

LAC deel 1b
Nijkerk, 6-12-2014

Programmanr. 1 Meisjes, 200m wisselslag Meisjes Minioren 5 Junioren 1
6-12-2014 Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Nora Brouwer 50m: 38.93 38.93	Aquapoldro 200m: 3:06.10 2:27.17	3:03.05	200300480 3:06.10
2.	Daphne van Rees 50m: 48.16 48.16	Aquapoldro 200m: 3:25.12 2:36.96	3:41.33	200301766 3:25.12
3.	Ellis van der Stege 50m: 52.11 52.11	Octopus 200m: 3:33.86 2:41.75	3:50.92	200300620 3:33.86
4.	Marylène van Zetten 50m: 53.94 53.94	Octopus 200m: 3:40.06 2:46.12	3:56.78	200301636 3:40.06
5.	Leonie Veldhuis 50m: 50.41 50.41	Aquapoldro 200m: 3:41.77 2:51.36	3:48.72	200301768 3:41.77
6.	Cynthia Koolman 50m: 54.18 54.18	Octopus 200m: 3:46.09 2:51.91	4:06.11	200300232 3:46.09

Programmanr. 2 Jongens, 200m wisselslag Jongens Minioren 5 en 6
6-12-2014 Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Jarno Bijsterbosch 50m: 36.93 36.93	Octopus 200m: 2:59.25 2:22.32	3:00.49	200300081 2:59.25
2.	Thijmen Montfrooy 50m: 56.37 56.37	Octopus 200m: 3:46.08 2:49.71	NT	200303109 3:46.08

Programmanr. 3 Dames, 1500m vrije slag Dames Senioren Open
6-12-2014 Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Daphne van het Ende 50m: 34.27 34.27 100m: 1:12.18 37.91	Octopus 200m: 2:29.53 1:17.35 400m: 5:07.11 2:37.58	19:53.86	199904164 19:48.93
2.	Felicia Swets 50m: 35.08 35.08 100m: 1:13.44 38.36	Aquapoldro 200m: 2:33.43 1:19.99 400m: 5:18.09 2:44.66	21:40.50	199801272 20:43.19
3.	Irmgard van Weeghel 50m: 35.67 35.67 100m: 1:15.01 39.34	Octopus 200m: 2:36.95 1:21.94 400m: 5:24.44 2:47.49	20:31.19	199204834 20:52.12
4.	Sanne Ditzel 50m: 35.41 35.41 100m: 1:14.63 39.22	Aquapoldro 200m: 2:37.00 1:22.37 400m: 5:27.45 2:50.45	21:16.16	199901092 21:13.07
5.	Dagmar Kruijk 50m: 37.04 37.04 100m: 1:19.04 42.00	Zuiderzeewimmers 200m: 2:47.32 1:28.28 400m: 5:48.23 3:00.91	21:56.40	199800008 22:02.34
6.	Hanna van Keulen 50m: 36.18 36.18 100m: 1:17.37 41.19	Noord Veluwe 200m: 2:44.34 1:26.97 400m: 5:42.51 2:58.17	22:33.63	199803050 22:02.94
7.	Irene Hanse 50m: 38.25 38.25 100m: 1:20.07 41.82	Zuiderzeewimmers 200m: 2:46.85 1:26.78 400m: 5:45.29 2:58.44	21:58.86	199801496 22:07.86
8.	Kirsten Opmeer 50m: 38.70 38.70 100m: 1:20.70 42.00	Octopus 200m: 2:48.60 1:27.90 400m: 5:45.67 2:57.07	21:33.77	199800014 22:08.20
9.	Julia Keijzer 50m: 36.87 36.87 100m: 1:18.30 41.43	Zuiderzeewimmers 200m: 2:45.37 1:27.07 400m: 5:43.68 2:58.31	23:34.57	199804016 22:10.43
10.	Suzan Heurneman 50m: 37.94 37.94 100m: 1:19.61 41.67	Aquapoldro 200m: 2:47.73 1:28.12 400m: 5:43.51 2:55.78	22:41.93	199804874 22:10.88
11.	Agnes van Burg 50m: 40.12 40.12 100m: 1:23.42 43.30	Daw 200m: 2:53.80 1:30.38 400m: 5:56.88 3:03.08	22:30.00	198001726 22:38.42

LAC deel 1b
Nijkerk, 6-12-2014

Programmanr. 3, Dames, 1500m vrije slag, Dames Senioren Open

rang	naam	vereniging	inschrijftijd	tijd	
12.	Noa van der Horst	Flevo	21:32.00	199801430	22:39.42
	50m: 38.90 38.90	200m: 2:50.60 1:28.77	800m: 11:57.51 6:05.37		
	100m: 1:21.83 42.93	400m: 5:52.14 3:01.54	1500m: 22:39.42 10:41.91		
13.	Mylène Veldhuis	Aquapoldro	23:23.13	199902708	22:39.85
	50m: 40.33 40.33	200m: 2:54.77 1:31.11	800m: 12:08.21 6:09.11		
	100m: 1:23.66 43.33	400m: 5:59.10 3:04.33	1500m: 22:39.85 10:31.64		
14.	Chantal Mulders	Zuiderzeewimmers	21:55.39	199702166	22:45.72
	50m: 39.34 39.34	200m: 2:49.78 1:27.19	800m: 11:50.50 6:04.98		
	100m: 1:22.59 43.25	400m: 5:45.52 2:55.74	1500m: 22:45.72 10:55.22		
15.	Charlotte Brinkman	Zuiderzeewimmers	22:55.12	199806178	22:50.61
	50m: 39.34 39.34	200m: 2:53.77 1:30.61	800m: 12:16.57 6:16.96		
	100m: 1:23.16 43.82	400m: 5:59.61 3:05.84	1500m: 22:50.61 10:34.04		
16.	Dorien van de Berg	Flevo	21:44.75	198600262	23:29.63
	50m: 39.53 39.53	200m: 2:53.25 1:30.03	800m: 12:19.82 6:21.16		
	100m: 1:23.22 43.69	400m: 5:58.66 3:05.41	1500m: 23:29.63 11:09.81		
17.	Vera Molan	Flevo	25:27.17	200000182	23:46.88
	50m: 41.08 41.08	200m: 2:57.89 1:32.50	800m: 12:31.61 6:24.38		
	100m: 1:25.39 44.31	400m: 6:07.23 3:09.34	1500m: 23:46.88 11:15.27		
18.	Sophie van Hunen	Aquapoldro	23:44.68	199802152	23:52.42
	50m: 38.02 38.02	200m: 2:52.50 1:31.60	800m: 12:32.50 6:30.98		
	100m: 1:20.90 42.88	400m: 6:01.52 3:09.02	1500m: 23:52.42 11:19.92		
19.	Gysan van de Beek	Flevo	25:18.99	200001156	24:08.32
	50m: 41.55 41.55	200m: 2:59.94 1:33.29	800m: 12:42.41 6:28.64		
	100m: 1:26.65 45.10	400m: 6:13.77 3:13.83	1500m: 24:08.32 11:25.91		
20.	Janice van het Ende	Noord Veluwe	24:20.63	199606630	24:48.02
	50m: 40.81 40.81	200m: 3:03.67 1:36.52	800m: 13:04.27 6:44.00		
	100m: 1:27.15 46.34	400m: 6:20.27 3:16.60	1500m: 24:48.02 11:43.75		
21.	Denice van den Steen	Flevo	26:47.87	199903190	25:00.53
	50m: 39.50 39.50	200m: 3:01.84 1:36.60	800m: 13:12.70 6:49.56		
	100m: 1:25.24 45.74	400m: 6:23.14 3:21.30	1500m: 25:00.53 11:47.83		
22.	Angélique Rotteveel	Aquapoldro	25:03.51	198402090	25:56.13
	50m: 44.05 44.05	200m: 3:14.78 1:42.19	800m: 13:49.37 7:02.51		
	100m: 1:32.59 48.54	400m: 6:46.86 3:32.08	1500m: 25:56.13 12:06.76		
23.	Caitlin Reichardt	Flevo	26:48.62	200001748	26:33.62
	50m: 46.21 46.21	200m: 3:20.27 1:44.06	800m: 14:24.62 7:27.19		
	100m: 1:36.21 50.00	400m: 6:57.43 3:37.16	1500m: 26:33.62 12:09.00		
DIS	Myrte Deurloo	Zuiderzeewimmers	NT	199905276	AF
	50m: 40.27 40.27	100m: 1:24.28 44.01	200m: 2:57.40 1:33.12		
AFGEM	Annebeth van Ark	Octopus	24:43.68	198805588	
AFGEM	Annemarie ten Have	Zuiderzeewimmers	23:13.06	199802662	

Programmanr. 4
6-12-2014

Heren, 1500m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	
1.	Niek Heethaar	Aquapoldro	18:51.16	199900999	17:54.22
	50m: 30.58 30.58	200m: 2:18.16 1:12.82	800m: 9:33.40 4:50.18		
	100m: 1:05.34 34.76	400m: 4:43.22 2:25.06	1500m: 17:54.22 8:20.82		
2.	Vincent van 't Hof	Aquapoldro	20:52.30	199803001	19:22.48
	50m: 33.02 33.02	200m: 2:27.36 1:16.97	800m: 10:14.70 5:12.78		
	100m: 1:10.39 37.37	400m: 5:01.92 2:34.56	1500m: 19:22.48 9:07.78		
3.	Vincent van Emous	Aquapoldro	20:21.10	199802783	20:36.79
	50m: 32.68 32.68	200m: 2:29.57 1:19.12	800m: 10:46.47 5:35.82		
	100m: 1:10.45 37.77	400m: 5:10.65 2:41.08	1500m: 20:36.79 9:50.32		
4.	Martin Limpers	Aquapoldro	21:11.90	199801505	20:50.31
	50m: 36.05 36.05	200m: 2:38.62 1:21.68	800m: 11:10.86 5:42.72		
	100m: 1:16.94 40.89	400m: 5:28.14 2:49.52	1500m: 20:50.31 9:39.45		
5.	Arjan Bijl	Flevo	19:29.99	199800117	20:58.40
	50m: 34.33 34.33	200m: 2:32.06 1:19.92	800m: 10:58.35 5:41.59		
	100m: 1:12.14 37.81	400m: 5:16.76 2:44.70	1500m: 20:58.40 10:00.05		
6.	Rick van de Streek	Noord Veluwe	20:29.73	199900215	21:04.65
	50m: 34.66 34.66	200m: 2:37.60 1:23.61	800m: 11:09.75 5:41.93		
	100m: 1:13.99 39.33	400m: 5:27.82 2:50.22	1500m: 21:04.65 9:54.90		
7.	Otto Zeijpveld	De Berkelduikers	20:59.00	195800497	21:08.02
	50m: 36.07 36.07	200m: 2:41.17 1:24.66	800m: 11:11.92 5:42.16		
	100m: 1:16.51 40.44	400m: 5:29.76 2:48.59	1500m: 21:08.02 9:56.10		

LAC deel 1b
Nijkerk, 6-12-2014

Programmanr. 4, Heren, 1500m vrije slag, Heren Senioren Open

rang	naam		vereniging	inschrijftijd		tijd
8.	Patrick Kip		Zuiderzeewimmers	22:02.29	200001705	21:12.35
	50m: 35.91	35.91	200m: 2:40.19	1:23.84	800m: 11:18.04	5:44.86
	100m: 1:16.35	40.44	400m: 5:33.18	2:52.99	1500m: 21:12.35	9:54.31
9.	Mattheus Timmerman		Noord Veluwe	21:19.61	199901071	21:15.15
	50m: 34.30	34.30	200m: 2:36.76	1:23.05	800m: 11:15.67	5:48.74
	100m: 1:13.71	39.41	400m: 5:26.93	2:50.17	1500m: 21:15.15	9:59.48
10.	Merijn Kendziorra		Zuiderzeewimmers	21:36.67	199900677	21:21.06
	50m: 35.71	35.71	200m: 2:39.19	1:23.58	800m: 11:16.05	5:46.52
	100m: 1:15.61	39.90	400m: 5:29.53	2:50.34	1500m: 21:21.06	10:05.01
11.	Hans Schoenmakers		Daw	20:37.09	196900863	21:36.02
	50m: 36.16	36.16	200m: 2:42.64	1:25.57	800m: 11:26.82	5:49.25
	100m: 1:17.07	40.91	400m: 5:37.57	2:54.93	1500m: 21:36.02	10:09.20
12.	Ted Ruiter		Zuiderzeewimmers	21:49.70	200000047	21:38.24
	50m: 35.70	35.70	200m: 2:40.88	1:25.11	800m: 11:28.54	5:54.97
	100m: 1:15.77	40.07	400m: 5:33.57	2:52.69	1500m: 21:38.24	10:09.70
13.	Jochem Hallie		Octopus	22:51.77	200000009	22:16.67
	50m: 38.60	38.60	200m: 2:47.70	1:27.54	800m: 11:51.76	6:02.87
	100m: 1:20.16	41.56	400m: 5:48.89	3:01.19	1500m: 22:16.67	10:24.91
14.	Frank Versprille		Noord Veluwe	23:21.56	199901073	22:30.70
	50m: 36.60	36.60	200m: 2:43.23	1:26.41	800m: 11:56.92	6:14.10
	100m: 1:16.82	40.22	400m: 5:42.82	2:59.59	1500m: 22:30.70	10:33.78
15.	Matthijs van der Louw		Flevo	23:39.23	199705313	23:00.42
	50m: 40.14	40.14	200m: 2:55.77	1:31.60	800m: 12:18.43	6:14.56
	100m: 1:24.17	44.03	400m: 6:03.87	3:08.10	1500m: 23:00.42	10:41.99
16.	Bjorn Rosner		Aquapoldro	NT	199805477	23:19.15
	50m: 38.95	38.95	200m: 2:53.49	1:31.40	800m: 12:16.32	6:16.69
	100m: 1:22.09	43.14	400m: 5:59.63	3:06.14	1500m: 23:19.15	11:02.83
17.	Jurrian Buitenhuis		Aquapoldro	22:47.42	199901967	23:28.92
	50m: 38.63	38.63	200m: 2:55.85	1:32.97	800m: 12:21.83	6:18.81
	100m: 1:22.88	44.25	400m: 6:03.02	3:07.17	1500m: 23:28.92	11:07.09
18.	Jan Peter Swager		Zuiderzeewimmers	24:55.60	199503297	24:12.78
	50m: 38.68	38.68	200m: 2:58.14	1:34.32	800m: 12:44.66	6:35.22
	100m: 1:23.82	45.14	400m: 6:09.44	3:11.30	1500m: 24:12.78	11:28.12
19.	Sibbe de Jong		Flevo	24:29.29	199904425	24:13.12
	50m: 38.69	38.69	200m: 2:58.00	1:34.32	800m: 12:44.64	6:33.85
	100m: 1:23.68	44.99	400m: 6:10.79	3:12.79	1500m: 24:13.12	11:28.48
20.	Frans de Lange		Flevo	24:40.54	199206249	24:31.57
	50m: 39.11	39.11	200m: 2:59.16	1:35.58	800m: 12:51.89	6:35.11
	100m: 1:23.58	44.47	400m: 6:16.78	3:17.62	1500m: 24:31.57	11:39.68
21.	Remco Veerkamp		Zuiderzeewimmers	25:23.39	198102311	24:43.05
	50m: 40.29	40.29	200m: 3:00.48	1:35.70	800m: 12:56.32	6:40.37
	100m: 1:24.78	44.49	400m: 6:15.95	3:15.47	1500m: 24:43.05	11:46.73
22.	Adri Pasman		Zuiderzeewimmers	24:39.49	196400573	25:06.36
	50m: 44.08	44.08	200m: 3:13.42	1:40.49	800m: 13:22.12	6:44.36
	100m: 1:32.93	48.85	400m: 6:37.76	3:24.34	1500m: 25:06.36	11:44.24
AFGEM	Bas Franken		Noord Veluwe	NT	199901545	
AFGEM	Jelmar van Unen		Noord Veluwe	22:06.32	199604747	

Programmanr. 5
6-12-2014

Meisjes, 200m wisselslag

Meisjes Junioren 2 en 3
Resultaten

rang	naam		vereniging	inschrijftijd		tijd
1.	Birgit van Buiten		Aquapoldro	2:44.01	200200498	2:37.49
	50m: 36.15	36.15	200m: 2:37.49	2:01.34		
2.	Cynthia Smit		Zuiderzeewimmers	2:42.29	200100550	2:40.58
	50m: 33.28	33.28	200m: 2:40.58	2:07.30		
3.	Elisah Velgersdijk		Aquapoldro	2:56.24	200102436	2:55.75
	50m: 38.73	38.73	200m: 2:55.75	2:17.02		
4.	Femke Panjer		Aquapoldro	3:00.30	200102438	3:00.25
	50m: 40.40	40.40	200m: 3:00.25	2:19.85		
5.	Nikita van der Stege		Octopus	3:02.95	200102966	3:00.73
6.	Ilse Hallie		Octopus	3:12.56	200200128	3:03.52
	50m: 41.62	41.62	200m: 3:03.52	2:21.90		
DIS	Denice Koolman		Octopus	3:00.49	200200132	

LAC deel 1b
Nijkerk, 6-12-2014

Programmanr. 6
6-12-2014

Jongens, 200m wisselslag

Jongens Junioren 1 en 2
Resultaten

rang	naam			vereniging	inschrijftijd		tijd
1.	Edwin Versprille			Noord Veluwe	3:09.63	200100059	2:52.61
	50m:	36.76	36.76	200m:	2:52.61	2:15.85	
2.	Anthony Markmann			Aquapoldro	2:55.12	200102785	2:55.60
	50m:	37.55	37.55	200m:	2:55.60	2:18.05	
3.	Gjalt Panjer			Aquapoldro	3:00.08	200201943	2:56.68
4.	Luc de Kreek			Flevo	3:05.63	200101661	3:00.94
	50m:	41.33	41.33	200m:	3:00.94	2:19.61	
5.	Bas Scholten			Octopus	3:16.54	200201171	3:16.02
6.	Jurjen Gobas			Aquapoldro	NT	200204081	3:38.72
	50m:	50.76	50.76	200m:	3:38.72	2:47.96	
AFGEM	Jelle Opmeer			Octopus	2:39.51	200100269	