

# LAC deel 1



## De Treffers

Rosmalen 1-4-2022

Nummer: 1 - vrijdag 1 april 2022 om 18:45u (25 m)

### 1. 200m wisselslag -

9 - 11 jaar

### 2. 400m wisselslag - Dames

vanaf 11 jaar (Senioren Open)

#### 1. Liselotte Joling (Psv, 197500268)

50m 00:35.51 35,51 150m 02:02.66 45,41 250m 03:35.21 48,99 350m 05:04.40 39,13  
100m 01:17.25 41,74 200m 02:46.22 43,56 300m 04:25.27 50,06

05:40.81

#### 2. Abygail Rusch (De Treffers, 200800464)

50m 00:44.81 44,81 150m 02:29.99 49,95 250m 04:14.50 55,82 350m 05:55.87 45,24  
100m 01:40.04 55,23 200m 03:18.68 48,69 300m 05:10.63 56,13

06:37.42

#### 3. Eline Nouwens (De Treffers, 200704180)

50m 00:43.03 43,03 150m 02:34.15 58,45 250m 04:30.00 58,80 350m 06:16.48 48,49  
100m 01:35.70 52,67 200m 03:31.20 57,05 300m 05:27.99 57,99

07:01.43

#### 4. Nynke van der Molen (De Treffers, 200800580)

50m 00:46.45 46,45 150m 02:41.01 57,87 250m 04:33.16 55,75 350m 06:20.66 50,99  
100m 01:43.14 56,69 200m 03:37.41 56,40 300m 05:29.67 56,51

07:08.82

DIS. Linde Valentgoed (De Treffers, 200803992)

00:00.00

### 3. 400m wisselslag - Heren

vanaf 12 jaar (Junioren 1 en ouder)

#### 1. Milco Matla (Psv, 200600555)

50m 00:31.20 31,20 150m 01:48.51 40,43 250m 03:13.40 44,85 350m 04:35.81 36,82  
100m 01:08.08 36,88 200m 02:28.55 40,04 300m 03:58.99 45,59

05:10.90

#### 2. Marijn van Keulen (De Treffers, 200101855)

50m 00:31.23 31,23 150m 01:53.89 43,36 250m 03:18.49 43,24 350m 04:43.29 40,78  
100m 01:10.53 39,30 200m 02:35.25 41,36 300m 04:02.51 44,02

05:17.21

#### 3. Tim van Grunsven (De Treffers, 199804535)

50m 00:31.05 31,05 150m 01:55.87 44,61 250m 03:32.56 53,09 350m 05:09.66 42,79  
100m 01:11.26 40,21 200m 02:39.47 43,60 300m 04:26.87 54,31

05:52.70

#### 4. Joris van Keulen (De Treffers, 200700159)

50m 00:39.43 39,43 150m 02:12.93 44,94 250m 03:47.13 50,73 350m 05:18.50 40,25  
100m 01:27.99 48,56 200m 02:56.40 43,47 300m 04:38.25 51,12

05:57.62

#### 5. Thomas Nauta (Arethusa, 200900339)

50m 00:41.41 41,41 150m 02:22.87 47,83 250m 03:56.69 47,60 350m 05:26.46 40,09  
100m 01:35.04 53,63 200m 03:09.09 46,22 300m 04:46.37 49,68

06:03.73

#### 6. Nicolai Matla (Psv, 200901031)

50m 00:45.43 45,43 200m 03:35.89 111,24 300m 05:21.02 53,57 350m 06:08.94 47,92  
100m 01:44.65 59,22 250m 04:27.45 51,56 350m 06:08.94 47,92

06:52.46

#### 7. Dennis Joha (De Treffers, 200902423)

50m 00:51.50 51,50 150m 02:42.27 50,58 250m 04:30.33 58,68 300m 05:26.94 56,61  
100m 01:51.69 60,19 200m 03:31.65 49,38 300m 05:26.94 56,61

06:56.06

DIS. Haye Wever (De Treffers, 200501033)

00:00.00

### 4. 400m vrije slag - Dames

9 - 11 jaar (Minioren 4,5, Junioren 1)

#### 1. Kate Broekman (Arethusa, 201200176)

50m 00:45.65 45,65 150m 02:34.86 55,97 250m 04:25.87 55,10 350m 06:12.69 51,65

07:02.54

100m 01:38.89 53,24    200m 03:30.77 55,91    300m 05:21.04 55,17

5. 800m vrije slag -  
*vanaf 11 jaar*

1. Iris Tilburg (Arethusa, 200902662)	10:41.61
50m 00:33.89 33,89    100m 01:13.34 39,45    200m 02:35.60 82,26    400m 05:19.52 163,92	
2. Alexx Broekman (Arethusa, 200902374)	11:15.19
50m 00:35.00 35,00    100m 01:15.78 40,78    200m 02:41.95 86,17    400m 05:37.68 175,73	
3. Dieter Tuil (De Treffers, 200701611)	11:35.41
50m 00:38.29 38,29    100m 01:20.25 41,96    200m 02:48.71 88,46    400m 05:48.91 180,20	
4. Joke Ceelie (De Treffers, 198600694)	11:37.75
50m 00:35.13 35,13    100m 01:16.86 41,73    200m 02:44.76 87,90    400m 05:44.18 179,42	
5. Jens van Hal (De Treffers, 200500375)	11:39.15
50m 00:34.70 34,70    100m 01:15.93 41,23    200m 02:43.62 87,69    400m 05:44.48 180,86	
6. Abygail Rusch (De Treffers, 200800464)	12:01.94
50m 00:39.61 39,61    100m 01:23.48 43,87    200m 02:55.25 91,77    400m 06:01.81 186,56	
7. Dieuwertje van den Heuvel (Arethusa, 200400098)	12:31.83
50m 00:38.44 38,44    100m 01:22.19 43,75    200m 02:54.38 92,19    400m 06:05.18 190,80	
8. Selena Geeven (Arethusa, 201000844)	12:31.91
50m 00:38.36 38,36    100m 01:23.11 44,75    200m 03:00.86 97,75    400m 06:14.62 193,76	
9. Maartje Lahnstein (De Treffers, 200503454)	12:37.68
50m 00:39.76 39,76    100m 01:25.07 45,31    200m 02:59.60 94,53    400m 06:13.79 194,19	
10. Brent van Sande (De Treffers, 200900647)	12:45.71
50m 00:38.18 38,18    100m 01:22.34 44,16    200m 02:55.68 93,34    400m 06:12.24 196,56	
11. Sophie van Velthoven (De Treffers, 200801914)	12:54.41
50m 00:41.64 41,64    100m 01:27.10 45,46    200m 03:02.51 95,41    400m 06:21.14 198,63	
12. Nynke van der Molen (De Treffers, 200800580)	13:36.69
50m 00:40.43 40,43    100m 01:29.37 48,94    200m 03:13.87 104,50    400m 06:44.79 210,92	
13. Linde Valentgoed (De Treffers, 200803992)	13:37.25
50m 00:40.60 40,60    100m 01:29.05 48,45    200m 03:10.80 101,75    400m 06:40.45 209,65	
14. Eize Tuil (De Treffers, 200901065)	14:38.53
50m 00:47.99 47,99    100m 01:44.08 56,09    200m 03:38.50 114,42    400m 07:25.47 226,97	
15. Sofie Schaap (De Treffers, 200605176)	15:02.74
50m 00:46.75 46,75    100m 01:41.18 54,43    200m 03:35.26 114,08    400m 07:25.87 230,61	
16. Nico Clemens (De Treffers, 197902097)	15:09.42
50m 00:45.79 45,79    100m 01:38.94 53,15    200m 03:35.19 116,25    400m 07:28.52 233,33	

6. 1500m vrije slag -  
*vanaf 11 jaar*

1. Jan Willem van der Graaf (Psv, 198901023)	17:32.10
50m 00:30.59 30,59    200m 02:14.16 69,46    400m 04:34.87 140,71    800m 09:17.82 282,95 100m 01:04.70 34,11    400m 04:34.87 140,71    800m 09:17.82 282,95	
2. Marijn van Keulen (De Treffers, 200101855)	19:33.46
50m 00:31.73 31,73    200m 02:22.74 75,50    400m 04:55.61 152,87    800m 10:09.87 314,26 100m 01:07.24 35,51    400m 04:55.61 152,87    800m 10:09.87 314,26	
3. Hilda Vrijbloed (SG SCOM/de Zeehond'73, 200600732)	19:39.50
50m 00:33.03 33,03    200m 02:31.06 79,25    400m 05:05.68 154,62    800m 10:21.71 316,03 100m 01:11.81 38,78    400m 05:05.68 154,62    800m 10:21.71 316,03	
4. Thomas Nauta (Arethusa, 200900339)	20:10.88
50m 00:34.96 34,96    200m 02:35.55 81,33    400m 05:19.35 163,80    800m 10:45.64 326,29 100m 01:14.22 39,26    400m 05:19.35 163,80    800m 10:45.64 326,29	
5. Roel Janssen (Dbd, 200205051)	20:44.64
50m 00:33.23 33,23    200m 02:28.53 78,04    400m 05:12.38 163,85    800m 10:51.10 338,72	

	100m 01:10.49 37,26	400m 05:12.38 163,85	800m 10:51.10 338,72	
6. Selina Janssen (Neptunus'58, 199905974)				20:59.21
	50m 00:35.54 35,54	200m 02:36.72 82,12	400m 05:24.13 167,41	800m 11:03.56 339,43
	100m 01:14.60 39,06	400m 05:24.13 167,41	800m 11:03.56 339,43	
7. Joris van Keulen (De Treffers, 200700159)				21:00.45
	50m 00:34.98 34,98	200m 02:38.46 84,13	400m 05:27.69 169,23	800m 11:07.19 339,50
	100m 01:14.33 39,35	400m 05:27.69 169,23	800m 11:07.19 339,50	
8. Haje Wever (De Treffers, 200501033)				21:14.04
	50m 00:36.95 36,95	200m 02:43.37 85,73	400m 05:35.75 172,38	800m 11:20.74 344,99
	100m 01:17.64 40,69	400m 05:35.75 172,38	800m 11:20.74 344,99	
9. Marith Ewijk (WZV, 200801414)				21:15.73
	50m 00:34.13 34,13	200m 02:37.59 83,90	400m 05:28.38 170,79	800m 11:12.48 344,10
	100m 01:13.69 39,56	400m 05:28.38 170,79	800m 11:12.48 344,10	
10. Paul van den Heuvel (Arethusa, 197000441)				21:22.68
	50m 00:36.63 36,63	200m 02:40.69 83,93	400m 05:31.03 170,34	800m 11:13.47 342,44
	100m 01:16.76 40,13	400m 05:31.03 170,34	800m 11:13.47 342,44	
11. Kenneth Arts (De Treffers, 200800889)				21:52.50
	50m 00:37.11 37,11	200m 02:45.71 86,16	400m 05:40.76 175,05	800m 11:34.87 354,11
	100m 01:19.55 42,44	400m 05:40.76 175,05	800m 11:34.87 354,11	
12. Naomi Janssen (Neptunus'58, 200401816)				22:09.59
	50m 00:37.14 37,14	200m 02:46.10 87,24	400m 05:43.94 177,84	800m 11:44.42 360,48
	100m 01:18.86 41,72	400m 05:43.94 177,84	800m 11:44.42 360,48	
13. Elaine Geeven (Arethusa, 200801972)				22:28.46
	50m 00:38.81 38,81	200m 02:53.07 91,26	400m 05:54.07 181,00	800m 12:01.03 366,96
	100m 01:21.81 43,00	400m 05:54.07 181,00	800m 12:01.03 366,96	
14. Liza Theuns (WZV, 200702172)				22:37.09
	50m 00:36.57 36,57	200m 02:44.19 85,99	400m 05:39.92 175,73	800m 11:45.49 365,57
	100m 01:18.20 41,63	400m 05:39.92 175,73	800m 11:45.49 365,57	
15. Eline Nouwens (De Treffers, 200704180)				24:42.02
	50m 00:42.21 42,21	200m 03:05.94 97,49	400m 06:26.43 200,49	800m 13:06.89 400,46
	100m 01:28.45 46,24	400m 06:26.43 200,49	800m 13:06.89 400,46	
16. Imke Mersie (De Treffers, 200304246)				25:02.32
	50m 00:40.63 40,63	200m 03:03.07 96,67	400m 06:19.85 196,78	800m 13:06.14 406,29
	100m 01:26.40 45,77	400m 06:19.85 196,78	800m 13:06.14 406,29	