

LAC-wedstrijd
Apeldoorn, 25-3-2017

Programmanr. 1
25-3-2017

Meisjes, 400m vrije slag

Meisjes Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd		tijd	RT	
1.	Ezra Doornwaard	Noord Veluwe	NT		200700914	7:28.73	150
	50m: 50.00	150m:	250m:	350m:			
	100m: 1:45.48	200m: 3:42.91	300m: 5:36.10	400m: 7:28.73			

Programmanr. 2
25-3-2017

Jongens, 400m vrije slag

Jongens Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd		tijd	RT
------	------	------------	--------	--	------	----

Programmanr. 3
25-3-2017

Meisjes, 200m wisselslag

Meisjes Minioren 5 Junioren 1
Resultaten

rang	naam	vereniging	intijd		tijd	RT	
1.	Kim van der Stege	Octopus	3:07.75		200600004	3:07.66	304
	50m: 41.12	100m: 1:29.12	150m: 2:22.76	200m: 3:07.66			
2.	Wendy Kasteel	Zuiderzeezwemmers	4:00.17		200502354	3:39.02	191
	50m: 49.02	100m: 1:46.23	150m: 2:48.76	200m: 3:39.02			
AFGEM	Mandy Hagting	Zuiderzeezwemmers	4:15.85		200500608		
AFGEM	Suzanne Vesseur	Zuiderzeezwemmers	3:37.42		200500740		

Programmanr. 4
25-3-2017

Jongens, 200m wisselslag

Jongens Minioren 5 en 6
Resultaten

rang	naam	vereniging	intijd		tijd	RT
------	------	------------	--------	--	------	----

Programmanr. 5
25-3-2017

Meisjes, 400m wisselslag

Meisjes Junioren 2 en 3
Resultaten

rang	naam	vereniging	intijd		tijd	RT	
1.	Ellis van der Stege	Octopus	6:24.02		200300620	6:15.16	366
	50m: 43.25	150m:	250m:	350m:			
	100m: 1:35.88	200m: 3:06.61	300m: 4:52.69	400m: 6:15.16			
2.	Judith Neuteboom Spijker	Aquapoldro	NT		200300612	6:15.67	365
	50m: 40.39	150m:	250m:	350m:			
	100m: 1:30.04	200m: 3:03.70	300m: 4:56.26	400m: 6:15.67			
3.	Leonie Veldhuis	Aquapoldro	7:06.63		200301768	6:29.07	328
	50m: 43.13	150m:	250m:	350m:			
	100m: 1:35.95	200m: 3:13.32	300m: 5:03.57	400m: 6:29.07			
4.	Anouk Wild	Aquapoldro	NT		200303720	6:46.40	288
	50m: 41.83	150m:	250m:	350m:			
	100m: 1:34.77	200m: 3:17.22	300m: 5:17.62	400m: 6:46.40			
5.	Daphne van Rees	Aquapoldro	NT		200301766	6:53.18	274
	50m: 43.97	150m:	250m:	350m:			
	100m: 1:38.89	200m: 3:17.90	300m: 5:21.71	400m: 6:53.18			
6.	Dione Buitenhuis	Aquapoldro	NT		200404132	7:22.78	223
	50m: 46.46	150m:	250m:	350m:			
	100m: 1:43.88	200m: 3:34.73	300m: 5:36.84	400m: 7:22.78			
7.	Rachel Jonker	Aquapoldro	NT		200304552	7:46.90	190
	50m: 51.63	150m:	250m:	350m:			
	100m: 1:54.38	200m: 3:54.30	300m: 6:03.46	400m: 7:46.90			
8.	José Hagting	Zuiderzeezwemmers	8:21.02		200301504	7:55.23	180
	50m: 54.42	150m:	250m:	350m:			
	100m: 2:00.82	200m: 4:00.48	300m: 6:08.89	400m: 7:55.23			
AFGEM	Julia Korevaar	Noord Veluwe	NT		200303018		
AFGEM	Anneloes Alkema	Noord Veluwe	NT		200303160		

LAC-wedstrijd
Apeldoorn, 25-3-2017

Programmanr. 6
25-3-2017

Jongens, 400m wisselslag

Jongens Junioren 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Jur van Hunen	Aquapoldro	7:07.72	200300703	6:29.31	246
	50m: 42.69	150m: 3:12.24	250m: 5:06.78	350m: 6:29.31		
	100m: 1:36.43	200m: 3:12.24	300m: 5:06.78	400m: 6:29.31		
2.	Jacco Rook	Flevo	NT	200402141	6:31.89	241
	50m: 42.54	150m: 3:15.39	250m: 5:07.60	350m: 6:31.89		
	100m: 1:36.39	200m: 3:15.39	300m: 5:07.60	400m: 6:31.89		
AFGEM	Jurgen Korenberg	Noord Veluwe	NT	200400721		
AFGEM	Abram Korevaar	Noord Veluwe	NT	200401459		

Programmanr. 7
25-3-2017

Dames, 2000m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Birgit van Buiten	Aquapoldro	27:30.00	200200498	25:01.05	
	50m: 34.45	400m: 4:55.67	750m: 9:58.15	1100m: 11:50:00	1450m: 18:00:00	
	100m: 1:11.01	450m: 5:00:00	800m: 10:24.38	1150m: 12:00:00	1500m: 18:49.01	1850m: 19:00:00
	150m: 2:25.61	500m: 5:00:00	900m: 12:25:00	1200m: 13:00:00	1550m: 19:00:00	1900m: 19:50:00
	200m: 2:25.61	550m: 5:00:00	950m: 13:00:00	1250m: 13:50:00	1600m: 20:00:00	1950m: 25:01.05
	250m: 2:25.61	600m: 5:00:00	1000m: 13:50:00	1300m: 14:00:00	1650m: 20:00:00	2000m: 25:01.05
	300m: 2:25.61	650m: 5:00:00	1050m: 14:00:00	1350m: 14:00:00	1700m: 20:00:00	
	350m: 2:25.61	700m: 5:00:00	1050m: 14:00:00	1400m: 14:00:00	1750m: 20:00:00	
2.	L. van der Heide - Andeweg	Zuiderzeezwemmers	25:05.57	198800092	25:56.17	
	50m: 34.66	400m: 5:06.30	750m: 10:24.38	1100m: 11:50:00	1450m: 18:00:00	
	100m: 1:11.94	450m: 5:06.30	800m: 10:24.38	1150m: 12:00:00	1500m: 19:32.34	1850m: 19:00:00
	150m: 2:29.19	500m: 5:06.30	900m: 12:25:00	1200m: 13:00:00	1550m: 19:50:00	1900m: 25:56.17
	200m: 2:29.19	550m: 5:06.30	950m: 13:00:00	1250m: 13:50:00	1600m: 20:00:00	1950m: 25:56.17
	250m: 2:29.19	600m: 5:06.30	1000m: 13:50:00	1300m: 14:00:00	1650m: 20:00:00	2000m: 25:56.17
	300m: 2:29.19	650m: 5:06.30	1050m: 14:00:00	1350m: 14:00:00	1700m: 20:00:00	
	350m: 2:29.19	700m: 5:06.30	1050m: 14:00:00	1400m: 14:00:00	1750m: 20:00:00	
3.	Kirsten Opmeer	Octopus	29:05.34	199800014	28:14.97	
	50m: 37.37	400m: 5:38.61	750m: 11:22.04	1100m: 12:00:00	1450m: 18:00:00	
	100m: 1:18.80	450m: 5:38.61	800m: 11:22.04	1150m: 12:00:00	1500m: 21:18.07	1850m: 19:00:00
	150m: 2:45.38	500m: 5:38.61	900m: 12:25:00	1200m: 13:00:00	1550m: 19:00:00	1900m: 28:14.97
	200m: 2:45.38	550m: 5:38.61	950m: 13:00:00	1250m: 13:50:00	1600m: 20:00:00	1950m: 28:14.97
	250m: 2:45.38	600m: 5:38.61	1000m: 13:50:00	1300m: 14:00:00	1650m: 20:00:00	2000m: 28:14.97
	300m: 2:45.38	650m: 5:38.61	1050m: 14:00:00	1350m: 14:00:00	1700m: 20:00:00	
	350m: 2:45.38	700m: 5:38.61	1050m: 14:00:00	1400m: 14:00:00	1750m: 20:00:00	
4.	Ilse Hallie	Octopus	NT	200200128	28:36.61	
	50m: 37.59	400m: 5:32.15	750m: 11:14.42	1100m: 11:50:00	1450m: 18:00:00	
	100m: 1:18.35	450m: 5:32.15	800m: 11:14.42	1150m: 12:00:00	1500m: 21:28.96	1850m: 19:00:00
	150m: 2:41.75	500m: 5:32.15	900m: 12:25:00	1200m: 13:00:00	1550m: 19:00:00	1900m: 28:36.61
	200m: 2:41.75	550m: 5:32.15	950m: 13:00:00	1250m: 13:50:00	1600m: 20:00:00	1950m: 28:36.61
	250m: 2:41.75	600m: 5:32.15	1000m: 13:50:00	1300m: 14:00:00	1650m: 20:00:00	2000m: 28:36.61
	300m: 2:41.75	650m: 5:32.15	1050m: 14:00:00	1350m: 14:00:00	1700m: 20:00:00	
	350m: 2:41.75	700m: 5:32.15	1050m: 14:00:00	1400m: 14:00:00	1750m: 20:00:00	
5.	Gysan van de Beek	Flevo	30:31.61	200001156	28:59.54	
	50m: 36.71	400m: 5:34.73	750m: 11:21.46	1100m: 11:50:00	1450m: 18:00:00	
	100m: 1:17.15	450m: 5:34.73	800m: 11:21.46	1150m: 12:00:00	1500m: 21:41.05	1850m: 19:00:00
	150m: 2:41.85	500m: 5:34.73	900m: 12:25:00	1200m: 13:00:00	1550m: 19:00:00	1900m: 28:59.54
	200m: 2:41.85	550m: 5:34.73	950m: 13:00:00	1250m: 13:50:00	1600m: 20:00:00	1950m: 28:59.54
	250m: 2:41.85	600m: 5:34.73	1000m: 13:50:00	1300m: 14:00:00	1650m: 20:00:00	2000m: 28:59.54
	300m: 2:41.85	650m: 5:34.73	1050m: 14:00:00	1350m: 14:00:00	1700m: 20:00:00	
	350m: 2:41.85	700m: 5:34.73	1050m: 14:00:00	1400m: 14:00:00	1750m: 20:00:00	
6.	Irene Hanse	Zuiderzeezwemmers	28:41.60	199801496	29:47.11	
	50m: 38.67	400m: 5:42.26	750m: 11:44.14	1100m: 11:50:00	1450m: 18:00:00	
	100m: 1:19.92	450m: 5:42.26	800m: 11:44.14	1150m: 12:00:00	1500m: 22:16.11	1850m: 19:00:00
	150m: 2:45.70	500m: 5:42.26	900m: 12:25:00	1200m: 13:00:00	1550m: 19:00:00	1900m: 29:47.11
	200m: 2:45.70	550m: 5:42.26	950m: 13:00:00	1250m: 13:50:00	1600m: 20:00:00	1950m: 29:47.11
	250m: 2:45.70	600m: 5:42.26	1000m: 13:50:00	1300m: 14:00:00	1650m: 20:00:00	2000m: 29:47.11
	300m: 2:45.70	650m: 5:42.26	1050m: 14:00:00	1350m: 14:00:00	1700m: 20:00:00	
	350m: 2:45.70	700m: 5:42.26	1050m: 14:00:00	1400m: 14:00:00	1750m: 20:00:00	
7.	Sofie van Eck	De IJsselmeeuwen	29:04.97	200102908	30:08.92	
	50m: 40.51	400m: 6:04.13	750m: 12:09.32	1100m: 11:50:00	1450m: 18:00:00	
	100m: 1:25.45	450m: 6:04.13	800m: 12:09.32	1150m: 12:00:00	1500m: 22:43.64	1850m: 19:00:00
	150m: 2:57.95	500m: 6:04.13	900m: 12:25:00	1200m: 13:00:00	1550m: 19:00:00	1900m: 30:08.92
	200m: 2:57.95	550m: 6:04.13	950m: 13:00:00	1250m: 13:50:00	1600m: 20:00:00	1950m: 30:08.92
	250m: 2:57.95	600m: 6:04.13	1000m: 13:50:00	1300m: 14:00:00	1650m: 20:00:00	2000m: 30:08.92
	300m: 2:57.95	650m: 6:04.13	1050m: 14:00:00	1350m: 14:00:00	1700m: 20:00:00	
	350m: 2:57.95	700m: 6:04.13	1050m: 14:00:00	1400m: 14:00:00	1750m: 20:00:00	

LAC-wedstrijd
Apeldoorn, 25-3-2017

Programmanr. 7, Dames, 2000m vrije slag, Dames Senioren Open

rang	naam	vereniging	intijd		tijd	RT
8.	Welmoed Doombos	De IJsselmeeuwen	NT	200203352	30:13.74	
	50m: 38.58	400m: 5:54.76	750m:	1100m: 1100m:	1450m: 1450m:	1800m: 1800m:
	100m: 1:21.43	450m:	800m: 800m:	1150m: 1150m:	1500m: 1500m:	1850m: 1850m:
	150m:	500m: 500m:	850m: 850m:	1200m: 1200m:	1550m: 1550m:	1900m: 1900m:
	200m: 2:51.33	550m: 550m:	900m: 900m:	1250m: 1250m:	1600m: 1600m:	1950m: 1950m:
	250m:	600m: 600m:	950m: 950m:	1300m: 1300m:	1650m: 1650m:	2000m: 2000m:
	300m:	650m: 650m:	1000m: 1000m:	1350m: 1350m:	1700m: 1700m:	30:13.74
	350m:	700m: 700m:	1050m: 1050m:	1400m: 1400m:	1750m: 1750m:	
9.	Charlotte Brinkman	Zuiderzeezwemmers	29:46.82	199806178	30:14.27	
	50m: 38.04	400m: 5:44.38	750m:	1100m: 1100m:	1450m: 1450m:	1800m: 1800m:
	100m: 1:19.21	450m:	800m: 800m:	1150m: 1150m:	1500m: 1500m:	1850m: 1850m:
	150m:	500m: 500m:	850m: 850m:	1200m: 1200m:	1550m: 1550m:	1900m: 1900m:
	200m: 2:45.62	550m: 550m:	900m: 900m:	1250m: 1250m:	1600m: 1600m:	1950m: 1950m:
	250m:	600m: 600m:	950m: 950m:	1300m: 1300m:	1650m: 1650m:	2000m: 2000m:
	300m:	650m: 650m:	1000m: 1000m:	1350m: 1350m:	1700m: 1700m:	30:14.27
	350m:	700m: 700m:	1050m: 1050m:	1400m: 1400m:	1750m: 1750m:	
10.	Aniek Garritsen	De IJsselmeeuwen	29:42.24	199504290	30:22.04	
	50m: 37.76	400m: 5:49.22	750m:	1100m: 1100m:	1450m: 1450m:	1800m: 1800m:
	100m: 1:19.52	450m:	800m: 800m:	1150m: 1150m:	1500m: 1500m:	1850m: 1850m:
	150m:	500m: 500m:	850m: 850m:	1200m: 1200m:	1550m: 1550m:	1900m: 1900m:
	200m: 2:47.10	550m: 550m:	900m: 900m:	1250m: 1250m:	1600m: 1600m:	1950m: 1950m:
	250m:	600m: 600m:	950m: 950m:	1300m: 1300m:	1650m: 1650m:	2000m: 2000m:
	300m:	650m: 650m:	1000m: 1000m:	1350m: 1350m:	1700m: 1700m:	30:22.04
	350m:	700m: 700m:	1050m: 1050m:	1400m: 1400m:	1750m: 1750m:	
11.	Marieke Haafkes	Aquapoldro	32:55.94	200104348	31:41.37	
	50m: 40.50	400m: 6:12.97	750m:	1100m: 1100m:	1450m: 1450m:	1800m: 1800m:
	100m: 1:24.80	450m:	800m: 800m:	1150m: 1150m:	1500m: 1500m:	1850m: 1850m:
	150m:	500m: 500m:	850m: 850m:	1200m: 1200m:	1550m: 1550m:	1900m: 1900m:
	200m: 3:00.15	550m: 550m:	900m: 900m:	1250m: 1250m:	1600m: 1600m:	1950m: 1950m:
	250m:	600m: 600m:	950m: 950m:	1300m: 1300m:	1650m: 1650m:	2000m: 2000m:
	300m:	650m: 650m:	1000m: 1000m:	1350m: 1350m:	1700m: 1700m:	31:41.37
	350m:	700m: 700m:	1050m: 1050m:	1400m: 1400m:	1750m: 1750m:	
12.	Dorien van de Berg	Flevo	30:50.02	198600262	31:43.44	
	50m: 40.63	400m: 6:04.37	750m:	1100m: 1100m:	1450m: 1450m:	1800m: 1800m:
	100m: 1:25.51	450m:	800m: 800m:	1150m: 1150m:	1500m: 1500m:	1850m: 1850m:
	150m:	500m: 500m:	850m: 850m:	1200m: 1200m:	1550m: 1550m:	1900m: 1900m:
	200m: 2:57.82	550m: 550m:	900m: 900m:	1250m: 1250m:	1600m: 1600m:	1950m: 1950m:
	250m:	600m: 600m:	950m: 950m:	1300m: 1300m:	1650m: 1650m:	2000m: 2000m:
	300m:	650m: 650m:	1000m: 1000m:	1350m: 1350m:	1700m: 1700m:	31:43.44
	350m:	700m: 700m:	1050m: 1050m:	1400m: 1400m:	1750m: 1750m:	
13.	Frederique Bootsveld	De IJsselmeeuwen	32:39.56	200102910	32:31.08	
	50m: 40.70	400m: 6:18.74	750m:	1100m: 1100m:	1450m: 1450m:	1800m: 1800m:
	100m: 1:27.04	450m:	800m: 800m:	1150m: 1150m:	1500m: 1500m:	1850m: 1850m:
	150m:	500m: 500m:	850m: 850m:	1200m: 1200m:	1550m: 1550m:	1900m: 1900m:
	200m: 3:03.20	550m: 550m:	900m: 900m:	1250m: 1250m:	1600m: 1600m:	1950m: 1950m:
	250m:	600m: 600m:	950m: 950m:	1300m: 1300m:	1650m: 1650m:	2000m: 2000m:
	300m:	650m: 650m:	1000m: 1000m:	1350m: 1350m:	1700m: 1700m:	32:31.08
	350m:	700m: 700m:	1050m: 1050m:	1400m: 1400m:	1750m: 1750m:	
14.	Anne Rüwen	Aquapoldro	NT	200104914	33:03.50	
	50m: 45.28	400m: 6:35.45	750m:	1100m: 1100m:	1450m: 1450m:	1800m: 1800m:
	100m: 1:33.67	450m:	800m: 800m:	1150m: 1150m:	1500m: 1500m:	1850m: 1850m:
	150m:	500m: 500m:	850m: 850m:	1200m: 1200m:	1550m: 1550m:	1900m: 1900m:
	200m: 3:13.85	550m: 550m:	900m: 900m:	1250m: 1250m:	1600m: 1600m:	1950m: 1950m:
	250m:	600m: 600m:	950m: 950m:	1300m: 1300m:	1650m: 1650m:	2000m: 2000m:
	300m:	650m: 650m:	1000m: 1000m:	1350m: 1350m:	1700m: 1700m:	33:03.50
	350m:	700m: 700m:	1050m: 1050m:	1400m: 1400m:	1750m: 1750m:	
15.	Leonie Nijenhuis	Zuiderzeezwemmers	33:44.56	199204340	33:15.20	
	50m: 42.92	400m: 6:25.86	750m:	1100m: 1100m:	1450m: 1450m:	1800m: 1800m:
	100m: 1:29.89	450m:	800m: 800m:	1150m: 1150m:	1500m: 1500m:	1850m: 1850m:
	150m:	500m: 500m:	850m: 850m:	1200m: 1200m:	1550m: 1550m:	1900m: 1900m:
	200m: 3:07.30	550m: 550m:	900m: 900m:	1250m: 1250m:	1600m: 1600m:	1950m: 1950m:
	250m:	600m: 600m:	950m: 950m:	1300m: 1300m:	1650m: 1650m:	2000m: 2000m:
	300m:	650m: 650m:	1000m: 1000m:	1350m: 1350m:	1700m: 1700m:	33:15.20
	350m:	700m: 700m:	1050m: 1050m:	1400m: 1400m:	1750m: 1750m:	
16.	Caitlin Reichardt	Flevo	32:56.76	200001748	34:14.57	
	50m: 43.63	400m: 6:38.90	750m:	1100m: 1100m:	1450m: 1450m:	1800m: 1800m:
	100m: 1:31.89	450m:	800m: 800m:	1150m: 1150m:	1500m: 1500m:	1850m: 1850m:
	150m:	500m: 500m:	850m: 850m:	1200m: 1200m:	1550m: 1550m:	1900m: 1900m:
	200m: 3:13.60	550m: 550m:	900m: 900m:	1250m: 1250m:	1600m: 1600m:	1950m: 1950m:
	250m:	600m: 600m:	950m: 950m:	1300m: 1300m:	1650m: 1650m:	2000m: 2000m:
	300m:	650m: 650m:	1000m: 1000m:	1350m: 1350m:	1700m: 1700m:	34:14.57
	350m:	700m: 700m:	1050m: 1050m:	1400m: 1400m:	1750m: 1750m:	
17.	Mayli Berenschot	Aquapoldro	33:13.27	199904434	35:04.96	
	50m: 41.87	400m: 6:39.69	750m:	1100m: 1100m:	1450m: 1450m:	1800m: 1800m:
	100m: 1:30.26	450m:	800m: 800m:	1150m: 1150m:	1500m: 1500m:	1850m: 1850m:
	150m:	500m: 500m:	850m: 850m:	1200m: 1200m:	1550m: 1550m:	1900m: 1900m:
	200m: 3:12.37	550m: 550m:	900m: 900m:	1250m: 1250m:	1600m: 1600m:	1950m: 1950m:
	250m:	600m: 600m:	950m: 950m:	1300m: 1300m:	1650m: 1650m:	2000m: 2000m:
	300m:	650m: 650m:	1000m: 1000m:	1350m: 1350m:	1700m: 1700m:	35:04.96
	350m:	700m: 700m:	1050m: 1050m:	1400m: 1400m:	1750m: 1750m:	

LAC-wedstrijd
Apeldoorn, 25-3-2017

Programmanr. 7, Dames, 2000m vrije slag, Dames Senioren Open

rang	naam	vereniging	intijd	tijd	RT	
18.	Angélique Rotteveel	Aquapoldro	35:54.33	198402090	35:33.29	
	50m: 42.36	400m: 6:41.54	750m:	1100m:	1450m:	1800m:
	100m: 1:31.13	450m:	800m: 13:52.36	1150m:	1500m: 26:31.36	1850m:
	150m:	500m: 850m:	1200m:	1550m:	1900m:	
	200m: 3:13.67	550m: 900m:	1250m:	1600m:	1950m:	
	250m:	600m: 950m:	1300m:	1650m:	2000m: 35:33.29	
	300m:	650m: 1000m:	1350m:	1700m:		
	350m:	700m: 1050m:	1400m:	1750m:		
19.	Betsie Klompmaker-Mulder	Noord Veluwe	40:42.02	195900200	41:55.85	
	50m: 52.56	400m: 8:06.62	750m:	1100m:	1450m:	1800m:
	100m: 1:51.56	450m:	800m: 16:24.19	1150m:	1500m: 31:11.16	1850m:
	150m:	500m: 850m:	1200m:	1550m:	1900m:	
	200m: 3:55.82	550m: 900m:	1250m:	1600m:	1950m:	
	250m:	600m: 950m:	1300m:	1650m:	2000m: 41:55.85	
	300m:	650m: 1000m:	1350m:	1700m:		
	350m:	700m: 1050m:	1400m:	1750m:		
AFGEM	Julia Koopman	Noord Veluwe	NT	199606688		
AFGEM	Vera Molan	Flevo	32:34.66	200000182		

Programmanr. 8
25-3-2017

Heren, 2000m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Jarmo van den Blink	De Houtrib	24:00.00	200100585	24:01.73	
	50m: 33.39	400m: 4:42.42	750m:	1100m:	1450m:	1800m:
	100m: 1:09.20	450m:	800m: 9:28.89	1150m:	1500m: 17:57.29	1850m:
	150m:	500m: 850m:	1200m:	1550m:	1900m:	
	200m: 2:20.04	550m: 900m:	1250m:	1600m:	1950m:	
	250m:	600m: 950m:	1300m:	1650m:	2000m: 24:01.73	
	300m:	650m: 1000m:	1350m:	1700m:		
	350m:	700m: 1050m:	1400m:	1750m:		
2.	Steven van der Weij	Aquapoldro	NT	198906847	26:08.95	
	50m: 33.54	400m: 5:06.64	750m:	1100m:	1450m:	1800m:
	100m: 1:11.02	450m:	800m: 10:23.95	1150m:	1500m: 19:39.86	1850m:
	150m:	500m: 850m:	1200m:	1550m:	1900m:	
	200m: 2:28.89	550m: 900m:	1250m:	1600m:	1950m:	
	250m:	600m: 950m:	1300m:	1650m:	2000m: 26:08.95	
	300m:	650m: 1000m:	1350m:	1700m:		
	350m:	700m: 1050m:	1400m:	1750m:		
3.	Patrick Kip	Zuiderzeezwemmers	27:32.26	200001705	27:09.14	
	50m: 33.03	400m: 5:05.97	750m:	1100m:	1450m:	1800m:
	100m: 1:09.77	450m:	800m: 10:27.82	1150m:	1500m: 20:06.70	1850m:
	150m:	500m: 850m:	1200m:	1550m:	1900m:	
	200m: 2:27.11	550m: 900m:	1250m:	1600m:	1950m:	
	250m:	600m: 950m:	1300m:	1650m:	2000m: 27:09.14	
	300m:	650m: 1000m:	1350m:	1700m:		
	350m:	700m: 1050m:	1400m:	1750m:		
4.	Otto Zeijpveld	De Berkelduikers	NT	195800497	27:59.75	
	50m: 36.59	400m: 5:33.90	750m:	1100m:	1450m:	1800m:
	100m: 1:18.45	450m:	800m: 11:11.37	1150m:	1500m: 21:03.22	1850m:
	150m:	500m: 850m:	1200m:	1550m:	1900m:	
	200m: 2:44.14	550m: 900m:	1250m:	1600m:	1950m:	
	250m:	600m: 950m:	1300m:	1650m:	2000m: 27:59.75	
	300m:	650m: 1000m:	1350m:	1700m:		
	350m:	700m: 1050m:	1400m:	1750m:		
5.	Ted Ruiters	Zuiderzeezwemmers	27:35.10	200000047	28:41.22	
	50m: 34.73	400m: 5:10.05	750m:	1100m:	1450m:	1800m:
	100m: 1:12.23	450m:	800m: 10:40.04	1150m:	1500m: 21:03.19	1850m:
	150m:	500m: 850m:	1200m:	1550m:	1900m:	
	200m: 2:30.42	550m: 900m:	1250m:	1600m:	1950m:	
	250m:	600m: 950m:	1300m:	1650m:	2000m: 28:41.22	
	300m:	650m: 1000m:	1350m:	1700m:		
	350m:	700m: 1050m:	1400m:	1750m:		
6.	Bart Giezeman	Aquapoldro	31:43.45	200104713	29:15.56	
	50m: 38.44	400m: 5:46.19	750m:	1100m:	1450m:	1800m:
	100m: 1:20.87	450m:	800m: 11:42.37	1150m:	1500m: 21:58.37	1850m:
	150m:	500m: 850m:	1200m:	1550m:	1900m:	
	200m: 2:48.62	550m: 900m:	1250m:	1600m:	1950m:	
	250m:	600m: 950m:	1300m:	1650m:	2000m: 29:15.56	
	300m:	650m: 1000m:	1350m:	1700m:		
	350m:	700m: 1050m:	1400m:	1750m:		
7.	Gerko Versluis	Zuiderzeezwemmers	28:39.91	196901439	29:21.47	
	50m: 39.15	400m: 5:38.12	750m:	1100m:	1450m:	1800m:
	100m: 1:20.64	450m:	800m: 11:26.53	1150m:	1500m: 21:50.58	1850m:
	150m:	500m: 850m:	1200m:	1550m:	1900m:	
	200m: 2:45.58	550m: 900m:	1250m:	1600m:	1950m:	
	250m:	600m: 950m:	1300m:	1650m:	2000m: 29:21.47	
	300m:	650m: 1000m:	1350m:	1700m:		
	350m:	700m: 1050m:	1400m:	1750m:		

LAC-wedstrijd
Apeldoorn, 25-3-2017

Programmanr. 8, Heren, 2000m vrije slag, Heren Senioren Open

rang	naam	vereniging	intijd		tijd	RT
8.	Paul van der Voort	De Zwoer	30:46.55	196200715	30:26.18	
	50m: 38.12	400m: 5:55.16	750m:	1100m: 1100m:	1450m: 1800m:	
	100m: 1:19.84	450m:	800m: 12:01.83	1150m: 1150m:	1500m: 22:46.70	1850m:
	150m:	500m: 500m:	850m: 1200m:	1200m: 1200m:	1550m: 1900m:	
	200m: 2:49.89	550m: 900m:	900m: 1250m:	1250m: 1250m:	1600m: 1950m:	
	250m:	600m: 950m:	1300m: 1300m:	1300m: 1300m:	1650m: 2000m:	30:26.18
	300m:	650m: 1000m:	1350m: 1350m:	1350m: 1350m:	1700m: 1700m:	
	350m:	700m: 1050m:	1400m: 1400m:	1400m: 1400m:	1750m: 1750m:	
9.	Frans de Lange	Flevo	31:56.48	199206249	32:13.37	
	50m: 41.46	400m: 6:19.93	750m:	1100m: 1100m:	1450m: 1800m:	
	100m: 1:27.70	450m:	800m: 12:54.04	1150m: 1150m:	1500m: 24:15.95	1850m:
	150m:	500m: 500m:	850m: 1200m:	1200m: 1200m:	1550m: 1900m:	
	200m: 3:03.78	550m: 900m:	900m: 1250m:	1250m: 1250m:	1600m: 1950m:	
	250m:	600m: 950m:	1300m: 1300m:	1300m: 1300m:	1650m: 2000m:	32:13.37
	300m:	650m: 1000m:	1350m: 1350m:	1350m: 1350m:	1700m: 1700m:	
	350m:	700m: 1050m:	1400m: 1400m:	1400m: 1400m:	1750m: 1750m:	
10.	Robin Ross	De IJsselmeeuwen	NT	200102357	32:17.94	
	50m: 41.01	400m: 6:20.65	750m:	1100m: 1100m:	1450m: 1800m:	
	100m: 1:27.58	450m:	800m: 12:59.21	1150m: 1150m:	1500m: 24:25.06	1850m:
	150m:	500m: 500m:	850m: 1200m:	1200m: 1200m:	1550m: 1900m:	
	200m: 3:03.55	550m: 900m:	900m: 1250m:	1250m: 1250m:	1600m: 1950m:	
	250m:	600m: 950m:	1300m: 1300m:	1300m: 1300m:	1650m: 2000m:	32:17.94
	300m:	650m: 1000m:	1350m: 1350m:	1350m: 1350m:	1700m: 1700m:	
	350m:	700m: 1050m:	1400m: 1400m:	1400m: 1400m:	1750m: 1750m:	
11.	Martijn Kip	Zuiderzeezwemmers	33:30.00	200202171	32:21.45	
	50m: 38.95	400m: 6:17.57	750m:	1100m: 1100m:	1450m: 1800m:	
	100m: 1:24.02	450m:	800m: 12:51.13	1150m: 1150m:	1500m: 24:50.54	1850m:
	150m:	500m: 500m:	850m: 1200m:	1200m: 1200m:	1550m: 1900m:	
	200m: 3:00.20	550m: 900m:	900m: 1250m:	1250m: 1250m:	1600m: 1950m:	
	250m:	600m: 950m:	1300m: 1300m:	1300m: 1300m:	1650m: 2000m:	32:21.45
	300m:	650m: 1000m:	1350m: 1350m:	1350m: 1350m:	1700m: 1700m:	
	350m:	700m: 1050m:	1400m: 1400m:	1400m: 1400m:	1750m: 1750m:	
12.	Jurjen Gobas	Aquapoldro	NT	200204081	32:50.33	
	50m: 40.67	400m: 6:18.40	750m:	1100m: 1100m:	1450m: 1800m:	
	100m: 1:26.19	450m:	800m: 12:56.81	1150m: 1150m:	1500m: 24:45.30	1850m:
	150m:	500m: 500m:	850m: 1200m:	1200m: 1200m:	1550m: 1900m:	
	200m: 3:01.46	550m: 900m:	900m: 1250m:	1250m: 1250m:	1600m: 1950m:	
	250m:	600m: 950m:	1300m: 1300m:	1300m: 1300m:	1650m: 2000m:	32:50.33
	300m:	650m: 1000m:	1350m: 1350m:	1350m: 1350m:	1700m: 1700m:	
	350m:	700m: 1050m:	1400m: 1400m:	1400m: 1400m:	1750m: 1750m:	
13.	Bart Rook	Flevo	NT	199802265	33:22.22	
	50m: 41.83	400m: 6:20.52	750m:	1100m: 1100m:	1450m: 1800m:	
	100m: 1:30.26	450m:	800m: 12:57.24	1150m: 1150m:	1500m: 24:52.94	1850m:
	150m:	500m: 500m:	850m: 1200m:	1200m: 1200m:	1550m: 1900m:	
	200m: 3:06.73	550m: 900m:	900m: 1250m:	1250m: 1250m:	1600m: 1950m:	
	250m:	600m: 950m:	1300m: 1300m:	1300m: 1300m:	1650m: 2000m:	33:22.22
	300m:	650m: 1000m:	1350m: 1350m:	1350m: 1350m:	1700m: 1700m:	
	350m:	700m: 1050m:	1400m: 1400m:	1400m: 1400m:	1750m: 1750m:	
14.	Adri Pasman	Zuiderzeezwemmers	33:37.48	196400573	33:50.04	
	50m: 45.32	400m: 6:39.67	750m:	1100m: 1100m:	1450m: 1800m:	
	100m: 1:34.51	450m:	800m: 13:25.02	1150m: 1150m:	1500m: 25:14.76	1850m:
	150m:	500m: 500m:	850m: 1200m:	1200m: 1200m:	1550m: 1900m:	
	200m: 3:15.00	550m: 900m:	900m: 1250m:	1250m: 1250m:	1600m: 1950m:	
	250m:	600m: 950m:	1300m: 1300m:	1300m: 1300m:	1650m: 2000m:	33:50.04
	300m:	650m: 1000m:	1350m: 1350m:	1350m: 1350m:	1700m: 1700m:	
	350m:	700m: 1050m:	1400m: 1400m:	1400m: 1400m:	1750m: 1750m:	
15.	Renzo Meester	Flevo	NT	200202897	34:38.31	
	50m: 43.72	400m: 6:27.31	750m:	1100m: 1100m:	1450m: 1800m:	
	100m: 1:31.76	450m:	800m: 12:59.71	1150m: 1150m:	1500m: 25:19.62	1850m:
	150m:	500m: 500m:	850m: 1200m:	1200m: 1200m:	1550m: 1900m:	
	200m: 3:09.97	550m: 900m:	900m: 1250m:	1250m: 1250m:	1600m: 1950m:	
	250m:	600m: 950m:	1300m: 1300m:	1300m: 1300m:	1650m: 2000m:	34:38.31
	300m:	650m: 1000m:	1350m: 1350m:	1350m: 1350m:	1700m: 1700m:	
	350m:	700m: 1050m:	1400m: 1400m:	1400m: 1400m:	1750m: 1750m:	
AFGEM	Niek Heethaar	Aquapoldro	24:00.15	199900999		