

LAC deel 2
Zoetermeer, 26-4-2026

Programmanr. 1
26-4-2026 - 15:00

400m vrije slag

5 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
5 - 9 jaar					
	Cataleya Soudant	WVZ	6:40.00	201600894	7:58.67
	50m: 54.08	54.08	150m:	250m:	350m:
	100m: 1:54.29	1:00.21	200m: 3:58.30	300m:	400m: 7:58.67
	Fenna Haack	Oeza	10:00.00	201600230	7:21.05
	50m: 47.66	47.66	150m:	250m:	350m:
	100m: 1:43.21	55.55	200m: 3:38.84	300m:	400m: 7:21.05
	Kira van Leeuwen	AZC	7:15.00	201600580	6:19.75
	50m: 39.99	39.99	150m:	250m:	350m:
	100m: 1:26.21	46.22	200m: 3:06.35	300m:	400m: 6:19.75
	Lenn Stokman	Zvl-1886	7:55.22	201600637	6:47.65
	50m: 47.88	47.88	150m:	250m:	350m:
	100m: 1:40.19	52.31	200m: 3:27.63	300m:	400m: 6:47.65
	Liam Voorend	BZ&PC	10:00.00	201700489	9:07.26
	50m: 58.20	58.20	150m:	250m:	350m:
	100m: 2:05.23	1:07.03	200m: 4:27.38	300m:	400m: 9:07.26
	Lindi Veenstra	BZ&PC	8:00.00	201600142	6:40.33
	50m: 45.83	45.83	150m:	250m:	350m:
	100m: 1:36.55	50.72	200m: 3:18.58	300m:	400m: 6:40.33
	Marlize Brenkman	Niemo Barracuda	7:26.56	201700038	7:07.74
	50m: 47.13	47.13	150m:	250m:	350m:
	100m: 1:40.91	53.78	200m: 3:31.18	300m:	400m: 7:07.74
	Menasse van Zelst	Zvl-1886	9:30.00	201600639	7:39.32
	50m: 48.29	48.29	150m:	250m:	350m:
	100m: 1:46.26	57.97	200m: 3:43.95	300m:	400m: 7:39.32
	Mia Artemenko	Niemo Barracuda	6:44.00	201600042	6:17.92
	50m: 39.10	39.10	150m:	250m:	350m:
	100m: 1:24.86	45.76	200m: 3:02.60	300m:	400m: 6:17.92
	Nola Starre	Zvl-1886	10:00.00	201601974	8:15.88
	50m: 58.54	58.54	150m:	250m:	350m:
	100m: 2:03.61	1:05.07	200m: 4:15.47	300m:	400m: 8:15.88
	Noor Butter	Oeza	7:36.69	201600218	6:18.28
	50m: 42.98	42.98	150m:	250m:	350m:
	100m: 1:32.50	49.52	200m: 3:11.37	300m:	400m: 6:18.28
	Ranomi van den Hurk	AZC	6:00.00	201600194	6:02.87
	50m: 38.78	38.78	150m:	250m:	350m:
	100m: 1:24.14	45.36	200m: 2:58.71	300m:	400m: 6:02.87
	Rosalie Kruit	Zvl-1886	8:20.45	201600320	7:26.08
	50m: 50.56	50.56	150m:	250m:	350m:
	100m: 1:48.28	57.72	200m: 3:43.92	300m:	400m: 7:26.08
	Stein Keijzer	AZC	7:10.00	201600035	6:36.89
	50m: 43.50	43.50	150m:	250m:	350m:
	100m: 1:34.10	50.60	200m: 3:15.03	300m:	400m: 6:36.89
BM	Jill van Roon	Oeza	10:00.00	201401474	8:03.15
	50m: 51.95	51.95	150m:	250m:	350m:
	100m: 1:52.55	1:00.60	200m: 3:57.42	300m:	400m: 8:03.15

Programmanr. 2
26-4-2026 - 15:20

800m vrije slag

10 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
10 - 11 jaar					
1.	Riff van der Zwaan	Zvl-1886	10:13.80	201400053	10:03.97
	100m: 1:10.47	1:10.47	300m:	500m:	700m:
	200m: 2:26.00	1:15.53	400m: 4:58.75	600m:	800m: 10:03.97
2.	Jolie Fransen	WVZ	11:02.00	201400034	10:24.88
	100m: 1:14.14	1:14.14	300m:	500m:	700m:
	200m: 2:33.06	1:18.92	400m: 5:12.31	600m:	800m: 10:24.88
3.	Kassidy Martis	AZC	10:45.00	201500726	10:29.52
	100m: 1:13.69	1:13.69	300m:	500m:	700m:
	200m: 2:33.74	1:20.05	400m: 5:12.29	600m:	800m: 10:29.52

LAC deel 2
Zoetermeer, 26-4-2026

Programmanr. 2, Alle, 800m vrije slag, 10 - 11 jaar

rang	naam	vereniging	intijd		tijd	RT
4.	Fien Provily	ZPC Wiekslag	11:26.03	201400030	10:44.26	
	100m: 1:15.01	1:15.01	300m:	500m:	700m:	
	200m: 2:37.02	1:22.01	400m: 5:21.50	600m:	800m: 10:44.26	
5.	Jessica Bannatyne	BZ&PC	12:00.00	201400158	10:48.80	
	100m: 1:15.51	1:15.51	300m:	500m:	700m:	
	200m: 2:37.54	1:22.03	400m: 5:23.45	600m:	800m: 10:48.80	
6.	Mick Boerefijn	WVZ	11:48.00	201400239	11:13.22	
	100m: 1:21.47	1:21.47	300m:	500m:	700m:	
	200m: 2:49.02	1:27.55	400m: 5:42.89	600m:	800m: 11:13.22	
7.	Twan van der Schrier	AZC	12:25.56	201400237	11:38.21	67
	100m: 1:15.77	1:15.77	300m:	500m:	700m:	
	200m: 2:39.31	1:23.54	400m: 5:39.06	600m:	800m: 11:38.21	
8.	Daniella Mazur	AZL	13:07.41	201400550	11:39.88	
	100m: 1:22.52	1:22.52	300m:	500m:	700m:	
	200m: 2:50.46	1:27.94	400m: 5:48.44	600m:	800m: 11:39.88	
9.	Maren Roozeboom	WVZ	12:12.00	201400002	11:44.01	
	100m: 1:21.58	1:21.58	300m:	500m:	700m:	
	200m: 2:50.46	1:28.88	400m: 5:51.24	600m:	800m: 11:44.01	
10.	Cas de Heij	AZC	12:30.28	201400557	11:49.43	
	100m: 1:17.21	1:17.21	300m:	500m:	700m:	
	200m: 2:43.89	1:26.68	400m: 5:46.07	600m:	800m: 11:49.43	
11.	Jaimy van den Hurk	AZC	12:37.28	201400831	11:50.04	
	100m: 1:22.89	1:22.89	300m:	500m:	700m:	
	200m: 2:52.46	1:29.57	400m: 5:53.10	600m:	800m: 11:50.04	
12.	Tygo van der Poel	Zvl-1886	13:00.00	201401681	12:02.50	
	100m: 1:23.10	1:23.10	300m:	500m:	700m:	
	200m: 2:52.97	1:29.87	400m: 5:56.27	600m:	800m: 12:02.50	
13.	Benjamin Westerveld	Zvl-1886	12:45.00	201500963	12:03.56	
	100m: 1:24.88	1:24.88	300m:	500m:	700m:	
	200m: 2:56.57	1:31.69	400m: 5:59.83	600m:	800m: 12:03.56	
14.	Phaedra van Zelst	Zvl-1886	13:10.00	201401326	12:07.70	
	100m: 1:23.81	1:23.81	300m:	500m:	700m:	
	200m: 2:55.01	1:31.20	400m: 5:59.98	600m:	800m: 12:07.70	
15.	Fenna Eijs	AZC	13:41.44	201400408	12:24.90	
	100m: 1:24.22	1:24.22	300m:	500m:	700m:	
	200m: 2:57.77	1:33.55	400m: 6:06.27	600m:	800m: 12:24.90	
16.	Loes Ripping	WVZ	13:10.00	201400740	12:27.69	
	100m: 1:28.90	1:28.90	300m:	500m:	700m:	
	200m: 3:03.25	1:34.35	400m: 6:16.08	600m:	800m: 12:27.69	
17.	Nahla Kelder	GZC DONK	13:00.00	201501120	12:29.99	
	100m: 1:27.16	1:27.16	300m:	500m:	700m:	
	200m: 3:01.86	1:34.70	400m: 6:13.41	600m:	800m: 12:29.99	
18.	Ipek Berkin	WVZ	13:40.00	201502312	12:38.78	
	100m: 1:24.75	1:24.75	300m:	500m:	700m:	
	200m: 3:01.46	1:36.71	400m: 6:15.26	600m:	800m: 12:38.78	
19.	Saar van Straten	WVZ	14:56.00	201500418	12:46.57	
	100m: 1:30.95	1:30.95	300m:	500m:	700m:	
	200m: 3:08.85	1:37.90	400m: 6:22.59	600m:	800m: 12:46.57	
20.	Mink de Heij	BZ&PC	13:00.00	201400197	12:58.23	
	100m: 1:29.57	1:29.57	300m:	500m:	700m:	
	200m: 3:08.08	1:38.51	400m: 6:28.38	600m:	800m: 12:58.23	
21.	Jyoti Atwaroe	WVZ	14:30.00	201402476	13:01.56	
	100m: 1:29.56	1:29.56	300m:	500m:	700m:	
	200m: 3:07.33	1:37.77	400m: 6:27.20	600m:	800m: 13:01.56	
22.	Eliza Parwiz	WVZ	13:58.00	201400876	13:26.10	
	100m: 1:35.82	1:35.82	300m:	500m:	700m:	
	200m: 3:19.73	1:43.91	400m: 6:47.76	600m:	800m: 13:26.10	
23.	Fygo Schel	Zvl-1886	14:30.00	201402217	13:37.84	
	100m: 1:34.88	1:34.88	300m:	500m:	700m:	
	200m: 3:16.21	1:41.33	400m: 6:42.72	600m:	800m: 13:37.84	
24.	Suja Fundter	BZ&PC	14:00.00	201401048	13:55.26	
	100m: 1:36.97	1:36.97	300m:	500m:	700m:	
	200m: 3:24.88	1:47.91	400m: 6:59.69	600m:	800m: 13:55.26	
25.	Florian Brenkman	Niemo Barracuda	13:45.00	201401329	14:10.22	
	100m: 1:35.97	1:35.97	300m:	500m:	700m:	
	200m: 3:21.96	1:45.99	400m: 6:58.77	600m:	800m: 14:10.22	
26.	Iris Nozeman	Zvl-1886	16:50.00	201401068	14:29.15	
	100m: 1:40.51	1:40.51	300m:	500m:	700m:	
	200m: 3:31.06	1:50.55	400m: 7:14.79	600m:	800m: 14:29.15	

LAC deel 2
Zoetermeer, 26-4-2026

Programmanr. 2, Alle, 800m vrije slag, 10 - 11 jaar

rang	naam	vereniging	intijd	tijd	RT
27.	Quinn de Boeve	BZ&PC	16:00.00	201501125	14:47.61
	100m: 1:42.70	1:42.70	300m: 500m:	700m:	
	200m: 3:34.61	1:51.91	400m: 7:22.00	600m: 800m:	14:47.61
28.	Quinn Walter	Niemo Barracuda	15:30.00	201400295	15:09.09
	100m: 1:41.09	1:41.09	300m: 500m:	700m:	
	200m: 3:36.80	1:55.71	400m: 7:31.48	600m: 800m:	15:09.09
29.	Hasse van der Winden	Zvl-1886	19:30.00	201502400	16:22.53
	100m: 1:55.33	1:55.33	300m: 500m:	700m:	
	200m: 4:01.31	2:05.98	400m: 8:13.01	600m: 800m:	16:22.53
30.	Naomi Voorend	BZ&PC	18:00.00	201502070	18:04.26
	100m: 2:05.09	2:05.09	300m: 500m:	700m:	
	200m: 4:21.10	2:16.01	400m: 9:01.89	600m: 800m:	18:04.26
AFGEM	Matyas Olah Alpaca	WVZ	14:40.00	201400339	
BM	Suzan Blankestijn	Zvl-1886	12:08.24	198900350	11:43.81
	100m: 1:18.78	1:18.78	300m: 500m:	700m:	
	200m: 2:43.83	1:25.05	400m: 5:38.52	600m: 800m:	11:43.81

Programmanr. 4
26-4-2026 - 16:22

1500m vrije slag

12 - 13 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Julia Bannatyne	BZ&PC	20:36.19	201201020	19:17.31
	100m: 1:08.33	1:08.33	500m: 900m:	1300m:	
	200m: 2:22.80	1:14.47	600m: 1000m:	1400m:	
	300m: 4:55.16		700m: 1100m:	1500m:	19:17.31
	400m: 10:08.91		800m: 1200m:		
2.	Tamara Geuzebroek	AZC	20:30.00	201300894	19:40.79
	100m: 1:12.84	1:12.84	500m: 900m:	1300m:	
	200m: 2:31.97	1:19.13	600m: 1000m:	1400m:	
	300m: 5:11.16		700m: 1100m:	1500m:	19:40.79
	400m: 10:26.79		800m: 1200m:		
3.	Isai Shields	Niemo Barracuda	20:50.00	201300031	20:49.68
	100m: 1:13.28	1:13.28	500m: 900m:	1300m:	
	200m: 2:35.87	1:22.59	600m: 1000m:	1400m:	
	300m: 5:23.72		700m: 1100m:	1500m:	20:49.68
	400m: 10:58.00		800m: 1200m:		
4.	Sven Nozeman	Zvl-1886	21:12.22	201300993	21:07.64
	100m: 1:11.77	1:11.77	500m: 900m:	1300m:	
	200m: 2:32.28	1:20.51	600m: 1000m:	1400m:	
	300m: 5:16.56		700m: 1100m:	1500m:	21:07.64
	400m: 10:57.63		800m: 1200m:		
5.	Thijs Voskamp	AZC	23:00.00	201302789	22:57.17
	100m: 1:23.48	1:23.48	500m: 900m:	1300m:	
	200m: 2:54.32	1:30.84	600m: 1000m:	1400m:	
	300m: 5:58.53		700m: 1100m:	1500m:	22:57.17
	400m: 12:13.50		800m: 1200m:		
6.	Cailyn van den Broek	GZC DONK	24:00.00	201200020	23:11.67
	100m: 1:21.13	1:21.13	500m: 900m:	1300m:	
	200m: 2:50.36	1:29.23	600m: 1000m:	1400m:	
	300m: 5:56.51		700m: 1100m:	1500m:	23:11.67
	400m: 12:13.57		800m: 1200m:		
7.	Luuk Bijman	Niemo Barracuda	25:30.00	201200201	23:40.76
	100m: 1:22.44	1:22.44	500m: 900m:	1300m:	
	200m: 2:52.96	1:30.52	600m: 1000m:	1400m:	
	300m: 5:54.88		700m: 1100m:	1500m:	23:40.76
	400m: 12:02.77		800m: 1200m:		
8.	Tyrus Tai	WVZ	NT	201302569	24:15.95
	100m: 1:22.10	1:22.10	500m: 900m:	1300m:	
	200m: 2:57.20	1:35.10	600m: 1000m:	1400m:	
	300m: 6:15.54		700m: 1100m:	1500m:	24:15.95
	400m: 12:45.39		800m: 1200m:		
9.	Jesse Walter	Niemo Barracuda	26:30.00	201200525	25:27.69
	100m: 1:24.55	1:24.55	500m: 900m:	1300m:	
	200m: 2:59.88	1:35.33	600m: 1000m:	1400m:	
	300m: 6:25.14		700m: 1100m:	1500m:	25:27.69
	400m: 13:21.18		800m: 1200m:		

LAC deel 2
Zoetermeer, 26-4-2026

Programmanr. 4, Alle, 1500m vrije slag, 12 - 13 jaar

rang	naam	vereniging	intijd	tijd	RT
10.	Avril Dekkers	GZC DONK	26:45.00	201201262	26:57.13
	100m: 1:35.28	1:35.28	500m:	900m:	1300m:
	200m: 3:23.10	1:47.82	600m:	1000m:	1400m:
	300m:	700m:	700m:	1100m:	1500m: 26:57.13
	400m: 7:03.79	800m: 14:26.44	800m:	1200m:	
11.	Joey Groenhorst	WVZ	30:00.00	201202373	28:01.15
	100m: 1:39.13	1:39.13	500m:	900m:	1300m:
	200m: 3:31.91	1:52.78	600m:	1000m:	1400m:
	300m:	700m:	700m:	1100m:	1500m: 28:01.15
	400m: 7:18.47	800m: 14:45.68	800m:	1200m:	

Programmanr. 6
26-4-2026 - 17:20

2000m vrije slag

14 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
14 - 15 jaar					
1.	Nina Tetteroo	De Columbiaan	25:03.73	201000048	24:24.05
	100m: 1:05.44	1:05.44	600m:	1100m:	1600m:
	200m: 2:16.96	1:11.52	700m:	1200m:	1700m:
	300m:	800m: 9:34.41	800m:	1300m:	1800m:
	400m: 4:40.58	900m:	900m:	1400m:	1900m:
	500m:	1000m: 18:13.25	1000m:	1500m: 18:13.25	2000m: 24:24.05
2.	David van der Valk	ZPC Wiekslag	26:00.00	201100519	24:35.62
	100m: 1:07.24	1:07.24	600m:	1100m:	1600m:
	200m: 2:19.02	1:11.78	700m:	1200m:	1700m:
	300m:	800m: 9:40.46	800m:	1300m:	1800m:
	400m: 4:44.06	900m:	900m:	1400m:	1900m:
	500m:	1000m: 18:27.37	1000m:	1500m: 18:27.37	2000m: 24:35.62
3.	Thijs van Kints	BZ&PC	24:57.12	201101059	25:10.39
	100m: 1:07.84	1:07.84	600m:	1100m:	1600m:
	200m: 2:21.22	1:13.38	700m:	1200m:	1700m:
	300m:	800m: 9:53.14	800m:	1300m:	1800m:
	400m: 4:50.97	900m:	900m:	1400m:	1900m:
	500m:	1000m: 18:49.26	1000m:	1500m: 18:49.26	2000m: 25:10.39
4.	Sophie Hoogervorst	AZC	26:00.00	201100252	25:17.50
	100m: 1:10.07	1:10.07	600m:	1100m:	1600m:
	200m: 2:25.01	1:14.94	700m:	1200m:	1700m:
	300m:	800m: 10:01.56	800m:	1300m:	1800m:
	400m: 4:56.94	900m:	900m:	1400m:	1900m:
	500m:	1000m: 19:00.53	1000m:	1500m: 19:00.53	2000m: 25:17.50
5.	Nina van der Schrier	AZC	23:43.26	201000444	25:24.58
	100m: 1:09.59	1:09.59	600m:	1100m:	1600m:
	200m: 2:24.84	1:15.25	700m:	1200m:	1700m:
	300m:	800m: 10:01.01	800m:	1300m:	1800m:
	400m: 4:56.84	900m:	900m:	1400m:	1900m:
	500m:	1000m: 19:02.44	1000m:	1500m: 19:02.44	2000m: 25:24.58
6.	Joep Lindhout	Niemo Barracuda	25:00.00	201100873	26:23.36
	100m: 1:08.72	1:08.72	600m:	1100m:	1600m:
	200m: 2:23.94	1:15.22	700m:	1200m:	1700m:
	300m:	800m: 10:14.56	800m:	1300m:	1800m:
	400m: 4:56.66	900m:	900m:	1400m:	1900m:
	500m:	1000m: 19:39.57	1000m:	1500m: 19:39.57	2000m: 26:23.36
7.	Rufus Zorge	De Gooye	27:51.52	201000443	26:25.75
	100m: 1:11.97	1:11.97	600m:	1100m:	1600m:
	200m: 2:31.00	1:19.03	700m:	1200m:	1700m:
	300m:	800m: 10:28.37	800m:	1300m:	1800m:
	400m: 5:09.41	900m:	900m:	1400m:	1900m:
	500m:	1000m: 19:47.76	1000m:	1500m: 19:47.76	2000m: 26:25.75
8.	Demi Bos	Niemo Barracuda	30:00.00	201001282	27:46.63
	100m: 1:15.42	1:15.42	600m:	1100m:	1600m:
	200m: 2:35.16	1:19.74	700m:	1200m:	1700m:
	300m:	800m: 10:47.48	800m:	1300m:	1800m:
	400m: 5:16.79	900m:	900m:	1400m:	1900m:
	500m:	1000m: 20:44.65	1000m:	1500m: 20:44.65	2000m: 27:46.63
9.	Stijn Butter	Oeza	25:30.00	201100455	28:03.37
	100m: 1:15.02	1:15.02	600m:	1100m:	1600m:
	200m: 2:38.11	1:23.09	700m:	1200m:	1700m:
	300m:	800m: 11:04.02	800m:	1300m:	1800m:
	400m: 5:26.76	900m:	900m:	1400m:	1900m:
	500m:	1000m: 20:58.31	1000m:	1500m: 20:58.31	2000m: 28:03.37

LAC deel 2
Zoetermeer, 26-4-2026

Programmanr. 6, Alle, 2000m vrije slag, 14 - 15 jaar

rang	naam	vereniging	intijd		tijd	RT
10.	Nikki de Heij	BZ&PC	29:00.00	201101194	28:33.31	
	100m: 1:17.29	1:17.29	600m:	1100m:	1600m:	
	200m: 2:40.96	1:23.67	700m:	1200m:	1700m:	
	300m:		800m: 11:10.47	1300m:	1800m:	
	400m: 5:31.45		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 21:23.19	2000m: 28:33.31	
11.	Jaysley Brouwn	Niemo Barracuda	33:00.00	201101033	29:28.08	
	100m: 1:21.84	1:21.84	600m:	1100m:	1600m:	
	200m: 2:49.02	1:27.18	700m:	1200m:	1700m:	
	300m:		800m: 11:44.63	1300m:	1800m:	
	400m: 5:46.75		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 22:09.27	2000m: 29:28.08	
12.	Lynn Walter	Niemo Barracuda	31:30.00	201000394	32:38.83	
	100m: 1:28.00	1:28.00	600m:	1100m:	1600m:	
	200m: 3:02.55	1:34.55	700m:	1200m:	1700m:	
	300m:		800m: 12:50.21	1300m:	1800m:	
	400m: 6:16.00		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 24:31.65	2000m: 32:38.83	
AFGEM	Tim Barendrecht	Niemo Barracuda	32:30.00	201100651		
AFGEM	Eli Shields	Niemo Barracuda	25:19.44	201000407		
16 - 17 jaar						
1.	Adriaan Coppelmans	AZC	22:34.64	200903243	22:35.17	
	100m: 1:02.99	1:02.99	600m:	1100m:	1600m:	
	200m: 2:09.42	1:06.43	700m:	1200m:	1700m:	
	300m:		800m: 8:53.24	1300m:	1800m:	
	400m: 4:23.57		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 16:54.28	2000m: 22:35.17	
2.	Jade van der Schrier	AZC	23:26.24	200800692	22:35.70	
	100m: 1:03.02	1:03.02	600m:	1100m:	1600m:	
	200m: 2:09.71	1:06.69	700m:	1200m:	1700m:	
	300m:		800m: 8:52.97	1300m:	1800m:	
	400m: 4:23.76		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 16:54.23	2000m: 22:35.70	
3.	Sven Mulder	WVZ	24:00.00	200901655	23:33.84	
	100m: 1:05.09	1:05.09	600m:	1100m:	1600m:	
	200m: 2:16.69	1:11.60	700m:	1200m:	1700m:	
	300m:		800m: 9:24.73	1300m:	1800m:	
	400m: 4:39.83		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 17:42.29	2000m: 23:33.84	
4.	Sverre van der Zwaan	WVZ	23:28.22	200900737	23:40.97	
	100m: 1:04.41	1:04.41	600m:	1100m:	1600m:	
	200m: 2:13.23	1:08.82	700m:	1200m:	1700m:	
	300m:		800m: 9:17.23	1300m:	1800m:	
	400m: 4:33.15		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 17:41.62	2000m: 23:40.97	
5.	Thijs Bijman	Niemo Barracuda	28:08.94	200901111	26:09.69	
	100m: 1:11.56	1:11.56	600m:	1100m:	1600m:	
	200m: 2:28.19	1:16.63	700m:	1200m:	1700m:	
	300m:		800m: 10:19.88	1300m:	1800m:	
	400m: 5:04.86		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 19:37.58	2000m: 26:09.69	
6.	Lars Barendrecht	Niemo Barracuda	28:58.92	200800587	26:30.94	
	100m: 1:12.46	1:12.46	600m:	1100m:	1600m:	
	200m: 2:30.61	1:18.15	700m:	1200m:	1700m:	
	300m:		800m: 10:24.58	1300m:	1800m:	
	400m: 5:09.07		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 19:50.60	2000m: 26:30.94	
7.	Sanne Mulder	WVZ	27:50.00	200900280	26:39.95	
	100m: 1:12.22	1:12.22	600m:	1100m:	1600m:	
	200m: 2:30.95	1:18.73	700m:	1200m:	1700m:	
	300m:		800m: 10:28.90	1300m:	1800m:	
	400m: 5:09.34		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 19:56.46	2000m: 26:39.95	
8.	Thomas Braat	AZC	26:30.00	200802269	26:58.11	S14
	100m: 1:11.13	1:11.13	600m:	1100m:	1600m:	
	200m: 2:28.00	1:16.87	700m:	1200m:	1700m:	
	300m:		800m: 10:25.39	1300m:	1800m:	
	400m: 5:07.06		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 20:07.25	2000m: 26:58.11	
9.	Dj Nobel	De Gooye	31:50.16	200901539	30:00.86	
	100m: 1:18.64	1:18.64	600m:	1100m:	1600m:	
	200m: 2:45.66	1:27.02	700m:	1200m:	1700m:	
	300m:		800m: 11:49.31	1300m:	1800m:	
	400m: 5:45.29		900m:	1400m:	1900m:	
	500m:		1000m:	1500m: 22:34.46	2000m: 30:00.86	

LAC deel 2
Zoetermeer, 26-4-2026

Programmanr. 6, 2000m vrije slag

18 jaar en ouder

1.	Anouchka Bos	Niemo Barracuda	24:59.18	200501528	25:10.31
	100m: 1:10.57	1:10.57	600m:	1100m:	1600m:
	200m: 2:24.94	1:14.37	700m:	1200m:	1700m:
	300m:		800m: 9:55.15	1300m:	1800m:
	400m: 4:53.61		900m:	1400m:	1900m:
	500m:		1000m:	1500m: 18:49.34	2000m: 25:10.31
2.	Jordy van Oel	WVZ	25:30.83	199802003	26:06.74
	100m: 1:11.07	1:11.07	600m:	1100m:	1600m:
	200m: 2:28.87	1:17.80	700m:	1200m:	1700m:
	300m:		800m: 10:20.61	1300m:	1800m:
	400m: 5:04.87		900m:	1400m:	1900m:
	500m:		1000m:	1500m: 19:38.37	2000m: 26:06.74
3.	Thomas Hesper	Niemo Barracuda	27:00.00	200004181	26:11.63
	100m: 1:10.81	1:10.81	600m:	1100m:	1600m:
	200m: 2:25.73	1:14.92	700m:	1200m:	1700m:
	300m:		800m: 10:14.46	1300m:	1800m:
	400m: 4:59.75		900m:	1400m:	1900m:
	500m:		1000m:	1500m: 19:32.74	2000m: 26:11.63
4.	Dennis Dortland	Niemo Barracuda	25:40.28	197800261	26:15.60
	100m: 1:11.32	1:11.32	600m:	1100m:	1600m:
	200m: 2:28.31	1:16.99	700m:	1200m:	1700m:
	300m:		800m: 10:19.56	1300m:	1800m:
	400m: 5:03.23		900m:	1400m:	1900m:
	500m:		1000m:	1500m: 19:38.11	2000m: 26:15.60
5.	Babet van Andel	Zvl-1886	27:19.80	200304308	26:20.45
	100m: 1:13.45	1:13.45	600m:	1100m:	1600m:
	200m: 2:32.16	1:18.71	700m:	1200m:	1700m:
	300m:		800m: 10:28.10	1300m:	1800m:
	400m: 5:11.20		900m:	1400m:	1900m:
	500m:		1000m:	1500m: 19:44.82	2000m: 26:20.45
6.	Iris van 't Veer	Oeza	27:00.00	200301254	26:26.86
	100m: 1:12.99	1:12.99	600m:	1100m:	1600m:
	200m: 2:32.23	1:19.24	700m:	1200m:	1700m:
	300m:		800m: 10:35.57	1300m:	1800m:
	400m: 5:12.73		900m:	1400m:	1900m:
	500m:		1000m:	1500m: 19:51.84	2000m: 26:26.86
7.	Marijke Kommers	Niemo Barracuda	27:13.30	199305334	27:02.53
	100m: 1:13.63	1:13.63	600m:	1100m:	1600m:
	200m: 2:34.58	1:20.95	700m:	1200m:	1700m:
	300m:		800m: 10:46.97	1300m:	1800m:
	400m: 5:17.69		900m:	1400m:	1900m:
	500m:		1000m:	1500m: 20:12.76	2000m: 27:02.53
8.	Renzo Steller	WVZ	27:18.66	200701141	27:20.90
	100m: 1:10.50	1:10.50	600m:	1100m:	1600m:
	200m: 2:28.09	1:17.59	700m:	1200m:	1700m:
	300m:		800m: 10:39.94	1300m:	1800m:
	400m: 5:07.39		900m:	1400m:	1900m:
	500m:		1000m:	1500m: 20:20.08	2000m: 27:20.90
AFGEM	Angelique van Vark	GZC DONK	24:40.00	199701478	