

LAC deel 1
Oosterhout, 29-10-2016

Programmanr. 1 Meisjes, 200m wisselslag Meisjes Minioren 5 Junioren 1
29-10-2016 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Dion Boeijen	Arethusa	3:01.59	200500008	2:57.26	360	39.10		
2. Shanna Joppe	Z & PC De Zeeuwse Kl	3:13.18	200601186	3:14.15	274	46.53		
3. Floor de Pooter	De Schelde	3:32.39	200501120	3:18.54	256	45.61		
4. Romée van Rossem	De Biesboschzwemme	4:04.43	200500684	3:23.10	239	49.18		
5. Maud Ruitenbeek	ZCKoewacht	3:35.30	200501894	3:24.95	233	47.16		
6. Megann van de Donk	Thalassa	NT	200601506	3:38.75	192	47.84		
7. Sam Albicher	De Schelde	NT	200600936	4:03.06	140	55.76		

Programmanr. 2 Jongens, 200m wisselslag Jongens Minioren 5 en 6
29-10-2016 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Joris Doensen	Thalassa	NT	200500923	3:31.65	156	42.35		
DIS Ruben Slingerland	De Bevelanders	4:28.14	200601005					

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.

Programmanr. 3 Dames, 200m wisselslag Dames Senioren Open
29-10-2016 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Esther Tiemersma	Z & PC De Zeeuwse Kl	2:36.63	200202962	2:35.67	532	34.02		
2. Mandy van Rossum	Arethusa	3:03.28	200204904	2:43.59	458	35.30		
3. Anna Tiemersma	Z & PC De Zeeuwse Kl	2:48.62	200400686	2:47.27	429	38.55		
4. F. van der Heijden	De Bevelanders	2:58.64	200201514	2:47.75	425	37.80		
5. Sophie Albers	Arethusa	2:50.62	200300990	2:52.22	393	38.58		
6. Suze van Bergen	Arethusa	3:03.85	200303642	2:56.29	366	36.99		
7. Paulien Koster	De Bevelanders	3:14.33	200005398	3:06.14	311	38.64		
8. Ibe van Boven	De Schelde	NT	200404188	3:06.87	307	41.82		
9. Ilja van der Stelt	ZV Den Doorn	3:05.00	200200640	3:08.80	298	40.61		
10. Ilse van Hal	Dbd	3:28.71	200404374	3:09.29	296	43.15		
11. Nasca van Dijk	ZCKoewacht	3:15.68	200300816	3:09.40	295	38.95		
12. Gwen Visser	Z & PC De Zeeuwse Kl	3:29.23	200006206	3:13.68	276	42.56		
13. Rachelle Hellenbrand	Thalassa	3:10.19	199101204	3:16.65	264	42.68		
14. D. van den Heuvel	Arethusa	3:22.39	200400098	3:18.99	255	50.42		
15. Ela Ince	Arethusa	3:33.11	200400966	3:27.43	225	44.68		
16. Anna Burghout	ZV Den Doorn	NT	200400070	3:33.61	206	48.44		
17. Chimène Huisman	De Biesboschzwemme	4:02.96	200400534	3:47.17	171	56.30		

Programmanr. 4 Heren, 200m wisselslag Heren Senioren Open
29-10-2016 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Leon Faasse	De Schelde	2:27.61	200002473	2:25.45	481	30.70		
2. Guido Brink	Z & PC De Zeeuwse Kl	2:41.00	200200199	2:30.12	438	33.44		
3. Rinke Hiel	ZCKoewacht	2:46.45	200102131	2:35.04	398	32.28		
4. Jan Brink	Z & PC De Zeeuwse Kl	2:31.75	196200091	2:37.18	382	33.68		
5. Dion Staal	O.Z. & P.C. De Warand	2:43.01	200200065	2:41.79	350	33.61		
6. Max Embregts	O.Z. & P.C. De Warand	2:56.03	200200583	2:49.22	306	35.99		
7. Lars Langens	Arethusa	3:21.73	200303825	3:08.65	221	42.37		
8. Huub Warmerdam	Arethusa	3:23.22	200204043	3:12.70	207	43.26		

LAC deel 1
Oosterhout, 29-10-2016

Programmanr. 5
29-10-2016

200m vrije slag

Mix Minioren 5 en later
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Wies Ruitenbeek	ZCKoewacht	NT 200700234	3:41.24	133	49.75	58.17	1:00.18	53.14
2. Pien van Geel	O.Z. & P.C. De Warande	NT 200600202	3:41.64	132	50.38	58.83	1:00.62	51.81
3. Zoë Bulkman	O.Z. & P.C. De Warande	NT 200600746	3:43.20	130	50.43	57.72		
4. Aurelie Koster	O.Z. & P.C. De Warande	NT 200702134	3:50.86	117	50.23	58.60	1:03.67	58.36
5. Daan van Houten	O.Z. & P.C. De Warande	NT 200700893	4:07.68	70	55.01	1:04.11		
6. Gorshid Ashough	O.Z. & P.C. De Warande	NT 200700836	4:27.20	76	57.89	1:13.18	1:08.82	1:07.31
AFGEM Jan Mol	De Bevelanders	NT 200701293						

Programmanr. 6
29-10-2016

Meisjes, 400m vrije slag

Meisjes Minioren 5 Junioren 1
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	250m	300m	350m	400m
1. Dion Boeijen	Arethusa	5:39.95	200500008								5:47.86	322
50m: 38.76	38.76	150m: 2:07.04	44.84	250m: 3:37.51	45.78	350m: 5:08.60	45.50					
100m: 1:22.20	43.44	200m: 2:51.73	44.69	300m: 4:23.10	45.59	400m: 5:47.86	39.26					
2. Lonneke Tijmstra	Zwemlust- den Hommel	6:00.48	200502900								6:02.10	285
50m: 39.75	39.75	150m: 2:11.97	47.27	250m: 3:44.94	46.30	350m: 5:18.13	46.81					
100m: 1:24.70	44.95	200m: 2:58.64	46.67	300m: 4:31.32	46.38	400m: 6:02.10	43.97					
3. Floor de Pooter	De Schelde	6:24.61	200501120								6:12.77	261
50m: 40.43	40.43	150m:		250m:		350m:						
100m: 1:26.34	45.91	200m: 3:02.94		300m:		400m: 6:12.77						
4. Maaïke van Heeswijk	O.Z. & P.C. De Warande	6:13.93	200500472								6:15.31	256
50m: 41.39	41.39	150m: 2:14.13	46.44	250m: 3:51.89	48.37	350m: 5:29.07	47.31					
100m: 1:27.69	46.30	200m: 3:03.52	49.39	300m: 4:41.76	49.87	400m: 6:15.31	46.24					
5. Bente Koeman	O.Z. & P.C. De Warande	7:03.70	200500900								6:15.35	256
50m: 40.52	40.52	150m: 2:13.65	47.18	250m: 3:50.76	48.65	350m: 5:29.36	49.19					
100m: 1:26.47	45.95	200m: 3:02.11	48.46	300m: 4:40.17	49.41	400m: 6:15.35	45.99					
6. Roos Suppers	ZV Den Doorn	NT	200500070								6:19.43	248
50m: 40.16	40.16	150m:		250m:		350m:						
100m: 1:25.67	45.51	200m: 3:04.86		300m:		400m: 6:19.43						
7. Maud Ruitenbeek	ZCKoewacht	6:33.18	200501894								6:30.63	227
50m: 42.71	42.71	150m: 2:18.82	48.53	250m: 3:59.69	50.19	350m: 5:42.52	51.61					
100m: 1:30.29	47.58	200m: 3:09.50	50.68	300m: 4:50.91	51.22	400m: 6:30.63	48.11					
8. Isabel van Katwijk	Zwemlust- den Hommel	7:24.99	200601014								6:48.76	198
50m: 45.00	45.00	150m: 2:28.45	52.85	250m: 4:12.95	52.44	350m: 5:58.36	52.60					
100m: 1:35.60	50.60	200m: 3:20.51	52.06	300m: 5:05.76	52.81	400m: 6:48.76	50.40					
9. Megann van de Donk	Thalassa	7:06.95	200601506								7:01.95	180
50m: 44.90	44.90	150m: 2:29.93	53.61	250m: 4:19.91	54.79	350m: 6:10.53	55.69					
100m: 1:36.32	51.42	200m: 3:25.12	55.19	300m: 5:14.84	54.93	400m: 7:01.95	51.42					
10. Sanne van Kesteren	SG SCOM/de Zeehond '73	7:32.83	200600452								7:19.06	160
50m: 45.26	45.26	150m: 2:37.24	56.83	250m: 4:31.80	57.49	350m: 6:25.27	55.57					
100m: 1:40.41	55.15	200m: 3:34.31	57.07	300m: 5:29.70	57.90	400m: 7:19.06	53.79					
11. Hanna de Graaf	ZV Den Doorn	NT	200600300								7:31.55	147
50m: 47.02	47.02	150m:		250m:		350m:						
100m: 1:43.37	56.35	200m: 3:40.21		300m:	5:38.12	400m: 7:31.55						
12. Sam Albicher	De Schelde	8:06.78	200600936								7:37.32	142
50m: 50.22	50.22	150m: 2:47.54	1:00.07	250m: 4:45.54	58.47	350m: 6:42.34	57.98					
100m: 1:47.47	57.25	200m: 3:47.07	59.53	300m: 5:44.36	58.82	400m: 7:37.32	54.98					
NG Ghislaine Lisitano	Psv	6:06.08	200500082									

LAC deel 1
Oosterhout, 29-10-2016

Programmanr. 7
29-10-2016

Jongens, 400m vrije slag

Jongens Minioren 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Yardan Taya	Zwemlust- den Hommel	5:57.02	200501343	5:41.77	267		
	50m: 36.39	36.39	150m: 2:01.45	43.91	250m: 3:31.33	45.66	350m: 5:01.14	44.88
	100m: 1:17.54	41.15	200m: 2:45.67	44.22	300m: 4:16.26	44.93	400m: 5:41.77	40.63
2.	Bjarn Martens	ZV Hydra	6:26.84	200500505	6:05.74	218		
	50m: 39.05	39.05	150m: 2:11.48	47.02	250m: 3:46.91	48.57	350m: 5:23.81	48.59
	100m: 1:24.46	45.41	200m: 2:58.34	46.86	300m: 4:35.22	48.31	400m: 6:05.74	41.93
3.	Thijs Wellink	Zwemlust- den Hommel	NT	200600715	6:26.90	184		
	50m: 39.80	39.80	150m: 2:18.96	50.18	250m: 3:59.98	50.04	350m: 5:39.76	49.37
	100m: 1:28.78	48.98	200m: 3:09.94	50.98	300m: 4:50.39	50.41	400m: 6:26.90	47.14
4.	Pieter Nuijten	ZCKoewacht	7:34.56	200600043	6:52.61	152		
	50m: 42.56	42.56	150m:		250m:		350m:	
	100m: 1:34.17	51.61	200m: 3:20.46		300m: 5:04.54		400m: 6:52.61	
5.	Wouter Buijs	ZCKoewacht	7:15.58	200501977	6:54.88	149		
	50m: 42.50	42.50	150m: 2:25.57	52.49	250m: 4:12.56	53.74	350m: 6:01.25	55.35
	100m: 1:33.08	50.58	200m: 3:18.82	53.25	300m: 5:05.90	53.34	400m: 6:54.88	53.63
6.	Joris Doensen	Thalassa	8:00.26	200500923	7:10.05	134		
	50m: 41.25	41.25	150m:		250m:		350m:	
	100m: 1:33.40	52.15	200m: 3:24.86		300m:		400m: 7:10.05	

Programmanr. 8
29-10-2016

Dames, 800m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Sterre van de Goor	Arethusa	9:37.63	200102168	9:51.00	561		
	50m: 34.29	34.29	250m: 3:05.29	37.34	450m: 5:34.07	37.25	650m: 8:02.32	37.22
	100m: 1:12.32	38.03	300m: 3:42.73	37.44	500m: 6:10.73	36.66	700m: 8:39.23	36.91
	150m: 1:50.36	38.04	350m: 4:19.57	36.84	550m: 6:47.67	36.94	750m: 9:15.51	36.28
	200m: 2:27.95	37.59	400m: 4:56.82	37.25	600m: 7:25.10	37.43	800m: 9:51.00	35.49
2.	Eva van Ginneken	Hieronymus	9:48.49	199800164	9:53.43	554		
	50m: 32.98	32.98	250m: 3:01.94	37.64	450m: 5:33.11	37.35	650m: 8:05.12	37.38
	100m: 1:09.47	36.49	300m: 3:39.63	37.69	500m: 6:11.42	38.31	700m: 8:42.06	36.94
	150m: 1:46.86	37.39	350m: 4:17.53	37.90	550m: 6:49.91	38.49	750m: 9:18.23	36.17
	200m: 2:24.30	37.44	400m: 4:55.76	38.23	600m: 7:27.74	37.83	800m: 9:53.43	35.20
3.	Valesca van den Bogert	Hieronymus	10:25.30	200102138	9:54.96	550		
	50m: 32.97	32.97	250m: 3:02.92	37.72	450m: 5:34.35	37.68	650m: 8:05.33	37.62
	100m: 1:10.40	37.43	300m: 3:40.69	37.77	500m: 6:12.16	37.81	700m: 8:43.11	37.78
	150m: 1:47.88	37.48	350m: 4:18.39	37.70	550m: 6:49.96	37.80	750m: 9:20.25	37.14
	200m: 2:25.20	37.32	400m: 4:56.67	38.28	600m: 7:27.71	37.75	800m: 9:54.96	34.71
4.	Bridget de Bat	Z & PC De Zeeuwse Kust	10:23.07	200400382	10:17.70	491		
	50m: 33.43	33.43	250m: 3:04.96	38.70	450m: 5:42.52	39.59	650m: 8:21.11	39.76
	100m: 1:09.60	36.17	300m: 3:44.05	39.09	500m: 6:21.92	39.40	700m: 9:00.28	39.17
	150m: 1:47.53	37.93	350m: 4:23.54	39.49	550m: 7:01.46	39.54	750m: 9:39.58	39.30
	200m: 2:26.26	38.73	400m: 5:02.93	39.39	600m: 7:41.35	39.89	800m: 10:17.70	38.12
5.	Sasya van Hamersveld	Arethusa	NT	200201454	10:18.99	488		
	50m: 35.36	35.36	250m: 3:07.23	38.94	450m: 5:44.32	39.53	650m: 8:22.08	39.45
	100m: 1:12.58	37.22	300m: 3:46.25	39.02	500m: 6:23.69	39.37	700m: 9:02.07	39.99
	150m: 1:50.02	37.44	350m: 4:25.31	39.06	550m: 7:03.10	39.41	750m: 9:41.31	39.24
	200m: 2:28.29	38.27	400m: 5:04.79	39.48	600m: 7:42.63	39.53	800m: 10:18.99	37.68
6.	Esther Tiemersma	Z & PC De Zeeuwse Kust	NT	200202962	10:21.22	483		
	50m: 34.84	34.84	250m: 3:10.03	38.63	450m: 5:48.55	39.15	650m: 8:26.22	39.45
	100m: 1:13.59	38.75	300m: 3:49.59	39.56	500m: 6:27.82	39.27	700m: 9:05.53	39.31
	150m: 1:52.66	39.07	350m: 4:29.56	39.97	550m: 7:07.72	39.90	750m: 9:43.85	38.32
	200m: 2:31.40	38.74	400m: 5:09.40	39.84	600m: 7:46.77	39.05	800m: 10:21.22	37.37
7.	Roos Englebert	Hieronymus	10:15.17	200200606	10:21.66	482		
	50m: 34.51	34.51	250m: 3:11.89	39.58	450m: 5:49.27	39.15	650m: 8:27.58	39.38
	100m: 1:12.75	38.24	300m: 3:51.71	39.82	500m: 6:28.54	39.27	700m: 9:07.29	39.71
	150m: 1:52.27	39.52	350m: 4:30.84	39.13	550m: 7:08.16	39.62	750m: 9:45.21	37.92
	200m: 2:32.31	40.04	400m: 5:10.12	39.28	600m: 7:48.20	40.04	800m: 10:21.66	36.45
8.	Silke Aben	ZV Hydra	11:33.93	200103354	10:39.84	442		
	50m: 35.37	35.37	250m: 3:13.66	40.04	450m: 5:54.87	40.07	650m: 8:39.47	40.90
	100m: 1:14.37	39.00	300m: 3:54.26	40.60	500m: 6:36.12	41.25	700m: 9:20.44	40.97
	150m: 1:53.73	39.36	350m: 4:34.75	40.49	550m: 7:17.14	41.02	750m: 10:01.46	41.02
	200m: 2:33.62	39.89	400m: 5:14.80	40.05	600m: 7:58.57	41.43	800m: 10:39.84	38.38
9.	Ymke van Dongen	O.Z. & P.C. De Warande	10:50.85	200202662	10:47.15	427		
	50m: 35.78	35.78	250m: 3:15.37	40.86	450m: 5:58.65	40.72	650m: 8:44.93	41.56
	100m: 1:14.57	38.79	300m: 3:56.37	41.00	500m: 6:39.93	41.28	700m: 9:26.43	41.50
	150m: 1:54.21	39.64	350m: 4:37.29	40.92	550m: 7:21.62	41.69	750m: 10:07.16	40.73
	200m: 2:34.51	40.30	400m: 5:17.93	40.64	600m: 8:03.37	41.75	800m: 10:47.15	39.99

LAC deel 1
Oosterhout, 29-10-2016

Programmanr. 8, Dames, 800m vrije slag, Dames Senioren Open

rang	naam	vereniging	intijd	tijd	RT		
10.	Sophie Stekelenburg	Zwemlust- den Hommel	NT	200400166	10:55.54 411		
	50m: 33.59	33.59 250m: 3:14.45	41.72	450m: 6:02.50	42.43	650m: 8:51.57	42.99
	100m: 1:11.41	37.82 300m: 3:56.50	42.05	500m: 6:44.37	41.87	700m: 9:33.91	42.34
	150m: 1:51.51	40.10 350m: 4:38.33	41.83	550m: 7:26.75	42.38	750m: 10:16.32	42.41
	200m: 2:32.73	41.22 400m: 5:20.07	41.74	600m: 8:08.58	41.83	800m: 10:55.54	39.22
11.	Christel Kramer	ZV Den Doorn	NT	199901248	11:01.49 400		
	50m: 35.99	35.99 250m: 3:21.01	42.94	450m: 6:13.53	43.12	650m: 9:06.33	43.32
	100m: 1:15.49	39.50 300m: 4:04.24	43.23	500m: 6:56.28	42.75	700m: 9:49.85	43.52
	150m: 1:56.62	41.13 350m: 4:46.35	42.11	550m: 7:39.79	43.51	750m: 10:32.37	42.52
	200m: 2:38.07	41.45 400m: 5:30.41	44.06	600m: 8:23.01	43.22	800m: 11:01.49	29.12
12.	Susanne van der Linden	Z&PC DIO	NT	198802736	11:07.94 389		
	50m: 37.42	37.42 250m: 3:25.48	42.71	450m: 6:15.26	42.40	650m: 9:03.70	41.92
	100m: 1:18.20	40.78 300m: 4:08.07	42.59	500m: 6:57.18	41.92	700m: 9:45.80	42.10
	150m: 2:00.15	41.95 350m: 4:50.49	42.42	550m: 7:39.36	42.18	750m: 10:28.08	42.28
	200m: 2:42.77	42.62 400m: 5:32.86	42.37	600m: 8:21.78	42.42	800m: 11:07.94	39.86
13.	Kim Servaas	Psv	10:55.01	200400836	11:09.80 385		
	50m: 35.89	35.89 250m: 3:23.29	42.45	450m: 6:15.13	43.36	650m: 9:04.04	42.21
	100m: 1:16.51	40.62 300m: 4:06.07	42.78	500m: 6:56.95	41.82	700m: 9:46.62	42.58
	150m: 1:58.49	41.98 350m: 4:48.92	42.85	550m: 7:39.39	42.44	750m: 10:29.27	42.65
	200m: 2:40.84	42.35 400m: 5:31.77	42.85	600m: 8:21.83	42.44	800m: 11:09.80	40.53
14.	Sophie Albers	Arethusa	12:45.11	200300990	11:11.20 383		
	50m: 38.13	38.13 250m: 3:28.07	42.40	450m: 6:19.54	42.50	650m: 9:09.60	42.09
	100m: 1:20.02	41.89 300m: 4:11.00	42.93	500m: 7:02.92	43.38	700m: 9:50.82	41.22
	150m: 2:03.07	43.05 350m: 4:54.32	43.32	550m: 7:45.04	42.12	750m: 10:32.36	41.54
	200m: 2:45.67	42.60 400m: 5:37.04	42.72	600m: 8:27.51	42.47	800m: 11:11.20	38.84
15.	Silke van de Weijer	ZV Hydra	11:42.29	200300692	11:12.84 380		
	50m: 36.32	36.32 250m: 3:23.75	42.51	450m: 6:16.23	43.42	650m: 9:08.81	42.70
	100m: 1:16.77	40.45 300m: 4:06.62	42.87	500m: 6:59.34	43.11	700m: 9:51.65	42.84
	150m: 1:58.69	41.92 350m: 4:49.65	43.03	550m: 7:42.32	42.98	750m: 10:34.56	42.91
	200m: 2:41.24	42.55 400m: 5:32.81	43.16	600m: 8:26.11	43.79	800m: 11:12.84	38.28
16.	Norah Eijsbroek	Zwemlust- den Hommel	NT	200303662	11:14.30 378		
	50m: 36.88	36.88 250m: 3:25.72	43.77	450m: 6:22.52	44.12	650m: 9:12.14	41.70
	100m: 1:17.30	40.42 300m: 4:09.85	44.13	500m: 7:05.62	43.10	700m: 9:54.00	41.86
	150m: 1:59.24	41.94 350m: 4:54.03	44.18	550m: 7:48.33	42.71	750m: 10:35.80	41.80
	200m: 2:41.95	42.71 400m: 5:38.40	44.37	600m: 8:30.44	42.11	800m: 11:14.30	38.50
17.	Mandy Swart	ZV Den Doorn	NT	199904916	11:28.91 354		
	50m: 38.00	38.00 250m: 3:31.43	44.40	450m: 6:27.46	43.56	650m: 9:22.29	43.27
	100m: 1:19.99	41.99 300m: 4:14.95	43.52	500m: 7:11.39	43.93	700m: 10:05.84	43.55
	150m: 2:03.09	43.10 350m: 4:59.35	44.40	550m: 7:55.02	43.63	750m: 10:48.26	42.42
	200m: 2:47.03	43.94 400m: 5:43.90	44.55	600m: 8:39.02	44.00	800m: 11:28.91	40.65
18.	Sterre Broekhuizen	Zwemlust- den Hommel	NT	200005104	11:34.22 346		
	50m: 38.66	38.66 250m: 3:29.59	43.63	450m: 6:25.92	43.69	650m: 9:22.78	44.55
	100m: 1:19.80	41.14 300m: 4:13.91	44.32	500m: 7:10.00	44.08	700m: 10:07.96	45.18
	150m: 2:02.36	42.56 350m: 4:58.31	44.40	550m: 7:53.77	43.77	750m: 10:53.40	45.44
	200m: 2:45.96	43.60 400m: 5:42.23	43.92	600m: 8:38.23	44.46	800m: 11:34.22	40.82
19.	Paulien Koster	De Bevelanders	12:11.60	200005398	11:45.11 330		
	50m: 36.63	36.63 250m: 3:27.46	44.13	450m: 6:27.63	45.62	650m: 9:29.82	45.55
	100m: 1:17.27	40.64 300m: 4:12.12	44.66	500m: 7:12.91	45.28	700m: 10:15.48	45.66
	150m: 1:59.80	42.53 350m: 4:57.14	45.02	550m: 7:58.28	45.37	750m: 11:00.47	44.99
	200m: 2:43.33	43.53 400m: 5:42.01	44.87	600m: 8:44.27	45.99	800m: 11:45.11	44.64
20.	Sanne van de Haar	Zwemlust- den Hommel	NT	200203874	11:46.81 328		
	50m: 38.12	38.12 250m: 3:34.71	45.51	450m: 6:35.40	44.69	650m: 9:37.31	45.46
	100m: 1:20.48	42.36 300m: 4:20.52	45.81	500m: 7:20.79	45.39	700m: 10:22.90	45.59
	150m: 2:04.45	43.97 350m: 5:06.31	45.79	550m: 8:06.15	45.36	750m: 11:06.85	43.95
	200m: 2:49.20	44.75 400m: 5:50.71	44.40	600m: 8:51.85	45.70	800m: 11:46.81	39.96
21.	Liselot Wristers	Zwemlust- den Hommel	NT	200302530	11:48.73 325		
	50m: 37.41	37.41 250m: 3:35.12	45.27	450m: 6:38.63	45.97	650m: 9:40.25	45.34
	100m: 1:19.40	41.99 300m: 4:21.12	46.00	500m: 7:24.27	45.64	700m: 10:23.33	43.08
	150m: 2:04.25	44.85 350m: 5:06.76	45.64	550m: 8:09.58	45.31	750m: 11:06.88	43.55
	200m: 2:49.85	45.60 400m: 5:52.66	45.90	600m: 8:54.91	45.33	800m: 11:48.73	41.85
22.	Froukje van der Heijden	De Bevelanders	NT	200201514	12:00.48 310		
	50m: 38.09	38.09 250m: 3:34.96	45.59	450m: 6:39.21	45.98	650m: 9:44.09	46.58
	100m: 1:20.79	42.70 300m: 4:21.11	46.15	500m: 7:24.91	45.70	700m: 10:30.33	46.24
	150m: 2:04.59	43.80 350m: 5:07.16	46.05	550m: 8:11.22	46.31	750m: 11:16.41	46.08
	200m: 2:49.37	44.78 400m: 5:53.23	46.07	600m: 8:57.51	46.29	800m: 12:00.48	44.07
23.	Dieuwertje van den Heuvel	Arethusa	NT	200400098	12:17.02 289		
	50m: 39.71	39.71 250m: 3:45.57	46.89	450m: 6:54.28	47.19	650m: 10:02.33	46.76
	100m: 1:24.76	45.05 300m: 4:32.87	47.30	500m: 7:41.77	47.49	700m: 10:49.85	47.52
	150m: 2:11.40	46.64 350m: 5:19.95	47.08	550m: 8:28.93	47.16	750m: 11:34.32	44.47
	200m: 2:58.68	47.28 400m: 6:07.09	47.14	600m: 9:15.57	46.64	800m: 12:17.02	42.70
24.	Femke Golverdingen	De Biesboschwimmers	12:55.52	200100258	12:32.69 272		
	50m: 39.53	39.53 250m: 3:44.85	46.71	450m: 6:57.51	47.36	650m: 10:11.91	48.90
	100m: 1:24.84	45.31 300m: 4:33.25	48.40	500m: 7:45.55	48.04	700m: 11:01.27	49.36
	150m: 2:11.63	46.79 350m: 5:21.85	48.60	550m: 8:34.48	48.93	750m: 11:48.51	47.24
	200m: 2:58.14	46.51 400m: 6:10.15	48.30	600m: 9:23.01	48.53	800m: 12:32.69	44.18

LAC deel 1
Oosterhout, 29-10-2016

Programmanr. 8, Dames, 800m vrije slag, Dames Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
25.	Ilse van Hal	Dbd	13:38.40	200404374	12:44.29	259		
	50m: 42.59	42.59	250m: 3:53.21	47.27	450m: 7:06.68	48.07	650m: 10:22.64	49.36
	100m: 1:29.47	46.88	300m: 4:42.05	48.84	500m: 7:54.61	47.93	700m: 11:10.43	47.79
	150m: 2:17.69	48.22	350m: 5:29.63	47.58	550m: 8:43.98	49.37	750m: 11:59.16	48.73
	200m: 3:05.94	48.25	400m: 6:18.61	48.98	600m: 9:33.28	49.30	800m: 12:44.29	45.13
26.	Ibe van Boven	De Schelde	NT	200404188	12:46.18	257		
	50m: 40.42	40.42	250m: 3:51.69	48.85	450m: 7:07.63	48.07	650m: 10:23.31	48.76
	100m: 1:26.77	46.35	300m: 4:41.18	49.49	500m: 7:56.75	49.12	700m: 11:11.34	48.03
	150m: 2:15.01	48.24	350m: 5:30.46	49.28	550m: 8:46.20	49.45	750m: 12:00.02	48.68
	200m: 3:02.84	47.83	400m: 6:19.56	49.10	600m: 9:34.55	48.35	800m: 12:46.18	46.16
27.	Melanie Hornsveld	Zwemlust- den Hommel	13:13.03	200103492	12:52.27	251		
	50m: 37.88	37.88	250m: 3:48.38	49.79	450m: 7:08.71	50.24	650m: 10:29.65	49.79
	100m: 1:22.51	44.63	300m: 4:39.01	50.63	500m: 7:59.55	50.84	700m: 11:20.07	50.42
	150m: 2:09.78	47.27	350m: 5:27.90	48.89	550m: 8:49.68	50.13	750m: 12:07.71	47.64
	200m: 2:58.59	48.81	400m: 6:18.47	50.57	600m: 9:39.86	50.18	800m: 12:52.27	44.56
28.	Rachelle Hellenbrand	Thalassa	12:21.44	199101204	12:59.51	244		
	50m: 40.28	40.28	250m: 3:50.89	49.82	450m: 7:13.15	51.45	650m: 10:36.64	50.52
	100m: 1:25.05	44.77	300m: 4:40.51	49.62	500m: 8:04.04	50.89	700m: 11:26.68	50.04
	150m: 2:12.44	47.39	350m: 5:30.83	50.32	550m: 8:55.10	51.06	750m: 12:14.92	48.24
	200m: 3:01.07	48.63	400m: 6:21.70	50.87	600m: 9:46.12	51.02	800m: 12:59.51	44.59
29.	Loes van Geel	O.Z. & P.C. De Warande	14:25.21	200203628	13:13.48	232		
	50m: 40.21	40.21	250m: 3:58.39	51.13	450m: 7:26.41	52.71	650m: 10:50.96	50.89
	100m: 1:27.27	47.06	300m: 4:49.80	51.41	500m: 8:17.69	51.28	700m: 11:40.24	49.28
	150m: 2:16.57	49.30	350m: 5:41.51	51.71	550m: 9:08.84	51.15	750m: 12:28.30	48.06
	200m: 3:07.26	50.69	400m: 6:33.70	52.19	600m: 10:00.07	51.23	800m: 13:13.48	45.18
30.	Ela Ince	Arethusa	NT	200400966	13:14.15	231		
	50m: 40.71	40.71	250m: 4:02.43	50.72	450m: 7:26.33	51.74	650m: 10:51.52	50.42
	100m: 1:29.57	48.86	300m: 4:52.61	50.18	500m: 8:17.64	51.31	700m: 11:38.67	47.15
	150m: 2:20.34	50.77	350m: 5:43.91	51.30	550m: 9:08.60	50.96	750m: 12:30.23	51.56
	200m: 3:11.71	51.37	400m: 6:34.59	50.68	600m: 10:01.10	52.50	800m: 13:14.15	43.92
31.	Myrthe Vonk	ZV Den Doorn	NT	200205578	13:31.05	217		
	50m: 40.21	40.21	250m: 4:00.45	51.16	450m: 7:31.52	53.43	650m: 10:53.31	45.65
	100m: 1:26.28	46.07	300m: 4:53.65	53.20	500m: 8:23.78	52.26	700m: 11:51.63	58.32
	150m: 2:16.89	50.61	350m: 5:44.84	51.19	550m: 9:15.77	51.99	750m: 12:43.21	51.58
	200m: 3:09.29	52.40	400m: 6:38.09	53.25	600m: 10:07.66	51.89	800m: 13:31.05	47.84
32.	Laurie Huigen	O.Z. & P.C. De Warande	14:50.17	200403026	14:56.58	161		
	50m: 45.70	45.70	250m: 4:28.85	56.96	450m: 8:24.02	59.04	650m: 12:12.39	56.68
	100m: 1:39.46	53.76	300m: 5:28.97	1:00.12	500m: 9:22.98	58.96	700m: 13:09.24	56.85
	150m: 2:35.00	55.54	350m: 6:25.22	56.25	550m: 10:19.09	56.11	750m: 14:04.46	55.22
	200m: 3:31.89	56.89	400m: 7:24.98	59.76	600m: 11:15.71	56.62	800m: 14:56.58	52.12
NG.ZA	Sanne Lukken	Psv	11:24.72	200400030				
NG.ZA	Gabriela Töpfer	Psv	10:45.44	200301764				
AFGEM	Anne Paulusse	O.Z. & P.C. De Warande	10:08.74	200200834				
NG	Ilse Verhoef	Psv	11:00.92	200302288				

Programmanr. 9
29-10-2016

Heren, 800m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Luc van Eijndhoven	O.Z. & P.C. De Warande	9:38.17	200200139	9:21.34	522		
	50m: 32.10	32.10	250m: 2:52.80	35.12	450m: 5:14.56	35.32	650m: 7:36.95	35.52
	100m: 1:07.26	35.16	300m: 3:28.08	35.28	500m: 5:50.14	35.58	700m: 8:12.18	35.23
	150m: 1:42.46	35.20	350m: 4:03.66	35.58	550m: 6:25.70	35.56	750m: 8:47.65	35.47
	200m: 2:17.68	35.22	400m: 4:39.24	35.58	600m: 7:01.43	35.73	800m: 9:21.34	33.69
2.	Yorick Visser	Z & PC De Zeeuwse Kust	NT	200301957	9:41.87	469		
	50m: 32.26	32.26	250m: 2:56.88	36.76	450m: 5:20.87	38.24	650m: 7:55.53	38.59
	100m: 1:07.38	35.12	300m: 3:32.53	35.65	500m: 6:00.04	39.17	700m: 8:34.15	38.62
	150m: 1:49.19	41.81	350m: 4:07.85	35.32	550m: 6:39.33	39.29	750m: 9:10.17	36.02
	200m: 2:20.12	30.93	400m: 4:42.63	34.78	600m: 7:16.94	37.61	800m: 9:41.87	31.70
3.	Jan Brink	Z & PC De Zeeuwse Kust	9:36.70	196200091	9:51.53	447		
	50m: 32.38	32.38	250m: 2:57.84	37.09	450m: 5:28.22	37.43	650m: 7:59.92	38.35
	100m: 1:07.63	35.25	300m: 3:35.26	37.42	500m: 6:05.94	37.72	700m: 8:37.83	37.91
	150m: 1:44.12	36.49	350m: 4:13.00	37.74	550m: 6:43.67	37.73	750m: 9:15.41	37.58
	200m: 2:20.75	36.63	400m: 4:50.79	37.79	600m: 7:21.57	37.90	800m: 9:51.53	36.12
4.	Niels Albrechts	zc De Schotejil	9:32.13	198800039	9:57.16	434		
	50m: 33.20	33.20	250m: 3:00.76	37.53	450m: 5:30.89	37.60	650m: 8:04.10	39.03
	100m: 1:08.64	35.44	300m: 3:38.36	37.60	500m: 6:08.82	37.93	700m: 8:42.64	38.54
	150m: 1:45.45	36.81	350m: 4:15.82	37.46	550m: 6:46.80	37.98	750m: 9:20.76	38.12
	200m: 2:23.23	37.78	400m: 4:53.29	37.47	600m: 7:25.07	38.27	800m: 9:57.16	36.40

LAC deel 1
Oosterhout, 29-10-2016

Programmanr. 9, Heren, 800m vrije slag, Heren Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
5.	Guido Brink	Z & PC De Zeeuwse Kust	NT	200200199	10:00.58 427			
	50m: 34.65	34.65	250m: 3:05.31	37.95	450m: 5:35.89	37.64	650m: 8:08.38	37.77
	100m: 1:11.79	37.14	300m: 3:43.44	38.13	500m: 6:14.23	38.34	700m: 8:46.19	37.81
	150m: 1:49.77	37.98	350m: 4:20.64	37.20	550m: 6:52.75	38.52	750m: 9:23.93	37.74
	200m: 2:27.36	37.59	400m: 4:58.25	37.61	600m: 7:30.61	37.86	800m: 10:00.58	36.65
6.	Rinke Hiel	ZCKoewacht	10:38.99	200102131	10:02.19 423			
	50m: 31.89	31.89	250m: 3:01.18	37.59	450m: 5:36.20	39.63	650m: 8:11.89	38.65
	100m: 1:08.22	36.33	300m: 3:39.44	38.26	500m: 6:15.51	39.31	700m: 8:50.19	38.30
	150m: 1:45.66	37.44	350m: 4:17.94	38.50	550m: 6:54.27	38.76	750m: 9:27.07	36.88
	200m: 2:23.59	37.93	400m: 4:56.57	38.63	600m: 7:33.24	38.97	800m: 10:02.19	35.12
7.	Gijs de Pooter	De Schelde	11:53.04	200301113	10:49.56 337			
	50m: 34.25	34.25	250m: 3:17.29	40.37	450m: 6:00.63	41.64	650m: 8:46.38	42.24
	100m: 1:14.58	40.33	300m: 3:57.58	40.29	500m: 6:41.92	41.29	700m: 9:27.13	40.75
	150m: 1:55.84	41.26	350m: 4:38.04	40.46	550m: 7:23.46	41.54	750m: 10:08.51	41.38
	200m: 2:36.92	41.08	400m: 5:18.99	40.95	600m: 8:04.14	40.68	800m: 10:49.56	41.05
8.	Jonah Stekelenburg	Zwemlust- den Hommel	11:16.63	200101667	11:00.94 320			
	50m: 34.55	34.55	250m: 3:16.39	41.86	450m: 6:07.60	43.19	650m: 8:57.31	42.08
	100m: 1:12.61	38.06	300m: 3:59.27	42.88	500m: 6:50.77	43.17	700m: 9:39.33	42.02
	150m: 1:52.80	40.19	350m: 4:41.41	42.14	550m: 7:33.05	42.28	750m: 10:21.06	41.73
	200m: 2:34.53	41.73	400m: 5:24.41	43.00	600m: 8:15.23	42.18	800m: 11:00.94	39.88
9.	Dion Staal	O.Z. & P.C. De Warande	10:48.11	200200065	11:08.05 310			
	50m: 34.00	34.00	250m: 3:16.41	41.72	450m: 6:05.92	43.29	650m: 9:01.17	43.16
	100m: 1:13.07	39.07	300m: 3:58.03	41.62	500m: 6:50.21	44.29	700m: 9:45.38	44.21
	150m: 1:53.06	39.99	350m: 4:39.75	41.72	550m: 7:33.79	43.58	750m: 10:28.44	43.06
	200m: 2:34.69	41.63	400m: 5:22.63	42.88	600m: 8:18.01	44.22	800m: 11:08.05	39.61
10.	Nathan de Bruin	Z & PC De Zeeuwse Kust	13:07.46	200302177	11:09.67 308			
	50m: 37.21	37.21	250m: 3:22.79	42.07	450m: 6:13.85	43.01	650m: 9:05.10	43.13
	100m: 1:16.99	39.78	300m: 4:05.22	42.43	500m: 6:56.19	42.34	700m: 9:47.62	42.52
	150m: 1:58.51	41.52	350m: 4:47.65	42.43	550m: 7:39.16	42.97	750m: 10:31.61	43.99
	200m: 2:40.72	42.21	400m: 5:30.84	43.19	600m: 8:21.97	42.81	800m: 11:09.67	38.06
11.	Max Embregts	O.Z. & P.C. De Warande	11:17.76	200200583	11:14.71 301			
	50m: 35.19	35.19	250m: 3:23.20	43.47	450m: 6:16.20	43.50	650m: 9:11.38	43.54
	100m: 1:14.95	39.76	300m: 4:05.80	42.60	500m: 6:59.85	43.65	700m: 9:53.54	42.16
	150m: 1:56.65	41.70	350m: 4:49.14	43.34	550m: 7:43.80	43.95	750m: 10:36.35	42.81
	200m: 2:39.73	43.08	400m: 5:32.70	43.56	600m: 8:27.84	44.04	800m: 11:14.71	38.36
12.	Huib Warmerdam	Arethusa	NT	200204043	11:45.97 263			
	50m: 39.45	39.45	250m: 3:35.79	43.52	450m: 6:36.33	44.42	650m: 9:33.35	45.23
	100m: 1:23.86	44.41	300m: 4:20.86	45.07	500m: 7:20.85	44.52	700m: 10:19.50	46.15
	150m: 2:09.49	45.63	350m: 5:05.57	44.71	550m: 8:06.78	45.93	750m: 11:05.18	45.68
	200m: 2:52.27	42.78	400m: 5:51.91	46.34	600m: 8:48.12	41.34	800m: 11:45.97	40.79
13.	Jonas Oosterhoff	Sg ZOC	NT	200200591	12:07.74 240			
	50m: 38.86	38.86	250m: 3:41.44	45.86	450m: 6:48.03	45.99	650m: 9:53.17	45.86
	100m: 1:23.00	44.14	300m: 4:28.51	47.07	500m: 7:34.46	46.43	700m: 10:38.05	44.88
	150m: 2:09.19	46.19	350m: 5:15.13	46.62	550m: 8:20.64	46.18	750m: 11:23.84	45.79
	200m: 2:55.58	46.39	400m: 6:02.04	46.91	600m: 9:07.31	46.67	800m: 12:07.74	43.90
14.	Lars Langens	Arethusa	NT	200303825	12:12.32 235			
	50m: 37.89	37.89	250m: 3:36.54	46.85	450m: 6:47.35	48.32	650m: 9:57.52	47.74
	100m: 1:20.20	42.31	300m: 4:22.24	45.70	500m: 7:34.93	47.58	700m: 10:44.93	47.41
	150m: 2:04.22	44.02	350m: 5:10.73	48.49	550m: 8:21.81	46.88	750m: 11:28.80	43.87
	200m: 2:49.69	45.47	400m: 5:59.03	48.30	600m: 9:09.78	47.97	800m: 12:12.32	43.52
15.	Sem Lazeroms	Hieronimus	NT	200402921	12:13.36 234			
	50m: 39.67	39.67	250m: 3:43.29	46.58	450m: 6:53.93	47.83	650m: 10:00.55	46.63
	100m: 1:24.32	44.65	300m: 4:30.41	47.12	500m: 7:41.23	47.30	700m: 10:46.45	45.90
	150m: 2:10.94	46.62	350m: 5:17.64	47.23	550m: 8:27.99	46.76	750m: 11:31.86	45.41
	200m: 2:56.71	45.77	400m: 6:06.10	48.46	600m: 9:13.92	45.93	800m: 12:13.36	41.50
16.	Tomas Sterk	Thalassa	14:49.94	200204289	14:48.75 132			
	50m: 47.46	47.46	250m: 4:29.17	57.05	450m: 8:17.33	56.85	650m: 12:05.89	56.40
	100m: 1:40.77	53.31	300m: 5:26.64	57.47	500m: 9:14.56	57.23	700m: 13:02.06	56.17
	150m: 2:34.89	54.12	350m: 6:23.81	57.17	550m: 10:10.55	55.99	750m: 13:58.98	56.92
	200m: 3:32.12	57.23	400m: 7:20.48	56.67	600m: 11:09.49	58.94	800m: 14:48.75	49.77

LAC deel 1
Oosterhout, 29-10-2016

Programmanr. 10
29-10-2016

Dames, 1500m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Laura Nieuwland	Z & PC De Zeeuwse Kust	NT 200001834	18:40.31	564			
	50m: 32.98	32.98	450m: 5:33.41	37.56	850m: 10:38.69	38.43	1250m: 15:41.08	36.37
	100m: 1:09.66	36.68	500m: 6:11.03	37.62	900m: 11:16.29	37.60	1300m: 16:18.25	37.17
	150m: 1:47.33	37.67	550m: 6:48.99	37.96	950m: 11:55.53	39.24	1350m: 16:55.97	37.72
	200m: 2:25.10	37.77	600m: 7:27.56	38.57	1000m: 12:32.77	37.24	1400m: 17:32.51	36.54
	250m: 3:02.76	37.66	650m: 8:05.48	37.92	1050m: 13:10.47	37.70	1450m: 18:07.38	34.87
	300m: 3:40.07	37.31	700m: 8:43.59	38.11	1100m: 13:48.82	38.35	1500m: 18:40.31	32.93
	350m: 4:18.06	37.99	750m: 9:21.51	37.92	1150m: 14:26.73	37.91		
	400m: 4:55.85	37.79	800m: 10:00.26	38.75	1200m: 15:04.71	37.98		
2.	Désirée Emmen	O.Z. & P.C. De Warande	19:22.31 199204862	19:24.00	503			
	50m: 33.22	33.22	450m: 5:39.57	39.18	850m: 10:52.54	39.28	1250m: 16:08.36	39.42
	100m: 1:09.89	36.67	500m: 6:19.13	39.56	900m: 11:31.41	38.87	1300m: 16:47.92	39.56
	150m: 1:47.68	37.79	550m: 7:00.00	39.13	950m: 12:10.95	39.54	1350m: 17:27.01	39.09
	200m: 2:25.68	38.00	600m: 7:37.48	39.05	1000m: 12:50.50	39.55	1400m: 18:06.64	39.63
	250m: 3:04.12	38.44	650m: 8:16.61	38.82	1050m: 13:30.29	39.79	1450m: 18:45.81	39.17
	300m: 3:42.57	38.45	700m: 8:55.66	39.05	1100m: 14:09.64	39.35	1500m: 19:24.00	38.19
	350m: 4:21.51	38.94	750m: 9:34.44	38.78	1150m: 14:49.56	39.92		
	400m: 5:00.39	38.88	800m: 10:13.26	38.82	1200m: 15:28.94	39.38		
3.	L. Kornet-van den Akker	Zwemlust- den Hommel	22:35.00 196901052	21:35.07	365			
	50m: 38.58	38.58	450m: 6:23.09	43.21	850m: 12:08.77	42.76	1250m: 17:59.01	43.76
	100m: 1:20.66	42.08	500m: 7:06.84	43.75	900m: 12:52.60	43.83	1300m: 18:42.56	43.55
	150m: 2:03.41	42.75	550m: 7:50.65	43.81	950m: 13:36.91	44.31	1350m: 19:26.14	43.58
	200m: 2:46.59	43.18	600m: 8:33.54	42.89	1000m: 14:20.33	43.42	1400m: 20:09.72	43.58
	250m: 3:29.50	42.91	650m: 9:16.61	43.07	1050m: 15:03.98	43.65	1450m: 20:52.79	43.07
	300m: 4:12.64	43.14	700m: 9:59.74	43.13	1100m: 15:47.91	43.93	1500m: 21:35.07	42.28
	350m: 4:56.00	43.36	750m: 10:42.68	42.94	1150m: 16:32.01	44.10		
	400m: 5:39.88	43.88	800m: 11:26.01	43.33	1200m: 17:15.25	43.24		
4.	Larissa Huisman	De Biesboschwimmers	21:56.02 200005636	22:31.48	321			
	50m: 38.18	38.18	450m: 6:33.90	45.65	850m: 12:41.60	45.76	1250m: 18:49.07	45.78
	100m: 1:20.53	42.35	500m: 7:20.38	46.48	900m: 13:28.05	46.45	1300m: 19:34.69	45.62
	150m: 2:03.67	43.14	550m: 8:06.13	45.75	950m: 14:13.56	45.51	1350m: 20:20.39	45.70
	200m: 2:47.55	43.88	600m: 8:52.58	46.45	1000m: 14:59.74	46.18	1400m: 21:05.60	45.21
	250m: 3:32.36	44.81	650m: 9:37.77	45.19	1050m: 15:45.12	45.38	1450m: 21:50.22	44.62
	300m: 4:17.49	45.13	700m: 10:23.88	46.11	1100m: 16:30.63	45.51	1500m: 22:31.48	41.26
	350m: 5:02.65	45.16	750m: 11:09.77	45.89	1150m: 17:17.44	46.81		
	400m: 5:48.25	45.60	800m: 11:55.84	46.07	1200m: 18:03.29	45.85		
5.	Ilse van de Pol	De Biesboschwimmers	24:50.84 200100192	23:06.59	297			
	50m: 39.10	39.10	450m: 6:36.36	45.91	850m: 12:51.47	47.36	1250m: 19:17.37	47.71
	100m: 1:21.16	42.06	500m: 7:22.97	46.61	900m: 13:38.32	46.85	1300m: 20:04.62	47.25
	150m: 2:04.65	43.49	550m: 8:09.83	46.86	950m: 14:27.67	49.35	1350m: 20:51.69	47.07
	200m: 2:49.04	44.39	600m: 8:55.36	45.53	1000m: 15:16.24	48.57	1400m: 21:38.06	46.37
	250m: 3:33.63	44.59	650m: 9:41.96	46.60	1050m: 16:04.88	48.64	1450m: 22:24.56	46.50
	300m: 4:18.77	45.14	700m: 10:28.47	46.51	1100m: 16:53.40	48.52	1500m: 23:06.59	42.03
	350m: 5:04.41	45.64	750m: 11:16.11	47.64	1150m: 17:41.91	48.51		
	400m: 5:50.45	46.04	800m: 12:04.11	48.00	1200m: 18:29.66	47.75		
6.	Marie Smits	Old Dutch	NT 193800004	32:52.29	103			
	50m: 54.72	54.72	450m: 9:43.92	1:06.22	850m: 18:32.48	1:06.32	1250m: 27:23.31	1:07.25
	100m: 1:59.08	1:04.36	500m: 10:49.41	1:05.49	900m: 19:37.37	1:04.89	1300m: 28:29.28	1:05.97
	150m: 3:07.18	1:08.10	550m: 11:55.66	1:06.25	950m: 20:43.93	1:06.56	1350m: 29:35.80	1:06.52
	200m: 4:13.13	1:05.95	600m: 13:01.78	1:06.12	1000m: 21:50.26	1:06.33	1400m: 30:42.89	1:07.09
	250m: 5:19.80	1:06.67	650m: 14:08.21	1:06.43	1050m: 22:56.74	1:06.48	1450m: 31:49.29	1:06.40
	300m: 6:24.98	1:05.18	700m: 15:14.33	1:06.12	1100m: 24:03.09	1:06.35	1500m: 32:52.29	1:03.00
	350m: 7:32.01	1:07.03	750m: 16:20.08	1:05.75	1150m: 25:09.21	1:06.12		
	400m: 8:37.70	1:05.69	800m: 17:26.16	1:06.08	1200m: 26:16.06	1:06.85		

Programmanr. 11
29-10-2016

Heren, 1500m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Kalle van Gemert	Z & PC De Zeeuwse Kust	NT 199801259	16:56.94	628			
	50m: 29.74	29.74	450m: 5:01.21	34.07	850m: 9:33.73	34.07	1250m: 14:07.91	34.00
	100m: 1:02.90	33.16	500m: 5:35.26	34.05	900m: 10:08.51	34.78	1300m: 14:41.99	34.08
	150m: 1:36.68	33.78	550m: 6:09.79	34.53	950m: 10:42.76	34.25	1350m: 15:16.11	34.12
	200m: 2:10.78	34.10	600m: 6:43.88	34.09	1000m: 11:16.78	34.02	1400m: 15:51.02	34.91
	250m: 2:44.80	34.02	650m: 7:17.72	33.84	1050m: 11:50.97	34.19	1450m: 16:25.15	34.13
	300m: 3:18.68	33.88	700m: 7:51.82	34.10	1100m: 12:25.19	34.22	1500m: 16:56.94	31.79
	350m: 3:53.12	34.44	750m: 8:25.45	33.63	1150m: 12:59.35	34.16		
	400m: 4:27.14	34.02	800m: 8:59.66	34.21	1200m: 13:33.91	34.56		

LAC deel 1
Oosterhout, 29-10-2016

Programmanr. 11, Heren, 1500m vrije slag, Heren Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
2.	Janne Englebert	Hieronymus	17:44.15	200101561	17:33.23 566			
	50m: 31.57	31.57	450m: 5:11.73	35.57	850m: 9:56.51	35.59	1250m: 14:37.13	35.71
	100m: 1:05.70	34.13	500m: 5:47.39	35.66	900m: 10:31.67	35.16	1300m: 15:12.60	35.47
	150m: 1:40.39	34.69	550m: 6:23.23	35.84	950m: 11:06.51	34.84	1350m: 15:48.70	36.10
	200m: 2:15.20	34.81	600m: 6:59.00	35.77	1000m: 11:41.57	35.06	1400m: 16:24.54	35.84
	250m: 2:50.48	35.28	650m: 7:34.54	35.54	1050m: 12:16.92	35.35	1450m: 17:00.10	35.56
	300m: 3:25.42	34.94	700m: 8:10.23	35.69	1100m: 12:52.00	35.08	1500m: 17:33.23	33.13
	350m: 4:00.57	35.15	750m: 8:45.64	35.41	1150m: 13:26.70	34.70		
	400m: 4:36.16	35.59	800m: 9:20.92	35.28	1200m: 14:01.42	34.72		
3.	Noa Eversdijk	Z & PC De Zeeuwse Kust	NT	199903595	17:39.85 555			
	50m: 30.32	30.32	450m: 5:10.65	35.98	850m: 9:55.10	35.86	1250m: 14:40.43	35.68
	100m: 1:04.12	33.80	500m: 5:46.75	36.10	900m: 10:30.29	35.19	1300m: 15:16.86	36.43
	150m: 1:38.78	34.66	550m: 6:21.80	35.05	950m: 11:05.75	35.46	1350m: 15:53.80	36.94
	200m: 2:13.51	34.73	600m: 6:57.12	35.32	1000m: 11:41.05	35.30	1400m: 16:30.35	36.55
	250m: 2:48.02	34.51	650m: 7:32.76	35.64	1050m: 12:17.35	36.30	1450m: 17:00.10	35.78
	300m: 3:23.21	35.19	700m: 8:08.28	35.52	1100m: 12:52.73	35.38	1500m: 17:39.85	33.72
	350m: 3:59.02	35.81	750m: 8:43.43	35.15	1150m: 13:28.55	35.82		
	400m: 4:34.67	35.65	800m: 9:19.24	35.81	1200m: 14:04.75	36.20		
4.	Thijs Manders	Psv	19:08.38	200002731	18:01.71 522			
	50m: 31.06	31.06	450m: 5:18.47	36.50	850m: 10:10.25	36.33	1250m: 15:02.07	36.59
	100m: 1:05.91	34.85	500m: 5:55.38	36.91	900m: 10:46.87	36.62	1300m: 15:38.55	36.48
	150m: 1:41.05	35.14	550m: 6:32.55	37.17	950m: 11:22.72	35.85	1350m: 16:14.85	36.30
	200m: 2:17.78	36.73	600m: 7:08.47	35.92	1000m: 11:59.42	36.70	1400m: 16:51.89	37.04
	250m: 2:53.38	35.60	650m: 7:45.10	36.63	1050m: 12:35.61	36.19	1450m: 17:27.93	36.04
	300m: 3:29.46	36.08	700m: 8:21.77	36.67	1100m: 13:12.27	36.66	1500m: 18:01.71	33.78
	350m: 4:05.45	35.99	750m: 8:57.45	35.68	1150m: 13:48.75	36.48		
	400m: 4:41.97	36.52	800m: 9:33.92	36.47	1200m: 14:25.48	36.73		
5.	Steeff Warmerdam	Arethusa	17:44.29	200003915	18:22.41 493			
	50m: 32.21	32.21	450m: 5:24.76	37.80	850m: 10:22.23	37.12	1250m: 15:16.83	37.02
	100m: 1:07.50	35.29	500m: 6:02.13	37.37	900m: 10:58.71	36.48	1300m: 15:54.38	37.55
	150m: 1:43.75	36.25	550m: 6:38.42	36.29	950m: 11:25.29	26.58	1350m: 16:31.77	37.39
	200m: 2:19.90	36.15	600m: 7:15.77	37.35	1000m: 12:12.46	47.17	1400m: 17:08.92	37.15
	250m: 2:56.67	36.77	650m: 7:53.89	38.12	1050m: 12:48.92	36.46	1450m: 17:46.53	37.61
	300m: 3:33.14	36.47	700m: 8:30.86	36.97	1100m: 13:26.73	37.81	1500m: 18:22.41	35.88
	350m: 4:10.03	36.89	750m: 9:08.23	37.37	1150m: 14:02.99	36.26		
	400m: 4:46.96	36.93	800m: 9:45.11	36.88	1200m: 14:39.81	36.82		
6.	Rick Embregts	O.Z. & P.C. De Warande	18:05.88	200000449	18:27.04 487			
	50m: 31.75	31.75	450m: 5:26.84	37.77	850m: 10:26.94	37.59	1250m: 15:25.21	37.31
	100m: 1:07.14	35.39	500m: 6:04.81	37.97	900m: 11:04.91	37.97	1300m: 16:02.02	36.81
	150m: 1:43.71	36.57	550m: 6:42.04	37.23	950m: 11:42.58	37.67	1350m: 16:38.83	36.81
	200m: 2:20.31	36.60	600m: 7:19.70	37.66	1000m: 12:20.23	37.65	1400m: 17:15.77	36.94
	250m: 2:57.21	36.90	650m: 7:57.33	37.63	1050m: 12:57.27	37.04	1450m: 17:52.25	36.48
	300m: 3:34.83	37.62	700m: 8:34.94	37.61	1100m: 13:34.18	36.91	1500m: 18:27.04	34.79
	350m: 4:11.91	37.08	750m: 9:12.02	37.08	1150m: 14:11.11	36.93		
	400m: 4:49.07	37.16	800m: 9:49.35	37.33	1200m: 14:47.90	36.79		
7.	Leon Faasse	De Schelde	18:23.24	200002473	18:33.87 478			
	50m: 32.76	32.76	450m: 5:23.82	37.40	850m: 10:23.31	37.97	1250m: 15:27.30	37.84
	100m: 1:07.75	34.99	500m: 6:00.54	36.72	900m: 11:01.29	37.98	1300m: 16:05.38	38.08
	150m: 1:43.57	35.82	550m: 6:37.75	37.21	950m: 11:39.38	38.09	1350m: 16:43.72	38.34
	200m: 2:20.04	36.47	600m: 7:15.42	37.67	1000m: 12:17.43	38.05	1400m: 17:21.45	37.73
	250m: 2:56.61	36.57	650m: 7:52.76	37.34	1050m: 12:55.10	37.67	1450m: 17:58.72	37.27
	300m: 3:33.03	36.42	700m: 8:30.08	37.32	1100m: 13:33.19	38.09	1500m: 18:33.87	35.15
	350m: 4:09.85	36.82	750m: 9:07.75	37.67	1150m: 14:11.38	38.19		
	400m: 4:46.42	36.57	800m: 9:45.34	37.59	1200m: 14:49.46	38.08		
8.	Brian van Gennip	ZV Hydra	19:29.33	200003573	18:38.88 472			
	50m: 32.35	32.35	450m: 5:26.89	37.63	850m: 10:28.29	37.78	1250m: 15:31.04	38.04
	100m: 1:07.53	35.18	500m: 6:04.76	37.87	900m: 11:06.00	37.71	1300m: 16:08.90	37.86
	150m: 1:44.31	36.78	550m: 6:42.95	38.19	950m: 11:44.03	38.03	1350m: 16:46.70	37.80
	200m: 2:21.55	37.24	600m: 7:20.05	37.10	1000m: 12:22.25	38.22	1400m: 17:24.87	38.17
	250m: 2:58.11	36.56	650m: 7:57.59	37.54	1050m: 12:59.90	37.65	1450m: 18:02.78	37.91
	300m: 3:34.66	36.55	700m: 8:35.37	37.78	1100m: 13:37.41	37.51	1500m: 18:38.88	36.10
	350m: 4:11.92	37.26	750m: 9:13.07	37.70	1150m: 14:15.14	37.73		
	400m: 4:49.26	37.34	800m: 9:50.51	37.44	1200m: 14:53.00	37.86		
9.	Wessel Stupers	Psv	18:36.71	200203541	18:44.80 464			
	50m: 31.99	31.99	450m: 5:27.89	38.63	850m: 10:33.67	36.61	1250m: 15:42.07	39.10
	100m: 1:07.48	35.49	500m: 6:06.49	38.60	900m: 11:12.12	38.45	1300m: 16:19.01	36.94
	150m: 1:44.59	37.11	550m: 6:44.82	38.33	950m: 11:51.04	38.92	1350m: 16:57.52	38.51
	200m: 2:21.20	36.61	600m: 7:23.26	38.44	1000m: 12:29.20	38.16	1400m: 17:34.91	37.39
	250m: 2:57.86	36.66	650m: 8:01.14	37.88	1050m: 13:08.45	39.25	1450m: 18:11.95	37.04
	300m: 3:33.88	36.02	700m: 8:39.83	38.69	1100m: 13:46.43	37.98	1500m: 18:44.80	32.85
	350m: 4:11.24	37.36	750m: 9:18.10	38.27	1150m: 14:23.98	37.55		
	400m: 4:49.26	38.02	800m: 9:57.06	38.96	1200m: 15:02.97	38.99		
10.	Andy van Akkeren	Hieronymus	17:59.08	199505381	18:45.14 464			
	50m: 32.09	32.09	450m: 5:28.25	38.34	850m: 10:33.16	37.69	1250m: 15:42.90	38.56
	100m: 1:07.79	35.70	500m: 6:05.64	37.39	900m: 11:12.03	38.87	1300m: 16:20.98	38.08
	150m: 1:43.96	36.17	550m: 6:43.60	37.96	950m: 11:51.00	38.97	1350m: 16:58.03	37.05
	200m: 2:21.36	37.40	600m: 7:22.06	38.46	1000m: 12:30.19	39.19	1400m: 17:34.73	36.70
	250m: 2:57.94	36.58	650m: 8:00.50	38.44	1050m: 13:09.43	39.24	1450m: 18:11.35	36.62
	300m: 3:35.22	37.28	700m: 8:38.74	38.24	1100m: 13:48.75	39.32	1500m: 18:45.14	33.79
	350m: 4:12.78	37.56	750m: 9:17.81	39.07	1150m: 14:26.71	37.96		
	400m: 4:49.91	37.13	800m: 9:55.47	37.66	1200m: 15:04.34	37.63		

LAC deel 1
Oosterhout, 29-10-2016

Programmanr. 11, Heren, 1500m vrije slag, Heren Senioren Open

rang	naam	vereniging		intijd		tijd		RT	
11.	Niels van Beers	Hieronymus		NT		199904571		18:54.74	452
	50m: 32.96	32.96	450m: 5:39.76	38.40	850m: 10:44.14	38.17	1250m: 15:47.88	38.54	
	100m: 1:09.74	36.78	500m: 6:18.24	38.48	900m: 11:22.19	38.05	1300m: 16:25.13	37.25	
	150m: 1:47.60	37.86	550m: 6:55.57	37.33	950m: 12:00.24	38.05	1350m: 17:03.25	38.12	
	200m: 2:20.03	32.43	600m: 7:34.14	38.57	1000m: 12:38.13	37.89	1400m: 17:41.01	37.76	
	250m: 3:04.30	44.27	650m: 8:11.70	37.56	1050m: 13:16.03	37.90	1450m: 18:18.73	37.72	
	300m: 3:43.37	39.07	700m: 8:49.89	38.19	1100m: 13:54.00	37.97	1500m: 18:54.74	36.01	
	350m: 4:22.26	38.89	750m: 9:28.03	38.14	1150m: 14:31.74	37.74			
	400m: 5:01.36	39.10	800m: 10:05.97	37.94	1200m: 15:09.34	37.60			
12.	Chiel de Pooter	De Schelde		18:25.70		200101355		19:03.41	442
	50m: 32.67	32.67	450m: 5:38.38	39.41	850m: 10:48.86	39.62	1250m: 15:54.94	37.03	
	100m: 1:09.30	36.63	500m: 6:17.46	39.08	900m: 11:28.06	39.20	1300m: 16:32.06	37.12	
	150m: 1:47.07	37.77	550m: 6:56.56	39.10	950m: 12:07.41	39.35	1350m: 17:09.79	37.73	
	200m: 2:24.74	37.67	600m: 7:34.70	38.14	1000m: 12:47.83	40.42	1400m: 17:48.00	38.21	
	250m: 3:03.10	38.36	650m: 8:10.44	35.74	1050m: 13:26.16	38.33	1450m: 18:25.89	37.89	
	300m: 3:41.25	38.15	700m: 8:50.12	39.68	1100m: 14:03.58	37.42	1500m: 19:03.41	37.52	
	350m: 4:20.05	38.80	750m: 9:29.82	39.70	1150m: 14:40.98	37.40			
	400m: 4:58.97	38.92	800m: 10:09.24	39.42	1200m: 15:17.91	36.93			
13.	David Groenewegen	Psv		NT		200400469		19:23.25	420
	50m: 34.45	34.45	450m: 5:47.77	40.56	850m: 11:00.53	38.92	1250m: 16:12.69	39.41	
	100m: 1:12.32	37.87	500m: 6:26.61	38.84	900m: 11:39.39	38.86	1300m: 16:51.05	38.36	
	150m: 1:51.58	39.26	550m: 7:06.24	39.63	950m: 12:18.79	39.40	1350m: 17:30.10	39.05	
	200m: 2:30.60	39.02	600m: 7:45.25	39.01	1000m: 12:57.84	39.05	1400m: 18:09.49	39.39	
	250m: 3:09.43	38.83	650m: 8:24.32	39.07	1050m: 13:37.38	39.54	1450m: 18:48.36	38.87	
	300m: 3:48.71	39.28	700m: 9:03.70	39.38	1100m: 14:16.13	38.75	1500m: 19:23.25	34.89	
	350m: 4:27.83	39.12	750m: 9:42.47	38.77	1150m: 14:54.39	38.26			
	400m: 5:07.21	39.38	800m: 10:21.61	39.14	1200m: 15:33.28	38.89			
14.	Bas de Reuver	Arethusa		NT		200104143		19:25.95	417
	50m: 32.66	32.66	450m: 5:41.43	39.00	850m: 10:59.49	39.63	1250m: 16:16.65	39.46	
	100m: 1:09.43	36.77	500m: 6:20.86	39.43	900m: 11:38.78	39.29	1300m: 16:55.19	38.54	
	150m: 1:47.41	37.98	550m: 7:00.12	39.26	950m: 12:18.37	39.59	1350m: 17:34.42	39.23	
	200m: 2:25.71	38.30	600m: 7:39.83	39.71	1000m: 12:58.30	39.93	1400m: 18:13.19	38.77	
	250m: 3:04.19	38.48	650m: 8:19.76	39.93	1050m: 13:38.10	39.80	1450m: 18:50.23	37.04	
	300m: 3:43.05	38.86	700m: 9:00.50	40.74	1100m: 14:18.37	40.27	1500m: 19:25.95	35.72	
	350m: 4:22.73	39.68	750m: 9:41.29	40.79	1150m: 14:57.81	39.44			
	400m: 5:02.43	39.70	800m: 10:19.86	38.57	1200m: 15:37.19	39.38			
15.	Wouter Netto	Zwemlust- den Hommel		20:03.57		199803137		19:28.48	414
	50m: 32.88	32.88	450m: 5:34.26	38.90	850m: 10:49.29	39.49	1250m: 16:10.92	41.02	
	100m: 1:08.43	35.55	500m: 6:13.65	39.39	900m: 11:28.67	39.38	1300m: 16:51.18	40.26	
	150m: 1:44.67	36.24	550m: 6:53.65	40.00	950m: 12:07.78	39.11	1350m: 17:31.56	40.38	
	200m: 2:21.84	37.17	600m: 7:33.49	39.84	1000m: 12:47.86	40.08	1400m: 18:11.02	39.46	
	250m: 3:00.73	38.89	650m: 8:12.30	38.81	1050m: 13:28.39	40.53	1450m: 18:49.79	38.77	
	300m: 3:38.54	37.81	700m: 8:50.73	38.43	1100m: 14:07.86	39.47	1500m: 19:28.48	38.69	
	350m: 4:16.18	37.64	750m: 9:30.31	39.58	1150m: 14:49.68	41.82			
	400m: 4:55.36	39.18	800m: 10:09.80	39.49	1200m: 15:29.90	40.22			
16.	Thijn Damen	O.Z. & P.C. De Warande		NT		200300973		19:33.34	409
	50m: 34.72	34.72	450m: 5:48.28	39.85	850m: 11:04.30	39.07	1250m: 16:19.36	38.50	
	100m: 1:13.46	38.74	500m: 6:28.26	39.98	900m: 11:43.13	38.83	1300m: 16:59.74	40.38	
	150m: 1:52.04	38.58	550m: 7:08.01	39.75	950m: 12:22.89	39.76	1350m: 17:39.44	39.70	
	200m: 2:31.24	39.20	600m: 7:47.69	39.68	1000m: 13:01.82	38.93	1400m: 18:18.56	39.12	
	250m: 3:09.89	38.65	650m: 8:26.78	39.09	1050m: 13:40.94	39.12	1450m: 18:57.31	38.75	
	300m: 3:49.01	39.12	700m: 9:06.03	39.25	1100m: 14:20.85	39.91	1500m: 19:33.34	36.03	
	350m: 4:28.52	39.51	750m: 9:45.69	39.66	1150m: 15:00.82	39.97			
	400m: 5:08.43	39.91	800m: 10:25.23	39.54	1200m: 15:40.86	40.04			
17.	Jordi van Akkeren	Hieronymus		NT		199604705		20:07.73	375
	50m: 34.70	34.70	450m: 5:52.89	39.89	850m: 11:14.23	39.91	1250m: 16:43.48	41.68	
	100m: 1:13.02	38.32	500m: 6:33.26	40.37	900m: 11:55.10	40.87	1300m: 17:24.82	41.34	
	150m: 1:52.57	39.55	550m: 7:13.70	40.44	950m: 12:35.70	40.60	1350m: 18:07.26	42.44	
	200m: 2:32.64	40.07	600m: 7:54.10	40.40	1000m: 13:17.13	41.43	1400m: 18:49.60	42.34	
	250m: 3:12.64	40.00	650m: 8:33.82	39.72	1050m: 13:58.13	41.00	1450m: 19:30.60	41.00	
	300m: 3:52.67	40.03	700m: 9:14.36	40.54	1100m: 14:39.29	41.16	1500m: 20:07.73	37.13	
	350m: 4:33.02	40.35	750m: 9:54.51	40.15	1150m: 15:20.13	40.84			
	400m: 5:13.00	39.98	800m: 10:34.32	39.81	1200m: 16:01.80	41.67			
18.	Wessel Heijnemans	Hieronymus		NT		200301353		20:20.81	363
	50m: 36.04	36.04	450m: 5:59.35	39.98	850m: 11:28.16	41.33	1250m: 17:01.07	41.74	
	100m: 1:15.05	39.01	500m: 6:39.66	40.31	900m: 12:09.25	41.09	1300m: 17:42.91	41.84	
	150m: 1:54.67	39.62	550m: 7:20.76	41.10	950m: 12:51.31	42.06	1350m: 18:24.60	41.69	
	200m: 2:34.92	40.25	600m: 8:01.43	40.67	1000m: 13:32.85	41.54	1400m: 19:04.48	39.88	
	250m: 3:15.57	40.65	650m: 8:42.67	41.24	1050m: 14:15.06	42.21	1450m: 19:43.23	38.75	
	300m: 3:56.07	40.50	700m: 9:24.06	41.39	1100m: 14:55.40	40.34	1500m: 20:20.81	37.58	
	350m: 4:37.19	41.12	750m: 10:05.66	41.60	1150m: 15:37.26	41.86			
	400m: 5:19.37	42.18	800m: 10:46.83	41.17	1200m: 16:19.33	42.07			
19.	Tom van Gils	Sg ZOC		20:29.89		199501799		20:31.88	353
	50m: 33.55	33.55	450m: 5:46.34	40.65	850m: 11:19.82	41.94	1250m: 17:00.27	42.70	
	100m: 1:10.40	36.85	500m: 6:27.52	41.18	900m: 12:02.21	42.39	1300m: 17:43.09	42.82	
	150m: 1:47.88	37.48	550m: 7:08.50	40.98	950m: 12:45.06	42.85	1350m: 18:25.91	42.82	
	200m: 2:26.50	38.62	600m: 7:50.15	41.65	1000m: 13:27.59	42.53	1400m: 19:08.13	42.22	
	250m: 3:05.48	38.98	650m: 8:32.15	42.00	1050m: 14:10.10	42.51	1450m: 19:49.63	41.50	
	300m: 3:45.27	39.79	700m: 9:13.80	41.65	1100m: 14:52.19	42.09	1500m: 20:31.88	42.25	
	350m: 4:25.57	40.30	750m: 9:55.90	42.10	1150m: 15:34.84	42.65			
	400m: 5:05.69	40.12	800m: 10:37.88	41.98	1200m: 16:17.57	42.73			

LAC deel 1
Oosterhout, 29-10-2016

Programmanr. 11, Heren, 1500m vrije slag, Heren Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
20.	Martino Valentijn	Z&PC DIO	21:10.29	199403913	20:36.04	350		
	50m: 33.86	33.86	450m: 6:02.63	41.91	850m: 11:35.32	41.24	1250m: 17:04.76	41.09
	100m: 1:12.11	38.25	500m: 6:45.03	42.40	900m: 12:16.04	40.72	1300m: 17:45.62	40.86
	150m: 1:52.63	40.52	550m: 7:26.67	41.64	950m: 12:57.35	41.31	1350m: 18:36.76	51.14
	200m: 2:33.69	41.06	600m: 8:08.16	41.49	1000m: 13:38.99	41.64	1400m: 19:18.51	41.75
	250m: 3:15.00	41.31	650m: 8:49.79	41.63	1050m: 14:20.27	41.28	1450m: 19:58.58	40.07
	300m: 3:56.69	41.69	700m: 9:31.24	41.45	1100m: 15:01.51	41.24	1500m: 20:36.04	37.46
	350m: 4:38.35	41.66	750m: 10:12.64	41.40	1150m: 15:42.03	40.52		
	400m: 5:20.72	42.37	800m: 10:54.08	41.44	1200m: 16:23.67	41.64		
21.	Sander van Akkeren	Hieronymus	NT	199902475	20:43.65	344		
	50m: 34.89	34.89	450m: 6:05.12	41.30	850m: 11:42.34	42.32	1250m: 17:19.59	41.98
	100m: 1:15.85	40.96	500m: 6:46.59	41.47	900m: 12:25.21	42.87	1300m: 18:02.01	42.42
	150m: 1:57.38	41.53	550m: 7:28.89	42.30	950m: 13:07.59	42.38	1350m: 18:44.12	42.11
	200m: 2:38.93	41.55	600m: 8:10.31	41.42	1000m: 13:48.95	41.36	1400m: 19:25.76	41.64
	250m: 3:19.95	41.02	650m: 8:51.51	41.20	1050m: 14:31.83	42.88	1450m: 19:58.58	40.79
	300m: 4:00.84	40.89	700m: 9:35.13	43.62	1100m: 15:14.68	42.85	1500m: 20:43.65	37.10
	350m: 4:42.29	41.45	750m: 10:18.21	43.08	1150m: 15:56.34	41.66		
	400m: 5:23.82	41.53	800m: 11:00.02	41.81	1200m: 16:37.61	41.27		
22.	Tim Versteegen	Dbd	22:00.00	200200085	21:17.29	317		
	50m: 37.53	37.53	450m: 6:21.13	43.80	850m: 12:07.25	42.24	1250m: 17:53.48	42.54
	100m: 1:18.35	40.82	500m: 7:04.55	43.42	900m: 12:49.58	42.33	1300m: 18:35.99	42.51
	150m: 2:00.76	42.41	550m: 7:47.76	43.21	950m: 13:33.08	43.50	1350m: 19:16.26	40.27
	200m: 2:43.62	42.86	600m: 8:30.45	42.69	1000m: 14:17.35	44.27	1400m: 19:58.71	42.45
	250m: 3:27.69	44.07	650m: 9:14.01	43.56	1050m: 15:00.57	43.22	1450m: 20:40.68	41.97
	300m: 4:10.61	42.92	700m: 9:57.95	43.94	1100m: 15:43.45	42.88	1500m: 21:17.29	36.61
	350m: 4:54.68	44.07	750m: 10:42.14	44.19	1150m: 16:26.62	43.17		
	400m: 5:37.33	42.65	800m: 11:25.01	42.87	1200m: 17:10.94	44.32		
23.	Vincent Oosterhoff	Sg ZOC	NT	199901749	21:18.95	316		
	50m: 38.47	38.47	450m: 6:26.42	43.51	850m: 12:15.15	43.35	1250m: 17:54.95	40.97
	100m: 1:20.37	41.90	500m: 7:10.17	43.75	900m: 12:58.22	43.07	1300m: 18:36.36	41.41
	150m: 2:02.94	42.57	550m: 7:54.08	43.91	950m: 13:41.03	42.81	1350m: 19:17.84	41.48
	200m: 2:46.15	43.21	600m: 8:37.82	43.74	1000m: 14:23.80	42.77	1400m: 19:58.30	40.46
	250m: 3:29.99	43.84	650m: 9:22.12	44.30	1050m: 15:06.87	43.07	1450m: 20:38.84	40.54
	300m: 4:14.18	44.19	700m: 10:05.76	43.64	1100m: 15:50.13	43.26	1500m: 21:18.95	40.11
	350m: 4:58.73	44.55	750m: 10:48.88	43.12	1150m: 16:32.25	42.12		
	400m: 5:42.91	44.18	800m: 11:31.80	42.92	1200m: 17:13.98	41.73		
24.	Jordy Rens	Z&PC DIO	21:31.47	199904431	21:30.36	308		
	50m: 32.73	32.73	450m: 6:04.70	44.38	850m: 11:52.73	43.43	1250m: 17:50.43	44.26
	100m: 1:09.83	37.10	500m: 6:48.60	43.90	900m: 12:37.46	44.73	1300m: 18:35.51	45.08
	150m: 1:49.36	39.53	550m: 7:31.32	42.72	950m: 13:21.75	44.29	1350m: 19:17.77	44.26
	200m: 2:30.20	40.84	600m: 8:14.27	42.95	1000m: 14:06.02	44.27	1400m: 20:04.69	44.92
	250m: 3:11.81	41.61	650m: 8:58.05	43.78	1050m: 14:51.10	45.08	1450m: 20:48.99	44.30
	300m: 3:54.07	42.26	700m: 9:41.56	43.51	1100m: 15:35.15	44.05	1500m: 21:30.36	41.37
	350m: 4:36.60	42.53	750m: 10:24.95	43.39	1150m: 16:20.28	45.13		
	400m: 5:20.32	43.72	800m: 11:09.30	44.35	1200m: 17:06.17	45.89		
25.	Bram van Ginneken	Hieronymus	20:20.55	199501385	22:11.51	280		
	50m: 33.12	33.12	450m: 6:19.60	45.26	850m: 12:28.74	43.24	1250m: 18:34.43	43.99
	100m: 1:10.32	37.20	500m: 7:06.76	47.16	900m: 13:12.74	44.00	1300m: 19:19.24	44.81
	150m: 1:51.69	41.37	550m: 7:53.32	46.56	950m: 13:57.48	44.74	1350m: 20:04.29	45.05
	200m: 2:34.88	43.19	600m: 8:40.28	46.96	1000m: 14:43.92	46.44	1400m: 20:46.95	42.66
	250m: 3:19.31	44.43	650m: 9:27.36	47.08	1050m: 15:30.21	46.29	1450m: 21:30.06	43.11
	300m: 4:03.88	44.57	700m: 10:13.60	46.24	1100m: 16:15.27	45.06	1500m: 22:11.51	41.45
	350m: 4:49.29	45.41	750m: 11:01.65	48.05	1150m: 17:01.51	46.24		
	400m: 5:34.34	45.05	800m: 11:45.50	43.85	1200m: 17:50.44	48.93		
26.	Nigel Werring	Zwemlust- den Hommel	NT	200301503	22:20.49	274		
	50m: 38.88	38.88	450m: 6:24.23	44.10	850m: 12:36.35	46.44	1250m: 18:46.97	43.65
	100m: 1:21.71	42.83	500m: 7:19.27	44.68	900m: 13:26.25	46.84	1300m: 19:32.33	45.36
	150m: 2:05.33	43.62	550m: 8:05.34	46.07	950m: 14:09.59	43.34	1350m: 20:16.60	44.27
	200m: 2:50.94	45.61	600m: 8:51.48	46.14	1000m: 14:55.30	45.71	1400m: 21:00.22	43.62
	250m: 3:35.04	44.10	650m: 9:36.65	45.17	1050m: 15:41.34	46.04	1450m: 21:41.69	41.47
	300m: 4:19.74	44.70	700m: 10:22.60	45.95	1100m: 16:29.04	47.70	1500m: 22:20.49	38.80
	350m: 5:04.79	45.05	750m: 11:07.45	44.85	1150m: 17:15.85	46.81		
	400m: 5:50.49	45.70	800m: 11:52.97	45.52	1200m: 18:03.32	47.47		
27.	Tristan Kornet	Zwemlust- den Hommel	22:34.79	200200297	22:30.09	269		
	50m: 46.47	46.47	450m: 6:24.23	44.91	850m: 12:36.35	47.65	1250m: 18:49.98	45.79
	100m: 1:17.18	30.71	500m: 7:09.33	45.10	900m: 13:24.63	48.28	1300m: 19:36.23	46.25
	150m: 1:59.42	42.24	550m: 7:55.15	45.82	950m: 14:11.53	46.90	1350m: 20:21.65	45.42
	200m: 2:41.39	41.97	600m: 8:41.82	46.67	1000m: 14:58.58	47.05	1400m: 21:06.59	44.94
	250m: 3:25.17	43.78	650m: 9:28.29	46.47	1050m: 15:45.06	46.48	1450m: 21:48.78	42.19
	300m: 4:09.89	44.72	700m: 10:13.97	45.68	1100m: 16:31.91	46.85	1500m: 22:30.09	41.31
	350m: 4:54.51	44.62	750m: 11:01.84	47.87	1150m: 17:17.95	46.04		
	400m: 5:39.32	44.81	800m: 11:48.70	46.86	1200m: 18:04.19	46.24		
28.	Tijs Klaren	Thalassa	23:48.31	200203053	23:18.84	241		
	50m: 36.43	36.43	450m: 6:34.81	48.17	850m: 12:54.31	48.54	1250m: 19:23.56	47.73
	100m: 1:17.36	40.93	500m: 7:22.01	47.20	900m: 13:44.87	50.56	1300m: 20:11.34	47.78
	150m: 1:59.56	42.20	550m: 8:08.79	46.78	950m: 14:32.05	47.18	1350m: 21:01.96	50.62
	200m: 2:42.01	42.45	600m: 8:54.86	46.07	1000m: 15:19.91	47.86	1400m: 21:49.65	47.69
	250m: 3:26.78	44.77	650m: 9:42.06	47.20	1050m: 16:09.67	49.76	1450m: 22:35.83	46.18
	300m: 4:12.79	46.01	700m: 10:31.51	49.45	1100m: 16:57.35	47.68	1500m: 23:18.84	43.01
	350m: 4:59.35	46.56	750m: 11:18.62	47.11	1150m: 17:45.41	48.06		
	400m: 5:46.64	47.29	800m: 12:05.77	47.15	1200m: 18:35.83	50.42		

LAC deel 1
Oosterhout, 29-10-2016

Programmanr. 11, Heren, 1500m vrije slag, Heren Senioren Open

rang	naam	vereniging	intijd	RT	tijd
29.	Abe Kramer	Z & PC De Zeeuwse Kust	40:00.00	195700481	34:14.52
	50m: 52.43	52.43	450m: 9:45.10	1:08.01	850m: 19:04.33
	100m: 1:52.37	59.94	500m: 10:54.23	1:09.13	900m: 20:15.41
	150m: 2:56.99	1:04.62	550m: 12:03.45	1:09.22	950m: 21:26.15
	200m: 4:04.21	1:07.22	600m: 13:12.37	1:08.92	1000m: 22:36.60
	250m: 5:11.37	1:07.16	650m: 14:22.01	1:09.64	1050m: 23:47.22
	300m: 6:20.21	1:08.84	700m: 15:32.75	1:10.74	1100m: 24:59.69
	350m: 7:29.01	1:08.80	750m: 16:43.44	1:10.69	1150m: 26:10.77
	400m: 8:37.09	1:08.08	800m: 17:53.92	1:10.48	1200m: 27:21.46
					1:10.41
					1250m: 28:30.95
					1300m: 29:40.67
					1350m: 30:49.09
					1400m: 31:57.87
					1450m: 33:08.03
					1500m: 34:14.52
					1:09.49
					1:09.72
					1:08.42
					1:08.78
					1:10.16
					1:06.49
NG.ZA	Chris Kouwenhoven	De Spatters	NT	197101669	
AFGEM	Sem Bonte	Z & PC De Zeeuwse Kust	NT	200400427	