

LAC Racing Club
's-Gravenzande, 30-10-2011

Programmanr. 1
30-10-2011 - 15:30

Meisjes, 800m vrije slag

Minioren 5 en Junioren 1
Resultaten

Rang									In.tijd	Tijd
1.	Mariska Lugtenburg		Racing Club				14:11.10		200003700	12:11.54
	50m:	40.70 40.70	250m:	3:44.32 46.06	450m:	6:51.82 46.78	650m:	9:59.36 46.13		
	100m:	1:25.39 44.69	300m:	4:30.89 46.57	500m:	7:38.51 46.69	700m:	10:45.57 46.21		
	150m:	2:11.39 46.00	350m:	5:17.36 46.47	550m:	8:25.39 46.88	750m:	11:31.02 45.45		
	200m:	2:58.26 46.87	400m:	6:05.04 47.68	600m:	9:13.23 47.84	800m:	12:11.54 40.52		
2.	Juliette Diaz Diaz		Racing Club				NT		200000048	12:25.61
	50m:	40.76 40.76	250m:	3:51.19 48.19	450m:	7:01.02 46.32	650m:	10:11.33 46.85		
	100m:	1:27.69 46.93	300m:	4:37.94 46.75	500m:	7:49.32 48.30	700m:	10:58.86 47.53		
	150m:	2:14.85 47.16	350m:	5:26.25 48.31	550m:	8:36.34 47.02	750m:	11:45.25 46.39		
	200m:	3:03.00 48.15	400m:	6:14.70 48.45	600m:	9:24.48 48.14	800m:	12:25.61 40.36		
3.	Juliet van Dinther		Racing Club				NT		200101124	12:29.48
	50m:	42.04 42.04	250m:	3:52.02 48.07	450m:	7:03.29 47.53	650m:	10:14.16 47.96		
	100m:	1:28.57 46.53	300m:	4:39.89 47.87	500m:	7:51.23 47.94	700m:	11:01.48 47.32		
	150m:	2:16.39 47.82	350m:	5:27.95 48.06	550m:	8:38.76 47.53	750m:	11:48.29 46.81		
	200m:	3:03.95 47.56	400m:	6:15.76 47.81	600m:	9:26.20 47.44	800m:	12:29.48 41.19		
4.	Finley Quinn		Racing Club				14:13.49		200004646	12:35.60
	50m:	40.76 40.76	250m:	3:54.82 49.34	450m:	7:08.31 48.21	650m:	10:17.72 47.79		
	100m:	1:27.98 47.22	300m:	4:43.20 48.38	500m:	7:55.26 46.95	700m:	11:04.92 47.20		
	150m:	2:16.49 48.51	350m:	5:31.64 48.44	550m:	8:42.82 47.56	750m:	11:51.99 47.07		
	200m:	3:05.48 48.99	400m:	6:20.10 48.46	600m:	9:29.93 47.11	800m:	12:35.60 43.61		
	Ana Versnik		Racing Club				NT		200003496	12:35.60
	50m:	41.12 41.12	250m:	3:50.47 48.29	450m:	7:05.06 48.87	650m:	10:19.05 48.08		
	100m:	1:26.99 45.87	300m:	4:38.32 47.85	500m:	7:54.18 49.12	700m:	11:06.40 47.35		
	150m:	2:14.74 47.75	350m:	5:27.92 49.60	550m:	8:42.67 48.49	750m:	11:52.77 46.37		
	200m:	3:02.18 47.44	400m:	6:16.19 48.27	600m:	9:30.97 48.30	800m:	12:35.60 42.83		
6.	Floor de Kievit		Racing Club				NT		200100238	12:53.33
	50m:	41.11 41.11	250m:	3:55.40 49.08	450m:	7:11.57 49.56	650m:	10:29.70 49.19		
	100m:	1:28.80 47.69	300m:	4:44.20 48.80	500m:	8:01.14 49.57	700m:	11:19.24 49.54		
	150m:	2:17.20 48.40	350m:	5:32.77 48.57	550m:	8:50.90 49.76	750m:	12:07.43 48.19		
	200m:	3:06.32 49.12	400m:	6:22.01 49.24	600m:	9:40.51 49.61	800m:	12:53.33 45.90		
AFGEM	Isis Beres		Racing Club				14:02.35		200001874	

Programmanr. 2
30-10-2011 - 15:55

Jongens, 800m vrije slag

Minioren 6
Resultaten

Rang									In.tijd	Tijd
1.	Marc Botter		Racing Club				12:31.76		200000329	11:20.95
	50m:	39.00 39.00	250m:	3:30.70 43.41	450m:	6:24.16 43.62	650m:	9:17.10 42.97		
	100m:	1:21.80 42.80	300m:	4:14.07 43.37	500m:	7:07.04 42.88	700m:	9:59.86 42.76		
	150m:	2:04.67 42.87	350m:	4:57.16 43.09	550m:	7:50.48 43.44	750m:	10:42.02 42.16		
	200m:	2:47.29 42.62	400m:	5:40.54 43.38	600m:	8:34.13 43.65	800m:	11:20.95 38.93		
2.	Doran Paap		Racing Club				NT		200000301	11:51.92
	50m:	38.07 38.07	250m:	3:37.00 45.75	450m:	6:39.57 45.72	650m:	9:41.13 45.70		
	100m:	1:22.31 44.24	300m:	4:22.72 45.72	500m:	7:25.01 45.44	700m:	10:26.18 45.05		
	150m:	2:06.44 44.13	350m:	5:08.30 45.58	550m:	8:10.61 45.60	750m:	11:10.32 44.14		
	200m:	2:51.25 44.81	400m:	5:53.85 45.55	600m:	8:55.43 44.82	800m:	11:51.92 41.60		

LAC Racing Club
's-Gravenzande, 30-10-2011

Programmanr. 3
30-10-2011 - 16:10

Dames, 800m vrije slag

Junioren 2 en ouder
Resultaten

Rang					In.tijd		Tijd	
1.	Lindi Verkooijen		Sbc2000		10:35.22		199503826	9:53.92
	50m:	32.79	250m:	3:00.81	37.31	450m:	5:30.52	37.34
	100m:	1:08.95	300m:	3:38.07	37.26	500m:	6:08.45	37.93
	150m:	1:45.91	350m:	4:15.62	37.55	550m:	6:46.43	37.98
	200m:	2:23.50	400m:	4:53.18	37.56	600m:	7:24.83	38.40
							650m:	8:02.56
							700m:	8:40.17
							750m:	9:17.48
							800m:	9:53.92
2.	Brighid van Uffelen		ZV Vlaardingen-Schiedam		10:05.41		199800310	9:58.87
	50m:	32.62	250m:	3:02.43	37.57	450m:	5:35.76	38.71
	100m:	1:09.30	300m:	3:40.68	38.25	500m:	6:13.94	38.18
	150m:	1:47.32	350m:	4:18.53	37.85	550m:	6:51.85	37.91
	200m:	2:24.86	400m:	4:57.05	38.52	600m:	7:30.21	38.36
							650m:	8:08.46
							700m:	8:46.48
							750m:	9:23.70
							800m:	9:58.87
3.	Myrthe de Jong		Racing Club		10:20.68		199800244	9:59.42
	50m:	33.23	250m:	3:04.70	37.90	450m:	5:37.29	38.13
	100m:	1:10.07	300m:	3:43.04	38.34	500m:	6:15.51	38.22
	150m:	1:48.36	350m:	4:21.29	38.25	550m:	6:53.36	37.85
	200m:	2:26.80	400m:	4:59.16	37.87	600m:	7:31.95	38.59
							650m:	8:09.39
							700m:	8:46.64
							750m:	9:24.29
							800m:	9:59.42
4.	Margot Stenveld		Sbc2000		NT		198804170	10:02.58
	50m:	35.49	250m:	3:06.69	37.74	450m:	5:39.05	38.12
	100m:	1:13.08	300m:	3:44.73	38.04	500m:	6:16.92	37.87
	150m:	1:51.18	350m:	4:22.10	37.37	550m:	6:54.65	37.73
	200m:	2:28.95	400m:	5:00.93	38.83	600m:	7:32.58	37.93
							650m:	8:10.52
							700m:	8:48.53
							750m:	9:26.23
							800m:	10:02.58
5.	Amber Reijm		Racing Club		NT		199405434	10:25.51
	50m:	33.45	250m:	2:57.39	36.47	450m:	5:33.29	47.43
	100m:	1:08.54	300m:	3:34.00	36.61	500m:	6:18.36	45.07
	150m:	1:44.51	350m:	4:10.42	36.42	550m:	7:01.86	43.50
	200m:	2:20.92	400m:	4:45.86	35.44	600m:	7:43.76	41.90
							650m:	8:25.76
							700m:	9:05.70
							750m:	9:46.20
							800m:	10:25.51
6.	Vera Bos		Racing Club		10:57.48		199900886	10:25.89
	50m:	35.89	250m:	3:16.11	40.47	450m:	5:54.74	39.29
	100m:	1:14.83	300m:	3:56.00	39.89	500m:	6:34.48	39.74
	150m:	1:55.04	350m:	4:35.30	39.30	550m:	7:14.74	40.26
	200m:	2:35.64	400m:	5:15.45	40.15	600m:	7:53.92	39.18
							650m:	8:32.83
							700m:	9:12.17
							750m:	9:49.89
							800m:	10:25.89
7.	Iona van der Toorn		Racing Club		11:25.79		199900884	10:44.81
	50m:	34.71	250m:	3:17.70	41.90	450m:	6:01.45	40.79
	100m:	1:13.94	300m:	3:59.15	41.45	500m:	6:42.90	41.45
	150m:	1:54.55	350m:	4:39.19	40.04	550m:	7:24.66	41.76
	200m:	2:35.80	400m:	5:20.66	41.47	600m:	8:05.97	41.31
							650m:	8:47.12
							700m:	9:27.40
							750m:	10:07.83
							800m:	10:44.81
8.	Alyssa vd Lans		Racing Club		11:40.69		199901644	10:48.39
	50m:	37.07	250m:	3:21.65	41.18	450m:	6:06.00	41.21
	100m:	1:17.68	300m:	4:02.97	41.32	500m:	6:46.97	40.97
	150m:	1:59.81	350m:	4:43.28	40.31	550m:	7:28.17	41.20
	200m:	2:40.47	400m:	5:24.79	41.51	600m:	8:09.15	40.98
							650m:	8:49.71
							700m:	9:30.30
							750m:	10:10.06
							800m:	10:48.39
9.	Susanne Bergh		Racing Club		11:47.81		199805884	11:15.75
	50m:	38.74	300m:	4:16.48	44.01	500m:	7:06.66	42.32
	100m:	1:21.30	350m:	4:58.88	42.40	550m:	7:49.54	42.88
	200m:	2:48.33	400m:	5:42.00	43.12	600m:	8:32.15	42.61
	250m:	3:32.47	450m:	6:24.34	42.34	650m:	9:15.68	43.53
		1:27.03					700m:	9:57.90
							750m:	10:39.18
							800m:	11:15.75
10.	Anja Reinhard		HHZV Plons		11:50.00		197000818	11:29.89
	50m:	38.00	250m:	3:29.76	43.87	450m:	6:24.54	43.52
	100m:	1:19.54	300m:	4:13.48	43.72	500m:	7:08.73	44.19
	150m:	2:02.23	350m:	4:57.42	43.94	550m:	7:52.51	43.78
	200m:	2:45.89	400m:	5:41.02	43.60	600m:	8:36.82	44.31
							650m:	9:20.70
							700m:	10:04.86
							750m:	10:48.42
							800m:	11:29.89
11.	Lincy de Winter		Racing Club		NT		199805886	11:59.11
	50m:	39.91	250m:	3:39.33	45.70	450m:	6:43.16	46.16
	100m:	1:23.48	300m:	4:25.19	45.86	500m:	7:29.82	46.66
	150m:	2:08.44	350m:	5:10.88	45.69	550m:	8:15.45	45.63
	200m:	2:53.63	400m:	5:57.00	46.12	600m:	9:01.56	46.11
							650m:	9:47.10
							700m:	10:32.33
							750m:	11:16.69
							800m:	11:59.11

LAC Racing Club
's-Gravenzande, 30-10-2011

Programmanr. 3, Dames, 800m vrije slag, Junioren 2 en ouder

Rang							In.tijd			Tijd
12.	Janniek Duisenberg		ZC Ooievaar (SG)		NT		9903128			12:28.46
	50m:	41.06 41.06	250m:	3:42.40 45.83	450m:	6:53.34 47.20	650m:	10:07.42	47.70	
	100m:	1:24.48 43.42	300m:	4:30.50 48.10	500m:	7:42.64 49.30	700m:	10:54.85	47.43	
	150m:	2:10.70 46.22	350m:	5:17.61 47.11	550m:	8:31.97 49.33	750m:	11:44.15	49.30	
	200m:	2:56.57 45.87	400m:	6:06.14 48.53	600m:	9:19.72 47.75	800m:	12:28.46	44.31	
13.	Inge Wolfs		HHZV Plons		14:00.00		196000304			13:44.66
	50m:	41.74 41.74	250m:	3:57.68 50.97	450m:	7:30.45 54.14	650m:	11:06.11	53.98	
	100m:	1:28.94 47.20	300m:	4:49.30 51.62	500m:	8:24.71 54.26	700m:	11:59.34	53.23	
	150m:	2:17.75 48.81	350m:	5:42.52 53.22	550m:	9:18.75 54.04	750m:	12:53.25	53.91	
	200m:	3:06.71 48.96	400m:	6:36.31 53.79	600m:	10:12.13 53.38	800m:	13:44.66	51.41	
AFGEM	Denise Hilster		Wave		NT		198806766			

Programmanr. 4
30-10-2011 - 16:45

Heren, 1500m vrije slag

Junioren 1 en ouder
Resultaten

Rang							In.tijd			Tijd
1.	Jorgos Skotadis		Racing Club		17:52.99		199803317			16:51.68
	50m:	29.01 29.01	450m:	4:58.59 34.64	850m:	9:32.24 33.74	1250m:	14:04.65	33.90	
	100m:	1:01.88 32.87	500m:	5:32.91 34.32	900m:	10:06.39 34.15	1300m:	14:38.91	34.26	
	150m:	1:35.13 33.25	550m:	6:06.89 33.98	950m:	10:40.50 34.11	1350m:	15:13.08	34.17	
	200m:	2:08.90 33.77	600m:	6:41.60 34.71	1000m:	11:14.62 34.12	1400m:	15:47.16	34.08	
	250m:	2:42.16 33.26	650m:	7:15.85 34.25	1050m:	11:48.84 34.22	1450m:	16:20.51	33.35	
	300m:	3:16.11 33.95	700m:	7:50.30 34.45	1100m:	12:23.15 34.31	1500m:	16:51.68	31.17	
	350m:	3:50.22 34.11	750m:	8:24.31 34.01	1150m:	12:57.17 34.02				
	400m:	4:23.95 33.73	800m:	8:58.50 34.19	1200m:	13:30.75 33.58				
2.	Jonne Schaafsma		Racing Club		18:36.40		199800745			17:34.27
	50m:	32.39 32.39	450m:	5:14.42 35.38	850m:	9:57.86 35.60	1250m:	14:41.29	35.56	
	100m:	1:07.39 35.00	500m:	5:49.73 35.31	900m:	10:33.48 35.62	1300m:	15:17.10	35.81	
	150m:	1:42.36 34.97	550m:	6:25.13 35.40	950m:	11:09.60 36.12	1350m:	15:52.23	35.13	
	200m:	2:17.57 35.21	600m:	7:00.26 35.13	1000m:	11:44.60 35.00	1400m:	16:27.51	35.28	
	250m:	2:53.10 35.53	650m:	7:35.64 35.38	1050m:	12:20.10 35.50	1450m:	17:01.80	34.29	
	300m:	3:28.60 35.50	700m:	8:11.10 35.46	1100m:	12:55.57 35.47	1500m:	17:34.27	32.47	
	350m:	4:03.54 34.94	750m:	8:47.07 35.97	1150m:	13:30.54 34.97				
	400m:	4:39.04 35.50	800m:	9:22.26 35.19	1200m:	14:05.73 35.19				
3.	Krijn de Kievit		Racing Club		18:27.04		199700277			17:34.49
	50m:	30.97 30.97	450m:	5:12.46 35.66	850m:	9:57.24 35.37	1250m:	14:41.00	35.48	
	100m:	1:05.42 34.45	500m:	5:47.92 35.46	900m:	10:32.68 35.44	1300m:	15:16.25	35.25	
	150m:	1:40.27 34.85	550m:	6:23.52 35.60	950m:	11:07.97 35.29	1350m:	15:51.48	35.23	
	200m:	2:15.26 34.99	600m:	6:59.42 35.90	1000m:	11:43.79 35.82	1400m:	16:26.78	35.30	
	250m:	2:50.26 35.00	650m:	7:34.87 35.45	1050m:	12:19.01 35.22	1450m:	17:01.92	35.14	
	300m:	3:25.99 35.73	700m:	8:10.54 35.67	1100m:	12:54.49 35.48	1500m:	17:34.49	32.57	
	350m:	4:01.14 35.15	750m:	8:46.27 35.73	1150m:	13:30.08 35.59				
	400m:	4:36.80 35.66	800m:	9:21.87 35.60	1200m:	14:05.52 35.44				
4.	Melvin prins		Sbc2000		17:35.07		199500201			17:39.74
	50m:	31.83 31.83	450m:	5:09.72 35.30	850m:	9:54.49 35.99	1250m:	14:42.87	36.17	
	100m:	1:05.88 34.05	500m:	5:44.80 35.08	900m:	10:30.55 36.06	1300m:	15:18.92	36.05	
	150m:	1:40.24 34.36	550m:	6:20.26 35.46	950m:	11:06.57 36.02	1350m:	15:54.84	35.92	
	200m:	2:14.72 34.48	600m:	6:55.64 35.38	1000m:	11:42.47 35.90	1400m:	16:31.03	36.19	
	250m:	2:49.33 34.61	650m:	7:31.36 35.72	1050m:	12:18.42 35.95	1450m:	17:06.77	35.74	
	300m:	3:24.49 35.16	700m:	8:06.98 35.62	1100m:	12:54.31 35.89	1500m:	17:39.74	32.97	
	350m:	3:59.36 34.87	750m:	8:42.64 35.66	1150m:	13:30.23 35.92				
	400m:	4:34.42 35.06	800m:	9:18.50 35.86	1200m:	14:06.70 36.47				
5.	Joeri Prins		Sbc2000		17:28.20		199302037			18:02.69
	50m:	30.80 30.80	450m:	5:11.17 36.03	850m:	10:06.93 34.69	1250m:	15:06.99	37.55	
	100m:	1:04.92 34.12	500m:	5:47.89 36.72	900m:	10:43.04 36.11	1300m:	15:44.01	37.02	
	150m:	1:39.76 34.84	550m:	6:24.63 36.74	950m:	11:20.84 37.80	1350m:	16:18.44	34.43	
	200m:	2:15.33 35.57	600m:	7:02.32 37.69	1000m:	11:58.53 37.69	1400m:	16:52.75	34.31	
	250m:	2:49.97 34.64	650m:	7:39.77 37.45	1050m:	12:36.67 38.14	1450m:	17:28.05	35.30	
	300m:	3:24.63 34.66	700m:	8:16.90 37.13	1100m:	13:14.59 37.92	1500m:	18:02.69	34.64	
	350m:	3:59.24 34.61	750m:	8:54.81 37.91	1150m:	13:51.97 37.38				
	400m:	4:35.14 35.90	800m:	9:32.24 37.43	1200m:	14:29.44 37.47				

LAC Racing Club
's-Gravenzande, 30-10-2011

Programmanr. 4, Heren, 1500m vrije slag, Junioren 1 en ouder

Rang					In.tijd					Tijd		
6.	Timos Skotadis				Racing Club				19:28.42	199804615	18:15.18	
	50m:	32.42	32.42	450m:	5:27.07	36.91	850m:	10:21.40	36.86	1250m:	15:15.33	36.50
	100m:	1:09.62	37.20	500m:	6:03.72	36.65	900m:	10:57.89	36.49	1300m:	15:51.82	36.49
	150m:	1:47.26	37.64	550m:	6:40.30	36.58	950m:	11:34.89	37.00	1350m:	16:27.96	36.14
	200m:	2:23.92	36.66	600m:	7:17.51	37.21	1000m:	12:11.29	36.40	1400m:	17:04.38	36.42
	250m:	3:00.20	36.28	650m:	7:54.61	37.10	1050m:	12:48.52	37.23	1450m:	17:41.70	37.32
	300m:	3:36.85	36.65	700m:	8:30.98	36.37	1100m:	13:25.18	36.66	1500m:	18:15.18	33.48
	350m:	4:13.55	36.70	750m:	9:07.98	37.00	1150m:	14:02.20	37.02			
	400m:	4:50.16	36.61	800m:	9:44.54	36.56	1200m:	14:38.83	36.63			
7.	Adam Juhasz				Racing Club				NT	199903567	18:51.89	
	50m:	34.05	34.05	450m:	5:38.25	38.33	850m:	10:43.55	38.45	1250m:	15:47.12	37.95
	100m:	1:11.22	37.17	500m:	6:15.91	37.66	900m:	11:21.47	37.92	1300m:	16:24.62	37.50
	150m:	1:49.06	37.84	550m:	6:54.21	38.30	950m:	11:59.59	38.12	1350m:	17:02.10	37.48
	200m:	2:26.91	37.85	600m:	7:33.20	38.99	1000m:	12:37.96	38.37	1400m:	17:40.08	37.98
	250m:	3:05.17	38.26	650m:	8:10.95	37.75	1050m:	13:15.95	37.99	1450m:	18:17.25	37.17
	300m:	3:43.67	38.50	700m:	8:49.06	38.11	1100m:	13:53.74	37.79	1500m:	18:51.89	34.64
	350m:	4:22.37	38.70	750m:	9:26.86	37.80	1150m:	14:31.52	37.78			
	400m:	4:59.92	37.55	800m:	10:05.10	38.24	1200m:	15:09.17	37.65			
8.	Lennart Middel				Wave				19:30.00	198503723	19:03.38	
	50m:	33.56	33.56	450m:	5:38.11	38.78	850m:	10:46.47	38.33	1250m:	15:54.03	39.15
	100m:	1:10.13	36.57	500m:	6:16.38	38.27	900m:	11:24.76	38.29	1300m:	16:32.85	38.82
	150m:	1:48.22	38.09	550m:	6:55.23	38.85	950m:	12:03.26	38.50	1350m:	17:12.16	39.31
	200m:	2:26.11	37.89	600m:	7:34.41	39.18	1000m:	12:41.66	38.40	1400m:	17:50.52	38.36
	250m:	3:04.17	38.06	650m:	8:13.04	38.63	1050m:	13:20.06	38.40	1450m:	18:27.77	37.25
	300m:	3:42.44	38.27	700m:	8:51.70	38.66	1100m:	13:58.31	38.25	1500m:	19:03.38	35.61
	350m:	4:20.94	38.50	750m:	9:29.97	38.27	1150m:	14:36.47	38.16			
	400m:	4:59.33	38.39	800m:	10:08.14	38.17	1200m:	15:14.88	38.41			
9.	Toby van Wijngaarden				Racing Club				NT	199700591	19:06.73	
	50m:	35.10	35.10	450m:	5:46.32	38.59	850m:	10:55.92	38.63	1250m:	16:01.07	37.81
	100m:	1:13.54	38.44	500m:	6:25.10	38.78	900m:	11:34.13	38.21	1300m:	16:38.64	37.57
	150m:	1:52.86	39.32	550m:	7:03.60	38.50	950m:	12:13.02	38.89	1350m:	17:16.57	37.93
	200m:	2:32.00	39.14	600m:	7:42.26	38.66	1000m:	12:51.23	38.21	1400m:	17:53.92	37.35
	250m:	3:10.89	38.89	650m:	8:21.23	38.97	1050m:	13:29.20	37.97	1450m:	18:31.04	37.12
	300m:	3:50.00	39.11	700m:	8:59.95	38.72	1100m:	14:06.92	37.72	1500m:	19:06.73	35.69
	350m:	4:28.82	38.82	750m:	9:38.95	39.00	1150m:	14:45.13	38.21			
	400m:	5:07.73	38.91	800m:	10:17.29	38.34	1200m:	15:23.26	38.13			
10.	Remco Lopez				Racing Club				20:11.50	199406429	19:10.07	
	50m:	32.32	32.32	450m:	5:28.29	37.53	850m:	10:40.04	39.22	1250m:	15:54.32	38.81
	100m:	1:08.02	35.70	500m:	6:06.60	38.31	900m:	11:19.26	39.22	1300m:	16:34.00	39.68
	150m:	1:45.82	37.80	550m:	6:45.70	39.10	950m:	11:59.02	39.76	1350m:	17:14.02	40.02
	200m:	2:22.89	37.07	600m:	7:24.95	39.25	1000m:	12:38.57	39.55	1400m:	17:53.73	39.71
	250m:	2:59.54	36.65	650m:	8:04.36	39.41	1050m:	13:17.95	39.38	1450m:	18:33.39	39.66
	300m:	3:36.42	36.88	700m:	8:43.32	38.96	1100m:	13:57.32	39.37	1500m:	19:10.07	36.68
	350m:	4:13.45	37.03	750m:	9:21.70	38.38	1150m:	14:36.95	39.63			
	400m:	4:50.76	37.31	800m:	10:00.82	39.12	1200m:	15:15.51	38.56			
11.	Rick van den Eng				Racing Club				NT	199800755	19:17.42	
	50m:	33.83	33.83	450m:	5:43.26	35.66	850m:	10:55.33	39.03	1250m:	16:06.14	38.80
	100m:	1:11.42	37.59	500m:	6:22.41	39.15	900m:	11:34.14	38.81	1300m:	16:44.88	38.74
	150m:	1:49.51	38.09	550m:	7:01.16	38.75	950m:	12:13.14	39.00	1350m:	17:23.72	38.84
	200m:	2:28.30	38.79	600m:	7:40.33	39.17	1000m:	12:59.38	46.24	1400m:	18:02.08	38.36
	250m:	3:07.58	39.28	650m:	8:19.34	39.01	1050m:	13:31.33	31.95	1450m:	18:41.46	39.38
	300m:	3:46.59	39.01	700m:	8:58.22	38.88	1100m:	14:09.96	38.63	1500m:	19:17.42	35.96
	350m:	4:25.47	38.88	750m:	9:37.68	39.46	1150m:	14:48.38	38.42			
	400m:	5:07.60	42.13	800m:	10:16.30	38.62	1200m:	15:27.34	38.96			
12.	Jelmer Lankhorst				Racing Club				21:35.76	199800353	19:19.48	
	50m:	32.95	32.95	450m:	5:45.10	39.53	850m:	10:58.16	39.24	1250m:	16:10.67	39.13
	100m:	1:11.39	38.44	500m:	6:24.48	39.38	900m:	11:37.26	39.10	1300m:	16:49.39	38.72
	150m:	1:50.26	38.87	550m:	7:03.70	39.22	950m:	12:16.70	39.44	1350m:	17:27.54	38.15
	200m:	2:29.20	38.94	600m:	7:42.76	39.06	1000m:	12:55.82	39.12	1400m:	18:06.10	38.56
	250m:	3:08.29	39.09	650m:	8:21.82	39.06	1050m:	13:35.07	39.25	1450m:	18:43.54	37.44
	300m:	3:47.67	39.38	700m:	9:01.02	39.20	1100m:	14:14.32	39.25	1500m:	19:19.48	35.94
	350m:	4:26.42	38.75	750m:	9:40.23	39.21	1150m:	14:52.92	38.60			
	400m:	5:05.57	39.15	800m:	10:18.92	38.69	1200m:	15:31.54	38.62			

LAC Racing Club
's-Gravenzande, 30-10-2011

Programmanr. 4, Heren, 1500m vrije slag, Junioren 1 en ouder

Rang					In.tijd		Tijd	
13.	Richard Broer		HHZV Plons		19:20.00		195900077 19:25.13	
	50m:	32.89 32.89	450m:	5:39.76 38.56	850m:	10:52.04 39.24	1250m:	16:07.16 40.09
	100m:	1:10.26 37.37	500m:	6:18.67 38.91	900m:	11:31.10 39.06	1300m:	16:46.51 39.35
	150m:	1:48.82 38.56	550m:	6:57.16 38.49	950m:	12:10.45 39.35	1350m:	17:26.07 39.56
	200m:	2:27.57 38.75	600m:	7:36.42 39.26	1000m:	12:49.67 39.22	1400m:	18:06.54 40.47
	250m:	3:05.51 37.94	650m:	8:15.39 38.97	1050m:	13:28.95 39.28	1450m:	18:46.32 39.78
	300m:	3:43.64 38.13	700m:	8:54.67 39.28	1100m:	14:08.02 39.07	1500m:	19:25.13 38.81
	350m:	4:22.13 38.49	750m:	9:34.10 39.43	1150m:	14:47.73 39.71		
	400m:	5:01.20 39.07	800m:	10:12.80 38.70	1200m:	15:27.07 39.34		
14.	Martijn Tamis		Racing Club		NT		199701407 19:41.20	
	50m:	34.58 34.58	450m:	5:49.87 39.51	850m:	11:10.49 40.37	1250m:	16:27.66 39.65
	100m:	1:13.56 38.98	500m:	6:29.09 39.22	900m:	11:50.79 40.30	1300m:	17:07.24 39.58
	150m:	1:53.14 39.58	550m:	7:09.22 40.13	950m:	12:30.55 39.76	1350m:	17:46.04 38.80
	200m:	2:32.19 39.05	600m:	7:48.98 39.76	1000m:	13:10.34 39.79	1400m:	18:25.92 39.88
	250m:	3:11.79 39.60	650m:	8:29.11 40.13	1050m:	13:49.65 39.31	1450m:	19:04.25 38.33
	300m:	3:51.63 39.84	700m:	9:09.73 40.62	1100m:	14:29.54 39.89	1500m:	19:41.20 36.95
	350m:	4:31.01 39.38	750m:	9:49.97 40.24	1150m:	15:08.72 39.18		
	400m:	5:10.36 39.35	800m:	10:30.12 40.15	1200m:	15:48.01 39.29		
15.	Marc Verhaeg		Wave		19:59.19		198905665 19:58.79	
	50m:	33.50 33.50	450m:	5:46.59 39.75	850m:	11:10.06 40.56	1250m:	16:34.40 40.29
	100m:	1:10.38 36.88	500m:	6:26.46 39.87	900m:	11:50.40 40.34	1300m:	17:15.57 41.17
	150m:	1:48.68 38.30	550m:	7:06.07 39.61	950m:	12:30.73 40.33	1350m:	17:56.63 41.06
	200m:	2:27.75 39.07	600m:	7:46.78 40.71	1000m:	13:11.47 40.74	1400m:	18:38.03 41.40
	250m:	3:07.24 39.49	650m:	8:27.22 40.44	1050m:	13:51.73 40.26	1450m:	19:18.47 40.44
	300m:	3:47.12 39.88	700m:	9:08.75 41.53	1100m:	14:32.37 40.64	1500m:	19:58.79 40.32
	350m:	4:26.49 39.37	750m:	9:48.91 40.16	1150m:	15:12.94 40.57		
	400m:	5:06.84 40.35	800m:	10:29.50 40.59	1200m:	15:54.11 41.17		
16.	Victor den Heijer		Wave		19:30.00		198300867 20:13.51	
	50m:	32.88 32.88	450m:	5:52.50 41.50	850m:	11:20.74 40.52	1250m:	16:45.42 40.89
	100m:	1:10.49 37.61	500m:	6:33.45 40.95	900m:	12:00.84 40.10	1300m:	17:27.77 42.35
	150m:	1:49.14 38.65	550m:	7:14.93 41.48	950m:	12:40.87 40.03	1350m:	18:09.77 42.00
	200m:	2:28.48 39.34	600m:	7:56.43 41.50	1000m:	13:21.44 40.57	1400m:	18:51.87 42.10
	250m:	3:08.34 39.86	650m:	8:37.77 41.34	1050m:	14:02.14 40.70	1450m:	19:33.01 41.14
	300m:	3:49.14 40.80	700m:	9:18.65 40.88	1100m:	14:42.74 40.60	1500m:	20:13.51 40.50
	350m:	4:30.11 40.97	750m:	9:59.60 40.95	1150m:	15:23.25 40.51		
	400m:	5:11.00 40.89	800m:	10:40.22 40.62	1200m:	16:04.53 41.28		
17.	Patrick Wyrdean		ZC Ooievaar (SG)		21:38.20		9702475 21:01.45	
	50m:	34.17 34.17	450m:	5:52.95 41.69	850m:	11:39.30 43.01	1250m:	17:29.66 43.64
	100m:	1:11.95 37.78	500m:	6:34.99 42.04	900m:	12:23.63 44.33	1300m:	18:13.86 44.20
	150m:	1:50.50 38.55	550m:	7:17.88 42.89	950m:	13:07.08 43.45	1350m:	18:56.67 42.81
	200m:	2:30.13 39.63	600m:	8:00.84 42.96	1000m:	13:50.55 43.47	1400m:	19:39.86 43.19
	250m:	3:09.95 39.82	650m:	8:44.13 43.29	1050m:	14:33.90 43.35	1450m:	20:21.94 42.08
	300m:	3:50.45 40.50	700m:	9:27.96 43.83	1100m:	15:17.76 43.86	1500m:	21:01.45 39.51
	350m:	4:30.46 40.01	750m:	10:12.21 44.25	1150m:	16:01.73 43.97		
	400m:	5:11.26 40.80	800m:	10:56.29 44.08	1200m:	16:46.02 44.29		
18.	Matthew Dullemond		Racing Club		NT		199805005 21:58.80	
	50m:	37.70 37.70	450m:	6:31.14 44.54	850m:	12:27.66 43.75	1250m:	18:28.48 45.33
	100m:	1:20.63 42.93	500m:	7:15.58 44.44	900m:	13:12.45 44.79	1300m:	19:12.04 43.56
	150m:	2:05.01 44.38	550m:	8:00.34 44.76	950m:	13:56.45 44.00	1350m:	19:55.98 43.94
	200m:	2:49.24 44.23	600m:	8:45.30 44.96	1000m:	14:42.66 46.21	1400m:	20:38.61 42.63
	250m:	3:33.16 43.92	650m:	9:29.33 44.03	1050m:	15:28.46 45.80	1450m:	21:20.73 42.12
	300m:	4:18.15 44.99	700m:	10:14.10 44.77	1100m:	16:14.19 45.73	1500m:	21:58.80 38.07
	350m:	5:01.92 43.77	750m:	10:58.54 44.44	1150m:	16:58.91 44.72		
	400m:	5:46.60 44.68	800m:	11:43.91 45.37	1200m:	17:43.15 44.24		
19.	Alex Boer		ZC Ooievaar (SG)		24:19.59		9804521 22:49.94	
	50m:	35.33 35.33	450m:	6:37.20 47.57	850m:	12:55.07 47.13	1250m:	19:06.72 45.66
	100m:	1:16.82 41.49	500m:	7:25.30 48.10	900m:	13:41.50 46.43	1300m:	19:51.79 45.07
	150m:	2:00.10 43.28	550m:	8:12.82 47.52	950m:	14:28.06 46.56	1350m:	20:37.44 45.65
	200m:	2:43.76 43.66	600m:	9:01.14 48.32	1000m:	15:14.93 46.87	1400m:	21:21.82 44.38
	250m:	3:29.38 45.62	650m:	9:48.26 47.12	1050m:	16:00.00 45.07	1450m:	22:06.07 44.25
	300m:	4:16.11 46.73	700m:	10:33.63 45.37	1100m:	16:47.17 47.17	1500m:	22:49.94 43.87
	350m:	5:03.07 46.96	750m:	11:20.94 47.31	1150m:	17:33.99 46.82		
	400m:	5:49.63 46.56	800m:	12:07.94 47.00	1200m:	18:21.06 47.07		

LAC Racing Club
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Programmanr. 4, Heren, 1500m vrije slag, Junioren 1 en ouder

Rang						In.tijd		Tijd				
20.	Djurre Lankhorst		Racing Club			NT	199902733	25:56.03				
	50m:	41.41	41.41	450m:	7:30.10	52.62	850m:	14:34.78	50.23	1250m:	21:40.88	54.17
	100m:	1:30.89	49.48	500m:	8:23.00	52.90	900m:	15:27.27	52.49	1300m:	22:33.99	53.11
	150m:	2:23.71	52.82	550m:	9:16.14	53.14	950m:	16:17.80	50.53	1350m:	23:25.28	51.29
	200m:	3:12.90	49.19	600m:	10:08.74	52.60	1000m:	17:11.91	54.11	1400m:	24:18.49	53.21
	250m:	4:06.06	53.16	650m:	11:01.27	52.53	1050m:	18:06.49	54.58	1450m:	25:07.93	49.44
	300m:	4:56.49	50.43	700m:	11:55.03	53.76	1100m:	18:58.86	52.37	1500m:	25:56.03	48.10
	350m:	5:46.42	49.93	750m:	12:49.33	54.30	1150m:	19:53.23	54.37			
	400m:	6:37.48	51.06	800m:	13:44.55	55.22	1200m:	20:46.71	53.48			