

Nederlandse Junioren Kampioenschappen 800-1500 Ib



KNZB

Den Haag 5-4-2019

NJK 800-1500m lange baan - vrijdag 5 april 2019 om 13:30u (50 m)

Aanvangstijd juryvergadering: 12:30u

1. 1500m vrije slag - Heren

12 - 12 jaar (Junioren 1)

1. Senna Hof (DZ&PC, 200600761)

18:36.34(+77)

50m	00:32.78	32,78	450m	05:34.44	37,91	800m	09:57.67	37,38	1150m	14:17.97	37,56
100m	01:10.54	37,76	500m	06:12.56	38,12	850m	10:34.85	37,18	1200m	14:54.66	36,69
150m	01:48.60	38,06	550m	06:50.33	37,77	900m	11:12.10	37,25	1250m	15:31.54	36,88
200m	02:25.33	36,73	600m	07:27.83	37,50	950m	11:49.01	36,91	1300m	16:09.15	37,61
250m	03:02.87	37,54	650m	08:05.14	37,31	1000m	12:26.31	37,30	1350m	16:46.42	37,27
300m	03:40.52	37,65	700m	08:42.76	37,62	1050m	13:03.44	37,13	1400m	17:23.69	37,27
350m	04:18.49	37,97	750m	09:20.29	37,53	1100m	13:40.41	36,97	1450m	18:00.83	37,14
400m	04:56.53	38,04	800m	09:57.67	37,38	1150m	14:17.97	37,56			

2. Tiemo van der Veen (ZPC Hoogeveen, 200600033)

19:07.44(+77)

50m	00:33.91	33,91	450m	05:38.35	38,39	800m	10:08.35	38,39	1150m	14:38.09	38,45
100m	01:11.28	37,37	500m	06:16.84	38,49	850m	10:46.97	38,62	1200m	15:16.80	38,71
150m	01:49.51	38,23	550m	06:55.58	38,74	900m	11:25.33	38,36	1250m	15:56.03	39,23
200m	02:27.45	37,94	600m	07:34.28	38,70	950m	12:03.97	38,64	1300m	16:34.90	38,87
250m	03:04.93	37,48	650m	08:12.49	38,21	1000m	12:42.35	38,38	1350m	17:13.44	38,54
300m	03:43.25	38,32	700m	08:51.06	38,57	1050m	13:20.85	38,50	1400m	17:52.31	38,87
350m	04:21.61	38,36	750m	09:29.96	38,90	1100m	13:59.64	38,79	1450m	18:30.38	38,07
400m	04:59.96	38,35	800m	10:08.35	38,39	1150m	14:38.09	38,45			

3. Olivier Wilbers (ZPC Hoogeveen, 200600181)

19:23.52(+73)

50m	00:33.68	33,68	450m	05:39.57	38,70	800m	10:13.17	39,20	1150m	14:50.16	39,56
100m	01:11.31	37,63	500m	06:18.31	38,74	850m	10:52.64	39,47	1200m	15:29.80	39,64
150m	01:49.71	38,40	550m	06:57.22	38,91	900m	11:32.08	39,44	1250m	16:09.51	39,71
200m	02:27.44	37,73	600m	07:36.14	38,92	950m	12:11.56	39,48	1300m	16:49.17	39,66
250m	03:05.49	38,05	650m	08:15.56	39,42	1000m	12:51.23	39,67	1350m	17:28.52	39,35
300m	03:43.75	38,26	700m	08:54.78	39,22	1050m	13:30.83	39,60	1400m	18:07.89	39,37
350m	04:22.33	38,58	750m	09:33.97	39,19	1100m	14:10.60	39,77	1450m	18:46.39	38,50
400m	05:00.87	38,54	800m	10:13.17	39,20	1150m	14:50.16	39,56			

4. Kylian Oosterveen (ZPC De Zeeuwse Kust, 200600651)

19:32.14(+82)

50m	00:34.15	34,15	450m	05:48.88	39,54	800m	10:27.22	40,46	1150m	15:04.78	38,80
100m	01:12.84	38,69	500m	06:28.90	40,02	850m	11:07.86	40,64	1200m	15:43.93	39,15
150m	01:51.39	38,55	550m	07:09.01	40,11	900m	11:47.94	40,08	1250m	16:23.21	39,28
200m	02:30.58	39,19	600m	07:48.09	39,08	950m	12:27.27	39,33	1300m	17:02.12	38,91
250m	03:10.14	39,56	650m	08:27.42	39,33	1000m	13:06.39	39,12	1350m	17:40.14	38,02
300m	03:49.95	39,81	700m	09:07.05	39,63	1050m	13:46.21	39,82	1400m	18:19.02	38,88
350m	04:29.79	39,84	750m	09:46.76	39,71	1100m	14:25.98	39,77	1450m	18:56.20	37,18
400m	05:09.34	39,55	800m	10:27.22	40,46	1150m	15:04.78	38,80			

5. Ivar Kleuver (De Aalscholver, 200601457)

20:12.05(+80)

50m	00:34.45	34,45	450m	05:46.63	39,14	800m	10:32.91	41,81	1150m	15:23.63	41,60
100m	01:12.57	38,12	500m	06:27.02	40,39	850m	11:13.33	40,42	1200m	16:05.89	42,26
150m	01:51.22	38,65	550m	07:07.02	40,00	900m	11:55.84	42,51	1250m	16:47.77	41,88
200m	02:30.09	38,87	600m	07:48.39	41,37	950m	12:36.71	40,87	1300m	17:30.29	42,52
250m	03:09.27	39,18	650m	08:29.40	41,01	1000m	13:18.51	41,80	1350m	18:11.38	41,09
300m	03:49.04	39,77	700m	09:10.14	40,74	1050m	13:59.82	41,31	1400m	18:53.88	42,50
350m	04:27.54	38,50	750m	09:51.10	40,96	1100m	14:42.03	42,21	1450m	19:33.26	39,38
400m	05:07.49	39,95	800m	10:32.91	41,81	1150m	15:23.63	41,60			

13 - 13 jaar (Junioren 2)

1. Yanieck Frijstein (The Hague Swimming (SG), 200500329)				17:54.65(+78)			
50m	00:31.85 31,85	450m	05:17.02 35,48	800m	09:28.96 36,07	1150m	13:43.02 36,42
100m	01:06.34 34,49	500m	05:53.13 36,11	850m	10:05.28 36,32	1200m	14:19.64 36,62
150m	01:42.18 35,84	550m	06:29.00 35,87	900m	10:41.19 35,91	1250m	14:55.66 36,02
200m	02:17.65 35,47	600m	07:04.94 35,94	950m	11:17.16 35,97	1300m	15:31.96 36,30
250m	02:53.95 36,30	650m	07:40.74 35,80	1000m	11:53.50 36,34	1350m	16:08.48 36,52
300m	03:29.75 35,80	700m	08:16.74 36,00	1050m	12:30.03 36,53	1400m	16:44.70 36,22
350m	04:05.63 35,88	750m	08:52.89 36,15	1100m	13:06.60 36,57	1450m	17:20.03 35,33
400m	04:41.54 35,91	800m	09:28.96 36,07	1150m	13:43.02 36,42		
2. Gabriel Been (The Hague Swimming (SG), 200501467)				18:00.92(+79)			
50m	00:32.43 32,43	450m	05:19.96 36,14	800m	09:32.80 36,12	1150m	13:46.85 36,18
100m	01:07.42 34,99	500m	05:55.97 36,01	850m	10:08.80 36,00	1200m	14:23.21 36,36
150m	01:43.35 35,93	550m	06:32.19 36,22	900m	10:45.27 36,47	1250m	14:59.55 36,34
200m	02:18.96 35,61	600m	07:08.16 35,97	950m	11:21.54 36,27	1300m	15:35.99 36,44
250m	02:55.39 36,43	650m	07:44.56 36,40	1000m	11:57.72 36,18	1350m	16:12.51 36,52
300m	03:31.63 36,24	700m	08:20.50 35,94	1050m	12:34.01 36,29	1400m	16:49.13 36,62
350m	04:07.74 36,11	750m	08:56.68 36,18	1100m	13:10.67 36,66	1450m	17:25.05 35,92
400m	04:43.82 36,08	800m	09:32.80 36,12	1150m	13:46.85 36,18		
3. Rens Stijf (NDD, 200501419)				18:15.07(+62)			
50m	00:31.73 31,73	450m	05:23.43 36,69	800m	09:42.03 37,15	1150m	14:01.24 36,85
100m	01:07.26 35,53	500m	06:00.56 37,13	850m	10:19.01 36,98	1200m	14:38.38 37,14
150m	01:43.30 36,04	550m	06:36.89 36,33	900m	10:56.07 37,06	1250m	15:14.99 36,61
200m	02:20.06 36,76	600m	07:13.82 36,93	950m	11:32.94 36,87	1300m	15:52.21 37,22
250m	02:56.35 36,29	650m	07:50.58 36,76	1000m	12:10.15 37,21	1350m	16:28.49 36,28
300m	03:33.21 36,86	700m	08:28.14 37,56	1050m	12:47.13 36,98	1400m	17:05.46 36,97
350m	04:09.90 36,69	750m	09:04.88 36,74	1100m	13:24.39 37,26	1450m	17:40.61 35,15
400m	04:46.74 36,84	800m	09:42.03 37,15	1150m	14:01.24 36,85		
4. Émile Fouzaï (The Hague Swimming (SG), 200500263)				18:35.61(+79)			
50m	00:32.27 32,27	450m	05:25.32 37,13	800m	09:46.93 37,89	1150m	14:12.69 38,24
100m	01:07.98 35,71	500m	06:02.07 36,75	850m	10:24.62 37,69	1200m	14:50.63 37,94
150m	01:44.47 36,49	550m	06:39.43 37,36	900m	11:02.81 38,19	1250m	15:29.05 38,42
200m	02:20.56 36,08	600m	07:16.29 36,86	950m	11:40.99 38,18	1300m	16:06.89 37,84
250m	02:57.27 36,72	650m	07:53.70 37,41	1000m	12:18.58 37,59	1350m	16:44.57 37,68
300m	03:34.05 36,78	700m	08:31.37 37,67	1050m	12:56.54 37,96	1400m	17:22.24 37,67
350m	04:11.02 36,97	750m	09:09.04 37,67	1100m	13:34.45 37,91	1450m	17:59.59 37,35
400m	04:48.19 37,17	800m	09:46.93 37,89	1150m	14:12.69 38,24		
5. Domingo Kuipers (Orca, 200501787)				18:52.39(+41)			
50m	00:33.43 33,43	450m	05:37.45 38,41	800m	10:04.20 38,28	1150m	14:32.10 38,57
100m	01:10.24 36,81	500m	06:15.56 38,11	850m	10:42.45 38,25	1200m	15:10.54 38,44
150m	01:48.21 37,97	550m	06:53.60 38,04	900m	11:20.78 38,33	1250m	15:48.75 38,21
200m	02:26.08 37,87	600m	07:31.79 38,19	950m	11:59.25 38,47	1300m	16:27.08 38,33
250m	03:04.53 38,45	650m	08:09.96 38,17	1000m	12:37.33 38,08	1350m	17:04.80 37,72
300m	03:42.54 38,01	700m	08:48.02 38,06	1050m	13:15.52 38,19	1400m	17:42.37 37,57
350m	04:20.76 38,22	750m	09:25.92 37,90	1100m	13:53.53 38,01	1450m	18:18.70 36,33
400m	04:59.04 38,28	800m	10:04.20 38,28	1150m	14:32.10 38,57		
6. Sven Klink (ZV 44, 200500349)				18:55.39(+70)			
50m	00:33.66 33,66	450m	05:36.07 38,04	800m	10:01.15 38,14	1150m	14:28.18 38,46
100m	01:10.82 37,16	500m	06:13.69 37,62	850m	10:39.39 38,24	1200m	15:06.67 38,49
150m	01:48.16 37,34	550m	06:51.58 37,89	900m	11:17.53 38,14	1250m	15:45.38 38,71
200m	02:25.95 37,79	600m	07:29.33 37,75	950m	11:55.52 37,99	1300m	16:24.13 38,75
250m	03:04.32 38,37	650m	08:07.17 37,84	1000m	12:33.57 38,05	1350m	17:02.68 38,55
300m	03:42.08 37,76	700m	08:45.06 37,89	1050m	13:11.55 37,98	1400m	17:41.02 38,34
350m	04:20.08 38,00	750m	09:23.01 37,95	1100m	13:49.72 38,17	1450m	18:18.97 37,95
400m	04:58.03 37,95	800m	10:01.15 38,14	1150m	14:28.18 38,46		
7. David da Silva Miranda (FZC'54-De Vikings (SG), 200500019)				18:59.48(+82)			
50m	00:31.97 31,97	450m	05:37.19 38,33	800m	10:08.11 38,71	1150m	14:38.69 38,09
100m	01:08.66 36,69	500m	06:15.83 38,64	850m	10:46.75 38,64	1200m	15:17.19 38,50
150m	01:46.53 37,87	550m	06:54.64 38,81	900m	11:25.79 39,04	1250m	15:55.83 38,64
200m	02:24.75 38,22	600m	07:33.35 38,71	950m	12:04.41 38,62	1300m	16:34.54 38,71
250m	03:03.17 38,42	650m	08:12.07 38,72	1000m	12:43.05 38,64	1350m	17:12.29 37,75
300m	03:41.93 38,76	700m	08:51.20 39,13	1050m	13:21.86 38,81	1400m	17:49.25 36,96
350m	04:19.96 38,03	750m	09:29.40 38,20	1100m	14:00.60 38,74	1450m	18:25.82 36,57
400m	04:58.86 38,90	800m	10:08.11 38,71	1150m	14:38.69 38,09		

8. Björn Verkaik (The Hague Swimming (SG), 200500411) 19:11.97(+65)

50m	00:32.77	32,77	450m	05:41.77	38,67	800m	10:14.74	38,84	1150m	14:47.10	39,04
100m	01:10.81	38,04	500m	06:20.75	38,98	850m	10:53.55	38,81	1200m	15:26.25	39,15
150m	01:49.63	38,82	550m	07:00.37	39,62	900m	11:32.23	38,68	1250m	16:04.81	38,56
200m	02:27.91	38,28	600m	07:39.57	39,20	950m	12:10.82	38,59	1300m	16:42.49	37,68
250m	03:06.53	38,62	650m	08:18.97	39,40	1000m	12:50.15	39,33	1350m	17:20.88	38,39
300m	03:45.06	38,53	700m	08:56.97	38,00	1050m	13:28.38	38,23	1400m	17:59.01	38,13
350m	04:24.41	39,35	750m	09:35.90	38,93	1100m	14:08.06	39,68	1450m	18:36.01	37,00
400m	05:03.10	38,69	800m	10:14.74	38,84	1150m	14:47.10	39,04			

9. Sven ten Hove (Hieronymus, 200500273) 19:13.20(+44)

50m	00:33.52	33,52	450m	05:40.38	38,96	800m	10:12.48	38,77	1150m	14:45.75	39,56
100m	01:11.21	37,69	500m	06:19.71	39,33	850m	10:51.37	38,89	1200m	15:24.94	39,19
150m	01:49.16	37,95	550m	06:58.70	38,99	900m	11:30.15	38,78	1250m	16:03.77	38,83
200m	02:27.25	38,09	600m	07:37.79	39,09	950m	12:08.87	38,72	1300m	16:42.71	38,94
250m	03:05.43	38,18	650m	08:16.82	39,03	1000m	12:48.35	39,48	1350m	17:21.09	38,38
300m	03:44.16	38,73	700m	08:55.22	38,40	1050m	13:27.13	38,78	1400m	17:59.89	38,80
350m	04:22.59	38,43	750m	09:33.71	38,49	1100m	14:06.19	39,06	1450m	18:37.53	37,64
400m	05:01.42	38,83	800m	10:12.48	38,77	1150m	14:45.75	39,56			

10. Flynn Peeks (ZPC Hoogeveen, 200500231) 19:45.54(+77)

50m	00:33.22	33,22	450m	05:46.14	39,68	800m	10:26.09	39,72	1150m	15:06.08	40,45
100m	01:10.38	37,16	500m	06:25.76	39,62	850m	11:06.22	40,13	1200m	15:46.52	40,44
150m	01:49.12	38,74	550m	07:05.87	40,11	900m	11:46.17	39,95	1250m	16:27.32	40,80
200m	02:28.11	38,99	600m	07:45.01	39,14	950m	12:26.22	40,05	1300m	17:07.66	40,34
250m	03:07.41	39,30	650m	08:25.86	40,85	1000m	13:05.62	39,40	1350m	17:48.08	40,42
300m	03:47.01	39,60	700m	09:05.94	40,08	1050m	13:45.48	39,86	1400m	18:27.74	39,66
350m	04:26.79	39,78	750m	09:46.37	40,43	1100m	14:25.63	40,15	1450m	19:06.84	39,10
400m	05:06.46	39,67	800m	10:26.09	39,72	1150m	15:06.08	40,45			

14 - 14 jaar (Junioren 3)

1. David Groenewegen (PSV, 200400469) 16:54.99(+78)

50m	00:31.15	31,15	450m	05:02.08	33,94	800m	09:00.28	34,02	1150m	12:59.37	34,35
100m	01:04.76	33,61	500m	05:36.24	34,16	850m	09:34.45	34,17	1200m	13:33.41	34,04
150m	01:38.23	33,47	550m	06:10.08	33,84	900m	10:08.40	33,95	1250m	14:07.62	34,21
200m	02:11.86	33,63	600m	06:43.85	33,77	950m	10:43.01	34,61	1300m	14:41.52	33,90
250m	02:45.84	33,98	650m	07:18.11	34,26	1000m	11:16.72	33,71	1350m	15:15.70	34,18
300m	03:19.98	34,14	700m	07:52.06	33,95	1050m	11:51.03	34,31	1400m	15:49.68	33,98
350m	03:54.24	34,26	750m	08:26.26	34,20	1100m	12:25.02	33,99	1450m	16:22.82	33,14
400m	04:28.14	33,90	800m	09:00.28	34,02	1150m	12:59.37	34,35			

2. Merlin Belmon (De Dolfijn, 200403191) 17:04.94(+82)

50m	00:30.72	30,72	450m	05:00.33	34,62	800m	09:01.39	34,34	1150m	13:02.08	34,53
100m	01:03.58	32,86	500m	05:34.46	34,13	850m	09:35.82	34,43	1200m	13:36.84	34,76
150m	01:36.93	33,35	550m	06:08.95	34,49	900m	10:10.08	34,26	1250m	14:11.98	35,14
200m	02:10.00	33,07	600m	06:43.55	34,60	950m	10:44.26	34,18	1300m	14:47.03	35,05
250m	02:43.65	33,65	650m	07:18.41	34,86	1000m	11:18.58	34,32	1350m	15:21.88	34,85
300m	03:17.51	33,86	700m	07:52.53	34,12	1050m	11:53.08	34,50	1400m	15:56.70	34,82
350m	03:51.57	34,06	750m	08:27.05	34,52	1100m	12:27.55	34,47	1450m	16:31.77	35,07
400m	04:25.71	34,14	800m	09:01.39	34,34	1150m	13:02.08	34,53			

3. Abel te Riele (WVZ, 200402317) 17:24.64(+77)

50m	00:30.80	30,80	450m	05:09.14	35,28	800m	09:13.93	35,08	1150m	13:21.25	35,46
100m	01:04.89	34,09	500m	05:43.70	34,56	850m	09:49.09	35,16	1200m	13:56.77	35,52
150m	01:39.81	34,92	550m	06:18.85	35,15	900m	10:24.26	35,17	1250m	14:31.85	35,08
200m	02:14.37	34,56	600m	06:53.71	34,86	950m	10:59.71	35,45	1300m	15:06.97	35,12
250m	02:49.36	34,99	650m	07:28.88	35,17	1000m	11:34.71	35,00	1350m	15:42.01	35,04
300m	03:24.34	34,98	700m	08:03.69	34,81	1050m	12:10.39	35,68	1400m	16:17.07	35,06
350m	03:58.97	34,63	750m	08:38.85	35,16	1100m	12:45.79	35,40	1450m	16:51.91	34,84
400m	04:33.86	34,89	800m	09:13.93	35,08	1150m	13:21.25	35,46			

4. Timo Kock (Rotterdam Swimming (SG), 200400387) 17:35.47(+73)

50m	00:30.86	30,86	450m	05:13.67	35,66	800m	09:24.85	36,29	1150m	13:33.14	34,99
100m	01:05.33	34,47	500m	05:49.22	35,55	850m	10:00.62	35,77	1200m	14:08.10	34,96
150m	01:40.62	35,29	550m	06:25.27	36,05	900m	10:36.37	35,75	1250m	14:43.12	35,02
200m	02:16.38	35,76	600m	07:01.60	36,33	950m	11:12.56	36,19	1300m	15:17.57	34,45
250m	02:52.66	36,28	650m	07:37.37	35,77	1000m	11:47.56	35,00	1350m	15:52.65	35,08
300m	03:27.14	34,48	700m	08:12.72	35,35	1050m	12:23.73	36,17	1400m	16:27.51	34,86

350m	04:02.91 35,77	750m	08:48.56 35,84	1100m	12:58.15 34,42	1450m	17:02.26 34,75
400m	04:38.01 35,10	800m	09:24.85 36,29	1150m	13:33.14 34,99		
5. Robin van den Berg (ZV 44, 200400699)							17:44.83(+79)
50m	00:32.29 32,29	450m	05:16.92 35,55	800m	09:25.95 35,66	1150m	13:36.31 35,72
100m	01:06.66 34,37	500m	05:51.97 35,05	850m	10:01.99 36,04	1200m	14:12.53 36,22
150m	01:42.38 35,72	550m	06:27.79 35,82	900m	10:37.85 35,86	1250m	14:48.27 35,74
200m	02:17.71 35,33	600m	07:03.39 35,60	950m	11:13.30 35,45	1300m	15:24.01 35,74
250m	02:53.88 36,17	650m	07:38.90 35,51	1000m	11:48.77 35,47	1350m	16:00.02 36,01
300m	03:29.44 35,56	700m	08:14.68 35,78	1050m	12:24.91 36,14	1400m	16:35.81 35,79
350m	04:05.13 35,69	750m	08:50.29 35,61	1100m	13:00.59 35,68	1450m	17:11.46 35,65
400m	04:41.37 36,24	800m	09:25.95 35,66	1150m	13:36.31 35,72		
6. Quinn Heederik (Deltasteur, 200400093)							17:46.25(+76)
50m	00:32.05 32,05	450m	05:16.92 35,73	800m	09:29.28 35,91	1150m	13:40.42 35,65
100m	01:06.61 34,56	500m	05:53.06 36,14	850m	10:05.15 35,87	1200m	14:16.06 35,64
150m	01:41.64 35,03	550m	06:29.23 36,17	900m	10:40.98 35,83	1250m	14:51.43 35,37
200m	02:17.27 35,63	600m	07:05.53 36,30	950m	11:16.86 35,88	1300m	15:26.78 35,35
250m	02:53.26 35,99	650m	07:41.27 35,74	1000m	11:52.84 35,98	1350m	16:02.29 35,51
300m	03:29.12 35,86	700m	08:17.59 36,32	1050m	12:28.82 35,98	1400m	16:37.69 35,40
350m	04:05.50 36,38	750m	08:53.37 35,78	1100m	13:04.77 35,95	1450m	17:12.51 34,82
400m	04:41.19 35,69	800m	09:29.28 35,91	1150m	13:40.42 35,65		
7. Nathan Janssen (MNC Dordrecht, 200401565)							17:55.81(+54)
50m	00:31.32 31,32	450m	05:18.64 36,12	800m	09:31.04 35,99	1150m	13:45.18 36,64
100m	01:06.20 34,88	500m	05:54.70 36,06	850m	10:07.56 36,52	1200m	14:21.01 35,83
150m	01:42.14 35,94	550m	06:30.99 36,29	900m	10:43.47 35,91	1250m	14:57.38 36,37
200m	02:18.26 36,12	600m	07:06.92 35,93	950m	11:19.96 36,49	1300m	15:33.56 36,18
250m	02:54.51 36,25	650m	07:42.84 35,92	1000m	11:55.92 35,96	1350m	16:10.11 36,55
300m	03:30.38 35,87	700m	08:18.86 36,02	1050m	12:32.44 36,52	1400m	16:46.33 36,22
350m	04:06.35 35,97	750m	08:55.05 36,19	1100m	13:08.54 36,10	1450m	17:22.07 35,74
400m	04:42.52 36,17	800m	09:31.04 35,99	1150m	13:45.18 36,64		
8. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)							18:03.52(+69)
50m	00:30.63 30,63	450m	05:20.02 37,27	800m	09:36.83 36,15	1150m	13:52.29 36,74
100m	01:05.15 34,52	500m	05:56.55 36,53	850m	10:14.00 37,17	1200m	14:29.59 37,30
150m	01:41.20 36,05	550m	06:32.98 36,43	900m	10:50.30 36,30	1250m	15:06.44 36,85
200m	02:16.82 35,62	600m	07:09.40 36,42	950m	11:27.56 37,26	1300m	15:42.75 36,31
250m	02:53.33 36,51	650m	07:46.87 37,47	1000m	12:03.14 35,58	1350m	16:19.17 36,42
300m	03:29.70 36,37	700m	08:23.44 36,57	1050m	12:39.14 36,00	1400m	16:55.52 36,35
350m	04:05.78 36,08	750m	09:00.68 37,24	1100m	13:15.55 36,41	1450m	17:30.75 35,23
400m	04:42.75 36,97	800m	09:36.83 36,15	1150m	13:52.29 36,74		
9. Collin Schouten (MSV-Zeemacht, 200400697)							18:03.69(+76)
50m	00:31.41 31,41	450m	05:21.62 36,34	800m	09:36.89 36,62	1150m	13:52.60 36,24
100m	01:07.04 35,63	500m	05:57.87 36,25	850m	10:13.30 36,41	1200m	14:29.02 36,42
150m	01:43.17 36,13	550m	06:34.56 36,69	900m	10:50.28 36,98	1250m	15:05.68 36,66
200m	02:19.48 36,31	600m	07:11.19 36,63	950m	11:26.77 36,49	1300m	15:42.39 36,71
250m	02:56.28 36,80	650m	07:47.79 36,60	1000m	12:03.02 36,25	1350m	16:18.72 36,33
300m	03:32.65 36,37	700m	08:23.86 36,07	1050m	12:39.92 36,90	1400m	16:54.51 35,79
350m	04:08.87 36,22	750m	09:00.27 36,41	1100m	13:16.36 36,44	1450m	17:29.88 35,37
400m	04:45.28 36,41	800m	09:36.89 36,62	1150m	13:52.60 36,24		
10. Tycho de Jonge (KZC, 200400411)							18:17.77(+82)
50m	00:31.62 31,62	450m	05:18.96 35,84	800m	09:38.61 37,53	1150m	13:58.93 36,83
100m	01:06.12 34,50	500m	05:55.77 36,81	850m	10:15.60 36,99	1200m	14:35.86 36,93
150m	01:41.81 35,69	550m	06:32.46 36,69	900m	10:52.97 37,37	1250m	15:12.76 36,90
200m	02:17.85 36,04	600m	07:09.68 37,22	950m	11:30.52 37,55	1300m	15:50.72 37,96
250m	02:53.97 36,12	650m	07:46.71 37,03	1000m	12:07.81 37,29	1350m	16:27.30 36,58
300m	03:30.46 36,49	700m	08:23.69 36,98	1050m	12:45.07 37,26	1400m	17:04.64 37,34
350m	04:06.51 36,05	750m	09:01.08 37,39	1100m	13:22.10 37,03	1450m	17:41.74 37,10
400m	04:43.12 36,61	800m	09:38.61 37,53	1150m	13:58.93 36,83		
11. Andrei Turta (De Aalscholver, 200404549)							18:22.41(+75)
50m	00:31.51 31,51	450m	05:24.15 36,78	800m	09:44.23 36,89	1150m	14:05.59 37,54
100m	01:06.77 35,26	500m	06:01.36 37,21	850m	10:21.07 36,84	1200m	14:43.41 37,82
150m	01:42.73 35,96	550m	06:38.52 37,16	900m	10:58.49 37,42	1250m	15:20.48 37,07
200m	02:19.71 36,98	600m	07:15.45 36,93	950m	11:35.90 37,41	1300m	15:58.04 37,56
250m	02:56.29 36,58	650m	07:52.93 37,48	1000m	12:13.35 37,45	1350m	16:35.05 37,01

300m 03:33.32 37,03	700m 08:29.88 36,95	1050m 12:50.57 37,22	1400m 17:11.72 36,67
350m 04:09.95 36,63	750m 09:07.34 37,46	1100m 13:28.05 37,48	1450m 17:48.08 36,36
400m 04:47.37 37,42	800m 09:44.23 36,89	1150m 14:05.59 37,54	

12. Pieter Wisse (PSV, 200400779)

18:38.42(+80)

50m 00:33.26 33,26	450m 05:34.84 38,26	800m 10:01.72 38,10	1150m 14:27.64 37,76
100m 01:09.39 36,13	500m 06:12.89 38,05	850m 10:40.19 38,47	1200m 15:04.99 37,35
150m 01:46.70 37,31	550m 06:51.43 38,54	900m 11:18.45 38,26	1250m 15:42.44 37,45
200m 02:24.93 38,23	600m 07:29.18 37,75	950m 11:56.18 37,73	1300m 16:19.66 37,22
250m 03:02.26 37,33	650m 08:06.85 37,67	1000m 12:34.79 38,61	1350m 16:56.55 36,89
300m 03:40.06 37,80	700m 08:45.70 38,85	1050m 13:12.02 37,23	1400m 17:32.56 36,01
350m 04:18.07 38,01	750m 09:23.62 37,92	1100m 13:49.88 37,86	1450m 18:07.10 34,54
400m 04:56.58 38,51	800m 10:01.72 38,10	1150m 14:27.64 37,76	

13. Kaito van Meeteren (De Dolfijn, 200404271)

18:39.31(+74)

50m 00:31.79 31,79	450m 05:33.36 37,97	800m 10:01.97 38,39	1150m 14:26.04 37,69
100m 01:07.81 36,02	500m 06:11.59 38,23	850m 10:39.81 37,84	1200m 15:03.32 37,28
150m 01:44.99 37,18	550m 06:50.51 38,92	900m 11:17.54 37,73	1250m 15:40.78 37,46
200m 02:22.51 37,52	600m 07:28.04 37,53	950m 11:55.82 38,28	1300m 16:17.81 37,03
250m 03:00.08 37,57	650m 08:06.21 38,17	1000m 12:33.39 37,57	1350m 16:54.53 36,72
300m 03:38.34 38,26	700m 08:44.77 38,56	1050m 13:11.35 37,96	1400m 17:30.92 36,39
350m 04:16.83 38,49	750m 09:23.58 38,81	1100m 13:48.35 37,00	1450m 18:05.63 34,71
400m 04:55.39 38,56	800m 10:01.97 38,39	1150m 14:26.04 37,69	

14. Koen Vissers (PSV, 200401429)

18:40.73(+86)

50m 00:32.08 32,08	450m 05:29.48 37,83	800m 09:54.55 37,60	1150m 14:19.20 38,17
100m 01:08.24 36,16	500m 06:08.05 38,57	850m 10:32.00 37,45	1200m 14:57.46 38,26
150m 01:44.75 36,51	550m 06:45.83 37,78	900m 11:09.85 37,85	1250m 15:35.64 38,18
200m 02:22.16 37,41	600m 07:24.19 38,36	950m 11:47.41 37,56	1300m 16:14.31 38,67
250m 02:59.17 37,01	650m 08:01.80 37,61	1000m 12:25.40 37,99	1350m 16:51.92 37,61
300m 03:35.99 36,82	700m 08:39.73 37,93	1050m 13:02.62 37,22	1400m 17:29.83 37,91
350m 04:13.51 37,52	750m 09:16.95 37,22	1100m 13:41.03 38,41	1450m 18:06.49 36,66
400m 04:51.65 38,14	800m 09:54.55 37,60	1150m 14:19.20 38,17	

15 - 15 jaar (Junioren 4)

1. Lucas Peters (Nextline swimming, 200301325)

16:53.52(+70)

50m 00:30.86 30,86	450m 05:00.20 33,52	800m 08:56.75 33,82	1150m 12:56.18 34,52
100m 01:04.49 33,63	500m 05:33.83 33,63	850m 09:30.82 34,07	1200m 13:30.48 34,30
150m 01:38.34 33,85	550m 06:07.92 34,09	900m 10:04.62 33,80	1250m 14:05.33 34,85
200m 02:12.34 34,00	600m 06:41.45 33,53	950m 10:38.90 34,28	1300m 14:39.67 34,34
250m 02:46.36 34,02	650m 07:15.43 33,98	1000m 11:13.27 34,37	1350m 15:14.43 34,76
300m 03:19.93 33,57	700m 07:48.98 33,55	1050m 11:47.49 34,22	1400m 15:48.56 34,13
350m 03:53.37 33,44	750m 08:22.93 33,95	1100m 12:21.66 34,17	1450m 16:21.80 33,24
400m 04:26.68 33,31	800m 08:56.75 33,82	1150m 12:56.18 34,52	

2. Stan De Swart (Nextline swimming, 200300535)

17:18.49(+73)

50m 00:31.06 31,06	450m 05:05.16 34,28	800m 09:08.84 34,62	1150m 13:13.52 34,45
100m 01:05.10 34,04	500m 05:39.63 34,47	850m 09:44.09 35,25	1200m 13:48.55 35,03
150m 01:40.00 34,90	550m 06:14.62 34,99	900m 10:19.37 35,28	1250m 14:23.97 35,42
200m 02:14.14 34,14	600m 06:49.15 34,53	950m 10:54.57 35,20	1300m 14:59.37 35,40
250m 02:48.25 34,11	650m 07:24.14 34,99	1000m 11:29.71 35,14	1350m 15:34.56 35,19
300m 03:22.54 34,29	700m 07:59.11 34,97	1050m 12:04.72 35,01	1400m 16:09.89 35,33
350m 03:56.70 34,16	750m 08:34.22 35,11	1100m 12:39.07 34,35	1450m 16:44.90 35,01
400m 04:30.88 34,18	800m 09:08.84 34,62	1150m 13:13.52 34,45	

3. Yorick Visser (ZPC De Zeeuwse Kust, 200301957)

17:38.21(+80)

50m 00:31.14 31,14	450m 05:11.64 35,88	800m 09:22.15 35,63	1150m 13:32.85 36,00
100m 01:05.01 33,87	500m 05:47.73 36,09	850m 09:57.80 35,65	1200m 14:08.88 36,03
150m 01:39.57 34,56	550m 06:23.65 35,92	900m 10:33.47 35,67	1250m 14:44.89 36,01
200m 02:14.12 34,55	600m 06:59.66 36,01	950m 11:09.26 35,79	1300m 15:20.44 35,55
250m 02:49.23 35,11	650m 07:35.20 35,54	1000m 11:45.22 35,96	1350m 15:56.13 35,69
300m 03:24.70 35,47	700m 08:10.79 35,59	1050m 12:21.11 35,89	1400m 16:30.96 34,83
350m 04:00.07 35,37	750m 08:46.52 35,73	1100m 12:56.85 35,74	1450m 17:05.75 34,79
400m 04:35.76 35,69	800m 09:22.15 35,63	1150m 13:32.85 36,00	

4. Thijs Bosma (De Dolfijn, 200302443)

17:40.57(+70)

50m 00:31.08 31,08	450m 05:13.62 35,38	800m 09:23.39 35,90	1150m 13:33.69 35,86
100m 01:05.43 34,35	500m 05:49.37 35,75	850m 09:59.10 35,71	1200m 14:09.65 35,96
150m 01:40.36 34,93	550m 06:25.20 35,83	900m 10:34.77 35,67	1250m 14:45.60 35,95

200m 02:15.78 35,42	600m 07:00.92 35,72	950m 11:10.41 35,64	1300m 15:21.21 35,61
250m 02:51.17 35,39	650m 07:36.49 35,57	1000m 11:46.00 35,59	1350m 15:56.54 35,33
300m 03:26.71 35,54	700m 08:12.18 35,69	1050m 12:21.91 35,91	1400m 16:32.30 35,76
350m 04:02.15 35,44	750m 08:47.49 35,31	1100m 12:57.83 35,92	1450m 17:07.30 35,00
400m 04:38.24 36,09	800m 09:23.39 35,90	1150m 13:33.69 35,86	

5. Joris Janssen (Aqua-Novio'94, 200301311)

17:48.24

50m 00:30.95 30,95	450m 05:18.50 36,36	800m 09:30.71 35,55	1150m 13:39.79 35,96
100m 01:05.87 34,92	500m 05:54.57 36,07	850m 10:06.47 35,76	1200m 14:15.65 35,86
150m 01:41.88 36,01	550m 06:30.51 35,94	900m 10:41.74 35,27	1250m 14:51.60 35,95
200m 02:17.93 36,05	600m 07:06.57 36,06	950m 11:17.34 35,60	1300m 15:27.11 35,51
250m 02:54.22 36,29	650m 07:43.19 36,62	1000m 11:52.92 35,58	1350m 16:02.53 35,42
300m 03:30.40 36,18	700m 08:19.03 35,84	1050m 12:28.45 35,53	1400m 16:38.35 35,82
350m 04:05.96 35,56	750m 08:55.16 36,13	1100m 13:03.83 35,38	1450m 17:13.91 35,56
400m 04:42.14 36,18	800m 09:30.71 35,55	1150m 13:39.79 35,96	

6. Michael Smink (The Hague Swimming (SG), 200302169)

17:55.20(+81)

50m 00:30.14 30,14	450m 05:19.15 36,16	800m 09:32.97 35,90	1150m 13:46.43 36,09
100m 01:04.83 34,69	500m 05:56.06 36,91	850m 10:08.56 35,59	1200m 14:22.99 36,56
150m 01:40.75 35,92	550m 06:32.37 36,31	900m 10:45.12 36,56	1250m 14:59.39 36,40
200m 02:16.93 36,18	600m 07:08.53 36,16	950m 11:21.25 36,13	1300m 15:35.63 36,24
250m 02:53.41 36,48	650m 07:44.74 36,21	1000m 11:57.86 36,61	1350m 16:10.86 35,23
300m 03:29.35 35,94	700m 08:21.04 36,30	1050m 12:33.62 35,76	1400m 16:46.80 35,94
350m 04:05.87 36,52	750m 08:57.07 36,03	1100m 13:10.34 36,72	1450m 17:21.22 34,42
400m 04:42.99 37,12	800m 09:32.97 35,90	1150m 13:46.43 36,09	

7. Maximilian Lopes Cardozo (WZK Zwemmen, 200300665)

17:55.33(+79)

50m 00:32.47 32,47	450m 05:18.45 35,88	800m 09:32.10 36,17	1150m 13:46.24 36,43
100m 01:07.94 35,47	500m 05:54.51 36,06	850m 10:08.10 36,00	1200m 14:22.60 36,36
150m 01:43.25 35,31	550m 06:30.37 35,86	900m 10:44.64 36,54	1250m 14:58.82 36,22
200m 02:19.23 35,98	600m 07:06.80 36,43	950m 11:21.00 36,36	1300m 15:35.29 36,47
250m 02:55.20 35,97	650m 07:43.20 36,40	1000m 11:57.81 36,81	1350m 16:11.67 36,38
300m 03:30.66 35,46	700m 08:19.67 36,47	1050m 12:33.54 35,73	1400m 16:47.61 35,94
350m 04:06.18 35,52	750m 08:55.93 36,26	1100m 13:09.81 36,27	1450m 17:22.42 34,81
400m 04:42.57 36,39	800m 09:32.10 36,17	1150m 13:46.24 36,43	

8. Daan Hogerhuis (LinK, 200300317)

17:56.90(+79)

50m 00:31.30 31,30	450m 05:18.99 36,30	800m 09:32.41 35,93	1150m 13:46.61 36,17
100m 01:05.91 34,61	500m 05:55.34 36,35	850m 10:08.94 36,53	1200m 14:22.83 36,22
150m 01:41.75 35,84	550m 06:31.72 36,38	900m 10:44.97 36,03	1250m 14:59.09 36,26
200m 02:17.58 35,83	600m 07:08.19 36,47	950m 11:21.26 36,29	1300m 15:35.53 36,44
250m 02:53.72 36,14	650m 07:44.29 36,10	1000m 11:57.71 36,45	1350m 16:11.80 36,27
300m 03:30.20 36,48	700m 08:20.39 36,10	1050m 12:34.41 36,70	1400m 16:48.35 36,55
350m 04:06.48 36,28	750m 08:56.48 36,09	1100m 13:10.44 36,03	1450m 17:23.84 35,49
400m 04:42.69 36,21	800m 09:32.41 35,93	1150m 13:46.61 36,17	

9. Lukas Binnekamp (De Dinkel, 200300107)

18:00.22(+80)

50m 00:30.82 30,82	450m 05:12.83 35,80	800m 09:26.89 36,39	1150m 13:44.01 36,68
100m 01:05.23 34,41	500m 05:48.81 35,98	850m 10:03.83 36,94	1200m 14:21.30 37,29
150m 01:40.39 35,16	550m 06:25.01 36,20	900m 10:40.39 36,56	1250m 14:58.24 36,94
200m 02:15.41 35,02	600m 07:01.64 36,63	950m 11:17.28 36,89	1300m 15:34.97 36,73
250m 02:50.61 35,20	650m 07:38.07 36,43	1000m 11:53.97 36,69	1350m 16:11.71 36,74
300m 03:25.90 35,29	700m 08:14.32 36,25	1050m 12:30.62 36,65	1400m 16:48.34 36,63
350m 04:01.38 35,48	750m 08:50.50 36,18	1100m 13:07.33 36,71	1450m 17:24.54 36,20
400m 04:37.03 35,65	800m 09:26.89 36,39	1150m 13:44.01 36,68	

10. Thijn Damen (De Warande, 200300973)

18:15.99(+73)

50m 00:31.62 31,62	450m 05:20.04 36,82	800m 09:38.03 35,90	1150m 13:59.25 37,43
100m 01:06.85 35,23	500m 05:56.88 36,84	850m 10:14.79 36,76	1200m 14:36.59 37,34
150m 01:42.38 35,53	550m 06:34.20 37,32	900m 10:51.80 37,01	1250m 15:13.92 37,33
200m 02:18.06 35,68	600m 07:11.27 37,07	950m 11:29.24 37,44	1300m 15:50.71 36,79
250m 02:54.04 35,98	650m 07:48.54 37,27	1000m 12:06.70 37,46	1350m 16:26.52 35,81
300m 03:30.17 36,13	700m 08:25.59 37,05	1050m 12:44.01 37,31	1400m 17:03.01 36,49
350m 04:06.65 36,48	750m 09:02.13 36,54	1100m 13:21.82 37,81	1450m 17:39.59 36,58
400m 04:43.22 36,57	800m 09:38.03 35,90	1150m 13:59.25 37,43	

11. Rens van Beek (Aqua-Novio'94, 200300537)

18:46.23(+81)

50m 00:30.38 30,38	450m 05:25.52 37,80	800m 09:53.60 38,21	1150m 14:20.79 38,15
100m 01:05.15 34,77	500m 06:03.56 38,04	850m 10:32.22 38,62	1200m 14:59.31 38,52

150m	01:41.47 36,32	550m	06:41.90 38,34	900m	11:10.42 38,20	1250m	15:37.78 38,47
200m	02:17.85 36,38	600m	07:19.85 37,95	950m	11:48.59 38,17	1300m	16:16.07 38,29
250m	02:55.04 37,19	650m	07:58.23 38,38	1000m	12:26.74 38,15	1350m	16:53.98 37,91
300m	03:32.25 37,21	700m	08:36.99 38,76	1050m	13:04.73 37,99	1400m	17:31.71 37,73
350m	04:09.86 37,61	750m	09:15.39 38,40	1100m	13:42.64 37,91	1450m	18:09.47 37,76
400m	04:47.72 37,86	800m	09:53.60 38,21	1150m	14:20.79 38,15		

2. 800m vrije slag - Dames

11 - 11 jaar (Junioren 1)

1. Nynke Boerefijn (De Fuut, 200700114)							10:26.67(+86)
50m	00:33.72 33,72	250m	03:12.88 39,80	450m	05:52.16 39,58	650m	08:30.84 39,60
100m	01:12.29 38,57	300m	03:52.65 39,77	500m	06:32.04 39,88	700m	09:10.78 39,94
150m	01:52.44 40,15	350m	04:32.25 39,60	550m	07:11.41 39,37	750m	09:49.46 38,68
200m	02:33.08 40,64	400m	05:12.58 40,33	600m	07:51.24 39,83		
2. Angelina Rolman (WZ&PC Purmerend, 200701972)							10:30.66(+79)
50m	00:33.67 33,67	250m	03:12.18 40,01	450m	05:53.04 40,78	650m	08:35.36 40,81
100m	01:12.22 38,55	300m	03:51.63 39,45	500m	06:32.81 39,77	700m	09:15.55 40,19
150m	01:52.17 39,95	350m	04:32.16 40,53	550m	07:13.69 40,88	750m	09:55.54 39,99
200m	02:32.17 40,00	400m	05:12.26 40,10	600m	07:54.55 40,86		
3. Yara Mels (TRB-RES, 200700232)							10:30.77(+67)
50m	00:34.41 34,41	250m	03:12.03 40,22	450m	05:52.90 40,78	650m	08:36.12 40,16
100m	01:12.52 38,11	300m	03:52.20 40,17	500m	06:33.81 40,91	700m	09:16.85 40,73
150m	01:52.19 39,67	350m	04:32.46 40,26	550m	07:14.78 40,97	750m	09:56.06 39,21
200m	02:31.81 39,62	400m	05:12.12 39,66	600m	07:55.96 41,18		
4. Charlotte Woltjes (The Hague Swimming (SG), 200700110)							10:39.82(+75)
50m	00:34.78 34,78	250m	03:17.10 41,37	450m	06:01.59 40,76	650m	08:43.66 39,86
100m	01:14.30 39,52	300m	03:58.19 41,09	500m	06:42.56 40,97	700m	09:24.12 40,46
150m	01:55.03 40,73	350m	04:40.09 41,90	550m	07:23.15 40,59	750m	10:02.72 38,60
200m	02:35.73 40,70	400m	05:20.83 40,74	600m	08:03.80 40,65		
5. Julie Rupprecht (De Ham, 200702322)							10:51.03(+80)
50m	00:34.56 34,56	250m	03:14.30 41,12	450m	06:02.42 42,02	650m	08:50.08 41,72
100m	01:12.62 38,06	300m	03:55.77 41,47	500m	06:44.41 41,99	700m	09:31.39 41,31
150m	01:52.68 40,06	350m	04:38.23 42,46	550m	07:26.34 41,93	750m	10:12.73 41,34
200m	02:33.18 40,50	400m	05:20.40 42,17	600m	08:08.36 42,02		
6. Féline Sam (ZVZ, 200700018)							10:54.83
50m	00:35.93 35,93	250m	03:22.85 42,05	450m	06:12.14 42,36	650m	08:58.40 40,89
100m	01:16.23 40,30	300m	04:05.06 42,21	500m	06:54.07 41,93	700m	09:38.78 40,38
150m	01:58.47 42,24	350m	04:47.47 42,41	550m	07:36.30 42,23	750m	10:18.21 39,43
200m	02:40.80 42,33	400m	05:29.78 42,31	600m	08:17.51 41,21		
7. Rosa Kremers (TRB-RES, 200701224)							10:58.60(+79)
50m	00:35.51 35,51	250m	03:19.96 41,85	450m	06:08.37 41,78	650m	08:58.10 42,74
100m	01:15.20 39,69	300m	04:01.82 41,86	500m	06:50.66 42,29	700m	09:39.89 41,79
150m	01:56.35 41,15	350m	04:44.11 42,29	550m	07:33.37 42,71	750m	10:20.95 41,06
200m	02:38.11 41,76	400m	05:26.59 42,48	600m	08:15.36 41,99		
8. Maya Petroutsos (KZC, 200701814)							11:03.47(+92)
50m	00:36.02 36,02	250m	03:21.46 42,30	450m	06:09.28 41,28	650m	08:59.44 42,97
100m	01:15.78 39,76	300m	04:03.67 42,21	500m	06:51.44 42,16	700m	09:41.96 42,52
150m	01:57.05 41,27	350m	04:46.63 42,96	550m	07:34.11 42,67	750m	10:23.45 41,49
200m	02:39.16 42,11	400m	05:28.00 41,37	600m	08:16.47 42,36		
9. Angela Whitney (De Duinkickers, 200700002)							11:16.69(+82)
50m	00:35.03 35,03	250m	03:24.86 43,09	450m	06:17.83 43,77	650m	09:11.36 43,06
100m	01:16.25 41,22	300m	04:07.88 43,02	500m	07:01.76 43,93	700m	09:53.93 42,57
150m	01:58.58 42,33	350m	04:50.95 43,07	550m	07:45.59 43,83	750m	10:36.28 42,35
200m	02:41.77 43,19	400m	05:34.06 43,11	600m	08:28.30 42,71		

12 - 12 jaar (Junioren 2)

1. Elydjah van der Heul (Rotterdam Swimming (SG), 200602180)							09:57.03(+85)
50m	00:32.90 32,90	250m	03:02.63 38,11	450m	05:35.39 38,07	650m	08:07.42 37,10
100m	01:09.41 36,51	300m	03:40.99 38,36	500m	06:14.14 38,75	700m	08:44.78 37,36
150m	01:46.96 37,55	350m	04:19.26 38,27	550m	06:52.03 37,89	750m	09:21.61 36,83
200m	02:24.52 37,56	400m	04:57.32 38,06	600m	07:30.32 38,29		

2. Megan Jonkman (The Hague Swimming (SG), 200600508)					10:05.27(+88)		
50m	00:33.17 33,17	250m	03:04.06 38,09	450m	05:37.37 38,79	650m	08:11.36 38,45
100m	01:10.19 37,02	300m	03:42.19 38,13	500m	06:15.88 38,51	700m	08:50.40 39,04
150m	01:47.92 37,73	350m	04:20.45 38,26	550m	06:54.33 38,45	750m	09:28.45 38,05
200m	02:25.97 38,05	400m	04:58.58 38,13	600m	07:32.91 38,58		
3. Avery Collins (The Hague Swimming (SG), 200603622)					10:11.17(+69)		
50m	00:33.61 33,61	250m	03:06.19 38,82	450m	05:42.40 38,61	650m	08:18.54 38,73
100m	01:10.27 36,66	300m	03:45.29 39,10	500m	06:21.67 39,27	700m	08:57.22 38,68
150m	01:48.43 38,16	350m	04:24.26 38,97	550m	07:00.81 39,14	750m	09:34.55 37,33
200m	02:27.37 38,94	400m	05:03.79 39,53	600m	07:39.81 39,00		
4. Sara Korthuis (Apexswim, 200600494)					10:13.82(+82)		
50m	00:33.28 33,28	250m	03:07.53 39,14	450m	05:45.55 39,08	650m	08:21.54 38,44
100m	01:10.86 37,58	300m	03:47.15 39,62	500m	06:24.93 39,38	700m	09:00.09 38,55
150m	01:49.49 38,63	350m	04:26.73 39,58	550m	07:03.97 39,04	750m	09:37.77 37,68
200m	02:28.39 38,90	400m	05:06.47 39,74	600m	07:43.10 39,13		
5. Evy Rozeboom (DAW, 200601338)					10:14.34(+82)		
50m	00:34.20 34,20	250m	03:08.87 39,30	450m	05:46.25 39,57	650m	08:22.95 39,04
100m	01:12.06 37,86	300m	03:48.05 39,18	500m	06:25.58 39,33	700m	09:01.50 38,55
150m	01:50.62 38,56	350m	04:27.38 39,33	550m	07:05.08 39,50	750m	09:39.23 37,73
200m	02:29.57 38,95	400m	05:06.68 39,30	600m	07:43.91 38,83		
6. Djanilla Brink (DAW, 200600988)					10:27.38(+83)		
50m	00:33.82 33,82	250m	03:08.25 38,98	450m	05:45.58 39,59	650m	08:27.48 43,12
100m	01:11.37 37,55	300m	03:47.13 38,88	500m	06:25.42 39,84	700m	09:09.96 42,48
150m	01:50.05 38,68	350m	04:26.64 39,51	550m	07:05.99 40,57	750m	09:49.09 39,13
200m	02:29.27 39,22	400m	05:05.99 39,35	600m	07:44.36 38,37		
<i>13 - 13 jaar (Junioren 3)</i>							
1. Bridget Vermeer (VZC, 200501766)					09:23.50(+78)		
50m	00:31.88 31,88	250m	02:54.64 35,65	450m	05:17.92 35,88	650m	07:40.13 35,30
100m	01:06.91 35,03	300m	03:30.45 35,81	500m	05:53.59 35,67	700m	08:15.29 35,16
150m	01:43.13 36,22	350m	04:06.44 35,99	550m	06:29.05 35,46	750m	08:50.40 35,11
200m	02:18.99 35,86	400m	04:42.04 35,60	600m	07:04.83 35,78		
2. Merel Schravendijk (The Hague Swimming (SG), 200503382)					09:34.30(+79)		
50m	00:32.69 32,69	250m	02:55.86 35,82	450m	05:22.58 37,27	650m	07:47.45 36,45
100m	01:08.37 35,68	300m	03:32.27 36,41	500m	05:59.04 36,46	700m	08:23.94 36,49
150m	01:44.15 35,78	350m	04:08.86 36,59	550m	06:34.81 35,77	750m	08:59.30 35,36
200m	02:20.04 35,89	400m	04:45.31 36,45	600m	07:11.00 36,19		
3. Marte Hieke van der Kamp (FZC'54-De Vikings (SG), 200500218)					09:37.94(+90)		
50m	00:31.48 31,48	250m	02:55.90 36,52	450m	05:23.26 36,78	650m	07:50.12 36,52
100m	01:06.73 35,25	300m	03:32.60 36,70	500m	06:00.09 36,83	700m	08:26.78 36,66
150m	01:42.87 36,14	350m	04:09.34 36,74	550m	06:36.89 36,80	750m	09:03.10 36,32
200m	02:19.38 36,51	400m	04:46.48 37,14	600m	07:13.60 36,71		
4. Sophia van Droffelaar (ZVVS, 200500330)					09:52.07(+71)		
50m	00:32.88 32,88	250m	03:01.02 37,49	450m	05:32.34 38,50	650m	08:02.85 37,86
100m	01:08.75 35,87	300m	03:38.70 37,68	500m	06:10.06 37,72	700m	08:40.40 37,55
150m	01:46.25 37,50	350m	04:16.22 37,52	550m	06:47.51 37,45	750m	09:16.99 36,59
200m	02:23.53 37,28	400m	04:53.84 37,62	600m	07:24.99 37,48		
5. Emma Riemers (MSV-Zeemacht, 200500748)					09:57.23(+73)		
50m	00:32.76 32,76	250m	03:00.93 37,47	450m	05:32.86 38,42	650m	08:04.84 38,60
100m	01:09.09 36,33	300m	03:39.01 38,08	500m	06:10.90 38,04	700m	08:43.06 38,22
150m	01:46.34 37,25	350m	04:16.71 37,70	550m	06:48.61 37,71	750m	09:21.01 37,95
200m	02:23.46 37,12	400m	04:54.44 37,73	600m	07:26.24 37,63		
6. Fleur Bos (Orca, 200500674)					10:07.66		
50m	00:33.31 33,31	250m	03:03.84 38,49	450m	05:38.58 39,02	650m	08:13.69 38,39
100m	01:09.81 36,50	300m	03:42.63 38,79	500m	06:17.23 38,65	700m	08:52.80 39,11
150m	01:47.51 37,70	350m	04:21.38 38,75	550m	06:56.49 39,26	750m	09:30.86 38,06
200m	02:25.35 37,84	400m	04:59.56 38,18	600m	07:35.30 38,81		
7. Isa Maes (Feijenoord Albion Zwemclub, 200500110)					10:20.41(+77)		
50m	00:32.66 32,66	250m	03:05.23 38,45	450m	05:42.48 39,90	650m	08:22.04 39,88

100m 01:09.76 37,10	300m 03:44.39 39,16	500m 06:22.19 39,71	700m 09:02.21 40,17
150m 01:48.28 38,52	350m 04:23.34 38,95	550m 07:02.14 39,95	750m 09:41.83 39,62
200m 02:26.78 38,50	400m 05:02.58 39,24	600m 07:42.16 40,02	

8. Emma van Leeuwen (DAW, 200500200)

10:25.81(+82)

50m 00:33.13 33,13	250m 03:09.91 40,01	450m 05:49.62 39,73	650m 08:29.24 39,89
100m 01:11.29 38,16	300m 03:49.43 39,52	500m 06:29.70 40,08	700m 09:09.26 40,02
150m 01:50.55 39,26	350m 04:29.88 40,45	550m 07:09.57 39,87	750m 09:48.37 39,11
200m 02:29.90 39,35	400m 05:09.89 40,01	600m 07:49.35 39,78	

9. Jennifer Veldhuisen (De Dolfijn, 200502500)

10:31.80

50m 00:34.07 34,07	250m 03:08.36 39,40	450m 05:48.99 40,50	650m 08:32.92 40,80
100m 01:11.41 37,34	300m 03:48.86 40,50	500m 06:29.83 40,84	700m 09:13.85 40,93
150m 01:49.96 38,55	350m 04:28.63 39,77	550m 07:10.93 41,10	750m 09:53.61 39,76
200m 02:28.96 39,00	400m 05:08.49 39,86	600m 07:52.12 41,19	