

LAC-wedstrijd periode 3 deel 1

Progr. nr. 1 800m Vrijeslag j. minioren 5 / 6

| | | | | | Eindtijd | | 100m | 200m | 400m |
|---|----------------------|---------|----------|----------|-----------------|-----|-------------|-------------|-------------|
| 1 | Floris Boendermaker | LZ 1886 | 11.22.53 | 99-02619 | 11.02.63 | I | 1.18.09 | 2.43.09 | 5.33.66 |
| 2 | Vincent v.d. Weijden | LZ 1886 | 12.19.50 | 99-02657 | 11.29.77 | II | 1.19.24 | 2.46.73 | 5.42.89 |
| 3 | Chiel de Boer | LZ 1886 | 13.54.46 | 99-01547 | 12.50.67 | III | 1.27.18 | 3.03.71 | 6.24.67 |

Progr. nr. 2 200m Wisselslag m. minioren 3 / 4

| | | | | | Eindtijd | | 50m |
|---|------------------------|---------|---------|----------|-----------------|-----|------------|
| 1 | Sanne Heemskerk | LZ 1886 | 3.23.14 | 01-00600 | 3.13.28 | I | 0.48.78 |
| 2 | Savannah van der Kroft | LZ 1886 | | 01-01678 | 3.41.22 | II | 0.55.54 |
| 3 | Havaska Eekhof | LZ 1886 | | 01-02820 | 3.50.19 | III | 0.58.43 |
| - | Maaïke van Tol | LZ 1886 | | 01-02078 | 4.01.00 | VD | 0.57.50 |
| - | Anouk de Vreede | Zhm | | 01-00130 | afg. | | |

VD : Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak..

Progr. nr. 3 400m Vrijeslag j. minioren 3 / 4

| | | | | | Eindtijd | | 100m | 200m | 300m |
|---|------------------|---------|---------|----------|-----------------|-----|-------------|-------------|-------------|
| 1 | Iwan Vos | LZ 1886 | 7.00.81 | 01-00035 | 6.24.18 | I | 1.34.31 | 3.10.86 | 4.49.46 |
| 2 | Jeroen Willemsen | LZ 1886 | | 01-01101 | 6.29.66 | II | 1.34.16 | 3.12.73 | 4.51.99 |
| 3 | Tjeerd van Stein | LZ 1886 | | 01-01439 | 6.30.14 | III | 1.33.66 | 3.12.67 | 4.52.42 |
| 4 | Guus Hoogduin | LZ 1886 | | 02-01069 | 6.45.82 | | 1.36.62 | 3.21.22 | 5.06.34 |
| 5 | Wouter Verdoes | LZ 1886 | | 02-00351 | 6.53.09 | | 1.35.78 | 3.21.85 | 5.10.68 |

Progr. nr. 4 200m Wisselslag m. min. 5 / jun. 1

| | | | | | Eindtijd | | 50m |
|---|------------------|-----------------|---------|----------|-----------------|-----|------------|
| 1 | Nikita Vos | LZ 1886 | 2.57.34 | 99-00356 | 2.54.18 | I | 0.39.96 |
| 2 | Nina van Maarle | LZ 1886 | 3.02.70 | 99-03370 | 2.56.14 | II | 0.37.29 |
| 3 | Saskia Koolen | Zhm | 3.06.92 | 99-00456 | 2.58.93 | III | 0.40.22 |
| 4 | Jasmijn Boon | Electrolux AZC | 3.01.98 | 00-01280 | 2.59.54 | | 0.41.37 |
| 5 | Door van Eeden | LZ 1886 | 3.14.58 | 00-02244 | 3.13.10 | | 0.43.58 |
| 6 | Maaïke Baker | Noordwijkerhout | 3.12.70 | 99-02930 | 3.15.42 | | 0.44.66 |
| 7 | Kyara Tjin-a-Lim | LZ 1886 | 3.17.90 | 99-00996 | 3.18.08 | | 0.47.27 |
| 8 | Maartje Braam | LZ 1886 | 3.27.25 | 00-00910 | 3.21.36 | | 0.49.08 |
| 9 | Maaïke Koch | De Plas | 3.42.32 | 00-01210 | 3.22.61 | | 0.49.02 |
| - | Neryse Japin | De Plas | 3.27.73 | 00-01208 | afg. | | |

Progr. nr. 5 1500m Vrijeslag j. junioren 1 / 2

| | | | | | Eindtijd | | 200m | 400m | 600m | 800m |
|---|---------------------|----------------|----------|----------|-----------------|-----|-------------|-------------|-------------|-------------|
| 1 | Bas Verdoes | LZ 1886 | 21.43.20 | 98-01487 | 21.09.06 | I | 2.41.08 | 5.30.34 | 8.21.95 | 11.13.89 |
| 2 | Enrico Strik | LZ 1886 | 21.53.10 | 98-00747 | 21.15.50 | II | 2.41.47 | 5.32.14 | 8.25.60 | 11.17.16 |
| 3 | Tim Boon | Electrolux AZC | 23.36.49 | 97-03151 | 22.33.60 | III | 2.50.37 | 5.54.76 | 8.58.10 | 11.57.43 |
| 4 | Arthur Belt | Electrolux AZC | 23.49.02 | 97-01553 | 23.51.67 | | 2.53.92 | 6.04.84 | 9.19.71 | 12.32.80 |
| - | Dion de Mooy | LZ 1886 | 19.30.45 | 97-01803 | afg. | | | | | |
| - | Gianni Groenescheij | LZ 1886 | 26.38.73 | 97-04789 | afg. | | | | | |

Progr. nr. 6 400m Wisselslag m. junioren 2 en eerder

| | | | | | Eindtijd | | 50m | 100m |
|----|------------------|---------|---------|----------|-----------------|-----|------------|-------------|
| 1 | Evelien Sohl | Het Y | 5.08.80 | 86-03346 | 5.08.57 | I | 0.32.70 | 1.10.73 |
| 2 | Jasmijn Bink | LZ 1886 | 5.31.61 | 97-00332 | 5.27.57 | II | 0.35.07 | 1.15.57 |
| 3 | Simone de Boer | LZ 1886 | 5.47.53 | 93-06858 | 5.32.36 | III | 0.35.31 | 1.16.02 |
| 4 | Seline Koek | LZ 1886 | 5.34.26 | 94-00622 | 5.34.63 | | 0.35.06 | 1.16.96 |
| 5 | Jasmijn Ruijgrok | LZ 1886 | 5.53.27 | 94-01032 | 5.37.47 | | 0.35.65 | 1.19.20 |
| 6 | Moniek Heemskerk | LZ 1886 | 5.51.21 | 96-01964 | 5.48.29 | | 0.37.29 | 1.22.34 |
| 7 | Lara Bink | LZ 1886 | 5.53.91 | 98-00076 | 5.52.99 | | 0.34.81 | 1.21.25 |
| 8 | Esther Radder | Zhm | 6.03.20 | 93-03620 | 5.59.35 | | 0.38.96 | 1.24.77 |
| 9 | Eva van Maarle | LZ 1886 | 6.05.30 | 97-05042 | 6.15.64 | | 0.38.36 | 1.25.07 |
| 10 | Lisa Martelhoff | Het Y | 6.27.51 | 95-04258 | 6.19.47 | | 0.40.76 | 1.31.93 |
| 11 | Janneke Radder | Zhm | 6.35.38 | 97-00136 | 6.22.28 | | 0.39.97 | 1.31.57 |

LAC-wedstrijd periode 3 deel 1

| <u>Vervolg Progr. nr. 6 400m Wisselslag m. junioren 2 en eerder</u> | | | | | Eindtijd | 50m | 100m |
|---|-----------------------|-----------------|---------|----------|-----------------|------------|-------------|
| 12 | Ilona van der Knaap | Zhm | 6.16.98 | 92-04954 | 6.27.86 | 0.39.02 | 1.27.23 |
| 13 | Judith van der Heiden | Electrolux AZC | | 97-02832 | 6.36.95 | 0.44.14 | 1.37.77 |
| 14 | Ymke Kluiwstra | LZ 1886 | 6.11.61 | 96-00186 | 6.43.06 | 0.41.54 | 1.33.64 |
| 15 | Suthawan Chanprathet | LZ 1886 | 6.58.31 | 98-03998 | 6.48.40 | 0.44.53 | 1.40.43 |
| 16 | Eva Zekveld | LZ 1886 | | 98-03080 | 7.02.11 | 0.46.73 | 1.42.58 |
| 17 | Clarissa de Bruin | Zhm | 7.19.29 | 93-02066 | 7.09.70 | 0.43.58 | 1.40.42 |
| - | Karlijn Kerkvliet | LZ 1886 | 5.52.47 | 93-04024 | ng za | | |
| - | Jaimy Lee Taskin | Noordwijkerhout | 5.20.26 | 94-03364 | ng | | |
| - | Tanja Kammeraad | De Plas | | 90-01842 | ng | | |
| - | Kim de Boer | De Plas | | 89-06162 | afg. | | |

| <u>Progr. nr. 7 2000m Vrijeslag j. junioren 3 en eerder</u> | | | | | Eindtijd | 200m | 400m | 800m | 1500m | |
|---|----------------------|-----------------|----------|----------|-----------------|-------------|-------------|-------------|--------------|----------|
| 1 | Daan Glorie | Het Y | 22.42.62 | 88-01115 | 22.27.03 | I | 2.11.11 | 4.25.21 | 8.53.33 | 16.47.96 |
| 2 | Hans Peter Hartog | DAW-Finzeno | 22.22.99 | 91-00859 | 22.40.89 | II | 2.10.42 | 4.25.07 | 8.56.82 | 16.59.36 |
| 3 | Thomas Hansen | LZ 1886 | 23.55.27 | 92-04327 | 24.16.00 | III | 2.19.49 | 4.45.02 | 9.37.63 | 18.16.70 |
| 4 | Frans Bijl | Het Y | 24.19.97 | 94-01319 | 24.16.62 | | 2.19.33 | 4.44.98 | 9.37.60 | 18.16.38 |
| 5 | Jelmar Kluiwstra | LZ 1886 | 23.51.23 | 92-04323 | 24.20.58 | | 2.19.09 | 4.45.87 | 9.39.26 | 18.16.84 |
| 6 | Nick Duivenvoorden | Noordwijkerhout | 23.51.89 | 93-00731 | 24.22.44 | | 2.17.43 | 4.44.48 | 9.38.85 | 18.16.56 |
| 7 | Viktor Reijns | Zhm | 28.42.64 | 84-01865 | 26.19.31 | | 2.20.39 | 4.55.59 | 10.14.91 | 19.40.93 |
| 8 | Brian Gelderblom | Electrolux AZC | 28.18.23 | 95-03669 | 26.28.57 | | 2.25.85 | 5.04.48 | 10.26.59 | 19.56.12 |
| 9 | Thomas de Jager | LZ 1886 | | 96-02373 | 26.52.54 | | 2.32.27 | 5.14.88 | 10.39.48 | 20.13.28 |
| 10 | Mike v.d. Beek | Zhm | 28.50.66 | 94-01235 | 27.22.36 | | 2.30.92 | 5.10.99 | 10.39.08 | 20.26.87 |
| 11 | Gijs Ruijgrok | LZ 1886 | | 96-00863 | 27.54.85 | | 2.31.54 | 5.26.51 | 11.07.09 | 21.02.25 |
| 12 | Rick v.d. Stam | Zhm | | 95-00415 | 28.20.38 | | 2.36.99 | 5.27.34 | 11.07.53 | 21.08.96 |
| 13 | Dennis Boon | Electrolux AZC | | 96-03063 | 28.41.31 | | 2.42.00 | 5.35.26 | 11.19.59 | 21.33.09 |
| 14 | Timo Korbee | NZ&PC | | 96-01587 | 28.44.09 | | 2.41.84 | 5.37.31 | 11.31.98 | 21.48.07 |
| 15 | Guido van der Hooren | De Plas | 28.50.94 | 89-06299 | 28.45.27 | | 2.29.92 | 5.23.54 | 11.20.99 | 21.33.81 |
| 16 | Pim Koch | De Plas | | 95-02243 | 29.33.76 | | 2.42.07 | 5.37.04 | 11.33.39 | 22.02.26 |
| 17 | Jeff Duivenvoorden | Noordwijkerhout | | 96-01829 | 31.10.84 | | 2.52.70 | 6.00.94 | 12.11.87 | 23.21.87 |
| 18 | Jordi Edelaar | Noordwijkerhout | | 95-04045 | 31.40.79 | | 2.50.53 | 6.00.03 | 12.17.61 | 23.34.58 |
| 19 | Jan-Willem de Klerk | NZ&PC | 37.15.92 | 95-02943 | 31.59.71 | | 2.52.68 | 6.00.12 | 12.19.17 | 23.48.96 |
| - | Fergil Hesterman | Het Y | 25.52.98 | 93-00187 | ng | | | | | |
| - | Kevin Vermeulen | De Plas | | 92-06311 | afg. | | | | | |

| <u>Progr. nr. 8 2000m Vrijeslag m. jeugd 1 en eerder</u> | | | | | Eindtijd | 200m | 400m | 800m | 1500m |
|--|--|--|--|--|-----------------|-------------|-------------|-------------|--------------|
| Geen deelname | | | | | | | | | |