

LAC deel 1  
Emmeloord, 23-10-2021

Programmanr. 1  
23-10-2021 - 16:00

200m vrije slag

Minioren 3 en 4  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Emma Juliette Jansen	Batavia Swim	NT	201200158	<b>3:43.64</b>
	50m: 49.58	49.58 200m: 3:43.64	2:54.06		
2.	Fenna Ytsma	HZ&PC Heerenveen	NT	201200890	<b>4:23.85</b>
	50m: 50.85	50.85 200m: 4:23.85	3:33.00		

Programmanr. 2  
23-10-2021 - 16:05

Meisjes, 200m wisselslag

Minioren 5  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Melissa ter Horst	ZV Overbetuwe	4:02.17	201100678	<b>3:35.63</b>
	50m: 51.57	51.57 200m: 3:35.63	2:44.06		
2.	Nikki Kannegieter	ZIGNEA	NT	201100750	<b>4:00.24</b>
	50m: 1:01.12	1:01.12 200m: 4:00.24	2:59.12		
3.	Femke Mandema	Flevo	NT	201100396	<b>4:01.30</b>
	50m: 55.73	55.73 200m: 4:01.30	3:05.57		
4.	Famke Ytsma	HZ&PC Heerenveen	NT	201101920	<b>4:35.01</b>
	50m: 1:08.44	1:08.44 200m: 4:35.01	3:26.57		
DIS	Danne-Bo Eghuizen	HZ&PC Heerenveen	NT	201100588	
	<i>RF - Bij het loslaten van de wand na het keerpunt de rugligging niet aangenomen.</i>				
DIS	Saar Louter	Octopus-ZVV (SG)	NT	201101614	
	<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>				

Programmanr. 3  
23-10-2021 - 16:10

Jongens, 200m wisselslag

Minioren 5 en 6  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Nils Bellert	Octopus-ZVV (SG)	NT	201100347	<b>3:18.62</b>
	50m: 44.07	44.07 200m: 3:18.62	2:34.55		
2.	Dax Muijlaert	Octopus-ZVV (SG)	NT	201100535	<b>3:26.22</b>
	50m: 47.90	47.90 200m: 3:26.22	2:38.32		
3.	Stan Ordelman	Octopus-ZVV (SG)	NT	201100009	<b>3:26.25</b>
	50m: 48.46	48.46 200m: 3:26.25	2:37.79		
4.	Daniël Hofman	Octopus-ZVV (SG)	NT	201000417	<b>3:33.54</b>
	50m: 49.99	49.99 200m: 3:33.54	2:43.55		
5.	Mattias van der Veen	Flevo	NT	201000887	<b>4:05.43</b>
	50m: 54.23	54.23 200m: 4:05.43	3:11.20		
DIS	Sjors Pijl	Flevo	NT	201100865	
	<i>VC - Armen niet over het water naar voren gebracht.</i>				

Programmanr. 4  
23-10-2021 - 16:10

Dames, 200m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Robyn Hulleman	Octopus-ZVV (SG)	2:30.76	200600890	<b>2:31.81</b>
	50m: 32.53	32.53 200m: 2:31.81	1:59.28		
2.	Larissa de Vos	Octopus-ZVV (SG)	2:31.26	200502728	<b>2:32.64</b>
	50m: 32.80	32.80 200m: 2:32.64	1:59.84		
3.	Myrthe Dam	Zuiderzeezwimmers	2:44.66	200602336	<b>2:35.89</b>
	50m: 35.92	35.92 200m: 2:35.89	1:59.97		
4.	Feline Slijkhuis	Octopus-ZVV (SG)	2:31.99	200501042	<b>2:36.90</b>
	50m: 34.48	34.48 200m: 2:36.90	2:02.42		
5.	Dagmar Kruijk	Zuiderzeezwimmers	2:36.11	199800008	<b>2:37.39</b>
	50m: 31.53	31.53 200m: 2:37.39	2:05.86		

LAC deel 1  
Emmeloord, 23-10-2021

Programmanr. 4, Dames, 200m wisselslag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT
6.	Lianne Beekman 50m: 33.12	Octopus-ZVV (SG) 33.12 200m: 2:38.71	2:27.42 2:05.59	200500124	<b>2:38.71</b>
7.	Carlijn Boltendal 50m: 34.09	Zuiderzeezwemmers 34.09 200m: 2:43.18	2:43.34 2:09.09	200700082	<b>2:43.18</b>
8.	Lyke Bellert 50m: 33.82	Octopus-ZVV (SG) 33.82 200m: 2:43.89	2:39.08 2:10.07	200701424	<b>2:43.89</b>
9.	Laura van Etten 50m: 37.57	HZ&PC Heerenveen 37.57 200m: 2:45.11	2:52.13 2:07.54	200800264	<b>2:45.11</b>
10.	Kim van der Stege 50m: 33.28	Octopus-ZVV (SG) 33.28 200m: 2:46.46	2:48.08 2:13.18	200600004	<b>2:46.46</b>
11.	Sanne van Dijk 50m: 35.06	Zuiderzeezwemmers 35.06 200m: 2:50.00	2:46.27 2:14.94	200502098	<b>2:50.00</b>
12.	Joelle Kagenaar 50m: 38.90	ZIGNEA 38.90 200m: 2:51.65	3:04.45 2:12.75	200600070	<b>2:51.65</b>
13.	Ilse Hallie 50m: 37.39	Octopus-ZVV (SG) 37.39 200m: 2:54.43	2:54.19 2:17.04	200200128	<b>2:54.43</b>
14.	Esmee Wilcke 50m: 34.03	ZV Overbetuwe 34.03 200m: 2:59.12	2:56.49 2:25.09	200302540	<b>2:59.12</b>
15.	Marjan Rikken 50m: 41.45	Octopus-ZVV (SG) 41.45 200m: 2:59.74	2:55.31 2:18.29	199206114	<b>2:59.74</b>
16.	Isabel Eemstra 50m: 40.50	Octopus-ZVV (SG) 40.50 200m: 3:00.13	3:06.50 2:19.63	200900042	<b>3:00.13</b>
17.	Maaïke Bosman 50m: 36.85	ZIGNEA 36.85 200m: 3:00.58	3:06.05 2:23.73	200700624	<b>3:00.58</b>
18.	Hannelore Buze 50m: 45.26	HZ&PC Heerenveen 45.26 200m: 3:05.92	3:21.11 2:20.66	200801226	<b>3:05.92</b>
19.	Anne-Linn Meijering 50m: 41.57	Batavia Swim 41.57 200m: 3:10.54	3:18.86 2:28.97	200403252	<b>3:10.54</b>
20.	Nynke Jansen 50m: 40.26	Batavia Swim 40.26 200m: 3:13.55	3:02.13 2:33.29	200404914	<b>3:13.55</b>
21.	Lieke Kikstra 50m: 44.88	Batavia Swim 44.88 200m: 3:16.41	3:51.88 2:31.53	200900318	<b>3:16.41</b>
22.	Anna van der Veen 50m: 41.28	Flevo 41.28 200m: 3:23.46	3:50.12 2:42.18	200803150	<b>3:23.46</b>
23.	Shaya Sewnath 50m: 45.08	ZV Overbetuwe 45.08 200m: 3:25.44	NT 2:40.36	200602576	<b>3:25.44</b>
24.	Miranda Keijl 50m: 45.87	ZIGNEA 45.87 200m: 3:30.15	3:20.85 2:44.28	196500588	<b>3:30.15</b>
25.	Isis Lamers 50m: 59.03	ZV Overbetuwe 59.03 200m: 4:08.60	4:38.00 3:09.57	201000346	<b>4:08.60</b>
26.	Sofie Bulsink 50m: 1:01.77	ZV Overbetuwe 1:01.77 200m: 4:14.96	NT 3:13.19	201001470	<b>4:14.96</b>
27.	Robyn Ippel 50m: 1:03.40	ZIGNEA 1:03.40 200m: 4:28.05	NT 3:24.65	201001534	<b>4:28.05</b>
AFGEM	Ella de Ruiters	ZIGNEA	NT	200903294	
AFGEM	Bloem Muijlaert	Octopus-ZVV (SG)	2:49.42	200602754	

Programmanr. 5  
23-10-2021 - 16:30

Heren, 200m wisselslag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Storm Tolsma 50m: 31.42	ZIGNEA 31.42 200m: 2:24.11	2:23.52 1:52.69	200600277	<b>2:24.11</b>
2.	Thomas Burgmeijer 50m: 32.53	Batavia Swim 32.53 200m: 2:31.20	2:24.86 1:58.67	200400739	<b>2:31.20</b>
3.	Collard Jungeling 50m: 31.43	Zuiderzeezwemmers 31.43 200m: 2:31.58	3:02.70 2:00.15	200701831	<b>2:31.58</b>
4.	Daniël van Dijk 50m: 35.05	Zuiderzeezwemmers 35.05 200m: 2:40.87	2:44.48 2:05.82	200703185	<b>2:40.87</b>
5.	Arie Brussaard 50m: 32.98	Batavia Swim 32.98 200m: 2:43.51	2:51.07 2:10.53	200700781	<b>2:43.51</b>

LAC deel 1  
Emmeloord, 23-10-2021

Programmanr. 5, Heren, 200m wisselslag, Junioren 1 en ouder

rang	naam	vereniging	intijd	tijd	RT
6.	Tamas Tolsma 50m: 37.48	ZIGNEA 37.48 200m: 2:45.17	2:49.84 2:07.69	200500075	<b>2:45.17</b>
7.	Lars Koopman 50m: 38.62	ZIGNEA 38.62 200m: 2:47.98	2:45.26 2:09.36	200202131	<b>2:47.98</b>
8.	Thijs Pijl 50m: 36.06	Flevo 36.06 200m: 2:53.34	NT 2:17.28	200601979	<b>2:53.34</b>
9.	Heiner Stevens 50m: 33.57	ZIGNEA 33.57 200m: 2:55.10	2:43.71 2:21.53	197201299	<b>2:55.10</b>
10.	Frans de Lange 50m: 38.69	Flevo 38.69 200m: 2:57.36	2:52.74 2:18.67	199206249	<b>2:57.36</b>
11.	Gyan Spaan 50m: 39.55	ZV Overbetuwe 39.55 200m: 3:00.59	3:12.13 2:21.04	200701061	<b>3:00.59</b>
12.	Finn Eghuizen 50m: 44.93	HZ&PC Heerenveen 44.93 200m: 3:03.34	3:13.74 2:18.41	200900431	<b>3:03.34</b>
13.	Enna Lamers 50m: 39.37	ZV Overbetuwe 39.37 200m: 3:04.59	3:17.24 2:25.22	200800899	<b>3:04.59</b>
14.	Paul van der Voort 50m: 41.19	De Zwoer 41.19 200m: 3:14.84	3:12.20 2:33.65	196200715	<b>3:14.84</b>
15.	John Dam 50m: 43.83	ZIGNEA 43.83 200m: 3:22.72	3:16.13 2:38.89	196000915	<b>3:22.72</b>
16.	Leo Lokhorst 50m: 46.83	Batavia Swim 46.83 200m: 3:24.22	NT 2:37.39	200900195	<b>3:24.22</b>
17.	Eric van den Blink 50m: 47.20	Batavia Swim 47.20 200m: 3:34.31	3:40.22 2:47.11	197001667	<b>3:34.31</b>
18.	Jelte Ruitenber 50m: 56.20	HZ&PC Heerenveen 56.20 200m: 3:36.67	3:44.67 2:40.47	200900013	<b>3:36.67</b>
19.	Danny Hemelrijk 50m: 57.76	ZIGNEA 57.76 200m: 3:41.57	NT 2:43.81	200902785	<b>3:41.57</b>
20.	Daniel Meijer 50m: 1:09.81	Flevo 1:09.81 200m: 4:20.92	NT 3:11.11	200603643	<b>4:20.92</b>
21.	Alon Meijer 50m: 1:08.10	Flevo 1:08.10 200m: 4:50.14	NT 3:42.04	200901551	<b>4:50.14</b>
DIS	Joost Pollmann	ZV Overbetuwe	3:33.35	200603521	
	<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i>				
DIS	Guus Pijl	Flevo	NT	200900691	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				
AFGEM	Bram Meijering	Batavia Swim	3:10.38	200603151	
AFGEM	Agnus Gerringa	Batavia Swim	NT	197100285	

Programmanr. 6  
23-10-2021 - 16:50

Meisjes, 100m wisselslag

Minioren 3 en 4  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Emma Juliette Jansen	Batavia Swim	1:56.98	201200158	<b>2:00.20</b>
DIS	Fenna Ytsma	HZ&PC Heerenveen	NT	201200890	
	<i>AE - De aangegeven zwemslag niet uitgevoerd.</i>				

LAC deel 1  
Emmeloord, 23-10-2021

Programmanr. 7  
23-10-2021 - 16:50

Meisjes, 200m vrije slag

Minioren 5  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Melissa ter Horst	ZV Overbetuwe	3:27.23	201100678	3:24.37
	50m: 41.33	41.33 100m: 1:37.59	56.26	200m: 3:24.37	1:46.78
2.	Saar Louter	Octopus-ZVV (SG)	NT	201101614	3:29.72
	50m: 46.59	46.59 100m: 1:40.16	53.57	200m: 3:29.72	1:49.56
3.	Danne-Bo Eghuizen	HZ&PC Heerenveen	3:58.18	201100588	3:37.17
	50m: 48.42	48.42 100m: 1:45.48	57.06	200m: 3:37.17	1:51.69
4.	Femke Mandema	Flevo	4:23.69	201100396	3:51.46
	50m: 50.88	50.88 100m: 1:50.08	59.20	200m: 3:51.46	2:01.38
5.	Nikki Kannegieter	ZIGNEA	NT	201100750	3:51.94
	50m: 56.34	56.34 100m: 1:57.51	1:01.17	200m: 3:51.94	1:54.43
6.	Famke Ytsma	HZ&PC Heerenveen	NT	201101920	4:15.41
	50m: 55.09	55.09 100m: 2:02.50	1:07.41	200m: 4:15.41	2:12.91

Programmanr. 8  
23-10-2021 - 16:55

Jongens, 200m vrije slag

Minioren 5 en 6  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Nils Bellert	Octopus-ZVV (SG)	NT	201100347	3:05.76
	50m: 41.84	41.84 100m: 1:31.05	49.21	200m: 3:05.76	1:34.71
2.	Stan Ordelman	Octopus-ZVV (SG)	NT	201100009	3:06.60
	50m: 42.53	42.53 100m: 1:31.74	49.21	200m: 3:06.60	1:34.86
3.	Dax Muijlaert	Octopus-ZVV (SG)	NT	201100535	3:07.44
	50m: 43.63	43.63 100m: 1:32.63	49.00	200m: 3:07.44	1:34.81
4.	Daniël Hofman	Octopus-ZVV (SG)	3:34.00	201000417	3:17.81
	50m: 45.42	45.42 100m: 1:37.25	51.83	200m: 3:17.81	1:40.56
5.	Mattias van der Veen	Flevo	4:10.67	201000887	4:05.59
	50m: 53.42	53.42 100m: 1:56.95	1:03.53	200m: 4:05.59	2:08.64
DIS	Sjors Pijl	Flevo	NT	201100865	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				

Programmanr. 9  
23-10-2021 - 17:00

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Dagmar Kruik	Zuiderzeezwimmers	5:06.28	199800008	5:08.28
	50m: 32.63	32.63 100m: 1:09.87	37.24	200m: 2:28.87	1:19.00
				400m: 5:08.28	2:39.41
2.	Isabel Eemstra	Octopus-ZVV (SG)	6:03.86	200900042	5:57.03
	50m: 38.52	38.52 100m: 1:22.18	43.66	200m: 2:55.10	1:32.92
				400m: 5:57.03	3:01.93
3.	Lieke Kikstra	Batavia Swim	6:34.00	200900318	6:05.80
	50m: 42.98	42.98 100m: 1:29.43	46.45	200m: 3:03.33	1:33.90
				400m: 6:05.80	3:02.47
4.	Emy de Boer	ZIGNEA	NT	200903378	8:00.02
	50m: 53.02	53.02 100m: 1:54.87	1:01.85	200m: 3:59.12	2:04.25
				400m: 8:00.02	4:00.90
5.	Lieke Mandema	Flevo	NT	200803138	8:13.42
	50m: 47.85	47.85 100m: 1:47.13	59.28	200m: 3:54.85	2:07.72
				400m: 8:13.42	4:18.57
6.	Robyn Ippel	ZIGNEA	NT	201001534	8:57.27
	50m: 1:02.91	1:02.91 100m: 2:11.69	1:08.78	200m: 4:33.56	2:21.87
				400m: 8:57.27	4:23.71
AFGEM	Maria Kotsubailo	Batavia Swim	NT	201001722	

LAC deel 1  
Emmeloord, 23-10-2021

Programmanr. 10  
23-10-2021 - 17:10

Heren, 400m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Lars ten Katen	Batavia Swim	5:14.34	200600959	<b>4:45.30</b>		
	50m: 31.87	31.87 100m: 1:06.76	34.89	200m: 2:19.03	1:12.27	400m: 4:45.30	2:26.27
2.	Agnus Gerringa	Batavia Swim	NT	197100285	<b>5:07.81</b>		
	50m: 33.36	33.36 100m: 1:10.77	37.41	200m: 2:28.94	1:18.17	400m: 5:07.81	2:38.87
3.	Collard Jungeling	Zuiderzeezwemmers	6:16.33	200701831	<b>5:09.81</b>		
	50m: 34.00	34.00 100m: 1:12.09	38.09	200m: 2:31.31	1:19.22	400m: 5:09.81	2:38.50
4.	Arie Brussaard	Batavia Swim	5:55.23	200700781	<b>5:45.72</b>		
	50m: 36.79	36.79 100m: 1:18.66	41.87	200m: 2:47.69	1:29.03	400m: 5:45.72	2:58.03
5.	Jesse Bruines	Batavia Swim	5:35.64	200402413	<b>5:46.82</b>	405	
	50m: 38.59	38.59 100m: 1:23.20	44.61	200m: 2:53.14	1:29.94	400m: 5:46.82	2:53.68
AFGEM	Bram Meijering	Batavia Swim	5:50.73	200603151			

Programmanr. 11  
23-10-2021 - 17:15

Dames, 800m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Robyn Hulleman	Octopus-ZVV (SG)	10:36.54	200600890	<b>10:07.50</b>		
	50m: 34.11	34.11 200m: 2:29.05	1:17.60	800m: 10:07.50	5:03.55		
	100m: 1:11.45	37.34 400m: 5:03.95	2:34.90				
2.	Feline Slijkhuis	Octopus-ZVV (SG)	10:20.25	200501042	<b>10:08.19</b>		
	100m: 1:10.62	1:10.62 200m: 2:27.72	1:17.10	400m: 5:03.19	2:35.47	800m: 10:08.19	5:05.00
3.	Melanie Kuiper	ZIGNEA	10:35.17	197600350	<b>10:21.26</b>		
	50m: 34.39	34.39 200m: 2:29.21	1:17.35	800m: 10:21.26	5:14.51		
	100m: 1:11.86	37.47 400m: 5:06.75	2:37.54				
4.	Myrthe Dam	Zuiderzeezwemmers	10:48.82	200602336	<b>10:21.31</b>		
	50m: 33.44	33.44 200m: 2:27.85	1:17.37	800m: 10:21.31	5:15.25		
	100m: 1:10.48	37.04 400m: 5:06.06	2:38.21				
5.	Lianne Beekman	Octopus-ZVV (SG)	10:49.71	200500124	<b>10:32.63</b>		
	50m: 34.56	34.56 200m: 2:32.53	1:19.18	800m: 10:32.63	5:19.90		
	100m: 1:13.35	38.79 400m: 5:12.73	2:40.20				
6.	Lyke Bellert	Octopus-ZVV (SG)	11:30.00	200701424	<b>10:33.89</b>		
	50m: 34.00	34.00 200m: 2:24.83	1:14.71	800m: 10:33.89	5:19.11		
	100m: 1:10.12	36.12 400m: 5:14.78	2:49.95				
7.	Laura van Etten	HZ&PC Heerenveen	11:54.85	200800264	<b>10:35.89</b>		
	50m: 36.32	36.32 200m: 2:35.32	1:20.01	800m: 10:35.89	5:17.75		
	100m: 1:15.31	38.99 400m: 5:18.14	2:42.82				
8.	Larissa de Vos	Octopus-ZVV (SG)	12:09.35	200502728	<b>10:55.18</b>		
	50m: 33.09	33.09 200m: 2:28.65	1:18.24	800m: 10:55.18	5:45.29		
	100m: 1:10.41	37.32 400m: 5:09.89	2:41.24				
9.	Sanne van Dijk	Zuiderzeezwemmers	11:19.73	200502098	<b>10:57.61</b>		
	50m: 36.16	36.16 200m: 2:42.12	1:25.46	800m: 10:57.61	5:27.60		
	100m: 1:16.66	40.50 400m: 5:30.01	2:47.89				
10.	Ilse Hallie	Octopus-ZVV (SG)	11:19.79	200200128	<b>11:08.75</b>		
	50m: 36.02	36.02 200m: 2:37.07	1:21.70	800m: 11:08.75	5:41.98		
	100m: 1:15.37	39.35 400m: 5:26.77	2:49.70				
11.	Carlijn Boltendal	Zuiderzeezwemmers	11:20.56	200700082	<b>11:11.09</b>		
	50m: 36.02	36.02 200m: 2:42.59	1:24.92	800m: 11:11.09	5:38.24		
	100m: 1:17.67	41.65 400m: 5:32.85	2:50.26				
12.	Bloem Muijlaert	Octopus-ZVV (SG)	11:19.04	200602754	<b>11:13.57</b>		
	50m: 35.24	35.24 200m: 2:38.95	1:24.05	800m: 11:13.57	5:43.62		
	100m: 1:14.90	39.66 400m: 5:29.95	2:51.00				
13.	Esther Roele	HZ&PC Heerenveen	11:07.94	200001056	<b>11:30.34</b>		
	50m: 37.33	37.33 200m: 2:44.58	1:26.20	800m: 11:30.34	5:51.76		
	100m: 1:18.38	41.05 400m: 5:38.58	2:54.00				
14.	Esmee Wilcke	ZV Overbetuwe	11:43.71	200302540	<b>11:30.70</b>		
	50m: 33.94	33.94 200m: 2:39.39	1:25.32	800m: 11:30.70	5:54.30		
	100m: 1:14.07	40.13 400m: 5:36.40	2:57.01				
15.	Joelle Kagenaar	ZIGNEA	12:23.17	200600070	<b>11:46.01</b>		
	50m: 36.56	36.56 200m: 2:43.89	1:26.45	800m: 11:46.01	6:02.18		
	100m: 1:17.44	40.88 400m: 5:43.83	2:59.94				
16.	Hannelore Buze	HZ&PC Heerenveen	13:49.64	200801226	<b>12:09.42</b>		
	50m: 43.49	43.49 200m: 3:06.74	1:37.13	800m: 12:09.42	5:52.59		
	100m: 1:29.61	46.12 400m: 6:16.83	3:10.09				

LAC deel 1  
Emmeloord, 23-10-2021

Programmanr. 11, Dames, 800m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT
17.	Marjan Rikken	Octopus-ZVV (SG)	11:31.98	199206114	12:11.31
	50m: 38.74	38.74 200m: 2:54.27	1:31.42	800m: 12:11.31	6:12.04
	100m: 1:22.85	44.11 400m: 5:59.27	3:05.00		
18.	Nynke Jansen	Batavia Swim	11:22.51	200404914	12:12.66
	50m: 40.47	40.47 200m: 2:56.19	1:30.81	800m: 12:12.66	6:09.99
	100m: 1:25.38	44.91 400m: 6:02.67	3:06.48		
19.	Anne-Linn Meijering	Batavia Swim	12:25.86	200403252	12:13.29
	50m: 42.48	42.48 200m: 3:04.00	1:34.48	800m: 12:13.29	6:02.92
	100m: 1:29.52	47.04 400m: 6:10.37	3:06.37		
20.	Maaïke Bosman	ZIGNEA	NT	200700624	12:31.57
	50m: 39.23	39.23 100m: 1:23.63	44.40	200m: 2:56.23	1:32.60
				800m: 12:31.57	9:35.34
21.	Sheila ten Voorde	Octopus-ZVV (SG)	12:23.51	199904538	12:32.64
	50m: 37.91	37.91 200m: 2:52.46	1:31.73	800m: 12:32.64	6:29.62
	100m: 1:20.73	42.82 400m: 6:03.02	3:10.56		
22.	Lieke Kikstra	Batavia Swim	NT	200900318	13:24.05
	50m: 48.79	48.79 200m: 3:25.32	1:44.74	800m: 13:24.05	6:32.57
	100m: 1:40.58	51.79 400m: 6:51.48	3:26.16		
23.	Anna van der Veen	Flevo	15:46.92	200803150	13:52.61
	50m: 44.31	44.31 200m: 3:22.88	1:47.30	800m: 13:52.61	6:51.10
	100m: 1:35.58	51.27 400m: 7:01.51	3:38.63		
24.	Miranda Keijl	ZIGNEA	13:02.84	196500588	14:06.04
	50m: 46.88	46.88 200m: 3:27.82	1:47.18	800m: 14:06.04	7:00.53
	100m: 1:40.64	53.76 400m: 7:05.51	3:37.69		
	Shaya Sewnath	ZV Overbetuwe	NT	200602576	14:06.04
	50m: 41.99	41.99 200m: 3:15.18	1:44.37	800m: 14:06.04	7:14.60
	100m: 1:30.81	48.82 400m: 6:51.44	3:36.26		
26.	Sofie Bulsink	ZV Overbetuwe	NT	201001470	16:31.94
	50m: 49.56	49.56 200m: 3:55.03	2:05.33	800m: 16:31.94	8:25.29
	100m: 1:49.70	1:00.14 400m: 8:06.65	4:11.62		
27.	Isis Lamers	ZV Overbetuwe	NT	201000346	17:30.03
	50m: 54.62	54.62 200m: 4:06.82	2:10.16	800m: 17:30.03	8:53.21
	100m: 1:56.66	1:02.04 400m: 8:36.82	4:30.00		
DIS	Kim van der Stege	Octopus-ZVV (SG)	11:49.78	200600004	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				

Programmanr. 12  
23-10-2021 - 18:20

Heren, 800m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Storm Tolsma	ZIGNEA	10:33.14	200600277	9:47.58
	50m: 30.76	30.76 200m: 2:17.99	1:12.74	800m: 9:47.58	4:59.61
	100m: 1:05.25	34.49 400m: 4:47.97	2:29.98		
2.	Lars ten Katen	Batavia Swim	10:40.05	200600959	9:55.67
	50m: 32.32	32.32 200m: 2:22.65	1:14.74	800m: 9:55.67	5:00.10
	100m: 1:07.91	35.59 400m: 4:55.57	2:32.92		
3.	Luca Gerringa	Batavia Swim	11:30.01	200700555	10:22.29
	50m: 34.12	34.12 200m: 2:32.28	1:19.80	800m: 10:22.29	5:11.16
	100m: 1:12.48	38.36 400m: 5:11.13	2:38.85		
4.	Gijs Vesseur	Zuiderzeezwemmers	10:54.85	200700277	10:26.20
	50m: 31.74	31.74 200m: 2:25.36	1:16.83	800m: 10:26.20	5:20.07
	100m: 1:08.53	36.79 400m: 5:06.13	2:40.77		
5.	Thomas Burgmeijer	Batavia Swim	9:40.55	200400739	10:48.08
	50m: 30.99	30.99 200m: 2:19.16	1:13.41	800m: 10:48.08	5:48.04
	100m: 1:05.75	34.76 400m: 5:00.04	2:40.88		
6.	Daniël van Dijk	Zuiderzeezwemmers	NT	200703185	10:58.88
	50m: 35.88	35.88 200m: 2:39.91	1:23.25	800m: 10:58.88	5:30.32
	100m: 1:16.66	40.78 400m: 5:28.56	2:48.65		
7.	Lars Koopman	ZIGNEA	10:39.33	200202131	11:09.52
	50m: 34.16	34.16 200m: 2:33.04	1:20.91	800m: 11:09.52	5:44.57
	100m: 1:12.13	37.97 400m: 5:24.95	2:51.91		
8.	Finn Eghuizen	HZ&PC Heerenveen	12:15.55	200900431	11:11.68
	50m: 38.58	38.58 200m: 2:45.89	1:25.12	800m: 11:11.68	5:37.08
	100m: 1:20.77	42.19 400m: 5:34.60	2:48.71		
9.	Quinten de Theije	ZIGNEA	NT	200402129	11:21.64
	50m: 34.62	34.62 200m: 2:39.67	1:25.17	800m: 11:21.64	5:46.14
	100m: 1:14.50	39.88 400m: 5:35.50	2:55.83		

LAC deel 1  
Emmeloord, 23-10-2021

Programmanr. 12, Heren, 800m vrije slag, Junioren 1 en ouder

rang	naam	vereniging	intijd	tijd	RT
10.	Arie Brussaard	Batavia Swim	11:51.61	200700781	11:34.11
	50m: 38.36	38.36 200m: 2:49.30	1:27.96	800m: 11:34.11	5:42.67
	100m: 1:21.34	42.98 400m: 5:51.44	3:02.14		
11.	Thijs Pijl	Flevo	NT	200601979	11:44.82
	50m: 34.93	34.93 200m: 2:40.31	1:25.15	800m: 11:44.82	6:03.66
	100m: 1:15.16	40.23 400m: 5:41.16	3:00.85		
12.	Heiner Stevens	ZIGNEA	12:30.00	197201299	11:54.46
	50m: 37.92	37.92 200m: 2:45.82	1:26.11	800m: 11:54.46	6:07.99
	100m: 1:19.71	41.79 400m: 5:46.47	3:00.65		
13.	Enna Lamers	ZV Overbetuwe	13:16.94	200800899	12:02.38
	50m: 41.07	41.07 200m: 2:57.36	1:32.60	800m: 12:02.38	5:59.11
	100m: 1:24.76	43.69 400m: 6:03.27	3:05.91		
14.	Gyan Spaan	ZV Overbetuwe	12:50.20	200701061	12:15.40
	50m: 38.97	38.97 200m: 2:54.33	1:32.21	800m: 12:15.40	6:12.07
	100m: 1:22.12	43.15 400m: 6:03.33	3:09.00		
15.	Noud Assinck	ZIGNEA	NT	200900047	12:23.21
	50m: 38.18	38.18 200m: 3:01.34	1:37.09	800m: 12:23.21	6:06.05
	100m: 1:24.25	46.07 400m: 6:17.16	3:15.82		
16.	John Dam	ZIGNEA	11:58.31	196000915	12:23.32
	50m: 39.05	39.05 200m: 2:55.63	1:32.69	800m: 12:23.32	6:15.83
	100m: 1:22.94	43.89 400m: 6:07.49	3:11.86		
17.	Frans de Lange	Flevo	12:15.91	199206249	12:30.22
	50m: 39.20	39.20 200m: 2:55.38	1:32.77	800m: 12:30.22	6:22.16
	100m: 1:22.61	43.41 400m: 6:08.06	3:12.68		
18.	Jelte Ruitenber	HZ&PC Heerenveen	13:39.22	200900013	12:51.95
	50m: 41.57	41.57 400m: 6:29.19	5:47.62	800m: 12:51.95	6:22.76
19.	Paul van der Voort	De Zwoer	12:44.89	196200715	13:17.99
	50m: 39.73	39.73 200m: 3:01.74	1:37.47	800m: 13:17.99	6:50.53
	100m: 1:24.27	44.54 400m: 6:27.46	3:25.72		
20.	Leo Lokhorst	Batavia Swim	13:24.02	200900195	13:27.96
	50m: 42.43	42.43 200m: 3:13.65	1:42.27	800m: 13:27.96	6:48.33
	100m: 1:31.38	48.95 400m: 6:39.63	3:25.98		
21.	Joost Pollmann	ZV Overbetuwe	14:43.01	200603521	13:56.60
	50m: 40.06	40.06 200m: 3:11.82	1:44.15	800m: 13:56.60	7:05.77
	100m: 1:27.67	47.61 400m: 6:50.83	3:39.01		
22.	Guus Pijl	Flevo	NT	200900691	14:31.76
	50m: 46.37	46.37 200m: 3:22.58	1:45.17	800m: 14:31.76	7:27.45
	100m: 1:37.41	51.04 400m: 7:04.31	3:41.73		
23.	Eric van den Blink	Batavia Swim	15:02.37	197001667	14:35.68
	50m: 42.31	42.31 200m: 3:20.17	1:47.83	800m: 14:35.68	7:27.36
	100m: 1:32.34	50.03 400m: 7:08.32	3:48.15		
24.	Daniel Meijer	Flevo	NT	200603643	17:23.09
	50m: 48.72	48.72 200m: 3:51.92	2:04.14	800m: 17:23.09	9:07.23
	100m: 1:47.78	59.06 400m: 8:15.86	4:23.94		
25.	Alon Meijer	Flevo	21:49.74	200901551	20:01.00
	50m: 59.17	59.17 200m: 4:38.29	2:28.90	800m: 20:01.00	10:08.54
	100m: 2:09.39	1:10.22 400m: 9:52.46	5:14.17		