

6 Kamp deel 4
Lichtenvoorde, 11-2-2017

Programmanr. 1 200m vrije slag Minioren 5 en later
11-2-2017 Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Anna Jetz	Montferland	3:47.34	200601488 3:20.68
	50m: 44.87 44.87	100m: 1:35.60 50.73	150m: 2:28.59 52.99	200m: 3:20.68 52.09
2.	Jip Vreuls	ZPC Livo	3:30.84	200600946 3:27.73
	50m: 47.49 47.49	100m: 1:43.54 56.05	150m: 2:40.79 57.25	200m: 3:27.73 46.94
3.	Quinty Lukkassen	ZPC Livo	3:31.90	200600944 3:28.82
	50m: 49.07 49.07	100m: 1:42.48 53.41	200m: 3:28.82 1:46.34	
4.	Mette te Molder	ZPC Livo	3:50.02	200700418 3:29.64
	50m: 50.02 50.02	100m: 1:45.02 55.00	150m: 2:40.32 55.30	200m: 3:29.64 49.32
5.	Tom Oonk	ZPC Livo	4:02.91	200700427 3:31.04
	50m: 49.26 49.26	100m: 1:45.73 56.47	150m: 2:40.70 54.97	200m: 3:31.04 50.34
6.	Sam Maes	ZPC Livo	3:49.56	200601187 3:31.63
	50m: 49.05 49.05	100m: 1:45.44 56.39	150m: 2:40.98 55.54	200m: 3:31.63 50.65
7.	Maud Schutten	ZPC Livo	3:26.94	200600948 3:31.79
	50m: 49.67 49.67	100m: 1:44.60 54.93	150m: 2:40.56 55.96	200m: 3:31.79 51.23
8.	Danique Wiegerinck	ZPC Livo	4:34.98	200700584 4:09.74
	50m: 54.01 54.01	100m: 1:57.14 1:03.13	150m: 3:04.87 1:07.73	200m: 4:09.74 1:04.87
9.	Janne Arendsen	Montferland	5:38.00	200701142 4:18.09
	50m: 56.66 56.66	100m: 2:02.97 1:06.31	150m: 3:12.13 1:09.16	200m: 4:18.09 1:05.96
10.	Kim van Veenendaal	ZV Overbetuwe	6:00.00	200801832 4:23.71
	50m: 58.31 58.31	100m: 2:04.53 1:06.22	150m: 3:14.15 1:09.62	200m: 4:23.71 1:09.56
DIS	Feline Kusters	Montferland	4:47.00	200801838
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>			

Programmanr. 2 200m wisselslag Minioren 5 en later
11-2-2017 Resultaten

Programmanr. 3 400m vrije slag Minioren 5 en later
11-2-2017 Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Lynn Rötter	ZPC Livo	6:32.86	200600950 6:19.13
	50m: 42.10 42.10	150m: 2:17.13 48.49	250m: 3:54.73 49.06	350m: 5:33.39 49.16
	100m: 1:28.64 46.54	200m: 3:05.67 48.54	300m: 4:44.23 49.50	400m: 6:19.13 45.74
2.	Odo McCarthy	ZV Overbetuwe	7:30.00	200700307 6:57.37
	50m: 46.47 46.47	150m: 2:30.78 53.13	250m: 4:19.47 54.43	350m: 6:08.59 53.80
	100m: 1:37.65 51.18	200m: 3:25.04 54.26	300m: 5:14.79 55.32	400m: 6:57.37 48.78
3.	Sem Teunissen	ZV Overbetuwe	7:50.00	200800077 7:18.06
	50m: 48.92 48.92	150m: 2:39.79 55.64	250m: 4:32.86 56.95	350m: 6:24.38 54.74
	100m: 1:44.15 55.23	200m: 3:35.91 56.12	300m: 5:29.64 56.78	400m: 7:18.06 53.68
4.	Mats van der Rijst	ZV Overbetuwe	7:32.76	200602053 7:28.78
	50m: 49.98 49.98	150m: 2:43.90 57.27	250m: 4:39.84 58.00	350m: 6:34.18 57.00
	100m: 1:46.63 56.65	200m: 3:41.84 57.94	300m: 5:37.18 57.34	400m: 7:28.78 54.60
5.	Ellemieke Kusters	Montferland	7:59.98	200603174 7:29.77
	50m: 53.00 53.00	150m: 2:48.86 58.09	250m: 4:42.64 56.00	350m: 6:34.89 57.19
	100m: 1:50.77 57.77	200m: 3:46.64 57.78	300m: 5:37.70 55.06	400m: 7:29.77 54.88
6.	Charlotte Sturris	DOS	8:01.00	200700168 7:38.23
	50m: 52.26 52.26	400m: 7:38.23 6:45.97		

6 Kamp deel 4
Lichtenvoorde, 11-2-2017

Programmanr. 3, Alle, 400m vrije slag, Minioren 5 en later

rang	naam	vereniging	inschrijftijd	tijd
7.	Jente Koren	DOS	9:40.45	200700990 7:47.06
	50m: 51.78 51.78	150m: 2:55.08 1:03.39	250m: 4:59.03 1:02.02	350m: 6:59.34 59.95
	100m: 1:51.69 59.91	200m: 3:57.01 1:01.93	300m: 5:59.39 1:00.36	400m: 7:47.06 47.72
8.	Evi Hulshof	Groenlose Zwemvereniging	9:11.29	200701758 7:55.34
	50m: 51.04 51.04	150m: 2:55.95 1:03.41	250m: 5:00.45 1:01.81	350m: 6:57.95 58.00
	100m: 1:52.54 1:01.50	200m: 3:58.64 1:02.69	300m: 5:59.95 59.50	400m: 7:55.34 57.39
9.	Roos Stoteler	ZV Overbetuwe	9:00.00	200601370 8:07.85
	50m: 48.91 48.91	150m: 2:47.24 1:01.00	250m: 4:56.21 1:05.44	350m: 7:03.44 1:03.00
	100m: 1:46.24 57.33	200m: 3:50.77 1:03.53	300m: 6:00.44 1:04.23	400m: 8:07.85 1:04.41
10.	Eva Embsen	DOS	9:46.00	200700988 8:13.54
	50m: 54.39 54.39	150m: 3:01.07 1:03.68	250m: 5:09.80 1:04.73	350m: 7:15.42 1:02.35
	100m: 1:57.39 1:03.00	200m: 4:05.07 1:04.00	300m: 6:13.07 1:03.27	400m: 8:13.54 58.12
11.	Emma Altena	ZV Overbetuwe	8:50.00	200701316 8:39.37
	50m: 49.67 49.67	150m: 3:00.81 1:08.51	250m: 5:19.08 1:09.81	350m: 7:34.95 1:09.30
	100m: 1:52.30 1:02.63	200m: 4:09.27 1:08.46	300m: 6:25.65 1:06.57	400m: 8:39.37 1:04.42

Programmanr. 4
11-2-2017

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Noa Esman	Montferland	6:06.82	200000158 5:50.59
	50m: 39.06 39.06	150m: 2:07.15 44.55	250m: 3:38.04 45.70	350m: 5:08.06 44.96
	100m: 1:22.60 43.54	200m: 2:52.34 45.19	300m: 4:23.10 45.06	400m: 5:50.59 42.53
2.	Myrna Boer	Schuurman BZC	6:15.05	200303482 5:58.54
	50m: 40.01 40.01	150m: 2:10.74 46.18	250m: 3:42.08 45.88	350m: 5:16.42 46.71
	100m: 1:24.56 44.55	200m: 2:56.20 45.46	300m: 4:29.71 47.63	400m: 5:58.54 42.12
3.	Mijntje Wopereis	ZPC Livo	6:27.39	200501920 5:59.00
	50m: 40.13 40.13	150m: 2:10.42 46.00	250m: 3:45.48 47.56	350m: 5:19.94 46.68
	100m: 1:24.42 44.29	200m: 2:57.92 47.50	300m: 4:33.26 47.78	400m: 5:59.00 39.06
4.	Laura van den Belt	ZPC Livo	6:01.41	199900600 6:01.05
	50m: 40.15 40.15	150m: 2:09.26 45.50	250m: 3:42.04 46.45	350m: 5:15.59 46.82
	100m: 1:23.76 43.61	200m: 2:55.59 46.33	300m: 4:28.77 46.73	400m: 6:01.05 45.46
5.	Lisa ten Hoopen	Schuurman BZC	5:58.25	199503004 6:03.30
	50m: 37.98 37.98	150m: 2:05.04 45.08	250m: 3:37.91 46.91	350m: 5:13.01 47.69
	100m: 1:19.96 41.98	200m: 2:51.00 45.96	300m: 4:25.32 47.41	400m: 6:03.30 50.29
6.	Senna te Molder	ZPC Livo	6:43.46	200501912 6:11.81
	50m: 41.50 41.50	150m: 2:17.31 48.41	250m: 3:53.54 47.68	350m: 5:30.51 47.85
	100m: 1:28.90 47.40	200m: 3:05.86 48.55	300m: 4:42.66 49.12	400m: 6:11.81 41.30
7.	Karyn Wopereis	ZPC Livo	6:45.16	200403264 6:13.77
	50m: 41.86 41.86	150m: 2:16.55 47.56	250m: 3:52.12 48.04	350m: 5:27.36 46.38
	100m: 1:28.99 47.13	200m: 3:04.08 47.53	300m: 4:40.98 48.86	400m: 6:13.77 46.41
8.	Romee Bomers	Schuurman BZC	7:05.13	200402498 6:22.87
	50m: 43.01 43.01	150m: 2:20.62 49.54	250m: 4:01.21 50.71	350m: 5:40.51 49.81
	100m: 1:31.08 48.07	200m: 3:10.50 49.88	300m: 4:50.70 49.49	400m: 6:22.87 42.36
9.	Esmee Wolsink	Schuurman BZC	NT	200104060 6:26.27
	50m: 38.05 38.05	150m: 2:11.87 49.07	250m: 3:54.87 51.41	350m: 5:38.23 50.57
	100m: 1:22.80 44.75	200m: 3:03.46 51.59	300m: 4:47.66 52.79	400m: 6:26.27 48.04
10.	Linzy Tannemaat	DOS	7:10.00	200501738 6:28.09
	50m: 43.00 43.00	150m: 2:18.61 48.60	250m: 4:00.07 51.22	350m: 5:40.11 50.05
	100m: 1:30.01 47.01	200m: 3:08.85 50.24	300m: 4:50.06 49.99	400m: 6:28.09 47.98

6 Kamp deel 4
Lichtenvoorde, 11-2-2017

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

rang	naam	vereniging	inschrijftijd	tijd
11.	Aranka Wopereis	DOS	7:08.94	200501736 6:30.50
	50m: 42.81 42.81	150m: 2:19.23 48.86	250m: 4:00.70 51.44	400m: 6:30.50 1:38.45
	100m: 1:30.37 47.56	200m: 3:09.26 50.03	300m: 4:52.05 51.35	
12.	Ruth Ambting	Montferland	8:17.74	200402030 6:39.31
	50m: 43.14 43.14	150m: 2:24.54 51.38	250m: 4:08.31 51.79	350m: 5:50.42 50.35
	100m: 1:33.16 50.02	200m: 3:16.52 51.98	300m: 5:00.07 51.76	400m: 6:39.31 48.89
13.	Maaïke Blacquièr	Montferland	NT	199806544 6:45.15
	50m: 42.19 42.19	150m: 2:19.85 50.49	250m: 4:04.19 52.72	350m: 5:52.58 53.55
	100m: 1:29.36 47.17	200m: 3:11.47 51.62	300m: 4:59.03 54.84	400m: 6:45.15 52.57
14.	Ilse Bruggeman	Schuurman BZC	7:08.51	200204424 6:45.52
	50m: 43.41 43.41	400m: 6:45.52 6:02.11		
15.	Isabelle van Rooijen	ZV Overbetuwe	7:00.00	200205620 6:59.73
	50m: 42.13 42.13	150m: 2:20.29 50.78	250m: 4:10.45 56.25	350m: 6:02.76 56.90
	100m: 1:29.51 47.38	200m: 3:14.20 53.91	300m: 5:05.86 55.41	400m: 6:59.73 56.97
16.	Liz Rusink	DOS	8:02.39	200403102 7:08.02
	50m: 44.82 44.82	150m: 2:37.86 1:00.97	250m: 4:24.29 56.13	350m: 6:16.20 55.25
	100m: 1:36.89 52.07	200m: 3:28.16 50.30	300m: 5:20.95 56.66	400m: 7:08.02 51.82
17.	Mara Teitink	Montferland	7:14.00	200402656 7:13.51
	50m: 47.82 47.82	150m: 2:35.64 54.88	250m: 4:27.76 56.03	350m: 6:20.76 57.50
	100m: 1:40.76 52.94	200m: 3:31.73 56.09	300m: 5:23.26 55.50	400m: 7:13.51 52.75
18.	Emma Schutten	ZPC Livo	7:58.21	200501914 7:24.64
	50m: 48.83 48.83	150m: 2:39.20 55.30	250m: 4:34.98 57.67	350m: 6:32.92 58.64
	100m: 1:43.90 55.07	200m: 3:37.31 58.11	300m: 5:34.28 59.30	400m: 7:24.64 51.72
19.	Alisia Straub	DOS	7:54.13	200503216 7:26.02
	50m: 50.05 50.05	150m: 2:40.03 55.38	250m: 4:34.27 57.70	350m: 6:30.34 58.91
	100m: 1:44.65 54.60	200m: 3:36.57 56.54	300m: 5:31.43 57.16	400m: 7:26.02 55.68
DIS	Loes van Schriek	Montferland	7:36.00	200503372
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>			
AFGEM	Meghan Meijer	Montferland	6:55.00	200205034
AFGEM	Rowie Ligtle	DOS	7:45.44	200502372
AFGEM	Anne Masselink	DOS	7:29.30	200303894
AFGEM	Anouk Wiegerinck	Groenlose Zwemvereniging	6:07.65	199703784

Programmanr. 5
11-2-2017

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Maik Steenkamp	Montferland	4:30.05	199103847 4:41.80
	50m: 32.08 32.08	150m: 1:43.63 36.11	250m: 2:54.89 35.38	350m: 4:06.66 35.94
	100m: 1:07.52 35.44	200m: 2:19.51 35.88	300m: 3:30.72 35.83	400m: 4:41.80 35.14
2.	Victor Willemse	ZV Overbetuwe	5:50.99	200201315 5:22.48
	50m: 34.45 34.45	150m: 1:51.76 39.25	250m: 3:13.67 41.07	350m: 4:38.54 43.15
	100m: 1:12.51 38.06	200m: 2:32.60 40.84	300m: 3:55.39 41.72	400m: 5:22.48 43.94
3.	Stephan Willemse	ZV Overbetuwe	6:02.00	199903807 5:43.02
	50m: 35.60 35.60	150m: 1:57.48 42.39	250m: 3:26.60 44.87	350m: 4:58.36 46.20
	100m: 1:15.09 39.49	200m: 2:41.73 44.25	300m: 4:12.16 45.56	400m: 5:43.02 44.66
4.	Joep Lohschelder	Montferland	6:23.19	200103673 5:43.55
	50m: 36.19 36.19	150m: 1:59.69 43.09	250m: 3:29.24 44.95	350m: 5:00.14 45.37
	100m: 1:16.60 40.41	200m: 2:44.29 44.60	300m: 4:14.77 45.53	400m: 5:43.55 43.41
5.	Jorn op den Akker	Groenlose Zwemvereniging	6:25.51	200304473 6:00.10
	50m: 40.33 40.33	150m: 2:10.99 46.48	250m: 3:46.21 47.68	350m: 5:20.50 46.84
	100m: 1:24.51 44.18	200m: 2:58.53 47.54	300m: 4:33.66 47.45	400m: 6:00.10 39.60

6 Kamp deel 4
Lichtenvoorde, 11-2-2017

Programmanr. 5, Heren, 400m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd	tijd
6.	Luc McCarthy	ZV Overbetuwe	6:02.78	200401469 6:05.68
	50m: 40.32 40.32	150m: 2:13.49 47.22	250m: 3:47.91 47.22	350m: 5:20.25 46.29
	100m: 1:26.27 45.95	200m: 3:00.69 47.20	300m: 4:33.96 46.05	400m: 6:05.68 45.43
7.	Sam Pollmann	ZV Overbetuwe	6:44.91	200303081 6:14.14
	50m: 41.41 41.41	150m: 2:16.62 48.60	250m: 3:53.58 47.67	350m: 5:31.35 48.87
	100m: 1:28.02 46.61	200m: 3:05.91 49.29	300m: 4:42.48 48.90	400m: 6:14.14 42.79
8.	Mick Wiegerinck	ZPC Livo	6:58.41	200402443 6:32.49
	50m: 41.11 41.11	150m: 2:19.88 50.40	250m: 4:02.75 52.12	350m: 5:45.98 52.30
	100m: 1:29.48 48.37	200m: 3:10.63 50.75	300m: 4:53.68 50.93	400m: 6:32.49 46.51
9.	Tristan Knufing	ZPC Livo	7:40.70	200203557 6:43.01
	50m: 43.83 43.83	150m: 2:25.50 51.30	250m: 4:11.88 53.15	350m: 5:56.66 51.52
	100m: 1:34.20 50.37	200m: 3:18.73 53.23	300m: 5:05.14 53.26	400m: 6:43.01 46.35
10.	William Heetkamp	Groenlose Zwemvereniging	6:49.60	200301245 6:44.82
	50m: 41.00 41.00	150m: 2:23.86 53.54	250m: 4:10.92 54.03	350m: 5:58.80 52.13
	100m: 1:30.32 49.32	200m: 3:16.89 53.03	300m: 5:06.67 55.75	400m: 6:44.82 46.02
11.	Bas Kreeftenberg	DOS	7:33.39	200204233 6:48.46 FJ 1
	50m: 49.86 49.86	150m: 2:35.59 52.97	250m: 4:20.46 51.88	350m: 6:04.49 50.76
	100m: 1:42.62 52.76	200m: 3:28.58 52.99	300m: 5:13.73 53.27	400m: 6:48.46 43.97
12.	Casper Scheuter	DOS	7:35.86	200502507 6:48.46 FJ 2
	50m: 50.56 50.56	150m: 2:35.83 52.89	250m: 4:20.45 51.81	350m: 6:04.66 51.07
	100m: 1:42.94 52.38	200m: 3:28.64 52.81	300m: 5:13.59 53.14	400m: 6:48.46 43.80
13.	Connor Bleumink	Groenlose Zwemvereniging	6:46.74	200003723 7:00.36
	50m: 44.39 44.39	150m: 2:28.39 53.58	250m: 4:18.76 55.46	350m: 6:08.82 54.16
	100m: 1:34.81 50.42	200m: 3:23.30 54.91	300m: 5:14.66 55.90	400m: 7:00.36 51.54
14.	Bram Bussink	DOS	7:56.55	200303719 7:01.92
	50m: 44.95 44.95	150m: 2:30.33 53.30	250m: 4:19.28 54.56	350m: 6:08.95 54.70
	100m: 1:37.03 52.08	200m: 3:24.72 54.39	300m: 5:14.25 54.97	400m: 7:01.92 52.97
15.	Yannick ter Horst	DOS	8:44.32	200501187 7:02.52
	50m: 46.89 46.89	150m: 2:33.51 53.97	250m: 4:21.15 53.30	350m: 6:09.89 54.37
	100m: 1:39.54 52.65	200m: 3:27.85 54.34	300m: 5:15.52 54.37	400m: 7:02.52 52.63
16.	Teun te Brake	ZPC Livo	8:02.16	200204013 7:04.11
	50m: 46.39 46.39	150m: 2:34.12 55.66	250m: 4:24.69 55.06	350m: 6:09.77 50.28
	100m: 1:38.46 52.07	200m: 3:29.63 55.51	300m: 5:19.49 54.80	400m: 7:04.11 54.34
17.	Senna Engel	DOS	9:42.00	200502505 8:14.13
	50m: 53.95 53.95	150m: 2:59.15 1:03.52	250m: 5:07.00 1:04.34	350m: 7:15.99 1:04.17
	100m: 1:55.63 1:01.68	200m: 4:02.66 1:03.51	300m: 6:11.82 1:04.82	400m: 8:14.13 58.14
AFGEM	Jonathan van Meer	Montferland	7:30.00	200403087
AFGEM	Nikolaj Meijer	Montferland	7:30.00	200303189

Programmanr. 6
11-2-2017

Dames, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Lieze Heuvels	ZPC Livo	12:00.00	200204336 11:22.04
	50m: 38.00 38.00	250m: 3:31.29 43.90	450m: 6:27.64 43.91	650m: 9:22.07 43.05
	100m: 1:20.07 42.07	300m: 4:16.51 45.22	500m: 7:11.70 44.06	700m: 10:03.76 41.69
	150m: 2:03.36 43.29	350m: 4:59.76 43.25	550m: 7:55.45 43.75	750m: 10:45.52 41.76
	200m: 2:47.39 44.03	400m: 5:43.73 43.97	600m: 8:39.02 43.57	800m: 11:22.04 36.52
2.	Kelly Bockting	Montferland	13:33.02	199104050 12:03.23
	50m: 40.53 40.53	250m: 3:39.51 45.49	450m: 6:42.96 46.18	650m: 9:48.03 46.09
	100m: 1:23.81 43.28	300m: 4:25.15 45.64	500m: 7:29.25 46.29	700m: 10:33.69 45.66
	150m: 2:08.52 44.71	350m: 5:10.88 45.73	550m: 8:15.42 46.17	750m: 11:19.01 45.32
	200m: 2:54.02 45.50	400m: 5:56.78 45.90	600m: 9:01.94 46.52	800m: 12:03.23 44.22

6 Kamp deel 4
Lichtenvoorde, 11-2-2017

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

rang	naam	vereniging	inschrijftijd	tijd
3.	Esther van Maastrigt	Montferland	11:39.55	198802836 12:28.02
	50m: 41.19 41.19	250m: 3:47.54 47.88	450m: 6:59.85 47.86	650m: 10:09.33 47.47
	100m: 1:26.43 45.24	300m: 4:35.59 48.05	500m: 7:47.47 47.62	700m: 10:56.58 47.25
	150m: 2:12.70 46.27	350m: 5:23.90 48.31	550m: 8:34.57 47.10	750m: 11:42.94 46.36
	200m: 2:59.66 46.96	400m: 6:11.99 48.09	600m: 9:21.86 47.29	800m: 12:28.02 45.08
4.	Anouk van Beugen	ZV Overbetuwe	13:00.00	200303586 12:33.60
	50m: 39.76 39.76	250m: 3:49.02 47.66	450m: 7:02.16 48.80	650m: 10:14.60 47.71
	100m: 1:25.57 45.81	300m: 4:36.29 47.27	500m: 7:49.54 47.38	700m: 11:01.82 47.22
	150m: 2:12.82 47.25	350m: 5:24.42 48.13	550m: 8:39.20 49.66	750m: 11:48.92 47.10
	200m: 3:01.36 48.54	400m: 6:13.36 48.94	600m: 9:26.89 47.69	800m: 12:33.60 44.68
5.	Bridet Hulshof	Groenlose Zwemvereniging	14:38.07	200503306 12:50.73
	50m: 41.65 41.65	250m: 3:59.57 50.39	450m: 7:18.95 49.69	650m: 10:34.65 50.09
	100m: 1:29.51 47.86	300m: 4:48.69 49.12	500m: 8:07.66 48.71	700m: 11:24.00 49.35
	150m: 2:19.26 49.75	350m: 5:40.07 51.38	550m: 8:56.87 49.21	800m: 12:50.73 1:26.73
	200m: 3:09.18 49.92	400m: 6:29.26 49.19	600m: 9:44.56 47.69	
6.	Sanne Teunissen	ZV Overbetuwe	15:15.00	200502874 13:34.66
	50m: 43.00 43.00	250m: 4:09.87 53.14	450m: 7:34.79 51.02	650m: 11:04.16 53.59
	100m: 1:32.82 49.82	300m: 5:00.53 50.66	500m: 8:26.90 52.11	700m: 11:56.73 52.57
	150m: 2:24.37 51.55	350m: 5:52.43 51.90	550m: 9:18.60 51.70	750m: 12:48.80 52.07
	200m: 3:16.73 52.36	400m: 6:43.77 51.34	600m: 10:10.57 51.97	800m: 13:34.66 45.86
7.	Rosalie van Hulst	ZV Overbetuwe	13:36.18	200202726 13:41.50
	50m: 41.77 41.77	250m: 4:07.56 52.72	450m: 7:39.19 53.05	650m: 11:09.63 52.04
	100m: 1:30.94 49.17	300m: 5:00.98 53.42	500m: 8:32.13 52.94	700m: 12:02.74 53.11
	150m: 2:22.69 51.75	350m: 5:53.52 52.54	550m: 9:24.62 52.49	750m: 12:54.57 51.83
	200m: 3:14.84 52.15	400m: 6:46.14 52.62	600m: 10:17.59 52.97	800m: 13:41.50 46.93
8.	Marieke Schuurhof	Groenlose Zwemvereniging	15:05.76	200502066 14:17.20
	100m: 1:34.07 1:34.07	300m: 5:11.23 54.66	500m: 8:50.23 51.97	700m: 12:35.64 55.00
	150m: 2:27.48 53.41	350m: 6:06.57 55.34	550m: 9:46.57 56.34	750m: 13:29.23 53.59
	200m: 3:21.42 53.94	400m: 7:00.54 53.97	600m: 10:43.26 56.69	800m: 14:17.20 47.97
	250m: 4:16.57 55.15	450m: 7:58.26 57.72	650m: 11:40.64 57.38	

Programmanr. 7
11-2-2017

Heren, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Jesse Baak	Schuurman BZC	11:01.22	199701983 11:03.67
	50m: 37.61 37.61	250m: 3:23.86 42.59	450m: 6:16.70 43.05	650m: 9:06.10 43.26
	100m: 1:18.61 41.00	300m: 4:07.05 43.19	500m: 6:57.91 41.21	700m: 9:47.77 41.67
	150m: 1:59.89 41.28	350m: 4:50.41 43.36	550m: 7:40.89 42.98	750m: 10:28.96 41.19
	200m: 2:41.27 41.38	400m: 5:33.65 43.24	600m: 8:22.84 41.95	800m: 11:03.67 34.71
2.	Niels Bouwmeester	ZPC Livo	13:15.80	200303365 11:36.70
	50m: 37.59 37.59	250m: 3:31.07 44.11	450m: 6:28.66 44.21	650m: 9:28.54 45.35
	100m: 1:19.46 41.87	300m: 4:15.44 44.37	500m: 7:13.30 44.64	700m: 10:12.70 44.16
	150m: 2:02.64 43.18	350m: 4:59.96 44.52	550m: 7:58.70 45.40	750m: 10:56.36 43.66
	200m: 2:46.96 44.32	400m: 5:44.45 44.49	600m: 8:43.19 44.49	800m: 11:36.70 40.34
3.	Ruud Schutten	ZPC Livo	13:36.92	200203475 12:20.83
	50m: 39.40 39.40	250m: 3:44.55 47.14	450m: 6:56.17 47.87	650m: 10:07.54 48.50
	100m: 1:24.54 45.14	300m: 4:32.44 47.89	500m: 7:44.26 48.09	700m: 10:56.43 48.89
	150m: 2:10.08 45.54	350m: 5:20.34 47.90	550m: 8:31.09 46.83	750m: 11:41.14 44.71
	200m: 2:57.41 47.33	400m: 6:08.30 47.96	600m: 9:19.04 47.95	800m: 12:20.83 39.69
4.	Tijmen Lensink	ZPC Livo	15:14.84	200303363 14:33.47
	50m: 41.82 41.82	250m: 4:06.50 55.12	450m: 7:52.09 58.95	650m: 11:45.78 59.02
	100m: 1:28.24 46.42	300m: 5:01.01 54.51	500m: 8:49.64 57.55	700m: 12:43.70 57.92
	150m: 2:18.52 50.28	350m: 5:56.85 55.84	550m: 9:47.96 58.32	750m: 13:40.50 56.80
	200m: 3:11.38 52.86	400m: 6:53.14 56.29	600m: 10:46.76 58.80	800m: 14:33.47 52.97
AFGEM	Bram Schuurhof	Groenlose Zwemvereniging	14:22.10	200302873

6 Kamp deel 4
Lichtenvoorde, 11-2-2017

Programmanr. 8
11-2-2017

Meisjes, 800m vrije slag

Minioren 4 en 5
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Alyssa Heuvelink	Groenlose Zwemvereniging	14:32.89	200600500
	50m: 46.26	46.26	250m: 4:26.03	56.40
	100m: 1:37.89	51.63	300m: 5:22.24	56.21
	150m: 2:32.72	54.83	350m: 6:18.13	55.89
	200m: 3:29.63	56.91	400m: 7:14.95	56.82
			450m: 8:11.42	56.47
			500m: 9:07.02	55.60
			550m: 10:03.22	56.20
			600m: 10:58.15	54.93
			650m: 11:54.01	55.86
			700m: 12:49.55	55.54
			750m: 13:44.10	54.55
			800m: 14:31.93	47.83

Programmanr. 9
11-2-2017

Jongens, 800m vrije slag

Minioren 4 en 5
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
------	------	------------	---------------	------

Programmanr. 10
11-2-2017

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Isha Brouwer	ZPC Livo	5:49.98	200301610
	50m: 36.01	36.01	150m: 2:05.69	44.94
	100m: 1:20.75	44.74	200m: 2:49.04	43.35
			250m: 3:41.99	52.95
			300m: 4:37.35	55.36
			350m: 5:18.45	41.10
			400m: 5:57.74	39.29
2.	Eline Vonhof	ZPC Livo	6:13.42	198904434
	50m: 38.82	38.82	150m: 2:13.35	46.25
	100m: 1:27.10	48.28	200m: 2:57.41	44.06
			250m: 3:51.31	53.90
			300m: 4:44.79	53.48
			350m: 5:30.66	45.87
			400m: 6:12.48	41.82
3.	Noa Esman	Montferland	NT	200000158
	50m: 43.17	43.17	150m: 2:19.39	47.89
	100m: 1:31.50	48.33	200m: 3:04.89	45.50
			250m: 3:57.54	52.65
			300m: 4:51.95	54.41
			350m: 5:37.34	45.39
			400m: 6:18.06	40.72
4.	Jette Böning	Schuurman BZC	NT	200003596
	50m: 41.12	41.12	150m: 2:20.02	49.64
	100m: 1:30.38	49.26	200m: 3:07.87	47.85
			250m: 4:05.18	57.31
			300m: 5:02.41	57.23
			350m: 5:47.14	44.73
			400m: 6:27.99	40.85
5.	Eva te Brinke	Groenlose Zwemvereniging	6:16.15	199801264
	50m: 39.88	39.88	150m: 2:24.30	53.04
	100m: 1:31.26	51.38	200m: 3:14.47	50.17
			250m: 4:06.48	52.01
			300m: 5:01.84	55.36
			350m: 5:50.18	48.34
			400m: 6:38.33	48.15
6.	Heike Rougoor	DOS	7:12.35	200403100
	50m: 43.15	43.15	150m: 2:28.15	57.24
	100m: 1:30.91	47.76	200m: 3:14.05	45.90
			250m: 4:12.52	58.47
			300m: 5:12.24	59.72
			350m: 6:02.61	50.37
			400m: 6:47.99	45.38
7.	Kajsa Hakvoort	Schuurman BZC	NT	200302896
	50m: 45.58	45.58	150m: 2:42.73	56.89
	100m: 1:45.84	1:00.26	200m: 3:32.97	50.24
			250m: 4:29.95	56.98
			300m: 5:30.03	1:00.08
			350m: 6:19.09	49.06
			400m: 7:04.69	45.60
8.	Rosalie van Hulst	ZV Overbetuwe	7:34.54	200202726
	50m: 49.87	49.87	150m: 2:43.58	53.13
	100m: 1:50.45	1:00.58	200m: 3:36.71	53.13
			250m: 4:37.03	1:00.32
			300m: 5:38.58	1:01.55
			350m: 6:28.34	49.76
			400m: 7:15.97	47.63
9.	Maaïke Blacquièr	Montferland	NT	199806544
	50m: 43.83	43.83	150m: 2:42.39	1:01.88
	100m: 1:40.51	56.68	200m: 3:42.20	59.81
			250m: 4:45.80	1:03.60
			300m: 5:50.48	1:04.68
			350m: 6:47.64	57.16
			400m: 7:40.40	52.76

6 Kamp deel 4
Lichtenvoorde, 11-2-2017

Programmanr. 11 Heren, 400m wisselslag Senioren Open
11-2-2017 Resultaten

rang	naam	vereniging		inschrijftijd				tijd	
1.	Ivar Visser	ZPC Livo		5:40.11				200000309	5:21.82
	50m:	32.10	32.10	150m:	1:51.91	40.56	250m:	3:17.41	46.39
	100m:	1:11.35	39.25	200m:	2:31.02	39.11	300m:	4:05.43	48.02
							350m:	4:44.56	39.13
							400m:	5:21.82	37.26
2.	Joep Lohschelder	Montferland		5:59.23				200103673	6:03.08
	50m:	37.54	37.54	150m:	2:10.45	46.84	250m:	3:43.74	47.88
	100m:	1:23.61	46.07	200m:	2:55.86	45.41	300m:	4:33.30	49.56
							350m:	5:19.20	45.90
							400m:	6:03.08	43.88
3.	Victor Willemse	ZV Overbetuwe		6:37.79				200201315	6:13.40
	50m:	36.71	36.71	150m:	2:13.57	48.33	250m:	3:53.69	52.79
	100m:	1:25.24	48.53	200m:	3:00.90	47.33	300m:	4:49.14	55.45
							350m:	5:30.77	41.63
							400m:	6:13.40	42.63
4.	Stephan Willemse	ZV Overbetuwe		6:31.35				199903807	6:25.86
	50m:	40.43	40.43	150m:	2:20.90	49.25	250m:	4:04.19	54.53
	100m:	1:31.65	51.22	200m:	3:09.66	48.76	300m:	4:59.32	55.13
							350m:	5:42.43	43.11
							400m:	6:25.86	43.43

Programmanr. 12 Dames, 1500m vrije slag Senioren Open
11-2-2017 Resultaten

rang	naam	vereniging		inschrijftijd				tijd	
1.	Michelle van Wijk	Groenlose Zwemvereniging		21:38.00				200204746	19:55.33
	50m:	34.44	34.44	450m:	5:50.70	39.75	850m:	11:15.72	40.53
	100m:	1:12.63	38.19	500m:	6:30.92	40.22	900m:	11:56.28	40.56
	150m:	1:51.93	39.30	550m:	7:11.12	40.20	950m:	12:36.94	40.66
	200m:	2:31.28	39.35	600m:	7:51.65	40.53	1000m:	13:17.49	40.55
	250m:	3:11.09	39.81	650m:	8:32.16	40.51	1050m:	13:58.11	40.62
	300m:	3:50.54	39.45	700m:	9:12.30	40.14	1100m:	14:38.54	40.43
	350m:	4:30.63	40.09	750m:	9:53.60	41.30	1150m:	15:19.01	40.47
	400m:	5:10.95	40.32	800m:	10:35.19	41.59	1200m:	15:59.40	40.39
2.	Indy te Molder	ZPC Livo		22:30.00				200301380	20:59.99
	50m:	35.64	35.64	450m:	6:20.95	43.88	850m:	12:04.20	43.31
	100m:	1:16.42	40.78	500m:	7:04.04	43.09	900m:	12:46.82	42.62
	150m:	1:59.00	42.58	550m:	7:47.36	43.32	950m:	13:29.64	42.82
	200m:	2:42.29	43.29	600m:	8:30.02	42.66	1000m:	14:11.48	41.84
	250m:	3:25.89	43.60	650m:	9:12.48	42.46	1050m:	14:52.89	41.41
	300m:	4:09.80	43.91	700m:	9:54.82	42.34	1100m:	15:35.54	42.65
	350m:	4:53.48	43.68	750m:	10:37.67	42.85	1150m:	16:16.80	41.26
	400m:	5:37.07	43.59	800m:	11:20.89	43.22	1200m:	16:58.73	41.93
3.	Aline Meuleman	ZPC Livo		23:00.00				200401136	21:47.07
	50m:	37.58	37.58	450m:	6:25.59	43.83	850m:	12:19.73	43.27
	100m:	1:20.25	42.67	500m:	7:10.03	44.44	900m:	13:03.49	43.76
	150m:	2:03.09	42.84	550m:	7:53.22	43.19	950m:	13:47.80	44.31
	200m:	2:46.83	43.74	600m:	8:37.51	44.29	1000m:	14:31.79	43.99
	250m:	3:30.26	43.43	650m:	9:22.56	45.05	1050m:	15:16.05	44.26
	300m:	4:14.37	44.11	700m:	10:07.37	44.81	1100m:	15:59.95	43.90
	350m:	4:57.72	43.35	750m:	10:52.23	44.86	1150m:	16:43.97	44.02
	400m:	5:41.76	44.04	800m:	11:36.46	44.23	1200m:	17:28.48	44.51
4.	Manou Blokhorst	Groenlose Zwemvereniging		24:15.00				200402554	23:20.78
	50m:	41.72	41.72	450m:	6:54.78	47.09	850m:	13:10.15	46.70
	100m:	1:27.02	45.30	500m:	7:41.77	46.99	900m:	13:58.12	47.97
	150m:	2:13.40	46.38	550m:	8:29.67	47.90	950m:	14:47.06	48.94
	200m:	2:59.88	46.48	600m:	9:16.00	46.33	1000m:	15:36.60	49.54
	250m:	3:47.07	47.19	650m:	10:02.29	46.29	1050m:	16:25.00	48.40
	300m:	4:33.29	46.22	700m:	10:48.93	46.64	1100m:	17:12.90	47.90
	350m:	5:20.67	47.38	750m:	11:35.50	46.57	1150m:	18:01.09	48.19
	400m:	6:07.69	47.02	800m:	12:23.45	47.95	1200m:	18:50.41	49.32

6 Kamp deel 4
Lichtenvoorde, 11-2-2017

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

rang	naam	vereniging	inschrijftijd	tijd				
5.	Demi de Vries	Groenlose Zwemvereniging	25:45.24	200404674	24:05.69			
	50m: 43.00	43.00	450m: 7:11.34	49.59	850m: 13:47.31	48.91	1250m: 20:19.80	48.32
	100m: 1:29.11	46.11	500m: 8:00.55	49.21	900m: 14:37.15	49.84	1300m: 21:07.92	48.12
	150m: 2:16.29	47.18	550m: 8:50.97	50.42	950m: 15:26.02	48.87	1350m: 21:56.46	48.54
	200m: 3:04.67	48.38	600m: 9:40.50	49.53	1000m: 16:15.49	49.47	1400m: 22:44.27	47.81
	250m: 3:53.77	49.10	650m: 10:30.08	49.58	1050m: 17:03.74	48.25	1450m: 23:27.19	42.92
	300m: 4:42.87	49.10	700m: 11:18.37	48.29	1100m: 17:52.18	48.44	1500m: 24:05.69	38.50
	350m: 5:31.99	49.12	750m: 12:08.38	50.01	1150m: 18:41.81	49.63		
	400m: 6:21.75	49.76	800m: 12:58.40	50.02	1200m: 19:31.48	49.67		
6.	Iris de Meij	ZV Overbetuwe	25:30.00	200500120	24:42.08			
	50m: 41.84	41.84	450m: 7:15.34	51.47	850m: 14:02.82	51.77	1250m: 20:46.52	51.19
	100m: 1:28.39	46.55	500m: 8:05.91	50.57	900m: 14:53.16	50.34	1300m: 21:35.47	48.95
	150m: 2:15.65	47.26	550m: 8:56.07	50.16	950m: 15:45.25	52.09	1350m: 22:23.83	48.36
	200m: 3:04.40	48.75	600m: 9:46.52	50.45	1000m: 16:37.31	52.06	1400m: 23:13.00	49.17
	250m: 3:53.32	48.92	650m: 10:37.45	50.93	1050m: 17:27.52	50.21	1450m: 24:00.89	47.89
	300m: 4:43.18	49.86	700m: 11:28.41	50.96	1100m: 18:15.43	47.91	1500m: 24:42.08	41.19
	350m: 5:32.66	49.48	750m: 12:18.84	50.43	1150m: 19:06.07	50.64		
	400m: 6:23.87	51.21	800m: 13:11.05	52.21	1200m: 19:55.33	49.26		
7.	Eva Bouwmeester	Schuurman BZC	27:54.89	199903972	26:04.57			
	50m: 44.37	44.37	450m: 7:31.76	53.95	850m: 14:41.54	55.26	1250m: 21:51.74	52.85
	100m: 1:31.63	47.26	500m: 8:23.11	51.35	900m: 15:35.12	53.58	1300m: 22:43.92	52.18
	150m: 2:20.87	49.24	550m: 9:17.57	54.46	950m: 16:29.04	53.92	1350m: 23:36.26	52.34
	200m: 3:10.38	49.51	600m: 10:10.24	52.67	1000m: 17:22.61	53.57	1400m: 24:28.01	51.75
	250m: 4:02.04	51.66	650m: 11:04.09	53.85	1050m: 18:16.56	53.95	1450m: 25:19.28	51.27
	300m: 4:53.56	51.52	700m: 11:57.54	53.45	1100m: 19:08.63	52.07	1500m: 26:04.57	45.29
	350m: 5:46.49	52.93	750m: 12:52.38	54.84	1150m: 20:04.93	56.30		
	400m: 6:37.81	51.32	800m: 13:46.28	53.90	1200m: 20:58.89	53.96		
AFGEM	Femke van Wijk	Groenlose Zwemvereniging	22:35.63	200403434				

Programmanr. 13
11-2-2017

Heren, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
1.	Dave Holweg	ZPC Livo	17:35.72	199701521	17:59.57			
	50m: 29.66	29.66	450m: 5:08.87	35.71	850m: 9:58.68	37.15	1250m: 14:56.09	37.33
	100m: 1:03.20	33.54	500m: 5:44.42	35.55	900m: 10:35.87	37.19	1300m: 15:33.04	36.95
	150m: 1:37.23	34.03	550m: 6:19.96	35.54	950m: 11:13.51	37.64	1350m: 16:09.86	36.82
	200m: 2:12.34	35.11	600m: 6:55.59	35.63	1000m: 11:50.33	36.82	1400m: 16:46.90	37.04
	250m: 2:47.32	34.98	650m: 7:31.30	35.71	1050m: 12:27.38	37.05	1450m: 17:23.74	36.84
	300m: 3:22.61	35.29	700m: 8:07.70	36.40	1100m: 13:04.30	36.92	1500m: 17:59.57	35.83
	350m: 3:57.87	35.26	750m: 8:44.47	36.77	1150m: 13:41.33	37.03		
	400m: 4:33.16	35.29	800m: 9:21.53	37.06	1200m: 14:18.76	37.43		
2.	Maik Steenkamp	Montferland	18:02.95	199103847	18:28.78			
	50m: 35.20	35.20	450m: 5:29.97	37.69	850m: 10:30.99	37.51	1250m: 15:27.38	37.33
	100m: 1:08.40	33.20	500m: 6:08.04	38.07	900m: 11:07.58	36.59	1300m: 16:04.72	37.34
	150m: 1:45.17	36.77	550m: 6:45.61	37.57	950m: 11:44.59	37.01	1350m: 16:41.50	36.78
	200m: 2:22.14	36.97	600m: 7:23.59	37.98	1000m: 12:21.34	36.75	1400m: 17:18.01	36.51
	250m: 2:59.91	37.77	650m: 8:00.86	37.27	1050m: 12:58.31	36.97	1450m: 17:53.95	35.94
	300m: 3:36.35	36.44	700m: 8:38.72	37.86	1100m: 13:35.60	37.29	1500m: 18:28.78	34.83
	350m: 4:14.59	38.24	750m: 9:16.16	37.44	1150m: 14:12.92	37.32		
	400m: 4:52.28	37.69	800m: 9:53.48	37.32	1200m: 14:50.05	37.13		
3.	Cas Wieggers	Groenlose Zwemvereniging	19:42.68	199701797	18:52.59			
	50m: 32.02	32.02	450m: 5:29.34	37.66	850m: 10:33.86	38.54	1250m: 15:43.00	38.78
	100m: 1:08.03	36.01	500m: 6:07.35	38.01	900m: 11:12.30	38.44	1300m: 16:21.53	38.53
	150m: 1:44.97	36.94	550m: 6:45.33	37.98	950m: 11:50.91	38.61	1350m: 17:00.34	38.81
	200m: 2:22.03	37.06	600m: 7:22.99	37.66	1000m: 12:29.31	38.40	1400m: 17:39.43	39.09
	250m: 2:59.13	37.10	650m: 8:01.21	38.22	1050m: 13:08.24	38.93	1450m: 18:18.27	38.84
	300m: 3:36.47	37.34	700m: 8:39.22	38.01	1100m: 13:46.76	38.52	1500m: 18:52.59	34.32
	350m: 4:14.12	37.65	750m: 9:17.33	38.11	1150m: 14:25.31	38.55		
	400m: 4:51.68	37.56	800m: 9:55.32	37.99	1200m: 15:04.22	38.91		

6 Kamp deel 4
Lichtenvoorde, 11-2-2017

Programmanr. 13, Heren, 1500m vrije slag, Senioren Open

rang	naam		vereniging		inschrijftijd				tijd			
4.	Maurits Heetkamp		Groenlose Zwemvereniging		22:37.82		200105163		21:18.19			
	50m:	34.57	34.57	450m:	6:12.78	43.22	850m:	11:59.61	42.77	1250m:	17:44.99	43.44
	100m:	1:13.22	38.65	500m:	6:55.73	42.95	900m:	12:42.72	43.11	1300m:	18:28.61	43.62
	150m:	1:55.01	41.79	550m:	7:38.82	43.09	950m:	13:26.01	43.29	1350m:	19:12.57	43.96
	200m:	2:37.22	42.21	600m:	8:22.93	44.11	1000m:	14:09.17	43.16	1400m:	19:56.15	43.58
	250m:	3:20.71	43.49	650m:	9:06.27	43.34	1050m:	14:52.52	43.35	1450m:	20:39.82	43.67
	300m:	4:03.84	43.13	700m:	9:49.97	43.70	1100m:	15:35.51	42.99	1500m:	21:18.19	38.37
	350m:	4:46.88	43.04	750m:	10:33.52	43.55	1150m:	16:18.15	42.64			
	400m:	5:29.56	42.68	800m:	11:16.84	43.32	1200m:	17:01.55	43.40			
5.	Benjamin McCarthy		ZV Overbetuwe		22:17.78		200302055		21:42.19			
	100m:	1:21.18	1:21.18	500m:	7:14.94	44.61	900m:	13:09.94	43.97	1300m:	18:57.87	42.52
	150m:	2:05.28	44.10	550m:	7:59.11	44.17	950m:	13:54.18	44.24	1350m:	19:40.10	42.23
	200m:	2:49.18	43.90	600m:	8:44.14	45.03	1000m:	14:38.36	44.18	1400m:	20:21.88	41.78
	250m:	3:33.59	44.41	650m:	9:28.81	44.67	1050m:	15:22.56	44.20	1450m:	21:02.61	40.73
	300m:	4:17.81	44.22	700m:	10:13.33	44.52	1100m:	16:06.42	43.86	1500m:	21:42.19	39.58
	350m:	5:01.91	44.10	750m:	10:57.80	44.47	1150m:	16:50.11	43.69			
	400m:	5:45.91	44.00	800m:	11:42.01	44.21	1200m:	17:32.90	42.79			
	450m:	6:30.33	44.42	850m:	12:25.97	43.96	1250m:	18:15.35	42.45			
6.	Kees Huitink		Schuurman BZC		24:15.06		200103519		22:24.46			
	50m:	35.45	35.45	450m:	6:15.88	43.61	850m:	12:17.35	46.08	1250m:	18:43.35	46.47
	100m:	1:15.01	39.56	500m:	7:00.10	44.22	900m:	13:05.16	47.81	1300m:	19:29.67	46.32
	150m:	1:56.55	41.54	550m:	7:45.61	45.51	950m:	13:55.69	50.53	1350m:	20:16.44	46.77
	200m:	2:38.52	41.97	600m:	8:29.61	44.00	1000m:	14:44.50	48.81	1400m:	21:00.81	44.37
	250m:	3:21.79	43.27	650m:	9:14.73	45.12	1050m:	15:32.09	47.59	1450m:	21:46.05	45.24
	300m:	4:05.30	43.51	700m:	10:02.76	48.03	1100m:	16:19.44	47.35	1500m:	22:24.46	38.41
	350m:	4:48.92	43.62	750m:	10:46.64	43.88	1150m:	17:08.50	49.06			
	400m:	5:32.27	43.35	800m:	11:31.27	44.63	1200m:	17:56.88	48.38			
7.	Jelle Straub		Groenlose Zwemvereniging		26:47.22		200105161		25:36.89			
	50m:	43.02	43.02	450m:	7:37.07	52.62	850m:	14:37.26	49.69	1250m:	21:25.20	53.07
	100m:	1:31.36	48.34	500m:	8:26.64	49.57	900m:	15:26.29	49.03	1300m:	22:18.36	53.16
	150m:	2:22.39	51.03	550m:	9:19.36	52.72	950m:	16:17.02	50.73	1350m:	23:09.36	51.00
	200m:	3:13.92	51.53	600m:	10:13.60	54.24	1000m:	17:07.42	50.40	1400m:	24:01.95	52.59
	250m:	4:05.51	51.59	650m:	11:06.86	53.26	1050m:	17:55.48	48.06	1450m:	24:53.57	51.62
	300m:	4:57.82	52.31	700m:	12:00.13	53.27	1100m:	18:46.26	50.78	1500m:	25:36.89	43.32
	350m:	5:51.73	53.91	750m:	12:54.13	54.00	1150m:	19:39.20	52.94			
	400m:	6:44.45	52.72	800m:	13:47.57	53.44	1200m:	20:32.13	52.93			