

Programmanr. 1  
14.02.2010 Meisjes, 200m wisselslag Minioren 3 en 4  
Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Terri Out De Zeehond '73	4:28.51 0000026	50.92			3:42.51
	BM Gijs Rovers Scom	NT 9704751	53.32			4:03.32

Programmanr. 2  
14.02.2010 Meisjes, 200m wisselslag Minioren 5 en junioren 1  
Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Esmee Buddenberg De Zeehond '73	3:07.08 9800304	44.27			3:06.21

Programmanr. 3  
14.02.2010 Heren, 400m wisselslag Junioren 1 en ouder  
Resultaten

Rang		In.tijd	100m	200m	300m	400m
1.	Jeffrey Buddenberg De Zeehond '73	5:32.57 9502289	1:06.91			5:04.98
2.	Nick Out De Zeehond '73	5:48.69 9400881	1:17.24			5:34.59
3.	Brian van Geffen De Duck	NT 9203695	1:16.16			5:34.79
4.	Cees van der Heide Scom	5:59.13 9503967	1:22.32			5:44.98
5.	Tai Wei Kan Scom	6:07.76 9502417	1:16.08			5:49.27
6.	Mike Hoek De Duck	6:38.41 9702229	1:26.41			6:07.74
7.	Jan Smalheer Scom	6:39.50 6400701	1:29.68			6:29.59
8.	Melvin Hanswijk Scom	NT 9307025	1:33.22			6:29.84
9.	Edwin Vermeulen De Duck	NT 9306695	1:39.20			6:43.86

Programmanr. 4  
14.02.2010 Jongens, 400m vrije slag Minioren 3 en 4  
Resultaten

Rang		In.tijd	100m	200m	300m	400m
1.	Otto Pranger De Zeehond '73	7:04.51 0000007	1:29.25	3:04.08	4:36.96	6:10.24

Programmanr. 5  
14.02.2010 Meisjes, 800m vrije slag Minioren 5 en junioren 1  
Resultaten

Rang		In.tijd	Tijd
1.	Judith Kleinjan De Duck	NT 9802710	<b>12:43.64</b>
	100m: 1:27.78 1:27.78 300m: 4:43.09 1:37.54 500m: 7:59.65 1:38.71 700m: 11:14.13 1:35.17		
	200m: 3:05.55 1:37.77 400m: 6:20.94 1:37.85 600m: 9:38.96 1:39.31 800m: 12:43.64 1:29.51		
2.	Claudia van Eeren Scom	16:42.77 9803068	<b>14:54.44</b>
	100m: 1:38.66 1:38.66 300m: 5:25.61 1:54.53 500m: 9:14.90 1:56.40 700m: 13:07.72 1:56.84		
	200m: 3:31.08 1:52.42 400m: 7:18.50 1:52.89 600m: 11:10.88 1:55.98 800m: 14:54.44 1:46.72		
3.	Quinty Bolander Scom	NT 9902522	<b>15:17.61</b>
	100m: 1:41.86 1:41.86 300m: 5:31.57 1:56.48 500m: 9:30.80 1:59.48 700m: 13:29.51 1:59.22		
	200m: 3:35.09 1:53.23 400m: 7:31.32 1:59.75 600m: 11:30.29 1:59.49 800m: 15:17.61 1:48.10		
4.	Desiree van Eeren Scom	18:25.20 9803070	<b>16:45.34</b>
	100m: 1:44.70 1:44.70 300m: 6:04.93 2:12.47 500m: 10:32.68 2:14.31 700m: 14:52.18 2:08.61		
	200m: 3:52.46 2:07.76 400m: 8:18.37 2:13.44 600m: 12:43.57 2:10.89 800m: 16:45.34 1:53.16		

Programmanr. 5, 800m vrije slag

Programmanr. 5  
14.02.2010

Jongens, 800m vrije slag

Minioren 5 en 6  
Resultaten

Rang							In.tijd	Tijd				
1.	Remco van Velzen						De Zeehond '73	10:58.78	9800011	10:28.88		
	100m:	1:12.99	1:12.99	300m:	3:51.58	1:19.98	500m:	6:33.91	1:21.05	700m:	9:13.91	1:20.07
	200m:	2:31.60	1:18.61	400m:	5:12.86	1:21.28	600m:	7:53.84	1:19.93	800m:	10:28.88	1:14.97

Programmanr. 6  
14.02.2010

Meisjes, 1500m vrije slag

Junioren 2 en 3  
Resultaten

Rang							In.tijd	Tijd				
1.	Céline Verhoef						De Duck	NT	9604476	22:21.84		
	100m:	1:19.58	1:19.58	500m:	7:19.18	1:31.22	900m:	13:22.34	1:30.71	1300m:	19:25.55	1:30.72
	200m:	2:47.37	1:27.79	600m:	8:50.83	1:31.65	1000m:	14:53.75	1:31.41	1400m:	20:56.18	1:30.63
	300m:	4:16.99	1:29.62	700m:	10:21.24	1:30.41	1100m:	16:24.47	1:30.72	1500m:	22:21.84	1:25.66
	400m:	5:47.96	1:30.97	800m:	11:51.63	1:30.39	1200m:	17:54.83	1:30.36			
2.	Senna Pols						De Zeehond '73	NT	9700012	22:46.09		
	100m:	1:23.16	1:23.16	500m:	7:31.79	1:32.73	900m:	13:39.96	1:30.83	1300m:	19:46.31	1:32.03
	200m:	2:54.36	1:31.20	600m:	9:04.78	1:32.99	1000m:	15:10.85	1:30.89	1400m:	21:17.16	1:30.85
	300m:	4:26.56	1:32.20	700m:	10:38.08	1:33.30	1100m:	16:42.18	1:31.33	1500m:	22:46.09	1:28.93
	400m:	5:59.06	1:32.50	800m:	12:09.13	1:31.05	1200m:	18:14.28	1:32.10			
3.	Nienke Pranger						De Zeehond '73	NT	9701612	23:05.24		
	100m:	1:23.86	1:23.86	500m:	7:28.23	1:32.28	900m:	13:41.52	1:33.25	1300m:	19:57.55	1:34.06
	200m:	2:53.82	1:29.96	600m:	9:01.99	1:33.76	1000m:	15:15.58	1:34.06	1400m:	21:33.58	1:36.03
	300m:	4:24.08	1:30.26	700m:	10:33.80	1:31.81	1100m:	16:50.23	1:34.65	1500m:	23:05.24	1:31.66
	400m:	5:55.95	1:31.87	800m:	12:08.27	1:34.47	1200m:	18:23.49	1:33.26			
4.	Tamara van Kooij						De Zeehond '73	NT	9700032	23:07.14		
	100m:	1:26.41	1:26.41	500m:	7:43.77	1:35.16	900m:	13:59.78	1:34.37	1300m:	20:12.64	1:31.03
	200m:	3:00.06	1:33.65	600m:	9:17.24	1:33.47	1000m:	15:33.86	1:34.08	1400m:	21:43.37	1:30.73
	300m:	4:34.59	1:34.53	700m:	10:50.90	1:33.66	1100m:	17:08.39	1:34.53	1500m:	23:07.14	1:23.77
	400m:	6:08.61	1:34.02	800m:	12:25.41	1:34.51	1200m:	18:41.61	1:33.22			
5.	Karen van Dee						Scom	26:04.76	9604074	23:59.60		
	100m:	1:24.81	1:24.81	500m:	7:46.62	1:37.80	900m:	14:16.34	1:35.74	1300m:	20:51.00	1:38.88
	200m:	2:58.84	1:34.03	600m:	9:25.28	1:38.66	1000m:	15:53.88	1:37.54	1400m:	22:29.15	1:38.15
	300m:	4:33.25	1:34.41	700m:	11:02.28	1:37.00	1100m:	17:32.28	1:38.40	1500m:	23:59.60	1:30.45
	400m:	6:08.82	1:35.57	800m:	12:40.60	1:38.32	1200m:	19:12.12	1:39.84			
6.	Renske de Vries						Scom	25:33.80	9703330	24:13.71		
	100m:	1:26.14	1:26.14	500m:	7:51.36	1:38.70	900m:			1300m:	21:04.37	1:39.07
	200m:	3:00.08	1:33.94	600m:	9:30.05	1:38.69	1000m:	16:04.33		1400m:	22:43.52	1:39.15
	300m:	4:36.43	1:36.35	700m:	11:08.14	1:38.09	1100m:	17:45.55	1:41.22	1500m:	24:13.71	1:30.19
	400m:	6:12.66	1:36.23	800m:	12:42.20	1:34.06	1200m:	19:25.30	1:39.75			
7.	Samantha Boef						De Zeehond '73	NT	9702840	24:20.13		
	100m:	1:24.76	1:24.76	500m:	7:43.64	1:34.63	900m:	14:19.64	1:41.97	1300m:	21:08.09	1:41.39
	200m:	2:58.09	1:33.33	600m:	9:21.48	1:37.84	1000m:	16:01.48	1:41.84	1400m:	22:50.39	1:42.30
	300m:	4:32.73	1:34.64	700m:	11:00.80	1:39.32	1100m:	17:46.29	1:44.81	1500m:	24:20.13	1:29.74
	400m:	6:09.01	1:36.28	800m:	12:37.67	1:36.87	1200m:	19:26.70	1:40.41			
8.	Lenneke Bagijn						De Duck	NT	9604992	24:24.92		
	100m:	1:26.20	1:26.20	500m:	7:51.80	1:39.00	900m:	14:28.70	1:39.47	1300m:	21:12.80	1:41.41
	200m:	3:00.95	1:34.75	600m:	9:30.48	1:38.68	1000m:	16:10.80	1:42.10	1400m:	22:51.54	1:38.74
	300m:	4:36.01	1:35.06	700m:	11:07.86	1:37.38	1100m:	17:51.51	1:40.71	1500m:	24:24.92	1:33.38
	400m:	6:12.80	1:36.79	800m:	12:49.23	1:41.37	1200m:	19:31.39	1:39.88			

Programmanr. 7  
14.02.2010

Dames, 2000m vrije slag

Jeugd 1 en ouder  
Resultaten

Rang							In.tijd			Tijd		
1.	Lisanne van Velzen		De Zeehond '73		NT		9501318			<b>27:43.36</b>		
	100m:	1:15.58	1:15.58	600m:	8:12.96	1:24.10	1100m:	15:11.96	1:24.18	1600m:	22:13.29	1:24.03
	200m:	2:37.43	1:21.85	700m:	9:36.89	1:23.93	1200m:	16:36.07	1:24.11	1700m:	23:37.48	1:24.19
	300m:	4:00.65	1:23.22	800m:	11:00.36	1:23.47	1300m:	18:00.85	1:24.78	1800m:	25:01.16	1:23.68
	400m:	5:25.14	1:24.49	900m:	12:24.08	1:23.72	1400m:	19:25.08	1:24.23	1900m:	26:24.76	1:23.60
	500m:	6:48.86	1:23.72	1000m:	13:47.78	1:23.70	1500m:	20:49.26	1:24.18	2000m:	27:43.36	1:18.60
2.	Sandra Vermeulen		De Duck		NT		9303522			<b>30:30.57</b>		
	100m:	1:18.61	1:18.61	600m:	8:58.67	1:33.45	1100m:	16:40.82	1:31.52	1600m:	24:28.67	1:34.54
	200m:	2:47.86	1:29.25	700m:	10:31.86	1:33.19	1200m:	18:14.54	1:33.72	1700m:	26:03.16	1:34.49
	300m:	4:19.39	1:31.53	800m:	12:04.42	1:32.56	1300m:	19:48.39	1:33.85	1800m:	27:35.95	1:32.79
	400m:	5:52.16	1:32.77	900m:	13:36.48	1:32.06	1400m:	21:19.36	1:30.97	1900m:	29:07.61	1:31.66
	500m:	7:25.22	1:33.06	1000m:	15:09.30	1:32.82	1500m:	22:54.13	1:34.77	2000m:	30:30.57	1:22.96
3.	Kimberley van Buren		De Duck		NT		9304136			<b>30:33.41</b>		
	100m:	1:21.52	1:21.52	600m:	9:01.08	1:32.71	1100m:	16:41.46	1:32.30	1600m:	24:27.81	1:33.69
	200m:	2:51.60	1:30.08	700m:	10:31.84	1:30.76	1200m:	18:14.62	1:33.16	1700m:	26:02.59	1:34.78
	300m:	4:23.49	1:31.89	800m:	12:03.60	1:31.76	1300m:	19:48.42	1:33.80	1800m:	27:36.05	1:33.46
	400m:	5:55.52	1:32.03	900m:	13:36.30	1:32.70	1400m:	21:19.97	1:31.55	1900m:	29:07.80	1:31.75
	500m:	7:28.37	1:32.85	1000m:	15:09.16	1:32.86	1500m:	22:54.12	1:34.15	2000m:	30:33.41	1:25.61
4.	Hetty Smalheer		Scom		33:17.41		6700352			<b>32:19.75</b>		
	100m:	1:27.35	1:27.35	600m:	9:32.99	1:36.61	1100m:	17:44.10	1:37.99	1600m:	25:51.94	1:37.00
	200m:	3:03.29	1:35.94	700m:	11:12.13	1:39.14	1200m:	19:22.57	1:38.47	1700m:	27:31.19	1:39.25
	300m:	4:39.97	1:36.68	800m:	12:49.47	1:37.34	1300m:	21:00.91	1:38.34	1800m:	29:09.14	1:37.95
	400m:	6:18.20	1:38.23	900m:	14:26.94	1:37.47	1400m:	22:37.89	1:36.98	1900m:	30:45.47	1:36.33
	500m:	7:56.38	1:38.18	1000m:	16:06.11	1:39.17	1500m:	24:14.94	1:37.05	2000m:	32:19.75	1:34.28
5.	Rebecca van Eeren		Scom		32:57.74		9306910			<b>33:48.20</b>		
	100m:	1:27.17	1:27.17	600m:	9:41.21	1:41.25	1100m:	18:16.82	1:42.71	1600m:	26:57.41	1:44.98
	200m:	3:03.96	1:36.79	700m:	11:24.00	1:42.79	1200m:	20:00.33	1:43.51	1700m:	28:43.02	1:45.61
	300m:	4:40.87	1:36.91	800m:	13:07.52	1:43.52	1300m:	21:43.46	1:43.13	1800m:	30:27.58	1:44.56
	400m:	6:20.17	1:39.30	900m:	14:50.05	1:42.53	1400m:	23:27.94	1:44.48	1900m:	32:11.73	1:44.15
	500m:	7:59.96	1:39.79	1000m:	16:34.11	1:44.06	1500m:	25:12.43	1:44.49	2000m:	33:48.20	1:36.47
6.	Kyra Grooten		Scom		NT		9406478			<b>34:05.08</b>		
	100m:	1:28.22	1:28.22	600m:	9:51.50	1:42.87	1100m:	18:28.15	1:44.21	1600m:	27:13.18	1:43.24
	200m:	3:05.44	1:37.22	700m:	11:33.68	1:42.18	1200m:	20:12.53	1:44.38	1700m:	28:57.58	1:44.40
	300m:	4:45.68	1:40.24	800m:	13:17.13	1:43.45	1300m:	21:58.50	1:45.97	1800m:	30:40.91	1:43.33
	400m:	6:27.25	1:41.57	900m:	15:00.22	1:43.09	1400m:	23:44.31	1:45.81	1900m:	32:26.27	1:45.36
	500m:	8:08.63	1:41.38	1000m:	16:43.94	1:43.72	1500m:	25:29.94	1:45.63	2000m:	34:05.08	1:38.81
7.	Jill Zevenbergen		Scom		NT		9202608			<b>34:06.65</b>		
	100m:	1:30.42	1:30.42	600m:	9:53.15	1:40.56	1100m:	18:31.18	1:43.95	1600m:	27:16.95	1:46.03
	200m:	3:08.94	1:38.52	700m:	11:36.34	1:43.19	1200m:	20:15.52	1:44.34	1700m:	29:00.47	1:43.52
	300m:	4:48.90	1:39.96	800m:	13:19.12	1:42.78	1300m:	21:59.82	1:44.30	1800m:	30:45.83	1:45.36
	400m:	6:29.62	1:40.72	900m:	15:02.68	1:43.56	1400m:	23:45.60	1:45.78	1900m:	32:29.18	1:43.35
	500m:	8:12.59	1:42.97	1000m:	16:47.23	1:44.55	1500m:	25:30.92	1:45.32	2000m:	34:06.65	1:37.47
8.	Loes van Bremen		Scom		34:38.48		8600212			<b>37:17.50</b>		
	100m:	1:30.85	1:30.85	600m:	10:43.48	1:53.62	1100m:	20:18.78	1:56.02	1600m:	30:04.75	1:56.66
	200m:	3:16.59	1:45.74	700m:	12:36.54	1:53.06	1200m:	22:17.15	1:58.37	1700m:	32:00.88	1:56.13
	300m:	5:06.28	1:49.69	800m:	14:32.62	1:56.08	1300m:	24:13.12	1:55.97	1800m:	33:54.78	1:53.90
	400m:	6:56.92	1:50.64	900m:	16:27.00	1:54.38	1400m:	26:11.35	1:58.23	1900m:	35:41.57	1:46.79
	500m:	8:49.86	1:52.94	1000m:	18:22.76	1:55.76	1500m:	28:08.09	1:56.74	2000m:	37:17.50	1:35.93