

Lange Afstanden Wedstrijd  
Hoon, 2.1.2010

Programmanr. 1 Heren, 200m vrije slag Senioren Open  
2.1.10 - 13:30 Resultaten

Rang							In.tijd			Tijd
1.	Thierry Feld		Zwemvereniging Hoon				2:18.57	9601185	<b>2:09.90</b>	
	50m:	30.46	30.46	100m:	1:04.06	33.60	150m:	1:38.04	33.98	200m: 2:09.90 31.86
2.	Remco Tol		ED-VO				2:10.86	9501505	<b>2:11.42</b>	
	50m:	29.13	29.13	100m:	1:02.40	33.27	150m:	1:37.36	34.96	200m: 2:11.42 34.06

Programmanr. 2 Dames, 200m vrije slag Senioren Open  
2.1.10 - 13:33 Resultaten

Rang							In.tijd			Tijd
1.	Claudia Rijkhoff		Zwemvereniging Hoon				2:19.16	9603338	<b>2:13.13</b>	
	50m:	30.16	30.16	100m:	1:04.39	34.23	150m:	1:39.47	35.08	200m: 2:13.13 33.66

Programmanr. 3 Dames, 200m wisselslag Senioren Open  
2.1.10 - 13:37 Resultaten

Rang							In.tijd			Tijd
1.	Serena Stel		Oeza				2:56.56	9801528	<b>2:50.30</b>	
	50m:	38.31	38.31	200m:	2:50.30	2:11.99				
2.	Rebecca Jager		ZC De Toekomst				NT	9800402	<b>2:55.14</b>	
	50m:	37.45	37.45	200m:	2:55.14	2:17.69				

Programmanr. 4 Dames, 200m schoolslag Senioren Open  
2.1.10 - 13:41 Resultaten

Rang							In.tijd			Tijd
1.	Linsey Reysoo		SG Haerlem'04				2:55.27	9603078	<b>3:00.78</b>	
	50m:	39.85	39.85	100m:	1:26.43	46.58	200m:	3:00.78	1:34.35	

Programmanr. 5 Heren, 200m vlinderslag Senioren Open  
2.1.10 - 13:45 Resultaten

Rang							In.tijd			Tijd
1.	Danny Berlemon		Zwemvereniging Hoon				2:53.39	9600527	<b>2:51.72</b>	
	50m:	35.26	35.26	100m:	1:18.20	42.94	150m:	2:05.00	46.80	200m: 2:51.72 46.72

Lange Afstanden Wedstrijd  
Hoorn, 2.1.2010

Programmanr. 6 Dames, 200m vlinderslag Senioren Open  
2.1.10 - 13:48 Resultaten

Rang											In.tijd	Tijd
1.	Manon Wiersma Zwemvereniging Hoorn										2:37.97	9600112 <b>2:39.68</b>
	50m:	34.98	34.98	100m:	1:15.75	40.77	150m:	1:57.85	42.10	200m:	2:39.68	41.83
2.	Femke Aan Zaanstad (SG)										2:43.72	9601498 <b>2:41.34</b>
	50m:	34.76	34.76	100m:	1:15.38	40.62	150m:	1:58.11	42.73	200m:	2:41.34	43.23

Programmanr. 7 Dames, 200m rugslag Senioren Open  
2.1.10 - 13:52 Resultaten

Rang											In.tijd	Tijd
1.	Anouk van Dam SG Haerlem'04										2:50.10	9800032 <b>2:47.86</b>
	50m:	39.46	39.46	100m:	1:21.96	42.50	150m:	2:05.83	43.87	200m:	2:47.86	42.03

Programmanr. 8 Dames, 800m schoolslag Senioren Open  
2.1.10 - 13:56 Resultaten

Rang											In.tijd	Tijd
Jeugd 2 en later												
1.	Helena La Zwemvereniging Hoorn										13:04.60	9502134 <b>12:58.74</b>
	50m:	41.75	41.75	250m:	3:57.75	49.68	450m:	7:17.86	49.85	650m:	10:36.00	48.47
	100m:	1:28.86	47.11	300m:	4:47.44	49.69	500m:	8:07.91	50.05	700m:	11:24.69	48.69
	150m:	2:17.96	49.10	350m:	5:37.63	50.19	550m:	8:57.74	49.83	750m:	12:13.29	48.60
	200m:	3:08.07	50.11	400m:	6:28.01	50.38	600m:	9:47.53	49.79	800m:	12:58.74	45.45
2.	Chantal Hoogervorst Zwemvereniging Hoorn										14:51.30	9603884 <b>14:27.81</b>
	50m:	45.37	45.37	250m:	4:18.63	54.92	450m:	8:00.96	56.01	650m:	11:43.73	56.16
	100m:	1:36.64	51.27	300m:	5:13.71	55.08	500m:	8:56.41	55.45	700m:	12:40.35	56.62
	150m:	2:30.05	53.41	350m:	6:09.55	55.84	550m:	9:51.95	55.54	750m:	13:35.44	55.09
	200m:	3:23.71	53.66	400m:	7:04.95	55.40	600m:	10:47.57	55.62	800m:	14:27.81	52.37
3.	Rebecca Jager ZC De Toekomst										14:10.68	9800402 <b>15:27.20</b>
	50m:	43.30	43.30	250m:	4:34.23	1:00.31	450m:	8:37.86	1:00.07	650m:	12:37.29	1:00.38
	100m:	1:37.82	54.52	300m:	5:35.36	1:01.13	500m:	9:37.26	59.40	700m:	13:36.26	58.97
	150m:	2:35.29	57.47	350m:	6:36.62	1:01.26	550m:	10:35.82	58.56	750m:	14:34.42	58.16
	200m:	3:33.92	58.63	400m:	7:37.79	1:01.17	600m:	11:36.91	1:01.09	800m:	15:27.20	52.78

Programmanr. 9 Heren, 800m schoolslag Senioren Open  
2.1.10 - 14:12 Resultaten

Rang											In.tijd	Tijd
Jeugd 2 en later												
1.	Jordi Kerssens Zwemvereniging Hoorn										15:01.39	9601075 <b>13:43.82</b>
	50m:	44.70	44.70	250m:	4:12.21	52.26	450m:	7:43.06	52.34	650m:	11:13.48	52.05
	100m:	1:35.41	50.71	300m:	5:05.55	53.34	500m:	8:36.03	52.97	700m:	12:06.40	52.92
	150m:	2:26.68	51.27	350m:	5:57.74	52.19	550m:	9:29.11	53.08	750m:	12:56.98	50.58
	200m:	3:19.95	53.27	400m:	6:50.72	52.98	600m:	10:21.43	52.32	800m:	13:43.82	46.84
2.	Michel van Nieuwkerk De Futen										14:30.00	9702413 <b>14:24.75</b>
	50m:	45.92	45.92	250m:	4:19.30	54.54	450m:	8:01.04	54.22	650m:	11:40.63	55.24
	100m:	1:38.10	52.18	300m:	5:14.82	55.52	500m:	8:56.67	55.63	700m:	12:35.60	54.97
	150m:	2:32.20	54.10	350m:	6:10.10	55.28	550m:	9:51.70	55.03	750m:	13:31.35	55.75
	200m:	3:24.76	52.56	400m:	7:06.82	56.72	600m:	10:45.39	53.69	800m:	14:24.75	53.40

Lange Afstanden Wedstrijd  
Hoor, 2.1.2010

Programmanr. 9, Jongens, 800m schoolslag, Jeugd 2 en later

Rang					In.tijd			Tijd				
DIS	Dimitri Stathi		ZV De Bron		14:00.00	9207099	<b>13:35.50SK</b>					
<i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>												
	50m:	42.44	42.44	250m:	4:01.12	50.52	450m:	7:29.12	52.40	650m:	10:59.56	53.30
	100m:	1:30.14	47.70	300m:	4:52.09	50.97	500m:	8:21.95	52.83	700m:	11:52.85	53.29
	150m:	2:19.85	49.71	350m:	5:44.57	52.48	550m:	9:13.90	51.95	750m:	12:46.09	53.24
	200m:	3:10.60	50.75	400m:	6:36.72	52.15	600m:	10:06.26	52.36	800m:	13:35.50	49.41

Senioren 1 en ouder

1.	Bruun Beenker		Zwemvereniging Hoor		11:59.38	9100083	<b>12:14.33</b>					
	50m:	39.29	39.29	250m:	3:39.76	45.95	450m:	6:47.98	47.56	650m:	9:56.13	47.53
	100m:	1:23.15	43.86	300m:	4:26.45	46.69	500m:	7:35.24	47.26	700m:	10:43.54	47.41
	150m:	2:08.29	45.14	350m:	5:13.60	47.15	550m:	8:21.85	46.61	750m:	11:29.95	46.41
	200m:	2:53.81	45.52	400m:	6:00.42	46.82	600m:	9:08.60	46.75	800m:	12:14.33	44.38
2.	Okko de Haas		ZV De Bron		13:10.00	7801593	<b>12:46.40</b>					
	50m:	41.32	41.32	250m:	3:51.19	48.41	450m:	7:06.12	49.12	650m:	10:20.26	48.86
	100m:	1:27.72	46.40	300m:	4:39.88	48.69	500m:	7:54.28	48.16	700m:	11:09.31	49.05
	150m:	2:15.16	47.44	350m:	5:28.60	48.72	550m:	8:42.79	48.51	750m:	12:01.52	52.21
	200m:	3:02.78	47.62	400m:	6:17.00	48.40	600m:	9:31.40	48.61	800m:	12:46.40	44.88

Programmanr. 10  
2.1.10 - 14:28

Dames, 800m vrije slag

Senioren Open  
Resultaten

Rang					In.tijd			Tijd				
Jeugd 2 en later												
1.	Jonna Epker		Zwemvereniging Hoor		11:21.39	9501196	<b>11:27.42</b>					
	50m:	36.75	36.75	250m:	3:25.31	42.53	450m:	6:19.31	42.59	650m:	9:15.56	44.71
	100m:	1:17.81	41.06	300m:	4:09.22	43.91	500m:	7:03.10	43.79	700m:	10:00.31	44.75
	150m:	1:59.69	41.88	350m:	4:52.97	43.75	550m:	7:47.22	44.12	750m:	10:47.10	46.79
	200m:	2:42.78	43.09	400m:	5:36.72	43.75	600m:	8:30.85	43.63	800m:	11:27.42	40.32
2.	Iris Kok		Zwemvereniging Hoor		13:12.97	9705466	<b>13:56.20</b>					
	50m:	41.91	41.91	250m:	4:07.33	52.28	450m:	7:45.23	53.72	650m:	11:20.53	53.92
	100m:	1:30.92	49.01	300m:	5:01.85	54.52	500m:	8:38.82	53.59	700m:	12:13.12	52.59
	150m:	2:23.16	52.24	350m:	5:56.83	54.98	550m:	9:33.38	54.56	750m:	13:05.38	52.26
	200m:	3:15.05	51.89	400m:	6:51.51	54.68	600m:	10:26.61	53.23	800m:	13:56.20	50.82
AFGEM	Indra Sinnige		Zwemvereniging Hoor		12:21.60	9502076						

Senioren 1 en ouder

1.	Channe Noort		De Reuring		11:17.72	8605032	<b>11:41.21</b>					
	50m:	36.56	36.56	250m:	3:27.60	43.89	450m:	6:26.72	45.45	650m:	9:27.13	45.50
	100m:	1:17.13	40.57	300m:	4:12.17	44.57	500m:	7:11.65	44.93	700m:	10:12.46	45.33
	150m:	1:59.96	42.83	350m:	4:56.46	44.29	550m:	7:56.45	44.80	750m:	10:57.40	44.94
	200m:	2:43.71	43.75	400m:	5:41.27	44.81	600m:	8:41.63	45.18	800m:	11:41.21	43.81
2.	Zoë van de Heijden		Zwemvereniging Hoor		13:57.36	9307674	<b>13:43.27</b>					
	50m:	44.00	44.00	250m:	4:07.76	51.40	450m:	7:37.59	52.42	650m:	11:08.42	52.78
	100m:	1:34.36	50.36	300m:	5:00.56	52.80	500m:	8:30.26	52.67	700m:	12:00.74	52.32
	150m:	2:25.57	51.21	350m:	5:53.06	52.50	550m:	9:22.91	52.65	750m:	12:52.25	51.51
	200m:	3:16.36	50.79	400m:	6:45.17	52.11	600m:	10:15.64	52.73	800m:	13:43.27	51.02

Lange Afstanden Wedstrijd  
Horn, 2.1.2010

Programmanr. 11  
2.1.10 - 14:43

Heren, 800m vrije slag

Senioren Open  
Resultaten

Rang							In.tijd	Tijd				
Jeugd 2 en later												
1.	Guus Jonk						Zwemvereniging Hoorn	9:50.29	9501509	<b>10:24.99</b>		
	50m:	31.85	31.85	250m:	3:00.34	38.07	450m:	5:38.42	40.11	650m:	8:24.00	42.18
	100m:	1:07.90	36.05	300m:	3:38.96	38.62	500m:	6:19.35	40.93	700m:	9:05.64	41.64
	150m:	1:44.90	37.00	350m:	4:18.27	39.31	550m:	7:00.71	41.36	750m:	9:47.27	41.63
	200m:	2:22.27	37.37	400m:	4:58.31	40.04	600m:	7:41.82	41.11	800m:	10:24.99	37.72
2.	Alphonse de Koster						Zwemvereniging Hoorn	10:55.09	9603695	<b>10:35.43</b>		
	50m:	34.12	34.12	250m:	3:13.52	40.38	450m:	5:55.62	40.46	650m:	8:37.91	40.17
	100m:	1:13.73	39.61	300m:	3:54.31	40.79	500m:	6:36.03	40.41	700m:	9:17.77	39.86
	150m:	1:53.50	39.77	350m:	4:35.00	40.69	550m:	7:16.82	40.79	750m:	9:57.80	40.03
	200m:	2:33.14	39.64	400m:	5:15.16	40.16	600m:	7:57.74	40.92	800m:	10:35.43	37.63
3.	Stefan Middelbeek						De Reuring	14:27.59	9704575	<b>13:57.72</b>		
	50m:	42.72	42.72	250m:	4:12.06	54.03	450m:	7:49.25	54.46	650m:	11:22.12	51.90
	100m:	1:31.97	49.25	300m:	5:05.63	53.57	500m:	8:42.22	52.97	700m:	12:16.16	54.04
	150m:	2:23.50	51.53	350m:	6:00.53	54.90	550m:	9:35.56	53.34	750m:	13:09.44	53.28
	200m:	3:18.03	54.53	400m:	6:54.79	54.26	600m:	10:30.22	54.66	800m:	13:57.72	48.28
4.	Jasper Smits						Zwemvereniging Hoorn	13:57.59	9605141	<b>14:09.34</b>		
	50m:	44.41	44.41	250m:	4:19.09	54.25	450m:	7:58.06	54.45	650m:	11:34.17	53.63
	100m:	1:35.78	51.37	300m:	5:13.38	54.29	500m:	8:51.73	53.67	700m:	12:27.76	53.59
	150m:	2:29.37	53.59	350m:	6:09.26	55.88	550m:	9:46.32	54.59	750m:	13:21.55	53.79
	200m:	3:24.84	55.47	400m:	7:03.61	54.35	600m:	10:40.54	54.22	800m:	14:09.34	47.79
NG	Casper van der Haagen						Zwemvereniging Hoorn	9:34.97	9202521			

Senioren 1 en ouder

1.	Thom Wever						Zwemvereniging Hoorn	9:13.81	9102711	<b>8:57.16</b>		
	50m:	28.09	28.09	250m:	2:39.62	33.51	450m:	4:54.56	34.18	650m:	7:13.71	34.46
	100m:	59.94	31.85	300m:	3:13.33	33.71	500m:	5:29.48	34.92	700m:	7:48.25	34.54
	150m:	1:33.04	33.10	350m:	3:46.51	33.18	550m:	6:04.29	34.81	750m:	8:23.43	35.18
	200m:	2:06.11	33.07	400m:	4:20.38	33.87	600m:	6:39.25	34.96	800m:	8:57.16	33.73
2.	Victor den Heijer						Wave	9:41.94	8300867	<b>10:14.98</b>		
	50m:	31.39	31.39	250m:	3:01.64	38.84	450m:	5:36.79	38.94	650m:	8:15.44	39.65
	100m:	1:07.56	36.17	300m:	3:40.51	38.87	500m:	6:16.06	39.27	700m:	8:56.09	40.65
	150m:	1:45.06	37.50	350m:	4:19.22	38.71	550m:	6:55.48	39.42	750m:	9:40.19	44.10
	200m:	2:22.80	37.74	400m:	4:57.85	38.63	600m:	7:35.79	40.31	800m:	10:14.98	34.79

Programmanr. 12  
2.1.10 - 15:08

Dames, 1500m vrije slag

Senioren Open  
Resultaten

Rang							In.tijd	Tijd			
Senioren 1 en ouder											
NG	Pascalle Rovers						Zwemvereniging Hoorn	19:51.96	9301064		

Lange Afstanden Wedstrijd  
Hoorn, 2.1.2010

Programmanr. 13  
2.1.10 - 15:29

Heren, 1500m vrije slag

Senioren Open  
Resultaten

Rang							In.tijd					
Jeugd 2 en later												
1.	Anne-Tjeerd Visser						Zwemvereniging Hoorn	19:22.51	9306179	<b>19:31.41</b>		
	50m:	31.97	31.97	450m:	5:41.32	39.79	850m:	10:59.22	39.62	1250m:	16:14.66	39.29
	100m:	1:07.85	35.88	500m:	6:21.00	39.68	900m:	11:38.56	39.34	1300m:	16:54.19	39.53
	150m:	1:45.19	37.34	550m:	7:01.10	40.10	950m:	12:17.50	38.94	1350m:	17:34.12	39.93
	200m:	2:23.76	38.57	600m:	7:41.41	40.31	1000m:	12:56.94	39.44	1400m:	18:13.50	39.38
	250m:	3:03.10	39.34	650m:	8:20.91	39.50	1050m:	13:36.32	39.38	1450m:	18:53.44	39.94
	300m:	3:42.16	39.06	700m:	9:00.79	39.88	1100m:	14:16.03	39.71	1500m:	19:31.41	37.97
	350m:	4:21.79	39.63	750m:	9:40.41	39.62	1150m:	14:55.97	39.94			
	400m:	5:01.53	39.74	800m:	10:19.60	39.19	1200m:	15:35.37	39.40			
2.	Thomas Franke						Zwemvereniging Hoorn	22:47.90	9404853	<b>22:29.10</b>		
	50m:	36.00	36.00	450m:	6:35.73	46.06	850m:	12:37.92	46.56	1250m:	18:45.95	46.31
	100m:	1:17.82	41.82	500m:	7:21.60	45.87	900m:	13:24.36	46.44	1300m:	19:31.70	45.75
	150m:	2:02.29	44.47	550m:	8:06.26	44.66	950m:	14:10.51	46.15	1350m:	20:17.70	46.00
	200m:	2:47.73	45.44	600m:	8:51.07	44.81	1000m:	14:55.92	45.41	1400m:	21:04.10	46.40
	250m:	3:33.10	45.37	650m:	9:35.82	44.75	1050m:	15:42.36	46.44	1450m:	21:48.95	44.85
	300m:	4:18.29	45.19	700m:	10:20.51	44.69	1100m:	16:28.54	46.18	1500m:	22:29.10	40.15
	350m:	5:02.57	44.28	750m:	11:05.64	45.13	1150m:	17:13.51	44.97			
	400m:	5:49.67	47.10	800m:	11:51.36	45.72	1200m:	17:59.64	46.13			
3.	Rick Nobels						Zwemvereniging Hoorn	27:49.32	9505569	<b>25:13.42</b>		
	50m:	39.73	39.73	450m:	7:26.81	50.92	850m:	14:22.12	50.90	1250m:	21:11.53	51.64
	100m:	1:26.63	46.90	500m:	8:19.02	52.21	900m:	15:13.10	50.98	1300m:	22:01.53	50.00
	150m:	2:17.19	50.56	550m:	9:11.50	52.48	950m:	16:04.37	51.27	1350m:	22:50.69	49.16
	200m:	3:07.76	50.57	600m:	10:03.36	51.86	1000m:	16:55.39	51.02	1400m:	23:40.48	49.79
	250m:	3:59.26	51.50	650m:	10:55.17	51.81	1050m:	17:46.83	51.44	1450m:	24:29.09	48.61
	300m:	4:52.13	52.87	700m:	11:47.83	52.66	1100m:	18:38.60	51.77	1500m:	25:13.42	44.33
	350m:	5:43.09	50.96	750m:	12:39.58	51.75	1150m:	19:29.09	50.49			
	400m:	6:35.89	52.80	800m:	13:31.22	51.64	1200m:	20:19.89	50.80			
Senioren 1 en ouder												
1.	Hans Peter Hartog						DAW-Finzeno	16:38.34	9100859	<b>17:19.44</b>		
	50m:	29.85	29.85	450m:	5:01.53	34.73	850m:	9:42.32	34.95	1250m:	14:24.30	35.47
	100m:	1:02.85	33.00	500m:	5:36.35	34.82	900m:	10:17.02	34.70	1300m:	14:59.56	35.26
	150m:	1:35.83	32.98	550m:	6:11.43	35.08	950m:	10:52.14	35.12	1350m:	15:34.64	35.08
	200m:	2:09.32	33.49	600m:	6:46.34	34.91	1000m:	11:27.28	35.14	1400m:	16:10.18	35.54
	250m:	2:43.46	34.14	650m:	7:21.68	35.34	1050m:	12:02.50	35.22	1450m:	16:45.58	35.40
	300m:	3:17.37	33.91	700m:	7:56.95	35.27	1100m:	12:38.05	35.55	1500m:	17:19.44	33.86
	350m:	3:51.98	34.61	750m:	8:32.28	35.33	1150m:	13:13.55	35.50			
	400m:	4:26.80	34.82	800m:	9:07.37	35.09	1200m:	13:48.83	35.28			
2.	Lennart Middel						Wave	20:30.00	8503723	<b>20:13.68</b>		
	50m:	34.94	34.94	450m:	5:51.36	40.27	850m:	11:19.67	41.78	1250m:	16:51.13	41.91
	100m:	1:12.18	37.24	500m:	6:32.05	40.69	900m:	12:01.36	41.69	1300m:	17:32.45	41.32
	150m:	1:50.55	38.37	550m:	7:12.24	40.19	950m:	12:42.73	41.37	1350m:	18:14.05	41.60
	200m:	2:30.43	39.88	600m:	7:53.43	41.19	1000m:	13:24.02	41.29	1400m:	18:54.88	40.83
	250m:	3:10.50	40.07	650m:	8:34.22	40.79	1050m:	14:05.34	41.32	1450m:	19:35.60	40.72
	300m:	3:51.13	40.63	700m:	9:15.27	41.05	1100m:	14:46.40	41.06	1500m:	20:13.68	38.08
	350m:	4:30.87	39.74	750m:	9:56.25	40.98	1150m:	15:28.23	41.83			
	400m:	5:11.09	40.22	800m:	10:37.89	41.64	1200m:	16:09.22	40.99			
3.	Marcel Stroet						ZV De Bron	19:57.37	6400929	<b>20:35.54</b>		
	50m:	36.60	36.60	450m:	6:02.07	41.03	850m:	11:32.42	41.56	1250m:	17:05.92	42.03
	100m:	1:16.20	39.60	500m:	6:43.23	41.16	900m:	12:13.89	41.47	1300m:	17:47.92	42.00
	150m:	1:56.29	40.09	550m:	7:24.48	41.25	950m:	12:55.26	41.37	1350m:	18:29.92	42.00
	200m:	2:36.92	40.63	600m:	8:05.57	41.09	1000m:	13:36.80	41.54	1400m:	19:12.02	42.10
	250m:	3:17.89	40.97	650m:	8:46.76	41.19	1050m:	14:18.45	41.65	1450m:	19:54.02	42.00
	300m:	3:59.02	41.13	700m:	9:27.95	41.19	1100m:	15:00.23	41.78	1500m:	20:35.54	41.52
	350m:	4:40.10	41.08	750m:	10:09.29	41.34	1150m:	15:41.95	41.72			
	400m:	5:21.04	40.94	800m:	10:50.86	41.57	1200m:	16:23.89	41.94			

Lange Afstanden Wedstrijd  
Hoorn, 2.1.2010

Programmanr. 13, Heren, 1500m vrije slag, Senioren 1 en ouder

Rang					In.tijd		Tijd	
4.	<b>Rene Groot</b>		<b>ZV De Bron</b>		<b>26:03.14</b>		<b>5900617</b>	<b>25:57.64</b>
	50m:	43.05 43.05	450m:	7:34.60 51.93	850m:	14:35.55 54.05	1250m:	21:36.83 53.43
	100m:	1:31.69 48.64	500m:	8:26.09 51.49	900m:	15:28.80 53.25	1300m:	22:30.07 53.24
	150m:	2:23.28 51.59	550m:	9:17.51 51.42	950m:	16:21.10 52.30	1350m:	23:23.34 53.27
	200m:	3:15.25 51.97	600m:	10:11.17 53.66	1000m:	17:13.52 52.42	1400m:	24:15.49 52.15
	250m:	4:06.36 51.11	650m:	11:04.87 53.70	1050m:	18:06.09 52.57	1450m:	25:07.30 51.81
	300m:	4:59.62 53.26	700m:	11:56.69 51.82	1100m:	18:57.49 51.40	1500m:	25:57.64 50.34
	350m:	5:50.74 51.12	750m:	12:49.38 52.69	1150m:	19:50.46 52.97		
	400m:	6:42.67 51.93	800m:	13:41.50 52.12	1200m:	20:43.40 52.94		
5.	<b>Erik Tebbes</b>		<b>Zwemvereniging Hoorn</b>		<b>26:48.63</b>		<b>6301061</b>	<b>27:27.06</b>
	50m:	44.47 44.47	450m:	7:52.50 54.81	850m:	15:13.25 55.49	1250m:	22:41.22 56.50
	100m:	1:34.66 50.19	500m:	8:47.19 54.69	900m:	16:08.76 55.51	1300m:	23:39.94 58.72
	150m:	2:26.85 52.19	550m:	9:41.82 54.63	950m:	17:04.56 55.80	1350m:	24:38.12 58.18
	200m:	3:19.72 52.87	600m:	10:36.94 55.12	1000m:	18:00.25 55.69	1400m:	25:36.38 58.26
	250m:	4:14.12 54.40	650m:	11:31.41 54.47	1050m:	18:55.88 55.63	1450m:	26:32.85 56.47
	300m:	5:08.47 54.35	700m:	12:26.63 55.22	1100m:	19:51.79 55.91	1500m:	27:27.06 54.21
	350m:	6:02.63 54.16	750m:	13:22.35 55.72	1150m:	20:48.41 56.62		
	400m:	6:57.69 55.06	800m:	14:17.76 55.41	1200m:	21:44.72 56.31		

Programmanr. 14  
2.1.10 - 16:21

Dames, 400m vrije slag

Senioren Open  
Resultaten

Rang					In.tijd		Tijd	
Jeugd 2 en later								
1.	<b>Serena Stel</b>		<b>Oeza</b>		<b>5:14.75</b>		<b>9801528</b>	<b>5:22.21</b>
	50m:	35.40 35.40	150m:	1:55.78 40.90	250m:	3:19.96 42.26	350m:	4:43.01 41.24
	100m:	1:14.88 39.48	200m:	2:37.70 41.92	300m:	4:01.77 41.81	400m:	5:22.21 39.20
2.	<b>Lisa Brantjes</b>		<b>KZC</b>		<b>5:29.73</b>		<b>9800950</b>	<b>5:22.48</b>
	50m:	35.35 35.35	150m:	1:56.41 40.91	250m:	3:20.82 42.16	350m:	4:43.82 41.50
	100m:	1:15.50 40.15	200m:	2:38.66 42.25	300m:	4:02.32 41.50	400m:	5:22.48 38.66
3.	<b>Rebecca Jager</b>		<b>ZC De Toekomst</b>		<b>5:26.66</b>		<b>9800402</b>	<b>5:23.73</b>
	50m:	33.14 33.14	150m:	1:51.33 42.38	250m:	3:18.64 47.35	350m:	4:43.54 42.94
	100m:	1:08.95 35.81	200m:	2:31.29 39.96	300m:	4:00.60 41.96	400m:	5:23.73 40.19
4.	<b>Jonna Epker</b>		<b>Zwemvereniging Hoorn</b>		<b>5:35.25</b>		<b>9501196</b>	<b>5:36.71</b>
	50m:	36.15 36.15	150m:	1:59.95 42.19	250m:	3:27.61 44.00	350m:	4:54.66 43.95
	100m:	1:17.76 41.61	200m:	2:43.61 43.66	300m:	4:10.71 43.10	400m:	5:36.71 42.05
5.	<b>Marielle Vijver</b>		<b>Zwemvereniging Hoorn</b>		<b>6:11.50</b>		<b>9800336</b>	<b>5:44.00</b>
	50m:	38.82 38.82	150m:	2:07.25 44.75	250m:	3:35.82 43.85	350m:	5:03.00 43.31
	100m:	1:22.50 43.68	200m:	2:51.97 44.72	300m:	4:19.69 43.87	400m:	5:44.00 41.00
6.	<b>Iris Kok</b>		<b>Zwemvereniging Hoorn</b>		<b>6:31.43</b>		<b>9705466</b>	<b>6:49.29</b>
	50m:	40.00 40.00	150m:	2:24.26 54.31	250m:	4:10.60 52.93	350m:	5:55.73 52.63
	100m:	1:29.95 49.95	200m:	3:17.67 53.41	300m:	5:03.10 52.50	400m:	6:49.29 53.56
7.	<b>Anne Kasteleijn</b>		<b>Zwemvereniging Hoorn</b>		<b>NT</b>		<b>8905280</b>	<b>7:21.06</b>
	50m:	49.58 49.58	150m:	2:38.66 55.69	250m:	4:32.43 57.09	350m:	6:25.12 58.00
	100m:	1:42.97 53.39	200m:	3:35.34 56.68	300m:	5:27.12 54.69	400m:	7:21.06 55.94
AFGEM	<b>Indra Sinnige</b>		<b>Zwemvereniging Hoorn</b>		<b>6:05.44</b>		<b>9502076</b>	
Senioren 1 en ouder								
1.	<b>Daisy Lippus</b>		<b>KZC</b>		<b>5:55.33</b>		<b>9305846</b>	<b>6:24.36</b>
	50m:	36.85 36.85	150m:	2:05.98 46.35	250m:	3:45.81 50.69	350m:	5:32.06 52.87
	100m:	1:19.63 42.78	200m:	2:55.12 49.14	300m:	4:39.19 53.38	400m:	6:24.36 52.30
2.	<b>Zoë van de Heijden</b>		<b>Zwemvereniging Hoorn</b>		<b>6:52.83</b>		<b>9307674</b>	<b>6:46.59</b>
	50m:	46.01 46.01	150m:	2:28.29 51.79	250m:	4:11.82 51.38	350m:	5:57.12 52.64
	100m:	1:36.50 50.49	200m:	3:20.44 52.15	300m:	5:04.48 52.66	400m:	6:46.59 49.47

Lange Afstanden Wedstrijd  
Hoorn, 2.1.2010

Programmanr. 15  
2.1.10 - 16:35

Heren, 400m vrije slag

Senioren Open  
Resultaten

Rang							In.tijd	Tijd				
Jeugd 2 en later												
1.	Michael van Dam		SG Haerlem'04				4:37.02	9401501	<b>4:28.20</b>			
	50m:	30.53	30.53	150m:	1:39.53	35.18	250m:	2:49.50	34.90	350m:	3:59.00	34.14
	100m:	1:04.35	33.82	200m:	2:14.60	35.07	300m:	3:24.86	35.36	400m:	4:28.20	29.20
2.	Frank van der Wolff		Zwemvereniging Hoorn				4:35.12	9400955	<b>4:28.91</b>			
	50m:	29.50	29.50	150m:	1:35.50	33.22	250m:	2:44.15	34.43	350m:	3:54.10	34.91
	100m:	1:02.28	32.78	200m:	2:09.72	34.22	300m:	3:19.19	35.04	400m:	4:28.91	34.81
3.	Yannick Vijver		Zwemvereniging Hoorn				4:49.66	9600469	<b>4:42.14</b>			
	50m:	30.83	30.83	150m:	1:40.54	35.28	250m:	2:52.64	36.19	350m:	4:06.61	37.28
	100m:	1:05.26	34.43	200m:	2:16.45	35.91	300m:	3:29.33	36.69	400m:	4:42.14	35.53
4.	Danny Berlemon		Zwemvereniging Hoorn				4:58.17	9600527	<b>5:06.28</b>			
	50m:	32.18	32.18	150m:	1:48.14	38.80	250m:	3:07.74	40.10	350m:	4:27.45	40.01
	100m:	1:09.34	37.16	200m:	2:27.64	39.50	300m:	3:47.44	39.70	400m:	5:06.28	38.83
5.	Alphonse de Koster		Zwemvereniging Hoorn				5:11.70	9603695	<b>5:10.82</b>			
	50m:	33.16	33.16	150m:	1:50.48	39.25	250m:	3:11.26	40.31	350m:	4:31.70	40.50
	100m:	1:11.23	38.07	200m:	2:30.95	40.47	300m:	3:51.20	39.94	400m:	5:10.82	39.12
Senioren 1 en ouder												
1.	Gerben Bontekoe		Dwk				4:35.67	8102009	<b>4:28.20</b>			
	50m:	29.30	29.30	150m:	1:35.84	33.55	250m:	2:44.91	34.59	350m:	3:54.42	34.92
	100m:	1:02.29	32.99	200m:	2:10.32	34.48	300m:	3:19.50	34.59	400m:	4:28.20	33.78
2.	Jan Knols		Wave				5:00.00	8501363	<b>5:06.11</b>			
	50m:	32.59	32.59	150m:	1:47.43	38.58	250m:	3:08.21	41.07	350m:	4:28.03	39.73
	100m:	1:08.85	36.26	200m:	2:27.14	39.71	300m:	3:48.30	40.09	400m:	5:06.11	38.08