

LAC DAW - 25m - 1
Alkmaar, 13-10-2019

Programmanr. 1
13-10-2019 - 13:45

Dames, 1500m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 3 en 4					
1.	Jenny Versteeg	Ed-Vo	22:54.11	200501014	22:53.20
	50m: 38.40	100m: 1:21.49	200m: 2:52.64	400m: 5:57.95	800m: 12:09.48
					1500m: 22:53.20
2.	Kim Geering	De Fuut	25:04.21	200602044	22:53.55
	50m: 40.39	100m: 1:23.71	200m: 2:54.08	400m: 5:58.05	800m: 12:10.48
					1500m: 22:53.55
3.	Leana Vos	De Fuut	NT	200600828	28:41.59
	50m: 42.07	100m: 1:31.24	200m: 3:15.07	400m: 6:47.17	800m: 14:13.99
					1500m: 28:41.59

Senioren

1.	Renske Beek	AZ&PC De Futen	21:17.99	200000516	21:05.68
	50m: 35.56	100m: 1:15.05	200m: 2:38.45	400m: 5:29.59	800m: 11:13.75
					1500m: 21:05.68
2.	Eline Baaleman	De Reuring	23:28.58	200102738	21:08.48
	50m: 35.53	100m: 1:15.58	200m: 2:38.14	400m: 5:27.04	800m: 11:15.18
					1500m: 21:08.48
3.	Mara Coveanu	AZ&PC De Futen	NT	200203336	24:21.58
	50m: 39.75	100m: 1:23.10	200m: 2:54.55	400m: 6:06.27	800m: 12:44.41
					1500m: 24:21.58

Programmanr. 2
13-10-2019 - 14:11

Heren, 1500m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 3 en 4					
1.	Collin Schouten	MSV-Zeemacht	17:42.46	200400697	17:11.33
	50m: 30.91	100m: 1:04.35	200m: 2:12.01	400m: 4:29.80	800m: 9:07.57
					1500m: 17:11.33
2.	Wouter Zijlstra	HZ&PC Heerenveen	17:59.40	200401545	17:24.30
	50m: 29.61	100m: 1:02.33	200m: 2:10.65	400m: 4:29.12	800m: 9:07.74
					1500m: 17:24.30
AFGEM	Meindert Dekkinga	HZ&PC Heerenveen	17:44.86	200400377	

Heren Senioren Open

1.	Jac de Boer	Ed-Vo	NT	199904081	20:51.93
	50m: 31.39	100m: 1:07.77	200m: 2:27.19	400m: 5:13.82	800m: 10:56.01
					1500m: 20:51.93
2.	Eric Tijms	Oeza	23:32.56	196401125	25:34.66
	50m: 40.31	100m: 1:26.09	200m: 3:03.30	400m: 6:24.65	800m: 13:19.79
					1500m: 25:34.66

Programmanr. 3
13-10-2019 - 14:36

Meisjes, 200m wisselslag

Meisjes Minioren 5
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Amber Kunst	DAW	3:24.93	200900680	3:13.42
	50m: 43.95	100m: 1:50m:	200m: 3:13.42		
2.	Megan Snoek	DAW	3:21.46	200900888	3:17.84
	50m: 42.87	100m: 1:50m:	200m: 3:17.84		
3.	Dante van Meene	DAW	3:27.58	200900678	3:21.59
	50m: 46.63	100m: 1:50m:	200m: 3:21.59		
4.	Jente van Gemeren	DAW	NT	200901738	3:23.31
	50m: 44.80	100m: 1:50m:	200m: 3:23.31		
5.	Yara van Asselen	ZV De Aalscholver	3:27.46	200900408	3:25.24
	50m: 49.39	100m: 1:50m:	200m: 3:25.24		
6.	Flo Streep	DAW	3:36.78	200900676	3:27.37
	50m: 48.38	200m: 3:27.37			

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Programmanr. 4
13-10-2019 - 14:40

Dames, 200m wisselslag

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Junioren 1 en 2 en 3 en 4						
1.	Emma van Leeuwen	DAW	2:37.09	200500200	2:39.08	498
	50m: 37.16	100m:	150m:	200m: 2:39.08		
2.	Senna van Laar	ZV De Aalscholver	2:58.05	200700726	2:58.72	351
	50m: 40.47	100m:	150m:	200m: 2:58.72		
3.	Isabel Bron	ZV De Aalscholver	3:11.77	200602378	3:00.30	342
	50m: 40.38	100m:	150m:	200m: 3:00.30		
4.	Maud Roffel	HZ&PC Heerenveen	2:59.71	200700840	3:00.43	342
	50m: 42.52	100m:	150m:	200m: 3:00.43		
5.	Libhin Boon	DAW	3:17.32	200701792	3:01.22	337
	50m: 41.25	100m:	150m:	200m: 3:01.22		
6.	Sarah Lute	ZV De Aalscholver	3:05.49	200701078	3:06.03	312
	50m: 44.37	100m:	150m:	200m: 3:06.03		
7.	Kyara Beets	DAW	3:13.80	200602368	3:12.49	281
	50m: 41.42	100m:	150m:	200m: 3:12.49		
8.	Juliette Toole	AZ&PC De Futen	3:20.34	200602334	3:14.48	273
	50m: 44.05	100m:	150m:	200m: 3:14.48		
9.	Brianna Voorhout	DAW	3:23.20	200702342	3:17.96	259
	50m: 47.02	100m:	150m:	200m: 3:17.96		
10.	Bette Peetoom	DAW	3:30.32	200801808	3:18.19	258
	50m: 44.25	100m:	150m:	200m: 3:18.19		
11.	Pascalie Smal	DAW	NT	200802958	3:21.01	247
	50m: 48.84	100m:	150m:	200m: 3:21.01		
12.	Kenza Essabbar	ZV De Aalscholver	4:40.14	200801744	3:24.33	235
	50m: 49.60	100m:	150m:	200m: 3:24.33		
13.	Esmee Slingerland	ZV De Aalscholver	3:30.00	200704078	3:26.40	228
	50m: 47.36	200m: 3:26.40				
14.	Tamira Anna Rasban	DAW	3:51.31	200801810	3:34.71	203
	50m: 52.11	100m:	150m:	200m: 3:34.71		
15.	Sophie Beekvelt	ZV De Aalscholver	3:39.82	200801966	3:35.38	201
	50m: 49.97	100m:	150m:	200m: 3:35.38		
16.	Isabelle Toole	AZ&PC De Futen	3:46.23	200801982	3:45.56	175
	50m: 51.17	100m:	150m:	200m: 3:45.56		
17.	Samara Morassaei	AZ&PC De Futen	4:05.54	200703952	3:59.18	147
	50m: 55.91	100m:	150m:	200m: 3:59.18		
DIS	Nikki Dekker	AZ&PC De Futen	NT	200803680		
	<i>AF - De aangegeven afstand niet uitgezwommen., VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i>					
DIS	Kiara Holmstrom	DAW	NT	200700696		
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>					
AFGEM	Rashika Naganasoore	ZV De Aalscholver	3:50.00	200801884		
AFGEM	Caitlyn Zonneveld	DAW	3:11.22	200503602		
Jeugd						
1.	Silke Koehoorn	HZ&PC Heerenveen	2:58.52	200300968	3:02.25	331
	50m: 37.70	100m:	150m:	200m: 3:02.25		
2.	Eva Schager	ZV De Aalscholver	3:05.38	200303924	3:12.21	283
	50m: 42.53	200m: 3:12.21				
3.	Lianne Dekker	DAW	NT	200305438	3:14.05	275
	50m: 45.55	200m: 3:14.05				

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Programmanr. 5
13-10-2019 - 14:54

Jongens, 200m wisselslag

Minioeren 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Gijs Koehoorn 50m: 41.40	HZ&PC Heerenveen	3:12.84 100m: 150m: 200m: 3:04.37	200800275 3:04.37	236
2.	Tobian Vos 50m: 41.01	De Fuut	NT 100m: 150m: 200m: 3:04.86	200900005 3:04.86	235
3.	Mika Hebing 50m: 42.27	Ed-Vo	3:10.67 100m: 150m: 200m: 3:06.76	200800027 3:06.76	227
4.	Jelte Ruitenber 50m: 1:01.50	HZ&PC Heerenveen	4:00.38 100m: 150m: 200m: 3:55.87	200900013 3:55.87	113
DIS	Benjamin Knauf	DAW	NT	200803085	

VB - Beide armen niet tezamen naar voren en/of gelijktijdig achterwaarts gebracht., AA - Gestart voor het startsignaal (en wel gezwommen).

Programmanr. 6
13-10-2019 - 14:59

Heren, 200m wisselslag

Heren Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren					
1.	Liam Boon 50m: 35.35	DAW	2:51.88 100m: 150m: 200m: 2:49.61	200503137 2:49.61	304
2.	Vincent Schweitzer 50m: 38.69	DAW	3:21.69 100m: 150m: 200m: 2:53.68	200601857 2:53.68	283
3.	Jaimie van Asselen 50m: 43.97	ZV De Aalscholver	3:26.93 100m: 150m: 200m: 3:06.08	200602535 3:06.08	230
4.	Dennis Najetovic 50m: 42.33	DAW	3:10.77 100m: 150m: 200m: 3:06.21	200700897 3:06.21	229
5.	Attila Farago 50m: 46.98	DAW	3:43.12 100m: 150m: 200m: 3:18.74	200701233 3:18.74	189
6.	Josh Garrone 50m: 41.55	DAW	NT 100m: 150m: 200m: 3:20.45	200703333 3:20.45	184
7.	Friso Spaans 50m: 53.02	De Fuut	3:56.35 100m: 150m: 200m: 3:29.36	200602125 3:29.36	161
8.	Zhengan Zhong 50m: 46.42	AZ&PC De Futen	NT 200m: 3:33.81	200603859 3:33.81	152
AFGEM	Nael Bouhbouh	ZV De Aalscholver	4:05.08	200404521	
Jeugd 1 en 2					
1.	Luc Mul 50m: 29.46	DAW	2:21.07 100m: 150m: 200m: 2:24.57	200201025 2:24.57	490
2.	Kevin Dirkzwager 50m: 34.38	DAW	2:39.71 100m: 150m: 200m: 2:41.27	200204151 2:41.27	353
3.	Daan van Dijk 50m: 35.18	DAW	NT 100m: 150m: 200m: 2:41.86	200303149 2:41.86	349
4.	Thom Meendering 50m: 42.38	DAW	3:02.55 200m: 2:53.10	200204979 2:53.10	286
Heren Senioren Open					
1.	Jorrick Druyven 50m: 28.99	DAW	2:08.79 100m: 150m: 200m: 2:14.59	199400507 2:14.59	608

LAC DAW - 25m - 1
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Programmanr. 7
13-10-2019 - 15:08

200m vrije slag

Mix Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Mauro Bedeke 50m: 40.93	DAW	NT 100m: 1:27.77 200m: 3:03.99	201000537 3:03.99	170
2.	Dewi Meijer 50m: 42.60	ZV De Aalscholver	3:27.93 100m: 1:31.88 200m: 3:04.29	201000302 3:04.29	230
3.	Ashley Zechner 50m: 46.37	DAW	NT 100m: 1:43.14 200m: 3:32.49	20100774 3:32.49	150
4.	Mees Kooij 50m: 47.85	DAW	NT 100m: 1:44.52 200m: 3:32.62	201000909 3:32.62	110
5.	Yuna van den Idsert 50m: 51.49	DAW	NT 100m: 1:50.75 200m: 3:47.73	201001196 3:47.73	122
6.	Ruben Berberian 50m: 50.70	AZ&PC De Futen	NT 100m: 1:56.67 200m: 4:18.07	201001405 4:18.07	62

Programmanr. 8
13-10-2019 - 15:12

Meisjes, 400m vrije slag

Meisjes Minioren 5
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Dante van Meene 50m: 43.70	DAW	NT 100m: 1:31.77 200m: 3:09.53 400m: 6:13.27	200900678 6:13.27	260
2.	Yara van Asselen 50m: 42.74	ZV De Aalscholver	6:33.50 100m: 1:32.16 200m: 3:10.03 400m: 6:17.57	200900408 6:17.57	252
3.	Amber Kunst 50m: 41.02	DAW	NT 100m: 1:30.40 200m: 3:07.51 400m: 6:19.72	200900680 6:19.72	247
4.	Megan Snoek 50m: 43.40	DAW	6:47.02 100m: 1:33.11 200m: 3:13.34 400m: 6:24.93	200900888 6:24.93	237
5.	Celine Man-a-Hing 50m: 43.30	AZ&PC De Futen	7:27.66 100m: 1:33.47 200m: 3:17.34 400m: 6:42.44	200901132 6:42.44	208
6.	Jente van Gemeren 50m: 46.35	DAW	NT 100m: 1:37.13 200m: 3:21.30 400m: 6:45.62	200901738 6:45.62	203
7.	Flo Streep 50m: 46.28	DAW	NT 100m: 1:37.70 200m: 3:24.13 400m: 6:47.66	200900676 6:47.66	200

Programmanr. 9
13-10-2019 - 15:21

Jongens, 400m vrije slag

Minioren 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Gijs Koehoorn 50m: 37.62	HZ&PC Heerenveen	5:43.33 100m: 1:20.93 200m: 2:48.83 400m: 5:43.72	200800275 5:43.72	262
2.	Tobian Vos 50m: 39.92	De Fuut	5:55.03 100m: 1:24.17 200m: 2:57.30 400m: 5:59.73	200900005 5:59.73	229
3.	Mika Hebing 50m: 40.34	Ed-Vo	6:10.57 100m: 1:26.83 200m: 3:03.58 400m: 6:07.04	200800027 6:07.04	216
4.	Joshua van den Idsert 50m: 44.27	DAW	7:17.17 100m: 1:38.16 200m: 3:28.59 400m: 7:04.23	200801919 7:04.23	140
5.	Jelte Ruitenber 50m: 48.46	HZ&PC Heerenveen	7:18.37 100m: 1:44.51 200m: 3:37.07 400m: 7:15.28	200900013 7:15.28	129
6.	Benjamin Knauf 50m: 47.95	DAW	NT 100m: 1:46.53 200m: 3:51.36 400m: 7:55.04	200803085 7:55.04	99

LAC DAW - 25m - 1
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Programmanr. 10
13-10-2019 - 15:29

Dames, 800m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2 en 3 en 4					
1.	Emma van Leeuwen	DAW	10:07.19	200500200	9:57.75 542
	50m: 32.86	100m: 1:08.66	200m: 2:23.94	400m: 4:57.12	800m: 9:57.75
2.	Evy Rozeboom	DAW	10:14.34	200601338	10:00.81 534
	50m: 34.03	100m: 1:11.24	200m: 2:27.67	400m: 5:00.42	800m: 10:00.81
3.	Emma Riemers	MSV-Zeemacht	9:57.23	200500748	10:12.03 505
	50m: 32.26	100m: 1:08.57	200m: 2:24.19	400m: 5:00.20	800m: 10:12.03
4.	Julia van den Bosch	Deltasteur	11:08.55	200600232	10:27.04 470
	50m: 33.49	100m: 1:11.96	400m: 5:12.84	800m: 10:27.04	
5.	Maud Dokter	HZ&PC Heerenveen	11:05.82	200601672	10:36.33 449
	50m: 33.33	100m: 1:11.32	200m: 2:29.30	400m: 5:10.71	800m: 10:36.33
6.	Rafaela Mulders	De Reuring	NT	200701398	11:00.56 402
	50m: 37.24	100m: 1:17.97	200m: 2:41.65	400m: 5:32.07	800m: 11:00.56
7.	Joëlle de Does	Ed-Vo	NT	200600008	11:03.92 396
	50m: 36.59	100m: 1:17.02	200m: 2:40.34	400m: 5:28.52	800m: 11:03.92
8.	Maud Roffel	HZ&PC Heerenveen	NT	200700840	11:38.15 340
	50m: 40.08	100m: 1:24.61	200m: 2:53.77	400m: 5:50.33	800m: 11:38.15
9.	Karuna Meirmans	DAW	10:49.51	200601682	11:38.49 340
	50m: 36.54	100m: 1:17.06	200m: 2:43.67	400m: 5:41.91	800m: 11:38.49
10.	Femke Paus	MSV-Zeemacht	11:47.86	200701772	11:42.42 334
	50m: 36.89	100m: 1:19.59	200m: 2:48.27	400m: 5:46.85	800m: 11:42.42
11.	Libhin Boon	DAW	NT	200701792	12:05.39 303
	50m: 37.83	100m: 1:20.49	200m: 2:52.82	400m: 6:00.15	800m: 12:05.39
12.	Senna van Laar	ZV De Aalscholver	12:25.09	200700726	12:06.30 302
	50m: 39.28	100m: 1:23.55	200m: 2:54.55	400m: 6:00.53	800m: 12:06.30
13.	Jessica Dekkinga	HZ&PC Heerenveen	12:26.36	200600180	12:12.26 295
	50m: 38.53	100m: 1:21.11	200m: 2:50.34	400m: 5:55.78	800m: 12:12.26
14.	Isabel Bron	ZV De Aalscholver	12:00.00	200602378	12:17.19 289
	50m: 40.51	100m: 1:25.51	200m: 2:58.54	400m: 6:09.04	800m: 12:17.19
15.	Maud Koehoorn	HZ&PC Heerenveen	12:40.01	200501418	12:26.61 278
	50m: 38.88	100m: 1:22.88	200m: 2:57.21	400m: 6:10.06	800m: 12:26.61
16.	Kyara Beets	DAW	14:35.57	200602368	12:27.77 277
	50m: 40.68	100m: 1:26.43	200m: 3:01.78	400m: 6:14.21	800m: 12:27.77
17.	Zoë Prins	De Reuring	NT	200603812	12:29.74 275
	50m: 37.22	100m: 1:20.87	200m: 2:53.57	400m: 6:05.39	800m: 12:29.74
18.	Marre Rademaker	De Reuring	NT	200801792	12:42.61 261
	50m: 38.01	100m: 1:21.35	200m: 2:55.18	400m: 6:12.31	800m: 12:42.61
19.	Kiara Holmstrom	DAW	NT	200700696	12:44.01 260
	50m: 41.13	100m: 1:27.20	200m: 3:03.36	400m: 6:19.70	800m: 12:44.01
20.	Brianna Voorhout	DAW	NT	200702342	12:45.31 258
	50m: 40.36	100m: 1:25.33	200m: 3:00.39	400m: 6:17.13	800m: 12:45.31
21.	Sarah Lute	ZV De Aalscholver	12:30.00	200701078	12:55.57 248
	50m: 44.77	100m: 1:33.29	200m: 3:11.22	400m: 6:29.10	800m: 12:55.57
22.	Juliette Toole	AZ&PC De Futen	13:13.59	200602334	13:00.66 243
	50m: 41.72	100m: 1:29.85	200m: 3:08.47	400m: 6:26.87	800m: 13:00.66
23.	Natasja Pranger	MSV-Zeemacht	NT	200801052	13:00.87 243
	50m: 40.12	100m: 1:26.58	200m: 3:03.73	400m: 6:22.26	800m: 13:00.87
24.	Kenza Essabbar	ZV De Aalscholver	13:30.00	200801744	13:25.25 222
	50m: 43.93	100m: 1:33.36	200m: 3:16.93	400m: 6:40.56	800m: 13:25.25
25.	Bette Peetoom	DAW	NT	200801808	13:28.54 219
	50m: 42.97	100m: 1:32.08	200m: 3:16.63	400m: 6:44.72	800m: 13:28.54
26.	Pascalie Smal	DAW	NT	200802958	13:34.55 214
	50m: 43.82	100m: 1:34.31	200m: 3:18.14	400m: 6:48.38	800m: 13:34.55
27.	Esmee Slingerland	ZV De Aalscholver	13:50.00	200704078	13:45.45 206
	50m: 42.87	100m: 1:31.31	200m: 3:13.73	400m: 6:43.60	800m: 13:45.45
28.	Sophie Beekvelt	ZV De Aalscholver	14:16.37	200801966	13:56.72 198
	50m: 47.72	100m: 1:40.59	200m: 3:30.45	400m: 7:04.70	800m: 13:56.72
29.	Tamira Anna Rasban	DAW	NT	200801810	13:58.07 197
	50m: 45.52	100m: 1:36.22	200m: 3:19.97	400m: 6:53.97	800m: 13:58.07

LAC DAW - 25m - 1
Alkmaar, 13-10-2019

Programmanr. 10, Meisjes, 800m vrije slag, Junioren 1 en 2 en 3 en 4

rang	naam	vereniging	intijd	tijd	RT
30.	Alice Dijkshoorn 50m: 45.77	AZ&PC De Futen	14:20.85 100m: 1:35.97 200m: 3:22.86 400m: 7:03.30 800m: 14:21.83	200703228 14:21.83	181
31.	Isabelle Toole 50m: 48.42	AZ&PC De Futen	15:00.62 100m: 1:44.53 200m: 3:38.56 400m: 7:24.09 800m: 14:52.44	200801982 14:52.44	163
32.	Leana Vos 50m: 44.05	De Fuut	13:49.99 100m: 1:35.61 200m: 3:26.10 400m: 7:17.73 800m: 15:09.46	200600828 15:09.46	154
AFGEM	Rashika Naganasoore	ZV De Aalscholver	14:20.00	200801884	
AFGEM	Britt Reukers	AZ&PC De Futen	16:54.25	200703440	

Jeugd

1.	Maaïke Buck 50m: 35.66	Ed-Vo	NT 100m: 1:15.66 200m: 2:40.26 400m: 5:28.01 800m: 11:07.41	200402532 11:07.41	389
2.	Bente Kaspers 50m: 36.03	Ed-Vo	NT 100m: 1:17.21 200m: 2:41.78 400m: 5:33.18 800m: 11:16.34	200402160 11:16.34	374
3.	Mandy de Does 50m: 37.57	Ed-Vo	NT 100m: 1:18.88 200m: 2:43.12 400m: 5:33.99 800m: 11:16.47	200400212 11:16.47	374
4.	Marit Veerman 50m: 36.92	Ed-Vo	11:48.37 100m: 1:17.46 200m: 2:44.02 400m: 5:46.61 800m: 11:28.82	200300560 11:28.82	354
5.	Kim Veerman 50m: 37.29	Ed-Vo	11:22.54 100m: 1:18.80 200m: 2:46.40 400m: 5:43.66 800m: 11:45.44	200300558 11:45.44	330
6.	Silke Koehoorn 50m: 38.46	HZ&PC Heerenveen	12:06.02 100m: 1:21.58 200m: 2:53.72 400m: 6:00.37 800m: 12:09.77	200300968 12:09.77	298
7.	Cheyenne Man-a-Hing 50m: 39.03	AZ&PC De Futen	12:19.26 100m: 1:22.70 200m: 2:57.04 400m: 6:06.01 800m: 12:15.14	200403770 12:15.14	291
8.	Eva Schager 50m: 41.93	ZV De Aalscholver	12:27.30 100m: 1:27.91 200m: 3:00.33 400m: 6:08.90 800m: 12:27.38	200303924 12:27.38	277
9.	Lianne Dekker 50m: 40.64	DAW	NT 100m: 1:24.52 200m: 2:57.35 400m: 6:09.63 800m: 12:31.38	200305438 12:31.38	273

Senioren

1.	Kim Groeneveld 50m: 32.86	DAW	10:09.42 100m: 1:08.42 200m: 2:22.55 400m: 4:53.10 800m: 9:56.03	200100924 9:56.03	547
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Programmanr. 11
13-10-2019 - 17:02

Heren, 800m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren					
1.	Liam Boon 50m: 34.48	DAW	NT 100m: 1:13.15 200m: 2:31.20 400m: 5:09.51 800m: 10:23.42	200503137 10:23.42	381
2.	Vincent Schweitzer 50m: 39.12	DAW	NT 100m: 1:23.58 200m: 2:53.91 400m: 5:51.11 800m: 11:43.53	200601857 11:43.53	265
3.	Jaimie van Asselen 50m: 38.76	ZV De Aalscholver	13:27.13 100m: 1:24.55 200m: 2:59.46 400m: 6:13.51 800m: 12:39.40	200602535 12:39.40	211
4.	Jonathan Norfles 50m: 43.11	AZ&PC De Futen	13:26.84 100m: 1:31.61 200m: 3:08.51 400m: 6:26.67 800m: 12:48.34	200702179 12:48.34	204
5.	Attila Farago 50m: 43.18	DAW	NT 100m: 1:31.09 200m: 3:09.00 400m: 6:29.90 800m: 12:56.21	200701233 12:56.21	198
6.	Dennis Najetovic 50m: 43.85	DAW	NT 100m: 1:33.30 200m: 3:13.87 400m: 6:37.67 800m: 13:18.76	200700897 13:18.76	181
7.	Friso Spaans 50m: 40.25	De Fuut	NT 100m: 1:28.15 200m: 3:13.69 400m: 6:47.53 800m: 13:47.57	200602125 13:47.57	163
8.	Zhengan Zhong 50m: 42.51	AZ&PC De Futen	NT 100m: 1:34.35 200m: 3:24.43 400m: 7:08.93 800m: 14:12.79	200603859 14:12.79	149
DIS	Josh Garrone AA - Gestart voor het startsignaal (en wel gezwommen).	DAW	NT	200703333	
AFGEM	Nael Bouhbouh	ZV De Aalscholver	16:54.71	200404521	

LAC DAW - 25m - 1
Alkmaar, 13-10-2019

Programmanr. 11, Heren, 800m vrije slag

Jeugd 1 en 2

1.	Luc Mul	DAW	NT	200201025	9:23.78	516	
	50m: 31.75	100m: 1:06.18	200m: 2:15.81	400m: 4:39.56	800m: 9:23.78		
2.	Max Langerveld	Ed-Vo		9:31.81	200203435	10:02.51	423
	50m: 33.51	100m: 1:10.73	200m: 2:26.57	400m: 5:00.68	800m: 10:02.51		
3.	Thom Meendering	DAW	NT	200204979	11:02.22	318	
	50m: 34.05	100m: 1:12.51	200m: 2:34.04	400m: 5:24.57	800m: 11:02.22		
4.	Kevin Dirkzwager	DAW	NT	200204151	11:06.35	312	
	50m: 35.50	100m: 1:15.42	200m: 2:38.46	400m: 5:28.49	800m: 11:06.35		
5.	Daan van Dijk	DAW	NT	200303149	11:13.10	303	
	50m: 36.52	100m: 1:17.04	200m: 2:40.86	400m: 5:30.21	800m: 11:13.10		
6.	Alex Rousanovski	AZ&PC De Futen		12:33.68	200302283	12:07.57	240
	50m: 38.38	100m: 1:20.28	200m: 2:48.28	400m: 5:54.07	800m: 12:07.57		

Heren Senioren Open

1.	Jorrick Druyven	DAW	NT	199400507	8:56.73	598	
	50m: 29.60	100m: 1:01.78	200m: 2:08.29	400m: 4:24.25	800m: 8:56.73		
2.	Ian van Tiel	Ed-Vo		10:15.32	200000349	10:15.79	396
	50m: 34.75	100m: 1:13.85	200m: 2:32.12	400m: 5:08.86	800m: 10:15.79		