

2010-02-21=200-400m wedstrijd ZV Westland Dijkglas
's-Gravenzande, 21.2.2010

Programmanr. 1
21.2.10 - 15:30

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Ivo Roozeboom	DES	4:25.05	7700801
	50m: 30.65 30.65	150m: 1:40.62 35.18	250m: 2:50.29 34.33	350m: 3:58.53 33.94
	100m: 1:05.44 34.79	200m: 2:15.96 35.34	300m: 3:24.59 34.30	400m: 4:31.67 33.14
2.	Gianpaolo Gioia	ZC Ooievaar (SG)	4:31.96	9306457
	50m: 31.26 31.26	150m: 1:40.06 34.61	250m: 2:51.21 35.43	350m: 4:02.94 36.21
	100m: 1:05.45 34.19	200m: 2:15.78 35.72	300m: 3:26.73 35.52	400m: 4:36.79 33.85
3.	Jeroen van der Giessen	ZV Westland Dijkglas	4:34.42	9404751
	50m: 30.40 30.40	150m: 1:40.86 35.64	250m: 2:52.61 35.67	350m: 4:03.80 35.70
	100m: 1:05.22 34.82	200m: 2:16.94 36.08	300m: 3:28.10 35.49	400m: 4:38.75 34.95
4.	Krijn de Kievit	Racing Club	4:51.60	9700277
	50m: 32.57 32.57	150m: 1:46.78 37.84	250m: 3:02.56 37.96	350m: 4:18.16 37.76
	100m: 1:08.94 36.37	200m: 2:24.60 37.82	300m: 3:40.40 37.84	400m: 4:54.77 36.61
5.	Nicolas Rivard	WVZ	5:09.17	9500113
	50m: 34.00 34.00	150m: 1:51.14 38.93	250m: 3:09.03 38.80	350m: 4:27.52 39.48
	100m: 1:12.21 38.21	200m: 2:30.23 39.09	300m: 3:48.04 39.01	400m: 5:04.69 37.17
6.	Niels van Wageningen	D'Elft	5:29.91	7601335
	50m: 31.24 31.24	150m: 1:43.88 37.46	250m: 3:03.98 40.90	350m: 4:26.05 40.80
	100m: 1:06.42 35.18	200m: 2:23.08 39.20	300m: 3:45.25 41.27	400m: 5:05.92 39.87
7.	Nour Al-Nahas	ZC Ooievaar (SG)	5:26.02	9505421
	50m: 33.31 33.31	150m: 1:51.98 40.47	250m: 3:12.84 40.38	350m: 4:33.35 39.80
	100m: 1:11.51 38.20	200m: 2:32.46 40.48	300m: 3:53.55 40.71	400m: 5:10.64 37.29
8.	Kees van den Doel <i>Eindtijd is handtijd</i>	Racing Club	5:42.77	9401677
	50m: 33.21 33.21	150m: 1:49.76 39.55	250m: 3:12.33 41.78	350m: 4:37.13 43.00
	100m: 1:10.21 37.00	200m: 2:30.55 40.79	300m: 3:54.13 41.80	400m: 5:14.11 36.98
9.	Stan Zwinkels	ZV Westland Dijkglas	5:43.23	9800239
	50m: 36.96 36.96	150m: 1:58.81 40.78	250m: 3:20.06 40.53	350m: 4:38.29 38.57
	100m: 1:18.03 41.07	200m: 2:39.53 40.72	300m: 3:59.72 39.66	400m: 5:15.58 37.29
10.	Toby van Wijngaarden	Racing Club	5:41.21	9700591
	50m: 36.14 36.14	150m: 1:57.30 41.28	250m: 3:17.16 39.94	350m: 4:38.04 40.35
	100m: 1:16.02 39.88	200m: 2:37.22 39.92	300m: 3:57.69 40.53	400m: 5:18.16 40.12
11.	Brent Dijsselbloem	WVZ	5:44.00	9601981
	50m: 38.67 38.67	150m: 2:01.64 41.77	250m: 3:26.89 42.42	350m: 4:47.53 39.79
	100m: 1:19.87 41.20	200m: 2:44.47 42.83	300m: 4:07.74 40.85	400m: 5:26.49 38.96
12.	Dennis van Leeuwen	De Vliet (SG)	5:33.52	9005859
	50m: 35.71 35.71	150m: 2:00.64 42.33	250m: 3:25.46 42.29	350m: 4:54.14 45.07
	100m: 1:18.31 40.49	200m: 2:43.17 42.53	300m: 4:09.07 43.61	400m: 5:36.67 42.53
14.	Patrick Wyrdean	ZC Ooievaar (SG)	5:57.35	9702475
	50m: 37.48 37.48	150m: 2:01.92 42.72	250m: 3:27.90 42.83	350m: 4:55.34 43.90
	100m: 1:19.20 41.72	200m: 2:45.07 43.15	300m: 4:11.44 43.54	400m: 5:37.67 42.33
15.	Mohamed Al-Nahas	ZC Ooievaar (SG)	6:09.28	9703997
	50m: 39.15 39.15	150m: 2:04.91 43.28	250m: 3:32.10 43.70	350m: 5:00.07 43.21
	100m: 1:21.63 42.48	200m: 2:48.40 43.49	300m: 4:16.86 44.76	400m: 5:41.72 41.65
16.	Ivar van Straaten	WVZ	6:10.70	9800107
	50m: 40.75 40.75	150m: 2:13.78 46.96	250m: 3:47.68 46.92	350m: 5:19.86 46.09
	100m: 1:26.82 46.07	200m: 3:00.76 46.98	300m: 4:33.77 46.09	400m: 6:03.62 43.76
17.	Jason Everard	WZK	6:48.09	9701277
	50m: 43.13 43.13	150m: 3:10.87 1:41.19	250m: 4:02.85 350m: 5:00.07	400m: 6:36.67
	100m: 1:29.68 46.55	200m: 3:54.89 1:45.04	300m: 5:47.89 1:45.04	400m: 6:36.67
NG.ZA	Lennard Spaans	DES	4:53.56	9107205
	50m: 34.00 34.00	150m: 1:51.14 38.93	250m: 3:09.03 38.80	350m: 4:27.52 39.48
	100m: 1:12.21 38.21	200m: 2:30.23 39.09	300m: 3:48.04 39.01	400m: 5:04.69 37.17

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's-Gravenzande, 21.2.2010

Programmanr. 2
21.2.10 - 15:50

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Astrid van Nieuwkerk	ZV Westland Dijkglas	4:43.69	9402904
	50m: 31.89 31.89	150m: 1:42.23 35.19	250m: 2:52.83 35.65	350m: 4:04.24 35.52
	100m: 1:07.04 35.15	200m: 2:17.18 34.95	300m: 3:28.72 35.89	400m: 4:38.97 34.73
2.	Linda van der Hout	ZV Westland Dijkglas	4:40.58	9300344
	50m: 31.94 31.94	150m: 1:42.23 35.29	250m: 2:53.58 35.71	350m: 4:06.65 37.05
	100m: 1:06.94 35.00	200m: 2:17.87 35.64	300m: 3:29.60 36.02	400m: 4:43.31 36.66
3.	Anke Lambooj	AZL	4:47.90	8001182
	50m: 32.21 32.21	150m: 1:44.13 36.40	250m: 2:58.77 37.57	350m: 4:14.83 38.00
	100m: 1:07.73 35.52	200m: 2:21.20 37.07	300m: 3:36.83 38.06	400m: 4:52.09 37.26
4.	Kim Visser	Racing Club	5:19.47	9702516
	50m: 33.95 33.95	150m: 1:49.17 38.00	250m: 3:06.42 38.73	350m: 4:22.98 38.08
	100m: 1:11.17 37.22	200m: 2:27.69 38.52	300m: 3:44.90 38.48	400m: 5:00.88 37.90
5.	Eef Hollander	ZC Ooievaar (SG)	5:20.89	9602074
	50m: 34.21 34.21	150m: 1:49.32 38.11	250m: 3:06.76 39.16	350m: 4:25.44 39.47
	100m: 1:11.21 37.00	200m: 2:27.60 38.28	300m: 3:45.97 39.21	400m: 5:03.67 38.23
6.	Linda Hoogendam	D'Elft	4:59.87	8300892
	50m: 32.46 32.46	150m: 1:48.10 38.42	250m: 3:05.92 39.19	350m: 4:26.97 40.59
	100m: 1:09.68 37.22	200m: 2:26.73 38.63	300m: 3:46.38 40.46	400m: 5:05.39 38.42
7.	Raiesha Sardar	ZC Ooievaar (SG)	5:17.81	9800604
	50m: 36.79 36.79	150m: 1:56.01 39.42	250m: 3:15.45 39.76	350m: 4:34.91 39.63
	100m: 1:16.59 39.80	200m: 2:35.69 39.68	300m: 3:55.28 39.83	400m: 5:11.83 36.92
8.	Marja Esmeijer	Zoetermeer	5:27.27	9800776
	50m: 36.55 36.55	150m: 1:57.95 41.29	250m: 3:22.62 42.66	350m: 4:45.66 41.54
	100m: 1:16.66 40.11	200m: 2:39.96 42.01	300m: 4:04.12 41.50	400m: 5:26.29 40.63
9.	Luca Bruin	WVZ	NT	9804228
	50m: 37.08 37.08	150m: 2:01.39 43.06	250m: 3:29.80 44.19	350m: 4:59.30 44.87
	100m: 1:18.33 41.25	200m: 2:45.61 44.22	300m: 4:14.43 44.63	400m: 5:42.25 42.95
10.	Yancey Bouman	Zoetermeer	5:50.74	9801924
	50m: 38.66 38.66	150m: 2:07.22 45.02	250m: 3:37.42 44.80	350m: 5:06.70 44.91
	100m: 1:22.20 43.54	200m: 2:52.62 45.40	300m: 4:21.79 44.37	400m: 5:50.90 44.20
11.	Amanda Hoogenboom	WZK	6:16.56	9200796
	50m: 38.90 38.90	150m: 2:08.92 45.80	250m: 3:41.31 46.34	350m: 5:13.64 46.23
	100m: 1:23.12 44.22	200m: 2:54.97 46.05	300m: 4:27.41 46.10	400m: 5:56.75 43.11
12.	Miranda Dijkhuizen	Zoetermeer	6:38.07	9602262
	50m: 40.90 40.90	150m: 2:18.49 49.74	250m: 3:50.00 49.74	350m: 5:30.00 49.74
	100m: 1:28.75 47.85	200m: 3:38.07 49.74	300m: 5:00.00 49.74	400m: 6:33.74 49.74

Programmanr. 3
21.2.10 - 16:04

Heren, 200m wisselslag

Senioren Open
Resultaten

Rang	naam	vereniging	In.tijd	50m	100m	150m	200m
1.	Rolan van der Lugt	ZV Westland Dijkglas	2:14.40 9001869	28.36	1:03.45	1:42.11	2:14.15
2.	Alex Vermeulen	WZK	2:21.79 8905811	31.24	1:08.63	1:50.30	2:23.79
3.	Markus van Rest	ZV Westland Dijkglas	2:29.57 7701197	29.82	1:09.66	1:57.54	2:33.97
4.	Djeremy Roos	WZK	2:54.23 9204891	33.45	1:15.01	2:04.29	2:40.52
5.	Nils Vanwezer	WZK	2:40.33 9405579	33.84	1:15.48	2:05.50	2:40.54
6.	Robert Wall	WZK	NT 9603969	34.63	1:15.94	2:06.96	2:46.39
7.	Youcef Alili	D'Elft	2:48.72 9404879	36.02	1:18.61	2:12.56	2:53.08
8.	Ton van der Plaats	D'Elft	2:56.26 9501795	40.01	1:23.90	2:18.12	2:58.22
9.	Jelmer Lankhorst	Racing Club	3:07.00 9800353	40.21	1:26.54	2:20.72	3:02.76
10.	Rolan Bennis	Racing Club	3:31.86 9800159	50.05	1:45.37	2:43.16	3:27.03
11.	Tim van Ijll	D'Elft	3:33.09 9802297	51.96	1:46.15	2:48.71	3:36.09
AFGEM	Marwan Tijani	DES	3:16.55 9305105				
AFGEM	Nick Bowring	DES	3:12.32 9703277				
AFGEM	Elliot Falces	DES	3:06.16 9802713				
AFGEM	Mohammed Jaf	Zoetermeer	NT 9504805				

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Programmanr. 4
21.2.10 - 16:16

Jongens, 200m wisselslag

Minioren 5 en later
Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Rens Martens	NT 9900679	47.39	1:46.55	2:45.20	3:31.79
AFGEM	Thomas Jansen	NT 0100143				

Programmanr. 5
21.2.10 - 16:17

Dames, 200m wisselslag

Senioren Open
Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Julia Litjens	ZV Westland Dijkglas 3:19.94 9801188	39.45	1:24.26	2:15.92	2:54.44
2.	Joy Vavier	ZV Westland Dijkglas 3:02.89 9701686	41.04	1:26.39	2:19.32	2:59.45
3.	Kim Koene	DES 2:47.15 6900652	38.81	1:26.37	2:19.08	3:00.83
4.	Jolika Csibra	DES 3:06.69 7600838	38.02	1:25.60	2:22.59	3:03.49
5.	Sabrina Everard	WZK 3:13.34 9405392	39.98	1:27.79	2:24.13	3:07.65
6.	Carlijne Tap	Zoetermeer 3:14.63 9801460	44.48	1:31.52	2:26.24	3:07.81
7.	Eline Veldkamp	Zoetermeer 3:22.23 9801766	40.47	1:25.47	2:25.17	3:08.57
8.	Myrthe Keizer	DES 3:18.72 9306052	44.80	1:37.32	2:34.01	3:19.18
9.	Elise Spaans	Zoetermeer 3:24.23 9602974	47.69	1:38.52	2:36.12	3:24.13
DIS	Kirsten Boon	ZV Westland Dijkglas 3:34.98 9803530	50.22	1:40.93	2:36.21	3:23.58
<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn</i>						
AFGEM	Amina Jaf	Zoetermeer NT 9605028				
AFGEM	Antonia Milicic	DES 3:19.18 9704070				

Programmanr. 6
21.2.10 - 16:26

Meisjes, 200m wisselslag

Minioren 5 en later
Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Juliette Farmer	WVZ 3:44.25 9902954	48.87	1:36.83	2:36.11	3:19.13
2.	Jemma Layden	WVZ NT 9903556	48.00	1:40.68	2:37.30	3:25.31
3.	Lanaya van Uffelen	Racing Club 3:35.52 0000058	49.03	1:42.41	2:42.58	3:30.39

Programmanr. 7
21.2.10 - 16:31

Heren, 200m vlinderslag

Senioren Open
Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Erik Schippers	De Vliet (SG) 2:54.87 9403821	37.04	1:21.62	2:09.60	2:56.46
DIS	Brent Dijsselbloem	WVZ 3:32.59 9601981	45.21	1:38.65	2:34.13	3:29.26
<i>VC - Armen niet over het water naar voren gebracht., VH</i>						

Programmanr. 8
21.2.10 - 16:35

Dames, 200m vlinderslag

Senioren Open
Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Yvonne Gerritsen	DES 2:49.36 8000342	34.83	1:16.30	2:01.44	2:48.02
2.	Aylin van Uffelen	Racing Club 3:07.92 9600352	34.86	1:17.81	2:03.78	2:50.14
3.	Emma Siemensma	DES 3:06.52 9402716	36.71	1:21.74	2:11.38	3:03.33
4.	Diana van Halm Braam	WVZ 3:30.77 9800788	41.37	1:34.11	2:31.66	3:28.20
AFGEM	Bente Rog	DES 3:04.85 9206810				

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Programmanr. 9 Heren, 200m schoolslag Senioren Open
21.2.10 - 16:40 Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Niels van Wageningen D'Elft	3:08.12 7601335	40.51	1:28.07	2:17.59	3:05.15
2.	Tim Hoogland DES	3:05.83 9602435	41.43	1:29.94	2:20.68	3:11.55
3.	Ivar van Straaten WVZ	3:28.41 9800107	48.12	1:42.57	2:37.87	3:30.75
4.	Thomas van de Velde WZK	NT 9601435	48.19	1:45.11	2:45.39	3:44.69

Programmanr. 10 Dames, 200m schoolslag Senioren Open
21.2.10 - 16:44 Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Luca Bruin WVZ	3:21.69 9804228	45.43	1:36.02	2:27.05	3:18.26
2.	Vera Martens WVZ	3:25.48 9801572	44.34	1:35.20	2:29.19	3:22.75
3.	Kirsten Boon ZV Westland Dijkglas	3:34.48 9803530	49.15	1:45.15	2:43.30	3:37.42

Programmanr. 11 Heren, 200m rugslag Senioren Open
21.2.10 - 16:49 Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Ivo Roozeboom DES	2:16.15 7700801	32.26	1:08.47	1:45.09	2:21.05
2.	Youcef Alili D'Elft	2:53.10 9404879	39.68	1:23.35	2:06.39	2:48.77

Programmanr. 12 Dames, 200m rugslag Senioren Open
21.2.10 - 16:53 Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Britt Vis ZV Westland Dijkglas	2:44.51 9700888	38.05	1:19.34	2:02.43	2:43.45
2.	Raiesha Sardar ZC Ooievaar (SG)	2:41.77 9800604	40.25	1:23.81	2:07.04	2:46.96
3.	Miranda Dijkhuizen Zoetermeer	3:11.80 9602262	45.52	1:35.99	2:25.65	3:12.28
4.	Elise Spaans Zoetermeer	NT 9602974	48.70	1:41.14	2:36.43	3:28.90

Programmanr. 13 Heren, 200m vrije slag Senioren Open
21.2.10 - 16:57 Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Jeroen van der Giessen ZV Westland Dijkglas	2:09.93 9404751	29.50	1:02.66	1:37.06	2:11.26
2.	Alex Vermeulen WZK	2:10.58 8905811	30.47	1:04.27	1:39.96	2:14.59
3.	Djeremy Roos WZK	2:34.30 9204891	31.71	1:07.56	1:46.16	2:21.94
4.	Nicolas Rivard WVZ	2:26.29 9500113	32.18	1:08.24	1:45.86	2:22.33
5.	Nils Vanwezer WZK	2:19.12 9405579	31.93	1:08.50	1:46.66	2:22.77
6.	Dennis van Leeuwen De Vliet (SG)	2:28.54 9005859	32.09		1:49.04	2:27.05
7.	Robert Wall WZK	2:42.06 9603969	33.34	1:11.41	1:52.34	2:30.41
8.	Ton van der Plaats D'Elft	2:34.87 9501795	33.25	1:13.27		2:34.15
9.	Armand Heyder ZV Westland Dijkglas	2:53.44 9603221	35.29	1:16.25	1:59.10	2:37.75
10.	Jelmer Lankhorst Racing Club	2:43.53 9800353	36.81	1:19.33	2:03.38	2:43.26
11.	Rolan Bennis Racing Club	3:05.56 9800159	40.41	1:25.42	2:11.62	2:55.00
12.	Tim van Ijll D'Elft	3:06.42 9802297	41.64	1:30.04	2:18.91	3:04.95
13.	Jason Everard WZK	3:13.60 9701277	43.36	1:31.95	2:21.29	3:08.23

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Programmanr. 13, Heren, 200m vrije slag, Senioren Open

Rang		In.tijd	50m	100m	150m	200m
14.	Thomas van de Velde WZK	3:16.86 9601435	44.04	1:34.25	2:24.78	3:09.88
	<i>50-, 100- en 150-metertijden zijn backuptijden</i>					
15.	Wilco van der Giessen ZV Westland Dijkglas	3:10.30 9802223	42.32	1:33.10	2:22.46	3:12.64
AFGEM	Mohammed Jaf Zoetermeer	NT 9504805				
AFGEM	Nick Bowring DES	3:21.93 9703277				
AFGEM	Elliot Falces DES	2:58.00 9802713				
AFGEM	Marwan Tijani DES	2:38.46 9305105				

Programmanr. 14
21.2.10 - 17:12

Jongens, 200m vrije slag

Minioren 5 en later
Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Rens Martens WVZ	NT 9900679	43.27	1:34.55	2:27.41	3:15.23
AFGEM	Thomas Jansen WVZ	NT 0100143				

Programmanr. 15
21.2.10 - 17:17

Dames, 200m vrije slag

Senioren Open
Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Linda van der Hout ZV Westland Dijkglas	2:11.44 9300344	31.30	1:05.29	1:39.39	2:13.50
2.	Astrid van Nieuwkerk ZV Westland Dijkglas	2:16.71 9402904	31.58	1:05.96	1:40.63	2:14.54
3.	Anke Lambooi AZL	2:14.34 8001182	31.34	1:06.04	1:41.95	2:17.89
4.	Emma Siemensma DES	2:24.32 9402716	33.42	1:10.87	1:49.62	2:25.87
5.	Yvonne Gerritsen DES	2:25.96 8000342	32.94	1:11.20	1:50.47	2:28.36
6.	Marja Esmeijer Zoetermeer	2:32.54 9800776	34.73	1:14.50	1:55.69	2:34.68
7.	Jolika Csibra DES	2:36.71 7600838	34.69	1:13.71	1:55.49	2:35.33
8.	Britt Vis ZV Westland Dijkglas	2:41.12 9700888	37.46	1:18.28	1:59.24	2:36.51
9.	Joy Vavier ZV Westland Dijkglas	2:43.31 9701686	36.75	1:17.00	1:58.12	2:36.87
10.	Brighid van Uffelen Racing Club	2:41.22 9800310	35.46	1:16.41	1:57.45	2:38.03
11.	Julia Litjens ZV Westland Dijkglas	2:53.04 9801188	38.98	1:20.48	2:04.14	2:40.31
12.	Kim Koene DES	2:24.63 6900652	35.73	1:16.54	1:59.32	2:41.57
13.	Yancey Bouman Zoetermeer	2:50.24 9801924	38.34	1:20.58	2:03.62	2:42.61
14.	Myrthe Keizer DES	2:47.33 9306052	38.51	1:21.48	2:05.42	2:47.79
15.	Diana van Halm Braam WVZ	2:45.96 9800788	38.21	1:21.73	2:06.19	2:48.28
16.	Sabrina Everard WZK	2:57.68 9405392	38.57	1:21.58	2:07.32	2:49.96
17.	Vera Martens WVZ	3:00.36 9801572	38.48	1:21.92	2:07.57	2:51.01
18.	Eline Veldkamp Zoetermeer	2:52.82 9801766	39.73	1:25.83	2:10.49	2:54.56
AFGEM	Amina Jaf Zoetermeer	NT 9605028				
AFGEM	Antonia Milicic DES	2:56.70 9704070				
AFGEM	Bente Rog DES	2:27.95 9206810				

Programmanr. 16
21.2.10 - 17:31

Meisjes, 200m vrije slag

Minioren 5 en later
Resultaten

Rang		In.tijd	50m	100m	150m	200m
1.	Jemma Layden WVZ	3:10.99 9903556	40.36	1:27.79	2:13.24	3:05.87
	Juliette Farmer WVZ	3:07.97 9902954	40.48	1:28.49	2:17.17	3:05.87
3.	Raya Sardar ZC Ooievaar (SG)	3:17.53 9901562	41.26	1:30.54	2:19.66	3:06.67
4.	Lanaya van Uffelen Racing Club	3:25.76 0000058	41.61	1:30.18	2:21.58	3:10.18
	<i>Eindtijd is backuptijd</i>					
AFGEM	Isobel Bowring DES	NT 9901982				

2010-02-21=200-400m wedstrijd ZV Westland Dijkglas
's-Gravenzande, 21.2.2010

Programmanr. 17
21.2.10 - 17:36

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam		vereniging	inschrijftijd				tijd			
1.	Rolan van der Lugt		ZV Westland Dijkglas	4:49.86		9001869		4:49.16			
	50m:	29.55	150m:	1:43.26	38.57	250m:	3:01.75	41.16	350m:	4:16.89	34.13
	100m:	1:04.69	200m:	2:20.59	37.33	300m:	3:42.76	41.01	400m:	4:49.16	32.27
2.	Thom Paardekooper		Zoetermeer	NT		9604259		5:57.81			
	50m:	35.05	150m:	2:06.85	44.13	250m:	3:41.89	51.22	350m:	5:17.00	42.09
	100m:	1:22.72	200m:	2:50.67	43.82	300m:	4:34.91	53.02	400m:	5:57.81	40.81
3.	Erik Schippers		De Vliet (SG)	NT		9403821		6:15.01			
	50m:	37.36	150m:	2:13.20	49.82	250m:	4:01.28	58.51	350m:	5:38.31	41.77
	100m:	1:23.38	200m:	3:02.77	49.57	300m:	4:56.54	55.26	400m:	6:15.01	36.70
NG.ZA	Lennard Spaans		DES	5:51.67		9107205					
	50m:		150m:			250m:		350m:			
	100m:		200m:			300m:		400m:			

Programmanr. 18
21.2.10 - 17:43

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam		vereniging	inschrijftijd				tijd			
1.	Nicole Bennis		Racing Club	NT		9600470		5:35.33			
	50m:	34.95	150m:	2:00.31	42.90	250m:	3:29.25	47.42	350m:	4:57.56	39.79
	100m:	1:17.41	200m:	2:41.83	41.52	300m:	4:17.77	48.52	400m:	5:35.33	37.77
2.	Kris Siegers		Zoetermeer	5:50.58		9306368		5:35.94			
	50m:	34.66	150m:	1:57.43	40.58	250m:	3:29.79	52.47	350m:	4:59.76	37.69
	100m:	1:16.85	200m:	2:37.32	39.89	300m:	4:22.07	52.28	400m:	5:35.94	36.18
3.	Linda Hoogendam		D'Elft	5:57.00		8300892		5:59.89			
	50m:	36.39	150m:	2:08.73	45.47	250m:	3:47.90	54.63	350m:	5:22.09	40.33
	100m:	1:23.26	200m:	2:53.27	44.54	300m:	4:41.76	53.86	400m:	5:59.89	37.80
4.	Myrthe de Jong		Racing Club	NT		9800244		6:35.29			
	50m:	41.07	150m:	2:27.38	52.43	250m:	4:10.67	52.03	350m:	5:50.79	44.35
	100m:	1:34.95	200m:	3:18.64	51.26	300m:	5:06.44	55.77	400m:	6:35.29	44.50
AFGEM	Wendy Sneekes		D'Elft	6:10.89		8402290					
	50m:		150m:			250m:		350m:			
	100m:		200m:			300m:		400m:			
AFGEM	Eline Kempen		Zoetermeer	5:49.95		9402802					
	50m:		150m:			250m:		350m:			
	100m:		200m:			300m:		400m:			
AFGEM	Alyssa Rijnschot		Zoetermeer	NT		9500566					
	50m:		150m:			250m:		350m:			
	100m:		200m:			300m:		400m:			