

LAC-wedstrijd - LB - 2
Alkmaar, 19-2-2023

Programmanr. 1
19-2-2023

Dames, 1500m vrije slag

Junioren 3 en ouder
Resultaten

rang naam vereniging intijd tijid RT

Junioren 3 en 4

| | | | | | |
|----|-------------------|-------------------|----------------|-----------|-----------------|
| 1. | Madeleine Bertram | WZ&PC Purmerend | 19:51.17 | 200900516 | 19:29.46 |
| | 100m: 1:11.88 | 1:11.88 | 500m: | 900m: | 1300m: |
| | 200m: 2:30.35 | 1:18.47 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 10:22.93 | 1100m: | 1500m: 19:29.46 |
| | 400m: 5:06.17 | | | 1200m: | |
| 2. | Puck van Wees | De Dolfijn | NT | 200901020 | 20:28.91 |
| | 100m: 1:13.80 | 1:13.80 | 500m: | 900m: | 1300m: |
| | 200m: 2:33.51 | 1:19.71 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 10:46.56 | 1100m: | 1500m: 20:28.91 |
| | 400m: 5:16.16 | | | 1200m: | |
| 3. | Bette Peetoom | Daw | NT | 200801808 | 20:53.26 |
| | 100m: 1:12.16 | 1:12.16 | 500m: | 900m: | 1300m: |
| | 200m: 2:34.42 | 1:22.26 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 10:59.86 | 1100m: | 1500m: 20:53.26 |
| | 400m: 5:21.19 | | | 1200m: | |
| 4. | Sarah Akil | Het Y | 21:14.16 | 200900984 | 21:09.90 |
| | 100m: 1:17.65 | 1:17.65 | 500m: | 900m: | 1300m: |
| | 200m: 2:40.89 | 1:23.24 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 11:13.27 | 1100m: | 1500m: 21:09.90 |
| | 400m: 5:30.76 | | | 1200m: | |
| 5. | Sara Spoorenberg | Het Y | 21:10.92 | 200901718 | 22:12.11 |
| | 100m: 1:20.50 | 1:20.50 | 500m: | 900m: | 1300m: |
| | 200m: 2:48.10 | 1:27.60 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 11:42.55 | 1100m: | 1500m: 22:12.11 |
| | 400m: 5:46.44 | | | 1200m: | |
| 6. | Patricia de Leu | De Reuring | NT | 200900982 | 22:13.33 |
| | 100m: 1:16.47 | 1:16.47 | 500m: | 900m: | 1300m: |
| | 200m: 2:44.81 | 1:28.34 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 11:42.93 | 1100m: | 1500m: 22:13.33 |
| | 400m: 5:41.97 | | | 1200m: | |
| 7. | Liana Wetzlaugk | De Dolfijn | NT | 200902398 | 22:33.71 |
| | 100m: 1:18.44 | 1:18.44 | 500m: | 900m: | 1300m: |
| | 200m: 2:46.98 | 1:28.54 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 11:57.04 | 1100m: | 1500m: 22:33.71 |
| | 400m: 5:49.57 | | | 1200m: | |
| 8. | Sophie Beekvelt | ZV De Aalscholver | NT | 200801966 | 25:12.43 |
| | 100m: 1:31.25 | 1:31.25 | 500m: | 900m: | 1300m: |
| | 200m: 3:11.32 | 1:40.07 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 13:29.87 | 1100m: | 1500m: 25:12.43 |
| | 400m: 6:37.01 | | | 1200m: | |

AFGEM Tamira Anna Rasban Daw 21:38.36 200801810

Jeugd

| | | | | | |
|----|-----------------|--------------------|----------------|-----------|-----------------|
| 1. | Eefje Irvine | De Dolfijn | NT | 200700164 | 18:46.67 |
| | 100m: 1:08.87 | 1:08.87 | 500m: | 900m: | 1300m: |
| | 200m: 2:22.67 | 1:13.80 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 9:53.88 | 1100m: | 1500m: 18:46.67 |
| | 400m: 4:52.55 | | | 1200m: | |
| 2. | Eline van Rijn | Daw | NT | 200700918 | 19:26.36 |
| | 100m: 1:12.55 | 1:12.55 | 500m: | 900m: | 1300m: |
| | 200m: 2:29.59 | 1:17.04 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 10:16.82 | 1100m: | 1500m: 19:26.36 |
| | 400m: 5:04.67 | | | 1200m: | |
| 3. | Rafaëla Mulders | De Reuring | 19:57.13 | 200701398 | 19:51.22 |
| | 100m: 1:10.72 | 1:10.72 | 500m: | 900m: | 1300m: |
| | 200m: 2:28.50 | 1:17.78 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 10:28.53 | 1100m: | 1500m: 19:51.22 |
| | 400m: 5:06.11 | | | 1200m: | |
| 4. | Britt Colijn | ZV New Wave Almere | 20:00.22 | 200700544 | 20:20.19 |
| | 100m: 1:14.29 | 1:14.29 | 500m: | 900m: | 1300m: |
| | 200m: 2:34.46 | 1:20.17 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 10:48.10 | 1100m: | 1500m: 20:20.19 |
| | 400m: 5:17.14 | | | 1200m: | |
| 5. | Tara de Jong | Daw | 19:51.64 | 200701574 | 20:52.81 |
| | 100m: 1:15.67 | 1:15.67 | 500m: | 900m: | 1300m: |
| | 200m: 2:37.88 | 1:22.21 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 11:03.84 | 1100m: | 1500m: 20:52.81 |
| | 400m: 5:26.74 | | | 1200m: | |

LAC-wedstrijd - LB - 2
Alkmaar, 19-2-2023

Programmanr. 1, Meisjes, 1500m vrije slag, Jeugd

| rang | naam | vereniging | intijd | | tijd | RT |
|------|----------------------|-------------------|----------------|-----------|-----------------|----|
| 6. | Hiba Aboulas | De Dolfijn | 20:29.91 | 200600870 | 21:03.09 | |
| | 100m: 1:17.61 | 1:17.61 | 500m: | 900m: | 1300m: | |
| | 200m: 2:42.11 | 1:24.50 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 21:03.09 | |
| | 400m: 5:30.36 | | 800m: 11:09.19 | 1200m: | | |
| 7. | Kim van Wijk | WZ&PC Purmerend | 21:37.82 | 200702536 | 22:45.91 | |
| | 100m: 1:22.40 | 1:22.40 | 500m: | 900m: | 1300m: | |
| | 200m: 2:52.26 | 1:29.86 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 22:45.91 | |
| | 400m: 5:56.31 | | 800m: 12:04.03 | 1200m: | | |
| 8. | Sarah Lute | ZV De Aalscholver | 22:13.86 | 200701078 | 23:02.07 | |
| | 100m: 1:24.64 | 1:24.64 | 500m: | 900m: | 1300m: | |
| | 200m: 2:57.49 | 1:32.85 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 23:02.07 | |
| | 400m: 6:04.49 | | 800m: 12:21.21 | 1200m: | | |
| 9. | Brianna Voorhout | Daw | 23:19.29 | 200702342 | 23:31.42 | |
| | 100m: 1:20.18 | 1:20.18 | 500m: | 900m: | 1300m: | |
| | 200m: 2:50.80 | 1:30.62 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 23:31.42 | |
| | 400m: 5:57.75 | | 800m: 12:18.05 | 1200m: | | |
| 10. | Annabel van Oosterom | ZV De Aalscholver | NT | 200605158 | 25:20.91 | |
| | 100m: 1:31.38 | 1:31.38 | 500m: | 900m: | 1300m: | |
| | 200m: 3:12.62 | 1:41.24 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 25:20.91 | |
| | 400m: 6:38.47 | | 800m: 13:31.09 | 1200m: | | |
| 11. | Rixt Wiersma | ZV De Aalscholver | NT | 200605086 | 25:34.68 | |
| | 100m: 1:25.95 | 1:25.95 | 500m: | 900m: | 1300m: | |
| | 200m: 3:05.55 | 1:39.60 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 25:34.68 | |
| | 400m: 6:27.82 | | 800m: 13:22.10 | 1200m: | | |
| 12. | Senna Tamminga | ZV De Aalscholver | NT | 200604914 | 27:05.95 | |
| | 100m: 1:33.37 | 1:33.37 | 500m: | 900m: | 1300m: | |
| | 200m: 3:17.37 | 1:44.00 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 27:05.95 | |
| | 400m: 6:51.01 | | 800m: 14:07.62 | 1200m: | | |

Senioren

| | | | | | | |
|----|------------------|-------------------|----------------|-----------|-----------------|--|
| 1. | Amé Hulleman | Dz&Pc | 18:30.72 | 200202794 | 18:25.83 | |
| | 100m: 1:08.27 | 1:08.27 | 500m: | 900m: | 1300m: | |
| | 200m: 2:21.65 | 1:13.38 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 18:25.83 | |
| | 400m: 4:48.86 | | 800m: 9:44.00 | 1200m: | | |
| 2. | Iris van 't Veer | Oeza | 19:53.31 | 200301254 | 20:26.79 | |
| | 100m: 1:13.96 | 1:13.96 | 500m: | 900m: | 1300m: | |
| | 200m: 2:36.59 | 1:22.63 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 20:26.79 | |
| | 400m: 5:21.06 | | 800m: 10:53.65 | 1200m: | | |
| 3. | Dido Toornend | ZV Haerlem | NT | 200501718 | 20:46.67 | |
| | 100m: 1:14.87 | 1:14.87 | 500m: | 900m: | 1300m: | |
| | 200m: 2:36.11 | 1:21.24 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 20:46.67 | |
| | 400m: 5:22.05 | | 800m: 10:56.72 | 1200m: | | |
| 4. | Yara Wentink | Oeza | 22:11.17 | 200403334 | 21:34.63 | |
| | 100m: 1:16.62 | 1:16.62 | 500m: | 900m: | 1300m: | |
| | 200m: 2:41.16 | 1:24.54 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 21:34.63 | |
| | 400m: 5:35.74 | | 800m: 11:28.85 | 1200m: | | |
| 5. | Amber Hopman | ZV De Aalscholver | NT | 200106384 | 23:43.12 | |
| | 100m: 1:30.26 | 1:30.26 | 500m: | 900m: | 1300m: | |
| | 200m: 3:06.31 | 1:36.05 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 23:43.12 | |
| | 400m: 6:20.40 | | 800m: 12:47.83 | 1200m: | | |

LAC-wedstrijd - LB - 2
Alkmaar, 19-2-2023

Programmanr. 2
19-2-2023

Heren, 1500m vrije slag

Junioren 3 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------------------------|-----------------------|-------------------|----------------|-----------|-----------------|
| Junioren 3 en 4 | | | | | |
| 1. | Bram Loots | Kzc | 16:20.32 | 200700197 | 16:25.32 |
| | 100m: 1:01.47 | 1:01.47 | 500m: | 900m: | 1300m: |
| | 200m: 2:07.44 | 1:05.97 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 8:44.66 | 1100m: | 1500m: 16:25.32 |
| | 400m: 4:19.59 | | | 1200m: | |
| 2. | Lou van Leeuwen | De Dolfijn | 18:34.10 | 200702779 | 18:34.26 |
| | 100m: 1:08.46 | 1:08.46 | 500m: | 900m: | 1300m: |
| | 200m: 2:23.05 | 1:14.59 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 9:49.74 | 1100m: | 1500m: 18:34.26 |
| | 400m: 4:52.83 | | | 1200m: | |
| 3. | Marnix Rietveld | ZV Haerlem | 17:52.89 | 200700939 | 18:40.98 |
| | 100m: 1:06.11 | 1:06.11 | 500m: | 900m: | 1300m: |
| | 200m: 2:17.97 | 1:11.86 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 9:49.69 | 1100m: | 1500m: 18:40.98 |
| | 400m: 4:43.66 | | | 1200m: | |
| 4. | Mika Hebing | WZ&PC Purmerend | 22:19.15 | 200800027 | 20:56.12 |
| | 100m: 1:16.26 | 1:16.26 | 500m: | 900m: | 1300m: |
| | 200m: 2:41.32 | 1:25.06 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 11:13.35 | 1100m: | 1500m: 20:56.12 |
| | 400m: 5:32.12 | | | 1200m: | |
| 5. | Joshua van den Idsert | Daw | 20:49.96 | 200801919 | 21:01.04 |
| | 100m: 1:14.70 | 1:14.70 | 500m: | 900m: | 1300m: |
| | 200m: 2:39.05 | 1:24.35 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 11:17.14 | 1100m: | 1500m: 21:01.04 |
| | 400m: 5:30.45 | | | 1200m: | |
| 6. | Daan van Oogen | ZV De Aalscholver | NT | 200700049 | 21:35.73 |
| | 100m: 1:15.59 | 1:15.59 | 500m: | 900m: | 1300m: |
| | 200m: 2:41.95 | 1:26.36 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 11:31.92 | 1100m: | 1500m: 21:35.73 |
| | 400m: 5:39.56 | | | 1200m: | |

Jeugd

| | | | | | |
|-------|-----------------|--------------------|----------------|-----------|-----------------|
| 1. | Doede Koomans | Het Y | 18:55.98 | 200500943 | 19:46.50 |
| | 100m: 1:09.79 | 1:09.79 | 500m: | 900m: | 1300m: |
| | 200m: 2:27.33 | 1:17.54 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 10:30.72 | 1100m: | 1500m: 19:46.50 |
| | 400m: 5:07.72 | | | 1200m: | |
| 2. | Jidde Rademaker | De Reuring | 20:12.41 | 200603619 | 20:22.65 |
| | 100m: 1:09.50 | 1:09.50 | 500m: | 900m: | 1300m: |
| | 200m: 2:27.14 | 1:17.64 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 10:41.67 | 1100m: | 1500m: 20:22.65 |
| | 400m: 5:10.42 | | | 1200m: | |
| 3. | Mischa Ritzen | ZV New Wave Almere | NT | 200500897 | 21:51.01 |
| | 100m: 1:10.46 | 1:10.46 | 500m: | 900m: | 1300m: |
| | 200m: 2:32.54 | 1:22.08 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 11:27.18 | 1100m: | 1500m: 21:51.01 |
| | 400m: 5:27.60 | | | 1200m: | |
| AFGEM | Feico de Jonge | Kzc | 18:00.65 | 200600047 | |

Senioren

| | | | | | |
|----|--------------------|---------|----------------|-----------|-----------------|
| 1. | Raaf van der Vlugt | Het Y | 17:39.76 | 200401749 | 18:32.55 |
| | 100m: 1:06.64 | 1:06.64 | 500m: | 900m: | 1300m: |
| | 200m: 2:21.68 | 1:15.04 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 9:49.56 | 1100m: | 1500m: 18:32.55 |
| | 400m: 4:50.86 | | | 1200m: | |
| 2. | Rick Offringa | Oeza | NT | 200300979 | 19:12.98 |
| | 100m: 1:06.98 | 1:06.98 | 500m: | 900m: | 1300m: |
| | 200m: 2:21.41 | 1:14.43 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 10:07.41 | 1100m: | 1500m: 19:12.98 |
| | 400m: 4:55.35 | | | 1200m: | |
| 3. | Meindert Dekkinga | Dz&Pc | 18:21.85 | 200400377 | 19:17.84 |
| | 100m: 1:08.20 | 1:08.20 | 500m: | 900m: | 1300m: |
| | 200m: 2:23.56 | 1:15.36 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 800m: 10:08.62 | 1100m: | 1500m: 19:17.84 |
| | 400m: 4:55.31 | | | 1200m: | |

LAC-wedstrijd - LB - 2
Alkmaar, 19-2-2023

Programmanr. 3
19-2-2023

200m wisselslag

Minioren 3 en 4
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|------|------------|------------|--------------|----------------|----|------|---------|
| 1. | Shai Jaffe | De Dolfijn | NT 201300205 | 3:49.51 | | | 3:49.51 |
| DIS | Sam Watson | De Dolfijn | NT 201300801 | | | | |

AA - Gestart voor het startsignaal (en wel gezwommen).

Programmanr. 4
19-2-2023

Meisjes, 200m wisselslag

Minioren 5
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|-------|----------------|----------------|-------------------|------|----|------|------|
| AFGEM | Jolie Losekoot | AZ&PC De Futen | 3:36.28 201200866 | | | | |

Programmanr. 5
19-2-2023

Jongens, 200m wisselslag

Minioren 5 en 6
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m |
|------|----------------|------------|-------------------|----------------|----|------|---------|
| 1. | Franzi Ziegler | Daw | 2:58.12 201100891 | 3:01.37 | | | 3:01.37 |

Programmanr. 6
19-2-2023

Dames, 400m wisselslag

Junioren 1 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 100m | 200m | 300m | 400m |
|-----------------|--------------------|-------------------|-------------------|---------------------|----|-------------|---------|------|---------|
| Junioren | | | | | | | | | |
| 1. | Pascal Smal | Daw | 5:22.41 200802958 | 5:37.64 | | 1:13.72 | | | 5:37.64 |
| | 50m: 1:13.72 | | 150m: 200m: | 250m: 300m: | | 350m: 400m: | 5:37.64 | | |
| 2. | M. van Wijngaarden | De Dolfijn | 5:45.23 200800262 | 5:57.03 | | 1:21.31 | | | 5:57.03 |
| | 50m: 1:21.31 | | 150m: 200m: | 250m: 300m: | | 350m: 400m: | 5:57.03 | | |
| 3. | Wieke Dekker | De Dolfijn | 6:06.44 201002020 | 6:14.04 | | 1:32.06 | | | 6:14.04 |
| | 50m: 1:32.06 | | 150m: 200m: | 250m: 300m: | | 350m: 400m: | 6:14.04 | | |
| 4. | Melody Paulussen | De Dolfijn | NT 201101106 | 6:19.94 | | 1:26.31 | | | 6:19.94 |
| | 50m: 1:26.31 | | 150m: 200m: | 250m: 300m: | | 350m: 400m: | 6:19.94 | | |
| 5. | C. Moreno Palacios | De Dolfijn | 6:16.72 201002302 | 6:30.36 | | 1:30.55 | | | 6:30.36 |
| | 50m: 1:30.55 | | 150m: 200m: | 250m: 300m: | | 350m: 400m: | 6:30.36 | | |
| 6. | Noa Jaffe | De Dolfijn | NT 201000726 | 6:40.06 | | 1:35.12 | | | 6:40.06 |
| | 50m: 1:35.12 | | 150m: 200m: | 250m: 300m: | | 350m: 400m: | 6:40.06 | | |
| 7. | Charlie Klaver | De Dolfijn | NT 201102094 | 6:45.07 | | 1:39.57 | | | 6:45.07 |
| | 50m: 1:39.57 | | 150m: 200m: | 250m: 300m: | | 350m: 400m: | 6:45.07 | | |
| 8. | Lisanne Lof | Het Y | NT 200801856 | 6:52.60 | | 1:42.40 | | | 6:52.60 |
| | 50m: 1:42.40 | | 150m: 200m: | 250m: 300m: | | 350m: 400m: | 6:52.60 | | |
| 9. | Nina de Witt | Het Y | NT 200801858 | 6:53.86 | | 1:39.96 | | | 6:53.86 |
| | 50m: 1:39.96 | | 150m: 200m: | 250m: 300m: | | 350m: 400m: | 6:53.86 | | |
| 10. | Samantha Magava | De Dolfijn | 6:37.57 200804644 | 7:05.57 FJ 1 | | 1:41.00 | | | 7:05.57 |
| | 50m: 1:41.00 | | 150m: 200m: | 250m: 300m: | | 350m: 400m: | 7:05.57 | | |
| 11. | Daria Pankratova | ZV De Aalscholver | NT 200804586 | 7:05.57 FJ 2 | | 1:40.16 | | | 7:05.57 |
| | 50m: 1:40.16 | | 150m: 200m: | 250m: 300m: | | 350m: 400m: | 7:05.57 | | |
| 12. | Isa Schaap | Het Y | NT 201101542 | 7:14.68 | | 1:50.00 | | | 7:14.68 |
| | 50m: 1:50.00 | | 150m: 200m: | 250m: 300m: | | 350m: 400m: | 7:14.68 | | |

LAC-wedstrijd - LB - 2
Alkmaar, 19-2-2023

Programmanr. 6, Meisjes, 400m wisselslag, Junioren

| rang naam | vereniging | intijd | tijd | RT | 100m | 200m | 300m | 400m |
|---|------------|-------------------|------|----|------|------|------|------|
| DIS Marre Rademaker | De Reuring | 6:17.78 200801792 | | | | | | |
| <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | | | | |
| DIS Dewi Meijer | De Dolfijn | 6:13.74 201000302 | | | | | | |
| <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i> | | | | | | | | |

Jeugd

| | | | | | | | | |
|----------------|--------------------|-------------------|----------------|--|---------|---------|--|---------|
| 1. Yuan Swart | De Otters Het Gooi | 5:33.99 200604754 | 5:45.99 | | 1:17.13 | | | 5:45.99 |
| 50m: | 150m: | 250m: | 350m: | | | | | |
| 100m: 1:17.13 | 200m: | 300m: | 400m: | | | 5:45.99 | | |
| 2. Libhin Boon | Daw | 6:02.86 200701792 | 6:01.03 | | 1:21.83 | | | 6:01.03 |
| 50m: | 150m: | 250m: | 350m: | | | | | |
| 100m: 1:21.83 | 200m: | 300m: | 400m: | | | 6:01.03 | | |

Senioren

| | | | | | | | | |
|---|------|--------------|--|--|--|--|--|--|
| DIS Renske Haasbroek | Oeza | NT 200303752 | | | | | | |
| <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | | | | |

Programmanr. 7
19-2-2023

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 100m | 200m | 300m | 400m |
|---|-------------------|-------------------|----------------|----|---------|---------|------|---------|
| Junioren | | | | | | | | |
| 1. Nándor Szabó | De Dolfijn | 5:19.83 200700475 | 5:13.26 | | 1:05.52 | | | 5:13.26 |
| 50m: | 150m: | 250m: | 350m: | | | | | |
| 100m: 1:05.52 | 200m: | 300m: | 400m: | | | 5:13.26 | | |
| 2. Rens Noordover | Kzc | 5:04.50 200800237 | 5:14.88 | | 1:08.68 | | | 5:14.88 |
| 50m: | 150m: | 250m: | 350m: | | | | | |
| 100m: 1:08.68 | 200m: | 300m: | 400m: | | | 5:14.88 | | |
| 3. Derek Smit | De Reuring | 5:48.58 200702055 | 6:19.26 | | 1:21.37 | | | 6:19.26 |
| 50m: | 150m: | 250m: | 350m: | | | | | |
| 100m: 1:21.37 | 200m: | 300m: | 400m: | | | 6:19.26 | | |
| 4. Jens de Mayer | De Reuring | NT 200900775 | 6:22.08 | | 1:35.38 | | | 6:22.08 |
| 50m: | 150m: | 250m: | 350m: | | | | | |
| 100m: 1:35.38 | 200m: | 300m: | 400m: | | | 6:22.08 | | |
| 5. Henry Watson | De Dolfijn | NT 201001703 | 6:28.03 | | 1:29.19 | | | 6:28.03 |
| 50m: | 150m: | 250m: | 350m: | | | | | |
| 100m: 1:29.19 | 200m: | 300m: | 400m: | | | 6:28.03 | | |
| 6. Kaelan Hayes | De Dolfijn | NT 201000491 | 6:30.77 | | 1:33.10 | | | 6:30.77 |
| 50m: | 150m: | 250m: | 350m: | | | | | |
| 100m: 1:33.10 | 200m: | 300m: | 400m: | | | 6:30.77 | | |
| 7. Cayden Malone | De Dolfijn | NT 201002195 | 6:31.42 | | 1:38.74 | | | 6:31.42 |
| 50m: | 150m: | 250m: | 350m: | | | | | |
| 100m: 1:38.74 | 200m: | 300m: | 400m: | | | 6:31.42 | | |
| 8. Kevin Tambach | De Reuring | 6:58.32 200902125 | 6:50.37 | | 1:36.66 | | | 6:50.37 |
| 50m: | 150m: | 250m: | 350m: | | | | | |
| 100m: 1:36.66 | 200m: | 300m: | 400m: | | | 6:50.37 | | |
| 9. Jake van Duivendijk | De Dolfijn | NT 201000945 | 6:54.59 | | 1:34.58 | | | 6:54.59 |
| 50m: | 150m: | 250m: | 350m: | | | | | |
| 100m: 1:34.58 | 200m: | 300m: | 400m: | | | 6:54.59 | | |
| DIS Nathan Magava | De Dolfijn | NT 201003067 | | | | | | |
| <i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt., VI - Met één hand keer- en/of eindpunt aangetikt. RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | | | | |
| DIS Ryan Schuts | ZV De Aalscholver | NT 200702495 | | | | | | |
| <i>VC - Armen niet over het water naar voren gebracht.</i> | | | | | | | | |

LAC-wedstrijd - LB - 2
Alkmaar, 19-2-2023

Programmanr. 7, Heren, 400m wisselslag

Senioren

| | | | | | | |
|-----------------------|---------|----------------|-----------|----------------|----------------|---------|
| 1. Raaf van der Vlugt | Het Y | 5:47.51 | 200401749 | 5:16.70 | 1:09.18 | 5:16.70 |
| 50m: 100m: | 1:09.18 | 150m: 200m: | | 250m: 300m: | 350m: 400m: | 5:16.70 |

Programmanr. 8
19-2-2023

400m vrije slag

Minioren 3 en 4
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 100m | 200m | 300m | 400m |
|-------------------------|------------|----------------|----------------|----------------|----------------|---------|------|---------|
| 1. Indy-Louise Bakker | Daw | NT 201400736 | 7:44.53 | | 1:42.70 | 3:42.81 | | 7:44.53 |
| 50m: 100m: | 1:42.70 | 150m: 200m: | 3:42.81 | 250m: 300m: | 350m: 400m: | 7:44.53 | | |
| 2. Mauro van den Idsert | Daw | NT 201300559 | 7:49.18 | | 1:50.67 | 3:51.87 | | 7:49.18 |
| 50m: 100m: | 1:50.67 | 150m: 200m: | 3:51.87 | 250m: 300m: | 350m: 400m: | 7:49.18 | | |

Programmanr. 9
19-2-2023

Meisjes, 800m vrije slag

Minioren 5
Resultaten

| rang naam | vereniging | intijd | tijd | RT |
|--------------------|--------------------|----------------|-----------------|----------------|
| 1. Elisa Obdam | Daw | NT 201201444 | 13:56.61 | |
| 100m: 200m: | 1:33.21 3:17.70 | 300m: 400m: | 6:53.50 | 500m: 600m: |
| 700m: 800m: | 13:56.61 | | | |
| 2. Isabella Ekberg | AZ&PC De Futen | NT 201202206 | 14:34.55 | |
| 100m: 200m: | 1:32.25 3:21.92 | 300m: 400m: | 7:10.91 | 500m: 600m: |
| 700m: 800m: | 14:34.55 | | | |
| 3. Julia Yue Wu | Kzc | NT 201201430 | 17:43.24 | |
| 100m: 200m: | 1:57.21 4:09.98 | 300m: 400m: | 8:43.88 | 500m: 600m: |
| 700m: 800m: | 17:43.24 | | | |
| AFGEM Liv Schoon | Daw | NT 201202112 | | |

Programmanr. 10
19-2-2023

Jongens, 800m vrije slag

Minioren 5 en 6
Resultaten

| rang naam | vereniging | intijd | tijd | RT |
|------------------|--------------------|--------------------|-----------------|----------------|
| 1. Franz Ziegler | Daw | 13:26.31 201100891 | 12:27.61 | |
| 100m: 200m: | 1:27.69 3:03.10 | 300m: 400m: | 6:19.97 | 500m: 600m: |
| 700m: 800m: | 12:27.61 | | | |
| 2. Stijn Butter | Oeza | NT 201100455 | 13:57.44 | |
| 100m: 200m: | 1:32.94 3:17.26 | 300m: 400m: | 6:52.51 | 500m: 600m: |
| 700m: 800m: | 13:57.44 | | | |
| 3. Jens Postma | Daw | NT 201201605 | 14:59.00 | |
| 100m: 200m: | 1:43.05 3:35.97 | 300m: 400m: | 7:26.03 | 500m: 600m: |
| 700m: 800m: | 14:59.00 | | | |

Programmanr. 11
19-2-2023

Meisjes, 1500m vrije slag

Junioren 1 en 2
Resultaten

| rang naam | vereniging | intijd | tijd | RT |
|----------------------------------|--|----------------------------------|-----------------|-------------------------------------|
| 1. Wieke Dekker | De Dolfijn | 25:10.12 201002020 | 21:56.21 | |
| 100m: 200m: 300m: 400m: | 1:20.19 2:48.83 4:28.64 5:49.22 | 500m: 600m: 700m: 800m: | 11:45.46 | 900m: 1000m: 1100m: 1200m: |
| 1300m: 1400m: 1500m: | 21:56.21 | | | |
| 2. Magari Wydh | Het Y | NT 201000950 | 23:16.12 | |
| 100m: 200m: 300m: 400m: | 1:23.97 2:56.16 4:32.19 6:02.86 | 500m: 600m: 700m: 800m: | 12:24.55 | 900m: 1000m: 1100m: 1200m: |
| 1300m: 1400m: 1500m: | 23:16.12 | | | |

LAC-wedstrijd - LB - 2
Alkmaar, 19-2-2023

Programmanr. 11, Meisjes, 1500m vrije slag, Junioren 1 en 2

| rang | naam | vereniging | intijd | tijd | RT |
|-------|-----------------------|-------------------|----------|-----------|-----------------|
| 3. | Yuna van den Idsert | Daw | 27:06.19 | 201001196 | 23:21.09 |
| | 100m: 1:26.58 | 1:26.58 | 500m: | 900m: | 1300m: |
| | 200m: 3:01.53 | 1:34.95 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 1100m: | 1500m: | 23:21.09 |
| | 400m: 6:14.03 | 800m: 12:36.95 | 1200m: | | |
| 4. | Ashley Zechner | Daw | 23:26.12 | 201000774 | 23:31.36 |
| | 100m: 1:25.75 | 1:25.75 | 500m: | 900m: | 1300m: |
| | 200m: 3:00.11 | 1:34.36 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 1100m: | 1500m: | 23:31.36 |
| | 400m: 6:14.83 | 800m: 12:43.68 | 1200m: | | |
| 5. | Frances Lugtu | ZV De Aalscholver | NT | 201000418 | 24:35.79 |
| | 100m: 1:31.32 | 1:31.32 | 500m: | 900m: | 1300m: |
| | 200m: 3:10.42 | 1:39.10 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 1100m: | 1500m: | 24:35.79 |
| | 400m: 6:28.16 | 800m: 13:05.15 | 1200m: | | |
| 6. | Eva Blokzijl | Het Y | NT | 201003214 | 27:41.36 |
| | 100m: 1:41.92 | 1:41.92 | 500m: | 900m: | 1300m: |
| | 200m: 3:35.03 | 1:53.11 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 1100m: | 1500m: | 27:41.36 |
| | 400m: 7:15.61 | 800m: 14:47.12 | 1200m: | | |
| 7. | Afnan Bernhiche | De Dolfijn | NT | 201101732 | 28:06.17 |
| | 100m: 1:42.27 | 1:42.27 | 500m: | 900m: | 1300m: |
| | 200m: 3:36.11 | 1:53.84 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 1100m: | 1500m: | 28:06.17 |
| | 400m: 7:19.62 | 800m: 14:47.42 | 1200m: | | |
| AFGEM | Carla Moreno Palacios | De Dolfijn | NT | 201002302 | |

Programmanr. 12
19-2-2023

Jongens, 1500m vrije slag

Junioren 1 en 2
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|----------------------|-------------------|----------|-----------|-----------------|
| 1. | Evren Ege Orcunus | De Dolfijn | 20:35.18 | 201003253 | 19:50.10 |
| | 100m: 1:13.48 | 1:13.48 | 500m: | 900m: | 1300m: |
| | 200m: 2:32.77 | 1:19.29 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 1100m: | 1500m: | 19:50.10 |
| | 400m: 5:13.39 | 800m: 10:31.04 | 1200m: | | |
| 2. | Mauro Bedeke | Daw | NT | 201000537 | 20:43.10 |
| | 100m: 1:19.31 | 1:19.31 | 500m: | 900m: | 1300m: |
| | 200m: 2:35.80 | 1:16.49 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 1100m: | 1500m: | 20:43.10 |
| | 400m: 5:23.31 | 800m: 11:00.17 | 1200m: | | |
| 3. | Oleksandr Hordiienko | ZV De Aalscholver | NT | 201003061 | 20:57.47 |
| | 100m: 1:15.16 | 1:15.16 | 500m: | 900m: | 1300m: |
| | 200m: 2:38.10 | 1:22.94 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 1100m: | 1500m: | 20:57.47 |
| | 400m: 5:29.06 | 800m: 11:07.35 | 1200m: | | |
| 4. | Jens de Mayer | De Reuring | 23:10.63 | 200900775 | 22:14.02 |
| | 100m: 1:21.41 | 1:21.41 | 500m: | 900m: | 1300m: |
| | 200m: 2:49.37 | 1:27.96 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 1100m: | 1500m: | 22:14.02 |
| | 400m: 5:49.44 | 800m: 11:46.69 | 1200m: | | |
| 5. | Bram Oudendijk | Daw | 21:21.06 | 200900185 | 22:35.89 |
| | 100m: 1:23.23 | 1:23.23 | 500m: | 900m: | 1300m: |
| | 200m: 2:53.49 | 1:30.26 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 1100m: | 1500m: | 22:35.89 |
| | 400m: 5:58.45 | 800m: 12:00.71 | 1200m: | | |
| 6. | Kevin Tambach | De Reuring | NT | 200902125 | 26:22.01 |
| | 100m: 1:30.93 | 1:30.93 | 500m: | 900m: | 1300m: |
| | 200m: 3:14.60 | 1:43.67 | 600m: | 1000m: | 1400m: |
| | 300m: | 700m: | 1100m: | 1500m: | 26:22.01 |
| | 400m: 6:44.72 | 800m: 13:56.87 | 1200m: | | |

LAC-wedstrijd - LB - 2
Alkmaar, 19-2-2023

Programmanr. 13
19-2-2023

Dames, 2000m vrije slag

Junioren 3 en ouder
Resultaten

rang naam vereniging intijd tijd RT

Junioren 3 en 4

| | | | | | |
|----|-----------------|----------------|----------------|-----------------|-----------------|
| 1. | Amber Kunst | Daw | NT | 200900680 | 26:56.72 |
| | 100m: 1:16.22 | 1:16.22 | 600m: | 1100m: | 1600m: |
| | 200m: 2:37.71 | 1:21.49 | 700m: | 1200m: | 1700m: |
| | 300m: | | 800m: 10:43.90 | 1300m: | 1800m: |
| | 400m: 5:20.20 | | 900m: | 1400m: | 1900m: |
| | 500m: | | 1000m: | 1500m: 20:16.14 | 2000m: 26:56.72 |
| 2. | Dante van Meene | Daw | NT | 200900678 | 27:12.47 |
| | 100m: 1:16.03 | 1:16.03 | 600m: | 1100m: | 1600m: |
| | 200m: 2:38.18 | 1:22.15 | 700m: | 1200m: | 1700m: |
| | 300m: | | 800m: 10:45.65 | 1300m: | 1800m: |
| | 400m: 5:21.40 | | 900m: | 1400m: | 1900m: |
| | 500m: | | 1000m: | 1500m: 20:26.18 | 2000m: 27:12.47 |
| 3. | Isabelle Toole | AZ&PC De Futen | NT | 200801982 | 32:27.68 |
| | 100m: 1:31.11 | 1:31.11 | 600m: | 1100m: | 1600m: |
| | 200m: 3:11.20 | 1:40.09 | 700m: | 1200m: | 1700m: |
| | 300m: | | 800m: 13:07.71 | 1300m: | 1800m: |
| | 400m: 6:31.29 | | 900m: | 1400m: | 1900m: |
| | 500m: | | 1000m: | 1500m: 24:35.62 | 2000m: 32:27.68 |

Jeugd

| | | | | | |
|----|---------------|--------------------|----------------|-----------------|-----------------|
| 1. | Maud Sentjens | De Otters Het Gooi | NT | 200603360 | 34:08.30 |
| | 100m: 1:30.74 | 1:30.74 | 600m: | 1100m: | 1600m: |
| | 200m: 3:10.22 | 1:39.48 | 700m: | 1200m: | 1700m: |
| | 300m: | | 800m: 13:20.50 | 1300m: | 1800m: |
| | 400m: 6:33.38 | | 900m: | 1400m: | 1900m: |
| | 500m: | | 1000m: | 1500m: 25:24.10 | 2000m: 34:08.30 |

Senioren

| | | | | | |
|----|-----------------|--------------------|----------------|-----------------|-----------------|
| 1. | Kim Groeneveld | Daw | NT | 200100924 | 26:25.94 |
| | 100m: 1:12.55 | 1:12.55 | 600m: | 1100m: | 1600m: |
| | 200m: 2:30.56 | 1:18.01 | 700m: | 1200m: | 1700m: |
| | 300m: | | 800m: 10:25.55 | 1300m: | 1800m: |
| | 400m: 5:07.74 | | 900m: | 1400m: | 1900m: |
| | 500m: | | 1000m: | 1500m: 19:46.44 | 2000m: 26:25.94 |
| 2. | Eline Hoekstra | Oeza | NT | 200301280 | 28:57.65 |
| | 100m: 1:21.10 | 1:21.10 | 600m: | 1100m: | 1600m: |
| | 200m: 2:50.26 | 1:29.16 | 700m: | 1200m: | 1700m: |
| | 300m: | | 800m: 11:44.96 | 1300m: | 1800m: |
| | 400m: 5:49.40 | | 900m: | 1400m: | 1900m: |
| | 500m: | | 1000m: | 1500m: 21:59.91 | 2000m: 28:57.65 |
| 3. | Lieke Broere | De Otters Het Gooi | NT | 200303890 | 29:08.43 |
| | 100m: 1:18.80 | 1:18.80 | 600m: | 1100m: | 1600m: |
| | 200m: 2:45.03 | 1:26.23 | 700m: | 1200m: | 1700m: |
| | 300m: | | 800m: 11:33.24 | 1300m: | 1800m: |
| | 400m: 5:41.39 | | 900m: | 1400m: | 1900m: |
| | 500m: | | 1000m: | 1500m: 21:52.50 | 2000m: 29:08.43 |
| 4. | Renske Beek | AZ&PC De Futen | 28:20.08 | 200000516 | 30:20.08 |
| | 100m: 1:21.04 | 1:21.04 | 600m: | 1100m: | 1600m: |
| | 200m: 2:50.73 | 1:29.69 | 700m: | 1200m: | 1700m: |
| | 300m: | | 800m: 12:01.03 | 1300m: | 1800m: |
| | 400m: 5:52.57 | | 900m: | 1400m: | 1900m: |
| | 500m: | | 1000m: | 1500m: 22:46.93 | 2000m: 30:20.08 |
| 5. | Sanne Lagerweij | ZV De Zaan | 28:37.40 | 200201552 | 31:52.25 |
| | 100m: 1:22.37 | 1:22.37 | 600m: | 1100m: | 1600m: |
| | 200m: 2:54.09 | 1:31.72 | 700m: | 1200m: | 1700m: |
| | 300m: | | 800m: 12:28.31 | 1300m: | 1800m: |
| | 400m: 6:03.79 | | 900m: | 1400m: | 1900m: |
| | 500m: | | 1000m: | 1500m: 23:51.30 | 2000m: 31:52.25 |

LAC-wedstrijd - LB - 2
Alkmaar, 19-2-2023

Programmanr. 14
19-2-2023

Heren, 2000m vrije slag

Junioren 3 en ouder
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------|------------|--------|------|----|
|------|------|------------|--------|------|----|

Junioren 3 en 4

| | | | | | |
|----|------------------|----------------|----------------|-----------------|-----------------|
| 1. | Jonathan Norflès | AZ&PC De Futen | NT | 200702179 | 27:20.92 |
| | 100m: 1:14.23 | 1:14.23 | 600m: | 1100m: | 1600m: |
| | 200m: 2:36.52 | 1:22.29 | 700m: | 1200m: | 1700m: |
| | 300m: | | 800m: 10:49.95 | 1300m: | 1800m: |
| | 400m: 5:20.01 | | 900m: | 1400m: | 1900m: |
| | 500m: | | 1000m: | 1500m: 20:33.53 | 2000m: 27:20.92 |

Senioren

| | | | | | | |
|----|---------------|---------|---------------|-----------------|-----------------|-----------------|
| 1. | Hessel Robert | Het Y | | 23:19.59 | 200200917 | 23:34.73 |
| | 100m: 1:03.91 | 1:03.91 | 600m: | 1100m: | 1600m: | |
| | 200m: 2:12.66 | 1:08.75 | 700m: | 1200m: | 1700m: | |
| | 300m: | | 800m: 9:14.12 | 1300m: | 1800m: | |
| | 400m: 4:30.76 | | 900m: | 1400m: | 1900m: | |
| | 500m: | | 1000m: | 1500m: 17:39.48 | 2000m: 23:34.73 | |