

Zeskamp deel 3
's Heerenberg, 14-1-2018

Programmanr. 1
14-1-2018

200m vrije slag

Minioren 5 en later
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Meike Lemckert 50m: 40.40 40.40	Montferland 100m: 1:28.81 48.41	3:30.00 150m: 2:18.86 50.05	200700478 200m: 3:08.63 3:08.63 49.77
2.	Tom Oonk 50m: 45.45 45.45	ZPC Livo 100m: 1:37.45 52.00	3:31.04 150m: 2:29.48 52.03	200700427 200m: 3:19.66 3:19.66 50.18
3.	Myrthe Ketterink 50m: 45.55 45.55	WWV 100m: 1:30.02 44.47	4:00.00 150m: 2:31.78 1:01.76	200702992 200m: 3:24.43 3:24.43 52.65
4.	Esmee Nieuwenhuis 50m: 50.11 50.11	Schuurman BZC 100m: 1:45.70 55.59	NT 150m: 2:41.52 55.82	200701444 200m: 3:29.43 3:29.43 47.91
5.	Aukje Markerink 50m: 49.57 49.57	Schuurman BZC 100m: 1:44.64 55.07	NT 150m: 2:40.48 55.84	200802196 200m: 3:35.42 3:35.42 54.94
6.	Amy Koolhof 50m: 48.68 48.68	WWV 100m: 1:45.38 56.70	4:30.00 150m: 2:43.50 58.12	200702246 200m: 3:38.47 3:38.47 54.97
7.	Stef Gijsbers 50m: 49.82 49.82	WWV 100m: 1:47.75 57.93	4:25.00 150m: 2:46.38 58.63	200702469 200m: 3:39.74 3:39.74 53.36
8.	Anne Mary Huls 50m: 44.63 44.63	Montferland 100m: 1:40.87 56.24	4:10.00 150m: 2:42.41 1:01.54	200701454 200m: 3:41.65 3:41.65 59.24
9.	Juliët Matser 50m: 50.29 50.29	ZV Overbetuwe 100m: 1:48.36 58.07	4:26.00 150m: 2:51.00 1:02.64	200801366 200m: 3:52.24 3:52.24 1:01.24
10.	Kim van Veenendaal 50m: 51.91 51.91	ZV Overbetuwe 100m: 1:52.41 1:00.50	4:23.71 150m: 2:57.15 1:04.74	200801832 200m: 4:00.67 4:00.67 1:03.52
11.	Iwan Eelink 50m: 59.62 59.62	Schuurman BZC 100m: 2:06.06 1:06.44	NT 150m: 3:07.16 1:01.10	200701957 200m: 4:03.12 4:03.12 55.96
12.	Meike Helmers 50m: 56.99 56.99	Schuurman BZC 100m: 1:58.31 1:01.32	NT 150m: 3:03.55 1:05.24	200702896 200m: 4:03.25 4:03.25 59.70
13.	Janne Arendsen 50m: 52.34 52.34	Montferland 100m: 1:55.80 1:03.46	4:18.09 150m: 3:09.56 1:13.76	200701142 200m: 4:20.92 4:20.92 1:11.36
14.	Stijn Hellwich 50m: 1:02.23 1:02.23	Montferland 100m: 2:16.11 1:13.88	5:00.00 150m: 3:30.14 1:14.03	200901117 200m: 4:43.03 4:43.03 1:12.89

Programmanr. 2
14-1-2018

200m wisselslag

Minioren 5 en later
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
DIS	Mette te Molder <i>RH - Het eindpunt niet in rugligging aangeraakt.</i>	ZPC Livo	3:44.05	200700418

Zeskamp deel 3
's Heerenberg, 14-1-2018

Programmanr. 3 400m vrije slag Minioren 5 en later
Resultaten
14-1-2018

rang	naam	vereniging				inschrijftijd				tijd		
1.	Jente Koren	DOS				7:06.25				200700990	6:33.66	
	50m:	43.49	43.49	150m:	2:24.44	50.75	250m:	4:05.84	51.00	350m:	5:44.84	47.61
	100m:	1:33.69	50.20	200m:	3:14.84	50.40	300m:	4:57.23	51.39	400m:	6:33.66	48.82
2.	Finn Foekens	ZV Overbetuwe				7:20.00				200700007	6:38.24	
	50m:	44.20	44.20	150m:	2:25.36	51.89	250m:	4:06.81	50.89	350m:	5:42.58	42.99
	100m:	1:33.47	49.27	200m:	3:15.92	50.56	300m:	4:59.59	52.78	400m:	6:38.24	55.66
3.	Charlotte Sturris	DOS				7:26.86				200700168	7:08.06	
	50m:	45.60	45.60	150m:	2:31.60	54.80	250m:	4:23.06	56.55	350m:	6:14.58	55.42
	100m:	1:36.80	51.20	200m:	3:26.51	54.91	300m:	5:19.16	56.10	400m:	7:08.06	53.48
4.	Roos Vrugink	WWV				8:10.00				200801040	7:14.36	
	50m:	49.51	49.51	150m:	2:40.79	57.06	250m:	4:33.33	56.83	350m:	6:21.18	52.80
	100m:	1:43.73	54.22	200m:	3:36.50	55.71	300m:	5:28.38	55.05	400m:	7:14.36	53.18
5.	Fleur Vrugink	WWV				8:50.00				200701724	7:21.46	
	50m:	54.06	54.06	150m:	2:47.06	57.55	250m:	4:40.60	56.31	350m:	6:29.10	53.21
	100m:	1:49.51	55.45	200m:	3:44.29	57.23	300m:	5:35.89	55.29	400m:	7:21.46	52.36
6.	Evi Hulshof	GZV				7:56.85				200701758	7:21.83	
	50m:	48.59	48.59	150m:	2:43.53	58.43	250m:	4:41.17	1:00.38	350m:	6:31.69	53.64
	100m:	1:45.10	56.51	200m:	3:40.79	57.26	300m:	5:38.05	56.88	400m:	7:21.83	50.14
7.	Enna Lamers	ZV Overbetuwe				8:46.09				200800899	7:34.13	
	50m:	48.92	48.92	150m:	2:46.02	59.42	250m:	4:46.32	1:00.75	350m:	6:42.95	59.25
	100m:	1:46.60	57.68	200m:	3:45.57	59.55	300m:	5:43.70	57.38	400m:	7:34.13	51.18
8.	Jelle te Pas	DOS				8:00.00				200801301	8:02.20	
	50m:	51.22	51.22	150m:	2:59.24	1:07.47	250m:	5:06.96	1:03.68	350m:	7:02.69	53.22
	100m:	1:51.77	1:00.55	200m:	4:03.28	1:04.04	300m:	6:09.47	1:02.51	400m:	8:02.20	59.51

Programmanr. 4 Dames, 400m vrije slag Senioren Open
Resultaten
14-1-2018

rang	naam	vereniging				inschrijftijd				tijd		
1.	Angela Giezen	Montferland				5:28.82				198302796	5:37.68	
	50m:	37.80	37.80	150m:	2:01.29	42.32	250m:	3:27.71	43.35	350m:	4:55.79	44.79
	100m:	1:18.97	41.17	200m:	2:44.36	43.07	300m:	4:11.00	43.29	400m:	5:37.68	41.89
2.	Esmee Wilcke	ZV Overbetuwe				5:44.00				200302540	5:38.10	
	50m:	35.54	35.54	150m:	1:59.38	43.20	250m:	3:27.03	44.39	350m:	4:55.96	44.74
	100m:	1:16.18	40.64	200m:	2:42.64	43.26	300m:	4:11.22	44.19	400m:	5:38.10	42.14
3.	Senna te Molder	ZPC Livo				5:50.09				200501912	5:45.66	
	50m:	36.84	36.84	150m:	2:03.68	44.13	250m:	3:35.53	45.78	350m:	5:04.87	44.44
	100m:	1:19.55	42.71	200m:	2:49.75	46.07	300m:	4:20.43	44.90	400m:	5:45.66	40.79
4.	Pien jansen	WWV				6:50.00				200302034	6:06.65	
	50m:	41.27	41.27	150m:	2:14.07	46.95	250m:	3:49.74	48.24	350m:	5:23.73	47.03
	100m:	1:27.12	45.85	200m:	3:01.50	47.43	300m:	4:36.70	46.96	400m:	6:06.65	42.92
5.	Lynn Rötter	ZPC Livo				5:57.16				200600950	6:09.66	
	50m:	40.92	40.92	150m:	2:14.13	46.79	250m:	3:50.87	48.45	350m:	5:24.97	46.78
	100m:	1:27.34	46.42	200m:	3:02.42	48.29	300m:	4:38.19	47.32	400m:	6:09.66	44.69
6.	Kajsa Hakvoort	Schuurman BZC				6:34.22				200302896	6:25.88	
	50m:	41.12	41.12	150m:	2:14.74	47.76	250m:	3:54.82	50.54	350m:	5:38.00	51.97
	100m:	1:26.98	45.86	200m:	3:04.28	49.54	300m:	4:46.03	51.21	400m:	6:25.88	47.88
7.	Anna Jetz	Montferland				7:45.00				200601488	6:34.11	
	50m:	42.13	42.13	150m:	2:18.63	49.43	250m:	4:01.07	51.53	350m:	5:46.33	53.08
	100m:	1:29.20	47.07	200m:	3:09.54	50.91	300m:	4:53.25	52.18	400m:	6:34.11	47.78

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Programmanr. 4, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd	tijd				
8.	Mariëlle ter Horst	WWV	7:30.00	199906438	6:39.19			
	50m: 45.46	45.46	150m: 2:25.91	50.88	250m: 4:08.72	51.49	350m: 5:50.80	50.91
	100m: 1:35.03	49.57	200m: 3:17.23	51.32	300m: 4:59.89	51.17	400m: 6:39.19	48.39
9.	Imke Temmink	Schuurman BZC	NT	200601668	6:41.64			
	50m: 42.92	42.92	150m: 2:22.51	51.47	250m: 4:07.04	51.34	350m: 5:53.82	53.40
	100m: 1:31.04	48.12	200m: 3:15.70	53.19	300m: 5:00.42	53.38	400m: 6:41.64	47.82
10.	Mara Teitink	Montferland	7:13.51	200402656	6:47.76			
	50m: 41.92	41.92	150m: 2:21.07	51.43	250m: 4:08.92	55.03	350m: 5:56.26	54.26
	100m: 1:29.64	47.72	200m: 3:13.89	52.82	300m: 5:02.00	53.08	400m: 6:47.76	51.50
11.	Rosalie van Hulst	ZV Overbetuwe	6:33.60	200202726	6:48.76			
	50m: 40.90	40.90	150m: 2:22.71	52.82	250m: 4:09.79	53.97	350m: 5:57.04	53.40
	100m: 1:29.89	48.99	200m: 3:15.82	53.11	300m: 5:03.64	53.85	400m: 6:48.76	51.72
12.	Lynn Kummel	Schuurman BZC	NT	200404530	6:54.25			
	50m: 44.88	44.88	150m: 2:28.16	51.69	250m: 4:14.48	52.95	350m: 6:02.40	54.49
	100m: 1:36.47	51.59	200m: 3:21.53	53.37	300m: 5:07.91	53.43	400m: 6:54.25	51.85
13.	Anne Masselink	DOS	7:17.00	200303894	6:56.66			
	50m: 42.42	42.42	150m: 2:23.11	52.38	250m: 4:12.00	54.94	350m: 6:03.09	56.43
	100m: 1:30.73	48.31	200m: 3:17.06	53.95	300m: 5:06.66	54.66	400m: 6:56.66	53.57
14.	Caya Verbruggen	ZPC Livo	7:39.31	200501918	6:58.00			
	50m: 44.76	44.76	150m: 2:30.41	54.51	250m: 4:20.42	55.23	350m: 6:07.25	52.57
	100m: 1:35.90	51.14	200m: 3:25.19	54.78	300m: 5:14.68	54.26	400m: 6:58.00	50.75
15.	Rowie Ligtle	DOS	7:00.00	200502372	7:00.56			
	50m: 47.78	47.78	150m: 2:33.66	52.88	250m: 4:22.38	54.72	350m: 6:11.69	54.93
	100m: 1:40.78	53.00	200m: 3:27.66	54.00	300m: 5:16.76	54.38	400m: 7:00.56	48.87
16.	Mijke Soek	Schuurman BZC	NT	200504498	7:01.14			
	50m: 47.58	47.58	150m: 2:35.27	55.41	250m: 4:23.78	53.79	350m: 6:11.81	53.57
	100m: 1:39.86	52.28	200m: 3:29.99	54.72	300m: 5:18.24	54.46	400m: 7:01.14	49.33
17.	Maud Schutten	ZPC Livo	7:31.00	200600948	7:06.07			
	50m: 47.37	47.37	150m: 2:34.22	54.61	250m: 4:26.28	55.51	350m: 6:17.52	54.96
	100m: 1:39.61	52.24	200m: 3:30.77	56.55	300m: 5:22.56	56.28	400m: 7:06.07	48.55
18.	Sanne Teunissen	ZV Overbetuwe	6:22.77	200502874	7:07.09			
	50m: 47.06	47.06	150m: 3:27.75	1:50.37	250m: 5:20.11	56.91	400m: 7:07.09	51.23
	100m: 1:37.38	50.32	200m: 4:23.20	55.45	300m: 6:15.86	55.75		
19.	Pien Ooijman	Schuurman BZC	NT	200504500	7:09.16			
	50m: 48.10	48.10	150m: 2:35.57	55.37	250m: 4:26.54	55.97	350m: 6:19.69	56.53
	100m: 1:40.20	52.10	200m: 3:30.57	55.00	300m: 5:23.16	56.62	400m: 7:09.16	49.47
20.	Quinty Lukkassen	ZPC Livo	7:18.62	200600944	7:10.33			
	50m: 46.86	46.86	150m: 2:35.71	55.16	250m: 4:29.32	57.10	350m: 6:22.59	57.07
	100m: 1:40.55	53.69	200m: 3:32.22	56.51	300m: 5:25.52	56.20	400m: 7:10.33	47.74
21.	Jip Vreuls	ZPC Livo	7:21.26	200600946	7:34.57			
	50m: 48.07	48.07	150m: 2:44.42	58.91	250m: 4:45.73	1:00.87	350m: 6:44.90	57.26
	100m: 1:45.51	57.44	200m: 3:44.86	1:00.44	300m: 5:47.64	1:01.91	400m: 7:34.57	49.67
22.	Roos Stoteler	ZV Overbetuwe	8:07.85	200601370	7:43.27			
	50m: 49.53	49.53	150m: 2:47.25	1:00.01	250m: 4:49.25	1:01.36	350m: 6:49.70	59.93
	100m: 1:47.24	57.71	200m: 3:47.89	1:00.64	300m: 5:49.77	1:00.52	400m: 7:43.27	53.57
AFGEM	Pien Krabben	ZPC Livo	7:00.00	200103750				
AFGEM	Jennifer Helmink	Montferland	6:30.00	200502524				

Zeskamp deel 3
's Heerenberg, 14-1-2018

Programmanr. 5 Herren, 400m vrije slag Senioren Open Resultaten

rang	naam	vereniging				inschrijftijd				tijd	
1.	Sam Pollmann	ZV Overbetuwe				6:04.07				200303081	6:08.98
	50m: 38.75	38.75	150m: 2:09.53	46.52	250m: 3:46.01	48.53	350m: 5:23.28	48.60			
	100m: 1:23.01	44.26	200m: 2:57.48	47.95	300m: 4:34.68	48.67	400m: 6:08.98	45.70			
2.	Tijmen Lensink	ZPC Livo				6:27.01				200303363	6:27.75
	50m: 40.67	40.67	150m: 2:15.96	49.73	250m: 3:57.91	51.54	350m: 5:40.26	51.01			
	100m: 1:26.23	45.56	200m: 3:06.37	50.41	300m: 4:49.25	51.34	400m: 6:27.75	47.49			
3.	Tristan Knufing	ZPC Livo				6:36.76				200203557	6:28.71
	50m: 43.57	43.57	150m: 2:17.76	47.43	250m: 3:57.85	51.80	350m: 5:39.41	50.74			
	100m: 1:30.33	46.76	200m: 3:06.05	48.29	300m: 4:48.67	50.82	400m: 6:28.71	49.30			
4.	Tjalle Berentsen	ZPC Livo				6:30.00				200304781	6:33.82
	50m: 44.16	44.16	150m: 2:21.20	49.71	250m: 4:02.61	51.32	350m: 5:46.29	51.13			
	100m: 1:31.49	47.33	200m: 3:11.29	50.09	300m: 4:55.16	52.55	400m: 6:33.82	47.53			
5.	Casper Scheuter	DOS				6:48.46				200502507	6:37.28
	150m: 2:22.33	2:22.33	250m: 4:03.92	50.76	350m: 5:47.60	51.93					
	200m: 3:13.16	50.83	300m: 4:55.67	51.75	400m: 6:37.28	49.68					
6.	Milan Visser	WWV				7:30.00				200601297	6:42.36
	50m: 41.98	41.98	150m: 2:20.90	50.90	250m: 4:04.76	52.64	350m: 5:50.77	53.54			
	100m: 1:30.00	48.02	200m: 3:12.12	51.22	300m: 4:57.23	52.47	400m: 6:42.36	51.59			
7.	Yannick ter Horst	DOS				7:02.52				200501187	6:48.03
	50m: 43.98	43.98	150m: 2:26.31	52.06	250m: 4:11.52	52.71	350m: 5:57.23	53.48			
	100m: 1:34.25	50.27	200m: 3:18.81	52.50	300m: 5:03.75	52.23	400m: 6:48.03	50.80			
8.	Leon Blok	Schuurman BZC				NT				200603163	7:01.65
	50m: 45.96	45.96	150m: 2:30.52	54.24	250m: 4:22.00	56.41	350m: 6:13.28	54.98			
	100m: 1:36.28	50.32	200m: 3:25.59	55.07	300m: 5:18.30	56.30	400m: 7:01.65	48.37			
9.	Wouter Soek	Schuurman BZC				NT				200503571	7:06.10
	50m: 44.00	44.00	150m: 2:30.95	55.28	250m: 4:22.48	56.22	350m: 6:14.76	55.74			
	100m: 1:35.67	51.67	200m: 3:26.26	55.31	300m: 5:19.02	56.54	400m: 7:06.10	51.34			
10.	Huub Koster	DOS				7:30.00				200601635	7:22.20
	50m: 45.63	45.63	150m: 2:36.89	56.92	250m: 4:32.37	58.21	350m: 6:28.60	57.25			
	100m: 1:39.97	54.34	200m: 3:34.16	57.27	300m: 5:31.35	58.98	400m: 7:22.20	53.60			
11.	Senna Engel	DOS				8:14.13				200502505	7:27.04
	50m: 47.70	47.70	150m: 2:37.10	56.10	250m: 4:34.10	58.81	350m: 6:33.86	59.38			
	100m: 1:41.00	53.30	200m: 3:35.29	58.19	300m: 5:34.48	1:00.38	400m: 7:27.04	53.18			
12.	Finn Ooijman	Schuurman BZC				NT				200603161	8:00.49
	50m: 51.70	51.70	150m: 2:54.26	54.79	250m: 4:56.90	53.35	350m: 7:05.47	1:00.41			
	100m: 1:59.47	1:07.77	200m: 4:03.55	1:09.29	300m: 6:05.06	1:08.16	400m: 8:00.49	55.02			

Programmanr. 6 Dames, 800m vrije slag Senioren Open Resultaten

rang	naam	vereniging				inschrijftijd				tijd	
1.	Anne Gijsbers	WWV				12:30.00				200201994	10:52.82
	50m: 37.13	37.13	250m: 3:23.70	43.03	450m: 6:12.48	42.06	650m: 8:57.13	41.11			
	100m: 1:16.95	39.82	300m: 4:06.20	42.50	500m: 6:54.10	41.62	700m: 9:37.73	40.60			
	150m: 1:58.23	41.28	350m: 4:48.57	42.37	550m: 7:35.51	41.41	800m: 10:52.82	1:15.09			
	200m: 2:40.67	42.44	400m: 5:30.42	41.85	600m: 8:16.02	40.51					
2.	Indy te Molder	ZPC Livo				11:20.89				200301380	10:58.61
	50m: 39.57	39.57	250m: 3:22.12	42.52	450m: 6:12.80	43.09	650m: 9:01.85	41.70			
	100m: 1:15.01	35.44	300m: 4:05.20	43.08	500m: 6:55.38	42.58	700m: 9:42.74	40.89			
	150m: 1:56.81	41.80	350m: 4:47.17	41.97	550m: 7:38.07	42.69	750m: 10:22.74	40.00			
	200m: 2:39.60	42.79	400m: 5:29.71	42.54	600m: 8:20.15	42.08	800m: 10:58.61	35.87			

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Programmanr. 6, Dames, 800m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd		tijd	
3.	Lieze Heuvels	ZPC Livo	11:22.04	200204336	10:58.76	
	50m: 36.13	36.13	250m: 3:22.94	42.91	450m: 6:12.65	42.91
	100m: 1:15.67	39.54	300m: 4:05.13	42.19	500m: 6:55.23	42.58
	150m: 1:57.11	41.44	350m: 4:47.24	42.11	550m: 7:37.78	42.55
	200m: 2:40.03	42.92	400m: 5:29.74	42.50	600m: 8:20.45	42.67
					650m: 9:02.20	41.75
					700m: 9:43.18	40.98
					750m: 10:24.17	40.99
					800m: 10:58.76	34.59
4.	Renée Duenk	WWV	12:40.00	200201368	11:01.04	
	50m: 36.64	36.64	250m: 3:21.85	42.25	450m: 6:11.76	42.56
	100m: 1:17.04	40.40	300m: 4:03.58	41.73	500m: 6:54.90	43.14
	150m: 1:57.96	40.92	350m: 4:46.39	42.81	550m: 7:37.20	42.30
	200m: 2:39.60	41.64	400m: 5:29.20	42.81	600m: 8:18.83	41.63
					650m: 9:00.92	42.09
					700m: 9:42.09	41.17
					750m: 10:23.22	41.13
					800m: 11:01.04	37.82
5.	Sterre Naves	WWV	13:00.00	200403446	11:44.08	
	50m: 38.33	38.33	250m: 3:33.11	44.97	450m: 6:34.64	45.22
	100m: 1:20.14	41.81	300m: 4:18.20	45.09	500m: 7:18.61	43.97
	150m: 2:03.95	43.81	350m: 5:03.89	45.69	550m: 8:03.80	45.19
	200m: 2:48.14	44.19	400m: 5:49.42	45.53	600m: 8:48.70	44.90
					650m: 9:33.83	45.13
					700m: 10:18.23	44.40
					750m: 11:02.45	44.22
					800m: 11:44.08	41.63
6.	Danitscha Werter	WWV	13:27.47	199804958	12:12.22	
	50m: 39.51	39.51	250m: 3:40.93	46.61	450m: 6:47.51	47.23
	100m: 1:23.06	43.55	300m: 4:27.30	46.37	500m: 7:34.84	47.33
	150m: 2:08.22	45.16	350m: 5:13.63	46.33	550m: 8:21.51	46.67
	200m: 2:54.32	46.10	400m: 6:00.28	46.65	600m: 9:08.72	47.21
					650m: 9:56.04	47.32
					700m: 10:42.78	46.74
					800m: 12:12.22	1:29.44
7.	Iris de Meij	ZV Overbetuwe	12:24.20	200500120	12:13.02	
	50m: 38.49	38.49	250m: 3:34.81	45.56	450m: 6:45.22	48.44
	100m: 1:21.05	42.56	300m: 4:21.50	46.69	500m: 7:33.40	48.18
	150m: 2:04.07	43.02	350m: 5:08.86	47.36	550m: 8:20.86	47.46
	200m: 2:49.25	45.18	400m: 5:56.78	47.92	600m: 9:09.37	48.51
					650m: 9:57.45	48.08
					700m: 10:45.59	48.14
					750m: 11:31.57	45.98
					800m: 12:13.02	41.45
8.	Sophie van Londen <i>FJ2</i>	WWV	13:42.00	200205286	12:41.68	
	50m: 45.60	45.60	250m: 3:50.23	47.95	450m: 7:05.81	48.86
	100m: 1:27.08	41.48	300m: 4:38.55	48.32	500m: 7:54.92	49.11
	150m: 2:14.45	47.37	350m: 5:27.57	49.02	550m: 8:44.23	49.31
	200m: 3:02.28	47.83	400m: 6:16.95	49.38	600m: 9:32.98	48.75
					650m: 10:22.25	49.27
					700m: 11:11.30	49.05
					750m: 11:56.86	45.56
					800m: 12:41.68	44.82
9.	Bridet Hulshof	GZV	13:40.59	200503306	12:41.78	
	50m: 40.18	40.18	250m: 3:51.34	49.00	450m: 7:06.42	49.99
	100m: 1:25.00	44.82	300m: 4:39.31	47.97	500m: 7:55.44	49.02
	150m: 2:13.12	48.12	350m: 5:27.71	48.40	550m: 8:43.17	47.73
	200m: 3:02.34	49.22	400m: 6:16.43	48.72	600m: 9:30.83	47.66
					650m: 10:20.78	49.95
					700m: 11:11.09	50.31
					800m: 12:41.78	1:30.69
10.	Linzy Tannemaat	DOS	12:00.00	200501738	12:46.99	
	50m: 38.50	38.50	250m: 3:43.00	48.14	450m: 7:00.47	49.48
	100m: 1:21.45	42.95	300m: 4:32.40	49.40	500m: 7:51.22	50.75
	150m: 2:07.36	45.91	350m: 5:21.01	48.61	550m: 8:43.89	52.67
	200m: 2:54.86	47.50	400m: 6:10.99	49.98	600m: 9:34.49	50.60
					650m: 10:24.33	49.84
					700m: 11:14.82	50.49
					800m: 12:46.99	1:32.17
11.	Alyssa Heuvelink	GZV	13:59.85	200600500	13:10.22	
	50m: 42.00	42.00	250m: 3:57.20	50.44	450m: 7:21.14	51.26
	100m: 1:27.87	45.87	300m: 4:48.15	50.95	500m: 8:11.04	49.90
	150m: 2:15.92	48.05	350m: 5:38.83	50.68	550m: 9:01.32	50.28
	200m: 3:06.76	50.84	400m: 6:29.88	51.05	600m: 9:50.72	49.40
					650m: 10:41.26	50.54
					700m: 11:32.72	51.46
					750m: 12:22.43	49.71
					800m: 13:10.22	47.79
12.	Igna Legtenberg	WWV	14:00.00	200401806	13:13.40	
	50m: 44.50	44.50	250m: 4:04.77	51.32	450m: 7:30.83	50.79
	100m: 1:32.71	48.21	300m: 4:56.31	51.54	500m: 8:21.80	50.97
	150m: 2:22.46	49.75	350m: 5:47.67	51.36	550m: 9:13.09	51.29
	200m: 3:13.45	50.99	400m: 6:40.04	52.37	600m: 10:02.68	49.59
					650m: 10:53.57	50.89
					700m: 11:43.65	50.08
					750m: 12:31.42	47.77
					800m: 13:13.40	41.98
13.	Ruth Ambting	Montferland	15:00.00	200402030	13:23.67	
	50m: 42.54	42.54	250m: 4:01.44	51.08	450m: 7:26.35	51.14
	100m: 1:30.84	48.30	300m: 4:52.92	51.48	500m: 8:17.83	51.48
	150m: 2:20.76	49.92	350m: 5:44.52	51.60	550m: 9:10.14	52.31
	200m: 3:10.36	49.60	400m: 6:35.21	50.69	600m: 10:01.27	51.13
					650m: 10:52.66	51.39
					700m: 11:44.68	52.02
					750m: 12:35.36	50.68
					800m: 13:23.67	48.31

Zeskamp deel 3
's Heerenberg, 14-1-2018

Programmanr. 6, Dames, 800m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd	tijd
14.	Dominique Eelink	Schuurman BZC	NT	200402324 14:39.94
	50m: 45.20	45.20	250m: 4:24.03	55.77
	100m: 1:38.56	53.36	300m: 5:23.10	59.07
	150m: 2:30.90	52.34	350m: 6:18.72	55.62
	200m: 3:28.26	57.36	400m: 7:18.29	59.57
			450m: 8:14.04	55.75
			500m: 9:13.38	59.34
			550m: 10:08.90	55.52
			600m: 11:08.63	59.73
			650m: 12:01.83	53.20
			700m: 12:57.07	55.24
			750m: 13:55.24	58.17
			800m: 14:39.94	44.70
AFGEM	Milena Vlot	WWV	12:30.00	200003792

Programmanr. 7
14-1-2018

Heren, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Cas Wieggers	GZV	9:30.00	199701797 9:56.86
	50m: 31.04	31.04	250m: 2:56.17	37.29
	100m: 1:06.15	35.11	300m: 3:34.00	37.83
	150m: 1:42.17	36.02	350m: 4:12.10	38.10
	200m: 2:18.88	36.71	400m: 4:49.93	37.83
			450m: 5:28.20	38.27
			500m: 6:06.01	37.81
			550m: 6:44.38	38.37
			600m: 7:23.32	38.94
			650m: 8:02.64	39.32
			700m: 8:41.59	38.95
			750m: 9:19.97	38.38
			800m: 9:56.86	36.89
2.	Jesse Baak	Schuurman BZC	11:01.22	199701983 11:09.08
	50m: 35.62	35.62	250m: 3:22.37	42.31
	100m: 1:15.99	40.37	300m: 4:05.22	42.85
	150m: 1:57.25	41.26	350m: 4:48.60	43.38
	200m: 2:40.06	42.81	400m: 5:35.65	47.05
			450m: 6:18.69	43.04
			500m: 7:01.00	42.31
			550m: 7:44.00	43.00
			600m: 8:26.62	42.62
			650m: 9:09.37	42.75
			700m: 9:52.31	42.94
			750m: 10:32.07	39.76
			800m: 11:09.08	37.01
3.	Luuk Holtrop	WWV	12:30.00	200005649 11:37.02
	50m: 35.88	35.88	250m: 3:30.73	45.33
	100m: 1:17.31	41.43	300m: 4:16.56	45.83
	150m: 2:01.39	44.08	350m: 5:01.49	44.93
	200m: 2:45.40	44.01	400m: 5:46.11	44.62
			450m: 6:31.50	45.39
			500m: 7:17.40	45.90
			550m: 8:02.00	44.60
			600m: 8:47.17	45.17
			650m: 9:31.91	44.74
			700m: 10:17.31	45.40
			750m: 11:00.11	42.80
			800m: 11:37.02	36.91
4.	Rolf Veldboom	WWV	14:00.00	200302231 12:29.54
	50m: 40.42	40.42	250m: 3:48.02	48.00
	100m: 1:25.26	44.84	300m: 4:36.26	48.24
	150m: 2:12.54	47.28	350m: 5:25.32	49.06
	200m: 3:00.02	47.48	400m: 6:14.16	48.84
			450m: 7:02.76	48.60
			500m: 7:50.00	47.24
			550m: 8:36.95	46.95
			600m: 9:24.70	47.75
			650m: 10:11.86	47.16
			700m: 10:59.51	47.65
			750m: 11:46.92	47.41
			800m: 12:29.54	42.62
5.	Sven te Pas FJ1	DOS	12:00.00	200501855 12:54.30
	50m: 42.67	42.67	250m: 3:44.27	48.61
	100m: 1:21.73	39.06	300m: 4:32.99	48.72
	150m: 2:08.60	46.87	350m: 5:24.02	51.03
	200m: 2:55.66	47.06	400m: 6:14.86	50.84
			450m: 7:06.54	51.68
			500m: 7:58.12	51.58
			550m: 8:49.30	51.18
			600m: 9:39.83	50.53
			650m: 10:30.23	50.40
			700m: 11:19.89	49.66
			750m: 12:08.58	48.69
			800m: 12:54.30	45.72
6.	Pim Reinders	GZV	14:58.60	200501455 13:02.48
	50m: 44.51	44.51	250m: 3:59.88	48.77
	100m: 1:33.80	49.29	300m: 4:49.89	50.01
	150m: 2:22.73	48.93	350m: 5:39.48	49.59
	200m: 3:11.11	48.38	400m: 6:29.26	49.78
			450m: 7:19.60	50.34
			500m: 8:09.26	49.66
			550m: 8:59.76	50.50
			600m: 9:49.06	49.30
			650m: 10:39.80	50.74
			700m: 11:28.51	48.71
			750m: 12:16.85	48.34
			800m: 13:02.48	45.63
7.	William Sturris	DOS	11:00.00	200203951 13:05.45
	50m: 36.42	36.42	250m: 3:43.73	50.46
	100m: 1:17.78	41.36	300m: 4:34.45	50.72
	150m: 2:04.49	46.71	350m: 5:25.15	50.70
	200m: 2:53.27	48.78	400m: 6:16.76	51.61
			450m: 7:08.62	51.86
			500m: 8:01.41	52.79
			550m: 8:53.19	51.78
			600m: 9:45.22	52.03
			650m: 10:36.41	51.19
			700m: 11:27.89	51.48
			750m: 12:17.82	49.93
			800m: 13:05.45	47.63
8.	Joran Mulderije	Schuurman BZC	NT	200500917 13:38.17
	50m: 40.23	40.23	250m: 4:01.22	54.94
	100m: 1:25.81	45.58	300m: 4:50.90	49.68
	150m: 2:15.49	49.68	350m: 5:48.28	57.38
	200m: 3:06.28	50.79	400m: 6:38.84	50.56
			450m: 7:36.08	57.24
			500m: 8:25.20	49.12
			550m: 9:21.71	56.51
			600m: 10:10.76	49.05
			650m: 11:08.84	58.08
			700m: 11:57.55	48.71
			750m: 12:51.23	53.68
			800m: 13:38.17	46.94
9.	Mats van der Rijst	ZV Overbetuwe	14:39.00	200602053 13:44.18
	50m: 46.96	46.96	250m: 4:09.94	52.67
	100m: 1:33.51	46.55	300m: 5:01.89	51.95
	150m: 2:24.54	51.03	350m: 5:54.88	52.99
	200m: 3:17.27	52.73	400m: 6:47.66	52.78
			450m: 7:39.73	52.07
			500m: 9:26.16	1:46.43
			550m: 10:19.41	53.25
			600m: 11:12.63	53.22
			650m: 12:05.76	53.13
			700m: 12:57.09	51.33
			750m: 13:44.18	47.09

Zeskamp deel 3
's Heerenberg, 14-1-2018

Programmanr. 7, Heren, 800m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd	tijd
	AFGEM Kees Huitink	Schuurman BZC	12:40.51	200103519

Programmanr. 8
14-1-2018 Meisjes, 800m vrije slag Minioren 4 en 5 Resultaten

rang	naam	vereniging	inschrijftijd	tijd
	Programmanr. 9 14-1-2018	Jongens, 800m vrije slag		Minioren 4 en 5 Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Sem Teunissen	ZV Overbetuwe	15:05.00	200800077 13:41.02
	50m: 45.64 45.64	250m: 4:13.00 52.33	450m: 7:42.89 52.79	650m: 11:15.48 52.46
	100m: 1:36.86 51.22	300m: 5:04.86 51.86	500m: 8:36.16 53.27	700m: 12:06.36 50.88
	150m: 2:29.02 52.16	350m: 5:56.89 52.03	550m: 9:29.39 53.23	750m: 12:56.07 49.71
	200m: 3:20.67 51.65	400m: 6:50.10 53.21	600m: 10:23.02 53.63	800m: 13:41.02 44.95

Programmanr. 10
14-1-2018 Dames, 400m wisselslag Senioren Open Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Angela Giezen	Montferland	6:08.42	198302796 6:13.70
	50m: 40.69 40.69	150m: 2:18.17 48.69	250m: 3:56.58 52.24	350m: 5:32.04 44.46
	100m: 1:29.48 48.79	200m: 3:04.34 46.17	300m: 4:47.58 51.00	400m: 6:13.70 41.66
2.	Eline Vonhof	ZPC Livo	6:12.48	198904434 6:24.47
	50m: 42.70 42.70	150m: 2:21.63 47.74	250m: 4:00.69 54.29	350m: 5:42.48 47.00
	100m: 1:33.89 51.19	200m: 3:06.40 44.77	300m: 4:55.48 54.79	400m: 6:24.47 41.99
3.	Femke Kuiper	Montferland	7:15.00	200103540 6:30.36
	50m: 38.42 38.42	150m: 2:17.87 51.93	250m: 4:03.16 54.36	350m: 5:47.45 48.34
	100m: 1:25.94 47.52	200m: 3:08.80 50.93	300m: 4:59.11 55.95	400m: 6:30.36 42.91
4.	Iris Althoff	GZV	6:45.50	200404676 6:39.45
	50m: 45.85 45.85	150m: 2:32.43 49.38	250m: 4:15.33 55.43	350m: 5:58.78 46.79
	100m: 1:43.05 57.20	200m: 3:19.90 47.47	300m: 5:11.99 56.66	400m: 6:39.45 40.67
5.	Marlyssa Sonderen	GZV	7:10.00	199702514 6:49.89
	50m: 41.82 41.82	150m: 2:30.07 53.43	250m: 4:18.23 56.37	350m: 6:03.00 47.20
	100m: 1:36.64 54.82	200m: 3:21.86 51.79	300m: 5:15.80 57.57	400m: 6:49.89 46.89
6.	Esmee Wilcke	ZV Overbetuwe	6:37.86	200302540 6:52.66
	50m: 39.02 39.02	150m: 2:29.29 50.87	250m: 4:20.13 1:01.21	350m: 6:08.21 45.48
	100m: 1:38.42 59.40	200m: 3:18.92 49.63	300m: 5:22.73 1:02.60	400m: 6:52.66 44.45
7.	Rosalie van Hulst	ZV Overbetuwe	7:15.97	200202726 7:19.86
	50m: 50.99 50.99	150m: 2:46.15 54.12	250m: 4:40.65 1:01.25	350m: 6:33.09 50.50
	100m: 1:52.03 1:01.04	200m: 3:39.40 53.25	300m: 5:42.59 1:01.94	400m: 7:19.86 46.77

Zeskamp deel 3
's Heerenberg, 14-1-2018

Programmanr. 11 Heren, 400m wisselslag Senioren Open Resultaten
14-1-2018

rang naam	vereniging	inschrijftijd	200303081	tijd
1. Sam Pollmann	ZV Overbetuwe	7:00.40		7:02.13
50m: 45.52 45.52	150m: 2:36.81 50.75	250m: 4:28.70 59.33	350m: 6:13.64	46.27
100m: 1:46.06 1:00.54	200m: 3:29.37 52.56	300m: 5:27.37 58.67	400m: 7:02.13	48.49

Programmanr. 12 Dames, 1500m vrije slag Senioren Open Resultaten
14-1-2018

rang naam	vereniging	inschrijftijd	200204746	tijd
1. Michelle van Wijk	GZV	19:55.33	200204746	19:29.56
50m: 35.52 35.52	450m: 5:48.12 40.10	850m: 11:06.13 39.79	1250m: 16:23.51	39.39
100m: 1:13.13 37.61	500m: 6:27.17 39.05	900m: 11:45.54 39.41	1300m: 17:02.26	38.75
150m: 1:51.58 38.45	550m: 7:06.58 39.41	950m: 12:24.18 38.64	1350m: 17:40.65	38.39
200m: 2:30.98 39.40	600m: 7:46.32 39.74	1000m: 13:02.35 38.17	1400m: 18:19.81	39.16
250m: 3:10.18 39.20	650m: 8:25.88 39.56	1050m: 13:42.88 40.53	1450m: 18:56.93	37.12
300m: 3:49.25 39.07	700m: 9:06.34 40.46	1100m: 14:23.47 40.59	1500m: 19:29.56	32.63
350m: 4:28.30 39.05	750m: 9:46.65 40.31	1150m: 15:03.36 39.89		
400m: 5:08.02 39.72	800m: 10:26.34 39.69	1200m: 15:44.12 40.76		
2. Femke van Wijk	GZV	20:45.00	200403434	20:47.60
50m: 36.48 36.48	450m: 6:06.64 42.32	850m: 11:41.67 40.81	1250m: 17:24.36	44.50
100m: 1:15.39 38.91	500m: 6:49.16 42.52	900m: 12:23.64 41.97	1300m: 18:07.36	43.00
150m: 1:54.73 39.34	550m: 7:30.04 40.88	950m: 13:05.82 42.18	1350m: 18:49.04	41.68
200m: 2:35.95 41.22	600m: 8:11.54 41.50	1000m: 13:48.57 42.75	1400m: 19:31.64	42.60
250m: 3:18.07 42.12	650m: 8:53.48 41.94	1050m: 14:31.04 42.47	1450m: 20:12.45	40.81
300m: 3:59.64 41.57	700m: 9:36.13 42.65	1100m: 15:13.86 42.82	1500m: 20:47.60	35.15
350m: 4:41.76 42.12	750m: 10:17.29 41.16	1150m: 15:57.13 43.27		
400m: 5:24.32 42.56	800m: 11:00.86 43.57	1200m: 16:39.86 42.73		
3. Manou Blokhorst	GZV	23:20.78	200402554	22:11.01
50m: 39.26 39.26	450m: 6:36.25 45.57	850m: 12:39.91 45.74	1250m: 18:37.42	44.64
100m: 1:22.59 43.33	500m: 7:21.57 45.32	900m: 13:24.31 44.40	1300m: 19:22.88	45.46
150m: 2:07.31 44.72	550m: 8:07.29 45.72	950m: 14:09.03 44.72	1350m: 20:07.01	44.13
200m: 2:51.77 44.46	600m: 8:53.25 45.96	1000m: 14:55.18 46.15	1400m: 20:50.29	43.28
250m: 3:35.70 43.93	650m: 9:38.34 45.09	1050m: 15:40.01 44.83	1450m: 21:33.30	43.01
300m: 4:20.17 44.47	700m: 10:23.71 45.37	1100m: 16:24.38 44.37	1500m: 22:11.01	37.71
350m: 5:05.53 45.36	750m: 11:09.12 45.41	1150m: 17:08.25 43.87		
400m: 5:50.68 45.15	800m: 11:54.17 45.05	1200m: 17:52.78 44.53		
4. Marieke Berendsen	Montferland	21:00.00	200003858	23:05.65
50m: 39.49 39.49	450m: 6:44.40 47.02	850m: 12:57.79 47.46	1250m: 19:15.60	46.69
100m: 1:22.68 43.19	500m: 7:30.41 46.01	900m: 13:44.56 46.77	1300m: 20:02.43	46.83
150m: 2:07.35 44.67	550m: 8:16.87 46.46	950m: 14:32.05 47.49	1350m: 20:49.11	46.68
200m: 2:52.28 44.93	600m: 9:03.43 46.56	1000m: 15:18.97 46.92	1400m: 21:36.29	47.18
250m: 3:37.58 45.30	650m: 9:49.98 46.55	1050m: 16:06.13 47.16	1450m: 22:22.50	46.21
300m: 4:24.49 46.91	700m: 10:36.80 46.82	1100m: 16:53.72 47.59	1500m: 23:05.65	43.15
350m: 5:11.22 46.73	750m: 11:23.66 46.86	1150m: 17:41.37 47.65		
400m: 5:57.38 46.16	800m: 12:10.33 46.67	1200m: 18:28.91 47.54		
5. Demi de Vries	GZV	24:05.69	200404674	23:12.54
50m: 39.64 39.64	450m: 6:48.77 47.41	850m: 13:08.19 47.97	1250m: 19:30.25	48.29
100m: 1:23.29 43.65	500m: 7:36.14 47.37	900m: 13:55.95 47.76	1300m: 20:17.57	47.32
150m: 2:08.82 45.53	550m: 8:24.07 47.93	950m: 14:43.36 47.41	1350m: 21:03.68	46.11
200m: 2:54.99 46.17	600m: 9:11.31 47.24	1000m: 15:30.81 47.45	1400m: 21:48.90	45.22
250m: 3:40.53 45.54	650m: 9:58.54 47.23	1050m: 16:18.85 48.04	1450m: 22:34.46	45.56
300m: 4:27.47 46.94	700m: 10:45.62 47.08	1100m: 17:05.82 46.97	1500m: 23:12.54	38.08
350m: 5:14.58 47.11	750m: 11:32.80 47.18	1150m: 17:53.65 47.83		
400m: 6:01.36 46.78	800m: 12:20.22 47.42	1200m: 18:41.96 48.31		

Zeskamp deel 3
's Heerenberg, 14-1-2018

Programmanr. 12, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd	tijd				
6.	Lisa ten Hoopen	Schuurman BZC	NT	199503004	24:04.14			
	50m: 40.71	40.71	450m: 6:57.18	48.16	850m: 13:27.21	48.38	1250m: 20:02.77	49.74
	100m: 1:25.51	44.80	500m: 7:45.67	48.49	900m: 14:16.27	49.06	1300m: 20:51.84	49.07
	150m: 2:11.85	46.34	550m: 8:34.12	48.45	950m: 15:05.44	49.17	1350m: 21:40.58	48.74
	200m: 2:58.50	46.65	600m: 9:22.90	48.78	1000m: 15:54.86	49.42	1400m: 22:29.93	49.35
	250m: 3:45.55	47.05	650m: 10:12.33	49.43	1050m: 16:44.81	49.95	1450m: 23:15.46	45.53
	300m: 4:32.93	47.38	700m: 11:00.77	48.44	1100m: 17:34.21	49.40	1500m: 24:04.14	48.68
	350m: 5:21.61	48.68	750m: 11:49.70	48.93	1150m: 18:23.33	49.12		
	400m: 6:09.02	47.41	800m: 12:38.83	49.13	1200m: 19:13.03	49.70		
7.	Eva Bouwmeester	Schuurman BZC	26:04.57	199903972	25:22.88			
	50m: 42.55	42.55	450m: 7:22.78	51.47	850m: 14:19.84	51.97	1250m: 21:18.90	50.97
	100m: 1:28.29	45.74	500m: 8:15.34	52.56	900m: 15:11.73	51.89	1300m: 22:09.36	50.46
	150m: 2:16.94	48.65	550m: 9:07.25	51.91	950m: 16:03.78	52.05	1350m: 22:58.73	49.37
	200m: 3:06.31	49.37	600m: 9:59.35	52.10	1000m: 16:56.73	52.95	1400m: 23:49.12	50.39
	250m: 3:57.54	51.23	650m: 10:51.86	52.51	1050m: 17:50.86	54.13	1450m: 24:38.20	49.08
	300m: 4:48.30	50.76	700m: 11:43.85	51.99	1100m: 18:44.64	53.78	1500m: 25:22.88	44.68
	350m: 5:39.46	51.16	750m: 12:35.75	51.90	1150m: 19:36.30	51.66		
	400m: 6:31.31	51.85	800m: 13:27.87	52.12	1200m: 20:27.93	51.63		

Programmanr. 13
14-1-2018

Herren, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
1.	Niels Bouwmeester	ZPC Livo	22:30.00	200303365	22:10.06			
	50m: 36.36	36.36	450m: 6:23.35	44.59	850m: 12:26.02	45.81	1250m: 18:27.24	46.45
	100m: 1:16.40	40.04	500m: 7:08.53	45.18	900m: 13:11.82	45.80	1300m: 19:13.29	46.05
	150m: 1:57.81	41.41	550m: 7:53.48	44.95	950m: 13:56.96	45.14	1350m: 19:58.37	45.08
	200m: 2:41.02	43.21	600m: 8:38.88	45.40	1000m: 14:42.27	45.31	1400m: 20:43.68	45.31
	250m: 3:24.96	43.94	650m: 9:24.45	45.57	1050m: 15:27.59	45.32	1450m: 21:29.80	46.12
	300m: 4:09.02	44.06	700m: 10:09.71	45.26	1100m: 16:12.09	44.50	1500m: 22:10.06	40.26
	350m: 4:53.74	44.72	750m: 10:55.28	45.57	1150m: 16:56.82	44.73		
	400m: 5:38.76	45.02	800m: 11:40.21	44.93	1200m: 17:40.79	43.97		
2.	Maurits Heetkamp	GZV	21:18.19	200105163	23:13.72			
	50m: 38.37	38.37	450m: 6:43.51	47.32	850m: 13:06.27	48.20	1250m: 19:32.92	46.54
	100m: 1:20.70	42.33	500m: 7:31.64	48.13	900m: 13:54.58	48.31	1300m: 20:19.70	46.78
	150m: 2:04.48	43.78	550m: 8:18.66	47.02	950m: 14:43.06	48.48	1350m: 21:05.77	46.07
	200m: 2:49.75	45.27	600m: 9:06.97	48.31	1000m: 15:32.04	48.98	1400m: 21:51.68	45.91
	250m: 3:35.42	45.67	650m: 9:54.67	47.70	1050m: 16:20.67	48.63	1450m: 22:36.93	45.25
	300m: 4:21.33	45.91	700m: 10:41.98	47.31	1100m: 17:08.83	48.16	1500m: 23:13.72	36.79
	350m: 5:09.31	47.98	750m: 11:29.58	47.60	1150m: 17:57.70	48.87		
	400m: 5:56.19	46.88	800m: 12:18.07	48.49	1200m: 18:46.38	48.68		
3.	Ruud Schutten	ZPC Livo	24:30.00	200203475	23:19.99			
	50m: 39.68	39.68	450m: 6:50.28	47.97	850m: 13:12.62	48.03	1250m: 19:36.19	46.05
	100m: 1:23.16	43.48	500m: 7:37.08	46.80	900m: 14:00.56	47.94	1300m: 20:21.04	44.85
	150m: 2:08.69	45.53	550m: 8:25.21	48.13	950m: 14:49.65	49.09	1350m: 21:07.68	46.64
	200m: 2:55.35	46.66	600m: 9:11.73	46.52	1000m: 15:38.33	48.68	1400m: 21:55.00	47.32
	250m: 3:41.25	45.90	650m: 9:59.84	48.11	1050m: 16:25.08	46.75	1450m: 22:40.27	45.27
	300m: 4:27.29	46.04	700m: 10:48.05	48.21	1100m: 17:14.75	49.67	1500m: 23:19.99	39.72
	350m: 5:14.97	47.68	750m: 11:36.60	48.55	1150m: 18:03.60	48.85		
	400m: 6:02.31	47.34	800m: 12:24.59	47.99	1200m: 18:50.14	46.54		