

LAC vrije slag
Leiden, 22.11.2009

Programmanr. 1 Meisjes, 300m vrije slag Meisjes Minioren 3 en 4
22-11-2009 Resultaten

Rang In.tijd Tijd
Programmanr. 2 Jongens, 300m vrije slag Jongens Minioren 3 en 4
22-11-2009 Resultaten

Rang In.tijd Tijd
Programmanr. 3 Meisjes, 400m vrije slag Meisjes Minioren 5 en Junioren 1
22-11-2009 Resultaten

Rang							In.tijd	Tijd				
1.	Marja Esmeijer Zoetermeer						5:33.08	9800776	5:27.27			
	50m:	37.70	37.70	150m:	2:00.21	41.98	250m:	3:23.79	41.59	350m:	4:47.13	41.58
	100m:	1:18.23	40.53	200m:	2:42.20	41.99	300m:	4:05.55	41.76	400m:	5:27.27	40.14
2.	Julia Litjens ZV Westland Dijkglas						6:39.08	9801188	5:49.79			
	50m:	38.99	38.99	150m:	2:08.65	46.28	250m:	3:37.98	44.94	350m:	5:10.08	45.27
	100m:	1:22.37	43.38	200m:	2:53.04	44.39	300m:	4:24.81	46.83	400m:	5:49.79	39.71
3.	Yancey Bouman Zoetermeer						6:15.00	9801924	5:50.74			
	50m:	40.48	40.48	150m:	2:09.36	45.00	250m:	3:37.80	44.47	350m:	5:08.89	45.72
	100m:	1:24.36	43.88	200m:	2:53.33	43.97	300m:	4:23.17	45.37	400m:	5:50.74	41.85
4.	Lisanne Bruin ZV Westland Dijkglas						6:41.10	9803536	6:15.54			
	50m:	42.36	42.36	150m:	2:18.20	48.06	250m:	3:54.80	48.80	350m:	5:30.83	48.16
	100m:	1:30.14	47.78	200m:	3:06.00	47.80	300m:	4:42.67	47.87	400m:	6:15.54	44.71
5.	Kim van der Putten ZV Westland Dijkglas						6:39.63	9801202	6:17.08			
	50m:	40.55	40.55	150m:	2:17.05	49.16	250m:	3:55.32	49.25	350m:	5:31.73	48.67
	100m:	1:27.89	47.34	200m:	3:06.07	49.02	300m:	4:43.06	47.74	400m:	6:17.08	45.35
6.	Kirsten Boon ZV Westland Dijkglas						7:26.48	9803530	6:40.45			
	50m:	43.67	43.67	150m:	2:24.45	51.53	250m:	4:07.92	52.50	350m:	5:51.36	51.00
	100m:	1:32.92	49.25	200m:	3:15.42	50.97	300m:	5:00.36	52.44	400m:	6:40.45	49.09

AFGEM Anouk van der Lans ZV Westland Dijkglas 6:28.57 9801614

Programmanr. 4 Jongens, 400m vrije slag Jongens Minioren 5 en 6
22-11-2009 Resultaten

Rang In.tijd Tijd
Programmanr. 5 Meisjes, 800m vrije slag Meisjes Junioren 2 en 3
22-11-2009 Resultaten

Rang							In.tijd	Tijd				
1.	Lisa Postma De Zijl LGB						NT	9701588	11:24.80			
	100m:	1:18.43	1:18.43	300m:	4:14.23	1:28.04	500m:	7:11.27	1:28.69	700m:	10:04.63	1:25.53
	200m:	2:46.19	1:27.76	400m:	5:42.58	1:28.35	600m:	8:39.10	1:27.83	800m:	11:24.80	1:20.17
2.	Britt Vis ZV Westland Dijkglas						11:59.58	9700888	11:39.20			
	100m:	1:19.20	1:19.20	300m:	4:16.54	1:29.18	500m:	7:16.82	1:30.02	700m:	10:14.64	1:28.75
	200m:	2:47.36	1:28.16	400m:	5:46.80	1:30.26	600m:	8:45.89	1:29.07	800m:	11:39.20	1:24.56
3.	Mylène Ijpema ZV Westland Dijkglas						13:08.90	9603284	11:50.83			
	100m:	1:18.36	1:18.36	300m:	4:18.28	1:30.95	500m:	7:21.93	1:32.25	700m:	10:23.36	1:30.59
	200m:	2:47.33	1:28.97	400m:	5:49.68	1:31.40	600m:	8:52.77	1:30.84	800m:	11:50.83	1:27.47
4.	Michelle van Velzen De Zijl LGB						11:50.49	9702294	12:03.99			
	100m:	1:27.93	1:27.93	300m:	4:32.68	1:31.81	500m:	7:36.20	1:31.15	700m:	10:37.13	1:31.10
	200m:	3:00.87	1:32.94	400m:	6:05.05	1:32.37	600m:	9:06.03	1:29.83	800m:	12:03.99	1:26.86
5.	Rachael Kretsch Wzk						12:36.67	9602904	12:15.10			
	100m:	1:27.76	1:27.76	300m:	4:32.29	1:32.53	500m:	7:37.39	1:32.94	700m:	10:45.45	1:34.32
	200m:	2:59.76	1:32.00	400m:	6:04.45	1:32.16	600m:	9:11.13	1:33.74	800m:	12:15.10	1:29.65

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Programmanr. 5, Meisjes, 800m vrije slag, Meisjes Junioren 2 en 3

Rang									In.tijd	Tijd
6.	Inge van den Born		D'Elft		NT		9600794	12:41.32		
	100m:	1:25.60	1:25.60	300m:	4:35.51	1:36.06	500m:	7:52.51	1:39.69	
	200m:	2:59.45	1:33.85	400m:	6:12.82	1:37.31	600m:	9:34.64	1:42.13	
							700m:	11:12.76	1:38.12	
							800m:	12:41.32	1:28.56	

Programmanr. 6
22-11-2009

Jongens, 800m vrije slag

Jongens Junioren 1 en 2
Resultaten

Rang									In.tijd	Tijd
1.	Thom Paardekooper		Zoetermeer		NT		9604259	11:00.16		
	100m:	1:14.23	1:14.23	300m:	3:59.48	1:23.59	500m:	6:50.54	1:27.44	
	200m:	2:35.89	1:21.66	400m:	5:23.10	1:23.62	600m:	8:16.67	1:26.13	
							700m:	9:42.51	1:25.84	
							800m:	11:00.16	1:17.65	
2.	Pascal Nuijten		ZV Westland Dijkglas		13:10.51		9701353	11:44.05		
	100m:	1:19.12	1:19.12	300m:	4:20.12	1:31.21	500m:	7:22.30	1:32.93	
	200m:	2:48.91	1:29.79	400m:	5:49.37	1:29.25	600m:	8:51.69	1:29.39	
							700m:	10:21.06	1:29.37	
							800m:	11:44.05	1:22.99	
3.	Armand Heyder		ZV Westland Dijkglas		NT		9603221	11:57.04		
	100m:	1:22.99	1:22.99	300m:	4:28.82	1:35.38	500m:	7:28.52	1:32.60	
	200m:	2:53.44	1:30.45	400m:	5:55.92	1:27.10	600m:	9:00.41	1:31.89	
							700m:	10:23.51	1:23.10	
							800m:	11:57.04	1:33.53	
4.	Kevin van den Bos		ZV Westland Dijkglas		13:46.82		9600747	13:42.60		
	100m:	1:38.86	1:38.86	300m:	5:08.00	1:43.36	500m:	8:36.95	1:44.79	
	200m:	3:24.64	1:45.78	400m:	6:52.16	1:44.16	600m:	10:21.73	1:44.78	
							700m:	12:05.67	1:43.94	
							800m:	13:42.60	1:36.93	

Programmanr. 7
22-11-2009

Dames, 1500m vrije slag

14 jaar en ouder
Resultaten

Rang									In.tijd	Tijd
1.	Kris Siegers		Zoetermeer		21:20.77		9306368	18:53.36		
	100m:	1:10.10	1:10.10	500m:	6:08.86	1:15.29	900m:	11:13.39	1:16.88	
	200m:	2:23.82	1:13.72	600m:	7:23.89	1:15.03	1000m:	12:31.23	1:17.84	
	300m:	3:38.29	1:14.47	700m:	8:40.00	1:16.11	1100m:	13:48.45	1:17.22	
	400m:	4:53.57	1:15.28	800m:	9:56.51	1:16.51	1200m:	15:06.16	1:17.71	
2.	Ivana Lingen		Zoetermeer		19:49.47		9305020	19:04.28		
	100m:	1:08.09	1:08.09	500m:	6:07.55	1:17.46	900m:	11:17.34	1:17.80	
	200m:	2:20.62	1:12.53	600m:	7:24.88	1:17.33	1000m:	12:35.74	1:18.40	
	300m:	3:34.70	1:14.08	700m:	8:41.56	1:16.68	1100m:	13:54.13	1:18.39	
	400m:	4:50.09	1:15.39	800m:	9:59.54	1:17.98	1200m:	15:13.34	1:19.21	
3.	Wendy Sneekes		D'Elft		20:19.96		8402290	20:19.70		
	100m:	1:16.10	1:16.10	500m:	6:41.60	1:21.24	900m:	12:07.89	1:21.76	
	200m:	2:36.92	1:20.82	600m:	8:02.89	1:21.29	1000m:	13:29.70	1:21.81	
	300m:	3:58.67	1:21.75	700m:	9:24.39	1:21.50	1100m:	14:51.57	1:21.87	
	400m:	5:20.36	1:21.69	800m:	10:46.13	1:21.74	1200m:	16:13.67	1:22.10	
4.	Aranka Wichers		D'Elft		23:24.08		9306378	20:22.36		
	100m:	1:14.16	1:14.16	500m:	6:44.92	1:24.28	900m:	12:17.76	1:23.28	
	200m:	2:35.10	1:20.94	600m:	8:08.70	1:23.78	1000m:	13:41.45	1:23.69	
	300m:	3:57.57	1:22.47	700m:	9:32.13	1:23.43	1100m:	15:04.39	1:22.94	
	400m:	5:20.64	1:23.07	800m:	10:54.48	1:22.35	1200m:	16:25.67	1:21.28	
5.	Eline Kempen		Zoetermeer		21:16.34		9402802	20:27.74		
	100m:	1:17.61	1:17.61	500m:	6:50.77	1:22.85	900m:	12:20.33	1:23.30	
	200m:	2:41.17	1:23.56	600m:	8:13.11	1:22.34	1000m:	13:43.00	1:22.67	
	300m:	4:04.77	1:23.60	700m:	9:36.20	1:23.09	1100m:	15:05.00	1:22.00	
	400m:	5:27.92	1:23.15	800m:	10:57.03	1:20.83	1200m:	16:27.23	1:22.23	
6.	Tamara Hoogenboom		Wzk		20:02.35		9001560	21:01.64		
	100m:	1:13.54	1:13.54	500m:	6:43.17	1:24.75	900m:	12:30.33	1:27.75	
	200m:	2:33.14	1:19.60	600m:	8:09.67	1:26.50	1000m:	13:58.48	1:28.15	
	300m:	3:54.64	1:21.50	700m:	9:35.64	1:25.97	1100m:	15:26.80	1:28.32	
	400m:	5:18.42	1:23.78	800m:	11:02.58	1:26.94	1200m:	16:55.64	1:28.84	

LAC vrije slag
Leiden, 22.11.2009

Programmanr. 7, Dames, 1500m vrije slag, 14 jaar en ouder

Rang					In.tijd		Tijd	
7.	Marjolein van Kleef		De Zijl LGB		20:55.77		9301398	21:02.11
	100m:	1:14.35 1:14.35	500m:	6:51.56 1:26.59	900m:	12:36.52 1:25.36	1300m:	18:18.01 1:25.86
	200m:	2:36.54 1:22.19	600m:	8:18.30 1:26.74	1000m:	14:01.88 1:25.36	1400m:	19:42.97 1:24.96
	300m:	3:59.94 1:23.40	700m:	9:46.05 1:27.75	1100m:	15:26.51 1:24.63	1500m:	21:02.11 1:19.14
	400m:	5:24.97 1:25.03	800m:	11:11.16 1:25.11	1200m:	16:52.15 1:25.64		
8.	Debby Bavelaar		De Zijl LGB		23:04.47		9502468	22:16.89
	100m:	1:21.01 1:21.01	500m:	7:20.84 1:30.11	900m:	13:28.48 1:32.79	1300m:	19:31.03 1:30.92
	200m:	2:50.19 1:29.18	600m:	8:51.22 1:30.38	1000m:	15:01.53 1:33.05	1400m:	21:00.57 1:29.54
	300m:	4:20.10 1:29.91	700m:	10:22.32 1:31.10	1100m:	16:29.61 1:28.08	1500m:	22:16.89 1:16.32
	400m:	5:50.73 1:30.63	800m:	11:55.69 1:33.37	1200m:	18:00.11 1:30.50		
9.	Alyssa Rijnschot		Zoetermeer		22:33.54		9500566	22:20.86
	100m:	1:20.06 1:20.06	500m:	7:19.54 1:30.89	900m:	13:20.52 1:30.06	1300m:	19:24.46 1:32.16
	200m:	2:49.29 1:29.23	600m:	8:50.37 1:30.83	1000m:	14:50.43 1:29.91	1400m:	20:56.19 1:31.73
	300m:	4:18.61 1:29.32	700m:	10:19.18 1:28.81	1100m:	16:20.85 1:30.42	1500m:	22:20.86 1:24.67
	400m:	5:48.65 1:30.04	800m:	11:50.46 1:31.28	1200m:	17:52.30 1:31.45		
10.	Carmen Veldkamp		Zoetermeer		NT		9406114	23:13.00
	100m:	1:30.51 1:30.51	500m:	7:45.73 1:35.22	900m:	14:09.13 1:34.24	1300m:	20:20.04 1:31.59
	200m:	3:03.32 1:32.81	600m:	9:21.45 1:35.72	1000m:	15:43.76 1:34.63	1400m:	21:50.64 1:30.60
	300m:	4:36.76 1:33.44	700m:	10:57.82 1:36.37	1100m:	17:15.45 1:31.69	1500m:	23:13.00 1:22.36
	400m:	6:10.51 1:33.75	800m:	12:34.89 1:37.07	1200m:	18:48.45 1:33.00		
AFGEM	Andrea van Leeuwen		De Zijl LGB		20:58.28		8100904	

Programmanr. 8
22-11-2009

Heren, 1500m vrije slag

14 jaar en ouder
Resultaten

Rang					In.tijd		Tijd	
1.	Rolan van der Lugt		ZV Westland Dijkglas		17:10.07		9001869	16:51.30
	100m:	1:01.30 1:01.30	500m:	5:25.20 1:05.84	900m:	9:52.67 1:07.84	1300m:	14:34.23 1:11.23
	200m:	2:07.33 1:06.03	600m:	6:31.02 1:05.82	1000m:	11:02.14 1:09.47	1400m:	15:44.64 1:10.41
	300m:	3:13.48 1:06.15	700m:	7:37.83 1:06.81	1100m:	12:12.08 1:09.94	1500m:	16:51.30 1:06.66
	400m:	4:19.36 1:05.88	800m:	8:44.83 1:07.00	1200m:	13:23.00 1:10.92		
2.	Alexander Hulleman		De Zijl LGB		17:32.78		8300989	17:07.20
	100m:	1:03.09 1:03.09	500m:	5:35.25 1:08.28	900m:	10:11.42 1:08.71	1300m:	14:49.10 1:09.70
	200m:	2:10.68 1:07.59	600m:	6:44.11 1:08.86	1000m:	11:20.73 1:09.31	1400m:	15:58.60 1:09.50
	300m:	3:18.99 1:08.31	700m:	7:53.33 1:09.22	1100m:	12:30.17 1:09.44	1500m:	17:07.20 1:08.60
	400m:	4:26.97 1:07.98	800m:	9:02.71 1:09.38	1200m:	13:39.40 1:09.23		
3.	Erik Simons		Wzk		16:29.41		8902845	18:02.00
	100m:	1:02.13 1:02.13	500m:	5:45.04 1:11.97	900m:	10:42.36 1:15.44	1300m:	15:41.04 1:14.81
	200m:	2:10.80 1:08.67	600m:	6:57.48 1:12.44	1000m:	11:56.26 1:13.90	1400m:	16:51.26 1:10.22
	300m:	3:21.39 1:10.59	700m:	8:11.16 1:13.68	1100m:	13:12.02 1:15.76	1500m:	18:02.00 1:10.74
	400m:	4:33.07 1:11.68	800m:	9:26.92 1:15.76	1200m:	14:26.23 1:14.21		
4.	Simon Stouten		De Zijl LGB		18:15.54		9400943	18:18.10
	100m:	1:07.39 1:07.39	500m:	6:02.86 1:14.38	900m:	11:01.29 1:14.93	1300m:	15:56.29 1:13.78
	200m:	2:20.70 1:13.31	600m:	7:17.29 1:14.43	1000m:	12:13.67 1:12.38	1400m:	17:09.92 1:13.63
	300m:	3:34.70 1:14.00	700m:	8:31.42 1:14.13	1100m:	13:27.60 1:13.93	1500m:	18:18.10 1:08.18
	400m:	4:48.48 1:13.78	800m:	9:46.36 1:14.94	1200m:	14:42.51 1:14.91		
5.	Jeroen van der Giessen		ZV Westland Dijkglas		NT		9404751	18:22.10
	100m:	1:04.82 1:04.82	500m:	6:02.26 1:15.10	900m:	11:01.82 1:14.12	1300m:	15:58.23 1:14.84
	200m:	2:18.23 1:13.41	600m:	7:17.51 1:15.25	1000m:	12:15.67 1:13.85	1400m:	17:12.10 1:13.87
	300m:	3:33.39 1:15.16	700m:	8:32.70 1:15.19	1100m:	13:29.48 1:13.81	1500m:	18:22.10 1:10.00
	400m:	4:47.16 1:13.77	800m:	9:47.70 1:15.00	1200m:	14:43.39 1:13.91		
6.	Martijn Groeneveld		ZV Westland Dijkglas		18:36.23		9105959	18:43.20
	100m:	1:07.04 1:07.04	500m:	6:07.51 1:16.44	900m:	11:13.51 1:15.65	1300m:	16:15.60 1:14.96
	200m:	2:20.70 1:13.66	600m:	7:24.60 1:17.09	1000m:	12:29.36 1:15.85	1400m:	17:31.20 1:15.60
	300m:	3:35.80 1:15.10	700m:	8:41.36 1:16.76	1100m:	13:44.76 1:15.40	1500m:	18:43.20 1:12.00
	400m:	4:51.07 1:15.27	800m:	9:57.86 1:16.50	1200m:	15:00.64 1:15.88		

LAC vrije slag
Leiden, 22.11.2009

Programmanr. 8, Heren, 1500m vrije slag, 14 jaar en ouder

Rang											In.tijd			Tijd	
7.	Alex Vermeulen										Wzk	18:16.32	8905811	18:51.82	
	100m:	1:07.02	1:07.02	500m:	6:09.82	1:16.46	900m:	11:14.95	1:15.72	1300m:	16:23.13	1:17.62			
	200m:	2:21.54	1:14.52	600m:	7:26.20	1:16.38	1000m:	12:31.23	1:16.28	1400m:	17:39.20	1:16.07			
	300m:	3:37.57	1:16.03	700m:	8:42.92	1:16.72	1100m:	13:48.26	1:17.03	1500m:	18:51.82	1:12.62			
	400m:	4:53.36	1:15.79	800m:	9:59.23	1:16.31	1200m:	15:05.51	1:17.25						
8.	Anton Fourie										De Zijl LGB	21:04.56	9404617	19:33.76	
	100m:	1:09.36	1:09.36	500m:	6:21.51	1:19.25	900m:	11:38.89	1:19.66	1300m:	16:57.39	1:19.19			
	200m:	2:26.36	1:17.00	600m:	7:40.95	1:19.44	1000m:	12:58.07	1:19.18	1400m:	18:17.51	1:20.12			
	300m:	3:43.82	1:17.46	700m:	9:00.32	1:19.37	1100m:	14:19.04	1:20.97	1500m:	19:33.76	1:16.25			
	400m:	5:02.26	1:18.44	800m:	10:19.23	1:18.91	1200m:	15:38.20	1:19.16						
9.	Patrick de Jong										ZV Westland Dijkglas	20:44.51	9403007	20:15.86	
	100m:	1:10.45	1:10.45	500m:	6:34.64	1:22.62	900m:	12:07.00	1:23.24	1300m:	17:38.20	1:21.69			
	200m:	2:28.82	1:18.37	600m:	7:57.80	1:23.16	1000m:	13:30.23	1:23.23	1400m:	18:59.73	1:21.53			
	300m:	3:50.13	1:21.31	700m:	9:21.32	1:23.52	1100m:	14:54.13	1:23.90	1500m:	20:15.86	1:16.13			
	400m:	5:12.02	1:21.89	800m:	10:43.76	1:22.44	1200m:	16:16.51	1:22.38						
10.	Alessandro Calvi										Wzk	20:35.34	9206855	20:28.88	
	100m:	1:10.32	1:10.32	500m:	6:41.92	1:24.30	900m:	12:15.60	1:23.22	1300m:	17:46.51	1:23.20			
	200m:	2:31.70	1:21.38	600m:	8:04.19	1:22.27	1000m:			1400m:	19:09.83	1:23.32			
	300m:	3:54.42	1:22.72	700m:	9:27.26	1:23.07	1100m:	15:01.69		1500m:	20:28.88	1:19.05			
	400m:	5:17.62	1:23.20	800m:	10:52.38	1:25.12	1200m:	16:23.31	1:21.62						
11.	Dennis van Kleef										De Zijl LGB	22:13.11	9500821	20:38.60	
	100m:	1:16.32	1:16.32	500m:	6:53.42	1:26.42	900m:	12:23.86	1:23.00	1300m:	18:01.23	1:26.03			
	200m:	2:44.13	1:27.81	600m:	8:19.60	1:26.18	1000m:	13:49.80	1:25.94	1400m:	19:25.64	1:24.41			
	300m:	4:07.39	1:23.26	700m:	9:39.00	1:19.40	1100m:	15:11.07	1:21.27	1500m:	20:38.60	1:12.96			
	400m:	5:27.00	1:19.61	800m:	11:00.86	1:21.86	1200m:	16:35.20	1:24.13						
12.	Paul van Dijk										Zoetermeer	22:14.64	9301455	22:26.84	
	100m:	1:19.75	1:19.75	500m:	7:14.51	1:31.35	900m:	13:17.19	1:33.40	1300m:	19:28.02	1:29.02			
	200m:	2:47.91	1:28.16	600m:	8:45.00	1:30.49	1000m:	14:51.19	1:34.00	1400m:	21:01.14	1:33.12			
	300m:	4:16.04	1:28.13	700m:	10:15.54	1:30.54	1100m:	16:24.50	1:33.31	1500m:	22:26.84	1:25.70			
	400m:	5:43.16	1:27.12	800m:	11:43.79	1:28.25	1200m:	17:59.00	1:34.50						