

LAC 1-2
Zoetermeer, 14-10-2023

Programmanr. 1 200m vrije slag Mix Minioren 3 en 4
14-10-2023 - 14:00 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Meisjes Minioren 3 en 4, Meisjes								
1. Jessica Bannatyne	BZ&PC	3:27.99	201400158	3:22.20	45.82	1:38.71	2:32.33	3:22.20
2. Sara de Mooij	LinK	3:46.73	201400750	3:35.86	48.23	1:45.88	2:43.19	3:35.86
3. Fenna Eijs	AZC	3:50.99	201400408	3:51.62	50.68	1:50.96	2:52.41	3:51.62

Jongens Minioren 3 en 4, Jongens

1. Mink de Heij	BZ&PC	NT	201400197	3:31.09	45.12	1:38.14	2:34.53	3:31.09	
2. Twan van der Schrier	AZC	3:56.39	201400237	3:50.62	122	47.40	1:48.95	2:49.54	3:50.62

Programmanr. 2 200m wisselslag Jongens Min. 5 en 6 en Meisjes Min. 5 en Jun. 1
14-10-2023 - 14:05 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Meisjes Minioren 5, Meisjes								
1. Tamara Geuzebroek	AZC	3:21.55	201300894	3:15.09	42.55	1:34.34	2:30.91	3:15.09
2. Fenna Visser	GZC DONK	3:30.06	201300678	3:27.47	47.06	1:40.98	2:39.75	3:27.47
3. Maartje Wagner	Alkemade	3:57.42	201300776	3:43.74	55.82	1:51.47	2:56.36	3:43.74
4. Maja Ponikwia	Alkemade	3:52.91	201300778	3:52.08	57.79	1:50.22	3:04.14	3:52.08

Jongens Minioren 5 en 6, Jongens

1. Mike Westerhof	ZV De Watervogels	NT	201300217	3:17.85	47.55	1:35.32	2:33.28	3:17.85
2. Henk de Mooij	LinK	3:32.78	201200681	3:20.93	48.54	1:40.86	2:35.94	3:20.93
3. Niek de Grave	Alkemade	3:48.32	201200403	3:22.67	46.15	1:37.98	2:41.12	3:22.67
DIS Len van der Kamp	Alkemade	NT	201200259					

RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen.

Programmanr. 3 200m wis Jongens Junioren 2 en later en Meisjes Junioren 3 en later
14-10-2023 - 14:15 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
11 - 12 jaar, Meisjes								
1. Danique Westerhof	ZV De Watervogels	3:08.49	201100492	3:03.03	39.34	1:24.11	2:20.88	3:03.03
2. Sophie Hoogervorst	AZC	3:06.85	201100252	3:03.82	46.85	1:32.08	2:24.39	3:03.82
3. Naevia Verschoor	AZC	3:05.95	201201976	3:07.83	44.42	1:29.85	2:24.09	3:07.83
4. Jolie van Ark	AZC	3:12.09	201101644	3:12.90	43.65	1:34.04	2:29.56	3:12.90
5. Nikki de Heij	BZ&PC	3:51.50	201101194	3:23.19	45.10	1:34.05	2:36.09	3:23.19
6. Charlotte Bakker	BZ&PC	3:33.37	201200524	3:29.31	44.77	1:40.19	2:42.61	3:29.31
7. Michelle Claassen	ZPC Woerden	3:40.19	201100876	3:35.72	51.97	1:46.69	2:45.63	3:35.72

Jongens Junioren 1 en 2, Jongens

1. Thijs van Kints	BZ&PC	3:02.70	201101059	2:58.22	41.76	1:28.46	2:20.01	2:58.22
2. Mees Otto	ZPC Woerden	3:13.06	201001319	2:58.31	40.37	1:26.58	2:19.06	2:58.31
3. Gijs van der Lee	AZC	3:06.40	201101237	3:06.65	47.26	1:32.18	2:27.28	3:06.65
4. Thijs Hoogeveen	ZPC Woerden	NT	201100503	3:18.34	46.89	1:37.55	2:32.79	3:18.34
5. Jan Peter Slof	AZC	3:34.94	201100123	3:18.55	48.23	1:37.41	2:37.83	3:18.55
6. Daniel Bagdasarov	ZPC Woerden	4:07.76	201101511	3:21.48	43.75	1:34.88	2:36.76	3:21.48

LAC 1-2
Zoetermeer, 14-10-2023

Programmanr. 4
14-10-2023 - 14:24

1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Dames Senioren Open, Dames						
1.	Jade van der Schrier	AZC	17:36.21	200800692	17:25.73	
	100m: 1:03.92	1:03.92	500m: 5:43.45	1:10.38	900m: 10:26.02	1:10.98
	200m: 2:12.76	1:08.84	600m: 6:54.00	1:10.55	1000m: 11:36.45	1:10.43
	300m: 3:22.89	1:10.13	700m: 8:04.95	1:10.95	1100m: 12:47.23	1:10.78
	400m: 4:33.07	1:10.18	800m: 9:15.04	1:10.09	1200m: 13:58.00	1:10.77
1300m:	15:08.10					1:10.10
1400m:	16:18.48					1:10.38
1500m:	17:25.73					1:07.25
2.	Nina van der Schrier	AZC	19:40.97	201000444	19:13.80	
	100m: 1:11.49	1:11.49	500m: 6:18.68	1:17.87	900m: 11:27.93	1:17.57
	200m: 2:27.17	1:15.68	600m: 7:35.23	1:16.55	1000m: 12:46.76	1:18.83
	300m: 3:43.69	1:16.52	700m: 8:52.64	1:17.41	1100m: 14:05.09	1:18.33
	400m: 5:00.81	1:17.12	800m: 10:10.36	1:17.72	1200m: 15:23.56	1:18.47
1300m:	16:41.34					1:17.78
1400m:	17:58.83					1:17.49
1500m:	19:13.80					1:14.97
3.	Eva Ehlert	GZC DONK	NT	201002026	19:57.40	
	100m: 1:13.62	1:13.62	500m: 6:31.30	1:19.83	900m: 11:52.72	1:20.53
	200m: 2:31.05	1:17.43	600m: 7:51.69	1:20.39	1000m: 13:13.62	1:20.90
	300m: 3:51.12	1:20.07	700m: 9:11.97	1:20.28	1100m: 14:34.83	1:21.21
	400m: 5:11.47	1:20.35	800m: 10:32.19	1:20.22	1200m: 15:55.47	1:20.64
1300m:	17:17.47					1:22.00
1400m:	18:38.83					1:21.36
1500m:	19:57.40					1:18.57
4.	Sanne Mulder	WVZ	20:50.41	200900280	20:37.23	
	100m: 1:14.06	1:14.06	500m: 6:45.93	1:23.74	900m: 12:19.41	1:23.47
	200m: 2:36.44	1:22.38	600m: 8:10.09	1:24.16	1000m: 13:42.36	1:22.95
	300m: 3:59.43	1:22.99	700m: 9:32.87	1:22.78	1100m: 15:06.75	1:24.39
	400m: 5:22.19	1:22.76	800m: 10:55.94	1:23.07	1200m: 16:30.54	1:23.79
1300m:	17:54.59					1:24.05
1400m:	19:18.53					1:23.94
1500m:	20:37.23					1:18.70
5.	Nadine Kuiper	WVZ	20:12.43	200802372	20:40.13	
	100m: 1:14.89	1:14.89	500m: 6:46.34	1:24.19	900m: 12:23.71	1:23.67
	200m: 2:36.48	1:21.59	600m: 8:11.54	1:25.20	1000m: 13:47.71	1:24.00
	300m: 3:58.65	1:22.17	700m: 9:36.13	1:24.59	1100m: 15:11.85	1:24.14
	400m: 5:22.15	1:23.50	800m: 11:00.04	1:23.91	1200m: 16:36.23	1:24.38
1300m:	17:59.29					1:23.06
1400m:	19:21.97					1:22.68
1500m:	20:40.13					1:18.16
6.	Rosalie Braspeninx	ZPC Woerden	20:15.92	200702530	20:48.04	
	100m: 1:15.26	1:15.26	500m: 6:50.20	1:24.90	900m: 12:31.00	1:22.70
	200m: 2:37.45	1:22.19	600m: 8:16.02	1:25.82	1000m: 13:54.33	1:23.33
	300m: 4:00.80	1:23.35	700m: 9:42.70	1:24.59	1100m: 15:17.61	1:23.28
	400m: 5:25.30	1:24.50	800m: 11:08.30	1:25.60	1200m: 16:41.92	1:24.31
1300m:	18:06.08					1:24.16
1400m:	19:29.04					1:22.96
1500m:	20:48.04					1:19.00
7.	Jorja Verschoor	AZC	21:20.27	200902640	20:53.44	
	100m: 1:15.71	1:15.71	500m: 6:44.33	1:23.45	900m: 12:22.08	1:25.09
	200m: 2:36.41	1:20.70	600m: 8:07.91	1:23.58	1000m: 13:46.88	1:24.80
	300m: 3:58.13	1:21.72	700m: 9:31.91	1:24.00	1100m: 15:11.28	1:24.40
	400m: 5:20.88	1:22.75	800m: 10:56.99	1:25.08	1200m: 16:36.63	1:25.35
1300m:	17:54.31					1:25.68
1400m:	19:28.49					1:26.18
1500m:	20:53.44					1:24.95
8.	Nada Mghizrat	GZC DONK	20:42.65	200702178	21:21.30	
	100m: 1:15.76	1:15.76	500m: 6:56.25	1:26.65	900m: 12:43.29	1:26.44
	200m: 2:38.88	1:23.12	600m: 8:23.56	1:27.31	1000m: 14:11.13	1:27.84
	300m: 4:03.48	1:24.60	700m: 9:50.67	1:27.11	1100m: 15:39.07	1:27.94
	400m: 5:29.60	1:26.12	800m: 11:16.85	1:26.18	1200m: 17:07.11	1:28.04
1300m:	18:32.75					1:25.64
1400m:	19:58.07					1:25.32
1500m:	21:21.30					1:23.23
9.	Vere van Klooster	AZC	22:05.21	201002128	21:34.42	
	100m: 1:17.51	1:17.51	500m: 7:00.95	1:27.19	900m: 12:54.00	1:29.24
	200m: 2:41.76	1:24.25	600m: 8:28.54	1:27.59	1000m: 14:22.04	1:28.04
	300m: 4:07.60	1:25.84	700m: 9:56.51	1:27.97	1100m: 15:48.32	1:26.28
	400m: 5:33.76	1:26.16	800m: 11:24.76	1:28.25	1200m: 17:17.36	1:29.04
1300m:	18:45.73					1:28.37
1400m:	20:12.16					1:26.43
1500m:	21:34.42					1:22.26
10.	Daynah de Snaijer	Zoetermeer	22:07.85	200802266	22:17.75	
	100m: 1:23.93	1:23.93	500m: 7:24.92	1:31.22	900m: 13:28.66	1:32.03
	200m: 2:53.11	1:29.18	600m: 8:55.99	1:31.07	1000m: 14:59.58	1:30.92
	300m: 4:23.29	1:30.18	700m: 10:26.07	1:30.08	1100m: 16:30.73	1:31.15
	400m: 5:53.70	1:30.41	800m: 11:56.63	1:30.56	1200m: 17:58.27	1:27.54
1300m:	19:26.66					1:28.39
1400m:	20:53.37					1:26.71
1500m:	22:17.75					1:24.38
11.	Linda Hoogendam	WVZ	22:30.57	198300892	22:38.84	
	100m: 1:24.41	1:24.41	500m: 7:25.18	1:31.23	900m: 13:29.02	1:31.89
	200m: 2:53.40	1:28.99	600m: 8:55.89	1:30.71	1000m: 15:00.46	1:31.44
	300m: 4:23.47	1:30.07	700m: 10:26.44	1:30.55	1100m: 16:31.42	1:30.96
	400m: 5:53.95	1:30.48	800m: 11:57.13	1:30.69	1200m: 18:02.93	1:31.51
1300m:	19:36.00					1:33.07
1400m:	21:09.01					1:33.01
1500m:	22:38.84					1:29.83
12.	Inde Turnbull	ZPC Woerden	NT	200903666	22:45.89	
	100m: 1:26.51	1:26.51	500m: 7:41.75	1:34.30	900m: 13:54.91	1:32.30
	200m: 2:59.09	1:32.58	600m: 9:15.10	1:33.35	1000m: 15:26.86	1:31.95
	300m: 4:32.54	1:33.45	700m: 10:48.95	1:33.85	1100m: 16:57.62	1:30.76
	400m: 6:07.45	1:34.91	800m: 12:22.61	1:33.66	1200m: 18:24.49	1:26.87
1300m:	19:53.39					1:28.90
1400m:	21:21.38					1:27.99
1500m:	22:45.89					1:24.51
13.	Esmee Verbeek	Zoetermeer	21:58.28	200502086	22:50.96	
	100m: 1:23.44	1:23.44	500m: 7:25.16	1:31.21	900m: 13:28.71	1:32.57
	200m: 2:52.82	1:29.38	600m: 8:56.06	1:30.90	1000m: 15:00.78	1:32.07
	300m: 4:23.19	1:30.37	700m: 10:25.50	1:29.44	1100m: 16:33.57	1:32.79
	400m: 5:53.95	1:30.76	800m: 11:56.14	1:30.64	1200m: 18:08.82	1:35.25
1300m:	19:44.12					1:35.30
1400m:	21:19.79					1:35.67
1500m:	22:50.96					1:31.17
14.	Tess Liebrechts	GZC DONK	22:39.65	201000212	22:52.53	
	100m: 1:24.92	1:24.92	500m: 7:34.02	1:34.95	900m: 13:52.93	1:34.63
	200m: 2:55.12	1:30.20	600m: 9:08.48	1:34.46	1000m: 15:26.76	1:33.83
	300m: 4:27.12	1:32.00	700m: 10:43.26	1:34.78	1100m: 16:59.27	1:32.51
	400m: 5:59.07	1:31.95	800m: 12:18.30	1:35.04	1200m: 18:33.57	1:34.30
1300m:	20:04.37					1:30.80
1400m:	21:32.04					1:27.67
1500m:	22:52.53					1:20.49

LAC 1-2
Zoetermeer, 14-10-2023

Programmanr. 4, Dames, 1500m vrije slag, Dames Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
15.	Brisa Dekkers	GZC DONK	NT	201002164	22:59.29			
	100m: 1:23.29	1:23.29	500m: 7:28.02	1:32.02	900m: 13:45.51	1:33.91	1300m: 19:59.80	1:35.35
	200m: 2:53.57	1:30.28	600m: 9:00.86	1:32.84	1000m: 15:18.92	1:33.41	1400m: 21:31.07	1:31.27
	300m: 4:24.95	1:31.38	700m: 10:35.45	1:34.59	1100m: 16:52.86	1:33.94	1500m: 22:59.29	1:28.22
	400m: 5:56.00	1:31.05	800m: 12:11.60	1:36.15	1200m: 18:24.45	1:31.59		
16.	Anouk de Jong	GZC DONK	25:36.43	200902506	23:13.70			
	100m: 1:26.64	1:26.64	500m: 7:43.79	1:34.42	900m: 14:05.32	1:34.06	1300m: 20:24.96	1:34.87
	200m: 3:00.31	1:33.67	600m: 9:19.91	1:36.12	1000m: 15:40.18	1:34.86	1400m: 21:53.88	1:28.92
	300m: 4:34.78	1:34.47	700m: 10:55.62	1:35.71	1100m: 17:15.47	1:35.29	1500m: 23:13.70	1:19.82
	400m: 6:09.37	1:34.59	800m: 12:31.26	1:35.64	1200m: 18:50.09	1:34.62		
17.	Eva Khouri de Jong	ZPC Woerden	NT	200804384	23:26.08			
	100m: 1:27.07	1:27.07	500m: 7:45.29	1:35.13	900m: 14:06.18	1:34.10	1300m: 20:26.35	1:36.13
	200m: 3:00.63	1:33.56	600m: 9:20.86	1:35.57	1000m: 15:40.54	1:34.36	1400m: 21:58.72	1:32.37
	300m: 4:35.15	1:34.52	700m: 10:56.43	1:35.57	1100m: 17:15.85	1:35.31	1500m: 23:26.08	1:27.36
	400m: 6:10.16	1:35.01	800m: 12:32.08	1:35.65	1200m: 18:50.22	1:34.37		
18.	Annette Spies	LinK	NT	197001110	25:31.41			
	100m: 1:29.93	1:29.93	500m: 8:23.47	1:43.43	900m: 15:15.07	1:43.56	1300m: 22:06.70	1:42.67
	200m: 3:12.51	1:42.58	600m: 10:05.64	1:42.17	1000m: 16:58.07	1:43.00	1400m: 23:50.52	1:43.82
	300m: 4:55.81	1:43.30	700m: 11:49.51	1:43.87	1100m: 18:41.21	1:43.14	1500m: 25:31.41	1:40.89
	400m: 6:40.04	1:44.23	800m: 13:31.51	1:42.00	1200m: 20:24.03	1:42.82		
19.	Zoë van der Reijden	LinK	25:16.86	200505296	25:37.70			
	100m: 1:29.28	1:29.28	500m: 8:16.12	1:42.96	900m: 15:11.94	1:45.05	1300m: 22:16.47	1:46.09
	200m: 3:08.35	1:39.07	600m: 9:58.97	1:42.85	1000m: 16:56.89	1:44.95	1400m: 23:59.68	1:43.21
	300m: 4:50.87	1:42.52	700m: 11:41.52	1:42.55	1100m: 18:43.38	1:46.49	1500m: 25:37.70	1:38.02
	400m: 6:33.16	1:42.29	800m: 13:26.89	1:45.37	1200m: 20:30.38	1:47.00		
AFGEM	Sophie Ferwerda	GZC DONK	NT	200902984				

Heren Senioren Open, Heren

1.	Adriaan Coppelmans	AZC	18:24.36	200903243	17:45.38			
	100m: 1:05.64	1:05.64	500m: 5:52.49	1:12.16	900m: 10:36.24	1:11.00	1300m: 15:23.58	1:11.93
	200m: 2:16.37	1:10.73	600m: 7:04.05	1:11.56	1000m: 11:47.67	1:11.43	1400m: 16:35.64	1:12.06
	300m: 3:28.68	1:12.31	700m: 8:14.96	1:10.91	1100m: 12:59.77	1:12.10	1500m: 17:45.38	1:09.74
	400m: 4:40.33	1:11.65	800m: 9:25.24	1:10.28	1200m: 14:11.65	1:11.88		
2.	Sverre van der Zwaan	WVZ	18:36.33	200900737	18:03.96			
	100m: 1:04.46	1:04.46	500m: 5:50.59	1:12.08	900m: 10:42.06	1:13.80	1300m: 15:37.44	1:14.31
	200m: 2:14.91	1:10.45	600m: 7:03.13	1:12.54	1000m: 11:56.00	1:13.94	1400m: 16:52.34	1:14.90
	300m: 3:26.51	1:11.60	700m: 8:15.12	1:11.99	1100m: 13:10.11	1:14.11	1500m: 18:03.96	1:11.62
	400m: 4:38.51	1:12.00	800m: 9:28.26	1:13.14	1200m: 14:23.13	1:13.02		
3.	Jordy van Oel	WVZ	17:56.58	199802003	18:22.75			
	100m: 1:06.00	1:06.00	500m: 5:56.18	1:13.81	900m: 10:52.22	1:13.80	1300m: 15:53.83	1:16.69
	200m: 2:17.38	1:11.38	600m: 7:09.59	1:13.41	1000m: 12:06.97	1:14.75	1400m: 17:09.34	1:15.51
	300m: 3:29.30	1:11.92	700m: 8:24.20	1:14.61	1100m: 13:22.18	1:15.21	1500m: 18:22.75	1:13.41
	400m: 4:42.37	1:13.07	800m: 9:38.42	1:14.22	1200m: 14:37.14	1:14.96		
4.	Tenzin Tieman	Old Dutch Breda	17:57.10	200005549	18:34.35			
	100m: 1:07.31	1:07.31	500m: 6:00.28	1:16.32	900m: 10:59.72	1:15.59	1300m: 16:03.22	1:16.05
	200m: 2:19.64	1:12.33	600m: 7:14.41	1:14.13	1000m: 12:15.16	1:15.44	1400m: 17:19.12	1:15.90
	300m: 3:32.41	1:12.77	700m: 8:29.07	1:14.66	1100m: 13:31.17	1:16.01	1500m: 18:34.35	1:15.23
	400m: 4:43.96	1:11.55	800m: 9:44.13	1:15.06	1200m: 14:47.17	1:16.00		
5.	Renzo Steller	WVZ	19:27.57	200701141	18:58.24			
	100m: 1:06.79	1:06.79	500m: 6:08.97	1:16.06	900m: 11:15.64	1:16.98	1300m: 16:27.40	1:18.39
	200m: 2:20.93	1:14.14	600m: 7:25.21	1:16.24	1000m: 12:32.91	1:17.27	1400m: 17:44.50	1:17.10
	300m: 3:36.37	1:15.44	700m: 8:41.56	1:16.35	1100m: 13:50.39	1:17.48	1500m: 18:58.24	1:13.74
	400m: 4:52.91	1:16.54	800m: 9:58.66	1:17.10	1200m: 15:09.01	1:18.62		
6.	Seth van den Dool	GZC DONK	NT	200803809	19:22.33			
	100m: 1:10.17	1:10.17	500m: 6:17.86	1:17.36	900m: 11:31.14	1:18.85	1300m: 16:48.61	1:19.31
	200m: 2:26.38	1:16.21	600m: 7:35.72	1:17.86	1000m: 12:49.84	1:18.70	1400m: 18:06.89	1:18.28
	300m: 3:42.48	1:16.10	700m: 8:53.91	1:18.19	1100m: 14:09.09	1:19.25	1500m: 19:22.33	1:15.44
	400m: 5:00.50	1:18.02	800m: 10:12.29	1:18.38	1200m: 15:29.30	1:20.21		
7.	Sascha Timmer	AZC	20:20.85	200902987	19:28.43			
	100m: 1:09.59	1:09.59	500m: 6:17.21	1:18.01	900m: 11:34.00	1:20.47	1300m: 16:55.26	1:19.77
	200m: 2:25.59	1:16.00	600m: 7:34.87	1:17.66	1000m: 12:55.60	1:21.60	1400m: 18:15.01	1:19.75
	300m: 3:41.93	1:16.34	700m: 8:53.75	1:18.88	1100m: 14:15.07	1:19.47	1500m: 19:28.43	1:13.42
	400m: 4:59.20	1:17.27	800m: 10:13.53	1:19.78	1200m: 15:35.49	1:20.42		
8.	Brent Schiffers	ZPC Woerden	20:27.33	200902041	19:36.78			
	100m: 1:12.65	1:12.65	500m: 6:25.93	1:18.01	900m: 11:46.42	1:20.81	1300m: 17:09.08	1:20.30
	200m: 2:30.41	1:17.76	600m: 7:46.87	1:20.94	1000m: 13:07.37	1:20.95	1400m: 18:27.37	1:18.29
	300m: 3:49.75	1:19.34	700m: 9:03.81	1:19.94	1100m: 14:27.09	1:19.72	1500m: 19:36.78	1:09.41
	400m: 5:07.92	1:18.17	800m: 10:25.61	1:21.80	1200m: 15:48.78	1:21.69		
9.	Sven Mulder	WVZ	20:00.68	200901655	19:40.15			
	100m: 1:12.21	1:12.21	500m: 6:25.22	1:19.35	900m: 11:43.64	1:20.73	1300m: 17:07.61	1:21.20
	200m: 2:28.48	1:16.27	600m: 7:43.99	1:18.77	1000m: 13:04.68	1:21.04	1400m: 18:27.60	1:19.99
	300m: 3:46.33	1:17.85	700m: 9:03.09	1:19.10	1100m: 14:25.99	1:21.31	1500m: 19:40.15	1:12.55
	400m: 5:05.87	1:19.54	800m: 10:22.91	1:19.82	1200m: 15:46.41	1:20.42		

LAC 1-2
Zoetermeer, 14-10-2023

Programmanr. 4, Heren, 1500m vrije slag, Heren Senioren Open

rang	naam	vereniging	intijd				tijd				RT		
10.	Marijn Dekkers	WVZ	19:30.00				200402275				19:40.61		
	100m:	1:11.78	1:11.78	500m:	6:25.53	1:20.17	900m:	11:47.03	1:20.50	1300m:	17:08.93	1:20.47	
	200m:	2:27.96	1:16.18	600m:	7:46.06	1:20.53	1000m:	13:07.50	1:20.47	1400m:	18:27.71	1:18.78	
	300m:	3:46.25	1:18.29	700m:	9:06.25	1:20.19	1100m:	14:28.28	1:20.78	1500m:	19:40.61	1:12.90	
	400m:	5:05.36	1:19.11	800m:	10:26.53	1:20.28	1200m:	15:48.46	1:20.18				
11.	Joep van Klooster	AZC	20:35.58				200604115				19:54.28		
	100m:	1:11.37	1:11.37	500m:	6:30.38	1:21.09	900m:	11:55.92	1:21.74	1300m:	17:15.04	1:18.94	
	200m:	2:29.89	1:18.52	600m:	7:51.68	1:21.30	1000m:	13:17.02	1:21.10	1400m:	18:35.05	1:20.01	
	300m:	3:49.31	1:19.42	700m:	9:13.21	1:21.53	1100m:	14:37.27	1:20.25	1500m:	19:54.28	1:19.23	
	400m:	5:09.29	1:19.98	800m:	10:34.18	1:20.97	1200m:	15:56.10	1:18.83				
12.	Jan-Willem van den Berg	WVZ	21:15.00				196801575				20:30.94		
	100m:	1:15.45	1:15.45	500m:	6:49.22	1:22.92	900m:	12:20.38	1:22.56	1300m:	17:47.17	1:22.44	
	200m:	2:38.98	1:23.53	600m:	8:12.40	1:23.18	1000m:	13:41.76	1:21.38	1400m:	19:09.36	1:22.19	
	300m:	4:03.00	1:24.02	700m:	9:35.24	1:22.84	1100m:	15:02.98	1:21.22	1500m:	20:30.94	1:21.58	
	400m:	5:26.30	1:23.30	800m:	10:57.82	1:22.58	1200m:	16:24.73	1:21.75				
13.	Finn de Heij	BZ&PC	NT				200900411				20:32.68		
	100m:	1:17.61	1:17.61	500m:			900m:	12:27.06	1:24.19	1300m:	17:54.78	1:20.52	
	200m:	2:40.93	1:23.32	600m:	8:12.77		1000m:	13:48.75	1:21.69	1400m:	19:15.73	1:20.95	
	300m:	4:02.62	1:21.69	700m:	9:38.09	1:25.32	1100m:	15:10.76	1:22.01	1500m:	20:32.68	1:16.95	
	400m:	5:24.10	1:21.48	800m:	11:02.87	1:24.78	1200m:	16:34.26	1:23.50				
14.	Thomas Braat	AZC	21:03.74				200802269				S14	20:40.04	567
	100m:	1:17.89	1:17.89	500m:	6:48.53	1:23.00	900m:	12:24.06	1:23.38	1300m:	17:56.39	1:23.11	
	200m:	2:40.00	1:22.11	600m:	8:12.53	1:24.00	1000m:	13:49.21	1:25.15	1400m:	19:19.96	1:23.57	
	300m:	4:02.28	1:22.28	700m:	9:37.11	1:24.58	1100m:	15:12.50	1:23.29	1500m:	20:40.04	1:20.08	
	400m:	5:25.53	1:23.25	800m:	11:00.68	1:23.57	1200m:	16:33.28	1:20.78				
15.	Sem Berckenkamp	GZC DONK	21:40.01				200602229				21:00.57		
	100m:	1:16.90	1:16.90	500m:	6:56.34	1:26.05	900m:	12:38.22	1:24.93	1300m:	18:19.73	1:24.78	
	200m:	2:40.26	1:23.36	600m:	8:22.92	1:26.58	1000m:	14:03.97	1:25.75	1400m:	19:41.93	1:22.20	
	300m:	4:04.99	1:24.73	700m:	9:49.08	1:26.16	1100m:	15:30.63	1:26.66	1500m:	21:00.57	1:18.64	
	400m:	5:30.29	1:25.30	800m:	11:13.29	1:24.21	1200m:	16:54.95	1:24.32				
16.	Thijs den Hollander	ZPC Woerden	21:28.66				200702477				21:09.73		
	100m:	1:13.88	1:13.88	500m:	6:50.95	1:26.22	900m:	12:35.49	1:26.05	1300m:	18:22.58	1:27.14	
	200m:	2:36.22	1:22.34	600m:	8:16.53	1:25.58	1000m:	14:02.45	1:26.96	1400m:	19:49.07	1:26.49	
	300m:	4:00.04	1:23.82	700m:	9:42.93	1:26.40	1100m:	15:28.44	1:25.99	1500m:	21:09.73	1:20.66	
	400m:	5:24.73	1:24.69	800m:	11:09.44	1:26.51	1200m:	16:55.44	1:27.00				
17.	Jurre van Es	ZPC Woerden	NT				200903567				23:52.27		
	100m:	1:26.73	1:26.73	500m:	7:55.06	1:38.68	900m:	14:30.29	1:38.39	1300m:	20:58.27	1:35.21	
	200m:	3:01.35	1:34.62	600m:	9:34.41	1:39.35	1000m:	16:07.88	1:37.59	1400m:	22:24.30	1:26.03	
	300m:	4:38.91	1:37.56	700m:	11:12.70	1:38.29	1100m:	17:45.55	1:37.67	1500m:	23:52.27	1:27.97	
	400m:	6:16.38	1:37.47	800m:	12:51.90	1:39.20	1200m:	19:23.06	1:37.51				
18.	Noah Koenes	ZPC Woerden	NT				200803725				26:08.56		
	100m:	1:28.28	1:28.28	500m:	8:19.11	1:45.36	900m:	15:28.53	1:48.53	1300m:	22:43.53	1:48.35	
	200m:	3:08.78	1:40.50	600m:	10:05.75	1:46.64	1000m:	17:16.81	1:48.28	1400m:	24:30.64	1:47.11	
	300m:	4:51.28	1:42.50	700m:	11:52.36	1:46.61	1100m:	19:06.68	1:49.87	1500m:	26:08.56	1:37.92	
	400m:	6:33.75	1:42.47	800m:	13:40.00	1:47.64	1200m:	20:55.18	1:48.50				