

Programmanr. 2
11/5/2024 - 14:40

1500m vrije slag

11 jaar en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|---------------------------------|--|------------------------|----------|-----------------|-----------------|
| Junioren 1 en 2, Meisjes | | | | | |
| 1. | Annefleur Schraa | Swol 1894 | 21:07.62 | 201100044 | 22:04.57 |
| | 100m: 1:20.20 | 1:20.20 500m: 7:11.74 | 1:29.74 | 900m: 13:09.42 | 1:31.00 |
| | 200m: 2:45.69 | 1:25.49 600m: 8:40.99 | 1:29.25 | 1000m: 14:40.01 | 1:30.59 |
| | 300m: 4:13.08 | 1:27.39 700m: 10:10.28 | 1:29.29 | 1100m: 16:10.30 | 1:30.29 |
| | 400m: 5:42.00 | 1:28.92 800m: 11:38.42 | 1:28.14 | 1200m: 17:41.75 | 1:31.45 |
| 1300m: | 19:11.51 | | | | 1:29.76 |
| 1400m: | 20:38.69 | | | | 1:27.18 |
| 1500m: | 22:04.57 | | | | 1:25.88 |
| 2. | Maurieke Frijstein | Deltasteur | 24:36.86 | 201100198 | 22:20.52 |
| | 100m: 1:17.93 | 1:17.93 500m: 7:15.16 | 1:31.60 | 900m: 13:21.23 | 1:31.47 |
| | 200m: 2:45.07 | 1:27.14 600m: 8:46.15 | 1:30.99 | 1000m: 14:52.80 | 1:31.57 |
| | 300m: 4:13.32 | 1:28.25 700m: 10:19.12 | 1:32.97 | 1100m: 16:24.47 | 1:31.67 |
| | 400m: 5:43.56 | 1:30.24 800m: 11:49.76 | 1:30.64 | 1200m: 17:56.64 | 1:32.17 |
| 1300m: | 19:28.04 | | | | 1:31.40 |
| 1400m: | 20:56.68 | | | | 1:28.64 |
| 1500m: | 22:20.52 | | | | 1:23.84 |
| 3. | Meila Broenink | Batavia Swim | 22:46.02 | 201102332 | 23:46.87 |
| | 100m: 1:28.62 | 1:28.62 500m: 7:55.23 | 1:36.92 | 900m: 14:18.52 | 1:36.02 |
| | 200m: 3:04.19 | 1:35.57 600m: 9:31.45 | 1:36.22 | 1000m: 15:55.07 | 1:36.55 |
| | 300m: 4:41.17 | 1:36.98 700m: 11:07.71 | 1:36.26 | 1100m: 17:32.58 | 1:37.51 |
| | 400m: 6:18.31 | 1:37.14 800m: 12:42.50 | 1:34.79 | 1200m: 19:09.86 | 1:37.28 |
| 1300m: | 20:45.79 | | | | 1:35.93 |
| 1400m: | 22:20.16 | | | | 1:34.37 |
| 1500m: | 23:46.87 | | | | 1:26.71 |
| 4. | Jinthe Kuiper | Swol 1894 | 23:11.83 | 201200688 | 24:29.62 |
| | 100m: 1:28.43 | 1:28.43 500m: 8:01.89 | 1:39.86 | 900m: 14:38.42 | 1:39.69 |
| | 200m: 3:04.60 | 1:36.17 600m: 9:41.65 | 1:39.76 | 1000m: 16:17.58 | 1:39.16 |
| | 300m: 4:43.01 | 1:38.41 700m: 11:22.22 | 1:40.57 | 1100m: 17:57.83 | 1:40.25 |
| | 400m: 6:22.03 | 1:39.02 800m: 12:58.73 | 1:36.51 | 1200m: 19:36.18 | 1:38.35 |
| 1300m: | 21:16.49 | | | | 1:40.31 |
| 1400m: | 22:53.35 | | | | 1:36.86 |
| 1500m: | 24:29.62 | | | | 1:36.27 |
| 5. | Ribanna Damm | Sg - E Z C L | 23:25.99 | 201100304 | 24:34.98 |
| | 100m: 1:27.21 | 1:27.21 500m: 8:00.40 | 1:39.68 | 900m: 14:44.10 | 1:41.91 |
| | 200m: 3:03.13 | 1:35.92 600m: 9:41.31 | 1:40.91 | 1000m: 16:25.11 | 1:41.01 |
| | 300m: 4:41.64 | 1:38.51 700m: 11:21.69 | 1:40.38 | 1100m: 18:05.37 | 1:40.26 |
| | 400m: 6:20.72 | 1:39.08 800m: 13:02.19 | 1:40.50 | 1200m: 19:46.01 | 1:40.64 |
| 1300m: | 21:25.78 | | | | 1:39.77 |
| 1400m: | 23:04.32 | | | | 1:38.54 |
| 1500m: | 24:34.98 | | | | 1:30.66 |
| 6. | Femke Mandema | Flevo | 24:44.58 | 201100396 | 25:09.15 |
| | 100m: 1:34.84 | 1:34.84 500m: 8:31.55 | 1:44.18 | 900m: 15:18.55 | 1:40.16 |
| | 200m: 3:17.31 | 1:42.47 600m: 10:15.89 | 1:44.34 | 1000m: 16:57.90 | 1:39.35 |
| | 300m: 5:02.73 | 1:45.42 700m: 11:58.01 | 1:42.12 | 1100m: 18:36.63 | 1:38.73 |
| | 400m: 6:47.37 | 1:44.64 800m: 13:38.39 | 1:40.38 | 1200m: 20:15.62 | 1:38.99 |
| 1300m: | 21:55.67 | | | | 1:40.05 |
| 1400m: | 23:33.31 | | | | 1:37.64 |
| 1500m: | 25:09.15 | | | | 1:35.84 |
| DIS | Donna Groen | Sg - E Z C L | 24:26.57 | 201101342 | |
| | <i>AF - De aangegeven afstand niet uitgezwommen.</i> | | | | |
| Junioren 3 en 4, Meisjes | | | | | |
| 1. | Florien Pot | WS Twente | 19:33.69 | 201000768 | 19:54.24 |
| | 100m: 1:13.72 | 1:13.72 500m: 6:38.04 | 1:20.97 | 900m: 11:58.24 | 1:19.98 |
| | 200m: 2:35.35 | 1:21.63 600m: 7:58.03 | 1:19.99 | 1000m: 13:19.01 | 1:20.77 |
| | 300m: 3:56.32 | 1:20.97 700m: 9:18.71 | 1:20.68 | 1100m: 14:39.23 | 1:20.22 |
| | 400m: 5:17.07 | 1:20.75 800m: 10:38.26 | 1:19.55 | 1200m: 15:58.66 | 1:19.43 |
| 1300m: | 17:18.00 | | | | 1:19.34 |
| 1400m: | 18:37.76 | | | | 1:19.76 |
| 1500m: | 19:54.24 | | | | 1:16.48 |
| 2. | Emma Steenbrink | WS Twente | 19:43.37 | 200901376 | 20:26.94 |
| | 100m: 1:15.71 | 1:15.71 500m: 6:48.25 | 1:23.17 | 900m: 12:20.19 | 1:22.12 |
| | 200m: 2:38.38 | 1:22.67 600m: 8:11.28 | 1:23.03 | 1000m: 13:42.20 | 1:22.01 |
| | 300m: 4:01.87 | 1:23.49 700m: 9:35.04 | 1:23.76 | 1100m: 15:04.22 | 1:22.02 |
| | 400m: 5:25.08 | 1:23.21 800m: 10:58.07 | 1:23.03 | 1200m: 16:26.06 | 1:21.84 |
| 1300m: | 17:48.18 | | | | 1:22.12 |
| 1400m: | 19:08.58 | | | | 1:20.40 |
| 1500m: | 20:26.94 | | | | 1:18.36 |
| 3. | Eva Eikelboom *1100m | SG Octopus - ZVV | 22:15.03 | 200903718 | 22:43.74 |
| | 100m: 1:21.49 | 1:21.49 500m: 7:24.49 | 1:32.66 | 900m: 13:34.25 | 1:32.79 |
| | 200m: 2:51.16 | 1:29.67 600m: 8:57.20 | 1:32.71 | 1000m: 15:07.67 | 1:33.42 |
| | 300m: 4:20.69 | 1:29.53 700m: 10:29.62 | 1:32.42 | 1100m: 16:40.48 | 1:32.81 |
| | 400m: 5:51.83 | 1:31.14 800m: 12:01.46 | 1:31.84 | 1200m: 18:13.45 | 1:32.97 |
| 1300m: | 19:44.89 | | | | 1:31.44 |
| 1400m: | 21:16.87 | | | | 1:31.98 |
| 1500m: | 22:43.74 | | | | 1:26.87 |
| 4. | Hayleigh Onstwedder | Batavia Swim | 22:56.31 | 201002902 | 22:57.49 |
| | 100m: 1:24.03 | 1:24.03 500m: 7:39.69 | 1:33.14 | 900m: 13:47.18 | 1:32.01 |
| | 200m: 2:57.49 | 1:33.46 600m: 9:11.62 | 1:31.93 | 1000m: 15:20.06 | 1:32.88 |
| | 300m: 4:32.43 | 1:34.94 700m: 10:44.27 | 1:32.65 | 1100m: 16:53.19 | 1:33.13 |
| | 400m: 6:06.55 | 1:34.12 800m: 12:15.17 | 1:30.90 | 1200m: 18:26.83 | 1:33.64 |
| 1300m: | 19:59.22 | | | | 1:32.39 |
| 1400m: | 21:31.74 | | | | 1:32.52 |
| 1500m: | 22:57.49 | | | | 1:25.75 |
| 5. | Liss Wakker | De Rijn | 22:05.31 | 201000140 | 23:42.68 |
| | 100m: 1:25.33 | 1:25.33 500m: 7:50.54 | 1:35.51 | 900m: 14:07.23 | 1:33.80 |
| | 200m: 3:00.16 | 1:34.83 600m: 9:25.21 | 1:34.67 | 1000m: 15:43.46 | 1:36.23 |
| | 300m: 4:37.97 | 1:37.81 700m: 10:59.92 | 1:34.71 | 1100m: 17:19.75 | 1:36.29 |
| | 400m: 6:15.03 | 1:37.06 800m: 12:33.43 | 1:33.51 | 1200m: 18:57.42 | 1:37.67 |
| 1300m: | 20:33.83 | | | | 1:36.41 |
| 1400m: | 22:10.12 | | | | 1:36.29 |
| 1500m: | 23:42.68 | | | | 1:32.56 |
| 6. | Kayleigh van Doeselaar | Sg - E Z C L | 22:36.08 | 201000478 | 23:54.78 |
| | 100m: 1:24.13 | 1:24.13 500m: 7:41.92 | 1:38.13 | 900m: 14:17.02 | 1:41.41 |
| | 200m: 2:55.10 | 1:30.97 600m: 9:18.27 | 1:36.35 | 1000m: 15:52.87 | 1:35.85 |
| | 300m: 4:27.99 | 1:32.89 700m: 10:56.16 | 1:37.89 | 1100m: 17:32.86 | 1:39.99 |
| | 400m: 6:03.79 | 1:35.80 800m: 12:35.61 | 1:39.45 | 1200m: 19:12.10 | 1:39.24 |
| 1300m: | 20:51.47 | | | | 1:39.37 |
| 1400m: | 22:25.38 | | | | 1:33.91 |
| 1500m: | 23:54.78 | | | | 1:29.40 |

Programmanr. 2, Meisjes, 1500m vrije slag, Junioren 3 en 4

| rang | naam | vereniging | intijd | tijd | RT |
|------|---------------------|------------------------|----------|-----------------|-------------------------|
| 7. | Froukje van Leeuwen | De Berkelduikers | 23:54.00 | 200901208 | 24:09.03 |
| | 100m: 1:25.42 | 1:25.42 500m: 7:52.22 | 1:40.01 | 900m: 14:26.76 | 1:36.11 |
| | 200m: 2:59.20 | 1:33.78 600m: 9:32.12 | 1:39.90 | 1000m: 16:05.68 | 1:38.92 |
| | 300m: 4:34.66 | 1:35.46 700m: 11:10.29 | 1:38.17 | 1100m: 17:46.90 | 1:41.22 |
| | 400m: 6:12.21 | 1:37.55 800m: 12:50.65 | 1:40.36 | 1200m: 19:27.73 | 1:40.83 |
| | | | | | 1300m: 21:06.68 1:38.95 |
| | | | | | 1400m: 22:41.98 1:35.30 |
| | | | | | 1500m: 24:09.03 1:27.05 |
| 8. | Silke van den Berg | Sg - E Z C L | 23:25.38 | 201000752 | 24:34.87 |
| | 100m: 1:27.90 | 1:27.90 500m: 8:00.99 | 1:39.56 | 900m: 14:46.23 | 1:41.77 |
| | 200m: 3:03.59 | 1:35.69 600m: 9:41.25 | 1:40.26 | 1000m: 16:26.99 | 1:40.76 |
| | 300m: 4:43.04 | 1:39.45 700m: 11:22.85 | 1:41.60 | 1100m: 18:07.80 | 1:40.81 |
| | 400m: 6:21.43 | 1:38.39 800m: 13:04.46 | 1:41.61 | 1200m: 19:48.91 | 1:41.11 |
| | | | | | 1300m: 21:27.07 1:38.16 |
| | | | | | 1400m: 23:05.10 1:38.03 |
| | | | | | 1500m: 24:34.87 1:29.77 |
| 9. | Lieke Kikstra | Batavia Swim | 22:54.14 | 200900318 | 24:45.55 |
| | 100m: 1:30.71 | 1:30.71 500m: 8:07.09 | 1:41.20 | 900m: 14:52.58 | 1:40.51 |
| | 200m: 3:08.32 | 1:37.61 600m: 9:49.45 | 1:42.36 | 1000m: 16:35.58 | 1:43.00 |
| | 300m: 4:46.60 | 1:38.28 700m: 11:32.04 | 1:42.59 | 1100m: 18:18.80 | 1:43.22 |
| | 400m: 6:25.89 | 1:39.29 800m: 13:12.07 | 1:40.03 | 1200m: 19:59.12 | 1:40.32 |
| | | | | | 1300m: 21:36.29 1:37.17 |
| | | | | | 1400m: 23:21.29 1:45.00 |
| | | | | | 1500m: 24:45.55 1:24.26 |

Jeugd 1 en 2, Meisjes

| | | | | | |
|----|----------------------|------------------------|----------|-----------------|-------------------------|
| 1. | Lyke Bellert | SG Octopus - ZVV | 19:09.72 | 200701424 | 19:50.04 |
| | 100m: 1:12.27 | 1:12.27 500m: 6:29.57 | 1:19.12 | 900m: 11:55.25 | 1:21.17 |
| | 200m: 2:30.90 | 1:18.63 600m: 7:51.56 | 1:21.99 | 1000m: 13:15.46 | 1:20.21 |
| | 300m: 3:49.94 | 1:19.04 700m: 9:13.40 | 1:21.84 | 1100m: 14:34.35 | 1:18.89 |
| | 400m: 5:10.45 | 1:20.51 800m: 10:34.08 | 1:20.68 | 1200m: 15:55.30 | 1:20.95 |
| | | | | | 1300m: 17:16.08 1:20.78 |
| | | | | | 1400m: 18:34.50 1:18.42 |
| | | | | | 1500m: 19:50.04 1:15.54 |
| 2. | Leyona Lichtendonk | Dedemsvaart-AC | 18:56.45 | 200700010 | 20:09.15 |
| | 100m: 1:11.95 | 1:11.95 500m: 6:26.94 | 1:19.88 | 900m: 11:53.93 | 1:22.29 |
| | 200m: 2:29.24 | 1:17.29 600m: 7:48.56 | 1:21.62 | 1000m: 13:16.71 | 1:22.78 |
| | 300m: 3:48.32 | 1:19.08 700m: 9:09.77 | 1:21.21 | 1100m: 14:40.28 | 1:23.57 |
| | 400m: 5:07.06 | 1:18.74 800m: 10:31.64 | 1:21.87 | 1200m: 16:03.91 | 1:23.63 |
| | | | | | 1300m: 17:28.39 1:24.48 |
| | | | | | 1400m: 18:50.72 1:22.33 |
| | | | | | 1500m: 20:09.15 1:18.43 |
| 3. | Marlouke Frijstein | Deltasteur | 20:17.50 | 200800152 | 20:53.47 |
| | 100m: 1:16.87 | 1:16.87 500m: 6:54.68 | 1:24.28 | 900m: 12:31.83 | 1:24.05 |
| | 200m: 2:40.58 | 1:23.71 600m: 8:19.48 | 1:24.80 | 1000m: 13:55.92 | 1:24.09 |
| | 300m: 4:05.33 | 1:24.75 700m: 9:43.35 | 1:23.87 | 1100m: 15:20.66 | 1:24.74 |
| | 400m: 5:30.40 | 1:25.07 800m: 11:07.78 | 1:24.43 | 1200m: 16:46.09 | 1:25.43 |
| | | | | | 1300m: 18:10.97 1:24.88 |
| | | | | | 1400m: 19:34.98 1:24.01 |
| | | | | | 1500m: 20:53.47 1:18.49 |
| 4. | Sofie Kragt | Dedemsvaart-AC | 21:36.39 | 200701020 | 21:25.12 |
| | 100m: 1:20.33 | 1:20.33 500m: 7:05.48 | 1:25.49 | 900m: 12:51.24 | 1:26.00 |
| | 200m: 2:47.32 | 1:26.99 600m: 8:32.01 | 1:26.53 | 1000m: 14:19.07 | 1:27.83 |
| | 300m: 4:13.60 | 1:26.28 700m: 9:57.86 | 1:25.85 | 1100m: 15:46.18 | 1:27.11 |
| | 400m: 5:39.99 | 1:26.39 800m: 11:25.24 | 1:27.38 | 1200m: 17:12.63 | 1:26.45 |
| | | | | | 1300m: 18:39.25 1:26.62 |
| | | | | | 1400m: 20:05.18 1:25.93 |
| | | | | | 1500m: 21:25.12 1:19.94 |
| 5. | Anique Polinder | Dedemsvaart-AC | 20:24.32 | 200800008 | 21:45.45 |
| | 100m: 1:16.75 | 1:16.75 500m: 7:06.10 | 1:27.97 | 900m: 13:00.40 | 1:29.55 |
| | 200m: 2:43.02 | 1:26.27 600m: 8:33.54 | 1:27.44 | 1000m: 14:29.27 | 1:28.87 |
| | 300m: 4:10.72 | 1:27.70 700m: 10:01.69 | 1:28.15 | 1100m: 15:57.82 | 1:28.55 |
| | 400m: 5:38.13 | 1:27.41 800m: 11:30.85 | 1:29.16 | 1200m: 17:26.03 | 1:28.21 |
| | | | | | 1300m: 18:54.31 1:28.28 |
| | | | | | 1400m: 20:22.47 1:28.16 |
| | | | | | 1500m: 21:45.45 1:22.98 |
| 6. | Heleen Broshuis | WS Twente | 20:42.26 | 200701510 | 22:01.83 |
| | 100m: 1:15.87 | 1:15.87 500m: 7:06.64 | 1:27.59 | 900m: 13:02.40 | 1:27.81 |
| | 200m: 2:43.33 | 1:27.46 600m: 8:35.84 | 1:29.20 | 1000m: 14:34.83 | 1:32.43 |
| | 300m: 4:10.83 | 1:27.50 700m: 10:03.75 | 1:27.91 | 1100m: 16:04.04 | 1:29.21 |
| | 400m: 5:39.05 | 1:28.22 800m: 11:34.59 | 1:30.84 | 1200m: 17:34.26 | 1:30.22 |
| | | | | | 1300m: 19:04.70 1:30.44 |
| | | | | | 1400m: 20:34.17 1:29.47 |
| | | | | | 1500m: 22:01.83 1:27.66 |
| 7. | Veerle Westenbroek | O Z & P C | 22:27.02 | 200800128 | 23:02.51 |
| | 100m: 1:24.53 | 1:24.53 500m: 7:29.65 | 1:32.02 | 900m: 13:44.15 | 1:33.61 |
| | 200m: 2:55.02 | 1:30.49 600m: 9:03.07 | 1:33.42 | 1000m: 15:18.69 | 1:34.54 |
| | 300m: 4:26.09 | 1:31.07 700m: 10:36.54 | 1:33.47 | 1100m: 16:51.61 | 1:32.92 |
| | 400m: 5:57.63 | 1:31.54 800m: 12:10.54 | 1:34.00 | 1200m: 18:26.11 | 1:34.50 |
| | | | | | 1300m: 20:01.05 1:34.94 |
| | | | | | 1400m: 21:34.24 1:33.19 |
| | | | | | 1500m: 23:02.51 1:28.27 |
| 8. | Nynke van Leeuwen | De Berkelduikers | 21:53.81 | 200701272 | 23:07.08 |
| | 100m: 1:16.06 | 1:16.06 500m: 7:19.58 | 1:32.28 | 900m: 13:39.18 | 1:36.48 |
| | 200m: 2:44.79 | 1:28.73 600m: 8:52.70 | 1:33.12 | 1000m: 15:15.48 | 1:36.30 |
| | 300m: 4:15.99 | 1:31.20 700m: 10:27.51 | 1:34.81 | 1100m: 16:52.68 | 1:37.20 |
| | 400m: 5:47.30 | 1:31.31 800m: 12:02.70 | 1:35.19 | 1200m: 18:29.00 | 1:36.32 |
| | | | | | 1300m: 20:04.52 1:35.52 |
| | | | | | 1400m: 21:40.25 1:35.73 |
| | | | | | 1500m: 23:07.08 1:26.83 |
| 9. | Elise van der Wielen | Olympia | 23:14.45 | 200700346 | 24:53.48 |
| | 100m: 1:30.52 | 1:30.52 500m: 8:15.94 | 1:41.45 | 900m: 15:01.92 | 1:40.36 |
| | 200m: 3:10.69 | 1:40.17 600m: 9:58.29 | 1:42.35 | 1000m: 16:42.67 | 1:40.75 |
| | 300m: 4:52.50 | 1:41.81 700m: 11:40.48 | 1:42.19 | 1100m: 18:23.10 | 1:40.43 |
| | 400m: 6:34.49 | 1:41.99 800m: 13:21.56 | 1:41.08 | 1200m: 20:04.26 | 1:41.16 |
| | | | | | 1300m: 21:44.42 1:40.16 |
| | | | | | 1400m: 23:22.44 1:38.02 |
| | | | | | 1500m: 24:53.48 1:31.04 |

Senioren 1 en 2, Meisjes

| | | | | | |
|----|--------------------|------------------------|----------|-----------------|-------------------------|
| 1. | Marlies Dijsselhof | Dedemsvaart-AC | 19:59.91 | 200601046 | 20:18.96 |
| | 100m: 1:14.71 | 1:14.71 500m: 6:43.46 | 1:22.04 | 900m: 12:12.35 | 1:22.64 |
| | 200m: 2:36.85 | 1:22.14 600m: 8:05.34 | 1:21.88 | 1000m: 13:34.77 | 1:22.42 |
| | 300m: 3:59.34 | 1:22.49 700m: 9:27.79 | 1:22.45 | 1100m: 14:56.43 | 1:21.66 |
| | 400m: 5:21.42 | 1:22.08 800m: 10:49.71 | 1:21.92 | 1200m: 16:17.66 | 1:21.23 |
| | | | | | 1300m: 17:39.43 1:21.77 |
| | | | | | 1400m: 19:06.37 1:26.94 |
| | | | | | 1500m: 20:18.96 1:12.59 |
| 2. | Feline Slijkhuis | SG Octopus - ZVV | 19:28.60 | 200501042 | 20:42.95 |
| | 100m: 1:13.14 | 1:13.14 500m: 6:41.04 | 1:22.93 | 900m: 12:17.65 | 1:24.70 |
| | 200m: 2:33.30 | 1:20.16 600m: 8:04.65 | 1:23.61 | 1000m: 13:43.04 | 1:25.39 |
| | 300m: 3:55.09 | 1:21.79 700m: 9:29.42 | 1:24.77 | 1100m: 15:09.58 | 1:26.54 |
| | 400m: 5:18.11 | 1:23.02 800m: 10:52.95 | 1:23.53 | 1200m: 16:33.98 | 1:24.40 |
| | | | | | 1300m: 17:58.66 1:24.68 |
| | | | | | 1400m: 19:23.09 1:24.43 |
| | | | | | 1500m: 20:42.95 1:19.86 |

Programmanr. 2, Meisjes, 1500m vrije slag, Senioren 1 en 2

| rang | naam | vereniging | intijd | tijd | RT | | | |
|------|------------------------------|------------------|----------------|-----------|-----------------|---------|-----------------|---------|
| 3. | Pien Ooijman | De Berkelduikers | 21:26.29 | 200504500 | 22:07.09 | | | |
| | 100m: 1:18.73 | 1:18.73 | 500m: 7:08.71 | 1:28.39 | 900m: 13:07.74 | 1:30.27 | 1300m: 19:08.02 | 1:30.18 |
| | 200m: 2:44.70 | 1:25.97 | 600m: 8:38.35 | 1:29.64 | 1000m: 14:37.89 | 1:30.15 | 1400m: 20:39.12 | 1:31.10 |
| | 300m: 4:12.13 | 1:27.43 | 700m: 10:07.66 | 1:29.31 | 1100m: 16:08.06 | 1:30.17 | 1500m: 22:07.09 | 1:27.97 |
| | 400m: 5:40.32 | 1:28.19 | 800m: 11:37.47 | 1:29.81 | 1200m: 17:37.84 | 1:29.78 | | |
| 4. | Eva Havelaar * 100m, 200m | De Grunte | 23:05.03 | 200601660 | 23:38.47 | | | |
| | 100m: 1:25.21 | 1:25.21 | 500m: 7:56.68 | 1:38.01 | 900m: 14:23.61 | 1:35.61 | 1300m: 20:41.90 | 1:33.80 |
| | 200m: 3:02.12 | 1:36.91 | 600m: 9:33.55 | 1:36.87 | 1000m: 15:59.53 | 1:35.92 | 1400m: 22:14.92 | 1:33.02 |
| | 300m: 4:39.91 | 1:37.79 | 700m: 11:10.53 | 1:36.98 | 1100m: 17:33.67 | 1:34.14 | 1500m: 23:38.47 | 1:23.55 |
| | 400m: 6:18.67 | 1:38.76 | 800m: 12:48.00 | 1:37.47 | 1200m: 19:08.10 | 1:34.43 | | |

Senioren, Dames

| | | | | | | | | |
|----|-------------------|----------------|----------------|-----------|-----------------|---------|-----------------|---------|
| 1. | Ismay Lichtendonk | Dedemsvaart-AC | 17:50.23 | 200400622 | 18:46.91 | | | |
| | 100m: 1:09.28 | 1:09.28 | 500m: 6:10.03 | 1:16.41 | 900m: 11:15.93 | 1:17.36 | 1300m: 16:21.56 | 1:15.60 |
| | 200m: 2:23.52 | 1:14.24 | 600m: 7:25.23 | 1:15.20 | 1000m: 12:32.43 | 1:16.50 | 1400m: 17:36.94 | 1:15.38 |
| | 300m: 3:27.08 | 1:03.56 | 700m: 8:41.88 | 1:16.65 | 1100m: 13:50.07 | 1:17.64 | 1500m: 18:46.91 | 1:09.97 |
| | 400m: 4:53.62 | 1:26.54 | 800m: 9:58.57 | 1:16.69 | 1200m: 15:05.96 | 1:15.89 | | |
| 2. | Britt Biemans | Olympia | 21:18.69 | 200400080 | 21:55.53 | | | |
| | 100m: 1:19.78 | 1:19.78 | 500m: 7:13.60 | 1:28.55 | 900m: 13:09.81 | 1:29.47 | 1300m: 19:05.06 | 1:27.55 |
| | 200m: 2:47.35 | 1:27.57 | 600m: 8:42.32 | 1:28.72 | 1000m: 14:40.04 | 1:30.23 | 1400m: 20:31.97 | 1:26.91 |
| | 300m: 4:16.09 | 1:28.74 | 700m: 10:11.16 | 1:28.84 | 1100m: 16:09.08 | 1:29.04 | 1500m: 21:55.53 | 1:23.56 |
| | 400m: 5:45.05 | 1:28.96 | 800m: 11:40.34 | 1:29.18 | 1200m: 17:37.51 | 1:28.43 | | |
| 3. | Romée Beverdam | WS Twente | 21:19.92 | 200100158 | 22:13.77 | | | |
| | 100m: 1:20.22 | 1:20.22 | 500m: 7:11.43 | 1:29.31 | 900m: 13:12.32 | 1:30.69 | 1300m: 19:14.85 | 1:32.36 |
| | 200m: 2:46.76 | 1:26.54 | 600m: 8:41.38 | 1:29.95 | 1000m: 14:42.29 | 1:29.97 | 1400m: 20:46.80 | 1:31.95 |
| | 300m: 4:14.03 | 1:27.27 | 700m: 10:11.36 | 1:29.98 | 1100m: 16:12.94 | 1:30.65 | 1500m: 22:13.77 | 1:26.97 |
| | 400m: 5:42.12 | 1:28.09 | 800m: 11:41.63 | 1:30.27 | 1200m: 17:42.49 | 1:29.55 | | |

Junioren 1 en 2, Jongens

| | | | | | | | | |
|----|---------------------|----------------|----------------|-----------|-----------------|---------|-----------------|---------|
| 1. | Ruben Kragt | Dedemsvaart-AC | 18:34.60 | 201000007 | 19:30.10 | | | |
| | 100m: 1:11.27 | 1:11.27 | 500m: 6:24.13 | 1:18.80 | 900m: 11:40.25 | 1:19.54 | 1300m: 16:56.95 | 1:18.80 |
| | 200m: 2:28.93 | 1:17.66 | 600m: 7:42.80 | 1:18.67 | 1000m: 12:59.37 | 1:19.12 | 1400m: 18:14.75 | 1:17.80 |
| | 300m: 3:47.45 | 1:18.52 | 700m: 9:01.68 | 1:18.88 | 1100m: 14:18.64 | 1:19.27 | 1500m: 19:30.10 | 1:15.35 |
| | 400m: 5:05.33 | 1:17.88 | 800m: 10:20.71 | 1:19.03 | 1200m: 15:38.15 | 1:19.51 | | |
| 2. | Douwe Enzerink | Deltasteur | 20:59.50 | 201102657 | 19:37.06 | | | |
| | 100m: 1:12.56 | 1:12.56 | 500m: 6:33.01 | 1:20.21 | 900m: 11:48.78 | 1:17.67 | 1300m: 17:04.19 | 1:18.33 |
| | 200m: 2:31.74 | 1:19.18 | 600m: 7:52.92 | 1:19.91 | 1000m: 13:07.36 | 1:18.58 | 1400m: 18:23.01 | 1:18.82 |
| | 300m: 3:52.68 | 1:20.94 | 700m: 9:11.83 | 1:18.91 | 1100m: 14:26.56 | 1:19.20 | 1500m: 19:37.06 | 1:14.05 |
| | 400m: 5:12.80 | 1:20.12 | 800m: 10:31.11 | 1:19.28 | 1200m: 15:45.86 | 1:19.30 | | |
| 3. | Matthijs van Velzen | Deltasteur | 20:11.93 | 201100435 | 19:39.88 | | | |
| | 100m: 1:10.32 | 1:10.32 | 500m: 6:27.18 | 1:19.37 | 900m: 11:47.69 | 1:19.97 | 1300m: 17:07.46 | 1:19.72 |
| | 200m: 2:28.39 | 1:18.07 | 600m: 7:47.15 | 1:19.97 | 1000m: 13:07.63 | 1:19.94 | 1400m: 18:25.99 | 1:18.53 |
| | 300m: 3:47.19 | 1:18.80 | 700m: 9:07.35 | 1:20.20 | 1100m: 14:28.90 | 1:21.27 | 1500m: 19:39.88 | 1:13.89 |
| | 400m: 5:07.81 | 1:20.62 | 800m: 10:27.72 | 1:20.37 | 1200m: 15:47.74 | 1:18.84 | | |
| 4. | Tristan Meijers | Swol 1894 | 20:11.97 | 201000089 | 19:53.32 | | | |
| | 100m: 1:13.31 | 1:13.31 | 500m: 6:34.53 | 1:19.42 | 900m: 11:54.27 | 1:19.94 | 1300m: 17:17.03 | 1:20.17 |
| | 200m: 2:33.20 | 1:19.89 | 600m: 7:54.11 | 1:19.58 | 1000m: 13:14.84 | 1:20.57 | 1400m: 18:37.08 | 1:20.05 |
| | 300m: 3:53.09 | 1:19.89 | 700m: 9:14.52 | 1:20.41 | 1100m: 14:36.34 | 1:21.50 | 1500m: 19:53.32 | 1:16.24 |
| | 400m: 5:15.11 | 1:22.02 | 800m: 10:34.33 | 1:19.81 | 1200m: 15:56.86 | 1:20.52 | | |
| 5. | Rafaël Agterbos | O Z & P C | 22:10.73 | 201000171 | 20:57.52 | | | |
| | 100m: 1:15.98 | 1:15.98 | 500m: 6:59.65 | 1:25.62 | 900m: 12:40.56 | 1:24.67 | 1300m: 18:17.49 | 1:23.85 |
| | 200m: 2:39.64 | 1:23.66 | 600m: 8:25.83 | 1:26.18 | 1000m: 14:05.15 | 1:24.59 | 1400m: 19:00.00 | |
| | 300m: 4:06.57 | 1:26.93 | 700m: 9:51.03 | 1:25.20 | 1100m: 15:29.32 | 1:24.17 | 1500m: 20:57.52 | |
| | 400m: 5:34.03 | 1:27.46 | 800m: 11:15.89 | 1:24.86 | 1200m: 16:53.64 | 1:24.32 | | |
| 6. | Kick Germers | Swol 1894 | NT | 201000185 | 20:59.09 | | | |
| | 100m: 1:16.25 | 1:16.25 | 500m: 6:56.98 | 1:25.21 | 900m: 12:36.15 | 1:24.32 | 1300m: 18:14.08 | 1:25.19 |
| | 200m: 2:40.25 | 1:24.00 | 600m: 8:22.56 | 1:25.58 | 1000m: 13:59.90 | 1:23.75 | 1400m: 19:37.95 | 1:23.87 |
| | 300m: 4:05.69 | 1:25.44 | 700m: 9:47.84 | 1:25.28 | 1100m: 15:23.77 | 1:23.87 | 1500m: 20:59.09 | 1:21.14 |
| | 400m: 5:31.77 | 1:26.08 | 800m: 11:11.83 | 1:23.99 | 1200m: 16:48.89 | 1:25.12 | | |
| 7. | Thijmen Holterman | ZPC De Hof | 20:54.26 | 201000005 | 21:00.51 | | | |
| | 100m: 1:14.98 | 1:14.98 | 500m: 6:50.66 | 1:22.63 | 900m: 12:35.09 | 1:27.78 | 1300m: 18:19.16 | 1:23.19 |
| | 200m: 2:38.83 | 1:23.85 | 600m: 8:14.02 | 1:23.36 | 1000m: 14:03.50 | 1:28.41 | 1400m: 19:40.78 | 1:21.62 |
| | 300m: 4:04.25 | 1:25.42 | 700m: 9:40.35 | 1:26.33 | 1100m: 15:27.48 | 1:23.98 | 1500m: 21:00.51 | 1:19.73 |
| | 400m: 5:28.03 | 1:23.78 | 800m: 11:07.31 | 1:26.96 | 1200m: 16:55.97 | 1:28.49 | | |
| 8. | Stan Nijhuis | O Z & P C | NT | 201100191 | 21:23.31 | | | |
| | 100m: 1:21.19 | 1:21.19 | 500m: 7:04.04 | 1:25.85 | 900m: 12:50.56 | 1:26.67 | 1300m: 18:37.89 | 1:28.73 |
| | 200m: 2:46.55 | 1:25.36 | 600m: 8:31.39 | 1:27.35 | 1000m: 14:17.18 | 1:26.62 | 1400m: 20:03.84 | 1:25.95 |
| | 300m: 4:12.63 | 1:26.08 | 700m: 9:57.65 | 1:26.26 | 1100m: 15:43.90 | 1:26.72 | 1500m: 21:23.31 | 1:19.47 |
| | 400m: 5:38.19 | 1:25.56 | 800m: 11:23.89 | 1:26.24 | 1200m: 17:09.16 | 1:25.26 | | |

Programmanr. 2, Jongens, 1500m vrije slag, Junioren 1 en 2

| rang | naam | vereniging | intijd | tijd | RT | | | |
|------|-------------------|----------------|----------------|-----------|-----------------|---------|-----------------|---------|
| 9. | Roan Dijkstra | Dedemsvaart-AC | NT | 201002791 | 21:38.50 | | | |
| | 100m: 1:18.39 | 1:18.39 | 500m: 7:07.66 | 1:28.35 | 900m: 13:00.30 | 1:27.96 | 1300m: 18:48.80 | 1:27.81 |
| | 200m: 2:43.80 | 1:25.41 | 600m: 8:35.84 | 1:28.18 | 1000m: 14:28.13 | 1:27.83 | 1400m: 20:15.70 | 1:26.90 |
| | 300m: 4:11.22 | 1:27.42 | 700m: 10:04.19 | 1:28.35 | 1100m: 15:54.78 | 1:26.65 | 1500m: 21:38.50 | 1:22.80 |
| | 400m: 5:39.31 | 1:28.09 | 800m: 11:32.34 | 1:28.15 | 1200m: 17:20.99 | 1:26.21 | | |
| 10. | Gijs Nooter | Dedemsvaart-AC | 23:20.95 | 201000725 | 21:54.15 | | | |
| | 100m: 1:17.64 | 1:17.64 | 500m: 7:04.54 | 1:28.64 | 900m: 13:01.23 | 1:29.59 | 1300m: 19:01.38 | 1:29.10 |
| | 200m: 2:42.43 | 1:24.79 | 600m: 8:32.01 | 1:27.47 | 1000m: 14:31.02 | 1:29.79 | 1400m: 20:29.77 | 1:28.39 |
| | 300m: 4:07.67 | 1:25.24 | 700m: 10:02.07 | 1:30.06 | 1100m: 16:02.79 | 1:31.77 | 1500m: 21:54.15 | 1:24.38 |
| | 400m: 5:35.90 | 1:28.23 | 800m: 11:31.64 | 1:29.57 | 1200m: 17:32.28 | 1:29.49 | | |
| 11. | Amor van der Veen | Dedemsvaart-AC | 21:17.37 | 201100197 | 21:54.48 | | | |
| | 100m: 1:20.08 | 1:20.08 | 500m: 7:17.49 | 1:29.56 | 900m: 13:12.63 | 1:29.31 | 1300m: 19:06.50 | 1:27.42 |
| | 200m: 2:49.00 | 1:28.92 | 600m: 8:46.26 | 1:28.77 | 1000m: 14:42.16 | 1:29.53 | 1400m: 20:33.00 | 1:26.50 |
| | 300m: 4:18.50 | 1:29.50 | 700m: 10:15.05 | 1:28.79 | 1100m: 16:10.01 | 1:27.85 | 1500m: 21:54.48 | 1:21.48 |
| | 400m: 5:47.93 | 1:29.43 | 800m: 11:43.32 | 1:28.27 | 1200m: 17:39.08 | 1:29.07 | | |
| 12. | Milan Eikenaar | Swol 1894 | 23:04.28 | 201100599 | 22:13.09 | | | |
| | 100m: 1:16.39 | 1:16.39 | 500m: 7:10.37 | 1:28.27 | 900m: 13:14.15 | 1:32.51 | 1300m: 19:20.15 | 1:31.68 |
| | 200m: 2:43.15 | 1:26.76 | 600m: 8:40.48 | 1:30.11 | 1000m: 14:45.99 | 1:31.84 | 1400m: 20:48.32 | 1:28.17 |
| | 300m: 4:12.06 | 1:28.91 | 700m: 10:11.39 | 1:30.91 | 1100m: 16:17.46 | 1:31.47 | 1500m: 22:13.09 | 1:24.77 |
| | 400m: 5:42.10 | 1:30.04 | 800m: 11:41.64 | 1:30.25 | 1200m: 17:48.47 | 1:31.01 | | |
| 13. | Hugo Hulstijn | Wijchen | 21:56.78 | 201100297 | 22:13.17 | | | |
| | 100m: 1:20.60 | 1:20.60 | 500m: 7:19.58 | 1:30.80 | 900m: 13:15.75 | 1:29.36 | 1300m: 19:17.11 | 1:29.25 |
| | 200m: 2:49.76 | 1:29.16 | 600m: 8:47.54 | 1:27.96 | 1000m: 14:45.67 | 1:29.92 | 1400m: 20:47.71 | 1:30.60 |
| | 300m: 4:19.33 | 1:29.57 | 700m: 10:18.45 | 1:30.91 | 1100m: 16:17.87 | 1:32.20 | 1500m: 22:13.17 | 1:25.46 |
| | 400m: 5:48.78 | 1:29.45 | 800m: 11:46.39 | 1:27.94 | 1200m: 17:47.86 | 1:29.99 | | |
| 14. | Jesse Jolink | ESCA Zwemmen | 22:36.72 | 201000401 | 22:23.23 | | | |
| | 100m: 1:23.94 | 1:23.94 | 500m: 7:20.03 | 1:29.10 | 900m: 13:23.63 | 1:31.41 | 1300m: 19:27.61 | 1:31.77 |
| | 200m: 2:52.15 | 1:28.21 | 600m: 8:51.06 | 1:31.03 | 1000m: 14:53.90 | 1:30.27 | 1400m: 20:59.53 | 1:31.92 |
| | 300m: 4:22.24 | 1:30.09 | 700m: 10:22.39 | 1:31.33 | 1100m: 16:24.59 | 1:30.69 | 1500m: 22:23.23 | 1:23.70 |
| | 400m: 5:50.93 | 1:28.69 | 800m: 11:52.22 | 1:29.83 | 1200m: 17:55.84 | 1:31.25 | | |

Junioren 3 en 4, Jongens

| | | | | | | | | |
|----|--------------------|----------------|----------------|-----------|-----------------|---------|-----------------|---------|
| 1. | Milan Veelders | De Dinkel | 16:38.28 | 200800279 | 17:24.16 | | | |
| | 100m: 1:05.86 | 1:05.86 | 500m: 5:43.46 | 1:09.32 | 900m: 10:22.79 | 1:09.98 | 1300m: 15:06.23 | 1:11.34 |
| | 200m: 2:15.24 | 1:09.38 | 600m: 6:52.88 | 1:09.42 | 1000m: 11:32.72 | 1:09.93 | 1400m: 16:16.67 | 1:10.44 |
| | 300m: 3:24.65 | 1:09.41 | 700m: 8:02.93 | 1:10.05 | 1100m: 12:43.82 | 1:11.10 | 1500m: 17:24.16 | 1:07.49 |
| | 400m: 4:34.14 | 1:09.49 | 800m: 9:12.81 | 1:09.88 | 1200m: 13:54.89 | 1:11.07 | | |
| 2. | Teun van Weeren | WS Twente | 17:35.96 | 200801145 | 18:21.59 | | | |
| | 100m: 1:07.79 | 1:07.79 | 500m: 6:02.35 | 1:14.50 | 900m: 10:58.68 | 1:14.18 | 1300m: 15:56.70 | 1:14.69 |
| | 200m: 2:20.46 | 1:12.67 | 600m: 7:16.17 | 1:13.82 | 1000m: 12:13.21 | 1:14.53 | 1400m: 17:09.85 | 1:13.15 |
| | 300m: 3:34.19 | 1:13.73 | 700m: 8:30.38 | 1:14.21 | 1100m: 13:27.51 | 1:14.30 | 1500m: 18:21.59 | 1:11.74 |
| | 400m: 4:47.85 | 1:13.66 | 800m: 9:44.50 | 1:14.12 | 1200m: 14:42.01 | 1:14.50 | | |
| 3. | Dyon Scholten | Steenwijk 1934 | 18:40.64 | 200900095 | 19:37.37 | | | |
| | 100m: 1:08.27 | 1:08.27 | 500m: 6:24.71 | 1:19.81 | 900m: 11:46.12 | 1:21.04 | 1300m: 17:02.71 | 1:18.40 |
| | 200m: 2:26.27 | 1:18.00 | 600m: 7:44.96 | 1:20.25 | 1000m: 13:07.71 | 1:21.59 | 1400m: 18:21.28 | 1:18.57 |
| | 300m: 3:45.42 | 1:19.15 | 700m: 9:05.87 | 1:20.91 | 1100m: 14:23.68 | 1:15.97 | 1500m: 19:37.37 | 1:16.09 |
| | 400m: 5:04.90 | 1:19.48 | 800m: 10:25.08 | 1:19.21 | 1200m: 15:44.31 | 1:20.63 | | |
| 4. | Finn Stamnieder | O Z & P C | 21:27.19 | 200900225 | 19:40.37 | | | |
| | 100m: 1:09.90 | 1:09.90 | 500m: 6:26.79 | 1:20.09 | 900m: 11:48.14 | 1:19.75 | 1300m: 17:06.43 | 1:19.73 |
| | 200m: 2:27.56 | 1:17.66 | 600m: 7:47.13 | 1:20.34 | 1000m: 13:07.84 | 1:19.70 | 1400m: 18:24.78 | 1:18.35 |
| | 300m: 3:47.03 | 1:19.47 | 700m: 9:08.08 | 1:20.95 | 1100m: 14:27.00 | 1:19.16 | 1500m: 19:40.37 | 1:15.59 |
| | 400m: 5:06.70 | 1:19.67 | 800m: 10:28.39 | 1:20.31 | 1200m: 15:46.70 | 1:19.70 | | |
| 5. | Roan van der Stege | Swol 1894 | NT | 200900107 | 19:43.31 | | | |
| | 100m: 1:14.12 | 1:14.12 | 500m: 6:37.23 | 1:21.34 | 900m: 11:59.07 | 1:19.47 | 1300m: 17:11.88 | 1:17.90 |
| | 200m: 2:33.92 | 1:19.80 | 600m: 7:58.13 | 1:20.90 | 1000m: 13:19.37 | 1:20.30 | 1400m: 18:28.82 | 1:16.94 |
| | 300m: 3:56.75 | 1:22.83 | 700m: 9:19.32 | 1:21.19 | 1100m: 14:37.43 | 1:18.06 | 1500m: 19:43.31 | 1:14.49 |
| | 400m: 5:15.89 | 1:19.14 | 800m: 10:39.60 | 1:20.28 | 1200m: 15:53.98 | 1:16.55 | | |
| 6. | Julian Zwarthoff | Swol 1894 | 18:59.91 | 200800945 | 19:47.51 | | | |
| | 100m: 1:11.37 | 1:11.37 | 500m: 6:26.23 | 1:20.34 | 900m: 11:48.75 | 1:21.02 | 1300m: 17:11.82 | 1:21.85 |
| | 200m: 2:28.79 | 1:17.42 | 600m: 7:46.48 | 1:20.25 | 1000m: 13:10.50 | 1:21.75 | 1400m: 18:31.70 | 1:19.88 |
| | 300m: 3:46.36 | 1:17.57 | 700m: 9:07.69 | 1:21.21 | 1100m: 14:28.29 | 1:17.79 | 1500m: 19:47.51 | 1:15.81 |
| | 400m: 5:05.89 | 1:19.53 | 800m: 10:27.73 | 1:20.04 | 1200m: 15:49.97 | 1:21.68 | | |
| 7. | Milan Bottenberg | Deltasteur | 20:05.34 | 200900153 | 19:54.11 | | | |
| | 100m: 1:12.72 | 1:12.72 | 500m: 6:35.51 | 1:21.36 | 900m: 11:57.68 | 1:20.72 | 1300m: 17:20.23 | 1:19.93 |
| | 200m: 2:32.40 | 1:19.68 | 600m: 7:55.97 | 1:20.46 | 1000m: 13:19.09 | 1:21.41 | 1400m: 18:38.60 | 1:18.37 |
| | 300m: 3:52.70 | 1:20.30 | 700m: 9:16.60 | 1:20.63 | 1100m: 14:39.36 | 1:20.27 | 1500m: 19:54.11 | 1:15.51 |
| | 400m: 5:14.15 | 1:21.45 | 800m: 10:36.96 | 1:20.36 | 1200m: 16:00.30 | 1:20.94 | | |
| 8. | Guus van Duinen | Dedemsvaart-AC | 21:18.41 | 200901107 | 20:31.56 | | | |
| | 100m: 1:14.66 | 1:14.66 | 500m: 6:48.90 | 1:24.24 | 900m: 12:25.05 | 1:23.94 | 1300m: 17:53.78 | 1:22.03 |
| | 200m: 2:37.21 | 1:22.55 | 600m: 8:13.31 | 1:24.41 | 1000m: 13:48.18 | 1:23.13 | 1400m: 19:15.34 | 1:21.56 |
| | 300m: 4:00.54 | 1:23.33 | 700m: 9:36.67 | 1:23.36 | 1100m: 15:10.42 | 1:22.24 | 1500m: 20:31.56 | 1:16.22 |
| | 400m: 5:24.66 | 1:24.12 | 800m: 11:01.11 | 1:24.44 | 1200m: 16:31.75 | 1:21.33 | | |

Programmanr. 2, Jongens, 1500m vrije slag, Junioren 3 en 4

| rang | naam | vereniging | intijd | tijd | RT | | | |
|------|-------------------------|---------------|----------------|-----------|-----------------|---------|-----------------|---------|
| 9. | Rinse de Jonge | De Grunte | 21:17.28 | 200900705 | 21:04.99 | | | |
| | 100m: 1:15.89 | 1:15.89 | 500m: 6:56.66 | 1:27.17 | 900m: 12:40.18 | 1:25.17 | 1300m: 18:21.07 | 1:24.89 |
| | 200m: 2:39.98 | 1:24.09 | 600m: 8:23.38 | 1:26.72 | 1000m: 14:05.13 | 1:24.95 | 1400m: 19:45.20 | 1:24.13 |
| | 300m: 4:04.29 | 1:24.31 | 700m: 9:49.39 | 1:26.01 | 1100m: 15:30.52 | 1:25.39 | 1500m: 21:04.99 | 1:19.79 |
| | 400m: 5:29.49 | 1:25.20 | 800m: 11:15.01 | 1:25.62 | 1200m: 16:56.18 | 1:25.66 | | |
| 10. | Jelmer Kruijt | Olympia | 22:04.21 | 200900525 | 22:13.77 | | | |
| | 100m: 1:16.24 | 1:16.24 | 500m: 7:19.56 | 1:32.37 | 900m: 13:27.90 | 1:30.47 | 1300m: 19:24.88 | 1:30.96 |
| | 200m: 2:44.45 | 1:28.21 | 600m: 8:52.53 | 1:32.97 | 1000m: 14:56.59 | 1:28.69 | 1400m: 20:51.36 | 1:26.48 |
| | 300m: 4:15.12 | 1:30.67 | 700m: 10:25.50 | 1:32.97 | 1100m: 16:25.93 | 1:29.34 | 1500m: 22:13.77 | 1:22.41 |
| | 400m: 5:47.19 | 1:32.07 | 800m: 11:57.43 | 1:31.93 | 1200m: 17:53.92 | 1:27.99 | | |
| 11. | Guus Pijl | Flevo | 23:50.25 | 200900691 | 23:46.69 | | | |
| | 100m: 1:24.14 | 1:24.14 | 500m: 7:43.84 | 1:37.14 | 900m: 14:13.97 | 1:38.24 | 1300m: 20:44.83 | 1:37.50 |
| | 200m: 2:55.97 | 1:31.83 | 600m: 9:21.71 | 1:37.87 | 1000m: 15:51.74 | 1:37.77 | 1400m: 22:18.47 | 1:33.64 |
| | 300m: 4:30.12 | 1:34.15 | 700m: 10:58.03 | 1:36.32 | 1100m: 17:29.26 | 1:37.52 | 1500m: 23:46.69 | 1:28.22 |
| | 400m: 6:06.70 | 1:36.58 | 800m: 12:35.73 | 1:37.70 | 1200m: 19:07.33 | 1:38.07 | | |
| 12. | Jurre Wolff van Wulfing | TZ&PC Proteus | 22:43.37 | 200902471 | 24:20.34 | | | |
| | 100m: 1:25.32 | 1:25.32 | 500m: 7:58.13 | 1:39.44 | 900m: 14:32.97 | 1:38.38 | 1300m: 21:07.30 | 1:40.63 |
| | 200m: 3:00.43 | 1:35.11 | 600m: 9:37.22 | 1:39.09 | 1000m: 16:10.84 | 1:37.87 | 1400m: 22:55.81 | 1:48.51 |
| | 300m: 4:40.47 | 1:40.04 | 700m: 11:16.02 | 1:38.80 | 1100m: 17:47.57 | 1:36.73 | 1500m: 24:20.34 | 1:24.53 |
| | 400m: 6:18.69 | 1:38.22 | 800m: 12:54.59 | 1:38.57 | 1200m: 19:26.67 | 1:39.10 | | |

Jeugd 1 en 2, Jongens

| | | | | | | | | |
|----|--------------------|------------------|----------------|-----------|-----------------|---------|-----------------|---------|
| 1. | Tiamo van der Veen | Dedemsvaart-AC | 17:12.38 | 200600033 | 17:59.07 | | | |
| | 100m: 1:06.39 | 1:06.39 | 500m: 5:54.69 | 1:12.49 | 900m: 10:43.41 | 1:12.31 | 1300m: 15:34.83 | 1:13.11 |
| | 200m: 2:18.15 | 1:11.76 | 600m: 7:07.11 | 1:12.42 | 1000m: 11:56.13 | 1:12.72 | 1400m: 16:48.59 | 1:13.76 |
| | 300m: 3:30.00 | 1:11.85 | 700m: 8:19.04 | 1:11.93 | 1100m: 13:08.74 | 1:12.61 | 1500m: 17:59.07 | 1:10.48 |
| | 400m: 4:42.20 | 1:12.20 | 800m: 9:31.10 | 1:12.06 | 1200m: 14:21.72 | 1:12.98 | | |
| 2. | Arnoud Bult | De Dinkel | 17:47.53 | 200701387 | 18:34.06 | | | |
| | 100m: 1:08.25 | 1:08.25 | 500m: 6:03.50 | 1:13.92 | 900m: 11:02.19 | 1:14.56 | 1300m: 16:02.55 | 1:15.79 |
| | 200m: 2:21.60 | 1:13.35 | 600m: 7:18.48 | 1:14.98 | 1000m: 12:16.98 | 1:14.79 | 1400m: 17:17.82 | 1:15.27 |
| | 300m: 3:35.40 | 1:13.80 | 700m: 8:34.05 | 1:15.57 | 1100m: 13:32.12 | 1:15.14 | 1500m: 18:34.06 | 1:16.24 |
| | 400m: 4:49.58 | 1:14.18 | 800m: 9:47.63 | 1:13.58 | 1200m: 14:46.76 | 1:14.64 | | |
| 3. | Emiel de Bruijn | Dedemsvaart-AC | 19:55.43 | 200700953 | 18:42.30 | | | |
| | 100m: 1:08.20 | 1:08.20 | 500m: 6:13.78 | 1:16.68 | 900m: 11:17.60 | 1:15.69 | 1300m: 16:18.39 | 1:14.83 |
| | 200m: 2:23.49 | 1:15.29 | 600m: 7:30.08 | 1:16.30 | 1000m: 12:33.12 | 1:15.52 | 1400m: 17:32.01 | 1:13.62 |
| | 300m: 3:39.94 | 1:16.45 | 700m: 8:45.61 | 1:15.53 | 1100m: 13:48.11 | 1:14.99 | 1500m: 18:42.30 | 1:10.29 |
| | 400m: 4:57.10 | 1:17.16 | 800m: 10:01.91 | 1:16.30 | 1200m: 15:03.56 | 1:15.45 | | |
| 4. | Lars ten Katen | Batavia Swim | 18:01.15 | 200600959 | 19:16.92 | | | |
| | 100m: 1:08.86 | 1:08.86 | 500m: 6:24.05 | 1:20.09 | 900m: 11:38.74 | 1:18.81 | 1300m: 16:50.14 | 1:18.10 |
| | 200m: 2:26.55 | 1:17.69 | 600m: 7:42.58 | 1:18.53 | 1000m: 12:55.95 | 1:17.21 | 1400m: 18:06.33 | 1:16.19 |
| | 300m: 3:44.95 | 1:18.40 | 700m: 9:01.14 | 1:18.56 | 1100m: 14:13.36 | 1:17.41 | 1500m: 19:16.92 | 1:10.59 |
| | 400m: 5:03.96 | 1:19.01 | 800m: 10:19.93 | 1:18.79 | 1200m: 15:32.04 | 1:18.68 | | |
| 5. | Timo Bourgonje | SG Octopus - ZVV | 18:59.42 | 200700599 | 19:19.96 | | | |
| | 100m: 1:10.70 | 1:10.70 | 500m: 6:24.47 | 1:18.55 | 900m: 11:37.73 | 1:16.73 | 1300m: 16:49.00 | 1:17.37 |
| | 200m: 2:28.49 | 1:17.79 | 600m: 7:43.40 | 1:18.93 | 1000m: 12:56.39 | 1:18.66 | 1400m: 18:05.88 | 1:16.88 |
| | 300m: 3:47.18 | 1:18.69 | 700m: 9:02.37 | 1:18.97 | 1100m: 14:14.34 | 1:17.95 | 1500m: 19:19.96 | 1:14.08 |
| | 400m: 5:05.92 | 1:18.74 | 800m: 10:21.00 | 1:18.63 | 1200m: 15:31.63 | 1:17.29 | | |
| 6. | Tijs Kruithof | Het Ravijn | 19:30.51 | 200701181 | 20:21.56 | | | |
| | 100m: 1:15.05 | 1:15.05 | 500m: 6:47.77 | 1:22.87 | 900m: 12:19.52 | 1:22.40 | 1300m: 17:48.16 | 1:22.71 |
| | 200m: 2:37.92 | 1:22.87 | 600m: 8:13.07 | 1:25.30 | 1000m: 13:40.81 | 1:21.29 | 1400m: 19:06.94 | 1:18.78 |
| | 300m: 4:01.64 | 1:23.72 | 700m: 9:34.86 | 1:21.79 | 1100m: 15:03.23 | 1:22.42 | 1500m: 20:21.56 | 1:14.62 |
| | 400m: 5:24.90 | 1:23.26 | 800m: 10:57.12 | 1:22.26 | 1200m: 16:25.45 | 1:22.22 | | |
| 7. | Rick Smelt | ZVZwartsuis | 19:04.86 | 200600051 | 20:35.82 | | | |
| | 100m: 1:16.27 | 1:16.27 | 500m: 6:53.05 | 1:25.35 | 900m: 12:25.56 | 1:23.52 | 1300m: 17:54.43 | 1:21.68 |
| | 200m: 2:38.44 | 1:22.17 | 600m: 8:15.78 | 1:22.73 | 1000m: 13:48.68 | 1:23.12 | 1400m: 19:16.11 | 1:21.68 |
| | 300m: 4:02.84 | 1:24.40 | 700m: 9:38.57 | 1:22.79 | 1100m: 15:10.60 | 1:21.92 | 1500m: 20:35.82 | 1:19.71 |
| | 400m: 5:27.70 | 1:24.86 | 800m: 11:02.04 | 1:23.47 | 1200m: 16:32.75 | 1:22.15 | | |

Senioren 1 en 2, Heren

| | | | | | | | | |
|----|-----------------|------------------|----------------|-----------|-----------------|---------|-----------------|---------|
| 1. | Mattijn Thijert | WS Twente | 17:23.58 | 200501921 | 18:13.51 | | | |
| | 100m: 1:07.18 | 1:07.18 | 500m: 6:04.79 | 1:15.01 | 900m: 11:00.68 | 1:13.34 | 1300m: 15:54.18 | 1:13.25 |
| | 200m: 2:21.36 | 1:14.18 | 600m: 7:19.81 | 1:15.02 | 1000m: 12:14.37 | 1:13.69 | 1400m: 17:06.29 | 1:12.11 |
| | 300m: 3:35.16 | 1:13.80 | 700m: 8:34.04 | 1:14.23 | 1100m: 13:26.97 | 1:12.60 | 1500m: 18:13.51 | 1:07.22 |
| | 400m: 4:49.78 | 1:14.62 | 800m: 9:47.34 | 1:13.30 | 1200m: 14:40.93 | 1:13.96 | | |
| 2. | Stan Tibben | Dedemsvaart-AC | 18:02.59 | 200503591 | 18:44.16 | | | |
| | 100m: 1:11.13 | 1:11.13 | 500m: 6:17.10 | 1:16.39 | 900m: 11:16.48 | 1:12.63 | 1300m: 16:17.60 | 1:14.94 |
| | 200m: 2:28.39 | 1:17.26 | 600m: 7:32.74 | 1:15.64 | 1000m: 12:31.83 | 1:15.35 | 1400m: 17:32.66 | 1:15.06 |
| | 300m: 3:44.90 | 1:16.51 | 700m: 8:48.61 | 1:15.87 | 1100m: 13:47.02 | 1:15.19 | 1500m: 18:44.16 | 1:11.50 |
| | 400m: 5:00.71 | 1:15.81 | 800m: 10:03.85 | 1:15.24 | 1200m: 15:02.66 | 1:15.64 | | |
| 3. | Jorim Hebbink | De Berkelduikers | 20:53.68 | 200401957 | 21:16.58 | | | |
| | 100m: 1:15.02 | 1:15.02 | 500m: 7:01.36 | 1:27.78 | 900m: 12:48.50 | 1:26.38 | 1300m: 18:31.24 | 1:24.49 |
| | 200m: 2:39.66 | 1:24.64 | 600m: 8:27.90 | 1:26.54 | 1000m: 14:14.52 | 1:26.02 | 1400m: 19:55.95 | 1:24.71 |
| | 300m: 4:06.38 | 1:26.72 | 700m: 9:55.44 | 1:27.54 | 1100m: 15:40.99 | 1:26.47 | 1500m: 21:16.58 | 1:20.63 |
| | 400m: 5:33.58 | 1:27.20 | 800m: 11:22.12 | 1:26.68 | 1200m: 17:06.75 | 1:25.76 | | |

Programmanr. 2, Heren, 1500m vrije slag, Senioren 1 en 2

| rang | naam | vereniging | intijd | tijd | RT | | | |
|------|---------------|--------------|----------------|-----------|-----------------|----------|-----------------|---------|
| 4. | Lasse Ophuis | WS Twente | 21:13.67 | 200400027 | 21:43.40 | | | |
| | 100m: 1:13.48 | 1:13.48 | 500m: 7:00.45 | 1:30.08 | 900m: 12:54.82 | 1:28.84 | 1300m: 18:52.91 | 1:29.61 |
| | 200m: 2:35.57 | 1:22.09 | 600m: 8:29.22 | 1:28.77 | 1000m: 14:23.91 | 1:29.09 | 1400m: 20:22.33 | 1:29.42 |
| | 300m: 4:02.56 | 1:26.99 | 700m: 9:57.15 | 1:27.93 | 1100m: 15:53.03 | 1:29.12 | 1500m: 21:43.40 | 1:21.07 |
| | 400m: 5:30.37 | 1:27.81 | 800m: 11:25.98 | 1:28.83 | 1200m: 17:23.30 | 1:30.27 | | |
| 5. | Jesse Bruines | Batavia Swim | 22:30.81 | 200402413 | S9 | 22:39.64 | 497 | |
| | 100m: 1:23.19 | 1:23.19 | 500m: 7:26.53 | 1:31.00 | 900m: 13:30.16 | 1:30.22 | 1300m: 19:39.07 | 1:32.62 |
| | 200m: 2:53.70 | 1:30.51 | 600m: 8:58.62 | 1:32.09 | 1000m: 15:02.17 | 1:32.01 | 1400m: 21:10.97 | 1:31.90 |
| | 300m: 4:24.50 | 1:30.80 | 700m: 10:29.14 | 1:30.52 | 1100m: 16:34.47 | 1:32.30 | 1500m: 22:39.64 | 1:28.67 |
| | 400m: 5:55.53 | 1:31.03 | 800m: 11:59.94 | 1:30.80 | 1200m: 18:06.45 | 1:31.98 | | |

Senioren, Heren

| | | | | | | | | |
|----|-------------------|--------------|----------------|-----------|-----------------|----------|-----------------|---------|
| 1. | Mike Schel | ESCA Zwemmen | 17:56.90 | 199403279 | 18:51.15 | | | |
| | 100m: 1:11.44 | 1:11.44 | 500m: 6:17.63 | 1:16.54 | 900m: 11:22.39 | 1:15.60 | 1300m: 16:25.49 | 1:16.01 |
| | 200m: 2:27.46 | 1:16.02 | 600m: 7:34.50 | 1:16.87 | 1000m: 12:38.34 | 1:15.95 | 1400m: 17:41.66 | 1:16.17 |
| | 300m: 3:44.24 | 1:16.78 | 700m: 8:50.87 | 1:16.37 | 1100m: 13:53.74 | 1:15.40 | 1500m: 18:51.15 | 1:09.49 |
| | 400m: 5:01.09 | 1:16.85 | 800m: 10:06.79 | 1:15.92 | 1200m: 15:09.48 | 1:15.74 | | |
| 2. | Bart Oude Egbrink | O Z & P C | 19:00.45 | 200300491 | 18:51.75 | | | |
| | 100m: 1:09.92 | 1:09.92 | 500m: 6:12.93 | 1:16.40 | 900m: 11:18.61 | 1:15.96 | 1300m: 16:22.34 | 1:15.48 |
| | 200m: 2:24.49 | 1:14.57 | 600m: 7:29.58 | 1:16.65 | 1000m: 12:35.07 | 1:16.46 | 1400m: 17:38.40 | 1:16.06 |
| | 300m: 3:40.35 | 1:15.86 | 700m: 8:45.75 | 1:16.17 | 1100m: 13:51.18 | 1:16.11 | 1500m: 18:51.75 | 1:13.35 |
| | 400m: 4:56.53 | 1:16.18 | 800m: 10:02.65 | 1:16.90 | 1200m: 15:06.86 | 1:15.68 | | |
| 3. | Wessel Everloo | WS Twente | 18:24.82 | 198906597 | S14 | 19:23.37 | 686 | |
| | 100m: 1:12.76 | 1:12.76 | 500m: 6:24.66 | 1:17.52 | 900m: 11:36.02 | 1:19.16 | 1300m: 16:49.90 | 1:18.29 |
| | 200m: 2:30.94 | 1:18.18 | 600m: 7:41.09 | 1:16.43 | 1000m: 12:53.02 | 1:17.00 | 1400m: 18:08.32 | 1:18.42 |
| | 300m: 3:49.08 | 1:18.14 | 700m: 8:58.79 | 1:17.70 | 1100m: 14:11.99 | 1:18.97 | 1500m: 19:23.37 | 1:15.05 |
| | 400m: 5:07.14 | 1:18.06 | 800m: 10:16.86 | 1:18.07 | 1200m: 15:31.61 | 1:19.62 | | |
| 4. | Chris Kouwenhoven | De Grunte | 20:39.21 | 197101669 | 21:32.46 | | | |
| | 100m: 1:20.44 | 1:20.44 | 500m: 7:06.77 | 1:27.05 | 900m: 12:52.42 | 1:26.08 | 1300m: 18:40.08 | 1:27.27 |
| | 200m: 2:46.31 | 1:25.87 | 600m: 8:33.65 | 1:26.88 | 1000m: 14:18.97 | 1:26.55 | 1400m: 20:07.07 | 1:26.99 |
| | 300m: 4:13.05 | 1:26.74 | 700m: 10:00.33 | 1:26.68 | 1100m: 15:45.66 | 1:26.69 | 1500m: 21:32.46 | 1:25.39 |
| | 400m: 5:39.72 | 1:26.67 | 800m: 11:26.34 | 1:26.01 | 1200m: 17:12.81 | 1:27.15 | | |
| 5. | Eric Hoekman | WS Twente | 20:51.93 | 197401531 | 22:06.15 | | | |
| | 100m: 1:12.32 | 1:12.32 | 500m: 6:59.49 | 1:28.56 | 900m: 13:01.78 | 1:32.51 | 1300m: 19:06.63 | 1:29.73 |
| | 200m: 2:35.13 | 1:22.81 | 600m: 8:29.04 | 1:29.55 | 1000m: 14:33.44 | 1:31.66 | 1400m: 20:37.53 | 1:30.90 |
| | 300m: 4:02.39 | 1:27.26 | 700m: 9:58.92 | 1:29.88 | 1100m: 16:05.48 | 1:32.04 | 1500m: 22:06.15 | 1:28.62 |
| | 400m: 5:30.93 | 1:28.54 | 800m: 11:29.27 | 1:30.35 | 1200m: 17:36.90 | 1:31.42 | | |