

15 april - 1000m		100 m	Lap	200 m	Lap	300 m	Lap	400 m	Lap	500m	Lap	600 m	Lap	700 m	Lap	800 m	Lap	900 m	Lap	Eindtijd 2019	2018	2017	2016	2015
1	René van Waardenburg	01:29	01:38	03:07	01:40	04:47	01:40	06:27	01:40	08:07	01:39	09:46	01:41	11:27	01:41	13:08	01:39	14:47	01:36	16:23	16:24	16:26	16:07	16:19
2	Dennis Kunst	01:33	01:42	03:15	01:43	04:58	01:45	06:43	01:45	08:28	01:44	10:12	01:46	11:58	01:47	13:45	01:46	15:31	01:41	17:12		17:23	16:57	17:18
3	Rolf Burke	01:32	01:46	03:18	01:47	05:05	01:50	06:55	01:50	08:45	01:51	10:36	01:51	12:27	01:51	14:18	01:52	16:10	01:51	18:01	16:42	17:10	19:03	
4	Jan Maarten Dank	01:43	01:52	03:35	01:54	05:29	01:54	07:23	01:54	09:17	01:57	11:14	01:55	13:09	01:54	15:03	01:55	16:58	01:52	18:50		19:51	21:28	
5	Chimène Benningshof	01:46	01:53	03:39	01:57	05:36	01:57	07:33	01:57	09:30	01:56	11:26	01:55	13:21	01:55	15:16	01:54	17:10	01:46	19:04	20:26	20:26	22:27	
6	Ron Verhaar	01:52	02:02	03:54	02:02	05:56	02:02	07:58	02:00	09:58	02:00	11:58	02:00	13:58	02:00	15:58	02:00	17:58	01:59	19:57	20:25	20:08	19:42	19:39

13 april - 500m		100 m	Lap	200 m	Lap	300 m	Lap	400 m	Lap	Eindtijd 2019	2018	2017	2016	2015
1	Marianne Muijzer	01:20	01:29	02:49	01:30	04:19	01:29	05:48	01:30	07:18	07:26	07:20	7:27	7:28
2	Ype Kerkstra	01:23	01:32	02:55	01:35	04:30	01:35	06:05	01:35	07:40	07:50	07:57	08:27	
3	Marie-José Torenvliet	01:26	01:33	02:59	01:36	04:35	01:40	06:15	01:32	07:47	07:35	07:48	7:57	
4	Nicole van Waardenburg	01:28	01:38	03:06	01:41	04:47	01:42	06:29	01:39	08:08	08:00	08:34		
5	Theo Leijdens	01:29	01:41	03:10	01:42	04:52	01:40	06:32	01:39	08:11				
6	Betty van den Heuvel	01:33	01:40	03:13	01:41	04:54	01:41	06:35	01:38	08:13	08:05		8:08	8:09
7	Dennis Kunst	01:32	01:41	03:13	01:41	04:54	01:42	06:36	01:44	08:20	08:22	08:18	8:09	8:37
8	Jan Maarten Dank	01:37	01:45	03:22	01:50	05:12	01:50	07:02	01:47	08:49	09:22	09:39	10:19	
9	Olaf Torenvliet	01:37	01:51	03:28	01:51	05:19	01:52	07:11	01:45	08:56	09:28			
10	Jan van Bennekom	01:43	01:49	03:32	01:49	05:21	01:50	07:12	01:45	08:57	09:00	08:48	8:45	8:36
11	Menno Benningshof	01:33	01:46	03:19	01:52	05:11	01:58	07:09	01:50	08:59	08:58	08:58	9:20	9:37
12	Danny den Hartog	01:47	01:54	03:41	01:58	05:39	01:59	07:38	02:00	09:38				
13	Gerard van Wissen	01:50	01:57	03:47	02:00	05:47	01:58	07:45	01:57	09:42		10:28	10:33	9:49
14	Jeroen van Waardenburg	01:49	02:01	03:50	02:03	05:53	02:02	07:55	01:57	09:52	09:58	09:58	10:31	11:32
15	Ron Meijsen	01:48	02:03	03:51	02:06	05:57	02:07	08:04	02:00	10:04				
16	Wilma Polderman	01:56	02:07	04:03	02:09	06:12	02:10	08:22	02:02	10:24	10:33	10:45	10:50	
17	Aart van de Breevaart Bravenboer	02:29	03:01	05:30	03:05	08:35	03:06	11:41	02:45	14:26				