

LAC -deel 3  
Dronten, 11-3-2023

Programmanr. 1  
11-3-2023 - 15:15

Dames, 400m wisselslag

Junioren 3 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Lyke Bellert 50m: 33.88	SG Octopus - ZVV 33.88 100m: 1:13.47	5:23.98 39.59	200701424 400m: 5:17.50	4:04.03 <b>5:17.50</b>
2.	Myrthe Dam 100m: 1:15.68	Zuiderzeezwemmers 1:15.68 400m: 5:26.82	5:30.08 4:11.14	200602336	<b>5:26.82</b>
3.	Carlijn Boltendal 50m: 35.23	Zuiderzeezwemmers 35.23 100m: 1:18.35	5:50.09 43.12	200700082 400m: 5:44.08	4:25.73 <b>5:44.08</b>
4.	Britt Hopman 50m: 37.14	SG Octopus - ZVV 37.14 100m: 1:20.57	6:02.49 43.43	200702688 400m: 5:58.56	4:37.99 <b>5:58.56</b>
5.	Lieve Faber 50m: 41.25	Batavia Swim 41.25 100m: 1:30.15	6:24.91 48.90	200800016 400m: 6:11.51	4:41.36 <b>6:11.51</b>
6.	Bloem Muijlaert 50m: 39.09	SG Octopus - ZVV 39.09 100m: 1:27.31	6:18.91 48.22	200602754 400m: 6:11.55	4:44.24 <b>6:11.55</b>
7.	Lieke van der Wal 50m: 39.47	Zignea 39.47 100m: 1:30.63	7:11.32 51.16	200501428 400m: 6:22.17	4:51.54 <b>6:22.17</b>
8.	Nynke Jansen 50m: 41.30	Batavia Swim 41.30 100m: 1:31.11	6:22.57 49.81	200404914 400m: 6:22.53	4:51.42 <b>6:22.53</b>
9.	Ilse Lebbink 50m: 39.14	Zignea 39.14 100m: 1:27.43	7:04.81 48.29	200800088 400m: 6:30.44	5:03.01 <b>6:30.44</b>
10.	Elin Heeren 100m: 1:32.98	Zignea 1:32.98 400m: 6:34.65	NT 5:01.67	200900688	<b>6:34.65</b>
11.	Evi de Wit 50m: 48.74	Flevo 48.74 100m: 1:50.09	8:13.73 1:01.35	200804326 400m: 7:39.79	5:49.70 <b>7:39.79</b>
12.	Emy de Boer 50m: 51.85	Zignea 51.85 100m: 1:53.41	NT 1:01.56	200903378 400m: 7:53.38	5:59.97 <b>7:53.38</b>
13.	Annemieke Visch 50m: 1:00.28	Zuiderzeezwemmers 1:00.28 100m: 2:08.39	NT 1:08.11	198302762 400m: 8:40.53	SM14 6:32.14 <b>8:40.53</b>
AFGEM	Vivian Uijtenbogaart	Batavia Swim	NT	200403642	

Programmanr. 2  
11-3-2023 - 15:40

Heren, 400m wisselslag

Junioren 3 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Lars ten Katen 50m: 30.24	Batavia Swim 30.24 100m: 1:07.44	5:04.60 37.20	200600959 400m: 4:55.95	3:48.51 <b>4:55.95</b>
2.	Daniël van Dijk 50m: 31.85	Zuiderzeezwemmers 31.85 100m: 1:11.22	NT 39.37	200703185 400m: 5:21.00	4:09.78 <b>5:21.00</b>
3.	Yannick Bruintjes 50m: 32.50	Zignea 32.50 100m: 1:13.47	6:00.07 40.97	200304831 400m: 5:43.14	4:29.67 <b>5:43.14</b>
4.	Mano Messchendorp 50m: 37.45	Zignea 37.45 100m: 1:20.88	6:23.97 43.43	200802777 400m: 5:44.42	4:23.54 <b>5:44.42</b>
5.	Renzo Meester 50m: 30.63	Flevo 30.63 100m: 1:06.95	5:57.35 36.32	200202897 400m: 5:49.35	4:42.40 <b>5:49.35</b>
6.	Quinten de Theije 50m: 35.72	Zignea 35.72 100m: 1:21.66	6:13.79 45.94	200402129 400m: 6:00.82	4:39.16 <b>6:00.82</b>
7.	Frans de Lange 50m: 42.63	Flevo 42.63 100m: 1:38.68	6:28.76 56.05	199206249 400m: 6:45.90	5:07.22 <b>6:45.90</b>
8.	Jesse Bruines 50m: 45.88	Batavia Swim 45.88 100m: 1:41.33	7:10.10 55.45	200402413 400m: 7:12.23	SM9 5:30.90 <b>7:12.23</b>
9.	Daniel Meijer 50m: 51.72	Flevo 51.72 100m: 1:56.03	NT 1:04.31	200603643 400m: 8:13.34	6:17.31 <b>8:13.34</b>
DIS	Thijs Pijl 50m: 35.67	Flevo 35.67 100m: 1:18.91	6:00.33 43.24	200601979	
AFGEM	Robin van As	Flevo	NT	200803661	

LAC -deel 3  
Dronten, 11-3-2023

Programmanr. 3  
11-3-2023 - 15:55

400m vrije slag

Minioren 3 en 4  
Resultaten

rang	naam	vereniging	intijd				tijd				RT
1.	Thomas Metz	Batavia Swim	NT 201300043				<b>6:14.61</b>				
	50m: 41.81	41.81	100m: 1:29.68	47.87	200m: 3:06.58	1:36.90	400m: 6:14.61	3:08.03			
2.	Milan Metz	Batavia Swim	NT 201300045				<b>6:26.83</b>				
	50m: 43.54	43.54	100m: 1:31.81	48.27	200m: 3:10.32	1:38.51	400m: 6:26.83	3:16.51			
3.	Yorick van Bruggen	Flevo	NT 201300277				<b>8:43.75</b>				
	50m: 58.35	58.35	100m: 2:04.29	1:05.94	200m: 4:19.80	2:15.51	400m: 8:43.75	4:23.95			

Programmanr. 4  
11-3-2023 - 16:00

Meisjes, 800m vrije slag

Minioren 5  
Resultaten

rang	naam	vereniging	intijd				tijd				RT
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Programmanr. 5  
11-3-2023 - 16:00

Jongens, 800m vrije slag

Minioren 5 en 6  
Resultaten

rang	naam	vereniging	intijd				tijd				RT
1.	Sjors Pijl	Flevo	NT 201100865				<b>15:03.22</b>				
	50m: 49.53	49.53	200m: 3:38.85	1:54.72	800m: 15:03.22	7:30.55					
	100m: 1:44.13	54.60	400m: 7:32.67	3:53.82							
2.	Bastiaan Roorda	Flevo	NT 201100709				<b>15:11.59</b>				
	50m: 48.85	48.85	200m: 3:43.91	1:58.54	800m: 15:11.59	7:33.41					
	100m: 1:45.37	56.52	400m: 7:38.18	3:54.27							

Programmanr. 6  
11-3-2023 - 16:10

Meisjes, 1500m vrije slag

Junioren 1 en 2  
Resultaten

rang	naam	vereniging	intijd				tijd				RT
1.	Yanique Bax	Batavia Swim	NT 201001428				<b>22:56.10</b>				
	50m: 39.24	39.24	200m: 2:58.90	1:34.76	800m: 12:26.38	6:17.73					
	100m: 1:24.14	44.90	400m: 6:08.65	3:09.75	1500m: 22:56.10	10:29.72					
2.	Hayleigh Onstwedder	Batavia Swim	NT 201002902				<b>23:57.21</b>				
	50m: 42.40	42.40	200m: 3:06.44	1:35.92	800m: 12:53.48	6:30.02					
	100m: 1:30.52	48.12	400m: 6:23.46	3:17.02	1500m: 23:57.21	11:03.73					
3.	Meila Broenink	Batavia Swim	NT 201102332				<b>26:32.98</b>				
	50m: 45.65	45.65	200m: 3:25.10	1:47.09	800m: 14:09.11	7:10.48					
	100m: 1:38.01	52.36	400m: 6:58.63	3:33.53	1500m: 26:32.98	12:23.87					
4.	Nikki Kannegieter	Zignea	NT 201100750				<b>26:52.22</b>				
	50m: 45.19	45.19	200m: 3:21.98	1:45.88	800m: 14:15.92	7:16.78					
	100m: 1:36.10	50.91	400m: 6:59.14	3:37.16	1500m: 26:52.22	12:36.30					
5.	Yanaika Ido	Batavia Swim	NT 201102764				<b>27:39.67</b>				
	50m: 44.13	44.13	200m: 3:23.80	1:48.01	800m: 14:40.16	7:34.66					
	100m: 1:35.79	51.66	400m: 7:05.50	3:41.70	1500m: 27:39.67	12:59.51					
6.	Robyn Ippel	Zignea	NT 201001534				<b>27:44.66</b>				
	50m: 46.93	46.93	200m: 3:30.40	1:49.54	800m: 14:38.76	7:28.58					
	100m: 1:40.86	53.93	400m: 7:10.18	3:39.78	1500m: 27:44.66	13:05.90					

LAC -deel 3  
Dronten, 11-3-2023

Programmanr. 7  
11-3-2023 - 16:30

Jongens, 1500m vrije slag

Junioren 1 en 2  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Noud Assinck	Zignea	21:32.45	200900047	21:29.46	
	50m: 37.42	37.42	200m: 2:47.78	1:26.63	800m: 11:31.43	5:49.50
	100m: 1:21.15	43.73	400m: 5:41.93	2:54.15	1500m: 21:29.46	9:58.03
2.	Siem Faber	Batavia Swim	25:09.71	200900065	22:11.87	
	50m: 41.09	41.09	200m: 2:56.84	1:31.20	800m: 12:00.86	6:02.40
	100m: 1:25.64	44.55	400m: 5:58.46	3:01.62	1500m: 22:11.87	10:11.01
3.	Djulan Versteeg	Zignea	NT	201002655	24:00.87	
	50m: 40.46	40.46	200m: 2:59.49	1:33.81	800m: 12:43.04	6:32.34
	100m: 1:25.68	45.22	400m: 6:10.70	3:11.21	1500m: 24:00.87	11:17.83
4.	Björn van Veen	Zignea	NT	201000157	24:59.06	
	50m: 41.64	41.64	200m: 3:07.13	1:37.50	800m: 13:21.16	6:51.73
	100m: 1:29.63	47.99	400m: 6:29.43	3:22.30	1500m: 24:59.06	11:37.90
5.	Danny Hemelrijk	Zignea	NT	200902785	25:07.70	
	50m: 42.56	42.56	200m: 3:07.54	1:38.18	800m: 13:16.49	6:49.31
	100m: 1:29.36	46.80	400m: 6:27.18	3:19.64	1500m: 25:07.70	11:51.21
6.	Guus Pijl	Flevo	NT	200900691	25:28.00	
	50m: 42.28	42.28	200m: 3:07.33	1:38.09	800m: 13:24.06	6:55.69
	100m: 1:29.24	46.96	400m: 6:28.37	3:21.04	1500m: 25:28.00	12:03.94
7.	Julian Flikweert	Zignea	NT	201001185	25:28.05	
	50m: 42.97	42.97	200m: 3:12.21	1:40.20	800m: 13:37.24	6:57.21
	100m: 1:32.01	49.04	400m: 6:40.03	3:27.82	1500m: 25:28.05	11:50.81
8.	Thomas van Bruggen	Flevo	NT	201000113	27:58.52	
	50m: 40.68	40.68	200m: 3:17.18	1:47.84	800m: 14:48.47	7:44.12
	100m: 1:29.34	48.66	400m: 7:04.35	3:47.17	1500m: 27:58.52	13:10.05
9.	Lucas van Veen	Flevo	NT	201002395	28:05.07	
	50m: 45.64	45.64	200m: 3:22.16	1:44.80	800m: 14:41.97	7:37.55
	100m: 1:37.36	51.72	400m: 7:04.42	3:42.26	1500m: 28:05.07	13:23.10
10.	Alon Meijer	Flevo	41:00.26	200901551	35:01.27	
	50m: 52.28	52.28	200m: 4:06.23	2:12.81	800m: 18:28.32	9:44.24
	100m: 1:53.42	1:01.14	400m: 8:44.08	4:37.85	1500m: 35:01.27	16:32.95

Programmanr. 8  
11-3-2023 - 17:55

Dames, 400m vrije slag

Junioren 3 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Myrthe Dam	Zuiderzeezwemmers	4:46.53	200602336	4:46.02	
	50m: 32.30	32.30	100m: 1:07.75	35.45	200m: 2:20.45	1:12.70
					400m: 4:46.02	2:25.57
2.	Lyke Bellert	SG Octopus - ZVV	4:44.25	200701424	4:53.00	
	50m: 33.26	33.26	100m: 1:09.62	36.36	200m: 2:23.45	1:13.83
					400m: 4:53.00	2:29.55
3.	Carlijn Boltendal	Zuiderzeezwemmers	5:18.04	200700082	5:06.85	
	50m: 32.86	32.86	100m: 1:09.22	36.36	200m: 2:25.83	1:16.61
					400m: 5:06.85	2:41.02
4.	Britt Hopman	SG Octopus - ZVV	5:27.75	200702688	5:22.85 FJ 1	
	50m: 35.67	35.67	100m: 1:15.82	40.15	200m: 2:40.27	1:24.45
					400m: 5:22.85	2:42.58
5.	Bloem Muijlaert	SG Octopus - ZVV	5:13.47	200602754	5:22.85 FJ 2	
	50m: 34.54	34.54	100m: 1:13.97	39.43	200m: 2:37.39	1:23.42
					400m: 5:22.85	2:45.46
6.	Lieve Faber	Batavia Swim	5:34.85	200800016	5:27.17	
	50m: 36.51	36.51	100m: 1:17.81	41.30	200m: 2:43.24	1:25.43
					400m: 5:27.17	2:43.93
7.	Nynke Jansen	Batavia Swim	5:25.41	200404914	5:30.97	
	50m: 37.01	37.01	100m: 1:18.58	41.57	200m: 2:42.75	1:24.17
					400m: 5:30.97	2:48.22
8.	Gea van der Schaaf	Deltasteur	5:33.05	197901558	5:35.38	
	50m: 35.11	35.11	100m: 1:14.98	39.87	200m: 2:40.63	1:25.65
					400m: 5:35.38	2:54.75
9.	Lieke van der Wal	Zignea	5:29.43	200501428	5:38.45	
	50m: 35.72	35.72	100m: 1:16.74	41.02	200m: 2:42.66	1:25.92
					400m: 5:38.45	2:55.79
10.	Maaïke Bosman	Zignea	6:10.44	200700624	6:10.30	
	50m: 37.15	37.15	100m: 1:19.90	42.75	200m: 2:53.02	1:33.12
					400m: 6:10.30	3:17.28
11.	Ilse van Eijk	Zignea	6:30.00	200601930	6:23.91	
	50m: 37.43	37.43	100m: 1:20.34	42.91	200m: 2:56.40	1:36.06
					400m: 6:23.91	3:27.51
12.	Emy de Boer	Zignea	8:00.02	200903378	6:57.48	
	50m: 45.20	45.20	100m: 1:38.03	52.83	200m: 3:25.56	1:47.53
					400m: 6:57.48	3:31.92
13.	Lieke Mandema	Flevo	7:17.82	200803138	7:09.13	
	50m: 45.33	45.33	100m: 1:37.89	52.56	200m: 3:27.39	1:49.50
					400m: 7:09.13	3:41.74

LAC -deel 3  
Dronten, 11-3-2023

Programmanr. 8, Dames, 400m vrije slag, Junioren 3 en ouder

rang	naam	vereniging	intijd	tijd	RT			
14.	Evi de Wit	Flevo	7:04.32	200804326	<b>7:11.49</b>			
	50m: 45.13	45.13	100m: 1:38.19	53.06	200m: 3:28.63	1:50.44	400m: 7:11.49	3:42.86
15.	Stephany van Dorsselaer	Zignea	NT	200903996	<b>7:15.13</b>			
	50m: 46.45	46.45	100m: 1:41.08	54.63	200m: 3:34.63	1:53.55	400m: 7:15.13	3:40.50
16.	Annemieke Visch	Zuiderzeezwemmers	7:45.53	198302762	<b>7:49.73</b>	206		
	50m: 50.08	50.08	100m: 1:47.73	57.65	200m: 3:46.63	1:58.90	400m: 7:49.73	4:03.10
17.	Joanne Vowinkel	Zignea	NT	200802628	<b>8:03.55</b>			
	50m: 50.01	50.01	100m: 1:47.69	57.68	200m: 3:49.80	2:02.11	400m: 8:03.55	4:13.75
AFGEM	Vivian Uijtenbogaart	Batavia Swim	NT	200403642				

Programmanr. 9  
11-3-2023 - 18:25

Heren, 400m vrije slag

Junioren 3 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Lars ten Katen	Batavia Swim	4:27.26	200600959	<b>4:23.20</b>			
	50m: 29.16	29.16	100m: 1:01.97	32.81	200m: 2:09.60	1:07.63	400m: 4:23.20	2:13.60
2.	Daniël van Dijk	Zuiderzeezwemmers	5:19.96	200703185	<b>4:47.65</b>			
	50m: 31.38	31.38	100m: 1:07.61	36.23	200m: 2:19.15	1:11.54	400m: 4:47.65	2:28.50
3.	Luca Gerringa	Batavia Swim	5:11.13	200700555	<b>4:48.10</b>			
	50m: 30.11	30.11	100m: 1:05.23	35.12	200m: 2:18.65	1:13.42	400m: 4:48.10	2:29.45
4.	Yannick Bruintjes	Zignea	5:11.77	200304831	<b>5:05.51</b>			
	50m: 31.06	31.06	100m: 1:07.89	36.83	200m: 2:26.14	1:18.25	400m: 5:05.51	2:39.37
5.	Mano Messchendorp	Zignea	5:08.76	200802777	<b>5:10.90</b>			
	50m: 33.00	33.00	100m: 1:11.05	38.05	200m: 2:31.06	1:20.01	400m: 5:10.90	2:39.84
6.	Thijs Pijl	Flevo	5:13.52	200601979	<b>5:15.95</b>			
7.	Renzo Meester	Flevo	5:20.72	200202897	<b>5:22.20</b>			
	50m: 32.80	32.80	100m: 1:12.60	39.80	200m: 2:37.50	1:24.90	400m: 5:22.20	2:44.70
8.	Quinten de Theije	Zignea	5:35.50	200402129	<b>5:22.92</b>			
	50m: 32.91	32.91	100m: 1:12.28	39.37	200m: 2:37.17	1:24.89	400m: 5:22.92	2:45.75
9.	Frans de Lange	Flevo	5:53.24	199206249	<b>5:47.64</b>			
	50m: 37.06	37.06	100m: 1:19.42	42.36	200m: 2:47.83	1:28.41	400m: 5:47.64	2:59.81
10.	Thijs Flikweert	Zignea	6:13.32	200802775	<b>5:51.36</b>			
	50m: 33.99	33.99	100m: 1:15.69	41.70	200m: 2:45.53	1:29.84	400m: 5:51.36	3:05.83
11.	Jesse Bruines	Batavia Swim	5:35.64	200402413	<b>5:55.93</b>	375		
	50m: 39.97	39.97	100m: 1:24.82	44.85	200m: 2:55.82	1:31.00	400m: 5:55.93	3:00.11
12.	Daniël Deuling	Zignea	6:38.88	200801251	<b>6:09.45</b>			
	50m: 36.97	36.97	100m: 1:20.63	43.66	200m: 2:55.18	1:34.55	400m: 6:09.45	3:14.27
13.	Adri Pasman	Zuiderzeezwemmers	7:03.09	196400573	<b>7:24.82</b>			
	50m: 45.65	45.65	100m: 1:38.77	53.12	200m: 3:31.08	1:52.31	400m: 7:24.82	3:53.74
14.	Bob Buikema	Flevo	9:45.97	194500139	<b>12:06.73</b>			
	50m: 1:03.46	1:03.46	100m: 2:24.89	1:21.43	200m: 5:29.62	3:04.73	400m: 12:06.73	6:37.11
DIS	Daniel Meijer	Flevo	7:43.22	200603643				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
AFGEM	Owen Huisman	Zignea	NT	200801257				
AFGEM	Robin van As	Flevo	6:03.86	200803661				