

Naam	50m	100m	150m	200m	250m	300m	350m	400m	450m	500m
Anne Knijnenburg	0:44	1:32	2:21	3:09	4:03	4:57	5:48	6:41	7:35	8:30
		0:48	0:49	0:48	0:54	0:54	0:54	0:53	0:54	0:55
Jeroen Ulijn	0:47	1:39	2:35	3:28	4:25	5:21	6:16	7:12	8:09	9:05
		0:52	0:54	0:53	0:57	0:56	0:55	0:56	0:57	0:56
Marloes Groenwegen	1:05	2:25	3:49	5:13	6:41	8:10	9:36	11:07	12:38	13:59
		1:20	1:24	1:24	1:28	1:28	1:26	1:31	1:31	1:21
Jan-Ivo Blankenstijn	0:42	1:30	2:20	3:13	4:07	5:01	5:54	6:49	7:44	8:37
		0:48	0:50	0:53	0:54	0:54	0:53	0:55	0:55	0:53
Paul v/d heuvel	0:40	1:20	2:00	2:40	3:20	4:00	4:40	5:20	6:00	6:39
		0:40	0:40	0:40	0:40	0:40	0:40	0:40	0:40	0:39
Joep Vermeulen	0:49	1:47	2:47	3:50	4:52	5:55	7:00	8:06	9:10	10:14
		0:49	0:58	1:00	1:03	1:02	1:03	1:06	1:04	1:04
Remko Wijnbergen	0:44	1:31	2:23	3:13	4:05	4:56	5:48	6:43	7:34	8:24
		0:47	0:52	0:50	0:52	0:51	0:52	0:55	0:51	0:50
Anneloe Rijpkema	1:00	2:06	3:14	4:22	5:30	6:40	7:50	9:01	10:10	11:15
		1:06	1:08	1:08	1:08	1:10	1:10	1:11	1:09	1:05
Elin Eriksson	1:03	2:16	3:29	4:43	6:00	7:16	8:30	9:44	10:58	12:06
		1:13	1:13	1:14	1:17	1:16	1:14	1:14	1:14	1:08
Stephan Vossenbergh	0:40	1:27	2:15	3:04	3:54	4:44	5:33	6:23	7:13	8:03
		0:47	0:48	0:49	0:50	0:50	0:49	0:50	0:50	0:50
Wendy v/d Ven	0:45	1:33	2:22	3:13	4:05	4:56	5:47	6:38	7:30	8:19
		0:48	0:49	0:51	0:52	0:51	0:51	0:51	0:52	0:49

