

rang	naam	vereniging	intijd		tijd	RT
1.	Linde van Wijngaarden	De Dolfijn	5:26.15	200601372	<b>5:25.43</b>	393
	50m: 37.20	37.20 150m:		250m:	350m:	
	100m: 1:18.94	41.74 200m: 2:42.30		300m:	400m: 5:25.43	
2.	Danique Giuliano	De Dolfijn	6:09.04	200600706	<b>5:59.64</b>	291
	50m: 39.73	39.73 150m:		250m:	350m:	
	100m: 1:25.59	45.86 200m: 2:59.07		300m:	400m: 5:59.64	
3.	Soumaya Boulahri	Lz 1886	6:20.38	200601658	<b>6:10.98</b>	265
	50m: 41.68	41.68 150m:		250m:	350m:	
	100m: 1:28.20	46.52 200m: 3:05.97		300m:	400m: 6:10.98	
4.	Fieke Hoogduin	Lz 1886	6:10.04	200600836	<b>6:11.24</b>	265
	50m: 40.64	40.64 150m:		250m:	350m:	
	100m: 1:26.94	46.30 200m: 3:03.18		300m:	400m: 6:11.24	
5.	Lotte Cornelissen	De Watervogels	NT	200601182	<b>6:31.89</b>	225
	50m: 44.56	44.56 150m:		250m:	350m:	
	100m: 1:34.10	49.54 200m: 3:15.82		300m:	400m: 6:31.89	
6.	Leona Meester	De Ham	6:19.70	200700192	<b>6:33.62</b>	222
	50m: 43.65	43.65 150m:		250m:	350m:	
	100m: 1:32.25	48.60 200m: 3:13.48		300m:	400m: 6:33.62	
7.	Julie Rupprecht	De Ham	6:56.64	200702322	<b>6:36.60</b>	217
	50m: 43.60	43.60 150m:		250m:	350m:	
	100m: 1:34.99	51.39 200m: 3:18.70		300m:	400m: 6:36.60	
8.	Esmee Koppenaal	Lz 1886	6:57.58	200601840	<b>6:38.72</b>	214
	50m: 44.44	44.44 150m:		250m:	350m:	
	100m: 1:35.92	51.48 200m: 3:19.97		300m:	400m: 6:38.72	
9.	Anne Roos Blokhuis	Lz 1886	7:13.77	200600716	<b>6:41.23</b>	210
	50m: 44.84	44.84 150m:		250m:	350m:	
	100m: 1:35.52	50.68 200m: 3:19.65		300m:	400m: 6:41.23	
10.	Charlotte van Egmond	De Watervogels	6:44.73	200602390	<b>6:50.92</b>	195
	50m: 47.19	47.19 150m:		250m:	350m:	
	100m: 1:37.52	50.33 200m: 3:22.37		300m:	400m: 6:50.92	
11.	Elena Gerstel	Lz 1886	7:18.77	200700946	<b>6:54.59</b>	190
	50m: 45.06	45.06 150m:		250m:	350m:	
	100m: 1:36.34	51.28 200m: 3:21.78		300m:	400m: 6:54.59	
12.	Lieke van den Baard	De Watervogels	7:54.48	200602838	<b>7:08.48</b>	172
	50m: 49.07	49.07 150m:		250m:	350m:	
	100m: 1:43.41	54.34 200m: 3:33.39		300m:	400m: 7:08.48	
13.	Fiep de Jong	De Watervogels	NT	200702754	<b>7:20.44</b>	159
	50m: 49.27	49.27 150m:		250m:	350m:	
	100m: 1:44.63	55.36 200m: 3:40.30		300m:	400m: 7:20.44	
14.	Cidra Fakhani	Lz 1886	NT	200603704	<b>7:25.07</b>	154
	50m: 42.77	42.77 150m:		250m:	350m:	
	100m: 1:32.61	49.84 200m: 3:21.95		300m:	400m: 7:25.07	
15.	Sara Stevens	De Watervogels	NT	200701878	<b>7:29.54</b>	149
	50m: 48.74	48.74 150m:		250m:	350m:	
	100m: 1:44.36	55.62 200m: 3:38.12		300m:	400m: 7:29.54	
AFGEM	Sara Doolaar	Lz 1886	8:12.83	200702510		

rang	naam	vereniging	intijd		tijd	RT
1.	Levy van Rosmalen	De Watervogels	6:37.28	200602041	<b>6:38.30</b>	169
	50m: 42.52	42.52 150m:		250m:	350m:	
	100m: 1:31.44	48.92 200m: 3:13.77		300m:	400m: 6:38.30	
2.	Bart Geelen	Lz 1886	8:15.49	200700473	<b>6:55.75</b>	148
	50m: 44.03	44.03 150m:		250m:	350m:	
	100m: 1:35.81	51.78 200m: 3:21.94		300m:	400m: 6:55.75	
3.	Jesse van der Meij	Lz 1886	NT	200600841	<b>6:59.06</b>	145
	50m: 42.94	42.94 150m:		250m:	350m:	
	100m: 1:33.99	51.05 200m: 3:20.86		300m:	400m: 6:59.06	
4.	Mees de Jonge	De Ham	NT	200700337	<b>7:12.07</b>	132
	50m: 46.27	46.27 150m:		250m:	350m:	
	100m: 1:40.14	53.87 200m: 3:31.33		300m:	400m: 7:12.07	
NG.ZA	Stijn Vlaardingerbroek	De Watervogels	7:37.05	200600279		
AFGEM	Nino de Veld	De Watervogels	7:05.24	200602501		

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Gijs Hartwijk	Lz 1886	NT 200800573	<b>2:54.91</b>	198	37.36	1:23.11		2:54.91
2. Mara Koppen	ZV De Zaan	3:49.99 200800478	<b>3:06.29</b>	223	41.61	1:32.23		3:06.29
3. Kas Bogaert	De Watervogels	NT 200800755	<b>3:21.28</b>	130	44.77	1:37.20		3:21.28
4. Lola Angenent	Lz 1886	3:26.08 200800452	<b>3:27.59</b>	161	44.59	1:38.36		3:27.59
5. Sanne Hoogduin	Lz 1886	3:52.55 200800778	<b>3:29.72</b>	156	46.54	1:39.60		3:29.72
6. Fabrice Poot	De Watervogels	NT 200800757	<b>3:36.62</b>	104	49.77	1:43.30		3:36.62
7. Wout Koppers	Lz 1886	4:03.30 200801141	<b>3:56.42</b>	80	47.89	1:49.75		3:56.42
8. Stan Reijchard	Lz 1886	NT 200900211	<b>4:00.44</b>	76	51.76	1:53.58		4:00.44
9. Wictoria Diederiks	Lz 1886	NT 200900758	<b>4:11.81</b>	90	52.51	2:00.31		4:11.81
10. Mike Lens	Lz 1886	NT 200900635	<b>4:21.05</b>	60	51.20	2:01.35		4:21.05

rang naam	vereniging	intijd	tijd	RT
1. Moniek Heemskerk	Lz 1886	10:05.45	199601964	<b>10:22.53</b> 480
100m: 1:10.54	1:10.54	300m: 5:04.69	500m: 10:22.53	
200m: 2:27.59	1:17.05	400m: 5:04.69	600m: 10:22.53	
2. Aniek van den Brink	De Dolfijn	11:03.92	200500090	<b>11:07.60</b> 389
100m: 1:16.53	1:16.53	300m: 5:27.56	500m: 11:07.60	
200m: 2:38.62	1:22.09	400m: 5:27.56	600m: 11:07.60	
3. Linda van der Voort	Lz 1886	NT 199207784	<b>11:20.57</b> 367	
100m: 1:13.34	1:13.34	300m: 5:30.10	500m: 11:20.57	
200m: 2:37.07	1:23.73	400m: 5:30.10	600m: 11:20.57	
4. Femke Noordhoek	De Watervogels	12:08.11	199901150	<b>11:46.36</b> 329
100m: 1:22.35	1:22.35	300m: 5:50.15	500m: 11:46.36	
200m: 2:51.18	1:28.83	400m: 5:50.15	600m: 11:46.36	
5. Suze Duivenvoorde	Noordwijkerhout	NT 200400638	<b>12:53.54</b> 250	
100m: 1:26.08	1:26.08	300m: 6:18.98	500m: 12:53.54	
200m: 3:01.21	1:35.13	400m: 6:18.98	600m: 12:53.54	
6. Samantha Frensch	De Dolfijn	NT 200501598	<b>13:09.40</b> 235	
100m: 1:30.88	1:30.88	300m: 6:26.10	500m: 13:09.40	
200m: 3:11.30	1:40.42	400m: 6:26.10	600m: 13:09.40	
7. Nicole Stahl	De Dolfijn	13:36.60	200600542	<b>13:10.88</b> 234
100m: 1:30.88	1:30.88	300m: 6:33.48	500m: 13:10.88	
200m: 3:11.30	1:40.42	400m: 6:33.48	600m: 13:10.88	
8. Cathy Schrijner	Lz 1886	NT 199108044	<b>13:13.05</b> 232	
100m: 1:30.33	1:30.33	300m: 6:29.87	500m: 13:13.05	
200m: 3:08.98	1:38.65	400m: 6:29.87	600m: 13:13.05	
9. Delilah van Swieten	Lz 1886	NT 200206108	<b>13:32.97</b> 215	
100m: 1:30.86	1:30.86	300m: 6:44.03	500m: 13:32.97	
200m: 3:13.87	1:43.01	400m: 6:44.03	600m: 13:32.97	
10. Evi Stevens	De Watervogels	NT 200503736	<b>14:09.77</b> 189	
100m: 1:39.65	1:39.65	300m: 7:06.64	500m: 14:09.77	
200m: 3:27.13	1:47.48	400m: 7:06.64	600m: 14:09.77	
AFGEM Mira Mens	Noordwijkerhout	NT 200201712		
AFGEM Marjolein Peereboom	Noordwijkerhout	NT 200204280		
AFGEM Kristel Piek	De Watervogels	NT 200205426		

rang naam	vereniging	intijd	tijd	RT
1. Robin van Beek	Lz 1886	8:54.69	199704023	<b>9:08.05</b> 561
100m: 1:04.27	1:04.27	300m: 4:32.96	500m: 9:08.05	
200m: 2:13.13	1:08.86	400m: 4:32.96	600m: 9:08.05	
2. Kristiaan Lenos	Lz 1886	9:14.36	198301331	<b>9:28.55</b> 503
100m: 1:03.44	1:03.44	300m: 4:33.76	500m: 9:28.55	
200m: 2:12.63	1:09.19	400m: 4:33.76	600m: 9:28.55	
3. Guus Hoogduin	Lz 1886	9:25.66	200201069	<b>9:35.96</b> 484
100m: 1:04.71	1:04.71	300m: 4:39.36	500m: 9:35.96	
200m: 2:15.41	1:10.70	400m: 4:39.36	600m: 9:35.96	
4. Bert Duivenvoorde	Noordwijkerhout	NT 199701805	<b>9:57.13</b> 434	
100m: 1:04.04	1:04.04	300m: 4:48.07	500m: 9:57.13	
200m: 2:15.90	1:11.86	400m: 4:48.07	600m: 9:57.13	

Programmanr. 5, Heren, 800m vrije slag, Senioren Open

rang	naam	vereniging	intijd	intijd	tijd	RT
5.	Sander van Beek	Lz 1886	10:02.37	200002917	<b>9:59.07</b>	430
	100m: 1:04.61	1:04.61 300m:		500m:	700m:	
	200m: 2:15.87	1:11.26 400m: 4:46.74		600m:	800m: 9:59.07	
6.	Thimo van Beek	Lz 1886	11:10.66	200301347	<b>10:47.07</b>	341
	100m: 1:13.61	1:13.61 300m:		500m:	700m:	
	200m: 2:30.58	1:19.97 400m: 5:19.01		600m:	800m: 10:47.07	
7.	Jeroen de Mooij	Lz 1886	11:02.13	200100723	<b>10:56.85</b>	326
	100m: 1:10.12	1:10.12 300m:		500m:	700m:	
	200m: 2:29.77	1:19.65 400m: 5:17.55		600m:	800m: 10:56.85	
8.	Jeff Duivenvoorden	Noordwijkerhout	NT	199601829	<b>11:07.36</b>	311
	100m: 1:09.73	1:09.73 300m:		500m:	700m:	
	200m: 2:30.34	1:20.61 400m: 5:20.84		600m:	800m: 11:07.36	
9.	Miles Steenvoorden	De Dolfijn	12:09.21	200501637	<b>11:12.67</b>	304
	100m: 1:16.51	1:16.51 300m:		500m:	700m:	
	200m: 2:40.50	1:23.99 400m: 5:33.32		600m:	800m: 11:12.67	
10.	Tim Duivenvoorde	Noordwijkerhout	NT	200200383	<b>11:16.53</b>	298
	100m: 1:15.34	1:15.34 300m:		500m:	700m:	
	200m: 2:42.21	1:26.87 400m: 5:37.49		600m:	800m: 11:16.53	
11.	Onno Mens	Noordwijkerhout	NT	200004389	<b>11:17.10</b>	298
	100m: 1:15.18	1:15.18 300m:		500m:	700m:	
	200m: 2:42.34	1:27.16 400m: 5:36.56		600m:	800m: 11:17.10	
12.	Aldo Hofman	De Watervogels	11:00.35	199007635	<b>11:24.48</b>	288
	100m: 1:13.92	1:13.92 300m:		500m:	700m:	
	200m: 2:39.09	1:25.17 400m: 5:33.46		600m:	800m: 11:24.48	
13.	Jelle Koomen	Noordwijkerhout	NT	200201137	<b>11:32.56</b>	278
	100m: 1:17.15	1:17.15 300m:		500m:	700m:	
	200m: 2:49.95	1:32.80 400m: 5:50.87		600m:	800m: 11:32.56	
14.	Rick van der Stam	De Watervogels	11:29.03	199500415	<b>11:42.25</b>	267
	100m: 1:18.08	1:18.08 300m:		500m:	700m:	
	200m: 2:44.22	1:26.14 400m: 5:43.28		600m:	800m: 11:42.25	
15.	Guus Geelen	Lz 1886	12:03.84	200401183	<b>11:56.54</b>	251
	100m: 1:20.81	1:20.81 300m:		500m:	700m:	
	200m: 2:49.62	1:28.81 400m: 5:53.29		600m:	800m: 11:56.54	
16.	Finn de Kan	Noordwijkerhout	NT	200304607	<b>12:23.11</b>	225
	100m: 1:17.47	1:17.47 300m:		500m:	700m:	
	200m: 2:48.80	1:31.33 400m: 6:02.35		600m:	800m: 12:23.11	
17.	Wouter Willig	De Watervogels	13:19.40	200502785	<b>12:46.69</b>	205
	100m:	300m:		500m:	700m:	
	200m: 3:10.01	400m: 6:24.97		600m:	800m: 12:46.69	
18.	Niels Rooijackers	Lz 1886	NT	198806215	<b>12:59.00</b>	196
	100m: 1:21.30	1:21.30 300m:		500m:	700m:	
	200m: 2:54.98	1:33.68 400m: 6:16.43		600m:	800m: 12:59.00	
19.	Luuk Bogaert	De Watervogels	NT	200503203	<b>13:10.50</b>	187
	100m: 1:18.58	1:18.58 300m:		500m:	700m:	
	200m: 2:54.08	1:35.50 400m: 6:20.78		600m:	800m: 13:10.50	
20.	Boele van Schaik	Lz 1886	NT	200304757	<b>14:17.31</b>	147
	100m: 1:38.96	1:38.96 300m:		500m:	700m:	
	200m: 3:28.31	1:49.35 400m: 7:07.60		600m:	800m: 14:17.31	
21.	Daan Duivenvoorde	Noordwijkerhout	NT	200304597	<b>14:57.77</b>	128
	100m: 1:34.31	1:34.31 300m:		500m:	700m:	
	200m: 3:26.18	1:51.87 400m: 7:23.99		600m:	800m: 14:57.77	
22.	Milan de Koning	De Watervogels	NT	200503345	<b>15:28.92</b>	115
	100m: 1:42.57	1:42.57 300m:		500m:	700m:	
	200m: 3:40.93	1:58.36 400m: 7:40.22		600m:	800m: 15:28.92	
AFGEM	Mark Bom	Lz 1886	11:11.28	200201471		