

LAC deel 3
Hoogeveen, 17-3-2019

Programmanr. 1
17-3-2019

400m wisselslag

Mix Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Dames Senioren Open, Dames						
1.	Kyra Wooldrik	ZPC Hoogeveen	5:42.67	200101042	5:57.12	425
	50m: 37.90	37.90	150m:	250m:	350m:	
	100m: 1:25.61	47.71	200m:	300m:	400m: 5:57.12	
2.	Riemke Tinnevelt	ZPC Hoogeveen	NT	200503018	5:58.38	420
	50m: 39.80	39.80	150m:	250m:	350m:	
	100m: 1:27.77	47.97	200m:	300m:	400m: 5:58.38	
3.	Eline van Unen	Deltasteur	NT	200600520	5:58.96	418
	50m: 40.26	40.26	150m:	250m:	350m:	
	100m: 1:28.34	48.08	200m:	300m:	400m: 5:58.96	
4.	Tessa Maat	Deltasteur	6:19.36	200201826	6:14.21	369
	50m: 36.86	36.86	150m:	250m:	350m:	
	100m: 1:21.45	44.59	200m:	300m:	400m: 6:14.21	
5.	Almyra Santing	ZPC Hoogeveen	6:36.09	200602786	6:35.05	314
	50m: 44.83	44.83	150m:	250m:	350m:	
	100m: 1:40.14	55.31	200m:	300m:	400m: 6:35.05	

Heren Senioren Open, Heren

1.	Thijs ten Koppel	Deltasteur	NT	200500357	5:31.58	398
	50m: 33.28	33.28	150m:	250m:	350m:	
	100m: 1:17.02	43.74	200m:	300m:	400m: 5:31.58	

Programmanr. 2
17-3-2019

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

Resultaten

rang	naam	vereniging	intijd		tijd	RT
Meisjes Junioren 1 en later, Meisjes						
1.	Fay Boxum	ZVZwartsluis	5:57.27	200900060	5:44.93	330
	50m:	150m:	250m:	350m:	400m:	
	100m: 1:20.07	200m: 2:50.47	300m: 4:20.46	400m: 5:44.93		
2.	Joy ten Hoove	ZPC Hoogeveen	7:06.87	200802370	6:31.14	226
	50m:	150m:	250m:	350m:	400m:	
	100m: 1:33.15	200m: 3:13.79	300m: 4:54.96	400m: 6:31.14		
3.	Nienke Koster	ZPC Hoogeveen	NT	200900612	7:02.73	179
	50m:	150m:	250m:	350m:	400m:	
	100m: 1:35.24	200m: 3:25.22	300m: 5:17.97	400m: 7:02.73		

Jongens Minioren 6 en later, Jongens

1.	Jay Wesseling	ZPC Hoogeveen	6:33.37	200800017	6:12.83	206
	50m:	150m:	250m:	350m:	400m:	
	100m: 1:27.30	200m: 3:04.82	300m: 4:41.57	400m: 6:12.83		
2.	Levi Hendriksen	ZPC Hoogeveen	7:13.99	200800655	6:50.94	154
	50m:	150m:	250m:	350m:	400m:	
	100m: 1:34.07	200m: 3:20.83	300m: 5:09.40	400m: 6:50.94		

Programmanr. 3
17-3-2019

800m vrije slag Jongens Min. 5 en 6 en Meisjes Min. 5 en Jun. 1

Resultaten

rang	naam	vereniging	intijd		tijd	RT
Meisjes Minioren 5 Junioren 1, Meisjes						
1.	Féline Sam	ZVZwartsluis	11:14.67	200700018	10:49.33	423
	100m: 1:16.52	1:16.52	300m: 4:02.06	1:22.73	500m: 6:48.16	1:23.41
	200m: 2:39.33	1:22.81	400m: 5:24.75	1:22.69	600m: 8:11.83	1:23.67
					700m: 9:33.62	1:21.79
					800m: 10:49.33	1:15.71
2.	Jasmijn Sterken	ZPC Hoogeveen	11:35.74	200701196	11:17.77	372
	100m: 1:17.04	1:17.04	300m: 4:09.30	1:26.80	500m: 7:03.93	1:27.46
	200m: 2:42.50	1:25.46	400m: 5:36.47	1:27.17	600m: 8:31.14	1:27.21
					700m: 9:56.62	1:25.48
					800m: 11:17.77	1:21.15

LAC deel 3
Hoogeveen, 17-3-2019

Programmanr. 3, Meisjes, 800m vrije slag, Meisjes Minioren 5 Junioren 1

rang	naam	vereniging	intijd	tijd	RT			
3.	Carlijn Gruppen	ZPC Hoogeveen	12:15.13	200700046	11:18.42 371			
	100m: 1:18.08	1:18.08	300m: 4:10.26	1:27.08	500m: 7:04.86	1:27.27	700m: 9:57.66	1:25.67
	200m: 2:43.18	1:25.10	400m: 5:37.59	1:27.33	600m: 8:31.99	1:27.13	800m: 11:18.42	1:20.76
4.	Imre Bouwland	ZPC Hoogeveen	NT	200700388	11:22.79 364			
	100m: 1:19.37	1:19.37	300m: 4:14.21	1:27.41	500m: 7:10.28	1:27.51	700m: 10:01.77	1:24.60
	200m: 2:46.80	1:27.43	400m: 5:42.77	1:28.56	600m: 8:37.17	1:26.89	800m: 11:22.79	1:21.02
5.	Sofie Vos	ZPC Hoogeveen	NT	200800804	11:45.79 329			
	100m: 1:22.50	1:22.50	300m: 4:24.07	1:31.51	500m: 7:26.69	1:31.22	700m: 10:25.42	1:28.03
	200m: 2:52.56	1:30.06	400m: 5:55.47	1:31.40	600m: 8:57.39	1:30.70	800m: 11:45.79	1:20.37
6.	Esmee van der Tuuk	ZPC Hoogeveen	NT	200800682	11:47.17 327			
	100m: 1:22.52	1:22.52	300m: 4:24.68	1:32.03	500m: 7:25.45	1:27.16	700m: 10:24.68	1:28.70
	200m: 2:52.65	1:30.13	400m: 5:58.29	1:33.61	600m: 8:55.98	1:30.53	800m: 11:47.17	1:22.49
7.	Esmee Mulder	ZVZwartsluit	NT	200800038	11:52.88 320			
	100m: 1:21.67	1:21.67	300m: 4:23.33	1:31.81	500m: 7:27.94	1:31.86	700m: 10:30.14	1:30.89
	200m: 2:51.52	1:29.85	400m: 5:56.08	1:32.75	600m: 8:59.25	1:31.31	800m: 11:52.88	1:22.74
8.	Dachen Haaijer	ZPC Hoogeveen	NT	200800380	11:58.38 312			
	100m: 1:22.57	1:22.57	300m: 4:24.59	1:31.83	500m: 7:29.77	1:32.50	700m: 10:31.59	1:31.00
	200m: 2:52.76	1:30.19	400m: 5:57.27	1:32.68	600m: 9:00.59	1:30.82	800m: 11:58.38	1:26.79
9.	Lynn Oving	TriVia	NT	200800074	12:07.58 301			
	100m: 1:25.34	1:25.34	300m: 4:28.67	1:32.01	500m: 7:33.39	1:32.18	700m: 10:39.41	1:33.22
	200m: 2:56.66	1:31.32	400m: 6:01.21	1:32.54	600m: 9:06.19	1:32.80	800m: 12:07.58	1:28.17

Jongens Minioren 5 en 6, Jongens

1.	Storm Boxum	ZVZwartsluit	10:34.28	200700421	10:31.27 367			
	100m: 1:12.88	1:12.88	300m: 3:51.46	1:19.67	500m: 6:33.71	1:20.42	700m: 9:15.35	1:20.47
	200m: 2:31.79	1:18.91	400m: 5:13.29	1:21.83	600m: 7:54.88	1:21.17	800m: 10:31.27	1:15.92
2.	Q. Brouwer von Gonzenbach	TriVia	11:54.07	200700001	11:08.07 310			
	100m: 1:16.36	1:16.36	300m: 4:05.86	1:25.71	500m: 6:58.65	1:26.39	700m: 9:50.22	1:24.89
	200m: 2:40.15	1:23.79	400m: 5:32.26	1:26.40	600m: 8:25.33	1:26.68	800m: 11:08.07	1:17.85
3.	Jordey Thole	ZPC Hoogeveen	12:18.75	200700385	11:40.63 269			
	100m: 1:23.33	1:23.33	300m: 4:22.06	1:30.33	500m: 7:21.50	1:31.26	700m: 10:18.82	1:27.63
	200m: 2:51.73	1:28.40	400m: 5:50.24	1:28.18	600m: 8:51.19	1:29.69	800m: 11:40.63	1:21.81

Programmanr. 4
17-3-2019

800m vrije slag

Mix Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Dames Senioren Open, Dames								
1.	Lynn Reitsma	Deltasteur	NT	200502750	10:28.41 467			
	100m: 1:14.99	1:14.99	300m: 3:58.83	1:22.24	500m: 6:40.54	1:19.85	700m: 9:16.17	1:17.47
	200m: 2:36.59	1:21.60	400m: 5:20.69	1:21.86	600m: 7:58.70	1:18.16	800m: 10:28.41	1:12.24
2.	Aniek Ausema	De Hardenberg	10:33.62	200602084	10:45.78 430			
	100m: 1:15.43	1:15.43	300m: 3:56.32	1:21.09	500m: 6:39.54	1:21.54	700m: 9:25.14	1:23.25
	200m: 2:35.23	1:19.80	400m: 5:18.00	1:21.68	600m: 8:01.89	1:22.35	800m: 10:45.78	1:20.64
3.	Julia Spierenburg	de Valken	13:02.72	200500798	12:21.65 284			
	100m: 1:26.29	1:26.29	300m: 4:28.54	1:32.68	500m: 7:38.25	1:33.72	700m: 10:49.32	1:35.11
	200m: 2:55.86	1:29.57	400m: 6:04.53	1:35.99	600m: 9:14.21	1:35.96	800m: 12:21.65	1:32.33
DIS	Nienke ter Velde	de Valken	13:06.85	200403460				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
	100m: 1:23.98	1:23.98	300m: 4:37.66	1:38.46	500m: 700m:			
	200m: 2:59.20	1:35.22	400m:	600m:	800m:			

Heren Senioren Open, Heren

1.	Niels Wiersema	TriVia	8:34.84	199703221	8:46.25 634			
	100m: 1:01.94	1:01.94	300m: 3:13.63	1:05.76	500m: 5:26.95	1:06.44	700m: 8:46.25	
	200m: 2:07.87	1:05.93	400m: 4:20.51	1:06.88	600m: 6:33.82	1:06.87	800m:	
2.	Darryl Lubbinge	ZPC Hoogeveen	9:20.28	199701045	9:12.36 548			
	100m: 1:04.10	1:04.10	300m: 3:21.82	1:09.07	500m: 5:41.94	1:10.14	700m: 8:36.59	1:43.78
	200m: 2:12.75	1:08.65	400m: 4:31.80	1:09.98	600m: 6:52.81	1:10.87	800m: 9:12.36	35.77

LAC deel 3
Hoogveen, 17-3-2019

Programmanr. 6
17-3-2019

1500m vrije slag

Mix Senioren Open
Resultaten

rang	naam	vereniging	intijd	intijd	tijd	RT
Dames Senioren Open, Dames						
1.	Miron Schimmelpenning	ZPC Hoogveen	21:05.20	200500426	19:19.08	509
	100m: 1:10.86	1:10.86 500m: 6:19.30	1:18.17	900m: 11:30.19	1:18.66	1300m: 16:45.53 1:18.89
	200m: 2:27.25	1:16.39 600m: 7:37.36	1:18.06	1000m: 12:48.32	1:18.13	1400m: 18:03.57 1:18.04
	300m: 3:43.55	1:16.30 700m: 8:54.56	1:17.20	1100m: 14:07.37	1:19.05	1500m: 19:19.08 1:15.51
	400m: 5:01.13	1:17.58 800m: 10:11.53	1:16.97	1200m: 15:26.64	1:19.27	
2.	Charley Blide	ZPC Hoogveen	20:59.35	200600164	19:39.65	483
	100m: 1:12.74	1:12.74 500m: 6:30.93	1:20.09	900m: 11:50.02	1:20.13	1300m: 17:08.06 1:18.43
	200m: 2:31.71	1:18.97 600m: 7:51.30	1:20.37	1000m: 13:10.38	1:20.36	1400m: 18:24.95 1:16.89
	300m: 3:51.13	1:19.42 700m: 9:11.15	1:19.85	1100m: 14:30.09	1:19.71	1500m: 19:39.65 1:14.70
	400m: 5:10.84	1:19.71 800m: 10:29.89	1:18.74	1200m: 15:49.63	1:19.54	
3.	Myrthe Dorgelo	ZVZwartsluis	21:35.61	200500068	20:49.91	406
	100m: 1:15.47	1:15.47 500m: 6:49.87	1:23.87	900m: 12:25.95	1:24.46	1300m: 18:07.56 1:25.39
	200m: 2:39.39	1:23.92 600m: 8:13.07	1:23.20	1000m: 13:50.84	1:24.89	1400m: 19:32.69 1:25.13
	300m: 4:03.05	1:23.66 700m: 9:37.49	1:24.42	1100m: 15:16.44	1:25.60	1500m: 20:49.91 1:17.22
	400m: 5:26.00	1:22.95 800m: 11:01.49	1:24.00	1200m: 16:42.17	1:25.73	
4.	Annejèn Smelt	ZVZwartsluis	23:06.46	200400442	21:39.37	361
	100m: 1:17.06	1:17.06 500m: 7:02.73	1:27.31	900m: 12:55.28	1:28.53	1300m: 18:48.22 1:27.84
	200m: 2:41.88	1:24.82 600m: 8:30.13	1:27.40	1000m: 14:23.43	1:28.15	1400m: 20:14.11 1:25.89
	300m: 4:07.82	1:25.94 700m: 9:59.29	1:29.16	1100m: 15:51.46	1:28.03	1500m: 21:39.37 1:25.26
	400m: 5:35.42	1:27.60 800m: 11:26.75	1:27.46	1200m: 17:20.38	1:28.92	
5.	Kim Schraa	ZVZwartsluis	NT	200600298	21:56.41	347
	100m: 1:17.87	1:17.87 500m: 7:08.69	1:28.53	900m: 13:05.41	1:29.72	1300m: 19:03.59 1:29.33
	200m: 2:44.51	1:26.64 600m: 8:37.02	1:28.33	1000m: 14:33.62	1:28.21	1400m: 20:32.76 1:29.17
	300m: 4:12.26	1:27.75 700m: 10:05.91	1:28.89	1100m: 16:04.55	1:30.93	1500m: 21:56.41 1:23.65
	400m: 5:40.16	1:27.90 800m: 11:35.69	1:29.78	1200m: 17:34.26	1:29.71	
6.	Leonique Spierenburg	de Valken	NT	200204354	22:42.64	313
	100m: 1:19.32	1:19.32 500m: 7:27.92	1:32.89	900m: 13:42.98	1:34.06	1300m: 19:50.30 1:32.29
	200m: 2:49.57	1:30.25 600m: 9:01.63	1:33.71	1000m: 15:15.81	1:32.83	1400m: 21:19.83 1:29.53
	300m: 4:21.59	1:32.02 700m: 10:34.60	1:32.97	1100m: 16:46.63	1:30.82	1500m: 22:42.64 1:22.81
	400m: 5:55.03	1:33.44 800m: 12:08.92	1:34.32	1200m: 18:18.01	1:31.38	
AFGEM	Julia Redzimska	ZPC Hoogveen	NT	200503384		
Heren Senioren Open, Heren						
1.	Coen de Lang	ZPC Hoogveen	18:05.21	200100067	17:08.03	608
	100m: 1:06.55	1:06.55 500m: 5:45.50	1:10.07	900m: 10:20.40	1:08.25	1300m: 14:53.08 1:07.75
	200m: 2:16.40	1:09.85 600m: 6:54.84	1:09.34	1000m: 11:28.90	1:08.50	1400m: 16:01.66 1:08.58
	300m: 3:25.75	1:09.35 700m: 8:03.43	1:08.59	1100m: 12:36.40	1:07.50	1500m: 17:08.03 1:06.37
	400m: 4:35.43	1:09.68 800m: 9:12.15	1:08.72	1200m: 13:45.33	1:08.93	
2.	Flynn Peeks	ZPC Hoogveen	19:35.59	200500231	18:38.87	472
	100m: 1:10.03	1:10.03 500m: 6:08.56	1:14.94	900m: 11:08.77	1:14.74	1300m: 16:10.85 1:15.65
	200m: 2:24.13	1:14.10 600m: 7:23.74	1:15.18	1000m: 12:23.56	1:14.79	1400m: 17:26.77 1:15.92
	300m: 3:38.84	1:14.71 700m: 8:38.56	1:14.82	1100m: 13:38.84	1:15.28	1500m: 18:38.87 1:12.10
	400m: 4:53.62	1:14.78 800m: 9:54.03	1:15.47	1200m: 14:55.20	1:16.36	
3.	Olivier Wilbers	ZPC Hoogveen	19:28.30	200600181	18:48.33	460
	100m: 1:10.06	1:10.06 500m: 6:08.78	1:15.35	900m: 11:12.39	1:16.33	1300m: 16:18.05 1:16.45
	200m: 2:24.21	1:14.15 600m: 7:24.30	1:15.52	1000m: 12:28.86	1:16.47	1400m: 17:34.57 1:16.52
	300m: 3:38.64	1:14.43 700m: 8:39.77	1:15.47	1100m: 13:45.28	1:16.42	1500m: 18:48.33 1:13.76
	400m: 4:53.43	1:14.79 800m: 9:56.06	1:16.29	1200m: 15:01.60	1:16.32	
4.	Tiamo van der Veen	ZPC Hoogveen	19:33.61	200600033	18:52.93	454
	100m: 1:12.96	1:12.96 500m: 6:18.36	1:15.97	900m: 11:17.85	1:14.27	1300m: 16:23.49 1:16.24
	200m: 2:29.22	1:16.26 600m: 7:33.47	1:15.11	1000m: 12:34.32	1:16.47	1400m: 17:39.45 1:15.96
	300m: 3:46.07	1:16.85 700m: 8:48.37	1:14.90	1100m: 13:50.46	1:16.14	1500m: 18:52.93 1:13.48
	400m: 5:02.39	1:16.32 800m: 10:03.58	1:15.21	1200m: 15:07.25	1:16.79	
5.	Cai Mink	ZPC Hoogveen	NT	200601683	22:27.10	270
	100m: 1:17.68	1:17.68 500m: 7:10.38	1:29.22	900m: 13:14.03	1:32.00	1300m: 19:27.49 1:33.38
	200m: 2:44.27	1:26.59 600m: 8:40.24	1:29.86	1000m: 14:46.83	1:32.80	1400m: 20:59.69 1:32.20
	300m: 4:12.46	1:28.19 700m: 10:10.92	1:30.68	1100m: 16:21.21	1:34.38	1500m: 22:27.10 1:27.41
	400m: 5:41.16	1:28.70 800m: 11:42.03	1:31.11	1200m: 17:54.11	1:32.90	