

LAC 1e periode
IJsselstein, 25.10.2008

Programmanr. 1
25.10.08 - 17:00

Dames, 800m vrije slag

14 jaar en ouder
Resultaten

Rang											In.tijd		Tijd	
1.	Elise Bouwens										Zwemlust/Utrecht(SG)	9:41.50	9103964	9:25.50
	50m:	32.09	200m:	2:20.46	350m:	4:07.55	500m:	5:53.47	650m:	7:40.98	800m:	9:25.50		
	100m:	1:08.05	250m:	2:56.77	400m:	4:42.30	550m:	6:29.02	700m:	8:17.18				
	150m:	1:44.34	300m:	3:32.41	450m:	5:17.83	600m:	7:05.06	750m:	8:52.16				
2.	Malissa van der Horst										Zwemlust/Utrecht(SG)	9:29.09	9200810	9:46.21
	50m:	31.50	200m:	2:18.52	350m:	4:06.43	500m:	5:58.06	650m:	7:51.52	800m:	9:46.21		
	100m:	1:06.59	250m:	2:54.52	400m:	4:41.50	550m:	6:35.50	700m:	8:29.68				
	150m:	1:42.28	300m:	3:30.72	450m:	5:20.50	600m:	7:13.34	750m:	9:07.62				
3.	Iris Selten										Aquarijn	10:59.20	9202840	10:26.76
	50m:	34.80	200m:	2:34.16	350m:	4:33.76	500m:	6:33.51	650m:	8:33.57	800m:	10:26.76		
	100m:	1:13.76	250m:	3:14.64	400m:	5:13.80	550m:	7:13.73	700m:	9:13.00				
	150m:	1:53.42	300m:	3:54.02	450m:	5:53.70	600m:	7:54.04	750m:	9:51.64				
4.	Jip Mulkens										Aquarijn	10:40.69	9402538	10:28.26
	50m:	34.61	200m:	2:33.71	350m:	4:33.66	500m:	6:33.48	650m:	8:32.78	800m:	10:28.26		
	100m:	1:13.76	250m:	3:13.59	400m:	5:13.61	550m:	7:13.89	700m:	9:12.03				
	150m:	1:53.34	300m:	3:53.48	450m:	5:53.29	600m:	7:53.74	750m:	9:50.84				
5.	Inge Hornis										Zwemlust/Utrecht(SG)	10:38.62	7900364	10:50.50
	50m:	34.50	200m:	2:31.94	350m:	4:35.35	500m:	6:40.45	650m:	8:46.49	800m:	10:50.50		
	100m:	1:12.50	250m:	3:12.87	400m:	5:17.00	550m:	7:22.39	700m:	9:28.51				
	150m:	1:51.53	300m:	3:53.85	450m:	5:59.33	600m:	8:04.00	750m:	10:10.25				
6.	Anne Willers										Aquarijn	11:41.34	9305626	10:53.79
	50m:	35.14	200m:	2:36.94	350m:	4:42.54	500m:	6:47.84	650m:	8:53.87	800m:	10:53.79		
	100m:	1:14.68	250m:	3:19.42	400m:	5:25.44	550m:	7:29.85	700m:	9:35.19				
	150m:	1:55.51	300m:	4:01.17	450m:	6:06.35	600m:	8:11.76	750m:	10:16.29				
7.	Ilse vd Wijngaard										One Team Swimming	10:51.42	8904736	11:02.21
	50m:	35.43	200m:	2:38.10	350m:	4:43.07	500m:	6:47.93	650m:	8:56.82	800m:	11:02.21		
	100m:	1:15.57	250m:	3:19.70	400m:	5:24.72	550m:	7:30.60	700m:	9:39.76				
	150m:	1:56.89	300m:	4:01.21	450m:	6:06.79	600m:	8:13.75	800m:	11:02.21				
8.	Kirsten Croese										IJZPC	11:53.74	9205356	11:05.14
	50m:	35.93	200m:	2:38.12	350m:	4:43.92	500m:	6:52.85	650m:	9:01.06	800m:	11:05.14		
	100m:	1:16.37	250m:	3:19.85	400m:	5:27.00	550m:	7:35.52	700m:	9:43.47				
	150m:	1:57.19	300m:	4:01.79	450m:	6:09.40	600m:	8:18.43	750m:	10:25.52				
9.	Robin Theijn										Zwemclub Zeist	11:44.84	9306890	11:45.75
	50m:	39.43	200m:	2:52.20	350m:	5:06.65	500m:	7:21.71	650m:	9:36.35	800m:	11:45.75		
	100m:	1:22.56	250m:	3:37.54	400m:	5:51.49	550m:	8:06.19	700m:	10:20.82				
	150m:	2:07.16	300m:	4:22.22	450m:	6:36.50	600m:	8:50.79	750m:	11:04.79				
10.	Danielle Reuter										Aquarijn	11:35.93	9102580	12:14.43
	50m:	37.52	200m:	2:47.78	350m:	5:06.24	500m:	7:29.28	650m:	9:53.78	800m:	12:14.43		
	100m:	1:19.46	250m:	3:33.59	400m:	5:52.68	550m:	8:17.21	700m:	10:40.87				
	150m:	2:03.75	300m:	4:19.34	450m:	6:41.34	600m:	9:04.93	750m:	11:28.34				
11.	Marrie de Priester										IJZPC	12:27.19	9302354	12:23.66
	50m:	39.90	200m:	2:56.18	350m:	5:17.93	500m:	7:40.93	650m:	10:03.36	800m:	12:23.66		
	100m:	1:24.17	250m:	3:42.79	400m:	6:06.00	550m:	8:27.97	700m:	10:50.79				
	150m:	2:09.64	300m:	4:30.18	450m:	6:53.18	600m:	9:15.56	750m:	11:37.81				
12.	Astrid Need										IJZPC	13:09.15	9306470	12:28.17
	50m:	41.17	200m:	2:58.64	350m:	5:21.45	500m:	7:45.00	650m:	10:10.20	800m:	12:28.17		
	100m:	1:25.77	250m:	3:45.89	400m:	6:08.74	550m:	8:33.20	700m:	10:58.95				
	150m:	2:11.48	300m:	4:33.04	450m:	6:57.08	600m:	9:21.80	750m:	11:44.86				

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Programmanr. 2
25.10.08 - 17:25

Heren, 800m vrije slag

14 jaar en ouder
Resultaten

Rang											In.tijd	Tijd		
1.	Mark Moussa										Zwemlust/Utrecht(SG)	8:34.21	9002059	8:45.72
	50m:	29.72	200m:	2:08.66	350m:	3:48.56	500m:	5:28.34	650m:	7:08.15	800m:	8:45.72		
	100m:	1:02.34	250m:	2:42.00	400m:	4:22.06	550m:	6:01.66	700m:	7:41.34				
	150m:	1:35.62	300m:	3:15.31	450m:	4:55.28	600m:	6:34.97	750m:	8:13.94				
2.	Tim Wagenmans										Aquarijn	8:47.94	9104945	8:59.46
	50m:	30.16	200m:	2:11.33	350m:	3:53.44	500m:	5:35.59	650m:	7:17.75	800m:	8:59.46		
	100m:	1:03.44	250m:	2:45.60	400m:	4:27.42	550m:	6:09.43	700m:	7:52.12				
	150m:	1:37.33	300m:	3:19.70	450m:	5:01.30	600m:	6:43.62	750m:	8:26.03				
3.	Aziz Nosairi										Zwemlust/Utrecht(SG)	9:10.02	9104645	9:08.02
	50m:	30.59	200m:	2:12.97	350m:	3:55.73	500m:	5:39.51	650m:	7:24.50	800m:	9:08.02		
	100m:	1:04.53	250m:	2:47.22	400m:	4:30.22	550m:	6:14.45	700m:	7:59.67				
	150m:	1:38.61	300m:	3:21.40	450m:	5:04.96	600m:	6:49.47	750m:	8:34.65				
4.	Wouter Kaman										Aquarijn	10:04.80	9300241	9:21.02
	50m:	32.10	200m:	2:18.45	350m:	4:07.13	500m:	5:53.16	650m:	7:35.95	800m:	9:21.02		
	100m:	1:07.02	250m:	2:53.64	400m:	4:44.07	550m:	6:27.48	700m:	8:10.89				
	150m:	1:41.42	300m:	3:30.51	450m:	5:18.60	600m:	7:01.67	750m:	8:46.29				
5.	Sander Ariaansz										Zwemlust/Utrecht(SG)	9:42.89	9302053	9:49.27
	50m:	31.36	200m:	2:19.75	350m:	4:10.24	500m:	6:02.79	650m:	7:55.92	800m:	9:49.27		
	100m:	1:06.70	250m:	2:56.10	400m:	4:47.48	550m:	6:40.04	700m:	8:34.23				
	150m:	1:43.02	300m:	3:33.47	450m:	5:25.10	600m:	7:18.28	750m:	9:12.25				
6.	Thijmen van de Waal										Aquarijn	9:34.06	9203085	9:53.42
	50m:	32.22	200m:	2:20.34	350m:	4:12.10	500m:	6:05.68	650m:	8:01.07	800m:	9:53.42		
	100m:	1:07.75	250m:	2:57.06	400m:	4:49.57	550m:	6:43.93	700m:	8:39.42				
	150m:	1:43.68	300m:	3:34.43	450m:	5:27.48	600m:	7:22.35	750m:	9:17.35				
7.	Dirk de Bruin										IJZPC	NT	9302841	10:25.75
	50m:	34.41	200m:	2:33.54	350m:	4:35.57	500m:	6:35.72	650m:	8:33.39	800m:	10:25.75		
	100m:	1:12.74	250m:	3:14.23	400m:	5:16.20	550m:	7:14.75	700m:	9:11.87				
	150m:	1:52.85	300m:	3:54.90	450m:	5:55.93	600m:	7:54.04	750m:	9:50.20				
8.	Jan Willem Meijs										Aquarijn	11:41.91	9306091	10:49.64
	50m:	35.50	200m:	2:37.32	350m:	4:42.29	500m:	6:48.47	650m:	8:51.28	800m:	10:49.64		
	100m:	1:14.93	250m:	3:19.34	400m:	5:24.89	550m:	7:28.30	700m:	9:32.25				
	150m:	1:55.53	300m:	4:00.19	450m:	6:06.44	600m:	8:10.04	750m:	10:11.46				
9.	Peter Marc de Rooij										Zwemlust/Utrecht(SG)	10:57.22	6100829	10:55.37
	50m:	35.28	200m:	2:37.81	350m:	4:43.65	500m:	6:50.09	650m:	8:55.34	800m:	10:55.37		
	100m:	1:15.52	250m:	3:19.46	400m:	5:25.87	550m:	7:31.68	700m:	9:36.68				
	150m:	1:56.75	300m:	4:01.52	450m:	6:07.65	600m:	8:13.28	750m:	10:17.18				
10.	John Pfaff										One Team Swimming	11:12.00	6901475	11:08.66
	50m:	35.31	200m:	2:39.50	350m:	4:47.57	500m:	6:55.80	650m:	9:03.28	800m:	11:08.66		
	100m:	1:15.47	250m:	3:21.90	400m:	5:30.23	550m:	7:38.17	700m:	9:45.85				
	150m:	1:57.25	300m:	4:04.71	450m:	6:12.91	600m:	8:20.59	750m:	10:28.25				
11.	Tom Balfort										Aquarijn	NT	9106815	11:13.57
	50m:	37.30	200m:	2:43.92	350m:	4:53.18	500m:	7:02.77	650m:	9:10.91	800m:	11:13.57		
	100m:	1:18.43	250m:	3:26.56	400m:	5:35.79	550m:	7:45.81	700m:	9:52.35				
	150m:	2:00.82	300m:	4:09.75	450m:	6:18.99	600m:	8:27.84	750m:	10:33.22				
12.	Bas de Niet										IJZPC	11:48.07	9104163	11:14.98
	50m:	35.29	200m:	2:37.78	350m:	4:44.82	500m:	6:55.15	650m:	9:08.31	800m:	11:14.98		
	100m:	1:15.06	250m:	3:20.01	400m:	5:28.16	550m:	7:39.49	700m:	9:52.73				
	150m:	1:55.67	300m:	4:01.70	450m:	6:11.44	600m:	8:23.93	750m:	10:36.31				
13.	Frank Kruit										IJZPC	NT	9302843	11:32.46
	50m:	40.60	200m:	2:54.00	350m:	5:12.34	500m:	7:23.18	650m:	9:29.94	800m:	11:32.46		
	100m:	1:24.22	250m:	3:39.34	400m:	5:58.30	550m:	8:05.39	700m:	10:12.73				
	150m:	2:09.21	300m:	4:25.34	450m:	6:40.93	600m:	8:47.31	750m:	10:54.65				
14.	Sander van Leeuwen										IJZPC	11:42.34	9006917	11:37.23
	50m:	36.52	200m:	2:43.02	350m:	4:56.39	500m:	7:12.61	650m:	9:28.91	800m:	11:37.23		
	100m:	1:17.18	250m:	3:26.61	400m:	5:41.67	550m:	7:58.02	700m:	10:13.30				
	150m:	1:59.70	300m:	4:11.43	450m:	6:27.54	600m:	8:43.47	750m:	10:57.63				

LAC 1e periode
IJsselstein, 25.10.2008

Programmanr. 2, Heren, 800m vrije slag, 14 jaar en ouder

Rang							In.tijd	Tijd				
15.	Marcin Braams						Aquarijn	NT	9306623	11:54.02		
	50m:	38.04	200m:	2:48.14	350m:	5:04.80	500m:	7:24.39	650m:	9:42.02	800m:	11:54.02
	100m:	1:20.61	250m:	3:33.89	400m:	5:50.33	550m:	8:10.04	700m:	10:27.83		
	150m:	2:03.80	300m:	4:18.39	450m:	6:37.45	600m:	8:55.83	750m:	11:11.67		
16.	Thijs van den End						One Team Swimming	NT	9306803	12:00.52		
	50m:	37.37	200m:	2:49.79	350m:	5:08.01	500m:	7:28.04	650m:	9:46.96	800m:	12:00.52
	100m:	1:19.36	250m:	3:35.78	400m:	5:54.80	550m:	8:13.12	700m:	10:33.81		
	150m:	2:04.41	300m:	4:22.09	450m:	6:41.93	600m:	8:59.66	750m:	11:18.89		
17.	Alex Braams						Aquarijn	NT	9306637	12:03.46		
	50m:	37.87	200m:	2:47.46	350m:	5:05.93	500m:	7:26.18	650m:	9:47.75	800m:	12:03.46
	100m:	1:19.34	250m:	3:33.24	400m:	5:52.56	550m:	8:13.43	700m:	10:34.78		
	150m:	2:02.65	300m:	4:19.43	450m:	6:39.43	600m:	9:00.43	750m:	11:20.78		

Programmanr. 3
25.10.08 - 18:00

Meisjes, 400m vrije slag

12 - 13 jaar
Resultaten

Rang							In.tijd	Tijd		
1.	Zoë van Zijl						Aquarijn	5:08.38	9500136	4:57.03
	50m:	32.89	100m:	1:09.30	200m:	2:24.90	400m:	4:57.03		
2.	Femke Remmits						One Team Swimming	5:29.12	9603692	5:01.87
	50m:	33.27	150m:	1:49.69	250m:	3:07.21	350m:	4:25.59		
	100m:	1:11.17	200m:	2:28.44	300m:	3:46.48	400m:	5:01.87		
3.	Anne Kooijman						Zwemlust/Utrecht(SG)	5:06.91	9503218	5:04.96
	50m:	33.24	150m:	1:48.93	250m:	3:06.46	350m:	4:25.87		
	100m:	1:10.65	200m:	2:37.43	300m:	3:45.90	400m:	5:04.96		
4.	Linda Kamperman						Aquarijn	5:31.42	9601238	5:10.20
	50m:	33.70	150m:	1:51.16	250m:	3:11.02	350m:	4:31.54		
	100m:	1:11.70	200m:	2:30.73	300m:	3:50.89	400m:	5:10.20		
5.	Lisanne vd Lelij						One Team Swimming	5:29.74	9600666	5:11.50
	50m:	35.88	150m:	1:54.66	250m:	3:13.21	350m:	4:32.10		
	100m:	1:15.07	200m:	2:34.11	300m:	3:52.25	400m:	5:11.50		
6.	Michelle Geisler						Aquarijn	5:28.46	9502514	5:12.33
	50m:	33.41	150m:	1:52.02	250m:	3:11.90	350m:	4:35.04		
	100m:	1:11.48	200m:	2:32.33	300m:	3:53.45	400m:	5:12.33		
7.	Jamilla van Veen						One Team Swimming	5:33.26	9603192	5:29.15
	50m:	36.18	150m:	1:59.52	250m:	3:24.12	350m:	4:48.18		
	100m:	1:17.78	200m:	2:41.56	300m:	4:06.01	400m:	5:29.15		
8.	Courtney van Huizen						Zwemlust/Utrecht(SG)	6:00.64	9601686	5:31.72
	50m:	34.75	150m:	1:58.19	250m:	3:25.10	350m:	4:51.70		
	100m:	1:15.68	200m:	2:41.86	300m:	4:08.28	400m:	5:31.72		
9.	Wendy Kleinveld						One Team Swimming	5:37.96	9600382	5:35.45
	50m:	36.75	100m:	1:17.22	200m:	2:41.77	400m:	5:35.45		
10.	Lotte Lancee						IJZPC	NT	9503648	5:40.59
	50m:	37.43	150m:	2:02.92	250m:	3:32.19	350m:	5:00.20		
	100m:	1:19.42	200m:	2:47.36	300m:	4:16.71	400m:	5:40.59		
11.	Melanie van Someren						Zwemclub Zeist	5:43.82	9600122	5:41.06
	50m:	37.34	150m:	2:03.46	250m:	3:30.73	350m:	4:58.25		
	100m:	1:19.75	200m:	2:46.88	300m:	4:15.21	400m:	5:41.06		
12.	Esmee In der Maur						One Team Swimming	5:46.37	9601912	5:47.26
	50m:	36.82	150m:	2:03.06	250m:	3:33.94	350m:	5:04.39		
	100m:	1:18.96	200m:	2:48.30	300m:	4:19.11	400m:	5:47.26		
13.	Elles Becker						Zwemclub Zeist	6:07.16	9600628	5:54.54
	50m:	39.89	150m:	2:09.92	250m:	3:40.95	350m:	5:12.00		
	100m:	1:24.48	200m:	2:55.13	300m:	4:26.95	400m:	5:54.54		

LAC 1e periode
IJsselstein, 25.10.2008

Programmanr. 3, Meisjes, 400m vrije slag, 12 - 13 jaar

Rang							In.tijd		Tijd
14.	Alyssa van Kilsdonk		IJZPC				6:09.80	9600324	5:55.63
	50m:	39.04	100m:	1:23.04	200m:	2:54.34	400m:	5:55.63	
15.	Geke Hasperhoven		Zwemlust/Utrecht(SG)				6:24.38	9504160	5:58.75
	50m:	40.15	150m:	2:09.34	250m:	3:42.12	350m:	5:14.37	
	100m:	1:24.12	200m:	2:55.62	300m:	4:28.37	400m:	5:58.75	
16.	Nadieh van Duijn		One Team Swimming				6:09.01	9601242	5:59.24
	50m:	37.96	150m:	2:07.12	250m:	3:40.28	350m:	5:14.24	
	100m:	1:21.31	200m:	2:54.01	300m:	4:26.87	400m:	5:59.24	
17.	Emmy Tuithof		Aquarijn				6:10.99	9503418	6:02.01
	50m:	40.00	150m:	2:11.09	250m:	3:44.90	350m:	5:19.04	
	100m:	1:25.00	200m:	2:57.88	300m:	4:32.05	400m:	6:02.01	
18.	Anne van Hoorn		One Team Swimming				7:18.70	9600664	6:04.25
	50m:	41.10	100m:	1:25.08	200m:	2:57.37	400m:	6:04.25	
19.	Britte van Someren		Zwemclub Zeist				6:18.02	9500828	6:05.79
	50m:	39.64	150m:	2:09.95	250m:	3:44.98	350m:	5:20.00	
	100m:	1:24.32	200m:	2:57.28	300m:	4:33.00	400m:	6:05.79	
AFGEM	Vera Willers		Aquarijn				6:22.67	9602076	

Programmanr. 4
25.10.08 - 18:25

Jongens, 400m vrije slag

12 - 13 jaar
Resultaten

Rang							In.tijd		Tijd
1.	Max de Voogt		One Team Swimming				4:54.80	9502325	4:38.17
	50m:	31.06	100m:	1:06.08	200m:	2:15.89	400m:	4:38.17	
2.	Yassine Maniani		Zwemlust/Utrecht(SG)				4:49.61	9501755	4:45.59
	50m:	31.96	150m:	1:43.43	250m:	2:56.87	350m:	4:11.01	
	100m:	1:07.28	200m:	2:19.72	300m:	3:34.02	400m:	4:45.59	
3.	Sjoerd Murk		Aquarijn				5:28.02	9500967	4:58.04
	50m:	32.90	150m:	1:48.84	250m:	3:05.51	350m:	4:22.36	
	100m:	1:10.48	200m:	2:27.50	300m:	3:43.98	400m:	4:58.04	
4.	Donny van den Bosch		Aquarijn				5:17.48	9502001	5:03.07
	50m:	32.12	150m:	1:46.83	250m:	3:06.14	350m:	4:26.06	
	100m:	1:08.72	200m:	2:26.06	300m:	3:46.50	400m:	5:03.07	
5.	Bart Klok		One Team Swimming				5:35.47	9600351	5:11.52
	50m:	32.11	150m:	1:48.71	250m:	3:10.19	350m:	4:32.53	
	100m:	1:09.25	200m:	2:28.90	300m:	3:51.12	400m:	5:11.52	
6.	Indi Joore		Zwemlust/Utrecht(SG)				6:27.41	9503761	5:39.56
	50m:	38.18	150m:	2:04.61	250m:	3:33.40	350m:	5:01.48	
	100m:	1:20.45	200m:	2:49.03	300m:	4:18.20	400m:	5:39.56	
7.	Rick Theijm		Zwemclub Zeist				5:50.20	9600325	5:40.60
	50m:	37.76	150m:	2:03.54	250m:	3:32.60	350m:	5:00.07	
	100m:	1:19.92	200m:	2:48.80	300m:	4:16.32	400m:	5:40.60	
8.	Jasper Wilmes		IJZPC				5:58.60	9600899	5:43.40
	50m:	39.90	150m:	2:09.09	250m:	3:38.72	350m:	5:05.50	
	100m:	1:24.37	200m:	2:54.31	300m:	4:23.62	400m:	5:43.40	
9.	Zakaria el Mansori		Zwemlust/Utrecht(SG)				6:15.29	9503281	6:01.40
	50m:	38.98	100m:	1:23.36	200m:	2:55.17	400m:	6:01.40	
10.	Paul Kastelein		One Team Swimming				6:21.29	9602103	6:05.68
	50m:	41.36	150m:	2:15.02	250m:	3:48.06	350m:	5:21.66	
	100m:	1:28.50	200m:	3:01.31	300m:	4:34.59	400m:	6:05.68	
11.	Floris Tils		IJZPC				6:58.28	9603347	6:19.54
	50m:	44.13	100m:	1:32.65	200m:	3:11.53	400m:	6:19.54	

LAC 1e periode
IJsselstein, 25.10.2008

Programmanr. 4, Jongens, 400m vrije slag, 12 - 13 jaar

Rang							In.tijd		Tijd
12.	Rens Klok						7:10.80	9602045	6:24.09
	50m:	43.20	150m:	2:21.16	250m:	4:01.61	350m:	5:39.61	
	100m:	1:31.58	200m:	3:10.68	300m:	4:50.57	400m:	6:24.09	
13.	Sean van der Steeg						6:36.67	9602403	6:33.43
	50m:	43.72	150m:	2:23.65	250m:	4:02.65	350m:	5:42.21	
	100m:	1:32.96	200m:	3:12.72	300m:	4:51.34	400m:	6:33.43	

Programmanr. 5
25.10.08 - 18:50

Meisjes, 200m vrije slag

8 - 9 jaar
Resultaten

Rang							In.tijd		Tijd
1.	Melissa Baars						3:06.69	9900376	2:55.75
	50m:	39.76	100m:	1:25.32	150m:	2:12.58	200m:	2:55.75	
2.	Nicole Kleinveld						NT	9900114	3:54.89
	50m:	53.10	100m:	1:55.64	150m:	2:58.42	200m:	3:54.89	

Programmanr. 6
25.10.08 - 18:50

Jongens, 200m vrije slag

8 - 9 jaar
Resultaten

Rang							In.tijd		Tijd
1.	Denise Schulpen						2:35.16	9700158	2:23.15
	50m:	33.59	100m:	1:09.93	150m:	1:47.09	200m:	2:23.15	
2.	Belle van Diermen						2:43.31	9700458	2:42.87
	50m:	36.30	100m:	1:18.51	200m:	2:42.87			
3.	Shannon Mommersteeg						2:58.13	9702398	2:46.53
	50m:	38.57	100m:	1:22.74	150m:	2:06.67	200m:	2:46.53	
4.	Lieke Remmits						3:07.59	9801880	3:00.04
	50m:	37.73	100m:	1:24.02	200m:	3:00.04			
5.	Danique van den Bosch						3:27.68	9801122	3:17.98
	50m:	44.82	100m:	1:36.24	150m:	2:28.27	200m:	3:17.98	
6.	Nynke Breeuwsma						3:40.00	9704476	3:23.73
	50m:	44.26	100m:	1:36.39	150m:	2:33.29	200m:	3:23.73	
7.	Demi Bunte						NT	9801794	3:24.87
	50m:	44.44	100m:	1:34.77	200m:	3:24.87			
8.	Elena Laming						NT	9802304	3:43.07
	50m:	45.63	100m:	1:40.59	200m:	3:43.07			
9.	Roos Geerars						NT	9802380	3:45.84
	50m:	48.37	100m:	1:47.70	150m:	2:48.47	200m:	3:45.84	

AFGEM Eva Allewelt

Zwemclub Zeist 3:44.76 9702290

LAC 1e periode
IJsselstein, 25.10.2008

Programmanr. 8
25.10.08 - 19:00

Jongens, 200m vrije slag

10 - 11 jaar
Resultaten

Rang								In.tijd		Tijd
1.	Mohammed el Bakkali				Zwemlust/Utrecht(SG)		2:51.22	9700971	2:43.93	
	50m:	35.13	100m:	1:18.09	150m:	2:02.09	200m:	2:43.93		
2.	Seser Yas				Zwemlust/Utrecht(SG)		3:05.90	9800909	2:46.91	
	50m:	35.81	100m:	1:20.42	150m:	2:05.34	200m:	2:46.91		
3.	Wout de Bruin				IJZPC		3:00.16	9800555	2:48.46	
	50m:	38.64	100m:	1:22.84	150m:	2:06.64	200m:	2:48.46		
4.	Colin van der Bijl				Aquarijn		NT	9700631	2:53.57	
	50m:	40.65	100m:	1:26.27	150m:	2:12.31	200m:	2:53.57		
5.	Joey Agema				Zwemlust/Utrecht(SG)		3:08.32	9700937	3:10.60	
6.	Martijn de Leeuw				One Team Swimming		3:26.59	9800707	3:14.89	
	50m:	41.97	100m:	1:34.34	150m:	2:27.79	200m:	3:14.89		
7.	Nassim Laari				Zwemlust/Utrecht(SG)		NT	9801375	3:19.54	
	50m:	42.70	100m:	1:35.93	150m:	2:30.54	200m:	3:19.54		
8.	Omar Geran				Zwemlust/Utrecht(SG)		NT	9801799	3:26.39	
9.	Niels Kwadijk				Zwemclub Zeist		3:47.11	9701617	3:36.08	
	50m:	46.00	100m:	1:43.12	200m:	3:36.08				
10.	Jasper van Zeeland				Zwemclub Zeist		4:04.42	9702041	3:37.26	
	50m:	45.32	100m:	1:40.00	150m:	2:37.16	200m:	3:37.26		

Programmanr. 9
25.10.08 - 19:10

Dames, 200m wisselslag

12 jaar en ouder
Resultaten

Rang								In.tijd		Tijd
1.	Iris Selten				Aquarijn		2:41.27	9202840	2:39.87	
	50m:	35.75	200m:	2:39.87						
2.	Ilse vd Wijngaard				One Team Swimming		2:42.89	8904736	2:40.84	
	50m:	34.99	200m:	2:40.84						
3.	Femke Remmits				One Team Swimming		2:49.52	9603692	2:44.80	
	50m:	34.34	200m:	2:44.80						
4.	Anne Willers				Aquarijn		2:54.18	9305626	2:46.63	
	50m:	36.68	200m:	2:46.63						
5.	Jip Mulkens				Aquarijn		2:38.75	9402538	2:47.91	
	50m:	37.38	200m:	2:47.91						
6.	Michelle Geisler				Aquarijn		2:51.78	9502514	2:52.17	
	50m:	36.45	200m:	2:52.17						
7.	Linda Kamperman				Aquarijn		2:49.55	9601238	2:52.77	
	50m:	38.15	200m:	2:52.77						
8.	Lisanne vd Lelij				One Team Swimming		2:56.11	9600666	2:55.65	
	50m:	39.26	200m:	2:55.65						
9.	Zoë van Zijl				Aquarijn		2:50.19	9500136	2:56.40	
	50m:	40.13	200m:	2:56.40						
10.	Robin Theijn				Zwemclub Zeist		2:52.50	9306890	2:56.70	
	50m:	38.65	200m:	2:56.70						
11.	Lotte Lancee				IJZPC		2:57.13	9503648	2:58.19	
	50m:	42.12	200m:	2:58.19						
12.	Kirsten Croese				IJZPC		2:53.64	9205356	3:01.36	

LAC 1e periode
IJsselstein, 25.10.2008

Programmanr. 9, Dames, 200m wisselslag, 12 jaar en ouder

Rang				In.tijd		Tijd
13.	Esmee In der Maur	One Team Swimming	3:04.82	9601912		3:02.44
	50m: 40.35 200m: 3:02.44					
14.	Marrie de Priester	IJZPC	2:59.51	9302354		3:02.58
	50m: 37.20 200m: 3:02.58					
15.	Wendy Kleinveld	One Team Swimming	3:06.00	9600382		3:02.72
	50m: 40.75 200m: 3:02.72					
16.	Elles Becker	Zwemclub Zeist	3:04.74	9600628		3:03.64
	50m: 41.22 200m: 3:03.64					
17.	Jamilla van Veen	One Team Swimming	3:01.73	9603192		3:04.87
18.	Anne van Hoorn	One Team Swimming	3:14.62	9600664		3:07.10
	50m: 42.46 200m: 3:07.10					
19.	Melanie van Someren	Zwemclub Zeist	3:04.45	9600122		3:07.23
	50m: 42.57 200m: 3:07.23					
20.	Alyssa van Kilsdonk	IJZPC	3:05.92	9600324		3:09.17
	50m: 42.48 200m: 3:09.17					
21.	Emmy Tuithof	Aquarijn	3:13.32	9503418		3:10.39
	50m: 41.84 200m: 3:10.39					
22.	Astrid Need	IJZPC	3:17.88	9306470		3:14.06
	50m: 46.40 200m: 3:14.06					
23.	Danielle Reuter	Aquarijn	3:01.16	9102580		3:14.26
	50m: 40.50 200m: 3:14.26					
24.	Nadieh van Duijn	One Team Swimming	3:19.00	9601242		3:16.92
	50m: 41.87 200m: 3:16.92					
25.	Britte van Someren	Zwemclub Zeist	3:07.83	9500828		3:17.37
	50m: 42.18 200m: 3:17.37					
AFGEM	Vera Willers	Aquarijn	3:15.57	9602076		
AFGEM	Tessa Lukassen	Zwemlust/Utrecht(SG)	2:30.76	8702620		

Programmanr. 10
25.10.08 - 19:30

Heren, 200m wisselslag

12 jaar en ouder
Resultaten

Rang				In.tijd		Tijd
1.	Mark Moussa	Zwemlust/Utrecht(SG)	2:17.66	9002059		2:17.40
	50m: 29.74 200m: 2:17.40					
2.	Tim Wagenmans	Aquarijn	2:15.55	9104945		2:17.75
	50m: 28.85 200m: 2:17.75					
3.	Aziz Nosairi	Zwemlust/Utrecht(SG)	2:18.00	9104645		2:18.03
	50m: 28.99 200m: 2:18.03					
4.	Wouter Kaman	Aquarijn	2:26.13	9300241		2:25.94
	50m: 30.71 200m: 2:25.94					
5.	Thijmen van de Waal	Aquarijn	2:29.40	9203085		2:31.82
	50m: 34.22 200m: 2:31.82					
6.	Sander Ariaansz	Zwemlust/Utrecht(SG)	2:29.86	9302053		2:32.92
	50m: 32.07 200m: 2:32.92					
7.	Sjoerd Murk	Aquarijn	2:42.33	9500967		2:36.46
	50m: 36.31 200m: 2:36.46					
8.	Max de Voogt	One Team Swimming	2:43.96	9502325		2:38.73
	50m: 34.38 200m: 2:38.73					

LAC 1e periode
IJsselstein, 25.10.2008

Programmanr. 10, Heren, 200m wisselslag, 12 jaar en ouder

Rang					In.tijd		Tijd
9.	Dirk de Bruin		IJZPC		2:53.87	9302841	2:43.08
	50m:	34.54	200m:	2:43.08			
10.	Bas de Niet		IJZPC		2:48.82	9104163	2:50.20
11.	Jan Willem Meijs		Aquarijn		2:51.07	9306091	2:53.16
	50m:	38.32	200m:	2:53.16			
12.	Frank Kruit		IJZPC		2:49.29	9302843	2:54.67
	50m:	38.29	200m:	2:54.67			
13.	Tom Balfoort		Aquarijn		2:50.65	9106815	2:55.24
	50m:	38.92	200m:	2:55.24			
14.	Sander van Leeuwen		IJZPC		2:56.20	9006917	2:57.87
	50m:	39.91	200m:	2:57.87			
15.	Marcin Braams		Aquarijn		NT	9306623	2:59.54
	50m:	39.33	200m:	2:59.54			
16.	Bart Klok		One Team Swimming		3:10.45	9600351	3:01.41
17.	Rick Theijn		Zwemclub Zeist		2:58.17	9600325	3:01.50
	50m:	44.21	200m:	3:01.50			
18.	Thijs van den End		One Team Swimming		3:15.14	9306803	3:04.23
	50m:	43.22	200m:	3:04.23			
19.	Alex Braams		Aquarijn		NT	9306637	3:05.51
	50m:	40.88	200m:	3:05.51			
20.	John Pfaff		One Team Swimming		NT	6901475	3:09.20
	50m:	45.64	200m:	3:09.20			
21.	Jasper Wilmes		IJZPC		3:36.80	9600899	3:09.86
	50m:	49.99	200m:	3:09.86			
22.	Paul Kastelein		One Team Swimming		3:24.22	9602103	3:10.75
	50m:	44.62	200m:	3:10.75			
23.	Floris Tils		IJZPC		3:18.75	9603347	3:20.63
	50m:	48.33	200m:	3:20.63			
24.	Rens Klok		One Team Swimming		3:39.69	9602045	3:51.41
	50m:	58.98	200m:	3:51.41			
DIS	Donny van den Bosch		Aquarijn		2:47.93	9502001	2:36.70RC
	<i>RC - Rugligging verlaten tijdens de race zonder met de keerhandeling bezig te zijn.</i>						
	50m:	33.27	200m:	2:36.70			
DIS	Sean van der Steeg		IJZPC		3:33.09	9602403	3:40.06VB
	<i>VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht.</i>						
	50m:	56.22	200m:	3:40.06			