

Programmanr. 1  
13-3-2016 - 15:35

Jongens, 200m wisselslag

Minioren 3 en 4  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
Programmanr. 2				
13-3-2016 - 13:30				
Meisjes, 200m wisselslag				
Minioren 5 en Junioren 1				
Resultaten				

rang	naam	vereniging	inschrijftijd	tijd
1.	Anouck Romeijnsen	Z & PC De Zeeuwse Kust	NT	200402808
	50m: 49.00	100m: 1:41.41	150m: 2:40.75	200m: 3:26.16
	49.00	52.41	59.34	45.41

Programmanr. 3  
13-3-2016 - 15:35

Jongens, 200m wisselslag

Minioren 5 en 6  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
Programmanr. 4				
13-3-2016 - 15:35				
Dames, 400m wisselslag				
Junioren 2 en ouder				
Resultaten				

rang	naam	vereniging	inschrijftijd	tijd
1.	Elise van der Velden	Hieronymus	NT	200005834
	50m: 38.47	150m: 2:11.03	250m: 3:44.95	350m: 5:16.98
	38.47	45.05	49.69	41.25
	100m: 1:25.98	200m: 2:55.26	300m: 4:35.73	400m: 5:54.45
	47.51	44.23	50.78	37.47

Programmanr. 5  
13-3-2016 - 13:30

Heren, 400m wisselslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Thijmen van de Beek	ZCKoewacht	5:13.55	199901075
	50m: 30.35	150m: 1:48.54	250m: 3:13.78	350m: 4:36.22
	30.35	42.78	43.07	38.17
	100m: 1:05.76	200m: 2:30.71	300m: 3:58.05	400m: 5:11.24
	35.41	42.17	44.27	35.02
2.	Jordy Jongenelen	ZC Aquadream	5:16.13	199504995
	50m: 31.64	150m: 1:50.58	250m: 3:16.92	350m: 4:41.38
	31.64	42.10	45.05	4:41.38
	100m: 1:08.48	200m: 2:31.87	300m: 4:03.78	400m: 5:17.18
	36.84	41.29	46.86	37.60
				35.80
3.	Rinke Hiel	ZCKoewacht	NT	200102131
	50m: 35.15	150m: 2:07.03	250m: 3:42.32	350m: 5:13.44
	35.15	47.68	51.91	38.34
	100m: 1:19.35	200m: 2:50.41	300m: 4:35.10	400m: 5:51.64
	44.20	43.38	52.78	38.20
4.	Bram van Ginneken	Hieronymus	6:04.47	199501385
	50m: 33.07	150m: 2:09.91	250m: 3:47.08	350m: 5:17.90
	33.07	49.22	51.83	39.28
	100m: 1:20.69	200m: 2:55.25	300m: 4:38.62	400m: 5:54.48
	47.62	45.34	51.54	36.58
5.	Sander Provoost	ZCKoewacht	7:05.87	200302121
	50m: 47.30	150m: 2:40.67	250m: 4:30.67	350m: 6:21.70
	47.30	49.89	1:01.09	45.53
	100m: 1:50.78	200m: 3:29.58	300m: 5:36.17	400m: 7:08.43
	1:03.48	48.91	1:05.50	46.73

Programmanr. 6  
13-3-2016 - 15:40

400m vrije slag

Minioren 3 en 4  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Estelle van Wijngaarden	Zpb H&L	7:09.81	200601020
	50m: 41.29	150m: 2:16.17	250m: 3:54.63	350m: 5:35.71
	41.29	48.74	49.46	49.36
	100m: 1:27.43	200m: 3:05.17	300m: 4:46.35	400m: 6:24.37
	46.14	49.00	51.72	48.66

Programmanr. 7  
13-3-2016 - 15:50

Meisjes, 800m vrije slag

Minioren 5 en Junioren 1  
Resultaten

rang	naam		vereniging		inschrijftijd			tijd
1.	Lavinya Herrebout		Z & PC De Zeeuwse Kust		NT		200402942	12:27.80
	50m:	39.12	250m:	3:47.64	48.88	450m:	6:58.52	47.94
	100m:	1:24.06	300m:	4:35.15	47.51	500m:	7:47.33	48.81
	150m:	2:11.52	350m:	5:22.55	47.40	550m:	8:35.92	48.59
	200m:	2:58.76	400m:	6:10.58	48.03	600m:	9:25.05	49.13
							650m:	10:12.30
							700m:	11:00.03
							750m:	11:45.62
							800m:	12:27.80
2.	Maaïke van Heeswijk		Sbc2000		NT		200500472	13:16.76
	50m:	41.18	250m:	3:57.75	50.38	450m:	7:23.35	51.75
	100m:	1:28.53	300m:	4:48.47	50.72	500m:	8:15.25	51.90
	150m:	2:17.80	350m:	5:40.05	51.58	550m:	9:07.04	51.79
	200m:	3:07.37	400m:	6:31.60	51.55	600m:	9:58.87	51.83
							650m:	10:51.04
							700m:	11:40.79
							750m:	12:30.88
							800m:	13:16.76

Programmanr. 8  
13-3-2016 - 16:00

Jongens, 800m vrije slag

Minioren 5 en 6  
Resultaten

rang	naam		vereniging		inschrijftijd			tijd
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Programmanr. 9  
13-3-2016 - 13:40

Dames, 800m vrije slag

Junioren 2 en ouder  
Resultaten

rang	naam		vereniging		inschrijftijd			tijd
1.	Nienke Jonk		Hieronymus		10:57.85		200203000	9:29.62
	50m:	32.04	250m:	2:59.82	37.62	450m:	5:25.55	35.70
	100m:	1:08.52	300m:	3:37.35	37.53	500m:	6:01.44	35.89
	150m:	1:45.24	350m:	4:13.74	36.39	550m:	6:37.48	36.04
	200m:	2:22.20	400m:	4:49.85	36.11	600m:	7:13.16	35.68
							650m:	7:48.30
							700m:	8:23.45
							750m:	8:57.68
							800m:	9:29.62
2.	Sarah Uuldriks		Hieronymus		NT		200000946	10:16.94
	50m:	34.26	250m:	3:09.25	39.35	450m:	5:45.92	38.92
	100m:	1:12.21	300m:	3:48.66	39.41	500m:	6:25.06	39.14
	150m:	1:50.94	350m:	4:27.69	39.03	550m:	7:04.01	38.95
	200m:	2:29.90	400m:	5:07.00	39.31	600m:	7:43.22	39.21
							650m:	8:22.04
							700m:	9:01.32
							750m:	9:40.12
							800m:	10:16.94
3.	Sanne Rebers		Hieronymus		10:32.67		199902082	10:28.40
	50m:	34.59	250m:	3:12.04	39.40	450m:	5:50.79	38.80
	100m:	1:13.30	300m:	3:52.02	39.98	500m:	6:30.28	39.49
	150m:	1:52.93	350m:	4:31.81	39.79	550m:	7:09.47	39.19
	200m:	2:32.64	400m:	5:11.99	40.18	600m:	7:49.21	39.74
							650m:	8:29.20
							700m:	9:09.67
							750m:	9:49.83
							800m:	10:28.40
4.	Tessa van der Wijst		Zeester Meerval		NT		198402754	11:50.00
	50m:	35.57	250m:	3:30.10	45.26	450m:	6:33.54	46.08
	100m:	1:16.65	300m:	4:15.94	45.84	500m:	7:19.41	45.87
	150m:	2:00.14	350m:	5:01.61	45.67	550m:	8:05.26	45.85
	200m:	2:44.84	400m:	5:47.46	45.85	600m:	8:51.19	45.93
							650m:	9:37.03
							700m:	10:22.94
							750m:	11:07.95
							800m:	11:50.00

Programmanr. 10  
13-3-2016 - 16:00

Heren, 800m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam		vereniging		inschrijftijd			tijd
1.	Sebastiaan Broere		Hieronymus		NT		199803687	10:06.63
	50m:	35.34	250m:	3:12.04	39.75	450m:	5:48.08	39.35
	100m:	1:13.92	300m:	3:50.69	38.65	500m:	6:26.27	38.19
	150m:	1:53.86	350m:	4:30.25	39.56	550m:	7:05.58	39.31
	200m:	2:32.29	400m:	5:08.73	38.48	600m:	7:43.07	37.49
							650m:	8:19.47
							700m:	8:56.95
							750m:	9:32.88
							800m:	10:06.63

Programmanr. 11  
13-3-2016 - 16:10

Meisjes, 1500m vrije slag

Junioren 2 en 3  
Resultaten

rang	naam		vereniging		inschrijftijd			tijd
1.	Julia Vos		Sbc2000		22:28.15		200202792	21:53.28
	50m:	37.46	450m:	6:29.18	44.73	850m:	12:25.28	44.42
	100m:	1:19.93	500m:	7:13.81	44.63	900m:	13:10.16	44.88
	150m:	2:03.78	550m:	7:57.15	43.34	950m:	13:54.85	44.69
	200m:	2:46.43	600m:	8:42.58	45.43	1000m:	14:39.61	44.76
	250m:	3:30.68	650m:	9:27.80	45.22	1050m:	15:23.77	44.16
	300m:	4:14.86	700m:	10:11.82	44.02	1100m:	16:09.00	45.23
	350m:	4:59.79	750m:	10:56.75	44.93	1150m:	16:52.69	43.69
	400m:	5:44.45	800m:	11:40.86	44.11	1200m:	17:37.35	44.66
							1250m:	18:20.71
							1300m:	19:03.55
							1350m:	19:46.29
							1400m:	20:29.37
							1450m:	21:12.08
							1500m:	21:53.28

**Programmanr. 11, Meisjes, 1500m vrije slag, Junioren 2 en 3**

rang	naam	vereniging	inschrijftijd	tijd				
2.	Nasca van Dijk	ZCKoewacht	NT	200300816	25:04.57			
	50m: 38.84	38.84	450m: 7:02.95	49.75	850m: 13:48.43	51.91	1250m: 20:47.63	52.90
	100m: 1:24.10	45.26	500m: 7:51.88	48.93	900m: 14:40.17	51.74	1300m: 21:38.59	50.96
	150m: 2:10.16	46.06	550m: 8:40.65	48.77	950m: 15:33.18	53.01	1350m: 22:31.15	52.56
	200m: 2:58.34	48.18	600m: 9:31.72	51.07	1000m: 16:25.79	52.61	1400m: 23:23.95	52.80
	250m: 3:45.59	47.25	650m: 10:21.28	49.56	1050m: 17:18.37	52.58	1450m: 24:15.13	51.18
	300m: 4:34.38	48.79	700m: 11:13.01	51.73	1100m: 18:10.29	51.92	1500m: 25:04.57	49.44
	350m: 5:23.72	49.34	750m: 12:05.46	52.45	1150m: 19:02.01	51.72		
	400m: 6:13.20	49.48	800m: 12:56.52	51.06	1200m: 19:54.73	52.72		

**Programmanr. 12 Jongens, 1500m vrije slag Junioren 1 en 2 Resultaten**

rang	naam	vereniging	inschrijftijd	tijd				
1.	Sander Provoost	ZCKoewacht	22:44.96	200302121	23:52.75			
	50m: 36.90	36.90	450m: 6:53.69	48.44	850m: 13:19.27	46.06	1250m: 19:55.98	46.29
	100m: 1:21.54	44.64	500m: 7:41.50	47.81	900m: 14:10.07	50.80	1300m: 20:42.58	46.60
	150m: 2:07.63	46.09	550m: 8:30.80	49.30	950m: 14:58.53	48.46	1350m: 21:29.27	46.69
	200m: 2:53.94	46.31	600m: 9:19.31	48.51	1000m: 15:48.48	49.95	1400m: 22:17.65	48.38
	250m: 3:41.27	47.33	650m: 10:06.78	47.47	1050m: 16:39.71	51.23	1450m: 23:06.20	48.55
	300m: 4:27.99	46.72	700m: 10:56.18	49.40	1100m: 17:30.36	50.65	1500m: 23:52.75	46.55
	350m: 5:16.39	48.40	750m: 11:45.25	49.07	1150m: 18:19.90	49.54		
	400m: 6:05.25	48.86	800m: 12:33.21	47.96	1200m: 19:09.69	49.79		

**Programmanr. 13 Dames, 1500m vrije slag Jeugd 1 en ouder Resultaten**

rang	naam	vereniging	inschrijftijd	tijd				
1.	Nadja Wortel	Hieronymus	NT	199800798	19:22.91			
	50m: 33.02	33.02	450m: 5:35.84	37.97	850m: 10:50.00	39.76	1250m: 16:09.19	39.90
	100m: 1:09.76	36.74	500m: 6:14.63	38.79	900m: 11:30.27	40.27	1300m: 16:49.23	40.04
	150m: 1:47.87	38.11	550m: 6:53.55	38.92	950m: 12:10.35	40.08	1350m: 17:29.31	40.08
	200m: 2:25.61	37.74	600m: 7:32.43	38.88	1000m: 12:49.81	39.46	1400m: 18:09.39	40.08
	250m: 3:03.42	37.81	650m: 8:11.94	39.51	1050m: 13:29.28	39.47	1450m: 18:47.98	38.59
	300m: 3:41.52	38.10	700m: 8:51.30	39.36	1100m: 14:09.57	40.29	1500m: 19:22.91	34.93
	350m: 4:19.51	37.99	750m: 9:30.87	39.57	1150m: 14:49.40	39.83		
	400m: 4:57.87	38.36	800m: 10:10.24	39.37	1200m: 15:29.29	39.89		

AFGEM Iris Dieleman ZCKoewacht 22:04.42 200102134

**Programmanr. 14 Heren, 1500m vrije slag Junioren 3 en ouder Resultaten**

rang	naam	vereniging	inschrijftijd	tijd				
1.	Cédric Broere	Hieronymus	NT	199902227	17:03.87			
	50m: 32.16	32.16	450m: 5:11.07	34.50	850m: 9:46.22	34.57	1250m: 14:19.89	33.84
	100m: 1:06.52	34.36	500m: 5:45.80	34.73	900m: 10:20.37	34.15	1300m: 14:54.24	34.35
	150m: 1:42.18	35.66	550m: 6:20.29	34.49	950m: 10:54.37	34.00	1350m: 15:26.96	32.72
	200m: 2:17.25	35.07	600m: 6:54.75	34.46	1000m: 11:28.70	34.33	1400m: 16:00.87	33.91
	250m: 2:52.53	35.28	650m: 7:28.99	34.24	1050m: 12:02.98	34.28	1450m: 16:34.09	33.22
	300m: 3:27.26	34.73	700m: 8:03.31	34.32	1100m: 12:37.37	34.39	1500m: 17:03.87	29.78
	350m: 4:02.05	34.79	750m: 8:37.30	33.99	1150m: 13:12.04	34.67		
	400m: 4:36.57	34.52	800m: 9:11.65	34.35	1200m: 13:46.05	34.01		
2.	Bas Erdmann	Hieronymus	NT	200003065	18:11.38			
	50m: 32.35	32.35	450m: 5:23.32	36.03	850m: 10:18.30	37.10	1250m: 15:12.64	36.81
	100m: 1:08.06	35.71	500m: 6:00.65	37.33	900m: 10:55.19	36.89	1300m: 15:48.83	36.19
	150m: 1:44.08	36.02	550m: 6:36.98	36.33	950m: 11:32.11	36.92	1350m: 16:24.95	36.12
	200m: 2:20.61	36.53	600m: 7:14.16	37.18	1000m: 12:09.16	37.05	1400m: 17:01.59	36.64
	250m: 2:57.00	36.39	650m: 7:50.75	36.59	1050m: 12:45.65	36.49	1450m: 17:37.51	35.92
	300m: 3:33.97	36.97	700m: 8:27.84	37.09	1100m: 13:21.92	36.27	1500m: 18:11.38	33.87
	350m: 4:11.09	37.12	750m: 9:04.37	36.53	1150m: 13:58.56	36.64		
	400m: 4:47.29	36.20	800m: 9:41.20	36.83	1200m: 14:35.83	37.27		
3.	Lars Kammers	Hieronymus	20:57.02	200100497	20:03.51			
	50m: 34.89	34.89	450m: 5:59.34	41.35	850m: 11:24.04	40.77	1250m: 16:49.56	40.53
	100m: 1:14.31	39.42	500m: 6:40.42	41.08	900m: 12:05.16	41.12	1300m: 17:29.35	39.79
	150m: 1:54.54	40.23	550m: 7:21.20	40.78	950m: 12:46.27	41.11	1350m: 18:08.73	39.38
	200m: 2:34.89	40.35	600m: 8:01.78	40.58	1000m: 13:27.79	41.52	1400m: 18:48.45	39.72
	250m: 3:15.05	40.16	650m: 8:41.93	40.15	1050m: 14:08.10	40.31	1450m: 19:27.96	39.51
	300m: 3:55.94	40.89	700m: 9:21.87	39.94	1100m: 14:48.93	40.83	1500m: 20:03.51	35.55
	350m: 4:37.13	41.19	750m: 10:02.36	40.49	1150m: 15:28.95	40.02		
	400m: 5:17.99	40.86	800m: 10:43.27	40.91	1200m: 16:09.03	40.08		

**Programmanr. 14, Heren, 1500m vrije slag, Junioren 3 en ouder**

rang	naam	vereniging				inschrijftijd				tijd	
4.	Rinke Hiel	ZCKoewacht				NT				200102131	20:04.17
	50m: 34.51	34.51	450m: 6:00.73	40.50	850m: 11:26.28	40.95	1250m: 16:49.89	40.47			
	100m: 1:14.80	40.29	500m: 6:41.23	40.50	900m: 12:07.42	41.14	1300m: 17:29.72	39.83			
	150m: 1:54.99	40.19	550m: 7:21.85	40.62	950m: 12:47.92	40.50	1350m: 18:09.68	39.96			
	200m: 2:36.16	41.17	600m: 8:02.05	40.20	1000m: 13:28.80	40.88	1400m: 18:49.04	39.36			
	250m: 3:16.88	40.72	650m: 8:42.86	40.81	1050m: 14:09.02	40.22	1450m: 19:28.55	39.51			
	300m: 3:57.44	40.56	700m: 9:23.79	40.93	1100m: 14:49.49	40.47	1500m: 20:04.17	35.62			
	350m: 4:39.39	41.95	750m: 10:04.42	40.63	1150m: 15:29.44	39.95					
	400m: 5:20.23	40.84	800m: 10:45.33	40.91	1200m: 16:09.42	39.98					

**Programmanr. 15  
13-3-2016 - 16:55**
**Dames, 2000m vrije slag**
**Jeugd 1 en ouder  
Resultaten**

rang	naam	vereniging				inschrijftijd				tijd	
1.	Amy van Lier	Trb/Res				24:57.48				199603022	25:00.09
	50m: 31.34	31.34	550m: 6:39.57	37.55	1050m: 12:56.63	37.79	1550m: 19:17.86	38.16			
	100m: 1:06.42	35.08	600m: 7:17.40	37.83	1100m: 13:34.65	38.02	1600m: 19:55.73	37.87			
	150m: 1:42.83	36.41	650m: 7:54.98	37.58	1150m: 14:12.81	38.16	1650m: 20:33.29	37.56			
	200m: 2:19.19	36.36	700m: 8:33.04	38.06	1200m: 14:50.73	37.92	1700m: 21:12.44	39.15			
	250m: 2:55.70	36.51	750m: 9:11.16	38.12	1250m: 15:28.88	38.15	1750m: 21:50.60	38.16			
	300m: 3:32.57	36.87	800m: 9:49.02	37.86	1300m: 16:06.56	37.68	1800m: 22:28.86	38.26			
	350m: 4:09.87	37.30	850m: 10:26.47	37.45	1350m: 16:44.62	38.06	1850m: 23:07.46	38.60			
	400m: 4:47.13	37.26	900m: 11:04.01	37.54	1400m: 17:22.93	38.31	1900m: 23:45.54	38.08			
	450m: 5:24.55	37.42	950m: 11:41.59	37.58	1450m: 18:00.93	38.00	1950m: 24:23.66	38.12			
	500m: 6:02.02	37.47	1000m: 12:18.84	37.25	1500m: 18:39.70	38.77	2000m: 25:00.09	36.43			
2.	Selene Wortel	Hieronymus				NT				199700654	25:03.69
	50m: 31.69	31.69	550m: 6:43.66	37.19	1050m: 13:02.09	38.26	1550m: 19:25.17	38.09			
	100m: 1:08.07	36.38	600m: 7:21.20	37.54	1100m: 13:40.09	38.00	1600m: 20:03.25	38.08			
	150m: 1:45.28	37.21	650m: 7:58.71	37.51	1150m: 14:18.40	38.31	1650m: 20:41.76	38.51			
	200m: 2:22.43	37.15	700m: 8:36.09	37.38	1200m: 14:56.49	38.09	1700m: 21:20.07	38.31			
	250m: 2:59.41	36.98	750m: 9:14.05	37.96	1250m: 15:35.04	38.55	1750m: 21:58.83	38.76			
	300m: 3:36.62	37.21	800m: 9:51.42	37.37	1300m: 16:14.08	39.04	1800m: 22:36.89	38.06			
	350m: 4:13.78	37.16	850m: 10:28.94	37.52	1350m: 16:52.30	38.22	1850m: 23:14.32	37.43			
	400m: 4:51.18	37.40	900m: 11:07.18	38.24	1400m: 17:30.27	37.97	1900m: 23:51.76	37.44			
	450m: 5:29.08	37.90	950m: 11:45.51	38.33	1450m: 18:08.61	38.34	1950m: 24:29.00	37.24			
	500m: 6:06.47	37.39	1000m: 12:23.83	38.32	1500m: 18:47.08	38.47	2000m: 25:03.69	34.69			

**Programmanr. 16  
13-3-2016 - 14:40**
**Heren, 2000m vrije slag**
**Junioren 3 en ouder  
Resultaten**

rang	naam	vereniging				inschrijftijd				tijd	
1.	Thomas Jansen	Wvz				NT				200100143	23:04.32
	50m: 30.04	30.04	550m: 6:16.83	34.40	1050m: 12:05.95	34.84	1550m: 17:56.45	35.09			
	100m: 1:04.07	34.03	600m: 6:51.68	34.85	1100m: 12:41.09	35.14	1600m: 18:30.96	34.51			
	150m: 1:38.90	34.83	650m: 7:26.39	34.71	1150m: 13:15.95	34.86	1650m: 19:05.67	34.71			
	200m: 2:13.79	34.89	700m: 8:01.47	35.08	1200m: 13:51.26	35.31	1700m: 19:40.30	34.63			
	250m: 2:48.80	35.01	750m: 8:36.41	34.94	1250m: 14:26.28	35.02	1750m: 20:14.92	34.62			
	300m: 3:23.46	34.66	800m: 9:11.36	34.95	1300m: 15:01.44	35.16	1800m: 20:49.33	34.41			
	350m: 3:58.23	34.77	850m: 9:46.44	35.08	1350m: 15:36.33	34.89	1850m: 21:23.67	34.34			
	400m: 4:33.04	34.81	900m: 10:21.25	34.81	1400m: 16:11.26	34.93	1900m: 21:57.74	34.07			
	450m: 5:07.65	34.61	950m: 10:56.23	34.98	1450m: 16:46.28	35.02	1950m: 22:32.22	34.48			
	500m: 5:42.43	34.78	1000m: 11:31.11	34.88	1500m: 17:21.36	35.08	2000m: 23:04.32	32.10			
2.	Vincent Dermaux	ZC Aquadream				24:09.57				199600599	23:36.80
	50m: 29.82	29.82	550m: 6:17.18	34.65	1050m: 12:14.74	35.77	1550m: 18:14.41	37.18			
	100m: 1:03.72	33.90	600m: 6:52.80	35.62	1100m: 12:50.37	35.63	1600m: 18:49.97	35.56			
	150m: 1:38.89	35.17	650m: 7:28.37	35.57	1150m: 13:26.06	35.69	1650m: 19:26.39	36.42			
	200m: 2:13.69	34.80	700m: 8:04.01	35.64	1200m: 14:02.31	36.25	1700m: 20:02.72	36.33			
	250m: 2:48.48	34.79	750m: 8:39.62	35.61	1250m: 14:38.12	35.81	1750m: 20:39.11	36.39			
	300m: 3:23.03	34.55	800m: 9:15.24	35.62	1300m: 15:13.71	35.59	1800m: 21:14.88	35.77			
	350m: 3:57.72	34.69	850m: 9:50.94	35.70	1350m: 15:49.40	35.69	1850m: 21:50.92	36.04			
	400m: 4:32.05	34.33	900m: 10:27.25	36.31	1400m: 16:25.45	36.05	1900m: 22:26.67	35.75			
	450m: 5:07.13	35.08	950m: 11:03.10	35.85	1450m: 17:01.62	36.17	1950m: 23:02.88	36.21			
	500m: 5:42.53	35.40	1000m: 11:38.97	35.87	1500m: 17:37.23	35.61	2000m: 23:36.80	33.92			
3.	Niels Albrechts	zc De Schotejil				25:04.88				198800039	25:08.12
	50m: 32.45	32.45	550m: 6:42.85	37.33	1050m: 12:58.01	37.96	1550m: 19:20.87	39.20			
	100m: 1:08.38	35.93	600m: 7:20.26	37.41	1100m: 13:35.55	37.54	1600m: 19:59.91	39.04			
	150m: 1:45.51	37.13	650m: 7:57.79	37.53	1150m: 14:13.52	37.97	1650m: 20:38.49	38.58			
	200m: 2:22.29	36.78	700m: 8:35.40	37.61	1200m: 14:51.59	38.07	1700m: 21:17.14	38.65			
	250m: 2:59.23	36.94	750m: 9:12.78	37.38	1250m: 15:29.64	38.05	1750m: 21:56.51	39.37			
	300m: 3:36.34	37.11	800m: 9:49.86	37.08	1300m: 16:08.17	38.53	1800m: 22:35.77	39.26			
	350m: 4:13.32	36.98	850m: 10:27.27	37.41	1350m: 16:47.07	38.90	1850m: 23:15.18	39.41			
	400m: 4:51.01	37.69	900m: 11:04.84	37.57	1400m: 17:24.90	37.83	1900m: 23:54.23	39.05			
	450m: 5:28.04	37.03	950m: 11:42.54	37.70	1450m: 18:03.59	38.69	1950m: 24:32.87	38.64			
	500m: 6:05.52	37.48	1000m: 12:20.05	37.51	1500m: 18:41.67	38.08	2000m: 25:08.12	35.25			

**Programmanr. 16, Heren, 2000m vrije slag, Junioren 3 en ouder**

rang	naam		vereniging		inschrijftijd		tijd				
4.	Jordy Jongenelen		ZC Aquadream		25:21.25	199504995	25:46.97				
	50m:	32.50	550m:	6:50.43	38.87	1050m:	13:22.30	40.01	1550m:	19:56.48	38.34
	100m:	1:09.12	600m:	7:28.58	38.15	1100m:	14:02.14	39.84	1600m:	20:35.68	39.20
	150m:	1:46.41	650m:	8:07.23	38.65	1150m:	14:41.18	39.04	1650m:	21:15.10	39.42
	200m:	2:23.87	700m:	8:46.22	38.99	1200m:	15:21.60	40.42	1700m:	21:54.98	39.88
	250m:	3:01.57	750m:	9:25.31	39.09	1250m:	16:00.71	39.11	1750m:	22:34.38	39.40
	300m:	3:39.55	800m:	10:04.59	39.28	1300m:	16:40.84	40.13	1800m:	23:13.71	39.33
	350m:	4:17.15	850m:	10:43.82	39.23	1350m:	17:20.55	39.71	1850m:	23:53.21	39.50
	400m:	4:54.71	900m:	11:23.18	39.36	1400m:	18:00.32	39.77	1900m:	24:32.18	38.97
	450m:	5:32.88	950m:	12:02.80	39.62	1450m:	18:39.84	39.52	1950m:	25:10.75	38.57
	500m:	6:11.56	1000m:	12:42.29	39.49	1500m:	19:18.14	38.30	2000m:	25:46.97	36.22
5.	Frank v.d. Voordt		zc De Schotejil		NT	198302259	26:12.22				
	50m:	32.69	550m:	6:50.08	38.61	1050m:	13:21.12	39.20	1550m:	20:07.57	40.82
	100m:	1:08.58	600m:	7:28.93	38.85	1100m:	14:01.97	40.85	1600m:	20:48.42	40.85
	150m:	1:45.62	650m:	8:07.58	38.65	1150m:	14:41.89	39.92	1650m:	21:29.41	40.99
	200m:	2:23.03	700m:	8:46.18	38.60	1200m:	15:22.62	40.73	1700m:	22:10.86	41.45
	250m:	3:00.65	750m:	9:24.88	38.70	1250m:	16:02.73	40.11	1750m:	22:52.07	41.21
	300m:	3:38.53	800m:	10:03.91	39.03	1300m:	16:43.15	40.42	1800m:	23:33.33	41.26
	350m:	4:16.59	850m:	10:42.89	38.98	1350m:	17:23.68	40.53	1850m:	24:13.67	40.34
	400m:	4:55.07	900m:	11:22.59	39.70	1400m:	18:04.85	41.17	1900m:	24:53.43	39.76
	450m:	5:33.12	950m:	12:02.28	39.69	1450m:	18:45.91	41.06	1950m:	25:33.80	40.37
	500m:	6:11.47	1000m:	12:41.92	39.64	1500m:	19:26.75	40.84	2000m:	26:12.22	38.42
6.	Bram van Ginneken		Hieronymus		27:23.42	199501385	27:07.00				
	50m:	34.20	550m:	7:15.90	41.78	1050m:	14:09.45	41.74	1550m:	21:00.42	39.87
	100m:	1:13.37	600m:	7:56.99	41.09	1100m:	14:51.76	42.31	1600m:	21:41.25	40.83
	150m:	1:53.50	650m:	8:36.65	39.66	1150m:	15:33.22	41.46	1650m:	22:22.78	41.53
	200m:	2:33.21	700m:	9:18.16	41.51	1200m:	16:13.64	40.42	1700m:	23:02.74	39.96
	250m:	3:12.78	750m:	10:00.23	42.07	1250m:	16:53.81	40.17	1750m:	23:44.72	41.98
	300m:	3:52.24	800m:	10:40.49	40.26	1300m:	17:34.99	41.18	1800m:	24:25.94	41.22
	350m:	4:31.86	850m:	11:21.32	40.83	1350m:	18:16.34	41.35	1850m:	25:07.27	41.33
	400m:	5:12.15	900m:	12:03.59	42.27	1400m:	18:57.66	41.32	1900m:	25:47.63	40.36
	450m:	5:53.05	950m:	12:45.57	41.98	1450m:	19:38.94	41.28	1950m:	26:27.57	39.94
	500m:	6:34.12	1000m:	13:27.71	42.14	1500m:	20:20.55	41.61	2000m:	27:07.00	39.43
7.	Sven Janssens		Zpb H&L		NT	200102659	31:42.65				
	50m:	37.58	550m:	8:21.81	47.68	1050m:	16:30.75	49.46	1550m:	24:40.83	48.23
	100m:	1:21.66	600m:	9:11.20	49.39	1100m:	17:19.21	48.46	1600m:	25:29.94	49.11
	150m:	2:06.98	650m:	9:59.23	48.03	1150m:	18:07.94	48.73	1650m:	26:18.33	48.39
	200m:	2:52.88	700m:	10:47.53	48.30	1200m:	18:56.83	48.89	1700m:	27:06.48	48.15
	250m:	3:39.20	750m:	11:36.16	48.63	1250m:	19:46.29	49.46	1750m:	27:54.00	47.52
	300m:	4:24.95	800m:	12:25.83	49.67	1300m:	20:35.15	48.86	1800m:	28:42.53	48.53
	350m:	5:11.58	850m:	13:14.60	48.77	1350m:	21:24.27	49.12	1850m:	29:29.82	47.29
	400m:	5:58.84	900m:	14:03.28	48.68	1400m:	22:13.17	48.90	1900m:	30:15.56	45.74
	450m:	6:46.67	950m:	14:52.33	49.05	1450m:	23:02.86	49.69	1950m:	31:01.96	46.40
	500m:	7:34.13	1000m:	15:41.29	48.96	1500m:	23:52.60	49.74	2000m:	31:42.65	40.69