

LAC Wassenaar
Wassenaar, 28.2.2010

Programmanr. 1
28.2.10 - 15:30

Dames, 2000m vrije slag

Dames Senioren Open
Resultaten

Rang				In.tijd		Tijd
1.	Leonie van Noord		De Zijl LGB	23:20.36	9301752	24:00.59
	100m: 1:09.07	1:09.07	600m:	1100m:	1600m:	
	200m: 2:20.92	1:11.85	700m:	1200m:	1700m:	
	300m:		800m: 9:32.87	1300m:	1800m:	
	400m: 4:44.27		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 18:03.40	2000m: 24:00.59	
2.	Aranka Wichers		d'ELFT	NT	9306378	26:08.48
	100m: 1:10.81	1:10.81	600m:	1100m:	1600m:	
	200m: 2:27.76	1:16.95	700m:	1200m:	1700m:	
	300m:		800m: 10:27.01	1300m:	1800m:	
	400m: 5:07.47		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 19:41.81	2000m: 26:08.48	
3.	Linda Hoogendam		d'ELFT	28:09.58	8300892	26:56.60
	100m: 1:14.26	1:14.26	600m:	1100m:	1600m:	
	200m: 2:32.89	1:18.63	700m:	1200m:	1700m:	
	300m:		800m: 10:35.80	1300m:	1800m:	
	400m: 5:12.51		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 20:09.02	2000m: 26:56.60	
4.	Kris Siegers		Zoetermeer	28:24.99	9306368	26:57.40
	100m: 1:14.52	1:14.52	600m:	1100m:	1600m:	
	200m: 2:31.44	1:16.92	700m:	1200m:	1700m:	
	300m:		800m: 10:34.44	1300m:	1800m:	
	400m: 5:11.19		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 20:09.26	2000m: 26:57.40	
5.	Eline Kempen		Zoetermeer	28:19.07	9402802	28:19.57
	100m: 1:24.54	1:24.54	600m:	1100m:	1600m:	
	200m: 2:51.26	1:26.72	700m:	1200m:	1700m:	
	300m:		800m: 11:20.76	1300m:	1800m:	
	400m: 5:41.26		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 21:16.80	2000m: 28:19.57	
6.	Tamara Hoogenboom		WZK	26:47.92	9001560	29:17.02
	100m: 1:17.67	1:17.67	600m:	1100m:	1600m:	
	200m: 2:40.26	1:22.59	700m:	1200m:	1700m:	
	300m:		800m: 11:21.02	1300m:	1800m:	
	400m: 5:30.80		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 21:49.51	2000m: 29:17.02	
7.	Debby Bavelaar		De Zijl LGB	NT	9502468	29:37.20
	100m: 1:17.76	1:17.76	600m:	1100m:	1600m:	
	200m: 2:42.16	1:24.40	700m:	1200m:	1700m:	
	300m:		800m: 11:33.86	1300m:	1800m:	
	400m: 5:36.57		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 22:13.39	2000m: 29:37.20	
8.	Alyssa Rijnschot		Zoetermeer	NT	9500566	31:20.23
	100m: 1:25.42	1:25.42	600m:	1100m:	1600m:	
	200m: 2:55.26	1:29.84	700m:	1200m:	1700m:	
	300m:		800m: 12:11.92	1300m:	1800m:	
	400m: 5:59.64		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 23:26.42	2000m: 31:20.23	
9.	Madeleine Sielemann		Zoetermeer	NT	9106166	31:51.30
	100m: 1:24.99	1:24.99	600m:	1100m:	1600m:	
	200m: 2:53.82	1:28.83	700m:	1200m:	1700m:	
	300m:		800m: 12:19.34	1300m:	1800m:	
	400m: 5:58.85		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 23:43.70	2000m: 31:51.30	

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Programmanr. 1, Dames, 2000m vrije slag, Dames Senioren Open

Rang				In.tijd		Tijd
10.	Amanda Hoogenboom	WZK		NT	9200796	33:10.86
	100m: 1:26.48	1:26.48	600m:	1100m:	1600m:	
	200m: 3:01.70	1:35.22	700m:	1200m:	1700m:	
	300m:		800m: 12:59.45	1300m:	1800m:	
	400m: 6:18.30		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 24:51.67	2000m: 33:10.86	
11.	Olga Hols	d'ELFT		31:28.92	8701772	34:22.94
	100m: 1:29.96	1:29.96	600m:	1100m:	1600m:	
	200m: 3:09.76	1:39.80	700m:	1200m:	1700m:	
	300m:		800m: 13:32.09	1300m:	1800m:	
	400m: 6:37.95		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 25:52.27	2000m: 34:22.94	

Programmanr. 2
28.2.10 - 16:30

Heren, 2000m vrije slag

Heren Senioren Open
Resultaten

Rang				In.tijd		Tijd
1.	Rolan van der Lugt	ZV Westland Dijkglas		23:30.00	9001869	22:49.67
	100m: 1:02.80	1:02.80	600m:	1100m:	1600m:	
	200m: 2:08.76	1:05.96	700m:	1200m:	1700m:	
	300m:		800m: 8:58.95	1300m:	1800m:	
	400m: 4:24.45		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 17:04.36	2000m: 22:49.67	
2.	Erik Simons	WZK		22:17.70	8902845	23:12.64
	100m: 1:04.54	1:04.54	600m:	1100m:	1600m:	
	200m: 2:12.54	1:08.00	700m:	1200m:	1700m:	
	300m:		800m: 9:11.45	1300m:	1800m:	
	400m: 4:31.02		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 17:24.70	2000m: 23:12.64	
3.	Alexander Hulleman	De Zijl LGB		23:34.19	8300989	23:15.75
	100m: 1:05.38	1:05.38	600m:	1100m:	1600m:	
	200m: 2:13.28	1:07.90	700m:	1200m:	1700m:	
	300m:		800m: 9:11.31	1300m:	1800m:	
	400m: 4:31.49		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 17:24.13	2000m: 23:15.75	
4.	Michael van der Linden	De Zijl LGB		22:17.36	8601921	23:40.85
	100m: 1:04.63	1:04.63	600m:	1100m:	1600m:	
	200m: 2:13.05	1:08.42	700m:	1200m:	1700m:	
	300m:		800m: 9:12.49	1300m:	1800m:	
	400m: 4:31.35		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 17:38.93	2000m: 23:40.85	
5.	Jeroen van der Giessen	ZV Westland Dijkglas		NT	9404751	23:57.23
	100m: 1:04.16	1:04.16	600m:	1100m:	1600m:	
	200m: 2:14.36	1:10.20	700m:	1200m:	1700m:	
	300m:		800m: 9:28.04	1300m:	1800m:	
	400m: 4:37.70		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 17:52.95	2000m: 23:57.23	
6.	Simon Stouten	De Zijl LGB		25:14.39	9400943	24:38.01
	100m: 1:09.66	1:09.66	600m:	1100m:	1600m:	
	200m: 2:23.46	1:13.80	700m:	1200m:	1700m:	
	300m:		800m: 9:52.05	1300m:	1800m:	
	400m: 4:51.02		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 18:34.72	2000m: 24:38.01	
7.	Martijn Groeneveld	ZV Westland Dijkglas		25:47.90	9105959	26:10.40
	100m: 1:08.80	1:08.80	600m:	1100m:	1600m:	
	200m: 2:23.06	1:14.26	700m:	1200m:	1700m:	
	300m:		800m: 10:10.24	1300m:	1800m:	
	400m: 4:56.95		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 19:33.91	2000m: 26:10.40	

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Programmanr. 2, Heren, 2000m vrije slag, Heren Senioren Open

Rang				In.tijd		Tijd
8.	Lennart Spaans		ZV Westland Dijkglas	27:02.36	9201237	26:12.26
	100m: 1:10.02	1:10.02	600m:	1100m:	1600m:	
	200m: 2:26.32	1:16.30	700m:	1200m:	1700m:	
	300m:		800m: 10:22.26	1300m:	1800m:	
	400m: 5:03.20		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 19:44.86	2000m: 26:12.26	
9.	Alex Vermeulen		WZK	24:27.04	8905811	26:21.84
	100m: 1:11.86	1:11.86	600m:	1100m:	1600m:	
	200m: 2:29.47	1:17.61	700m:	1200m:	1700m:	
	300m:		800m: 10:25.49	1300m:	1800m:	
	400m: 5:07.25		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 19:45.47	2000m: 26:21.84	
10.	Dennis van Kleef		De Zijl LGB	NT	9500821	27:04.16
	100m: 1:14.36	1:14.36	600m:	1100m:	1600m:	
	200m: 2:34.16	1:19.80	700m:	1200m:	1700m:	
	300m:		800m: 10:41.80	1300m:	1800m:	
	400m: 5:18.32		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 20:20.73	2000m: 27:04.16	
11.	Alessandro Calvi		WZK	27:56.15	9206855	28:02.73
	100m: 1:19.10	1:19.10	600m:	1100m:	1600m:	
	200m: 2:42.64	1:23.54	700m:	1200m:	1700m:	
	300m:		800m: 11:14.95	1300m:	1800m:	
	400m: 5:33.57		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 21:08.95	2000m: 28:02.73	
12.	Nour Al-Nahas		ZC Ooievaar (SG)	28:51.05	9505421	28:18.67
	100m: 1:14.35	1:14.35	600m:	1100m:	1600m:	
	200m: 2:33.68	1:19.33	700m:	1200m:	1700m:	
	300m:		800m: 11:01.16	1300m:	1800m:	
	400m: 5:17.20		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 21:17.12	2000m: 28:18.67	
13.	Joey Roos		WZK	NT	9006399	29:17.95
	100m: 1:13.34	1:13.34	600m:	1100m:	1600m:	
	200m: 2:36.99	1:23.65	700m:	1200m:	1700m:	
	300m:		800m: 11:26.91	1300m:	1800m:	
	400m: 5:32.89		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 21:58.77	2000m: 29:17.95	
14.	Djeremy Roos		WZK	NT	9204891	29:19.16
	100m: 1:15.51	1:15.51	600m:	1100m:	1600m:	
	200m: 2:38.07	1:22.56	700m:	1200m:	1700m:	
	300m:		800m: 11:32.32	1300m:	1800m:	
	400m: 5:32.45		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 22:04.92	2000m: 29:19.16	
15.	Evert Bregman		WZK	NT	6200089	29:35.21
	100m: 1:16.03	1:16.03	600m:	1100m:	1600m:	
	200m: 2:40.32	1:24.29	700m:	1200m:	1700m:	
	300m:		800m: 11:27.66	1300m:	1800m:	
	400m: 5:33.82		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 21:58.13	2000m: 29:35.21	
16.	Patrick de Jong		ZV Westland Dijkglas	27:50.42	9403007	29:37.54
	100m: 1:13.42	1:13.42	600m:	1100m:	1600m:	
	200m: 2:37.07	1:23.65	700m:	1200m:	1700m:	
	300m:		800m: 11:34.86	1300m:	1800m:	
	400m: 5:32.73		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 22:12.39	2000m: 29:37.54	
17.	Paul van Dijk		Zoetermeer	30:39.80	9301455	30:10.17
	100m: 1:22.55	1:22.55	600m:	1100m:	1600m:	
	200m: 2:52.77	1:30.22	700m:	1200m:	1700m:	
	300m:		800m: 12:05.20	1300m:	1800m:	
	400m: 6:01.30		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 22:37.14	2000m: 30:10.17	

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Wassenaar, 28.2.2010

Programmanr. 3
28.2.10 - 17:50

Meisjes, 1500m vrije slag

Meisjes Junioren 2 en 3
Resultaten

Rang					In.tijd	Tijd
1.	Eef Hollander				NT	9602074 20:13.04
	100m: 1:16.02	1:16.02	500m:	900m:	1300m:	
	200m: 2:37.00	1:20.98	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 20:13.04	
	400m: 5:20.29		800m: 10:49.86	1200m:		
2.	Britt Vis				NT	9700888 21:30.77
	100m: 1:18.17	1:18.17	500m:	900m:	1300m:	
	200m: 2:44.51	1:26.34	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 21:30.77	
	400m: 5:37.83		800m: 11:25.45	1200m:		
3.	Rachael Kretsch				24:21.60	9602904 23:42.16
	100m: 1:28.03	1:28.03	500m:	900m:	1300m:	
	200m: 3:02.32	1:34.29	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 23:42.16	
	400m: 6:09.96		800m: 12:36.06	1200m:		
4.	Mylène Ijpema				25:23.75	9603284 24:17.57
	100m: 1:24.36	1:24.36	500m:	900m:	1300m:	
	200m: 2:59.36	1:35.00	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 24:17.57	
	400m: 6:12.51		800m: 12:47.64	1200m:		
5.	Ingeborg Efdée				27:21.98	9701546 26:39.20
	100m: 1:36.73	1:36.73	500m:	900m:	1300m:	
	200m: 3:21.36	1:44.63	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 26:39.20	
	400m: 6:57.13		800m: 14:14.45	1200m:		

Programmanr. 4
28.2.10 - 18:15

Jongens, 1500m vrije slag

Jongens Junioren 1 en 2
Resultaten

Rang					In.tijd	Tijd
1.	Thom Paardekooper				NT	9604259 21:20.64
	100m: 1:16.82	1:16.82	500m:	900m:	1300m:	
	200m:		600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 21:20.64	
	400m: 5:32.42		800m: 11:20.26	1200m:		
2.	Mohamed Al-Nahas				23:36.80	9703997 22:31.55
	100m: 1:24.84	1:24.84	500m:	900m:	1300m:	
	200m: 2:54.80	1:29.96	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 22:31.55	
	400m: 5:57.06		800m: 11:58.23	1200m:		
3.	Armand Heyder				NT	9603221 22:50.48
	100m: 1:17.32	1:17.32	500m:	900m:	1300m:	
	200m: 2:44.86	1:27.54	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 22:50.48	
	400m: 5:46.95		800m: 11:54.95	1200m:		
4.	Patrick Wyrdean				NT	9702475 22:51.18
	100m: 1:24.15	1:24.15	500m:	900m:	1300m:	
	200m: 2:53.58	1:29.43	600m:	1000m:	1400m:	
	300m:		700m:	1100m:	1500m: 22:51.18	
	400m: 5:57.18		800m: 11:56.68	1200m:		

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Programmanr. 5
28.2.10 - 18:40

Meisjes, 800m vrije slag

Meisjes Minioren 5 en Junioren 1
Resultaten

Rang				In.tijd		Tijd
1.	Raiesha Sardar		ZC Ooievaar (SG)	10:24.96	9800604	10:41.45
	100m: 1:20.29	1:20.29	300m:	500m:	700m:	
	200m: 2:41.23	1:20.94	400m: 5:25.02	600m:	800m: 10:41.45	
2.	Marja Esmeijer		Zoetermeer	11:49.80	9800776	10:58.42
	100m: 1:20.64	1:20.64	300m:	500m:	700m:	
	200m: 2:43.42	1:22.78	400m:	600m:	800m: 10:58.42	
3.	Julia Litjens		ZV Westland Dijkglas	NT	9801188	11:36.64
	100m: 1:24.39	1:24.39	300m:	500m:	700m:	
	200m: 2:53.23	1:28.84	400m: 5:48.29	600m:	800m: 11:36.64	
4.	Yancey Bouman		Zoetermeer	NT	9801924	11:57.88
	100m: 1:27.53	1:27.53	300m:	500m:	700m:	
	200m: 3:39.50	2:11.97	400m: 6:41.79	600m:	800m: 11:57.88	
5.	Diana van Halm Braam		WVZ	NT	9800788	12:03.42
	100m: 1:26.67	1:26.67	300m:	500m:	700m:	
	200m: 2:57.67	1:31.00	400m: 6:00.26	600m:	800m: 12:03.42	
6.	Cara Layden		WVZ	NT	9903562	12:04.60
	100m: 1:24.79	1:24.79	300m:	500m:	700m:	
	200m: 2:54.67	1:29.88	400m: 5:57.52	600m:	800m: 12:04.60	
7.	Luca Bruin		WVZ	NT	9804228	12:06.47
	100m: 1:24.91	1:24.91	300m:	500m:	700m:	
	200m: 2:54.89	1:29.98	400m: 5:56.97	600m:	800m: 12:06.47	
8.	Eline Veldkamp		Zoetermeer	NT	9801766	12:07.31
	100m: 1:28.61	1:28.61	300m:	500m:	700m:	
	200m: 3:01.41	1:32.80	400m: 6:07.66	600m:	800m: 12:07.31	
9.	Carlijne Tap		Zoetermeer	NT	9801460	12:39.39
	100m: 1:32.64	1:32.64	300m:	500m:	700m:	
	200m: 3:07.89	1:35.25	400m: 6:18.73	600m:	800m: 12:39.39	
10.	Kirsten Boon		ZV Westland Dijkglas	NT	9803530	13:16.29
	100m: 1:31.67	1:31.67	300m:	500m:	700m:	
	200m: 3:11.51	1:39.84	400m: 6:35.82	600m:	800m: 13:16.29	
11.	Juliette Farmer		WVZ	NT	9902954	13:21.92
	100m: 1:35.32	1:35.32	300m:	500m:	700m:	
	200m: 3:17.23	1:41.91	400m: 6:44.36	600m:	800m: 13:21.92	
12.	Jemma Layden		WVZ	NT	9903556	13:26.36
	100m: 1:32.67	1:32.67	300m:	500m:	700m:	
	200m: 3:12.13	1:39.46	400m: 6:35.73	600m:	800m: 13:26.36	
13.	Barbara Matekovic		WVZ	NT	9800786	13:37.70
	100m: 1:33.42	1:33.42	300m:	500m:	700m:	
	200m: 3:13.70	1:40.28	400m: 6:41.48	600m:	800m: 13:37.70	
14.	Noga Arad		WZK	NT	9903808	14:34.72
	100m: 1:39.42	1:39.42	300m:	500m:	700m:	
	200m: 3:27.29	1:47.87	400m: 7:11.13	600m:	800m: 14:34.72	

LAC Wassenaar
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Programmanr. 6
28.2.10 - 19:15

Jongens, 800m vrije slag

Jongens Minioren 5 en 6
Resultaten

Rang				In.tijd	Tijd
1.	Stan Zwinkels	ZV Westland Dijkglas		NT	9800239 11:02.68
	100m: 1:21.61 1:21.61	300m: 5:33.28	500m: 700m:		800m: 11:02.68
	200m: 2:46.47 1:24.86	400m: 5:33.28	600m:		
2.	Jordy v. Oel	ZC Ooievaar (SG)		NT	9802003 11:06.27
	100m: 1:20.09 1:20.09	300m: 5:34.46	500m: 700m:		800m: 11:06.27
	200m: 2:44.91 1:24.82	400m: 5:34.46	600m:		
3.	Rick van den Eng	WVZ		NT	9800755 11:24.98
	100m: 1:22.00 1:22.00	300m: 5:37.76	500m: 700m:		800m: 11:24.98
	200m: 2:47.13 1:25.13	400m: 5:37.76	600m:		
4.	Wouter Arnoldus	WVZ		12:06.20	9800581 11:54.60
	100m: 1:24.35 1:24.35	300m: 5:57.97	500m: 700m:		800m: 11:54.60
	200m: 2:55.12 1:30.77	400m: 5:57.97	600m:		
5.	Ivar van Straaten	WVZ		12:28.95	9800107 12:08.07
	100m: 1:26.45 1:26.45	300m: 6:05.51	500m: 700m:		800m: 12:08.07
	200m: 2:59.48 1:33.03	400m: 6:05.51	600m:		
6.	Tim van Ijll	d'ELFT		NT	9802297 13:49.10
	100m: 1:34.34 1:34.34	300m: 6:49.77	500m: 700m:		800m: 13:49.10
	200m: 3:17.87 1:43.53	400m: 6:49.77	600m:		

Programmanr. 7
28.2.10 - 19:30

Meisjes, 400m vrije slag

Meisjes Minioren 3 en 4
Resultaten

Rang				In.tijd	Tijd
1.	Inge Vieveen	WVZ		NT	0100024 6:13.00
	50m: 40.14 40.14	150m: 3:02.17	250m: 350m:		400m: 6:13.00
	100m: 1:27.00 46.86	200m: 3:02.17	300m:		
2.	Isis Beres	DES		NT	0001874 7:01.23
	50m: 44.23 44.23	150m: 3:26.00	250m: 350m:		400m: 7:01.23
	100m: 1:36.86 52.63	200m: 3:26.00	300m:		
3.	Anoushka Brannan Anderson	DES		NT	0003170 7:01.95
	50m: 42.50 42.50	150m: 3:23.14	250m: 350m:		400m: 7:01.95
	100m: 1:34.39 51.89	200m: 3:23.14	300m:		
4.	Finley Quinn	DES		NT	0003070 7:51.20
	50m: 46.73 46.73	150m: 3:43.89	250m: 350m:		400m: 7:51.20
	100m: 1:42.20 55.47	200m: 3:43.89	300m:		
AFGEM	Claire Verkijk	WVZ		NT	0100240
AFGEM	Anique van Westerop	WVZ		NT	0000830

Programmanr. 8
28.2.10 - 19:35

Jongens, 400m vrije slag

Jongens Minioren 3 en 4
Resultaten

Rang				In.tijd	Tijd
1.	Thomas Jansen	WVZ		NT	0100143 6:09.32
	50m: 40.02 40.02	150m: 3:01.07	250m: 350m:		400m: 6:09.32
	100m: 1:25.29 45.27	200m: 3:01.07	300m:		
2.	Michael van der Stroom	DES		NT	0001269 7:31.16
	50m: 46.30 46.30	150m: 3:36.82	250m: 350m:		400m: 7:31.16
	100m: 1:41.85 55.55	200m: 3:36.82	300m:		

LAC Wassenaar
Wassenaar, 28.2.2010

Programmanr. 8, Jongens, 400m vrije slag, Jongens Minioren 3 en 4

Rang						In.tijd	Tijd
3.	Sjonnie Quinn		DES			NT 0101219	7:36.14
	50m:	47.58	47.58	150m:	250m:	350m:	
	100m:	1:44.02	56.44	200m:	300m:	400m:	7:36.14
4.	Guus van Diemen		DES			NT 0101221	7:36.83
	50m:	50.00	50.00	150m:	250m:	350m:	
	100m:	1:48.05	58.05	200m:	300m:	400m:	7:36.83