

LAC wedstrijd
Zuidbroek, 22.11.2009

1 - zondag 22 november 2009

22-11-2009 - 14:00

Programmanr. 1 300m vrije slag Mix Minioren 3-4
22-11-2009 - 14:00 Resultaten

Rang	Naam	Vereniging	In Tijd	Startnummer	Eindtijd
1.	Jarno Ottens	Eemsrobben	NT	0000273	4:33.58
	50m: 43.25 43.25	150m: 2:18.04 47.93	250m: 3:53.33 47.20		
	100m: 1:30.11 46.86	200m: 3:06.13 48.09	300m: 4:33.58 40.25		
2.	Julia Barkhuis	ZPC Stadskanaal	NT	0000132	4:35.51
	50m: 41.33 41.33	150m: 2:16.61 48.25	250m: 3:52.68 47.69		
	100m: 1:28.36 47.03	200m: 3:04.99 48.38	300m: 4:35.51 42.83		
3.	Axel Hanning	ZPC Stadskanaal	NT	0000703	4:42.21
	50m: 42.71 42.71	150m: 2:17.81 48.74	250m: 3:55.43 48.70		
	100m: 1:29.07 46.36	200m: 3:06.73 48.92	300m: 4:42.21 46.78		
4.	Anja Muntendam	De Pinquin	5:38.14	0000002	5:02.30
	50m: 44.80 44.80	150m: 2:28.02 52.91	250m: 4:14.23 53.34		
	100m: 1:35.11 50.31	200m: 3:20.89 52.87	300m: 5:02.30 48.07		
5.	Linda Koers	Eemsrobben	NT	0000532	5:11.39
	50m: 44.70 44.70	150m: 2:29.04 53.56	250m: 4:18.04 55.09		
	100m: 1:35.48 50.78	200m: 3:22.95 53.91	300m: 5:11.39 53.35		

Programmanr. 2 Meisjes, 400m vrije slag Meisjes Minioren 5 en Junioren 1
22-11-2009 - 14:07 Resultaten

Rang	Naam	Vereniging	In Tijd	Startnummer	Eindtijd
1.	Daniek Platje	De Pinquin	5:43.40	9800226	5:33.77
	50m: 37.26 37.26	150m: 2:02.45 43.06	250m: 3:28.33 42.91	350m: 4:54.86 43.41	
	100m: 1:19.39 42.13	200m: 2:45.42 42.97	300m: 4:11.45 43.12	400m: 5:33.77 38.91	
2.	Tialda Prins	De Pinquin	5:52.34	9801310	6:06.82
	50m: 39.87 39.87	150m: 2:11.51 46.02	250m: 3:45.27 46.96	350m: 5:20.13 46.57	
	100m: 1:25.49 45.62	200m: 2:58.31 46.80	300m: 4:33.56 48.29	400m: 6:06.82 46.69	
3.	Lisa Westenberg	Eemsrobben	NT	9804102	6:11.26
	50m: 41.54 41.54	150m: 2:16.07 47.87	250m: 3:52.00 47.71	350m: 5:26.32 46.40	
	100m: 1:28.20 46.66	200m: 3:04.29 48.22	300m: 4:39.92 47.92	400m: 6:11.26 44.94	
4.	Irene Ottens	Eemsrobben	6:42.83	9901116	6:32.49
	50m: 42.54 42.54	150m: 2:19.86 49.06	250m: 4:01.40 51.44	350m: 5:44.11 51.35	
	100m: 1:30.80 48.26	200m: 3:09.96 50.10	300m: 4:52.76 51.36	400m: 6:32.49 48.38	
5.	Marieke Klijnstra	ZPC Stadskanaal	6:32.51	9801964	6:47.91
	50m: 44.15 44.15	150m: 2:29.46 53.78	250m: 4:15.91 52.66	350m: 6:02.92 52.58	
	100m: 1:35.68 51.53	200m: 3:23.25 53.79	300m: 5:10.34 54.43	400m: 6:47.91 44.99	
6.	Fenja van der Wolde	ZPC Stadskanaal	6:57.10	9800132	6:48.42
	50m: 44.13 44.13	150m: 2:28.54 52.87	250m: 4:14.89 53.53	350m: 6:00.36 52.10	
	100m: 1:35.67 51.54	200m: 3:21.36 52.82	300m: 5:08.26 53.37	400m: 6:48.42 48.06	
AFGEM	Inge Wubs	ZPC Stadskanaal	6:32.45	9803044	
AFGEM	Julia van der A	ZPC Stadskanaal	6:40.89	9800072	
AFGEM	Ageeth Dekker	ZPC Stadskanaal	6:19.50	9802180	
AFGEM	Emma Bos	ZPC Stadskanaal	NT	9900658	

LAC wedstrijd
Zuidbroek, 22.11.2009

Programmanr. 3
22-11-2009 - 14:22

Jongens, 400m vrije slag

Jongens Minioren 5-6
Resultaten

Rang	Naam	Vereniging	In Tijd	Startnummer	Eindtijd
1.	Gerko Wilkens	ZPC Stadskanaal	6:01.07	9800261	5:51.13
	50m: 38.51 38.51	150m: 2:09.23 45.87	250m: 3:40.16 45.74	350m: 5:10.48 45.16	
	100m: 1:23.36 44.85	200m: 2:54.42 45.19	300m: 4:25.32 45.16	400m: 5:51.13 40.65	
2.	Martijn Boelens	ZPC Stadskanaal	6:16.81	9900209	6:09.94
	50m: 39.70 39.70	150m: 2:12.84 47.08	250m: 3:49.06 47.59	350m: 5:26.03 48.85	
	100m: 1:25.76 46.06	200m: 3:01.47 48.63	300m: 4:37.18 48.12	400m: 6:09.94 43.91	
3.	Quintin Stoetman	ZPC Stadskanaal	6:19.84	9800043	6:14.77
	50m: 42.51 42.51	150m: 2:16.86 47.84	250m: 3:55.00 49.23	350m: 5:32.04 47.78	
	100m: 1:29.02 46.51	200m: 3:05.77 48.91	300m: 4:44.26 49.26	400m: 6:14.77 42.73	
4.	Rik Liefheid	ZPC Stadskanaal	NT	9801131	6:22.68
	50m: 43.47 43.47	150m: 2:20.01 49.11	250m: 3:58.46 49.35	350m: 5:36.34 48.04	
	100m: 1:30.90 47.43	200m: 3:09.11 49.10	300m: 4:48.30 49.84	400m: 6:22.68 46.34	
5.	Julian Uil	Eemsrobben	6:39.21	9900319	6:29.25
	50m: 42.30 42.30	150m: 2:20.42 50.43	250m: 4:00.41 49.77	350m: 5:40.06 50.09	
	100m: 1:29.99 47.69	200m: 3:10.64 50.22	300m: 4:49.97 49.56	400m: 6:29.25 49.19	

Programmanr. 4
22-11-2009 - 14:30

Meisjes, 800m vrije slag

Meisjes Junioren 2-3
Resultaten

Rang	Naam	Vereniging	In Tijd	Startnummer	Eindtijd
1.	Adája Stoetman	ZPC Stadskanaal	10:20.76	9600348	9:42.09
	50m: 31.22 31.22	250m: 2:58.07 37.13	450m: 5:26.91 36.75	650m: 7:55.69 37.19	
	100m: 1:06.54 35.32	300m: 3:35.45 37.38	500m: 6:04.47 37.56	700m: 8:33.31 37.62	
	150m: 1:43.72 37.18	350m: 4:12.63 37.18	550m: 6:41.25 36.78	750m: 9:08.89 35.58	
	200m: 2:20.94 37.22	400m: 4:50.16 37.53	600m: 7:18.50 37.25	800m: 9:42.09 33.20	
2.	Judith Veldman	Eemsrobben	10:37.09	9702422	11:00.41
	50m: 34.18 34.18	250m: 3:16.86 41.50	450m: 6:07.49 42.75	650m: 8:57.46 42.53	
	100m: 1:13.21 39.03	300m: 3:59.14 42.28	500m: 6:50.02 42.53	700m: 9:40.27 42.81	
	150m: 1:54.02 40.81	350m: 4:41.93 42.79	550m: 7:32.68 42.66	750m: 10:21.58 41.31	
	200m: 2:35.36 41.34	400m: 5:24.74 42.81	600m: 8:14.93 42.25	800m: 11:00.41 38.83	
3.	Marije Ploeger	De Pinquin	13:05.97	9600488	12:34.21
	50m: 41.56 41.56	250m: 3:51.53 47.04	450m: 7:01.53 48.13	650m: 10:12.03	
	100m: 1:28.49 46.93	300m: 4:38.06 46.53	500m: 7:49.43 47.90	700m: 11:00.62 48.59	
	150m: 2:16.87 48.38	350m: 5:25.09 47.03	550m: 8:37.77 48.34	750m: 11:48.09 47.47	
	200m: 3:04.49 47.62	400m: 6:13.40 48.31	600m:	800m: 12:34.21 46.12	
4.	Manon Nieuwhof	De Pinquin	13:40.97	9700210	13:01.15
	50m: 42.03 42.03	250m: 3:56.78 49.87	450m: 7:18.82 50.98	650m: 10:37.82 49.04	
	100m: 1:28.96 46.93	300m: 4:46.32 49.54	500m: 8:08.88 50.06	700m: 11:25.90 48.08	
	150m: 2:17.06 48.10	350m: 5:36.78 50.46	550m: 8:59.37 50.49	750m: 12:14.06 48.16	
	200m: 3:06.91 49.85	400m: 6:27.84 51.06	600m: 9:48.78 49.41	800m: 13:01.15 47.09	
5.	Melanie Gall	De Pinquin	13:48.59	9700208	13:33.87
	50m: 45.96 45.96	250m: 4:11.21 51.59	450m: 7:39.50 52.30	650m: 11:05.69 52.26	
	100m: 1:36.80 50.84	300m: 5:02.69 51.48	500m: 8:32.07 52.57	700m: 11:57.69 52.00	
	150m: 2:28.40 51.60	350m: 5:55.57 52.88	550m: 9:22.44 50.37	750m:	
	200m: 3:19.62 51.22	400m: 6:47.20 51.63	600m: 10:13.43 50.99	800m: 13:33.87	
AFGEM	Laura van der A	ZPC Stadskanaal	12:23.75	9700080	

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Programmanr. 5
22-11-2009 - 14:45

Jongens, 800m vrije slag

Jongens Junioren 1-2
Resultaten

Rang	Naam	Vereniging	In Tijd	Startnummer	Eindtijd			
1.	Marc Blauw	ZPC Stadskanaal	11:14.47	9600017	10:18.92			
	50m: 33.82	33.82	250m: 3:10.32	39.46	450m: 5:48.32	39.93	650m: 8:25.73	39.00
	100m: 1:12.26	38.44	300m: 3:49.80	39.48	500m: 6:27.73	39.41	700m: 9:03.89	38.16
	150m: 1:51.54	39.28	350m: 4:29.36	39.56	550m: 7:07.76	40.03	750m: 9:42.76	38.87
	200m: 2:30.86	39.32	400m: 5:08.39	39.03	600m: 7:46.73	38.97	800m: 10:18.92	36.16
2.	Jeroen Koers	Eemsrobben	11:01.73	9701237	11:10.24			
	50m: 36.86	36.86	250m: 3:23.22	41.90	450m: 6:14.02	42.41	650m: 9:05.62	41.86
	100m: 1:17.60	40.74	300m: 4:05.47	42.25	500m: 6:58.43	44.41	700m: 9:48.83	43.21
	150m: 1:59.65	42.05	350m: 4:48.06	42.59	550m: 7:40.63	42.20	750m: 10:31.01	42.18
	200m: 2:41.32	41.67	400m: 5:31.61	43.55	600m: 8:23.76	43.13	800m: 11:10.24	39.23
3.	Martijn Kieffer	Eemsrobben	11:33.38	9700685	11:29.29			
	50m: 36.82	36.82	250m: 3:30.51	43.28	450m: 6:27.39	42.44	650m: 9:26.26	44.59
	100m: 1:19.02	42.20	300m: 4:15.20	44.69	500m: 7:12.36	44.97	700m: 10:10.48	44.22
	150m: 2:02.76	43.74	350m: 4:59.86	44.66	550m: 7:56.80	44.44	750m: 10:50.07	39.59
	200m: 2:47.23	44.47	400m: 5:44.95	45.09	600m: 8:41.67	44.87	800m: 11:29.29	39.22
4.	Gert Muntendam	De Pinquin	12:37.86	9700115	11:55.48			
	50m: 39.89	39.89	250m: 3:39.32	45.50	450m: 6:42.60	46.40	650m: 9:45.26	45.56
	100m: 1:23.82	43.93	300m: 4:25.84	46.52	500m: 7:27.95	45.35	700m: 10:31.86	46.60
	150m: 2:08.23	44.41	350m: 5:10.92	45.08	550m: 8:14.13	46.18	750m: 11:14.73	42.87
	200m: 2:53.82	45.59	400m: 5:56.20	45.28	600m: 8:59.70	45.57	800m: 11:55.48	40.75
5.	Niels Wiersema	Eemsrobben	NT	9703221	12:30.96			
	50m: 38.27	38.27	250m: 3:39.10	44.38	450m: 6:48.56	48.15	650m: 10:03.60	48.97
	100m: 1:22.35	44.08	300m: 4:26.01	46.91	500m: 7:38.02	49.46	700m: 10:52.63	49.03
	150m: 2:08.15	45.80	350m: 5:12.08	46.07	550m: 8:27.13	49.11	750m: 11:42.17	49.54
	200m: 2:54.72	46.57	400m: 6:00.41	48.33	600m: 9:14.63	47.50	800m: 12:30.96	48.79

Programmanr. 6
22-11-2009 - 14:58

Dames, 1500m vrije slag

Dames Jeugd 1 en ouder
Resultaten

Rang	Naam	Vereniging	In Tijd	Startnummer	Eindtijd			
1.	Winnie Timans	De Pinquin	19:07.98	9103090	18:44.20			
	50m: 32.60	32.60	450m: 5:29.13	37.59	850m: 10:30.90	37.77	1250m: 15:34.45	37.85
	100m: 1:08.46	35.86	500m: 6:06.67	37.54	900m: 11:08.80	37.90	1300m: 16:12.69	38.24
	150m: 1:45.38	36.92	550m: 6:44.46	37.79	950m: 11:46.81	38.01	1350m: 16:50.76	38.07
	200m: 2:22.63	37.25	600m: 7:22.27	37.81	1000m: 12:24.99	38.18	1400m: 17:28.85	38.09
	250m: 2:59.58	36.95	650m: 8:00.03	37.76	1050m: 13:02.73	37.74	1450m: 18:07.07	38.22
	300m: 3:36.58	37.00	700m: 8:37.54	37.51	1100m: 13:40.62	37.89	1500m: 18:44.20	37.13
	350m: 4:13.89	37.31	750m: 9:15.51	37.97	1150m: 14:18.65	38.03		
	400m: 4:51.54	37.65	800m: 9:53.13	37.62	1200m: 14:56.60	37.95		
2.	Jose Sijbring	De Pinquin	19:26.03	9300702	19:00.60			
	50m: 32.70	32.70	450m: 5:35.10	38.87	850m: 10:45.70	37.94	1250m: 15:54.95	38.72
	100m: 1:08.57	35.87	500m: 6:14.07	38.97	900m: 11:24.54	38.84	1300m: 16:32.67	37.72
	150m: 1:45.67	37.10	550m: 6:52.64	38.57	950m: 12:03.80	39.26	1350m: 17:10.45	37.78
	200m: 2:23.64	37.97	600m: 7:31.54	38.90	1000m: 12:42.29	38.49	1400m: 17:48.86	38.41
	250m: 3:01.29	37.65	650m: 8:10.57	39.03	1050m: 13:20.70	38.41	1450m: 18:25.39	36.53
	300m: 3:39.23	37.94	700m: 8:49.64	39.07	1100m: 13:59.32	38.62	1500m: 19:00.60	35.21
	350m: 4:17.76	38.53	750m: 9:27.64	38.00	1150m: 14:37.32	38.00		
	400m: 4:56.23	38.47	800m: 10:07.76	40.12	1200m: 15:16.23	38.91		
3.	Elisabeth Muthert	ZPC Stadskanaal	19:43.98	9500062	19:28.34			
	50m: 33.28	33.28	450m: 5:42.69	39.39	850m: 10:57.68	39.53	1250m: 16:13.85	39.25
	100m: 1:09.88	36.60	500m: 6:22.00	39.31	900m: 11:37.24	39.56	1300m: 16:52.94	39.09
	150m: 1:48.56	38.68	550m: 7:01.23	39.23	950m: 12:16.93	39.69	1350m: 17:32.01	39.07
	200m: 2:27.58	39.02	600m: 7:40.53	39.30	1000m: 12:56.45	39.52	1400m: 18:11.51	39.50
	250m: 3:06.47	38.89	650m: 8:19.79	39.26	1050m: 13:36.12	39.67	1450m: 18:50.70	39.19
	300m: 3:45.42	38.95	700m: 8:59.34	39.55	1100m: 14:15.87	39.75	1500m: 19:28.34	37.64
	350m: 4:24.39	38.97	750m: 9:38.82	39.48	1150m: 14:55.38	39.51		
	400m: 5:03.30	38.91	800m: 10:18.15	39.33	1200m: 15:34.60	39.22		

LAC wedstrijd
Zuidbroek, 22.11.2009

Programmanr. 6, Dames, 1500m vrije slag, Dames Jeugd 1 en ouder

Rang	Naam	Vereniging	In Tijd	Startnummer	Eindtijd
4.	Marieke van der Vegt	Z.C. Haren	21:00.00	8504026	19:57.54
	50m: 34.96 34.96	450m: 5:52.83 39.98	850m: 11:16.76 40.22	1250m: 16:39.54 40.40	
	100m: 1:13.98 39.02	500m: 6:33.46 40.63	900m: 11:57.54 40.78	1300m: 17:19.80 40.26	
	150m: 1:53.58 39.60	550m: 7:14.23 40.77	950m: 12:37.99 40.45	1350m: 17:59.96 40.16	
	200m: 2:32.89 39.31	600m: 7:55.26 41.03	1000m: 13:18.39 40.40	1400m: 18:40.35 40.39	
	250m: 3:12.58 39.69	650m: 8:35.64 40.38	1050m: 13:58.46 40.07	1450m: 19:20.70 40.35	
	300m: 3:52.46 39.88	700m: 9:16.06 40.42	1100m: 14:38.66 40.20	1500m: 19:57.54 36.84	
	350m: 4:32.42 39.96	750m: 9:56.35 40.29	1150m: 15:18.92 40.26		
	400m: 5:12.85 40.43	800m: 10:36.54 40.19	1200m: 15:59.14 40.22		
5.	Susanne Blom	De Pinquin	20:40.45	8500282	20:12.51
	50m: 34.54 34.54	450m: 5:47.95 40.22	850m: 11:18.42 40.94	1250m: 16:46.95 41.09	
	100m: 1:12.20 37.66	500m: 6:28.54 40.59	900m: 11:57.59 39.17	1300m: 17:28.58 41.63	
	150m: 1:50.64 38.44	550m: 7:09.36 40.82	950m: 12:40.82 43.23	1350m: 18:10.29 41.71	
	200m: 2:29.57 38.93	600m: 7:50.16 40.80	1000m: 13:21.92 41.10	1400m: 18:51.73 41.44	
	250m: 3:08.82 39.25	650m: 8:30.86 40.70	1050m: 14:02.70 40.78	1450m: 19:33.51 41.78	
	300m: 3:48.48 39.66	700m: 9:12.00 41.14	1100m: 14:43.51 40.81	1500m: 20:12.51 39.00	
	350m: 4:28.02 39.54	750m: 9:55.00 43.00	1150m: 15:25.04 41.53		
	400m: 5:07.73 39.71	800m: 10:37.48 42.48	1200m: 16:05.86 40.82		
6.	Esther Kwebeman	Oldambt	20:24.59	9106374	20:31.42
	50m: 33.36 33.36	450m: 5:56.02 41.92	850m: 11:33.76 42.25	1250m: 17:08.32 41.59	
	100m: 1:11.39 38.03	500m: 6:37.80 41.78	900m: 12:15.60 41.84	1300m: 17:50.45 42.13	
	150m: 1:50.57 39.18	550m: 7:20.32 42.52	950m: 12:57.45 41.85	1350m: 18:32.29 41.84	
	200m: 2:30.39 39.82	600m: 8:01.92 41.60	1000m: 13:37.67 40.22	1400m: 19:13.32 41.03	
	250m: 3:10.70 40.31	650m: 8:44.10 42.18	1050m: 14:19.57 41.90	1450m:	
	300m: 3:51.82 41.12	700m: 9:26.67 42.57	1100m: 15:01.32 41.75	1500m: 20:31.42	
	350m: 4:32.92 41.10	750m: 10:09.07 42.40	1150m: 15:43.89 42.57		
	400m: 5:14.10 41.18	800m: 10:51.51 42.44	1200m: 16:26.73 42.84		
7.	Denise Gall	De Pinquin	21:00.30	9501494	20:58.91
	50m: 35.50 35.50	450m: 6:06.56 43.16	850m: 11:47.97 42.75	1250m: 17:28.22 43.44	
	100m: 1:15.31 39.81	500m: 6:49.60 43.04	900m: 12:31.50 43.53	1300m: 18:11.41 43.19	
	150m: 1:55.48 40.17	550m: 7:32.85 43.25	950m: 13:13.52 42.02	1350m: 18:55.56 44.15	
	200m: 2:36.97 41.49	600m: 8:15.56 42.71	1000m: 13:56.11 42.59	1400m: 19:38.63 43.07	
	250m: 3:18.24 41.27	650m: 8:58.56 43.00	1050m: 14:37.88 41.77	1450m: 20:20.50 41.87	
	300m: 3:59.78 41.54	700m: 9:39.97 41.41	1100m: 15:19.00 41.12	1500m: 20:58.91 38.41	
	350m: 4:41.25 41.47	750m:	1150m: 16:01.41 42.41		
	400m: 5:23.40 42.15	800m: 11:05.22	1200m: 16:44.78 43.37		
8.	Marlinde Koops	ZPC Stadskanaal	22:00.98	9500638	22:32.59
	50m: 38.28 38.28	450m: 6:38.42 45.78	850m: 12:41.50 45.44	1250m: 18:49.94 46.10	
	100m: 1:21.64 43.36	500m: 7:24.47 46.05	900m: 13:27.66 46.16	1300m: 19:36.16 46.22	
	150m: 2:05.70 44.06	550m: 8:10.64 46.17	950m: 14:13.59 45.93	1350m: 20:22.16 46.00	
	200m: 2:50.43 44.73	600m: 8:55.75 45.11	1000m: 14:59.82 46.23	1400m: 21:07.72 45.56	
	250m: 3:35.51 45.08	650m: 9:40.60 44.85	1050m: 15:45.78 45.96	1450m: 21:52.16 44.44	
	300m: 4:21.52 46.01	700m: 10:25.47 44.87	1100m: 16:31.60 45.82	1500m: 22:32.59 40.43	
	350m: 5:07.14 45.62	750m: 11:10.94 45.47	1150m: 17:17.16 45.56		
	400m: 5:52.64 45.50	800m: 11:56.06 45.12	1200m: 18:03.84 46.68		
9.	Heleen ten Have	De Pinquin	22:09.08	9403000	22:35.77
	50m: 40.30 40.30	450m: 6:38.59 45.75	850m: 12:41.90 46.25	1250m: 18:50.47 45.91	
	100m: 1:23.62 43.32	500m: 7:23.65 45.06	900m: 13:27.65 45.75	1300m: 19:36.15 45.68	
	150m: 2:08.27 44.65	550m: 8:08.71 45.06	950m: 14:13.62 45.97	1350m: 20:21.84 45.69	
	200m: 2:53.49 45.22	600m: 8:53.93 45.22	1000m: 15:00.84 47.22	1400m: 21:06.87 45.03	
	250m: 3:38.59 45.10	650m: 9:39.12 45.19	1050m: 15:46.06 45.22	1450m: 21:51.49 44.62	
	300m: 4:23.24 44.65	700m: 10:25.12 46.00	1100m: 16:31.97 45.91	1500m: 22:35.77 44.28	
	350m: 5:08.03 44.79	750m: 11:10.97 45.85	1150m: 17:18.59 46.62		
	400m: 5:52.84 44.81	800m: 11:55.65 44.68	1200m: 18:04.56 45.97		
AFGEM	Rianne Slagter	Eemsrobben	21:49.87	9304088	

LAC wedstrijd
Zuidbroek, 22.11.2009

Programmanr. 6, Dames, 1500m vrije slag, Dames Jeugd 1 en ouder

Rang	Naam	Vereniging	In Tijd	Startnummer	Eindtijd
AFGEM	Fraukje Puts	ZPC Stadskanaal	20:12.39	9206470	

Programmanr. 7
22-11-2009 - 15:43

Heren, 1500m vrije slag

Jongens Junioren 3 en ouder
Resultaten

Rang	Naam	Vereniging	In Tijd	Startnummer	Eindtijd			
1.	Dennis Wijbenga	ZPC Stadskanaal	17:47.17	9003283	17:11.73			
	50m: 29.54	29.54	450m: 5:00.36	34.63	850m: 9:37.10	34.87	1250m: 14:19.51	36.03
	100m: 1:02.42	32.88	500m: 5:34.48	34.12	900m: 10:12.36	35.26	1300m: 14:54.73	35.22
	150m: 1:35.80	33.38	550m: 6:09.20	34.72	950m: 10:47.36	35.00	1350m: 15:29.20	34.47
	200m: 2:09.45	33.65	600m: 6:43.89	34.69	1000m: 11:23.10	35.74	1400m: 16:04.26	35.06
	250m: 2:43.60	34.15	650m: 7:18.54	34.65	1050m: 11:58.70	35.60	1450m: 16:38.80	34.54
	300m: 3:17.64	34.04	700m: 7:53.45	34.91	1100m: 12:33.92	35.22	1500m: 17:11.73	32.93
	350m: 3:51.67	34.03	750m: 8:27.89	34.44	1150m: 13:08.23	34.31		
	400m: 4:25.73	34.06	800m: 9:02.23	34.34	1200m: 13:43.48	35.25		
2.	Ferdie Witvoet	De Pinquin	18:17.84	7801241	18:30.25			
	50m: 31.60	31.60	450m: 5:24.85	37.32	850m: 10:20.34	37.27	1250m: 15:22.24	37.63
	100m: 1:07.18	35.58	500m: 6:01.75	36.90	900m: 10:58.12	37.78	1300m: 15:59.74	37.50
	150m: 1:42.91	35.73	550m: 6:38.76	37.01	950m: 11:35.81	37.69	1350m: 16:37.31	37.57
	200m: 2:19.31	36.40	600m: 7:15.24	36.48	1000m: 12:13.69	37.88	1400m: 17:15.15	37.84
	250m: 2:55.90	36.59	650m: 7:52.28	37.04	1050m: 12:51.59	37.90	1450m: 17:53.08	37.93
	300m: 3:32.75	36.85	700m: 8:28.72	36.44	1100m: 13:29.16	37.57	1500m: 18:30.25	37.17
	350m: 4:10.34	37.59	750m: 9:05.94	37.22	1150m: 14:06.87	37.71		
	400m: 4:47.53	37.19	800m: 9:43.07	37.13	1200m: 14:44.61	37.74		
3.	Mark Schouten	Eemsrobben	19:33.34	9405171	19:23.70			
	50m: 31.13	31.13	450m: 5:41.21	39.98	850m: 11:03.06	40.60	1250m: 16:22.22	40.57
	100m: 1:06.54	35.41	500m: 6:22.20	40.99	900m: 11:43.16	40.10	1300m: 17:02.76	40.54
	150m: 1:44.39	37.85	550m: 7:02.89	40.69	950m: 12:22.17	39.01	1350m: 17:38.25	35.49
	200m: 2:23.84	39.45	600m: 7:42.84	39.95	1000m: 13:02.07	39.90	1400m: 18:15.54	37.29
	250m: 3:02.93	39.09	650m: 8:23.41	40.57	1050m: 13:41.71	39.64	1450m: 18:53.21	37.67
	300m: 3:42.17	39.24	700m: 9:03.25	39.84	1100m: 14:21.20	39.49	1500m: 19:23.70	30.49
	350m: 4:21.58	39.41	750m: 9:43.20	39.95	1150m: 15:01.19	39.99		
	400m: 5:01.23	39.65	800m: 10:22.46	39.26	1200m: 15:41.65	40.46		
4.	Mark Meijer	De Pinquin	20:28.10	8001007	20:32.92			
	50m: 33.21	33.21	450m: 5:50.52	40.73	850m: 11:21.94	42.15	1250m: 17:01.28	42.18
	100m: 1:10.71	37.50	500m: 6:31.45	40.93	900m: 12:03.87	41.93	1300m: 17:43.35	42.07
	150m: 1:49.45	38.74	550m: 7:12.52	41.07	950m: 12:46.24	42.37	1350m: 18:25.88	42.53
	200m: 2:28.84	39.39	600m: 7:53.30	40.78	1000m: 13:28.70	42.46	1400m: 19:08.11	42.23
	250m: 3:08.40	39.56	650m: 8:34.64	41.34	1050m: 14:11.21	42.51	1450m: 19:50.68	42.57
	300m: 3:48.68	40.28	700m: 9:15.98	41.34	1100m: 14:54.02	42.81	1500m: 20:32.92	42.24
	350m: 4:29.17	40.49	750m: 9:57.74	41.76	1150m: 15:36.25	42.23		
	400m: 5:09.79	40.62	800m: 10:39.79	42.05	1200m: 16:19.10	42.85		
5.	Arjen Zijlstra	De Pinquin	20:38.48	9203309	21:09.32			
	50m: 33.73	33.73	450m: 5:53.32	41.90	850m: 11:35.02	43.70	1250m: 17:30.73	44.87
	100m: 1:10.80	37.07	500m: 6:34.51	41.19	900m: 12:16.60	42.09	1300m: 18:16.07	45.34
	150m: 1:50.02	39.22	550m: 7:16.60	42.09	950m: 13:02.45		1350m: 18:59.89	43.82
	200m: 2:29.29	39.27	600m: 7:58.70	42.10	1000m: 13:46.23	43.78	1400m: 19:43.64	43.75
	250m: 3:09.26	39.97	650m: 8:42.10	43.40	1050m: 14:31.20	44.97	1450m: 20:30.45	46.81
	300m: 3:50.13	40.87	700m: 9:24.45	42.35	1100m: 15:15.60	44.40	1500m: 21:09.32	38.87
	350m: 4:30.54	40.41	750m: 10:07.89	43.44	1150m: 16:00.64	45.04		
	400m: 5:11.42	40.88	800m: 10:51.32	43.43	1200m: 16:45.86	45.22		
6.	Kristian Knol	De Pinquin	20:47.62	9103023	21:16.75			
	50m: 36.19	36.19	450m: 6:06.07	42.94	850m: 11:54.31	43.46	1250m: 17:44.78	43.84
	100m: 1:14.03	37.84	500m: 6:49.22	43.15	900m: 12:36.97	42.66	1300m: 18:27.37	42.59
	150m: 1:53.47	39.44	550m: 7:32.44	43.22	950m: 13:20.78	43.81	1350m: 19:10.57	43.20
	200m: 2:34.19	40.72	600m: 8:15.34	42.90	1000m: 14:04.97	44.19	1400m: 19:53.34	42.77
	250m: 3:15.31	41.12	650m: 8:59.25	43.91	1050m: 14:49.16	44.19	1450m: 20:36.34	43.00
	300m: 3:57.82	42.51	700m: 9:42.91	43.66	1100m: 15:32.57	43.41	1500m: 21:16.75	40.41
	350m: 4:40.63	42.81	750m: 10:26.47	43.56	1150m: 16:17.03	44.46		
	400m: 5:23.13	42.50	800m: 11:10.85	44.38	1200m: 17:00.94	43.91		

LAC wedstrijd
Zuidbroek, 22.11.2009

Programmanr. 7, Heren, 1500m vrije slag, Jongens Junioren 3 en ouder

Rang	Naam	Vereniging	In Tijd	Startnummer	Eindtijd
7.	Richard Loots	De Pinquin	NT	8802231	22:08.37
	50m: 35.89 35.89	450m: 6:26.95 44.63	850m: 12:29.04 45.67	1250m: 18:26.48 45.22	
	100m: 1:17.74 41.85	500m: 7:12.06 45.11	900m: 13:13.61 44.57	1300m: 19:11.67 45.19	
	150m: 2:00.80 43.06	550m: 7:56.74 44.68	950m: 13:57.76 44.15	1350m: 19:56.70 45.03	
	200m: 2:44.70 43.90	600m: 8:42.46 45.72	1000m: 14:42.70 44.94	1400m: 20:41.76 45.06	
	250m: 3:28.86 44.16	650m: 9:27.04 44.58	1050m: 15:27.26 44.56	1450m: 21:25.95 44.19	
	300m: 4:12.95 44.09	700m: 10:12.37 45.33	1100m: 16:11.86 44.60	1500m: 22:08.37 42.42	
	350m: 4:57.54 44.59	750m: 10:57.70 45.33	1150m: 16:56.67 44.81		
	400m: 5:42.32 44.78	800m: 11:43.37 45.67	1200m: 17:41.26 44.59		
8.	David Scheffer	De Pinquin	22:58.00	9500175	22:35.95
	50m: 39.53 39.53	450m: 6:46.85 47.10	850m: 12:48.74 45.05	1250m: 18:55.07 46.86	
	100m: 1:23.28 43.75	500m: 7:33.03 46.18	900m: 13:33.86 45.12	1300m: 19:40.71 45.64	
	150m: 2:08.46 45.18	550m: 8:17.71 44.68	950m: 14:19.63 45.77	1350m: 20:26.46 45.75	
	200m: 2:54.59 46.13	600m: 9:03.53 45.82	1000m: 15:05.77 46.14	1400m: 21:12.53 46.07	
	250m: 3:40.14 45.55	650m: 9:48.84 45.31	1050m: 15:51.10 45.33	1450m: 21:56.50 43.97	
	300m: 4:26.06 45.92	700m: 10:34.57 45.73	1100m: 16:37.24 46.14	1500m: 22:35.95 39.45	
	350m: 5:12.43 46.37	750m: 11:19.19 44.62	1150m: 17:22.50 45.26		
	400m: 5:59.75 47.32	800m: 12:03.69 44.50	1200m: 18:08.21 45.71		
9.	Sander Oosterhof	Ducdalf	NT	9205081	22:37.55
	50m: 38.33 38.33	450m: 6:39.30 45.88	850m: 12:48.12 45.91	1250m: 18:56.09 45.61	
	100m: 1:20.79 42.46	500m: 7:25.62 46.32	900m: 13:34.33 46.21	1300m: 19:41.48 45.39	
	150m: 2:04.49 43.70	550m: 8:11.92 46.30	950m: 14:20.39 46.06	1350m: 20:26.52 45.04	
	200m: 2:49.09 44.60	600m: 8:57.66 45.74	1000m: 15:07.17 46.78	1400m: 21:11.22 44.70	
	250m: 3:35.38 46.29	650m: 9:43.86 46.20	1050m: 15:52.98 45.81	1450m: 21:54.99 43.77	
	300m: 4:21.42 46.04	700m: 10:30.14 46.28	1100m: 16:39.24 46.26	1500m: 22:37.55 42.56	
	350m: 5:07.14 45.72	750m: 11:16.07 45.93	1150m: 17:24.62 45.38		
	400m: 5:53.42 46.28	800m: 12:02.21 46.14	1200m: 18:10.48 45.86		
10.	Tim Zijlstra	De Pinquin	25:01.08	9500641	23:15.65
	50m: 40.71 40.71	450m: 6:50.83 47.40	850m: 13:04.27 45.00	1250m: 19:24.62 47.25	
	100m: 1:26.12 45.41	500m: 7:37.24 46.41	900m: 13:51.02 46.75	1300m: 20:11.93 47.31	
	150m: 2:13.15 47.03	550m: 8:22.71 45.47	950m: 14:39.96 48.94	1350m: 21:00.83 48.90	
	200m: 2:58.80 45.65	600m: 9:08.55 45.84	1000m: 15:26.18 46.22	1400m: 21:46.90 46.07	
	250m: 3:44.90 46.10	650m: 9:57.05 48.50	1050m: 16:13.65 47.47	1450m: 22:31.90 45.00	
	300m: 4:30.93 46.03	700m: 10:45.52 48.47	1100m: 17:00.80 47.15	1500m: 23:15.65 43.75	
	350m: 5:17.43 46.50	750m: 11:32.33 46.81	1150m: 17:49.12 48.32		
	400m: 6:03.43 46.00	800m: 12:19.27 46.94	1200m: 18:37.37 48.25		
AFGEM	Marco Barkhuis	ZPC Stadskanaal	18:19.56	9500279	