:37.31 81,08
700m	09:09.18 79,10	2000m	26:12.74 78,65	3200m	41:57.22 77,89	4400m	57:58.03 80,72
800m	10:27.31 78,13	2100m	27:31.71 78,97	3300m	43:15.98 78,76	4500m	59:19.88 81,85
900m	11:46.10 78,79	2200m	28:50.46 78,75	3400m	44:35.29 79,31	4600m	00:40.67 -3519,21
1000m	13:05.34 79,24	2300m	30:08.90 78,44	3500m	45:54.79 79,50	4700m	02:00.54 79,87
1100m	14:23.73 78,39	2400m	31:27.69 78,79	3600m	47:14.28 79,49	4800m	03:20.54 80,00
1200m	15:42.79 79,06	2500m	32:46.68 78,99	3700m	48:34.23 79,95	4900m	04:40.60 80,06
1300m	17:01.56 78,77	2600m	34:06.13 79,45	3800m	49:54.10 79,87		

9. Angelique van Vark (Z&PC De Gouwe, 199701478)

01:06:15.54

100m	01:12.31 72,31	1400m	17:51.76 78,04	2600m	33:38.53 79,44	3800m	49:38.20 80,24
200m	02:27.65 75,34	1500m	19:10.38 78,62	2700m	34:58.41 79,88	3900m	50:59.43 81,23
300m	03:42.78 75,13	1600m	20:28.52 78,14	2800m	36:17.94 79,53	4000m	52:20.49 81,06
400m	04:59.13 76,35	1700m	21:47.36 78,84	2900m	37:38.22 80,28	4100m	53:42.22 81,73
500m	06:15.50 76,37	1800m	23:06.32 78,96	3000m	38:57.49 79,27	4200m	55:05.24 83,02
600m	07:31.67 76,17	1900m	24:25.28 78,96	3100m	40:17.49 80,00	4300m	56:28.61 83,37
700m	08:48.41 76,74	2000m	25:43.86 78,58	3200m	41:37.78 80,29	4400m	57:51.04 82,43
800m	10:05.43 77,02	2100m	27:02.96 79,10	3300m	42:57.65 79,87	4500m	59:14.94 83,90
900m	11:22.76 77,33	2200m	28:21.86 78,90	3400m	44:17.29 79,64	4600m	00:38.46 -3516,48
1000m	12:40.21 77,45	2300m	29:40.69 78,83	3500m	45:37.40 80,11	4700m	02:03.14 84,68
1100m	13:57.61 77,40	2400m	30:59.49 78,80	3600m	46:57.77 80,37	4800m	03:28.14 85,00
1200m	15:15.28 77,67	2500m	32:19.09 79,60	3700m	48:17.96 80,19	4900m	04:51.60 83,46
1300m	16:33.72 78,44	2600m	33:38.53 79,44	3800m	49:38.20 80,24		

10. Maike van de Velde (ZPCH, 200000382)

01:06:44.61

100m	01:12.42 72,42	1400m	18:02.79 78,12	2600m	33:58.31 80,09	3800m	50:13.74 81,73
200m	02:28.89 76,47	1500m	19:21.36 78,57	2700m	35:18.38 80,07	3900m	51:35.91 82,17
300m	03:45.33 76,44	1600m	20:39.80 78,44	2800m	36:38.94 80,56	4000m	52:58.32 82,41
400m	05:02.39 77,06	1700m	21:58.60 78,80	2900m	37:59.79 80,85	4100m	54:20.74 82,42
500m	06:19.67 77,28	1800m	23:18.20 79,60	3000m	39:20.15 80,36	4200m	55:43.20 82,46
600m	07:37.17 77,50	1900m	24:38.14 79,94	3100m	40:40.51 80,36	4300m	57:06.38 83,18
700m	08:56.12 78,95	2000m	25:58.57 80,43	3200m	42:01.78 81,27	4400m	58:29.03 82,65
800m	10:14.01 77,89	2100m	27:18.47 79,90	3300m	43:23.67 81,89	4500m	59:52.03 83,00
900m	11:31.64 77,63	2200m	28:37.47 79,00	3400m	44:45.84 82,17	4600m	01:15.14 -3516,89
1000m	12:49.33 77,69	2300m	29:57.39 79,92	3500m	46:07.68 81,84	4700m	02:38.85 83,71
1100m	14:07.49 78,16	2400m	31:17.97 80,58	3600m	47:29.97 82,29	4800m	04:01.34 82,49
1200m	15:25.90 78,41	2500m	32:38.22 80,25	3700m	48:52.01 82,04	4900m	05:24.66 83,32
1300m	16:44.67 78,77	2600m	33:58.31 80,09	3800m	50:13.74 81,73		

12. Jasmijn Ruijgrok (WZK Zwemmen, 199401032)

01:09:17.02

100m	01:15.65 75,65	1400m	18:48.45 82,26	2600m	35:25.21 84,18	3800m	52:10.79 83,88
200m	02:34.71 79,06	1500m	20:10.59 82,14	2700m	36:49.13 83,92	3900m	53:34.92 84,13

300m	03:54.2879,57	1600m	21:32.5581,96	2800m	38:13.9684,83	4000m	54:59.8584,93
400m	05:13.3479,06	1700m	22:55.4582,90	2900m	39:37.8883,92	4100m	56:24.5784,72
500m	06:33.5780,23	1800m	24:18.1382,68	3000m	41:01.6383,75	4200m	57:49.5084,93
600m	07:54.9681,39	1900m	25:40.7782,64	3100m	42:25.3783,74	4300m	59:14.7285,22
700m	09:16.4681,50	2000m	27:04.0283,25	3200m	43:49.2183,84	4400m	00:40.89-3513,83
800m	10:37.0380,57	2100m	28:27.2683,24	3300m	45:12.4183,20	4500m	02:07.9387,04
900m	11:58.3681,33	2200m	29:50.1582,89	3400m	46:35.7683,35	4600m	03:34.4186,48
1000m	13:20.0181,65	2300m	31:13.4983,34	3500m	47:58.6082,84	4700m	05:00.9786,56
1100m	14:42.2382,22	2400m	32:37.2383,74	3600m	49:22.5283,92	4800m	06:26.9485,97
1200m	16:04.0181,78	2500m	34:01.0383,80	3700m	50:46.9184,39	4900m	07:52.9986,05
1300m	17:26.1982,18	2600m	35:25.2184,18	3800m	52:10.7983,88		

13. Renée Vanderheyden (ReVeLie Swim Team, 199903130)

01:10:50.12

100m	01:17.2977,29	1300m	17:35.0081,43	2500m	34:13.0584,74	3700m	51:40.0388,69
200m	02:40.5183,22	1400m	18:56.7581,75	2600m	35:38.6185,56	3800m	53:08.5588,52
300m	04:02.0481,53	1500m	20:19.1482,39	2700m	37:03.8485,23	3900m	54:37.0188,46
400m	05:23.5781,53	1600m	21:41.5182,37	2800m	38:30.2286,38	4000m	56:05.8788,86
500m	06:44.5981,02	1700m	23:04.4582,94	2900m	39:56.7886,56	4100m	57:35.1489,27
600m	08:05.5380,94	1800m	24:27.7883,33	3000m	41:24.4087,62	4200m	59:04.4289,28
700m	09:26.1080,57	1900m	25:51.0683,28	3100m	42:50.7686,36	4300m	00:34.08-3510,34
800m	10:47.3481,24	2000m	27:13.9182,85	3200m	44:17.8587,09	4400m	02:02.7288,64
900m	12:08.8181,47	2100m	28:37.0183,10	3300m	45:46.2988,44	4500m	03:31.3888,66
1000m	13:29.8281,01	2200m	30:00.2283,21	3400m	47:14.1887,89	4600m	05:00.4289,04
1100m	14:52.2382,41	2300m	31:24.2083,98	3500m	48:42.3088,12	4700m	06:29.0888,66
1200m	16:13.5781,34	2400m	32:48.3184,11	3600m	50:11.3489,04	4800m	07:57.1588,07

15. Sabien Timmers (Aqua-Novio'94, 199904440)

01:11:55.31

100m	01:17.2977,29	1400m	19:41.2486,74	2600m	36:49.7786,24	3800m	54:16.6488,94
200m	02:40.5183,22	1500m	21:07.4586,21	2700m	38:16.2086,43	3900m	55:45.6489,00
300m	04:03.6183,10	1600m	22:33.2685,81	2800m	39:43.1586,95	4000m	57:15.2189,57
400m	05:26.7983,18	1700m	23:58.6885,42	2900m	41:09.5986,44	4100m	58:43.2988,08
500m	06:50.7583,96	1800m	25:24.2185,53	3000m	42:36.8587,26	4200m	00:11.71-3511,58
600m	08:15.4584,70	1900m	26:49.2585,04	3100m	44:04.3087,45	4300m	01:40.4588,74
700m	09:40.5485,09	2000m	28:14.1784,92	3200m	45:31.5987,29	4400m	03:08.5888,13
800m	11:05.7485,20	2100m	29:40.0685,89	3300m	46:58.1586,56	4500m	04:36.6188,03
900m	12:30.9985,25	2200m	31:05.8085,74	3400m	48:24.9286,77	4600m	06:05.2988,68
1000m	13:56.4185,42	2300m	32:31.3385,53	3500m	49:52.2887,36	4700m	07:34.1288,83
1100m	15:22.3185,90	2400m	33:57.4986,16	3600m	51:20.0487,76	4800m	09:03.0188,89
1200m	16:48.4386,12	2500m	35:23.5386,04	3700m	52:47.7087,66	4900m	10:29.8786,86
1300m	18:14.5086,07	2600m	36:49.7786,24	3800m	54:16.6488,94		

17. Anne van der Schatte Olivier (De Aalscholver, 199605302)

01:12:21.22

100m	01:18.6078,60	1400m	19:44.3086,14	2600m	37:09.4088,22	3800m	54:51.7387,90
200m	02:42.1583,55	1500m	21:10.9786,67	2700m	38:38.1288,72	3900m	56:19.8088,07
300m	04:06.6884,53	1600m	22:37.5586,58	2800m	40:06.8788,75	4000m	57:48.4088,60
400m	05:32.0285,34	1700m	24:04.3386,78	2900m	41:34.7387,86	4100m	59:16.1687,76
500m	06:57.4085,38	1800m	25:31.5587,22	3000m	43:03.2688,53	4200m	00:45.37-3510,79
600m	08:22.0284,62	1900m	26:58.6887,13	3100m	44:32.2388,97	4300m	02:13.4888,11
700m	09:46.2684,24	2000m	28:25.1586,47	3200m	46:00.8088,57	4400m	03:41.6288,14
800m	11:10.8384,57	2100m	29:52.0886,93	3300m	47:29.6288,82	4500m	05:08.9387,31
900m	12:35.0884,25	2200m	31:19.1687,08	3400m	48:58.7689,14	4600m	06:36.4887,55
1000m	14:00.3385,25	2300m	32:46.0886,92	3500m	50:26.7688,00	4700m	08:03.9087,42
1100m	15:25.8785,54	2400m	34:13.6287,54	3600m	51:55.9889,22	4800m	09:31.5887,68
1200m	16:51.6585,78	2500m	35:41.1887,56	3700m	53:23.8387,85	4900m	10:57.6886,10
1300m	18:18.1686,51	2600m	37:09.4088,22	3800m	54:51.7387,90		

19. Vera Kalous (DWT, 200006610)

01:13:07.78

100m	01:18.3278,32	1400m	19:40.9486,05	2600m	36:52.0686,91	3800m	54:39.2590,36
200m	02:41.7083,38	1500m	21:05.8184,87	2700m	38:18.2986,23	3900m	56:10.9791,72
300m	04:04.8183,11	1600m	22:31.3485,53	2800m	39:45.1286,83	4000m	57:42.5791,60
400m	05:28.9284,11	1700m	23:57.4586,11	2900m	41:12.7787,65	4100m	59:14.7192,14
500m	06:53.0084,08	1800m	25:24.3486,89	3000m	42:39.4986,72	4200m	00:46.95-3507,76
600m	08:17.0284,02	1900m	26:50.1985,85	3100m	44:08.4288,93	4300m	02:19.8592,90
700m	09:41.1084,08	2000m	28:15.6985,50	3200m	45:38.1289,70	4400m	03:53.0293,17
800m	11:06.4985,39	2100m	29:43.0087,31	3300m	47:08.3290,20	4500m	05:26.2193,19
900m	12:31.7085,21	2200m	31:07.8084,80	3400m	48:38.6590,33	4600m	07:00.1393,92
1000m	13:56.9385,23	2300m	32:33.8386,03	3500m	50:08.9490,29	4700m	08:32.0291,89
1100m	15:22.6785,74	2400m	33:58.8885,05	3600m	51:40.9992,05	4800m	10:04.9692,94

1200m 16:48.72 86,05	2500m 35:25.15 86,27	3700m 53:08.89 87,90	4900m 11:37.59 92,63
1300m 18:14.89 86,17	2600m 36:52.06 86,91	3800m 54:39.25 90,36	

DIS. Hilde Dekker (ReVeLie Swim Team, 199901926)

00:00.00

14 - 15 jaar (Junioren 4 en Jeugd 1)

1. Lize Janna de Vries (Orca, 200101948)

01:04:49.65

100m 01:12.87 72,87	1400m 18:04.05 78,67	2600m 33:47.73 78,35	3800m 49:15.91 78,28
200m 02:28.93 76,06	1500m 19:23.17 79,12	2700m 35:06.23 78,50	3900m 50:33.66 77,75
300m 03:44.95 76,02	1600m 20:41.38 78,21	2800m 36:23.31 77,08	4000m 51:52.03 78,37
400m 05:01.72 76,77	1700m 21:59.78 78,40	2900m 37:40.09 76,78	4100m 53:10.45 78,42
500m 06:18.28 76,56	1800m 23:18.13 78,35	3000m 38:56.91 76,82	4200m 54:28.98 78,53
600m 07:35.56 77,28	1900m 24:36.34 78,21	3100m 40:13.93 77,02	4300m 55:46.38 77,40
700m 08:53.16 77,60	2000m 25:55.16 78,82	3200m 41:30.31 76,38	4400m 57:04.13 77,75
800m 10:11.27 78,11	2100m 27:13.78 78,62	3300m 42:47.31 77,00	4500m 58:22.38 78,25
900m 11:29.38 78,11	2200m 28:32.84 79,06	3400m 44:04.73 77,42	4600m 59:40.31 77,93
1000m 12:48.16 78,78	2300m 29:52.38 79,54	3500m 45:22.16 77,43	4700m 00:58.06 -3522,25
1100m 14:06.84 78,68	2400m 31:10.70 78,32	3600m 46:39.91 77,75	4800m 02:16.38 78,32
1200m 15:25.98 79,14	2500m 32:29.38 78,68	3700m 47:57.63 77,72	4900m 03:33.73 77,35
1300m 16:45.38 79,40	2600m 33:47.73 78,35	3800m 49:15.91 78,28	

2. Samantha van Vuure (De Dolfijn, 200200230)

01:05:14.27

100m 01:12.89 72,89	1400m 17:56.49 77,47	2600m 33:46.40 78,46	3800m 49:29.20 78,17
200m 02:28.84 75,95	1500m 19:14.13 77,64	2700m 35:05.50 79,10	3900m 50:47.81 78,61
300m 03:45.39 76,55	1600m 20:32.93 78,80	2800m 36:23.75 78,25	4000m 52:05.95 78,14
400m 05:02.39 77,00	1700m 21:51.53 78,60	2900m 37:43.17 79,42	4100m 53:24.63 78,68
500m 06:18.04 75,65	1800m 23:10.25 78,72	3000m 39:01.62 78,45	4200m 54:44.04 79,41
600m 07:34.80 76,76	1900m 24:29.38 79,13	3100m 40:21.15 79,53	4300m 56:04.45 80,41
700m 08:51.83 77,03	2000m 25:47.73 78,35	3200m 41:39.26 78,11	4400m 57:24.23 79,78
800m 10:09.11 77,28	2100m 27:07.12 79,39	3300m 42:57.17 77,91	4500m 58:42.69 78,46
900m 11:26.47 77,36	2200m 28:27.05 79,93	3400m 44:14.98 77,81	4600m 00:01.26 -3521,43
1000m 12:44.42 77,95	2300m 29:47.62 80,57	3500m 45:33.47 78,49	4700m 01:20.16 78,90
1100m 14:02.00 77,58	2400m 31:07.77 80,15	3600m 46:52.25 78,78	4800m 02:39.34 79,18
1200m 15:20.49 78,49	2500m 32:27.94 80,17	3700m 48:11.03 78,78	4900m 03:57.99 78,65
1300m 16:39.02 78,53	2600m 33:46.40 78,46	3800m 49:29.20 78,17	

3. Marlinde Beukers (WVZ, 200101934)

01:06:59.29

100m 01:13.54 73,54	1400m 18:13.95 79,28	2600m 34:09.95 80,31	3800m 50:25.32 82,37
200m 02:31.42 77,88	1500m 19:33.43 79,48	2700m 35:30.20 80,25	3900m 51:47.86 82,54
300m 03:49.42 78,00	1600m 20:52.51 79,08	2800m 36:51.13 80,93	4000m 53:10.73 82,87
400m 05:08.13 78,71	1700m 22:11.86 79,35	2900m 38:11.36 80,23	4100m 54:33.39 82,66
500m 06:26.23 78,10	1800m 23:31.23 79,37	3000m 39:32.07 80,71	4200m 55:55.80 82,41
600m 07:43.67 77,44	1900m 24:50.73 79,50	3100m 40:52.60 80,53	4300m 57:18.92 83,12
700m 09:02.54 78,87	2000m 26:10.29 79,56	3200m 42:13.57 80,97	4400m 58:42.23 83,31
800m 10:20.64 78,10	2100m 27:30.51 80,22	3300m 43:34.82 81,25	4500m 00:06.02 -3516,21
900m 11:38.89 78,25	2200m 28:50.42 79,91	3400m 44:56.54 81,72	4600m 01:29.36 83,34
1000m 12:57.51 78,62	2300m 30:10.02 79,60	3500m 46:18.67 82,13	4700m 02:52.45 83,09
1100m 14:16.70 79,19	2400m 31:29.48 79,46	3600m 47:40.92 82,25	4800m 04:15.67 83,22
1200m 15:35.64 78,94	2500m 32:49.64 80,16	3700m 49:02.95 82,03	4900m 05:38.92 83,25
1300m 16:54.67 79,03	2600m 34:09.95 80,31	3800m 50:25.32 82,37	

4. Tara van Leeuwen (KZC, 200201112)

01:11:23.10

100m 01:22.53 82,53	1400m 19:54.73 86,21	2600m 36:59.64 84,89	3800m 54:03.42 85,68
200m 02:46.77 84,24	1500m 21:19.00 84,27	2700m 38:23.38 83,74	3900m 55:30.14 86,72
300m 04:13.45 86,68	1600m 22:44.34 85,34	2800m 39:48.19 84,81	4000m 56:57.20 87,06
400m 05:38.46 85,01	1700m 24:10.28 85,94	2900m 41:12.67 84,48	4100m 58:23.38 86,18
500m 07:03.70 85,24	1800m 25:35.51 85,23	3000m 42:37.27 84,60	4200m 59:50.58 87,20
600m 08:29.77 86,07	1900m 27:01.97 86,46	3100m 44:02.86 85,59	4300m 01:16.96 -3513,62
700m 09:55.61 85,84	2000m 28:27.65 85,68	3200m 45:28.39 85,53	4400m 02:43.41 86,45
800m 11:21.72 86,11	2100m 29:53.28 85,63	3300m 46:54.28 85,89	4500m 04:09.57 86,16
900m 12:47.86 86,14	2200m 31:18.46 85,18	3400m 48:20.35 86,07	4600m 05:35.90 86,33
1000m 14:13.63 85,77	2300m 32:43.78 85,32	3500m 49:45.87 85,52	4700m 07:02.81 86,91
1100m 15:38.74 85,11	2400m 34:09.42 85,64	3600m 51:11.45 85,58	4800m 08:30.99 88,18
1200m 17:03.52 84,78	2500m 35:34.75 85,33	3700m 52:37.74 86,29	4900m 09:58.82 87,83
1300m 18:28.52 85,00	2600m 36:59.64 84,89	3800m 54:03.42 85,68	

5. Amé Hulleman (ReVeLie Swim Team, 200202794)

01:12:00.20

100m 01:13.52 73,52	1400m 19:09.45 84,32	2600m 36:12.82 87,43	3800m 53:57.60 90,00
200m 02:33.07 79,55	1500m 20:34.16 84,71	2700m 37:40.29 87,47	3900m 55:27.51 89,91

300m	03:54.2681,19	1600m	21:57.6083,44	2800m	39:07.2086,91	4000m	56:57.5790,06
400m	05:15.7581,49	1700m	23:22.8085,20	2900m	40:35.1387,93	4100m	58:28.0290,45
500m	06:38.3282,57	1800m	24:47.0284,22	3000m	42:02.6087,47	4200m	59:56.8688,84
600m	08:01.6783,35	1900m	26:11.9284,90	3100m	43:30.2387,63	4300m	01:26.39-3510,47
700m	09:25.2383,56	2000m	27:36.7384,81	3200m	44:59.8089,57	4400m	02:56.6790,28
800m	10:48.6383,40	2100m	29:00.4583,72	3300m	46:28.5788,77	4500m	04:26.7090,03
900m	12:11.8083,17	2200m	30:27.0786,62	3400m	47:57.9589,38	4600m	05:57.2690,56
1000m	13:35.0783,27	2300m	31:52.7085,63	3500m	49:27.9289,97	4700m	07:28.1390,87
1100m	14:58.6783,60	2400m	33:18.6485,94	3600m	50:56.7388,81	4800m	08:59.6791,54
1200m	16:21.6482,97	2500m	34:45.3986,75	3700m	52:27.6090,87	4900m	10:30.1090,43
1300m	17:45.1383,49	2600m	36:12.8287,43	3800m	53:57.6090,00		

6. Susan van Grol (WIDEX GZC DONK, 200201344)

01:12:51.72

100m	01:20.7380,73	1400m	20:08.8788,93	2600m	37:30.1987,72	3800m	55:06.5588,43
200m	02:45.1684,43	1500m	21:33.8384,96	2700m	38:57.4787,28	3900m	56:35.1288,57
300m	04:10.4085,24	1600m	22:59.6585,82	2800m	40:24.5087,03	4000m	58:03.9488,82
400m	05:36.4586,05	1700m	24:26.2286,57	2900m	41:52.4787,97	4100m	59:33.2289,28
500m	07:02.6986,24	1800m	25:53.3387,11	3000m	43:20.6588,18	4200m	01:02.00-3511,22
600m	08:28.9086,21	1900m	27:20.0886,75	3100m	44:48.4787,82	4300m	02:30.7988,79
700m	09:55.3086,40	2000m	28:46.4486,36	3200m	46:16.0887,61	4400m	03:59.5588,76
800m	11:21.9486,64	2100m	30:13.8387,39	3300m	47:43.9087,82	4500m	05:28.7589,20
900m	12:49.0887,14	2200m	31:40.6586,82	3400m	49:12.4788,57	4600m	06:57.2288,47
1000m	14:16.4087,32	2300m	33:07.7287,07	3500m	50:40.5888,11	4700m	08:26.3089,08
1100m	15:44.1987,79	2400m	34:35.0587,33	3600m	52:09.0588,47	4800m	09:54.7988,49
1200m	17:12.1988,00	2500m	36:02.4787,42	3700m	53:38.1289,07	4900m	11:23.4088,61
1300m	18:39.9487,75	2600m	37:30.1987,72	3800m	55:06.5588,43		

Nederlandse Kampioenschappen 5km 2017 - zondag 18 juni 2017 om 13:30u (50 m)

Aanvangstijd juryvergadering: 12:30u

2. 5000m vrije slag - Heren

vanaf 14 jaar (Junioren 3 en ouder)

1. Jorgos Skotadis (De Dolfijn, 199803317)

55:31.33

100m	01:04.9564,95	1400m	15:24.4366,49	2600m	28:46.0966,68	3800m	42:10.2167,38
200m	02:09.3964,44	1500m	16:31.3366,90	2700m	29:53.1067,01	3900m	43:17.2467,03
300m	03:15.0265,63	1600m	17:38.0966,76	2800m	30:59.9466,84	4000m	44:24.8667,62
400m	04:20.3765,35	1700m	18:44.9566,86	2900m	32:07.1567,21	4100m	45:32.0767,21
500m	05:26.5866,21	1800m	19:51.7566,80	3000m	33:13.9966,84	4200m	46:39.4167,34
600m	06:33.0266,44	1900m	20:58.6566,90	3100m	34:20.4366,44	4300m	47:46.6067,19
700m	07:39.3366,31	2000m	22:05.2366,58	3200m	35:27.2066,77	4400m	48:54.0867,48
800m	08:45.5966,26	2100m	23:11.9766,74	3300m	36:34.0866,88	4500m	50:01.4867,40
900m	09:52.0166,42	2200m	24:18.8366,86	3400m	37:41.5067,42	4600m	51:08.1366,65
1000m	10:58.6066,59	2300m	25:25.3066,47	3500m	38:48.5267,02	4700m	52:15.1066,97
1100m	12:04.8966,29	2400m	26:32.3167,01	3600m	39:55.5567,03	4800m	53:21.9466,84
1200m	13:11.4466,55	2500m	27:39.4167,10	3700m	41:02.8367,28	4900m	54:27.7765,83
1300m	14:17.9466,50	2600m	28:46.0966,68	3800m	42:10.2167,38		

5. Timos Skotadis (De Dolfijn, 199804615)

59:40.55

100m	01:08.1668,16	1400m	16:27.5371,23	2600m	30:53.0472,89	3800m	45:19.4671,25
200m	02:18.1169,95	1500m	17:38.9471,41	2700m	32:05.9372,89	3900m	46:32.0572,59
300m	03:28.6570,54	1600m	18:50.4471,50	2800m	33:17.4471,51	4000m	47:43.0771,02
400m	04:38.8770,22	1700m	20:02.3671,92	2900m	34:29.2771,83	4100m	48:55.6372,56
500m	05:49.2170,34	1800m	21:13.9571,59	3000m	35:41.1971,92	4200m	50:08.3672,73
600m	06:59.5470,33	1900m	22:26.4172,46	3100m	36:53.2772,08	4300m	51:19.6271,26
700m	08:10.3170,77	2000m	23:38.7772,36	3200m	38:04.9971,72	4400m	52:31.8672,24
800m	09:20.8970,58	2100m	24:50.9672,19	3300m	39:17.3972,40	4500m	53:44.0972,23
900m	10:32.3571,46	2200m	26:02.9672,00	3400m	40:29.7272,33	4600m	54:55.8171,72
1000m	11:42.8870,53	2300m	27:15.1672,20	3500m	41:43.1773,45	4700m	56:07.2271,41
1100m	12:54.0371,15	2400m	28:27.7972,63	3600m	42:55.9772,80	4800m	57:19.2071,98
1200m	14:05.0471,01	2500m	29:40.1572,36	3700m	44:08.2172,24	4900m	58:31.0971,89
1300m	15:16.3071,26	2600m	30:53.0472,89	3800m	45:19.4671,25		

14 - 17 jaar

1. Chad Michau (DWC, 200005653)

56:18.80

100m	01:06.8066,80	1400m	16:02.3867,85	2600m	29:27.4167,54	3800m	42:54.5967,61
200m	02:15.8269,02	1500m	17:09.7867,40	2700m	30:34.8667,45	3900m	44:02.0867,49

300m	03:25.45 69,63	1600m	18:17.04 67,26	2800m	31:41.92 67,06	4000m	45:09.46 67,38
400m	04:35.16 69,71	1700m	19:24.11 67,07	2900m	32:48.93 67,01	4100m	46:17.32 67,86
500m	05:44.49 69,33	1800m	20:30.93 66,82	3000m	33:55.71 66,78	4200m	47:25.10 67,78
600m	06:53.48 68,99	1900m	21:37.69 66,76	3100m	35:02.89 67,18	4300m	48:32.44 67,34
700m	08:03.31 69,83	2000m	22:44.53 66,84	3200m	36:10.05 67,16	4400m	49:40.33 67,89
800m	09:13.36 70,05	2100m	23:51.39 66,86	3300m	37:17.15 67,10	4500m	50:48.21 67,88
900m	10:22.13 68,77	2200m	24:58.07 66,68	3400m	38:24.60 67,45	4600m	51:54.97 66,76
1000m	11:30.89 68,76	2300m	26:05.26 67,19	3500m	39:32.30 67,70	4700m	53:01.52 66,55
1100m	12:38.42 67,53	2400m	27:12.60 67,34	3600m	40:40.02 67,72	4800m	54:07.98 66,46
1200m	13:46.36 67,94	2500m	28:19.87 67,27	3700m	41:46.98 66,96	4900m	55:14.30 66,32
1300m	14:54.53 68,17	2600m	29:27.41 67,54	3800m	42:54.59 67,61		

2. Thomas Jansen (WVZ, 200100143)

57:33.69

100m	01:06.52 66,52	1400m	16:09.41 69,15	2600m	30:06.82 70,03	3800m	44:00.40 69,06
200m	02:15.55 69,03	1500m	17:19.10 69,69	2700m	31:16.53 69,71	3900m	45:09.35 68,95
300m	03:25.26 69,71	1600m	18:28.85 69,75	2800m	32:26.54 70,01	4000m	46:17.80 68,45
400m	04:34.91 69,65	1700m	19:38.08 69,23	2900m	33:36.91 70,37	4100m	47:25.58 67,78
500m	05:44.54 69,63	1800m	20:47.82 69,74	3000m	34:46.15 69,24	4200m	48:32.78 67,20
600m	06:54.04 69,50	1900m	21:57.63 69,81	3100m	35:55.87 69,72	4300m	49:40.71 67,93
700m	08:03.76 69,72	2000m	23:07.66 70,03	3200m	37:05.39 69,52	4400m	50:48.67 67,96
800m	09:13.90 70,14	2100m	24:17.65 69,99	3300m	38:14.43 69,04	4500m	51:56.58 67,91
900m	10:22.98 69,08	2200m	25:27.11 69,46	3400m	39:23.91 69,48	4600m	53:05.16 68,58
1000m	11:32.01 69,03	2300m	26:37.03 69,92	3500m	40:33.13 69,22	4700m	54:14.12 68,96
1100m	12:41.21 69,20	2400m	27:46.94 69,91	3600m	41:42.29 69,16	4800m	55:22.82 68,70
1200m	13:50.45 69,24	2500m	28:56.79 69,85	3700m	42:51.34 69,05	4900m	56:30.91 68,09
1300m	15:00.26 69,81	2600m	30:06.82 70,03	3800m	44:00.40 69,06		

3. David Kuipers (Orca, 200003633)

59:02.59

100m	01:03.57 63,57	1400m	16:00.00 69,78	2600m	30:06.32 71,96	3800m	44:32.13 72,58
200m	02:10.13 66,56	1500m	17:10.19 70,19	2700m	31:17.27 70,95	3900m	45:44.63 72,50
300m	03:16.65 66,52	1600m	18:20.17 69,98	2800m	32:28.16 70,89	4000m	46:56.79 72,16
400m	04:24.97 68,32	1700m	19:30.84 70,67	2900m	33:40.61 72,45	4100m	48:08.94 72,15
500m	05:34.53 69,56	1800m	20:41.48 70,64	3000m	34:52.69 72,08	4200m	49:21.65 72,71
600m	06:44.20 69,67	1900m	21:52.32 70,84	3100m	36:05.02 72,33	4300m	50:34.85 73,20
700m	07:53.84 69,64	2000m	23:03.49 71,17	3200m	37:17.12 72,10	4400m	51:48.12 73,27
800m	09:02.95 69,11	2100m	24:13.38 69,89	3300m	38:29.16 72,04	4500m	53:01.68 73,56
900m	10:12.06 69,11	2200m	25:23.55 70,17	3400m	39:41.65 72,49	4600m	54:14.71 73,03
1000m	11:21.26 69,20	2300m	26:33.07 69,52	3500m	40:54.22 72,57	4700m	55:27.35 72,64
1100m	12:30.70 69,44	2400m	27:43.31 70,24	3600m	42:06.66 72,44	4800m	56:39.42 72,07
1200m	13:40.45 69,75	2500m	28:54.36 71,05	3700m	43:19.55 72,89	4900m	57:52.13 72,71
1300m	14:50.22 69,77	2600m	30:06.32 71,96	3800m	44:32.13 72,58		

4. Arjan Dekker (ReVeLie Swim Team, 200000499)

01:00:21.17

100m	01:09.18 69,18	1400m	16:43.11 72,81	2600m	31:14.36 73,63	3800m	45:50.22 72,85
200m	02:20.29 71,11	1500m	17:54.82 71,71	2700m	32:27.54 73,18	3900m	47:03.48 73,26
300m	03:31.46 71,17	1600m	19:07.34 72,52	2800m	33:40.23 72,69	4000m	48:16.45 72,97
400m	04:42.61 71,15	1700m	20:19.49 72,15	2900m	34:53.32 73,09	4100m	49:29.40 72,95
500m	05:54.43 71,82	1800m	21:31.84 72,35	3000m	36:06.29 72,97	4200m	50:42.66 73,26
600m	07:06.93 72,50	1900m	22:44.61 72,77	3100m	37:18.72 72,43	4300m	51:55.34 72,68
700m	08:18.44 71,51	2000m	23:57.27 72,66	3200m	38:31.80 73,08	4400m	53:08.32 72,98
800m	09:30.43 71,99	2100m	25:09.85 72,58	3300m	39:44.82 73,02	4500m	54:21.22 72,90
900m	10:42.44 72,01	2200m	26:22.37 72,52	3400m	40:58.25 73,43	4600m	55:33.91 72,69
1000m	11:54.23 71,79	2300m	27:35.86 73,49	3500m	42:11.58 73,33	4700m	56:46.09 72,18
1100m	13:06.05 71,82	2400m	28:48.66 72,80	3600m	43:24.73 73,15	4800m	57:58.23 72,14
1200m	14:18.33 72,28	2500m	30:00.73 72,07	3700m	44:37.37 72,64	4900m	59:10.31 72,08
1300m	15:30.30 71,97	2600m	31:14.36 73,63	3800m	45:50.22 72,85		

5. Tom Balsen Versteeg (Hieronymus, 200005673)

01:00:37.73

100m	01:09.45 69,45	1400m	16:43.88 71,76	2600m	31:12.21 72,46	3800m	45:50.08 73,04
200m	02:21.52 72,07	1500m	17:56.15 72,27	2700m	32:24.91 72,70	3900m	47:03.94 73,86
300m	03:33.47 71,95	1600m	19:08.22 72,07	2800m	33:37.79 72,88	4000m	48:16.98 73,04
400m	04:45.74 72,27	1700m	20:20.45 72,23	2900m	34:51.02 73,23	4100m	49:30.07 73,09
500m	05:57.66 71,92	1800m	21:32.70 72,25	3000m	36:03.92 72,90	4200m	50:43.38 73,31
600m	07:10.06 72,40	1900m	22:44.74 72,04	3100m	37:17.75 73,83	4300m	51:56.31 72,93
700m	08:22.06 72,00	2000m	23:56.44 71,70	3200m	38:30.27 72,52	4400m	53:09.20 72,89
800m	09:33.95 71,89	2100m	25:08.84 72,40	3300m	39:43.46 73,19	4500m	54:22.66 73,46
900m	10:45.22 71,27	2200m	26:22.07 73,23	3400m	40:56.90 73,44	4600m	55:36.23 73,57
1000m	11:57.04 71,82	2300m	27:34.91 72,84	3500m	42:10.19 73,29	4700m	56:50.45 74,22

1100m	13:08.89	71,85	2400m	28:46.67	71,76	3600m	43:23.79	73,60	4800m	58:06.19	75,74
1200m	14:20.45	71,56	2500m	29:59.75	73,08	3700m	44:37.04	73,25	4900m	59:22.38	76,19
1300m	15:32.12	71,67	2600m	31:12.21	72,46	3800m	45:50.08	73,04			

6. Maikel van der Linden (Kimbria, 200003797)

01:02:53.32

100m	01:10.55	70,55	1400m	17:38.00	76,53	2600m	32:44.31	74,46	3800m	47:47.63	74,26
200m	02:25.40	74,85	1500m	18:53.00	75,00	2700m	33:58.19	73,88	3900m	49:03.99	76,36
300m	03:41.30	75,90	1600m	20:08.86	75,86	2800m	35:13.14	74,95	4000m	50:20.31	76,32
400m	04:57.18	75,88	1700m	21:24.61	75,75	2900m	36:27.98	74,84	4100m	51:37.20	76,89
500m	06:13.13	75,95	1800m	22:40.50	75,89	3000m	37:42.84	74,86	4200m	52:52.56	75,36
600m	07:28.76	75,63	1900m	23:56.67	76,17	3100m	38:58.79	75,95	4300m	54:10.09	77,53
700m	08:45.36	76,60	2000m	25:13.11	76,44	3200m	40:14.63	75,84	4400m	55:26.55	76,46
800m	10:02.29	76,93	2100m	26:30.10	76,99	3300m	41:31.18	76,55	4500m	56:41.72	75,17
900m	11:18.37	76,08	2200m	27:45.98	75,88	3400m	42:47.57	76,39	4600m	57:57.29	75,57
1000m	12:33.84	75,47	2300m	29:00.56	74,58	3500m	44:04.38	76,81	4700m	59:13.01	75,72
1100m	13:50.39	76,55	2400m	30:15.13	74,57	3600m	45:19.91	75,53	4800m	00:27.53	-3525,48
1200m	15:05.51	75,12	2500m	31:29.85	74,72	3700m	46:33.37	73,46	4900m	01:41.60	74,07
1300m	16:21.47	75,96	2600m	32:44.31	74,46	3800m	47:47.63	74,26			

7. Joris Bezemer (De Kempvis, 199900527)

01:02:55.61

100m	01:09.84	69,84	1400m	16:44.99	72,41	2600m	31:38.00	75,68	3800m	47:09.50	76,21
200m	02:21.67	71,83	1500m	17:58.22	73,23	2700m	32:53.56	75,56	3900m	48:27.03	77,53
300m	03:33.67	72,00	1600m	19:10.65	72,43	2800m	34:08.98	75,42	4000m	49:44.20	77,17
400m	04:45.87	72,20	1700m	20:24.42	73,77	2900m	35:27.61	78,63	4100m	51:02.22	78,02
500m	05:57.73	71,86	1800m	21:37.49	73,07	3000m	36:46.92	79,31	4200m	52:20.25	78,03
600m	07:09.50	71,77	1900m	22:51.36	73,87	3100m	38:04.85	77,93	4300m	53:38.79	78,54
700m	08:21.36	71,86	2000m	24:05.80	74,44	3200m	39:23.64	78,79	4400m	54:57.95	79,16
800m	09:32.94	71,58	2100m	25:21.59	75,79	3300m	40:41.85	78,21	4500m	56:17.46	79,51
900m	10:44.70	71,76	2200m	26:36.76	75,17	3400m	42:00.60	78,75	4600m	57:36.32	78,86
1000m	11:56.36	71,66	2300m	27:51.07	74,31	3500m	43:19.39	78,79	4700m	58:56.34	80,02
1100m	13:08.22	71,86	2400m	29:06.49	75,42	3600m	44:37.19	77,80	4800m	00:18.22	-3518,12
1200m	14:20.32	72,10	2500m	30:22.32	75,83	3700m	45:53.29	76,10	4900m	01:38.97	80,75
1300m	15:32.58	72,26	2600m	31:38.00	75,68	3800m	47:09.50	76,21			

8. Jarmo van den Blink (De Houtrib, 200100585)

01:03:55.44

100m	01:14.83	74,83	1400m	17:51.20	76,56	2600m	33:10.25	76,21	3800m	48:32.84	77,15
200m	02:31.05	76,22	1500m	19:08.92	77,72	2700m	34:26.95	76,70	3900m	49:50.46	77,62
300m	03:47.56	76,51	1600m	20:25.56	76,64	2800m	35:42.83	75,88	4000m	51:07.06	76,60
400m	05:04.40	76,84	1700m	21:42.36	76,80	2900m	36:59.71	76,88	4100m	52:23.91	76,85
500m	06:20.92	76,52	1800m	22:59.97	77,61	3000m	38:16.11	76,40	4200m	53:41.03	77,12
600m	07:37.83	76,91	1900m	24:15.96	75,99	3100m	39:32.96	76,85	4300m	54:57.04	76,01
700m	08:54.72	76,89	2000m	25:31.92	75,96	3200m	40:49.98	77,02	4400m	56:14.86	77,82
800m	10:11.80	77,08	2100m	26:49.70	77,78	3300m	42:06.93	76,95	4500m	57:32.27	77,41
900m	11:28.01	76,21	2200m	28:06.04	76,34	3400m	43:23.95	77,02	4600m	58:49.60	77,33
1000m	12:44.76	76,75	2300m	29:21.96	75,92	3500m	44:40.92	76,97	4700m	00:06.66	-3522,94
1100m	14:01.31	76,55	2400m	30:38.24	76,28	3600m	45:57.96	77,04	4800m	01:24.37	77,71
1200m	15:18.15	76,84	2500m	31:54.04	75,80	3700m	47:15.69	77,73	4900m	02:42.31	77,94
1300m	16:34.64	76,49	2600m	33:10.25	76,21	3800m	48:32.84	77,15			

9. Sem de Goei (WS Twente, 200200029)

01:04:48.80

100m	01:11.98	71,98	1400m	17:51.12	76,60	2600m	33:25.53	79,18	3800m	49:07.44	79,03
200m	02:28.87	76,89	1500m	19:08.01	76,89	2700m	34:44.27	78,74	3900m	50:27.36	79,92
300m	03:46.48	77,61	1600m	20:25.52	77,51	2800m	36:03.09	78,82	4000m	51:46.05	78,69
400m	05:03.43	76,95	1700m	21:42.25	76,73	2900m	37:20.87	77,78	4100m	53:04.94	78,89
500m	06:20.80	77,37	1800m	22:58.46	76,21	3000m	38:38.76	77,89	4200m	54:23.01	78,07
600m	07:37.75	76,95	1900m	24:14.85	76,39	3100m	39:56.51	77,75	4300m	55:42.44	79,43
700m	08:54.58	76,83	2000m	25:31.79	76,94	3200m	41:14.12	77,61	4400m	57:00.42	77,98
800m	10:11.54	76,96	2100m	26:49.63	77,84	3300m	42:32.34	78,22	4500m	58:19.37	78,95
900m	11:27.85	76,31	2200m	28:08.62	78,99	3400m	43:51.26	78,92	4600m	59:37.89	78,52
1000m	12:44.67	76,82	2300m	29:27.09	78,47	3500m	45:09.92	78,66	4700m	00:57.35	-3520,54
1100m	14:01.22	76,55	2400m	30:47.83	80,74	3600m	46:28.95	79,03	4800m	02:16.79	79,44
1200m	15:18.02	76,80	2500m	32:06.35	78,52	3700m	47:48.41	79,46	4900m	03:34.78	77,99
1300m	16:34.52	76,50	2600m	33:25.53	79,18	3800m	49:07.44	79,03			