

## 1. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	2 Maarten Quist	H45	17	I	45.37		
2	22 Marcel Leenaars	H55	15	O	46.01		
3	10 Jaap Tjebbes	HSA	14	O	47.32		
4	37 Gert de Jong	H55	17	O	47.78		
5	28 Klaas Luijten	H55	15	I	48.24		
6	33 Frank Onink	H50	16	O	48.69		
7	40 Robert Bosma	H55	14	I	49.33		
8	8 Eelco Nap	H60	13	O	49.46		
9	11 Ingmar Maurice	H55	12	O	49.55		
10	25 Michel Regoor	H50	16	I	50.44		
11	26 Joost Hardick	H55	12	I	50.46		
12	18 Robert Gerritsen	HSB	9	O	51.47	PR	
13	7 Yvonne Simis	D50	13	I	51.63		
14	38 Pino van de Ven	HSA	19	I	51.68		
15	19 Bram Brandjes	HSB	18	I	51.92		
16	31 Jelle Kroes	H55	3	O	52.14	PR	
17	17 Martin Spoor	H50	4	O	52.93	PR	
	4 Hugo Everts	H60	4	I	52.93	PR	
19	29 Jasper Kal	H50	9	I	53.23		
20	6 Floris Steenbrink	H45	8	I	53.30		
21	34 Boris Rowaan	HSA	19	O	53.61		
22	14 Steven Otto	H60	8	O	53.65		
23	3 Hans van der Drift	H60	7	I	53.67		
24	5 Ruth Pannekoek	D40	11	I	53.79		
25	21 Luuk Kramer	H65	3	I	54.37	PR	
26	30 Pieter Klok	H50	7	O	54.61		
27	39 Gert-Jan Vroege	H55	11	O	54.68		
28	15 Paul Brouwer	H60	5	O	55.46		
29	1 Inge de Nijs	D50	10	O	56.03		
30	13 Leon Zautsen	H55	5	I	56.53		
31	16 Ingeborg Lang	D45	2	I	56.58		
32	32 Wikke Monster	D50	2	O	56.83		
33	12 Carolien van Rees	D65	6	I	56.93		
34	23 Dick Betlem	H70	1	O	57.27	PR	
35	20 Sandra Brandjes	DSB	1	I	57.93		
	36 Merlijn Fock-Koldenhof	D45	6	O	DNS		
	27 Willem van den Berg	HSA	18	O	DNS		

1. Rituitslag 500 meter

		Naam		Cat		PR	Tijd	Info	
1	wt	20	<b>Sandra Brandjes</b>		DSB		<b>57.93</b>		
	rd	23	<b>Dick Betlem</b>		H70	57.33	<b>57.27</b>	PR	
			<b>Sandra Brandjes</b>				<b>Dick Betlem</b>		
			100m	15.26	(15.26)	100m	15.21	(15.21)	
			500m	57.93	(42.67)	500m	57.27	(42.06)	

		Naam		Cat		PR	Tijd	Info	
2	gl	16	<b>Ingeborg Lang</b>		D45	54.94	<b>56.58</b>		
	bl	32	<b>Wikke Monster</b>		D50	56.65	<b>56.83</b>		
			<b>Ingeborg Lang</b>				<b>Wikke Monster</b>		
			100m	15.13	(15.13)	100m	15.13	(15.13)	
			500m	56.58	(41.45)	500m	56.83	(41.70)	

		Naam		Cat		PR	Tijd	Info	
3	wt	21	<b>Luuk Kramer</b>		H65	55.82	<b>54.37</b>	PR	
	rd	31	<b>Jelle Kroes</b>		H55	53.86	<b>52.14</b>	PR	
			<b>Luuk Kramer</b>				<b>Jelle Kroes</b>		
			100m	15.31	(15.31)	100m	13.96	(13.96)	
			500m	54.37	(39.06)	500m	52.14	(38.18)	

		Naam		Cat		PR	Tijd	Info	
4	gl	4	<b>Hugo Everts</b>		H60	55.32	<b>52.93</b>	PR	
	bl	17	<b>Martin Spoor</b>		H50	55.48	<b>52.93</b>	PR	
			<b>Hugo Everts</b>				<b>Martin Spoor</b>		
			100m	14.81	(14.81)	100m	14.45	(14.45)	
			500m	52.93	(38.12)	500m	52.93	(38.48)	

		Naam		Cat		PR	Tijd	Info	
5	wt	13	<b>Leon Zautsen</b>		H55	50.79	<b>56.53</b>		
	rd	15	<b>Paul Brouwer</b>		H60	51.86	<b>55.46</b>		
			<b>Leon Zautsen</b>				<b>Paul Brouwer</b>		
			100m	14.49	(14.49)	100m	14.58	(14.58)	
			500m	56.53	(42.04)	500m	55.46	(40.88)	

		Naam	Cat	PR	Tijd	Info												
6	gl	12 Carolien van Rees	D65	53.54	<b>56.93</b>													
	bl	36 Merlijn Fock-Koldenhof	D45	53.19	<b>DNS</b>													
		<table border="0"> <tr> <td colspan="2">Carolien van Rees</td> <td colspan="2">Merlijn Fock-Koldenhof</td> </tr> <tr> <td>100m</td> <td>15.21 (15.21)</td> <td></td> <td></td> </tr> <tr> <td>500m</td> <td>56.93 (41.72)</td> <td></td> <td></td> </tr> </table>		Carolien van Rees		Merlijn Fock-Koldenhof		100m	15.21 (15.21)			500m	56.93 (41.72)					
Carolien van Rees		Merlijn Fock-Koldenhof																
100m	15.21 (15.21)																	
500m	56.93 (41.72)																	
<hr/>																		
		Naam	Cat	PR	Tijd	Info												
7	wt	3 Hans van der Drift	H60	53.18	<b>53.67</b>													
	rd	30 Pieter Klok	H50	53.66	<b>54.61</b>													
		<table border="0"> <tr> <td colspan="2">Hans van der Drift</td> <td colspan="2">Pieter Klok</td> </tr> <tr> <td>100m</td> <td>14.48 (14.48)</td> <td>100m</td> <td>15.02 (15.02)</td> </tr> <tr> <td>500m</td> <td>53.67 (39.19)</td> <td>500m</td> <td>54.61 (39.59)</td> </tr> </table>		Hans van der Drift		Pieter Klok		100m	14.48 (14.48)	100m	15.02 (15.02)	500m	53.67 (39.19)	500m	54.61 (39.59)			
Hans van der Drift		Pieter Klok																
100m	14.48 (14.48)	100m	15.02 (15.02)															
500m	53.67 (39.19)	500m	54.61 (39.59)															
<hr/>																		
		Naam	Cat	PR	Tijd	Info												
8	gl	6 Floris Steenbrink	H45	52.72	<b>53.30</b>													
	bl	14 Steven Otto	H60	52.93	<b>53.65</b>													
		<table border="0"> <tr> <td colspan="2">Floris Steenbrink</td> <td colspan="2">Steven Otto</td> </tr> <tr> <td>100m</td> <td>14.21 (14.21)</td> <td>100m</td> <td>14.18 (14.18)</td> </tr> <tr> <td>500m</td> <td>53.30 (39.09)</td> <td>500m</td> <td>53.65 (39.47)</td> </tr> </table>		Floris Steenbrink		Steven Otto		100m	14.21 (14.21)	100m	14.18 (14.18)	500m	53.30 (39.09)	500m	53.65 (39.47)			
Floris Steenbrink		Steven Otto																
100m	14.21 (14.21)	100m	14.18 (14.18)															
500m	53.30 (39.09)	500m	53.65 (39.47)															
<hr/>																		
		Naam	Cat	PR	Tijd	Info												
9	wt	29 Jasper Kal	H50	52.56	<b>53.23</b>													
	rd	18 Robert Gerritsen	HSB	52.37	<b>51.47</b>	PR												
		<table border="0"> <tr> <td colspan="2">Jasper Kal</td> <td colspan="2">Robert Gerritsen</td> </tr> <tr> <td>100m</td> <td>14.85 (14.85)</td> <td>100m</td> <td>14.47 (14.47)</td> </tr> <tr> <td>500m</td> <td>53.23 (38.38)</td> <td>500m</td> <td>51.47 (37.00)</td> </tr> </table>		Jasper Kal		Robert Gerritsen		100m	14.85 (14.85)	100m	14.47 (14.47)	500m	53.23 (38.38)	500m	51.47 (37.00)			
Jasper Kal		Robert Gerritsen																
100m	14.85 (14.85)	100m	14.47 (14.47)															
500m	53.23 (38.38)	500m	51.47 (37.00)															
<hr/>																		
		Naam	Cat	PR	Tijd	Info												
10	gl																	
	bl	1 Inge de Nijs	D50	51.54	<b>56.03</b>													
		<table border="0"> <tr> <td colspan="2">Inge de Nijs</td> <td></td> <td></td> </tr> <tr> <td>m</td> <td></td> <td>100m</td> <td>14.82 (14.82)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>56.03 (41.21)</td> </tr> </table>		Inge de Nijs				m		100m	14.82 (14.82)			500m	56.03 (41.21)			
Inge de Nijs																		
m		100m	14.82 (14.82)															
		500m	56.03 (41.21)															

		Naam	Cat		PR	Tijd	Info
11	wt	5 <b>Ruth Pannekoek</b>	D40		47.39	<b>53.79</b>	
	rd	39 <b>Gert-Jan Vroege</b>	H55		50.29	<b>54.68</b>	
		<b>Ruth Pannekoek</b>			<b>Gert-Jan Vroege</b>		
		100m	14.24	(14.24)	100m	14.36	(14.36)
		500m	53.79	(39.55)	500m	54.68	(40.32)

		Naam	Cat		PR	Tijd	Info
12	gl	26 <b>Joost Hardick</b>	H55		49.74	<b>50.46</b>	
	bl	11 <b>Ingmar Maurice</b>	H55		49.13	<b>49.55</b>	
		<b>Joost Hardick</b>			<b>Ingmar Maurice</b>		
		100m	13.83	(13.83)	100m	13.57	(13.57)
		500m	50.46	(36.63)	500m	49.55	(35.98)

		Naam	Cat		PR	Tijd	Info
13	wt	7 <b>Yvonne Simis</b>	D50		44.73	<b>51.63</b>	
	rd	8 <b>Eelco Nap</b>	H60		47.39	<b>49.46</b>	
		<b>Yvonne Simis</b>			<b>Eelco Nap</b>		
		100m	13.41	(13.41)	100m	13.25	(13.25)
		500m	51.63	(38.22)	500m	49.46	(36.21)

		Naam	Cat		PR	Tijd	Info
14	gl	40 <b>Robert Bosma</b>	H55		47.10	<b>49.33</b>	
	bl	10 <b>Jaap Tjebbes</b>	HSA		47.27	<b>47.32</b>	
		<b>Robert Bosma</b>			<b>Jaap Tjebbes</b>		
		100m	13.57	(13.57)	100m	12.26	(12.26)
		500m	49.33	(35.76)	500m	47.32	(35.06)

		Naam	Cat		PR	Tijd	Info
15	wt	28 <b>Klaas Luijten</b>	H55		45.91	<b>48.24</b>	
	rd	22 <b>Marcel Leenaars</b>	H55		45.50	<b>46.01</b>	
		<b>Klaas Luijten</b>			<b>Marcel Leenaars</b>		
		100m	13.22	(13.22)	100m	12.58	(12.58)
		500m	48.24	(35.02)	500m	46.01	(33.43)

		Naam		Cat		PR	Tijd	Info
16	gl	25	<b>Michel Regoor</b>		H50		43.18	<b>50.44</b>
	bl	33	<b>Frank Onink</b>		H50		44.39	<b>48.69</b>
		<b>Michel Regoor</b>			<b>Frank Onink</b>			
		100m	13.70	(13.70)	100m	13.12	(13.12)	
		500m	50.44	(36.74)	500m	48.69	(35.57)	

		Naam		Cat		PR	Tijd	Info
17	wt	2	<b>Maarten Quist</b>		H45		42.35	<b>45.37</b>
	rd	37	<b>Gert de Jong</b>		H55		42.15	<b>47.78</b>
		<b>Maarten Quist</b>			<b>Gert de Jong</b>			
		100m	12.25	(12.25)	100m	12.79	(12.79)	
		500m	45.37	(33.12)	500m	47.78	(34.99)	

		Naam		Cat		PR	Tijd	Info
18	gl	19	<b>Bram Brandjes</b>		HSB			<b>51.92</b>
	bl	27	<b>Willem van den Berg</b>		HSA			<b>DNS</b>
		<b>Bram Brandjes</b>			<b>Willem van den Berg</b>			
		100m	14.10	(14.10)				
		500m	51.92	(37.82)				

		Naam		Cat		PR	Tijd	Info
19	wt	38	<b>Pino van de Ven</b>		HSA			<b>51.68</b>
	rd	34	<b>Boris Rowaan</b>		HSA			<b>53.61</b>
		<b>Pino van de Ven</b>			<b>Boris Rowaan</b>			
		100m	13.09	(13.09)	100m	13.66	(13.66)	
		500m	51.68	(38.59)	500m	53.61	(39.95)	

## 2. Uitslag 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	2 Maarten Quist	H45	33	I	2:19.74		
2	22 Marcel Leenaars	H55	32	I	2:21.26		
3	37 Gert de Jong	H55	33	O	2:27.27		
4	28 Klaas Luijten	H55	31	I	2:30.85		
5	33 Frank Onink	H50	32	O	2:31.78		
6	8 Eelco Nap	H60	31	O	2:32.57		
7	40 Robert Bosma	H55	30	I	2:34.40		
	19 Bram Brandjes	HSB	35	I	2:34.40		
9	11 Ingmar Maurice	H55	27	O	2:34.74		
10	26 Joost Hardick	H55	29	O	2:35.96		
11	30 Pieter Klok	H50	26	O	2:37.37		
12	7 Yvonne Simis	D50	29	I	2:38.85		
13	25 Michel Regoor	H50	30	O	2:39.84		
14	38 Pino van de Ven	HSA	37	O	2:39.86		
15	4 Hugo Everts	H60	25	O	2:41.17	PR	
16	18 Robert Gerritsen	HSB	34	O	2:43.63		
17	6 Floris Steenbrink	H45	22	O	2:44.70	PR	
18	10 Jaap Tjebbes	HSA	36	O	2:45.74		
19	29 Jasper Kal	H50	26	I	2:46.05		
20	31 Jelle Kroes	H55	21	I	2:46.44	PR	
21	39 Gert-Jan Vroege	H55	28	I	2:46.79		
22	17 Martin Spoor	H50	34	I	2:47.20		
23	5 Ruth Pannekoek	D40	21	O	2:47.63		
24	3 Hans van der Drift	H60	23	O	2:51.54		
25	21 Luuk Kramer	H65	38	O	2:51.91		
26	14 Steven Otto	H60	25	I	2:53.45		
27	1 Inge de Nijs	D50	27	I	2:53.67		
28	15 Paul Brouwer	H60	24	I	2:55.82		
29	16 Ingeborg Lang	D45	20	O	2:59.04	PR	
30	32 Wikke Monster	D50	36	I	2:59.12		
31	20 Sandra Brandjes	DSB	20	I	2:59.97		
32	12 Carolien van Rees	D65	23	I	3:00.70		
33	23 Dick Betlem	H70	37	I	3:07.55		
34	13 Leon Zautsen	H55	24	O	3:16.22		
	34 Boris Rowaan	HSA	38	I	DQ		
	36 Merlijn Fock-Koldenhof	D45	22	I	DNS		
	27 Willem van den Berg	HSA	35	O	DNS		

## 2. Rituitslag 1500 meter

		Naam	Cat	PR	Tijd	Info
20	wt	20 <b>Sandra Brandjes</b>	DSB		<b>2:59.97</b>	
	rd	16 <b>Ingeborg Lang</b>	D45	3:29.12	<b>2:59.04</b>	PR
<b>Sandra Brandjes</b>			<b>Ingeborg Lang</b>			
		300m	39.36 (39.36)	300m	37.89 (37.89)	
		700m	1:25.63 (46.27)	700m	1:22.78 (44.89)	
		1100m	2:13.37 (47.74)	1100m	2:09.78 (47.00)	
		1500m	2:59.97 (46.60)	1500m	2:59.04 (49.26)	

		Naam	Cat	PR	Tijd	Info
21	gl	31 <b>Jelle Kroes</b>	H55	2:50.20	<b>2:46.44</b>	PR
	bl	5 <b>Ruth Pannekoek</b>	D40	2:25.79	<b>2:47.63</b>	
<b>Jelle Kroes</b>			<b>Ruth Pannekoek</b>			
		300m	36.29 (36.29)	300m	35.57 (35.57)	
		700m	1:17.93 (41.64)	700m	1:16.93 (41.36)	
		1100m	2:02.33 (44.40)	1100m	2:01.45 (44.52)	
		1500m	2:46.44 (44.11)	1500m	2:47.63 (46.18)	

		Naam	Cat	PR	Tijd	Info
22	wt	36 <b>Merlijn Fock-Koldenhof</b>	D45	2:53.88	<b>DNS</b>	
	rd	6 <b>Floris Steenbrink</b>	H45	2:48.03	<b>2:44.70</b>	PR
<b>Merlijn Fock-Koldenhof</b>			<b>Floris Steenbrink</b>			
		300m		300m	35.62 (35.62)	
		700m		700m	1:16.77 (41.15)	
		1100m		1100m	2:00.22 (43.45)	
		1500m		1500m	2:44.70 (44.48)	

		Naam	Cat	PR	Tijd	Info
23	gl	12 <b>Carolien van Rees</b>	D65	2:43.07	<b>3:00.70</b>	
	bl	3 <b>Hans van der Drift</b>	H60	2:48.68	<b>2:51.54</b>	
<b>Carolien van Rees</b>			<b>Hans van der Drift</b>			
		300m	37.31 (37.31)	300m	36.10 (36.10)	
		700m	1:22.07 (44.76)	700m	1:17.51 (41.41)	
		1100m	2:10.08 (48.01)	1100m	2:03.84 (46.33)	
		1500m	3:00.70 (50.62)	1500m	2:51.54 (47.70)	

		Naam	Cat	PR	Tijd	Info
24	wt	15 <b>Paul Brouwer</b>	H60	2:42.59	<b>2:55.82</b>	
	rd	13 <b>Leon Zautsen</b>	H55	2:46.94	<b>3:16.22</b>	
		<b>Paul Brouwer</b>			<b>Leon Zautsen</b>	
		300m 38.22 (38.22)		300m 40.25 (40.25)		
		700m 1:24.43 (46.21)		700m 1:29.49 (49.24)		
		1100m 2:10.24 (45.81)		1100m 2:21.56 (52.07)		
		1500m 2:55.82 (45.58)		1500m 3:16.22 (54.66)		

		Naam	Cat	PR	Tijd	Info
25	gl	14 <b>Steven Otto</b>	H60	2:46.84	<b>2:53.45</b>	
	bl	4 <b>Hugo Everts</b>	H60	2:42.54	<b>2:41.17</b>	PR
		<b>Steven Otto</b>			<b>Hugo Everts</b>	
		300m 37.20 (37.20)		300m 36.40 (36.40)		
		700m 1:20.02 (42.82)		700m 1:16.32 (39.92)		
		1100m 2:06.51 (46.49)		1100m 1:58.98 (42.66)		
		1500m 2:53.45 (46.94)		1500m 2:41.17 (42.19)		

		Naam	Cat	PR	Tijd	Info
26	wt	29 <b>Jasper Kal</b>	H50	2:38.24	<b>2:46.05</b>	
	rd	30 <b>Pieter Klok</b>	H50	2:35.84	<b>2:37.37</b>	
		<b>Jasper Kal</b>			<b>Pieter Klok</b>	
		300m 35.00 (35.00)		300m 35.69 (35.69)		
		700m 1:16.18 (41.18)		700m 1:15.09 (39.40)		
		1100m 1:59.98 (43.80)		1100m 1:56.29 (41.20)		
		1500m 2:46.05 (46.07)		1500m 2:37.37 (41.08)		

		Naam	Cat	PR	Tijd	Info
27	gl	1 <b>Inge de Nijs</b>	D50	2:34.09	<b>2:53.67</b>	
	bl	11 <b>Ingmar Maurice</b>	H55	2:31.30	<b>2:34.74</b>	
		<b>Inge de Nijs</b>			<b>Ingmar Maurice</b>	
		300m 36.66 (36.66)		300m 33.42 (33.42)		
		700m 1:20.88 (44.22)		700m 1:11.51 (38.09)		
		1100m 2:07.22 (46.34)		1100m 1:52.38 (40.87)		
		1500m 2:53.67 (46.45)		1500m 2:34.74 (42.36)		



		Naam	Cat	PR	Tijd	Info	
28	wt rd	39 <b>Gert-Jan Vroege</b>	H55	2:31.64	<b>2:46.79</b>		
		<b>Gert-Jan Vroege</b>					
		300m	36.52	(36.52)			m
		700m	1:19.01	(42.49)			
		1100m	2:02.79	(43.78)			
		1500m	2:46.79	(44.00)			
		Naam	Cat	PR	Tijd	Info	
29	gl bl	7 <b>Yvonne Simis</b>	D50	2:16.24	<b>2:38.85</b>		
		26 <b>Joost Hardick</b>	H55	2:27.26	<b>2:35.96</b>		
		<b>Yvonne Simis</b>			<b>Joost Hardick</b>		
		300m	33.21	(33.21)	300m	34.27	(34.27)
		700m	1:13.82	(40.61)	700m	1:12.70	(38.43)
		1100m	1:55.45	(41.63)	1100m	1:53.39	(40.69)
		1500m	2:38.85	(43.40)	1500m	2:35.96	(42.57)
		Naam	Cat	PR	Tijd	Info	
30	wt rd	40 <b>Robert Bosma</b>	H55	2:25.45	<b>2:34.40</b>		
		25 <b>Michel Regoor</b>	H50	2:24.99	<b>2:39.84</b>		
		<b>Robert Bosma</b>			<b>Michel Regoor</b>		
		300m	33.15	(33.15)	300m	34.00	(34.00)
		700m	1:12.89	(39.74)	700m	1:15.01	(41.01)
		1100m	1:53.53	(40.64)	1100m	1:57.65	(42.64)
		1500m	2:34.40	(40.87)	1500m	2:39.84	(42.19)
		Naam	Cat	PR	Tijd	Info	
31	gl bl	28 <b>Klaas Luijten</b>	H55	2:20.63	<b>2:30.85</b>		
		8 <b>Eelco Nap</b>	H60	2:19.41	<b>2:32.57</b>		
		<b>Klaas Luijten</b>			<b>Eelco Nap</b>		
		300m	32.33	(32.33)	300m	32.63	(32.63)
		700m	1:09.70	(37.37)	700m	1:10.78	(38.15)
		1100m	1:49.42	(39.72)	1100m	1:51.12	(40.34)
		1500m	2:30.85	(41.43)	1500m	2:32.57	(41.45)

		Naam	Cat	PR	Tijd	Info
32	wt	22 <b>Marcel Leenaars</b>	H55	2:17.76	<b>2:21.26</b>	
	rd	33 <b>Frank Onink</b>	H50	2:13.37	<b>2:31.78</b>	
		<b>Marcel Leenaars</b>				<b>Frank Onink</b>
		300m 31.56 (31.56)		300m 32.17 (32.17)		
		700m 1:07.84 (36.28)		700m 1:09.78 (37.61)		
		1100m 1:44.70 (36.86)		1100m 1:50.33 (40.55)		
		1500m 2:21.26 (36.56)		1500m 2:31.78 (41.45)		
		Naam	Cat	PR	Tijd	Info
33	gl	2 <b>Maarten Quist</b>	H45	2:07.68	<b>2:19.74</b>	
	bl	37 <b>Gert de Jong</b>	H55	2:07.66	<b>2:27.27</b>	
		<b>Maarten Quist</b>				<b>Gert de Jong</b>
		300m 28.65 (28.65)		300m 31.79 (31.79)		
		700m 1:03.49 (34.84)		700m 1:08.52 (36.73)		
		1100m 1:40.99 (37.50)		1100m 1:47.68 (39.16)		
		1500m 2:19.74 (38.75)		1500m 2:27.27 (39.59)		
		Naam	Cat	PR	Tijd	Info
34	wt	17 <b>Martin Spoor</b>	H50		<b>2:47.20</b>	
	rd	18 <b>Robert Gerritsen</b>	HSB		<b>2:43.63</b>	
		<b>Martin Spoor</b>				<b>Robert Gerritsen</b>
		300m 37.93 (37.93)		300m 35.93 (35.93)		
		700m 1:20.17 (42.24)		700m 1:17.52 (41.59)		
		1100m 2:03.52 (43.35)		1100m 2:00.80 (43.28)		
		1500m 2:47.20 (43.68)		1500m 2:43.63 (42.83)		
		Naam	Cat	PR	Tijd	Info
35	gl	19 <b>Bram Brandjes</b>	HSB		<b>2:34.40</b>	
	bl	27 <b>Willem van den Berg</b>	HSA		<b>DNS</b>	
		<b>Bram Brandjes</b>				<b>Willem van den Berg</b>
		300m 32.96 (32.96)				
		700m 1:11.73 (38.77)				
		1100m 1:52.93 (41.20)				
		1500m 2:34.40 (41.47)				

		Naam	Cat		PR	Tijd	Info
36	wt	32 <b>Wikke Monster</b>	D50			<b>2:59.12</b>	
	rd	10 <b>Jaap Tjebbes</b>	HSA			<b>2:45.74</b>	
		<b>Wikke Monster</b>			<b>Jaap Tjebbes</b>		
		300m	38.10	(38.10)	300m	34.11	(34.11)
		700m	1:23.35	(45.25)	700m	1:17.29	(43.18)
		1100m	2:10.60	(47.25)	1100m	2:02.51	(45.22)
		1500m	2:59.12	(48.52)	1500m	2:45.74	(43.23)

		Naam	Cat		PR	Tijd	Info
37	gl	23 <b>Dick Betlem</b>	H70			<b>3:07.55</b>	
	bl	38 <b>Pino van de Ven</b>	HSA			<b>2:39.86</b>	
		<b>Dick Betlem</b>			<b>Pino van de Ven</b>		
		300m	39.05	(39.05)	300m	33.07	(33.07)
		700m	1:25.95	(46.90)	700m	1:13.90	(40.83)
		1100m	2:16.69	(50.74)	1100m	1:56.66	(42.76)
		1500m	3:07.55	(50.86)	1500m	2:39.86	(43.20)

		Naam	Cat		PR	Tijd	Info
38	wt	34 <b>Boris Rowaan</b>	HSA			<b>DQ</b>	
	rd	21 <b>Luuk Kramer</b>	H65			<b>2:51.91</b>	
		<b>Boris Rowaan</b>			<b>Luuk Kramer</b>		
					300m	37.23	(37.23)
					700m	1:21.65	(44.42)
					1100m	2:07.56	(45.91)
					1500m	2:51.91	(44.35)