

KNZB Lange Afstands Circuit Periode 1 Deel 2
Vlaardingen, 11.10.2009

Programmanr. 1 800m vrije slag 14 jaar en ouder
11.10.09 - 12:30 Resultaten

Rang					In.tijd		Tijd
1.	Marco van der Stel	ZV Vlaardingen	8:47.44	9102879	8:34.89		
	100m: 1:00.82 200m: 2:04.68 400m: 4:13.27 800m: 8:34.89						
2.	Victor Poot	ZV Vlaardingen	8:56.08	9203651	8:46.89		
	100m: 1:00.73 200m: 2:04.73 400m: 4:15.32 800m: 8:46.89						
3.	Timo Dinkelberg	ZV Vlaardingen	9:05.11	9300773	8:52.90		
	100m: 1:01.86 200m: 2:06.86 400m: 4:20.71 800m: 8:52.90						
4.	Boris Galjart	ZV Vlaardingen	9:18.37	9201997	9:01.42		
	100m: 1:01.57 200m: 2:07.39 400m: 4:23.54 800m: 9:01.42						
5.	Ralf van der Poel	ZV Vlaardingen	10:10.56	8401783	9:25.71		
	100m: 1:04.50 200m: 2:14.15 400m: 4:36.52 800m: 9:25.71						
6.	Stefan Grudelbach	ZV Vlaardingen	9:22.64	9202073	9:37.34		
	100m: 1:05.87 200m: 2:18.56 400m: 4:44.64 800m: 9:37.34						
7.	Milou Julicher	Wiekslag	9:50.28	9301320	9:38.31		
	100m: 1:06.10 200m: 2:18.39 400m: 4:44.01 800m: 9:38.31						
8.	Naomi Julicher	Wiekslag	10:20.29	9202606	9:54.30		
	100m: 1:09.30 200m: 2:23.54 400m: 4:53.54 800m: 9:54.30						
9.	Tim Verwest	ZV Vlaardingen	10:10.81	9204675	10:00.29		
	100m: 1:05.82 200m: 2:19.76 400m: 4:50.80 800m: 10:00.29						
10.	Dian Kortleve	Wiekslag	10:04.41	9402132	10:05.09		
	100m: 1:08.79 200m: 2:24.35 400m: 4:57.72 800m: 10:05.09						
11.	Ardi van der Stel	Acz	10:13.83	8803271	10:14.86		
	100m: 1:07.48 200m: 2:22.36 400m: 4:57.71 800m: 10:14.86						
12.	Kayleigh Westerbaan	Acz	10:38.07	9205054	10:15.56		
	100m: 1:11.95 200m: 2:30.51 400m: 5:08.06 800m: 10:15.56						
13.	Nick Cleintuar	ZV Vlaardingen	10:13.67	9503781	10:21.47		
	100m: 1:12.53 200m: 2:30.66 400m: 5:08.16 800m: 10:21.47						
14.	Lieke Hengst	ZV Vlaardingen	10:51.54	9108048	10:21.48		
	100m: 1:12.72 200m: 2:30.92 400m: 5:08.23 800m: 10:21.48						
15.	Marco Ambrosini	Lac	10:39.21	9306175	10:24.26		
	100m: 1:09.45 200m: 2:26.02 400m: 5:06.11 800m: 10:24.26						
16.	Sander Asjes	Lac	NT	9503787	10:30.29		
	100m: 1:14.16 200m: 2:32.29 400m: 5:14.00 800m: 10:30.29						
17.	Ellen Hengst	ZV Vlaardingen	10:52.18	9305850	10:30.62		
	100m: 1:15.24 200m: 2:36.10 400m: 5:16.66 800m: 10:30.62						
18.	Karliën Veldscholte	Zpb H&I	11:05.84	9305880	10:35.25		
	100m: 1:13.84 200m: 2:35.81 400m: 5:15.19 800m: 10:35.25						
19.	Alinda Damsteegt	Wiekslag	10:46.98	9400222	10:42.36		
	100m: 1:13.96 200m: 2:35.56 400m: 5:18.65 800m: 10:42.36						
20.	Michael van der Plaats	Wiekslag	11:09.15	8704979	11:04.80		
	100m: 1:12.60 200m: 2:33.57 400m: 5:23.32 800m: 11:04.80						
21.	Koen Roobol	Lac	NT	9403209	11:08.14		
	100m: 1:15.78 200m: 2:39.17 400m: 5:31.86 800m: 11:08.14						
22.	Martijn van den Hul	Lac	11:53.78	9404981	11:20.92		
	100m: 1:14.21 200m: 2:40.77 400m: 5:38.16 800m: 11:20.92						
23.	Sylvana Kusters	Wiekslag	10:58.93	9403436	11:21.04		
	100m: 1:15.64 200m: 2:39.54 400m: 5:33.04 800m: 11:21.04						

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Programmanr. 1, Alle, 800m vrije slag, 14 jaar en ouder

Rang					In.tijd		Tijd
24.	Ingrid Poot		ZV Vlaardingen		11:33.34	9404114	11:23.28
	100m: 1:20.45	200m: 2:47.32	400m: 5:42.59	800m: 11:23.28			
25.	Emiel van Elderen		ZV Vlaardingen		11:53.10	5600383	11:29.45
	100m: 1:20.73	200m: 2:46.82	400m: 5:41.02	800m: 11:29.45			
26.	Chantal van Rikxoort		Wiekslag		11:46.07	9505802	11:40.64
	100m: 1:19.54	200m: 2:46.32	400m: 5:44.60	800m: 11:40.64			
27.	Emily van Erk		Acz		11:28.53	9502574	11:42.34
	100m: 1:17.37	200m: 2:45.09	400m: 5:43.34	800m: 11:42.34			
28.	Thomas Grudelbach		ZV Vlaardingen		12:30.03	9500355	12:01.77
	100m: 1:24.33	200m: 2:57.36	400m: 6:00.61	800m: 12:01.77			
29.	Stephan van Wijk		Zpb H&I		11:30.90	7500983	12:20.34
	100m: 1:18.62	200m: 2:47.36	400m: 5:58.11	800m: 12:20.34			
30.	Whitney Neerhout		Lac		11:48.80	9304330	13:07.13
	100m: 1:21.57	200m: 2:55.57	400m: 6:15.57	800m: 13:07.13			
31.	Melanie Breederland		Zpb H&I		12:30.06	8700572	13:19.37
	100m: 1:30.75	200m: 3:08.22	400m: 6:30.61	800m: 13:19.37			
32.	Kimberley Breederland		Zpb H&I		14:16.18	9203632	14:17.10
	100m: 1:35.92	200m: 3:22.04	400m: 7:02.89	800m: 14:17.10			
33.	Clementine van Bruxvoort		Zpb H&I		15:32.57	7700138	14:17.34
	100m: 1:34.96	200m: 3:19.74	400m: 6:57.93	800m: 14:17.34			
AFGEM	Tanja van Essen		Wiekslag		10:06.47	9404678	
AFGEM	Natalie van der Hoeven		ZV Vlaardingen		10:18.08	8901786	

Programmanr. 2
11.10.09 - 13:45

400m vrije slag

12 - 13 jaar
Resultaten

Rang					In.tijd		Tijd
1.	Selim Barraho		Lac		5:09.92	9604249	5:14.97
2.	Daphne Scheurwater		Wiekslag		5:30.92	9701372	5:18.28
	50m: 34.97	100m: 1:15.16	200m: 2:35.98	400m: 5:18.28			
3.	Mike Kouwenhoven		Wiekslag		6:00.51	9700725	5:24.57
	50m: 34.23	100m: 1:13.76	200m: 2:35.89	400m: 5:24.57			
4.	Isabel Spit		Lac		5:32.96	9604712	5:39.32
	50m: 36.08	100m: 1:16.23	200m: 2:44.55	400m: 5:39.32			
5.	Isobel Maddock		Acz		6:08.42	9703644	6:11.09
	50m: 38.50	100m: 1:23.67	200m: 3:00.62	400m: 6:11.09			
6.	Brenda van Hulst		Acz		6:36.67	9703462	6:13.12
	50m: 40.00	100m: 1:26.27	200m: 3:00.62	400m: 6:13.12			
7.	Quinty Terlouw		Acz		6:24.62	9603244	6:21.75
8.	Louise Kusters		Wiekslag		7:43.24	9701076	7:04.70
	50m: 45.92	100m: 1:37.67	200m: 3:27.20	400m: 7:04.70			

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Programmanr. 3 200m vrije slag 8 - 9 jaar
11.10.09 - 14:00 Resultaten

Rang					In.tijd		Tijd
1.	Ingeborg Uyttenbroek	Lac			3:13.91	0001976	3:05.18
	50m: 41.90 100m: 1:29.42	200m: 3:05.18					
2.	Juliette Diaz Diaz	Zpb H&I			3:12.75	0000048	3:07.57
	50m: 42.76 100m: 1:30.76	200m: 3:07.57					
3.	Juliet van Dinther	Lac			3:30.15	0101124	3:24.23
	50m: 46.83 100m: 1:39.51	200m: 3:24.23					
4.	Luke Verburg	ZV Vlaardingen			NT	0100047	3:24.83
	50m: 42.95 100m: 1:36.69	200m: 3:24.83					
5.	Rizzy Korevaar	Lac			3:36.30	0001978	3:30.64
	50m: 47.23 100m: 1:42.23	200m: 3:30.64					
6.	Eva van der Straaten	Zpb H&I			3:41.92	0001640	3:32.15
	50m: 48.34 100m: 1:44.37	200m: 3:32.15					

Programmanr. 4 200m vrije slag 10 - 11 jaar
11.10.09 - 14:05 Resultaten

Rang					In.tijd		Tijd
1.	Nilce Mendes Barbosa	Lac			2:42.22	9800214	2:40.01
	50m: 35.34 100m: 1:16.02	200m: 2:40.01					
2.	Cindy Rkman	Zpb H&I			2:42.49	9800858	2:41.80
	50m: 35.86 100m: 1:17.36	200m: 2:41.80					
3.	Yassine Barraho	Lac			2:57.77	9902331	2:53.44
	50m: 37.22 100m: 1:22.59	200m: 2:53.44					
4.	Sjaron van Hulst	Acz			3:34.93	9803268	3:28.98
	50m: 45.53 100m: 1:37.62	200m: 3:28.98					
5.	Kimberley Westra	Wiekslag			3:21.24	9801266	3:29.80
	50m: 43.86 100m: 1:37.73	200m: 3:29.80					

Programmanr. 5 200m wisselslag 12 jaar en ouder
11.10.09 - 14:10 Resultaten

Rang					In.tijd		Tijd
1.	Timo Dinkelberg	ZV Vlaardingen			2:15.66	9300773	2:11.20
	50m: 28.15 200m: 2:11.20						
2.	Boris Galjart	ZV Vlaardingen			2:24.95	9201997	2:24.67
	50m: 31.77 200m: 2:24.67						
3.	Asmara Ritmeijer	ZV Vlaardingen			2:50.78	9600790	2:45.81
	50m: 37.23 200m: 2:45.81						
4.	Vincent van der Kraan	ZV Vlaardingen			3:00.06	9603257	2:46.92
	50m: 37.39 200m: 2:46.92						
5.	Martijn van den Hul	Lac			2:49.80	9404981	2:47.78
	50m: 33.66 200m: 2:47.78						
6.	Tamara van der Steen	ZV Vlaardingen			2:52.46	9605156	2:47.85
	50m: 38.48 200m: 2:47.85						
7.	Boris Spiering	ZV Vlaardingen			2:56.26	9601681	2:50.67
	50m: 39.08 200m: 2:50.67						

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Programmanr. 5, Alle, 200m wisselslag, 12 jaar en ouder

Rang				In.tijd		Tijd
8.	Marije Dinkelberg	ZV Vlaardingen		3:00.92	9703192	2:51.08
	50m: 38.14	200m: 2:51.08				
9.	Tim van der Steen	ZV Vlaardingen		2:55.02	9702965	2:51.45
	50m: 39.21	200m: 2:51.45				
10.	Ellen Hengst	ZV Vlaardingen		2:49.80	9305850	2:56.86
	50m: 38.57	200m: 2:56.86				
11.	Koen Roobol	Lac		NT	9403209	2:58.08
	50m: 39.97	200m: 2:58.08				
12.	Eva Cornelisse	Zpb H&I		3:15.34	9701336	3:07.39
	50m: 40.64	200m: 3:07.39				
13.	Michael Vermoen	Zpb H&I		NT	9604897	3:19.35
AFGEM	Esmeralda de Zwart	Zpb H&I		3:32.60	9703876	