

LAC
Kampen, 23-9-2016

Programmanr. 1 200m vrije slag Mix Minioren 3 en 4
23-9-2016 - 18:20 Resultaten

Punten: FINA 2016

Rang Geb. Tijd Pnt 100m 200m

Programmanr. 2 Meisjes, 400m vrije slag Meisjes Minioren 5 Junioren 1
23-9-2016 - 18:20 Resultaten

Punten: FINA 2016

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
1. Senna Geerdink	05 Deltasteur	5:46.94	324	1:23.64	2:52.18	4:22.88	5:46.94
2. Demi Westendorp	05 Deltasteur	6:12.48	262	1:26.88	3:04.49	4:41.22	6:12.48

Programmanr. 3 Jongens, 400m vrije slag Jongens Minioren 5 en 6
23-9-2016 - 18:20 Resultaten

Punten: FINA 2016

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
1. Thijs ten Koppel	05 Deltasteur	5:46.96	255	1:20.93	2:51.03	4:21.65	5:46.96
2. Yanieck Frijstein	05 Deltasteur	5:47.02	255	1:24.26	2:55.39	4:25.36	5:47.02

Programmanr. 4 Dames, 800m vrije slag Dames Senioren Open
23-9-2016 - 18:27 Resultaten

Punten: FINA 2016

Rang	Geb.	Tijd	Pnt
1. Sigit Aarten	93 Deltasteur	10:21.93	481
100m: 1:09.47 1:09.47	300m: 3:45.78 1:18.86	500m: 6:25.63 1:19.98	700m: 9:06.05 1:19.49
200m: 2:26.92 1:17.45	400m: 5:05.65 1:19.87	600m: 7:46.56 1:20.93	800m: 10:21.93 1:15.88
2. Milou ten Koppel	03 Deltasteur	10:50.26	421
100m: 1:15.23 1:15.23	300m: 3:59.54 1:23.06	500m: 6:44.45 1:22.43	700m: 9:30.70 1:22.68
200m: 2:36.48 1:21.25	400m: 5:22.02 1:22.48	600m: 8:08.02 1:23.57	800m: 10:50.26 1:19.56
3. Manon de Man	02 Deltasteur	10:53.83	414
100m: 1:18.82 1:18.82	300m: 4:07.30 1:23.19	500m: 6:53.38 1:22.80	700m: 9:38.33 1:21.45
200m: 2:44.11 1:25.29	400m: 5:30.58 1:23.28	600m: 8:16.88 1:23.50	800m: 10:53.83 1:15.50
4. Annet van Stratum	90 Deltasteur	11:15.67	375
100m: 1:18.22 1:18.22	300m: 4:10.04 1:26.23	500m: 7:03.14 1:26.52	700m: 9:54.28 1:25.22
200m: 2:43.81 1:25.59	400m: 5:36.62 1:26.58	600m: 8:29.06 1:25.92	800m: 11:15.67 1:21.39
5. Ester Schuurman	02 Deltasteur	11:32.23	349
100m: 1:21.11 1:21.11	300m: 4:18.23 1:28.84	500m: 7:11.80 1:26.32	700m: 10:07.74 1:27.70
200m: 2:49.39 1:28.28	400m: 5:45.48 1:27.25	600m: 8:40.04 1:28.24	800m: 11:32.23 1:24.49
6. Sanne van Dijk	03 Deltasteur	11:41.91	334
100m: 1:24.71 1:24.71	300m: 4:23.15 1:29.68	500m: 7:22.12 1:29.36	700m: 10:20.18 1:28.66
200m: 2:53.47 1:28.76	400m: 5:52.76 1:29.61	600m: 8:51.52 1:29.40	800m: 11:41.91 1:21.73
7. Maud Heldoorn	00 Deltasteur	11:50.17	323
100m: 1:21.98 1:21.98	300m: 4:20.85 1:30.27	500m: 7:21.36 1:30.10	700m: 10:22.39 1:30.09
200m: 2:50.58 1:28.60	400m: 5:51.26 1:30.41	600m: 8:52.30 1:30.94	800m: 11:50.17 1:27.78
8. Tessa Maat	02 Deltasteur	12:09.69	297
100m: 1:23.46 1:23.46	300m: 4:27.32 1:33.11	500m: 7:34.18 1:33.45	700m: 10:40.79 1:32.44
200m: 2:54.21 1:30.75	400m: 6:00.73 1:33.41	600m: 9:08.35 1:34.17	800m: 12:09.69 1:28.90
9. Monica Faber	04 Deltasteur	12:14.62	292
100m: 1:28.42 1:28.42	300m: 4:37.26 1:34.27	500m: 7:46.49 1:34.19	700m: 10:49.83 1:30.96
200m: 3:02.99 1:34.57	400m: 6:12.30 1:35.04	600m: 9:18.87 1:32.38	800m: 12:14.62 1:24.79
10. Tara Schuurman	04 Deltasteur	12:26.95	277
100m: 1:31.60 1:31.60	300m: 4:40.04 1:34.50	500m: 7:51.89 1:35.44	700m: 10:59.60 1:32.96
200m: 3:05.54 1:33.94	400m: 6:16.45 1:36.41	600m: 9:26.64 1:34.75	800m: 12:26.95 1:27.35

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Programmanr. 4, Dames, 800m vrije slag, Dames Senioren Open

Rang			Geb.						Tijd	Pnt		
11.	Thirza Bollema		00		Deltasteur				12:29.84	274		
	100m:	1:24.08	1:24.08	300m:	4:33.91	1:35.64	500m:	7:46.40	1:35.77	700m:	10:58.56	1:34.97
	200m:	2:58.27	1:34.19	400m:	6:10.63	1:36.72	600m:	9:23.59	1:37.19	800m:	12:29.84	1:31.28
AFGEM	Hilde Hollander		00		Deltasteur							

Programmanr. 5
23-9-2016 - 19:12

Heren, 800m vrije slag

Heren Senioren Open
Resultaten

Punten: FINA 2016

Rang			Geb.						Tijd	Pnt		
1.	Jari Hofsink		97		Deltasteur				9:45.64	460		
	100m:	1:02.42	1:02.42	300m:	3:30.02	1:14.76	500m:	6:00.76	1:14.37	700m:	8:32.82	1:17.56
	200m:	2:15.26	1:12.84	400m:	4:46.39	1:16.37	600m:	7:15.26	1:14.50	800m:	9:45.64	1:12.82
2.	Gert van t Oever		87		Deltasteur				9:47.21	456		
	100m:	1:03.85	1:03.85	300m:	3:29.12	1:13.47	500m:	5:59.43	1:15.62	700m:	8:34.07	1:17.38
	200m:	2:15.65	1:11.80	400m:	4:43.81	1:14.69	600m:	7:16.69	1:17.26	800m:	9:47.21	1:13.14
3.	Raymond van Unen		00		Deltasteur				10:02.39	422		
	100m:	1:06.39	1:06.39	300m:	3:38.45	1:16.97	500m:	6:14.10	1:17.74	700m:	8:49.36	1:17.47
	200m:	2:21.48	1:15.09	400m:	4:56.36	1:17.91	600m:	7:31.89	1:17.79	800m:	10:02.39	1:13.03
4.	Ruth Vahl		01		Deltasteur				10:07.68	411		
	100m:	1:08.50	1:08.50	300m:	3:46.55	1:19.89	500m:	6:23.29	1:17.58	700m:	8:56.82	1:16.73
	200m:	2:26.66	1:18.16	400m:	5:05.71	1:19.16	600m:	7:40.09	1:16.80	800m:	10:07.68	1:10.86
5.	Kylian Heederik		03		Deltasteur				10:33.21	364		
	100m:	1:15.73	1:15.73	300m:	3:56.35	1:20.93	500m:	6:38.49	1:21.34	700m:	9:19.92	1:19.85
	200m:	2:35.42	1:19.69	400m:	5:17.15	1:20.80	600m:	8:00.07	1:21.58	800m:	10:33.21	1:13.29
6.	Edwin Kanis		02		Deltasteur				11:08.23	309		
	100m:	1:16.59	1:16.59	300m:	4:06.86	1:25.88	500m:	6:56.76	1:24.81	700m:	9:46.26	1:24.28
	200m:	2:40.98	1:24.39	400m:	5:31.95	1:25.09	600m:	8:21.98	1:25.22	800m:	11:08.23	1:21.97
7.	Nick Holtrust		00		Deltasteur				11:28.21	283		
	100m:	1:18.12	1:18.12	300m:	4:11.42	1:27.14	500m:	7:08.81	1:28.72	700m:	10:04.78	1:26.96
	200m:	2:44.28	1:26.16	400m:	5:40.09	1:28.67	600m:	8:37.82	1:29.01	800m:	11:28.21	1:23.43
8.	Kristian Kiers		01		Deltasteur				11:34.03	276		
	100m:	1:16.39	1:16.39	300m:	4:12.86	1:30.23	500m:	7:11.67	1:29.15	700m:	10:09.94	1:29.23
	200m:	2:42.63	1:26.24	400m:	5:42.52	1:29.66	600m:	8:40.71	1:29.04	800m:	11:34.03	1:24.09
9.	Max de Lange		02		Deltasteur				11:43.64	265		
	100m:	1:23.51	1:23.51	300m:	4:24.60	1:31.50	500m:	7:26.45	1:30.72	700m:	10:23.26	1:26.13
	200m:	2:53.10	1:29.59	400m:	5:55.73	1:31.13	600m:	8:57.13	1:30.68	800m:	11:43.64	1:20.38
10.	Quinn Heederik		04		Deltasteur				12:10.31	237		
	100m:	1:25.67	1:25.67	300m:	4:29.76	1:32.64	500m:	7:36.64	1:33.17	700m:	10:42.98	1:33.08
	200m:	2:57.12	1:31.45	400m:	6:03.47	1:33.71	600m:	9:09.90	1:33.26	800m:	12:10.31	1:27.33
AFGEM	Jeroen Smit		02		Deltasteur							
AFGEM	Hidde Vegter		04		Deltasteur							