

LAC deel 2
Boxtel, 17-2-2013

Programmanr. 1
17-2-2013 - 14:30

Dames, 1500m vrije slag

2000 en eerder
Resultaten

Punten: FINA 2011

Rang	Geb.	Tijd	Pnt
Junioren 2-3			
1.	Lené Doomen	00 Trb/Res	20:16.84 444
	100m: 1:12.83 1:12.83	500m: 6:33.58 1:21.34	900m: 12:02.05 1:22.53
	200m: 2:32.37 1:19.54	600m: 7:55.14 1:21.56	1000m: 13:25.89 1:23.84
	300m: 3:51.97 1:19.60	700m: 9:17.08 1:21.94	1100m: 14:48.99 1:23.10
	400m: 5:12.24 1:20.27	800m: 10:39.52 1:22.44	1200m: 16:13.14 1:24.15
		1300m: 17:37.11 1:23.97	1400m: 19:00.88 1:23.77
		1500m: 20:16.84 1:15.96	
2.	Tatum Reppel	00 MNC Dordrecht	22:32.00 324
	100m: 1:26.32 1:26.32	500m: 7:31.76 1:31.66	900m: 13:38.51 1:31.09
	200m: 2:58.26 1:31.94	600m: 9:02.70 1:30.94	1000m: 15:11.76 1:33.25
	300m: 4:28.89 1:30.63	700m: 10:35.02 1:32.32	1100m: 16:44.54 1:32.78
	400m: 6:00.10 1:31.21	800m: 12:07.42 1:32.40	1200m: 18:16.10 1:31.56
		1300m: 19:45.13 1:29.03	1400m: 21:12.60 1:27.47
		1500m: 22:32.00 1:19.40	
3.	Lisa de Beijer	00 Psv	22:36.03 321
	100m: 1:22.75 1:22.75	500m: 7:26.41 1:32.57	900m: 13:32.06 1:30.00
	200m: 2:51.08 1:28.33	600m: 8:58.22 1:31.81	1000m: 15:03.91 1:31.85
	300m: 4:22.84 1:31.76	700m: 10:29.81 1:31.59	1100m: 16:35.23 1:31.32
	400m: 5:53.84 1:31.00	800m: 12:02.06 1:32.25	1200m: 18:06.41 1:31.18
		1300m: 19:38.00 1:31.59	1400m: 21:07.66 1:29.66
		1500m: 22:36.03 1:28.37	
4.	Noha Zwiers	00 De Duinkickers	23:53.41 271
	100m: 1:25.59 1:25.59	500m: 7:43.52 1:34.77	900m: 14:07.97 1:36.50
	200m: 2:58.16 1:32.57	600m: 9:18.34 1:34.82	1000m: 15:46.63 1:38.66
	300m: 4:33.44 1:35.28	700m: 10:55.23 1:36.89	1100m: 17:25.86 1:39.23
	400m: 6:08.75 1:35.31	800m: 12:31.47 1:36.24	1200m: 19:04.29 1:38.43
		1300m: 20:42.50 1:38.21	1400m: 22:21.81 1:39.31
		1500m: 23:53.41 1:31.60	
5.	Isa Schellekens	00 Zegenwerp	24:16.21 259
	100m: 1:26.00 1:26.00	500m: 7:43.52 1:34.77	900m: 14:26.87 1:38.35
	200m: 3:02.96 1:36.96	600m: 9:31.50 1:39.01	1000m: 16:06.82 1:39.95
	300m: 4:40.00 1:37.04	700m: 11:10.51 1:39.01	1100m: 17:46.82 1:40.00
	400m: 6:15.82 1:35.82	800m: 12:48.52 1:38.01	1200m: 19:26.28 1:39.46
		1300m: 21:04.17 1:37.89	1400m: 22:40.79 1:36.62
		1500m: 24:16.21 1:35.42	
Jeugd			
1.	Charlotte Eijkelenboom	98 MNC Dordrecht	20:15.42 446
	100m: 1:13.90 1:13.90	500m: 6:38.64 1:22.07	900m: 12:07.56 1:22.89
	200m: 2:34.53 1:20.63	600m: 7:59.79 1:21.15	1000m: 13:29.79 1:22.23
	300m: 3:55.21 1:20.68	700m: 9:21.97 1:22.18	1100m: 14:52.25 1:22.46
	400m: 5:16.57 1:21.36	800m: 10:44.67 1:22.70	1200m: 16:15.49 1:23.24
		1300m: 17:36.99 1:21.50	1400m: 18:56.54 1:19.55
		1500m: 20:15.42 1:18.88	
Senioren			
1.	Renske Zandberg	96 Trb/Res	21:02.47 398
	100m: 1:19.40 1:19.40	500m: 6:52.06 1:23.22	900m: 12:26.80 1:24.22
	200m: 2:43.29 1:23.89	600m: 8:14.60 1:22.54	1000m: 13:52.62 1:25.82
	300m: 4:06.50 1:23.21	700m: 9:38.29 1:23.69	1100m: 15:16.72 1:24.10
	400m: 5:28.84 1:22.34	800m: 11:02.58 1:24.29	1200m: 16:45.51 1:28.79
		1300m: 18:12.58 1:27.07	1400m: 21:02.47
2.	Lian Beenhakker	96 Alkemade	23:32.17 284
	100m: 1:25.35 1:25.35	500m: 7:44.40 1:36.43	900m: 14:07.61 1:36.06
	200m: 2:58.55 1:33.20	600m: 9:19.78 1:35.38	1000m: 15:43.71 1:36.10
	300m: 4:32.66 1:34.11	700m: 10:56.06 1:36.28	1100m: 17:20.76 1:37.05
	400m: 6:07.97 1:35.31	800m: 12:31.55 1:35.49	1200m: 18:57.14 1:36.38
		1300m: 20:31.62 1:34.48	1400m: 22:04.02 1:32.40
		1500m: 23:32.17 1:28.15	
3.	Isabel van Loon	95 Zegenwerp	24:11.42 261
	100m: 1:24.90 1:24.90	500m: 7:50.40 1:38.46	900m: 14:25.04 1:38.24
	200m: 2:59.21 1:34.31	600m: 9:28.80 1:38.40	1000m: 16:04.74 1:39.70
	300m: 4:35.25 1:36.04	700m: 11:08.27 1:39.47	1100m: 17:44.16 1:39.42
	400m: 6:11.94 1:36.69	800m: 12:46.80 1:38.53	1200m: 19:22.59 1:38.43
		1300m: 21:01.11 1:38.52	1400m: 22:38.90 1:37.79
		1500m: 24:11.42 1:32.52	
4.	Yvette Bouthoorn	90 Trb/Res	24:12.00 261
	100m: 1:18.64 1:18.64	500m: 7:47.07 1:39.05	900m: 14:22.73 1:39.66
	200m: 2:52.82 1:34.18	600m: 9:26.60 1:39.53	1000m: 16:03.80 1:41.07
	300m: 4:29.02 1:36.20	700m: 11:05.51 1:38.91	1100m: 17:45.64 1:41.84
	400m: 6:08.02 1:39.00	800m: 12:43.07 1:37.56	1200m: 19:26.76 1:41.12
		1300m: 21:08.32 1:41.56	1400m: 22:45.42 1:37.10
		1500m: 24:12.00 1:26.58	

LAC deel 2
Boxtel, 17-2-2013

Programmanr. 1, Dames, 1500m vrije slag, Senioren

Rang			Geb.					Tijd	Pnt		
5.	Ike van Velzen		95	Alkemade				24:51.79	241		
	100m:	1:24.22	500m:	7:52.14	1:40.01	900m:	14:36.90	1:41.71	1300m:	21:28.58	1:43.14
	200m:	2:57.58	600m:	9:32.88	1:40.74	1000m:	16:18.97	1:42.07	1400m:	23:12.42	1:43.84
	300m:	4:34.21	700m:	11:13.09	1:40.21	1100m:	18:02.60	1:43.63	1500m:	24:51.79	1:39.37
	400m:	6:12.13	800m:	12:55.19	1:42.10	1200m:	19:45.44	1:42.84			

Programmanr. 2
17-2-2013 - 14:50

Heren, 1500m vrije slag

2000 en eerder
Resultaten

Punten: FINA 2011

Rang			Geb.					Tijd	Pnt		
Junioren											
1.	Jeffrey Roest		97	De Duinkickers				18:57.68	417		
	100m:	1:09.10	500m:	6:17.33	1:17.83	900m:	11:24.18	1:17.22	1300m:	16:31.53	1:16.28
	200m:	2:25.13	600m:	7:34.00	1:16.67	1000m:	12:41.14	1:16.96	1400m:	17:47.53	1:16.00
	300m:	3:42.61	700m:	8:51.09	1:17.09	1100m:	13:58.09	1:16.95	1500m:	18:57.68	1:10.15
	400m:	4:59.50	800m:	10:06.96	1:15.87	1200m:	15:15.25	1:17.16			
2.	Jelle Blankestijn		98	De Duinkickers				19:09.58	404		
	100m:	1:11.31	500m:	6:18.29	1:16.57	900m:	11:28.22	1:17.82	1300m:	16:39.59	1:17.63
	200m:	2:28.02	600m:	7:35.86	1:17.57	1000m:	12:46.23	1:18.01	1400m:	17:56.65	1:17.06
	300m:	3:44.69	700m:	8:53.27	1:17.41	1100m:	14:04.23	1:18.00	1500m:	19:09.58	1:12.93
	400m:	5:01.72	800m:	10:10.40	1:17.13	1200m:	15:21.96	1:17.73			
3.	Thijs Manders		00	Trb/Res				22:53.51	237		
	100m:	1:24.98	500m:	7:34.70	1:36.26	900m:	13:48.64	1:33.51	1300m:	19:59.04	1:32.31
	200m:	2:55.55	600m:	9:08.69	1:33.99	1000m:	15:22.85	1:34.21	1400m:	21:29.43	1:30.39
	300m:	4:26.82	700m:	10:42.69	1:34.00	1100m:	16:54.63	1:31.78	1500m:	22:53.51	1:24.08
	400m:	5:58.44	800m:	12:15.13	1:32.44	1200m:	18:26.73	1:32.10			
4.	Kevin Roest		00	De Duinkickers				23:08.40	229		
	100m:	1:25.36	500m:	7:41.20	1:33.90	900m:	13:55.77	1:35.06	1300m:	20:10.27	1:31.56
	200m:	2:58.80	600m:	9:17.49	1:36.29	1000m:	15:29.36	1:33.59	1400m:	21:43.02	1:32.75
	300m:	4:32.67	700m:	10:47.40	1:29.91	1100m:	17:04.64	1:35.28	1500m:	23:08.40	1:25.38
	400m:	6:07.30	800m:	12:20.71	1:33.31	1200m:	18:38.71	1:34.07			
5.	Luc Mensonides		98	Proteus				23:29.69	219		
	100m:	1:21.48	500m:	7:39.39	1:36.05	900m:	14:06.89	1:35.89	1300m:	20:32.91	1:36.93
	200m:	2:52.56	600m:	9:16.06	1:36.67	1000m:	15:43.16	1:36.27	1400m:	22:08.19	1:35.28
	300m:	4:26.91	700m:	10:52.84	1:36.78	1100m:	17:19.50	1:36.34	1500m:	23:29.69	1:21.50
	400m:	6:03.34	800m:	12:31.00	1:38.16	1200m:	18:55.98	1:36.48			
6.	Stefan Mol		98	Proteus				24:18.74	197		
	100m:	1:21.09	500m:	8:38.84	2:37.36	900m:	14:28.00	1:46.38	1300m:	20:58.99	1:46.42
	200m:	2:54.24	600m:	9:20.07	41.23	1000m:	16:05.87	1:37.87	1400m:	22:43.95	1:44.96
	300m:	4:22.99	700m:	10:57.65	1:37.58	1100m:	17:39.05	1:33.18	1500m:	24:18.74	1:34.79
	400m:	6:01.48	800m:	12:41.62	1:43.97	1200m:	19:12.57	1:33.52			

Jeugd

1.	Gilbert van de Beek		96	Flevo				22:29.80	249		
	100m:	1:18.40	500m:	7:11.65	1:30.17	900m:	13:15.65	1:29.90	1300m:	19:24.81	1:33.21
	200m:	2:44.82	600m:	8:42.75	1:31.10	1000m:	14:46.20	1:30.55	1400m:	20:58.25	1:33.44
	300m:	4:12.94	700m:	10:14.06	1:31.31	1100m:	16:17.42	1:31.22	1500m:	22:29.80	1:31.55
	400m:	5:41.48	800m:	11:45.75	1:31.69	1200m:	17:51.60	1:34.18			

Senioren

1.	Maurice van der Berge		69	HZ Zian				18:25.18	455		
	100m:	1:07.82	500m:	6:02.50	1:13.79	900m:	11:00.16	1:14.66	1300m:	15:58.00	1:14.60
	200m:	2:20.89	600m:	7:16.82	1:14.32	1000m:	12:14.98	1:14.82	1400m:	17:12.55	1:14.55
	300m:	3:35.14	700m:	8:30.66	1:13.84	1100m:	13:28.76	1:13.78	1500m:	18:25.18	1:12.63
	400m:	4:48.71	800m:	9:45.50	1:14.84	1200m:	14:43.40	1:14.64			

LAC deel 2
Boxtel, 17-2-2013

Programmanr. 2, Heren, 1500m vrije slag, Senioren

Rang			Geb.						Tijd	Pnt		
2.	Ivan Timmers		85		Eozc				20:23.64	335		
	100m:	1:11.71	1:11.71	500m:	6:35.59	1:22.66	900m:	12:05.76	1:23.21	1300m:	17:38.54	1:24.36
	200m:	2:29.84	1:18.13	600m:	7:57.77	1:22.18	1000m:	13:28.16	1:22.40	1400m:	19:03.13	1:24.59
	300m:	3:50.84	1:21.00	700m:	9:19.96	1:22.19	1100m:	14:51.21	1:23.05	1500m:	20:23.64	1:20.51
	400m:	5:12.93	1:22.09	800m:	10:42.55	1:22.59	1200m:	16:14.18	1:22.97			
3.	Robbert Hessing		87		De Duinkickers				24:37.76	190		
	100m:	1:22.23	1:22.23	500m:	8:00.99	1:38.45	900m:	14:44.01	1:41.13	1300m:	21:27.94	1:39.50
	200m:	2:59.08	1:36.85	600m:	9:43.10	1:42.11	1000m:	16:25.66	1:41.65	1400m:	23:07.85	1:39.91
	300m:	4:40.38	1:41.30	700m:	11:21.97	1:38.87	1100m:	18:07.92	1:42.26	1500m:	24:37.76	1:29.91
	400m:	6:22.54	1:42.16	800m:	13:02.88	1:40.91	1200m:	19:48.44	1:40.52			

Programmanr. 3
17-2-2013 - 15:05

Meisjes, 800m vrije slag

Min.5 + Jun. 1
Resultaten

Punten: FINA 2011

Rang			Geb.						Tijd	Pnt		
1.	Deborah Visser		01		De Duinkickers				14:16.17	181		
	100m:	1:39.31	1:39.31	300m:	5:14.13	1:48.54	500m:	8:50.98	1:48.81	700m:	12:31.72	1:51.44
	200m:	3:25.59	1:46.28	400m:	7:02.17	1:48.04	600m:	10:40.28	1:49.30	800m:	14:16.17	1:44.45

Programmanr. 4
17-2-2013 - 15:20

Jongens, 800m vrije slag

Min 5 + 6
Resultaten

Punten: FINA 2011

Rang			Geb.						Tijd	Pnt		
1.	Jasper de Gier		01		De Duinkickers				13:45.53	154		
	100m:	1:35.08	1:35.08	300m:	5:06.25	1:45.26	500m:	8:37.44	1:44.75	700m:	12:07.29	1:44.82
	200m:	3:20.99	1:45.91	400m:	6:52.69	1:46.44	600m:	10:22.47	1:45.03	800m:	13:45.53	1:38.24
2.	Tom Blankestijn		02		De Duinkickers				14:06.00	143		
	100m:	1:36.03	1:36.03	300m:	5:12.71	1:49.10	500m:	8:49.34	1:47.83	700m:	12:25.25	1:47.83
	200m:	3:23.61	1:47.58	400m:	7:01.51	1:48.80	600m:	10:37.42	1:48.08	800m:	14:06.00	1:40.75
3.	Rick Mol		01		Proteus				14:26.29	134		
	100m:	1:38.86	1:38.86	300m:	5:18.60	1:50.03	500m:	9:03.02	1:52.22	700m:	12:45.76	1:48.74
	200m:	3:28.57	1:49.71	400m:	7:10.80	1:52.20	600m:	10:57.02	1:54.00	800m:	14:26.29	1:40.53
4.	Luc van Rooijen		02		Alkemade				14:45.25	125		
	100m:	1:44.28	1:44.28	300m:	5:31.00	1:54.06	500m:	9:16.46	1:52.30	700m:	13:01.33	1:51.87
	200m:	3:36.94	1:52.66	400m:	7:24.16	1:53.16	600m:	11:09.46	1:53.00	800m:	14:45.25	1:43.92
5.	Rick Vermeulen		01		Zegenwerp				15:40.30	104		
	100m:	1:45.61	1:45.61	300m:	5:45.17	2:01.09	500m:	9:44.28	2:03.26	700m:	13:43.58	2:02.04
	200m:	3:44.08	1:58.47	400m:	7:41.02	1:55.85	600m:	11:41.54	1:57.26	800m:	15:40.30	1:56.72

Programmanr. 5
17-2-2013 - 15:25

Meisjes, 400m vrije slag

Min 3 + 4
Resultaten

Punten: FINA 2011

Rang			Geb.						Tijd	Pnt		
1.	Roos Zwart		03		De Duinkickers				7:15.39	157		
	50m:	47.75	47.75	150m:	2:35.96	55.28	250m:	4:29.62	57.06	350m:	6:24.32	57.29
	100m:	1:40.68	52.93	200m:	3:32.56	56.60	300m:	5:27.03	57.41	400m:	7:15.39	51.07
2.	Marit Vermeulen		03		Zegenwerp				7:41.61	131		
	50m:	52.44	52.44	150m:	2:49.42	59.14	250m:	4:49.96	59.28	350m:	6:48.57	58.45
	100m:	1:50.28	57.84	200m:	3:50.68	1:01.26	300m:	5:50.12	1:00.16	400m:	7:41.61	53.04

LAC deel 2
Boxtel, 17-2-2013

Programmanr. 5, Meisjes, 400m vrije slag, Min 3 + 4

Rang					Geb.					Tijd	Pnt	
3.	Iris van der Aa				04	Zegenwerp				7:46.42	127	
	50m:	47.80	47.80	150m:	2:46.23	250m:	4:49.17	1:00.25	350m:	6:49.59	1:00.04	
	100m:			200m:	3:48.92	1:02.69	300m:	5:49.55	1:00.38	400m:	7:46.42	56.83

Programmanr. 6
17-2-2013 - 15:35

Jongens, 400m vrije slag

Min 3 + 4
Resultaten

Punten: FINA 2011

Rang					Geb.					Tijd	Pnt
Programmanr. 7 17-2-2013 - 15:35						Dames, 400m wisselslag					2000 en eerder Resultaten

Punten: FINA 2011

Rang					Geb.					Tijd	Pnt
Junioren 2+3											
1.	Isa Schellekens				00	Zegenwerp				6:54.21	250
	50m:	46.80	46.80	150m:		250m:			350m:		
	100m:			200m:		300m:			400m:	6:54.21	
2.	Vera Molan				00	Flevo				7:03.65	233
	50m:	47.93	47.93	150m:		250m:			350m:		
	100m:	1:43.37	55.44	200m:		300m:			400m:	7:03.65	
3.	Gijsan van de Beek				00	Flevo				8:04.28	156
	50m:	53.50	53.50	150m:		250m:			350m:		
	100m:	2:06.54	1:13.04	200m:		300m:			400m:	8:04.28	

Senioren

1.	Roos van Esch				82	Trb/Res				5:29.67	496
	50m:	35.00	35.00	150m:		250m:			350m:		
	100m:	1:14.34	39.34	200m:		300m:			400m:	5:29.67	
2.	Lian Beenhakker				96	Alkemade				6:43.34	271
	50m:	42.75	42.75	150m:		250m:			350m:		
	100m:	1:34.95	52.20	200m:		300m:			400m:	6:43.34	
3.	Isabel van Loon				95	Zegenwerp				7:01.96	236
	50m:	49.58	49.58	150m:		250m:			350m:		
	100m:	1:51.41	1:01.83	200m:		300m:			400m:	7:01.96	
4.	Marije van de Beek				95	Flevo				7:03.08	234
	50m:	45.27	45.27	150m:		250m:			350m:		
	100m:	1:41.47	56.20	200m:		300m:			400m:	7:03.08	

Programmanr. 8
17-2-2013 - 15:45

Heren, 400m wisselslag

2000 en eerder
Resultaten

Punten: FINA 2011

Rang					Geb.					Tijd	Pnt
------	--	--	--	--	------	--	--	--	--	------	-----

LAC deel 2
Boxtel, 17-2-2013

Programmanr. 9
17-2-2013 - 15:50

Meisjes, 200m wisselslag

Min 5 + Jun 1
Resultaten

Punten: FINA 2011

Rang	Geb.		Tijd	Pnt	50m	100m	150m	200m
1.	Anne van der Aa	02	Zegenwerp	4:13.17	119	1:02.60		
	DIS Kim de Laat	01	Zegenwerp					RD

Programmanr. 10
17-2-2013 - 15:50

Jongens, 200m wisselslag

Min 5 + 6
Resultaten

Punten: FINA 2011

Rang	Geb.		Tijd	Pnt	50m	100m	150m	200m
1.	Luc de Kreek	01	Flevo	3:22.70	160	46.43		
2.	Luc van Rooijen	02	Alkemade	3:52.79	105	59.31		
3.	Rick Vermeulen	01	Zegenwerp	4:15.02	80	1:06.49		

Programmanr. 11
17-2-2013 - 15:55

Meisjes, 200m wisselslag

Min 3 + 4
Resultaten

Punten: FINA 2011

Rang	Geb.		Tijd	Pnt	50m	100m	150m	200m
1.	Iris van der Aa	04	Zegenwerp	4:13.34	118	1:03.77		
2.	Marit Vermeulen	03	Zegenwerp	4:18.78	111	1:10.46		

Programmanr. 12
17-2-2013 - 16:00

Jongens, 200m wisselslag

Min 3 + 4
Resultaten

Punten: FINA 2011

Rang	Geb.		Tijd	Pnt	50m	100m	150m	200m
------	------	--	------	-----	-----	------	------	------