

LAC deel 3A
Zaandam, 7.2.2010

Programmanr. 1 200m wisselslag Mix Minioren 3 en 4
07-02-2010 - 13:00 Resultaten

Rang							In.tijd			Tijd		
1.	Phil Brantjes		Kzc				3:43.59	0000485	3:23.11			
	50m:	49.38	49.38	100m:	1:38.20	48.82	150m:	2:40.79	1:02.59	200m:	3:23.11	42.32
DIS	Nick Stikkelman		DAW-Finzeno				NT	0100593	3:43.95	VI/SL		
	<i>VI - Met één hand keer- en/of eindpunt aangetikt.</i>											
	50m:	53.67	53.67	100m:	1:52.89	59.22	150m:	2:51.70	58.81	200m:	3:43.95	52.25

Programmanr. 2 Meisjes, 200m wisselslag Meisjes Minioren 5 Junioren 1
07-02-2010 - 13:04 Resultaten

Rang							In.tijd			Tijd	
1.	Isabel van den Nieuwendijk		Zv Aquarius				3:44.37	9803222	3:27.49		
	50m:	46.61	46.61	200m:	3:27.49	2:40.88					

Programmanr. 3 Jongens, 200m wisselslag Jongens Minioren 5 en 6
07-02-2010 - 13:08 Resultaten

Rang							In.tijd			Tijd		
1.	Lars van der Velden		DAW-Finzeno				2:48.01	9800175	2:45.35			
	50m:	35.17	35.17	200m:	2:45.35	2:10.18						
2.	Lex Sandburg		Zaanstad (SG)				3:00.41	9800699	2:57.48			
	50m:	37.60	37.60	100m:	1:22.36	44.76	150m:	2:16.10	53.74	200m:	2:57.48	41.38
3.	Thomas Haneveld		DAW-Finzeno				3:15.44	9801631	3:12.50			
	50m:	44.59	44.59	200m:	3:12.50	2:27.91						
4.	Jordi de Nijs		MSV- Zeemacht				3:29.55	9801851	3:18.61			
	50m:	39.78	39.78	100m:	1:29.91	50.13	150m:	2:34.18	1:04.27	200m:	3:18.61	44.43
5.	Mike Morianner		Kzc				NT	9902137	3:18.75			
	50m:	44.66	44.66	100m:	1:34.69	50.03	150m:	2:33.73	59.04	200m:	3:18.75	45.02
6.	Raoul Lieverst		DAW-Finzeno				3:34.58	9900713	3:26.89			
	50m:	46.95	46.95	100m:	1:41.09	54.14	150m:	2:37.70	56.61	200m:	3:26.89	49.19
7.	Barry van Engeldorp		Zv Aquarius				3:45.41	9900089	3:33.16			
	50m:	47.22	47.22	100m:	1:38.40	51.18	150m:	2:42.37	1:03.97	200m:	3:33.16	50.79
8.	Joppe van Beek		DAW-Finzeno				NT	9900627	3:33.45			
	50m:	48.37	48.37	100m:	1:41.30	52.93	150m:	2:43.63	1:02.33	200m:	3:33.45	49.82
9.	Tim Kieft		Zaanstad (SG)				NT	9901921	3:36.57			
	50m:	48.00	48.00	100m:	1:40.13	52.13	150m:	2:46.74	1:06.61	200m:	3:36.57	49.83
10.	Daan in de Braekt		Zaanstad (SG)				NT	9900571	3:37.27			
11.	Tim Wassenaar		Zaanstad (SG)				NT	9901969	3:39.48			
	50m:	53.16	53.16	100m:	1:50.13	56.97	150m:	2:52.02	1:01.89	200m:	3:39.48	47.46

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Programmanr. 4
07-02-2010 - 13:14

Dames, 400m wisselslag

Dames Senioren Open
Resultaten

Rang					In.tijd		Tijd
1.	Melissa Zwaan		DAW-Finenzo		5:26.25	9103666	5:33.90
	100m: 1:12.54	1:12.54	400m: 5:33.90	4:21.36			
2.	Mariska van Engeldorp		Zv Aquarius		5:49.62	9502326	5:42.74
	50m: 33.64	33.64	100m: 1:17.41	43.77	400m: 5:42.74	4:25.33	
3.	Yvonne Gerritsen		Des		5:55.69	8000342	5:49.61
	50m: 34.61	34.61	200m: 2:52.86	1:35.43	400m: 5:49.61	1:20.65	
	100m: 1:17.43	42.82	300m: 4:28.96	1:36.10			
4.	Tamara Hoogenboom		Wzk		5:34.02	9001560	5:57.92
	50m: 37.02	37.02	150m: 2:08.07	46.18	250m: 3:43.20	48.40	350m: 5:16.51
	100m: 1:21.89	44.87	200m: 2:54.80	46.73	300m: 4:34.32	51.12	400m: 5:57.92
							41.41
5.	Emma Siemensma		Des		6:26.51	9402716	6:00.36
	50m: 36.80	36.80	150m: 2:07.45	45.25	250m: 3:45.92	54.03	350m: 5:20.41
	100m: 1:22.20	45.40	200m: 2:51.89	44.44	300m: 4:40.22	54.30	400m: 6:00.36
							39.95
6.	Bente Rog		Des		NT	9206810	6:14.23
	100m: 1:28.70	1:28.70	200m: 3:05.26	1:36.56	300m: 4:50.42	1:45.16	400m: 6:14.23
							1:23.81
7.	Sandra Zwaanswijk		Zv Aquarius		NT	8503934	6:24.94
	50m: 38.38	38.38	150m: 2:18.48	51.51	250m: 4:02.96	55.15	350m: 5:41.94
	100m: 1:26.97	48.59	200m: 3:07.81	49.33	300m: 4:58.45	55.49	400m: 6:24.94
							43.00

Programmanr. 5
07-02-2010 - 13:20

Heren, 400m wisselslag

Heren Senioren Open
Resultaten

Rang					In.tijd		Tijd
1.	Marcel Schouten		SG Haarlem		4:43.92	9300653	4:46.38
	50m: 30.26	30.26	150m: 1:41.24	36.20	250m: 2:58.50	41.74	350m: 4:14.09
	100m: 1:05.04	34.78	200m: 2:16.76	35.52	300m: 3:44.93	46.43	400m: 4:46.38
							32.29
2.	Michael van der Linden		De Zijl LGB		4:46.22	8601921	4:57.54
	50m: 30.51	30.51	150m: 1:44.89	37.13	250m: 3:04.51	43.31	350m: 4:23.39
	100m: 1:07.76	37.25	200m: 2:21.20	36.31	300m: 3:48.80	44.29	400m: 4:57.54
							34.15
3.	Alexander Hulleman		De Zijl LGB		4:56.46	8300989	4:58.38
	50m: 31.17	31.17	100m: 1:06.40	35.23	400m: 4:58.38	3:51.98	
4.	Erik Simons		Wzk		5:00.04	8902845	5:09.30
	50m: 33.31	33.31	200m: 2:37.57	1:22.69	400m: 5:09.30	1:04.03	
	100m: 1:14.88	41.57	300m: 4:05.27	1:27.70			
5.	Alex Vermeulen		Wzk		5:09.74	8905811	5:10.26
	100m: 1:11.89	1:11.89	200m: 2:32.94	1:21.05	300m: 3:59.89	1:26.95	400m: 5:10.26
							1:10.37
6.	Sjors Lieverst		DAW-Finenzo		5:15.66	9501389	5:11.40
	50m: 30.25	30.25	100m: 1:07.20	36.95	400m: 5:11.40	4:04.20	
7.	Martijn Gras		Zaanstad (SG)		5:10.06	9100751	5:15.19
	50m: 31.45	31.45	150m: 1:51.06	41.86	250m: 3:15.46	44.25	350m: 4:38.70
	100m: 1:09.20	37.75	200m: 2:31.21	40.15	300m: 4:00.54	45.08	400m: 5:15.19
							36.49
8.	Jory van der Gracht		Oeza		5:22.09	8701097	5:15.45
	50m: 30.51	30.51	150m: 1:48.64	41.63	250m: 3:14.54	44.43	350m: 4:39.48
	100m: 1:07.01	36.50	200m: 2:30.11	41.47	300m: 4:01.89	47.35	400m: 5:15.45
							35.97
9.	Rico Roels		DAW-Finenzo		5:50.40	9403119	5:16.61
	50m: 31.01	31.01	150m: 1:48.41	39.90	250m: 3:16.01	48.24	350m: 4:41.11
	100m: 1:08.51	37.50	200m: 2:27.77	39.36	300m: 4:04.09	48.08	400m: 5:16.61
							35.50
10.	Simon Stouten		De Zijl LGB		5:28.58	9400943	5:17.92
	50m: 31.86	31.86	150m: 1:53.45	42.36	250m: 3:21.44	47.94	350m: 4:45.16
	100m: 1:11.09	39.23	200m: 2:33.50	40.05	300m: 4:09.44	48.00	400m: 5:17.92
							32.76

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Programmanr. 5, Heren, 400m wisselslag, Heren Senioren Open

Rang							In.tijd			Tijd
11.	Paul Oudendijk		Oeza		5:01.76		8101287	5:18.73		
	50m:	33.57 33.57	150m:	1:54.77 40.38	250m:	3:17.77 44.64	350m:	4:42.11 38.16		
	100m:	1:14.39 40.82	200m:	2:33.13 38.36	300m:	4:03.95 46.18	400m:	5:18.73 36.62		
12.	Barry Kleijne		Oeza		5:39.32		9300661	5:18.83		
	100m:	1:11.03 1:11.03	200m:	2:30.83 39.91	300m:	4:08.39 59.66	400m:	5:18.83 33.88		
	150m:	1:50.92 39.89	250m:	3:08.73 37.90	350m:	4:44.95 36.56				
13.	Dirk Hoek		De Zijl LGB		5:10.25		8202445	5:25.86		
	50m:	31.02 31.02	150m:	1:50.95 43.53	250m:	3:23.42 49.50	350m:	4:50.26 35.94		
	100m:	1:07.42 36.40	200m:	2:33.92 42.97	300m:	4:14.32 50.90	400m:	5:25.86 35.60		
14.	Kristian Stam		Zaanstad (SG)		5:18.64		9102187	5:29.68		
	50m:	37.55 37.55	200m:	2:43.14 1:21.20	400m:	5:29.68 1:14.76				
	100m:	1:21.94 44.39	300m:	4:14.92 1:31.78						
15.	Christiaan Zwaal		MSV- Zeemacht		6:03.99		9503881	5:30.65		
	100m:	1:11.66 1:11.66	200m:	2:34.72 1:23.06	300m:	4:14.44 1:39.72	400m:	5:30.65 1:16.21		
16.	Klaas Schoute		DAW-Finenzo		5:27.09		9500891	5:31.46		
	100m:	1:15.66 1:15.66	200m:	2:40.24 1:24.58	300m:	4:14.66 1:34.42	400m:	5:31.46 1:16.80		
17.	Matthew van den Ent		Zaanstad (SG)		6:04.56		9003859	5:41.98		
	50m:	31.29 31.29	150m:	1:57.50 44.36	250m:	3:31.52 49.85	350m:	5:03.61 40.32		
	100m:	1:13.14 41.85	200m:	2:41.67 44.17	300m:	4:23.29 51.77	400m:	5:41.98 38.37		
18.	Dennis van Kleef		De Zijl LGB		5:43.53		9500821	5:52.51		
	50m:	36.18 36.18	100m:	1:26.14 49.96	400m:	5:52.51 4:26.37				
19.	Casper Gras		Zaanstad (SG)		6:25.20		9200403	6:01.89		
	50m:	37.30 37.30	100m:	1:27.49 50.19	400m:	6:01.89 4:34.40				
20.	Thom Scheeve		Zaanstad (SG)		NT		9203089	6:03.57		
	50m:	35.95 35.95	150m:	2:10.51 47.31	250m:	3:46.73 51.44	350m:	5:22.06 43.61		
	100m:	1:23.20 47.25	200m:	2:55.29 44.78	300m:	4:38.45 51.72	400m:	6:03.57 41.51		
21.	Jasper Falk		DAW-Finenzo		6:15.94		9502785	6:04.10		
	50m:	41.04 41.04	150m:	2:17.86 46.35	250m:	3:55.92 53.47	350m:	5:27.42 37.38		
	100m:	1:31.51 50.47	200m:	3:02.45 44.59	300m:	4:50.04 54.12	400m:	6:04.10 36.68		
22.	Robin Stammes		De Reuring		6:02.65		9202809	6:04.72		
	50m:	39.08 39.08	150m:	2:11.30 45.01	250m:	3:47.95 52.36	350m:	5:22.89 42.39		
	100m:	1:26.29 47.21	200m:	2:55.59 44.29	300m:	4:40.50 52.55	400m:	6:04.72 41.83		
23.	Jelle Schelvis		Zaanstad (SG)		NT		9701993	6:07.74		
	50m:	40.56 40.56	100m:	1:27.96 47.40	400m:	6:07.74 4:39.78				
24.	Dylan Onderstal		De Dolfijn		5:45.98		9204121	6:08.39		
	50m:	34.46 34.46	200m:	2:51.80 1:34.11	400m:	6:08.39 1:24.42				
	100m:	1:17.69 43.23	300m:	4:43.97 1:52.17						
25.	Sanjay Jagroep		DAW-Finenzo		6:34.29		9701625	6:15.82		
	50m:	38.73 38.73	150m:	2:19.01 49.00	250m:	3:58.61 53.13	350m:	5:34.64 42.03		
	100m:	1:30.01 51.28	200m:	3:05.48 46.47	300m:	4:52.61 54.00	400m:	6:15.82 41.18		
26.	Tim Hoogland		Des		NT		9602435	6:16.16		
	50m:	42.43 42.43	200m:	3:12.35 1:37.19	400m:	6:16.16 1:26.45				
	100m:	1:35.16 52.73	300m:	4:49.71 1:37.36						
27.	Danny Schmidt		Zaanstad (SG)		7:24.77		9602311	6:23.76		
	100m:	1:34.08 1:34.08	200m:	3:09.72 46.22	300m:	4:58.27 51.09	400m:	6:23.76 41.77		
	150m:	2:23.50 49.42	250m:	4:07.18 57.46	350m:	5:41.99 43.72				
28.	Remco Visser		De Reuring		6:34.51		9503185	6:24.46		
	50m:	42.07 42.07	150m:	2:19.54 44.58	250m:	4:04.62 59.55	350m:	5:45.01 41.26		
	100m:	1:34.96 52.89	200m:	3:05.07 45.53	300m:	5:03.75 59.13	400m:	6:24.46 39.45		
29.	Matthijs Fleumer		Zaanstad (SG)		NT		9603273	6:25.60		
	50m:	41.04 41.04	150m:	2:21.02 47.79	250m:	4:02.16 54.03	350m:	5:45.13 47.31		
	100m:	1:33.23 52.19	200m:	3:08.13 47.11	300m:	4:57.82 55.66	400m:	6:25.60 40.47		

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Programmanr. 5, Heren, 400m wisselslag, Heren Senioren Open

Rang						In.tijd		Tijd
30.	Martijn Falk		DAW-Finzeno			6:57.33	9601457	6:41.08
	100m: 1:43.20	1:43.20	200m: 3:28.19	1:44.99	300m: 5:18.74	1:50.55	400m: 6:41.08	1:22.34
DIS	Dani Hoetmer		DAW-Finzeno			6:28.12	9604503	6:09.22SL
	<i>SL - Met één hand keer- en/of eindpunt aangetikt.</i>							
	50m: 39.25	39.25	200m: 2:56.50	1:28.03	400m: 6:09.22	1:22.53		
	100m: 1:28.47	49.22	300m: 4:46.69	1:50.19				
AFGEM	Ivo Roozeboom		Des			5:04.36	7700801	
AFGEM	Gerben Rozie		MSV- Zeemacht			5:26.74	9002507	

Programmanr. 6 400m vrije slag Mix Minioren 3 en 4
07-02-2010 - 13:52 Resultaten

Rang						In.tijd		Tijd
1.	Viveka Verhage		DAW-Finzeno			8:01.78	0001480	6:42.70
	50m: 43.48	43.48	150m: 2:24.50	51.16	250m: 4:05.55	50.51	350m: 5:54.78	55.90
	100m: 1:33.34	49.86	200m: 3:15.04	50.54	300m: 4:58.88	53.33	400m: 6:42.70	47.92
2.	Kaylin stel		Oeza			NT	0100290	6:44.80
	50m: 42.17	42.17	150m: 2:22.99	51.98	250m: 4:10.29	54.39	350m: 5:59.17	55.69
	100m: 1:31.01	48.84	200m: 3:15.90	52.91	300m: 5:03.48	53.19	400m: 6:44.80	45.63
3.	Hannah Bervoets		Zaanstad (SG)			NT	0000726	6:59.12
	50m: 42.34	42.34	150m: 2:25.73	52.39	250m: 4:11.55	52.74	350m: 6:05.77	57.86
	100m: 1:33.34	51.00	200m: 3:18.81	53.08	300m: 5:07.91	56.36	400m: 6:59.12	53.35
AFGEM	Saskia van der Velden		DAW-Finzeno			8:15.80	0001478	

Programmanr. 7 Meisjes, 800m vrije slag Meisjes Minioren 5 Junioren 1
07-02-2010 - 14:02 Resultaten

Rang						In.tijd		Tijd
1.	Tessa Vermeulen		De Dolfijn			10:19.63	9800068	10:07.46
	50m: 34.17	34.17	250m: 3:04.40	37.98	450m: 5:39.25	38.81	650m: 8:15.11	38.46
	100m: 1:11.42	37.25	300m: 3:43.18	38.78	500m: 6:18.33	39.08	700m: 8:53.91	38.80
	150m: 1:48.99	37.57	350m: 4:21.59	38.41	550m: 6:57.76	39.43	750m: 9:32.15	38.24
	200m: 2:26.42	37.43	400m: 5:00.44	38.85	600m: 7:36.65	38.89	800m: 10:07.46	35.31
2.	Serena Stel		Oeza			10:23.65	9801528	10:25.79
	50m: 35.58	35.58	250m: 3:12.51	39.87	450m: 5:52.12	40.23	650m: 8:31.46	39.63
	100m: 1:13.86	38.28	300m: 3:52.39	39.88	500m: 6:31.83	39.71	700m: 9:10.78	39.32
	150m: 1:53.08	39.22	350m: 4:31.54	39.15	550m: 7:11.89	40.06	750m: 9:49.91	39.13
	200m: 2:32.64	39.56	400m: 5:11.89	40.35	600m: 7:51.83	39.94	800m: 10:25.79	35.88
3.	Lisa Brantjes		Kzc			12:46.94	9800950	10:56.51
	50m: 36.80	36.80	250m: 3:22.76	42.00	450m: 6:10.80	41.88	650m: 8:56.82	41.82
	100m: 1:17.45	40.65	300m: 4:05.04	42.28	500m: 6:52.45	41.65	700m: 9:38.26	41.44
	150m: 1:59.23	41.78	350m: 4:46.89	41.85	550m: 7:33.70	41.25	750m: 10:18.82	40.56
	200m: 2:40.76	41.53	400m: 5:28.92	42.03	600m: 8:15.00	41.30	800m: 10:56.51	37.69
4.	Melina Knol		Zaanstad (SG)			NT	9802232	11:22.70
	50m: 39.58	39.58	250m: 3:31.80	43.83	450m: 6:25.52	43.32	650m: 9:19.02	43.41
	100m: 1:22.70	43.12	300m: 4:15.20	43.40	500m: 7:08.87	43.35	700m: 10:01.67	42.65
	150m: 2:04.67	41.97	350m: 4:58.80	43.60	550m: 7:52.73	43.86	750m: 10:43.82	42.15
	200m: 2:47.97	43.30	400m: 5:42.20	43.40	600m: 8:35.61	42.88	800m: 11:22.70	38.88
5.	Silke Jonk		DAW-Finzeno			13:11.33	9802042	11:59.69
	50m: 39.58	39.58	250m: 3:38.12	46.14	450m: 6:41.46	46.34	650m: 9:46.56	46.94
	100m: 1:22.58	43.00	300m: 4:22.65	44.53	500m: 7:28.64	47.18	700m: 10:31.61	45.05
	150m: 2:06.49	43.91	350m: 5:08.81	46.16	550m: 8:13.94	45.30	750m: 11:17.19	45.58
	200m: 2:51.98	45.49	400m: 5:55.12	46.31	600m: 8:59.62	45.68	800m: 11:59.69	42.50

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Programmanr. 7, Meisjes, 800m vrije slag, Meisjes Minioren 5 Junioren 1

Rang					In.tijd	Tijd						
6.	Zoë van der Kwaak				Zaanstad (SG)	NT	9801064	12:10.95				
	50m:	41.99	41.99	250m:	3:49.39	48.10	450m:	6:58.72	46.29	650m:	10:02.94	45.06
	100m:	1:27.46	45.47	300m:	4:36.75	47.36	500m:	7:45.47	46.75	700m:	10:46.51	43.57
	150m:	2:15.32	47.86	350m:	5:24.10	47.35	550m:	8:33.62	48.15	750m:	11:31.32	44.81
	200m:	3:01.29	45.97	400m:	6:12.43	48.33	600m:	9:17.88	44.26	800m:	12:10.95	39.63
7.	Anne Noom				DAW-Finzeno	13:29.85	9800062	12:13.67				
	50m:	41.64	41.64	250m:	3:43.80	46.91	450m:	6:50.01	46.60	650m:	9:59.92	47.44
	100m:	1:25.54	43.90	300m:	4:29.76	45.96	500m:	7:37.09	47.08	700m:	10:45.86	45.94
	150m:	2:11.01	45.47	350m:	5:15.82	46.06	550m:	8:25.01	47.92	750m:	11:31.48	45.62
	200m:	2:56.89	45.88	400m:	6:03.41	47.59	600m:	9:12.48	47.47	800m:	12:13.67	42.19
8.	Kelsey Okkers				Zaanstad (SG)	NT	9801062	12:27.30				
	50m:	41.43	41.43	250m:	3:49.67	48.21	450m:	6:59.74	47.33	650m:	10:11.12	47.52
	100m:	1:26.90	45.47	300m:	4:36.97	47.30	500m:	7:47.51	47.77	700m:	10:57.98	46.86
	150m:	2:13.87	46.97	350m:	5:24.96	47.99	550m:	8:36.02	48.51	750m:	11:44.41	46.43
	200m:	3:01.46	47.59	400m:	6:12.41	47.45	600m:	9:23.60	47.58	800m:	12:27.30	42.89
9.	Kimberley Kort				DAW-Finzeno	NT	9804698	13:12.69				
	50m:	41.72	41.72	250m:	3:59.03	50.32	450m:	7:23.98	52.80	650m:	10:49.12	52.38
	100m:	1:28.76	47.04	300m:	4:49.94	50.91	500m:	8:16.11	52.13	700m:	11:40.05	50.93
	150m:	2:18.59	49.83	350m:	5:40.38	50.44	550m:	9:04.89	48.78	750m:	12:27.24	47.19
	200m:	3:08.71	50.12	400m:	6:31.18	50.80	600m:	9:56.74	51.85	800m:	13:12.69	45.45
10.	Femke Stevens				Zaanstad (SG)	NT	9901546	13:14.59				
	50m:	41.73	41.73	250m:	4:03.47	51.22	450m:	7:28.12	50.48	650m:	10:50.84	52.05
	100m:	1:30.64	48.91	300m:	4:53.43	49.96	500m:	8:20.50	52.38	700m:	11:40.30	49.46
	150m:	2:20.98	50.34	350m:	5:46.02	52.59	550m:	9:09.33	48.83	750m:	12:30.45	50.15
	200m:	3:12.25	51.27	400m:	6:37.64	51.62	600m:	9:58.79	49.46	800m:	13:14.59	44.14
11.	Kyra Wijnker				MSV- Zeemacht	NT	9803342	13:15.65				
	50m:	44.11	44.11	250m:	4:06.61	50.98	450m:	7:27.52	50.13	650m:	10:51.97	50.93
	100m:	1:34.64	50.53	300m:	4:56.68	50.07	500m:	8:18.76	51.24	700m:	11:42.84	50.87
	150m:	2:26.50	51.86	350m:	5:46.93	50.25	550m:	9:09.76	51.00	750m:	12:32.40	49.56
	200m:	3:15.63	49.13	400m:	6:37.39	50.46	600m:	10:01.04	51.28	800m:	13:15.65	43.25
12.	Franka Rotterdam				Zaanstad (SG)	NT	9800650	13:21.60				
	50m:	42.86	42.86	250m:	4:01.95	51.63	450m:	7:27.36	51.50	650m:	10:53.80	51.70
	100m:	1:30.29	47.43	300m:	4:52.51	50.56	500m:	8:18.76	51.40	700m:	11:44.64	50.84
	150m:	2:19.80	49.51	350m:	5:43.76	51.25	550m:	9:10.02	51.26	750m:	12:34.82	50.18
	200m:	3:10.32	50.52	400m:	6:35.86	52.10	600m:	10:02.10	52.08	800m:	13:21.60	46.78
13.	Leonie Vos				DAW-Finzeno	NT	9901662	13:51.39				
	50m:	43.13	43.13	250m:	4:06.13	51.53	450m:	7:38.67	54.65	650m:	11:17.80	53.29
	100m:	1:31.39	48.26	300m:	4:58.26	52.13	500m:	8:33.70	55.03	700m:	12:10.82	53.02
	150m:	2:23.36	51.97	350m:	5:50.10	51.84	550m:	9:29.02	55.32	750m:	13:05.81	54.99
	200m:	3:14.60	51.24	400m:	6:44.02	53.92	600m:	10:24.51	55.49	800m:	13:51.39	45.58
14.	Denise Boonstra				DAW-Finzeno	NT	9902662	13:56.61				
	50m:	43.50	43.50	250m:	4:14.76	55.65	450m:	7:53.96	55.98	650m:	11:26.29	51.78
	100m:	1:34.49	50.99	300m:	5:10.18	55.42	500m:	8:44.00	50.04	700m:	12:19.74	53.45
	150m:	2:26.19	51.70	350m:	6:03.78	53.60	550m:	9:39.95	55.95	750m:	13:07.85	48.11
	200m:	3:19.11	52.92	400m:	6:57.98	54.20	600m:	10:34.51	54.56	800m:	13:56.61	48.76
15.	Suzanne van den Brink				MSV- Zeemacht	NT	9901438	14:11.98				
	50m:	45.36	45.36	250m:	4:18.13	54.46	450m:	7:58.70	55.75	650m:	11:39.01	54.21
	100m:	1:36.20	50.84	300m:	5:12.57	54.44	500m:	8:54.36	55.66	700m:	12:33.95	54.94
	150m:	2:29.64	53.44	350m:	6:08.10	55.53	550m:	9:50.20	55.84	750m:	13:26.11	52.16
	200m:	3:23.67	54.03	400m:	7:02.95	54.85	600m:	10:44.80	54.60	800m:	14:11.98	45.87
16.	Isabel van den Nieuwendijk				Zv Aquarius	15:24.87	9803222	14:14.11				
	50m:	41.40	41.40	250m:	4:12.79	55.53	450m:	7:56.83	56.78	650m:	11:35.99	54.88
	100m:	1:29.79	48.39	300m:	5:07.62	54.83	500m:	8:53.42	56.59	700m:	12:31.92	55.93
	150m:	2:23.21	53.42	350m:	6:02.86	55.24	550m:	9:47.18	53.76	750m:	13:23.96	52.04
	200m:	3:17.26	54.05	400m:	7:00.05	57.19	600m:	10:41.11	53.93	800m:	14:14.11	50.15
17.	Eline van Zijl				Zaanstad (SG)	NT	9803382	14:42.99				
	50m:	46.05	46.05	250m:	4:26.79	56.69	450m:	8:14.02	55.38	650m:	12:04.15	56.82
	100m:	1:39.68	53.63	300m:	5:24.13	57.34	500m:	9:11.54	57.52	700m:	12:59.64	55.49
	150m:	2:34.61	54.93	350m:	6:21.19	57.06	550m:	10:09.29	57.75	750m:	13:54.88	55.24
	200m:	3:30.10	55.49	400m:	7:18.64	57.45	600m:	11:07.33	58.04	800m:	14:42.99	48.11

LAC deel 3A
Zaandam, 7.2.2010

Programmanr. 7, Meisjes, 800m vrije slag, Meisjes Minioren 5 Junioren 1

Rang							In.tijd	Tijd				
18.	Myrthe van Beek						NT	9901074	14:45.37			
	50m:	47.38	47.38	250m:	4:35.00	57.81	450m:	8:19.85	55.03	650m:	12:08.32	55.88
	100m:	1:43.19	55.81	300m:	5:31.78	56.78	500m:	9:18.25	58.40	700m:	13:04.07	55.75
	150m:	2:40.69	57.50	350m:	6:27.47	55.69	550m:	10:16.07	57.82	750m:	13:57.53	53.46
	200m:	3:37.19	56.50	400m:	7:24.82	57.35	600m:	11:12.44	56.37	800m:	14:45.37	47.84
AFGEM	Marjolein Visser						De Reuring	NT	9902216			

Programmanr. 8
07-02-2010 - 14:36

Jongens, 800m vrije slag

Jongens Minioren 5 en 6

Resultaten

Rang							In.tijd	Tijd				
1.	Barry van Engeldorp						NT	9900089	14:37.29			
	50m:	45.86	45.86	250m:	4:21.77	56.33	450m:	8:10.43	56.42	650m:	11:55.37	55.07
	100m:	1:36.34	50.48	300m:	5:18.58	56.81	500m:	9:05.20	54.77	700m:	12:50.36	54.99
	150m:	2:29.35	53.01	350m:	6:15.43	56.85	550m:	10:02.09	56.89	750m:	13:42.04	51.68
	200m:	3:25.44	56.09	400m:	7:14.01	58.58	600m:	11:00.30	58.21	800m:	14:37.29	55.25

Programmanr. 9
07-02-2010 - 14:46

Meisjes, 1500m vrije slag

Meisjes Junioren 2 en 3

Resultaten

Rang							In.tijd	Tijd				
1.	Brenda Zwarthoed						NT	9604938	18:26.27			
	50m:	32.03	32.03	450m:	5:27.30	37.07	850m:	10:28.09	37.59	1250m:	15:26.91	37.47
	100m:	1:07.32	35.29	500m:	6:04.29	36.99	900m:	11:05.25	37.16	1300m:	16:04.45	37.54
	150m:	1:44.22	36.90	550m:	6:41.93	37.64	950m:	11:43.16	37.91	1350m:	16:41.59	37.14
	200m:	2:20.87	36.65	600m:	7:19.00	37.07	1000m:	12:21.02	37.86	1400m:	17:18.50	36.91
	250m:	2:58.34	37.47	650m:	7:56.82	37.82	1050m:	12:58.48	37.46	1450m:	17:54.79	36.29
	300m:	3:35.68	37.34	700m:	8:34.86	38.04	1100m:	13:36.08	37.60	1500m:	18:26.27	31.48
	350m:	4:12.89	37.21	750m:	9:12.62	37.76	1150m:	14:12.71	36.63			
	400m:	4:50.23	37.34	800m:	9:50.50	37.88	1200m:	14:49.44	36.73			
2.	Elena Peeters						NT	9603690	20:42.88			
	50m:	34.52	34.52	450m:	5:57.28	45.97	850m:	11:41.83	41.75	1250m:	17:19.27	42.45
	100m:	1:12.93	38.41	500m:	6:41.41	44.13	900m:	12:23.57	41.74	1300m:	18:00.47	41.20
	150m:	1:52.20	39.27	550m:	7:24.92	43.51	950m:	13:06.40	42.83	1350m:	18:42.06	41.59
	200m:	2:32.41	40.21	600m:	8:09.10	44.18	1000m:	13:48.69	42.29	1400m:	19:23.00	40.94
	250m:	3:12.47	40.06	650m:	8:52.07	42.97	1050m:	14:30.96	42.27	1450m:	20:04.59	41.59
	300m:	3:52.58	40.11	700m:	9:35.12	43.05	1100m:	15:14.24	43.28	1500m:	20:42.88	38.29
	350m:	4:32.28	39.70	750m:	10:18.31	43.19	1150m:	15:55.48	41.24			
	400m:	5:11.31	39.03	800m:	11:00.08	41.77	1200m:	16:36.82	41.34			
3.	Lisa Postma						NT	9701588	20:43.77			
	50m:	35.36	35.36	450m:	6:07.38	42.11	850m:	11:46.42	41.91	1250m:	17:25.72	40.92
	100m:	1:15.22	39.86	500m:	6:49.62	42.24	900m:	12:29.89	43.47	1300m:	18:06.17	40.45
	150m:	1:56.65	41.43	550m:	7:31.42	41.80	950m:	13:12.05	42.16	1350m:	18:46.86	40.69
	200m:	2:37.68	41.03	600m:	8:13.79	42.37	1000m:	13:53.84	41.79	1400m:	19:27.41	40.55
	250m:	3:19.42	41.74	650m:	8:56.99	43.20	1050m:	14:36.91	43.07	1450m:	20:07.21	39.80
	300m:	4:00.96	41.54	700m:	9:40.24	43.25	1100m:	15:19.56	42.65	1500m:	20:43.77	36.56
	350m:	4:42.59	41.63	750m:	10:22.24	42.00	1150m:	16:02.34	42.78			
	400m:	5:25.27	42.68	800m:	11:04.51	42.27	1200m:	16:44.80	42.46			
4.	Marit Visscher						21:52.32	9600004	20:52.95			
	50m:	36.60	36.60	450m:	6:08.84	42.89	850m:	11:49.34	42.97	1250m:	17:26.26	42.13
	100m:	1:17.24	40.64	500m:	6:51.30	42.46	900m:	12:31.71	42.37	1300m:	18:07.95	41.69
	150m:	1:58.94	41.70	550m:	7:34.15	42.85	950m:	13:13.95	42.24	1350m:	18:49.94	41.99
	200m:	2:40.61	41.67	600m:	8:17.20	43.05	1000m:	12:55.45		1400m:	19:31.78	41.84
	250m:	3:21.87	41.26	650m:	8:58.77	41.57	1050m:	14:37.75	1:42.30	1450m:	20:12.32	40.54
	300m:	4:02.67	40.80	700m:	9:41.66	42.89	1100m:	15:19.62	41.87	1500m:	20:52.95	40.63
	350m:	4:44.06	41.39	750m:	10:23.78	42.12	1150m:	16:01.40	41.78			
	400m:	5:25.95	41.89	800m:	11:06.37	42.59	1200m:	16:44.13	42.73			

LAC deel 3A
Zaandam, 7.2.2010

Programmanr. 9, Meisjes, 1500m vrije slag, Meisjes Junioren 2 en 3

Rang					In.tijd	Tijd						
5.	Hannah Rosingh				Het Y	NT	9700342	21:18.77				
	50m:	35.53	35.53	450m:	6:11.68	42.50	850m:	11:58.59	43.38	1250m:	17:45.30	43.06
	100m:	1:15.59	40.06	500m:	6:54.56	42.88	900m:	12:40.65	42.06	1300m:	18:28.37	43.07
	150m:	1:56.33	40.74	550m:	7:37.62	43.06	950m:	13:24.21	43.56	1350m:	19:12.47	44.10
	200m:	2:38.59	42.26	600m:	8:21.03	43.41	1000m:	14:07.21	43.00	1400m:	19:55.65	43.18
	250m:	3:20.81	42.22	650m:	9:04.71	43.68	1050m:	14:50.87	43.66	1450m:	20:37.90	42.25
	300m:	4:03.37	42.56	700m:	9:48.30	43.59	1100m:	15:35.74	44.87	1500m:	21:18.77	40.87
	350m:	4:46.33	42.96	750m:	10:31.12	42.82	1150m:	16:19.59	43.85			
	400m:	5:29.18	42.85	800m:	11:15.21	44.09	1200m:	17:02.24	42.65			
6.	Rebecca Martens				DAW-Finenz	NT	9604352	21:43.49				
	50m:	38.54	38.54	450m:	6:25.98	43.46	850m:	12:15.61	43.36	1250m:	18:07.36	43.63
	100m:	1:21.14	42.60	500m:	7:09.19	43.21	900m:	13:00.14	44.53	1300m:	18:50.79	43.43
	150m:	2:04.30	43.16	550m:	7:53.23	44.04	950m:	13:43.80	43.66	1350m:	19:34.11	43.32
	200m:	2:48.15	43.85	600m:	8:37.10	43.87	1000m:	14:28.29	44.49	1400m:	20:17.91	43.80
	250m:	3:31.99	43.84	650m:	9:20.80	43.70	1050m:	15:11.65	43.36	1450m:	21:01.74	43.83
	300m:	4:15.20	43.21	700m:	10:04.79	43.99	1100m:	15:55.38	43.73	1500m:	21:43.49	41.75
	350m:	4:58.80	43.60	750m:	10:48.60	43.81	1150m:	16:39.58	44.20			
	400m:	5:42.52	43.72	800m:	11:32.25	43.65	1200m:	17:23.73	44.15			
7.	Michelle van Velzen				De Zijl LGB	NT	9702294	21:47.00				
	50m:	37.64	37.64	450m:	6:31.39	44.67	850m:	12:26.22	44.43	1250m:	18:17.52	43.94
	100m:	1:20.87	43.23	500m:	7:15.93	44.54	900m:	13:09.70	43.48	1300m:	19:00.01	42.49
	150m:	2:05.35	44.48	550m:	8:00.62	44.69	950m:	13:53.88	44.18	1350m:	19:43.14	43.13
	200m:	2:49.30	43.95	600m:	8:45.34	44.72	1000m:	14:38.02	44.14	1400m:	20:25.75	42.61
	250m:	3:33.72	44.42	650m:	9:30.00	44.66	1050m:	15:21.65	43.63	1450m:	21:08.25	42.50
	300m:	4:18.44	44.72	700m:	10:13.62	43.62	1100m:	16:05.89	44.24	1500m:	21:47.00	38.75
	350m:	5:02.89	44.45	750m:	10:57.85	44.23	1150m:	16:49.54	43.65			
	400m:	5:46.72	43.83	800m:	11:41.79	43.94	1200m:	17:33.58	44.04			
8.	Elise Dekker				De Dolfijn	NT	9700976	22:13.36				
	50m:	38.43	38.43	450m:	6:28.36	44.53	850m:	12:26.55	45.03	1250m:	18:31.70	45.83
	100m:	1:20.33	41.90	500m:	7:12.67	44.31	900m:	13:10.67	44.12	1300m:	19:17.62	45.92
	150m:	2:03.33	43.00	550m:	7:57.10	44.43	950m:	13:55.16	44.49	1350m:	20:03.51	45.89
	200m:	2:47.10	43.77	600m:	8:42.83	45.73	1000m:	14:39.99	44.83	1400m:	20:47.87	44.36
	250m:	3:31.27	44.17	650m:	9:28.37	45.54	1050m:	15:25.63	45.64	1450m:	21:33.29	45.42
	300m:	4:15.36	44.09	700m:	10:12.87	44.50	1100m:	16:11.47	45.84	1500m:	22:13.36	40.07
	350m:	4:59.17	43.81	750m:	10:57.43	44.56	1150m:	16:58.55	47.08			
	400m:	5:43.83	44.66	800m:	11:41.52	44.09	1200m:	17:45.87	47.32			
9.	Renee v.d. Brink				MSV- Zeemacht	23:30.42	9602732	22:20.11				
	50m:	38.39	38.39	450m:	6:38.36	45.47	850m:	12:41.67	45.65	1250m:	18:45.04	45.12
	100m:	1:22.26	43.87	500m:	7:23.58	45.22	900m:	13:27.80	46.13	1300m:	19:29.17	44.13
	150m:	2:07.00	44.74	550m:	8:08.39	44.81	950m:	14:13.30	45.50	1350m:	20:13.64	44.47
	200m:	2:52.48	45.48	600m:	8:45.75	37.36	1000m:	14:58.51	45.21	1400m:	20:57.33	43.69
	250m:	3:37.58	45.10	650m:	9:39.02	53.27	1050m:	15:44.39	45.88	1450m:	21:40.54	43.21
	300m:	4:22.74	45.16	700m:	10:24.34	45.32	1100m:	16:30.17	45.78	1500m:	22:20.11	39.57
	350m:	5:08.08	45.34	750m:	11:09.77	45.43	1150m:	17:14.83	44.66			
	400m:	5:52.89	44.81	800m:	11:56.02	46.25	1200m:	17:59.92	45.09			
10.	Lotte Hoogeterp				DAW-Finenz	NT	9703878	24:35.33				
	50m:	41.54	41.54	450m:	7:10.69	49.54	850m:	13:49.79	50.14	1250m:	20:29.72	50.62
	100m:	1:27.94	46.40	500m:	8:00.22	49.53	900m:	14:39.54	49.75	1300m:	21:20.25	50.53
	150m:	2:15.86	47.92	550m:	8:50.81	50.59	950m:	15:30.04	50.50	1350m:	22:10.12	49.87
	200m:	3:04.11	48.25	600m:	9:40.72	49.91	1000m:	16:19.92	49.88	1400m:	23:00.26	50.14
	250m:	3:52.65	48.54	650m:	10:30.51	49.79	1050m:	17:09.97	50.05	1450m:	23:49.33	49.07
	300m:	4:41.19	48.54	700m:	11:19.81	49.30	1100m:	17:59.76	49.79	1500m:	24:35.33	46.00
	350m:	5:31.04	49.85	750m:	12:09.61	49.80	1150m:	18:49.59	49.83			
	400m:	6:21.15	50.11	800m:	12:59.65	50.04	1200m:	19:39.10	49.51			
11.	Ingeborg Efdée				Wzk	NT	9701546	27:21.98				
	50m:	45.86	45.86	450m:	8:08.76	57.16	850m:	15:40.73	51.57	1250m:	23:01.92	55.47
	100m:	1:38.64	52.78	500m:	9:06.48	57.72	900m:	16:36.10	55.37	1300m:	23:54.23	52.31
	150m:	2:32.42	53.78	550m:	10:00.67	54.19	950m:	17:32.39	56.29	1350m:	24:48.45	54.22
	200m:	3:27.73	55.31	600m:	10:57.39	56.72	1000m:	18:30.02	57.63	1400m:	25:41.23	52.78
	250m:	4:25.00	57.27	650m:	11:53.29	55.90	1050m:	19:24.48	54.46	1450m:	26:32.64	51.41
	300m:	5:21.92	56.92	700m:	12:50.57	57.28	1100m:	20:18.32	53.84	1500m:	27:21.98	49.34
	350m:	6:17.70	55.78	750m:	13:46.54	55.97	1150m:	21:12.23	53.91			
	400m:	7:11.60	53.90	800m:	14:49.16	1:02.62	1200m:	22:06.45	54.22			

LAC deel 3A
Zaandam, 7.2.2010

Programmanr. 10
07-02-2010 - 15:28

Jongens, 1500m vrije slag

Jongens Junioren 1 en 2
Resultaten

Rang
Programmanr. 11
07-02-2010 - 15:46

Dames, 2000m vrije slag

Dames Senioren Open
Resultaten

Rang					In.tijd					Tijd
1.	Leonie van Noort				De Zijl LGB	24:08.89	9301752	23:20.36		
	50m: 31.64	31.64	550m: 6:18.27	35.13	1050m: 12:10.99	34.23	1550m: 18:04.95	35.46		
	100m: 1:06.28	34.64	600m: 6:53.76	35.49	1100m: 12:45.89	34.90	1600m: 18:40.29	35.34		
	150m: 1:40.62	34.34	650m: 7:28.96	35.20	1150m: 13:21.05	35.16	1650m: 19:14.95	34.66		
	200m: 2:15.39	34.77	700m: 8:04.20	35.24	1200m: 13:56.78	35.73	1700m: 19:49.97	35.02		
	250m: 2:49.99	34.60	750m: 8:39.28	35.08	1250m: 14:32.74	35.96	1750m: 20:25.46	35.49		
	300m: 3:24.55	34.56	800m: 9:14.55	35.27	1300m: 15:07.36	34.62	1800m: 21:01.05	35.59		
	350m: 3:59.28	34.73	850m: 9:50.18	35.63	1350m: 15:42.90	35.54	1850m: 21:36.64	35.59		
	400m: 4:34.14	34.86	900m: 10:25.65	35.47	1400m: 16:18.41	35.51	1900m: 22:11.56	34.92		
	450m: 5:08.76	34.62	950m: 11:01.23	35.58	1450m: 16:54.34	35.93	1950m: 22:46.14	34.58		
	500m: 5:43.14	34.38	1000m: 11:36.76	35.53	1500m: 17:29.49	35.15	2000m: 23:20.36	34.22		
2.	Alice Bravo				Het Y	24:07.04	8705346	23:53.45		
	50m: 32.85	32.85	550m: 6:29.30	36.14	1050m: 12:31.76	37.02	1550m: 18:32.40	36.04		
	100m: 1:07.41	34.56	600m: 7:04.95	35.65	1100m: 13:07.66	35.90	1600m: 19:08.25	35.85		
	150m: 1:42.90	35.49	650m: 7:41.50	36.55	1150m: 13:43.33	35.67	1650m: 19:44.06	35.81		
	200m: 2:18.05	35.15	700m: 8:17.82	36.32	1200m: 14:19.34	36.01	1700m: 20:20.49	36.43		
	250m: 2:53.22	35.17	750m: 8:54.17	36.35	1250m: 14:55.42	36.08	1750m: 20:57.10	36.61		
	300m: 3:29.42	36.20	800m: 9:30.06	35.89	1300m: 15:31.50	36.08	1800m: 21:33.26	36.16		
	350m: 4:05.30	35.88	850m: 10:06.20	36.14	1350m: 16:07.30	35.80	1850m: 22:09.21	35.95		
	400m: 4:41.33	36.03	900m: 10:42.51	36.31	1400m: 16:43.34	36.04	1900m: 22:44.27	35.06		
	450m: 5:17.15	35.82	950m: 11:18.82	36.31	1450m: 17:19.50	36.16	1950m: 23:19.33	35.06		
	500m: 5:53.16	36.01	1000m: 11:54.74	35.92	1500m: 17:56.36	36.86	2000m: 23:53.45	34.12		
3.	Evelien Sohl				Het Y	23:43.29	8603346	23:58.18		
	50m: 33.00	33.00	550m: 6:33.01	36.33	1050m: 12:36.05	36.01	1550m: 18:37.66	36.26		
	100m: 1:08.54	35.54	600m: 7:09.47	36.46	1100m: 13:12.17	36.12	1600m: 19:13.84	36.18		
	150m: 1:44.56	36.02	650m: 7:45.71	36.24	1150m: 13:48.46	36.29	1650m: 19:50.07	36.23		
	200m: 2:20.66	36.10	700m: 8:21.91	36.20	1200m: 14:24.56	36.10	1700m: 20:25.93	35.86		
	250m: 2:56.62	35.96	750m: 8:58.18	36.27	1250m: 15:00.76	36.20	1750m: 21:01.50	35.57		
	300m: 3:32.69	36.07	800m: 9:34.59	36.41	1300m: 15:36.75	35.99	1800m: 21:37.10	35.60		
	350m: 4:08.43	35.74	850m: 10:11.03	36.44	1350m: 16:12.80	36.05	1850m: 22:12.46	35.36		
	400m: 4:44.67	36.24	900m: 10:47.31	36.28	1400m: 16:49.25	36.45	1900m: 22:48.00	35.54		
	450m: 5:20.75	36.08	950m: 11:23.61	36.30	1450m: 17:25.43	36.18	1950m: 23:23.63	35.63		
	500m: 5:56.68	35.93	1000m: 12:00.04	36.43	1500m: 18:01.40	35.97	2000m: 23:58.18	34.55		
4.	Suzanne Mosch				MSV- Zeemacht	27:21.06	9400548	25:41.67		
	50m: 34.23	34.23	550m: 6:58.36	38.82	1050m: 13:24.51	38.20	1550m: 19:54.74	38.93		
	100m: 1:12.48	38.25	600m: 7:37.38	39.02	1100m: 14:03.63	39.12	1600m: 20:34.57	39.83		
	150m: 1:51.42	38.94	650m: 8:15.42	38.04	1150m: 14:42.89	39.26	1650m: 21:14.09	39.52		
	200m: 2:29.31	37.89	700m: 8:54.20	38.78	1200m: 15:22.10	39.21	1700m: 21:54.09	40.00		
	250m: 3:07.76	38.45	750m: 9:33.13	38.93	1250m: 16:01.04	38.94	1750m: 22:33.19	39.10		
	300m: 3:46.31	38.55	800m: 10:11.31	38.18	1300m: 16:39.51	38.47	1800m: 23:11.76	38.57		
	350m: 4:24.42	38.11	850m: 10:50.17	38.86	1350m: 17:18.54	39.03	1850m: 23:51.17	39.41		
	400m: 5:02.80	38.38	900m: 11:29.20	39.03	1400m: 17:57.63	39.09	1900m: 24:28.17	37.00		
	450m: 5:41.20	38.40	950m: 12:07.76	38.56	1450m: 18:37.14	39.51	1950m: 25:04.95	36.78		
	500m: 6:19.54	38.34	1000m: 12:46.31	38.55	1500m: 19:15.81	38.67	2000m: 25:41.67	36.72		
5.	Melissa Zwaan				DAW-Finzeno	25:37.11	9103666	26:06.75		
	50m: 33.96	33.96	550m: 6:58.01	37.97	1050m: 13:27.40	39.83	1550m: 20:10.00	40.21		
	100m: 1:11.25	37.29	600m: 7:36.17	38.16	1100m: 14:07.89	40.49	1600m: 20:51.00	41.00		
	150m: 1:49.51	38.26	650m: 8:14.65	38.48	1150m: 14:47.97	40.08	1650m: 21:30.32	39.32		
	200m: 2:28.29	38.78	700m: 8:53.02	38.37	1200m: 15:27.85	39.88	1700m: 22:09.79	39.47		
	250m: 3:06.76	38.47	750m: 9:31.25	38.23	1250m: 16:08.09	40.24	1750m: 22:49.15	39.36		
	300m: 3:45.82	39.06	800m: 10:09.85	38.60	1300m: 16:48.43	40.34	1800m: 23:28.62	39.47		
	350m: 4:24.50	38.68	850m: 10:48.54	38.69	1350m: 17:28.62	40.19	1850m: 24:08.28	39.66		
	400m: 5:03.54	39.04	900m: 11:27.72	39.18	1400m: 18:09.32	40.70	1900m: 24:48.25	39.97		
	450m: 5:41.78	38.24	950m: 12:07.65	39.93	1450m: 18:49.75	40.43	1950m: 25:28.05	39.80		
	500m: 6:20.04	38.26	1000m: 12:47.57	39.92	1500m: 19:29.79	40.04	2000m: 26:06.75	38.70		

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Zaandam, 7.2.2010

Programmanr. 11, Dames, 2000m vrije slag, Dames Senioren Open

Rang					In.tijd					Tijd		
6.	Cynthia Noordermeer				Het Y	26:00.00	7000358			26:49.57		
	50m:	36.89	36.89	550m:	7:13.80	40.29	1050m:	13:58.20	40.63	1550m:	20:43.95	40.79
	100m:	1:15.67	38.78	600m:	7:54.22	40.42	1100m:	14:38.48	40.28	1600m:	21:25.01	41.06
	150m:	1:54.82	39.15	650m:	8:34.64	40.42	1150m:	15:19.11	40.63	1650m:	22:06.09	41.08
	200m:	2:33.95	39.13	700m:	9:15.09	40.45	1200m:	15:59.64	40.53	1700m:	22:46.82	40.73
	250m:	3:13.22	39.27	750m:	9:55.39	40.30	1250m:	16:40.26	40.62	1750m:	23:27.48	40.66
	300m:	3:52.77	39.55	800m:	10:35.89	40.50	1300m:	17:20.67	40.41	1800m:	24:08.07	40.59
	350m:	4:32.64	39.87	850m:	11:16.09	40.20	1350m:	18:01.32	40.65	1850m:	24:48.86	40.79
	400m:	5:12.61	39.97	900m:	11:56.39	40.30	1400m:	18:42.09	40.77	1900m:	25:29.39	40.53
	450m:	5:53.16	40.55	950m:	12:36.92	40.53	1450m:	19:22.73	40.64	1950m:	26:09.67	40.28
	500m:	6:33.51	40.35	1000m:	13:17.57	40.65	1500m:	20:03.16	40.43	2000m:	26:49.57	39.90
7.	Linda Crok				Oeza	28:11.73	9401068			26:57.04		
	50m:	35.67	35.67	550m:	7:20.29	40.62	1050m:	14:10.00	41.33	1550m:	20:58.48	40.62
	100m:	1:14.67	39.00	600m:	8:01.04	40.75	1100m:	14:51.00	41.00	1600m:	21:38.92	40.44
	150m:	1:54.82	40.15	650m:	8:42.23	41.19	1150m:	15:32.13	41.13	1650m:	22:19.23	40.31
	200m:	2:35.32	40.50	700m:	9:22.70	40.47	1200m:	16:13.13	41.00	1700m:	23:00.00	40.77
	250m:	3:16.02	40.70	750m:	10:03.45	40.75	1250m:	16:54.16	41.03	1750m:	23:40.86	40.86
	300m:	3:56.70	40.68	800m:	10:44.32	40.87	1300m:	17:35.02	40.86	1800m:	24:21.07	40.21
	350m:	4:38.36	41.66	850m:	11:25.45	41.13	1350m:	18:15.36	40.34	1850m:	25:01.76	40.69
	400m:	5:18.36	40.00	900m:	12:06.36	40.91	1400m:	18:56.23	40.87	1900m:	25:41.73	39.97
	450m:	5:58.80	40.44	950m:	12:47.60	41.24	1450m:	19:37.04	40.81	1950m:	26:21.89	40.16
	500m:	6:39.67	40.87	1000m:	13:28.67	41.07	1500m:	20:17.86	40.82	2000m:	26:57.04	35.15
8.	Sanne Bommer				De Dolfijn	NT	9501132			26:57.11		
	50m:	37.21	37.21	550m:	7:20.86	40.57	1050m:	14:09.86	40.99	1550m:	20:58.46	40.79
	100m:	1:16.73	39.52	600m:	8:01.34	40.48	1100m:	14:51.19	41.33	1600m:	21:38.89	40.43
	150m:	1:56.65	39.92	650m:	8:41.92	40.58	1150m:	15:32.11	40.92	1650m:	22:19.25	40.36
	200m:	2:37.03	40.38	700m:	9:22.18	40.26	1200m:	16:13.18	41.07	1700m:	22:59.93	40.68
	250m:	3:17.47	40.44	750m:	10:03.50	41.32	1250m:	16:54.16	40.98	1750m:	23:40.94	41.01
	300m:	3:58.16	40.69	800m:	10:44.32	40.82	1300m:	17:34.73	40.57	1800m:	24:21.13	40.19
	350m:	4:38.57	40.41	850m:	11:25.39	41.07	1350m:	18:15.29	40.56	1850m:	25:01.64	40.51
	400m:	5:19.19	40.62	900m:	12:06.37	40.98	1400m:	18:55.93	40.64	1900m:	25:41.50	39.86
	450m:	5:59.73	40.54	950m:	12:47.69	41.32	1450m:	19:36.81	40.88	1950m:	26:21.14	39.64
	500m:	6:40.29	40.56	1000m:	13:28.87	41.18	1500m:	20:17.67	40.86	2000m:	26:57.11	35.97
9.	Mariska van Engeldorp				Zv Aquarius	NT	9502326			27:11.18		
	50m:	35.50	35.50	550m:	7:21.07	41.22	1050m:	14:14.70	41.10	1550m:	21:07.45	41.13
	100m:	1:14.74	39.24	600m:	8:03.09	42.02	1100m:	14:55.28	40.58	1600m:	21:47.61	40.16
	150m:	1:54.73	39.99	650m:	8:45.18	42.09	1150m:	15:35.85	40.57	1650m:	22:28.97	41.36
	200m:	2:34.53	39.80	700m:	9:26.71	41.53	1200m:	16:18.54	42.69	1700m:	23:10.08	41.11
	250m:	3:15.07	40.54	750m:	10:07.50	40.79	1250m:	16:59.75	41.21	1750m:	23:50.98	40.90
	300m:	3:55.67	40.60	800m:	10:48.20	40.70	1300m:	17:40.82	41.07	1800m:	24:31.03	40.05
	350m:	4:36.76	41.09	850m:	11:29.94	41.74	1350m:	18:22.37	41.55	1850m:	25:12.65	41.62
	400m:	5:17.64	40.88	900m:	12:12.21	42.27	1400m:	19:03.89	41.52	1900m:	25:53.43	40.78
	450m:	5:58.64	41.00	950m:	12:52.39	40.18	1450m:	19:44.64	40.75	1950m:	26:33.89	40.46
	500m:	6:39.85	41.21	1000m:	13:33.60	41.21	1500m:	20:26.32	41.68	2000m:	27:11.18	37.29
10.	Mandy Verhage				DAW-Finzeno	NT	9501382			27:20.65		
	50m:	33.87	33.87	550m:	7:12.24	41.17	1050m:	14:05.60	41.73	1550m:	21:03.66	42.50
	100m:	1:11.68	37.81	600m:	7:53.27	41.03	1100m:	14:46.84	41.24	1600m:	21:46.38	42.72
	150m:	1:50.10	38.42	650m:	8:34.34	41.07	1150m:	15:28.49	41.65	1650m:	22:28.60	42.22
	200m:	2:29.16	39.06	700m:	9:15.87	41.53	1200m:	16:10.06	41.57	1700m:	23:11.07	42.47
	250m:	3:08.47	39.31	750m:	9:57.30	41.43	1250m:	16:51.75	41.69	1750m:	23:53.63	42.56
	300m:	3:48.00	39.53	800m:	10:38.57	41.27	1300m:	17:32.10	40.35	1800m:	24:36.56	42.93
	350m:	4:28.44	40.44	850m:	11:19.69	41.12	1350m:	18:14.57	42.47	1850m:	25:19.35	42.79
	400m:	5:08.56	40.12	900m:	12:00.87	41.18	1400m:	18:56.47	41.90	1900m:	26:01.10	41.75
	450m:	5:49.60	41.04	950m:	12:42.25	41.38	1450m:	19:38.35	41.88	1950m:	26:42.30	41.20
	500m:	6:31.07	41.47	1000m:	13:23.87	41.62	1500m:	20:21.16	42.81	2000m:	27:20.65	38.35

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Programmanr. 11, Dames, 2000m vrije slag, Dames Senioren Open

Rang					In.tijd		Tijd	
11.	Irene van der Laan		ZV De Bron		27:20.00		6000096	27:56.48
	50m:	38.38 38.38	550m:	7:34.00 42.58	1050m:	14:32.72 41.76	1550m:	21:33.06 41.74
	100m:	1:19.03 40.65	600m:	8:16.15 42.15	1100m:	15:14.71 41.99	1600m:	22:16.15 43.09
	150m:	2:00.10 41.07	650m:	8:57.67 41.52	1150m:	15:56.53 41.82	1650m:	22:58.69 42.54
	200m:	2:41.23 41.13	700m:	9:39.72 42.05	1200m:	16:38.32 41.79	1700m:	23:41.67 42.98
	250m:	3:22.50 41.27	750m:	10:21.71 41.99	1250m:	17:20.36 42.04	1750m:	24:24.53 42.86
	300m:	4:03.85 41.35	800m:	11:03.64 41.93	1300m:	18:02.82 42.46	1800m:	25:07.32 42.79
	350m:	4:45.64 41.79	850m:	11:45.37 41.73	1350m:	18:44.92 42.10	1850m:	25:50.10 42.78
	400m:	5:27.25 41.61	900m:	12:27.10 41.73	1400m:	19:26.39 41.47	1900m:	26:32.72 42.62
	450m:	6:09.39 42.14	950m:	13:08.89 41.79	1450m:	20:09.05 42.66	1950m:	27:14.92 42.20
	500m:	6:51.42 42.03	1000m:	13:50.96 42.07	1500m:	20:51.32 42.27	2000m:	27:56.48 41.56
12.	Andrea van Leeuwen		De Zijl LGB		29:05.48		8100904	28:14.11
	50m:	37.65 37.65	550m:	7:37.57 41.98	1050m:	14:42.21 42.37	1550m:	21:49.71
	100m:	1:17.77 40.12	600m:	8:19.87 42.30	1100m:	15:25.09 42.88	1600m:	22:32.37 42.66
	150m:	1:59.53 41.76	650m:	9:01.87 42.00	1150m:	16:07.12 42.03	1650m:	23:15.40 43.03
	200m:	2:41.59 42.06	700m:	9:44.33 42.46	1200m:	16:50.27 43.15	1700m:	23:58.30 42.90
	250m:	3:23.43 41.84	750m:	10:26.37 42.04	1250m:	17:33.24 42.97	1750m:	24:41.47 43.17
	300m:	4:05.68 42.25	800m:	11:08.74 42.37	1300m:	18:15.40 42.16	1800m:	25:25.21 43.74
	350m:	4:48.03 42.35	850m:	11:51.03 42.29	1350m:	18:57.33 41.93	1850m:	26:08.12 42.91
	400m:	5:30.68 42.65	900m:	12:33.87 42.84	1400m:	19:40.87 43.54	1900m:	26:50.18 42.06
	450m:	6:13.24 42.56	950m:	13:16.93 43.06	1450m:	20:24.37 43.50	1950m:	27:33.37 43.19
	500m:	6:55.59 42.35	1000m:	13:59.84 42.91	1500m:	22:07.21 1:42.84	2000m:	28:14.11 40.74
13.	Marjolein van Kleef		De Zijl LGB		27:57.07		9301398	28:25.64
	50m:	37.04 37.04	550m:	7:43.16 42.36	1050m:	14:53.07 42.81	1550m:	22:02.51 43.22
	100m:	1:18.23 41.19	600m:	8:26.00 42.84	1100m:	15:34.76 41.69	1600m:	22:45.73 43.22
	150m:	2:00.45 42.22	650m:	9:08.57 42.57	1150m:	16:17.39 42.63	1650m:	23:28.29 42.56
	200m:	2:42.67 42.22	700m:	9:51.42 42.85	1200m:	17:00.26 42.87	1700m:	24:11.00 42.71
	250m:	3:25.92 43.25	750m:	10:34.89 43.47	1250m:	17:43.42 43.16	1750m:	24:53.64 42.64
	300m:	4:08.64 42.72	800m:	11:17.92 43.03	1300m:	18:26.23 42.81	1800m:	25:36.57 42.93
	350m:	4:51.57 42.93	850m:	12:00.73 42.81	1350m:	19:09.07 42.84	1850m:	26:19.23 42.66
	400m:	5:34.80 43.23	900m:	12:44.02 43.29	1400m:	19:52.86 43.79	1900m:	27:02.42 43.19
	450m:	6:17.45 42.65	950m:	13:27.48 43.46	1450m:	20:35.60 42.74	1950m:	27:45.51 43.09
	500m:	7:00.80 43.35	1000m:	14:10.26 42.78	1500m:	21:19.29 43.69	2000m:	28:25.64 40.13
14.	Corine Nelen		Het Y		30:00.00		8302776	29:19.45
	50m:	38.09 38.09	550m:	8:01.51 44.65	1050m:	15:22.32 44.12	1550m:	22:42.57 44.06
	100m:	1:20.57 42.48	600m:	8:45.45 43.94	1100m:	16:06.11 43.79	1600m:	23:26.64 44.07
	150m:	2:04.20 43.63	650m:	9:30.36 44.91	1150m:	16:49.98 43.87	1650m:	24:10.95 44.31
	200m:	2:48.51 44.31	700m:	10:14.39 44.03	1200m:	17:33.86 43.88	1700m:	24:55.20 44.25
	250m:	3:33.32 44.81	750m:	10:58.67 44.28	1250m:	18:17.73 43.87	1750m:	25:40.09 44.89
	300m:	4:18.07 44.75	800m:	11:43.13 44.46	1300m:	19:01.48 43.75	1800m:	26:24.89 44.80
	350m:	5:02.48 44.41	850m:	12:26.45 43.32	1350m:	19:45.64 44.16	1850m:	27:09.22 44.33
	400m:	5:47.29 44.81	900m:	13:10.51 44.06	1400m:	20:29.89 44.25	1900m:	27:52.98 43.76
	450m:	6:32.01 44.72	950m:	13:54.26 43.75	1450m:	21:13.95 44.06	1950m:	28:36.67 43.69
	500m:	7:16.86 44.85	1000m:	14:38.20 43.94	1500m:	21:58.51 44.56	2000m:	29:19.45 42.78
15.	Lisanne van Zijl		Zaanstad (SG)		NT		9505454	30:09.81
	50m:	37.50 37.50	550m:	8:04.65 45.73	1050m:	15:47.28 46.10	1550m:	23:24.75 45.79
	100m:	1:19.72 42.22	600m:	8:50.81 46.16	1100m:	16:32.21 44.93	1600m:	24:10.74 45.99
	150m:	2:03.25 43.53	650m:	9:37.67 46.86	1150m:	17:17.12 44.91	1650m:	24:55.20 44.46
	200m:	2:47.65 44.40	700m:	10:24.79 47.12	1200m:	18:04.59 47.47	1700m:	25:41.59 46.39
	250m:	3:32.88 45.23	750m:	11:10.78 45.99	1250m:	18:50.30 45.71	1750m:	26:27.83 46.24
	300m:	4:18.62 45.74	800m:	11:56.98 46.20	1300m:	19:35.78 45.48	1800m:	27:13.37 45.54
	350m:	5:03.47 44.85	850m:	12:42.37 45.39	1350m:	20:21.99 46.21	1850m:	27:58.18 44.81
	400m:	5:49.02 45.55	900m:	13:29.67 47.30	1400m:	21:06.34 44.35	1900m:	28:43.34 45.16
	450m:	6:34.12 45.10	950m:	14:15.28 45.61	1450m:	21:51.69 45.35	1950m:	29:27.32 43.98
	500m:	7:18.92 44.80	1000m:	15:01.18 45.90	1500m:	22:38.96 47.27	2000m:	30:09.81 42.49

LAC deel 3A
Zaandam, 7.2.2010

Programmanr. 11, Dames, 2000m vrije slag, Dames Senioren Open

Rang							In.tijd	Tijd				
16.	Anne Groen						NT	9505996	30:41.22			
	50m:	37.60	37.60	550m:	8:08.52	46.55	1050m:	15:57.60	47.74	1550m:	23:48.83	46.21
	100m:	1:19.64	42.04	600m:	8:55.36	46.84	1100m:	16:45.37	47.77	1600m:	24:35.85	47.02
	150m:	2:02.48	42.84	650m:	9:41.76	46.40	1150m:	17:32.58	47.21	1650m:	25:22.62	46.77
	200m:	2:46.22	43.74	700m:	10:28.11	46.35	1200m:	18:19.82	47.24	1700m:	26:09.80	47.18
	250m:	3:31.27	45.05	750m:	11:14.36	46.25	1250m:	19:06.80	46.98	1750m:	26:56.63	46.83
	300m:	4:16.54	45.27	800m:	12:01.30	46.94	1300m:	19:54.44	47.64	1800m:	27:42.90	46.27
	350m:	5:02.74	46.20	850m:	12:48.04	46.74	1350m:	20:42.19	47.75	1850m:	28:28.47	45.57
	400m:	5:48.65	45.91	900m:	13:35.26	47.22	1400m:	21:28.91	46.72	1900m:	29:13.16	44.69
	450m:	6:35.26	46.61	950m:	14:23.20	47.94	1450m:	22:15.80	46.89	1950m:	29:58.33	45.17
	500m:	7:21.97	46.71	1000m:	15:09.86	46.66	1500m:	23:02.62	46.82	2000m:	30:41.22	42.89
17.	Sandra Zwaanswijk						NT	8503934	31:38.06			
	50m:	37.38	37.38	550m:	8:23.97	48.64	1050m:	16:27.50	48.67	1550m:	24:37.11	48.06
	100m:	1:18.95	41.57	600m:	9:11.60	47.63	1100m:	17:17.13	49.63	1600m:	25:26.45	49.34
	150m:	2:03.58	44.63	650m:	9:59.80	48.20	1150m:	18:05.90	48.77	1650m:	26:15.90	49.45
	200m:	2:50.33	46.75	700m:	10:47.93	48.13	1200m:	18:54.66	48.76	1700m:	27:04.64	48.74
	250m:	3:36.58	46.25	750m:	11:36.65	48.72	1250m:	19:44.14	49.48	1750m:	27:51.21	46.57
	300m:	4:23.51	46.93	800m:	12:25.68	49.03	1300m:	20:33.34	49.20	1800m:	28:37.93	46.72
	350m:	5:11.15	47.64	850m:	13:13.86	48.18	1350m:	21:22.35	49.01	1850m:	29:23.84	45.91
	400m:	5:58.97	47.82	900m:	14:01.83	47.97	1400m:	22:11.47	49.12	1900m:	30:09.87	46.03
	450m:	6:46.23	47.26	950m:	14:50.55	48.72	1450m:	23:00.07	48.60	1950m:	30:55.82	45.95
	500m:	7:35.33	49.10	1000m:	15:38.83	48.28	1500m:	23:49.05	48.98	2000m:	31:38.06	42.24
18.	Tamara Uijtewaal						NT	9404852	33:05.20			
	50m:	38.21	38.21	550m:	8:26.69	49.20	1050m:	16:50.71	50.79	1550m:	25:32.42	52.54
	100m:	1:20.15	41.94	600m:	9:16.60	49.91	1100m:	17:41.46	50.75	1600m:	26:25.37	52.95
	150m:	2:04.56	44.41	650m:	10:05.32	48.72	1150m:	18:32.44	50.98	1650m:	27:17.75	52.38
	200m:	2:50.17	45.61	700m:	10:55.28	49.96	1200m:	19:25.42	52.98	1700m:	28:08.82	51.07
	250m:	3:37.14	46.97	750m:	11:45.50	50.22	1250m:	20:16.75	51.33	1750m:	29:00.67	51.85
	300m:	4:23.91	46.77	800m:	12:36.16	50.66	1300m:	21:08.68	51.93	1800m:	29:50.99	50.32
	350m:	5:11.78	47.87	850m:	13:26.93	50.77	1350m:	22:00.85	52.17	1850m:	30:41.28	50.29
	400m:	5:59.48	47.70	900m:	14:17.67	50.74	1400m:	22:55.11	54.26	1900m:	31:30.35	49.07
	450m:	6:49.10	49.62	950m:	15:08.68	51.01	1450m:	23:47.35	52.24	1950m:	32:19.53	49.18
	500m:	7:37.49	48.39	1000m:	15:59.92	51.24	1500m:	24:39.88	52.53	2000m:	33:05.20	45.67
DIS	Debby Bavelaar						NT	9502468	AF			
	<i>AF - Niet de aangegeven afstand gezwommen (geen tijd noteren).</i>											
	50m:	37.25	37.25	500m:	6:56.85	43.13	950m:	13:24.19	42.95	1400m:	19:58.92	45.57
	100m:	1:17.61	40.36	550m:	7:39.16	42.31	1000m:	14:07.58	43.39	1450m:	20:43.91	44.99
	150m:	1:59.67	42.06	600m:	8:22.68	43.52	1050m:	14:50.71	43.13	1500m:	21:28.68	44.77
	200m:	2:41.85	42.18	650m:	9:05.75	43.07	1100m:	15:33.77	43.06	1550m:	22:12.92	44.24
	250m:	3:24.06	42.21	700m:	9:49.19	43.44	1150m:	16:17.67	43.90	1600m:	22:58.59	45.67
	300m:	4:05.69	41.63	750m:	10:31.66	42.47	1200m:	16:59.54	41.87	1650m:	23:43.00	44.41
	350m:	4:48.06	42.37	800m:	11:15.31	43.65	1250m:	17:44.10	44.56	1700m:	24:28.12	45.12
	400m:	5:31.18	43.12	850m:	11:58.59	43.28	1300m:	18:28.39	44.29			
	450m:	6:13.72	42.54	900m:	12:41.24	42.65	1350m:	19:13.35	44.96			
NG	Daisy Kleijne						Oeza	27:32.48	8902286			

Programmanr. 12
07-02-2010 - 17:32

Heren, 2000m vrije slag

Heren Senioren Open
Resultaten

Rang							In.tijd	Tijd		
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