

LAC Deel 1
Kerkrade, 15-9-2013

Programmanr. 1 Meisjes, 200m vrije slag 8 - 9 jaar
15-9-2013 - 15:30 Resultaten

Rang				In.tijd		Tijd
1.	VAN DEN BOOM, Britt	Sg Hgn		3:07.30	200401178	3:00.21
	100m: 1:26.08 200m: 3:00.21					
2.	TEBBEN, Amy	Eurode Kerkrade		3:19.35	200400108	3:03.07
	100m: 1:27.92 200m: 3:03.07					
3.	KUGLER, Cynthia	Sg Hgn		3:33.70	200400020	3:15.14
	100m: 1:33.77 200m: 3:15.14					
4.	EECKHOUT, Lies	Kimbria		NT	200400912	3:22.45
	100m: 1:35.00 200m: 3:22.45					
5.	BAGGEN, Moyra	Sg Hgn		NT	200400866	3:50.34
	100m: 1:50.69 200m: 3:50.34					
6.	WILLEMS, Luna	Sg Hgn		NT	200500480	4:31.74
	100m: 2:31.67 200m: 4:31.74					

Programmanr. 2 Jongens, 200m vrije slag 8 - 9 jaar
15-9-2013 - 15:35 Resultaten

Rang				In.tijd		Tijd
1.	VANDEWALL, Cas	Kimbria		2:57.23	200400043	2:55.60
	100m: 1:27.82 200m: 2:55.60					
2.	BOURDJANADZE, Luca	Kimbria		2:59.45	200400787	2:56.37
	100m: 1:28.21 200m: 2:56.37					
3.	VANDERLIEK, Jos	Eurode Kerkrade		3:20.00	200401479	3:05.86
	100m: 1:27.97 200m: 3:05.86					

Programmanr. 3 Meisjes, 400m vrije slag 10 - 11 jaar
15-9-2013 - 15:40 Resultaten

Rang				In.tijd		Tijd
1.	BLOK, Muriel	Kimbria		5:58.01	200300030	6:01.95
	100m: 1:23.91 200m: 2:56.03 400m: 6:01.95					
2.	BEEKMAN, Imke	Sg Hgn		NT	200301950	6:06.62
	100m: 1:24.82 200m: 2:59.53 400m: 6:06.62					
3.	VAN DE VEN, Jenny	Eurode Kerkrade		6:22.79	200200870	6:07.51
	100m: 1:27.36 200m: 3:02.29 400m: 6:07.51					
4.	HOUTVAST, Judith	Sg Hgn		6:11.16	200300714	6:07.68
	100m: 1:23.12 200m: 2:57.59 400m: 6:07.68					
5.	BLOM, Kyanie	Sg Hgn		6:53.55	200301866	6:19.60
	100m: 1:27.39 200m: 3:04.27 400m: 6:19.60					
6.	STARREMANS, Nikki	Sg Hgn		6:14.40	200201984	6:22.64
	100m: 1:28.00 200m: 3:05.26 400m: 6:22.64					
7.	GORITZER, Jesse	Eurode Kerkrade		6:31.76	200300096	6:22.74
	100m: 1:28.46 200m: 3:07.19 400m: 6:22.74					
8.	BLIEK, Silke	Sg Hgn		NT	200301948	6:35.17
	100m: 1:33.02 200m: 3:15.77 400m: 6:35.17					
9.	DE JONG, Britt	Eurode Kerkrade		7:47.56	200203688	6:42.42
	100m: 1:31.36 200m: 3:18.86 400m: 6:42.42					

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Kerkrade, 15-9-2013

Programmanr. 4
15-9-2013 - 15:55

Jongens, 400m vrije slag

10 - 11 jaar
Resultaten

Rang					In.tijd		Tijd
1.	WAKABAYASHI, Itsuki	Kimbria	5:44.48	200202507	5:33.84		
	100m: 1:19.46 200m: 2:46.28 400m: 5:33.84						
2.	THOMAS, Jasper	Sg Hgn	NT	200200427	5:41.57		
	100m: 1:20.48 200m: 2:47.20 400m: 5:41.57						
3.	CUIJPERS, Gilles	Kimbria	5:59.76	200202003	5:47.09		
	100m: 1:21.45 200m: 2:48.87 400m: 5:47.09						
4.	VAN AVESAATH, Niels	Kimbria	6:41.41	200202005	6:02.45		
	100m: 1:18.51 200m: 2:51.32 400m: 6:02.45						
5.	DE JONGE, Koen	Sg Hgn	NT	200201577	6:16.18		
	100m: 1:25.50 200m: 3:01.38 400m: 6:16.18						
6.	LAUMEN, Xavi	Kimbria	NT	200300393	6:22.86		
	100m: 1:29.26 200m: 3:07.02 400m: 6:22.86						
7.	VAN DER HAIJDEN, Christian	Sg Hgn	6:54.01	200300257	6:36.16		
	100m: 1:31.16 200m: 3:12.70 400m: 6:36.16						
8.	NELISSEN, Maikel	Kimbria	NT	200300309	6:39.41		
	100m: 1:34.64 200m: 3:17.71 400m: 6:39.41						
9.	GÖBBELS, Dann	Eurode Kerkrade	6:59.75	200300109	6:40.31		
	100m: 1:33.99 200m: 3:17.96 400m: 6:40.31						

Programmanr. 5
15-9-2013 - 16:10

Dames, 800m vrije slag

11 jaar en ouder
Resultaten

Rang					In.tijd		Tijd
1.	BECKERS, Janina	Sg Hgn	9:08.72	199800574	9:14.91		
	50m: 31.68 100m: 1:05.62 200m: 2:15.31 400m: 4:36.10 800m: 9:14.91						
2.	HAENEN, Shania	Eurode Kerkrade	9:54.38	199802528	9:56.61		
	50m: 31.69 100m: 1:05.55 200m: 2:16.37 400m: 4:45.09 800m: 9:56.61						
3.	VROOMEN, Rebecca	Eurode Kerkrade	10:18.30	199301772	9:57.80		
	50m: 33.11 100m: 1:09.46 200m: 2:24.05 400m: 4:54.51 800m: 9:57.80						
4.	JENNES, Céline	Eurode Kerkrade	10:01.47	199602154	10:01.51		
	50m: 33.17 100m: 1:08.80 200m: 2:22.67 400m: 4:55.92 800m: 10:01.51						
5.	POORTS, Chayenne	Sg Hgn	10:12.54	199800670	10:01.54		
	50m: 32.60 100m: 1:08.48 200m: 2:23.82 400m: 4:58.64 800m: 10:01.54						
6.	RITTEN, Manon	Eurode Kerkrade	10:19.43	200002440	10:01.60		
	50m: 32.16 100m: 1:07.82 200m: 2:23.60 400m: 4:58.07 800m: 10:01.60						
7.	KELLY, McKenzie	Eurode Kerkrade	10:21.51	199805438	10:06.17		
	50m: 32.36 100m: 1:08.76 200m: 2:23.38 400m: 4:56.01 800m: 10:06.17						
8.	KERKHOF, Amber	Kimbria	10:18.64	200000074	10:15.04		
	50m: 33.14 100m: 1:10.57 200m: 2:27.19 400m: 5:02.73 800m: 10:15.04						
9.	SKRABANJA, Rani	Kimbria	10:51.58	199800992	10:17.72		
	50m: 34.35 100m: 1:12.54 200m: 2:29.88 400m: 5:06.07 800m: 10:17.72						
10.	DE CROOCK, Rianne	NTB	10:34.59	199801466	10:20.91		
	50m: 33.22 100m: 1:10.64 200m: 2:27.59 400m: 5:04.85 800m: 10:20.91						
11.	VAN DER VALK, Bonnie	Sg Hgn	10:38.97	199804668	10:22.00		
	50m: 33.60 100m: 1:10.29 200m: 2:25.92 400m: 5:02.60 800m: 10:22.00						

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Programmanr. 5, Dames, 800m vrije slag, 11 jaar en ouder

Rang					In.tijd		Tijd
12.	SAVELBERG, Joëlle			Eurode Kerkrade	10:19.19	199702464	10:23.26
	50m: 32.51	100m: 1:08.26		200m: 2:24.16	400m: 5:01.39	800m: 10:23.26	
13.	BLOK, Denise			Kimbria	10:47.05	199900572	10:32.55
	50m: 33.80	100m: 1:12.34		200m: 2:32.08	400m: 5:13.39	800m: 10:32.55	
14.	CRAENEN, Denise			Sg Hgn	NT	199900040	10:39.42
	50m: 35.73	100m: 1:14.36		200m: 2:35.07	400m: 5:17.73	800m: 10:39.42	
15.	VANDERLIEK, Lina			Eurode Kerkrade	10:38.59	199806374	10:40.37
	50m: 33.56	100m: 1:10.42		200m: 2:28.00	400m: 5:10.70	800m: 10:40.37	
16.	CRAENEN, Kelly			Sg Hgn	10:30.88	199700714	10:48.05
	50m: 34.65	100m: 1:12.70		200m: 2:32.39	400m: 5:18.55	800m: 10:48.05	
17.	ALIJAGIC, Arijana			Sg Hgn	11:16.64	199902826	10:51.25
	50m: 35.04	100m: 1:14.35		200m: 2:35.96	400m: 5:21.32	800m: 10:51.25	
18.	GÖBBELS, Lieve			Eurode Kerkrade	11:10.41	200000514	10:52.73
	50m: 36.20	100m: 1:16.73		200m: 2:39.42	400m: 5:24.23	800m: 10:52.73	
19.	VAN DER VALK, Jasmijn			Sg Hgn	11:14.52	200101408	10:54.36
	50m: 35.82	100m: 1:15.32		200m: 2:36.70	400m: 5:22.70	800m: 10:54.36	
20.	LEUNISSEN, Melanie			Sg Hgn	11:25.18	199800672	10:56.12
	50m: 33.72	100m: 1:12.48		200m: 2:32.35	400m: 5:17.50	800m: 10:56.12	
21.	RAADSCHILDERS, Amber			Kimbria	10:37.19	200000534	10:59.79
	50m: 36.03	100m: 1:16.18		200m: 2:38.45	400m: 5:27.04	800m: 10:59.79	
22.	JANSSEN, Nieske			Sg Hgn	11:04.07	199601328	11:08.17
	50m: 36.36	100m: 1:16.45		200m: 2:40.11	400m: 5:28.80	800m: 11:08.17	
23.	BECKERS, Carolien			Sg Hgn	11:29.81	200200078	11:11.21
	50m: 37.21	100m: 1:18.01		200m: 2:41.52	400m: 5:31.17	800m: 11:11.21	
24.	REBERGEN, Kim			Sg Hgn	11:14.48	200100676	11:11.33
	50m: 35.91	100m: 1:17.99		200m: 2:43.07	400m: 5:34.50	800m: 11:11.33	
25.	DIJKSTRA, Iris			Sg Hgn	12:17.48	200201766	11:12.32
	50m: 36.52	100m: 1:17.36		200m: 2:42.89	400m: 5:36.40	800m: 11:12.32	
26.	SOUHOKA, Bo			Sg Hgn	11:15.67	200201186	11:16.62
	50m: 35.33	100m: 1:15.93		200m: 2:42.83	400m: 5:34.98	800m: 11:16.62	
27.	MEIJERS, Lynn			Sg Hgn	10:46.92	199803732	11:16.80
	50m: 36.80	100m: 1:17.45		200m: 2:41.70	400m: 5:33.83	800m: 11:16.80	
28.	KERKHOF, Celine			Kimbria	10:25.92	199800548	11:17.02
	50m: 33.60	100m: 1:11.89		200m: 2:34.51	400m: 5:29.39	800m: 11:17.02	
29.	LANCKOHR, Esmee			Sg Hgn	11:42.48	200002442	11:21.52
	50m: 35.19	100m: 1:14.52		200m: 2:37.99	400m: 5:31.90	800m: 11:21.52	
30.	KOETSIER, Aukje			Kimbria	11:34.55	200002260	11:22.82
	50m: 37.20	100m: 1:19.57		200m: 2:45.67	400m: 5:38.86	800m: 11:22.82	
31.	MERCELINA, Chanour			Sg Hgn	NT	200101374	11:23.23
	50m: 37.02	100m: 1:18.33		200m: 2:43.08	400m: 5:36.54	800m: 11:23.23	
32.	DIJKSTRA, Isabel			Sg Hgn	NT	200200918	11:23.85
	50m: 37.47	100m: 1:19.21		200m: 2:45.58	400m: 5:39.93	800m: 11:23.85	
33.	JANSSEN, Lieke			Sg Hgn	11:31.59	199305954	11:30.23
	50m: 36.48	100m: 1:17.45		200m: 2:43.76	400m: 5:38.89	800m: 11:30.23	
34.	SCHNIJDERBERG, Robin			Sg Hgn	11:51.93	200100256	11:32.51
	50m: 37.48	100m: 1:18.82		200m: 2:45.92	400m: 5:43.48	800m: 11:32.51	
35.	ODENHOVEN, Chayenne			Sg Hgn	NT	200000468	11:33.95
	50m: 38.02	100m: 1:19.71		200m: 2:44.77	400m: 5:41.55	800m: 11:33.95	

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Programmanr. 5, Dames, 800m vrije slag, 11 jaar en ouder

Rang					In.tijd		Tijd
36.	SMEETS, Nikki			Sg Hgn	11:40.70	200200080	11:45.31
	50m: 35.34	100m: 1:16.24	200m: 2:42.62	400m: 5:43.63	800m: 11:45.31		
37.	BRULS, Yvonne			Eurode Kerkrade	11:50.96	199008114	11:51.11
	50m: 37.74	100m: 1:19.30	200m: 2:46.23	400m: 5:45.80	800m: 11:51.11		
38.	SADOK, Sofia			Kimbria	12:16.02	200201204	12:00.13
	50m: 41.16	100m: 1:25.16	200m: 2:54.57	400m: 5:58.26	800m: 12:00.13		
39.	HUNT ALNE, Kitty-Sofie			Sg Hgn	12:46.43	199804558	12:10.21
	50m: 37.42	100m: 1:21.23	200m: 2:53.61	400m: 6:01.57	800m: 12:10.21		
40.	GEILENKIRCHEN, Chiara			Sg Hgn	NT	200104590	12:36.96
	50m: 39.86	100m: 1:23.46	200m: 2:56.89	400m: 6:13.56	800m: 12:36.96		
41.	JEUKENS, Fabienne			Kimbria	12:02.06	198401156	12:46.22
	50m: 38.42	100m: 1:22.36	200m: 2:55.66	400m: 6:09.72	800m: 12:46.22		
42.	KERKHOFFS, Kyra			NTB	13:12.13	200100616	13:02.73
	50m: 40.60	100m: 1:26.62	200m: 3:05.05	400m: 6:26.67	800m: 13:02.73		
43.	CUJJPERS, Coco			Kimbria	13:21.29	200202614	13:10.84
	50m: 44.53	100m: 1:33.51	200m: 3:14.30	400m: 6:35.04	800m: 13:10.84		
44.	CAUBERG, Inge			Kimbria	NT	200201412	13:19.42
	50m: 44.02	100m: 1:33.54	200m: 3:13.80	400m: 6:36.48	800m: 13:19.42		
45.	KÖHLEN, Anne			Sg Hgn	14:49.61	200201714	13:48.48
	50m: 41.30	100m: 1:28.23	200m: 3:10.08	400m: 6:44.30	800m: 13:48.48		

Programmanr. 6
15-9-2013 - 17:45

Heren, 1500m vrije slag

12 jaar en ouder
Resultaten

Rang					In.tijd		Tijd
1.	SEVERINS, Jordy			Eurode Kerkrade	17:51.02	199800559	17:31.14
	50m: 28.79	100m: 1:01.53	200m: 2:09.78	400m: 4:29.65	800m: 9:13.77	1500m: 17:31.14	
2.	VAN AKEN, Jan			Sg Hgn	18:33.32	199504369	17:44.61
	50m: 31.48	100m: 1:05.14	200m: 2:15.00	400m: 4:35.15	800m: 9:19.10	1500m: 17:44.61	
3.	DE HEER, Bart			Sg Hgn	18:15.07	199500359	17:57.80
	50m: 30.48	100m: 1:04.32	200m: 2:14.07	400m: 4:35.70	800m: 9:27.82	1500m: 17:57.80	
4.	GORISSEN, Mark			Sg Hgn	19:31.04	198600973	18:00.36
	50m: 32.05	100m: 1:06.60	200m: 2:16.75	400m: 4:38.32	800m: 9:28.41	1500m: 18:00.36	
5.	WAKABAYASHI, Riku			Kimbria	18:16.97	199904633	18:15.08
	50m: 32.33	100m: 1:07.77	200m: 2:20.08	400m: 4:46.64	800m: 9:40.23	1500m: 18:15.08	
6.	DE JONG, Roland			Eurode Kerkrade	19:35.00	197601513	18:17.54
	50m: 31.20	100m: 1:05.29	200m: 2:16.73	400m: 4:40.89	800m: 9:34.07	1500m: 18:17.54	
7.	KÖHLEN, Bart			Sg Hgn	18:35.31	199802453	18:26.96
	50m: 32.44	100m: 1:07.85	200m: 2:19.89	400m: 4:46.46	800m: 9:41.67	1500m: 18:26.96	
8.	NIEMARK, Jory			Sg Hgn	17:58.43	199204409	18:45.39
	100m: 1:07.30	200m: 2:19.95	400m: 4:48.17	800m: 9:50.70	1500m: 18:45.39		
9.	LINDENSCHMIDT, Stefan			Sg Hgn	19:59.23	199505925	18:52.78
	50m: 33.04	100m: 1:08.22	200m: 2:20.02	400m: 4:48.37	800m: 9:57.32	1500m: 18:52.78	
10.	BAKKER, Kjell			Sg Hgn	19:48.51	200000297	19:14.68
	50m: 33.42	100m: 1:09.47	200m: 2:24.46	400m: 4:56.49	800m: 10:07.51	1500m: 19:14.68	
11.	DIJKSTRA, Bas			Sg Hgn	19:52.48	200000043	19:18.01
	50m: 33.51	100m: 1:10.56	200m: 2:25.85	400m: 4:58.77	800m: 10:11.29	1500m: 19:18.01	

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Programmanr. 6, Heren, 1500m vrije slag, 12 jaar en ouder

Rang						In.tijd				Tijd
12.	PAULISSEN, David				Sg Hgn	21:41.82	199703489			19:33.87
	50m: 34.35	100m: 1:11.38	200m: 2:27.56	400m: 5:02.29	800m: 10:19.55	1500m: 19:33.87				
13.	VAN DER HAIJDEN, Lars				Sg Hgn	20:05.30	199900225			19:47.39
	100m: 1:10.80	200m: 2:29.70	400m: 5:09.00	800m: 10:34.14	1500m: 19:47.39					
	WOLTERS, Dylan				Sg Hgn	19:44.64	199800287			19:47.39
	50m: 32.70	100m: 1:10.70	200m: 2:30.89	400m: 5:12.73	800m: 10:38.92	1500m: 19:47.39				
15.	DE BOER, Niels				Eurode Kerkrade	20:13.68	200001977			19:50.77
	50m: 34.77	100m: 1:12.90	200m: 2:30.71	400m: 5:08.47	800m: 10:26.64	1500m: 19:50.77				
16.	GEERLINGS, Freddie				Sg Hgn	19:00.48	197900379			20:17.67
	50m: 37.20	100m: 1:16.27	200m: 2:35.59	400m: 5:15.64	800m: 10:37.16	1500m: 20:17.67				
17.	GREVEN, Tim				Kimbria	20:34.00	199202373			20:37.92
	50m: 33.92	100m: 1:10.54	200m: 2:29.26	400m: 5:11.86	800m: 10:42.36	1500m: 20:37.92				
18.	STELTEN, Stan				Sg Hgn	NT	199900461			20:53.48
	50m: 35.74	100m: 1:15.55	200m: 2:38.38	400m: 5:24.89	800m: 11:05.03	1500m: 20:53.48				
19.	CARTER, Lex				Sg Hgn	23:16.57	200001275			21:04.89
	50m: 36.51	100m: 1:16.92	200m: 2:41.36	400m: 5:34.54	800m: 11:20.26	1500m: 21:04.89				
20.	DE BROUWER, Leroy				Sg Hgn	NT	199900739			21:05.73
	100m: 1:16.54	200m: 2:41.00	400m: 5:34.89	800m: 11:21.13	1500m: 21:05.73					
21.	GOFFIN, Tom				Sg Hgn	21:27.50	198604457			21:15.18
	50m: 36.65	100m: 1:16.34	200m: 2:39.65	400m: 5:27.59	800m: 11:14.62	1500m: 21:15.18				
22.	NAHR, Jylano				Sg Hgn	NT	200102593			21:20.02
	50m: 35.51	100m: 1:15.68	200m: 2:39.09	400m: 5:30.00	800m: 11:13.84	1500m: 21:20.02				
23.	YPELAAR, Pol				Sg Hgn	22:13.54	199804881			21:35.95
	50m: 35.45	100m: 1:15.72	200m: 2:40.07	400m: 5:33.00	800m: 11:23.39	1500m: 21:35.95				
24.	KERREMANS, Lars				Sg Hgn	NT	200100305			21:47.44
	50m: 38.54	100m: 1:22.81	200m: 2:51.54	400m: 5:47.17	800m: 11:38.65	1500m: 21:47.44				
25.	MEIJERS, Karsten				Kimbria	22:36.18	199004959			23:12.91
	50m: 36.96	100m: 1:18.19	200m: 2:45.45	400m: 5:47.71	800m: 12:02.24	1500m: 23:12.91				
26.	DOHMEN, Wesley				Sg Hgn	25:26.57	200002167			23:22.51
	50m: 39.09	100m: 1:22.08	200m: 2:54.27	400m: 6:03.29	800m: 12:25.03	1500m: 23:22.51				
27.	LAHOU, Roy				Kimbria	22:40.80	198906483			23:24.32
	50m: 37.42	100m: 1:19.20	200m: 2:47.04	400m: 5:50.64	800m: 12:13.82	1500m: 23:24.32				