

LAC Deel 3 15-01-2023
Papendrecht, 15-1-2023

Programmanr. 1
15-1-2023 - 14:00

Jongens, 200m vrije slag

Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Isai Shields	Niemo Barracuda	2:52.50	201300031	2:43.82			
	50m: 38.08	38.08	100m: 1:19.82	41.74	150m: 2:02.58	42.76	200m: 2:43.82	41.24
2.	Sebas van Dam	Acz	3:04.43	201300127	2:56.29			
	50m: 40.38	40.38	100m: 1:25.52	45.14	150m: 2:11.36	45.84	200m: 2:56.29	44.93
3.	Teo Taylan	Niemo Barracuda	3:03.93	201300219	3:00.61			
	50m: 40.12	40.12	100m: 1:26.77	46.65	150m: 2:14.45	47.68	200m: 3:00.61	46.16
4.	Lucas de Jonge	Wiekslag	NT	201400175	3:30.65			
	50m: 44.91	44.91	100m: 1:37.47	52.56	150m: 2:34.86	57.39	200m: 3:30.65	55.79
5.	Vince Oomens	Niemo Barracuda	3:39.45	201400011	3:34.02			
	50m: 46.19	46.19	100m: 1:40.73	54.54	150m: 2:38.05	57.32	200m: 3:34.02	55.97

Programmanr. 2
15-1-2023 - 14:05

Meisjes, 200m vrije slag

Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Fien Provily	Wiekslag	3:05.36	201400030	3:03.72			
	50m: 41.28	41.28	100m: 1:30.55	49.27	150m: 2:19.87	49.32	200m: 3:03.72	43.85
2.	Elize Ruitenber	De Geul	4:12.17	201400040	3:45.67			
	50m: 47.71	47.71	100m: 1:46.93	59.22	200m: 3:45.67	1:58.74		

Programmanr. 3
15-1-2023 - 14:10

Heren, 1500m vrije slag

Junioren 3 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Junioren 3 en 4								
1.	Yarno van Dam	Acz	17:03.70	200800115	17:12.65			
	50m: 29.35	29.35	450m: 5:01.44	34.46	850m: 9:39.12	34.94	1250m: 14:20.37	35.30
	100m: 1:02.17	32.82	500m: 5:36.14	34.70	900m: 10:14.13	35.01	1300m: 14:55.13	34.76
	150m: 1:35.78	33.61	550m: 6:10.47	34.33	950m: 10:48.87	34.74	1350m: 15:30.25	35.12
	200m: 2:09.97	34.19	600m: 6:45.07	34.60	1000m: 11:24.14	35.27	1400m: 16:05.36	35.11
	250m: 2:44.09	34.12	650m: 7:19.71	34.64	1050m: 11:59.02	34.88	1450m: 16:39.76	34.40
	300m: 3:18.24	34.15	700m: 7:54.28	34.57	1100m: 12:34.12	35.10	1500m: 17:12.65	32.89
	350m: 3:52.65	34.41	750m: 8:29.26	34.98	1150m: 13:09.45	35.33		
	400m: 4:26.98	34.33	800m: 9:04.18	34.92	1200m: 13:45.07	35.62		
2.	Floris van der Valk	Wiekslag	NT	200801891	21:12.69			
	50m: 34.00	34.00	450m: 6:05.91	43.64	850m: 11:55.92	42.84	1250m: 17:47.86	42.76
	100m: 1:11.84	37.84	500m: 6:50.06	44.15	900m: 12:40.64	44.72	1300m: 18:30.39	42.53
	150m: 1:52.76	40.92	550m: 7:34.31	44.25	950m: 13:24.07	43.43	1350m: 19:13.07	42.68
	200m: 2:32.99	40.23	600m: 8:17.73	43.42	1000m: 14:09.24	45.17	1400m: 19:55.21	42.14
	250m: 3:14.46	41.47	650m: 9:01.55	43.82	1050m: 14:54.44	45.20	1450m: 20:36.48	41.27
	300m: 3:56.57	42.11	700m: 9:44.69	43.14	1100m: 15:40.40	45.96	1500m: 21:12.69	36.21
	350m: 4:38.62	42.05	750m: 10:28.36	43.67	1150m: 16:22.78	42.38		
	400m: 5:22.27	43.65	800m: 11:13.08	44.72	1200m: 17:05.10	42.32		
3.	Kees Wassenaar	Wiekslag	23:58.46	200702917	21:58.07			
	50m: 35.57	35.57	450m: 6:26.18	45.68	850m: 12:28.19	44.38	1250m: 18:24.86	43.62
	100m: 1:16.22	40.65	500m: 7:11.35	45.17	900m: 13:14.05	45.86	1300m: 19:08.85	43.99
	150m: 1:58.82	42.60	550m: 7:56.45	45.10	950m: 13:58.85	44.80	1350m: 19:53.79	44.94
	200m: 2:41.77	42.95	600m: 8:42.44	45.99	1000m: 14:43.42	44.57	1400m: 20:37.16	43.37
	250m: 3:24.98	43.21	650m: 9:27.57	45.13	1050m: 15:27.10	43.68	1450m: 21:19.50	42.34
	300m: 4:09.21	44.23	700m: 10:13.02	45.45	1100m: 16:11.00	43.90	1500m: 21:58.07	38.57
	350m: 4:54.84	45.63	750m: 10:58.13	45.11	1150m: 16:56.32	45.32		
	400m: 5:40.50	45.66	800m: 11:43.81	45.68	1200m: 17:41.24	44.92		
4.	Jesper van Tilburg	De Geul	22:12.47	200800043	22:02.00			
	50m: 33.85	33.85	450m: 6:21.21	45.82	850m: 1:23:36.13	1:11:53.96	1250m: 18:31.20	43.37
	100m: 1:13.19	39.34	500m: 7:06.13	44.92	900m: 13:14.23		1300m: 19:14.45	43.25
	150m: 1:54.70	41.51	550m: 7:51.31	45.18	950m: 14:00.16	45.93	1350m: 19:57.57	43.12
	200m: 2:37.61	42.91	600m: 8:37.20	45.89	1000m: 14:46.23	46.07	1400m: 20:41.92	44.35
	250m: 3:21.11	43.50	650m: 9:22.36	45.16	1050m: 15:31.98	45.75	1450m: 21:24.65	42.73
	300m: 4:05.28	44.17	700m: 10:09.38	47.02	1100m: 16:17.51	45.53	1500m: 22:02.00	37.35
	350m: 4:50.51	45.23	750m: 10:55.33	45.95	1150m: 17:02.20	44.69		
	400m: 5:35.39	44.88	800m: 11:42.17	46.84	1200m: 17:47.83	45.63		

LAC Deel 3 15-01-2023
Papendrecht, 15-1-2023

Programmanr. 3, Jongens, 1500m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	intijd	tijd	RT
5.	Lars Barendrecht	Niemo Barracuda	23:09.22	200800587	22:35.42	
	50m: 36.10	36.10	450m: 6:35.78	45.52	850m: 12:43.05	45.90
	100m: 1:19.39	43.29	500m: 7:22.12	46.34	900m: 13:28.39	45.34
	150m: 2:04.10	44.71	550m: 8:09.12	47.00	950m: 14:13.97	45.58
	200m: 2:48.82	44.72	600m: 8:55.12	46.00	1000m: 15:00.12	46.15
	250m: 3:34.45	45.63	650m: 9:40.90	45.78	1050m: 15:44.62	44.50
	300m: 4:19.58	45.13	700m: 10:26.49	45.59	1100m: 16:30.01	45.39
	350m: 5:04.55	44.97	750m: 11:11.91	45.42	1150m: 17:15.31	45.30
	400m: 5:50.26	45.71	800m: 11:57.15	45.24	1200m: 18:00.87	45.56
6.	Senna Veth	De Geul	NT	200802865	23:02.95	
	50m: 36.91	36.91	450m: 6:45.14	46.95	850m: 12:58.81	47.61
	100m: 1:19.57	42.66	500m: 7:30.95	45.81	900m: 13:44.97	46.16
	150m: 2:04.55	44.98	550m: 8:16.80	45.85	950m: 14:32.81	47.84
	200m: 2:50.23	45.68	600m: 9:04.10	47.30	1000m: 15:19.48	46.67
	250m: 3:36.31	46.08	650m: 9:50.60	46.50	1050m: 16:06.45	46.97
	300m: 4:22.63	46.32	700m: 10:37.10	46.50	1100m: 16:53.91	47.46
	350m: 5:10.20	47.57	750m: 11:23.94	46.84	1150m: 17:40.31	46.40
	400m: 5:58.19	47.99	800m: 12:11.20	47.26	1200m: 18:26.86	46.55
AFGEM	Milán Biró	Acz	22:54.72	200803169		

Jeugd 1 en 2

1.	Reinier Velthuijs	Niemo Barracuda	20:43.23	200503537	20:08.95	
	50m: 34.59	34.59	450m: 5:54.21	40.80	850m: 11:21.03	41.10
	100m: 1:13.21	38.62	500m: 6:34.99	40.78	900m: 12:01.87	40.84
	150m: 1:52.29	39.08	550m: 7:15.28	40.29	950m: 12:42.31	40.44
	200m: 2:31.75	39.46	600m: 7:55.92	40.64	1000m: 13:22.98	40.67
	250m: 3:11.56	39.81	650m: 8:36.97	41.05	1050m: 14:04.41	41.43
	300m: 3:52.25	40.69	700m: 9:17.66	40.69	1100m: 14:44.82	40.41
	350m: 4:32.87	40.62	750m: 9:58.67	41.01	1150m: 15:25.39	40.57
	400m: 5:13.41	40.54	800m: 10:39.93	41.26	1200m: 16:05.95	40.56
2.	Bas Bechtold	Niemo Barracuda	20:53.72	200600007	20:32.21	
	50m: 31.96	31.96	450m: 5:47.75	42.78	850m: 11:33.43	42.86
	100m: 1:07.44	35.48	500m: 6:30.90	43.15	900m: 12:17.21	43.78
	150m: 1:44.27	36.83	550m: 7:15.09	44.19	950m: 12:59.11	41.90
	200m: 2:21.95	37.68	600m: 7:59.22	44.13	1000m: 13:41.73	42.62
	250m: 3:01.26	39.31	650m: 8:42.49	43.27	1050m: 14:22.78	41.05
	300m: 3:41.21	39.95	700m: 9:25.36	42.87	1100m: 15:04.04	41.26
	350m: 4:22.57	41.36	750m: 10:08.25	42.89	1150m: 15:46.04	42.00
	400m: 5:04.97	42.40	800m: 10:50.57	42.32	1200m: 16:29.00	42.96
3.	Csongor Biró	Acz	NT	200604101	21:58.17	
	50m: 36.81	36.81	450m: 6:20.74	44.22	850m: 12:18.87	45.16
	100m: 1:17.17	40.36	500m: 7:05.46	44.72	900m: 13:04.15	45.28
	150m: 1:58.76	41.59	550m: 7:50.11	44.65	950m: 13:49.33	45.18
	200m: 2:41.70	42.94	600m: 8:34.78	44.67	1000m: 14:34.40	45.07
	250m: 3:25.05	43.35	650m: 9:19.69	44.91	1050m: 15:19.11	44.71
	300m: 4:08.69	43.64	700m: 10:04.32	44.63	1100m: 16:04.13	45.02
	350m: 4:52.72	44.03	750m: 10:48.87	44.55	1150m: 16:48.11	43.98
	400m: 5:36.52	43.80	800m: 11:33.71	44.84	1200m: 17:32.76	44.65
AFGEM	Jasper Groen	Acz	21:11.57	200602325		

Senioren 1 en ouder

1.	Nathan Janssen	De Geul	17:09.22	200401565	17:47.03	
	50m: 29.14	29.14	450m: 5:02.37	34.99	850m: 9:49.65	36.11
	100m: 1:01.73	32.59	500m: 5:37.92	35.55	900m: 10:26.11	36.46
	150m: 1:35.11	33.38	550m: 6:13.61	35.69	950m: 11:02.87	36.76
	200m: 2:09.10	33.99	600m: 6:49.11	35.50	1000m: 11:39.40	36.53
	250m: 2:43.37	34.27	650m: 7:24.96	35.85	1050m: 12:16.30	36.90
	300m: 3:18.05	34.68	700m: 8:01.11	36.15	1100m: 12:53.32	37.02
	350m: 3:52.75	34.70	750m: 8:37.14	36.03	1150m: 13:30.42	37.10
	400m: 4:27.38	34.63	800m: 9:13.54	36.40	1200m: 14:07.52	37.10
2.	Niels Albrechts	z.c De Schotejil	18:24.69	198800039	18:38.94	
	50m: 34.67	34.67	450m: 5:36.74	38.90	850m: 10:36.00	37.50
	100m: 1:11.26	36.59	500m: 6:13.40	36.66	900m: 11:13.36	37.36
	150m: 1:49.56	38.30	550m: 6:50.54	37.14	950m: 11:50.75	37.39
	200m: 2:27.11	37.55	600m: 7:28.57	38.03	1000m: 12:28.23	37.48
	250m: 3:04.34	37.23	650m: 8:06.26	37.69	1050m: 13:05.11	36.88
	300m: 3:42.53	38.19	700m: 8:43.85	37.59	1100m: 13:42.32	37.21
	350m: 4:19.91	37.38	750m: 9:21.35	37.50	1150m: 14:19.96	37.64
	400m: 4:57.84	37.93	800m: 9:58.50	37.15	1200m: 14:58.37	38.41
3.	Sybren Groenewegen	z.c De Schotejil	19:01.31	199306223	19:00.06	
	50m: 32.91	32.91	450m: 5:34.10	37.62	850m: 10:38.24	38.31
	100m: 1:08.53	35.62	500m: 6:11.84	37.74	900m: 11:16.35	38.11
	150m: 1:46.37	37.84	550m: 6:49.61	37.77	950m: 11:54.84	38.49
	200m: 2:24.07	37.70	600m: 7:27.68	38.07	1000m: 12:33.74	38.90
	250m: 3:01.93	37.86	650m: 8:05.85	38.17	1050m: 13:12.61	38.87
	300m: 3:39.87	37.94	700m: 8:43.92	38.07	1100m: 13:51.37	38.76
	350m: 4:18.11	38.24	750m: 9:21.95	38.03	1150m: 14:30.45	39.08
	400m: 4:56.48	38.37	800m: 9:59.93	37.98	1200m: 15:09.96	39.51

LAC Deel 3 15-01-2023
Papendrecht, 15-1-2023

Programmanr. 3, Heren, 1500m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	intijd	tijd	RT			
4.	Dennis Dortland	Niemo Barracuda	19:27.53	197800261	19:40.24			
	50m: 32.62	32.62	450m: 5:44.16	39.27	850m: 11:05.53	40.36	1250m: 16:26.22	39.48
	100m: 1:09.49	36.87	500m: 6:23.75	39.59	900m: 11:45.12	39.59	1300m: 17:06.09	39.87
	150m: 1:47.73	38.24	550m: 7:04.05	40.30	950m: 12:25.89	40.77	1350m: 17:46.11	40.02
	200m: 2:26.87	39.14	600m: 7:44.52	40.47	1000m: 13:05.95	40.06	1400m: 18:25.63	39.52
	250m: 3:06.56	39.69	650m: 8:24.83	40.31	1050m: 13:45.92	39.97	1450m: 19:03.61	37.98
	300m: 3:46.07	39.51	700m: 9:05.19	40.36	1100m: 14:26.68	40.76	1500m: 19:40.24	36.63
	350m: 4:25.29	39.22	750m: 9:45.31	40.12	1150m: 15:07.25	40.57		
	400m: 5:04.89	39.60	800m: 10:25.17	39.86	1200m: 15:46.74	39.49		
5.	Bart Spaans	Acz	20:07.23	199902559	19:40.71			
	50m: 32.57	32.57	450m: 5:44.72	41.26	850m: 11:05.64	40.21	1250m: 16:22.49	39.58
	100m: 1:08.81	36.24	500m: 6:24.54	39.82	900m: 11:45.43	39.79	1300m: 17:02.82	40.33
	150m: 1:47.74	38.93	550m: 7:04.68	40.14	950m: 12:25.83	40.40	1350m: 17:43.79	40.97
	200m: 2:27.30	39.56	600m: 7:44.80	40.12	1000m: 13:05.80	39.97	1400m: 18:24.88	41.09
	250m: 3:07.04	39.74	650m: 8:25.12	40.32	1050m: 13:45.09	39.29	1450m: 19:04.06	39.18
	300m: 3:46.42	39.38	700m: 9:05.48	40.36	1100m: 14:23.98	38.89	1500m: 19:40.71	36.65
	350m: 4:23.81	37.39	750m: 9:45.65	40.17	1150m: 15:03.42	39.44		
	400m: 5:03.46	39.65	800m: 10:25.43	39.78	1200m: 15:42.91	39.49		
6.	Robin van Beusekom	Niemo Barracuda	19:43.77	199205841	21:19.07			
	50m: 34.46	34.46	450m: 6:02.03	42.56	850m: 11:47.60	44.06	1250m: 17:38.18	43.83
	100m: 1:12.13	37.67	500m: 6:44.75	42.72	900m: 12:30.92	43.32	1300m: 18:23.08	44.90
	150m: 1:51.81	39.68	550m: 7:27.43	42.68	950m: 13:13.87	42.95	1350m: 19:07.49	44.41
	200m: 2:32.31	40.50	600m: 8:09.72	42.29	1000m: 13:57.73	43.86	1400m: 19:51.42	43.93
	250m: 3:13.43	41.12	650m: 8:51.86	42.14	1050m: 14:41.88	44.15	1450m: 20:34.25	42.83
	300m: 3:55.48	42.05	700m: 9:34.97	43.11	1100m: 15:26.17	44.29	1500m: 21:19.07	44.82
	350m: 4:37.20	41.72	750m: 10:18.68	43.71	1150m: 16:09.32	43.15		
	400m: 5:19.47	42.27	800m: 11:03.54	44.86	1200m: 16:54.35	45.03		
7.	Ids de Klerk	Niemo Barracuda	21:47.05	199803237	23:39.46			
	50m: 35.26	35.26	450m: 6:30.75	45.17	850m: 13:03.10	46.64	1250m: 19:43.50	50.45
	100m: 1:14.60	39.34	500m: 7:18.26	47.51	900m: 13:57.63	54.53	1300m: 20:30.04	46.54
	150m: 1:57.11	42.51	550m: 8:06.97	48.71	950m: 14:43.27	45.64	1350m: 21:19.11	49.07
	200m: 2:41.45	44.34	600m: 8:57.39	50.42	1000m: 15:33.91	50.64	1400m: 22:06.61	47.50
	250m: 3:26.85	45.40	650m: 9:48.07	50.68	1050m: 16:24.33	50.42	1450m: 22:52.00	45.39
	300m: 4:12.57	45.72	700m: 10:36.13	48.06	1100m: 17:13.57	49.24	1500m: 23:39.46	47.46
	350m: 4:59.98	47.41	750m: 11:26.83	50.70	1150m: 18:01.47	47.90		
	400m: 5:45.58	45.60	800m: 12:16.46	49.63	1200m: 18:53.05	51.58		

Programmanr. 4
15-1-2023 - 15:21

Dames, 1500m vrije slag

Junioren 3 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Junioren 3 en 4								
1.	Jinth Engelse	Niemo Barracuda	20:13.21	200800204	19:45.22			
	50m: 33.66	33.66	450m: 5:42.64	39.24	850m: 11:00.96	39.95	1250m: 16:24.87	40.14
	100m: 1:11.77	38.11	500m: 6:22.42	39.78	900m: 11:41.58	40.62	1300m: 17:05.41	40.54
	150m: 1:49.59	37.82	550m: 7:02.02	39.60	950m: 12:22.22	40.64	1350m: 17:45.94	40.53
	200m: 2:27.84	38.25	600m: 7:41.85	39.83	1000m: 13:02.93	40.71	1400m: 18:26.24	40.30
	250m: 3:06.34	38.50	650m: 8:21.45	39.60	1050m: 13:43.78	40.85	1450m: 19:05.80	39.56
	300m: 3:45.69	39.35	700m: 9:00.79	39.34	1100m: 14:24.15	40.37	1500m: 19:45.22	39.42
	350m: 4:24.55	38.86	750m: 9:40.85	40.06	1150m: 15:04.66	40.51		
	400m: 5:03.40	38.85	800m: 10:21.01	40.16	1200m: 15:44.73	40.07		
2.	Jasmijn Schoonen	Wiekslag	NT	200901196	22:03.76			
	50m: 36.17	36.17	450m: 6:26.59	45.02	850m: 12:24.19	43.80	1250m: 18:24.41	45.09
	100m: 1:18.18	42.01	500m: 7:11.55	44.96	900m: 13:08.48	44.29	1300m: 19:09.16	44.75
	150m: 2:01.52	43.34	550m: 7:57.28	45.73	950m: 13:52.93	44.45	1350m: 19:53.83	44.67
	200m: 2:44.93	43.41	600m: 8:41.57	44.29	1000m: 14:38.23	45.30	1400m: 20:38.53	44.70
	250m: 3:28.86	43.93	650m: 9:26.75	45.18	1050m: 15:23.11	44.88	1450m: 21:22.84	44.31
	300m: 4:13.12	44.26	700m: 10:11.64	44.89	1100m: 16:08.59	45.48	1500m: 22:03.76	40.92
	350m: 4:57.01	43.89	750m: 10:56.41	44.77	1150m: 16:53.81	45.22		
	400m: 5:41.57	44.56	800m: 11:40.39	43.98	1200m: 17:39.32	45.51		
3.	Angeliek van Es	Niemo Barracuda	NT	200902332	27:30.87			
	50m: 43.72	43.72	450m: 7:55.63	55.46	850m: 15:25.91	57.12	1250m: 22:59.01	55.49
	100m: 1:34.56	50.84	500m: 8:51.44	55.81	900m: 16:23.28	57.37	1300m: 23:54.37	55.36
	150m: 2:26.36	51.80	550m: 9:46.51	55.07	950m: 17:20.68	57.40	1350m: 24:50.59	56.22
	200m: 3:19.54	53.18	600m: 10:42.51	56.00	1000m: 18:17.39	56.71	1400m: 25:46.41	55.82
	250m: 4:13.97	54.43	650m: 1:13:58.66	1:03:16.15	1050m: 19:14.19	56.80	1450m: 26:40.76	54.35
	300m: 5:08.59	54.62	700m: 12:35.80		1100m: 20:10.73	56.54	1500m: 27:30.87	50.11
	350m: 6:04.59	56.00	750m: 13:32.75	56.95	1150m: 21:07.53	56.80		
	400m: 7:00.17	55.58	800m: 14:28.79	56.04	1200m: 22:03.52	55.99		

LAC Deel 3 15-01-2023
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Programmanr. 4, Dames, 1500m vrije slag

Jeugd 1 en 2

1. Mila Oomens	Niemo Barracuda	19:50.00	200700016	19:47.22			
50m: 34.37	34.37	450m: 5:49.48	39.67	850m: 11:13.69	40.31	1250m: 16:32.50	40.08
100m: 1:12.89	38.52	500m: 6:30.06	40.58	900m: 11:53.78	40.09	1300m: 17:12.59	40.09
150m: 1:52.10	39.21	550m: 7:10.50	40.44	950m: 12:34.04	40.26	1350m: 17:51.90	39.31
200m: 2:31.20	39.10	600m: 7:51.31	40.81	1000m: 13:13.90	39.86	1400m: 18:31.26	39.36
250m: 3:10.92	39.72	650m: 8:31.97	40.66	1050m: 13:53.09	39.19	1450m: 19:10.29	39.03
300m: 3:50.63	39.71	700m: 9:12.48	40.51	1100m: 14:32.51	39.42	1500m: 19:47.22	36.93
350m: 4:30.16	39.53	750m: 9:53.72	41.24	1150m: 15:12.38	39.87		
400m: 5:09.81	39.65	800m: 10:33.38	39.66	1200m: 15:52.42	40.04		
2. Hilda Vrijbloed	ZV Vlaardingen-Schiedam	19:27.94	200605262	20:30.98			
50m: 33.26	33.26	450m: 5:59.27	41.80	850m: 11:29.96	41.81	1250m: 17:04.32	42.20
100m: 1:12.36	39.10	500m: 6:40.47	41.20	900m: 12:11.38	41.42	1300m: 17:46.11	41.79
150m: 1:52.93	40.57	550m: 7:21.75	41.28	950m: 12:52.73	41.35	1350m: 18:28.05	41.94
200m: 2:33.47	40.54	600m: 8:02.93	41.18	1000m: 13:34.79	42.06	1400m: 19:09.72	41.67
250m: 3:14.22	40.75	650m: 8:44.35	41.42	1050m: 14:16.68	41.89	1450m: 19:52.11	42.39
300m: 3:54.81	40.59	700m: 9:25.81	41.46	1100m: 14:58.03	41.35	1500m: 20:30.98	38.87
350m: 4:36.28	41.47	750m: 10:06.93	41.12	1150m: 15:39.68	41.65		
400m: 5:17.47	41.19	800m: 10:48.15	41.22	1200m: 16:22.12	42.44		
3. Kyana van Dam	Niemo Barracuda	21:49.43	200703008	21:16.69			
50m: 40.79	40.79	450m: 6:14.76	42.68	850m: 11:55.85	43.67	1250m: 17:44.51	43.75
100m: 1:27.80	47.01	500m: 6:57.13	42.37	900m: 12:39.14	43.29	1300m: 18:28.11	43.60
150m: 1:58.57	48.09	550m: 7:38.41	41.28	950m: 13:23.07	43.93	1350m: 19:10.99	42.88
200m: 2:40.74	42.17	600m: 8:20.78	42.37	1000m: 14:06.08	43.01	1400m: 19:54.60	43.61
250m: 3:22.67	41.93	650m: 9:02.99	42.21	1050m: 14:49.83	43.75	1450m: 20:36.69	42.09
300m: 4:05.64	42.97	700m: 9:46.07	43.08	1100m: 15:33.66	43.83	1500m: 21:16.69	40.00
350m: 4:48.74	43.10	750m: 10:29.23	43.16	1150m: 16:17.44	43.78		
400m: 5:32.08	43.34	800m: 11:12.18	42.95	1200m: 17:00.76	43.32		
4. Noémi Oldenkamp	Acz	21:29.37	200600162	21:29.06			
50m: 34.95	34.95	450m: 6:11.45	43.27	850m: 12:01.12	43.86	1250m: 17:52.36	43.35
100m: 1:13.93	38.98	500m: 6:55.32	43.87	900m: 12:44.93	43.81	1300m: 18:36.50	44.14
150m: 1:54.75	40.82	550m: 7:39.25	43.93	950m: 13:28.99	44.06	1350m: 19:20.43	43.93
200m: 2:36.49	41.74	600m: 8:23.06	43.81	1000m: 14:13.41	44.42	1400m: 20:03.74	43.31
250m: 3:19.11	42.62	650m: 9:06.33	43.27	1050m: 14:57.50	44.09	1450m: 20:46.95	43.21
300m: 4:01.98	42.87	700m: 9:50.20	43.87	1100m: 15:41.30	43.80	1500m: 21:29.06	42.11
350m: 4:44.68	42.70	750m: 10:33.62	43.42	1150m: 16:25.58	44.28		
400m: 5:28.18	43.50	800m: 11:17.26	43.64	1200m: 17:09.01	43.43		
5. Eva Bot	Wiekslag	NT	200702392	24:58.51			
50m: 40.79	40.79	450m: 7:13.48	50.51	850m: 14:01.70	51.60	1250m: 20:52.89	50.96
100m: 1:27.80	47.01	500m: 8:03.84	50.36	900m: 14:53.72	52.02	1300m: 21:44.24	51.35
150m: 2:15.89	48.09	550m: 8:54.61	50.77	950m: 15:45.59	51.87	1350m: 22:35.20	50.96
200m: 3:03.90	48.01	600m: 9:45.74	51.13	1000m: 16:37.12	51.53	1400m: 23:24.74	49.54
250m: 3:52.99	49.09	650m: 10:36.79	51.05	1050m: 17:28.94	51.82	1450m: 24:13.11	48.37
300m: 4:42.64	49.65	700m: 11:28.20	51.41	1100m: 18:19.85	50.91	1500m: 24:58.51	45.40
350m: 5:32.58	49.94	750m: 12:19.26	51.06	1150m: 19:10.93	51.08		
400m: 6:22.97	50.39	800m: 13:10.10	50.84	1200m: 20:01.93	51.00		

Senioren 1 en ouder

1. Anouchka Bos	Niemo Barracuda	20:05.29	200501528	19:02.73			
50m: 33.16	33.16	450m: 5:35.97	38.63	850m: 10:44.55	38.23	1250m: 15:55.32	38.70
100m: 1:09.69	36.53	500m: 6:14.35	38.38	900m: 11:23.22	38.67	1300m: 16:33.51	38.19
150m: 1:46.73	37.04	550m: 6:53.12	38.77	950m: 12:01.88	38.66	1350m: 17:11.25	37.74
200m: 2:24.13	37.40	600m: 7:31.77	38.65	1000m: 12:40.47	38.59	1400m: 17:50.09	38.84
250m: 3:02.17	38.04	650m: 8:10.44	38.67	1050m: 13:19.36	38.89	1450m: 18:27.61	37.52
300m: 3:40.53	38.36	700m: 8:49.07	38.63	1100m: 13:58.31	38.95	1500m: 19:02.73	35.12
350m: 4:18.86	38.33	750m: 9:27.60	38.53	1150m: 14:37.51	39.20		
400m: 4:57.34	38.48	800m: 10:06.32	38.72	1200m: 15:16.62	39.11		
2. Marijke Kommers	Niemo Barracuda	23:00.00	199305334	20:31.84			
50m: 36.44	36.44	450m: 6:06.52	41.69	850m: 11:41.66	41.87	1250m: 17:05.90	40.46
100m: 1:16.60	40.16	500m: 6:47.91	41.39	900m: 12:22.38	40.72	1300m: 17:47.01	41.11
150m: 1:57.93	41.33	550m: 7:30.03	42.12	950m: 13:03.37	40.99	1350m: 18:28.55	41.54
200m: 2:39.78	41.85	600m: 8:12.12	42.09	1000m: 13:44.27	40.90	1400m: 19:10.57	42.02
250m: 3:21.91	42.13	650m: 8:54.18	42.06	1050m: 14:25.40	41.13	1450m: 19:51.77	41.20
300m: 4:02.82	40.91	700m: 9:36.08	41.90	1100m: 15:05.20	39.80	1500m: 20:31.84	40.07
350m: 4:43.40	40.58	750m: 10:18.08	42.00	1150m: 15:45.09	39.89		
400m: 5:24.83	41.43	800m: 10:59.79	41.71	1200m: 16:25.44	40.35		
3. Daphne van Tilburg	De Geul	21:34.65	200500580	21:53.82			
50m: 34.91	34.91	450m: 6:20.32	44.58	850m: 12:19.87	44.26	1250m: 18:18.70	44.82
100m: 1:15.45	40.54	500m: 7:05.57	45.25	900m: 13:04.14	44.27	1300m: 19:04.09	45.39
150m: 1:57.45	42.00	550m: 7:51.00	45.43	950m: 13:48.31	44.17	1350m: 19:49.17	45.08
200m: 2:40.41	42.96	600m: 8:35.02	44.02	1000m: 14:33.54	45.23	1400m: 20:33.03	43.86
250m: 3:24.23	43.82	650m: 9:19.81	44.79	1050m: 15:19.07	45.53	1450m: 21:15.56	42.53
300m: 4:07.58	43.35	700m: 10:05.95	46.14	1100m: 16:04.13	45.06	1500m: 21:53.82	38.26
350m: 4:51.48	43.90	750m: 10:50.50	44.55	1150m: 16:49.24	45.11		
400m: 5:35.74	44.26	800m: 11:35.61	45.11	1200m: 17:33.88	44.64		

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Programmanr. 4, Dames, 1500m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	intijd	tijd	RT			
4.	Isabelle Janssen	De Geul	22:36.16	200006318	22:34.64			
	50m: 38.62	38.62	450m: 6:37.03	45.62	850m: 12:42.97	45.54	1250m: 18:50.08	46.01
	100m: 1:21.11	42.49	500m: 7:22.63	45.60	900m: 13:28.94	45.97	1300m: 19:35.34	45.26
	150m: 2:04.99	43.88	550m: 8:08.05	45.42	950m: 14:14.99	46.05	1350m: 20:20.81	45.47
	200m: 2:49.94	44.95	600m: 8:53.91	45.86	1000m: 15:00.76	45.77	1400m: 21:05.53	44.72
	250m: 3:34.73	44.79	650m: 9:39.81	45.90	1050m: 15:46.74	45.98	1450m: 21:51.15	45.62
	300m: 4:20.27	45.54	700m: 10:25.53	45.72	1100m: 16:32.83	46.09	1500m: 22:34.64	43.49
	350m: 5:05.83	45.56	750m: 11:11.64	46.11	1150m: 17:18.43	45.60		
	400m: 5:51.41	45.58	800m: 11:57.43	45.79	1200m: 18:04.07	45.64		
5.	Jacoline van den Beukel	Niemo Barracuda	23:00.00	199100238	22:38.10			
	50m: 36.07	36.07	450m: 6:19.43	44.68	850m: 12:25.78	46.18	1250m: 18:40.24	47.09
	100m: 1:16.49	40.42	500m: 7:04.91	45.48	900m: 13:12.17	46.39	1300m: 19:27.82	47.58
	150m: 1:58.13	41.64	550m: 7:50.56	45.65	950m: 13:58.85	46.68	1350m: 20:15.72	47.90
	200m: 2:40.27	42.14	600m: 8:35.92	45.36	1000m: 14:45.45	46.60	1400m: 21:03.10	47.38
	250m: 3:22.78	42.51	650m: 9:21.80	45.88	1050m: 15:32.42	46.97	1500m: 22:38.10	1:35.00
	300m: 4:06.15	43.37	700m: 10:07.86	46.06	1100m: 16:18.81	46.39		
	350m: 4:49.99	43.84	750m: 10:53.67	45.81	1150m: 17:05.67	46.86		
	400m: 5:34.75	44.76	800m: 11:39.60	45.93	1200m: 17:53.15	47.48		

Programmanr. 5
15-1-2023 - 16:07

Jongens, 200m wisselslag

Minioren 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Joep Lindhout	Niemo Barracuda	2:53.76	201100873	2:51.63			
	50m: 36.30	36.30	100m: 1:20.79	44.49	150m: 2:10.63	49.84	200m: 2:51.63	41.00
2.	Jaysley Brouwn	Niemo Barracuda	3:09.58	201101033	3:07.84			
	50m: 43.59	43.59	100m: 1:32.37	48.78	150m: 2:26.10	53.73	200m: 3:07.84	41.74
3.	David van der Valk	Wiekslag	3:35.53	201100519	3:28.23			
	50m: 47.20	47.20	100m: 1:42.46	55.26	150m: 2:41.13	58.67	200m: 3:28.23	47.10
4.	Shahin Lodder	Wiekslag	4:18.75	201201325	3:36.53			
	50m: 50.86	50.86	100m: 1:46.74	55.88	150m: 2:47.17	1:00.43	200m: 3:36.53	49.36
5.	Wanja Chepenko	Acz	3:48.42	201102065	3:43.71			
	50m: 52.51	52.51	100m: 1:49.53	57.02	150m: 2:51.94	1:02.41	200m: 3:43.71	51.77
6.	Jesse Walter	Niemo Barracuda	4:13.11	201200525	4:15.54			
	50m: 1:03.23	1:03.23	100m: 2:13.21	1:09.98	150m: 3:23.41	1:10.20	200m: 4:15.54	52.13

Programmanr. 6
15-1-2023 - 16:12

Meisjes, 200m wisselslag

Minioren 5
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Lauren Stout	Acz	3:10.45	201200064	3:01.14			
	50m: 38.41	38.41	100m: 1:23.97	45.56	150m: 2:20.25	56.28	200m: 3:01.14	40.89
2.	Eline van Berkel	De Geul	3:39.00	201200232	3:38.69			
	50m: 54.99	54.99	100m: 1:48.46	53.47	150m: 2:49.30	1:00.84	200m: 3:38.69	49.39

Programmanr. 7
15-1-2023 - 16:17

Jongens, 200m wisselslag

Junioren 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Ivo Bot	Wiekslag	2:26.99	200900509	2:30.03			
	50m: 31.20	31.20	100m: 1:09.75	38.55	150m: 1:54.76	45.01	200m: 2:30.03	35.27
2.	Paul Ruitenbergh	De Geul	2:35.59	200900979	2:31.53			
	50m: 32.40	32.40	100m: 1:13.38	40.98	150m: 1:57.69	44.31	200m: 2:31.53	33.84
3.	Aidan van der Stelt	De Geul	2:36.78	200900901	2:34.07			
	50m: 31.98	31.98	100m: 1:12.24	40.26	150m: 1:59.31	47.07	200m: 2:34.07	34.76
4.	Myron Artemenko	Niemo Barracuda	2:38.43	201003021	2:34.53			
	50m: 32.25	32.25	100m: 1:11.83	39.58	150m: 1:58.14	46.31	200m: 2:34.53	36.39
5.	Owen Houdé	De Geul	2:43.10	200900903	2:42.73			
	50m: 36.58	36.58	100m: 1:18.84	42.26	150m: 2:07.32	48.48	200m: 2:42.73	35.41
6.	Eli Shields	Niemo Barracuda	2:43.06	201000407	2:45.21			
	50m: 34.63	34.63	100m: 1:15.87	41.24	150m: 2:07.61	51.74	200m: 2:45.21	37.60

LAC Deel 3 15-01-2023
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Programmanr. 7, Jongens, 200m wisselslag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT
7.	Dylan Dortland	Niemo Barracuda	2:55.15	200900165	2:51.71
	50m: 36.66	36.66 100m: 1:21.87	45.21	150m: 2:13.91	52.04
				200m: 2:51.71	37.80
8.	Jordan Neyhoft	Wiekslag	2:53.62	201000765	2:53.70
	50m: 36.96	36.96 100m: 1:19.47	42.51	150m: 2:13.67	54.20
				200m: 2:53.70	40.03
9.	Thijs Bijman	Niemo Barracuda	3:03.72	200901111	3:01.09
	50m: 39.23	39.23 100m: 1:29.48	50.25	150m: 2:18.02	48.54
				200m: 3:01.09	43.07
10.	Tygo van Berkel	De Geul	3:12.50	201000327	3:06.45
	50m: 43.99	43.99 100m: 1:33.33	49.34	150m: 2:27.75	54.42
				200m: 3:06.45	38.70
11.	Ghalil Lodder	Wiekslag	3:10.96	201000711	3:10.61
	50m: 39.43	39.43 100m: 1:28.84	49.41	150m: 2:23.92	55.08
				200m: 3:10.61	46.69
12.	Rens van der Es	De Geul	3:19.28	201000583	3:13.15
	50m: 43.41	43.41 100m: 1:34.14	50.73	150m: 2:32.06	57.92
				200m: 3:13.15	41.09
DIS	Vince van Dam	Acz	2:52.54	201000405	
	<i>SL - Het keer- en/of eindpunt met één hand aangetikt.</i>				

Programmanr. 8
15-1-2023 - 16:28

Meisjes, 200m wisselslag

Junioren 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Ilse Stout	Acz	2:51.88	201001704	2:54.11
	50m: 37.95	37.95 100m: 1:21.12	43.17	150m: 2:14.30	53.18
				200m: 2:54.11	39.81
2.	Demi Bos	Niemo Barracuda	3:07.18	201001282	3:01.69
	50m: 39.93	39.93 100m: 1:26.85	46.92	150m: 2:19.70	52.85
				200m: 3:01.69	41.99
3.	Lynn Walter	Niemo Barracuda	3:19.46	201000394	3:15.71
	50m: 47.71	47.71 100m: 1:39.96	52.25	150m: 2:37.95	57.99
				200m: 3:15.71	37.76
4.	Lotte Verheij	Wiekslag	3:24.22	201101476	3:19.50
	50m: 45.54	45.54 100m: 1:34.99	49.45	150m: 2:32.24	57.25
				200m: 3:19.50	47.26
5.	Isabel Rodriguez	Wiekslag	3:36.25	201100446	3:43.21
	50m: 51.62	51.62 100m: 1:44.51	52.89	150m: 2:47.06	1:02.55
				200m: 3:43.21	56.15