

Programmanr. 1
 24-3-2013 - 13:15

Heren, 1500m vrije slag

 Junioren 1 en ouder
 Resultaten

Rang			In.tijd		Tijd
Junioren 1					
1.	Niels de Boer	Eurode Kerkrade	20:13.68	200001977	20:27.58
	100m: 1:16.62 1:16.62	500m: 6:44.83 1:22.01	900m: 12:16.14 1:22.96	1300m: 17:48.35 1:23.35	
	200m: 2:38.16 1:21.54	600m: 8:07.34 1:22.51	1000m: 13:39.07 1:22.93	1400m: 19:09.58 1:21.23	
	300m: 4:00.52 1:22.36	700m: 9:30.49 1:23.15	1100m: 15:02.48 1:23.41	1500m: 20:27.58 1:18.00	
	400m: 5:22.82 1:22.30	800m: 10:53.18 1:22.69	1200m: 16:25.00 1:22.52		
2.	Rick Embregts	De Warande	20:40.51	200000449	21:05.28
	100m: 1:12.85 1:12.85	500m: 6:51.50 1:25.80	900m: 12:34.57 1:26.02	1300m: 18:18.89 1:27.14	
	200m: 2:35.29 1:22.44	600m: 8:17.26 1:25.76	1000m: 13:59.92 1:25.35	1400m: 19:43.66 1:24.77	
	300m: 4:00.81 1:25.52	700m: 9:43.15 1:25.89	1100m: 15:26.16 1:26.24	1500m: 21:05.28 1:21.62	
	400m: 5:25.70 1:24.89	800m: 11:08.55 1:25.40	1200m: 16:51.75 1:25.59		
Junioren 2					
1.	Lars van Tuijl	Arethusa	19:30.89	199900425	19:15.57
	100m: 1:09.51 1:09.51	500m: 6:21.18 1:18.83	900m: 11:36.85 1:17.80	1300m: 16:46.18 1:16.62	
	200m: 2:25.59 1:16.08	600m: 7:39.84 1:18.66	1000m: 12:55.29 1:18.44	1400m: 18:01.81 1:15.63	
	300m: 3:43.66 1:18.07	700m: 8:59.46 1:19.62	1100m: 14:12.68 1:17.39	1500m: 19:15.57 1:13.76	
	400m: 5:02.35 1:18.69	800m: 10:19.05 1:19.59	1200m: 15:29.56 1:16.88		
2.	Thomas van Ekert	Z&PV Nuenen	19:38.98	199901917	19:18.83
	100m: 1:10.82 1:10.82	500m: 6:25.70 1:18.59	900m: 11:39.62 1:18.12	1300m: 16:50.29 1:17.50	
	200m: 2:29.21 1:18.39	600m: 7:44.29 1:18.59	1000m: 12:57.95 1:18.33	1400m: 18:07.41 1:17.12	
	300m: 3:47.91 1:18.70	700m: 9:02.66 1:18.37	1100m: 14:14.99 1:17.04	1500m: 19:18.83 1:11.42	
	400m: 5:07.11 1:19.20	800m: 10:21.50 1:18.84	1200m: 15:32.79 1:17.80		
3.	Nicko Kamphuis	De Warande	18:57.15	199900887	19:22.66
	100m: 1:10.81 1:10.81	500m: 6:21.81 1:17.78	900m: 11:37.25 1:18.97	1300m: 16:53.38 1:18.00	
	200m: 2:28.88 1:18.07	600m: 7:40.21 1:18.40	1000m: 12:56.84 1:19.59	1400m: 18:12.92 1:19.54	
	300m: 3:46.57 1:17.69	700m: 8:58.19 1:17.98	1100m: 14:15.41 1:18.57	1500m: 19:22.66 1:09.74	
	400m: 5:04.03 1:17.46	800m: 10:18.28 1:20.09	1200m: 15:35.38 1:19.97		
4.	Joko Vievermanns	PSV	19:19.58	199901915	19:57.94
	100m: 1:12.44 1:12.44	500m: 6:30.47 1:20.07	900m: 11:53.00 1:20.47	1300m: 17:18.24 1:21.32	
	200m: 2:31.57 1:19.13	600m: 7:51.41 1:20.94	1000m: 13:14.03 1:21.03	1400m: 18:39.28 1:21.04	
	300m: 3:50.84 1:19.27	700m: 9:12.24 1:20.83	1100m: 14:35.26 1:21.23	1500m: 19:57.94 1:18.66	
	400m: 5:10.40 1:19.56	800m: 10:32.53 1:20.29	1200m: 15:56.92 1:21.66		
5.	Sven Westerlaken	Zvdo'74	19:49.83	199900271	21:15.05
	100m: 1:18.18 1:18.18	500m: 6:51.62 1:23.77	900m: 12:37.08 1:27.47	1300m: 18:26.78 1:27.56	
	200m: 2:41.83 1:23.65	600m: 8:17.29 1:25.67	1000m: 14:04.67 1:27.59	1400m: 19:54.15 1:27.37	
	300m: 4:04.52 1:22.69	700m: 9:43.82 1:26.53	1100m: 15:31.30 1:26.63	1500m: 21:15.05 1:20.90	
	400m: 5:27.85 1:23.33	800m: 11:09.61 1:25.79	1200m: 16:59.22 1:27.92		
Junioren 3					
1.	Robin van Lokven	De Treffers	19:05.90	199803077	19:06.43
	100m: 1:08.42 1:08.42	500m: 6:19.20 1:18.68	900m: 11:31.66 1:18.32	1300m: 16:39.65 1:16.73	
	200m: 2:24.52 1:16.10	600m: 7:37.25 1:18.05	1000m: 12:48.64 1:16.98	1400m: 17:55.56 1:15.91	
	300m: 3:41.35 1:16.83	700m: 8:55.58 1:18.33	1100m: 14:06.14 1:17.50	1500m: 19:06.43 1:10.87	
	400m: 5:00.52 1:19.17	800m: 10:13.34 1:17.76	1200m: 15:22.92 1:16.78		
2.	Tobias Geurts	Z&PV Nuenen	19:43.35	199801185	19:08.60
	100m: 1:13.34 1:13.34	500m: 6:26.09 1:18.71	900m: 11:39.53 1:17.84	1300m: 16:47.07 1:17.51	
	200m: 2:30.54 1:17.20	600m: 7:44.32 1:18.23	1000m: 12:56.65 1:17.12	1400m: 18:00.92 1:13.85	
	300m: 3:50.63 1:20.09	700m: 9:02.84 1:18.52	1100m: 14:12.39 1:15.74	1500m: 19:08.60 1:07.68	
	400m: 5:07.38 1:16.75	800m: 10:21.69 1:18.85	1200m: 15:29.56 1:17.17		
3.	Bas Gibbels	Z&PV Nuenen	19:38.41	199801973	19:43.65
	100m: 1:12.99 1:12.99	500m: 6:26.55 1:18.97	900m: 11:45.81 1:20.58	1300m: 17:07.63 1:20.52	
	200m: 2:30.51 1:17.52	600m: 7:45.72 1:19.17	1000m: 13:06.42 1:20.61	1400m: 18:26.86 1:19.23	
	300m: 3:49.64 1:19.13	700m: 9:05.19 1:19.47	1100m: 14:27.26 1:20.84	1500m: 19:43.65 1:16.79	
	400m: 5:07.58 1:17.94	800m: 10:25.23 1:20.04	1200m: 15:47.11 1:19.85		

Programmanr. 1, Jongens, 1500m vrije slag, Junioren 3

Rang			In.tijd	Tijd
NG	Jordy Severins	Eurode Kerkrade	17:51.02	199800559

Junioren 4

1.	Thomas Zielhorst	De Biesboschwemmers	18:47.30	199702135	18:39.03
	100m: 1:05.79 1:05.79	500m: 6:03.79 1:15.35	900m: 11:07.97 1:16.42	1300m: 16:11.05 1:15.08	
	200m: 2:18.62 1:12.83	600m: 7:19.71 1:15.92	1000m: 12:24.12 1:16.15	1400m: 17:26.06 1:15.01	
	300m: 3:32.97 1:14.35	700m: 8:35.47 1:15.76	1100m: 13:40.29 1:16.17	1500m: 18:39.03 1:12.97	
	400m: 4:48.44 1:15.47	800m: 9:51.55 1:16.08	1200m: 14:55.97 1:15.68		
2.	Joeri Phaff	Z&PV Nuenen	18:55.39	199701099	19:07.20
	100m: 1:09.14 1:09.14	500m: 6:17.01 1:17.47	900m: 11:28.50 1:17.90	1300m: 16:38.00 1:17.50	
	200m: 2:24.72 1:15.58	600m: 7:34.76 1:17.75	1000m: 12:45.87 1:17.37	1400m: 17:54.36 1:16.36	
	300m: 3:41.54 1:16.82	700m: 8:52.78 1:18.02	1100m: 14:03.08 1:17.21	1500m: 19:07.20 1:12.84	
	400m: 4:59.54 1:18.00	800m: 10:10.60 1:17.82	1200m: 15:20.50 1:17.42		
3.	Rick Minkman	Hieronymus	18:36.58	199701097	19:23.24
	100m: 1:10.38 1:10.38	500m: 6:21.52 1:18.42	900m: 11:38.49 1:18.96	1300m: 16:50.83 1:17.42	
	200m: 2:27.18 1:16.80	600m: 7:40.83 1:19.31	1000m: 12:57.67 1:19.18	1400m: 18:07.82 1:16.99	
	300m: 3:44.34 1:17.16	700m: 9:00.21 1:19.38	1100m: 14:15.81 1:18.14	1500m: 19:23.24 1:15.42	
	400m: 5:03.10 1:18.76	800m: 10:19.53 1:19.32	1200m: 15:33.41 1:17.60		

Jeugd 1

1.	Pepijn Smits	PSV	17:23.48	199600691	17:29.89
	100m: 1:04.95 1:04.95	500m: 5:42.20 1:10.06	900m: 10:25.26 1:12.15	1300m: 15:10.66 1:11.54	
	200m: 2:13.74 1:08.79	600m: 6:52.65 1:10.45	1000m: 11:37.31 1:12.05	1400m: 16:22.09 1:11.43	
	300m: 3:22.69 1:08.95	700m: 8:03.21 1:10.56	1100m: 12:48.38 1:11.07	1500m: 17:29.89 1:07.80	
	400m: 4:32.14 1:09.45	800m: 9:13.11 1:09.90	1200m: 13:59.12 1:10.74		
2.	Mike van Herk	PSV	17:38.85	199601007	18:09.28
	100m: 1:06.01 1:06.01	500m: 5:52.25 1:12.37	900m: 10:46.35 1:14.03	1300m: 15:42.72 1:13.59	
	200m: 2:16.64 1:10.63	600m: 7:05.28 1:13.03	1000m: 12:00.07 1:13.72	1400m: 16:56.45 1:13.73	
	300m: 3:28.03 1:11.39	700m: 8:18.63 1:13.35	1100m: 13:14.78 1:14.71	1500m: 18:09.28 1:12.83	
	400m: 4:39.88 1:11.85	800m: 9:32.32 1:13.69	1200m: 14:29.13 1:14.35		
3.	Vincent Dermaux	Hieronymus	18:24.60	199600599	18:46.58
	100m: 1:06.78 1:06.78	500m: 6:07.41 1:15.68	900m: 11:11.94 1:16.03	1300m: 16:16.47 1:15.47	
	200m: 2:20.33 1:13.55	600m: 7:23.76 1:16.35	1000m: 12:28.55 1:16.61	1400m: 17:32.59 1:16.12	
	300m: 3:35.64 1:15.31	700m: 8:39.83 1:16.07	1100m: 13:45.28 1:16.73	1500m: 18:46.58 1:13.99	
	400m: 4:51.73 1:16.09	800m: 9:55.91 1:16.08	1200m: 15:01.00 1:15.72		
4.	Peter Rietveld	Trb/Res	18:54.28	199601081	19:35.20
	100m: 1:07.58 1:07.58	500m: 6:13.75 1:17.68	900m: 11:29.30 1:19.08	1300m: 16:54.78 1:21.49	
	200m: 2:22.12 1:14.54	600m: 7:31.75 1:18.00	1000m: 12:49.85 1:20.55	1400m: 18:16.14 1:21.36	
	300m: 3:38.46 1:16.34	700m: 8:51.24 1:19.49	1100m: 14:11.48 1:21.63	1500m: 19:35.20 1:19.06	
	400m: 4:56.07 1:17.61	800m: 10:10.22 1:18.98	1200m: 15:33.29 1:21.81		

NG	Timo Billman	Eurode Kerkrade	17:36.29	199601033
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Jeugd 2

1.	Melvin Prins	Sbc2000	17:24.57	199500201	17:52.00
	100m: 1:04.27 1:04.27	500m: 5:42.64 1:10.41	900m: 10:31.70 1:20.73	1300m: 15:31.90 1:14.34	
	200m: 2:12.69 1:08.42	600m: 6:53.53 1:10.89	1000m: 11:48.08 1:16.38	1400m: 16:44.78 1:12.88	
	300m: 3:22.09 1:09.40	700m: 8:03.75 1:10.22	1100m: 13:03.55 1:15.47	1500m: 17:52.00 1:07.22	
	400m: 4:32.23 1:10.14	800m: 9:10.97 1:07.22	1200m: 14:17.56 1:14.01		

Senioren 1 en ouder

1.	Remco van Althuis	Sbc2000	17:22.83	198300029	18:11.44
	100m: 1:06.17 1:06.17	500m: 5:50.00 1:11.89	900m: 10:42.78 1:14.08	1300m: 15:42.24 1:15.32	
	200m: 2:15.84 1:09.67	600m: 7:02.27 1:12.27	1000m: 11:57.19 1:14.41	1400m: 16:57.28 1:15.04	
	300m: 3:26.65 1:10.81	700m: 8:15.35 1:13.08	1100m: 13:11.87 1:14.68	1500m: 18:11.44 1:14.16	
	400m: 4:38.11 1:11.46	800m: 9:28.70 1:13.35	1200m: 14:26.92 1:15.05		

Programmanr. 1, Heren, 1500m vrije slag, Senioren 1 en ouder

Rang											In.tijd	Tijd
2.	Joeri Prins		Sbc2000				17:39.75		199302037		18:39.75	
	100m:	1:06.35	1:06.35	500m:	6:03.65	1:16.86	900m:	11:13.74	1:16.74	1300m:	16:15.42	1:14.66
	200m:	2:18.61	1:12.26	600m:	7:22.09	1:18.44	1000m:	12:32.92	1:19.18	1400m:	17:30.32	1:14.90
	300m:	3:31.77	1:13.16	700m:	8:40.02	1:17.93	1100m:	13:46.47	1:13.55	1500m:	18:39.75	1:09.43
	400m:	4:46.79	1:15.02	800m:	9:57.00	1:16.98	1200m:	15:00.76	1:14.29			

 Programmanr. 2
 24-3-2013 - 14:15

Dames, 400m wisselslag

 Junioren 2 en ouder
 Resultaten

Rang											In.tijd	Tijd
Junioren 2												
1.	Myrthe Bakker		Sbc2000				5:33.43		200000804		5:44.02	
	50m:	36.15	36.15	150m:	2:05.67	44.53	250m:	3:36.56	46.41	350m:	5:05.90	40.20
	100m:	1:21.14	44.99	200m:	2:50.15	44.48	300m:	4:25.70	49.14	400m:	5:44.02	38.12
2.	Amber Kerkhofs		Zv Kimbria				5:33.32		200000074		5:46.40	
	50m:	35.88	35.88	150m:	2:07.51	47.11	250m:	3:39.48	48.73	350m:	5:07.85	39.05
	100m:	1:20.40	44.52	200m:	2:50.75	43.24	300m:	4:28.80	49.32	400m:	5:46.40	38.55
3.	Lené Doomen		Trb/Res				5:51.69		200001330		5:58.30	
	50m:	35.00	35.00	150m:	2:10.41	48.61	250m:	3:47.38	50.78	350m:	5:20.65	40.67
	100m:	1:21.80	46.80	200m:	2:56.60	46.19	300m:	4:39.98	52.60	400m:	5:58.30	37.65
4.	Lieve Göbbels		Eurode Kerkrade				6:01.92		200000514		6:06.56	
	50m:	39.76	39.76	150m:	2:17.41	47.40	250m:	3:54.87	51.85	350m:	5:28.03	41.73
	100m:	1:30.01	50.25	200m:	3:03.02	45.61	300m:	4:46.30	51.43	400m:	6:06.56	38.53
5.	Robin Goossens		Z&PV Nuenen				5:53.59		200003128		6:07.95	
	50m:	40.20	40.20	150m:	2:18.35	47.56	250m:	3:53.98	48.56	350m:	5:26.31	42.37
	100m:	1:30.79	50.59	200m:	3:05.42	47.07	300m:	4:43.94	49.96	400m:	6:07.95	41.64
6.	Manon Ritten		Eurode Kerkrade				5:52.20		200002440		6:08.93	
	50m:	36.96	36.96	150m:	2:16.00	48.95	250m:	3:56.11	54.39	350m:	5:29.13	38.86
	100m:	1:27.05	50.09	200m:	3:01.72	45.72	300m:	4:50.27	54.16	400m:	6:08.93	39.80

Junioren 3

1.	Nikita van den Ouden		Hieronymus				5:30.84		199900622		5:43.98	
	50m:	35.76	35.76	150m:	2:04.40	44.69	250m:	3:35.75	47.89	350m:	5:05.59	39.74
	100m:	1:19.71	43.95	200m:	2:47.86	43.46	300m:	4:25.85	50.10	400m:	5:43.98	38.39
2.	Anne May Alkemade		Sbc2000				5:58.45		199903374		6:06.71	
	50m:	37.87	37.87	150m:	2:13.44	46.77	250m:	3:51.37	52.68	350m:	5:26.99	41.15
	100m:	1:26.67	48.80	200m:	2:58.69	45.25	300m:	4:45.84	54.47	400m:	6:06.71	39.72

Jeugd 1

1.	Silke Voets		Z&PV Nuenen				5:29.53		199806370		5:41.88	
	50m:	34.22	34.22	150m:	2:03.25	42.41	250m:	3:36.37	52.21	350m:	5:07.35	40.30
	100m:	1:20.84	46.62	200m:	2:44.16	40.91	300m:	4:27.05	50.68	400m:	5:41.88	34.53
2.	McKenzie Kelly		Eurode Kerkrade				5:40.16		199805438		5:45.70	
	50m:	34.19	34.19	150m:	2:00.73	45.35	250m:	3:37.59	51.66	350m:	5:10.13	39.81
	100m:	1:15.38	41.19	200m:	2:45.93	45.20	300m:	4:30.32	52.73	400m:	5:45.70	35.57
3.	Shania Haenen		Eurode Kerkrade				5:44.86		199802528		5:45.96	
	50m:	34.72	34.72	150m:	2:06.30	48.18	250m:	3:42.49	50.68	350m:	5:11.00	38.34
	100m:	1:18.12	43.40	200m:	2:51.81	45.51	300m:	4:32.66	50.17	400m:	5:45.96	34.96
4.	Eva van Ginneken		Hieronymus				5:46.01		199800164		5:48.51	
	50m:	35.47	35.47	150m:	2:03.67	45.22	250m:	3:39.05	51.24	350m:	5:10.87	39.11
	100m:	1:18.45	42.98	200m:	2:47.81	44.14	300m:	4:31.76	52.71	400m:	5:48.51	37.64

Programmanr. 2, Meisjes, 400m wisselslag, Jeugd 1

Rang							In.tijd			Tijd		
5.	Nadja Wortel		DIO				5:49.94	199800798	5:53.74			
	50m:	36.28	36.28	150m:	2:07.79	45.50	250m:	3:41.53	49.77	350m:	5:14.30	41.88
	100m:	1:22.29	46.01	200m:	2:51.76	43.97	300m:	4:32.42	50.89	400m:	5:53.74	39.44
6.	Lotte Verbiesen		Zeester Meerval				5:46.53	199802120	5:59.64			
	50m:	35.84	35.84	150m:	2:05.60	47.05	250m:	3:42.80	51.94	350m:	5:17.37	41.54
	100m:	1:18.55	42.71	200m:	2:50.86	45.26	300m:	4:35.83	53.03	400m:	5:59.64	42.27

Jeugd 2

1.	Esmée Six		PSV				5:29.68	199700490	5:41.62			
	50m:	34.54	34.54	150m:	2:00.50	44.63	250m:	3:32.03	47.75	350m:	5:03.55	40.89
	100m:	1:15.87	41.33	200m:	2:44.28	43.78	300m:	4:22.66	50.63	400m:	5:41.62	38.07
2.	Joëlle Savelberg		Eurode Kerkrade				5:39.07	199702464	5:45.80			
	50m:	34.94	34.94	150m:	2:02.81	46.78	250m:	3:38.84	52.01	350m:	5:08.41	38.02
	100m:	1:16.03	41.09	200m:	2:46.83	44.02	300m:	4:30.39	51.55	400m:	5:45.80	37.39
3.	Laurie Mabelis		Trb/Res				5:40.72	199704682	5:49.91			
	50m:	37.09	37.09	150m:	2:05.96	42.80	250m:	3:42.11	53.65	350m:	5:14.26	38.61
	100m:	1:23.16	46.07	200m:	2:48.46	42.50	300m:	4:35.65	53.54	400m:	5:49.91	35.65
4.	Manon van Esch		Trb/Res				5:39.57	199702090	5:50.05			
	50m:	33.67	33.67	150m:	1:59.96	44.79	250m:	3:35.91	52.31	350m:	5:10.56	39.92
	100m:	1:15.17	41.50	200m:	2:43.60	43.64	300m:	4:30.64	54.73	400m:	5:50.05	39.49
5.	Selene Wortel		DIO				5:42.08	199700654	5:52.73			
	50m:	35.62	35.62	150m:	2:05.77	44.62	250m:	3:40.62	49.96	350m:	5:14.38	41.09
	100m:	1:21.15	45.53	200m:	2:50.66	44.89	300m:	4:33.29	52.67	400m:	5:52.73	38.35

Senioren 1

1.	Amy van Lier		Trb/Res				5:35.28	199603022	5:33.52			
	50m:	32.29	32.29	150m:	1:54.06	43.43	250m:	3:26.24	49.90	350m:	4:56.20	38.78
	100m:	1:10.63	38.34	200m:	2:36.34	42.28	300m:	4:17.42	51.18	400m:	5:33.52	37.32
2.	Anne Gibbels		Z&PV Nuenen				5:36.58	199602298	5:56.46			
	50m:	35.67	35.67	150m:	2:09.91	48.96	250m:	3:46.24	48.87	350m:	5:17.51	40.89
	100m:	1:20.95	45.28	200m:	2:57.37	47.46	300m:	4:36.62	50.38	400m:	5:56.46	38.95

AFGEM Juliette van Latum

Zeester Meerval

5:39.60

199600924

Senioren 2

1.	Samantha Kardol		Z&PV Nuenen				5:25.36	199502972	5:34.34			
	50m:	34.58	34.58	150m:	1:58.20	43.43	250m:	3:30.50	50.47	350m:	4:59.93	38.89
	100m:	1:14.77	40.19	200m:	2:40.03	41.83	300m:	4:21.04	50.54	400m:	5:34.34	34.41
2.	Claudia den Ottelander		Trb/Res				5:26.12	199500552	5:34.35			
	50m:	34.32	34.32	150m:	2:00.45	44.43	250m:	3:29.87	45.84	350m:	4:57.94	39.80
	100m:	1:16.02	41.70	200m:	2:44.03	43.58	300m:	4:18.14	48.27	400m:	5:34.35	36.41

Senioren

1.	Arja den Boer		BZV 's-Hertogenbosch				5:21.11	199405634	5:33.86			
	50m:	34.52	34.52	150m:	1:59.07	42.91	250m:	3:29.92	48.88	350m:	4:56.69	38.33
	100m:	1:16.16	41.64	200m:	2:41.04	41.97	300m:	4:18.36	48.44	400m:	5:33.86	37.17
2.	Roos van Esch		Trb/Res				5:29.67	198200468	5:40.52			
	50m:	35.18	35.18	150m:	1:59.88	44.07	250m:	3:32.68	49.42	350m:	5:02.58	39.29
	100m:	1:15.81	40.63	200m:	2:43.26	43.38	300m:	4:23.29	50.61	400m:	5:40.52	37.94
3.	Margot Stenveld		Sbc2000				5:33.80	198804170	5:49.20			
	50m:	38.95	38.95	150m:	2:09.30	44.91	250m:	3:41.44	49.08	350m:	5:10.32	39.54
	100m:	1:24.39	45.44	200m:	2:52.36	43.06	300m:	4:30.78	49.34	400m:	5:49.20	38.88

Programmanr. 2, Dames, 400m wisselslag, Senioren

Rang									In.tijd	Tijd		
4.	Petri Velthuis		Zvdo'74		5:38.18		199300794	5:49.56				
	50m:	35.00	35.00	150m:	2:05.02	47.00	250m:	3:41.67	50.07	350m:	5:11.48	38.09
	100m:	1:18.02	43.02	200m:	2:51.60	46.58	300m:	4:33.39	51.72	400m:	5:49.56	38.08

 Programmanr. 3
 24-3-2013 - 14:35

Jongens, 400m vrije slag

 Minioren 5 en later
 Resultaten

Rang									In.tijd	Tijd		
1.	Jarno Koster		ZWK Merlet		5:40.51		200200637	5:36.92				
	50m:	35.38	35.38	150m:	1:58.66	42.97	250m:	3:26.30	44.29	350m:	4:55.32	44.64
	100m:	1:15.69	40.31	200m:	2:42.01	43.35	300m:	4:10.68	44.38	400m:	5:36.92	41.60
2.	Bobby van Dijk		Dbd		6:25.45		200200153	5:49.80				
	50m:	38.46	38.46	150m:	2:09.23	46.08	250m:	3:41.40	46.10	350m:	5:11.19	44.86
	100m:	1:23.15	44.69	200m:	2:55.30	46.07	300m:	4:26.33	44.93	400m:	5:49.80	38.61
3.	Luka Bouwman		PSV		5:57.62		200201119	5:50.07				
	50m:	37.85	37.85	150m:	2:05.54	44.53	250m:	3:37.24	46.38	350m:	5:09.13	45.45
	100m:	1:21.01	43.16	200m:	2:50.86	45.32	300m:	4:23.68	46.44	400m:	5:50.07	40.94
4.	Justin Slootweg		Sbc2000		6:18.81		200201407	5:50.48				
	50m:	37.28	37.28	150m:	2:05.86	45.41	250m:	3:38.47	46.44	350m:	5:10.65	45.30
	100m:	1:20.45	43.17	200m:	2:52.03	46.17	300m:	4:25.35	46.88	400m:	5:50.48	39.83
5.	Luc van Eijndhoven		Argo		6:21.04		200200139	6:08.36				
	50m:	38.53	38.53	150m:	2:10.24	46.87	250m:	3:46.52	48.54	350m:	5:24.05	48.45
	100m:	1:23.37	44.84	200m:	2:57.98	47.74	300m:	4:35.60	49.08	400m:	6:08.36	44.31
6.	Ivar Koevoet		Njord		6:41.16		200200185	6:08.80				
	50m:	39.29	39.29	150m:	2:12.00	46.57	250m:	3:48.94	48.34	350m:	5:24.60	46.67
	100m:	1:25.43	46.14	200m:	3:00.60	48.60	300m:	4:37.93	48.99	400m:	6:08.80	44.20
7.	Coen Graat		ZWK Merlet		6:34.30		200201363	6:10.94				
	50m:	39.11	39.11	150m:	2:13.74	48.42	250m:	3:50.97	49.56	350m:	5:28.73	49.52
	100m:	1:25.32	46.21	200m:	3:01.41	47.67	300m:	4:39.21	48.24	400m:	6:10.94	42.21
8.	Milan Meurs		Z&PV Nuenen		6:15.40		200202079	6:11.71				
	50m:	40.79	40.79	150m:	2:16.85	47.91	250m:	3:54.55	47.98	350m:	5:31.21	46.65
	100m:	1:28.94	48.15	200m:	3:06.57	49.72	300m:	4:44.56	50.01	400m:	6:11.71	40.50
9.	Ananye Achintye		PSV		6:19.29		200202349	6:16.45				
	50m:	41.46	41.46	150m:	2:17.47	48.45	250m:	3:54.61	48.44	350m:	5:31.51	47.91
	100m:	1:29.02	47.56	200m:	3:06.17	48.70	300m:	4:43.60	48.99	400m:	6:16.45	44.94
10.	Nils Mulder		Sbc2000		6:23.32		200300049	6:19.85				
	50m:	42.69	42.69	150m:	2:19.44	48.01	250m:	3:56.46	48.06	350m:	5:34.28	48.29
	100m:	1:31.43	48.74	200m:	3:08.40	48.96	300m:	4:45.99	49.53	400m:	6:19.85	45.57
11.	Jelmer North		Njord		6:35.09		200200617	6:36.36				
	50m:	41.72	41.72	150m:	2:20.61	50.27	250m:	4:03.64	52.07	350m:	5:47.52	51.26
	100m:	1:30.34	48.62	200m:	3:11.57	50.96	300m:	4:56.26	52.62	400m:	6:36.36	48.84
12.	Roel Janssen		Argo		6:32.04		200201605	6:36.61				
	50m:	42.69	42.69	150m:	2:22.93	50.10	250m:	4:06.38	51.01	350m:	5:48.00	49.95
	100m:	1:32.83	50.14	200m:	3:15.37	52.44	300m:	4:58.05	51.67	400m:	6:36.61	48.61
13.	Chris Verhoeven		Z&PV Nuenen		6:44.11		200400593	6:40.98				
	50m:	42.99	42.99	150m:	2:23.86	51.49	250m:	4:09.04	52.55	350m:	5:55.20	53.27
	100m:	1:32.37	49.38	200m:	3:16.49	52.63	300m:	5:01.93	52.89	400m:	6:40.98	45.78
14.	Thomas van Beers		PSV		6:39.63		200202021	7:10.47				
	50m:	44.40	44.40	150m:	2:31.29	53.51	250m:	4:25.10	57.66	350m:	6:18.28	56.97
	100m:	1:37.78	53.38	200m:	3:27.44	56.15	300m:	5:21.31	56.21	400m:	7:10.47	52.19

Programmanr. 4
24-3-2013 - 14:50

Jongens, 400m vrije slag

Minioren 6
Resultaten

Rang							In.tijd	Tijd	
1.	Rick Bulman		Hieronymus			4:58.86	200101899	5:18.20	
	50m:	34.24	34.24	150m:	1:54.96	41.12	250m:	3:17.49	40.98
	100m:	1:13.84	39.60	200m:	2:36.51	41.55	300m:	3:59.61	42.12
							350m:	4:39.51	39.90
							400m:	5:18.20	38.69
2.	Tygo van Empel		Arethusa			5:24.00	200100541	5:27.49	
	50m:	35.14	35.14	150m:	1:57.83	41.92	250m:	3:22.91	42.58
	100m:	1:15.91	40.77	200m:	2:40.33	42.50	300m:	4:05.26	42.35
							350m:	4:47.60	42.34
							400m:	5:27.49	39.89
3.	Mathijs Verdonck		PSV			5:29.98	200101685	5:30.31	
	50m:	35.37	35.37	150m:	2:00.77	43.32	250m:	3:26.07	42.09
	100m:	1:17.45	42.08	200m:	2:43.98	43.21	300m:	4:08.41	42.34
							350m:	4:51.80	43.39
							400m:	5:30.31	38.51
4.	Leendert Paans		De Biesboschzwemmers			6:00.07	200102805	5:41.49	
	50m:	35.59	35.59	150m:	2:04.05	45.43	250m:	3:34.68	43.76
	100m:	1:18.62	43.03	200m:	2:50.92	46.87	300m:	4:19.87	45.19
							350m:	5:03.73	43.86
							400m:	5:41.49	37.76
5.	Marijn van Keulen		AquAmigos			5:41.57	200101855	5:43.00	
	50m:	36.46	36.46	150m:	2:00.84	43.38	250m:	3:27.54	43.74
	100m:	1:17.46	41.00	200m:	2:43.80	42.96	300m:	4:07.29	39.75
							350m:	4:56.52	49.23
							400m:	5:43.00	46.48
6.	Jeroen Bechtold		AquAmigos			5:41.54	200102355	5:47.19	
	50m:	36.42	36.42	150m:	2:02.82	43.73	250m:	3:33.07	45.24
	100m:	1:19.09	42.67	200m:	2:47.83	45.01	300m:	4:19.76	46.69
							350m:	5:04.70	44.94
							400m:	5:47.19	42.49
7.	Simon Schmidt		De Biesboschzwemmers			6:01.71	200100029	5:50.06	
	50m:	37.40	37.40	150m:	2:06.51	44.74	250m:	3:34.23	43.90
	100m:	1:21.77	44.37	200m:	2:50.33	43.82	300m:	4:19.36	45.13
							350m:	5:05.05	45.69
							400m:	5:50.06	45.01
8.	Bram Rooyakkers		Zeester Meerval			5:50.51	200100957	5:50.11	
	50m:	37.94	37.94	150m:	2:06.52	44.92	250m:	3:37.91	45.73
	100m:	1:21.60	43.66	200m:	2:52.18	45.66	300m:	4:23.67	45.76
							350m:	5:08.53	44.86
							400m:	5:50.11	41.58
9.	Luc van Drunen		AquAmigos			5:47.03	200103215	5:50.14	
	50m:	36.37	36.37	150m:	2:04.09	44.01	250m:	3:35.51	46.17
	100m:	1:20.08	43.71	200m:	2:49.34	45.25	300m:	4:22.19	46.68
							350m:	5:06.01	43.82
							400m:	5:50.14	44.13
10.	Max Botermans		De Warande			5:54.04	200100999	5:50.64	
	50m:	40.93	40.93	150m:	2:11.47	45.36	250m:	3:43.76	46.07
	100m:	1:26.11	45.18	200m:	2:57.69	46.22	300m:	4:28.83	45.07
							350m:	5:13.10	44.27
							400m:	5:50.64	37.54
11.	Bas de Reuver		Arethusa			5:50.93	200104143	5:53.00	
	50m:	37.13	37.13	150m:	2:05.07	44.43	250m:	3:37.48	46.13
	100m:	1:20.64	43.51	200m:	2:51.35	46.28	300m:	4:24.64	47.16
							350m:	5:09.89	45.25
							400m:	5:53.00	43.11
12.	Guy Hungens		ZPK Budel			6:00.48	200101697	5:56.16	
	50m:	37.62	37.62	150m:	2:07.41	45.75	250m:	3:40.34	46.79
	100m:	1:21.66	44.04	200m:	2:53.55	46.14	300m:	4:27.18	46.84
							350m:	5:13.48	46.30
							400m:	5:56.16	42.68
13.	Steyn Nieuwstad		Hieronymus			6:07.07	200102641	6:00.49	
	50m:	39.44	39.44	150m:	2:10.62	46.58	250m:	3:44.59	47.12
	100m:	1:24.04	44.60	200m:	2:57.47	46.85	300m:	4:32.37	47.78
							350m:	5:18.54	46.17
							400m:	6:00.49	41.95
AFGEM	Pim Verdaasdonk		Sbc2000			5:16.80	200100621		

Programmanr. 5
 24-3-2013 - 15:00

Meisjes, 400m vrije slag

 Minioren 5 en later
 Resultaten

Rang					In.tijd					Tijd		
1.	Tessa Loos				Hieronymus	5:52.51	200200608	5:48.29				
	50m:	38.15	38.15	150m:	2:06.63	45.19	250m:	3:37.19	45.56	350m:	5:07.07	44.71
	100m:	1:21.44	43.29	200m:	2:51.63	45.00	300m:	4:22.36	45.17	400m:	5:48.29	41.22
2.	Anne Paulusse				Sbc2000	5:43.73	200200834	5:51.04				
	50m:	37.31	37.31	150m:	2:05.03	45.89	250m:	3:36.45	45.88	350m:	5:07.01	45.28
	100m:	1:19.14	41.83	200m:	2:50.57	45.54	300m:	4:21.73	45.28	400m:	5:51.04	44.03
3.	Kemi van de Wetering				Arethusa	6:15.14	200201456	6:08.40				
	50m:	38.22	38.22	150m:	2:09.27	46.70	250m:	3:44.87	47.51	350m:	5:22.09	48.22
	100m:	1:22.57	44.35	200m:	2:57.36	48.09	300m:	4:33.87	49.00	400m:	6:08.40	46.31
4.	Isa van der Meijden				PSV	6:24.43	200201980	6:08.74				
	50m:	39.60	39.60	150m:	2:12.03	47.12	250m:	3:48.48	48.55	350m:	5:26.18	49.18
	100m:	1:24.91	45.31	200m:	2:59.93	47.90	300m:	4:37.00	48.52	400m:	6:08.74	42.56
5.	Famke Slabbers				Arethusa	6:34.30	200200100	6:15.87				
	50m:			150m:			250m:			350m:		
	100m:	1:23.15		200m:	3:00.61		300m:	4:38.71		400m:	6:15.87	
6.	Julia Vos				Sbc2000	6:13.10	200202792	6:16.12				
	50m:	40.06	40.06	150m:	2:14.90	48.38	250m:	3:51.89	48.21	350m:	5:30.64	49.46
	100m:	1:26.52	46.46	200m:	3:03.68	48.78	300m:	4:41.18	49.29	400m:	6:16.12	45.48
7.	Hannah Franssen				PSV	6:30.96	200202646	6:16.41				
	50m:	42.03	42.03	150m:	2:15.75	47.16	250m:	3:52.30	47.71	350m:	5:28.54	46.37
	100m:	1:28.59	46.56	200m:	3:04.59	48.84	300m:	4:42.17	49.87	400m:	6:16.41	47.87
8.	Denise van der Burgt				Zeester Meerval	6:22.73	200201812	6:17.09				
	50m:	42.02	42.02	150m:	2:16.95	48.00	250m:	3:53.82	48.67	350m:	5:31.93	48.73
	100m:	1:28.95	46.93	200m:	3:05.15	48.20	300m:	4:43.20	49.38	400m:	6:17.09	45.16
9.	Ashley Stevens				Z&PV Nuenen	6:18.76	200202120	6:17.60				
	50m:	41.26	41.26	150m:	2:16.58	47.85	250m:	3:55.19	48.59	350m:	5:32.41	47.05
	100m:	1:28.73	47.47	200m:	3:06.60	50.02	300m:	4:45.36	50.17	400m:	6:17.60	45.19
10.	Alex Schouten				Argo	6:18.59	200202600	6:22.06				
	50m:	40.97	40.97	150m:	2:16.43	49.08	250m:	3:54.44	49.51	350m:	5:34.04	49.09
	100m:	1:27.35	46.38	200m:	3:04.93	48.50	300m:	4:44.95	50.51	400m:	6:22.06	48.02
11.	Meike Simons				PSV	6:31.68	200201184	6:22.42				
	50m:	40.89	40.89	150m:	2:18.08	49.79	250m:	3:59.13	50.90	350m:	5:37.69	48.49
	100m:	1:28.29	47.40	200m:	3:08.23	50.15	300m:	4:49.20	50.07	400m:	6:22.42	44.73
12.	Marte van Broekhoven				Wzv	6:42.17	200201888	6:35.16				
	50m:			150m:			250m:			350m:		
	100m:	1:30.05		200m:	3:13.65		300m:	4:58.51		400m:	6:35.16	
13.	Lisa Lukken				ZPK Budel	6:38.82	200200190	6:36.39				
	50m:			150m:			250m:			350m:		
	100m:	1:29.87		200m:	3:11.34		300m:	4:57.42		400m:	6:36.39	
14.	Marit Westerlaken				Zvdo'74	6:39.01	200200156	6:40.14				
	50m:			150m:			250m:			350m:		
	100m:	1:33.93		200m:	3:18.18		300m:	5:04.57		400m:	6:40.14	

Programmanr. 6
 24-3-2013 - 15:35

Heren, 400m wisselslag

 Junioren 1 en ouder
 Resultaten

Rang									In.tijd	Tijd		
Junioren 1												
1.	Niels de Boer		Eurode Kerkrade					5:55.43	200001977	5:57.76		
	50m:	38.24	38.24	150m:	2:11.34	45.84	250m:	3:48.87	53.53	350m:	5:21.06	39.11
	100m:	1:25.50	47.26	200m:	2:55.34	44.00	300m:	4:41.95	53.08	400m:	5:57.76	36.70
2.	Rick Embregts		De Warande					5:59.45	200000449	6:08.52		
	50m:	38.34	38.34	150m:	2:13.70	45.63	250m:	3:51.88	53.72	350m:	5:27.87	41.03
	100m:	1:28.07	49.73	200m:	2:58.16	44.46	300m:	4:46.84	54.96	400m:	6:08.52	40.65
DIS	Camo Mieris		DIO					5:28.87	200001557			
	RF - Na loslaten van het keerpunt de rugligging niet aangenomen.											
	50m:			150m:			250m:			350m:		
	100m:			200m:			300m:			400m:		
Junioren 2												
1.	Stijn Simons		PSV					5:14.41	199900813	5:18.54		
	50m:	33.84	33.84	150m:	1:56.77	43.03	250m:	3:23.97	46.55	350m:	4:45.13	35.51
	100m:	1:13.74	39.90	200m:	2:37.42	40.65	300m:	4:09.62	45.65	400m:	5:18.54	33.41
2.	Riku Wakabayashi		Zv Kimbria					5:08.20	199904633	5:23.02		
	50m:	31.75	31.75	150m:	1:52.52	41.40	250m:	3:20.11	46.79	350m:	4:46.31	37.32
	100m:	1:11.12	39.37	200m:	2:33.32	40.80	300m:	4:08.99	48.88	400m:	5:23.02	36.71
3.	Nicko Kamphuis		De Warande					5:15.70	199900887	5:25.92		
	50m:	33.73	33.73	150m:	1:56.24	42.06	250m:	3:22.84	45.32	350m:	4:49.71	38.66
	100m:	1:14.18	40.45	200m:	2:37.52	41.28	300m:	4:11.05	48.21	400m:	5:25.92	36.21
4.	Bram van Kessel		Tempo Valkenswaard					5:34.61	199901979	5:44.67		
	50m:	35.89	35.89	150m:	2:06.79	45.43	250m:	3:39.68	49.78	350m:	5:10.05	41.69
	100m:	1:21.36	45.47	200m:	2:49.90	43.11	300m:	4:28.36	48.68	400m:	5:44.67	34.62
Junioren 3												
1.	Tobias Geurts		Z&PV Nuenen					5:14.14	199801185	5:40.88		
	50m:	37.88	37.88	150m:	2:10.56	43.94	250m:	3:40.09	48.56	350m:	5:04.75	36.62
	100m:	1:26.62	48.74	200m:	2:51.53	40.97	300m:	4:28.13	48.04	400m:	5:40.88	36.13
2.	Jari den Ottelander		Trb/Res					5:27.36	199800059	5:41.00		
	50m:	34.44	34.44	150m:	2:02.95	43.65	250m:	3:35.84	49.46	350m:	5:05.39	37.88
	100m:	1:19.30	44.86	200m:	2:46.38	43.43	300m:	4:27.51	51.67	400m:	5:41.00	35.61
3.	Fabio Mieris		DIO					5:32.21	199803097	5:41.26		
	50m:	34.55	34.55	150m:	2:04.11	45.84	250m:	3:37.27	48.68	350m:	5:06.10	38.59
	100m:	1:18.27	43.72	200m:	2:48.59	44.48	300m:	4:27.51	50.24	400m:	5:41.26	35.16
4.	Bas Gibbels		Z&PV Nuenen					5:42.34	199801973	5:50.57		
	50m:	39.76	39.76	150m:	2:16.79	46.75	250m:	3:47.46	44.87	350m:	5:13.64	39.46
	100m:	1:30.04	50.28	200m:	3:02.59	45.80	300m:	4:34.18	46.72	400m:	5:50.57	36.93
NG	Jordy Severins		Eurode Kerkrade					5:40.71	199800559			
Junioren 4												
1.	Daniël van Dijk		Zeester Meerval					5:05.81	199701577	5:19.49		
	50m:	30.72	30.72	150m:	1:49.88	41.88	250m:	3:20.13	49.22	350m:	4:44.78	36.66
	100m:	1:08.00	37.28	200m:	2:30.91	41.03	300m:	4:08.12	47.99	400m:	5:19.49	34.71
2.	Rick Minkman		Hieronymus					5:16.44	199701097	5:40.29		
	50m:	35.66	35.66	150m:	2:07.52	44.49	250m:	3:35.79	45.90	350m:	5:02.23	39.61
	100m:	1:23.03	47.37	200m:	2:49.89	42.37	300m:	4:22.62	46.83	400m:	5:40.29	38.06
3.	Dennis van Wensen		Hieronymus					5:21.43	199704847	5:42.82		
	50m:	34.96	34.96	150m:	2:02.64	43.64	250m:	3:34.82	49.63	350m:	5:05.33	40.45
	100m:	1:19.00	44.04	200m:	2:45.19	42.55	300m:	4:24.88	50.06	400m:	5:42.82	37.49

Programmanr. 6, Jongens, 400m wisselslag, Junioren 4

Rang									In.tijd	Tijd	
4.	Joeri Phaff	Z&PV Nuenen								5:26.35	199701099 5:52.13
	50m: 34.25	34.25	150m: 2:02.79	45.09	250m: 3:39.46	52.24	350m: 5:13.34	39.85			
	100m: 1:17.70	43.45	200m: 2:47.22	44.43	300m: 4:33.49	54.03	400m: 5:52.13	38.79			

Jeugd 1

1.	Peter Rietveld	Trb/Res								5:22.46	199601081 5:35.65
	50m: 30.32	30.32	150m: 1:53.17	45.13	250m: 3:23.98	49.25	350m: 4:55.37	41.77			
	100m: 1:08.04	37.72	200m: 2:34.73	41.56	300m: 4:13.60	49.62	400m: 5:35.65	40.28			

NG Timo Billman Eurode Kerkrade 5:10.72 199601033

Jeugd 2

1.	David Koers	AquAmigos								5:06.39	199501229 5:18.10
	50m: 31.90	31.90	150m: 1:48.20	38.69	250m: 3:13.79	47.46	350m: 4:41.26	38.65			
	100m: 1:09.51	37.61	200m: 2:26.33	38.13	300m: 4:02.61	48.82	400m: 5:18.10	36.84			
2.	Jordy Jongenelen	Sbc2000								5:16.77	199504995 5:18.66
	50m: 31.68	31.68	150m: 1:51.21	42.75	250m: 3:18.59	46.43	350m: 4:42.98	37.36			
	100m: 1:08.46	36.78	200m: 2:32.16	40.95	300m: 4:05.62	47.03	400m: 5:18.66	35.68			

Senioren 1 en ouder

1.	Coen de Bruijn	Hieronymus								4:48.95	199205151 5:01.12
	50m: 30.82	30.82	150m: 1:49.45	40.26	250m: 3:10.12	40.32	350m: 4:27.11	35.27			
	100m: 1:09.19	38.37	200m: 2:29.80	40.35	300m: 3:51.84	41.72	400m: 5:01.12	34.01			
2.	Joeri Prins	Sbc2000								5:11.87	199302037 5:18.45
	50m: 30.39	30.39	150m: 1:50.30	42.47	250m: 3:18.69	46.96	350m: 4:43.45	36.90			
	100m: 1:07.83	37.44	200m: 2:31.73	41.43	300m: 4:06.55	47.86	400m: 5:18.45	35.00			

 Programmanr. 7
 24-3-2013 - 15:55

Dames, 800m vrije slag

 Senioren Open
 Resultaten

Rang									In.tijd	Tijd	
Junioren 1											
1.	Anne Dickens	Sbc2000								10:42.56	200100734 11:05.79
	100m: 1:16.27	1:16.27	300m: 4:05.55	1:25.70	500m: 6:54.81	1:25.19	700m: 9:44.81	1:24.75			
	200m: 2:39.85	1:23.58	400m: 5:29.62	1:24.07	600m: 8:20.06	1:25.25	800m: 11:05.79	1:20.98			
2.	Sam van Nunen	Nautilus								11:20.73	200100036 11:18.12
	100m: 1:17.02	1:17.02	300m: 4:07.50	1:26.01	500m: 7:01.42	1:26.99	700m: 9:54.96	1:26.20			
	200m: 2:41.49	1:24.47	400m: 5:34.43	1:26.93	600m: 8:28.76	1:27.34	800m: 11:18.12	1:23.16			
3.	Chloë de Vetter	Sbc2000								12:04.80	200100842 11:54.30
	100m: 1:22.67	1:22.67	300m: 4:24.46	1:30.79	500m: 7:27.38	1:32.04	700m: 10:28.77	1:30.42			
	200m: 2:53.67	1:31.00	400m: 5:55.34	1:30.88	600m: 8:58.35	1:30.97	800m: 11:54.30	1:25.53			
4.	Dagmar Alderlieste	Sbc2000								12:04.39	200100438 12:08.29
	100m: 1:25.27	1:25.27	300m: 4:29.02	1:31.55	500m: 7:34.70	1:32.89	700m: 10:40.73	1:32.38			
	200m: 2:57.47	1:32.20	400m: 6:01.81	1:32.79	600m: 9:08.35	1:33.65	800m: 12:08.29	1:27.56			
5.	Pernilla Mulder	Sbc2000								12:10.52	200101142 12:34.15
	100m: 1:26.61	1:26.61	300m: 4:35.25	1:34.82	500m: 7:45.20	1:34.36	700m: 10:57.29	1:36.39			
	200m: 3:00.43	1:33.82	400m: 6:10.84	1:35.59	600m: 9:20.90	1:35.70	800m: 12:34.15	1:36.86			

Programmanr. 7, Dames, 800m vrije slag

Junioren 2

1.	Laura van Engelen	AquAmigos	9:49.86	200000350	9:58.48
	100m: 1:09.55 1:09.55	300m: 3:41.22 1:16.51	500m: 6:14.25 1:16.75	700m: 8:45.81 1:15.02	800m: 9:58.48 1:12.67
	200m: 2:24.71 1:15.16	400m: 4:57.50 1:16.28	600m: 7:30.79 1:16.54		
2.	Kim Vos	Sbc2000	10:27.35	200000990	10:12.01
	100m: 1:10.43 1:10.43	300m: 3:44.05 1:16.96	500m:	700m: 8:57.63	
	200m: 2:27.09 1:16.66	400m: 5:01.79 1:17.74	600m:	800m: 10:12.01 1:14.38	
3.	Marij van der Mast	Sbc2000	10:29.92	200000676	10:18.92
	100m: 1:10.02 1:10.02	300m: 3:48.23 1:19.32	500m: 6:26.01 1:19.84	700m: 9:04.42 1:18.95	
	200m: 2:28.91 1:18.89	400m: 5:06.17 1:17.94	600m: 7:45.47 1:19.46	800m: 10:18.92 1:14.50	
4.	Manon Ritten	Eurode Kerkrade	10:32.33	200002440	10:34.63
	100m: 1:11.51 1:11.51	300m: 3:52.40 1:20.94	500m: 6:35.32 1:21.50	700m: 9:18.84 1:21.54	
	200m: 2:31.46 1:19.95	400m: 5:13.82 1:21.42	600m: 7:57.30 1:21.98	800m: 10:34.63 1:15.79	
5.	Amber Raadschilders	Zv Kimbria	10:37.19	200000534	10:44.76
	100m: 1:12.92 1:12.92	300m: 3:55.35 1:22.09	500m: 6:40.40 1:22.98	700m: 9:26.00 1:23.23	
	200m: 2:33.26 1:20.34	400m: 5:17.42 1:22.07	600m: 8:02.77 1:22.37	800m: 10:44.76 1:18.76	
6.	Lené Doomen	Trb/Res	10:39.52	200001330	10:52.43
	100m: 1:15.64 1:15.64	300m: 4:01.27 1:23.28	500m: 6:48.15 1:22.99	700m: 9:34.64 1:22.71	
	200m: 2:37.99 1:22.35	400m: 5:25.16 1:23.89	600m: 8:11.93 1:23.78	800m: 10:52.43 1:17.79	
7.	Lisa de Beijer	PSV	11:51.12	200002814	11:03.03
	100m: 1:18.24 1:18.24	300m: 4:06.15 1:25.21	500m: 6:55.77 1:24.17	700m: 9:43.52 1:23.14	
	200m: 2:40.94 1:22.70	400m: 5:31.60 1:25.45	600m: 8:20.38 1:24.61	800m: 11:03.03 1:19.51	
8.	Aukje Koetsier	Zv Kimbria	11:33.20	200002260	11:16.00
	100m: 1:18.31 1:18.31	300m: 4:08.64 1:25.70	500m: 7:00.10 1:25.37	700m: 9:54.06 1:27.25	
	200m: 2:42.94 1:24.63	400m: 5:34.73 1:26.09	600m: 8:26.81 1:26.71	800m: 11:16.00 1:21.94	
9.	Maartje Tak	Hieronymus	11:27.72	200003018	11:31.28
	100m: 1:18.48 1:18.48	300m: 4:14.35 1:28.32	500m: 7:11.80 1:28.65	700m: 10:06.94 1:27.10	
	200m: 2:46.03 1:27.55	400m: 5:43.15 1:28.80	600m: 8:39.84 1:28.04	800m: 11:31.28 1:24.34	
10.	Larissa Bakker	Sbc2000	11:22.95	200003744	11:38.00
	100m: 1:17.41 1:17.41	300m: 4:09.83 1:27.33	500m: 7:09.29 1:30.52	700m: 10:13.03 1:31.26	
	200m: 2:42.50 1:25.09	400m: 5:38.77 1:28.94	600m: 8:41.77 1:32.48	800m: 11:38.00 1:24.97	
11.	Lot Sauren	Z&PV Nuenen	11:46.10	200001214	11:39.63
	100m: 1:19.25 1:19.25	300m: 4:15.20 1:28.94	500m: 7:15.97 1:30.55	700m: 10:16.93 1:30.85	
	200m: 2:46.26 1:27.01	400m: 5:45.42 1:30.22	600m: 8:46.08 1:30.11	800m: 11:39.63 1:22.70	
12.	Lana Breman	Nautilus	11:21.14	200000300	11:40.53
	100m: 1:18.83 1:18.83	300m: 4:14.49 1:28.07	500m: 7:13.18 1:30.02	700m: 10:14.60 1:30.98	
	200m: 2:46.42 1:27.59	400m: 5:43.16 1:28.67	600m: 8:43.62 1:30.44	800m: 11:40.53 1:25.93	
13.	Britt van Zundert	De Warande	11:45.84	200002506	11:44.66
	100m: 1:17.64 1:17.64	300m: 4:14.81 1:30.05	500m: 7:16.44 1:30.93	700m: 10:18.30 1:31.14	
	200m: 2:44.76 1:27.12	400m: 5:45.51 1:30.70	600m: 8:47.16 1:30.72	800m: 11:44.66 1:26.36	

Junioren 3

1.	Nikita van den Ouden	Hieronymus	10:15.34	199900622	10:26.80
	100m: 1:11.86 1:11.86	300m: 3:49.54 1:18.89	500m:	700m: 9:11.02	
	200m: 2:30.65 1:18.79	400m: 5:09.32 1:19.78	600m:	800m: 10:26.80 1:15.78	
2.	Eline Hartogs	PSV	10:54.37	199901388	10:52.50
	100m: 1:11.27 1:11.27	300m: 3:53.50 1:21.54	500m: 8:08.05 1:25.80	700m:	
	200m: 2:31.96 1:20.69	400m: 6:42.25 2:48.75	600m: 9:32.87 1:24.82	800m: 10:52.50	
3.	Loes van Eindhoven	Argo	11:16.77	199901522	11:29.91
	100m: 1:15.85 1:15.85	300m: 4:12.03 1:28.64	500m: 7:10.61 1:29.18	700m: 10:08.00 1:28.01	
	200m: 2:43.39 1:27.54	400m: 5:41.43 1:29.40	600m: 8:39.99 1:29.38	800m: 11:29.91 1:21.91	
4.	Sabien Timmers	ZWK Merlet	11:31.26	199904440	11:33.99
	100m: 1:15.69 1:15.69	300m: 4:09.32 1:27.95	500m: 7:07.45 1:30.81	700m: 10:08.54 1:30.11	
	200m: 2:41.37 1:25.68	400m: 5:36.64 1:27.32	600m: 8:38.43 1:30.98	800m: 11:33.99 1:25.45	

Programmanr. 7, Dames, 800m vrije slag

Jeugd 1

1.	Shania Haenen		Eurode Kerkrade	10:05.98	199802528	10:08.31
	100m: 1:09.86	1:09.86	300m: 3:42.44	1:16.51	500m: 6:17.56	1:17.85
	200m: 2:25.93	1:16.07	400m: 4:59.71	1:17.27	600m: 7:36.21	1:18.65
					700m: 8:54.57	1:18.36
					800m: 10:08.31	1:13.74
2.	Silke Voets		Z&PV Nuenen	10:13.44	199806370	10:09.80
	100m: 1:10.12	1:10.12	300m: 3:42.81	1:16.93	500m:	700m: 8:55.50
	200m: 2:25.88	1:15.76	400m: 4:59.84	1:17.03	600m:	800m: 10:09.80
						1:14.30
3.	McKenzie Kelly		Eurode Kerkrade	10:21.51	199805438	10:26.56
	100m: 1:14.38	1:14.38	300m: 3:53.79	1:19.85	500m:	700m: 9:12.15
	200m: 2:33.94	1:19.56	400m: 5:13.84	1:20.05	600m:	800m: 10:26.56
						1:14.41
4.	Dian van Leeuwen		PSV	10:21.99	199803838	10:26.60
	100m: 1:11.37	1:11.37	300m: 3:47.73	1:18.67	500m:	700m: 9:10.10
	200m: 2:29.06	1:17.69	400m: 5:07.89	1:20.16	600m:	800m: 10:26.60
						1:16.50
5.	Eva van Ginneken		Hieronymus	10:08.32	199800164	10:36.51
	100m: 1:13.27	1:13.27	300m: 3:51.91	1:19.70	500m: 6:37.32	1:23.06
	200m: 2:32.21	1:18.94	400m: 5:14.26	1:22.35	600m: 7:58.99	1:21.67
						800m: 10:36.51
						1:15.21
6.	Rani Skrabanja		Zv Kimbria	10:51.58	199800992	10:44.02
	100m: 1:14.10	1:14.10	300m: 3:58.03	1:22.70	500m: 6:44.03	1:23.28
	200m: 2:35.33	1:21.23	400m: 5:20.75	1:22.72	600m: 8:06.27	1:22.24
						800m: 10:44.02
						1:16.04
7.	Lotte Verbiesen		Zeester Meerval	11:02.00	199802120	10:44.74
	100m: 1:14.98	1:14.98	300m: 4:01.72	1:23.31	500m: 6:46.40	1:21.90
	200m: 2:38.41	1:23.43	400m: 5:24.50	1:22.78	600m: 8:06.84	1:20.44
						800m: 10:44.74
						1:18.56
8.	Sanne van Gelder		DIO	10:56.44	199803390	11:01.75
	100m: 1:14.19	1:14.19	300m: 4:00.95	1:24.49	500m: 6:51.33	1:24.74
	200m: 2:36.46	1:22.27	400m: 5:26.59	1:25.64	600m: 8:16.28	1:24.95
						800m: 11:01.75
						1:21.58
9.	Myra Breman		Nautilus	10:53.77	199801780	11:03.80
	100m: 1:14.74	1:14.74	300m: 3:59.48	1:23.18	500m: 6:49.79	1:25.97
	200m: 2:36.30	1:21.56	400m: 5:23.82	1:24.34	600m: 8:15.85	1:26.06
						800m: 11:03.80
						1:22.24
10.	Lisa Coppelmans		AquAmigos	11:04.75	199801250	11:37.76
	100m: 1:17.60	1:17.60	300m: 4:11.41	1:28.01	500m: 7:10.55	1:29.98
	200m: 2:43.40	1:25.80	400m: 5:40.57	1:29.16	600m: 8:40.56	1:30.01
						800m: 11:37.76
						1:26.99

Jeugd 2

1.	Joëlle Savelberg		Eurode Kerkrade	10:31.64	199702464	10:29.45
	100m: 1:12.29	1:12.29	300m: 3:49.97	1:19.35	500m: 6:29.81	1:20.57
	200m: 2:30.62	1:18.33	400m: 5:09.24	1:19.27	600m: 7:51.25	1:21.44
						800m: 10:29.45
						1:17.48
2.	Maartje Beskers		De Warande	10:10.49	199702250	10:36.29
	100m: 1:13.33	1:13.33	300m: 3:53.65	1:19.94	500m:	700m: 9:21.84
	200m: 2:33.71	1:20.38	400m: 5:16.32	1:22.67	600m: 8:01.75	1:20.09
						800m: 10:36.29
						1:14.45
3.	Lonne Beskers		De Warande	10:28.42	199702218	10:37.07
	100m: 1:15.55	1:15.55	300m: 3:55.80	1:20.35	500m:	700m: 9:20.01
	200m: 2:35.45	1:19.90	400m: 5:16.22	1:20.42	600m: 7:59.03	1:20.98
						800m: 10:37.07
						1:17.06
4.	Renske den Dekker		Zvdo'74	10:38.71	199700138	10:45.41
	100m: 1:11.53	1:11.53	300m: 3:52.82	1:21.45	500m: 6:38.41	1:23.46
	200m: 2:31.37	1:19.84	400m: 5:14.95	1:22.13	600m: 8:02.93	1:24.52
						800m: 10:45.41
						1:19.11
5.	Carina Spronk		De Vennen	10:42.86	199702382	10:48.05
	100m: 1:14.72	1:14.72	300m: 3:57.64	1:21.84	500m: 6:44.22	1:23.33
	200m: 2:35.80	1:21.08	400m: 5:20.89	1:23.25	600m: 8:06.72	1:22.50
						800m: 10:48.05
						1:18.44

Senioren 1

1.	Amy van Lier		Trb/Res	9:50.67	199603022	10:08.04
	100m: 1:09.87	1:09.87	300m: 3:42.37	1:16.68	500m: 6:17.45	1:17.78
	200m: 2:25.69	1:15.82	400m: 4:59.67	1:17.30	600m: 7:35.36	1:17.91
						800m: 10:08.04
						1:14.33

Programmanr. 7, Meisjes, 800m vrije slag, Senioren 1

Rang				In.tijd	Tijd
2.	Anne Gibbels	Z&PV Nuenen		10:09.47	199602298 10:27.01
	100m: 1:12.67 1:12.67	300m: 3:50.89 1:19.75	500m: 6:30.41 1:19.60		700m: 9:09.33 1:19.55
	200m: 2:31.14 1:18.47	400m: 5:10.81 1:19.92	600m: 7:49.78 1:19.37		800m: 10:27.01 1:17.68
3.	Céline Jennes	Eurode Kerkrade		10:18.83	199602154 10:28.15
	100m: 1:09.81 1:09.81	300m: 3:46.94 1:19.36	500m:		700m: 9:10.63
	200m: 2:27.58 1:17.77	400m: 5:07.64 1:20.70	600m:		800m: 10:28.15 1:17.52

Senioren 2

1.	Maya Kingma	Sbc2000		9:32.74	199503824 9:36.93
	100m: 1:08.88 1:08.88	300m: 3:34.94 1:12.61	500m: 6:00.31 1:12.61		700m: 8:26.30 1:12.83
	200m: 2:22.33 1:13.45	400m: 4:47.70 1:12.76	600m: 7:13.47 1:13.16		800m: 9:36.93 1:10.63
2.	Lindi Verkooijen	Sbc2000		9:41.24	199503826 9:48.77
	100m: 1:06.14 1:06.14	300m: 3:31.79 1:13.47	500m: 6:02.09 1:15.21		700m: 8:34.65 1:15.85
	200m: 2:18.32 1:12.18	400m: 4:46.88 1:15.09	600m: 7:18.80 1:16.71		800m: 9:48.77 1:14.12
3.	Melissa van der Geld	AquAmigos		10:22.70	199506250 10:42.98
	100m: 1:15.23 1:15.23	300m: 3:54.50 1:20.35	500m:		700m: 9:23.92 1:22.70
	200m: 2:34.15 1:18.92	400m: 5:15.90 1:21.40	600m: 8:01.22		800m: 10:42.98 1:19.06

Senioren

1.	Désirée Emmen	De Warande		10:09.27	199204862 10:17.81
	100m: 1:08.83 1:08.83	300m: 3:42.03 1:17.15	500m: 6:19.67 1:19.23		700m: 8:59.34 1:20.09
	200m: 2:24.88 1:16.05	400m: 5:00.44 1:18.41	600m: 7:39.25 1:19.58		800m: 10:17.81 1:18.47
2.	Rebecca Vroomen	Eurode Kerkrade		9:57.10	199301772 10:31.74
	100m: 1:11.38 1:11.38	300m: 3:48.81 1:19.41	500m: 6:30.47 1:21.49		700m: 9:14.48 1:21.66
	200m: 2:29.40 1:18.02	400m: 5:08.98 1:20.17	600m: 7:52.82 1:22.35		800m: 10:31.74 1:17.26
3.	Margot Stenveld	Sbc2000		10:03.94	198804170 10:35.46
	100m: 1:14.54 1:14.54	300m: 3:51.56 1:18.80	500m: 6:33.68 1:21.73		700m: 9:17.35 1:21.14
	200m: 2:32.76 1:18.22	400m: 5:11.95 1:20.39	600m: 7:56.21 1:22.53		800m: 10:35.46 1:18.11
4.	Roos van Esch	Trb/Res		10:15.70	198200468 10:44.48
	100m: 1:14.46 1:14.46	300m: 3:54.84 1:20.79	500m:		700m: 9:23.90 1:22.34
	200m: 2:34.05 1:19.59	400m: 5:16.63 1:21.79	600m: 8:01.56		800m: 10:44.48 1:20.58