

LAC Periode 2, deel 2
Hoorn, 12.12.2009

Programmanr. 1
12-12-2009 - 6:15

Meisjes, 100m wisselslag

Minioren 5 en Junioren 1
Resultaten

Rang			In.tijd		Tijd
1.	Marielle Vijver	Zwemvereniging Hoorn	1:33.10	9800336	1:32.78
2.	Dagmar Swier	Zwemvereniging Hoorn	1:37.41	9900562	1:34.43
3.	Denice Hukema	Ed-Vo	1:40.80	9901844	1:41.39
4.	Rebecca Schipper	ZV Waterland	1:55.69	9902240	1:59.22

Programmanr. 2
12-12-2009 - 6:18

300m vrije slag

Minioren 3 en 4
Resultaten

Rang			In.tijd		Tijd
1.	Thom Wever	Zwemvereniging Hoorn	3:46.93	9102711	3:42.47
2.	Jordy Kok	ZV Waterland	3:41.92	8701783	3:43.18
3.	Nick Venema	ZV Waterland	3:51.17	9300951	3:43.92
4.	Richard Veerman	Ed-Vo	3:51.27	9106345	3:44.32
5.	Ruben Tol	Ed-Vo	4:00.79	9501119	3:45.09
6.	Nicky Kok	ZV Waterland	3:55.22	8801931	3:56.66
7.	Anne-Tjeerd Visser	Zwemvereniging Hoorn	4:14.53	9306179	3:58.14
8.	Casper van der Haagen	Zwemvereniging Hoorn	3:57.50	9202521	4:02.47
9.	Thierry Feld	Zwemvereniging Hoorn	4:29.64	9601185	4:03.08
10.	Remco Tol	Ed-Vo	4:38.09	9501505	4:03.91
11.	Tim de Graaf	ZV Waterland	4:03.62	9202137	4:04.15
12.	Rob Tol	Ed-Vo	4:04.28	9205459	4:08.92

Rang			In.tijd		Tijd
1.	Thom Wever	Zwemvereniging Hoorn	3:46.93	9102711	3:42.47
	50m: 30.82 30.82	150m: 1:46.16 37.73	250m: 3:10.70 38.88		
	100m: 1:08.43 37.61	200m: 2:31.82 45.66	300m: 3:42.47 31.77		
2.	Jordy Kok	ZV Waterland	3:41.92	8701783	3:43.18
	50m: 31.61 31.61	150m: 1:47.82 37.24	250m: 3:11.45 39.61		
	100m: 1:10.58 38.97	200m: 2:31.84 44.02	300m: 3:43.18 31.73		
3.	Nick Venema	ZV Waterland	3:51.17	9300951	3:43.92
	50m: 31.31 31.31	150m: 1:46.60 37.31	250m: 3:11.51 40.50		
	100m: 1:09.29 37.98	200m: 2:31.01 44.41	300m: 3:43.92 32.41		
4.	Richard Veerman	Ed-Vo	3:51.27	9106345	3:44.32
	50m: 31.79 31.79	150m: 1:46.92 37.52	250m: 3:11.77 40.76		
	100m: 1:09.40 37.61	200m: 2:31.01 44.09	300m: 3:44.32 32.55		
5.	Ruben Tol	Ed-Vo	4:00.79	9501119	3:45.09
	50m: 31.41 31.41	150m: 1:47.09 37.58	250m: 3:11.72 40.63		
	100m: 1:09.51 38.10	200m: 2:31.09 44.00	300m: 3:45.09 33.37		
6.	Nicky Kok	ZV Waterland	3:55.22	8801931	3:56.66
	50m: 34.52 34.52	150m: 1:55.67 40.12	250m: 3:23.12 41.11		
	100m: 1:15.55 41.03	200m: 2:42.01 46.34	300m: 3:56.66 33.54		
7.	Anne-Tjeerd Visser	Zwemvereniging Hoorn	4:14.53	9306179	3:58.14
	50m: 33.43 33.43	150m: 1:52.46 39.46	250m: 3:21.58 43.00		
	100m: 1:13.00 39.57	200m: 2:38.58 46.12	300m: 3:58.14 36.56		
8.	Casper van der Haagen	Zwemvereniging Hoorn	3:57.50	9202521	4:02.47
	50m: 34.97 34.97	150m: 1:56.68 39.78	250m: 3:28.10 42.54		
	100m: 1:16.90 41.93	200m: 2:45.56 48.88	300m: 4:02.47 34.37		
9.	Thierry Feld	Zwemvereniging Hoorn	4:29.64	9601185	4:03.08
	50m: 32.75 32.75	150m: 1:55.13 41.44	250m: 3:27.63 43.30		
	100m: 1:13.69 40.94	200m: 2:44.33 49.20	300m: 4:03.08 35.45		
10.	Remco Tol	Ed-Vo	4:38.09	9501505	4:03.91
	50m: 32.52 32.52	150m: 1:54.10 40.54	250m: 3:29.71 45.15		
	100m: 1:13.56 41.04	200m: 2:44.56 50.46	300m: 4:03.91 34.20		
11.	Tim de Graaf	ZV Waterland	4:03.62	9202137	4:04.15
	50m: 32.41 32.41	150m: 1:54.29 41.30	250m: 3:28.69 44.65		
	100m: 1:12.99 40.58	200m: 2:44.04 49.75	300m: 4:04.15 35.46		
12.	Rob Tol	Ed-Vo	4:04.28	9205459	4:08.92
	50m: 33.29 33.29	150m: 1:58.88 43.09	250m: 3:32.85 43.85		
	100m: 1:15.79 42.50	200m: 2:49.00 50.12	300m: 4:08.92 36.07		

LAC Periode 2, deel 2
Hoorn, 12.12.2009

Programmanr. 3, Heren, 300m wisselslag, Senioren Open

Rang					In.tijd		Tijd
13.	Paul de Graaf	ZV Waterland	4:30.18	9500107	4:15.82		
	50m: 34.41 34.41	150m: 2:00.40 42.94	250m: 3:35.16 45.48				
	100m: 1:17.46 43.05	200m: 2:49.68 49.28	300m: 4:15.82 40.66				
14.	Danny Berlemon	Zwemvereniging Hoorn	4:46.67	9600527	4:16.78		
	50m: 34.70 34.70	150m: 2:01.80 43.25	250m: 3:39.17 46.18				
	100m: 1:18.55 43.85	200m: 2:52.99 51.19	300m: 4:16.78 37.61				
15.	Alphonse de Koster	Zwemvereniging Hoorn	NT	9603695	4:26.37		
	50m: 38.30 38.30	150m: 2:10.96 45.16	250m: 3:49.78 46.07				
	100m: 1:25.80 47.50	200m: 3:03.71 52.75	300m: 4:26.37 36.59				
16.	Tim Houter	Zwemvereniging Hoorn	4:51.70	9207049	4:28.53		
	50m: 38.92 38.92	150m: 2:10.32 45.19	250m: 3:50.01 47.17				
	100m: 1:25.13 46.21	200m: 3:02.84 52.52	300m: 4:28.53 38.52				
17.	Thomas Franke	Zwemvereniging Hoorn	4:38.61	9404853	4:30.74		
	50m: 38.12 38.12	150m: 2:13.33 47.82	250m: 3:51.81 47.73				
	100m: 1:25.51 47.39	200m: 3:04.08 50.75	300m: 4:30.74 38.93				
18.	Levi Tol	Ed-Vo	NT	9700351	4:32.28		
19.	Jordi Kerssens	Zwemvereniging Hoorn	5:11.06	9601075	4:43.01		
	50m: 44.58 44.58	150m: 2:27.66 49.62	250m: 4:05.40 47.69				
	100m: 1:38.04 53.46	200m: 3:17.71 50.05	300m: 4:43.01 37.61				
20.	André Koopman	Zwemvereniging Hoorn	NT	8906613	4:47.21		
	50m: 38.61 38.61	150m: 2:16.06 47.13	250m: 4:05.97 52.05				
	100m: 1:28.93 50.32	200m: 3:13.92 57.86	300m: 4:47.21 41.24				
DIS	Jeroen Hoeben	Zwemvereniging Hoorn	NT	9602955	5:03.51 VC		
	<i>VC - Armen niet over het water naar voren gebracht.</i>						
	50m: 47.97 47.97	150m: 2:28.73 48.59	250m: 4:20.17 53.49				
	100m: 1:40.14 52.17	200m: 3:26.68 57.95	300m: 5:03.51 43.34				
DIS	Menno Kasteleijn	Zwemvereniging Hoorn	NT	9406263	5:14.27 RH		
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>						
	50m: 45.30 45.30	100m: 1:40.72 55.42	250m: 4:28.15 2:47.43	300m: 5:14.27	46.12		

Programmanr. 4
12-12-2009 - 6:34

Jongens, 400m vrije slag

Minioren 5 en 6
Resultaten

Rang					In.tijd		Tijd
1.	Sam Haring	Zwemvereniging Hoorn	NT	9901491	5:51.97		
	50m: 40.21 40.21	150m: 2:11.58 45.86	250m: 3:43.25 46.89	350m: 5:10.21	41.15		
	100m: 1:25.72 45.51	200m: 2:56.36 44.78	300m: 4:29.06 45.81	400m: 5:51.97	41.76		
2.	Bas Takken	Zwemvereniging Hoorn	NT	9901643	6:29.04		
	50m: 43.29 43.29	150m: 2:20.06 48.26	250m: 3:59.89 50.57	350m: 5:38.90	48.90		
	100m: 1:31.80 48.51	200m: 3:09.32 49.26	300m: 4:50.00 50.11	400m: 6:29.04	50.14		
3.	Ian Berkel	ZV Waterland	NT	9801199	7:33.68		
	50m: 48.24 48.24	150m: 2:41.21 56.91	250m: 4:38.77 59.60	350m: 6:37.38	57.51		
	100m: 1:44.30 56.06	200m: 3:39.17 57.96	300m: 5:39.87 1:01.10	400m: 7:33.68	56.30		

LAC Periode 2, deel 2
Horn, 12.12.2009

Programmanr. 5
12-12-2009 - 6:39

Meisjes, 800m vrije slag

Junioren 2 en 3
Resultaten

Rang					In.tijd				Tijd	
1.	Manon Wiersma		Zwemvereniging Hoorn		10:27.87		9600112		9:54.03	
	50m:	33.77 33.77	250m:	3:01.59 37.04	450m:	5:32.61 37.81	650m:	8:03.05 37.72		
	100m:	1:10.55 36.78	300m:	3:39.49 37.90	500m:	6:10.08 37.47	700m:	8:40.71 37.66		
	150m:	1:47.52 36.97	350m:	4:17.17 37.68	550m:	6:47.80 37.72	800m:	9:54.03 1:13.32		
	200m:	2:24.55 37.03	400m:	4:54.80 37.63	600m:	7:25.33 37.53				
2.	Claudia Rijkhoff		Zwemvereniging Hoorn		10:57.46		9603338		10:09.46	
	50m:	33.14 33.14	250m:	3:05.55 38.70	450m:	5:41.40 39.24	650m:	8:16.26 38.89		
	100m:	1:10.76 37.62	300m:	3:44.16 38.61	500m:	6:19.88 38.48	700m:	8:55.23 38.97		
	150m:	1:48.18 37.42	350m:	4:22.99 38.83	550m:	6:58.73 38.85	750m:	9:34.16 38.93		
	200m:	2:26.85 38.67	400m:	5:02.16 39.17	600m:	7:37.37 38.64	800m:	10:09.46 35.30		
3.	Chantal Hoogervorst		Zwemvereniging Hoorn		12:21.21		9603884		11:40.47	
	50m:	35.38 35.38	250m:	3:30.06 44.18	450m:	6:29.89 44.51	650m:	9:29.07 44.60		
	100m:	1:16.86 41.48	300m:	4:14.82 44.76	500m:	7:14.56 44.67	700m:	10:13.38 44.31		
	150m:	2:01.22 44.36	350m:	5:00.16 45.34	550m:	7:59.81 45.25	750m:	10:57.28 43.90		
	200m:	2:45.88 44.66	400m:	5:45.38 45.22	600m:	8:44.47 44.66	800m:	11:40.47 43.19		
4.	Iris Kok		Zwemvereniging Hoorn		13:12.97		9705466		13:51.93	
	50m:	41.37 41.37	250m:	4:08.32 52.89	450m:	7:45.63 55.15	650m:	11:18.13 53.61		
	100m:	1:31.40 50.03	300m:	5:02.66 54.34	500m:	8:37.55 51.92	700m:	12:10.51 52.38		
	150m:	2:25.58 54.18	350m:	5:56.82 54.16	550m:	9:31.10 53.55	750m:	13:01.40 50.89		
	200m:	3:15.43 49.85	400m:	6:50.48 53.66	600m:	10:24.52 53.42	800m:	13:51.93 50.53		
5.	Lisette Hoogervorst		Zwemvereniging Hoorn		NT		9704666		15:46.14	
	50m:	49.28 49.28	250m:	4:45.32 59.81	450m:	8:48.11 1:01.46	650m:	12:49.82 1:00.00		
	100m:	1:46.96 57.68	300m:	5:45.29 59.97	500m:	9:48.95 1:00.84	700m:	13:50.37 1:00.55		
	150m:	2:45.51 58.55	350m:	6:46.20 1:00.91	550m:	10:49.64 1:00.69	750m:	14:50.24 59.87		
	200m:	3:45.51 1:00.00	400m:	7:46.65 1:00.45	600m:	11:49.82 1:00.18	800m:	15:46.14 55.90		

Programmanr. 6
12-12-2009 - 6:54

Heren, 800m vrije slag

Senioren Open
Resultaten

Rang					In.tijd				Tijd	
1.	Guus Jonk		Zwemvereniging Hoorn		9:50.29		9501509		9:51.32	
	50m:	31.34 31.34	250m:	2:58.36 37.43	450m:	5:28.18 37.36	650m:	7:59.55 37.96		
	100m:	1:07.15 35.81	300m:	3:35.88 37.52	500m:	6:05.88 37.70	700m:	8:37.33 37.78		
	150m:	1:43.86 36.71	350m:	4:13.43 37.55	550m:	6:43.31 37.43	750m:	9:14.82 37.49		
	200m:	2:20.93 37.07	400m:	4:50.82 37.39	600m:	7:21.59 38.28	800m:	9:51.32 36.50		
2.	Bruun Beenker		Zwemvereniging Hoorn		9:40.89		9100083		10:25.47	
	50m:	31.65 31.65	250m:	2:59.27 37.75	450m:	5:40.80 41.65	650m:	8:30.27 41.87		
	100m:	1:07.65 36.00	300m:	3:38.12 38.85	500m:	6:23.27 42.47	700m:	9:11.43 41.16		
	150m:	1:44.52 36.87	350m:	4:16.96 38.84	550m:	7:05.65 42.38	750m:	9:47.15 35.72		
	200m:	2:21.52 37.00	400m:	4:59.15 42.19	600m:	7:48.40 42.75	800m:	10:25.47 38.32		
3.	Rick Nobels		Zwemvereniging Hoorn		14:32.12		9505569		12:50.57	
	50m:	37.00 37.00	250m:	3:43.66 48.56	450m:	7:03.96 50.55	650m:	10:24.03 49.74		
	100m:	1:20.18 43.18	300m:	4:33.65 49.99	500m:	7:54.46 50.50	700m:	11:13.99 49.96		
	150m:	2:07.27 47.09	350m:	5:23.85 50.20	550m:	8:44.70 50.24	750m:	12:03.49 49.50		
	200m:	2:55.10 47.83	400m:	6:13.41 49.56	600m:	9:34.29 49.59	800m:	12:50.57 47.08		
4.	Jasper Smits		Zwemvereniging Hoorn		15:09.21		9605141		13:57.59	
	50m:	43.00 43.00	250m:	4:16.43 54.10	450m:	7:51.84 53.54	650m:	11:22.29 52.98		
	100m:	1:35.00 52.00	300m:	5:10.58 54.15	500m:	8:43.72 51.88	700m:	12:15.21 52.92		
	150m:	2:28.29 53.29	350m:	6:03.92 53.34	550m:	9:36.31 52.59	750m:	13:08.27 53.06		
	200m:	3:22.33 54.04	400m:	6:58.30 54.38	600m:	10:29.31 53.00	800m:	13:57.59 49.32		
5.	Erik Tebbes		Zwemvereniging Hoorn		13:36.14		6301061		13:58.91	
	50m:	43.81 43.81	250m:	4:14.17 54.32	450m:	7:49.20 53.13	650m:	11:23.97 54.16		
	100m:	1:34.23 50.42	300m:	5:08.47 54.30	500m:	8:42.29 53.09	700m:	12:17.72 53.75		
	150m:	2:26.19 51.96	350m:	6:02.29 53.82	550m:	9:35.98 53.69	750m:	13:10.29 52.57		
	200m:	3:19.85 53.66	400m:	6:56.07 53.78	600m:	10:29.81 53.83	800m:	13:58.91 48.62		

LAC Periode 2, deel 2
Hoorn, 12.12.2009

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

Rang											In.tijd			Tijd	
6.	Michael van Vliet										Zwemvereniging Hoorn	13:54.12	6201073	15:25.51	
	50m:	50.32	50.32	250m:	4:38.77	58.76	450m:	8:33.29	58.35	650m:	12:29.61	59.32			
	100m:	1:44.90	54.58	300m:	5:37.38	58.61	500m:	9:32.65	59.36	700m:	13:28.87	59.26			
	150m:	2:42.19	57.29	350m:	6:36.42	59.04	550m:	10:31.41	58.76	750m:	14:27.65	58.78			
	200m:	3:40.01	57.82	400m:	7:34.94	58.52	600m:	11:30.29	58.88	800m:	15:25.51	57.86			

Programmanr. 7
12-12-2009 - 7:10

Dames, 1500m vrije slag

Jeugd 1 en ouder
Resultaten

Rang											In.tijd			Tijd	
1.	Pascal Rovers										Zwemvereniging Hoorn	20:06.90	9301064	19:51.96	
	50m:	33.17	33.17	450m:	5:43.41	40.02	850m:	11:06.00	40.52	1250m:	16:32.81	41.81			
	100m:	1:09.84	36.67	500m:	6:23.59	40.18	900m:	11:46.95	40.95	1300m:	17:13.00	40.19			
	150m:	1:47.64	37.80	550m:	7:03.97	40.38	950m:	12:27.44	40.49	1350m:	17:53.00	40.00			
	200m:	2:25.97	38.33	600m:	7:44.12	40.15	1000m:	13:08.15	40.71	1400m:	18:34.39	41.39			
	250m:	3:04.00	38.03	650m:	8:24.56	40.44	1050m:	13:49.12	40.97	1450m:	19:13.00	38.61			
	300m:	3:44.14	40.14	700m:	9:04.83	40.27	1100m:	14:29.82	40.70	1500m:	19:51.96	38.96			
	350m:	4:23.65	39.51	750m:	9:45.00	40.17	1150m:	15:10.00	40.18						
	400m:	5:03.39	39.74	800m:	10:25.48	40.48	1200m:	15:51.00	41.00						
2.	Mariska van Engeldorp										ZV Aquarius	20:14.17	9502326	21:05.34	
	50m:	32.55	32.55	450m:	6:01.50	43.11	850m:	11:47.82	43.10	1250m:	17:38.26	41.63			
	100m:	1:10.14	37.59	500m:	6:44.76	43.26	900m:	12:31.86	44.04	1300m:	18:22.97	44.71			
	150m:	1:50.09	39.95	550m:	7:28.67	43.91	950m:	13:15.95	44.09	1350m:	19:06.29	43.32			
	200m:	2:32.24	42.15	600m:	8:11.29	42.62	1000m:	13:59.78	43.83	1400m:	19:46.71	40.42			
	250m:	3:13.69	41.45	650m:	8:55.24	43.95	1050m:	14:44.44	44.66	1450m:	20:28.44	41.73			
	300m:	3:54.38	40.69	700m:	9:38.61	43.37	1100m:	15:28.80	44.36	1500m:	21:05.34	36.90			
	350m:	4:36.38	42.00	750m:	10:22.16	43.55	1150m:	16:13.82	45.02						
	400m:	5:18.39	42.01	800m:	11:04.72	42.56	1200m:	16:56.63	42.81						
3.	Jonna Epker										Zwemvereniging Hoorn	22:39.94	9501196	21:35.50	
	50m:	37.61	37.61	450m:	6:18.08	42.28	850m:	12:04.58	43.19	1250m:	17:57.92	43.94			
	100m:	1:17.64	40.03	500m:	7:01.33	43.25	900m:	12:47.89	43.31	1300m:	18:42.58	44.66			
	150m:	1:59.92	42.28	550m:	7:44.64	43.31	950m:	13:31.92	44.03	1400m:	20:12.30	1:29.72			
	200m:	2:43.33	43.41	600m:	8:26.70	42.06	1000m:	14:16.05	44.13	1450m:	20:54.58	42.28			
	250m:	3:27.11	43.78	650m:	9:10.48	43.78	1050m:	14:59.89	43.84	1500m:	21:35.50	40.92			
	300m:	4:10.45	43.34	700m:	9:54.20	43.72	1100m:	15:44.36	44.47						
	350m:	4:52.80	42.35	750m:	10:38.05	43.85	1150m:	16:29.23	44.87						
	400m:	5:35.80	43.00	800m:	11:21.39	43.34	1200m:	17:13.98	44.75						
4.	Esmee Bont										Ed-Vo	NT	9502336	21:52.40	
	50m:	35.70	35.70	450m:	6:12.63	43.54	850m:	12:08.72	45.55	1250m:	18:12.37	45.18			
	100m:	1:15.09	39.39	500m:	6:56.09	43.46	900m:	12:53.90	45.18	1300m:	18:58.79	46.42			
	150m:	1:55.69	40.60	550m:	7:40.04	43.95	950m:	13:38.72	44.82	1350m:	19:43.59	44.80			
	200m:	2:37.59	41.90	600m:	8:24.13	44.09	1000m:	14:24.79	46.07	1400m:	20:28.18	44.59			
	250m:	3:19.90	42.31	650m:	9:08.78	44.65	1050m:	15:09.90	45.11	1450m:	21:12.60	44.42			
	300m:	4:02.49	42.59	700m:	9:53.60	44.82	1100m:	15:55.66	45.76	1500m:	21:52.40	39.80			
	350m:	4:45.53	43.04	750m:	10:38.65	45.05	1150m:	16:40.91	45.25						
	400m:	5:29.09	43.56	800m:	11:23.17	44.52	1200m:	17:27.19	46.28						
5.	Angela Tol										Ed-Vo	NT	9307222	22:45.64	
	50m:	38.87	38.87	450m:	6:40.39	45.89	850m:	12:49.32	45.82	1250m:	18:59.87	46.16			
	100m:	1:21.25	42.38	500m:	7:26.81	46.42	900m:	13:35.85	46.53	1300m:	19:46.25	46.38			
	150m:	2:05.66	44.41	550m:	8:13.58	46.77	950m:	14:22.46	46.61	1350m:	20:32.87	46.62			
	200m:	2:51.28	45.62	600m:	8:59.84	46.26	1000m:	15:08.57	46.11	1400m:	21:18.59	45.72			
	250m:	3:37.00	45.72	650m:	9:46.33	46.49	1050m:	15:54.95	46.38	1450m:	22:03.85	45.26			
	300m:	4:22.86	45.86	700m:	10:31.60	45.27	1100m:	16:41.84	46.89	1500m:	22:45.64	41.79			
	350m:	5:08.25	45.39	750m:	11:17.83	46.23	1150m:	17:27.56	45.72						
	400m:	5:54.50	46.25	800m:	12:03.50	45.67	1200m:	18:13.71	46.15						

LAC Periode 2, deel 2
Hoorn, 12.12.2009

Programmanr. 7, Dames, 1500m vrije slag, Jeugd 1 en ouder

Rang						In.tijd			Tijd			
6.	Sabrina van der Vis		ZV Waterland			24:28.30	9503298		24:02.38			
	50m:	38.43	38.43	450m:	6:59.08	48.86	850m:	13:35.17	48.91	1250m:	20:10.46	49.11
	100m:	1:22.73	44.30	500m:	7:48.50	49.42	900m:	14:23.29	48.12	1300m:	20:59.32	48.86
	150m:	2:08.60	45.87	550m:	8:38.21	49.71	950m:	15:12.54	49.25	1350m:	21:47.96	48.64
	200m:	2:55.71	47.11	600m:	9:28.69	50.48	1000m:	16:02.47	49.93	1400m:	22:35.61	47.65
	250m:	3:43.76	48.05	650m:	10:18.00	49.31	1050m:	16:52.15	49.68	1450m:	23:22.55	46.94
	300m:	4:32.66	48.90	700m:	11:07.12	49.12	1100m:	17:42.65	50.50	1500m:	24:02.38	39.83
	350m:	5:21.55	48.89	750m:	11:56.92	49.80	1150m:	18:32.02	49.37			
	400m:	6:10.22	48.67	800m:	12:46.26	49.34	1200m:	19:21.35	49.33			
7.	Manon Sier		Ed-Vo			27:42.75	9403210		25:37.00			
	50m:	42.69	42.69	450m:	7:26.72	52.23	850m:	14:26.92	51.53	1250m:	21:23.48	51.64
	100m:	1:29.93	47.24	500m:	8:18.90	52.18	900m:	15:19.31	52.39	1300m:	22:14.70	51.22
	150m:	2:19.50	49.57	550m:	9:11.34	52.44	950m:	16:11.31	52.00	1350m:	23:06.61	51.91
	200m:	3:09.99	50.49	600m:	10:03.87	52.53	1000m:	17:03.61	52.30	1400m:	23:58.98	52.37
	250m:	4:01.40	51.41	650m:	10:56.84	52.97	1050m:	17:56.29	52.68	1450m:	24:49.87	50.89
	300m:	4:52.12	50.72	700m:	11:50.34	53.50	1100m:	18:48.56	52.27	1500m:	25:37.00	47.13
	350m:	5:42.90	50.78	750m:	12:42.80	52.46	1150m:	19:39.84	51.28			
	400m:	6:34.49	51.59	800m:	13:35.39	52.59	1200m:	20:31.84	52.00			
8.	Indra Sinnige		Zwemvereniging Hoorn			25:08.61	9502076		26:10.53			
	50m:	38.55	38.55	450m:	7:26.75	53.26	850m:	14:26.78	51.01	1250m:	21:45.01	54.35
	100m:	1:23.47	44.92	500m:	8:20.13	53.38	900m:	15:20.33	53.55	1300m:	22:39.53	54.52
	150m:	2:13.17	49.70	550m:	9:11.51	51.38	950m:	16:14.83	54.50	1350m:	23:33.55	54.02
	200m:	3:04.08	50.91	600m:	10:03.88	52.37	1000m:	17:09.39	54.56	1400m:	24:26.67	53.12
	250m:	3:55.88	51.80	650m:	10:57.91	54.03	1050m:	18:03.98	54.59	1450m:	25:19.53	52.86
	300m:	4:41.99	46.11	700m:	11:52.10	54.19	1100m:	18:59.59	55.61	1500m:	26:10.53	51.00
	350m:	5:40.56	58.57	750m:	12:45.78	53.68	1150m:	19:54.71	55.12			
	400m:	6:33.49	52.93	800m:	13:35.77	49.99	1200m:	20:50.66	55.95			
9.	Zoë van de Heijden		Zwemvereniging Hoorn			26:27.96	9307674		26:24.05			
	50m:	46.12	46.12	450m:	7:47.61	52.83	850m:	15:03.23	53.79	1250m:	22:07.04	51.42
	100m:	1:37.05	50.93	500m:	8:41.61	54.00	900m:	15:56.73	53.50	1300m:	23:00.52	53.48
	150m:	2:29.64	52.59	550m:	9:35.80	54.19	950m:	16:49.45	52.72	1350m:	23:51.80	51.28
	200m:	3:22.11	52.47	600m:	10:31.26	55.46	1000m:	17:43.05	53.60	1400m:	24:43.32	51.52
	250m:	4:14.80	52.69	650m:	11:24.93	53.67	1050m:	18:36.61	53.56	1450m:	25:34.04	50.72
	300m:	5:08.86	54.06	700m:	12:18.54	53.61	1100m:	19:30.05	53.44	1500m:	26:24.05	50.01
	350m:	6:01.54	52.68	750m:	13:15.68	57.14	1150m:	20:24.76	54.71			
	400m:	6:54.78	53.24	800m:	14:09.44	53.76	1200m:	21:15.62	50.86			
NG	Simone Druif		Zwemvereniging Hoorn			22:25.56	9505830					