

LAC deel 1  
Rosmalen, 2/12/2022

Programmanr. 1  
2/12/2022 - 18:45

200m wisselslag

Meisjes Jun1 e.j, Jongens Min6 e.j  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Kate Broekman	Arethusa	3:24.71	201200176	<b>3:32.19</b>	49.73	1:42.54	2:43.85	3:32.19
2. Wessel Vis	De Treffers	NT	201201273	<b>3:47.27</b>	53.63	1:50.45	2:54.01	3:47.27

Programmanr. 2  
2/12/2022 - 18:50

400m wisselslag

11 jaar en ouder  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Iris Tilburg	Arethusa	6:02.63	200902662	<b>5:30.78</b>	35.40	1:18.76	2:00.16	3:28.65
					43.36		2:40.80	4:17.07
2. Tim van Grunsven	De Treffers	NT	199804535	<b>5:41.85</b>	29.95	1:09.46	1:53.29	3:26.51
					39.51		2:35.96	4:19.21
3. Annebel Kluijtmans	Arethusa	5:58.49	200900808	<b>5:50.61</b>	37.19	1:22.87	2:04.67	3:34.73
					45.68		2:47.20	4:25.11
4. Lenny van Tuyl	De Treffers	NT	199702636	<b>5:56.26</b>	33.86	1:16.40	2:01.51	3:41.36
					42.54		2:46.34	4:35.44
5. Miranda Pijnenburg	De Treffers	6:03.26	198301216	<b>6:04.19</b>	36.18	1:19.00	2:06.77	3:45.67
					42.82		2:53.28	4:39.43
6. Alexx Broekman	Arethusa	6:08.22	200902374	<b>6:19.82</b>	40.07	1:31.03	2:19.47	3:59.56
					50.96		3:04.97	4:55.40
7. Sophie van Velthoven	De Treffers	NT	200801914	<b>6:32.40</b>	42.97	1:34.95	2:23.90	4:08.86
					51.98		3:11.25	5:06.15
8. Lara Müller	Arethusa	6:44.64	200903610	<b>6:44.57</b>	42.58	1:37.01	2:29.36	4:16.58
					54.43		3:18.31	5:15.51
9. Yannic Heereveld	De Treffers	NT	199805819	<b>6:54.56</b>	38.66	1:25.91	2:24.31	4:24.20
					47.25		3:22.02	5:28.24
10. Selena Geeven	Arethusa	7:10.35	201000844	<b>7:09.89</b>	45.47	1:45.74	2:42.06	4:36.55
					1:00.27		3:35.14	5:37.83
11. Suzan Clemens	De Treffers	NT	200802736	<b>7:14.56</b>	46.97	1:46.19	2:42.01	4:37.72
					59.22		3:36.63	5:39.92
12. Eefje van Venrooij	De Treffers	NT	201002924	<b>7:29.87</b>	7:18.15	7:19.93	7:22.91	7:25.19
					1.78		7:24.09	7:26.45

Programmanr. 4  
2/12/2022 - 19:05

200m vrije slag

Meisjes Jun1 e.j, Jongens Min6 e.j  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Kate Broekman	Arethusa	3:08.52	201200176	<b>3:06.88</b>	41.81	1:29.59	2:18.54	3:06.88
2. Wessel Vis	De Treffers	3:28.19	201201273	<b>3:19.71</b>	43.50	1:35.64	2:30.51	3:19.71

LAC deel 1  
Rosmalen, 2/12/2022

Programmanr. 5  
2/12/2022 - 19:10

Meisjes, 400m vrije slag

Junioren 1 en jonger  
Resultaten

rang naam vereniging intijd tijd RT  
Programmanr. 51  
2/12/2022 - 19:10 400m vrije slag 20 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Lilian Witlox	De Treffers	NT 196000346	<b>8:35.00</b>				
	50m: 53.68	53.68	150m: 3:02.84	1:06.68	250m: 5:17.97	1:07.64	350m: 7:31.80	1:06.32
	100m: 1:56.16	1:02.48	200m: 4:10.33	1:07.49	300m: 6:25.48	1:07.51	400m: 8:35.00	1:03.20
2.	Hester van Vugt	De Treffers	NT 199208070	<b>9:16.94</b>				
	50m: 1:00.20	1:00.20	150m: 3:16.77	1:09.51	250m: 5:40.34	1:12.12	350m: 8:07.31	1:13.11
	100m: 2:07.26	1:07.06	200m: 4:28.22	1:11.45	300m: 6:54.20	1:13.86	400m: 9:16.94	1:09.63
3.	Bic Driessen	De Treffers	NT 196001129	<b>11:02.89</b>				
	50m: 1:00.86	1:00.86	150m: 3:44.51	1:27.51	250m: 6:52.26	1:33.84	350m: 9:45.01	1:23.19
	100m: 2:17.00	1:16.14	200m: 5:18.42	1:33.91	300m: 8:21.82	1:29.56	400m: 11:02.89	1:17.88
AFGEM	Martijn Nouwens	De Treffers	NT 197501557					

Programmanr. 6  
2/12/2022 - 19:15

800m vrije slag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Lenny van Tuyl	De Treffers	10:11.00 199702636	<b>10:45.36</b>				
	50m: 33.47	33.47	250m: 3:14.07	41.23	450m: 5:58.21	41.86	650m: 8:44.21	41.08
	100m: 1:11.57	38.10	300m: 3:54.90	40.83	500m: 6:39.72	41.51	700m: 9:25.63	41.42
	150m: 1:51.83	40.26	350m: 4:35.26	40.36	550m: 7:21.44	41.72	750m: 10:05.78	40.15
	200m: 2:32.84	41.01	400m: 5:16.35	41.09	600m: 8:03.13	41.69	800m: 10:45.36	39.58
2.	Kennith Arts	De Treffers	11:34.87 200800889	<b>11:01.25</b>				
	50m: 34.10	34.10	250m: 3:18.07	42.17	450m: 6:09.53	43.87	650m: 8:58.81	41.69
	100m: 1:13.46	39.36	300m: 4:00.31	42.24	500m: 6:52.47	42.94	700m: 9:40.64	41.83
	150m: 1:54.66	41.20	350m: 4:42.53	42.22	550m: 7:34.42	41.95	750m: 10:21.94	41.30
	200m: 2:35.90	41.24	400m: 5:25.66	43.13	600m: 8:17.12	42.70	800m: 11:01.25	39.31
3.	Cristina Rodriguez Bouzo	De Treffers	NT 198806948	<b>11:14.72</b>				
	50m: 34.68	34.68	250m: 3:21.34	42.78	450m: 6:14.26	43.53	650m: 9:07.71	43.16
	100m: 1:14.76	40.08	300m: 4:04.45	43.11	500m: 6:57.74	43.48	700m: 9:50.72	43.01
	150m: 1:56.24	41.48	350m: 4:47.15	42.70	550m: 7:41.39	43.65	750m: 10:33.29	42.57
	200m: 2:38.56	42.32	400m: 5:30.73	43.58	600m: 8:24.55	43.16	800m: 11:14.72	41.43
4.	Lotte van den Thillart	De Treffers	11:12.72 200203794	<b>11:14.79</b>				
	50m: 36.15	36.15	250m: 3:19.97	42.43	450m: 6:13.20	43.97	650m: 9:07.96	43.03
	100m: 1:14.18	38.03	300m: 4:02.33	42.36	500m: 6:57.10	43.90	700m: 9:51.52	43.56
	150m: 1:55.21	41.03	350m: 4:45.47	43.14	550m: 7:41.16	44.06	750m: 10:34.09	42.57
	200m: 2:37.54	42.33	400m: 5:29.23	43.76	600m: 8:24.93	43.77	800m: 11:14.79	40.70
5.	Fabrice Ariès	De Treffers	NT 199000063	<b>11:24.91</b>				
	50m: 32.15	32.15	250m: 3:13.92	42.89	450m: 6:10.56	44.85	650m: 9:10.14	44.39
	100m: 1:09.53	37.38	300m: 3:57.44	43.52	500m: 6:55.71	45.15	700m: 9:55.15	45.01
	150m: 1:49.30	39.77	350m: 4:41.62	44.18	550m: 7:40.44	44.73	750m: 10:40.31	45.16
	200m: 2:31.03	41.73	400m: 5:25.71	44.09	600m: 8:25.75	45.31	800m: 11:24.91	44.60
6.	Joke Ceelie	De Treffers	11:37.75 198600694	<b>11:33.60</b>				
	50m: 34.72	34.72	250m: 3:25.38	44.32	450m: 6:22.78	44.92	650m: 9:22.25	44.60
	100m: 1:15.11	40.39	300m: 4:09.32	43.94	500m: 7:07.80	45.02	700m: 10:07.56	45.31
	150m: 1:57.30	42.19	350m: 4:53.28	43.96	550m: 7:53.05	45.25	750m: 10:51.32	43.76
	200m: 2:41.06	43.76	400m: 5:37.86	44.58	600m: 8:37.65	44.60	800m: 11:33.60	42.28
7.	Jens van Hal	De Treffers	NT 200500375	<b>11:45.29</b>				
	50m: 35.63	35.63	250m: 3:31.65	44.97	450m: 6:35.07	46.09	650m: 9:38.36	44.36
	100m: 1:17.54	41.91	300m: 4:17.33	45.68	500m: 7:21.53	46.46	700m: 10:22.08	43.72
	150m: 2:01.80	44.26	350m: 5:03.49	46.16	550m: 8:07.87	46.34	750m: 11:06.39	44.31
	200m: 2:46.68	44.88	400m: 5:48.98	45.49	600m: 8:54.00	46.13	800m: 11:45.29	38.90
8.	Thijs van Maastricht	De Treffers	NT 200203751	<b>11:51.38</b>				
	50m: 37.39	37.39	250m: 3:34.46	46.01	450m: 6:41.24	46.51	650m: 9:46.74	45.56
	100m: 1:19.66	42.27	300m: 4:21.29	46.83	500m: 7:28.65	47.41	700m: 10:31.53	44.79
	150m: 2:03.47	43.81	350m: 5:08.68	47.39	550m: 8:15.61	46.96	750m: 11:14.36	42.83
	200m: 2:48.45	44.98	400m: 5:54.73	46.05	600m: 9:01.18	45.57	800m: 11:51.38	37.02
9.	Jessie Hoskam	De Treffers	10:47.81 199700030	<b>11:55.90</b>				
	50m: 36.01	36.01	250m: 3:34.17	45.57	450m: 6:37.76	45.55	650m: 9:41.76	45.31
	100m: 1:18.50	42.49	300m: 4:19.52	45.35	500m: 7:23.61	45.85	700m: 10:26.92	45.16
	150m: 2:03.46	44.96	350m: 5:06.34	46.82	550m: 8:09.91	46.30	750m: 11:12.85	45.93
	200m: 2:48.60	45.14	400m: 5:52.21	45.87	600m: 8:56.45	46.54	800m: 11:55.90	43.05

LAC deel 1  
Rosmalen, 2/12/2022

Programmanr. 6, Alle, 800m vrije slag, 11 jaar en ouder

rang	naam	vereniging	intijd	intijd	tijd	RT
10.	Sandra Schellekens	Neptunus'58	12:08.01	198503416	12:15.79	
	50m: 37.33	37.33 250m: 3:35.26	45.80	450m: 6:42.69	47.37	650m: 9:53.96 47.81
	100m: 1:19.58	42.25 300m: 4:21.82	46.56	500m: 7:30.36	47.67	700m: 10:42.14 48.18
	150m: 2:03.86	44.28 350m: 5:08.48	46.66	550m: 8:18.48	48.12	750m: 11:37.60
	200m: 2:49.46	45.60 400m: 5:55.32	46.84	600m: 9:06.15	47.67	800m: 12:15.79
11.	Sophie van Velthoven	De Treffers	NT	200801914	12:21.02	
	50m: 39.19	39.19 250m: 3:42.20	47.53	450m: 6:53.19	48.16	650m: 10:04.85 47.60
	100m: 1:22.52	43.33 300m: 4:29.61	47.41	500m: 7:41.39	48.20	700m: 10:52.14 47.29
	150m: 2:08.18	45.66 350m: 5:17.42	47.81	550m: 8:29.24	47.85	750m: 11:37.60 45.46
	200m: 2:54.67	46.49 400m: 6:05.03	47.61	600m: 9:17.25	48.01	800m: 12:21.02 43.42
12.	Brent van Sande	De Treffers	12:45.71	200900647	12:24.76	
	50m: 35.96	35.96 250m: 3:35.39	46.87	450m: 6:47.19	48.10	650m: 10:02.24 48.93
	100m: 1:18.46	42.50 300m: 4:22.95	47.56	500m: 7:36.01	48.82	700m: 10:52.50 50.26
	150m: 2:01.73	43.27 350m: 5:11.18	48.23	550m: 8:24.11	48.10	750m: 11:41.27 48.77
	200m: 2:48.52	46.79 400m: 5:59.09	47.91	600m: 9:13.31	49.20	800m: 12:24.76 43.49
13.	Pien Walstra	De Treffers	NT	201101034	12:25.05	
	50m: 41.44	41.44 250m: 3:49.30	47.61	450m: 6:58.14	44.57	650m: 10:08.18 47.61
	100m: 1:27.60	46.16 300m: 4:38.13	48.83	500m: 7:44.24	46.10	700m: 10:56.70 48.52
	150m: 2:15.30	47.70 350m: 5:25.16	47.03	550m: 8:32.19	47.95	750m: 11:42.75 46.05
	200m: 3:01.69	46.39 400m: 6:13.57	48.41	600m: 9:20.57	48.38	800m: 12:25.05 42.30
14.	Vera Broekman	Arethusa	NT	201001454	12:35.54	
	50m: 39.62	39.62 250m: 3:52.85	49.05	450m: 7:07.31	48.82	650m: 10:18.87 47.63
	100m: 1:27.06	47.44 300m: 4:41.61	48.76	500m: 7:55.14	47.83	700m: 11:06.60 47.73
	150m: 2:15.64	48.58 350m: 5:30.42	48.81	550m: 8:43.36	48.22	750m: 12:04.49 57.89
	200m: 3:03.80	48.16 400m: 6:18.49	48.07	600m: 9:31.24	47.88	800m: 12:35.54 31.05
15.	Linde Valentgoed	De Treffers	NT	200803992	12:42.28	
	50m: 41.41	41.41 250m: 3:52.82	48.26	450m: 7:08.57	48.94	650m: 10:22.91 48.30
	100m: 1:28.56	47.15 300m: 4:42.11	49.29	500m: 7:57.72	49.15	700m: 11:11.71 48.80
	150m: 2:16.77	48.21 350m: 5:30.94	48.83	550m: 8:46.42	48.70	750m: 11:58.41 46.70
	200m: 3:04.56	47.79 400m: 6:19.63	48.69	600m: 9:34.61	48.19	800m: 12:42.28 43.87
16.	Eefje van Venrooij	De Treffers	NT	201002924	12:42.45	
	50m: 39.34	39.34 250m: 3:49.32	48.98	450m: 7:05.04	49.59	650m: 10:22.51 49.89
	100m: 1:25.13	45.79 300m: 4:37.50	48.18	500m: 7:55.18	50.14	700m: 11:11.67 49.16
	150m: 2:12.26	47.13 350m: 5:26.48	48.98	550m: 8:44.25	49.07	750m: 11:59.47 47.80
	200m: 3:00.34	48.08 400m: 6:15.45	48.97	600m: 9:32.62	48.37	800m: 12:42.45 42.98
17.	Puck Bakker	Neptunus'58	12:00.00	200503040	12:51.02	
	50m: 40.20	40.20 250m: 3:55.91	50.49	450m: 7:17.11	50.29	650m: 10:33.22 48.92
	100m: 1:27.22	47.02 300m: 4:45.39	49.48	500m: 8:07.16	50.05	700m: 11:21.18 47.96
	150m: 2:15.37	48.15 350m: 5:35.98	50.59	550m: 8:55.90	48.74	750m: 12:07.74 46.56
	200m: 3:05.42	50.05 400m: 6:26.82	50.84	600m: 9:44.30	48.40	800m: 12:51.02 43.28
18.	Suzan Clemens	De Treffers	15:09.65	200802736	13:01.11	
	50m: 42.92	42.92 250m: 3:59.61	49.74	450m: 7:21.07	50.12	650m: 10:40.65 50.30
	100m: 1:30.84	47.92 300m: 4:49.81	50.20	500m: 8:10.95	49.88	700m: 11:29.64 48.99
	150m: 2:19.85	49.01 350m: 5:40.30	50.49	550m: 9:00.77	49.82	750m: 12:17.25 47.61
	200m: 3:09.87	50.02 400m: 6:30.95	50.65	600m: 9:50.35	49.58	800m: 13:01.11 43.86
19.	Odile Olieslager	De Treffers	NT	197300670	13:10.13	
	50m: 40.50	40.50 250m: 3:55.80	50.23	450m: 7:18.39	50.67	650m: 10:40.29 50.78
	100m: 1:26.84	46.34 300m: 4:46.56	50.76	500m: 8:08.64	50.25	700m: 11:30.86 50.57
	150m: 2:15.39	48.55 350m: 5:36.87	50.31	550m: 8:59.67	51.03	750m: 12:20.93 50.07
	200m: 3:05.57	50.18 400m: 6:27.72	50.85	600m: 9:49.51	49.84	800m: 13:10.13 49.20
20.	Hilda Wildeman	De Treffers	NT	197900998	13:30.82	
	50m: 45.07	45.07 250m: 4:01.67	59.89	450m: 7:28.62	52.03	650m: 10:57.46 52.10
	100m: 1:31.80	46.73 300m: 4:53.22	51.55	500m: 8:20.75	52.13	700m: 11:49.28 51.82
	150m: 2:20.98	49.18 350m: 5:44.65	51.43	550m: 9:13.27	52.52	750m: 12:40.91 51.63
	200m: 3:01.78	40.80 400m: 6:36.59	51.94	600m: 10:05.36	52.09	800m: 13:30.82 49.91
21.	Dieke van den Berg	De Treffers	NT	201001526	13:53.89	
	50m: 43.81	43.81 250m: 4:12.65	54.01	450m: 7:49.24	54.94	650m: 11:23.98 53.55
	100m: 1:33.38	49.57 300m: 4:46.56	50.76	500m: 8:43.59	54.35	700m: 12:16.79 52.81
	150m: 2:25.67	52.29 350m: 6:00.51	50.31	550m: 9:37.01	53.42	750m: 13:08.31 51.52
	200m: 3:18.64	52.97 400m: 6:54.30	53.79	600m: 10:30.43	53.42	800m: 13:53.89 45.58
22.	Bertold Gorter	De Treffers	NT		14:04.67	
	50m: 41.05	41.05 250m: 4:06.64	52.64	450m: 7:43.72	54.82	650m: 11:23.72 55.50
	100m: 1:29.83	48.78 300m: 5:00.09	53.45	500m: 8:38.20	54.48	700m: 12:19.97 56.25
	150m: 2:21.16	51.33 350m: 5:53.70	53.61	550m: 9:32.16	53.96	750m: 13:14.49 54.52
	200m: 3:14.00	52.84 400m: 6:48.90	55.20	600m: 10:28.22	56.06	800m: 14:04.67 50.18
23.	Andre van den Berg	De Treffers	NT	196701787	14:10.65	
	50m: 47.29	47.29 250m: 4:20.09	54.30	450m: 7:57.90	54.11	650m: 11:33.34 54.18
	100m: 1:38.90	51.61 300m: 5:14.75	54.66	500m: 8:51.89	53.99	700m: 12:26.48 53.14
	150m: 2:32.61	53.71 350m: 6:09.47	54.72	550m: 9:45.65	53.76	750m: 13:19.92 53.44
	200m: 3:25.79	53.18 400m: 7:03.79	54.32	600m: 10:39.16	53.51	800m: 14:10.65 50.73
24.	Jekke van der Molen	De Treffers	NT	201100546	14:34.51	
	50m: 48.98	48.98 250m: 4:06.64	52.64	450m: 7:43.72	54.82	650m: 11:23.72 55.50
	100m: 1:42.29	53.31 300m: 5:00.09	53.45	500m: 8:38.20	54.48	700m: 12:19.97 56.25
	150m:	51.33 350m: 5:53.70	53.61	550m: 9:32.16	53.96	750m: 13:14.49 54.52
	200m: 3:31.96	52.84 400m: 6:48.90	55.20	600m: 10:28.22	56.06	800m: 14:04.67 50.18

LAC deel 1  
Rosmalen, 2/12/2022

Programmanr. 6, Alle, 800m vrije slag, 11 jaar en ouder

rang	naam	vereniging	intijd	tijd	RT			
25.	Ellen Lucassen	De Treffers	NT	198805232	<b>14:56.22</b>			
	50m: 41.33	41.33	250m: 4:24.39	58.04	450m: 8:22.20	58.99	650m: 12:10.66	58.00
	100m: 1:33.39	52.06	300m: 5:23.68	59.29	500m: 9:20.63	58.43	700m: 13:07.23	56.57
	150m: 2:29.48	56.09	350m: 6:23.45	59.77	550m: 10:17.68	57.05	750m: 14:02.90	55.67
	200m: 3:26.35	56.87	400m: 7:23.21	59.76	600m: 11:12.66	54.98	800m: 14:56.22	53.32
26.	Fien Hendriks	De Treffers	NT	200902572	<b>15:21.20</b>			
	50m: 48.69	48.69	250m: 4:41.72	58.39	450m: 8:40.17	59.43	650m: 12:35.13	55.38
	100m: 1:44.10	55.41	300m: 5:40.33	58.61	500m: 9:40.04	59.87	700m: 13:33.35	58.22
	150m: 2:42.48	58.38	350m: 6:40.88	1:00.55	550m: 10:38.70	58.66	750m: 15:04.00	58.72
	200m: 3:43.33	1:00.85	400m: 7:40.74	59.86	600m: 11:39.75	1:01.05	800m: 15:21.20	
27.	Wendy Govaers	De Treffers	NT	197501036	<b>15:57.43</b>			
	50m: 52.71	52.71	250m: 4:58.02	1:02.40	450m: 9:04.45	1:01.31	650m: 13:06.01	59.36
	100m: 1:51.79	59.08	300m: 6:00.17	1:02.15	500m: 10:05.45	1:01.00	700m: 14:05.28	59.27
	150m: 2:52.86	1:01.07	350m: 7:01.61	1:01.44	550m: 11:05.69	1:00.24	750m: 15:04.00	58.72
	200m: 3:55.62	1:02.76	400m: 8:03.14	1:01.53	600m: 12:06.65	1:00.96	800m: 15:57.43	53.43
28.	Marieke van der Molen	De Treffers	NT	197601190	<b>16:02.83</b>			
	50m: 51.05	51.05	250m: 4:48.48	1:00.65	450m: 8:55.30	1:01.72	650m: 13:05.56	1:01.54
	100m: 1:47.57	56.52	300m: 5:49.02	1:00.54	500m: 9:58.75	1:03.45	700m: 14:06.58	1:01.02
	150m: 2:46.71	59.14	350m: 6:51.48	1:02.46	550m: 11:01.65	1:02.90	750m: 15:06.81	1:00.23
	200m: 3:47.83	1:01.12	400m: 7:53.58	1:02.10	600m: 12:04.02	1:02.37	800m: 16:02.83	56.02
29.	Mieke Baumann	De Treffers	NT	198102358	<b>16:16.42</b>			
	50m: 46.04	46.04	250m: 4:54.44	1:00.68	450m: 9:08.77	1:03.58	650m: 13:20.32	1:02.87
	100m: 1:40.60	54.56	300m: 5:57.23	1:02.79	500m: 10:11.70	1:02.93	700m: 14:23.04	1:02.72
	150m: 2:55.00	1:14.40	350m: 7:01.23	1:04.00	550m: 11:14.72	1:03.02	750m: 15:23.80	1:00.76
	200m: 3:53.76	58.76	400m: 8:05.19	1:03.96	600m: 12:17.45	1:02.73	800m: 16:16.42	52.62
30.	Ellen Heereveld	De Treffers	NT	196700766	<b>16:36.07</b>			
	50m: 50.77	50.77	250m: 5:00.41	1:02.08	450m: 9:13.00	1:02.75	650m: 13:29.70	1:03.21
	100m: 1:51.48	1:00.71	300m: 6:03.58	1:03.17	500m: 10:16.56	1:03.56	700m: 14:33.66	1:03.96
	150m: 2:55.25	1:03.77	350m: 7:06.07	1:02.49	550m: 11:20.58	1:04.02	750m: 15:37.71	1:04.05
	200m: 3:58.33	1:03.08	400m: 8:10.25	1:04.18	600m: 12:26.49	1:05.91	800m: 16:36.07	58.36
31.	Haitske Toering Dijkstra	De Treffers	NT	197901618	<b>17:18.43</b>			
	50m: 49.17	49.17	250m: 5:02.83	1:06.01	450m: 9:28.67	1:06.73	650m: 13:53.45	1:05.46
	100m: 1:48.02	58.85	300m: 6:09.51	1:06.68	500m: 10:35.42	1:06.75	700m: 14:59.28	1:05.83
	150m: 2:51.41	1:03.39	350m: 7:16.06	1:06.55	550m: 11:42.75	1:07.33	750m: 16:22.13	1:22.85
	200m: 3:56.82	1:05.41	400m: 8:21.94	1:05.88	600m: 12:47.99	1:05.24	800m: 17:18.43	56.30
32.	Tina Tijmsa	De Treffers	NT	197901616	<b>19:24.05</b>			
	50m: 56.52	56.52	250m: 5:51.86	1:16.64	450m: 10:57.02	1:15.39	650m: 15:51.92	1:12.54
	100m: 2:03.82	1:07.30	300m: 7:06.97	1:15.11	500m: 12:11.62	1:14.60	700m: 17:03.35	1:11.43
	150m: 3:17.26	1:13.44	350m: 8:25.77	1:18.80	550m: 13:24.96	1:13.34	750m: 18:14.31	1:10.96
	200m: 4:35.22	1:17.96	400m: 9:41.63	1:15.86	600m: 14:39.38	1:14.42	800m: 19:24.05	1:09.74

Programmanr. 7  
2/12/2022 - 20:45

1500m vrije slag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Marijn van Keulen	De Treffers	18:52.54	200101855	<b>19:40.92</b>			
	50m: 33.57	33.57	450m: 5:45.08	39.11	850m: 11:04.73	39.61	1250m: 16:25.83	39.69
	100m: 1:11.18	37.61	500m: 6:25.20	40.12	900m: 11:44.23	39.50	1300m: 17:06.37	40.54
	150m: 1:49.18	38.00	550m: 7:05.00	39.80	950m: 13:04.26	1:20.03	1350m: 17:44.86	38.49
	200m: 2:28.04	38.86	600m: 7:45.21	40.21	1000m: 13:06.05	1.79	1400m: 18:24.59	39.73
	250m: 3:07.40	39.36	650m: 8:25.09	39.88	1050m: 13:44.26	38.21	1450m: 19:03.32	38.73
	300m: 3:46.55	39.15	700m: 9:04.63	39.54	1100m: 14:24.74	40.48	1500m: 19:40.92	37.60
	350m: 4:26.14	39.59	750m: 9:45.17	40.54	1150m: 15:05.40	40.66		
	400m: 5:05.97	39.83	800m: 10:25.12	39.95	1200m: 15:46.14	40.74		
2.	Joris van Keulen	De Treffers	21:00.45	200700159	<b>20:11.72</b>			
	50m: 33.66	33.66	450m: 5:52.52	40.49	850m: 11:20.59	41.62	1250m: 16:50.64	42.33
	100m: 1:11.96	38.30	500m: 6:32.89	40.17	900m: 12:01.05	40.46	1300m: 17:30.41	39.77
	150m: 1:50.49	38.53	550m: 7:14.35	41.66	950m: 12:41.19	40.14	1350m: 18:11.19	40.78
	200m: 2:30.36	39.87	600m: 7:54.62	40.27	1000m: 13:23.06	41.87	1400m: 18:52.02	40.83
	250m: 3:10.58	40.22	650m: 8:35.40	40.78	1050m: 14:05.74	42.68	1450m: 19:32.32	40.30
	300m: 3:51.03	40.45	700m: 9:16.63	41.23	1100m: 14:45.89	40.15	1500m: 20:11.72	39.40
	350m: 4:31.37	40.34	750m: 9:58.52	41.89	1150m: 15:27.16	41.27		
	400m: 5:12.03	40.66	800m: 10:38.97	40.45	1200m: 16:08.31	41.15		
3.	Liza Theuns	WZV	21:30.52	200702172	<b>20:52.98</b>			
	50m: 33.84	33.84	450m: 6:02.80	42.66	850m: 11:45.32	42.61	1250m: 17:26.88	42.33
	100m: 1:12.24	38.40	500m: 6:45.57	42.77	900m: 12:28.26	42.94	1300m: 18:08.99	42.11
	150m: 1:52.80	40.56	550m: 7:28.17	42.60	950m: 13:11.89	43.63	1350m: 18:50.39	41.40
	200m: 2:33.09	40.29	600m: 8:10.62	42.45	1000m: 13:54.79	42.90	1400m: 19:31.90	41.51
	250m: 3:15.07	41.98	650m: 8:53.32	42.70	1050m: 14:38.18	43.39	1450m: 20:13.37	41.47
	300m: 3:56.20	41.13	700m: 9:36.83	43.51	1100m: 15:19.68	41.50	1500m: 20:52.98	39.61
	350m: 4:38.16	41.96	750m: 10:19.63	42.80	1150m: 16:02.26	42.58		
	400m: 5:20.14	41.98	800m: 11:02.71	43.08	1200m: 16:44.55	42.29		

LAC deel 1  
Rosmalen, 2/12/2022

Programmanr. 7, Alle, 1500m vrije slag, 11 jaar en ouder

rang	naam	vereniging	intijd	tijd	RT			
4.	Marith Ewijk	WZV	21:15.73	200801414	21:24.33			
	50m: 34.13	34.13	450m: 6:10.05	43.57	850m: 12:00.01	43.65	1250m: 17:51.56	43.24
	100m: 1:13.14	39.01	500m: 6:53.69	43.64	900m: 12:43.48	43.47	1300m: 18:35.12	43.56
	150m: 1:53.83	40.69	550m: 7:37.44	43.75	950m: 13:27.86	44.38	1350m: 19:18.67	43.55
	200m: 2:35.74	41.91	600m: 8:21.45	44.01	1000m: 14:12.50	44.64	1400m: 20:01.77	43.10
	250m: 3:17.83	42.09	650m: 9:05.16	43.71	1050m: 14:56.95	44.45	1450m: 20:43.47	41.70
	300m: 4:00.42	42.59	700m: 9:49.08	43.92	1100m: 15:41.76	44.81	1500m: 21:24.33	40.86
	350m: 4:43.28	42.86	750m: 10:32.83	43.75	1150m: 16:25.31	43.55		
	400m: 5:26.48	43.20	800m: 11:16.36	43.53	1200m: 17:08.32	43.01		
5.	Luc de Bont	WZV	21:20.89	199601701	21:53.12			
	50m: 34.07	34.07	450m: 6:11.14	44.06	850m: 12:10.73	44.82	1250m: 18:10.99	45.08
	100m: 1:12.91	38.84	500m: 6:56.06	44.92	900m: 12:55.48	44.75	1300m: 18:56.34	45.35
	150m: 1:53.57	40.66	550m: 7:40.99	44.93	950m: 13:39.99	44.51	1350m: 19:40.95	44.61
	200m: 2:35.25	41.68	600m: 8:26.67	45.68	1000m: 14:25.46	45.47	1400m: 20:25.44	44.49
	250m: 3:17.60	42.35	650m: 9:11.86	45.19	1050m: 15:11.15	45.69	1450m: 21:10.13	44.69
	300m: 4:00.47	42.87	700m: 9:57.05	45.19	1100m: 15:55.53	44.38	1500m: 21:53.12	42.99
	350m: 4:43.66	43.19	750m: 10:41.29	44.24	1150m: 16:40.41	44.88		
	400m: 5:27.08	43.42	800m: 11:25.91	44.62	1200m: 17:25.91	45.50		
6.	Isabel van Alebeek	WZV	21:13.93	200301694	22:28.84			
	50m: 35.03	35.03	450m: 6:25.06	45.22	850m: 12:30.41	45.72	1250m: 18:37.19	45.90
	100m: 1:15.09	40.06	500m: 7:09.97	44.91	900m: 13:16.13	45.72	1300m: 19:24.63	47.44
	150m: 1:57.51	42.42	550m: 7:54.88	44.91	950m: 14:02.02	45.89	1350m: 20:11.22	46.59
	200m: 2:41.65	44.14	600m: 8:40.65	45.77	1000m: 14:47.27	45.25	1400m: 20:58.03	46.81
	250m: 3:25.81	44.16	650m: 9:26.27	45.62	1050m: 15:33.52	46.25	1450m: 21:43.45	45.42
	300m: 4:09.95	44.14	700m: 10:11.81	45.54	1100m: 16:19.76	46.24	1500m: 22:28.84	45.39
	350m: 4:54.81	44.86	750m: 10:58.04	46.23	1150m: 17:05.21	45.45		
	400m: 5:39.84	45.03	800m: 11:44.69	46.65	1200m: 17:51.29	46.08		
7.	Yannic Heereveld	De Treffers	24:27.69	199805819	23:07.72			
	50m: 36.69	36.69	450m: 6:44.63	46.24	850m: 13:02.68	47.32	1250m: 19:19.64	47.44
	100m: 1:18.84	42.15	500m: 7:31.43	46.80	900m: 13:49.85	47.17	1300m: 20:07.06	47.42
	150m: 2:03.58	44.74	550m: 8:18.32	46.89	950m: 14:36.67	46.82	1350m: 20:54.68	47.62
	200m: 2:50.03	46.45	600m: 9:05.74	47.42	1000m: 15:24.02	47.35	1400m: 21:42.05	47.37
	250m: 3:38.02	47.99	650m: 9:53.35	47.61	1050m: 16:11.14	47.12	1450m: 22:27.25	45.20
	300m: 4:24.09	46.07	700m: 10:41.01	47.66	1100m: 16:57.68	46.54	1500m: 23:07.72	40.47
	350m: 5:11.14	47.05	750m: 11:27.86	46.85	1150m: 17:44.27	46.59		
	400m: 5:58.39	47.25	800m: 12:15.36	47.50	1200m: 18:32.20	47.93		
8.	Elaine Geeven	Arethusa	22:28.46	200801972	23:19.73			
	50m: 38.42	38.42	450m: 6:51.46	47.90	850m: 13:13.14	48.27	1250m: 19:34.77	48.35
	100m: 1:22.81	44.39	500m: 7:39.72	48.26	900m: 14:02.93	49.79	1300m: 20:20.87	46.10
	150m: 2:09.49	46.68	550m: 8:28.46	48.74	950m: 14:50.27	47.34	1350m: 21:09.51	48.64
	200m: 2:56.23	46.74	600m: 9:16.65	48.19	1000m: 15:37.64	47.37	1400m: 21:55.23	45.72
	250m: 3:43.11	46.88	650m: 10:03.07	46.42	1050m: 16:25.44	47.80	1450m: 22:38.26	43.03
	300m: 4:29.46	46.35	700m: 10:50.33	47.26	1100m: 17:12.62	47.18	1500m: 23:19.73	41.47
	350m: 5:16.30	46.84	750m: 11:36.93	46.60	1150m: 17:58.60	45.98		
	400m: 6:03.56	47.26	800m: 12:24.87	47.94	1200m: 18:46.42	47.82		
9.	Abygail Rusch	De Treffers	NT	200800464	23:29.80			
	50m: 41.49	41.49	450m: 7:01.09	48.02	850m: 13:23.80	47.90	1250m: 19:42.62	46.35
	100m: 1:27.31	45.82	500m: 7:49.22	48.13	900m: 14:11.54	47.74	1300m: 20:29.46	46.84
	150m: 2:14.38	47.07	550m: 8:37.22	48.00	950m: 14:59.48	47.94	1350m: 21:15.97	46.51
	200m: 3:02.59	48.21	600m: 9:24.81	47.59	1000m: 15:47.83	48.35	1400m: 22:01.81	45.84
	250m: 3:50.60	48.01	650m: 10:11.91	47.10	1050m: 16:35.62	47.79	1450m: 22:47.55	45.74
	300m: 4:38.74	48.14	700m: 10:59.93	48.02	1100m: 17:22.95	47.33	1500m: 23:29.80	42.25
	350m: 5:26.04	47.30	750m: 11:48.26	48.33	1150m: 18:10.15	47.20		
	400m: 6:13.07	47.03	800m: 12:35.90	47.64	1200m: 18:56.27	46.12		
10.	Kitty Verhoeven	De Treffers	23:54.78	199008270	23:54.95			
	50m: 40.48	40.48	450m: 7:04.78	48.66	850m: 13:30.77	48.16	1250m: 19:56.70	48.29
	100m: 1:26.17	45.69	500m: 7:53.08	48.30	900m: 14:19.05	48.28	1300m: 20:44.67	47.97
	150m: 2:14.12	47.95	550m: 8:41.18	48.10	950m: 15:06.96	47.91	1350m: 21:33.40	48.73
	200m: 3:02.57	48.45	600m: 9:29.82	48.64	1000m: 15:55.11	48.15	1400m: 22:21.04	47.64
	250m: 3:50.76	48.19	650m: 10:18.67	48.85	1050m: 16:43.25	48.14	1450m: 23:08.39	47.35
	300m: 4:39.30	48.54	700m: 11:06.80	48.13	1100m: 17:32.02	48.77	1500m: 23:54.95	46.56
	350m: 5:27.96	48.66	750m: 11:55.01	48.21	1150m: 18:20.39	48.37		
	400m: 6:16.12	48.16	800m: 12:42.61	47.60	1200m: 19:08.41	48.02		
11.	D. van den Heuvel	Arethusa	21:49.85	200400098	24:01.09			
	50m: 42.24	42.24	450m: 6:53.88	48.48	850m: 13:24.75	48.48	1250m: 19:58.17	49.11
	100m: 1:24.22	41.98	500m: 7:42.54	48.66	900m: 14:14.39	49.64	1300m: 20:48.50	50.33
	150m: 2:09.40	45.18	550m: 8:31.27	48.73	950m: 15:03.83	49.44	1350m: 21:37.86	49.36
	200m: 2:55.94	46.54	600m: 9:20.04	48.77	1000m: 15:52.66	48.83	1400m: 22:27.87	50.01
	250m: 3:43.00	47.06	650m: 10:08.60	48.56	1050m: 16:42.70	50.04	1450m: 23:15.36	47.49
	300m: 4:36.26	48.54	700m: 10:57.93	49.33	1100m: 17:30.63	47.93	1500m: 24:01.09	45.73
	350m: 5:17.52	41.26	750m: 11:47.64	49.71	1150m: 18:20.97	50.34		
	400m: 6:05.40	47.88	800m: 12:36.27	48.63	1200m: 19:09.06	48.09		
12.	Elise Dörr	WZV	NT	200501192	24:27.99			
	50m: 40.93	40.93	450m: 7:11.72	50.52	850m: 13:58.76	50.37	1250m: 20:36.36	48.08
	100m: 1:26.49	45.56	500m: 8:02.38	50.66	900m: 14:49.65	50.89	1300m: 21:23.63	47.27
	150m: 2:14.66	48.17	550m: 8:53.37	50.99	950m: 15:40.49	50.84	1350m: 22:12.07	48.44
	200m: 3:03.72	49.06	600m: 9:44.04	50.67	1000m: 16:31.12	50.63	1400m: 23:01.69	49.62
	250m: 3:52.29	48.57	650m: 10:34.96	50.92	1050m: 17:22.18	51.06	1450m: 23:46.56	44.87
	300m: 4:41.49	49.20	700m: 11:26.50	51.54	1100m: 18:11.38	49.20	1500m: 24:27.99	41.43
	350m: 5:30.78	49.29	750m: 12:17.22	50.72	1150m: 19:00.50	49.12		
	400m: 6:21.20	50.42	800m: 13:08.39	51.17	1200m: 19:48.28	47.78		