

LAC periode 2 deel 1  
Wezep, 21.11.2009

Programmanr. 2  
21-11-2009

Jongens, 100m wisselslag

minioren 3 en 4  
Resultaten

| rang | naam             | vereniging   | inschrijftijd |         | tijd                 |
|------|------------------|--------------|---------------|---------|----------------------|
| 1.   | Joris Pape       | Noord Veluwe | 1:53.95       | 0000609 | <b>1:50.48</b>       |
| DIS  | Edwin Versprille | Noord Veluwe | NT            | 0100059 | <b>1:53.16</b> VB-VC |

Programmanr. 3  
21-11-2009

Meisjes, 100m wisselslag

minioren 5 en junioren 1  
Resultaten

| rang  | naam               | vereniging   | inschrijftijd |         | tijd           |
|-------|--------------------|--------------|---------------|---------|----------------|
| 1.    | Tess Tjokrodikromo | De Houtrib   | 1:23.10       | 9800172 | <b>1:21.51</b> |
| 2.    | Blanca de Louw     | Aquapoldro   | 1:26.12       | 9801268 | <b>1:23.23</b> |
| 3.    | Felicia Swets      | Aquapoldro   | 1:26.36       | 9801272 | <b>1:24.02</b> |
| 4.    | Tamara Maassen     | Aquapoldro   | 1:25.67       | 9801270 | <b>1:24.94</b> |
| 5.    | Jinte Worsteling   | De Houtrib   | 1:23.51       | 9801844 | <b>1:25.76</b> |
| 6.    | Hanna van Keulen   | Noord Veluwe | 1:44.76       | 9803050 | <b>1:36.64</b> |
| 7.    | Madeleine Doan     | De Houtrib   | 1:53.89       | 9803462 | <b>1:47.51</b> |
| AFGEM | Sofie Lamens       | De Houtrib   | 1:52.79       | 9800778 |                |

Programmanr. 4  
21-11-2009

Jongens, 100m wisselslag

minioren 5 en 6  
Resultaten

| rang | naam               | vereniging   | inschrijftijd |         | tijd           |
|------|--------------------|--------------|---------------|---------|----------------|
| 1.   | Rick van de Streek | Noord Veluwe | 1:40.32       | 9900215 | <b>1:33.92</b> |
| 2.   | Frank Versprille   | Noord Veluwe | 1:46.07       | 9901073 | <b>1:37.60</b> |

Programmanr. 5  
21-11-2009

Meisjes, 800m vrije slag

junioren 2 en 3  
Resultaten

| rang | naam             | vereniging       | inschrijftijd |                | tijd            |
|------|------------------|------------------|---------------|----------------|-----------------|
| 1.   | Desiree Vedder   | HZ&PC Heerenveen | 10:52.26      | 9600864        | <b>10:45.78</b> |
|      | 100m: 1:16.44    | 200m: 2:40.00    | 400m: 5:25.97 | 800m: 10:45.78 |                 |
| 2.   | Esther Kuhlman   | Aquapoldro       | 13:02.89      | 9601678        | <b>10:52.23</b> |
|      | 100m: 1:17.20    | 200m: 2:39.64    | 400m: 5:26.07 | 800m: 10:52.23 |                 |
| 3.   | Milou Uitslag    | Noord Veluwe     | 12:14.04      | 9602654        | <b>11:35.89</b> |
|      | 100m: 1:16.93    | 200m: 1:45.00    | 400m: 5:42.93 | 800m: 11:35.89 |                 |
| 4.   | Esme Kleine      | Noord Veluwe     | 13:36.34      | 9604714        | <b>11:39.94</b> |
|      | 100m: 1:23.63    | 200m: 2:52.78    | 400m: 5:52.18 | 800m: 11:39.94 |                 |
| 5.   | Rianne Hesse     | Aquapoldro       | 12:02.45      | 9703494        | <b>12:04.70</b> |
|      | 100m: 1:22.48    | 200m: 2:53.23    | 400m: 5:59.04 | 800m: 12:04.70 |                 |
| 6.   | Esther Gerritzen | De Houtrib       | 13:47.89      | 9600958        | <b>12:44.86</b> |
|      | 100m: 1:29.20    | 200m: 3:07.45    | 400m: 6:22.57 | 800m: 12:44.86 |                 |
| 7.   | Zoë de Vroed     | Aquapoldro       | NT            | 9604742        | <b>12:45.48</b> |
|      | 100m: 1:27.02    | 200m: 3:01.86    | 400m: 6:16.39 | 800m: 12:45.48 |                 |
| 8.   | Chantal Mulders  | Zuiderzeewimmers | 12:30.00      | 9702166        | <b>12:53.26</b> |
|      | 100m: 1:28.92    | 200m: 3:09.29    | 400m: 6:30.20 | 800m: 12:53.26 |                 |
| 9.   | Manon van Veluw  | Zuiderzeewimmers | 13:46.12      | 9600340        | <b>12:55.39</b> |
|      | 100m: 1:30.02    | 200m: 3:08.95    | 400m: 6:29.95 | 800m: 12:55.39 |                 |
| 10.  | Anna Ombeng      | Aquapoldro       | 13:50.52      | 9603980        | <b>13:33.75</b> |
|      | 100m: 1:32.08    | 200m: 3:13.07    | 400m: 6:39.65 | 800m: 13:33.75 |                 |
| 11.  | Maudy Ruiter     | Zuiderzeewimmers | 15:30.16      | 9600502        | <b>14:09.54</b> |
|      | 100m: 1:33.79    | 200m: 3:18.87    | 400m: 6:54.66 | 800m: 14:09.54 |                 |

LAC periode 2 deel 1  
Wezep, 21.11.2009

Programmanr. 6  
21-11-2009

Jongens, 800m vrije slag

juniores 1 en 2  
Resultaten

| rang  | naam   | vereniging       | inschrijftijd       | tijd            |
|-------|--|------------------|---------------------|-----------------|
| 1.    | Joshua van den Elzen<br>100m: 1:13.82 200m: 2:34.11 400m: 5:17.97 800m: 10:37.93 | Aquapoldro       | 11:45.90<br>9602423 | <b>10:37.93</b> |
| 2.    | Erik Pape<br>100m: 1:15.23 200m: 2:37.39 400m: 5:26.73 800m: 10:58.13            | Noord Veluwe     | 11:09.44<br>9601669 | <b>10:58.13</b> |
| 3.    | Jeroen van der Beek<br>100m: 1:18.07 200m: 2:43.39 400m: 5:35.89 800m: 11:09.57  | Zvv              | 12:01.65<br>9700271 | <b>11:09.57</b> |
| 4.    | Jesse Thomassen<br>100m: 1:20.28 200m: 2:50.53 400m: 5:51.77 800m: 11:48.53      | Aquapoldro       | 12:03.37<br>9700273 | <b>11:48.53</b> |
| 5.    | Martin Wenderich<br>100m: 1:22.23 200m: 2:51.82 400m: 5:54.76 800m: 11:49.32     | Aquapoldro       | 12:22.90<br>9700961 | <b>11:49.32</b> |
| 6.    | Niels Visser<br>100m: 1:25.95 200m: 2:58.10 400m: 6:04.07 800m: 12:11.23         | HZ&PC Heerenveen | 15:48.38<br>9702251 | <b>12:11.23</b> |
| 7.    | Cedric Rouw<br>100m: 1:26.48 200m: 2:59.48 400m: 6:12.04 800m: 12:39.92          | Aquapoldro       | NT<br>9601907       | <b>12:39.92</b> |
| AFGEM | Frank de Graaf   | Aquapoldro       | 12:17.76<br>9602671 |                 |

Programmanr. 7  
21-11-2009

Dames, 1500m vrije slag

jeugd 1 en 2 en senioren  
Resultaten

| rang | naam   | vereniging       | inschrijftijd       | tijd            |
|------|--|------------------|---------------------|-----------------|
| 1.   | Lisanne Andeweg<br>200m: 2:30.87 400m: 5:08.18 800m: 10:23.66 1500m: 19:21.94      | Zuiderzeewimmers | 18:50.67<br>8800092 | <b>19:21.94</b> |
| 2.   | Nanda de Vries<br>200m: 2:26.70 400m: 5:00.82 800m: 10:17.70 1500m: 19:40.10       | HZ&PC Heerenveen | 19:47.73<br>9204328 | <b>19:40.10</b> |
| 3.   | Cecily Sadowski<br>200m: 2:32.29 400m: 5:10.57 800m: 10:28.73 1500m: 19:45.70      | Aquapoldro       | 20:08.06<br>9500188 | <b>19:45.70</b> |
| 4.   | Lysbeth Wiersma<br>200m: 2:31.59 400m: 5:10.18 800m: 10:36.67 1500m: 20:04.18      | HZ&PC Heerenveen | 20:03.17<br>9204486 | <b>20:04.18</b> |
| 5.   | Aimée Groenveld<br>200m: 2:37.36 400m: 5:21.08 800m: 10:52.54 1500m: 20:37.00      | De Houtrib       | 20:38.51<br>9503394 | <b>20:37.00</b> |
| 5.   | Leonie Nijenhuis<br>200m: 2:37.51 400m: 5:21.08 800m: 10:52.11 1500m: 20:37.00     | Zuiderzeewimmers | 20:39.06<br>9204340 | <b>20:37.00</b> |
| 7.   | Marloes van der Beek<br>200m: 2:33.92 400m: 5:17.60 800m: 10:47.73 1500m: 20:37.48 | Aquapoldro       | 20:26.07<br>9401364 | <b>20:37.48</b> |
| 8.   | Marjolein Maris<br>200m: 2:28.60 400m: 5:11.08 800m: 10:59.06 1500m: 21:05.58      | De Houtrib       | 20:29.67<br>9400210 | <b>21:05.58</b> |
| 9.   | Isolde de Louw<br>200m: 2:40.60 400m: 5:30.54 800m: 11:10.29 1500m: 21:08.60       | Aquapoldro       | 21:52.39<br>9503008 | <b>21:08.60</b> |
| 10.  | Eline Vester<br>200m: 2:43.34 400m: 5:33.90 800m: 11:16.14 1500m: 21:09.05         | Noord Veluwe     | 22:10.39<br>9305728 | <b>21:09.05</b> |
| 11.  | Lia Witteveen<br>200m: 2:42.10 400m: 5:34.04 800m: 11:24.57 1500m: 21:22.67        | Zvv              | 21:13.42<br>9202372 | <b>21:22.67</b> |
| 12.  | Irmgard van Weeghel<br>200m: 2:42.48 400m: 5:34.26 800m: 11:21.02 1500m: 21:29.54  | Noord Veluwe     | 21:45.67<br>9204834 | <b>21:29.54</b> |
| 13.  | Marlon Kleine<br>200m: 2:44.23 400m: 5:36.89 800m: 11:25.82 1500m: 21:37.23        | Noord Veluwe     | 22:07.07<br>9402360 | <b>21:37.23</b> |
| 14.  | Sophie de Been<br>200m: 2:46.80 400m: 5:42.64 800m: 11:35.86 1500m: 21:38.64       | Aquapoldro       | 22:31.84<br>9405626 | <b>21:38.64</b> |
| 15.  | Melina van Unen<br>200m: 2:43.94 400m: 5:40.92 800m: 11:41.98 1500m: 22:08.82      | Noord Veluwe     | 22:05.36<br>9404080 | <b>22:08.82</b> |
| 16.  | Liselot van der Kuip<br>200m: 2:43.89 400m: 6:20.66 800m: 11:32.41 1500m: 22:20.46 | Aquapoldro       | 22:07.02<br>9303584 | <b>22:20.46</b> |
| 17.  | Melissa de Vries<br>200m: 2:49.20 400m: 5:49.76 800m: 12:10.13 1500m: 23:15.57     | De Houtrib       | 23:40.89<br>9305080 | <b>23:15.57</b> |
| 18.  | Marjan Rikken<br>200m: 2:50.64 400m: 5:55.73 800m: 12:16.86 1500m: 23:29.98        | Zvv              | 23:15.67<br>9206114 | <b>23:29.98</b> |
| 19.  | Rianne van Veluw<br>200m: 2:54.67 400m: 6:04.23 800m: 12:29.73 1500m: 23:51.23     | Zuiderzeewimmers | 23:54.43<br>9401542 | <b>23:51.23</b> |

LAC periode 2 deel 1  
Wezep, 21.11.2009

Programmanr. 7, Dames, 1500m vrije slag, jeugd 1 en 2 en senioren

| rang  | naam  | vereniging        | inschrijftijd | tijd                    |
|-------|---|-------------------|---------------|-------------------------|
| 20.   | Mascha Mannak<br>200m: 2:59.00 400m: 6:12.82 800m: 12:44.70 1500m: 23:09.20 24:10.98            | Aquapoldro        | 23:09.20      | 9501270 <b>24:10.98</b> |
| 21.   | Eline Groen<br>200m: 3:05.00 400m: 6:19.72 800m: 12:57.50 1500m: 25:56.04 24:31.56              | Aquapoldro        | 25:56.04      | 9504720 <b>24:31.56</b> |
| 22.   | Angélique Rotteveel<br>200m: 3:05.56 400m: 6:20.82 800m: 13:02.72 1500m: 24:44.47 24:58.16      | Aquapoldro        | 24:44.47      | 8402090 <b>24:58.16</b> |
| 23.   | Marijke Boer<br>200m: 3:00.26 400m: 6:13.39 800m: 12:54.32 1500m: 24:35.93 25:01.10             | Zvv               | 24:35.93      | 9301090 <b>25:01.10</b> |
| 24.   | Daphne Lamens<br>200m: 3:09.91 400m: 6:30.24 800m: 13:13.89 1500m: 27:37.94 25:22.58            | De Houtrib        | 27:37.94      | 9501082 <b>25:22.58</b> |
| 25.   | Betsie Klompmaker-Mulder<br>200m: 3:44.31 400m: 7:55.60 800m: 16:27.06 1500m: 31:45.70 31:35.09 | De Hokseberg      | 31:45.70      | 5900200 <b>31:35.09</b> |
| AFGEM | Mariska Gach  | Zuiderzeezwemmers | 22:29.51      | 9501760                 |

Programmanr. 8  
21-11-2009

Heren, 1500m vrije slag junioren 3 en 4 jeugd 1 en 2 en senioren  
Resultaten

| rang | naam  | vereniging        | inschrijftijd | tijd                    |
|------|---|-------------------|---------------|-------------------------|
| 1.   | Thomas Meijer<br>200m: 2:19.43 400m: 4:44.78 800m: 9:35.28 1500m: 18:39.06 17:56.35       | Aquapoldro        | 18:39.06      | 9402321 <b>17:56.35</b> |
| 2.   | Gijs de Rooij<br>200m: 2:19.20 400m: 4:46.39 800m: 9:41.68 1500m: 18:45.89 18:08.32       | Aquapoldro        | 18:45.89      | 9104769 <b>18:08.32</b> |
| 3.   | Anton van Zantvoort<br>200m: 2:16.36 400m: 4:42.45 800m: 9:35.02 1500m: 18:43.76 18:08.92 | Zuiderzeezwemmers | 18:43.76      | 9201907 <b>18:08.92</b> |
| 4.   | Marco Uppelschoten<br>200m: 2:19.10 400m: 4:46.06 800m: 9:43.92 1500m: 18:20.35 18:23.29  | De Houtrib        | 18:20.35      | 9500375 <b>18:23.29</b> |
| 5.   | Arjan Hanse<br>200m: 2:27.00 400m: 4:57.45 800m: 9:55.70 1500m: 18:52.21 18:25.04         | Zuiderzeezwemmers | 18:52.21      | 9500657 <b>18:25.04</b> |
| 6.   | Jeroen Staakman<br>200m: 2:20.95 400m: 4:48.64 800m: 9:49.36 1500m: 18:42.23 18:40.45     | Aquapoldro        | 18:42.23      | 9404989 <b>18:40.45</b> |
| 7.   | Marvin Santana Sanz<br>200m: 2:20.26 400m: 4:49.48 800m: 9:56.13 1500m: 19:00.91 18:57.39 | De Houtrib        | 19:00.91      | 9302657 <b>18:57.39</b> |
| 8.   | Niels Thomassen<br>200m: 2:25.76 400m: 4:59.26 800m: 10:12.42 1500m: 19:51.51 19:18.67    | Aquapoldro        | 19:51.51      | 9500293 <b>19:18.67</b> |
| 9.   | Maxim Veldhuis<br>200m: 2:19.20 400m: 4:46.13 800m: 10:01.80 1500m: 18:33.93 19:25.60     | HZ&PC Heerenveen  | 18:33.93      | 9400195 <b>19:25.60</b> |
| 10.  | Stijn Temmen<br>200m: 2:30.60 400m: 5:08.48 800m: 10:32.10 1500m: 19:56.34 19:59.42       | Zvv               | 19:56.34      | 9504079 <b>19:59.42</b> |
| 11.  | Robbin Schuchmann<br>200m: 2:29.57 400m: 5:13.11 800m: 10:42.23 1500m: 20:20.43 20:03.19  | Aquapoldro        | 20:20.43      | 9306833 <b>20:03.19</b> |
| 12.  | Otto Zeijpveld<br>200m: 2:37.04 400m: 5:20.89 800m: 10:48.94 1500m: 20:02.00 20:13.40     | Aquapoldro        | 20:02.00      | 5800497 <b>20:13.40</b> |
| 13.  | Erik van der Heide<br>200m: 2:33.07 400m: 5:16.36 800m: 10:47.64 1500m: 19:55.13 20:23.73 | Zuiderzeezwemmers | 19:55.13      | 8801337 <b>20:23.73</b> |
| 14.  | Daan de Jong<br>200m: 2:37.70 400m: 5:22.57 800m: 10:56.57 1500m: 21:29.70 20:32.00       | Noord Veluwe      | 21:29.70      | 9400929 <b>20:32.00</b> |
| 15.  | Alex Wenderich<br>200m: 2:33.00 400m: 5:19.48 800m: 10:54.60 1500m: 20:38.80 20:39.86     | Aquapoldro        | 20:38.80      | 9106895 <b>20:39.86</b> |
| 16.  | Bart Quint<br>200m: 2:38.87 400m: 5:27.08 800m: 11:03.29 1500m: 21:22.68 20:58.45         | Aquapoldro        | 21:22.68      | 9107141 <b>20:58.45</b> |
| 17.  | Arco Harink<br>200m: 2:36.89 400m: 5:26.07 800m: 11:08.39 1500m: NT 21:02.51              | Noord Veluwe      | NT            | 9503857 <b>21:02.51</b> |
| 18.  | Simon Boer<br>200m: 2:41.23 400m: 5:31.40 800m: 11:14.78 1500m: NT 21:04.91               | Noord Veluwe      | NT            | 9505643 <b>21:04.91</b> |
| 19.  | Marc de Vries<br>200m: 2:43.97 400m: 5:35.44 800m: 11:19.76 1500m: 21:51.67 21:11.11      | HZ&PC Heerenveen  | 21:51.67      | 9500381 <b>21:11.11</b> |
| 20.  | Edzo Huisman<br>200m: 2:39.10 400m: 5:32.73 800m: 11:35.39 1500m: 23:00.00 22:16.16       | Aquapoldro        | 23:00.00      | 6301029 <b>22:16.16</b> |
| 21.  | Sven de Brons<br>200m: 2:37.92 400m: 5:33.04 800m: 11:40.70 1500m: 22:49.36 22:41.10      | De Houtrib        | 22:49.36      | 9400013 <b>22:41.10</b> |

LAC periode 2 deel 1  
Wezep, 21.11.2009

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Programmanr. 8, Heren, 1500m vrije slag, junioren 3 en 4 jeugd 1 en 2 en senioren

| rang  | naam                  |       | vereniging        |                |        |  | inschrijftijd |         | tijd            |
|-------|-----------------------|-------|-------------------|----------------|--------|--|---------------|---------|-----------------|
| 22.   | Mike van de Streek    |       | Noord Veluwe      |                |        |  | 23:18.29      | 9500577 | <b>23:40.82</b> |
|       | 200m: 2:57.92         | 400m: | 6:11.10           | 800m: 12:36.16 | 1500m: |  | 23:40.82      |         |                 |
| 23.   | Vincent van Zijtveld  |       | Zuiderzeezwemmers |                |        |  | 24:37.36      | 8302445 | <b>25:03.20</b> |
|       | 200m: 2:57.20         | 400m: | 6:10.36           | 800m: 12:59.36 | 1500m: |  | 25:03.20      |         |                 |
| AFGEM | Mathijs van der Vlies |       | Zuiderzeezwemmers |                |        |  | 21:30.29      | 9302505 |                 |