

Bram Pronk 5*100 meter zwemmen maart 2024



| Naam | 1e 100 m | 2e 100 m | 3e 100 m | 4e 100 m | 5e 100 m | Δt | Gemiddeld | Totaal | Punten ck |
|------------------------|----------|----------|----------|----------|----------|----------|-----------|----------|-----------|
| Jard Pronk | 01:04:00 | 01:06:00 | 01:07:00 | 01:06:00 | 01:07:00 | 00:03:00 | 01:06:00 | 05:30:00 | 35 |
| Hidde van Reeuwijk | 01:09:00 | 01:11:00 | 01:12:00 | 01:12:00 | 01:14:00 | 00:05:00 | 01:11:36 | 05:58:00 | 32 |
| Jard Blokdijk | 01:13:00 | 01:13:00 | 01:12:00 | 01:11:00 | 01:12:00 | 00:02:00 | 01:12:12 | 06:01:00 | 30 |
| Isabel van Nieuwendijk | 01:11:00 | 01:13:00 | 01:11:00 | 01:13:00 | 01:14:00 | 00:03:00 | 01:12:24 | 06:02:00 | introducé |
| Bradley van Hooff | 01:13:00 | 01:12:00 | 01:12:00 | 01:13:00 | 01:13:00 | 00:01:00 | 01:12:36 | 06:03:00 | 29 |
| Marcel Wiering | 01:14:00 | 01:13:00 | 01:13:00 | 01:13:00 | 01:14:00 | 00:01:00 | 01:13:24 | 06:07:00 | 28 |
| Kay Blokdijk | 01:14:00 | 01:13:00 | 01:13:00 | 01:13:00 | 01:15:00 | 00:02:00 | 01:13:36 | 06:08:00 | 27 |
| Marcel Wiering | 01:14:00 | 01:14:00 | 01:14:00 | 01:14:00 | 01:13:00 | 00:01:00 | 01:13:48 | 06:09:00 | 2e keer |
| Ronald Hauwert | 01:14:00 | 01:14:00 | 01:14:00 | 01:14:00 | 01:14:00 | 00:00:00 | 01:14:00 | 06:10:00 | 26 |
| Tobias Nieuwendijk | 01:13:00 | 01:12:00 | 01:15:00 | 01:15:00 | 01:17:00 | 00:05:00 | 01:14:24 | 06:12:00 | 25 |
| Edward Kardinaal | 01:15:00 | 01:15:00 | 01:17:00 | 01:17:00 | 01:17:00 | 00:02:00 | 01:16:12 | 06:21:00 | 24 |
| Marcel Wiering | 01:16:00 | 01:17:00 | 01:17:00 | 01:16:00 | 01:15:00 | 00:02:00 | 01:16:12 | 06:21:00 | 3e keer |
| Amy van der Fluit | 01:15:00 | 01:16:00 | 01:17:00 | 01:17:00 | 01:18:00 | 00:03:00 | 01:16:36 | 06:23:00 | 35 |
| Anita Verkerk | 01:17:00 | 01:19:00 | 01:17:00 | 01:17:00 | 01:16:00 | 00:03:00 | 01:17:12 | 06:26:00 | 32 |
| Stefan Goselink | 01:18:00 | 01:19:00 | 01:17:00 | 01:18:00 | 01:19:00 | 00:02:00 | 01:18:12 | 06:31:00 | 23 |
| Ronja Winter | 01:21:00 | 01:22:00 | 01:20:00 | 01:20:00 | 01:19:00 | 00:03:00 | 01:20:24 | 06:42:00 | 30 |
| Michael Olij | 01:23:00 | 01:21:00 | 01:21:00 | 01:21:00 | 01:21:00 | 00:02:00 | 01:21:24 | 06:47:00 | 22 |
| Mark Vries | 01:25:00 | 01:24:00 | 01:23:00 | 01:23:00 | 01:23:00 | 00:02:00 | 01:23:36 | 06:58:00 | 21 |
| Theo van der Fluit | 01:25:00 | 01:23:00 | 01:24:00 | 01:25:00 | 01:25:00 | 00:02:00 | 01:24:24 | 07:02:00 | 20 |
| Peter Borst | 01:23:00 | 01:23:00 | 01:26:00 | 01:26:00 | 01:27:00 | 00:04:00 | 01:25:00 | 07:05:00 | 19 |
| Theo van der Fluit | 01:26:00 | 01:25:00 | 01:24:00 | 01:25:00 | 01:26:00 | 00:02:00 | 01:25:12 | 07:06:00 | 2e keer |
| Jan Nannes | 01:25:00 | 01:26:00 | 01:26:00 | 01:27:00 | 01:28:00 | 00:03:00 | 01:26:24 | 07:12:00 | 18 |
| Cora Kiekens-Klaver | 01:27:00 | 01:27:00 | 01:27:00 | 01:27:00 | 01:27:00 | 00:00:00 | 01:27:00 | 07:15:00 | 29 |
| Danielle Bruin | 01:27:00 | 01:27:00 | 01:27:00 | 01:27:00 | 01:28:00 | 00:01:00 | 01:27:12 | 07:16:00 | 28 |

| | | | | | | | | | |
|---------------------|----------|----------|----------|----------|----------|----------|----------|----------|---------|
| Jeroen Anslin | 01:29:00 | 01:28:00 | 01:28:00 | 01:29:00 | 01:28:00 | 00:01:00 | 01:28:24 | 07:22:00 | 17 |
| Mark Vries | 01:24:00 | 01:29:00 | 01:32:00 | 01:26:00 | 01:31:00 | 00:08:00 | 01:28:24 | 07:22:00 | 2e keer |
| Nick Dekker | 01:24:00 | 01:29:00 | 01:32:00 | 01:26:00 | 01:31:00 | 00:08:00 | 01:28:24 | 07:22:00 | 16 |
| Sander van Staveren | 01:25:00 | 01:27:00 | 01:31:00 | 01:31:00 | 01:31:00 | 00:06:00 | 01:29:00 | 07:25:00 | 15 |
| Esmeralda Conijn | 01:29:00 | 01:29:00 | 01:29:00 | 01:29:00 | 01:29:00 | 00:00:00 | 01:29:00 | 07:25:00 | 27 |
| Owen van Hooff | 01:30:00 | 01:28:00 | 01:29:00 | 01:29:00 | 01:31:00 | 00:03:00 | 01:29:24 | 07:27:00 | 14 |
| Erna van der Molen | 01:29:00 | 01:29:00 | 01:30:00 | 01:31:00 | 01:33:00 | 00:04:00 | 01:30:24 | 07:32:00 | 26 |
| Niels Dekker | 01:31:00 | 01:33:00 | 01:30:00 | 01:29:00 | 01:30:00 | 00:04:00 | 01:30:36 | 07:33:00 | 13 |
| Niels Dekker | 01:32:00 | 01:32:00 | 01:32:00 | 01:31:00 | 01:32:00 | 00:01:00 | 01:31:48 | 07:39:00 | 2e keer |
| Casey Kruijer | 01:33:00 | 01:33:00 | 01:30:00 | 01:32:00 | 01:32:00 | 00:03:00 | 01:32:00 | 07:40:00 | 12 |
| Allan Simmonds | 01:31:00 | 01:31:00 | 01:32:00 | 01:32:00 | 01:35:00 | 00:04:00 | 01:32:12 | 07:41:00 | 11 |
| Frank Potter | 01:32:00 | 01:32:00 | 01:30:00 | 01:33:00 | 01:35:00 | 00:05:00 | 01:32:24 | 07:42:00 | 10 |
| Joyce Mol | 01:33:00 | 01:31:00 | 01:33:00 | 01:33:00 | 01:33:00 | 00:02:00 | 01:32:36 | 07:43:00 | 25 |
| Bart Winter | 01:33:00 | 01:32:00 | 01:32:00 | 01:33:00 | 01:33:00 | 00:01:00 | 01:32:36 | 07:43:00 | 9 |
| Simon Gootjes | 01:29:00 | 01:28:00 | 01:33:00 | 01:35:00 | 01:40:00 | 00:12:00 | 01:33:00 | 07:45:00 | 8 |
| Linda Welkers | 01:34:00 | 01:33:00 | 01:34:00 | 01:32:00 | 01:32:00 | 00:02:00 | 01:33:00 | 07:45:00 | 24 |
| Roel Grandia | 01:34:00 | 01:32:00 | 01:33:00 | 01:34:00 | 01:34:00 | 00:02:00 | 01:33:24 | 07:47:00 | 7 |
| Renee Olij | 01:29:00 | 01:31:00 | 01:32:00 | 01:37:00 | 01:39:00 | 00:10:00 | 01:33:36 | 07:48:00 | 6 |
| Boy Schilder | 01:37:00 | 01:35:00 | 01:31:00 | 01:29:00 | 01:37:00 | 00:08:00 | 01:33:48 | 07:49:00 | 5 |
| Ewoud van Dijk | 01:34:00 | 01:31:00 | 01:33:00 | 01:32:00 | 01:40:00 | 00:09:00 | 01:34:00 | 07:50:00 | 4 |
| Angelique Kuiper | 01:35:00 | 01:34:00 | 01:33:00 | 01:33:00 | 01:35:00 | 00:02:00 | 01:34:00 | 07:50:00 | 23 |
| Bart Kuilboer | 01:34:00 | 01:34:00 | 01:35:00 | 01:35:00 | 01:33:00 | 00:02:00 | 01:34:12 | 07:51:00 | 3 |
| Michael Nijholt | 01:36:00 | 01:35:00 | 01:32:00 | 01:34:00 | 01:34:00 | 00:04:00 | 01:34:12 | 07:51:00 | 2 |
| Sandra van Damme | 01:33:00 | 01:34:00 | 01:35:00 | 01:34:00 | 01:37:00 | 00:04:00 | 01:34:36 | 07:53:00 | 22 |
| Gerard Fijnheer | 01:33:00 | 01:34:00 | 01:34:00 | 01:36:00 | 01:39:00 | 00:06:00 | 01:35:12 | 07:56:00 | 1 |
| Cora Blankendaal | 01:35:00 | 01:35:00 | 01:37:00 | 01:37:00 | 01:39:00 | 00:04:00 | 01:36:36 | 08:03:00 | 21 |
| Jacqueline Oliemans | 01:38:00 | 01:35:00 | 01:36:00 | 01:40:00 | 01:41:00 | 00:06:00 | 01:38:00 | 08:10:00 | 20 |
| Ronald de Groot | 01:42:00 | 01:40:00 | 01:38:00 | 01:36:00 | 01:35:00 | 00:07:00 | 01:38:12 | 08:11:00 | 0 |
| Renee de Vries | 01:36:00 | 01:38:00 | 01:38:00 | 01:41:00 | 01:40:00 | 00:05:00 | 01:38:36 | 08:13:00 | 19 |
| Jeroen Rijvordt | 01:33:00 | 01:40:00 | 01:41:00 | 01:44:00 | 01:42:00 | 00:11:00 | 01:40:00 | 08:20:00 | 0 |

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|----------------------------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| Rene Stammes | 01:40:00 | 01:39:00 | 01:40:00 | 01:40:00 | 01:41:00 | 00:02:00 | 01:40:00 | 08:20:00 | 0 |
| Eloy Anslijn | 01:41:00 | 01:36:00 | 01:40:00 | 01:43:00 | 01:45:00 | 00:09:00 | 01:41:00 | 08:25:00 | 0 |
| Arno Looijen | 01:42:00 | 01:41:00 | 01:42:00 | 01:43:00 | 01:38:00 | 00:05:00 | 01:41:12 | 08:26:00 | 0 |
| Rene de Groot | 01:41:00 | 01:40:00 | 01:41:00 | 01:41:00 | 01:43:00 | 00:03:00 | 01:41:12 | 08:26:00 | 0 |
| Rene Stammes | 01:43:00 | 01:46:00 | 01:44:00 | 01:42:00 | 01:43:00 | 00:04:00 | 01:43:36 | 08:38:00 | 0 |
| Cora Blankendaal | 01:42:00 | 01:42:00 | 01:43:00 | 01:45:00 | 01:47:00 | 00:05:00 | 01:43:48 | 08:39:00 | 2e keer |
| Peter Borst | 01:37:00 | 01:44:00 | 01:44:00 | 01:49:00 | 01:48:00 | 00:12:00 | 01:44:24 | 08:42:00 | 2e keer |
| Ria van Brummelen | 01:47:00 | 01:46:00 | 01:46:00 | 01:45:00 | 01:43:00 | 00:04:00 | 01:45:24 | 08:47:00 | 18 |
| Richard Boos | 01:50:00 | 01:43:00 | 01:43:00 | 01:46:00 | 01:45:00 | 00:07:00 | 01:45:24 | 08:47:00 | 0 |
| Maureen Gootjes | 01:46:00 | 01:46:00 | 01:46:00 | 01:46:00 | 01:47:00 | 00:01:00 | 01:46:12 | 08:51:00 | 17 |
| Marlies Poland | 01:50:00 | 01:47:00 | 01:47:00 | 01:45:00 | 01:46:00 | 00:05:00 | 01:47:00 | 08:55:00 | 16 |
| Sanne Hadderingh | 01:50:00 | 01:47:00 | 01:46:00 | 01:48:00 | 01:49:00 | 00:04:00 | 01:48:00 | 09:00:00 | 15 |
| Henk van de Grooteveen | 01:45:00 | 01:47:00 | 01:50:00 | 01:49:00 | 01:55:00 | 00:10:00 | 01:49:12 | 09:06:00 | 0 |
| Eva Kok | 01:52:00 | 01:47:00 | 01:54:00 | 01:51:00 | 01:48:00 | 00:07:00 | 01:50:24 | 09:12:00 | 14 |
| Storm Laan | 01:43:00 | 01:47:00 | 01:52:00 | 01:54:00 | 01:58:00 | 00:15:00 | 01:50:48 | 09:14:00 | 0 |
| Suzanne Schouwenburg-Groei | 01:53:00 | 01:51:00 | 01:49:00 | 01:50:00 | 01:52:00 | 00:04:00 | 01:51:00 | 09:15:00 | 13 |
| Ria van Brummelen | 01:52:00 | 01:51:00 | 01:52:00 | 01:50:00 | 01:51:00 | 00:02:00 | 01:51:12 | 09:16:00 | 2e keer |
| Bob van de Zel | 01:55:00 | 01:49:00 | 01:51:00 | 01:55:00 | 01:50:00 | 00:06:00 | 01:52:00 | 09:20:00 | 0 |
| Léonie Klaver | 01:54:00 | 01:52:00 | 01:53:00 | 01:54:00 | 01:52:00 | 00:02:00 | 01:53:00 | 09:25:00 | introducé |
| Jacoline Hemmer | 01:53:00 | 01:56:00 | 01:52:00 | 01:52:00 | 01:53:00 | 00:04:00 | 01:53:12 | 09:26:00 | 12 |
| Manon Groen | 01:52:00 | 01:52:00 | 01:54:00 | 01:54:00 | 01:55:00 | 00:03:00 | 01:53:24 | 09:27:00 | 11 |
| Simone Hemmer | 01:54:00 | 01:57:00 | 01:57:00 | 01:57:00 | 01:58:00 | 00:04:00 | 01:56:36 | 09:43:00 | 10 |
| Annemiek Mechielsen | 01:53:00 | 01:57:00 | 01:58:00 | 01:58:00 | 02:00:00 | 00:07:00 | 01:57:12 | 09:46:00 | 9 |
| Koen Stevens | 02:04:00 | 02:02:00 | 02:01:00 | 02:00:00 | 01:59:00 | 00:05:00 | 02:01:12 | 10:06:00 | 0 |
| Hanneke van Stralen | 02:10:00 | 02:07:00 | 02:04:00 | 02:02:00 | 01:59:00 | 00:11:00 | 02:04:24 | 10:22:00 | 8 |
| Gerjo Boos | 02:11:00 | 02:08:00 | 02:09:00 | 02:15:00 | 02:15:00 | 00:07:00 | 02:11:36 | 10:58:00 | 0 |