



NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 1
18-4-2015

Jongens, 1500m vrije slag

Juniores 1
Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-5-1994
Nederlands Record 13 jaar	17:11.40	Pieter van den Hoogenband	Amersfoort	28-6-1991
Kamp. Record Junioren 1	18:00.48	Evert Roobeek	Amersfoort	19-6-1999

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Maurice Pater	TriVia	18:11.52	200200909	18:34.94			
	100m: 1:08.44	1:08.44	500m: 6:04.93	1:14.00	900m: 11:06.31	1:15.76	1300m: 16:08.14	1:15.40
	200m: 2:21.92	1:13.48	600m: 7:19.85	1:14.92	1000m: 12:21.74	1:15.43	1400m: 17:23.32	1:15.18
	300m: 3:36.46	1:14.54	700m: 8:35.40	1:15.55	1100m: 13:37.59	1:15.85	1500m: 18:34.94	1:11.62
	400m: 4:50.93	1:14.47	800m: 9:50.55	1:15.15	1200m: 14:52.74	1:15.15		
2.	Brandon van den Berg 800*	Poseidon'56	19:44.66	200200669	19:25.37			
	100m: 1:08.60	1:08.60	500m: 6:26.65	1:19.78	900m: 11:36.86	1:16.11	1300m: 16:50.98	1:19.45
	200m: 2:28.21	1:19.61	600m: 7:46.36	1:19.71	1000m: 12:55.70	1:18.84	1400m: 18:09.10	1:18.12
	300m: 3:47.61	1:19.40	700m: 9:03.95	1:17.59	1100m: 14:14.57	1:18.87	1500m: 19:25.37	1:16.27
	400m: 5:06.87	1:19.26	800m: 10:20.75	1:16.80	1200m: 15:31.53	1:16.96		
3.	Makai van Haren	De Forel	19:03.30	200200627	19:29.60			
	100m: 1:09.76	1:09.76	500m: 6:25.54	1:19.52	900m: 11:40.72	1:17.86	1300m: 16:56.52	1:19.26
	200m: 2:26.85	1:17.09	600m: 7:44.03	1:18.49	1000m: 13:00.02	1:19.30	1400m: 18:14.64	1:18.12
	300m: 3:46.07	1:19.22	700m: 9:04.57	1:20.54	1100m: 14:18.61	1:18.59	1500m: 19:29.60	1:14.96
	400m: 5:06.02	1:19.95	800m: 10:22.86	1:18.29	1200m: 15:37.26	1:18.65		
4.	Jarno Koster	Aqua-Novio'94	19:56.88	200200637	19:30.63			
	100m: 1:12.06	1:12.06	500m: 6:25.83	1:17.90	900m: 11:37.73	1:17.74	1300m: 16:53.37	1:19.71
	200m: 2:30.98	1:18.92	600m: 7:43.83	1:18.00	1000m: 12:56.10	1:18.37	1400m: 18:12.70	1:19.33
	300m: 3:49.51	1:18.53	700m: 9:02.07	1:18.24	1100m: 14:15.14	1:19.04	1500m: 19:30.63	1:17.93
	400m: 5:07.93	1:18.42	800m: 10:19.99	1:17.92	1200m: 15:33.66	1:18.52		
5.	Raoul Witten	ZPC Hoogeveen	19:16.40	200200231	19:38.92			
	100m: 1:13.52	1:13.52	500m: 6:28.30	1:18.61	900m: 11:45.66	1:19.26	1300m: 17:04.01	1:19.24
	200m: 2:32.13	1:18.61	600m: 7:47.93	1:19.63	1000m: 13:05.60	1:19.94	1400m: 18:22.52	1:18.51
	300m: 3:50.94	1:18.81	700m: 9:06.62	1:18.69	1100m: 14:25.37	1:19.77	1500m: 19:38.92	1:16.40
	400m: 5:09.69	1:18.75	800m: 10:26.40	1:19.78	1200m: 15:44.77	1:19.40		
6.	Anthony Huynh	VZC-E&P	19:40.28	200200605	19:52.37 *			
	100m: 1:12.49	1:12.49	500m: 6:32.12	1:20.35	900m: 11:55.45	1:20.36	1300m: 17:16.07	1:18.81
	200m: 2:31.34	1:18.85	600m: 7:52.66	1:20.54	1000m: 13:15.68	1:20.23	1400m: 18:35.03	1:18.96
	300m: 3:51.44	1:20.10	700m: 9:13.75	1:21.09	1100m: 14:36.23	1:20.55	1500m: 19:52.37	1:17.34
	400m: 5:11.77	1:20.33	800m: 10:35.09	1:21.34	1200m: 15:57.26	1:21.03		
7.	Timo Spaans 200*	PSV	19:26.01	200201087	19:57.40			
	100m: 1:12.70	1:12.70	500m: 6:29.65	1:20.16	900m: 11:52.24	1:21.26	1300m: 17:16.21	1:21.81
	200m: 2:30.80	1:18.10	600m: 7:50.35	1:20.70	1000m: 13:12.49	1:20.25	1400m: 18:36.86	1:20.65
	300m: 3:50.61	1:19.81	700m: 9:10.84	1:20.49	1100m: 14:33.03	1:20.54	1500m: 19:57.40	1:20.54
	400m: 5:09.49	1:18.88	800m: 10:30.98	1:20.14	1200m: 15:54.40	1:21.37		
8.	Sem de Goei	WS Twente	20:05.94	200200029	20:11.24			
	100m: 1:13.12	1:13.12	500m: 6:39.20	1:21.28	900m: 12:07.61	1:23.70	1300m: 17:34.16	1:22.38
	200m: 2:34.29	1:21.17	600m: 8:01.45	1:22.25	1000m: 13:29.67	1:22.06	1400m: 18:55.14	1:20.98
	300m: 3:56.26	1:21.97	700m: 9:22.38	1:20.93	1100m: 14:50.69	1:21.02	1500m: 20:11.24	1:16.10
	400m: 5:17.92	1:21.66	800m: 10:43.91	1:21.53	1200m: 16:11.78	1:21.09		
9.	Tristan Scholten	Swol 1894	20:42.78	200201683	20:16.20			
	100m: 1:13.30	1:13.30	500m: 6:41.61	1:21.84	900m: 12:09.59	1:22.06	1300m: 17:36.95	1:21.18
	200m: 2:35.49	1:22.19	600m: 8:03.75	1:22.14	1000m: 13:31.44	1:21.85	1400m: 18:57.25	1:20.30
	300m: 3:57.29	1:21.80	700m: 9:25.18	1:21.43	1100m: 14:53.67	1:22.23	1500m: 20:16.20	1:18.95
	400m: 5:19.77	1:22.48	800m: 10:47.53	1:22.35	1200m: 16:15.77	1:22.10		
10.	Bobby van Dijk	DBD	20:24.35	200200153	20:23.02			
	100m: 1:15.42	1:15.42	500m: 6:48.80	1:22.99	900m: 12:20.52	1:22.17	1300m: 17:45.43	1:21.62
	200m: 2:39.08	1:23.66	600m: 8:11.70	1:22.90	1000m: 13:41.35	1:20.83	1400m: 19:07.22	1:21.79
	300m: 4:02.85	1:23.77	700m: 9:35.18	1:23.48	1100m: 15:02.18	1:20.83	1500m: 20:23.02	1:15.80
	400m: 5:25.81	1:22.96	800m: 10:58.35	1:23.17	1200m: 16:23.81	1:21.63		
11.	Luc van Eijndhoven	Argo	20:25.75	200200139	20:28.22			
	100m: 1:13.14	1:13.14	500m: 6:42.05	1:22.45	900m: 12:14.30	1:22.95	1300m: 17:48.55	1:22.60
	200m: 2:34.31	1:21.17	600m: 8:05.19	1:23.14	1000m: 13:37.71	1:23.41	1400m: 19:11.46	1:22.91
	300m: 3:57.00	1:22.69	700m: 9:28.23	1:23.04	1100m: 15:01.52	1:23.81	1500m: 20:28.22	1:16.76
	400m: 5:19.60	1:22.60	800m: 10:51.35	1:23.12	1200m: 16:25.95	1:24.43		
12.	Guus Hoogduin 100*,400*,800*	LZ 1886	20:23.67	200201069	20:28.65			
	100m: 1:13.85	1:13.85	500m: 6:41.28	1:23.12	900m: 12:12.94	1:22.77	1300m: 17:47.45	1:23.51
	200m: 2:34.42	1:20.57	600m: 8:04.15	1:22.87	1000m: 13:36.80	1:23.86	1400m: 19:10.18	1:22.73
	300m: 3:55.86	1:21.44	700m: 9:27.35	1:23.20	1100m: 14:59.84	1:23.04	1500m: 20:28.65	1:18.47
	400m: 5:18.16	1:22.30	800m: 10:50.17	1:22.82	1200m: 16:23.94	1:24.10		





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 1, Jongens, 1500m vrije slag, Junioren 1

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
13.	Luka Bouwman	PSV	20:01.94	200201119	20:49.54			
	100m: 1:19.88	1:19.88	500m: 6:57.32	1:25.18	900m: 12:33.51	1:25.27	1300m: 18:08.45	1:22.15
	200m: 2:43.33	1:23.45	600m: 8:20.14	1:22.82	1000m: 13:57.89	1:24.38	1400m: 19:29.29	1:20.84
	300m: 4:07.74	1:24.41	700m: 9:44.19	1:24.05	1100m: 15:22.41	1:24.52	1500m: 20:49.54	1:20.25
	400m: 5:32.14	1:24.40	800m: 11:08.24	1:24.05	1200m: 16:46.30	1:23.89		
14.	Dushan de Bruijn	De Forel	20:33.79	200201273	21:05.65			
	100m: 1:17.21	1:17.21	500m: 7:01.79	1:26.38	900m: 12:43.42	1:25.69	1300m: 18:26.52	1:25.06
	200m: 2:42.42	1:25.21	600m: 8:28.00	1:26.21	1000m: 14:09.35	1:25.93	1400m: 19:48.82	1:22.30
	300m: 4:08.41	1:25.99	700m: 9:52.92	1:24.92	1100m: 15:36.09	1:26.74	1500m: 21:05.65	1:16.83
	400m: 5:35.41	1:27.00	800m: 11:17.73	1:24.81	1200m: 17:01.46	1:25.37		





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 2
18-4-2015

Jongens, 1500m vrije slag

Junioren 2
Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-5-1994
Nederlands Record 14 jaar	16:43.43	Maarten van der Weijden	Buffalo (USA)	12-8-1995
Kamp. Record Junioren 2	16:54.49	Jorgos Skotadis	Amersfoort	21-4-2012

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Thomas Jansen	WVZ	18:39.55	200100143	17:51.66			
	100m: 1:06.98	1:06.98	500m: 5:57.77	1:12.25	900m: 10:44.45	1:11.63	1300m: 15:30.35	1:11.64
	200m: 2:19.90	1:12.92	600m: 7:09.35	1:11.58	1000m: 11:55.86	1:11.41	1400m: 16:42.89	1:12.54
	300m: 3:32.91	1:13.01	700m: 8:20.94	1:11.59	1100m: 13:07.07	1:11.21	1500m: 17:51.66	1:08.77
	400m: 4:45.52	1:12.61	800m: 9:32.82	1:11.88	1200m: 14:18.71	1:11.64		
2.	Sander Crooijmans	VZC-E&P	18:50.53	200100383	17:56.76			
	100m: 1:07.02	1:07.02	500m: 5:55.67	1:10.93	900m: 10:41.05	1:11.77	1300m: 15:32.56	1:12.41
	200m: 2:19.97	1:12.95	600m: 7:06.53	1:10.86	1000m: 11:53.53	1:12.48	1400m: 16:45.81	1:13.25
	300m: 3:32.79	1:12.82	700m: 8:17.52	1:10.99	1100m: 13:06.29	1:12.76	1500m: 17:56.76	1:10.95
	400m: 4:44.74	1:11.95	800m: 9:29.28	1:11.76	1200m: 14:20.15	1:13.86		
3.	Vincent Crooijmans 800*	VZC-E&P	19:22.16	200100381	17:57.49			
	100m: 1:07.70	1:07.70	500m: 5:56.97	1:11.74	900m: 10:43.29	1:12.13	1300m: 15:33.95	1:12.60
	200m: 2:20.39	1:12.69	600m: 7:08.64	1:11.67	1000m: 11:55.89	1:12.60	1400m: 16:46.60	1:12.65
	300m: 3:33.15	1:12.76	700m: 8:20.38	1:11.74	1100m: 13:08.64	1:12.75	1500m: 17:57.49	1:10.89
	400m: 4:45.23	1:12.08	800m: 9:31.16	1:10.78	1200m: 14:21.35	1:12.71		
4.	Jelmar Koopman	De Forel	19:13.98	200100249	18:21.35			
	100m: 1:07.11	1:07.11	500m: 5:58.15	1:13.42	900m: 10:57.62	1:14.92	1300m: 15:59.68	1:15.43
	200m: 2:19.97	1:12.86	600m: 7:12.01	1:13.86	1000m: 12:13.36	1:15.74	1400m: 17:12.65	1:12.97
	300m: 3:32.94	1:12.97	700m: 8:27.35	1:15.34	1100m: 13:28.52	1:15.16	1500m: 18:21.35	1:08.70
	400m: 4:44.73	1:11.79	800m: 9:42.70	1:15.35	1200m: 14:44.25	1:15.73		
5.	Bas Morelissen 200*,800*	AZ&PC	17:50.27	200100861	18:34.20			
	100m: 1:05.76	1:05.76	500m: 6:07.59	1:13.72	900m: 11:08.31	1:15.06	1300m: 16:08.84	1:14.12
	200m: 2:20.99	1:15.23	600m: 7:23.92	1:16.33	1000m: 12:23.83	1:15.52	1400m: 17:22.75	1:13.91
	300m: 3:36.43	1:15.44	700m: 8:37.17	1:13.25	1100m: 13:39.24	1:15.41	1500m: 18:34.20	1:11.45
	400m: 4:53.87	1:17.44	800m: 9:53.25	1:16.08	1200m: 14:54.72	1:15.48		
6.	Christiaan Smit	De Fuut	19:57.61	200102463	18:34.88			
	100m: 1:07.65	1:07.65	500m: 6:07.35	1:15.25	900m: 11:08.89	1:15.50	1300m: 16:10.35	1:15.05
	200m: 2:22.25	1:14.60	600m: 7:22.75	1:15.40	1000m: 12:24.42	1:15.53	1400m: 17:24.64	1:14.29
	300m: 3:36.89	1:14.64	700m: 8:37.77	1:15.02	1100m: 13:40.22	1:15.80	1500m: 18:34.88	1:10.24
	400m: 4:52.10	1:15.21	800m: 9:53.39	1:15.62	1200m: 14:55.30	1:15.08		
7.	Stijn Boertien	Dedemvaart-AC	18:49.86	200100719	19:02.43			
	100m: 1:07.26	1:07.26	500m: 6:12.51	1:18.39	900m: 11:20.02	1:15.85	1300m: 16:29.94	1:17.93
	200m: 2:21.92	1:14.66	600m: 7:29.73	1:17.22	1000m: 12:38.03	1:18.01	1400m: 17:47.29	1:17.35
	300m: 3:37.21	1:15.29	700m: 8:47.17	1:17.44	1100m: 13:55.25	1:17.22	1500m: 19:02.43	1:15.14
	400m: 4:54.12	1:16.91	800m: 10:04.17	1:17.00	1200m: 15:12.01	1:16.76		
8.	Mathijs Verdonck	PSV	19:56.57	200101685	19:11.16			
	100m: 1:09.66	1:09.66	500m: 6:19.44	1:18.98	900m: 11:32.05	1:17.31	1300m: 16:39.21	1:17.45
	200m: 2:25.77	1:16.11	600m: 7:38.20	1:18.76	1000m: 12:48.62	1:16.57	1400m: 17:56.69	1:17.48
	300m: 3:42.97	1:17.20	700m: 8:55.57	1:17.37	1100m: 14:04.96	1:16.34	1500m: 19:11.16	1:14.47
	400m: 5:00.46	1:17.49	800m: 10:14.74	1:19.17	1200m: 15:21.76	1:16.80		
9.	Owen Peeks 100*,800*	ZPC Hoogeveen	18:33.25	200100765	19:15.76			
	100m: 1:13.70	1:13.70	500m: 6:23.10	1:17.00	900m: 11:32.57	1:17.40	1300m: 16:44.78	1:18.12
	200m: 2:31.71	1:18.01	600m: 7:41.20	1:18.10	1000m: 12:51.01	1:18.44	1400m: 18:01.99	1:17.21
	300m: 3:48.58	1:16.87	700m: 8:58.46	1:17.26	1100m: 14:08.52	1:17.51	1500m: 19:15.76	1:13.77
	400m: 5:06.10	1:17.52	800m: 10:15.17	1:16.71	1200m: 15:26.66	1:18.14		
10.	Daen Spoor	VZC-E&P	18:19.55	200101117	19:23.10			
	100m: 1:09.36	1:09.36	500m: 6:13.85	1:17.12	900m: 11:28.32	1:19.45	1300m: 16:47.21	1:20.34
	200m: 2:24.36	1:15.00	600m: 7:32.19	1:18.34	1000m: 12:48.54	1:20.22	1400m: 18:06.23	1:19.02
	300m: 3:39.99	1:15.63	700m: 8:50.43	1:18.24	1100m: 14:06.81	1:18.27	1500m: 19:23.10	1:16.87
	400m: 4:56.73	1:16.74	800m: 10:08.87	1:18.44	1200m: 15:26.87	1:20.06		
11.	Tjeerd van Stein	LZ 1886	19:55.39	200101439	19:40.29			
	100m: 1:10.54	1:10.54	500m: 6:23.68	1:19.34	900m: 11:42.04	1:19.86	1300m: 17:03.02	1:20.62
	200m: 2:27.08	1:16.54	600m: 7:42.93	1:19.25	1000m: 13:02.34	1:20.30	1400m: 18:22.56	1:19.54
	300m: 3:45.06	1:17.98	700m: 9:02.14	1:19.21	1100m: 14:22.04	1:19.70	1500m: 19:40.29	1:17.73
	400m: 5:04.34	1:19.28	800m: 10:22.18	1:20.04	1200m: 15:42.40	1:20.36		
12.	Janne Englebort	Hieronymus	19:45.97	200101561	19:56.62			
	100m: 1:12.43	1:12.43	500m: 6:33.05	1:20.92	900m: 11:53.02	1:20.63	1300m: 17:18.03	1:21.93
	200m: 2:30.22	1:17.79	600m: 7:52.77	1:19.72	1000m: 13:14.11	1:21.09	1400m: 18:39.99	1:21.96
	300m: 3:50.74	1:20.52	700m: 9:12.42	1:19.65	1100m: 14:34.86	1:20.75	1500m: 19:56.62	1:16.63
	400m: 5:12.13	1:21.39	800m: 10:32.39	1:19.97	1200m: 15:56.10	1:21.24		





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 2, Jongens, 1500m vrije slag, Junioren 2

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
13.	Dave van den Nieuwendijk	De Columbiaan	20:22.75	200100475	20:01.94			
	100m: 1:12.90	1:12.90	500m: 6:35.02	1:21.35	900m: 11:59.29	1:20.76	1300m: 17:23.71	1:21.84
	200m: 2:32.02	1:19.12	600m: 7:56.26	1:21.24	1000m: 13:20.22	1:20.93	1400m: 18:44.46	1:20.75
	300m: 3:52.59	1:20.57	700m: 9:17.71	1:21.45	1100m: 14:40.56	1:20.34	1500m: 20:01.94	1:17.48
	400m: 5:13.67	1:21.08	800m: 10:38.53	1:20.82	1200m: 16:01.87	1:21.31		
14.	Jarmo van den Blink	De Houtrib	20:09.13	200100585	20:08.65			
	100m: 1:12.70	1:12.70	500m: 6:33.33	1:20.84	900m: 11:58.96	1:20.31	1300m: 17:28.06	1:22.33
	200m: 2:32.36	1:19.66	600m: 7:55.17	1:21.84	1000m: 13:21.61	1:22.65	1400m: 18:49.60	1:21.54
	300m: 3:51.78	1:19.42	700m: 9:16.91	1:21.74	1100m: 14:43.46	1:21.85	1500m: 20:08.65	1:19.05
	400m: 5:12.49	1:20.71	800m: 10:38.65	1:21.74	1200m: 16:05.73	1:22.27		
15.	Stefan Waalkens	De Houtrib	19:28.60	200100611	20:10.54			
	100m: 1:09.17	1:09.17	500m: 6:26.70	1:21.30	900m: 11:58.82	1:22.78	1300m: 17:29.12	1:22.85
	200m: 2:25.78	1:16.61	600m: 7:49.35	1:22.65	1000m: 13:22.70	1:23.88	1400m: 18:51.19	1:22.07
	300m: 3:44.72	1:18.94	700m: 9:12.10	1:22.75	1100m: 14:44.84	1:22.14	1500m: 20:10.54	1:19.35
	400m: 5:05.40	1:20.68	800m: 10:36.04	1:23.94	1200m: 16:06.27	1:21.43		
16.	Finn van Bommel	De Columbiaan	20:58.93	200103683	20:39.57			
	100m: 1:14.03	1:14.03	500m: 6:45.74	1:23.12	900m: 12:22.55	1:23.45	1300m: 17:56.49	1:22.53
	200m: 2:36.29	1:22.26	600m: 8:10.29	1:24.55	1000m: 13:46.14	1:23.59	1400m: 19:20.06	1:23.57
	300m: 3:59.43	1:23.14	700m: 9:34.85	1:24.56	1100m: 15:09.84	1:23.70	1500m: 20:39.57	1:19.51
	400m: 5:22.62	1:23.19	800m: 10:59.10	1:24.25	1200m: 16:33.96	1:24.12		





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 3
18-4-2015

Jongens, 1500m vrije slag

Junioren 3
Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-5-1994
Nederlands Record 15 jaar	16:18.40	Pieter van den Hoogenband	Den Bosch	14-5-1993
Kamp. Record Junioren 3	16:40.81	Maarten van der Weijden	Amersfoort	5-7-1996

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Niels Hofmeijer 400*	WS Twente	17:05.43	200000699	16:44.69			
	100m: 1:01.41	1:01.41	500m: 5:29.39	1:08.28	900m: 10:00.66	1:07.63	1300m: 14:33.41	1:08.15
	200m: 2:07.61	1:06.20	600m: 6:37.04	1:07.65	1000m: 11:08.95	1:08.29	1400m: 15:40.86	1:07.45
	300m: 3:13.96	1:06.35	700m: 7:44.79	1:07.75	1100m: 12:16.59	1:07.64	1500m: 16:44.69	1:03.83
	400m: 4:21.11	1:07.15	800m: 8:53.03	1:08.24	1200m: 13:25.26	1:08.67		
2.	Bernard Rivard	WVZ	17:16.66	200000045	17:29.47			
	100m: 1:04.43	1:04.43	500m: 5:42.01	1:09.61	900m: 10:24.22	1:10.77	1300m: 15:09.66	1:11.27
	200m: 2:13.49	1:09.06	600m: 6:52.14	1:10.13	1000m: 11:35.61	1:11.39	1400m: 16:20.58	1:10.92
	300m: 3:23.02	1:09.53	700m: 8:02.90	1:10.76	1100m: 12:47.10	1:11.49	1500m: 17:29.47	1:08.89
	400m: 4:32.40	1:09.38	800m: 9:13.45	1:10.55	1200m: 13:58.39	1:11.29		
3.	Martin Ruiter 200*,800*	De Houtrib	16:52.20	200001309	17:53.21			
	100m: 1:02.27	1:02.27	500m: 5:47.16	1:12.31	900m: 10:41.42	1:14.38	1300m: 15:34.49	1:13.46
	200m: 2:11.32	1:09.05	600m: 7:02.48	1:15.32	1000m: 11:57.42	1:16.00	1400m: 16:46.49	1:12.00
	300m: 3:22.99	1:11.67	700m: 8:16.04	1:13.56	1100m: 13:09.00	1:11.58	1500m: 17:53.21	1:06.72
	400m: 4:34.85	1:11.86	800m: 9:27.04	1:11.00	1200m: 14:21.03	1:12.03		
4.	Dennis Kamps	OZ&PC	18:23.23	200000191	17:54.80			
	100m: 1:06.72	1:06.72	500m: 5:59.61	1:13.48	900m: 10:54.15	1:12.26	1300m: 15:39.10	1:10.72
	200m: 2:19.52	1:12.80	600m: 7:13.17	1:13.56	1000m: 12:05.91	1:11.76	1400m: 16:49.87	1:10.77
	300m: 3:32.77	1:13.25	700m: 8:27.53	1:14.36	1100m: 13:17.15	1:11.24	1500m: 17:54.80	1:04.93
	400m: 4:46.13	1:13.36	800m: 9:41.89	1:14.36	1200m: 14:28.38	1:11.23		
5.	Olivier Jans	De Dolfijn	18:11.48	200001815	17:58.18			
	100m: 1:07.94	1:07.94	500m: 5:57.46	1:13.03	900m: 10:46.05	1:12.00	1300m: 15:36.18	1:12.74
	200m: 2:19.83	1:11.89	600m: 7:10.27	1:12.81	1000m: 11:58.43	1:12.38	1400m: 16:48.27	1:12.09
	300m: 3:31.90	1:12.07	700m: 8:22.80	1:12.53	1100m: 13:10.67	1:12.24	1500m: 17:58.18	1:09.91
	400m: 4:44.43	1:12.53	800m: 9:34.05	1:11.25	1200m: 14:23.44	1:12.77		
6.	Anne Schuurmans	WVZ	17:55.36	200003919	18:08.04			
	100m: 1:07.13	1:07.13	500m: 5:56.97	1:13.35	900m: 10:49.06	1:13.17	1300m: 15:43.41	1:14.17
	200m: 2:19.10	1:11.97	600m: 7:09.92	1:12.95	1000m: 12:02.23	1:13.17	1400m: 16:57.20	1:13.79
	300m: 3:31.21	1:12.11	700m: 8:23.46	1:13.54	1100m: 13:15.59	1:13.36	1500m: 18:08.04	1:10.84
	400m: 4:43.62	1:12.41	800m: 9:35.89	1:12.43	1200m: 14:29.24	1:13.65		
7.	Freek-Jan Melse	DZ&PC	17:59.78	200000235	18:10.24			
	100m: 1:07.51	1:07.51	500m: 5:58.73	1:13.42	900m: 10:52.91	1:13.79	1300m: 15:49.24	1:14.36
	200m: 2:19.89	1:12.38	600m: 7:11.75	1:13.02	1000m: 12:06.88	1:13.97	1400m: 17:01.50	1:12.26
	300m: 3:32.22	1:12.33	700m: 8:25.20	1:13.45	1100m: 13:20.29	1:13.41	1500m: 18:10.24	1:08.74
	400m: 4:45.31	1:13.09	800m: 9:39.12	1:13.92	1200m: 14:34.88	1:14.59		
8.	Koendert Kellner	DZ&PC	18:27.24	200000237	18:27.68			
	100m: 1:09.84	1:09.84	500m: 6:07.55	1:15.24	900m: 11:03.35	1:13.97	1300m: 16:00.42	1:13.69
	200m: 2:23.30	1:13.46	600m: 7:20.67	1:13.12	1000m: 12:17.40	1:14.05	1400m: 17:14.83	1:14.41
	300m: 3:37.72	1:14.42	700m: 8:34.78	1:14.11	1100m: 13:31.65	1:14.25	1500m: 18:27.68	1:12.85
	400m: 4:52.31	1:14.59	800m: 9:49.38	1:14.60	1200m: 14:46.73	1:15.08		





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 4
18-4-2015

Jongens, 1500m vrije slag

Junioren 4
Resultaten

Nederlands Record Junioren	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-5-1994
Nederlands Record 16 jaar	16:02.56	Pieter van den Hoogenband	Nanterre (FRA)	15-5-1994
Kamp. Record Junioren 4	16:23.70	Pieter van den Hoogenband	Eindhoven	1-7-1994

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Jens Krijgsman 400*	De Columbiaan	17:23.80	199901429	17:19.59 *			
	100m: 1:01.48	1:01.48	500m: 5:37.63	1:11.23	900m: 10:21.30	1:10.92	1400m: 16:12.52	1:09.19
	200m: 2:08.87	1:07.39	600m: 6:48.30	1:10.67	1000m: 11:32.48	1:11.18	1500m: 17:19.59	1:07.07
	300m: 3:17.07	1:08.20	700m: 7:59.08	1:10.78	1200m: 13:53.18	2:20.70		
	400m: 4:26.40	1:09.33	800m: 9:10.38	1:11.30	1300m: 15:03.33	1:10.15		
2.	Jorian Tanis	De Schotelijl	17:50.72	199900327	17:35.92			
	100m: 1:04.78	1:04.78	500m: 5:50.31	1:11.51	900m: 10:35.36	1:10.22	1300m: 15:19.58	1:10.82
	200m: 2:14.79	1:10.01	600m: 7:02.40	1:12.09	1000m: 11:46.54	1:11.18	1400m: 16:29.30	1:09.72
	300m: 3:26.81	1:12.02	700m: 8:14.36	1:11.96	1100m: 12:57.86	1:11.32	1500m: 17:35.92	1:06.62
	400m: 4:38.80	1:11.99	800m: 9:25.14	1:10.78	1200m: 14:08.76	1:10.90		
3.	Ruben Griffioen	De Columbiaan	17:43.38	199900771	17:42.66			
	100m: 1:03.29	1:03.29	500m: 5:44.15	1:11.55	900m: 10:32.19	1:12.18	1300m: 15:20.20	1:12.86
	200m: 2:11.63	1:08.34	600m: 6:56.04	1:11.89	1000m: 11:43.32	1:11.13	1400m: 16:32.75	1:12.55
	300m: 3:21.89	1:10.26	700m: 8:08.30	1:12.26	1100m: 12:55.18	1:11.86	1500m: 17:42.66	1:09.91
	400m: 4:32.60	1:10.71	800m: 9:20.01	1:11.71	1200m: 14:07.34	1:12.16		
4.	Thijs Molendijk	VZC-E&P	17:17.49	199900477	17:47.43			
	100m: 1:05.83	1:05.83	500m: 5:50.64	1:11.78	900m: 10:36.42	1:10.85	1300m: 15:24.99	1:12.33
	200m: 2:16.00	1:10.17	600m: 7:02.48	1:11.84	1000m: 11:48.36	1:11.94	1400m: 16:37.80	1:12.81
	300m: 3:27.12	1:11.12	700m: 8:13.75	1:11.27	1100m: 13:00.59	1:12.23	1500m: 17:47.43	1:09.63
	400m: 4:38.86	1:11.74	800m: 9:25.57	1:11.82	1200m: 14:12.66	1:12.07		
5.	Joris Bezemer	De Kempvis	17:56.23	199900527	17:48.46			
	100m: 1:08.72	1:08.72	500m: 5:55.01	1:10.90	900m: 10:41.46	1:10.98	1300m: 15:28.53	1:12.02
	200m: 2:20.50	1:11.78	600m: 7:07.27	1:12.26	1000m: 11:53.14	1:11.68	1400m: 16:40.85	1:12.32
	300m: 3:31.94	1:11.44	700m: 8:19.03	1:11.76	1100m: 13:04.48	1:11.34	1500m: 17:48.46	1:07.61
	400m: 4:44.11	1:12.17	800m: 9:30.48	1:11.45	1200m: 14:16.51	1:12.03		
6.	Thomas van Ekert	Nuenen	18:00.48	199901917	18:10.48			
	100m: 1:07.21	1:07.21	500m: 5:58.23	1:13.21	900m: 10:50.33	1:12.55	1300m: 15:42.29	1:12.18
	200m: 2:19.73	1:12.52	600m: 7:11.30	1:13.07	1000m: 12:03.85	1:13.52	1400m: 16:56.71	1:14.42
	300m: 3:32.66	1:12.93	700m: 8:24.28	1:12.98	1100m: 13:17.04	1:13.19	1500m: 18:10.48	1:13.77
	400m: 4:45.02	1:12.36	800m: 9:37.78	1:13.50	1200m: 14:30.11	1:13.07		





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 5
18-4-2015

Meisjes, 800m vrije slag

Junioren 1
Resultaten

Nederlands Record Junioren	8:56.79	Esmee Vermeulen	Amsterdam	27-3-2010
Nederlands Record 12 jaar	9:17.77	Niamh Hofland	Corby (GBR)	19-12-2014
Kamp. Record Junioren 1	9:48.43	Janina Beckers	Drachten	25-4-2010

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Demi van Hulst	Kimbria	10:37.07	200300140	10:18.80		
	100m: 1:15.97	300m: 3:50.81	500m: 6:26.87	700m: 9:03.38	1:18.69		
	200m: 2:32.89	400m: 5:08.93	600m: 7:44.69	800m: 10:18.80	1:15.42		
2.	Eva Geilenkirchen	Racing Club	11:03.33	200302834	10:22.66		
	100m: 1:09.55	300m: 3:47.89	500m: 6:27.75	700m: 9:06.67	1:19.42		
	200m: 2:28.63	400m: 5:07.76	600m: 7:47.25	800m: 10:22.66	1:15.99		
3.	Britta Koehorst	De Lansingh	10:33.00	200300246	10:23.59		
	100m: 1:12.67	300m: 3:54.78	500m: 6:34.94	700m: 9:10.26	1:16.25		
	200m: 2:33.71	400m: 5:14.79	600m: 7:54.01	800m: 10:23.59	1:13.33		
4.	Anisa Groenescheij	LZ 1886	10:39.13	200300788	10:29.20		
	100m: 1:09.81	300m: 3:48.56	500m: 6:30.49	700m: 9:10.82	1:19.18		
	200m: 2:28.45	400m: 5:09.61	600m: 7:51.64	800m: 10:29.20	1:18.38		
5.	Imke Beekman	HGN (SG)	10:41.25	200301950	10:36.89		
	100m: 1:13.59	300m: 3:54.12	500m: 6:36.98	700m: 9:19.76	1:21.18		
	200m: 2:33.75	400m: 5:15.66	600m: 7:58.58	800m: 10:36.89	1:17.13		
6.	Lindsey Berghuis	ZVZ	10:59.17	200300104	10:43.42		
	100m: 1:12.24	300m: 3:53.30	500m: 6:38.43	700m: 9:24.78	1:23.06		
	200m: 2:32.25	400m: 5:15.24	600m: 8:01.72	800m: 10:43.42	1:18.64		
7.	Megan de Hoog	SCOM/De Zeehond'73 (SG)	11:04.96	200300214	10:46.96		
	100m: 1:13.14	300m: 3:55.59	500m: 6:40.95	700m: 9:27.11	1:22.97		
	200m: 2:33.73	400m: 5:17.62	600m: 8:04.14	800m: 10:46.96	1:19.85		
8.	Suze Kuipers	Orca	10:37.04	200301714	10:52.95		
	100m: 1:14.44	300m: 3:59.91	500m: 6:48.17	700m: 9:35.88	1:23.76		
	200m: 2:35.85	400m: 5:23.45	600m: 8:12.12	800m: 10:52.95	1:17.07		
9.	Judith Houtvast	HGN (SG)	11:27.34	200300714	11:04.20		
	100*,400*	300m: 4:09.60	500m: 7:01.17	700m: 9:47.60	1:22.48		
	100m: 1:19.10	400m: 5:35.35	600m: 8:25.12	800m: 11:04.20	1:16.60		
10.	Iris van Duijse	ZV De Zaan	11:07.07	200300322	11:14.42		
	100m: 1:16.73	300m: 4:05.29	500m: 6:57.52	700m: 9:50.41	1:26.76		
	200m: 2:40.14	400m: 5:30.97	600m: 8:23.65	800m: 11:14.42	1:24.01		
11.	Maaïke Issard	De Houtrib	11:27.87	200300022	11:15.37		
	100m: 1:16.70	300m: 4:06.19	500m: 6:59.43	700m: 9:52.74	1:26.58		
	200m: 2:40.55	400m: 5:32.30	600m: 8:26.16	800m: 11:15.37	1:22.63		
12.	Kim de Jong	LZ 1886	11:22.32	200301026	11:16.15		
	100m: 1:16.93	300m: 4:07.66	500m: 6:59.94	700m: 9:52.39	1:26.13		
	200m: 2:41.87	400m: 5:33.87	600m: 8:26.26	800m: 11:16.15	1:23.76		
13.	Annemiek Huijsmans	VZC-E&P	10:44.17	200300028	11:17.55		
	100m: 1:16.70	300m: 4:05.62	500m: 6:57.52	700m: 9:51.54	1:27.32		
	200m: 2:40.92	400m: 5:31.02	600m: 8:24.22	800m: 11:17.55	1:26.01		
14.	Mila Geul	Aqua-Novio'94	11:24.53	200300154	11:18.83 *		
	100m: 1:15.92	300m: 4:05.10	500m: 7:02.26	700m: 9:57.66	1:27.37		
	200m: 2:39.06	400m: 5:33.98	600m: 8:30.29	800m: 11:18.83	1:21.17		
15.	Amy Koelman	De Columbiaan	11:32.20	200300922	11:34.06		
	100m: 1:18.76	300m: 4:13.60	500m: 7:12.39	700m: 10:10.30	1:28.93		
	200m: 2:45.67	400m: 5:42.62	600m: 8:41.37	800m: 11:34.06	1:23.76		
16.	Daphne Zoetekouw	SCOM/De Zeehond'73 (SG)	12:07.67	200301750	12:51.63 *		
	100*,200*,400*	300m: 4:35.13	500m: 7:55.68	700m: 11:12.39	1:36.80		
	100m: 1:24.22	400m: 6:15.12	600m: 9:35.59	800m: 12:51.63	1:39.24		
	200m: 2:58.99						





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 6
18-4-2015

Meisjes, 800m vrije slag

Junioren 2
Resultaten

Nederlands Record Junioren	8:56.79	Esmee Vermeulen	Amsterdam	27-3-2010
Nederlands Record 13 jaar	9:01.19	Esmee Vermeulen	Eindhoven	27-11-2009
Kamp. Record Junioren 2	9:17.78	Esmee Vermeulen	Dordrecht	26-4-2009

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Sophie de Jonge	WVZ	9:46.99	200200118	9:36.48		
	100m: 1:05.35	300m: 3:29.33	500m: 5:56.51	1:13.84	700m: 8:23.98	1:13.72	
	200m: 2:17.00	400m: 4:42.67	600m: 7:10.26	1:13.75	800m: 9:36.48	1:12.50	
2.	Imani de Jong	ZPCH	10:19.46	200200464	9:48.41		
	100m: 1:07.04	300m: 3:33.69	500m: 6:04.22	1:15.56	700m: 8:35.12	1:15.04	
	200m: 2:19.78	400m: 4:48.66	600m: 7:20.08	1:15.86	800m: 9:48.41	1:13.29	
3.	Samantha van Vuure	De Dolfijn	10:14.96	200200230	10:13.10		
	100m: 1:09.36	300m: 3:44.92	500m: 6:21.36	1:18.87	700m: 8:58.08	1:18.57	
	200m: 2:26.47	400m: 5:02.49	600m: 7:39.51	1:18.15	800m: 10:13.10	1:15.02	
4.	Iris Dijkstra	HGN (SG)	10:15.67	200201766	10:21.15		
	100m: 1:14.52	300m: 3:49.20	500m: 6:27.35	1:19.04	700m: 9:05.97	1:18.95	
	200m: 2:31.90	400m: 5:08.31	600m: 7:47.02	1:19.67	800m: 10:21.15	1:15.18	
5.	Lindsey de Harde 200*	VZC-E&P	10:20.89	200200098	10:30.18		
	100m: 1:14.60	300m: 3:55.64	500m: 6:34.65	1:19.54	700m: 9:13.25	1:19.06	
	200m: 2:35.55	400m: 5:15.11	600m: 7:54.19	1:19.54	800m: 10:30.18	1:16.93	
6.	Anne Paulusse 200*,400*	De Warande	10:23.86	200200834	10:32.32		
	100m: 1:15.09	300m: 3:52.01	500m: 6:31.99	1:20.35	700m: 9:14.08	1:21.55	
	200m: 2:32.96	400m: 5:11.64	600m: 7:52.53	1:20.54	800m: 10:32.32	1:18.24	
7.	Céline Fouzaï	De Dolfijn	10:47.65	200202750	10:33.06		
	100m: 1:15.37	300m: 3:56.41	500m: 6:37.70	1:20.63	700m: 9:17.13	1:19.38	
	200m: 2:35.71	400m: 5:17.07	600m: 7:57.75	1:20.05	800m: 10:33.06	1:15.93	
8.	Roos Englebert	Hieronymus	10:49.21	200200606	10:47.14		
	100m: 1:16.52	300m: 3:59.37	500m: 6:43.67	1:24.59	700m: 9:29.94	1:23.31	
	200m: 2:36.63	400m: 5:19.08	600m: 8:06.63	1:22.96	800m: 10:47.14	1:17.20	





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 7
18-4-2015

Meisjes, 800m vrije slag

Junioren 3
Resultaten

Nederlands Record Junioren	8:56.79	Esmee Vermeulen	Amsterdam	27-3-2010
Nederlands Record 14 jaar	8:54.52	Sharon van Rouwendaal	Montpellier (FRA)	23-11-2007
Kamp. Record Junioren 3	9:11.81	Esmee Vermeulen	Drachten	25-4-2010

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
1.	Anne Dickens	SBC2000	10:09.98	200100734	9:58.61		
	100m: 1:10.63	300m: 3:43.34	500m: 6:16.02	1:16.17	700m: 8:47.20	1:15.02	
	200m: 2:26.69	400m: 4:59.85	600m: 7:32.18	1:16.16	800m: 9:58.61	1:11.41	
2.	Sanne Heemskerck	LZ 1886	10:22.60	200100600	9:58.83		
	100m: 1:07.98	300m: 3:39.37	500m: 6:13.68	1:17.50	700m: 8:47.11	1:16.06	
	200m: 2:23.36	400m: 4:56.18	600m: 7:31.05	1:17.37	800m: 9:58.83	1:11.72	
3.	Sanne Barten	Aquarijn	10:10.34	200101282	9:58.98		
	100m: 1:11.05	300m: 3:44.67	500m: 6:16.86	1:15.92	700m: 8:47.59	1:15.12	
	200m: 2:27.77	400m: 5:00.94	600m: 7:32.47	1:15.61	800m: 9:58.98	1:11.39	
4.	Inge Vieveen	WVZ	10:03.60	200100024	10:00.11		
	100m: 1:09.71	300m: 3:40.52	500m: 6:12.68	1:16.17	700m: 8:46.20	1:16.89	
	200m: 2:24.57	400m: 4:56.51	600m: 7:29.31	1:16.63	800m: 10:00.11	1:13.91	
5.	Eva Willebrands	Orca	10:31.37	200101510	10:05.51		
	100m: 1:11.09	300m: 3:43.33	500m: 6:17.76	1:17.74	700m: 8:52.20	1:18.49	
	200m: 2:26.86	400m: 5:00.02	600m: 7:33.71	1:15.95	800m: 10:05.51	1:13.31	
6.	Kaylin Stel	De Dolfijn	10:15.18	200100290	10:05.96		
	100m: 1:10.50	300m: 3:43.64	500m: 6:18.82	1:17.75	700m: 8:53.56	1:17.07	
	200m: 2:26.50	400m: 5:01.07	600m: 7:36.49	1:17.67	800m: 10:05.96	1:12.40	
7.	Mathilde Stolmeijer	ZPC De Hof	10:14.58	200100590	10:07.24		
	100m: 1:10.55	300m: 3:43.21	500m: 6:18.08	1:17.75	700m: 8:53.06	1:16.92	
	200m: 2:26.91	400m: 5:00.33	600m: 7:36.14	1:18.06	800m: 10:07.24	1:14.18	
8.	Giulia Corsi	De Columbiaan	10:32.14	200100468	10:27.77		
	100m: 1:14.75	300m: 3:56.28	500m: 6:37.20	1:20.43	700m: 9:14.42	1:18.27	
	200m: 2:36.26	400m: 5:16.77	600m: 7:56.15	1:18.95	800m: 10:27.77	1:13.35	





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 8
18-4-2015

Meisjes, 5000m vrije slag

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Marieke Tienstra	RTC Drachten	23:02.71	199900302	1:01:23.07			
	<i>Nederlands Record Jeugd, 100*,200*,400*,800*,1500*</i>							
	100m: 1:09.70	1:09.70	1400m: 16:58.05	1:12.94	2700m: 32:55.52	1:14.70	4000m: 49:05.89	1:13.91
	200m: 2:22.83	1:13.13	1500m: 18:11.60	1:13.55	2800m: 34:10.19	1:14.67	4100m: 50:19.11	1:13.22
	300m: 3:36.44	1:13.61	1600m: 19:25.25	1:13.65	2900m: 35:25.19	1:15.00	4200m: 51:32.20	1:13.09
	400m: 4:49.60	1:13.16	1700m: 20:39.41	1:14.16	3000m: 36:37.85	1:12.66	4300m: 52:46.06	1:13.86
	500m: 6:02.80	1:13.20	1800m: 21:52.91	1:13.50	3100m: 37:52.34	1:14.49	4400m: 53:59.60	1:13.54
	600m: 7:15.92	1:13.12	1900m: 23:06.20	1:13.29	3200m: 39:07.20	1:14.86	4500m: 55:14.28	1:14.68
	700m: 8:28.98	1:13.06	2000m: 24:19.01	1:12.81	3300m: 40:22.49	1:15.29	4600m: 56:29.10	1:14.82
	800m: 9:41.61	1:12.63	2100m: 25:31.80	1:12.79	3400m: 41:37.32	1:14.83	4700m: 57:43.41	1:14.31
	900m: 10:54.36	1:12.75	2200m: 26:45.28	1:13.48	3500m: 42:52.58	1:15.26	4800m: 58:57.48	1:14.07
	1000m: 12:07.10	1:12.74	2300m: 27:59.29	1:14.01	3600m: 44:07.70	1:15.12	4900m: 1:00:11.46	1:13.98
	1100m: 13:19.52	1:12.42	2400m: 29:13.14	1:13.85	3700m: 45:22.19	1:14.49	5000m: 1:01:23.07	1:11.61
	1200m: 14:32.10	1:12.58	2500m: 30:26.46	1:13.32	3800m: 46:37.01	1:14.82		
	1300m: 15:45.11	1:13.01	2600m: 31:40.82	1:14.36	3900m: 47:51.98	1:14.97		
2.	Annemarie Meijer	De Duck	24:42.56	199900964	1:05:27.35			
	<i>100*,200*,400*,800*,1500*</i>							
	100m: 1:10.86	1:10.86	1400m: 17:37.42	1:17.01	2700m: 34:32.89	1:18.61	4000m: 51:44.79	1:20.38
	200m: 2:25.28	1:14.42	1500m: 18:55.33	1:17.91	2800m: 35:51.82	1:18.93	4100m: 53:05.73	1:20.94
	300m: 3:40.47	1:15.19	1600m: 20:12.97	1:17.64	2900m: 37:10.72	1:18.90	4200m: 54:26.73	1:21.00
	400m: 4:55.80	1:15.33	1700m: 21:31.39	1:18.42	3000m: 38:28.80	1:18.08	4300m: 55:48.62	1:21.89
	500m: 6:11.32	1:15.52	1800m: 22:49.56	1:18.17	3100m: 39:47.54	1:18.74	4400m: 57:11.78	1:23.16
	600m: 7:26.96	1:15.64	1900m: 24:07.99	1:18.43	3200m: 41:06.40	1:18.86	4500m: 58:34.86	1:23.08
	700m: 8:43.06	1:16.10	2000m: 25:26.40	1:18.41	3300m: 42:24.57	1:18.17	4600m: 59:58.03	1:23.17
	800m: 9:58.67	1:15.61	2100m: 26:45.04	1:18.64	3400m: 43:44.05	1:19.48	4700m: 1:01:21.40	1:23.37
	900m: 11:14.95	1:16.28	2200m: 28:02.43	1:17.39	3500m: 45:03.01	1:18.96	4800m: 1:02:45.59	1:24.19
	1000m: 12:31.25	1:16.30	2300m: 29:21.42	1:18.99	3600m: 46:22.54	1:19.53	4900m: 1:04:07.81	1:22.22
	1100m: 13:47.15	1:15.90	2400m: 30:39.25	1:17.83	3700m: 47:43.21	1:20.67	5000m: 1:05:27.35	1:19.54
	1200m: 15:04.36	1:17.21	2500m: 31:56.26	1:17.01	3800m: 49:02.91	1:19.70		
	1300m: 16:20.41	1:16.05	2600m: 33:14.28	1:18.02	3900m: 50:24.41	1:21.50		
3.	Gaetane Demyttenaere	DES	26:15.27	199905018	1:09:01.51			
	<i>100*,200*,400*,1500*</i>							
	100m: 1:18.97	1:18.97	1400m: 19:31.19	1:23.76	2700m: 37:36.10	1:23.00	4000m: 55:22.80	1:21.33
	200m: 2:43.74	1:24.77	1500m: 20:54.97	1:23.78	2800m: 38:59.02	1:22.92	4100m: 56:44.41	1:21.61
	300m: 4:08.10	1:24.36	1600m: 22:18.82	1:23.85	2900m: 40:21.29	1:22.27	4200m: 58:07.63	1:23.22
	400m: 5:32.12	1:24.02	1700m: 23:43.25	1:24.43	3000m: 41:43.93	1:22.64	4300m: 59:29.67	1:22.04
	500m: 6:56.25	1:24.13	1800m: 25:07.41	1:24.16	3100m: 43:06.49	1:22.56	4400m: 1:00:51.04	1:21.37
	600m: 8:20.09	1:23.84	1900m: 26:31.60	1:24.19	3200m: 44:28.66	1:22.17	4500m: 1:02:12.38	1:21.34
	700m: 9:43.80	1:23.71	2000m: 27:55.66	1:24.06	3300m: 45:50.82	1:22.16	4600m: 1:03:34.07	1:21.69
	800m: 11:07.80	1:24.00	2100m: 29:19.63	1:23.97	3400m: 47:12.91	1:22.09	4700m: 1:04:56.91	1:22.84
	900m: 12:31.32	1:23.52	2200m: 30:42.58	1:22.95	3500m: 48:34.57	1:21.66	4800m: 1:06:18.52	1:21.61
	1000m: 13:55.17	1:23.85	2300m: 32:05.46	1:22.88	3600m: 49:56.61	1:22.04	4900m: 1:07:40.72	1:22.20
	1100m: 15:19.01	1:23.84	2400m: 33:28.14	1:22.68	3700m: 51:18.07	1:21.46	5000m: 1:09:01.51	1:20.79
	1200m: 16:42.74	1:23.73	2500m: 34:50.79	1:22.65	3800m: 52:39.58	1:21.51		
	1300m: 18:07.43	1:24.69	2600m: 36:13.10	1:22.31	3900m: 54:01.47	1:21.89		
4.	Michelle Zomerdijk	Dedemsvaart-AC	25:58.41	200003196	1:10:59.74			
	<i>200*,400*,800*,1500*</i>							
	100m: 1:16.26	1:16.26	1400m: 19:06.33	1:21.94	2700m: 37:18.69	1:25.40	4000m: 56:11.82	1:29.23
	200m: 2:37.92	1:21.66	1500m: 20:28.83	1:22.50	2800m: 38:44.30	1:25.61	4100m: 57:40.14	1:28.32
	300m: 4:00.52	1:22.60	1600m: 21:51.27	1:22.44	2900m: 40:10.60	1:26.30	4200m: 59:09.32	1:29.18
	400m: 5:23.39	1:22.87	1700m: 23:14.30	1:23.03	3000m: 41:36.92	1:26.32	4300m: 1:00:38.73	1:29.41
	500m: 6:46.01	1:22.62	1800m: 24:37.21	1:22.91	3100m: 43:02.42	1:25.50	4400m: 1:02:07.99	1:29.26
	600m: 8:08.97	1:22.96	1900m: 26:01.53	1:24.32	3200m: 44:29.19	1:26.77	4500m: 1:03:38.08	1:30.09
	700m: 9:31.73	1:22.76	2000m: 27:25.60	1:24.07	3300m: 45:55.67	1:26.48	4600m: 1:05:07.73	1:29.65
	800m: 10:53.59	1:21.86	2100m: 28:49.21	1:23.61	3400m: 47:22.18	1:26.51	4700m: 1:06:36.79	1:29.06
	900m: 12:15.99	1:22.40	2200m: 30:13.49	1:24.28	3500m: 48:49.42	1:27.24	4800m: 1:08:06.23	1:29.44
	1000m: 13:38.63	1:22.64	2300m: 31:37.80	1:24.31	3600m: 50:17.42	1:28.00	4900m: 1:09:33.33	1:27.10
	1100m: 15:00.69	1:22.06	2400m: 33:02.42	1:24.62	3700m: 51:45.60	1:28.18	5000m: 1:10:59.74	1:26.41
	1200m: 16:22.49	1:21.80	2500m: 34:27.79	1:25.37	3800m: 53:14.49	1:28.89		
	1300m: 17:44.39	1:21.90	2600m: 35:53.29	1:25.50	3900m: 54:42.59	1:28.10		

Programmanr. 8
18-4-2015

Dames, 5000m vrije slag

all-in
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau
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NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 8, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Leonie van Noort	WVZ	23:05.72	199301752	59:23.72			
	800*, 1500							
	100m: 1:10.08	1:10.08	1400m: 16:58.17	1:12.97	2700m: 32:32.05	1:09.94	4000m: 47:42.08	1:10.25
	200m: 2:23.26	1:13.18	1500m: 18:11.78	1:13.61	2800m: 33:41.60	1:09.55	4100m: 48:53.20	1:11.12
	300m: 3:36.63	1:13.37	1600m: 19:25.27	1:13.49	2900m: 34:51.23	1:09.63	4200m: 50:04.14	1:10.94
	400m: 4:49.91	1:13.28	1700m: 20:39.41	1:14.14	3000m: 36:01.02	1:09.79	4300m: 51:14.26	1:10.12
	500m: 6:02.92	1:13.01	1800m: 21:53.01	1:13.60	3100m: 37:11.05	1:10.03	4400m: 52:24.82	1:10.56
	600m: 7:15.96	1:13.04	1900m: 23:06.08	1:13.07	3200m: 38:20.78	1:09.73	4500m: 53:34.85	1:10.03
	700m: 8:29.02	1:13.06	2000m: 24:18.63	1:12.55	3300m: 39:30.97	1:10.19	4600m: 54:45.75	1:10.90
	800m: 9:41.38	1:12.36	2100m: 25:30.70	1:12.07	3400m: 40:40.70	1:09.73	4700m: 55:56.08	1:10.33
	900m: 10:54.47	1:13.09	2200m: 26:41.39	1:10.69	3500m: 41:50.50	1:09.80	4800m: 57:06.00	1:09.92
	1000m: 12:07.07	1:12.60	2300m: 27:51.71	1:10.32	3600m: 43:00.77	1:10.27	4900m: 58:15.44	1:09.44
	1100m: 13:19.55	1:12.48	2400m: 29:02.29	1:10.58	3700m: 44:10.95	1:10.18	5000m: 59:23.72	1:08.28
	1200m: 14:32.01	1:12.46	2500m: 30:12.26	1:09.97	3800m: 45:20.94	1:09.99		
	1300m: 15:45.20	1:13.19	2600m: 31:22.11	1:09.85	3900m: 46:31.83	1:10.89		
2.	Marieke Tienstra	RTC Drachten	23:02.71	199900302	1:01:23.07			
	Nederlands Record Jeugd, 100*,200*,400*,800*,1500*							
	100m: 1:09.70	1:09.70	1400m: 16:58.05	1:12.94	2700m: 32:55.52	1:14.70	4000m: 49:05.89	1:13.91
	200m: 2:22.83	1:13.13	1500m: 18:11.60	1:13.55	2800m: 34:10.19	1:14.67	4100m: 50:19.11	1:13.22
	300m: 3:36.44	1:13.61	1600m: 19:25.25	1:13.65	2900m: 35:25.19	1:15.00	4200m: 51:32.20	1:13.09
	400m: 4:49.60	1:13.16	1700m: 20:39.41	1:14.16	3000m: 36:37.85	1:12.66	4300m: 52:46.06	1:13.86
	500m: 6:02.80	1:13.20	1800m: 21:52.91	1:13.50	3100m: 37:52.34	1:14.49	4400m: 53:59.60	1:13.54
	600m: 7:15.92	1:13.12	1900m: 23:06.20	1:13.29	3200m: 39:07.20	1:14.86	4500m: 55:14.28	1:14.68
	700m: 8:28.98	1:13.06	2000m: 24:19.01	1:12.81	3300m: 40:22.49	1:15.29	4600m: 56:29.10	1:14.82
	800m: 9:41.61	1:12.63	2100m: 25:31.80	1:12.79	3400m: 41:37.32	1:14.83	4700m: 57:43.41	1:14.31
	900m: 10:54.36	1:12.75	2200m: 26:45.28	1:13.48	3500m: 42:52.58	1:15.26	4800m: 58:57.48	1:14.07
	1000m: 12:07.10	1:12.74	2300m: 27:59.29	1:14.01	3600m: 44:07.70	1:15.12	4900m: 1:00:11.46	1:13.98
	1100m: 13:19.52	1:12.42	2400m: 29:13.14	1:13.85	3700m: 45:22.19	1:14.49	5000m: 1:01:23.07	1:11.61
	1200m: 14:32.10	1:12.58	2500m: 30:26.46	1:13.32	3800m: 46:37.01	1:14.82		
	1300m: 15:45.11	1:13.01	2600m: 31:40.82	1:14.36	3900m: 47:51.98	1:14.97		
3.	Evelien van Ruiten	Orca	23:33.82	199602924	1:01:34.41			
	100*,200*,400*,800*,1500*							
	100m: 1:09.79	1:09.79	1400m: 16:58.26	1:12.91	2700m: 32:55.46	1:14.53	4000m: 49:06.85	1:14.66
	200m: 2:22.86	1:13.07	1500m: 18:11.80	1:13.54	2800m: 34:10.39	1:14.93	4100m: 50:21.12	1:14.27
	300m: 3:36.55	1:13.69	1600m: 19:25.37	1:13.57	2900m: 35:24.82	1:14.43	4200m: 51:36.54	1:15.42
	400m: 4:49.79	1:13.24	1700m: 20:39.58	1:14.21	3000m: 36:37.70	1:12.88	4300m: 52:52.03	1:15.49
	500m: 6:02.80	1:13.01	1800m: 21:52.97	1:13.39	3100m: 37:52.41	1:14.71	4400m: 54:07.60	1:15.57
	600m: 7:15.97	1:13.17	1900m: 23:06.24	1:13.27	3200m: 39:07.22	1:14.81	4500m: 55:23.56	1:15.96
	700m: 8:28.95	1:12.98	2000m: 24:19.12	1:12.88	3300m: 40:22.51	1:15.29	4600m: 56:39.35	1:15.79
	800m: 9:41.78	1:12.83	2100m: 25:31.69	1:12.57	3400m: 41:37.61	1:15.10	4700m: 57:55.08	1:15.73
	900m: 10:54.49	1:12.71	2200m: 26:45.29	1:13.60	3500m: 42:52.89	1:15.28	4800m: 59:08.83	1:13.75
	1000m: 12:07.29	1:12.80	2300m: 27:59.55	1:14.26	3600m: 44:07.33	1:14.44	4900m: 1:00:22.19	1:13.36
	1100m: 13:19.69	1:12.40	2400m: 29:12.91	1:13.36	3700m: 45:22.45	1:15.12	5000m: 1:01:34.41	1:12.22
	1200m: 14:32.33	1:12.64	2500m: 30:26.40	1:13.49	3800m: 46:37.45	1:15.00		
	1300m: 15:45.35	1:13.02	2600m: 31:40.93	1:14.53	3900m: 47:52.19	1:14.74		
4.	Serena Stel	De Dolfijn	23:53.36	199801528	1:01:58.10			
	100*,200*,400*,800*,1500*							
	100m: 1:10.06	1:10.06	1400m: 17:03.94	1:13.32	2700m: 33:05.25	1:14.88	4000m: 49:21.50	1:15.88
	200m: 2:23.25	1:13.19	1500m: 18:17.12	1:13.18	2800m: 34:20.00	1:14.75	4100m: 50:37.37	1:15.87
	300m: 3:36.75	1:13.50	1600m: 19:31.06	1:13.94	2900m: 35:34.31	1:14.31	4200m: 51:52.82	1:15.45
	400m: 4:50.00	1:13.25	1700m: 20:45.00	1:13.94	3000m: 36:49.00	1:14.69	4300m: 53:08.25	1:15.43
	500m: 6:03.19	1:13.19	1800m: 21:57.87	1:12.87	3100m: 38:03.69	1:14.69	4400m: 54:23.81	1:15.56
	600m: 7:16.62	1:13.43	1900m: 23:11.62	1:13.75	3200m: 39:18.81	1:15.12	4500m: 55:40.06	1:16.25
	700m: 8:29.56	1:12.94	2000m: 24:25.75	1:14.13	3300m: 40:33.37	1:14.56	4600m: 56:56.37	1:16.31
	800m: 9:42.81	1:13.25	2100m: 25:39.81	1:14.06	3400m: 41:49.00	1:15.63	4700m: 58:12.69	1:16.32
	900m: 10:55.94	1:13.13	2200m: 26:53.44	1:13.63	3500m: 43:03.87	1:14.87	4800m: 59:27.81	1:15.12
	1000m: 12:09.50	1:13.56	2300m: 28:07.87	1:14.43	3600m: 44:19.31	1:15.44	4900m: 1:00:42.00	1:14.19
	1100m: 13:23.62	1:14.12	2400m: 29:21.87	1:14.00	3700m: 45:34.75	1:15.44	5000m: 1:01:58.10	1:16.10
	1200m: 14:36.81	1:13.19	2500m: 30:36.19	1:14.32	3800m: 46:50.25	1:15.50		
	1300m: 15:50.62	1:13.81	2600m: 31:50.37	1:14.18	3900m: 48:05.62	1:15.37		
5.	Noa Oldenhof	De Dolfijn	24:04.86	199700622	1:03:53.72			
	100m: 1:11.42	1:11.42	1400m: 17:39.52	1:16.24	2700m: 34:10.47	1:16.46	4000m: 50:53.37	1:17.93
	200m: 2:26.44	1:15.02	1500m: 18:55.15	1:15.63	2800m: 35:26.84	1:16.37	4100m: 52:11.39	1:18.02
	300m: 3:42.02	1:15.58	1600m: 20:11.68	1:16.53	2900m: 36:43.11	1:16.27	4200m: 53:29.65	1:18.26
	400m: 4:58.09	1:16.07	1700m: 21:28.09	1:16.41	3000m: 37:59.72	1:16.61	4300m: 54:47.56	1:17.91
	500m: 6:14.01	1:15.92	1800m: 22:44.59	1:16.50	3100m: 39:16.58	1:16.86	4400m: 56:05.70	1:18.14
	600m: 7:30.54	1:16.53	1900m: 24:01.56	1:16.97	3200m: 40:33.53	1:16.95	4500m: 57:24.22	1:18.52
	700m: 8:46.85	1:16.31	2000m: 25:17.86	1:16.30	3300m: 41:50.50	1:16.97	4600m: 58:42.66	1:18.44
	800m: 10:02.99	1:16.14	2100m: 26:34.60	1:16.74	3400m: 43:07.97	1:17.47	4700m: 1:00:01.00	1:18.34
	900m: 11:19.09	1:16.10	2200m: 27:50.36	1:15.76	3500m: 44:25.66	1:17.69	4800m: 1:01:19.53	1:18.53
	1000m: 12:35.33	1:16.24	2300m: 29:05.92	1:15.56	3600m: 45:43.32	1:17.66	4900m: 1:02:37.61	1:18.08
	1100m: 13:51.26	1:15.93	2400m: 30:21.83	1:15.91	3700m: 47:00.29	1:16.97	5000m: 1:03:53.72	1:16.11
	1200m: 15:07.56	1:16.30	2500m: 31:37.78	1:15.95	3800m: 48:17.76	1:17.47		
	1300m: 16:23.28	1:15.72	2600m: 32:54.01	1:16.23	3900m: 49:35.44	1:17.68		





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 8, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
6.	Sterre Mooiweer	De Dinkel	23:55.34	199800236	1:04:12.35			
	100m: 1:10.71	1:10.71	1400m: 17:37.30	1:16.78	2700m: 34:32.97	1:19.38	4000m: 51:18.50	1:17.92
	200m: 2:25.28	1:14.57	1500m: 18:55.15	1:17.85	2800m: 35:51.30	1:18.33	4100m: 52:36.72	1:18.22
	300m: 3:39.80	1:14.52	1600m: 20:12.23	1:17.08	2900m: 37:10.05	1:18.75	4200m: 53:54.90	1:18.18
	400m: 4:55.31	1:15.51	1700m: 21:30.64	1:18.41	3000m: 38:28.13	1:18.08	4300m: 55:13.14	1:18.24
	500m: 6:10.36	1:15.05	1800m: 22:48.91	1:18.27	3100m: 39:47.20	1:19.07	4400m: 56:29.90	1:16.76
	600m: 7:26.08	1:15.72	1900m: 24:07.59	1:18.68	3200m: 41:05.13	1:17.93	4500m: 57:48.77	1:18.87
	700m: 8:42.22	1:16.14	2000m: 25:25.93	1:18.34	3300m: 42:19.02	1:13.89	4600m: 59:06.49	1:17.72
	800m: 9:58.30	1:16.08	2100m: 26:44.48	1:18.55	3400m: 43:35.43	1:16.41	4700m: 1:00:23.41	1:16.92
	900m: 11:14.41	1:16.11	2200m: 28:02.84	1:18.36	3500m: 44:52.05	1:16.62	4800m: 1:01:41.38	1:17.97
	1000m: 12:30.61	1:16.20	2300m: 29:20.38	1:17.54	3600m: 46:08.81	1:16.76	4900m: 1:02:57.84	1:16.46
	1100m: 13:46.93	1:16.32	2400m: 30:38.19	1:17.81	3700m: 47:25.44	1:16.63	5000m: 1:04:12.35	1:14.51
	1200m: 15:03.67	1:16.74	2500m: 31:55.38	1:17.19	3800m: 48:42.87	1:17.43		
	1300m: 16:20.52	1:16.85	2600m: 33:13.59	1:18.21	3900m: 50:00.58	1:17.71		
7.	Annemarie Meijer	De Duck	24:42.56	199900964	1:05:27.35			
	100m: 1:10.86	1:10.86	1400m: 17:37.42	1:17.01	2700m: 34:32.89	1:18.61	4000m: 51:44.79	1:20.38
	200m: 2:25.28	1:14.42	1500m: 18:55.33	1:17.91	2800m: 35:51.82	1:18.93	4100m: 53:05.73	1:20.94
	300m: 3:40.47	1:15.19	1600m: 20:12.97	1:17.64	2900m: 37:10.72	1:18.90	4200m: 54:26.73	1:21.00
	400m: 4:55.80	1:15.33	1700m: 21:31.39	1:18.42	3000m: 38:28.80	1:18.08	4300m: 55:48.62	1:21.89
	500m: 6:11.32	1:15.52	1800m: 22:49.56	1:18.17	3100m: 39:47.54	1:18.74	4400m: 57:11.78	1:23.16
	600m: 7:26.96	1:15.64	1900m: 24:07.99	1:18.43	3200m: 41:06.40	1:18.86	4500m: 58:34.86	1:23.08
	700m: 8:43.06	1:16.10	2000m: 25:26.40	1:18.41	3300m: 42:24.57	1:18.17	4600m: 59:58.03	1:23.17
	800m: 9:58.67	1:15.61	2100m: 26:45.04	1:18.64	3400m: 43:44.05	1:19.48	4700m: 1:01:21.40	1:23.37
	900m: 11:14.95	1:16.28	2200m: 28:02.43	1:17.39	3500m: 45:03.01	1:18.96	4800m: 1:02:45.59	1:24.19
	1000m: 12:31.25	1:16.30	2300m: 29:21.42	1:18.99	3600m: 46:22.54	1:19.53	4900m: 1:04:07.81	1:22.22
	1100m: 13:47.15	1:15.90	2400m: 30:39.25	1:17.83	3700m: 47:43.21	1:20.67	5000m: 1:05:27.35	1:19.54
	1200m: 15:04.36	1:17.21	2500m: 31:56.26	1:17.01	3800m: 49:02.91	1:19.70		
	1300m: 16:20.41	1:16.05	2600m: 33:14.28	1:18.02	3900m: 50:24.41	1:21.50		
8.	Amy van Lier	TRB-RES	24:57.48	199603022	1:06:03.33			
	100m: 1:09.70	1:09.70	1400m: 18:07.60	1:19.76	2700m: 35:24.58	1:20.65	4000m: 52:42.20	1:20.99
	200m: 2:25.60	1:15.90	1500m: 19:27.04	1:19.44	2800m: 36:44.14	1:19.56	4100m: 54:02.96	1:20.76
	300m: 3:42.55	1:16.95	1600m: 20:46.20	1:19.16	2900m: 38:04.29	1:20.15	4200m: 55:23.12	1:20.16
	400m: 5:00.33	1:17.78	1700m: 22:05.48	1:19.28	3000m: 39:24.76	1:20.47	4300m: 56:42.35	1:19.23
	500m: 6:18.27	1:17.94	1800m: 23:25.34	1:19.86	3100m: 40:45.04	1:20.28	4400m: 58:00.93	1:18.58
	600m: 7:36.49	1:18.22	1900m: 24:45.01	1:19.67	3200m: 42:03.92	1:18.88	4500m: 59:21.16	1:20.23
	700m: 8:54.81	1:18.32	2000m: 26:04.55	1:19.54	3300m: 43:22.80	1:18.88	4600m: 1:00:42.31	1:21.15
	800m: 10:13.38	1:18.57	2100m: 27:24.14	1:19.59	3400m: 44:41.92	1:19.12	4700m: 1:02:03.94	1:21.63
	900m: 11:31.82	1:18.44	2200m: 28:43.95	1:19.81	3500m: 46:01.68	1:19.76	4800m: 1:03:25.00	1:21.06
	1000m: 12:50.52	1:18.70	2300m: 30:03.89	1:19.94	3600m: 47:21.05	1:19.37	4900m: 1:04:45.82	1:20.82
	1100m: 14:10.23	1:19.71	2400m: 31:23.40	1:19.51	3700m: 48:41.38	1:20.33	5000m: 1:06:03.33	1:17.51
	1200m: 15:28.92	1:18.69	2500m: 32:43.87	1:20.47	3800m: 50:01.41	1:20.03		
	1300m: 16:47.84	1:18.92	2600m: 34:03.93	1:20.06	3900m: 51:21.21	1:19.80		
9.	Chantal Grove	De Dolfijn	24:43.14	199401844	1:07:17.15			
	100m: 1:15.56	1:15.56	1400m: 18:07.61	1:18.90	2700m: 35:24.39	1:20.53	4000m: 53:01.78	1:23.00
	200m: 2:34.03	1:18.47	1500m: 19:26.96	1:19.35	2800m: 36:44.50	1:20.11	4100m: 54:25.28	1:23.50
	300m: 3:51.56	1:17.53	1600m: 20:46.00	1:19.04	2900m: 38:04.25	1:19.75	4200m: 55:49.75	1:24.47
	400m: 5:09.14	1:17.58	1700m: 22:05.43	1:19.43	3000m: 39:24.56	1:20.31	4300m: 57:14.93	1:25.18
	500m: 6:26.36	1:17.22	1800m: 23:25.06	1:19.63	3100m: 40:49.43	1:24.87	4400m: 58:39.93	1:25.00
	600m: 7:43.25	1:16.89	1900m: 24:44.78	1:19.72	3200m: 42:12.50	1:23.07	4500m: 1:00:05.78	1:25.85
	700m: 9:00.36	1:17.11	2000m: 26:04.71	1:19.93	3300m: 43:32.93	1:20.43	4600m: 1:01:31.89	1:26.11
	800m: 10:17.78	1:17.42	2100m: 27:24.06	1:19.35	3400m: 44:52.93	1:20.00	4700m: 1:02:57.78	1:25.89
	900m: 11:35.04	1:17.26	2200m: 28:44.06	1:20.00	3500m: 46:13.03	1:20.10	4800m: 1:04:24.78	1:27.00
	1000m: 12:52.53	1:17.49	2300m: 30:03.89	1:19.83	3600m: 47:33.96	1:20.93	4900m: 1:05:51.14	1:26.36
	1100m: 14:10.25	1:17.72	2400m: 31:23.53	1:19.64	3700m: 48:54.96	1:21.00	5000m: 1:07:17.15	1:26.01
	1200m: 15:28.64	1:18.39	2500m: 32:43.78	1:20.25	3800m: 50:16.25	1:21.29		
	1300m: 16:48.71	1:20.07	2600m: 34:03.86	1:20.08	3900m: 51:38.78	1:22.53		
10.	Dèlenn van Oostrom	VZC-E&P	25:37.39	199600056	1:07:42.84	*		
	100m: 1:12.78	1:12.78	1400m: 18:36.20	1:22.01	2700m: 36:18.75	1:21.63	4000m: 53:58.69	1:24.49
	200m: 2:29.79	1:17.01	1500m: 19:58.27	1:22.07	2800m: 37:40.24	1:21.49	4100m: 55:20.63	1:21.94
	300m: 3:47.35	1:17.56	1600m: 21:20.62	1:22.35	2900m: 39:01.87	1:21.63	4200m: 56:42.06	1:21.43
	400m: 5:06.34	1:18.99	1700m: 22:42.55	1:21.93	3000m: 40:23.35	1:21.48	4300m: 58:02.96	1:20.90
	500m: 6:26.71	1:20.37	1800m: 24:04.60	1:22.05	3100m: 41:42.84	1:19.49	4400m: 59:25.21	1:22.25
	600m: 7:46.18	1:19.47	1900m: 25:27.42	1:22.82	3200m: 43:02.78	1:19.94	4500m: 1:00:49.18	1:23.97
	700m: 9:07.12	1:20.94	2000m: 26:49.87	1:22.45	3300m: 44:23.37	1:20.59	4600m: 1:02:12.84	1:23.66
	800m: 10:28.35	1:21.23	2100m: 28:11.44	1:21.57	3400m: 45:44.60	1:21.23	4700m: 1:03:36.66	1:23.82
	900m: 11:49.63	1:21.28	2200m: 29:32.64	1:21.20	3500m: 47:04.59	1:19.99	4800m: 1:05:00.42	1:23.76
	1000m: 13:11.76	1:22.13	2300m: 30:53.86	1:21.22	3600m: 48:25.77	1:21.18	4900m: 1:06:23.49	1:23.07
	1100m: 14:32.84	1:21.08	2400m: 32:15.35	1:21.49	3700m: 49:48.46	1:22.69	5000m: 1:07:42.84	1:19.35
	1200m: 15:53.32	1:20.48	2500m: 33:36.90	1:21.55	3800m: 51:11.69	1:23.23		
	1300m: 17:14.19	1:20.87	2600m: 34:57.12	1:20.22	3900m: 52:34.20	1:22.51		



NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 8, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
11.	Eva van Ginneken	Hieronymus	25:04.02	199800164	1:08:15.72			
	<i>100*,200*,400*,800*,1500*</i>							
	100m: 1:15.77	1:15.77	1400m: 19:05.44	1:21.95	2700m: 36:49.17	1:21.28	4000m: 54:39.51	1:21.45
	200m: 2:37.39	1:21.62	1500m: 20:27.18	1:21.74	2800m: 38:11.86	1:22.69	4100m: 56:02.14	1:22.63
	300m: 3:59.85	1:22.46	1600m: 21:48.04	1:20.86	2900m: 39:34.03	1:22.17	4200m: 57:24.15	1:22.01
	400m: 5:22.28	1:22.43	1700m: 23:08.75	1:20.71	3000m: 40:56.32	1:22.29	4300m: 58:46.63	1:22.48
	500m: 6:45.12	1:22.84	1800m: 24:28.21	1:19.46	3100m: 42:18.99	1:22.67	4400m: 1:00:08.60	1:21.97
	600m: 8:07.84	1:22.72	1900m: 25:47.79	1:19.58	3200m: 43:41.32	1:22.33	4500m: 1:01:31.58	1:22.98
	700m: 9:30.22	1:22.38	2000m: 27:10.51	1:22.72	3300m: 45:05.00	1:23.68	4600m: 1:02:55.15	1:23.57
	800m: 10:50.97	1:20.75	2100m: 28:33.21	1:22.70	3400m: 46:26.71	1:21.71	4700m: 1:04:16.91	1:21.76
	900m: 12:12.68	1:21.71	2200m: 29:56.16	1:22.95	3500m: 47:49.07	1:22.36	4800m: 1:05:37.68	1:20.77
	1000m: 13:36.08	1:23.40	2300m: 31:20.25	1:24.09	3600m: 49:10.77	1:21.70	4900m: 1:06:58.22	1:20.54
	1100m: 14:58.62	1:22.54	2400m: 32:43.07	1:22.82	3700m: 50:33.74	1:22.97	5000m: 1:08:15.72	1:17.50
	1200m: 16:21.30	1:22.68	2500m: 34:06.08	1:23.01	3800m: 51:55.52	1:21.78		
	1300m: 17:43.49	1:22.19	2600m: 35:27.89	1:21.81	3900m: 53:18.06	1:22.54		
12.	Jasmijn Ruijgrok	De Zijl/LGB	25:40.16	199401032	1:08:25.62			
	<i>100*,200*</i>							
	100m: 1:16.48	1:16.48	1400m: 19:06.01	1:21.91	2800m: 38:17.90	1:23.53	4100m: 56:10.15	1:21.87
	200m: 2:37.87	1:21.39	1500m: 20:27.96	1:21.95	2900m: 39:41.97	1:24.07	4200m: 57:32.74	1:22.59
	300m: 4:00.19	1:22.32	1600m: 21:49.64	1:21.68	3000m: 41:04.54	1:22.57	4300m: 58:55.43	1:22.69
	400m: 5:22.97	1:22.78	1700m: 23:10.01	1:20.37	3100m: 42:27.50	1:22.96	4400m: 1:00:18.64	1:23.21
	500m: 6:45.65	1:22.68	1800m: 24:29.78	1:19.77	3200m: 43:49.87	1:22.37	4500m: 1:01:41.27	1:22.63
	600m: 8:08.47	1:22.82	1900m: 25:51.17	1:21.39	3300m: 45:12.64	1:22.77	4600m: 1:03:03.34	1:22.07
	700m: 9:31.26	1:22.79	2000m: 27:14.06	1:22.89	3400m: 46:35.26	1:22.62	4700m: 1:04:26.01	1:22.67
	800m: 10:51.82	1:20.56	2200m: 29:59.08	2:45.02	3500m: 47:57.21	1:21.95	4800m: 1:05:47.87	1:21.86
	900m: 12:12.84	1:21.02	2300m: 31:22.23	1:23.15	3600m: 49:20.27	1:23.06	4900m: 1:07:09.08	1:21.21
	1000m: 13:36.18	1:23.34	2400m: 32:45.51	1:23.28	3700m: 50:42.59	1:22.32	5000m: 1:08:25.62	1:16.54
	1100m: 14:58.90	1:22.72	2500m: 34:08.92	1:23.41	3800m: 52:04.95	1:22.36		
	1200m: 16:21.72	1:22.82	2600m: 35:31.48	1:22.56	3900m: 53:26.28	1:21.33		
	1300m: 17:44.10	1:22.38	2700m: 36:54.37	1:22.89	4000m: 54:48.28	1:22.00		
13.	Maaïke Tijhof	VZC-E&P	24:48.55	199800112	1:08:26.25			
	<i>800*,1500*</i>							
	100m: 1:13.64	1:13.64	1400m: 18:13.43	1:19.06	2700m: 35:53.76	1:21.17	4000m: 54:29.70	1:24.05
	200m: 2:30.96	1:17.32	1500m: 19:33.28	1:19.85	2800m: 37:17.46	1:23.70	4100m: 55:54.73	1:25.03
	300m: 3:49.22	1:18.26	1600m: 20:53.61	1:20.33	2900m: 38:42.58	1:25.12	4200m: 57:19.37	1:24.64
	400m: 5:07.32	1:18.10	1700m: 22:14.03	1:20.42	3000m: 40:07.99	1:25.41	4300m: 58:44.54	1:25.17
	500m: 6:25.71	1:18.39	1800m: 23:34.84	1:20.81	3100m: 41:34.52	1:26.53	4400m: 1:00:08.24	1:23.70
	600m: 7:43.90	1:18.19	1900m: 24:56.38	1:21.54	3200m: 42:59.62	1:25.10	4500m: 1:01:32.29	1:24.05
	700m: 9:01.73	1:17.83	2000m: 26:17.42	1:21.04	3300m: 44:27.08	1:27.46	4600m: 1:02:56.24	1:23.95
	800m: 10:20.00	1:18.27	2100m: 27:39.07	1:21.65	3400m: 45:53.76	1:26.68	4700m: 1:04:20.49	1:24.25
	900m: 11:38.25	1:18.25	2200m: 29:00.91	1:21.84	3500m: 47:21.08	1:27.32	4800m: 1:05:44.10	1:23.61
	1000m: 12:56.46	1:18.21	2300m: 30:23.21	1:22.30	3600m: 48:46.40	1:25.32	4900m: 1:07:06.44	1:22.34
	1100m: 14:15.79	1:19.33	2400m: 31:45.73	1:22.52	3700m: 50:13.01	1:26.61	5000m: 1:08:26.25	1:19.81
	1200m: 15:34.96	1:19.17	2500m: 33:09.21	1:23.48	3800m: 51:38.58	1:25.57		
	1300m: 16:54.37	1:19.41	2600m: 34:32.59	1:23.38	3900m: 53:05.65	1:27.07		
14.	Gaetane Demyttenaere	DES	26:15.27	199905018	1:09:01.51			
	<i>100*,200*,400*,1500*</i>							
	100m: 1:18.97	1:18.97	1400m: 19:31.19	1:23.76	2700m: 37:36.10	1:23.00	4000m: 55:22.80	1:21.33
	200m: 2:43.74	1:24.77	1500m: 20:54.97	1:23.78	2800m: 38:59.02	1:22.92	4100m: 56:44.41	1:21.61
	300m: 4:08.10	1:24.36	1600m: 22:18.82	1:23.85	2900m: 40:21.29	1:22.27	4200m: 58:07.63	1:23.22
	400m: 5:32.12	1:24.02	1700m: 23:43.25	1:24.43	3000m: 41:43.93	1:22.64	4300m: 59:29.67	1:22.04
	500m: 6:56.25	1:24.13	1800m: 25:07.41	1:24.16	3100m: 43:06.49	1:22.56	4400m: 1:00:51.04	1:21.37
	600m: 8:20.09	1:23.84	1900m: 26:31.60	1:24.19	3200m: 44:28.66	1:22.17	4500m: 1:02:12.38	1:21.34
	700m: 9:43.80	1:23.71	2000m: 27:55.66	1:24.06	3300m: 45:50.82	1:22.16	4600m: 1:03:34.07	1:21.69
	800m: 11:07.80	1:24.00	2100m: 29:19.63	1:23.97	3400m: 47:12.91	1:22.09	4700m: 1:04:56.91	1:22.84
	900m: 12:31.32	1:23.52	2200m: 30:42.58	1:22.95	3500m: 48:34.57	1:21.66	4800m: 1:06:18.52	1:21.61
	1000m: 13:55.17	1:23.85	2300m: 32:05.46	1:22.88	3600m: 49:56.61	1:22.04	4900m: 1:07:40.72	1:22.20
	1100m: 15:19.01	1:23.84	2400m: 33:28.14	1:22.68	3700m: 51:18.07	1:21.46	5000m: 1:09:01.51	1:20.79
	1200m: 16:42.74	1:23.73	2500m: 34:50.79	1:22.65	3800m: 52:39.58	1:21.51		
	1300m: 18:07.43	1:24.69	2600m: 36:13.10	1:22.31	3900m: 54:01.47	1:21.89		
15.	Moniek Heemskerck	LZ 1886	25:51.28	199601964	1:09:37.18			
	<i>1500*</i>							
	100m: 1:14.23	1:14.23	1400m: 19:01.13	1:24.18	2700m: 37:18.95	1:24.07	4000m: 55:21.88	1:23.00
	200m: 2:34.32	1:20.09	1500m: 20:24.78	1:23.65	2800m: 38:43.31	1:24.36	4100m: 56:45.13	1:23.25
	300m: 3:55.34	1:21.02	1600m: 21:48.73	1:23.95	2900m: 40:07.03	1:23.72	4200m: 58:08.09	1:22.96
	400m: 5:16.93	1:21.59	1700m: 23:13.48	1:24.75	3000m: 41:30.13	1:23.10	4300m: 59:32.48	1:24.39
	500m: 6:38.70	1:21.77	1800m: 24:37.41	1:23.93	3100m: 42:53.41	1:23.28	4400m: 1:00:58.98	1:26.50
	600m: 8:01.03	1:22.33	1900m: 26:01.63	1:24.22	3200m: 44:17.31	1:23.90	4500m: 1:02:26.78	1:27.80
	700m: 9:23.31	1:22.28	2000m: 27:25.31	1:23.68	3300m: 45:41.63	1:24.32	4600m: 1:03:54.41	1:27.63
	800m: 10:45.48	1:22.17	2100m: 28:49.88	1:24.57	3400m: 47:04.78	1:23.15	4700m: 1:05:21.53	1:27.12
	900m: 12:06.34	1:20.86	2200m: 30:15.56	1:25.68	3500m: 48:26.48	1:21.70	4800m: 1:06:47.03	1:25.50
	1000m: 13:28.63	1:22.29	2300m: 31:40.38	1:24.82	3600m: 49:48.78	1:22.30	4900m: 1:08:11.98	1:24.95
	1100m: 14:51.28	1:22.65	2400m: 33:05.45	1:25.07	3700m: 51:11.80	1:23.02	5000m: 1:09:37.18	1:25.20
	1200m: 16:13.53	1:22.25	2500m: 34:30.28	1:24.83	3800m: 52:35.09	1:23.29		
	1300m: 17:36.95	1:23.42	2600m: 35:54.88	1:24.60	3900m: 53:58.88	1:23.79		





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 8, Dames, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd		startnr.	tijd	RT	niveau				
16.	Michelle Zomerdijk	Dedemsvaart-AC	25:58.41		200003196	1:10:59.74						
	100m:	1:16.26	1:16.26	1400m:	19:06.33	1:21.94	2700m:	37:18.69	1:25.40	4000m:	56:11.82	1:29.23
	200m:	2:37.92	1:21.66	1500m:	20:28.83	1:22.50	2800m:	38:44.30	1:25.61	4100m:	57:40.14	1:28.32
	300m:	4:00.52	1:22.60	1600m:	21:51.27	1:22.44	2900m:	40:10.60	1:26.30	4200m:	59:09.32	1:29.18
	400m:	5:23.39	1:22.87	1700m:	23:14.30	1:23.03	3000m:	41:36.92	1:26.32	4300m:	1:00:38.73	1:29.41
	500m:	6:46.01	1:22.62	1800m:	24:37.21	1:22.91	3100m:	43:02.42	1:25.50	4400m:	1:02:07.99	1:29.26
	600m:	8:08.97	1:22.96	1900m:	26:01.53	1:24.32	3200m:	44:29.19	1:26.77	4500m:	1:03:38.08	1:30.09
	700m:	9:31.73	1:22.76	2000m:	27:25.60	1:24.07	3300m:	45:55.67	1:26.48	4600m:	1:05:07.73	1:29.65
	800m:	10:53.59	1:21.86	2100m:	28:49.21	1:23.61	3400m:	47:22.18	1:26.51	4700m:	1:06:36.79	1:29.06
	900m:	12:15.99	1:22.40	2200m:	30:13.49	1:24.28	3500m:	48:49.42	1:27.24	4800m:	1:08:06.23	1:29.44
	1000m:	13:38.63	1:22.64	2300m:	31:37.80	1:24.31	3600m:	50:17.42	1:28.00	4900m:	1:09:33.33	1:27.10
	1100m:	15:00.69	1:22.06	2400m:	33:02.42	1:24.62	3700m:	51:45.60	1:28.18	5000m:	1:10:59.74	1:26.41
	1200m:	16:22.49	1:21.80	2500m:	34:27.79	1:25.37	3800m:	53:14.49	1:28.89			
	1300m:	17:44.39	1:21.90	2600m:	35:53.29	1:25.50	3900m:	54:42.59	1:28.10			





Programmanr. 9
18-4-2015

Jongens, 5000m vrije slag

Jeugd 2 en later
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Jorgos Skotadis	De Dolfijn	21:25.00	199803317	56:29.02			
	<i>Nederlands Record Jeugd, 800*</i>							
	100m: 1:03.43	1:03.43	1400m: 15:35.63	1:07.94	2700m: 30:21.82	1:08.13	4000m: 45:12.32	1:08.25
	200m: 2:09.51	1:06.08	1500m: 16:43.43	1:07.80	2800m: 31:30.25	1:08.43	4100m: 46:21.25	1:08.93
	300m: 3:15.32	1:05.81	1600m: 17:51.32	1:07.89	2900m: 32:38.13	1:07.88	4200m: 47:29.82	1:08.57
	400m: 4:21.76	1:06.44	1700m: 18:59.38	1:08.06	3000m: 33:46.25	1:08.12	4300m: 48:38.44	1:08.62
	500m: 5:28.57	1:06.81	1800m: 20:07.75	1:08.37	3100m: 34:54.74	1:08.49	4400m: 49:46.75	1:08.31
	600m: 6:35.50	1:06.93	1900m: 21:15.82	1:08.07	3200m: 36:03.44	1:08.70	4500m: 50:55.25	1:08.50
	700m: 7:42.75	1:07.25	2000m: 22:24.07	1:08.25	3300m: 37:11.94	1:08.50	4600m: 52:02.63	1:07.38
	800m: 8:50.13	1:07.38	2100m: 23:32.44	1:08.37	3400m: 38:21.07	1:09.13	4700m: 53:09.88	1:07.25
	900m: 9:57.17	1:07.04	2200m: 24:40.75	1:08.31	3500m: 39:29.69	1:08.62	4800m: 54:17.00	1:07.12
	1000m: 11:04.75	1:07.58	2300m: 25:48.94	1:08.19	3600m: 40:38.32	1:08.63	4900m: 55:24.75	1:07.75
	1100m: 12:12.19	1:07.44	2400m: 26:57.13	1:08.19	3700m: 41:46.88	1:08.56	5000m: 56:29.02	1:04.27
	1200m: 13:19.75	1:07.56	2500m: 28:05.44	1:08.31	3800m: 42:55.63	1:08.75		
	1300m: 14:27.69	1:07.94	2600m: 29:13.69	1:08.25	3900m: 44:04.07	1:08.44		
2.	Lars Bottelier	VZV	22:20.50	199702681	57:48.98			
	<i>800*</i>							
	100m: 1:02.41	1:02.41	1400m: 15:49.45	1:09.16	2700m: 30:57.34	1:09.93	4000m: 46:14.50	1:11.14
	200m: 2:10.08	1:07.67	1500m: 16:58.66	1:09.21	2800m: 32:07.39	1:10.05	4100m: 47:24.89	1:10.39
	300m: 3:17.94	1:07.86	1600m: 18:08.07	1:09.41	2900m: 33:17.41	1:10.02	4200m: 48:35.30	1:10.41
	400m: 4:25.81	1:07.87	1700m: 19:17.61	1:09.54	3000m: 34:28.21	1:10.80	4300m: 49:45.51	1:10.21
	500m: 5:33.94	1:08.13	1800m: 20:27.07	1:09.46	3100m: 35:38.85	1:10.64	4400m: 50:55.62	1:10.11
	600m: 6:41.62	1:07.68	1900m: 21:36.63	1:09.56	3200m: 36:49.15	1:10.30	4500m: 52:04.54	1:08.92
	700m: 7:49.75	1:08.13	2000m: 22:46.33	1:09.70	3300m: 37:59.28	1:10.13	4600m: 53:15.14	1:10.60
	800m: 8:58.28	1:08.53	2100m: 23:56.09	1:09.76	3400m: 39:09.88	1:10.60	4700m: 54:24.45	1:09.31
	900m: 10:06.33	1:08.05	2200m: 25:06.78	1:10.69	3500m: 40:20.14	1:10.26	4800m: 55:33.65	1:09.20
	1000m: 11:14.63	1:08.30	2300m: 26:17.31	1:10.53	3600m: 41:30.64	1:10.50	4900m: 56:41.78	1:08.13
	1100m: 12:22.82	1:08.19	2400m: 27:26.75	1:09.44	3700m: 42:41.49	1:10.85	5000m: 57:48.98	1:07.20
	1200m: 13:31.39	1:08.57	2500m: 28:37.35	1:10.60	3800m: 43:52.29	1:10.80		
	1300m: 14:40.29	1:08.90	2600m: 29:47.41	1:10.06	3900m: 45:03.36	1:11.07		
3.	Bart Sommeling	De Dolfijn	22:04.14	199800765	59:15.47	*		
	<i>800*</i>							
	100m: 1:09.26	1:09.26	1400m: 16:25.41	1:10.83	2700m: 31:45.42	1:12.99	4000m: 47:24.70	1:11.34
	200m: 2:17.97	1:08.71	1500m: 17:36.12	1:10.71	2800m: 32:58.65	1:13.23	4100m: 48:35.80	1:11.10
	300m: 3:28.58	1:10.61	1600m: 18:46.90	1:10.78	2900m: 34:12.30	1:13.65	4200m: 49:47.62	1:11.82
	400m: 4:39.58	1:11.00	1700m: 19:57.33	1:10.43	3000m: 35:26.46	1:14.16	4300m: 50:59.58	1:11.96
	500m: 5:49.63	1:10.05	1800m: 21:07.54	1:10.21	3100m: 36:39.58	1:13.12	4400m: 52:11.15	1:11.57
	600m: 7:01.58	1:11.95	1900m: 22:18.73	1:11.19	3200m: 37:52.27	1:12.69	4500m: 53:22.56	1:11.41
	700m: 8:11.51	1:09.93	2000m: 23:29.08	1:10.35	3300m: 39:03.90	1:11.63	4600m: 54:34.01	1:11.45
	800m: 9:22.23	1:10.72	2100m: 24:38.63	1:09.55	3400m: 40:15.74	1:11.84	4700m: 55:45.93	1:11.92
	900m: 10:32.51	1:10.28	2200m: 25:48.76	1:10.13	3500m: 41:26.83	1:11.09	4800m: 56:57.39	1:11.46
	1000m: 11:43.33	1:10.82	2300m: 26:58.43	1:09.67	3600m: 42:38.45	1:11.62	4900m: 58:08.54	1:11.15
	1100m: 12:53.68	1:10.35	2400m: 28:09.99	1:11.56	3700m: 43:50.33	1:11.88	5000m: 59:15.47	1:06.93
	1200m: 14:03.97	1:10.29	2500m: 29:19.68	1:09.69	3800m: 45:01.68	1:11.35		
	1300m: 15:14.58	1:10.61	2600m: 30:32.43	1:12.75	3900m: 46:13.36	1:11.68		
4.	Timos Skotadis	De Dolfijn	23:08.37	199804615	59:16.77			
	<i>100*,200*,400*,800*</i>							
	100m: 1:08.88	1:08.88	1400m: 16:43.55	1:11.25	2700m: 32:03.17	1:10.61	4000m: 47:31.41	1:11.36
	200m: 2:20.94	1:12.06	1500m: 17:54.49	1:10.94	2800m: 33:14.12	1:10.95	4100m: 48:42.66	1:11.25
	300m: 3:33.13	1:12.19	1600m: 19:05.45	1:10.96	2900m: 34:25.45	1:11.33	4200m: 49:54.08	1:11.42
	400m: 4:45.25	1:12.12	1700m: 20:15.95	1:10.50	3000m: 35:36.35	1:10.90	4300m: 51:04.99	1:10.91
	500m: 5:57.82	1:12.57	1800m: 21:26.60	1:10.65	3100m: 36:47.76	1:11.41	4400m: 52:15.76	1:10.77
	600m: 7:11.04	1:13.22	1900m: 22:37.16	1:10.56	3200m: 37:59.73	1:11.97	4500m: 53:26.73	1:10.97
	700m: 8:23.60	1:12.56	2000m: 23:47.66	1:10.50	3300m: 39:10.59	1:10.86	4600m: 54:38.05	1:11.32
	800m: 9:35.94	1:12.34	2100m: 24:58.04	1:10.38	3400m: 40:22.13	1:11.54	4700m: 55:49.06	1:11.01
	900m: 10:48.12	1:12.18	2200m: 26:09.30	1:11.26	3500m: 41:33.49	1:11.36	4800m: 56:58.74	1:09.68
	1000m: 11:59.17	1:11.05	2300m: 27:20.25	1:10.95	3600m: 42:45.23	1:11.74	4900m: 58:09.95	1:11.21
	1100m: 13:10.20	1:11.03	2400m: 28:30.83	1:10.58	3700m: 43:56.80	1:11.57	5000m: 59:16.77	1:06.82
	1200m: 14:21.39	1:11.19	2500m: 29:41.59	1:10.76	3800m: 45:08.80	1:12.00		
	1300m: 15:32.30	1:10.91	2600m: 30:52.56	1:10.97	3900m: 46:20.05	1:11.25		
5.	Stijn Avezaat	PSV	21:58.39	199700729	1:00:00.92			
	<i>100*,800*</i>							
	100m: 1:03.72	1:03.72	1400m: 15:59.65	1:09.77	2700m: 31:16.32	1:10.67	4000m: 47:06.60	1:15.42
	200m: 2:10.59	1:06.87	1500m: 17:09.60	1:09.95	2800m: 32:26.25	1:09.93	4100m: 48:21.28	1:14.68
	300m: 3:18.93	1:08.34	1600m: 18:20.03	1:10.43	2900m: 33:36.69	1:10.44	4200m: 49:37.13	1:15.85
	400m: 4:27.29	1:08.36	1700m: 19:30.02	1:09.99	3000m: 34:47.34	1:10.65	4300m: 50:55.89	1:18.76
	500m: 5:35.69	1:08.40	1800m: 20:40.34	1:10.32	3100m: 35:57.97	1:10.63	4400m: 52:13.57	1:17.68
	600m: 6:44.47	1:08.78	1900m: 21:50.87	1:10.53	3200m: 37:11.16	1:13.19	4500m: 53:31.83	1:18.26
	700m: 7:53.29	1:08.82	2000m: 23:03.27	1:12.40	3300m: 38:22.16	1:11.00	4600m: 54:50.71	1:18.88
	800m: 9:02.27	1:08.98	2100m: 24:14.65	1:11.38	3400m: 39:34.61	1:12.45	4700m: 56:09.83	1:19.12
	900m: 10:11.27	1:09.00	2200m: 25:24.57	1:09.92	3500m: 40:49.83	1:15.22	4800m: 57:26.06	1:16.23
	1000m: 11:20.39	1:09.12	2300m: 26:34.31	1:09.74	3600m: 42:05.37	1:15.54	4900m: 58:45.51	1:19.45
	1100m: 12:29.98	1:09.59	2400m: 27:44.72	1:10.41	3700m: 43:20.80	1:15.43	5000m: 1:00:00.92	1:15.41
	1200m: 13:39.76	1:09.78	2500m: 28:55.22	1:10.50	3800m: 44:35.72	1:14.92		
	1300m: 14:49.88	1:10.12	2600m: 30:05.65	1:10.43	3900m: 45:51.18	1:15.46		





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 9, Jongens, 5000m vrije slag, Jeugd 2 en later

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
6.	Jordy Severins 800*	Eurode KZC	22:33.68	199800559	1:00:14.94			
	100m: 1:07.35	1:07.35	1400m: 16:22.85	1:11.93	2700m: 31:58.07	1:13.09	4000m: 47:58.58	1:15.32
	200m: 2:18.85	1:11.50	1500m: 17:34.06	1:11.21	2800m: 33:12.77	1:14.70	4100m: 49:12.34	1:13.76
	300m: 3:28.91	1:10.06	1600m: 18:45.42	1:11.36	2900m: 34:26.53	1:13.76	4200m: 50:25.08	1:12.74
	400m: 4:40.23	1:11.32	1700m: 19:56.00	1:10.58	3000m: 35:39.20	1:12.67	4300m: 51:39.02	1:13.94
	500m: 5:49.93	1:09.70	1800m: 21:06.71	1:10.71	3100m: 36:49.32	1:10.12	4400m: 52:53.25	1:14.23
	600m: 7:00.48	1:10.55	1900m: 22:17.94	1:11.23	3200m: 38:03.03	1:13.71	4500m: 54:07.75	1:14.50
	700m: 8:09.84	1:09.36	2000m: 23:28.08	1:10.14	3300m: 39:15.66	1:12.63	4600m: 55:22.04	1:14.29
	800m: 9:20.55	1:10.71	2100m: 24:38.94	1:10.86	3400m: 40:30.30	1:14.64	4700m: 56:36.09	1:14.05
	900m: 10:31.79	1:11.24	2200m: 25:51.46	1:12.52	3500m: 41:46.40	1:16.10	4800m: 57:50.20	1:14.11
	1000m: 11:41.83	1:10.04	2300m: 27:03.69	1:12.23	3600m: 43:01.53	1:15.13	4900m: 59:03.47	1:13.27
	1100m: 12:51.37	1:09.54	2400m: 28:17.71	1:14.02	3700m: 44:16.90	1:15.37	5000m: 1:00:14.94	1:11.47
	1200m: 14:00.80	1:09.43	2500m: 29:30.81	1:13.10	3800m: 45:29.47	1:12.57		
	1300m: 15:10.92	1:10.12	2600m: 30:44.98	1:14.17	3900m: 46:43.26	1:13.79		
7.	Jonne Schaafsma 100*	Racing Club	22:49.87	199800745	1:00:23.75			
	100m: 1:08.95	1:08.95	1400m: 16:52.58	1:12.16	2700m: 32:34.92	1:12.99	4000m: 48:18.74	1:12.41
	200m: 2:22.30	1:13.35	1500m: 18:04.54	1:11.96	2800m: 33:47.67	1:12.75	4100m: 49:31.51	1:12.77
	300m: 3:35.68	1:13.38	1600m: 19:17.01	1:12.47	2900m: 35:00.70	1:13.03	4200m: 50:44.52	1:13.01
	400m: 4:48.67	1:12.99	1700m: 20:29.80	1:12.79	3000m: 36:14.20	1:13.50	4300m: 51:57.35	1:12.83
	500m: 6:01.70	1:13.03	1800m: 21:42.60	1:12.80	3100m: 37:27.11	1:12.91	4400m: 53:10.84	1:13.49
	600m: 7:14.55	1:12.85	1900m: 22:54.90	1:12.30	3200m: 38:39.74	1:12.63	4500m: 54:24.18	1:13.34
	700m: 8:27.23	1:12.68	2000m: 24:07.30	1:12.40	3300m: 39:52.74	1:13.00	4600m: 55:37.24	1:13.06
	800m: 9:38.93	1:11.70	2100m: 25:19.56	1:12.26	3400m: 41:05.80	1:13.06	4700m: 56:50.18	1:12.94
	900m: 10:50.80	1:11.87	2200m: 26:32.51	1:12.95	3500m: 42:18.46	1:12.66	4800m: 58:02.51	1:12.33
	1000m: 12:02.73	1:11.93	2300m: 27:44.39	1:11.88	3600m: 43:30.33	1:11.87	4900m: 59:14.76	1:12.25
	1100m: 13:15.36	1:12.63	2400m: 28:57.24	1:12.85	3700m: 44:42.51	1:12.18	5000m: 1:00:23.75	1:08.99
	1200m: 14:27.46	1:12.10	2500m: 30:09.11	1:11.87	3800m: 45:54.14	1:11.63		
	1300m: 15:40.42	1:12.96	2600m: 31:21.93	1:12.82	3900m: 47:06.33	1:12.19		
8.	David Kuipers 800*	Orca	22:33.24	200003633	1:01:04.06			
	100m: 1:07.16	1:07.16	1400m: 16:30.86	1:11.53	2700m: 32:06.18	1:13.00	4000m: 48:08.18	1:16.00
	200m: 2:16.95	1:09.79	1500m: 17:43.17	1:12.31	2800m: 33:18.78	1:12.60	4100m: 49:25.22	1:17.04
	300m: 3:27.22	1:10.27	1600m: 18:54.74	1:11.57	2900m: 34:32.25	1:13.47	4200m: 50:42.49	1:17.27
	400m: 4:38.87	1:11.65	1700m: 20:07.18	1:12.44	3000m: 35:45.08	1:12.83	4300m: 51:59.80	1:17.31
	500m: 5:50.41	1:11.54	1800m: 21:17.51	1:10.33	3100m: 36:59.03	1:13.95	4400m: 53:18.23	1:18.43
	600m: 7:01.28	1:10.87	1900m: 22:29.92	1:12.41	3200m: 38:13.58	1:14.55	4500m: 54:35.83	1:17.60
	700m: 8:12.32	1:11.04	2000m: 23:42.97	1:13.05	3300m: 39:26.76	1:13.18	4600m: 55:54.98	1:19.15
	800m: 9:23.27	1:10.95	2100m: 24:55.66	1:12.69	3400m: 40:40.28	1:13.52	4700m: 57:12.78	1:17.80
	900m: 10:34.23	1:10.96	2200m: 26:06.94	1:11.28	3500m: 41:54.01	1:13.73	4800m: 58:31.71	1:18.93
	1000m: 11:44.54	1:10.31	2300m: 27:19.22	1:12.28	3600m: 43:06.47	1:12.46	4900m: 59:48.65	1:16.94
	1100m: 12:56.70	1:12.16	2400m: 28:30.58	1:11.36	3700m: 44:21.90	1:15.43	5000m: 1:01:04.06	1:15.41
	1200m: 14:07.72	1:11.02	2500m: 29:41.66	1:11.08	3800m: 45:36.37	1:14.47		
	1300m: 15:19.33	1:11.61	2600m: 30:53.18	1:11.52	3900m: 46:52.18	1:15.81		
9.	Bas Takken 100*,200*	Zwemvereniging Hoorn	23:29.40	199901643	1:01:33.20			
	100m: 1:11.72	1:11.72	1400m: 16:58.20	1:14.53	2700m: 33:02.61	1:12.85	4000m: 48:56.42	1:15.98
	200m: 2:23.43	1:11.71	1500m: 18:13.17	1:14.97	2800m: 34:16.29	1:13.68	4100m: 50:13.36	1:16.94
	300m: 3:33.80	1:10.37	1600m: 19:26.82	1:13.65	2900m: 35:29.09	1:12.80	4200m: 51:28.47	1:15.11
	400m: 4:46.27	1:12.47	1700m: 20:40.93	1:14.11	3000m: 36:41.51	1:12.42	4300m: 52:45.03	1:16.56
	500m: 5:58.85	1:12.58	1800m: 21:56.44	1:15.51	3100m: 37:53.57	1:12.06	4400m: 54:01.43	1:16.40
	600m: 7:12.00	1:13.15	1900m: 23:11.18	1:14.74	3200m: 39:05.79	1:12.22	4500m: 55:18.66	1:17.23
	700m: 8:24.66	1:12.66	2000m: 24:25.57	1:14.39	3300m: 40:18.86	1:13.07	4600m: 56:36.74	1:18.08
	800m: 9:37.65	1:12.99	2100m: 25:40.09	1:14.52	3400m: 41:30.83	1:11.97	4700m: 57:55.85	1:19.11
	900m: 10:50.72	1:13.07	2200m: 26:55.22	1:15.13	3500m: 42:43.18	1:12.35	4800m: 59:12.10	1:16.25
	1000m: 12:03.50	1:12.78	2300m: 28:08.86	1:13.64	3600m: 43:57.62	1:14.44	4900m: 1:00:22.83	1:10.73
	1100m: 13:16.68	1:13.18	2400m: 29:22.11	1:13.35	3700m: 45:11.45	1:13.83	5000m: 1:01:33.20	1:10.37
	1200m: 14:29.85	1:13.17	2500m: 30:36.29	1:14.08	3800m: 46:25.62	1:14.17		
	1300m: 15:43.67	1:13.82	2600m: 31:49.76	1:13.47	3900m: 47:40.44	1:14.82		
10.	Robin van Beek	LZ 1886	23:37.46	199704023	1:02:31.60			
	100m: 1:08.39	1:08.39	1400m: 17:00.88	1:16.37	2700m: 33:29.90	1:17.07	4000m: 49:52.05	1:15.80
	200m: 2:20.58	1:12.19	1500m: 18:17.41	1:16.53	2800m: 34:46.78	1:16.88	4100m: 51:07.99	1:15.94
	300m: 3:32.61	1:12.03	1600m: 19:32.99	1:15.58	2900m: 36:03.12	1:16.34	4200m: 52:24.97	1:16.98
	400m: 4:44.89	1:12.28	1700m: 20:47.74	1:14.75	3000m: 37:19.69	1:16.57	4300m: 53:42.62	1:17.65
	500m: 5:58.14	1:13.25	1800m: 22:03.55	1:15.81	3100m: 38:35.86	1:16.17	4400m: 54:59.49	1:16.87
	600m: 7:11.37	1:13.23	1900m: 23:18.64	1:15.09	3200m: 39:51.99	1:16.13	4500m: 56:16.30	1:16.81
	700m: 8:23.96	1:12.59	2000m: 24:33.74	1:15.10	3300m: 41:06.84	1:14.85	4600m: 57:33.40	1:17.10
	800m: 9:36.59	1:12.63	2100m: 25:49.72	1:15.98	3400m: 42:21.77	1:14.93	4700m: 58:48.67	1:15.27
	900m: 10:49.33	1:12.74	2200m: 27:06.25	1:16.53	3500m: 43:35.89	1:14.12	4800m: 1:00:04.08	1:15.41
	1000m: 12:01.92	1:12.59	2300m: 28:22.74	1:16.49	3600m: 44:49.50	1:13.61	4900m: 1:01:18.71	1:14.63
	1100m: 13:14.74	1:12.82	2400m: 29:38.49	1:15.75	3700m: 46:04.94	1:15.44	5000m: 1:02:31.60	1:12.89
	1200m: 14:29.47	1:14.73	2500m: 30:55.67	1:17.18	3800m: 47:20.74	1:15.80		
	1300m: 15:44.51	1:15.04	2600m: 32:12.83	1:17.16	3900m: 48:36.25	1:15.51		
DIS	Ruben Griffioen	De Columbiaan	23:14.68	199900771		AF		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 9, Heren, 5000m vrije slag

Programmanr. 9
18-4-2015

Heren, 5000m vrije slag

all-in
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
1.	Jorgos Skotadis <i>Nederlands Record Jeugd, 800*</i>	De Dolfijn	21:25.00	199803317	56:29.02			
	100m: 1:03.43	1:03.43	1400m: 15:35.63	1:07.94	2700m: 30:21.82	1:08.13	4000m: 45:12.32	1:08.25
	200m: 2:09.51	1:06.08	1500m: 16:43.43	1:07.80	2800m: 31:30.25	1:08.43	4100m: 46:21.25	1:08.93
	300m: 3:15.32	1:05.81	1600m: 17:51.32	1:07.89	2900m: 32:38.13	1:07.88	4200m: 47:29.82	1:08.57
	400m: 4:21.76	1:06.44	1700m: 18:59.38	1:08.06	3000m: 33:46.25	1:08.12	4300m: 48:38.44	1:08.62
	500m: 5:28.57	1:06.81	1800m: 20:07.75	1:08.37	3100m: 34:54.74	1:08.49	4400m: 49:46.75	1:08.31
	600m: 6:35.50	1:06.93	1900m: 21:15.82	1:08.07	3200m: 36:03.44	1:08.70	4500m: 50:55.25	1:08.50
	700m: 7:42.75	1:07.25	2000m: 22:24.07	1:08.25	3300m: 37:11.94	1:08.50	4600m: 52:02.63	1:07.38
	800m: 8:50.13	1:07.38	2100m: 23:32.44	1:08.37	3400m: 38:21.07	1:09.13	4700m: 53:09.88	1:07.25
	900m: 9:57.17	1:07.04	2200m: 24:40.75	1:08.31	3500m: 39:29.69	1:08.62	4800m: 54:17.00	1:07.12
	1000m: 11:04.75	1:07.58	2300m: 25:48.94	1:08.19	3600m: 40:38.32	1:08.63	4900m: 55:24.75	1:07.75
	1100m: 12:12.19	1:07.44	2400m: 26:57.13	1:08.19	3700m: 41:46.88	1:08.56	5000m: 56:29.02	1:04.27
	1200m: 13:19.75	1:07.56	2500m: 28:05.44	1:08.31	3800m: 42:55.63	1:08.75		
	1300m: 14:27.69	1:07.94	2600m: 29:13.69	1:08.25	3900m: 44:04.07	1:08.44		
2.	Lars Bottelier <i>800*</i>	V/ZV	22:20.50	199702681	57:48.98			
	100m: 1:02.41	1:02.41	1400m: 15:49.45	1:09.16	2700m: 30:57.34	1:09.93	4000m: 46:14.50	1:11.14
	200m: 2:10.08	1:07.67	1500m: 16:58.66	1:09.21	2800m: 32:07.39	1:10.05	4100m: 47:24.89	1:10.39
	300m: 3:17.94	1:07.86	1600m: 18:08.07	1:09.41	2900m: 33:17.41	1:10.02	4200m: 48:35.30	1:10.41
	400m: 4:25.81	1:07.87	1700m: 19:17.61	1:09.54	3000m: 34:28.21	1:10.80	4300m: 49:45.51	1:10.21
	500m: 5:33.94	1:08.13	1800m: 20:27.07	1:09.46	3100m: 35:38.85	1:10.64	4400m: 50:55.62	1:10.11
	600m: 6:41.62	1:07.68	1900m: 21:36.63	1:09.56	3200m: 36:49.15	1:10.30	4500m: 52:04.54	1:08.92
	700m: 7:49.75	1:08.13	2000m: 22:46.33	1:09.70	3300m: 37:59.28	1:10.13	4600m: 53:15.14	1:10.60
	800m: 8:58.28	1:08.53	2100m: 23:56.09	1:09.76	3400m: 39:09.88	1:10.60	4700m: 54:24.45	1:09.31
	900m: 10:06.33	1:08.05	2200m: 25:06.78	1:10.69	3500m: 40:20.14	1:10.26	4800m: 55:33.65	1:09.20
	1000m: 11:14.63	1:08.30	2300m: 26:17.31	1:10.53	3600m: 41:30.64	1:10.50	4900m: 56:41.78	1:08.13
	1100m: 12:22.82	1:08.19	2400m: 27:26.75	1:09.44	3700m: 42:41.49	1:10.85	5000m: 57:48.98	1:07.20
	1200m: 13:31.39	1:08.57	2500m: 28:37.35	1:10.60	3800m: 43:52.29	1:10.80		
	1300m: 14:40.29	1:08.90	2600m: 29:47.41	1:10.06	3900m: 45:03.36	1:11.07		
3.	Jens Bakker <i>800*</i>	De Dolfijn	21:43.65	199300021	57:54.97	*		
	100m: 1:07.61	1:07.61	1400m: 16:06.57	1:09.23	2700m: 31:15.20	1:10.23	4000m: 46:21.97	1:09.74
	200m: 2:17.01	1:09.40	1500m: 17:16.11	1:09.54	2800m: 32:25.08	1:09.88	4100m: 47:31.53	1:09.56
	300m: 3:26.38	1:09.37	1600m: 18:25.45	1:09.34	2900m: 33:35.20	1:10.12	4200m: 48:41.17	1:09.64
	400m: 4:36.58	1:10.20	1700m: 19:34.70	1:09.25	3000m: 34:45.57	1:10.37	4300m: 49:50.68	1:09.51
	500m: 5:44.92	1:08.34	1800m: 20:44.42	1:09.72	3100m: 35:55.41	1:09.84	4400m: 51:00.29	1:09.61
	600m: 6:54.01	1:09.09	1900m: 21:53.92	1:09.50	3200m: 37:05.21	1:09.80	4500m: 52:10.36	1:10.07
	700m: 8:03.26	1:09.25	2000m: 23:03.84	1:09.92	3300m: 38:15.02	1:09.81	4600m: 53:20.21	1:09.85
	800m: 9:12.15	1:08.89	2100m: 24:13.58	1:09.74	3400m: 39:24.39	1:09.37	4700m: 54:28.92	1:08.71
	900m: 10:21.05	1:08.90	2200m: 25:23.55	1:09.97	3500m: 40:34.17	1:09.78	4800m: 55:37.95	1:09.03
	1000m: 11:30.04	1:08.99	2300m: 26:33.43	1:09.88	3600m: 41:43.51	1:09.34	4900m: 56:47.13	1:09.18
	1100m: 12:39.03	1:08.99	2400m: 27:43.87	1:10.44	3700m: 42:52.73	1:09.22	5000m: 57:54.97	1:07.84
	1200m: 13:48.17	1:09.14	2500m: 28:54.41	1:10.54	3800m: 44:02.18	1:09.45		
	1300m: 14:57.34	1:09.17	2600m: 30:04.97	1:10.56	3900m: 45:12.23	1:10.05		
4.	Karst Boersma <i>400*, 800*</i>	De Dinkel	22:38.50	199600849	58:35.78			
	100m: 1:08.37	1:08.37	1400m: 16:24.56	1:10.64	2700m: 31:33.46	1:08.62	4000m: 46:38.31	1:11.22
	200m: 2:18.24	1:09.87	1500m: 17:35.29	1:10.73	2800m: 32:42.09	1:08.63	4100m: 47:49.78	1:11.47
	300m: 3:28.59	1:10.35	1600m: 18:45.71	1:10.42	2900m: 33:51.09	1:09.00	4200m: 49:01.49	1:11.71
	400m: 4:39.24	1:10.65	1700m: 19:56.42	1:10.71	3000m: 34:59.96	1:08.87	4300m: 50:13.03	1:11.54
	500m: 5:50.03	1:10.79	1800m: 21:06.96	1:10.54	3100m: 36:08.92	1:08.96	4400m: 51:25.84	1:12.81
	600m: 7:00.74	1:10.71	1900m: 22:17.84	1:10.88	3200m: 37:17.99	1:09.07	4500m: 52:37.81	1:11.97
	700m: 8:11.81	1:11.07	2000m: 23:28.81	1:10.97	3300m: 38:26.99	1:09.00	4600m: 53:50.09	1:12.28
	800m: 9:22.06	1:10.25	2100m: 24:38.71	1:09.90	3400m: 39:36.06	1:09.07	4700m: 55:02.46	1:12.37
	900m: 10:32.09	1:10.03	2200m: 25:48.56	1:09.85	3500m: 40:45.24	1:09.18	4800m: 56:14.21	1:11.75
	1000m: 11:42.37	1:10.28	2300m: 26:58.57	1:10.01	3600m: 41:54.99	1:09.75	4900m: 57:25.56	1:11.35
	1100m: 12:52.31	1:09.94	2400m: 28:07.71	1:09.14	3700m: 43:05.39	1:10.40	5000m: 58:35.78	1:10.22
	1200m: 14:02.92	1:10.61	2500m: 29:16.31	1:08.60	3800m: 44:16.34	1:10.95		
	1300m: 15:13.92	1:11.00	2600m: 30:24.84	1:08.53	3900m: 45:27.09	1:10.75		
5.	Bart Sommeling <i>800*</i>	De Dolfijn	22:04.14	199800765	59:15.47	*		
	100m: 1:09.26	1:09.26	1200m: 14:03.97	1:10.29	2300m: 26:58.43	1:09.67	3400m: 40:15.74	1:11.84
	200m: 2:17.97	1:08.71	1300m: 15:14.58	1:10.61	2400m: 28:09.99	1:11.56	3500m: 41:26.83	1:11.09
	300m: 3:28.58	1:10.61	1400m: 16:25.41	1:10.83	2500m: 29:19.68	1:09.69	3600m: 42:38.45	1:11.62
	400m: 4:39.58	1:11.00	1500m: 17:36.12	1:10.71	2600m: 30:32.43	1:12.75	3700m: 43:50.33	1:11.88
	500m: 5:49.63	1:10.05	1600m: 18:46.90	1:10.78	2700m: 31:45.42	1:12.99	3800m: 45:01.68	1:11.35
	600m: 7:01.58	1:11.95	1700m: 19:57.33	1:10.43	2800m: 32:58.65	1:13.23	3900m: 46:13.36	1:11.68
	700m: 8:11.51	1:09.93	1800m: 21:07.54	1:10.21	2900m: 34:12.30	1:13.65	4000m: 47:24.70	1:11.34
	800m: 9:22.23	1:10.72	1900m: 22:18.73	1:11.19	3000m: 35:26.46	1:14.16	4100m: 48:35.80	1:11.10
	900m: 10:32.51	1:10.28	2000m: 23:29.08	1:10.35	3100m: 36:39.58	1:13.12	4200m: 49:47.62	1:11.82
	1000m: 11:43.33	1:10.82	2100m: 24:38.63	1:09.55	3200m: 37:52.27	1:12.69	4300m: 50:59.58	1:11.96
	1100m: 12:53.68	1:10.35	2200m: 25:48.76	1:10.13	3300m: 39:03.90	1:11.63	4400m: 52:11.15	1:11.57
	4500m: 53:22.56	1:11.41	4700m: 55:45.93	1:11.92	4900m: 58:08.54	1:11.15		
	4600m: 54:34.01	1:11.45	4800m: 56:57.39	1:11.46	5000m: 59:15.47	1:06.93		





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 9, Heren, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
6.	Timos Skotadis <i>100*,200*,400*,800*</i>	De Dolfijn	23:08.37	199804615	59:16.77			
	100m: 1:08.88	1:08.88	1400m: 16:43.55	1:11.25	2700m: 32:03.17	1:10.61	4000m: 47:31.41	1:11.36
	200m: 2:20.94	1:12.06	1500m: 17:54.49	1:10.94	2800m: 33:14.12	1:10.95	4100m: 48:42.66	1:11.25
	300m: 3:33.13	1:12.19	1600m: 19:05.45	1:10.96	2900m: 34:25.45	1:11.33	4200m: 49:54.08	1:11.42
	400m: 4:45.25	1:12.12	1700m: 20:15.95	1:10.50	3000m: 35:36.35	1:10.90	4300m: 51:04.99	1:10.91
	500m: 5:57.82	1:12.57	1800m: 21:26.60	1:10.65	3100m: 36:47.76	1:11.41	4400m: 52:15.76	1:10.77
	600m: 7:11.04	1:13.22	1900m: 22:37.16	1:10.56	3200m: 37:59.73	1:11.97	4500m: 53:26.73	1:10.97
	700m: 8:23.60	1:12.56	2000m: 23:47.66	1:10.50	3300m: 39:10.59	1:10.86	4600m: 54:38.05	1:11.32
	800m: 9:35.94	1:12.34	2100m: 24:58.04	1:10.38	3400m: 40:22.13	1:11.54	4700m: 55:49.06	1:11.01
	900m: 10:48.12	1:12.18	2200m: 26:09.30	1:11.26	3500m: 41:33.49	1:11.36	4800m: 56:58.74	1:09.68
	1000m: 11:59.17	1:11.05	2300m: 27:20.25	1:10.95	3600m: 42:45.23	1:11.74	4900m: 58:09.95	1:11.21
	1100m: 13:10.20	1:11.03	2400m: 28:30.83	1:10.58	3700m: 43:56.80	1:11.57	5000m: 59:16.77	1:06.82
	1200m: 14:21.39	1:11.19	2500m: 29:41.59	1:10.76	3800m: 45:08.80	1:12.00		
	1300m: 15:32.30	1:10.91	2600m: 30:52.56	1:10.97	3900m: 46:20.05	1:11.25		
7.	Stijn Avezaat <i>100*,800*</i>	PSV	21:58.39	199700729	1:00:00.92			
	100m: 1:03.72	1:03.72	1400m: 15:59.65	1:09.77	2700m: 31:16.32	1:10.67	4000m: 47:06.60	1:15.42
	200m: 2:10.59	1:06.87	1500m: 17:09.60	1:09.95	2800m: 32:26.25	1:09.93	4100m: 48:21.28	1:14.68
	300m: 3:18.93	1:08.34	1600m: 18:20.03	1:10.43	2900m: 33:36.69	1:10.44	4200m: 49:37.13	1:15.85
	400m: 4:27.29	1:08.36	1700m: 19:30.02	1:09.99	3000m: 34:47.34	1:10.65	4300m: 50:55.89	1:18.76
	500m: 5:35.69	1:08.40	1800m: 20:40.34	1:10.32	3100m: 35:57.97	1:10.63	4400m: 52:13.57	1:17.68
	600m: 6:44.47	1:08.78	1900m: 21:50.87	1:10.53	3200m: 37:11.16	1:13.19	4500m: 53:31.83	1:18.26
	700m: 7:53.29	1:08.82	2000m: 23:03.27	1:12.40	3300m: 38:22.16	1:11.00	4600m: 54:50.71	1:18.88
	800m: 9:02.27	1:08.98	2100m: 24:14.65	1:11.38	3400m: 39:34.61	1:12.45	4700m: 56:09.83	1:19.12
	900m: 10:11.27	1:09.00	2200m: 25:24.57	1:09.92	3500m: 40:49.83	1:15.22	4800m: 57:26.06	1:16.23
	1000m: 11:20.39	1:09.12	2300m: 26:34.31	1:09.74	3600m: 42:05.37	1:15.54	4900m: 58:45.51	1:19.45
	1100m: 12:29.98	1:09.59	2400m: 27:44.72	1:10.41	3700m: 43:20.80	1:15.43	5000m: 1:00:00.92	1:15.41
	1200m: 13:39.76	1:09.78	2500m: 28:55.22	1:10.50	3800m: 44:35.72	1:14.92		
	1300m: 14:49.88	1:10.12	2600m: 30:05.65	1:10.43	3900m: 45:51.18	1:15.46		
8.	Jordy Severins <i>800*</i>	Eurode KZC	22:33.68	199800559	1:00:14.94			
	100m: 1:07.35	1:07.35	1400m: 16:22.85	1:11.93	2700m: 31:58.07	1:13.09	4000m: 47:58.58	1:15.32
	200m: 2:18.85	1:11.50	1500m: 17:34.06	1:11.21	2800m: 33:12.77	1:14.70	4100m: 49:12.34	1:13.76
	300m: 3:28.91	1:10.06	1600m: 18:45.42	1:11.36	2900m: 34:26.53	1:13.76	4200m: 50:25.08	1:12.74
	400m: 4:40.23	1:11.32	1700m: 19:56.00	1:10.58	3000m: 35:39.20	1:12.67	4300m: 51:39.02	1:13.94
	500m: 5:49.93	1:09.70	1800m: 21:06.71	1:10.71	3100m: 36:49.32	1:10.12	4400m: 52:53.25	1:14.23
	600m: 7:00.48	1:10.55	1900m: 22:17.94	1:11.23	3200m: 38:03.03	1:13.71	4500m: 54:07.75	1:14.50
	700m: 8:09.84	1:09.36	2000m: 23:28.08	1:10.14	3300m: 39:15.66	1:12.63	4600m: 55:22.04	1:14.29
	800m: 9:20.55	1:10.71	2100m: 24:38.94	1:10.86	3400m: 40:30.30	1:14.64	4700m: 56:36.09	1:14.05
	900m: 10:31.79	1:11.24	2200m: 25:51.46	1:12.52	3500m: 41:46.40	1:16.10	4800m: 57:50.20	1:14.11
	1000m: 11:41.83	1:10.04	2300m: 27:03.69	1:12.23	3600m: 43:01.53	1:15.13	4900m: 59:03.47	1:13.27
	1100m: 12:51.37	1:09.54	2400m: 28:17.71	1:14.02	3700m: 44:16.90	1:15.37	5000m: 1:00:14.94	1:11.47
	1200m: 14:00.80	1:09.43	2500m: 29:30.81	1:13.10	3800m: 45:29.47	1:12.57		
	1300m: 15:10.92	1:10.12	2600m: 30:44.98	1:14.17	3900m: 46:43.26	1:13.79		
9.	Jonne Schaafsma <i>100*</i>	Racing Club	22:49.87	199800745	1:00:23.75			
	100m: 1:08.95	1:08.95	1400m: 16:52.58	1:12.16	2700m: 32:34.92	1:12.99	4000m: 48:18.74	1:12.41
	200m: 2:22.30	1:13.35	1500m: 18:04.54	1:11.96	2800m: 33:47.67	1:12.75	4100m: 49:31.51	1:12.77
	300m: 3:35.68	1:13.38	1600m: 19:17.01	1:12.47	2900m: 35:00.70	1:13.03	4200m: 50:44.52	1:13.01
	400m: 4:48.67	1:12.99	1700m: 20:29.80	1:12.79	3000m: 36:14.20	1:13.50	4300m: 51:57.35	1:12.83
	500m: 6:01.70	1:13.03	1800m: 21:42.60	1:12.80	3100m: 37:27.11	1:12.91	4400m: 53:10.84	1:13.49
	600m: 7:14.55	1:12.85	1900m: 22:54.90	1:12.30	3200m: 38:39.74	1:12.63	4500m: 54:24.18	1:13.34
	700m: 8:27.23	1:12.68	2000m: 24:07.30	1:12.40	3300m: 39:52.74	1:13.00	4600m: 55:37.24	1:13.06
	800m: 9:38.93	1:11.70	2100m: 25:19.56	1:12.26	3400m: 41:05.80	1:13.06	4700m: 56:50.18	1:12.94
	900m: 10:50.80	1:11.87	2200m: 26:32.51	1:12.95	3500m: 42:18.46	1:12.66	4800m: 58:02.51	1:12.33
	1000m: 12:02.73	1:11.93	2300m: 27:44.39	1:11.88	3600m: 43:30.33	1:11.87	4900m: 59:14.76	1:12.25
	1100m: 13:15.36	1:12.63	2400m: 28:57.24	1:12.85	3700m: 44:42.51	1:12.18	5000m: 1:00:23.75	1:08.99
	1200m: 14:27.46	1:12.10	2500m: 30:09.11	1:11.87	3800m: 45:54.14	1:11.63		
	1300m: 15:40.42	1:12.96	2600m: 31:21.93	1:12.82	3900m: 47:06.33	1:12.19		
10.	David Kuipers <i>800*</i>	Orca	22:33.24	200003633	1:01:04.06			
	100m: 1:07.16	1:07.16	1400m: 16:30.86	1:11.53	2700m: 32:06.18	1:13.00	4000m: 48:08.18	1:16.00
	200m: 2:16.95	1:09.79	1500m: 17:43.17	1:12.31	2800m: 33:18.78	1:12.60	4100m: 49:25.22	1:17.04
	300m: 3:27.22	1:10.27	1600m: 18:54.74	1:11.57	2900m: 34:32.25	1:13.47	4200m: 50:42.49	1:17.27
	400m: 4:38.87	1:11.65	1700m: 20:07.18	1:12.44	3000m: 35:45.08	1:12.83	4300m: 51:59.80	1:17.31
	500m: 5:50.41	1:11.54	1800m: 21:17.51	1:10.33	3100m: 36:59.03	1:13.95	4400m: 53:18.23	1:18.43
	600m: 7:01.28	1:10.87	1900m: 22:29.92	1:12.41	3200m: 38:13.58	1:14.55	4500m: 54:35.83	1:17.60
	700m: 8:12.32	1:11.04	2000m: 23:42.97	1:13.05	3300m: 39:26.76	1:13.18	4600m: 55:54.98	1:19.15
	800m: 9:23.27	1:10.95	2100m: 24:55.66	1:12.69	3400m: 40:40.28	1:13.52	4700m: 57:12.78	1:17.80
	900m: 10:34.23	1:10.96	2200m: 26:06.94	1:11.28	3500m: 41:54.01	1:13.73	4800m: 58:31.71	1:18.93
	1000m: 11:44.54	1:10.31	2300m: 27:19.22	1:12.28	3600m: 43:06.47	1:12.46	4900m: 59:48.65	1:16.94
	1100m: 12:56.70	1:12.16	2400m: 28:30.58	1:11.36	3700m: 44:21.90	1:15.43	5000m: 1:01:04.06	1:15.41
	1200m: 14:07.72	1:11.02	2500m: 29:41.66	1:11.08	3800m: 45:36.37	1:14.47		
	1300m: 15:19.33	1:11.61	2600m: 30:53.18	1:11.52	3900m: 46:52.18	1:15.81		





NJK 800/1500 meter en NK 5000 meter 2015
Amersfoort, 18-4-2015



Programmanr. 9, Heren, 5000m vrije slag, all-in

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niveau	
11.	Bas Takken 100*,200*	Zwemvereniging Hoorn	23:29.40	199901643	1:01:33.20			
	100m: 1:11.72	1:11.72	1400m: 16:58.20	1:14.53	2700m: 33:02.61	1:12.85	4000m: 48:56.42	1:15.98
	200m: 2:23.43	1:11.71	1500m: 18:13.17	1:14.97	2800m: 34:16.29	1:13.68	4100m: 50:13.36	1:16.94
	300m: 3:33.80	1:10.37	1600m: 19:26.82	1:13.65	2900m: 35:29.09	1:12.80	4200m: 51:28.47	1:15.11
	400m: 4:46.27	1:12.47	1700m: 20:40.93	1:14.11	3000m: 36:41.51	1:12.42	4300m: 52:45.03	1:16.56
	500m: 5:58.85	1:12.58	1800m: 21:56.44	1:15.51	3100m: 37:53.57	1:12.06	4400m: 54:01.43	1:16.40
	600m: 7:12.00	1:13.15	1900m: 23:11.18	1:14.74	3200m: 39:05.79	1:12.22	4500m: 55:18.66	1:17.23
	700m: 8:24.66	1:12.66	2000m: 24:25.57	1:14.39	3300m: 40:18.86	1:13.07	4600m: 56:36.74	1:18.08
	800m: 9:37.65	1:12.99	2100m: 25:40.09	1:14.52	3400m: 41:30.83	1:11.97	4700m: 57:55.85	1:19.11
	900m: 10:50.72	1:13.07	2200m: 26:55.22	1:15.13	3500m: 42:43.18	1:12.35	4800m: 59:12.10	1:16.25
	1000m: 12:03.50	1:12.78	2300m: 28:08.86	1:13.64	3600m: 43:57.62	1:14.44	4900m: 1:00:22.83	1:10.73
	1100m: 13:16.68	1:13.18	2400m: 29:22.21	1:13.35	3700m: 45:11.45	1:13.83	5000m: 1:01:33.20	1:10.37
	1200m: 14:29.85	1:13.17	2500m: 30:36.29	1:14.08	3800m: 46:25.62	1:14.17		
	1300m: 15:43.67	1:13.82	2600m: 31:49.76	1:13.47	3900m: 47:40.44	1:14.82		
12.	Robin van Beek	LZ 1886	23:37.46	199704023	1:02:31.60			
	100m: 1:08.39	1:08.39	1400m: 17:00.88	1:16.37	2700m: 33:29.90	1:17.07	4000m: 49:52.05	1:15.80
	200m: 2:20.58	1:12.19	1500m: 18:17.41	1:16.53	2800m: 34:46.78	1:16.88	4100m: 51:07.99	1:15.94
	300m: 3:32.61	1:12.03	1600m: 19:32.99	1:15.58	2900m: 36:03.12	1:16.34	4200m: 52:24.97	1:16.98
	400m: 4:44.89	1:12.28	1700m: 20:47.74	1:14.75	3000m: 37:19.69	1:16.57	4300m: 53:42.62	1:17.65
	500m: 5:58.14	1:13.25	1800m: 22:03.55	1:15.81	3100m: 38:35.86	1:16.17	4400m: 54:59.49	1:16.87
	600m: 7:11.37	1:13.23	1900m: 23:18.64	1:15.09	3200m: 39:51.99	1:16.13	4500m: 56:16.30	1:16.81
	700m: 8:23.96	1:12.59	2000m: 24:33.74	1:15.10	3300m: 41:06.84	1:14.85	4600m: 57:33.40	1:17.10
	800m: 9:36.59	1:12.63	2100m: 25:49.72	1:15.98	3400m: 42:21.77	1:14.93	4700m: 58:48.67	1:15.27
	900m: 10:49.33	1:12.74	2200m: 27:06.25	1:16.53	3500m: 43:35.89	1:14.12	4800m: 1:00:04.08	1:15.41
	1000m: 12:01.92	1:12.59	2300m: 28:22.74	1:16.49	3600m: 44:49.50	1:13.61	4900m: 1:01:18.71	1:14.63
	1100m: 13:14.74	1:12.82	2400m: 29:38.49	1:15.75	3700m: 46:04.94	1:15.44	5000m: 1:02:31.60	1:12.89
	1200m: 14:29.47	1:14.73	2500m: 30:55.67	1:17.18	3800m: 47:20.74	1:15.80		
	1300m: 15:44.51	1:15.04	2600m: 32:12.83	1:17.16	3900m: 48:36.25	1:15.51		
13.	Jeffrey Camphens 200*	DWT	23:48.80	199503113	1:03:27.69			
	100m: 1:11.13	1:11.13	1400m: 17:28.48	1:15.75	2700m: 33:59.23	1:16.97	4000m: 50:40.67	1:18.10
	200m: 2:24.90	1:13.77	1500m: 18:44.48	1:16.00	2800m: 35:16.10	1:16.87	4100m: 51:58.64	1:17.97
	300m: 3:38.67	1:13.77	1600m: 20:00.10	1:15.62	2900m: 36:33.26	1:17.16	4200m: 53:15.70	1:17.06
	400m: 4:54.34	1:15.67	1700m: 21:16.00	1:15.90	3000m: 37:50.07	1:16.81	4300m: 54:32.95	1:17.25
	500m: 6:09.29	1:14.95	1800m: 22:31.54	1:15.54	3100m: 39:06.32	1:16.25	4400m: 55:50.54	1:17.59
	600m: 7:24.51	1:15.22	1900m: 23:47.39	1:15.85	3200m: 40:21.95	1:15.63	4500m: 57:08.16	1:17.62
	700m: 8:40.00	1:15.49	2000m: 25:03.54	1:16.15	3300m: 41:38.54	1:16.59	4600m: 58:25.42	1:17.26
	800m: 9:55.84	1:15.84	2100m: 26:19.86	1:16.32	3400m: 42:54.89	1:16.35	4700m: 59:41.60	1:16.18
	900m: 11:10.73	1:14.89	2200m: 27:35.89	1:16.03	3500m: 44:12.13	1:17.24	4800m: 1:00:58.76	1:17.16
	1000m: 12:26.04	1:15.31	2300m: 28:52.20	1:16.31	3600m: 45:29.95	1:17.82	4900m: 1:02:15.76	1:17.00
	1100m: 13:41.32	1:15.28	2400m: 30:08.92	1:16.72	3700m: 46:47.36	1:17.41	5000m: 1:03:27.69	1:11.93
	1200m: 14:56.92	1:15.60	2500m: 31:25.57	1:16.65	3800m: 48:04.95	1:17.59		
	1300m: 16:12.73	1:15.81	2600m: 32:42.26	1:16.69	3900m: 49:22.57	1:17.62		
14.	Emiel van Beusekom 100*	Van Vliet-Barracuda	23:09.30	199403951	1:04:18.38			
	100m: 1:09.10	1:09.10	1400m: 17:28.67	1:15.72	2700m: 34:06.90	1:17.45	4000m: 51:11.11	1:19.15
	200m: 2:24.20	1:15.10	1500m: 18:44.43	1:15.76	2800m: 35:25.37	1:18.47	4100m: 52:30.20	1:19.09
	300m: 3:40.12	1:15.92	1600m: 20:00.06	1:15.63	2900m: 36:42.11	1:16.74	4200m: 53:49.53	1:19.33
	400m: 4:56.13	1:16.01	1700m: 21:16.21	1:16.15	3000m: 38:00.22	1:18.11	4300m: 55:09.61	1:20.08
	500m: 6:11.38	1:15.25	1800m: 22:32.25	1:16.04	3100m: 39:18.90	1:18.68	4400m: 56:28.86	1:19.25
	600m: 7:26.39	1:15.01	1900m: 23:48.47	1:16.22	3200m: 40:37.88	1:18.98	4500m: 57:47.25	1:18.39
	700m: 8:41.58	1:15.19	2000m: 25:05.21	1:16.74	3300m: 41:56.02	1:18.14	4600m: 59:06.36	1:19.11
	800m: 9:57.06	1:15.48	2100m: 26:21.77	1:16.56	3400m: 43:15.41	1:19.39	4700m: 1:00:25.41	1:19.05
	900m: 11:11.71	1:14.65	2200m: 27:38.49	1:16.72	3500m: 44:34.44	1:19.03	4800m: 1:01:43.82	1:18.41
	1000m: 12:27.21	1:15.50	2300m: 28:55.81	1:17.32	3600m: 45:53.14	1:18.70	4900m: 1:04:18.38	2:34.56
	1100m: 13:42.59	1:15.38	2400m: 30:14.52	1:18.71	3700m: 47:13.13	1:19.99		
	1200m: 14:57.45	1:14.86	2500m: 31:31.41	1:16.89	3800m: 48:32.85	1:19.72		
	1300m: 16:12.95	1:15.50	2600m: 32:49.45	1:18.04	3900m: 49:51.96	1:19.11		
15.	Dennis Wijbenga	Stadskanaal	24:03.97	199003283	1:06:25.18			
	100m: 1:10.07	1:10.07	1400m: 18:10.05	1:19.74	2700m: 35:25.21	1:19.67	4000m: 53:04.52	1:20.42
	200m: 2:26.53	1:16.46	1500m: 19:29.99	1:19.94	2800m: 36:45.20	1:19.99	4100m: 54:24.92	1:20.40
	300m: 3:43.82	1:17.29	1600m: 20:48.11	1:18.12	2900m: 38:05.80	1:20.60	4200m: 55:44.92	1:20.00
	400m: 5:01.50	1:17.68	1700m: 22:04.14	1:16.03	3000m: 39:26.33	1:20.53	4300m: 57:05.07	1:20.15
	500m: 6:19.55	1:18.05	1800m: 23:20.47	1:16.33	3100m: 40:47.26	1:20.93	4400m: 58:26.41	1:21.34
	600m: 7:37.56	1:18.01	1900m: 24:41.27	1:20.80	3200m: 42:08.40	1:21.14	4500m: 59:47.05	1:20.64
	700m: 8:55.77	1:18.21	2000m: 26:02.77	1:21.50	3300m: 43:30.08	1:21.68	4600m: 1:01:08.02	1:20.97
	800m: 10:15.10	1:19.33	2100m: 27:23.35	1:20.58	3400m: 44:52.43	1:22.35	4700m: 1:02:28.62	1:20.60
	900m: 11:33.57	1:18.47	2200m: 28:44.92	1:21.57	3500m: 46:15.38	1:22.95	4800m: 1:03:49.21	1:20.59
	1000m: 12:52.45	1:18.88	2300m: 30:05.67	1:20.75	3600m: 47:37.95	1:22.57	4900m: 1:06:25.18	2:35.97
	1100m: 14:11.38	1:18.93	2400m: 31:26.01	1:20.34	3700m: 49:00.56	1:22.61		
	1200m: 15:30.67	1:19.29	2500m: 32:46.36	1:20.35	3800m: 50:22.26	1:21.70		
	1300m: 16:50.31	1:19.64	2600m: 34:05.54	1:19.18	3900m: 51:44.10	1:21.84		
DIS	Ruben Griffioen AF - De aangegeven afstand niet uitgezwommen.	De Columbiaan	23:14.68	199900771		AF		

