

LAC  
Oosterhout, 15-3-2019

Programmanr. 1  
15-3-2019

Dames, 2000m vrije slag

Dames Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Sterre van de Goor	PSV	NT	200102168	24:02.31			
	100m: 1:08.56	1:08.56	600m: 7:12.78	1:13.19	1100m: 13:18.66	1:13.65	1600m: 19:25.91	1:12.14
	200m: 2:20.78	1:12.22	700m: 8:25.70	1:12.92	1200m: 14:32.64	1:13.98	1700m: 20:35.77	1:09.86
	300m: 3:33.53	1:12.75	800m: 9:38.71	1:13.01	1300m: 15:45.53	1:12.89	1800m: 21:44.98	1:09.21
	400m: 4:46.71	1:13.18	900m: 10:51.72	1:13.01	1400m: 16:59.08	1:13.55	1900m: 22:54.58	1:09.60
	500m: 5:59.59	1:12.88	1000m: 12:05.01	1:13.29	1500m: 18:13.77	1:14.69	2000m: 24:02.31	1:07.73
2.	Anne Paulusse	De Warande	25:21.22	200200834	24:23.41			
	100m: 1:07.10	1:07.10	600m: 7:10.80	1:13.02	1100m: 13:20.11	1:14.22	1600m: 19:30.70	1:14.65
	200m: 2:19.28	1:12.18	700m: 8:24.34	1:13.54	1200m: 14:33.99	1:13.88	1700m: 20:44.56	1:13.86
	300m: 3:31.99	1:12.71	800m: 9:37.80	1:13.46	1300m: 15:47.98	1:13.99	1800m: 21:58.99	1:14.43
	400m: 4:44.63	1:12.64	900m: 10:51.19	1:13.39	1400m: 17:01.71	1:13.73	1900m: 23:12.22	1:13.23
	500m: 5:57.78	1:13.15	1000m: 12:05.89	1:14.70	1500m: 18:16.05	1:14.34	2000m: 24:23.41	1:11.19
3.	Kirsten Walraven	Z & PC De Zeeuwse Kust 1	25:45.38	200001358	24:59.64			
	100m: 1:08.34	1:08.34	600m: 7:21.03	1:15.17	1100m: 13:37.56	1:15.18	1600m: 19:56.93	1:17.47
	200m: 2:21.91	1:13.57	700m: 8:36.47	1:15.44	1200m: 14:52.94	1:15.38	1700m: 21:13.62	1:16.69
	300m: 3:36.22	1:14.31	800m: 9:51.91	1:15.44	1300m: 16:07.88	1:14.94	1800m: 22:29.94	1:16.32
	400m: 4:50.44	1:14.22	900m: 11:07.21	1:15.30	1400m: 17:23.53	1:15.65	1900m: 23:45.84	1:15.90
	500m: 6:05.86	1:15.42	1000m: 12:22.38	1:15.17	1500m: 18:39.46	1:15.93	2000m: 24:59.64	1:13.80
4.	Roos Englebert	Hieronymus	25:58.89	200200606	25:05.34			
	100m: 1:10.05	1:10.05	600m: 7:23.91	1:15.65	1100m: 13:40.91	1:15.50	1600m: 20:01.12	1:16.43
	200m: 2:24.44	1:14.39	700m: 8:39.62	1:15.71	1200m: 14:56.34	1:15.43	1700m: 21:17.37	1:16.25
	300m: 3:39.12	1:14.68	800m: 9:54.72	1:15.10	1300m: 16:12.79	1:16.45	1800m: 22:33.62	1:16.25
	400m: 4:53.89	1:14.77	900m: 11:10.16	1:15.44	1400m: 17:28.59	1:15.80	1900m: 23:50.30	1:16.68
	500m: 6:08.26	1:14.37	1000m: 12:25.41	1:15.25	1500m: 18:44.69	1:16.10	2000m: 25:05.34	1:15.04
5.	Mara Bosman	The Hague Swimming (SG)	24:46.94	200303048	25:20.08			
	100m: 1:07.89	1:07.89	600m: 7:25.89	1:16.52	1100m: 13:45.37	1:15.97	1600m: 20:09.01	1:15.64
	200m: 2:22.24	1:14.35	700m: 8:41.59	1:15.70	1200m: 15:02.50	1:17.13	1700m: 21:26.75	1:17.74
	300m: 3:37.18	1:14.94	800m: 9:58.08	1:16.49	1300m: 16:19.79	1:17.29	1800m: 22:45.34	1:18.59
	400m: 4:52.72	1:15.54	900m: 11:13.95	1:15.87	1400m: 17:37.74	1:17.95	1900m: 24:03.29	1:17.95
	500m: 6:09.37	1:16.65	1000m: 12:29.40	1:15.45	1500m: 18:53.37	1:15.63	2000m: 25:20.08	1:16.79
6.	Amy van Lier	De Warande	24:54.76	199603022	25:38.09			
	100m: 1:08.27	1:08.27	600m: 7:21.59	1:15.53	1100m: 13:48.33	1:17.74	1600m: 20:22.99	1:19.35
	200m: 2:22.05	1:13.78	700m: 8:37.92	1:16.33	1200m: 15:06.40	1:18.07	1700m: 21:42.58	1:19.59
	300m: 3:36.06	1:14.01	800m: 9:55.16	1:17.24	1300m: 16:25.76	1:19.36	1800m: 23:02.22	1:19.64
	400m: 4:50.55	1:14.49	900m: 11:13.07	1:17.91	1400m: 17:44.99	1:19.23	1900m: 24:20.14	1:17.92
	500m: 6:06.06	1:15.51	1000m: 12:30.59	1:17.52	1500m: 19:03.64	1:18.65	2000m: 25:38.09	1:17.95
7.	Melanie Marinus-Cruz	Wvz	NT	200404702	26:25.69			
	100m: 1:11.94	1:11.94	600m: 7:50.77	1:21.18	1100m: 14:35.46	1:21.69	1600m: 21:22.70	1:19.94
	200m: 2:31.09	1:19.15	700m: 9:10.21	1:19.44	1200m: 15:57.22	1:21.76	1700m: 22:39.44	1:16.74
	300m: 3:50.90	1:19.81	800m: 10:30.10	1:19.89	1300m: 17:18.02	1:20.80	1800m: 23:56.78	1:17.34
	400m: 5:10.44	1:19.54	900m: 11:51.82	1:21.72	1400m: 18:40.58	1:22.56	1900m: 25:13.33	1:16.55
	500m: 6:29.59	1:19.15	1000m: 13:13.77	1:21.95	1500m: 20:02.76	1:22.18	2000m: 26:25.69	1:12.36
8.	Kim Roestenberg	TRB-RES	NT	200402670	26:47.79			
	100m: 1:12.25	1:12.25	600m: 7:54.86	1:21.54	1100m: 14:43.38	1:21.91	1600m: 21:30.89	1:21.35
	200m: 2:31.29	1:19.04	700m: 9:16.13	1:21.27	1200m: 16:05.04	1:21.66	1700m: 22:51.99	1:21.10
	300m: 3:52.09	1:20.80	800m: 10:37.27	1:21.14	1300m: 17:26.85	1:21.81	1800m: 24:12.15	1:20.16
	400m: 5:12.57	1:20.48	900m: 11:58.80	1:21.53	1400m: 18:48.45	1:21.60	1900m: 25:30.99	1:18.84
	500m: 6:33.32	1:20.75	1000m: 13:21.47	1:22.67	1500m: 20:09.54	1:21.09	2000m: 26:47.79	1:16.80
9.	Félinn van Lienden	Hieronymus	NT	200602038	27:03.17			
	100m: 1:12.42	1:12.42	600m: 7:53.11	1:20.57	1100m: 14:42.80	1:22.26	1600m: 21:34.86	1:22.19
	200m: 2:31.77	1:19.35	700m: 9:14.20	1:21.09	1200m: 16:05.02	1:22.22	1700m: 22:57.54	1:22.68
	300m: 3:51.64	1:19.87	800m: 10:35.95	1:21.75	1300m: 17:27.54	1:22.52	1800m: 24:20.36	1:22.82
	400m: 5:11.80	1:20.16	900m: 11:57.89	1:21.94	1400m: 18:49.70	1:22.16	1900m: 25:42.70	1:22.34
	500m: 6:32.54	1:20.74	1000m: 13:20.54	1:22.65	1500m: 20:12.67	1:22.97	2000m: 27:03.17	1:20.47
10.	Isabella Castelijns	Hieronymus	NT	200105962	28:10.41			
	100m: 1:12.40	1:12.40	600m: 8:10.39	1:25.40	1100m: 15:19.08	1:26.59	1600m: 22:31.72	1:27.05
	200m: 2:32.66	1:20.26	700m: 9:34.68	1:24.29	1200m: 16:44.88	1:25.80	1700m: 23:58.93	1:27.21
	300m: 3:55.52	1:22.86	800m: 10:59.93	1:25.25	1300m: 18:10.39	1:25.51	1800m: 25:25.82	1:26.89
	400m: 5:19.86	1:24.34	900m: 12:25.94	1:26.01	1400m: 19:36.92	1:26.53	1900m: 26:50.98	1:25.16
	500m: 6:44.99	1:25.13	1000m: 13:52.49	1:26.55	1500m: 21:04.67	1:27.75	2000m: 28:10.41	1:19.43
11.	Sophie Kremers	TRB-RES	NT	200304760	29:27.16			
	100m: 1:17.80	1:17.80	600m: 8:37.36	1:28.66	1100m: 16:03.21	1:29.33	1600m: 23:30.37	1:30.28
	200m: 2:43.15	1:25.35	700m: 10:06.01	1:28.65	1200m: 17:32.98	1:29.77	1700m: 24:59.90	1:29.53
	300m: 4:11.60	1:28.45	800m: 11:34.98	1:28.97	1300m: 19:01.08	1:28.10	1800m: 26:30.71	1:30.81
	400m: 5:40.56	1:28.96	900m: 13:04.46	1:29.48	1400m: 20:30.09	1:29.01	1900m: 28:01.88	1:31.17
	500m: 7:08.70	1:28.14	1000m: 14:33.88	1:29.42	1500m: 22:00.09	1:30.00	2000m: 29:27.16	1:25.28
12.	Kim Verhoeven	TRB-RES	NT	200404786	31:47.27			
	100m: 1:23.75	1:23.75	600m: 9:22.40	1:37.25	1100m: 17:27.44	1:36.18	1600m: 25:36.03	1:36.68
	200m: 2:56.98	1:33.23	700m: 10:59.47	1:37.07	1200m: 19:04.37	1:36.93	1700m: 27:12.18	1:36.15
	300m: 4:32.25	1:35.27	800m: 12:36.46	1:36.99	1300m: 20:42.42	1:38.05	1800m: 28:45.64	1:33.46
	400m: 6:08.68	1:36.43	900m: 14:13.47	1:37.01	1400m: 22:20.68	1:38.26	1900m: 30:19.15	1:33.51
	500m: 7:45.15	1:36.47	1000m: 15:51.26	1:37.79	1500m: 23:59.35	1:38.67	2000m: 31:47.27	1:28.12

LAC  
Oosterhout, 15-3-2019

Programmanr. 1, Dames, 2000m vrije slag, Dames Senioren Open

rang	naam	vereniging				intijd		tijd		RT	
13.	<b>Hasse Horvers</b>	<b>TRB-RES</b>				<b>NT</b>		<b>200403350</b>		<b>34:45.48</b>	
	100m: 1:31.71	1:31.71	600m: 10:15.66	1:47.55	1100m: 19:08.18	1:43.80	1600m: 27:55.93	1:45.71			
	200m: 3:14.01	1:42.30	700m: 12:01.68	1:46.02	1200m: 20:54.62	1:46.44	1700m: 29:39.89	1:43.96			
	300m: 4:57.59	1:43.58	800m: 13:50.18	1:48.50	1300m: 22:40.71	1:46.09	1800m: 31:24.96	1:45.07			
	400m: 6:42.40	1:44.81	900m: 15:37.57	1:47.39	1400m: 24:27.27	1:46.56	1900m: 33:09.01	1:44.05			
	500m: 8:28.11	1:45.71	1000m: 17:24.38	1:46.81	1500m: 26:10.22	1:42.95	2000m: 34:45.48	1:36.47			

Programmanr. 2  
15-3-2019

Heren, 2000m vrije slag

Heren Senioren Open  
Resultaten

rang	naam	vereniging				intijd		tijd		RT	
1.	<b>Thomas Jansen</b>	<b>Wvz</b>				<b>21:44.98</b>		<b>200100143</b>		<b>20:58.75</b>	
	100m: 1:00.97	1:00.97	600m: 6:19.29	1:03.41	1100m: 11:35.79	1:02.97	1600m: 16:51.45	1:02.37			
	200m: 2:04.92	1:03.95	700m: 7:22.25	1:02.96	1200m: 12:39.23	1:03.44	1700m: 17:54.10	1:02.65			
	300m: 3:08.49	1:03.57	800m: 8:25.90	1:03.65	1300m: 13:42.31	1:03.08	1800m: 18:56.77	1:02.67			
	400m: 4:12.16	1:03.67	900m: 9:29.20	1:03.30	1400m: 14:45.55	1:03.24	1900m: 19:59.17	1:02.40			
	500m: 5:15.88	1:03.72	1000m: 10:32.82	1:03.62	1500m: 15:49.08	1:03.53	2000m: 20:58.75	59.58			
2.	<b>Janne Englebert</b>	<b>Hieronymus</b>				<b>22:53.85</b>		<b>200101561</b>		<b>23:08.77</b>	
	100m: 1:02.49	1:02.49	600m: 6:43.11	1:08.79	1100m: 12:31.24	1:09.58	1600m: 18:23.29	1:10.51			
	200m: 2:09.14	1:06.65	700m: 7:53.14	1:10.03	1200m: 13:41.68	1:10.44	1700m: 19:34.55	1:11.26			
	300m: 3:17.02	1:07.88	800m: 9:02.09	1:08.95	1300m: 14:52.17	1:10.49	1800m: 20:45.93	1:11.38			
	400m: 4:25.50	1:08.48	900m: 10:11.72	1:09.63	1400m: 16:02.58	1:10.41	1900m: 21:57.62	1:11.69			
	500m: 5:34.32	1:08.82	1000m: 11:21.66	1:09.94	1500m: 17:12.78	1:10.20	2000m: 23:08.77	1:11.15			
3.	<b>Thijn Damen</b>	<b>De Warande</b>				<b>NT</b>		<b>200300973</b>		<b>23:20.32</b>	
	100m: 1:04.65	1:04.65	600m: 6:51.60	1:10.22	1100m: 12:43.16	1:10.59	1600m: 18:38.79	1:11.48			
	200m: 2:13.44	1:08.79	700m: 8:02.12	1:10.52	1200m: 13:54.09	1:10.93	1700m: 19:50.31	1:11.52			
	300m: 3:22.09	1:08.65	800m: 9:11.90	1:09.78	1300m: 15:04.76	1:10.67	1800m: 21:02.03	1:11.72			
	400m: 4:31.55	1:09.46	900m: 10:22.32	1:10.42	1400m: 16:15.67	1:10.91	1900m: 22:13.91	1:11.88			
	500m: 5:41.38	1:09.83	1000m: 11:32.57	1:10.25	1500m: 17:27.31	1:11.64	2000m: 23:20.32	1:06.41			
4.	<b>Bas van Nisius</b>	<b>The Hague Swimming (SG)</b>				<b>24:40.05</b>		<b>200202107</b>		<b>23:34.32</b>	
	100m: 1:04.08	1:04.08	600m: 7:06.13	1:12.95	1100m: 13:05.45	1:12.65	1600m: 18:57.75	1:09.55			
	200m: 2:16.55	1:12.47	700m: 8:18.15	1:12.02	1200m: 14:16.70	1:11.25	1700m: 20:07.65	1:09.90			
	300m: 3:28.96	1:12.41	800m: 9:30.02	1:11.87	1300m: 15:27.92	1:11.22	1800m: 21:17.39	1:09.74			
	400m: 4:40.83	1:11.87	900m: 10:42.53	1:12.51	1400m: 16:37.86	1:09.94	1900m: 22:26.17	1:08.78			
	500m: 5:53.18	1:12.35	1000m: 11:52.80	1:10.27	1500m: 17:48.20	1:10.34	2000m: 23:34.32	1:08.15			
5.	<b>Tom Balsem Versteeg</b>	<b>De Warande</b>				<b>23:16.19</b>		<b>200005673</b>		<b>23:53.76</b>	
	100m: 1:04.12	1:04.12	600m: 7:03.77	1:14.44	1100m: 13:04.36	1:12.07	1600m: 19:12.63	1:14.36			
	200m: 2:13.81	1:09.69	700m: 8:16.03	1:12.26	1200m: 14:17.40	1:13.04	1700m: 20:24.72	1:12.09			
	300m: 3:24.08	1:10.27	800m: 9:28.57	1:12.54	1300m: 15:30.89	1:13.49	1800m: 21:35.71	1:10.99			
	400m: 4:36.10	1:12.02	900m: 10:39.42	1:10.85	1400m: 16:44.04	1:13.15	1900m: 22:46.62	1:10.91			
	500m: 5:49.33	1:13.23	1000m: 11:52.29	1:12.87	1500m: 17:58.27	1:14.23	2000m: 23:53.76	1:07.14			
6.	<b>Sven ten Hove</b>	<b>Hieronymus</b>				<b>NT</b>		<b>200500273</b>		<b>25:25.16</b>	
	100m: 1:10.78	1:10.78	600m: 7:31.01	1:16.17	1100m: 13:52.94	1:16.42	1600m: 20:21.83	1:18.76			
	200m: 2:26.34	1:15.56	700m: 8:46.74	1:15.73	1200m: 15:11.84	1:18.90	1700m: 21:41.00	1:19.17			
	300m: 3:42.38	1:16.04	800m: 10:03.09	1:16.35	1300m: 16:29.66	1:17.82	1800m: 22:58.52	1:17.52			
	400m: 4:58.29	1:15.91	900m: 11:19.66	1:16.57	1400m: 17:46.19	1:16.53	1900m: 24:13.23	1:14.71			
	500m: 6:14.84	1:16.55	1000m: 12:36.52	1:16.86	1500m: 19:03.07	1:16.88	2000m: 25:25.16	1:11.93			
7.	<b>Tom van Gils</b>	<b>Z &amp; PC De Zeeuwse Kust 1</b>				<b>26:42.67</b>		<b>199501799</b>		<b>25:36.80</b>	
	100m: 1:08.70	1:08.70	600m: 7:22.63	1:14.90	1100m: 13:46.63	1:18.07	1600m: 20:21.34	1:19.36			
	200m: 2:22.18	1:13.48	700m: 8:37.91	1:15.28	1200m: 15:05.18	1:18.55	1700m: 21:40.91	1:19.57			
	300m: 3:37.23	1:15.05	800m: 9:54.13	1:16.22	1300m: 16:23.91	1:18.73	1800m: 23:00.38	1:19.47			
	400m: 4:51.84	1:14.61	900m: 11:11.63	1:17.50	1400m: 17:43.20	1:19.29	1900m: 24:19.20	1:18.82			
	500m: 6:07.73	1:15.89	1000m: 12:28.56	1:16.93	1500m: 19:01.98	1:18.78	2000m: 25:36.80	1:17.60			
8.	<b>Sem Verberg</b>	<b>The Hague Swimming (SG)</b>				<b>NT</b>		<b>200402105</b>		<b>25:49.77</b>	
	100m: 1:08.40	1:08.40	600m: 7:41.75	1:18.81	1100m: 14:18.00	1:18.86	1600m: 20:46.04	1:18.96			
	200m: 2:26.22	1:17.82	700m: 9:01.75	1:20.00	1200m: 15:35.47	1:17.47	1700m: 22:03.19	1:17.15			
	300m: 3:44.45	1:18.23	800m: 10:20.77	1:19.02	1300m: 16:52.98	1:17.51	1800m: 23:19.19	1:16.00			
	400m: 5:03.44	1:18.99	900m: 11:40.32	1:19.55	1400m: 18:10.02	1:17.04	1900m: 24:34.97	1:15.78			
	500m: 6:22.94	1:19.50	1000m: 12:59.14	1:18.82	1500m: 19:27.08	1:17.06	2000m: 25:49.77	1:14.80			
9.	<b>Ruben Schellekens</b>	<b>TRB-RES</b>				<b>NT</b>		<b>199702747</b>		<b>26:25.29</b>	
	100m: 1:11.82	1:11.82	600m: 7:46.01	1:19.94	1100m: 14:24.68	1:19.81	1600m: 21:06.56	1:20.31			
	200m: 2:29.62	1:17.80	700m: 9:06.83	1:20.82	1200m: 15:44.81	1:20.13	1700m: 22:26.94	1:20.38			
	300m: 3:47.00	1:17.38	800m: 10:24.94	1:18.11	1300m: 17:04.92	1:20.11	1800m: 23:47.43	1:20.49			
	400m: 5:05.99	1:18.99	900m: 11:45.62	1:20.68	1400m: 18:25.70	1:20.78	1900m: 25:07.45	1:20.02			
	500m: 6:26.07	1:20.08	1000m: 13:04.87	1:19.25	1500m: 19:46.25	1:20.55	2000m: 26:25.29	1:17.84			
10.	<b>Martino Valentijn</b>	<b>Z &amp; Pc Dio</b>				<b>NT</b>		<b>199403913</b>		<b>26:43.64</b>	
	100m: 1:11.39	1:11.39	600m: 7:52.76	1:21.03	1100m: 14:36.39	1:21.47	1600m: 21:23.80	1:20.85			
	200m: 2:30.00	1:18.61	700m: 9:12.07	1:19.31	1200m: 15:57.60	1:21.21	1700m: 22:44.39	1:20.59			
	300m: 3:49.73	1:19.73	800m: 10:33.60	1:21.53	1300m: 17:19.20	1:21.60	1800m: 24:05.80	1:21.41			
	400m: 5:10.45	1:20.72	900m: 11:54.26	1:20.66	1400m: 18:40.82	1:21.62	1900m: 25:26.73	1:20.93			
	500m: 6:31.73	1:21.28	1000m: 13:14.92	1:20.66	1500m: 20:02.95	1:22.13	2000m: 26:43.64	1:16.91			

LAC  
Oosterhout, 15-3-2019

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Programmanr. 2, Heren, 2000m vrije slag, Heren Senioren Open

rang	naam	vereniging	intijd	tijd	RT
AFGEM	Freek Gabriels	TRB-RES	NT	200301407	