

LAC deel 1  
Soest, 25-9-2019

Programmanr. 1  
25-9-2019 - 18:10

200m vrije slag

Mix Minioren 3 en 4  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Senna Boogmans	De Duinkickers	3:21.54	201000640	3:03.34
	50m: 40.68	100m: 1:28.08	150m: 2:16.67	200m: 3:03.34	
2.	Abel op den Velde	De Duinkickers	3:20.78	201000079	3:14.29
	50m: 43.90	100m: 1:34.48	150m: 2:26.40	200m: 3:14.29	

Programmanr. 2  
25-9-2019 - 18:15

400m vrije slag Jongens Min. 5 en 6 en Meisjes Min. 5 en Jun. 1  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Rosalie Reef	De Zwoer	NT	200800426	5:26.02
	50m: 36.49	150m: 1:59.78	250m: 3:24.64	350m: 4:47.12	
	100m: 1:17.54	200m: 2:43.00	300m: 4:07.14	400m: 5:26.02	
2.	Luuk Roskam	De Duinkickers	6:03.79	200800059	6:11.68
	50m: 37.93	150m: 2:11.15	250m: 3:48.87	350m: 5:25.61	
	100m: 1:23.16	200m: 2:59.79	300m: 4:38.12	400m: 6:11.68	
3.	Gerbert Mollenhorst	De Duinkickers	6:45.67	200801163	6:14.82
	50m: 41.39	150m: 2:16.21	250m: 3:54.48	350m: 5:32.73	
	100m: 1:28.73	200m: 3:04.95	300m: 4:43.74	400m: 6:14.82	
4.	Noortje op den Velde	De Duinkickers	6:14.67	200800424	6:19.13
	50m: 42.17	150m: 2:17.47	250m: 3:55.94	350m: 5:35.08	
	100m: 1:29.02	200m: 3:06.49	300m: 4:45.64	400m: 6:19.13	
5.	Koen van Leeuwenkamp	De Duinkickers	6:37.84	200900053	6:24.34
	50m: 42.52	150m: 2:19.96	250m: 4:00.09	350m: 5:39.28	
	100m: 1:30.27	200m: 3:10.09	300m: 4:50.57	400m: 6:24.34	
6.	Emma Schalken	De Duinkickers	6:11.66	200802308	6:32.66
	50m: 41.40	150m: 2:20.81	250m: 4:03.69	350m: 5:46.39	
	100m: 1:30.14	200m: 3:12.32	300m: 4:55.28	400m: 6:32.66	
7.	Elaine Geeven	De Zwoer	6:24.36	200801972	6:38.83
	50m: 43.06	150m: 2:24.00	250m: 4:07.68	350m: 5:52.12	
	100m: 1:32.94	200m: 3:15.63	300m: 4:59.68	400m: 6:38.83	
8.	Jeffrey Visser	De Zwoer	NT	200800905	7:17.37
	50m: 48.68	150m: 2:41.86	250m: 4:36.99	350m: 6:28.39	
	100m: 1:43.04	200m: 3:39.05	300m: 5:32.46	400m: 7:17.37	
9.	Jade Voet	De Duinkickers	NT	200900674	7:22.32
	50m: 48.92	150m: 2:40.71	250m: 4:34.92	350m: 6:28.41	
	100m: 1:44.34	200m: 3:37.69	300m: 5:33.02	400m: 7:22.32	
DIS	Nora Mouthaan	De Zwoer	7:07.85	200802014	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				

Programmanr. 3  
25-9-2019 - 18:30

800m vrije slag

Mix Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Ruben de Boer	De Duinkickers	9:54.10	199301419	10:06.55
	50m: 34.47	200m: 2:26.08	350m: 4:19.29	500m: 6:14.51	650m: 8:11.28
	100m: 1:10.94	250m: 3:03.65	400m: 4:57.32	550m: 6:53.35	700m: 8:50.13
	150m: 1:48.31	300m: 3:41.11	450m: 5:36.00	600m: 7:32.47	750m: 9:28.91
2.	Mariëlle Visser	De Zwoer	10:16.86	200500730	10:07.88
	50m: 34.09	200m: 2:28.01	350m: 4:23.81	500m: 6:19.59	650m: 8:14.83
	100m: 1:11.56	250m: 3:06.93	400m: 5:02.66	550m: 6:58.11	700m: 8:53.37
	150m: 1:49.53	300m: 3:45.68	450m: 5:41.60	600m: 7:36.49	750m: 9:31.69
3.	Sterre Veersma	De Duinkickers	NT	200203550	10:25.69
	50m: 32.89	200m: 2:25.30	350m: 4:24.54	500m: 6:26.54	650m: 8:27.59
	100m: 1:09.21	250m: 3:04.31	400m: 5:04.81	550m: 7:06.99	700m: 9:07.93
	150m: 1:46.99	300m: 3:44.08	450m: 5:45.50	600m: 7:48.26	750m: 9:47.95
4.	Tess Bemer	De Duinkickers	10:29.53	200600450	10:33.00
	50m: 33.04	200m: 2:27.61	350m: 4:29.07	500m: 6:32.54	650m: 8:35.92
	100m: 1:10.01	250m: 3:07.88	400m: 5:10.62	550m: 7:14.69	700m: 9:15.91
	150m: 1:48.34	300m: 3:48.67	450m: 5:51.55	600m: 7:55.60	750m: 9:56.00

LAC deel 1  
Soest, 25-9-2019

Programmanr. 3, Alle, 800m vrije slag, Mix Senioren Open

rang	naam	vereniging	intijd		tijd	RT
5.	Danielle Vermeulen	Zwemlust- den Hommel	10:36.36	199108534	<b>10:34.48</b>	453
	50m: 35.40	200m: 2:34.70	350m: 4:35.39	500m: 6:35.95	650m: 8:36.78	800m: 10:34.48
	100m: 1:15.00	250m: 3:15.12	400m: 5:15.61	550m: 7:16.77	700m: 9:16.49	
	150m: 1:54.94	300m: 3:55.08	450m: 5:56.01	600m: 7:56.96	750m: 9:56.31	
6.	Maaïke de Boer	De Duinkickers	10:10.94	199000362	<b>10:36.92</b>	448
	50m: 34.83	200m: 2:33.39	350m: 4:33.63	500m: 6:33.99	650m: 8:35.93	800m: 10:36.92
	100m: 1:13.65	250m: 3:13.20	400m: 5:13.42	550m: 7:14.21	700m: 9:17.15	
	150m: 1:53.22	300m: 3:53.63	450m: 5:53.54	600m: 7:54.50	750m: 9:57.88	
7.	Lucas Bemer	De Duinkickers	11:21.99	200700219	<b>10:44.02</b>	346
	50m: 35.60	200m: 2:36.87	350m: 4:41.24	500m: 6:45.57	650m: 8:48.72	800m: 10:44.02
	100m: 1:15.42	250m: 3:18.35	400m: 5:22.87	550m: 7:26.67	700m: 9:29.38	
	150m: 1:55.87	300m: 3:59.71	450m: 6:04.34	600m: 8:07.50	750m: 10:07.95	
8.	Angela Whitney	De Duinkickers	10:49.93	200700002	<b>10:44.47</b>	433
	50m: 34.71	200m: 2:37.26	350m: 4:41.50	500m: 6:45.35	650m: 8:48.15	800m: 10:44.47
	100m: 1:14.52	250m: 3:18.66	400m: 5:23.34	550m: 7:26.81	700m: 9:27.36	
	150m: 1:55.84	300m: 4:00.06	450m: 6:04.47	600m: 8:07.78	750m: 10:07.26	
9.	Lonneke van Veen	De Duinkickers	10:44.51	200104170	<b>10:46.85</b>	428
	50m: 37.08	200m: 2:41.22	350m: 4:47.72	500m: 6:55.08	650m: 8:54.85	800m: 10:46.85
	100m: 1:17.47	250m: 3:23.30	400m: 5:30.42	550m: 7:35.25	700m: 9:34.02	
	150m: 1:59.26	300m: 4:05.64	450m: 6:12.74	600m: 8:15.93	750m: 10:10.88	
10.	Youri Voet	De Duinkickers	11:10.78	200502269	<b>10:51.48</b>	334
	50m: 35.32	200m: 2:37.06	350m: 4:42.73	500m: 6:47.74	650m: 8:52.82	800m: 10:51.48
	100m: 1:14.99	250m: 3:19.07	400m: 5:23.28	550m: 7:29.72	700m: 9:33.85	
	150m: 1:55.44	300m: 4:00.90	450m: 6:05.46	600m: 8:11.52	750m: 10:13.81	
11.	Mart van Leeuwenkamp	De Duinkickers	11:30.00	200404345	<b>11:03.87</b>	316
	50m: 34.81	200m: 2:39.83	350m: 4:47.56	500m: 6:55.13	650m: 9:04.83	800m: 11:03.87
	100m: 1:15.46	250m: 3:22.53	400m: 5:30.04	550m: 7:38.70	700m: 9:46.75	
	150m: 1:57.34	300m: 4:04.60	450m: 6:12.11	600m: 8:21.76	750m: 10:27.79	
12.	Niek van Leeuwenkamp	De Duinkickers	11:15.38	200600443	<b>11:07.98</b>	310
	50m: 34.31	200m: 2:38.43	350m: 4:45.99	500m: 6:53.31	650m: 9:02.37	800m: 11:07.98
	100m: 1:14.93	250m: 3:20.87	400m: 5:28.27	550m: 7:36.04	700m: 9:46.45	
	150m: 1:56.87	300m: 4:03.57	450m: 6:11.05	600m: 8:19.19	750m: 10:29.26	
13.	Gia Hân Vu	De Zwoer	NT	200503438	<b>11:38.52</b>	340
	50m: 36.42	200m: 2:42.29	350m: 4:56.29	500m: 7:11.40	650m: 9:28.23	800m: 11:38.52
	100m: 1:16.45	250m: 3:26.31	400m: 5:40.87	550m: 7:57.30	700m: 10:13.02	
	150m: 1:58.75	300m: 4:10.91	450m: 6:27.10	600m: 8:42.39	750m: 10:57.57	
14.	Eva Ophorst	De Duinkickers	11:48.31	200602272	<b>11:41.22</b>	336
	50m: 38.11	200m: 2:52.84	350m: 5:08.21	500m: 7:23.52	650m: 9:35.89	800m: 11:41.22
	100m: 1:22.48	250m: 3:37.35	400m: 5:53.53	550m: 8:08.10	700m: 10:17.95	
	150m: 2:06.99	300m: 4:22.35	450m: 6:38.76	600m: 8:52.77	750m: 11:01.55	
15.	Peter Res	NTB	NT	197801851	<b>11:42.31</b>	267
	50m: 39.89	200m: 2:49.96	350m: 5:03.73	500m: 7:17.60	650m: 9:31.29	800m: 11:42.31
	100m: 1:22.90	250m: 3:34.16	400m: 5:48.97	550m: 8:02.35	700m: 10:14.69	
	150m: 2:06.55	300m: 4:18.99	450m: 6:33.10	600m: 8:46.95	750m: 10:59.32	
16.	Merel Sherrell	De Duinkickers	12:44.91	200504698	<b>11:51.42</b>	322
	50m: 36.93	200m: 2:50.38	350m: 5:08.11	500m: 7:26.45	650m: 9:44.15	800m: 11:51.42
	100m: 1:20.80	250m: 3:36.18	400m: 5:54.37	550m: 8:12.44	700m: 10:27.92	
	150m: 2:05.49	300m: 4:22.16	450m: 6:40.37	600m: 8:58.52	750m: 11:11.53	
17.	Martijn de Jong	Dwk	13:00.00	197101659	<b>11:56.81</b>	251
	50m: 38.26	200m: 2:50.62	350m: 5:08.23	500m: 7:26.37	650m: 9:44.39	800m: 11:56.81
	100m: 1:21.21	250m: 3:36.44	400m: 5:54.31	550m: 8:12.87	700m: 10:29.96	
	150m: 2:06.11	300m: 4:22.41	450m: 6:40.48	600m: 8:58.76	750m: 11:15.20	
18.	Daniek Willemse	De Duinkickers	11:36.92	200601018	<b>11:57.28</b>	314
	50m: 38.65	200m: 2:54.35	350m: 5:11.60	500m: 7:29.85	650m: 9:45.54	800m: 11:57.28
	100m: 1:23.00	250m: 3:40.60	400m: 5:58.17	550m: 8:15.50	700m: 10:31.44	
	150m: 2:08.45	300m: 4:25.81	450m: 6:43.83	600m: 9:00.56	750m: 11:16.23	
19.	J. van Ebbenhorst Tengberge	De Duinkickers	12:30.00	200701680	<b>12:38.45</b>	265
	50m: 41.12	200m: 3:04.65	350m: 5:29.13	500m: 7:54.88	650m: 10:21.13	800m: 12:38.45
	100m: 1:26.90	250m: 3:52.43	400m: 6:17.29	550m: 8:32.07	700m: 11:09.26	
	150m: 2:15.18	300m: 4:41.19	450m: 7:05.77	600m: 9:32.07	750m: 11:56.73	
20.	Vera Walgers	De Duinkickers	13:32.96	200604368	<b>12:46.90</b>	257
	50m: 41.83	200m: 3:05.48	350m: 5:32.27	500m: 8:01.25	650m: 10:29.54	800m: 12:46.90
	100m: 1:28.61	250m: 3:54.11	400m: 6:21.54	550m: 8:49.45	700m: 11:19.20	
	150m: 2:16.73	300m: 4:43.61	450m: 7:11.43	600m: 9:39.60	750m: 12:04.42	
21.	Anne Zweers	De Duinkickers	12:30.00	200402078	<b>12:47.24</b>	256
	50m: 40.59	200m: 3:06.44	350m: 5:34.03	500m: 8:01.80	650m: 10:29.05	800m: 12:47.24
	100m: 1:27.64	250m: 3:55.34	400m: 6:23.67	550m: 8:51.14	700m: 11:17.94	
	150m: 2:16.76	300m: 4:44.74	450m: 7:12.34	600m: 9:40.51	750m: 12:04.44	
22.	Megan Hill	De Duinkickers	13:02.89	200603588	<b>13:04.38</b>	240
	50m: 41.64	200m: 3:05.36	350m: 5:35.07	500m: 8:06.37	650m: 10:38.94	800m: 13:04.38
	100m: 1:27.79	250m: 3:54.67	400m: 6:25.13	550m: 8:57.29	700m: 11:29.46	
	150m: 2:16.46	300m: 4:44.49	450m: 7:15.58	600m: 9:47.37	750m: 12:18.11	

LAC deel 1  
Soest, 25-9-2019

Programmanr. 3, Alle, 800m vrije slag, Mix Senioren Open

rang	naam	vereniging	intijd		tijd	RT
23.	Liesbeth van Mill	Zwemlust- den Hommel	13:08.12	198702786	<b>13:07.75</b>	237
	50m: 41.75	200m: 3:06.55	350m: 5:35.96	500m: 8:07.37	650m: 10:37.82	800m: 13:07.75
	100m: 1:28.59	250m: 3:56.31	400m: 6:26.45	550m: 8:57.51	700m: 11:28.53	
	150m: 2:17.14	300m: 4:45.99	450m: 7:16.83	600m: 9:47.58	750m: 12:18.93	
24.	Anne Blanckstein	De Duinkickers	NT	200703210	<b>13:28.09</b>	219
	50m: 40.03	200m: 3:02.46	350m: 5:38.83	500m: 8:18.26	650m: 11:00.72	800m: 13:28.09
	100m: 1:25.36	250m: 3:53.55	400m: 6:31.97	550m: 9:11.94	700m: 11:50.59	
	150m: 2:13.08	300m: 4:45.86	450m: 7:23.97	600m: 10:07.99	750m: 12:41.75	
25.	Emma Keuning	De Duinkickers	13:35.16	200702666	<b>13:39.84</b>	210
	50m: 42.67	200m: 3:11.10	350m: 5:47.70	500m: 8:26.66	650m: 11:05.55	800m: 13:39.84
	100m: 1:31.07	250m: 4:03.28	400m: 6:40.53	550m: 9:19.58	700m: 11:57.34	
	150m: 2:20.44	300m: 4:55.58	450m: 7:33.68	600m: 10:12.59	750m: 12:49.82	