

rang	naam		vereniging	inschrijftijd		tijd
1.	Robin van Beek		Lz 1886	23:34.89	199704023	<b>23:18.33</b>
	50m: 32.33	200m:	2:18.09	800m: 9:20.21		
	100m: 1:06.88	400m:	4:38.84	1500m: 17:34.89	2000m: 23:18.33	
2.	Kristiaan Lenos		Lz 1886	23:57.97	198301331	<b>23:57.82</b>
	50m: 32.03	200m:	2:18.22	800m: 9:21.66	2000m: 23:57.82	
	100m: 1:07.63	400m:	4:39.69	1500m: 17:52.07		
3.	Patrick Creemers		Rz	26:26.70	199000579	<b>25:09.85</b>
	50m: 30.75	200m:	2:23.52	800m: 10:02.16	2000m: 25:09.85	
	100m: 1:06.51	400m:	4:58.95	1500m: 18:57.22		
4.	Rick Nobels		Zwemvereniging Hoorn	NT	199505569	<b>25:37.32</b>
	50m: 33.71	200m:	2:25.09	800m: 10:04.66	2000m: 25:37.32	
	100m: 1:10.47	400m:	4:57.47	1500m: 19:08.82		
5.	Vincent Dragt		Zwemvereniging Hoorn	26:11.84	200104091	<b>26:07.15</b>
	50m: 34.15	200m:	2:31.92	800m: 10:25.83	2000m: 26:07.15	
	100m: 1:11.75	400m:	5:09.87	1500m: 19:38.68		
6.	Anouar Visser		ZV De Aalscholver	NT	200301829	<b>26:48.19</b>
	50m: 37.29	200m:	2:38.16	800m: 10:39.22	2000m: 26:48.19	
	100m: 1:16.77	400m:	5:18.80	1500m: 20:08.97		
7.	Justin Jansen		ZV De Aalscholver	NT	200302079	<b>26:59.81</b>
	50m: 35.85	200m:	2:33.35	800m: 10:42.84	2000m: 26:59.81	
	100m: 1:15.31	400m:	5:16.70	1500m: 20:13.85		
8.	Victor van Dam		Lz 1886	27:57.77	200103703	<b>28:03.26</b>
	50m: 33.71	200m:	2:31.31	800m: 11:00.59	2000m: 28:03.26	
	100m: 1:11.03	400m:	5:18.18	1500m: 20:57.41		
9.	Jean Carlos de la Court		ZV De Aalscholver	NT	200005539	<b>28:05.97</b>
	50m: 33.04	200m:	2:28.47	800m: 10:54.60	2000m: 28:05.97	
	100m: 1:10.04	400m:	5:14.50	1500m: 21:02.37		
10.	Chris Vogelaar		Lz 1886	NT	200302241	<b>28:31.95</b>
	50m: 35.82	200m:	2:39.20	800m: 11:15.09	2000m: 28:31.95	
	100m: 1:16.07	400m:	5:29.21	1500m: 21:23.95		
11.	Aldo Hofman		De Watervogels	NT	199007635	<b>28:44.69</b>
	50m: 36.53	200m:	2:42.76	800m: 11:19.58	2000m: 28:44.69	
	100m: 1:17.15	400m:	5:35.18	1500m: 21:27.38		
12.	Rick van der Stam		De Watervogels	NT	199500415	<b>29:07.21</b>
	50m: 36.78	200m:	2:43.38	800m: 11:29.03	2000m: 29:07.21	
	100m: 1:18.09	400m:	5:37.10	1500m: 21:50.29		
13.	Mark Bom		Lz 1886	NT	200201471	<b>29:07.79</b>
	50m: 36.86	200m:	2:43.66	800m: 11:32.54	2000m: 29:07.79	
	100m: 1:18.31	400m:	5:37.27	1500m: 21:51.52		
14.	Saco de Vries		Zwemvereniging Hoorn	NT	196701065	<b>30:15.20</b>
	50m: 40.79	200m:	2:56.03	800m: 12:07.08	2000m: 30:15.20	
	100m: 1:24.76	400m:	5:59.58	1500m: 22:49.99		
15.	Dimitri Lans		ZV De Aalscholver	NT	200401325	<b>30:56.69</b>
	50m: 42.06	200m:	2:57.90	800m: 12:15.60	2000m: 30:56.69	
	100m: 1:26.00	400m:	6:04.22	1500m: 23:16.36		
16.	Guus Geelen		Lz 1886	NT	200401183	<b>31:30.93</b>
	50m: 39.06	200m:	2:54.78	800m: 12:21.81	2000m: 31:30.93	
	100m: 1:23.89	400m:	6:01.61	1500m: 23:33.18		
17.	Soufiane Abed		Lz 1886	NT	200403873	<b>34:49.31</b>
	50m: 40.37	200m:	3:09.85	800m: 13:41.19	2000m: 34:49.31	
	100m: 1:29.19	400m:	6:37.53	1500m: 26:16.41		
18.	Frank Janssen		De Watervogels	NT	196601635	<b>35:34.21</b>
	50m: 42.06	200m:	3:09.34	800m: 13:38.09	2000m: 35:34.21	
	100m: 1:28.56	400m:	6:37.53	1500m: 26:20.71		
AFGEM	Ingmar Kooman		Lz 1886	31:18.22	197901517	

rang	naam		vereniging		inschrijftijd		tijd
1.	Jasmijn Ruijgrok		Wzk		25:20.39	199401032	<b>25:39.16</b>
	50m: 33.34	200m:	2:23.69	800m: 10:06.72	2000m:	25:39.16	
	100m: 1:09.34	400m:	4:56.25	1500m: 19:10.63			
2.	Sabien Timmers		Aqua-Novio'94		24:45.00	199904440	<b>26:08.73</b>
	50m: 33.94	200m:	2:27.99	800m: 10:19.81	2000m:	26:08.73	
	100m: 1:10.78	400m:	5:04.41	1500m: 19:35.97			
3.	Anne van der Schatte Olivier		ZV De Aalscholver		27:00.27	199605302	<b>26:45.28</b>
	50m: 34.06	200m:	2:30.98	800m: 10:29.50	2000m:	26:45.28	
	100m: 1:11.97	400m:	5:10.28	1500m: 19:56.97			
4.	Moniek Heemskerk		Lz 1886		26:32.64	199601964	<b>26:57.66</b>
	50m: 35.31	200m:	2:32.93	800m: 10:38.79	2000m:	26:57.66	
	100m: 1:13.94	400m:	5:13.12	1500m: 20:13.09			
5.	Takiwa Sam		Zwemvereniging Hoorn		NT	199804684	<b>27:06.38</b>
	50m: 33.76	200m:	2:25.54	800m: 10:20.68	2000m:	27:06.38	
	100m: 1:10.28	400m:	4:58.43	1500m: 20:15.91			
6.	Julie van Leeuwen		ZV De Aalscholver		27:39.54	199805994	<b>27:47.81</b>
	50m: 35.95	200m:	2:36.07	800m: 11:00.13	2000m:	27:47.81	
	100m: 1:14.45	400m:	5:21.74	1500m: 20:51.67			
7.	Myrthe Vreeswijk		Lz 1886		27:15.22	199800078	<b>28:15.00</b>
	50m: 35.72	200m:	2:37.10	800m: 11:00.68	2000m:	28:15.00	
	100m: 1:14.74	400m:	5:24.92	1500m: 21:04.34			
8.	Feia Persad		Zwemvereniging Hoorn		29:26.39	200201828	<b>30:23.39</b>
	50m: 39.35	200m:	2:53.10	800m: 12:09.77	2000m:	30:23.39	
	100m: 1:23.19	400m:	5:54.22	1500m: 22:53.22			
9.	Babet van Andel		Lz 1886		NT	200304308	<b>33:50.93</b>
	50m: 41.80	200m:	3:07.97	800m: 13:23.43	2000m:	33:50.93	
	100m: 1:28.75	400m:	6:31.87	1500m: 25:28.47			