

LAC deel.2.1 Roermond  
Roermond, 29.11.2008

Programmanr. 1  
29.11.2008 - 15:00

Jongens, 100m wisselslag

Jongens Minioren 3 en 4  
Resultaten

Rang			In.tijd	50m	100m
1.	Koen Koster	Hzpc	1:36.09 9900517		1:33.25
2.	Servé Nelissen	RZ	1:49.18 9900579		1:43.42
3.	Sander Aerts	Hzpc	NT 9902045		1:56.06

Programmanr. 2  
29.11.2008 - 15:05

Jongens, 100m wisselslag

Jongens Minioren 5 en 6  
Resultaten

Rang			In.tijd	50m	100m
1.	Max Hermans	Hzpc	1:19.40 9700879		1:17.89
2.	Jitse Zonneveld	RZ	1:25.44 9703133		1:25.86
3.	Zjef Nelissen	RZ	1:36.55 9701679		1:31.93
4.	Tim Peeters	RZ	1:36.57 9700363		1:35.06
5.	Pieter Otten	Hzpc	1:49.82 9800937		1:46.64
NG	Michel Henkel	RZ	1:45.36 9802301		

Programmanr. 3  
29.11.2008 - 15:05

Meisjes, 300m vrije slag

Meisjes Minioren 3 en 4  
Resultaten

Programmanr. 4  
29.11.2008 - 15:05

Meisjes, 400m vrije slag

Meisjes Minioren 5 en Junioren 1  
Resultaten

Rang			In.tijd	Tijd
1.	Manon Koster	Hzpc	5:43.32 9701312	<b>5:44.77</b>
	50m: 1:21.28	150m: 2:50.53	250m: 350m: 400m: 5:44.77	
2.	Lotte van Megen	Hzpc	6:59.34 9701376	<b>6:24.88</b>
	50m: 1:30.92	150m: 3:09.25	250m: 350m: 400m: 6:24.88	
3.	Eva Hietkamp	Hzpc	NT 9803990	<b>7:18.53</b>
	50m: 1:41.86	150m: 3:31.95	250m: 350m: 400m: 7:18.53	

Programmanr. 5  
29.11.2008 - 15:15

Jongens, 300m wisselslag

Jongens Junioren 1 en 2  
Resultaten

Rang			In.tijd	Tijd
1.	Sem Hermans	Hzpc	NT 9601259	<b>4:08.50</b>
	50m: 1:00.00	150m: 2:00.00	250m: 300m: 4:08.50	
2.	Maurice Henkel	RZ	4:24.68 9504703	<b>4:09.69</b>
	50m: 1:00.00	150m: 2:00.00	250m: 300m: 4:09.69	
3.	Sam Derks	Hzpc	NT 9600719	<b>4:29.16</b>
	50m: 1:00.00	150m: 2:00.00	250m: 300m: 4:29.16	
4.	Björn Piket	Hzpc	NT 9602133	<b>4:57.02</b>
	50m: 1:00.00	150m: 2:00.00	250m: 300m: 4:57.02	

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Programmanr. 5, Jongens, 300m wisselslag, Jongens Junioren 1 en 2

Rang				In.tijd		Tijd
5.	Kay Thijssen	Hzpc		NT	9601799	<b>5:15.93</b>
	50m:	150m:	250m:			
	100m:	200m:	300m:		5:15.93	
6.	Teun van Rens	Hzpc		NT	9503949	<b>5:32.16</b>
	50m:	150m:	250m:			
	100m:	200m:	300m:		5:32.16	
AFGEM	Max Vervoort	RZ		NT	9601405	
NG	Nando Broeren	Hzpc		NT	9601441	
NG	Xavier Wuts	RZ		NT	9602661	

Programmanr. 6  
29.11.2008 - 15:20

Jongens, 300m wisselslag

Jongens Junioren 3 en 4  
Resultaten

Rang				In.tijd		Tijd
1.	Maurice Zelis	RZ		4:25.24	9401031	<b>4:04.42</b>
	50m:	150m:	250m:			
	100m:	200m:	300m:		4:04.42	
2.	Jim Ketelings	RZ		4:40.11	9403901	<b>4:26.22</b>
	50m:	150m:	250m:			
	100m:	200m:	300m:		4:26.22	

Programmanr. 7  
29.11.2008 - 15:25

Jongens, 300m wisselslag

Jongens Jeugd 1 en 2  
Resultaten

Rang				In.tijd		Tijd
1.	Dennis Creemers	De Roersoppers		4:18.41	9202243	<b>4:12.16</b>
	50m:	150m:	250m:			
	100m:	200m:	300m:		4:12.16	

Programmanr. 8  
29.11.2008 - 15:30

Heren, 300m wisselslag

Heren Senioren Open  
Resultaten

Rang				In.tijd		Tijd
1.	Mark van Enkevort	Hzpc		3:54.77	9000797	<b>3:53.09</b>
	50m:	150m:	250m:			
	100m:	200m:	300m:		3:53.09	
2.	Patrick Creemers	RZ		3:55.97	9000579	<b>3:54.69</b>
	50m:	150m:	250m:			
	100m:	200m:	300m:		3:54.69	

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Programmanr. 9  
29.11.2008 - 15:35

Meisjes, 800m vrije slag

Meisjes Junioren 2 en 3  
Resultaten

Rang							In.tijd			Tijd		
1.	Jessica Hesen		RZ				11:34.45	9601194	<b>10:54.29</b>			
	100m:	1:17.39	1:17.39	300m:	4:03.09	1:23.56	500m:	6:50.28	1:23.74	700m:	9:37.10	1:23.02
	200m:	2:39.53	1:22.14	400m:	5:26.54	1:23.45	600m:	8:14.08	1:23.80	800m:	10:54.29	1:17.19
2.	Floor Weijmans		Hzpc				11:36.28	9502522	<b>11:02.00</b>			
	100m:	1:17.44	1:17.44	300m:	4:03.99	1:23.78	500m:	6:52.40	1:24.44	700m:	9:42.15	1:24.74
	200m:	2:40.21	1:22.77	400m:	5:27.96	1:23.97	600m:	8:17.41	1:25.01	800m:	11:02.00	1:19.85
3.	Jara Wassenberg		RZ				12:39.31	9600222	<b>11:30.24</b>			
	100m:	1:21.61	1:21.61	300m:	4:17.34	1:28.50	500m:	7:13.49	1:28.25	700m:	10:08.62	1:27.38
	200m:	2:48.84	1:27.23	400m:	5:45.24	1:27.90	600m:	8:41.24	1:27.75	800m:	11:30.24	1:21.62
4.	Maureen Wingers		RZ				NT	9602264	<b>11:59.87</b>			
	100m:	1:23.91	1:23.91	300m:			500m:	7:27.42	1:32.96	700m:	10:31.28	1:31.21
	200m:	2:52.82	1:28.91	400m:	5:54.46		600m:	9:00.07	1:32.65	800m:	11:59.87	1:28.59
5.	Denise van der Klij		Hzpc				12:25.33	9600482	<b>12:25.71</b>			
	100m:	1:23.65	1:23.65	300m:	4:30.99	1:33.55	500m:	7:40.50	1:33.84	700m:	10:56.06	1:35.72
	200m:	2:57.44	1:33.79	400m:	6:06.66	1:35.67	600m:	9:20.34	1:39.84	800m:	12:25.71	1:29.65
6.	Celina Austen		RZ				13:13.09	9602056	<b>12:36.70</b>			
	100m:	1:26.32	1:26.32	300m:	4:41.86	1:38.57	500m:	7:54.02	1:37.35	700m:	11:09.20	1:36.07
	200m:	3:03.29	1:36.97	400m:	6:16.67	1:34.81	600m:	9:33.13	1:39.11	800m:	12:36.70	1:27.50

Programmanr. 10  
29.11.2008 - 15:50

Meisjes, 1500m vrije slag

Meisjes Jeugd 1 en 2  
Resultaten

Rang							In.tijd			Tijd		
1.	Rinske Becks		Hzpc				20:59.38	9403098	<b>20:17.82</b>			
	100m:	1:15.10	1:15.10	500m:	6:45.20	1:21.76	900m:	12:13.13	1:21.50	1300m:	17:37.95	1:21.20
	200m:	2:38.56	1:23.46	600m:	8:08.00	1:22.80	1000m:	13:34.26	1:21.13	1400m:	18:59.44	1:21.49
	300m:	4:01.27	1:22.71	700m:	9:30.14	1:22.14	1100m:	14:55.81	1:21.55	1500m:	20:17.82	1:18.38
	400m:	5:23.44	1:22.17	800m:	10:51.63	1:21.49	1200m:	16:16.75	1:20.94			
2.	Denise Austen		RZ				21:21.89	9303778	<b>20:21.41</b>			
	100m:	1:16.72	1:16.72	500m:	6:45.96	1:22.05	900m:	12:14.30	1:21.60	1300m:	17:42.48	1:21.84
	200m:	2:38.54	1:21.82	600m:	8:08.49	1:22.53	1000m:	13:36.30	1:22.00	1400m:	19:04.33	1:21.85
	300m:	4:01.74	1:23.20	700m:	9:31.04	1:22.55	1100m:	14:58.75	1:22.45	1500m:	20:21.41	1:17.08
	400m:	5:23.91	1:22.17	800m:	10:52.70	1:21.66	1200m:	16:20.64	1:21.89			
3.	Selena van Cruchten		RZ				21:24.72	9401608	<b>21:09.08</b>			
	100m:	1:21.34	1:21.34	500m:	7:01.10	1:24.81	900m:	12:43.89	1:25.37	1300m:	18:26.06	1:26.07
	200m:	2:45.54	1:24.20	600m:	8:26.84	1:25.74	1000m:	14:09.20	1:25.31	1400m:	19:50.49	1:24.43
	300m:	4:10.14	1:24.60	700m:	9:52.80	1:25.96	1100m:	15:34.74	1:25.54	1500m:	21:09.08	1:18.59
	400m:	5:36.29	1:26.15	800m:	11:18.52	1:25.72	1200m:	16:59.99	1:25.25			
4.	Linda Dehing		RZ				21:49.51	9400022	<b>21:57.90</b>			
	100m:	1:20.54	1:20.54	500m:	7:13.34	1:29.63	900m:	13:08.45	1:29.79	1300m:	19:01.24	1:26.98
	200m:	2:47.80	1:27.26	600m:	8:42.82	1:29.48	1000m:	14:36.90	1:28.45	1400m:	20:30.08	1:28.84
	300m:	4:15.26	1:27.46	700m:	10:11.34	1:28.52	1100m:	16:06.46	1:29.56	1500m:	21:57.90	1:27.82
	400m:	5:43.71	1:28.45	800m:	11:38.66	1:27.32	1200m:	17:34.26	1:27.80			
5.	Lisa In 't Zand		RZ				23:16.35	9401614	<b>22:54.70</b>			
	100m:	1:22.54	1:22.54	500m:	7:27.00	1:32.08	900m:	13:38.20	1:33.31	1300m:		
	200m:	2:52.16	1:29.62	600m:	8:59.36	1:32.36	1000m:	15:11.32	1:33.12	1400m:		
	300m:	4:22.80	1:30.64	700m:	10:32.00	1:32.64	1100m:	16:43.13	1:31.81	1500m:	22:54.70	
	400m:	5:54.92	1:32.12	800m:	12:04.89	1:32.89	1200m:	18:19.42	1:36.29			
6.	Pim Scheres		Hzpc				23:58.43	9302410	<b>23:53.63</b>			
	100m:	1:24.49	1:24.49	500m:	7:44.84	1:36.75	900m:	14:14.15	1:37.88	1300m:	20:45.12	1:38.84
	200m:	2:57.18	1:32.69	600m:	9:21.15	1:36.31	1000m:	15:50.66	1:36.51	1400m:	22:23.16	1:38.04
	300m:	4:32.43	1:35.25	700m:	10:58.73	1:37.58	1100m:	17:28.92	1:38.26	1500m:	23:53.63	1:30.47
	400m:	6:08.09	1:35.66	800m:	12:36.27	1:37.54	1200m:	19:06.28	1:37.36			

LAC deel.2.1 Roermond  
Roermond, 29.11.2008

Programmanr. 11  
29.11.2008 - 16:15

Dames, 1500m vrije slag

Dames Senioren Open  
Resultaten

Rang											In.tijd			Tijd
1.	Judith van Meijel										Hzpc	18:47.70	9102076	<b>18:41.39</b>
	100m:	1:09.98	1:09.98	500m:	6:11.76	1:15.83	900m:	11:13.60	1:15.74	1300m:	16:15.59	1:15.15		
	200m:	2:25.13	1:15.15	600m:	7:26.82	1:15.06	1000m:	12:29.77	1:16.17	1400m:	17:30.52	1:14.93		
	300m:	3:40.78	1:15.65	700m:	8:42.31	1:15.49	1100m:	13:44.87	1:15.10	1500m:	18:41.39	1:10.87		
	400m:	4:55.93	1:15.15	800m:	9:57.86	1:15.55	1200m:	15:00.44	1:15.57					
2.	Dianne Nien										RZ	NT	7100452	<b>21:05.29</b>
	100m:	1:17.62	1:17.62	500m:	6:57.97	1:25.55	900m:	12:37.93	1:24.93	1300m:	18:18.77	1:24.85		
	200m:	2:41.66	1:24.04	600m:	8:22.38	1:24.41	1000m:	14:03.27	1:25.34	1400m:	19:43.70	1:24.93		
	300m:	4:07.88	1:26.22	700m:	9:47.38	1:25.00	1100m:	15:28.66	1:25.39	1500m:	21:05.29	1:21.59		
	400m:	5:32.42	1:24.54	800m:	11:13.00	1:25.62	1200m:	16:53.92	1:25.26					
3.	Chantal Gielens										De Roersoppers	22:20.25	9101014	<b>22:28.32</b>
	100m:	1:23.07	1:23.07	500m:	7:21.78	1:30.02	900m:	13:22.23	1:29.35	1300m:	19:25.12	1:31.68		
	200m:	2:51.50	1:28.43	600m:	8:52.66	1:30.88	1000m:	14:52.53	1:30.30	1400m:	20:57.50	1:32.38		
	300m:	4:21.76	1:30.26	700m:	10:22.76	1:30.10	1100m:	16:22.37	1:29.84	1500m:	22:28.32	1:30.82		
	400m:	5:51.76	1:30.00	800m:	11:52.88	1:30.12	1200m:	17:53.44	1:31.07					
4.	Claudia Creemers										De Roersoppers	24:13.29	9202864	<b>25:04.32</b>
	100m:	1:23.82	1:23.82	500m:	8:03.45	1:41.65	900m:	14:54.92	1:39.88	1300m:	21:52.45	1:42.43		
	200m:	2:59.92	1:36.10	600m:	9:46.39	1:42.94	1000m:	16:39.86	1:44.94	1400m:	23:32.76	1:40.31		
	300m:	4:40.04	1:40.12	700m:	11:32.45	1:46.06	1100m:	18:25.82	1:45.96	1500m:	25:04.32	1:31.56		
	400m:	6:21.80	1:41.76	800m:	13:15.04	1:42.59	1200m:	20:10.02	1:44.20					
AFGEM	Claudia Giezenaar										RZ	20:29.39	9101022	
AFGEM	Ingrid van Horen										Hzpc	20:18.71	9204060	