

lac
Leiden, 18-12-2011

Programmanr. 1
18-12-2011

Meisjes, 400m vrije slag

Meisjes Minioren 3 en 4
Resultaten

rang naam	vereniging	inschrijftijd	tijd
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Programmanr. 2
18-12-2011

Jongens, 400m vrije slag

Jongens Minioren 3 en 4
Resultaten

rang naam	vereniging	inschrijftijd	tijd
1. Mika Westenberg	SG d'ELFT Wave	4:37.45	200200289 6:23.39
50m: 42.29 42.29	150m: 2:20.37 49.24	250m: 3:59.58 49.95	350m: 5:39.47 49.86
100m: 1:31.13 48.84	200m: 3:09.63 49.26	300m: 4:49.61 50.03	400m: 6:23.39 43.92

Programmanr. 3
18-12-2011

Meisjes, 800m vrije slag

Meisjes Minioren 5 en Junioren 1
Resultaten

rang naam	vereniging	inschrijftijd	tijd
1. Tessa Kempen	Zoetermeer	NT	200100090 12:34.87
100m: 1:26.48 1:26.48	300m: 4:37.36 1:37.34	500m: 7:54.20 1:38.74	700m: 11:08.07 1:36.91
200m: 3:00.02 1:33.54	400m: 6:15.46 1:38.10	600m: 9:31.16 1:36.96	800m: 12:34.87 1:26.80
2. Celina von Berg	SG d'ELFT Wave	14:28.53	200002596 13:00.75
100m: 1:30.47 1:30.47	300m: 4:45.60 1:37.68	500m: 8:05.18 1:40.18	700m: 11:25.70 1:40.10
200m: 3:07.92 1:37.45	400m: 6:25.00 1:39.40	600m: 9:45.60 1:40.42	800m: 13:00.75 1:35.05

Programmanr. 4
18-12-2011

Jongens, 800m vrije slag

Jongens Minioren 5 en 6
Resultaten

rang naam	vereniging	inschrijftijd	tijd
1. Noah Legerstee	SG d'ELFT Wave	NT	200003593 12:00.86
100m: 1:23.45 1:23.45	300m: 4:29.86 1:34.13	500m: 7:37.86 1:34.66	700m: 10:39.73 1:29.53
200m: 2:55.73 1:32.28	400m: 6:03.20 1:33.34	600m: 9:10.20 1:32.34	800m: 12:00.86 1:21.13

Programmanr. 5
18-12-2011

Meisjes, 800m vrije slag

Junioren 3 en later
Resultaten

rang naam	vereniging	inschrijftijd	tijd
1. Marja Esmeijer	Zoetermeer	10:40.39	199800776 10:31.45
100m: 1:13.45 1:13.45	300m: 3:52.92 1:20.38	500m: 6:33.86 1:20.19	700m: 9:14.02 1:19.72
200m: 2:32.54 1:19.09	400m: 5:13.67 1:20.75	600m: 7:54.30 1:20.44	800m: 10:31.45 1:17.43
2. Eline Veldkamp	Zoetermeer	10:59.23	199801766 10:56.52
100m: 1:16.76 1:16.76	300m: 4:04.21 1:24.04	500m: 6:50.04 1:22.89	700m: 9:35.90 1:22.93
200m: 2:40.17 1:23.41	400m: 5:27.15 1:22.94	600m: 8:12.97 1:22.93	800m: 10:56.52 1:20.62
3. Julia Litjens	ZV Westland Dijkglas	11:11.68	199801188 11:02.07
100m: 1:16.14 1:16.14	300m: 4:03.01 1:23.92	500m: 6:53.86 1:25.53	700m: 9:42.65 1:23.50
200m: 2:39.09 1:22.95	400m: 5:28.33 1:25.32	600m: 8:19.15 1:25.29	800m: 11:02.07 1:19.42
4. Yancey Bouman	Zoetermeer	11:12.83	199801924 11:04.74
100m: 1:16.67 1:16.67	300m: 4:05.67 1:24.81	500m: 6:55.20 1:24.87	700m: 9:43.42 1:24.20
200m: 2:40.86 1:24.19	400m: 5:30.33 1:24.66	600m: 8:19.22 1:24.02	800m: 11:04.74 1:21.32
5. Tessa de Koning	ZV Westland Dijkglas	11:13.11	199903482 11:09.01
100m: 1:14.77 1:14.77	300m: 4:02.81 1:25.82	500m: 6:54.76 1:26.10	700m: 9:46.60 1:26.32
200m: 2:36.99 1:22.22	400m: 5:28.66 1:25.85	600m: 8:20.28 1:25.52	800m: 11:09.01 1:22.41
6. Rebecca Onderstal	de zijl Igb	12:25.83	199901642 12:21.80
100m: 1:24.54 1:24.54	300m: 4:33.83 1:35.69	500m: 7:42.89 1:34.81	700m: 10:53.77 1:35.32
200m: 2:58.14 1:33.60	400m: 6:08.08 1:34.25	600m: 9:18.45 1:35.56	800m: 12:21.80 1:28.03
7. Kirsten Boon	ZV Westland Dijkglas	12:29.04	199803530 12:40.20
100m: 1:27.47 1:27.47	300m: 4:42.75 1:37.90	500m: 7:58.08 1:38.66	700m: 11:11.44 1:35.62
200m: 3:04.85 1:37.38	400m: 6:19.42 1:36.67	600m: 9:35.82 1:37.74	800m: 12:40.20 1:28.76
8. Roza van Diem	SG d'ELFT Wave	NT	199806064 14:37.97
100m: 1:35.65 1:35.65	300m: 5:19.60 1:54.58	500m: 9:09.64 1:56.55	700m: 12:48.70 1:46.27
200m: 3:25.02 1:49.37	400m: 7:13.09 1:53.49	600m: 11:02.43 1:52.79	800m: 14:37.97 1:49.27

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Programmanr. 6
18-12-2011

Jongens, 1500m vrije slag

Jongens Junioren 1 en 2
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
1.	Nick Boekestijn	ZV Westland Dijkglas	NT	199900291	24:46.23			
	100m: 1:34.77	1:34.77	500m: 8:10.76	1:40.16	900m: 14:51.49	1:40.02	1300m: 21:42.76	1:43.61
	200m: 3:12.86	1:38.09	600m: 9:47.66	1:36.90	1000m: 16:33.99	1:42.50	1400m: 23:18.30	1:35.54
	300m: 4:50.86	1:38.00	700m: 11:29.53	1:41.87	1100m: 18:16.13	1:42.14	1500m: 24:46.23	1:27.93
	400m: 6:30.60	1:39.74	800m: 13:11.47	1:41.94	1200m: 19:59.15	1:43.02		

Programmanr. 7
18-12-2011

Meisjes, 1500m vrije slag

Meisjes Jeugd 1 en 2
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
1.	Lisa Postma	de zijl lgb	19:41.76	199701588	19:11.32			
	100m: 1:08.20	1:08.20	500m: 6:15.67	1:16.78	900m: 11:25.45	1:16.72	1300m: 16:38.80	1:19.70
	200m: 2:25.76	1:17.56	600m: 7:32.36	1:16.69	1000m: 12:41.82	1:16.37	1400m: 17:55.89	1:17.09
	300m: 3:42.82	1:17.06	700m: 8:50.16	1:17.80	1100m: 14:00.29	1:18.47	1500m: 19:11.32	1:15.43
	400m: 4:58.89	1:16.07	800m: 10:08.73	1:18.57	1200m: 15:19.10	1:18.81		
2.	Anouk van der Vlies	Zoetermeer	19:50.76	199603226	19:23.50			
	100m: 1:11.14	1:11.14	500m: 6:19.05	1:17.87	900m: 11:32.06	1:18.58	1300m: 16:49.79	1:19.21
	200m: 2:26.93	1:15.79	600m: 7:36.96	1:17.91	1000m: 12:51.36	1:19.30	1400m: 18:08.07	1:18.28
	300m: 3:43.87	1:16.94	700m: 8:55.00	1:18.04	1100m: 14:10.62	1:19.26	1500m: 19:23.50	1:15.43
	400m: 5:01.18	1:17.31	800m: 10:13.48	1:18.48	1200m: 15:30.58	1:19.96		
3.	Valentina Foytlova	de zijl lgb	NT	199703636	19:54.91			
	100m: 1:15.44	1:15.44	500m: 6:37.58	1:19.90	900m: 11:59.12	1:20.49	1300m: 17:17.94	1:19.84
	200m: 2:37.01	1:21.57	600m: 7:57.68	1:20.10	1000m: 13:18.29	1:19.17	1400m: 18:37.41	1:19.47
	300m: 3:57.35	1:20.34	700m: 9:17.58	1:19.90	1100m: 14:38.83	1:20.54	1500m: 19:54.91	1:17.50
	400m: 5:17.68	1:20.33	800m: 10:38.63	1:21.05	1200m: 15:58.10	1:19.27		
4.	Eef Hollander	ZC Ooievaar (SG)	19:45.69	199602074	20:04.78			
	100m: 1:10.91	1:10.91	500m: 6:31.58	1:21.37	900m: 11:58.98	1:21.65	1300m: 17:26.06	1:21.18
	200m: 2:29.23	1:18.32	600m: 7:53.51	1:21.93	1000m: 13:20.85	1:21.87	1400m: 18:46.65	1:20.59
	300m: 3:49.17	1:19.94	700m: 9:16.41	1:22.90	1100m: 14:42.69	1:21.84	1500m: 20:04.78	1:18.13
	400m: 5:10.21	1:21.04	800m: 10:37.33	1:20.92	1200m: 16:04.88	1:22.19		
5.	Britt Vis	ZV Westland Dijkglas	21:30.77	199700888	20:41.86			
	100m: 1:16.54	1:16.54	500m: 6:48.39	1:23.79	900m: 12:23.86	1:23.73	1300m: 17:59.60	1:22.74
	200m: 2:38.45	1:21.91	600m: 8:12.26	1:23.87	1000m: 13:48.42	1:24.56	1400m: 19:22.67	1:23.07
	300m: 4:01.48	1:23.03	700m: 9:36.32	1:24.06	1100m: 15:12.48	1:24.06	1500m: 20:41.86	1:19.19
	400m: 5:24.60	1:23.12	800m: 11:00.13	1:23.81	1200m: 16:36.86	1:24.38		
6.	Daphne Hulst	SG d'ELFT Wave	NT	199703042	21:16.07			
	100m: 1:16.67	1:16.67	500m: 6:54.24	1:23.92	900m: 12:36.78	1:26.79	1300m: 18:26.51	1:27.30
	200m: 2:40.41	1:23.74	600m: 8:18.54	1:24.30	1000m: 14:03.27	1:26.49	1400m: 19:53.49	1:26.98
	300m: 4:05.18	1:24.77	700m: 9:43.05	1:24.51	1100m: 15:31.10	1:27.83	1500m: 21:16.07	1:22.58
	400m: 5:30.32	1:25.14	800m: 11:09.99	1:26.94	1200m: 16:59.21	1:28.11		
AFGEM	Melissa Weber	de zijl lgb	20:13.07	199705316				

Programmanr. 8
18-12-2011

Dames, 1500m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
1.	Leonie van Noort	de zijl lgb	17:06.54	199301752	17:50.76			
	100m: 1:04.30	1:04.30	500m: 5:45.32	1:10.43	900m: 10:32.60	1:12.37	1300m: 15:25.13	1:13.06
	200m: 2:14.82	1:10.52	600m: 6:56.29	1:10.97	1000m: 11:45.86	1:13.26	1400m: 16:39.07	1:13.94
	300m: 3:24.82	1:10.00	700m: 8:08.02	1:11.73	1100m: 12:59.04	1:13.18	1500m: 17:50.76	1:11.69
	400m: 4:34.89	1:10.07	800m: 9:20.23	1:12.21	1200m: 14:12.07	1:13.03		
2.	Danielle Grootes	de zijl lgb	18:51.99	199501278	18:57.22			
	100m: 1:09.25	1:09.25	500m: 6:11.72	1:16.69	900m: 11:19.22	1:16.72	1300m: 16:24.76	1:16.48
	200m: 2:23.76	1:14.51	600m: 7:28.82	1:17.10	1000m: 12:35.50	1:16.28	1400m: 17:41.69	1:16.93
	300m: 3:39.28	1:15.52	700m: 8:45.79	1:16.97	1100m: 13:52.00	1:16.50	1500m: 18:57.22	1:15.53
	400m: 4:55.03	1:15.75	800m: 10:02.50	1:16.71	1200m: 15:08.28	1:16.28		
3.	Emma Siemensma	de zijl lgb	20:10.00	199402716	20:05.11			
	100m: 1:12.23	1:12.23	500m: 6:32.43	1:21.70	900m: 11:58.25	1:21.44	1300m: 17:24.34	1:21.56
	200m: 2:30.96	1:18.73	600m: 7:54.23	1:21.80	1000m: 13:19.44	1:21.19	1400m: 18:45.59	1:21.25
	300m: 3:50.34	1:19.38	700m: 9:15.81	1:21.58	1100m: 14:41.22	1:21.78	1500m: 20:05.11	1:19.52
	400m: 5:10.73	1:20.39	800m: 10:36.81	1:21.00	1200m: 16:02.78	1:21.56		
4.	Debby Bavelaar	de zijl lgb	22:16.89	199502468	20:33.56			
	100m: 1:12.66	1:12.66	500m: 6:41.19	1:22.40	900m: 12:15.66	1:25.31	1300m: 17:51.91	1:23.35
	200m: 2:35.25	1:22.59	600m: 8:02.47	1:21.28	1000m: 13:40.06	1:24.40	1400m: 19:15.47	1:23.56
	300m: 3:57.38	1:22.13	700m: 9:25.56	1:23.09	1100m: 15:03.16	1:23.10	1500m: 20:33.56	1:18.09
	400m: 5:18.79	1:21.41	800m: 10:50.35	1:24.79	1200m: 16:28.56	1:25.40		

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Leiden, 18-12-2011

Programmanr. 8, Dames, 1500m vrije slag, Dames Senioren Open

rang	naam	vereniging	inschrijftijd	tijd
5.	Linda Hoogendam	SG d'ELFT Wave	19:46.23	198300892 20:34.24
	100m: 1:15.83 1:15.83	500m: 6:46.81 1:23.36	900m: 12:23.48 1:24.25	1300m: 17:55.01 1:22.71
	200m: 2:38.04 1:22.21	600m: 8:10.44 1:23.63	1000m: 13:47.13 1:23.65	1400m: 19:16.52 1:21.51
	300m: 4:00.34 1:22.30	700m: 9:34.56 1:24.12	1100m: 15:09.56 1:22.43	1500m: 20:34.24 1:17.72
	400m: 5:23.45 1:23.11	800m: 10:59.23 1:24.67	1200m: 16:32.30 1:22.74	
6.	Merel Toussaint	SG d'ELFT Wave	NT	199203788 20:43.36
	100m: 1:15.60 1:15.60	500m: 6:41.14 1:22.08	900m: 12:18.26 1:24.90	1300m: 17:53.27 1:22.82
	200m: 2:36.57 1:20.97	600m: 8:04.46 1:23.32	1000m: 13:41.11 1:22.85	1400m: 19:18.95 1:25.68
	300m: 3:57.98 1:21.41	700m: 9:29.66 1:25.20	1100m: 15:04.24 1:23.13	1500m: 20:43.36 1:24.41
	400m: 5:19.06 1:21.08	800m: 10:53.36 1:23.70	1200m: 16:30.45 1:26.21	
7.	Andrea van Leeuwen	de zijl Igb	20:54.06	198100904 22:04.42
	100m: 1:20.86 1:20.86	500m: 7:15.02 1:29.42	900m: 13:12.07 1:29.78	1300m: 19:09.16 1:28.43
	200m: 2:48.45 1:27.59	600m: 8:43.42 1:28.40	1000m: 14:41.80 1:29.73	1400m: 20:37.45 1:28.29
	300m: 4:16.80 1:28.35	700m: 10:12.29 1:28.87	1100m: 16:11.00 1:29.20	1500m: 22:04.42 1:26.97
	400m: 5:45.60 1:28.80	800m: 11:42.29 1:30.00	1200m: 17:40.73 1:29.73	
8.	Cornelia Roth	ZC Ooievaar (SG)	NT	196300502 23:25.95
	100m: 1:26.94 1:26.94	500m: 7:49.70 1:35.38	900m: 14:08.20 1:33.90	1300m: 20:24.16 1:33.27
	200m: 3:02.45 1:35.51	600m: 9:25.15 1:35.45	1000m: 15:42.43 1:34.23	1400m: 21:56.58 1:32.42
	300m: 4:38.39 1:35.94	700m: 11:00.19 1:35.04	1100m: 17:17.40 1:34.97	1500m: 23:25.95 1:29.37
	400m: 6:14.32 1:35.93	800m: 12:34.30 1:34.11	1200m: 18:50.89 1:33.49	

Programmanr. 9
18-12-2011

Jongens, 1500m vrije slag

Jongens Junioren 3 en 4
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Armand Heyder	ZV Westland Dijkglas	20:13.42	199603221 18:24.69
	100m: 1:06.50 1:06.50	500m: 5:54.56 1:12.09	900m: 10:50.25 1:14.97	1300m: 15:53.35 1:15.53
	200m: 2:18.12 1:11.62	600m: 7:08.03 1:13.47	1000m: 12:05.69 1:15.44	1400m: 17:11.32 1:17.97
	300m: 3:29.66 1:11.54	700m: 8:21.97 1:13.94	1100m: 13:21.91 1:16.22	1500m: 18:24.69 1:13.37
	400m: 4:42.47 1:12.81	800m: 9:35.28 1:13.31	1200m: 14:37.82 1:15.91	
2.	Pascal Nuijten	ZV Westland Dijkglas	NT	199701353 18:54.44
	100m: 1:10.02 1:10.02	500m: 6:12.75 1:15.76	900m: 11:20.51 1:17.23	1300m: 16:26.44 1:17.00
	200m: 2:25.26 1:15.24	600m: 7:29.29 1:16.54	1000m: 12:37.44 1:16.93	1400m: 17:42.74 1:16.30
	300m: 3:41.42 1:16.16	700m: 8:45.85 1:16.56	1100m: 13:53.12 1:15.68	1500m: 18:54.44 1:11.70
	400m: 4:56.99 1:15.57	800m: 10:03.28 1:17.43	1200m: 15:09.44 1:16.32	
3.	Thom Paardekooper	Zoetermeer	21:20.64	199604259 18:56.62
	100m: 1:10.19 1:10.19	500m: 6:14.61 1:15.11	900m: 11:22.94 1:16.74	1300m: 16:28.64 1:16.00
	200m: 2:26.52 1:16.33	600m: 7:32.53 1:17.92	1000m: 12:39.55 1:16.61	1400m: 17:43.79 1:15.15
	300m: 3:42.93 1:16.41	700m: 8:49.72 1:17.19	1100m: 13:55.40 1:15.85	1500m: 18:56.62 1:12.83
	400m: 4:59.50 1:16.57	800m: 10:06.20 1:16.48	1200m: 15:12.64 1:17.24	
4.	Mohamed Al-Nahas	ZV Westland Dijkglas	20:10.53	199703997 19:49.64
	100m: 1:10.45 1:10.45	500m: 6:17.54 1:17.65	900m: 11:38.64 1:21.07	1300m: 17:08.51 1:20.97
	200m: 2:26.60 1:16.15	600m: 7:37.02 1:19.48	1000m: 13:01.48 1:22.84	1400m: 18:31.36 1:22.85
	300m: 3:42.48 1:15.88	700m: 8:56.86 1:19.84	1100m: 14:24.42 1:22.94	1500m: 19:49.64 1:18.28
	400m: 4:59.89 1:17.41	800m: 10:17.57 1:20.71	1200m: 15:47.54 1:23.12	

Programmanr. 10
18-12-2011

Jongens, 1500m vrije slag

Jongens Jeugd 1 en 2
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Jeroen van der Giessen	ZV Westland Dijkglas	17:36.16	199404751 17:33.39
	100m: 1:03.51 1:03.51	500m: 5:48.04 1:12.22	900m: 10:32.23 1:10.19	1300m: 15:13.80 1:11.04
	200m: 2:12.67 1:09.16	600m: 7:00.07 1:12.03	1000m: 11:41.67 1:09.44	1400m: 16:24.70 1:10.90
	300m: 3:23.76 1:11.09	700m: 8:11.92 1:11.85	1100m: 12:52.07 1:10.40	1500m: 17:33.39 1:08.69
	400m: 4:35.82 1:12.06	800m: 9:22.04 1:10.12	1200m: 14:02.76 1:10.69	
2.	Simon Stouten	de zijl Igb	17:47.01	199400943 18:39.00
	100m: 1:06.28 1:06.28	500m: 6:01.72 1:13.22	900m: 11:05.22 1:17.22	1300m: 16:07.00 1:16.09
	200m: 2:19.16 1:12.88	600m: 7:17.19 1:15.47	1000m: 12:19.00 1:13.78	1400m: 17:24.63 1:17.63
	300m: 3:33.19 1:14.03	700m: 8:31.82 1:14.63	1100m: 13:35.91 1:16.91	1500m: 18:39.00 1:14.37
	400m: 4:48.50 1:15.31	800m: 9:48.00 1:16.18	1200m: 14:50.91 1:15.00	
3.	Nick van der Krogt	de zijl Igb	19:24.30	199501313 19:04.28
	100m: 1:07.01 1:07.01	500m: 6:10.81 1:17.13	900m: 11:20.87 1:17.79	1300m: 16:32.59 1:18.35
	200m: 2:21.93 1:14.92	600m: 7:28.37 1:17.56	1000m: 12:38.59 1:17.72	1400m: 17:49.76 1:17.17
	300m: 3:37.71 1:15.78	700m: 8:45.42 1:17.05	1100m: 13:56.30 1:17.71	1500m: 19:04.28 1:14.52
	400m: 4:53.68 1:15.97	800m: 10:03.08 1:17.66	1200m: 15:14.24 1:17.94	
4.	Nour Al-Nahas	ZV Westland Dijkglas	19:04.70	199505421 19:30.58
	100m: 1:05.53 1:05.53	500m: 6:05.89 1:17.23	900m: 11:27.32 1:22.42	1300m: 16:54.76 1:23.25
	200m: 2:19.16 1:13.63	600m: 7:25.11 1:19.22	1000m: 12:48.71 1:21.39	1400m: 18:17.26 1:22.50
	300m: 3:33.30 1:14.14	700m: 8:45.09 1:19.98	1100m: 14:08.47 1:19.76	1500m: 19:30.58 1:13.32
	400m: 4:48.66 1:15.36	800m: 10:04.90 1:19.81	1200m: 15:31.51 1:23.04	

lac
Leiden, 18-12-2011

Programmanr. 11
18-12-2011

Heren, 1500m vrije slag

Heren Senioren Open
Resultaten

rang	naam		vereniging			inschrijftijd					tijd	
1.	Lennart Middel		SG d'ELFT Wave			20:13.68		198503723			19:20.54	
	100m:	1:12.02	1:12.02	500m:	6:22.57	1:17.81	900m:	11:36.02	1:18.63	1300m:	16:49.64	1:18.64
	200m:	2:29.60	1:17.58	600m:	7:40.60	1:18.03	1000m:	12:55.26	1:19.24	1400m:	18:07.48	1:17.84
	300m:	3:46.86	1:17.26	700m:	8:58.80	1:18.20	1100m:	14:12.89	1:17.63	1500m:	19:20.54	1:13.06
	400m:	5:04.76	1:17.90	800m:	10:17.39	1:18.59	1200m:	15:31.00	1:18.11			
2.	Walter Legerstee		SG d'ELFT Wave			NT		196801517			24:09.75	
	100m:	1:21.81	1:21.81	500m:	7:47.47	1:37.31	900m:	14:19.62	1:39.12	1300m:	20:56.81	1:39.25
	200m:	2:55.05	1:33.24	600m:	9:24.42	1:36.95	1000m:	15:58.72	1:39.10	1400m:	22:35.50	1:38.69
	300m:	4:32.65	1:37.60	700m:	11:02.00	1:37.58	1100m:	17:38.04	1:39.32	1500m:	24:09.75	1:34.25
	400m:	6:10.16	1:37.51	800m:	12:40.50	1:38.50	1200m:	19:17.56	1:39.52			
AFGEM	Victor den Heijer		SG d'ELFT Wave			18:55.43		198300867				