

Programmanr. 1  
1-4-2024 - 14:00

Heren, 400m wisselslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Renzo Meester	Flevo	5:49.35	200202897	<b>5:44.95</b>			
	50m: 37.73	37.73	150m: 2:00.36	47.41	250m: 3:37.00	50.05	350m: 5:07.60	38.90
	100m: 1:12.95	35.22	200m: 2:46.95	46.59	300m: 4:28.70	51.70	400m: 5:44.95	37.35
2.	Thijs Pijl	Flevo	5:53.99	200601979	<b>5:47.09</b>			
	50m: 34.38	34.38	150m: 2:04.26	47.46	250m: 3:42.69	52.00	350m: 5:11.80	37.84
	100m: 1:16.80	42.42	200m: 2:50.69	46.43	300m: 4:33.96	51.27	400m: 5:47.09	35.29
3.	Pieter Buitelaar	Flevo	6:35.86	197601693	<b>6:15.51</b>			
	50m: 34.94	34.94	150m: 2:11.32	50.88	250m: 3:58.01	56.85	350m: 5:34.61	42.44
	100m: 1:20.44	45.50	200m: 3:01.16	49.84	300m: 4:52.17	54.16	400m: 6:15.51	40.90
4.	Hugo Hulstijn	Wijchen	6:35.39	201100297	<b>6:21.15</b>			
	50m: 42.30	42.30	150m: 2:21.65	48.35	250m: 4:01.41	53.76	350m: 5:39.04	44.28
	100m: 1:33.30	51.00	200m: 3:07.65	46.00	300m: 4:54.76	53.35	400m: 6:21.15	42.11
5.	Bo Oldenhof	SG Octopus - ZVV	6:15.00	201102155	<b>6:26.38</b>			
	50m: 39.93	39.93	150m: 2:19.40	47.48	250m: 4:00.81	55.74	350m: 5:43.81	45.00
	100m: 1:31.92	51.99	200m: 3:05.07	45.67	300m: 4:58.81	58.00	400m: 6:26.38	42.57
6.	Guus Pijl	Flevo	7:04.47	200900691	<b>6:35.01</b>			
	50m: 45.12	45.12	150m: 2:26.38	48.77	250m: 4:12.48	59.21	350m: 5:54.45	42.85
	100m: 1:37.61	52.49	200m: 3:13.27	46.89	300m: 5:11.60	59.12	400m: 6:35.01	40.56
7.	Robin van As	Flevo	6:40.00	200803661	<b>6:37.00</b>			
	50m: 44.02	44.02	150m: 2:25.07	47.81	250m: 4:11.95	58.44	350m: 5:58.23	46.37
	100m: 1:37.26	53.24	200m: 3:13.51	48.44	300m: 5:11.86	59.91	400m: 6:37.00	38.77
AFGEM	Daniel Meijer	Flevo	8:13.34	200603643				

Programmanr. 2  
1-4-2024 - 14:16

Dames, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Feline Slijkhuis	SG Octopus - ZVV	5:32.03	200501042	<b>5:40.54</b>			
	50m: 34.51	34.51	150m: 2:01.07	42.65	250m: 3:29.42	46.22	350m: 5:00.16	41.27
	100m: 1:18.42	43.91	200m: 2:43.20	42.13	300m: 4:18.89	49.47	400m: 5:40.54	40.38
2.	Florien Pot	WS Twente	5:40.47	201000768	<b>5:43.22</b>			
	50m: 34.56	34.56	150m: 2:01.21	43.99	250m: 3:36.14	52.41	350m: 5:06.01	38.23
	100m: 1:17.22	42.66	200m: 2:43.73	42.52	300m: 4:27.78	51.64	400m: 5:43.22	37.21
3.	Nynke Jansen	Batavia Swim	6:19.33	200404914	<b>6:05.83</b>			
	50m: 38.27	38.27	150m: 2:13.73	48.51	250m: 3:52.94	51.56	350m: 5:26.68	41.50
	100m: 1:25.22	46.95	200m: 3:01.38	47.65	300m: 4:45.18	52.24	400m: 6:05.83	39.15
4.	Anna Kamphuis	DWK	6:01.00	200600334	<b>6:10.75</b>			
	50m: 37.44	37.44	150m: 2:10.12	46.63	250m: 3:48.56	53.22	350m: 5:27.15	45.16
	100m: 1:23.49	46.05	200m: 2:55.34	45.22	300m: 4:41.99	53.43	400m: 6:10.75	43.60
5.	Meila Broenink	Batavia Swim	6:39.25	201102332	<b>6:15.08</b>			
	50m: 38.76	38.76	150m: 2:15.45	48.97	250m: 3:53.67	52.69	350m: 5:34.32	46.99
	100m: 1:26.48	47.72	200m: 3:00.98	45.53	300m: 4:47.33	53.66	400m: 6:15.08	40.76
6.	Vera Molan	Flevo	6:25.10	200000182	<b>6:25.38</b>			
	50m: 39.33	39.33	150m: 2:14.92	47.39	250m: 3:58.51	56.65	350m: 5:39.87	44.73
	100m: 1:27.53	48.20	200m: 3:01.86	46.94	300m: 4:55.14	56.63	400m: 6:25.38	45.51
7.	Femke Vermeulen	Olympia	6:30.00	200602292	<b>6:28.09</b>			
	50m: 41.77	41.77	150m: 2:20.34	47.82	250m: 4:01.60	53.44	350m: 5:44.00	47.31
	100m: 1:32.52	50.75	200m: 3:08.16	47.82	300m: 4:56.69	55.09	400m: 6:28.09	44.09
8.	Moira Iseger	DWK	6:39.00	201101908	<b>6:32.95</b>			
	50m: 37.80	37.80	150m: 2:18.53	52.80	250m: 4:05.69	57.63	350m: 5:51.47	45.85
	100m: 1:25.73	47.93	200m: 3:08.06	49.53	300m: 5:05.62	59.93	400m: 6:32.95	41.48
9.	Zsofi Bouw	DWK	6:46.60	201101102	<b>6:33.24</b>			
	50m: 40.29	40.29	150m: 2:20.84	51.09	250m: 4:07.94	57.93	350m: 5:51.61	44.55
	100m: 1:29.75	49.46	200m: 3:10.01	49.17	300m: 5:07.06	59.12	400m: 6:33.24	41.63
10.	Marjan Rikken	SG Octopus - ZVV	6:27.62	199206114	<b>6:43.70</b>			
	50m: 42.36	42.36	150m: 2:24.60	49.74	250m: 4:10.51	58.28	350m: 5:57.29	48.49
	100m: 1:34.86	52.50	200m: 3:12.23	47.63	300m: 5:08.80	58.29	400m: 6:43.70	46.41
11.	Evi de Wit	Flevo	7:39.79	200804326	<b>7:47.83</b>			
	50m: 45.83	45.83	150m: 2:46.55	57.54	250m: 4:45.89	1:04.97	350m: 6:52.16	58.03
	100m: 1:49.01	1:03.18	200m: 3:40.92	54.37	300m: 5:54.13	1:08.24	400m: 7:47.83	55.67
12.	Gwyneth van der Spek	Batavia Swim	7:30.00	201102806	<b>8:08.99</b>			
	50m: 57.83	57.83	150m: 3:06.01	1:03.14	250m: 5:16.23	1:06.70	350m: 7:18.19	56.90
	100m: 2:02.87	1:05.04	200m: 4:09.53	1:03.52	300m: 6:21.29	1:05.06	400m: 8:08.99	50.80

Programmanr. 2, Dames, 400m wisselslag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
13.	Leona Teunisse	Batavia Swim	9:30.00	201000656	<b>8:33.63</b>			
	50m: 48.88	48.88	150m: 3:03.97	1:08.72	250m: 5:24.49	1:12.24	350m: 7:38.69	1:03.38
	100m: 1:55.25	1:06.37	200m: 4:12.25	1:08.28	300m: 6:35.31	1:10.82	400m: 8:33.63	54.94
DIS	Sophie van der Horst	Flevo	7:16.36	201000246				
	<i>SS - Met handen over elkaar keer- of eindpunt aangetikt.</i>							

Programmanr. 3  
1-4-2024 - 14:41

400m vrije slag

Minioren 3 en 4  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
AFGEM	Aléysa Jandroep	Batavia Swim	7:30.00	201400572	

Minioren 3 en 4, Meisjes

Minioren 3 en 4, Jongens

1.	Olivier Valeijn	DWK	6:26.00	201400225	<b>6:35.10</b>			
	50m: 46.02	46.02	150m: 2:28.70	51.41	250m: 4:10.04	50.59	350m: 5:48.76	47.76
	100m: 1:37.29	1:37.29	200m: 3:19.45	50.75	300m: 5:01.00	50.96	400m: 6:35.10	46.34
2.	Jelmer Koopman	Batavia Swim	8:42.00	201400429	<b>7:53.60</b>			
	50m: 51.08	51.08	150m: 2:52.68	1:01.02	250m: 4:56.13	1:02.19	350m: 7:00.08	1:02.98
	100m: 1:51.66	1:00.58	200m: 3:53.94	1:01.26	300m: 5:57.10	1:00.97	400m: 7:53.60	53.52
3.	Chris van Dijk	Flevo	8:50.00	201500163	<b>8:47.95</b>			
	50m: 56.00	56.00	150m: 3:09.89	1:08.22	250m: 5:27.08	1:07.03	350m: 7:42.26	1:07.63
	100m: 2:01.67	1:05.67	200m: 4:20.05	1:10.16	300m: 6:34.63	1:07.55	400m: 8:47.95	1:05.69

Programmanr. 4  
1-4-2024 - 14:50

800m vrije slag  
Er wordt met 2 zwemmers per baan gezwommen.

Meisjes Min 5, Jongens Min 5 en 6  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Emma Buitelaar	Flevo	17:00.00	201300204	<b>16:20.41</b>			
	50m: 53.71	53.71	250m: 5:04.70	1:02.60	450m: 9:17.84	1:03.64	650m: 13:24.56	59.43
	100m: 1:55.76	1:02.05	300m: 6:08.77	1:04.07	500m: 10:20.46	1:02.62	700m: 14:25.47	1:00.91
	150m: 2:59.12	1:03.36	350m: 7:12.31	1:03.54	550m: 11:22.70	1:02.24	750m: 15:24.91	59.44
	200m: 4:02.10	1:02.98	400m: 8:14.20	1:01.89	600m: 12:25.13	1:02.43	800m: 16:20.41	55.50

Minioren 5, Meisjes

Minioren 5 en 6, Jongens

1.	Tim Slagers	Aquapoldro	11:00.00	201200263	<b>10:49.26</b>			
	50m: 34.39	34.39	250m: 3:15.04	40.04	450m: 6:00.89	41.66	650m: 8:47.20	41.44
	100m: 1:13.92	39.53	300m: 3:56.02	40.98	500m: 6:42.82	41.93	700m: 9:29.16	41.96
	150m: 1:54.80	40.88	350m: 4:38.20	42.18	550m: 7:24.64	41.82	800m: 10:49.26	1:20.10
	200m: 2:35.00	40.20	400m: 5:19.23	41.03	600m: 8:05.76	41.12		
2.	Milan Metz	Batavia Swim	13:20.00	201300045	<b>11:49.28</b>			
	50m: 37.97	37.97	250m: 3:37.80	44.85	450m: 6:38.62	45.57	650m: 9:36.87	44.05
	100m: 1:22.85	44.88	300m: 4:22.54	44.74	500m: 7:23.19	44.57	700m: 10:20.28	43.41
	150m: 2:07.93	45.08	350m: 5:07.80	45.26	550m: 8:08.02	44.83	750m: 11:20.05	59.77
	200m: 2:52.95	45.02	400m: 5:53.05	45.25	600m: 8:52.82	44.80	800m: 11:49.28	29.23
3.	Thomas Metz	Batavia Swim	13:20.00	201300043	<b>12:03.98</b>			
	50m: 40.96	40.96	250m: 3:44.23	45.94	450m: 6:51.84	46.46	650m: 9:57.02	45.22
	100m: 1:26.56	45.60	300m: 4:31.48	47.25	500m: 7:38.70	46.86	700m: 10:41.31	44.29
	150m: 2:12.77	46.21	350m: 5:18.32	46.84	550m: 8:25.50	46.80	750m: 11:24.99	43.68
	200m: 2:58.29	45.52	400m: 6:05.38	47.06	600m: 9:11.80	46.30	800m: 12:03.98	38.99
4.	Fido Hulstijn	Wijchen	12:17.44	201300775	<b>12:10.44</b>			
	50m: 41.06	41.06	250m: 3:43.11	45.73	450m: 6:49.78	46.99	650m: 9:55.63	46.85
	100m: 1:25.51	44.45	300m: 4:29.23	46.12	500m: 7:35.88	46.10	700m: 10:41.03	45.40
	150m: 2:10.76	45.25	350m: 5:15.52	46.29	550m: 8:22.46	46.58	750m: 11:26.99	45.96
	200m: 2:57.38	46.62	400m: 6:02.79	47.27	600m: 9:08.78	46.32	800m: 12:10.44	43.45
5.	Stef van de Wal	DWK	13:02.00	201200803	<b>12:12.15</b>			
	50m: 38.54	38.54	250m: 3:44.36	46.82	450m: 6:51.24	46.43	650m: 9:57.58	46.27
	100m: 1:23.81	45.27	300m: 4:31.76	47.40	500m: 7:38.59	47.35	700m: 10:42.02	44.44
	150m: 2:10.83	47.02	350m: 5:18.41	46.65	550m: 8:24.44	45.85	750m: 11:28.62	46.60
	200m: 2:57.54	46.71	400m: 6:04.81	46.40	600m: 9:11.31	46.87	800m: 12:12.15	43.53

Programmanr. 4, Jongens, 800m vrije slag, Minioren 5 en 6

rang	naam	vereniging	intijd	tijd	RT			
6.	Guust Heijne	DWK	14:15.00	201202139	<b>12:51.71</b>			
	50m: 42.56	42.56	250m: 3:56.16	49.68	450m: 7:16.40	49.92	650m: 10:32.96	48.94
	100m: 1:30.82	48.26	300m: 4:45.80	49.64	500m: 8:05.31	48.91	700m: 11:20.14	47.18
	150m: 2:18.80	47.98	350m: 5:35.93	50.13	550m: 8:54.14	48.83	750m: 12:07.49	47.35
	200m: 3:06.48	47.68	400m: 6:26.48	50.55	600m: 9:44.02	49.88	800m: 12:51.71	44.22
7.	Jesse van Dijk	Olympia	14:00.00	201300001	<b>13:46.46</b>			
	50m: 46.76	46.76	250m: 4:15.54	52.40	450m: 7:47.11	52.58	650m: 11:17.10	51.18
	100m: 1:38.23	51.47	300m: 5:07.84	52.30	500m: 8:39.90	52.79	700m: 12:06.94	49.84
	150m: 2:30.30	52.07	350m: 6:01.56	53.72	550m: 9:32.26	52.36	750m: 12:56.45	49.51
	200m: 3:23.14	52.84	400m: 6:54.53	52.97	600m: 10:25.92	53.66	800m: 13:46.46	50.01
8.	David van de Wetering	DWK	14:58.00	201201973	<b>13:48.10</b>			
	50m: 44.49	44.49	250m: 4:14.76	54.86	450m: 7:50.62	54.54	650m: 11:23.38	53.57
	100m: 1:35.27	50.78	300m: 5:06.84	52.08	500m: 8:42.81	52.19	700m: 12:14.53	51.15
	150m: 2:25.86	50.59	350m: 6:03.40	56.56	550m: 9:37.30	54.49	750m: 13:04.38	49.85
	200m: 3:19.90	54.04	400m: 6:56.08	52.68	600m: 10:29.81	52.51	800m: 13:48.10	43.72
9.	Moreno Broenink	Batavia Swim	15:20.00	201300941	<b>14:01.02</b>			
	50m: 47.65	47.65	250m: 4:21.17	53.20	450m: 7:55.32	53.04	650m: 11:29.34	53.15
	100m: 1:40.22	52.57	300m: 5:15.47	54.30	500m: 8:49.33	54.01	700m: 12:22.10	52.76
	150m: 2:34.78	54.56	350m: 6:10.01	54.54	550m: 9:42.50	53.17	750m: 13:12.81	50.71
	200m: 3:27.97	53.19	400m: 7:02.28	52.27	600m: 10:36.19	53.69	800m: 14:01.02	48.21
10.	Maurits Nagelvoort	DWK	14:44.00	201200519	<b>14:18.76</b>			
	50m: 45.77	45.77	250m: 4:18.27	53.69	450m: 8:00.12	53.37	650m: 11:42.48	54.82
	100m: 1:38.16	52.39	300m: 5:14.64	56.37	500m: 8:57.60	57.48	700m: 12:37.63	55.15
	150m: 2:30.92	52.76	350m: 6:10.54	55.90	550m: 9:51.97	54.37	750m: 13:31.13	53.50
	200m: 3:24.58	53.66	400m: 7:06.75	56.21	600m: 10:47.66	55.69	800m: 14:18.76	47.63

Programmanr. 5  
1-4-2024 - 15:18

1500m vrije slag  
Er wordt met 2 zwemmers per baan gezwommen.

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Junioren 1 en ouder, Heren								
1.	Mike Schel	ESCA Zwemmen	17:56.90	199403279	<b>17:59.02</b>			
	50m: 31.10	31.10	450m: 5:15.80	35.88	850m: 10:05.76	36.53	1250m: 14:58.51	36.69
	100m: 1:05.70	34.60	500m: 5:52.02	36.22	900m: 10:42.07	36.31	1300m: 15:35.39	36.88
	150m: 1:41.16	35.46	550m: 6:27.95	35.93	950m: 11:18.60	36.53	1350m: 16:12.13	36.74
	200m: 2:16.67	35.51	600m: 7:04.23	36.28	1000m: 11:55.20	36.60	1400m: 16:48.86	36.73
	250m: 2:52.36	35.69	650m: 7:40.42	36.19	1050m: 12:31.67	36.47	1500m: 17:59.02	1:10.16
	300m: 3:28.36	36.00	700m: 8:16.73	36.31	1100m: 13:08.36	36.69		
	350m: 4:03.92	35.56	750m: 8:52.95	36.22	1150m: 13:45.10	36.74		
	400m: 4:39.92	36.00	800m: 9:29.23	36.28	1200m: 14:21.82	36.72		
2.	Timo Bourgonje	SG Octopus - ZVV	19:37.50	200700599	<b>18:59.42</b>			
	50m: 32.75	32.75	450m: 5:40.00	39.07	850m: 10:49.76	38.79	1250m: 15:55.42	38.50
	100m: 1:09.86	37.11	500m: 6:18.72	38.72	900m: 11:28.41	38.65	1300m: 16:33.62	38.20
	150m: 1:47.84	37.98	550m: 6:57.48	38.76	950m: 12:07.44	39.03	1350m: 17:11.08	37.46
	200m: 2:26.31	38.47	600m: 7:36.11	38.63	1000m: 12:46.35	38.91	1400m: 17:49.43	38.35
	250m: 3:05.00	38.69	650m: 8:15.23	39.12	1050m: 13:25.13	38.78	1450m: 18:25.64	36.21
	300m: 3:43.51	38.51	700m: 8:53.89	38.66	1100m: 14:02.72	37.59	1500m: 18:59.42	33.78
	350m: 4:22.31	38.80	750m: 9:32.24	38.35	1150m: 14:39.92	37.20		
	400m: 5:00.93	38.62	800m: 10:10.97	38.73	1200m: 15:16.92	37.00		
3.	Lars Jacobsen	DWK	19:07.97	199705453	<b>19:29.47</b>	676		
	50m: 31.47	31.47	450m: 5:35.02	38.90	850m: 10:57.48	39.92	1250m: 16:16.17	40.18
	100m: 1:07.22	35.75	500m: 6:14.58	39.56	900m: 11:37.73	40.25	1300m: 16:56.33	40.16
	150m: 1:44.11	36.89	550m: 6:55.24	40.66	950m: 12:17.40	39.67	1350m: 17:35.78	39.45
	200m: 2:22.06	37.95	600m: 7:36.29	41.05	1000m: 12:56.94	39.54	1400m: 18:15.73	39.95
	250m: 3:00.76	38.70	650m: 8:16.97	40.68	1050m: 13:37.07	40.13	1450m: 18:54.41	38.68
	300m: 3:38.94	38.18	700m: 8:56.17	39.20	1100m: 14:17.07	40.00	1500m: 19:29.47	35.06
	350m: 4:17.51	38.57	750m: 9:36.67	40.50	1150m: 14:55.80	38.73		
	400m: 4:56.12	38.61	800m: 10:17.56	40.89	1200m: 15:35.99	40.19		
4.	Hans Stoffers	DWK	20:03.14	199604027	<b>19:46.15</b>			
	50m: 32.86	32.86	450m: 5:48.75	40.22	850m: 11:10.21	39.63	1250m: 16:29.20	40.39
	100m: 1:10.08	37.22	500m: 6:29.53	40.78	900m: 11:50.55	40.34	1300m: 17:09.08	39.88
	150m: 1:48.60	38.52	550m: 7:09.98	40.45	950m: 12:30.39	39.84	1350m: 17:48.15	39.07
	200m: 2:27.53	38.93	600m: 7:50.45	40.47	1000m: 13:09.89	39.50	1400m: 18:28.20	40.05
	250m: 3:07.13	39.60	650m: 8:30.00	39.55	1050m: 13:49.76	39.87	1450m: 19:07.96	39.76
	300m: 3:47.94	40.81	700m: 9:10.03	40.03	1100m: 14:29.46	39.70	1500m: 19:46.15	38.19
	350m: 4:28.26	40.32	750m: 9:50.23	40.20	1150m: 15:09.08	39.62		
	400m: 5:08.53	40.27	800m: 10:30.58	40.35	1200m: 15:48.81	39.73		

Programmanr. 5, Heren, 1500m vrije slag, Junioren 1 en ouder

rang	naam	vereniging	intijd	tijd	RT			
5.	Dax Muijlaert	SG Octopus - ZVV	20:45.00	201100535	20:01.02			
	50m: 34.48	34.48	450m: 5:50.45	40.16	850m: 11:12.07	40.05	1250m: 16:38.80	40.91
	100m: 1:12.80	38.32	500m: 6:30.48	40.03	900m: 11:52.60	40.53	1300m: 17:20.13	41.33
	150m: 1:51.92	39.12	550m: 7:10.82	40.34	950m: 12:33.26	40.66	1350m: 18:00.39	40.26
	200m: 2:31.00	39.08	600m: 7:51.00	40.18	1000m: 13:14.20	40.94	1400m: 18:41.36	40.97
	250m: 3:10.29	39.29	650m: 8:30.73	39.73	1050m: 13:54.95	40.75	1450m: 19:22.42	41.06
	300m: 3:50.20	39.91	700m: 9:10.82	40.09	1100m: 14:35.89	40.94	1500m: 20:01.02	38.60
	350m: 4:30.26	40.06	750m: 9:51.36	40.54	1150m: 15:17.07	41.18		
	400m: 5:10.29	40.03	800m: 10:32.02	40.66	1200m: 15:57.89	40.82		
6.	Jacco Doest	DWK	22:30.00	199400711	20:36.26			
	50m: 34.67	34.67	450m: 5:57.46	41.49	850m: 11:32.90	42.08	1250m: 17:09.30	42.37
	100m: 1:13.49	38.82	500m: 6:38.84	41.38	900m: 12:14.99	42.09	1300m: 17:21.29	41.99
	150m: 1:52.12	37.58	550m: 7:20.17	41.33	950m: 12:56.96	41.97	1350m: 18:33.16	41.87
	200m: 2:32.18	40.06	600m: 8:02.14	41.97	1000m: 13:39.07	42.11	1400m: 19:14.77	41.61
	250m: 3:12.94	40.76	650m: 8:43.69	41.55	1050m: 14:20.47	41.40	1450m: 19:56.10	41.33
	300m: 3:53.98	41.04	700m: 9:26.32	42.63	1100m: 15:02.32	41.85	1500m: 20:36.26	40.16
	350m: 4:35.32	41.34	750m: 10:08.57	42.25	1150m: 15:44.61	42.29		
	400m: 5:15.97	40.65	800m: 10:50.82	42.25	1200m: 16:26.93	42.32		
7.	Luca Gerringa	Batavia Swim	19:13.04	200700555	22:00.97			
	50m: 30.05	30.05	450m: 5:36.57	40.34	850m: 11:43.14	47.37	1250m: 18:08.62	47.54
	100m: 1:06.11	36.06	500m: 6:19.24	42.67	900m: 12:30.95	47.81	1300m: 18:56.43	47.81
	150m: 1:43.69	37.58	550m: 7:02.77	43.53	950m: 13:18.44	47.49	1350m: 19:43.15	46.72
	200m: 2:22.25	38.56	600m: 7:47.84	45.07	1000m: 14:06.96	48.52	1400m: 20:29.36	46.21
	250m: 3:00.92	38.67	650m: 8:33.79	45.95	1050m: 14:55.77	48.81	1450m: 21:15.79	46.43
	300m: 3:39.39	38.47	700m: 9:20.65	46.86	1100m: 15:43.54	47.77	1500m: 22:00.97	45.18
	350m: 4:17.63	38.24	750m: 10:09.03	48.38	1150m: 16:32.69	49.15		
	400m: 4:56.23	38.60	800m: 10:55.77	46.74	1200m: 17:21.08	48.39		
8.	Jelmer Kruijt	Olympia	23:40.00	200900525	22:04.21			
	50m: 35.98	35.98	450m: 6:27.57	45.32	850m: 12:35.08	44.97	1250m: 18:27.63	44.56
	100m: 1:16.39	40.41	500m: 7:13.59	46.02	900m: 13:19.48	44.40	1300m: 19:12.17	44.54
	150m: 1:59.41	43.02	550m: 7:59.48	45.89	950m: 14:04.13	44.65	1350m: 19:56.93	44.76
	200m: 2:42.58	43.17	600m: 8:45.61	46.13	1000m: 14:48.06	43.93	1400m: 20:42.13	45.20
	250m: 3:26.39	43.81	650m: 9:31.57	45.96	1050m: 15:31.84	43.78	1450m: 21:25.97	43.84
	300m: 4:10.59	44.20	700m: 10:17.29	45.72	1100m: 16:15.89	44.05	1500m: 22:04.21	38.24
	350m: 4:56.38	45.79	750m: 11:04.25	46.96	1150m: 16:59.17	43.28		
	400m: 5:42.25	45.87	800m: 11:50.11	45.86	1200m: 17:43.07	43.90		
9.	Gerco van Dijk	Olympia	23:00.00	201000997	22:18.25			
	50m: 40.58	40.58	450m: 6:32.17	44.66	850m: 12:29.85	45.25	1250m: 18:34.55	45.05
	100m: 1:24.49	43.91	500m: 7:15.87	43.70	900m: 13:15.41	45.56	1300m: 19:20.06	45.51
	150m: 2:08.27	43.78	550m: 8:00.54	44.67	950m: 14:01.83	46.42	1350m: 20:05.72	45.66
	200m: 2:52.27	44.00	600m: 8:45.08	44.54	1000m: 14:47.11	45.28	1400m: 20:50.54	44.82
	250m: 3:35.04	42.77	650m: 9:29.66	44.58	1050m: 15:32.63	45.52	1450m: 21:33.98	43.44
	300m: 4:18.85	43.81	700m: 10:14.26	44.60	1100m: 16:18.05	45.42	1500m: 22:18.25	44.27
	350m: 5:03.20	44.35	750m: 10:59.65	45.39	1150m: 17:04.08	46.03		
	400m: 5:47.51	44.31	800m: 11:44.60	44.95	1200m: 17:49.50	45.42		
10.	Jesse Bruines	Batavia Swim	23:02.58	200402413	S9	22:54.06	482	
	50m: 39.57	39.57	450m: 6:48.98	46.91	850m: 12:59.70	46.43	1250m: 19:07.86	45.40
	100m: 1:24.39	44.82	500m: 7:36.08	47.10	900m: 13:45.71	46.01	1300m: 19:54.29	46.43
	150m: 2:10.11	45.72	550m: 8:22.62	46.54	950m: 14:31.80	46.09	1350m: 20:40.51	46.22
	200m: 2:55.66	45.55	600m: 9:08.67	46.05	1000m: 15:17.65	45.85	1400m: 21:26.37	45.86
	250m: 3:42.68	47.02	650m: 9:54.89	46.22	1050m: 16:03.90	46.25	1450m: 22:12.11	45.74
	300m: 4:28.95	46.27	700m: 10:41.06	46.17	1100m: 16:50.15	46.25	1500m: 22:54.06	41.95
	350m: 5:15.36	46.41	750m: 11:26.60	45.54	1150m: 17:36.13	45.98		
	400m: 6:02.07	46.71	800m: 12:13.27	46.67	1200m: 18:22.46	46.33		
11.	Paul van der Voort	De Zwoer	26:25.97	196200715	26:33.88			
	50m: 40.95	40.95	450m: 7:34.57	53.19	850m: 14:41.48	53.78	1250m: 21:58.47	55.00
	100m: 1:28.12	47.17	500m: 8:27.68	53.11	900m: 15:35.54	54.06	1300m: 22:52.32	53.85
	150m: 2:19.20	51.08	550m: 9:20.46	52.78	950m: 16:30.12	54.58	1350m: 23:47.17	54.85
	200m: 3:10.46	51.26	600m: 10:13.23	52.77	1000m: 17:24.39	54.27	1400m: 24:42.84	55.67
	250m: 4:02.85	52.39	650m: 11:06.75	53.52	1050m: 18:18.98	54.59	1450m: 25:39.31	56.47
	300m: 4:55.67	52.82	700m: 12:00.00	53.25	1100m: 19:13.78	54.80	1500m: 26:33.88	54.57
	350m: 5:48.66	52.99	750m: 12:53.76	53.76	1150m: 20:08.26	54.48		
	400m: 6:41.38	52.72	800m: 13:47.70	53.94	1200m: 21:03.47	55.21		
12.	Sjors Pijl	Flevo	28:00.00	201100865	27:30.78			
	50m: 46.34	46.34	450m: 7:57.97	56.11	850m: 15:25.54	54.84	1250m: 22:57.22	57.25
	100m: 1:37.71	51.37	500m: 8:54.13	56.16	900m: 16:21.27	55.73	1300m: 23:54.31	57.09
	150m: 2:30.87	53.16	550m: 9:49.60	55.47	950m: 17:17.42	56.15	1350m: 24:50.48	56.17
	200m: 3:24.05	53.18	600m: 10:45.10	55.50	1000m: 18:13.74	56.32	1400m: 25:46.61	56.13
	250m: 4:17.43	53.38	650m: 11:42.03	56.93	1050m: 19:09.61	55.87	1450m: 26:42.31	55.70
	300m: 5:10.89	53.46	700m: 12:38.90	56.87	1100m: 20:05.89	56.28	1500m: 27:30.78	48.47
	350m: 6:05.89	55.00	750m: 13:34.42	55.52	1150m: 21:02.61	56.72		
	400m: 7:01.86	55.97	800m: 14:30.70	56.28	1200m: 21:59.97	57.36		
AFGEM	Alon Meijer	Flevo	35:01.27	200901551				
AFGEM	Joas Groeneveld	DWK	19:30.67	200102669				

Programmanr. 5, 1500m vrije slag

Senioren Open, Dames

<b>1. Lyke Bellert</b>		<b>SG Octopus - ZVV</b>		<b>19:37.43</b>		<b>200701424</b>		<b>19:09.72</b>			
50m:	33.65	33.65	450m:	5:42.10	39.29	850m:	10:55.38	39.42	1250m:	16:03.65	38.85
100m:	1:11.03	37.38	500m:	6:21.47	39.37	900m:	11:33.84	38.46	1300m:	16:40.92	37.27
150m:	1:49.41	38.38	550m:	7:00.69	39.22	950m:	12:12.43	38.59	1350m:	17:19.04	38.12
200m:	2:28.25	38.84	600m:	7:39.87	39.18	1000m:	12:51.53	39.10	1400m:	17:56.45	37.41
250m:	3:06.84	38.59	650m:	8:18.21	38.34	1050m:	13:30.39	38.86	1450m:	18:33.60	37.15
300m:	3:45.63	38.79	700m:	8:57.92	39.71	1100m:	14:07.89	37.50	1500m:	19:09.72	36.12
350m:	4:23.96	38.33	750m:	9:37.62	39.70	1150m:	14:46.72	38.83			
400m:	5:02.81	38.85	800m:	10:15.96	38.34	1200m:	15:24.80	38.08			
<b>2. Moniek van Langevelde</b>		<b>ESCA Zwemmen</b>		<b>19:48.98</b>		<b>199803160</b>		<b>19:12.00</b>			
50m:	34.54	34.54	450m:	5:39.01	38.61	850m:	10:48.42	38.58	1250m:	16:00.13	38.99
100m:	1:12.44	37.90	500m:	6:17.80	38.79	900m:	11:27.16	38.74	1300m:	16:39.26	39.13
150m:	1:50.68	38.24	550m:	6:57.12	39.32	950m:	12:06.16	39.00	1350m:	17:18.17	38.91
200m:	2:28.28	37.60	600m:	7:35.67	38.55	1000m:	12:45.06	38.90	1400m:	17:57.06	38.89
250m:	3:06.14	37.86	650m:	8:14.39	38.72	1050m:	13:24.28	39.22	1450m:	18:35.15	38.09
300m:	3:44.25	38.11	700m:	8:53.01	38.62	1100m:	14:02.97	38.69	1500m:	19:12.00	36.85
350m:	4:22.22	37.97	750m:	9:31.53	38.52	1150m:	14:42.14	39.17			
400m:	5:00.40	38.18	800m:	10:09.84	38.31	1200m:	15:21.14	39.00			
<b>3. Feline Slijkhuis</b>		<b>SG Octopus - ZVV</b>		<b>19:34.00</b>		<b>200501042</b>		<b>19:49.55</b>			
50m:	33.24	33.24	450m:	5:46.10	39.72	850m:	11:05.69	41.35	1250m:	16:00.54	40.16
100m:	1:10.50	37.26	500m:	6:24.95	38.85	900m:	11:46.15	40.46	1300m:	17:10.58	40.04
150m:	1:49.49	38.99	550m:	7:04.52	39.57	950m:	12:26.94	40.79	1350m:	17:50.89	40.31
200m:	2:28.93	39.44	600m:	7:44.53	40.01	1000m:	13:08.32	41.38	1400m:	18:31.50	40.61
250m:	3:08.72	39.79	650m:	8:24.39	39.86	1050m:	13:48.34	40.02	1450m:	19:11.27	39.77
300m:	3:48.30	39.58	700m:	9:04.55	40.16	1100m:	14:28.73	40.39	1500m:	19:49.55	38.28
350m:	4:27.27	38.97	750m:	9:44.20	39.65	1150m:	15:09.54	40.81			
400m:	5:06.38	39.11	800m:	10:24.34	40.14	1200m:	15:50.38	40.84			
<b>4. Elmi Roelofsen</b>		<b>SG Octopus - ZVV</b>		<b>20:44.28</b>		<b>199008198</b>		<b>21:09.69</b>			
50m:	35.32	35.32	450m:	6:08.04	41.91	850m:	11:48.96	43.20	1250m:	17:36.64	44.85
100m:	1:14.97	39.65	500m:	6:50.76	42.72	900m:	12:31.72	42.76	1300m:	18:18.73	42.09
150m:	1:55.98	41.01	550m:	7:32.91	42.15	950m:	13:14.33	42.61	1350m:	19:01.70	42.97
200m:	2:37.80	41.82	600m:	8:14.96	42.05	1000m:	13:57.24	42.91	1400m:	19:44.77	43.07
250m:	3:18.99	41.19	650m:	8:56.91	41.95	1050m:	14:40.15	42.91	1450m:	20:26.50	41.73
300m:	4:01.23	42.24	700m:	9:39.68	42.77	1100m:	15:23.04	42.89	1500m:	21:09.69	43.19
350m:	4:43.58	42.35	750m:	10:23.19	43.51	1150m:	16:06.77	43.73			
400m:	5:26.13	42.55	800m:	11:05.76	42.57	1200m:	16:51.79	45.02			
<b>5. Britt Biemans</b>		<b>Olympia</b>		<b>23:00.00</b>		<b>200400080</b>		<b>21:18.69</b>			
50m:	35.51	35.51	450m:	6:12.06	43.04	850m:	11:56.49	42.99	1250m:	17:45.98	43.21
100m:	1:15.71	40.20	500m:	6:54.78	42.72	900m:	12:40.08	43.59	1300m:	18:29.67	43.69
150m:	1:57.04	41.33	550m:	7:37.47	42.69	950m:	13:23.63	43.55	1350m:	19:12.58	42.91
200m:	2:38.79	41.75	600m:	8:20.53	43.06	1000m:	14:07.44	43.81	1400m:	19:56.11	43.53
250m:	3:20.95	42.16	650m:	9:03.91	43.38	1050m:	14:51.27	43.83	1450m:	20:38.35	42.24
300m:	4:03.10	42.15	700m:	9:47.27	43.36	1100m:	15:35.16	43.89	1500m:	21:18.69	40.34
350m:	4:46.17	43.07	750m:	10:30.80	43.53	1150m:	16:18.92	43.76			
400m:	5:29.02	42.85	800m:	11:13.50	42.70	1200m:	17:02.77	43.85			
<b>6. Britt Hopman</b>		<b>SG Octopus - ZVV</b>		<b>21:37.54</b>		<b>200702688</b>		<b>21:51.48</b>			
50m:	36.98	36.98	450m:	6:26.81	44.94	850m:	12:18.69	43.78	1250m:	18:16.57	44.49
100m:	1:19.42	42.44	500m:	7:11.38	44.57	900m:	13:03.16	44.47	1300m:	19:00.09	43.52
150m:	2:02.89	43.47	550m:	7:55.94	44.56	950m:	13:47.86	44.70	1350m:	19:43.91	43.82
200m:	2:46.05	43.16	600m:	8:39.31	43.37	1000m:	14:32.61	44.75	1400m:	20:27.60	43.69
250m:	3:29.71	43.66	650m:	9:23.10	43.79	1050m:	15:17.30	44.69	1450m:	21:10.55	42.95
300m:	4:13.54	43.83	700m:	10:06.88	43.78	1100m:	16:02.59	45.29	1500m:	21:51.48	40.93
350m:	4:57.52	43.98	750m:	10:50.96	44.08	1150m:	16:47.61	45.02			
400m:	5:41.87	44.35	800m:	11:34.91	43.95	1200m:	17:32.08	44.47			
<b>7. Nynke Jansen</b>		<b>Batavia Swim</b>		<b>21:42.91</b>		<b>200404914</b>		<b>21:56.27</b>			
50m:	38.72	38.72	200m:	2:48.39	1:27.48	800m:	11:36.81	5:54.14			
100m:	1:20.91	42.19	400m:	5:42.67	2:54.28	1500m:	21:56.27	10:19.46			
<b>8. Eva Eikelboom</b>		<b>SG Octopus - ZVV</b>		<b>22:15.03</b>		<b>200903718</b>		<b>22:16.58</b>			
50m:	36.49	36.49	450m:	6:27.78	44.39	850m:	12:26.60	46.66	1250m:	18:35.75	46.59
100m:	1:18.01	41.52	500m:	7:12.24	44.46	900m:	13:11.67	45.07	1300m:	19:22.52	46.77
150m:	2:01.47	43.46	550m:	7:55.62	43.38	950m:	13:58.43	46.76	1350m:	20:06.95	44.43
200m:	2:46.14	44.67	600m:	8:40.16	44.54	1000m:	14:43.97	45.54	1400m:	20:52.52	45.57
250m:	3:30.12	43.98	650m:	9:23.35	43.19	1050m:	15:29.12	45.15	1450m:	21:37.07	44.55
300m:	4:14.64	44.52	700m:	10:08.69	45.34	1100m:	16:15.54	46.42	1500m:	22:16.58	39.51
350m:	4:59.01	44.37	750m:	10:54.66	45.97	1150m:	17:02.97	47.43			
400m:	5:43.39	44.38	800m:	11:39.94	45.28	1200m:	17:49.16	46.19			
<b>9. Meila Broenink</b>		<b>Batavia Swim</b>		<b>26:32.98</b>		<b>201102332</b>		<b>22:46.02</b>			
50m:	39.41	39.41	450m:	6:44.15	45.00	850m:	12:53.31	46.25	1250m:	19:04.83	46.36
100m:	1:23.70	44.29	500m:	7:31.46	47.31	900m:	13:40.47	47.16	1300m:	19:49.84	45.01
150m:	2:08.39	44.69	550m:	8:17.28	45.82	950m:	14:27.01	46.54	1350m:	20:35.68	45.84
200m:	2:54.43	46.04	600m:	9:02.48	45.20	1000m:	15:12.97	45.96	1400m:	21:21.36	45.68
250m:	3:39.98	45.55	650m:	9:48.56	46.08	1050m:	15:59.39	46.42	1450m:	22:06.99	45.63
300m:	4:26.81	46.83	700m:	10:34.26	45.70	1100m:	16:44.59	45.20	1500m:	22:46.02	39.03
350m:	5:12.52	45.71	750m:	11:20.61	46.35	1150m:	17:31.59	47.00			
400m:	5:59.15	46.63	800m:	12:07.06	46.45	1200m:	18:18.47	46.88			

Programmanr. 5, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
10.	Monique Kroeze	De Mors	NT	196400546	<b>22:54.29</b>			
	50m: 39.38	39.38	450m: 6:45.37	46.73	850m: 12:57.26	45.70	1250m: 19:05.31	45.97
	100m: 1:22.58	43.20	500m: 7:32.02	46.65	900m: 13:43.42	46.16	1300m: 19:51.42	46.11
	150m: 2:07.05	44.47	550m: 8:18.75	46.73	950m: 14:29.55	46.13	1350m: 20:36.90	45.48
	200m: 2:53.08	46.03	600m: 9:05.58	46.83	1000m: 15:15.80	46.25	1400m: 21:23.30	46.40
	250m: 3:39.35	46.27	650m: 9:52.38	46.80	1050m: 16:01.55	45.75	1450m: 22:10.40	47.10
	300m: 4:25.42	46.07	700m: 10:39.14	46.76	1100m: 16:47.71	46.16	1500m: 22:54.29	43.89
	350m: 5:12.04	46.62	750m: 11:25.27	46.13	1150m: 17:33.41	45.70		
	400m: 5:58.64	46.60	800m: 12:11.56	46.29	1200m: 18:19.34	45.93		
11.	Elise van der Wielen	Olympia	23:56.08	200700346	<b>23:14.45</b>			
	50m: 38.74	38.74	450m: 6:37.30	46.33	850m: 12:53.99	47.92	1250m: 19:17.52	47.68
	100m: 1:21.34	42.60	500m: 7:23.35	46.05	900m: 13:41.72	47.73	1300m: 20:05.17	47.65
	150m: 2:04.59	43.25	550m: 8:09.43	46.08	950m: 14:29.68	47.96	1350m: 20:54.00	48.83
	200m: 2:48.69	44.10	600m: 8:56.29	46.86	1000m: 15:17.67	47.99	1400m: 21:41.98	47.98
	250m: 3:33.92	45.23	650m: 9:43.54	47.25	1050m: 16:05.81	48.14	1450m: 22:29.17	47.19
	300m: 4:18.90	44.98	700m: 10:31.13	47.59	1100m: 16:53.93	48.12	1500m: 23:14.45	45.28
	350m: 5:04.93	46.03	750m: 11:18.28	47.15	1150m: 17:41.56	47.63		
	400m: 5:50.97	46.04	800m: 12:06.07	47.79	1200m: 18:29.84	48.28		
12.	Nikita van den Berg	SG Octopus - ZVV	24:20.00	201102130	<b>23:27.76</b>			
	50m: 40.85	40.85	450m: 6:57.87	47.05	850m: 13:14.78	47.40	1250m: 19:34.50	47.76
	100m: 1:26.96	46.11	500m: 7:45.73	47.86	900m: 14:02.14	47.36	1300m: 20:21.99	47.49
	150m: 2:13.45	46.49	550m: 8:33.88	48.15	950m: 14:49.59	47.45	1350m: 21:09.69	47.70
	200m: 3:00.50	47.05	600m: 9:20.97	47.09	1000m: 15:36.37	46.78	1400m: 21:56.72	47.03
	250m: 3:48.16	47.66	650m: 10:07.18	46.21	1050m: 16:24.16	47.79	1450m: 22:43.86	47.14
	300m: 4:35.50	47.34	700m: 10:54.61	47.43	1100m: 17:11.73	47.57	1500m: 23:27.76	43.90
	350m: 5:22.83	47.33	750m: 11:40.87	46.26	1150m: 17:58.89	47.16		
	400m: 6:10.82	47.99	800m: 12:27.38	46.51	1200m: 18:46.74	47.85		
13.	Yara Wegman	DWK	23:36.44	200901472	<b>23:30.63</b>			
	50m: 39.52	39.52	450m: 6:54.30	47.71	850m: 13:18.03	48.04	1250m: 19:41.85	47.85
	100m: 1:24.90	45.38	500m: 7:42.14	47.84	900m: 14:05.87	47.84	1300m: 20:29.62	47.77
	150m: 2:11.22	46.32	550m: 8:30.26	48.12	950m: 14:53.34	47.47	1350m: 21:16.91	47.29
	200m: 2:57.95	46.73	600m: 9:17.37	47.11	1000m: 15:40.96	47.62	1400m: 22:03.65	46.74
	250m: 3:44.32	46.37	650m: 10:05.91	48.54	1050m: 16:29.62	48.66	1450m: 22:49.75	46.10
	300m: 4:30.79	46.47	700m: 10:54.36	48.45	1100m: 17:17.97	48.35	1500m: 23:30.63	40.88
	350m: 5:18.18	47.39	750m: 11:41.59	47.23	1150m: 18:06.09	48.12		
	400m: 6:06.59	48.41	800m: 12:29.99	48.40	1200m: 18:54.00	47.91		
14.	Daphne van der Wielen	Olympia	23:29.28	200800220	<b>23:30.67</b>			
	50m: 38.95	38.95	450m: 6:56.29	47.62	850m: 13:16.92	47.56	1250m: 19:38.73	48.28
	100m: 1:23.32	44.37	500m: 7:44.36	48.07	900m: 14:04.02	47.10	1300m: 20:26.73	48.00
	150m: 2:09.51	46.19	550m: 8:32.23	47.87	950m: 14:50.51	46.49	1350m: 21:15.32	48.59
	200m: 2:56.95	47.44	600m: 9:19.60	47.37	1000m: 15:38.60	48.09	1400m: 22:02.39	47.07
	250m: 3:44.32	47.37	650m: 10:06.42	46.82	1050m: 16:26.00	47.40	1450m: 22:48.86	46.47
	300m: 4:32.07	47.75	700m: 10:54.36	47.94	1100m: 17:14.42	48.42	1500m: 23:30.67	41.81
	350m: 5:19.92	47.85	750m: 11:42.39	48.03	1150m: 18:02.13	47.71		
	400m: 6:08.67	48.75	800m: 12:29.36	46.97	1200m: 18:50.45	48.32		
15.	Lieke Kikstra	Batavia Swim	22:54.14	200900318	<b>23:41.83</b>			
	50m: 41.98	41.98	450m: 6:59.21	47.96	850m: 13:27.42	48.21	1250m: 19:54.15	48.12
	100m: 1:28.10	46.12	500m: 7:47.78	48.57	900m: 14:15.68	48.26	1300m: 20:41.45	47.30
	150m: 2:14.81	46.71	550m: 8:36.45	48.67	950m: 15:03.25	47.57	1350m: 21:28.55	47.10
	200m: 3:02.06	47.25	600m: 9:25.11	48.66	1000m: 15:51.39	48.14	1400m: 22:13.97	45.42
	250m: 3:49.61	47.55	650m: 10:13.56	48.45	1050m: 16:40.21	48.82	1450m: 22:58.10	44.13
	300m: 4:37.18	47.57	700m: 11:02.04	48.48	1100m: 17:29.09	48.88	1500m: 23:41.83	43.73
	350m: 5:24.59	47.41	750m: 11:50.40	48.36	1150m: 18:17.79	48.70		
	400m: 6:11.25	46.66	800m: 12:39.21	48.81	1200m: 19:06.03	48.24		
16.	Jaurieke Morren	SG Octopus - ZVV	23:50.00	201200292	<b>23:53.65</b>			
	50m: 40.93	40.93	450m: 7:09.73	48.74	850m: 13:40.40	48.62	1250m: 20:08.91	48.75
	100m: 1:27.95	47.02	500m: 7:58.42	48.69	900m: 14:29.07	48.67	1300m: 20:54.96	46.05
	150m: 2:16.09	48.14	550m: 8:46.22	47.80	950m: 15:17.93	48.86	1350m: 21:42.25	47.29
	200m: 3:04.84	48.75	600m: 9:35.16	48.94	1000m: 16:05.98	48.05	1400m: 22:27.99	45.74
	250m: 3:53.80	48.96	650m: 10:24.41	49.25	1050m: 16:54.06	48.08	1450m: 23:13.74	45.75
	300m: 4:42.55	48.75	700m: 11:13.37	48.96	1100m: 17:42.05	47.99	1500m: 23:53.65	39.91
	350m: 5:31.70	49.15	750m: 12:02.43	49.06	1150m: 18:31.33	49.28		
	400m: 6:20.99	49.29	800m: 12:51.78	49.35	1200m: 19:20.16	48.83		
17.	Marjan Rikken	SG Octopus - ZVV	23:29.13	199206114	<b>24:24.13</b>			
	50m: 42.12	42.12	450m: 7:10.31	49.82	850m: 13:44.78	49.29	1250m: 20:19.85	49.86
	100m: 1:28.24	46.12	500m: 7:59.86	49.55	900m: 14:34.34	49.56	1300m: 21:09.72	49.87
	150m: 2:15.28	47.04	550m: 8:49.58	49.72	950m: 15:23.83	49.49	1350m: 21:59.31	49.59
	200m: 3:03.15	47.87	600m: 9:38.65	49.07	1000m: 16:12.88	49.05	1400m: 22:49.12	49.81
	250m: 3:52.05	48.90	650m: 10:27.91	49.26	1050m: 17:02.25	49.37	1450m: 23:37.84	48.72
	300m: 4:40.58	48.53	700m: 11:16.81	48.90	1100m: 17:51.42	49.17	1500m: 24:24.13	46.29
	350m: 5:30.07	49.49	750m: 12:06.21	49.40	1150m: 18:40.72	49.30		
	400m: 6:20.49	50.42	800m: 12:55.49	49.28	1200m: 19:29.99	49.27		
18.	Yanaika Ido	Batavia Swim	27:39.67	201102764	<b>24:26.57</b>			
	50m: 38.89	38.89	450m: 7:02.69	49.02	850m: 13:41.62	47.53	1250m: 20:32.07	50.77
	100m: 1:24.01	45.12	500m: 7:53.67	50.98	900m: 14:31.50	49.88	1300m: 21:21.78	49.71
	150m: 2:10.35	46.34	550m: 8:44.62	50.95	950m: 15:22.11	50.61	1350m: 22:12.10	50.32
	200m: 2:57.11	46.76	600m: 9:33.99	49.37	1000m: 16:14.91	52.80	1400m: 23:00.63	48.53
	250m: 3:45.66	48.55	650m: 10:24.88	50.89	1050m: 17:06.41	51.50	1450m: 23:47.85	47.22
	300m: 4:33.57	47.91	700m: 11:16.22	51.34	1100m: 17:57.95	51.54	1500m: 24:26.57	38.72
	350m: 5:23.45	49.88	750m: 12:06.18	49.96	1150m: 18:48.92	50.97		
	400m: 6:13.67	50.22	800m: 12:54.09	47.91	1200m: 19:41.30	52.38		



Programmanr. 5, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging	intijd				tijd				RT	
19.	Femke Mandema	Flevo	28:32.49				201100396				<b>24:44.58</b>	
	50m: 44.16	44.16	450m: 7:18.11	49.38	850m: 13:58.31	51.35	1250m: 20:44.75	50.39				
	100m: 1:31.99	47.83	500m: 8:07.52	49.41	900m: 14:49.27	50.96	1300m: 21:35.34	50.59				
	150m: 2:20.69	48.70	550m: 8:57.39	49.87	950m: 15:40.14	50.87	1350m: 22:25.00	49.66				
	200m: 3:10.32	49.63	600m: 9:47.22	49.83	1000m: 16:31.42	51.28	1400m: 23:13.24	48.24				
	250m: 4:00.06	49.74	650m: 10:37.86	50.64	1050m: 17:22.47	51.05	1450m: 24:01.53	48.29				
	300m: 4:49.85	49.79	700m: 11:28.18	50.32	1100m: 18:13.15	50.68	1500m: 24:44.58	43.05				
	350m: 5:39.34	49.49	750m: 12:18.49	50.31	1150m: 19:03.86	50.71						
	400m: 6:28.73	49.39	800m: 13:06.96	48.47	1200m: 19:54.36	50.50						
20.	Jolijn Koopman	Batavia Swim	34:38.00				201002882				<b>27:52.08</b>	
	50m: 47.28	47.28	450m: 8:11.26	56.88	850m: 15:53.14	56.73	1250m: 23:27.06	56.16				
	100m: 1:40.16	52.88	500m: 9:09.18	57.92	900m: 16:50.82	57.68	1300m: 24:21.90	54.84				
	150m: 2:33.99	53.83	550m: 10:07.20	58.02	950m: 17:48.38	57.56	1350m: 25:16.28	54.38				
	200m: 3:29.06	55.07	600m: 11:04.87	57.67	1000m: 18:45.71	57.33	1400m: 26:10.47	54.19				
	250m: 4:24.75	55.69	650m: 12:02.89	58.02	1050m: 19:42.23	56.52	1450m: 27:03.71	53.24				
	300m: 5:20.47	55.72	700m: 13:00.75	57.86	1100m: 20:38.04	55.81	1500m: 27:52.08	48.37				
	350m: 6:17.14	56.67	750m: 13:59.16	58.41	1150m: 21:34.20	56.16						
	400m: 7:14.38	57.24	800m: 14:56.41	57.25	1200m: 22:30.90	56.70						
21.	Mariëlle Jans	SG Octopus - ZVV	29:41.62				200703828				<b>28:17.65</b>	
	50m: 45.28	45.28	450m: 8:22.30	59.19	850m: 16:04.07	57.44	1250m: 23:47.64	58.21				
	100m: 1:40.29	55.01	500m: 9:19.94	57.64	900m: 17:03.02	58.95	1300m: 24:43.72	56.08				
	150m: 2:36.14	55.85	550m: 10:16.07	56.13	950m: 18:02.07	59.05	1350m: 25:39.20	55.48				
	200m: 3:32.12	55.98	600m: 11:13.43	57.36	1000m: 19:00.69	58.62	1400m: 26:36.69	57.49				
	250m: 4:29.50	57.38	650m: 12:10.72	57.29	1050m: 19:57.22	56.53	1450m: 27:32.09	55.40				
	300m: 5:27.60	58.10	700m: 13:09.12	58.40	1100m: 20:51.89	54.67	1500m: 28:17.65	45.56				
	350m: 6:26.35	58.75	750m: 14:07.64	58.52	1150m: 21:50.07	58.18						
	400m: 7:23.11	56.76	800m: 15:06.63	58.99	1200m: 22:49.43	59.36						
22.	Leona Teunisse	Batavia Swim	34:38.72				201000656				<b>31:55.72</b>	
	50m: 52.16	52.16	450m: 9:21.01	1:04.77	850m: 17:59.56	1:05.20	1250m: 26:35.47	1:04.57				
	100m: 1:51.61	59.45	500m: 10:25.63	1:04.62	900m: 19:04.37	1:04.81	1300m: 27:39.80	1:04.33				
	150m: 2:54.12	1:02.51	550m: 11:30.83	1:05.20	950m: 20:09.03	1:04.66	1350m: 28:43.65	1:03.85				
	200m: 3:57.37	1:03.25	600m: 12:36.25	1:05.42	1000m: 21:13.60	1:04.57	1400m: 29:47.99	1:04.34				
	250m: 5:02.80	1:05.43	650m: 13:41.66	1:05.41	1050m: 22:17.94	1:04.34	1450m: 30:53.05	1:05.06				
	300m: 6:07.29	1:04.49	700m: 14:45.12	1:03.46	1100m: 23:21.17	1:03.23	1500m: 31:55.72	1:02.67				
	350m: 7:11.69	1:04.40	750m: 15:49.93	1:04.81	1150m: 24:25.78	1:04.61						
	400m: 8:16.24	1:04.55	800m: 16:54.36	1:04.43	1200m: 25:30.90	1:05.12						