

LAC deel 2, seizoen 2019-2020
Soest, 15-1-2020

Programmanr. 1 200m vrije slag Mix Minioren 3 en 4
15-1-2020 Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Meisjes Minioren 3 en 4, Meisjes								
1.	Senna Boogmans	De Duinkickers	3:03.34	201000640	2:57.16 259			
	50m: 39.28	39.28	100m: 1:24.47	45.19	150m: 2:11.91	47.44	200m: 2:57.16	45.25

Jongens Minioren 3 en 4, Jongens								
1.	Abel op den Velde	De Duinkickers	3:14.29	201000079	2:56.25 194			
	50m: 40.21	40.21	100m: 1:25.89	45.68	150m: 2:13.35	47.46	200m: 2:56.25	42.90

Programmanr. 2 400m vrije slag Jongens Min. 5 en 6 en Meisjes Min. 5 en Jun. 1
15-1-2020 Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Meisjes Minioren 5 Junioren 1, Meisjes								
1.	Emma Schalken	De Duinkickers	6:11.66	200802308	6:05.55 277			
	50m: 39.69	39.69	150m: 2:11.41	47.23	250m: 3:48.72	48.99	350m: 5:23.14	46.95
	100m: 1:24.18	44.49	200m: 2:59.73	48.32	300m: 4:36.19	47.47	400m: 6:05.55	42.41
2.	Anna Strang van Hees	De Duinkickers	6:45.00	200902566	6:10.05 267			
	50m: 40.94	40.94	150m: 2:15.43	47.04	250m: 3:51.64	48.44	350m: 5:27.38	47.60
	100m: 1:28.39	47.45	200m: 3:03.20	47.77	300m: 4:39.78	48.14	400m: 6:10.05	42.67
3.	Noortje op den Velde	De Duinkickers	6:14.67	200800424	6:19.16 248			
	50m: 40.33	40.33	150m: 2:14.03	47.44	250m: 3:51.21	49.22	350m: 5:29.47	49.25
	100m: 1:26.59	46.26	200m: 3:01.99	47.96	300m: 4:40.22	49.01	400m: 6:19.16	49.69
4.	Jade Voet	De Duinkickers	7:22.32	200900674	6:51.28 195			
	50m: 45.35	45.35	150m: 2:26.88	50.82	250m: 4:12.23	53.06	350m: 6:00.52	54.65
	100m: 1:36.06	50.71	200m: 3:19.17	52.29	300m: 5:05.87	53.64	400m: 6:51.28	50.76

Jongens Minioren 5 en 6, Jongens								
1.	Koen van Leeuwenkamp	De Duinkickers	6:24.34	200900053	6:12.14 207			
	50m: 41.91	41.91	150m: 2:15.61	47.10	250m: 3:52.02	48.88	350m: 5:28.58	47.33
	100m: 1:28.51	46.60	200m: 3:03.14	47.53	300m: 4:41.25	49.23	400m: 6:12.14	43.56
2.	Gerbert Mollenhorst	De Duinkickers	6:14.82	200801163	6:26.44 185			
	50m: 43.05	43.05	150m: 2:21.05	49.57	250m: 4:02.24	49.99	350m: 5:40.29	48.27
	100m: 1:31.48	48.43	200m: 3:12.25	51.20	300m: 4:52.02	49.78	400m: 6:26.44	46.15
DIS	Luuk Roskam	De Duinkickers	6:03.79	200800059				
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>							

Programmanr. 3 800m vrije slag Junioren 1 en 2
15-1-2020 Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Meisjes Junioren 2 en 3, Meisjes								
1.	Tess Bemer	De Duinkickers	10:29.53	200600450	10:19.24 488			
	50m: 33.00	33.00	250m: 3:06.72	38.94	450m: 5:45.47	40.23	650m: 8:25.23	40.04
	100m: 1:10.30	37.30	300m: 3:45.74	39.02	500m: 6:25.40	39.93	700m: 9:04.91	39.68
	150m: 1:48.79	38.49	350m: 4:25.96	40.22	550m: 7:05.71	40.31	750m: 9:43.68	38.77
	200m: 2:27.78	38.99	400m: 5:05.24	39.28	600m: 7:45.19	39.48	800m: 10:19.24	35.56
2.	Angela Whitney	De Duinkickers	10:38.88	200700002	10:48.07 425			
	50m: 34.42	34.42	250m: 3:18.71	42.00	450m: 6:04.67	40.77	650m: 8:49.80	41.60
	100m: 1:14.40	39.98	300m: 4:00.42	41.71	500m: 6:46.38	41.71	700m: 9:30.84	41.04
	150m: 1:55.63	41.23	350m: 4:42.26	41.84	550m: 7:27.32	40.94	750m: 10:11.08	40.24
	200m: 2:36.71	41.08	400m: 5:23.90	41.64	600m: 8:08.20	40.88	800m: 10:48.07	36.99
3.	Rhodee van den Ham	De Duinkickers	11:34.82	200700090	10:59.08 404			
	50m: 36.28	36.28	250m: 3:20.83	41.65	450m: 6:11.26	42.52	650m: 8:58.96	40.97
	100m: 1:16.21	39.93	300m: 4:03.36	42.53	500m: 6:53.86	42.60	700m: 9:40.61	41.65
	150m: 1:57.39	41.18	350m: 4:45.87	42.51	550m: 7:35.34	41.48	750m: 10:20.39	39.78
	200m: 2:39.18	41.79	400m: 5:28.74	42.87	600m: 8:17.99	42.65	800m: 10:59.08	38.69

LAC deel 2, seizoen 2019-2020
Soest, 15-1-2020

Programmanr. 3, Meisjes, 800m vrije slag, Meisjes Junioren 2 en 3

rang	naam	vereniging	intijd		tijd	RT
4.	Daniek Willemse	De Duinkickers	11:36.92	200601018	11:25.66	359
	50m: 37.80	37.80	250m: 3:28.24	43.66	450m: 6:24.08	44.07
	100m: 1:19.35	41.55	300m: 4:11.60	43.36	500m: 7:07.97	43.89
	150m: 2:01.05	41.70	350m: 4:55.72	44.12	550m: 7:52.15	44.18
	200m: 2:44.58	43.53	400m: 5:40.01	44.29	600m: 8:36.36	44.21
					650m: 9:19.59	43.23
					700m: 10:03.18	43.59
					750m: 10:45.39	42.21
					800m: 11:25.66	40.27
5.	Eva Ophorst	De Duinkickers	11:41.22	200602272	11:38.43	340
	50m: 38.89	38.89	250m: 3:36.35	45.43	450m: 6:39.22	45.85
	100m: 1:21.14	42.25	300m: 4:22.97	46.62	500m: 7:25.62	46.40
	150m: 2:05.47	44.33	350m: 5:08.67	45.70	550m: 8:09.66	44.04
	200m: 2:50.92	45.45	400m: 5:53.37	44.70	600m: 8:54.01	44.35
					650m: 9:35.94	41.93
					700m: 10:17.23	41.29
					750m: 10:58.41	41.18
					800m: 11:38.43	40.02
6.	Vera Walgers	De Duinkickers	12:46.90	200604368	12:31.34	273
	50m: 39.27	39.27	250m: 3:45.37	48.32	450m: 6:58.78	48.67
	100m: 1:23.28	44.01	300m: 4:33.45	48.08	500m: 7:47.75	48.97
	150m: 2:10.46	47.18	350m: 5:21.43	47.98	550m: 8:35.52	47.77
	200m: 2:57.05	46.59	400m: 6:10.11	48.68	600m: 9:23.53	48.01
					650m: 10:12.28	48.75
					700m: 11:00.08	47.80
					750m: 11:46.86	46.78
					800m: 12:31.34	44.48
7.	Anne Blanckestein	De Duinkickers	13:28.09	200703210	12:42.08	262
	50m: 39.31	39.31	250m: 3:46.67	48.00	450m: 7:03.82	50.01
	100m: 1:24.61	45.30	300m: 4:35.65	48.98	500m: 7:53.87	50.05
	150m: 2:11.07	46.46	350m: 5:24.41	48.76	550m: 8:43.50	49.63
	200m: 2:58.67	47.60	400m: 6:13.81	49.40	600m: 9:32.73	49.23
					650m: 10:22.57	49.84
					700m: 11:11.83	49.26
					750m: 11:59.55	47.72
					800m: 12:42.08	42.53
8.	Megan Hill	De Duinkickers	13:02.89	200603588	12:43.06	261
	50m: 42.43	42.43	250m: 3:52.09	48.36	450m: 7:06.31	48.63
	100m: 1:28.58	46.15	300m: 4:40.30	48.21	500m: 7:54.95	48.64
	150m: 2:16.03	47.45	350m: 5:28.80	48.50	550m: 8:43.99	49.04
	200m: 3:03.73	47.70	400m: 6:17.68	48.88	600m: 9:33.55	49.56
					650m: 10:21.99	48.44
					700m: 11:10.69	48.70
					750m: 11:58.41	47.72
					800m: 12:43.06	44.65
AFGEM	Emma Keuning	De Duinkickers	13:35.16	200702666		

Jongens Junioren 1 en 2, Jongens

1.	Lucas Bemer	De Duinkickers	10:44.02	200700219	10:19.47	389
	50m: 34.06	34.06	250m: 3:08.86	39.43	450m: 5:47.72	39.76
	100m: 1:12.02	37.96	300m: 3:48.54	39.68	500m: 6:28.27	40.55
	150m: 1:50.45	38.43	350m: 4:28.16	39.62	550m: 7:08.23	39.96
	200m: 2:29.43	38.98	400m: 5:07.96	39.80	600m: 7:48.14	39.91
					650m: 8:28.16	40.02
					700m: 9:06.75	38.59
					750m: 9:45.28	38.53
					800m: 10:19.47	34.19
2.	Niek van Leeuwenkamp	De Duinkickers	11:07.98	200600443	11:03.70	316
	50m: 34.39	34.39	250m: 3:20.75	42.66	450m: 6:09.85	42.63
	100m: 1:15.11	40.72	300m: 4:02.68	41.93	500m: 6:52.83	42.98
	150m: 1:56.90	41.79	350m: 4:45.17	42.49	550m: 7:35.62	42.79
	200m: 2:38.09	41.19	400m: 5:27.22	42.05	600m: 8:18.51	42.89
					650m: 9:00.78	42.27
					700m: 9:42.87	42.09
					750m: 10:24.75	41.88
					800m: 11:03.70	38.95

Programmanr. 4 1500m vrije slag Senioren Open Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Lonneke van Veen	De Duinkickers	20:33.42	200104170	20:57.26	399
	50m: 38.64	38.64	450m: 6:12.74	41.83	850m: 11:53.06	42.62
	100m: 1:20.99	42.35	500m: 6:55.26	42.52	900m: 12:35.16	42.10
	150m: 2:02.87	41.88	550m: 7:37.57	42.31	950m: 13:17.13	41.97
	200m: 2:43.98	41.11	600m: 8:20.04	42.47	1000m: 14:00.14	43.01
	250m: 3:25.61	41.63	650m: 9:02.90	42.86	1050m: 14:42.31	42.17
	300m: 4:07.22	41.61	700m: 9:45.38	42.48	1100m: 15:24.41	42.10
	350m: 4:48.72	41.50	750m: 10:27.84	42.46	1150m: 16:06.93	42.52
	400m: 5:30.91	42.19	800m: 11:10.44	42.60	1200m: 16:49.35	42.42
2.	Merel Sherrell	De Duinkickers	24:08.13	200504698	22:52.84	306
	50m: 37.13	37.13	450m: 6:47.56	46.60	850m: 12:59.66	45.98
	100m: 1:22.46	45.33	500m: 7:34.55	46.99	900m: 13:45.30	45.64
	150m: 2:08.16	45.70	550m: 8:21.20	46.65	950m: 14:33.18	47.88
	200m: 2:54.52	46.36	600m: 9:07.79	46.59	1000m: 15:19.30	46.12
	250m: 3:40.49	45.97	650m: 9:54.78	46.99	1050m: 16:05.89	46.59
	300m: 4:26.84	46.35	700m: 10:41.28	46.50	1100m: 16:51.25	45.36
	350m: 5:14.32	47.48	750m: 11:27.23	45.95	1150m: 17:38.17	46.92
	400m: 6:00.96	46.64	800m: 12:13.68	46.45	1200m: 18:25.12	46.95
3.	Anne Zweers	De Duinkickers	25:00.00	200402078	24:44.42	242
	50m: 41.31	41.31	450m: 7:17.20	49.29	850m: 14:00.29	50.37
	100m: 1:28.42	47.11	500m: 8:06.91	49.71	900m: 14:51.15	50.86
	150m: 2:17.60	49.18	550m: 8:57.18	50.27	950m: 15:42.03	50.88
	200m: 3:07.28	49.68	600m: 9:47.72	50.54	1000m: 16:33.48	51.45
	250m: 3:57.32	50.04	650m: 10:38.65	50.93	1050m: 17:23.96	50.48
	300m: 4:46.92	49.60	700m: 11:29.28	50.63	1100m: 18:16.61	52.65
	350m: 5:37.55	50.63	750m: 12:19.63	50.35	1150m: 19:05.87	49.26
	400m: 6:27.91	50.36	800m: 13:09.92	50.29	1200m: 19:55.76	49.89
					1250m: 20:46.81	51.05
					1300m: 21:37.13	50.32
					1350m: 22:26.98	49.85
					1400m: 23:16.62	49.64
					1450m: 24:03.06	46.44
					1500m: 24:44.42	41.36

LAC deel 2, seizoen 2019-2020
Soest, 15-1-2020

Programmanr. 4, Dames, 1500m vrije slag, Dames Senioren Open

rang	naam	vereniging	intijd	intijd	tijd	RT
4.	Liesbeth van Mill	Zwemlust- den Hommel	24:57.68	198702786	24:56.79	236
	50m: 42.67	42.67	450m: 7:20.77	50.06	850m: 14:03.02	50.59
	100m: 1:30.39	47.72	500m: 8:11.06	50.29	900m: 14:53.10	50.08
	150m: 2:19.98	49.59	550m: 9:01.12	50.06	950m: 15:43.13	50.03
	200m: 3:10.03	50.05	600m: 9:51.33	50.21	1000m: 16:33.18	50.05
	250m: 3:59.97	49.94	650m: 10:41.50	50.17	1050m: 17:23.55	50.37
	300m: 4:50.15	50.18	700m: 11:31.60	50.10	1100m: 18:14.42	50.87
	350m: 5:40.41	50.26	750m: 12:22.07	50.47	1150m: 19:05.11	50.69
	400m: 6:30.71	50.30	800m: 13:12.43	50.36	1200m: 19:55.80	50.69
AFGEM	Maaïke de Boer	De Duinkickers	19:41.45	199000362		

Heren Senioren Open, Heren

1.	Jeffrey Roest	De Duinkickers	18:31.24	199703401	19:15.34	429
	50m: 34.51	34.51	450m: 5:48.09	39.52	850m: 11:05.05	39.75
	100m: 1:12.59	38.08	500m: 6:27.59	39.50	900m: 11:44.34	39.29
	150m: 1:51.51	38.92	550m: 7:06.98	39.39	950m: 12:23.45	39.11
	200m: 2:30.87	39.36	600m: 7:46.60	39.62	1000m: 13:01.92	38.47
	250m: 3:10.66	39.79	650m: 8:26.05	39.45	1050m: 13:40.68	38.76
	300m: 3:50.11	39.45	700m: 9:05.75	39.70	1100m: 14:19.01	38.33
	350m: 4:29.50	39.39	750m: 9:45.44	39.69	1150m: 14:57.57	38.56
	400m: 5:08.57	39.07	800m: 10:25.30	39.86	1200m: 15:35.89	38.32
2.	Ruben de Boer	De Duinkickers	18:58.34	199301419	19:20.45	423
	50m: 35.07	35.07	450m: 5:48.08	39.06	850m: 11:05.29	38.94
	100m: 1:13.28	38.21	500m: 6:27.09	39.01	900m: 11:38.17	38.88
	150m: 1:52.26	38.98	550m: 7:06.11	39.02	950m: 12:16.79	38.62
	200m: 2:31.78	39.52	600m: 7:45.12	39.01	1000m: 12:55.62	38.83
	250m: 3:11.54	39.76	650m: 8:24.39	39.27	1050m: 13:34.09	38.47
	300m: 3:50.90	39.36	700m: 9:02.90	38.51	1100m: 14:12.53	38.44
	350m: 4:29.86	38.96	750m: 9:41.54	38.64	1150m: 14:51.13	38.60
	400m: 5:09.02	39.16	800m: 10:20.35	38.81	1200m: 15:30.03	38.90
3.	Kevin Roest	De Duinkickers	19:04.49	200001223	19:37.79	404
	50m: 35.03	35.03	450m: 5:54.88	40.66	850m: 11:13.52	39.28
	100m: 1:13.32	38.29	500m: 6:34.92	40.04	900m: 11:52.26	38.74
	150m: 1:53.15	39.83	550m: 7:15.38	40.46	950m: 12:30.67	38.41
	200m: 2:33.35	40.20	600m: 7:55.77	40.39	1000m: 13:09.63	38.96
	250m: 3:13.75	40.40	650m: 8:35.44	39.67	1050m: 13:48.43	38.80
	300m: 3:53.95	40.20	700m: 9:15.30	39.86	1100m: 14:27.72	39.29
	350m: 4:33.89	39.94	750m: 9:54.85	39.55	1150m: 15:07.27	39.55
	400m: 5:14.22	40.33	800m: 10:34.24	39.39	1200m: 15:46.66	39.39
4.	Youri Voet	De Duinkickers	21:02.98	200502269	20:07.26	376
	50m: 33.57	33.57	450m: 5:53.43	40.40	850m: 11:23.99	40.38
	100m: 1:11.81	38.24	500m: 6:34.38	40.95	900m: 12:04.46	40.47
	150m: 1:51.79	39.98	550m: 7:16.17	41.79	950m: 12:44.85	40.39
	200m: 2:31.37	39.58	600m: 7:57.55	41.38	1000m: 13:26.05	41.20
	250m: 3:12.12	40.75	650m: 8:38.40	40.85	1050m: 14:06.99	40.94
	300m: 3:52.10	39.98	700m: 9:19.84	41.44	1100m: 14:48.06	41.07
	350m: 4:32.52	40.42	750m: 10:01.73	41.89	1150m: 15:29.04	40.98
	400m: 5:13.03	40.51	800m: 10:43.61	41.88	1200m: 16:10.27	41.23
5.	Mart van Leeuwenkamp	De Duinkickers	21:00.00	200404345	20:46.06	342
	50m: 33.83	33.83	450m: 6:08.85	42.28	850m: 11:44.30	41.53
	100m: 1:12.92	39.09	500m: 6:51.40	42.55	900m: 12:24.96	40.66
	150m: 1:53.89	40.97	550m: 7:33.70	42.30	950m: 13:06.44	41.48
	200m: 2:35.22	41.33	600m: 8:16.75	43.05	1000m: 13:48.41	41.97
	250m: 3:17.28	42.06	650m: 8:58.03	41.28	1050m: 14:29.47	41.06
	300m: 3:59.45	42.17	700m: 9:39.71	41.68	1100m: 15:11.77	42.30
	350m: 4:42.39	42.94	750m: 10:20.95	41.24	1150m: 15:54.00	42.23
	400m: 5:26.57	44.18	800m: 11:02.77	41.82	1200m: 16:36.77	42.77