

District Kampioenschap Lange Afstand  
Dordrecht, 30.3.2008

Programmanr. 1  
30-3-2008 - 13:00

Dames, 400m wisselslag  
1,2,3 en 4 zijn samengevoegd voor de indeling

Junioren 2 en ouder  
Resultaten

Rang	Naam	Vereniging	Inshr.tijd	Tijd	100m	200m	300m	400m
<b>Junioren 2 en 3</b>								
1.	Lin he Yu	9500924 Poseidon'56	5:30.49	<b>5:45.02</b>	1:16.84	2:47.69	4:26.03	5:45.02
2.	Kimberley van Wijk	9402040 Van Uden-De Gouwe	5:45.64	<b>5:49.15</b>	1:20.47	2:48.28	4:30.28	5:49.15
3.	Mandy Langeveld	9405094 De Kempvis	5:51.87	<b>5:49.28</b>	1:20.13	2:51.10	4:29.64	5:49.28
4.	Jaimy Lee Taskin	9403364 Z.v.Noordwijkerhout	5:35.25	<b>5:50.11</b>	1:24.32	2:53.95	4:32.13	5:50.11
5.	Tania Jacobs	9400864 De Columbiaan	5:35.62	<b>5:52.39</b>	1:22.80	2:53.19	4:34.63	5:52.39
6.	Tanja van Essen	9404678 Wiekslag	5:33.80	<b>5:52.65</b>	1:20.20	2:54.16	4:38.12	5:52.65
7.	Floortje de Waard	9400158 MNC Dordrecht	5:45.14	<b>6:03.36</b>	1:22.55	2:57.23	4:39.08	6:03.36
8.	Tessa van Beelen	9400860 De Columbiaan	5:50.56	<b>6:03.87</b>	1:25.37	3:01.13	4:42.34	6:03.87
9.	Eva van Etten	9403044 Poseidon'56	5:49.82	<b>6:03.93</b>	1:21.01	2:57.29	4:48.15	6:03.93
<b>Jeugd 1 en 2</b>								
1.	Joëlle Scheps	9202364 Van Uden-De Gouwe	5:06.47	<b>5:12.19</b>	1:10.22	2:31.73	4:03.05	5:12.19
2.	Leonie van Noort	9301752 De Zijl/LGB	5:05.66	<b>5:15.07</b>	1:11.78	2:30.88	4:03.97	5:15.07
3.	Géke Heinsbroek	9300312 WVZ	5:32.26	<b>5:29.78</b>	1:17.39	2:41.30	4:14.36	5:29.78
4.	Lisa van Milt	9201228 De Devel	5:29.16	<b>5:41.13</b>	1:15.98	2:46.75	4:20.96	5:41.13
5.	Shirley Koek	9203262 LZ 1886-KartoenZ	5:32.50	<b>5:44.29</b>	1:15.08	2:49.19	4:25.55	5:44.29
6.	Fleur Hamilton	9302038 WVZ	5:28.53	<b>5:50.07</b>	1:22.57	2:50.26	4:32.43	5:50.07
	AFGEM Ela Hutten	9300354 MNC Dordrecht	5:23.51					
	AFGEM Linda Kempen	9202096 Widex Gzc Donk	5:34.99					
	AFGEM Linda van der Voort	9201908 De Zijl/LGB	5:29.67					
	AFGEM Tessa Kerkvliet	9202428 LZ 1886-KartoenZ	5:25.34					
<b>Senioren 1 en 2</b>								
1.	Lis Kop Jansen	9101740 Van Vliet Barracuda	5:27.74	<b>5:28.19</b>	1:15.98	2:40.44	4:14.44	5:28.19
2.	Rosanne de Boer	9104060 LZ 1886-KartoenZ	5:20.73	<b>5:37.18</b>	1:22.88	2:50.70	4:24.21	5:37.18
3.	Tamara Hoogenboom	9001560 WZK	5:34.02	<b>5:56.64</b>	1:21.98	2:54.73	4:36.82	5:56.64
4.	Annika van Putten	9105790 WVZ	5:56.04	<b>6:08.64</b>	1:22.46	2:57.04	4:39.49	6:08.64
5.	Lieke Hengst	9108048 ZV Vlaardingen	6:20.83	<b>6:32.38</b>	1:27.92	3:08.93	5:01.15	6:32.38
6.	Chantal van der Perk	9102440 De Geul	6:09.40	<b>6:32.97</b>	1:24.94	3:06.79	5:03.75	6:32.97
	DIS Wendy Mets	9105176 De Lansingh	6:25.52	<b>6:40.26</b>	RH1:30.79	3:11.00	5:03.07	6:40.26
	AFGEM Sandra over de Vest	9107310 ZV Vlaardingen	6:43.40					
<b>Senioren</b>								
1.	Maryse Lampe	8702458 De Devel	5:11.42	<b>5:23.96</b>	1:11.75	2:34.86	4:09.81	5:23.96
2.	Sascha de Bruijn	8800680 MNC Dordrecht	5:19.76	<b>5:24.62</b>	1:11.29	2:36.73	4:10.18	5:24.62
3.	Marlynn Vermeer	8904320 De Kempvis	5:25.67	<b>5:26.24</b>	1:12.37	2:39.24	4:15.22	5:26.24
4.	Sietske Visser	8302146 De Lansingh	5:19.96	<b>5:28.79</b>	1:12.51	2:40.45	4:14.06	5:28.79
5.	Nina Ferreira	8901196 ZC Ooievaar (SG)	5:26.18	<b>5:39.98</b>	1:17.65	2:47.60	4:22.48	5:39.98
6.	Mea Ferreira	8901194 ZC Ooievaar (SG)	5:24.03	<b>5:40.03</b>	1:14.74	2:45.86	4:21.11	5:40.03
7.	Larissa Brak	8800572 De Zijl/LGB	5:25.20	<b>5:43.88</b>	1:21.44	2:56.75	4:26.91	5:43.88
8.	Nadya Putter	8301630 ZV Vlaardingen	5:30.32	<b>5:51.06</b>	1:16.93	2:50.76	4:30.62	5:51.06
9.	Nathalie Schoonderwoerd	8603188 Van Uden-De Gouwe	5:37.95	<b>5:51.87</b>	1:21.50	2:54.38	4:34.37	5:51.87
10.	Marissa Hensen	8801708 ZV Westland Dijkglas	5:50.26	<b>6:10.07</b>	1:19.95	2:57.72	4:44.37	6:10.07

District Kampioenschap Lange Afstand  
Dordrecht, 30.3.2008

Programmanr. 5  
30-3-2008 - 13:33

Heren, 1500m vrije slag  
5,6,7 en 8 zijn samengevoegd voor de indeling

Junioren 1 en ouder  
Resultaten

Rang	Naam		Vereniging		Inschrijftijd	Tijd		
<b>Junioren 1 en 2</b>								
1.	Ensgjer Kotterink	9403391	WVZ		17:29.86	<b>18:52.48</b>		
	100m: 1:07.51	1:07.51	500m: 6:03.04	1:14.19	900m: 11:10.76	1:17.50	1300m: 16:21.73	1:17.72
	200m: 2:21.01	1:13.50	600m: 7:19.47	1:16.43	1000m: 12:28.47	1:17.71	1400m: 17:38.09	1:16.36
	300m: 3:34.33	1:13.32	700m: 8:36.22	1:16.75	1100m: 13:45.31	1:16.84	1500m: 18:52.48	1:14.39
	400m: 4:48.85	1:14.52	800m: 9:53.26	1:17.04	1200m: 15:04.01	1:18.70		
2.	Simon Stouten	9400943	De Zijl/LGB		18:40.91	<b>19:13.93</b>		
	100m: 1:12.62	1:12.62	500m: 6:25.24	1:18.54	900m: 11:32.70	1:17.10	1300m: 16:47.17	1:18.64
	200m: 2:29.44	1:16.82	600m: 7:43.39	1:18.15	1000m: 12:50.53	1:17.83	1400m: 18:03.68	1:16.51
	300m: 3:48.20	1:18.76	700m: 8:59.31	1:15.92	1100m: 14:09.06	1:18.53	1500m: 19:13.93	1:10.25
	400m: 5:06.70	1:18.50	800m: 10:15.60	1:16.29	1200m: 15:28.53	1:19.47		
3.	Olivier Nass	9402933	WVZ		19:07.48	<b>19:26.65</b>		
	100m: 1:12.16	1:12.16	500m: 6:24.43	1:18.50	900m: 11:38.73	1:18.57	1300m: 16:53.65	1:17.99
	200m: 2:29.51	1:17.35	600m: 7:43.09	1:18.66	1000m: 12:57.29	1:18.56	1400m: 18:11.78	1:18.13
	300m: 3:48.09	1:18.58	700m: 9:00.93	1:17.84	1100m: 14:16.39	1:19.10	1500m: 19:26.65	1:14.87
	400m: 5:05.93	1:17.84	800m: 10:20.16	1:19.23	1200m: 15:35.66	1:19.27		
4.	Jurian Beukers	9501327	WVZ		19:30.34	<b>19:53.11</b>		
	100m: 1:13.12	1:13.12	500m: 6:30.76	1:20.00	900m: 11:53.98	1:21.16	1300m: 17:16.42	1:20.66
	200m: 2:31.48	1:18.36	600m: 7:51.39	1:20.63	1000m: 13:14.86	1:20.88	1400m: 18:37.42	1:21.00
	300m: 3:50.89	1:19.41	700m: 9:12.06	1:20.67	1100m: 14:35.51	1:20.65	1500m: 19:53.11	1:15.69
	400m: 5:10.76	1:19.87	800m: 10:32.82	1:20.76	1200m: 15:55.76	1:20.25		
5.	Melvin Prins	9500201	MNC Dordrecht		19:51.54	<b>20:09.71</b>		
	100m: 1:15.22	1:15.22	500m: 6:36.32	1:20.64	900m: 12:01.40	1:22.17	1300m: 17:30.91	1:22.80
	200m: 2:34.38	1:19.16	600m: 7:56.48	1:20.16	1000m: 13:23.97	1:22.57	1400m: 18:53.91	1:23.00
	300m: 3:54.76	1:20.38	700m: 9:17.73	1:21.25	1100m: 14:46.34	1:22.37	1500m: 20:09.71	1:15.80
	400m: 5:15.68	1:20.92	800m: 10:39.23	1:21.50	1200m: 16:08.11	1:21.77		
6.	Jordi 't Mannetje	9502775	De Kempvis		21:15.87	<b>20:50.79</b>		
	100m: 1:15.54	1:15.54	500m: 6:48.62	1:24.16	900m: 12:26.72	1:25.85	1300m: 18:08.66	1:25.72
	200m: 2:36.82	1:21.28	600m: 8:11.80	1:23.18	1000m: 13:52.11	1:25.39	1400m: 19:32.35	1:23.69
	300m: 3:59.87	1:23.05	700m: 9:36.23	1:24.43	1100m: 15:17.32	1:25.21	1500m: 20:50.79	1:18.44
	400m: 5:24.46	1:24.59	800m: 11:00.87	1:24.64	1200m: 16:42.94	1:25.62		
7.	Nick Cleintuar	9503781	ZV Vlaardingen		19:54.12	<b>21:09.02</b>		
	100m: 1:16.03	1:16.03	500m: 6:54.30	1:26.37	900m: 12:42.09	1:28.12	1300m: 18:25.58	1:24.65
	200m: 2:38.94	1:22.91	600m: 8:21.14	1:26.84	1000m: 14:08.17	1:26.08	1400m: 19:49.48	1:23.90
	300m: 4:03.27	1:24.33	700m: 9:46.71	1:25.57	1100m: 15:34.53	1:26.36	1500m: 21:09.02	1:19.54
	400m: 5:27.93	1:24.66	800m: 11:13.97	1:27.26	1200m: 17:00.93	1:26.40		
DIS	Renco Sloof	9400171	Poseidon'56		19:19.15			AF
<b>Junioren 3 en 4</b>								
1.	Nils Mollema	9306283	Electrolux AZC		17:02.89	<b>17:33.14</b>		
	100m: 1:05.19	1:05.19	500m: 5:48.02	1:10.34	900m: 10:31.71	1:10.77	1300m: 15:15.32	1:11.30
	200m: 2:16.43	1:11.24	600m: 6:59.00	1:10.98	1000m: 11:43.29	1:11.58	1400m: 16:26.01	1:10.69
	300m: 3:27.53	1:11.10	700m: 8:10.29	1:11.29	1100m: 12:52.87	1:09.58	1500m: 17:33.14	1:07.13
	400m: 4:37.68	1:10.15	800m: 9:20.94	1:10.65	1200m: 14:04.02	1:11.15		
2.	Jeroen Eggeraat	9202127	De Columbiaan		17:28.17	<b>17:50.84</b>		
	100m: 1:07.44	1:07.44	500m: 5:56.95	1:12.73	900m: 10:45.06	1:11.22	1300m: 15:30.97	1:11.18
	200m: 2:19.56	1:12.12	600m: 7:09.09	1:12.14	1000m: 11:57.29	1:12.23	1400m: 16:43.16	1:12.19
	300m: 3:32.15	1:12.59	700m: 8:22.29	1:13.20	1100m: 13:08.75	1:11.46	1500m: 17:50.84	1:07.68
	400m: 4:44.22	1:12.07	800m: 9:33.84	1:11.55	1200m: 14:19.79	1:11.04		
3.	Niek Pereboom	9305395	Widex Gzc Donk		17:23.08	<b>17:58.67</b>		
	100m: 1:07.18	1:07.18	500m: 5:54.37	1:10.75	900m: 10:44.13	1:13.22	1300m: 15:39.08	1:14.12
	200m: 2:19.91	1:12.73	600m: 7:05.62	1:11.25	1000m: 11:57.67	1:13.54	1400m: 16:52.08	1:13.00
	300m: 3:32.16	1:12.25	700m: 8:18.43	1:12.81	1100m: 13:11.28	1:13.61	1500m: 17:58.67	1:06.59
	400m: 4:43.62	1:11.46	800m: 9:30.91	1:12.48	1200m: 14:24.96	1:13.68		
4.	Bart Dunweg	9301763	ZV Vlaardingen		17:28.73	<b>17:58.86</b>		
	100m: 1:06.41	1:06.41	500m: 5:59.08	1:12.94	900m: 10:51.08	1:11.96	1300m: 15:42.50	1:12.43
	200m: 2:19.52	1:13.11	600m: 7:12.75	1:13.67	1000m: 12:04.23	1:13.15	1400m: 16:53.46	1:10.96
	300m: 3:32.33	1:12.81	700m: 8:25.98	1:13.23	1100m: 13:16.28	1:12.05	1500m: 17:58.86	1:05.40
	400m: 4:46.14	1:13.81	800m: 9:39.12	1:13.14	1200m: 14:30.07	1:13.79		
5.	Timo Dinkelberg	9300773	ZV Vlaardingen		17:10.30	<b>18:12.17</b>		
	100m: 1:07.24	1:07.24	500m: 5:58.46	1:12.62	900m: 10:50.24	1:11.98	1300m: 15:44.49	1:14.38
	200m: 2:20.48	1:13.24	600m: 7:12.11	1:13.65	1000m: 12:03.11	1:12.87	1400m: 16:59.59	1:15.10
	300m: 3:33.28	1:12.80	700m: 8:25.07	1:12.96	1100m: 13:16.26	1:13.15	1500m: 18:12.17	1:12.58
	400m: 4:45.84	1:12.56	800m: 9:38.26	1:13.19	1200m: 14:30.11	1:13.85		

District Kampioenschap Lange Afstand  
Dordrecht, 30.3.2008

Programmanr. 5, Jongens, 1500m vrije slag, Junioren 3 en 4

Rang	Naam			Vereniging			Inschrijftijd	Tijd	
6.	Menno van den Heuvel	9200519		Z.v.Noordwijkerhout			17:40.64	<b>18:16.85</b>	
	100m:	1:06.53	1:06.53	500m:	6:00.64	1:14.08	900m:	10:56.71	1:13.16
	200m:	2:19.10	1:12.57	600m:	7:15.08	1:14.44	1000m:	12:10.69	1:13.98
	300m:	3:32.63	1:13.53	700m:	8:30.04	1:14.96	1100m:	13:24.25	1:13.56
	400m:	4:46.56	1:13.93	800m:	9:43.55	1:13.51	1200m:	14:38.43	1:14.18
7.	Jelmar Kluiwstra	9204323		LZ 1886-KartoensZ			17:36.58	<b>18:32.88</b>	
	100m:	1:05.52	1:05.52	500m:	6:06.45	1:16.52	900m:	11:12.38	1:14.94
	200m:	2:19.23	1:13.71	600m:	7:24.02	1:17.57	1000m:	12:26.21	1:13.83
	300m:	3:33.38	1:14.15	700m:	8:41.99	1:17.97	1100m:	13:39.88	1:13.67
	400m:	4:49.93	1:16.55	800m:	9:57.44	1:15.45	1200m:	14:54.66	1:14.78
8.	Victor Poot	9203651		ZV Vlaardingen			17:03.39	<b>18:46.82</b>	
	100m:	1:04.89	1:04.89	500m:	5:50.42	1:13.60	900m:	10:58.08	1:18.09
	200m:	2:14.25	1:09.36	600m:	7:06.00	1:15.58	1000m:	12:15.59	1:17.51
	300m:	3:24.96	1:10.71	700m:	8:22.99	1:16.99	1100m:	13:34.21	1:18.62
	400m:	4:36.82	1:11.86	800m:	9:39.99	1:17.00	1200m:	14:53.58	1:19.37

Jeugd 1 en 2

1.	Bryan Mannaart	9101533		WVZ			16:38.60	<b>17:09.99</b>	
	100m:	1:03.52	1:03.52	500m:	5:42.84	1:09.03	900m:	10:19.27	1:08.62
	200m:	2:14.06	1:10.54	600m:	6:52.11	1:09.27	1000m:	11:27.95	1:08.68
	300m:	3:24.74	1:10.68	700m:	8:01.40	1:09.29	1100m:	12:36.89	1:08.94
	400m:	4:33.81	1:09.07	800m:	9:10.65	1:09.25	1200m:	13:45.89	1:09.00
2.	Marco van der Stel	9102879		ACZ			16:44.06	<b>17:21.26</b>	
	100m:	1:05.19	1:05.19	500m:	5:41.41	1:09.27	900m:	10:22.63	1:11.44
	200m:	2:13.99	1:08.80	600m:	6:50.72	1:09.31	1000m:	11:33.53	1:10.90
	300m:	3:23.12	1:09.13	700m:	8:00.72	1:10.00	1100m:	12:43.80	1:10.27
	400m:	4:32.14	1:09.02	800m:	9:11.19	1:10.47	1200m:	13:53.99	1:10.19
3.	Rolan van der Lugt	9001869		ZV Westland Dijkglas			17:10.07	<b>17:41.32</b>	
	100m:	1:04.78	1:04.78	500m:	5:49.19	1:11.26	900m:	10:36.28	1:11.36
	200m:	2:14.86	1:10.08	600m:	7:00.99	1:11.80	1000m:	11:48.55	1:12.27
	300m:	3:25.68	1:10.82	700m:	8:13.57	1:12.58	1100m:	13:00.59	1:12.04
	400m:	4:37.93	1:12.25	800m:	9:24.92	1:11.35	1200m:	14:12.61	1:12.02
4.	Theo Beglinger	9000159		Electrolux AZC			17:08.39	<b>17:53.11</b>	
	100m:	1:06.38	1:06.38	500m:	5:49.60	1:11.67	900m:	10:38.72	1:13.28
	200m:	2:16.56	1:10.18	600m:	7:00.71	1:11.11	1000m:	11:52.22	1:13.50
	300m:	3:27.13	1:10.57	700m:	8:12.94	1:12.23	1100m:	13:04.83	1:12.61
	400m:	4:37.93	1:10.80	800m:	9:25.44	1:12.50	1200m:	14:17.25	1:12.42
5.	Ivor Mollema	9007173		Electrolux AZC			17:31.30	<b>17:53.45</b>	
	100m:	1:04.49	1:04.49	500m:	5:54.08	1:13.02	900m:	10:40.68	1:13.13
	200m:	2:16.24	1:11.75	600m:	7:04.34	1:10.26	1000m:	11:52.64	1:11.96
	300m:	3:28.24	1:12.00	700m:	8:15.56	1:11.22	1100m:	13:04.65	1:12.01
	400m:	4:41.06	1:12.82	800m:	9:27.55	1:11.99	1200m:	14:16.64	1:11.99
6.	Niels van Polanen	9101809		De Columbiaan			17:45.78	<b>18:12.56</b>	
	100m:	1:06.46	1:06.46	500m:	5:58.46	1:14.22	900m:	10:50.99	1:14.24
	200m:	2:18.56	1:12.10	600m:	7:11.93	1:13.47	1000m:	12:03.15	1:12.16
	300m:	3:31.58	1:13.02	700m:	8:25.05	1:13.12	1100m:	13:17.08	1:13.93
	400m:	4:44.24	1:12.66	800m:	9:36.75	1:11.70	1200m:	14:36.31	1:19.23
7.	Ivo Boon	9003873		De Lansingh			18:29.09	<b>19:34.99</b>	
	100m:	1:09.73	1:09.73	500m:	6:25.20	1:19.67	900m:	11:43.11	1:19.38
	200m:	2:28.00	1:18.27	600m:	7:44.88	1:19.68	1000m:	13:02.30	1:19.19
	300m:	3:46.83	1:18.83	700m:	9:04.05	1:19.17	1100m:	14:21.85	1:19.55
	400m:	5:05.53	1:18.70	800m:	10:23.73	1:19.68	1200m:	15:42.07	1:20.22
8.	Martijn Groeneveld	9105959		ZV Westland Dijkglas			19:21.04	<b>19:35.07</b>	
	100m:	1:08.17	1:08.17	500m:	6:19.58	1:18.94	900m:	11:39.40	1:22.02
	200m:	2:23.91	1:15.74	600m:	7:38.20	1:18.62	1000m:	12:59.92	1:20.52
	300m:	3:41.87	1:17.96	700m:	8:58.30	1:20.10	1100m:	14:20.66	1:20.74
	400m:	5:00.64	1:18.77	800m:	10:17.38	1:19.08	1200m:	15:41.72	1:21.06
DIS	Sjoerd Sieval	9002663		LZ 1886-KartoensZ			16:57.85	AF	
NG	Jory Sloof	9003561		De Kempvis			17:49.70		

District Kampioenschap Lange Afstand  
Dordrecht, 30.3.2008

Programmanr. 5, Heren, 1500m vrije slag

Senioren 1 en ouder

1.	Michael van der Linden	8601921	De Zijl/LGB	16:38.06	<b>17:10.66</b>
	100m: 1:04.78 1:04.78	500m: 5:41.28 1:08.85	900m: 10:16.50 1:09.72	1300m: 14:55.93 1:09.41	
	200m: 2:13.89 1:09.11	600m: 6:48.92 1:07.64	1000m: 11:26.78 1:10.28	1400m: 16:05.85 1:09.92	
	300m: 3:23.00 1:09.11	700m: 7:57.09 1:08.17	1100m: 12:37.07 1:10.29	1500m: 17:10.66 1:04.81	
	400m: 4:32.43 1:09.43	800m: 9:06.78 1:09.69	1200m: 13:46.52 1:09.45		
2.	Raymond van de Merwe	8602077	WVZ	16:13.38	<b>17:20.34</b>
	100m: 1:04.82 1:04.82	500m: 5:42.16 1:09.19	900m: 10:21.28 1:10.52	1300m: 14:52.72 1:00.03	
	200m: 2:14.26 1:09.44	600m: 6:50.96 1:08.80	1000m: 11:31.47 1:10.19	1400m: 16:12.76 1:20.04	
	300m: 3:23.78 1:09.52	700m: 8:00.66 1:09.70	1100m: 12:42.08 1:10.61	1500m: 17:20.34 1:07.58	
	400m: 4:32.97 1:09.19	800m: 9:10.76 1:10.10	1200m: 13:52.69 1:10.61		
3.	Erik Simons	8902845	WZK	16:46.01	<b>17:34.73</b>
	100m: 1:03.43 1:03.43	500m: 5:46.63 1:10.96	900m: 10:30.95 1:10.47	1300m: 15:16.57 1:11.38	
	200m: 2:14.14 1:10.71	600m: 6:57.98 1:11.35	1000m: 11:43.04 1:12.09	1400m: 16:28.60 1:12.03	
	300m: 3:25.36 1:11.22	700m: 8:08.80 1:10.82	1100m: 12:53.76 1:10.72	1500m: 17:34.73 1:06.13	
	400m: 4:35.67 1:10.31	800m: 9:20.48 1:11.68	1200m: 14:05.19 1:11.43		
4.	Joost Kuijlaars	6600439	MNC Dordrecht	17:12.39	<b>17:42.12</b>
	100m: 1:06.60 1:06.60	500m: 5:48.40 1:09.90	900m: 10:32.64 1:11.32	1300m: 15:20.89 1:11.99	
	200m: 2:17.72 1:11.12	600m: 6:58.85 1:10.45	1000m: 11:44.33 1:11.69	1400m: 16:33.46 1:12.57	
	300m: 3:28.58 1:10.86	700m: 8:09.93 1:11.08	1100m: 12:56.68 1:12.35	1500m: 17:42.12 1:08.66	
	400m: 4:38.50 1:09.92	800m: 9:21.32 1:11.39	1200m: 14:08.90 1:12.22		
5.	Kristiaan Lenos	8301331	LZ 1886-KartoensZ	17:40.03	<b>18:22.93</b>
	100m: 1:04.25 1:04.25	500m: 5:54.93 1:13.36	900m: 10:52.35 1:14.73	1300m: 15:53.37 1:15.59	
	200m: 2:15.96 1:11.71	600m: 7:08.84 1:13.91	1000m: 12:07.55 1:15.20	1400m: 17:09.75 1:16.38	
	300m: 3:28.43 1:12.47	700m: 8:23.37 1:14.53	1100m: 13:22.51 1:14.96	1500m: 18:22.93 1:13.18	
	400m: 4:41.57 1:13.14	800m: 9:37.62 1:14.25	1200m: 14:37.78 1:15.27		
6.	Ricardo Kombrink	8901719	Van Uden-De Gouwe	17:48.94	<b>19:12.23</b>
	100m: 1:05.63 1:05.63	500m: 5:57.59 1:15.24	900m: 11:09.69 1:18.94	1300m: 16:32.70 1:20.85	
	200m: 2:17.85 1:12.22	600m: 7:13.74 1:16.15	1000m: 12:29.42 1:19.73	1400m: 17:51.26 1:18.56	
	300m: 3:28.86 1:11.01	700m: 8:31.34 1:17.60	1100m: 13:51.02 1:21.60	1500m: 19:12.23 1:20.97	
	400m: 4:42.35 1:13.49	800m: 9:50.75 1:19.41	1200m: 15:11.85 1:20.83		
7.	Martijn Wuts	8904147	LZ 1886-KartoensZ	18:36.82	<b>20:08.48</b>
	100m: 1:11.98 1:11.98	500m: 6:27.39 1:19.92	900m: 11:55.56 1:22.47	1300m: 17:27.65 1:21.71	
	200m: 2:29.45 1:17.47	600m: 7:49.13 1:21.74	1000m: 13:18.41 1:22.85	1400m: 18:50.34 1:22.69	
	300m: 3:48.36 1:18.91	700m: 9:10.69 1:21.56	1100m: 14:41.89 1:23.48	1500m: 20:08.48 1:18.14	
	400m: 5:07.47 1:19.11	800m: 10:33.09 1:22.40	1200m: 16:05.94 1:24.05		
AFGEM	Hans van Wijk	8903605	HoogenboomTours BZ&PC	17:52.54	
AFGEM	Jurrien Hartman	8801297	ZV Vlaardingen	18:39.35	

Programmanr. 9  
30-3-2008 - 14:50

Jongens, 400m vrije slag

Minioren 3 en 4  
Resultaten

Rang	Naam	Vereniging	Inschr.tijd	Tijd	100m	200m	300m	400m
1.	Floris Kotterink	9800199 WVZ	6:03.71	<b>5:36.91</b>	1:19.72	2:48.84	4:16.45	5:36.91
2.	Mouhli Sahi	9800061 LZ 1886-KartoensZ	5:55.08	<b>5:52.06</b>	1:20.06	2:48.91	4:18.51	5:52.06
3.	Erwin van Kooten	9800983 Van Uden-De Gouwe	6:26.96	<b>6:36.85</b>	1:27.80	3:10.36	4:55.51	6:36.85
4.	Robin Lecomte	9900711 De Lansingh	7:01.34	<b>6:50.30</b>	1:36.70	3:22.34	5:10.71	6:50.30
5.	Rainier Voll	9800365 De Devel	6:34.84	<b>6:50.83</b>	1:32.42	3:19.44	5:08.43	6:50.83
6.	Stan Zwinkels	9800239 ZV Westland Dijkglas	6:43.79	<b>6:55.27</b>	1:37.10	3:23.68	5:11.01	6:55.27
7.	Ben Muller	9801281 De Geul	6:57.65	<b>7:04.98</b>	1:36.40	3:27.41	5:18.60	7:04.98
8.	Max Muller	9800347 De Geul	7:19.72	<b>7:06.30</b>	1:38.58	3:31.68	5:20.29	7:06.30
AFGEM	Thomas de Jong	9800491 Poseidon'56	7:04.75					
AFGEM	Romano Groeneveld	9801607 HoogenboomTours BZ&PC	7:29.73					

District Kampioenschap Lange Afstand  
Dordrecht, 30.3.2008

Programmanr. 10  
30-3-2008 - 14:58

Meisjes, 400m vrije slag

Minioren 3 en 4  
Resultaten

Rang	Naam	Vereniging	Inshr.tijd	Tijd	100m	200m	300m	400m
1.	Charlotte Eykelenboom	9800956 Poseidon'56	6:19.88	<b>6:12.83</b>	1:26.24	3:04.37	4:41.34	6:12.83
2.	Lara Bink	9800076 LZ 1886-KartoenZ	6:10.44	<b>6:16.11</b>	1:26.56	3:03.45	4:42.09	6:16.11
3.	Sabrina de Graaf	9801082 De Geul	6:29.07	<b>6:17.59</b>	1:26.22	3:03.55	4:42.39	6:17.59
4.	Eelke Roman	9900352 LZ 1886-KartoenZ	6:10.65	<b>6:18.18</b>	1:27.71	3:04.90	4:45.00	6:18.18
5.	Myrthe Vreeswijk	9800078 LZ 1886-KartoenZ	6:27.10	<b>6:38.21</b>	1:32.50	3:14.94	4:58.47	6:38.21
6.	Kelsey Tukker	9801148 Poseidon'56	6:21.29	<b>6:40.19</b>	1:31.96	3:16.69	4:59.22	6:40.19
7.	Cindy Rkman	9800858 ZPB H&L	6:52.92	<b>6:54.04</b>	1:28.13	3:15.28	5:05.22	6:54.04
8.	Brighid van Uffelen	9800310 ZV Westland Dijkglas	7:14.52	<b>7:02.26</b>	1:35.79	3:24.75	5:16.62	7:02.26

Programmanr. 11  
30-3-2008 - 15:06

Jongens, 800m vrije slag

Minioren 5 en 6  
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd
1.	Greg l' Ami	9600101 De Columbiaan	11:38.77	<b>10:37.26</b>
	100m: 1:13.50 1:13.50	300m: 3:56.11 1:22.01	500m: 6:38.83 1:20.85	700m: 9:21.29 1:20.90
	200m: 2:34.10 1:20.60	400m: 5:17.98 1:21.87	600m: 8:00.39 1:21.56	800m: 10:37.26 1:15.97
2.	Floyd van Duyvenbode	9600357 De Kempvis	10:50.94	<b>10:40.96</b>
	100m: 1:12.18 1:12.18	300m: 3:54.81 1:21.71	500m: 6:38.14 1:21.33	700m: 9:21.28 1:21.77
	200m: 2:33.10 1:20.92	400m: 5:16.81 1:22.00	600m: 7:59.51 1:21.37	800m: 10:40.96 1:19.68
3.	Timo van der Ende	9601979 WVZ	10:56.45	<b>10:43.25</b>
	100m: 1:13.87 1:13.87	300m: 3:56.71 1:21.85	500m: 6:40.29 1:21.73	700m: 9:24.55 1:22.34
	200m: 2:34.86 1:20.99	400m: 5:18.56 1:21.85	600m: 8:02.21 1:21.92	800m: 10:43.25 1:18.70
4.	Jesse de Win	9600191 De Geul	11:00.44	<b>11:10.86</b>
	100m: 1:16.67 1:16.67	300m: 4:03.64 1:24.09	500m: 6:55.49 1:26.06	700m: 9:49.18 1:26.94
	200m: 2:39.55 1:22.88	400m: 5:29.43 1:25.79	600m: 8:22.24 1:26.75	800m: 11:10.86 1:21.68
5.	Krijn de Kievit	9700277 WVZ	11:53.48	<b>11:42.56</b>
	100m: 1:19.53 1:19.53	300m: 4:18.56 1:30.55	500m: 7:19.17 1:30.23	700m: 10:17.51 1:28.48
	200m: 2:48.01 1:28.48	400m: 5:48.94 1:30.38	600m: 8:49.03 1:29.86	800m: 11:42.56 1:25.05
6.	Jeroen Oosthoek	9602547 De Columbiaan	11:44.07	<b>11:49.67</b>
	100m: 1:20.12 1:20.12	300m: 4:23.22 1:32.39	500m: 7:25.20 1:29.88	700m: 10:25.17 1:29.18
	200m: 2:50.83 1:30.71	400m: 5:55.32 1:32.10	600m: 8:55.99 1:30.79	800m: 11:49.67 1:24.50
7.	Pim van Milt	9600663 De Devel	11:31.64	<b>12:11.72</b>
	100m: 1:19.93 1:19.93	300m: 4:40.17 1:39.57	500m: 7:46.45 1:31.49	700m: 10:50.25 1:31.04
	200m: 3:00.60 1:40.67	400m: 6:14.96 1:34.79	600m: 9:19.21 1:32.76	800m: 12:11.72 1:21.47
8.	Joeri Jacobs	9600049 De Columbiaan	11:54.72	<b>12:18.31</b>
	100m: 1:23.23 1:23.23	300m: 4:31.77 1:35.56	500m: 7:41.23 1:34.82	700m: 10:49.44 1:33.84
	200m: 2:56.21 1:32.98	400m: 6:06.41 1:34.64	600m: 9:15.60 1:34.37	800m: 12:18.31 1:28.87

Programmanr. 12  
30-3-2008 - 15:19

Meisjes, 800m vrije slag

Minioren 5 en junioren 1  
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd
1.	Amber de Kroon	9601098 ZV Westland Dijkglas	10:54.17	<b>10:56.47</b>
	100m: 1:15.08 1:15.08	300m: 4:02.25 1:23.90	500m: 6:52.17 1:24.42	700m: 9:39.08 1:23.52
	200m: 2:38.35 1:23.27	400m: 5:27.75 1:25.50	600m: 8:15.56 1:23.39	800m: 10:56.47 1:17.39
2.	Ilse van Beelen	9600106 De Columbiaan	11:00.31	<b>11:00.66</b>
	100m: 1:17.68 1:17.68	300m: 4:05.64 1:24.92	500m: 6:53.21 1:23.22	700m: 9:41.21 1:24.38
	200m: 2:40.72 1:23.04	400m: 5:29.99 1:24.35	600m: 8:16.83 1:23.62	800m: 11:00.66 1:19.45
3.	Anouk van der Vlies	9603226 Widex Gzc Donk	10:45.09	<b>11:09.28</b>
	100m: 1:16.82 1:16.82	300m: 4:06.00 1:25.12	500m: 6:58.28 1:26.37	700m: 9:49.82 1:25.44
	200m: 2:40.88 1:24.06	400m: 5:31.91 1:25.91	600m: 8:24.38 1:26.10	800m: 11:09.28 1:19.46
4.	Nikki van Duijn	9601560 De Columbiaan	11:08.84	<b>11:10.62</b>
	100m: 1:16.74 1:16.74	300m: 4:06.85 1:26.20	500m: 7:01.57 1:27.61	700m: 9:49.74 1:22.14
	200m: 2:40.65 1:23.91	400m: 5:33.96 1:27.11	600m: 8:27.60 1:26.03	800m: 11:10.62 1:20.88
5.	Sharon van Stelle	9600356 De Kempvis	11:30.81	<b>11:21.11</b>
	100m: 1:14.49 1:14.49	300m: 4:02.51 1:24.43	500m: 6:55.22 1:26.84	700m: 9:53.21 1:30.21
	200m: 2:38.08 1:23.59	400m: 5:28.38 1:25.87	600m: 8:23.00 1:27.78	800m: 11:21.11 1:27.90

District Kampioenschap Lange Afstand  
Dordrecht, 30.3.2008

Programmanr. 12, Meisjes, 800m vrije slag, Minioren 5 en junioren 1

Rang	Naam	Vereniging	Inschrijftijd	Tijd
6.	Elisabeth Rivard	9600244 WVZ	11:21.94	<b>11:36.25</b>
	100m: 1:21.83 1:21.83	300m: 4:18.55 1:28.71	500m: 7:16.12 1:29.29	700m: 10:12.65 1:28.01
	200m: 2:49.84 1:28.01	400m: 5:46.83 1:28.28	600m: 8:44.64 1:28.52	800m: 11:36.25 1:23.60
7.	Marcella van der Ent	9600174 Poseidon'56	11:46.43	<b>12:09.71</b>
	100m: 1:23.32 1:23.32	300m: 4:27.40 1:33.01	500m: 7:34.52 1:33.92	700m: 10:40.65 1:33.43
	200m: 2:54.39 1:31.07	400m: 6:00.60 1:33.20	600m: 9:07.22 1:32.70	800m: 12:09.71 1:29.06
8.	Asmara Ritmeijer	9600790 ZV Vlaardingen	11:49.28	<b>12:10.43</b>
	100m: 1:20.67 1:20.67	300m: 4:24.68 1:32.95	500m: 7:31.58 1:33.17	700m: 10:39.53 1:33.94
	200m: 2:51.73 1:31.06	400m: 5:58.41 1:33.73	600m: 9:05.59 1:34.01	800m: 12:10.43 1:30.90

Programmanr. 13  
30-3-2008 - 15:32

Dames, 800m vrije slag  
13,14,15 en 16 zijn samengevoegd voor de indeling

Junioren 2 en ouder  
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd
<b>Junioren 2 en 3</b>				
1.	Merle Verkijk	9400278 WVZ	9:49.75	<b>10:07.54</b>
	100m: 1:09.28 1:09.28	300m: 3:40.67 1:16.31	500m: 6:15.97 1:17.89	700m: 8:52.18 1:18.02
	200m: 2:24.36 1:15.08	400m: 4:58.08 1:17.41	600m: 7:34.16 1:18.19	800m: 10:07.54 1:15.36
2.	Tania Jacobs	9400864 De Columbiaan	10:27.07	<b>10:25.02</b>
	100m: 1:13.65 1:13.65	300m: 3:51.48 1:18.62	500m: 6:30.94 1:19.68	700m: 9:09.09 1:18.83
	200m: 2:32.86 1:19.21	400m: 5:11.26 1:19.78	600m: 7:50.26 1:19.32	800m: 10:25.02 1:15.93
3.	Seline Koek	9400622 LZ 1886-KartoenZ	10:26.93	<b>10:32.86</b>
	100m: 1:12.89 1:12.89	300m: 3:52.82 1:20.21	500m: 6:34.24 1:20.54	700m: 9:13.42 1:19.26
	200m: 2:32.61 1:19.72	400m: 5:13.70 1:20.88	600m: 7:54.16 1:19.92	800m: 10:32.86 1:19.44
4.	Kelly Wigleven	9500058 Poseidon'56	10:27.31	<b>10:37.08</b>
	100m: 1:12.87 1:12.87	300m: 3:53.37 1:20.56	500m: 6:36.37 1:21.72	700m: 9:20.07 1:22.23
	200m: 2:32.81 1:19.94	400m: 5:14.65 1:21.28	600m: 7:57.84 1:21.47	800m: 10:37.08 1:17.01
5.	Kimberley van Wijk	9402040 Van Uden-De Gouwe	10:16.64	<b>10:37.44</b>
	100m: 1:10.94 1:10.94	300m: 3:50.94 1:21.07	500m: 6:34.88 1:22.30	700m: 9:19.19 1:22.47
	200m: 2:29.87 1:18.93	400m: 5:12.58 1:21.64	600m: 7:56.72 1:21.84	800m: 10:37.44 1:18.25
6.	Astrid van Nieuwkerk	9402904 ZV Westland Dijkglas	10:34.95	<b>10:38.60</b>
	100m: 1:14.53 1:14.53	300m: 3:55.26 1:20.08	500m: 6:37.66 1:20.47	700m: 9:20.85 1:21.03
	200m: 2:35.18 1:20.65	400m: 5:17.19 1:21.93	600m: 7:59.82 1:22.16	800m: 10:38.60 1:17.75
7.	Daniëlle Grootes	9501278 Electrolux AZC	10:26.62	<b>10:45.06</b>
	100m: 1:16.46 1:16.46	300m: 4:00.54 1:21.73	500m: 6:44.07 1:21.75	700m: 9:26.47 1:21.05
	200m: 2:38.81 1:22.35	400m: 5:22.32 1:21.78	600m: 8:05.42 1:21.35	800m: 10:45.06 1:18.59
8.	Mandy Langeveld	9405094 De Kempvis	10:35.55	<b>10:49.28</b>
	100m: 1:14.76 1:14.76	300m: 3:59.15 1:23.20	500m: 6:45.90 1:24.13	700m: 9:32.45 1:22.77
	200m: 2:35.95 1:21.19	400m: 5:21.77 1:22.62	600m: 8:09.68 1:23.78	800m: 10:49.28 1:16.83

Jeugd 1 en 2

1.	Leonie van Noord	9301752 De Zijl/LGB	9:20.37	<b>9:38.87</b>
	100m: 1:07.37 1:07.37	300m: 3:33.62 1:13.00	500m: 6:01.84 1:14.12	700m: 8:28.31 1:12.66
	200m: 2:20.62 1:13.25	400m: 4:47.72 1:14.10	600m: 7:15.65 1:13.81	800m: 9:38.87 1:10.56
2.	Joëlle Scheps	9202364 Van Uden-De Gouwe	9:39.59	<b>9:55.58</b>
	100m: 1:10.04 1:10.04	300m: 3:40.44 1:15.66	500m: 6:12.82 1:16.31	700m: 8:43.51 1:14.91
	200m: 2:24.78 1:14.74	400m: 4:56.51 1:16.07	600m: 7:28.60 1:15.78	800m: 9:55.58 1:12.07
3.	Debby den Besten	9207520 ZV Westland Dijkglas	9:41.78	<b>10:04.24</b>
	100m: 1:08.47 1:08.47	300m: 3:39.65 1:16.54	500m: 6:13.48 1:17.30	700m: 8:48.76 1:17.98
	200m: 2:23.11 1:14.64	400m: 4:56.18 1:16.53	600m: 7:30.78 1:17.30	800m: 10:04.24 1:15.48
4.	Milou Julicher	9301320 Wiekslag	10:16.51	<b>10:16.95</b>
	100m: 1:12.86 1:12.86	300m: 3:48.08 1:17.66	500m: 6:23.23 1:17.75	700m: 8:59.66 1:18.00
	200m: 2:30.42 1:17.56	400m: 5:05.48 1:17.40	600m: 7:41.66 1:18.43	800m: 10:16.95 1:17.29
5.	Leonie Taal	9300758 De Devel	10:08.08	<b>10:26.12</b>
	100m: 1:11.78 1:11.78	300m: 3:49.42 1:18.94	500m: 6:29.74 1:19.55	700m: 9:09.97 1:20.09
	200m: 2:30.48 1:18.70	400m: 5:10.19 1:20.77	600m: 7:49.88 1:20.14	800m: 10:26.12 1:16.15
6.	Shirley Koek	9203262 LZ 1886-KartoenZ	10:12.49	<b>10:31.16</b>
	100m: 1:13.85 1:13.85	300m: 3:53.87 1:19.71	500m: 6:33.00 1:19.88	700m: 9:13.24 1:20.06
	200m: 2:34.16 1:20.31	400m: 5:13.12 1:19.25	600m: 7:53.18 1:20.18	800m: 10:31.16 1:17.92

District Kampioenschap Lange Afstand  
Dordrecht, 30.3.2008

Programmanr. 13, Meisjes, 800m vrije slag, Jeugd 1 en 2

Rang	Naam	Vereniging	Inschrijftijd	Tijd
7.	Danique Sondermeijer	9203586 De Columbiaan	10:11.59	<b>11:03.33</b>
	100m: 1:15.77 1:15.77	300m: 4:03.98 1:25.25	500m: 6:54.30 1:23.96	700m: 9:46.57 1:25.77
	200m: 2:38.73 1:22.96	400m: 5:30.34 1:26.36	600m: 8:20.80 1:26.50	800m: 11:03.33 1:16.76
8.	Marjolein van Kleef	9301398 LZ 1886-KartoenZ	10:05.31	<b>11:30.92</b>
	100m: 1:16.57 1:16.57	300m: 4:11.82 1:28.15	500m: 7:08.69 1:28.12	700m: 10:04.68 1:27.93
	200m: 2:43.67 1:27.10	400m: 5:40.57 1:28.75	600m: 8:36.75 1:28.06	800m: 11:30.92 1:26.24
AFGEM	Linda van der Voort	9201908 De Ziji/LGB	10:18.96	
AFGEM	Tessa Kerkvliet	9202428 LZ 1886-KartoenZ	9:53.60	

Senioren 1 en 2

1.	Danique Gielen	9105922 Electrolux AZC	9:35.06	<b>9:43.36</b>
	100m: 1:10.30 1:10.30	300m: 3:39.26 1:14.90	500m: 6:06.14 1:13.25	700m: 8:32.16 1:13.30
	200m: 2:24.36 1:14.06	400m: 4:52.89 1:13.63	600m: 7:18.86 1:12.72	800m: 9:43.36 1:11.20
2.	Merel Barendregt	9100118 Van Vliet Barracuda	9:46.50	<b>9:49.38</b>
	100m: 1:09.18 1:09.18	300m: 3:36.22 1:13.78	500m: 6:03.19 1:13.84	700m: 8:34.12 1:16.03
	200m: 2:22.44 1:13.26	400m: 4:49.35 1:13.13	600m: 7:18.09 1:14.90	800m: 9:49.38 1:15.26
3.	Rosanne de Boer	9104060 LZ 1886-KartoenZ	9:32.72	<b>9:51.53</b>
	100m: 1:08.05 1:08.05	300m: 3:38.27 1:15.46	500m: 6:08.26 1:14.69	700m: 8:38.26 1:14.90
	200m: 2:22.81 1:14.76	400m: 4:53.57 1:15.30	600m: 7:23.36 1:15.10	800m: 9:51.53 1:13.27
4.	Iris Bioch	9106916 Electrolux AZC	9:38.28	<b>10:09.61</b>
	100m: 1:08.14 1:08.14	300m: 3:37.40 1:15.28	500m: 6:10.72 1:17.25	700m: 8:50.79 1:20.89
	200m: 2:22.12 1:13.98	400m: 4:53.47 1:16.07	600m: 7:29.90 1:19.18	800m: 10:09.61 1:18.82
5.	Paula van der Werff	9103484 Electrolux AZC	10:27.34	<b>10:50.08</b>
	100m: 1:14.77 1:14.77	300m: 3:55.49 1:20.61	500m: 6:42.59 1:23.37	700m: 9:29.61 1:24.52
	200m: 2:34.88 1:20.11	400m: 5:19.22 1:23.73	600m: 8:05.09 1:22.50	800m: 10:50.08 1:20.47
6.	Tamara Hoogenboom	9001560 WZK	10:24.93	<b>10:53.55</b>
	100m: 1:15.29 1:15.29	300m: 3:59.39 1:22.60	500m: 6:45.46 1:22.67	700m: 9:31.69 1:23.56
	200m: 2:36.79 1:21.50	400m: 5:22.79 1:23.40	600m: 8:08.13 1:22.67	800m: 10:53.55 1:21.86
7.	Solé van Leenen	9104354 MNC Dordrecht	10:14.61	<b>11:12.39</b>
	100m: 1:12.63 1:12.63	300m: 3:55.66 1:24.06	500m: 6:49.89 1:27.84	700m: 9:46.70 1:28.32
	200m: 2:31.60 1:18.97	400m: 5:22.05 1:26.39	600m: 8:18.38 1:28.49	800m: 11:12.39 1:25.69
8.	Chantal van der Perk	9102440 De Geul	11:00.05	<b>11:49.52</b>
	100m: 1:17.14 1:17.14	300m: 4:14.46 1:30.39	500m: 7:16.46 1:30.37	700m: 10:19.09 1:31.03
	200m: 2:44.07 1:26.93	400m: 5:46.09 1:31.63	600m: 8:48.06 1:31.60	800m: 11:49.52 1:30.43
AFGEM	Sandra over de Vest	9107310 ZV Vlaardingen	12:45.78	

Senioren

1.	Tonia Ruybroek	8101290 Poseidon'56	9:51.24	<b>10:00.82</b>
	100m: 1:09.42 1:09.42	300m: 3:41.12 1:16.14	500m: 6:15.89 1:17.70	700m: 8:48.24 1:15.73
	200m: 2:24.98 1:15.56	400m: 4:58.19 1:17.07	600m: 7:32.51 1:16.62	800m: 10:00.82 1:12.58
2.	Kirsten van der Steen	8101420 Wiekslag	9:52.68	<b>10:10.33</b>
	100m: 1:13.08 1:13.08	300m: 3:48.25 1:17.92	500m: 6:21.48 1:16.51	700m: 8:55.72 1:16.97
	200m: 2:30.33 1:17.25	400m: 5:04.97 1:16.72	600m: 7:38.75 1:17.27	800m: 10:10.33 1:14.61
3.	Iris Barendregt	8600172 Van Vliet Barracuda	10:11.67	<b>10:12.78</b>
	100m: 1:10.25 1:10.25	300m: 3:40.58 1:15.62	500m: 6:16.28 1:18.93	700m: 8:55.45 1:20.10
	200m: 2:24.96 1:14.71	400m: 4:57.35 1:16.77	600m: 7:35.35 1:19.07	800m: 10:12.78 1:17.33
4.	Nathalie Schoonderwoerd	8603188 Van Uden-De Gouwe	10:21.02	<b>10:20.50</b>
	100m: 1:10.92 1:10.92	300m: 3:45.55 1:18.13	500m: 6:24.38 1:19.68	700m: 9:03.75 1:19.70
	200m: 2:27.42 1:16.50	400m: 5:04.70 1:19.15	600m: 7:44.05 1:19.67	800m: 10:20.50 1:16.75
5.	Larissa Brak	8800572 De Ziji/LGB	9:56.44	<b>10:24.38</b>
	100m: 1:12.48 1:12.48	300m: 3:47.71 1:18.51	500m: 6:27.88 1:20.37	700m: 9:07.13 1:19.31
	200m: 2:29.20 1:16.72	400m: 5:07.51 1:19.80	600m: 7:47.82 1:19.94	800m: 10:24.38 1:17.25
6.	Nadya Putter	8301630 ZV Vlaardingen	10:18.05	<b>10:35.45</b>
	100m: 1:14.65 1:14.65	300m: 3:53.50 1:20.04	500m: 6:36.02 1:21.83	700m: 9:17.16 1:20.25
	200m: 2:33.46 1:18.81	400m: 5:14.19 1:20.69	600m: 7:56.91 1:20.89	800m: 10:35.45 1:18.29
7.	Irene van der Laan	6000096 LZ 1886-KartoenZ	10:20.40	<b>10:38.71</b>
	100m: 1:17.99 1:17.99	300m: 3:58.18 1:20.10	500m: 6:38.30 1:20.35	700m: 9:19.77 1:20.47
	200m: 2:38.08 1:20.09	400m: 5:17.95 1:19.77	600m: 7:59.30 1:21.00	800m: 10:38.71 1:18.94
8.	Marissa Hensen	8801708 ZV Westland Dijkglas	10:28.27	<b>11:13.90</b>
	100m: 1:15.30 1:15.30	300m: 4:04.27 1:25.97	500m: 6:57.56 1:26.67	700m: 9:50.08 1:26.46
	200m: 2:38.30 1:23.00	400m: 5:30.89 1:26.62	600m: 8:23.62 1:26.06	800m: 11:13.90 1:23.82

District Kampioenschap Lange Afstand  
Dordrecht, 30.3.2008

Programmanr. 17  
30-3-2008 - 16:17

Heren, 400m wisselslag  
17,18,19 en 20 zijn samengevoegd voor de indeling

Junioren 1 en ouder  
Resultaten

Rang	Naam	Vereniging	Inshr.tijd	Tijd	100m	200m	300m	400m
<b>Junioren 1 en 2</b>								
1.	Alex Catsburg	9404753 MNC Dordrecht	5:15.83	<b>5:26.99</b>	1:15.30	2:40.09	4:13.27	5:26.99
2.	Max Spiering	9402131 ZV Vlaardingen	5:55.60	<b>5:52.08</b>	1:21.24	2:54.39	4:33.02	5:52.08
3.	Nick van der Krogt	9501313 De Zijl/LGB	6:02.10	<b>5:53.89</b>	1:32.54	3:05.37	4:41.18	5:53.89
4.	Simon Stouten	9400943 De Zijl/LGB	5:41.18	<b>5:54.66</b>	1:25.15	2:57.33	4:44.98	5:54.66
5.	Jeffrey Bakker	9402317 Van Uden-De Gouwe	5:46.78	<b>5:55.75</b>	1:23.21	2:57.34	4:36.10	5:55.75
6.	Jordi 't Mannetje	9502775 De Kempvis	6:09.58	<b>6:21.61</b>	1:34.57	3:06.85	4:57.47	6:21.61
	DIS Mike Bravenboer	9500299 Poseidon'56	5:30.95	AA				
	AFGEM Nick Cleintuar	9503781 ZV Vlaardingen	6:03.94					
	AFGEM Koen van Lieshout	9503445 De Zijl/LGB	6:11.40					
	NG Renco Sloof	9400171 Poseidon'56	5:47.83					
<b>Junioren 3 en 4</b>								
1.	Jeroen Eggeraat	9202127 De Columbiaan	4:51.96	<b>5:04.61</b>	1:08.69	2:27.02	3:56.40	5:04.61
2.	Timo Dinkelberg	9300773 ZV Vlaardingen	4:55.92	<b>5:05.35</b>	1:08.85			5:05.35
3.	Niek Pereboom	9305395 Widex Gzc Donk	4:55.10	<b>5:09.48</b>	1:08.39	2:30.21	4:00.89	5:09.48
4.	Philippe Rivard	9301209 WVZ	4:58.80	<b>5:11.76</b>	1:07.84	2:26.56	3:59.84	5:11.76
5.	Menno van den Heuvel	9200519 Z.v.Noordwijkerhout	5:06.70	<b>5:14.64</b>	1:14.18	2:38.68	4:04.75	5:14.64
6.	Stefan Grudelbach	9202073 ZV Vlaardingen	5:10.50	<b>5:15.56</b>	1:09.08	2:35.38	4:06.69	5:15.56
7.	Robert Rohaan	9203679 Electrolux AZC	5:10.16	<b>5:22.99</b>	1:09.91	2:38.82		5:22.99
8.	Jelmar Kluiwstra	9204323 LZ 1886-Kartoenz	5:10.46	<b>5:47.70</b>	1:11.40	2:38.77	4:26.68	5:47.70
<b>Jeugd 1 en 2</b>								
1.	Dingeman van der Pluijm	9002301 De Zijl/LGB	4:45.98	<b>5:01.37</b>	1:06.54			5:01.37
2.	Rolan van der Lugt	9001869 ZV Westland Dijkglas	4:53.13	<b>5:10.77</b>	1:08.23	2:30.85	4:00.45	5:10.77
3.	Marc Catsburg	9000533 MNC Dordrecht	4:58.54	<b>5:14.32</b>	1:05.91	2:28.51	4:03.32	5:14.32
4.	Joost Rijntjes	9101899 De Zijl/LGB	5:02.04	<b>5:15.23</b>	1:03.69	2:30.35	4:03.88	5:15.23
5.	Frans Hensen	9100905 ZV Westland Dijkglas	5:17.92	<b>5:35.92</b>	1:13.10	2:39.04	4:14.75	5:35.92
6.	Martin Damsteegt	9000607 Poseidon'56	5:27.83	<b>5:39.98</b>	1:15.06			5:39.98
7.	Yordi Oetringer	9102823 De Geul	5:37.41	<b>6:02.04</b>	1:14.26			6:02.04
	NG Jory Sloof	9003561 De Kempvis	5:05.31					
	NG Sjoerd Sieval	9002663 LZ 1886-Kartoenz	4:52.90					
<b>Senioren 1 en ouder</b>								
1.	Rob van Vliet	8402459 WZK	4:48.71	<b>4:58.55</b>	1:07.14	2:28.25	3:51.68	4:58.55
2.	Sander Smeets	8402091 WVZ	5:01.00	<b>5:04.28</b>	1:04.01	2:24.76	3:55.97	5:04.28
3.	Michael van der Linden	8601921 De Zijl/LGB	4:46.22	<b>5:08.44</b>	1:09.41	2:29.09	3:58.73	5:08.44
4.	Kristiaan Lenos	8301331 LZ 1886-Kartoenz	4:51.82	<b>5:14.91</b>	1:08.38	2:31.91	4:02.54	5:14.91
5.	Martijn Dolk	8900737 MNC Dordrecht	5:06.93	<b>5:15.44</b>	1:10.90	2:29.81	4:04.33	5:15.44
6.	Thommy Nickel	8401627 Van Vliet Barracuda	5:01.38	<b>5:17.03</b>	1:09.37	2:31.25	4:02.52	5:17.03
7.	Hans van Wijk	8903605 HoogenboomTours BZ&PC	5:05.87	<b>5:19.37</b>	1:08.39	2:35.00	4:07.97	5:19.37
8.	Davey de Vos	8903451 Van Uden-De Gouwe	5:00.37	<b>5:21.44</b>	1:12.00	2:37.10	4:08.97	5:21.44
9.	Ralf van der Poel	8401783 LZ 1886-Kartoenz	5:05.01	<b>5:26.43</b>	1:17.22	2:43.48	4:10.61	5:26.43
	AFGEM Pelger de Jong	8801733 ZV Vlaardingen	5:07.42					