

LAC deel 1
Boxtel, 6-1-2013

Programmanr. 1
6-1-2013 - 14:30

Dames, 800m vrije slag

2000 en eerder
Resultaten

Punten: FINA 2011

| Rang | | | Geb. | | | | | | Tijd | Pnt | | |
|----------------|------------------------|---------|-------|-------|--------------------------------|-------|-------|----------|-----------------|-------|----------|-------|
| Jun 2-3 | | | | | | | | | | | | |
| 1. | Lené Doomen | | 00 | | Trb/Res | | | | 10:48.16 | 417 | | |
| | 50m: | 34.02 | 34.02 | 250m: | 3:14.68 | 40.46 | 450m: | 5:59.94 | 41.82 | 650m: | 8:46.75 | 41.66 |
| | 100m: | 1:12.69 | 38.67 | 300m: | 3:55.51 | 40.83 | 500m: | 6:42.01 | 42.07 | 700m: | 9:28.74 | 41.99 |
| | 150m: | 1:52.96 | 40.27 | 350m: | 4:36.85 | 41.34 | 550m: | 7:22.99 | 40.98 | 750m: | 10:11.22 | 42.48 |
| | 200m: | 2:34.22 | 41.26 | 400m: | 5:18.12 | 41.27 | 600m: | 8:05.09 | 42.10 | 800m: | 10:48.16 | 36.94 |
| 2. | Sabien Timmers | | 99 | | ZWK Merlet | | | | 11:31.26 | 344 | | |
| | 50m: | 36.89 | 36.89 | 250m: | 3:24.70 | 43.34 | 450m: | 6:21.92 | 44.31 | 650m: | 9:19.00 | 44.46 |
| | 100m: | 1:17.18 | 40.29 | 300m: | 4:08.99 | 44.29 | 500m: | 7:05.46 | 43.54 | 700m: | 10:03.92 | 44.92 |
| | 150m: | 1:59.05 | 41.87 | 350m: | 4:53.55 | 44.56 | 550m: | 7:50.21 | 44.75 | 750m: | 10:49.03 | 45.11 |
| | 200m: | 2:41.36 | 42.31 | 400m: | 5:37.61 | 44.06 | 600m: | 8:34.54 | 44.33 | 800m: | 11:31.26 | 42.23 |
| 3. | Charlotte van der Hoek | | 99 | | MNC Dordrecht | | | | 11:34.26 | 339 | | |
| | 50m: | 38.23 | 38.23 | 250m: | 3:32.92 | 45.28 | 450m: | 6:29.86 | 44.10 | 650m: | 9:26.16 | 44.00 |
| | 100m: | 1:20.42 | 42.19 | 300m: | 4:15.29 | 42.37 | 500m: | 7:14.48 | 44.62 | 700m: | 10:11.13 | 44.97 |
| | 150m: | 2:03.70 | 43.28 | 350m: | 5:00.60 | 45.31 | 550m: | 7:57.73 | 43.25 | 750m: | 10:52.09 | 40.96 |
| | 200m: | 2:47.64 | 43.94 | 400m: | 5:45.76 | 45.16 | 600m: | 8:42.16 | 44.43 | 800m: | 11:34.26 | 42.17 |
| 4. | Tatum Reppel | | 00 | | MNC Dordrecht | | | | 11:55.59 | 310 | | |
| | 50m: | 40.53 | 40.53 | 250m: | 3:41.31 | 46.25 | 450m: | 6:47.16 | 46.38 | 650m: | 9:48.67 | 44.49 |
| | 100m: | 1:24.81 | 44.28 | 300m: | 4:28.25 | 46.94 | 500m: | 7:32.89 | 45.73 | 700m: | 10:32.68 | 44.01 |
| | 150m: | 2:10.05 | 45.24 | 350m: | 5:14.51 | 46.26 | 550m: | 8:18.28 | 45.39 | 750m: | 11:16.46 | 43.78 |
| | 200m: | 2:55.06 | 45.01 | 400m: | 6:00.78 | 46.27 | 600m: | 9:04.18 | 45.90 | 800m: | 11:55.59 | 39.13 |
| 5. | Nienke Versteegen | | 00 | | Zwem- en Waterpolovereniging D | | | | 12:49.85 | 249 | | |
| | 50m: | 43.29 | 43.29 | 250m: | 3:53.85 | 49.27 | 450m: | 7:09.82 | 49.56 | 650m: | 10:29.20 | 49.42 |
| | 100m: | 1:29.84 | 46.55 | 300m: | 4:42.13 | 48.28 | 500m: | 7:58.78 | 48.96 | 700m: | 11:18.70 | 49.50 |
| | 150m: | 2:17.29 | 47.45 | 350m: | 5:30.44 | 48.31 | 550m: | 8:48.90 | 50.12 | 750m: | 12:04.91 | 46.21 |
| | 200m: | 3:04.58 | 47.29 | 400m: | 6:20.26 | 49.82 | 600m: | 9:39.78 | 50.88 | 800m: | 12:49.85 | 44.94 |
| 6. | Elena Haszing | | 00 | | De Waalstroom | | | | 13:00.98 | 238 | | |
| | 50m: | 43.64 | 43.64 | 250m: | 4:02.78 | 49.91 | 450m: | 7:21.59 | 50.21 | 650m: | 10:42.08 | 50.56 |
| | 100m: | 1:32.76 | 49.12 | 300m: | 4:52.55 | 49.77 | 500m: | 8:11.45 | 49.86 | 700m: | 11:31.68 | 49.60 |
| | 150m: | 2:22.63 | 49.87 | 350m: | 5:42.42 | 49.87 | 550m: | 9:01.44 | 49.99 | 750m: | 12:18.12 | 46.44 |
| | 200m: | 3:12.87 | 50.24 | 400m: | 6:31.38 | 48.96 | 600m: | 9:51.52 | 50.08 | 800m: | 13:00.98 | 42.86 |
| 7. | Brigitte van Veghel | | 99 | | Njord | | | | 14:16.11 | 181 | | |
| | 50m: | 45.85 | 45.85 | 250m: | 4:18.60 | 55.31 | 450m: | 7:58.15 | 55.81 | 650m: | 11:37.18 | 54.05 |
| | 100m: | 1:36.78 | 50.93 | 300m: | 5:13.08 | 54.48 | 500m: | 8:52.68 | 54.53 | 700m: | 12:31.12 | 53.94 |
| | 150m: | 2:29.94 | 53.16 | 350m: | 6:08.11 | 55.03 | 550m: | 9:48.96 | 56.28 | 750m: | 13:26.21 | 55.09 |
| | 200m: | 3:23.29 | 53.35 | 400m: | 7:02.34 | 54.23 | 600m: | 10:43.13 | 54.17 | 800m: | 14:16.11 | 49.90 |
| 8. | Esther Verbruggen | | 00 | | ZWK Merlet | | | | 14:33.48 | 170 | | |
| | 50m: | 44.88 | 44.88 | 250m: | 4:19.04 | 55.57 | 450m: | 8:02.85 | 57.06 | 650m: | 11:51.28 | 57.09 |
| | 100m: | 1:35.92 | 51.04 | 300m: | 5:14.52 | 55.48 | 500m: | 8:59.97 | 57.12 | 700m: | 12:46.92 | 55.64 |
| | 150m: | 2:29.10 | 53.18 | 350m: | 6:10.54 | 56.02 | 550m: | 9:56.97 | 57.00 | 750m: | 13:42.17 | 55.25 |
| | 200m: | 3:23.47 | 54.37 | 400m: | 7:05.79 | 55.25 | 600m: | 10:54.19 | 57.22 | 800m: | 14:33.48 | 51.31 |

Jeugd

| | | | | | | | | | | | | |
|----|-----------------|---------|-------|-------|---------------|-------|-------|---------|-----------------|-------|----------|-------|
| 1. | Tessa Bruijgoms | | 98 | | MNC Dordrecht | | | | 10:25.65 | 464 | | |
| | 50m: | 33.73 | 33.73 | 250m: | 3:08.58 | 39.66 | 450m: | 5:48.09 | 40.36 | 650m: | 8:28.42 | 40.08 |
| | 100m: | 1:11.22 | 37.49 | 300m: | 3:47.94 | 39.36 | 500m: | 6:27.66 | 39.57 | 700m: | 9:08.75 | 40.33 |
| | 150m: | 1:49.86 | 38.64 | 350m: | 4:27.58 | 39.64 | 550m: | 7:08.05 | 40.39 | 750m: | 9:47.87 | 39.12 |
| | 200m: | 2:28.92 | 39.06 | 400m: | 5:07.73 | 40.15 | 600m: | 7:48.34 | 40.29 | 800m: | 10:25.65 | 37.78 |
| 2. | Rosa Smit | | 98 | | MNC Dordrecht | | | | 12:40.00 | 259 | | |
| | 50m: | 40.10 | 40.10 | 250m: | 3:49.56 | 48.71 | 450m: | 7:04.26 | 48.84 | 650m: | 10:19.87 | 48.61 |
| | 100m: | 1:25.60 | 45.50 | 300m: | 4:38.20 | 48.64 | 500m: | 7:52.65 | 48.39 | 700m: | 11:08.44 | 48.57 |
| | 150m: | 2:12.97 | 47.37 | 350m: | 5:26.79 | 48.59 | 550m: | 8:41.94 | 49.29 | 750m: | 11:56.09 | 47.65 |
| | 200m: | 3:00.85 | 47.88 | 400m: | 6:15.42 | 48.63 | 600m: | 9:31.26 | 49.32 | 800m: | 12:40.00 | 43.91 |

LAC deel 1
Boxtel, 6-1-2013

Programmanr. 1, Meisjes, 800m vrije slag, Jeugd

| Rang | | | Geb. | | | | Tijd | | | | Pnt |
|------|----------------|---------------|---------------|---------------|-------|---------------|-----------------|----------------|--|--|-----|
| 3. | Vera Daman | | 98 ZWK Merlet | | | | 12:51.79 | | | | 247 |
| | 50m: | 42.36 42.36 | 250m: | 3:55.72 49.16 | 450m: | 7:12.68 49.32 | 650m: | 10:31.13 49.91 | | | |
| | 100m: | 1:29.88 47.52 | 300m: | 4:45.09 49.37 | 500m: | 8:01.74 49.06 | 700m: | 11:20.60 49.47 | | | |
| | 150m: | 2:17.42 47.54 | 350m: | 5:35.24 50.15 | 550m: | 8:51.36 49.62 | 750m: | 12:09.29 48.69 | | | |
| | 200m: | 3:06.56 49.14 | 400m: | 6:23.36 48.12 | 600m: | 9:41.22 49.86 | 800m: | 12:51.79 42.50 | | | |
| 4. | Kym de Kuijper | | 98 Njord | | | | 13:00.92 | | | | 238 |
| | 50m: | 39.90 39.90 | 250m: | 3:52.64 49.70 | 450m: | 7:13.78 50.46 | 650m: | 10:36.76 50.94 | | | |
| | 100m: | 1:26.25 46.35 | 300m: | 4:42.68 50.04 | 500m: | 8:04.56 50.78 | 700m: | 11:28.03 51.27 | | | |
| | 150m: | 2:14.91 48.66 | 350m: | 5:32.96 50.28 | 550m: | 8:55.28 50.72 | 750m: | 12:17.76 49.73 | | | |
| | 200m: | 3:02.94 48.03 | 400m: | 6:23.32 50.36 | 600m: | 9:45.82 50.54 | 800m: | 13:00.92 43.16 | | | |

Senioren

| | | | | | | | | | | | |
|----|-----------------------------|---------------|-----------------------------------|---------------|-------|----------------|-----------------|------------------|--|--|-----|
| 1. | Danielle Scheepers | | 90 Njord | | | | 11:01.78 | | | | 392 |
| | 50m: | 34.54 34.54 | 250m: | 3:17.95 41.60 | 450m: | 6:07.54 42.03 | 650m: | 8:57.91 42.71 | | | |
| | 100m: | 1:13.53 38.99 | 300m: | 3:59.82 41.87 | 500m: | 6:50.09 42.55 | 700m: | 9:39.72 41.81 | | | |
| | 150m: | 1:54.76 41.23 | 350m: | 4:42.44 42.62 | 550m: | 7:32.68 42.59 | 750m: | 10:21.50 41.78 | | | |
| | 200m: | 2:36.35 41.59 | 400m: | 5:25.51 43.07 | 600m: | 8:15.20 42.52 | 800m: | 11:01.78 40.28 | | | |
| 2. | Emy Liebregts | | 95 Njord | | | | 11:10.93 | | | | 376 |
| | 50m: | 36.87 36.87 | 250m: | 3:23.01 42.36 | 450m: | 6:14.75 43.12 | 650m: | 9:07.34 43.02 | | | |
| | 100m: | 1:17.02 40.15 | 300m: | 4:05.25 42.24 | 500m: | 6:58.05 43.30 | 700m: | 9:50.44 43.10 | | | |
| | 150m: | 1:58.36 41.34 | 350m: | 4:48.18 42.93 | 550m: | 7:41.51 43.46 | 750m: | 10:32.08 41.64 | | | |
| | 200m: | 2:40.65 42.29 | 400m: | 5:31.63 43.45 | 600m: | 8:24.32 42.81 | 800m: | 11:10.93 38.85 | | | |
| 3. | Charessa Feider | | 94 ZWK Merlet | | | | 11:11.70 | | | | 375 |
| | 50m: | 34.26 34.26 | 250m: | 3:15.48 42.25 | 450m: | 6:11.51 44.84 | 650m: | 9:06.16 42.21 | | | |
| | 100m: | 1:12.26 38.00 | 300m: | 3:58.16 42.68 | 500m: | 6:55.13 43.62 | 700m: | 9:50.36 44.20 | | | |
| | 150m: | 1:52.16 39.90 | 350m: | 4:42.39 44.23 | 550m: | 7:39.67 44.54 | 800m: | 11:11.70 1:21.34 | | | |
| | 200m: | 2:33.23 41.07 | 400m: | 5:26.67 44.28 | 600m: | 8:23.95 44.28 | | | | | |
| 4. | Dominique Clement | | 85 Zwem- en Waterpolovereniging D | | | | 12:21.70 | | | | 278 |
| | 50m: | 40.07 40.07 | 250m: | 3:45.51 46.91 | 450m: | 6:56.73 48.00 | 650m: | 10:06.92 47.76 | | | |
| | 100m: | 1:25.02 44.95 | 300m: | 4:33.04 47.53 | 500m: | 7:44.32 47.59 | 700m: | 10:54.29 47.37 | | | |
| | 150m: | 2:11.36 46.34 | 350m: | 5:20.70 47.66 | 550m: | 8:31.23 46.91 | 750m: | 11:04.57 10.28 | | | |
| | 200m: | 2:58.60 47.24 | 400m: | 6:08.73 48.03 | 600m: | 9:19.16 47.93 | 800m: | 12:21.70 1:17.13 | | | |
| 5. | Katja Thyssen | | 73 Zegenwerp | | | | 12:26.65 | | | | 273 |
| | 50m: | 36.05 36.05 | 250m: | 3:32.34 46.82 | 450m: | 6:45.55 48.65 | 650m: | 10:01.79 49.21 | | | |
| | 100m: | 1:16.21 40.16 | 300m: | 4:20.05 47.71 | 500m: | 7:34.33 48.78 | 700m: | 10:50.65 48.86 | | | |
| | 150m: | 1:59.90 43.69 | 350m: | 5:08.02 47.97 | 550m: | 8:23.41 49.08 | 750m: | 11:39.44 48.79 | | | |
| | 200m: | 2:45.52 45.62 | 400m: | 5:56.90 48.88 | 600m: | 9:12.58 49.17 | 800m: | 12:26.65 47.21 | | | |
| 6. | Isabel van Loon | | 95 Zegenwerp | | | | 12:37.55 | | | | 261 |
| | 50m: | 40.62 40.62 | 250m: | 3:49.38 48.23 | 450m: | 7:03.46 48.74 | 650m: | 10:18.97 48.88 | | | |
| | 100m: | 1:26.43 45.81 | 300m: | 4:37.60 48.22 | 500m: | 7:51.97 48.51 | 700m: | 11:06.61 47.64 | | | |
| | 150m: | 2:13.30 46.87 | 350m: | 5:25.98 48.38 | 550m: | 8:41.31 49.34 | 750m: | 11:51.33 44.72 | | | |
| | 200m: | 3:01.15 47.85 | 400m: | 6:14.72 48.74 | 600m: | 9:30.09 48.78 | 800m: | 12:37.55 46.22 | | | |
| 7. | Ingrid Versteegen | | 73 Zwem- en Waterpolovereniging D | | | | 12:38.66 | | | | 260 |
| | 50m: | 41.98 41.98 | 250m: | 3:49.74 47.82 | 450m: | 7:04.86 49.00 | 650m: | 10:18.48 47.94 | | | |
| | 100m: | 1:27.41 45.43 | 300m: | 4:38.37 48.63 | 500m: | 7:53.17 48.31 | 700m: | 11:06.04 47.56 | | | |
| | 150m: | 2:14.48 47.07 | 350m: | 5:27.54 49.17 | 550m: | 8:42.54 49.37 | 750m: | 11:54.38 48.34 | | | |
| | 200m: | 3:01.92 47.44 | 400m: | 6:15.86 48.32 | 600m: | 9:30.54 48.00 | 800m: | 12:38.66 44.28 | | | |
| 8. | Karin Sagonas | | 70 Njord | | | | 12:41.75 | | | | 257 |
| | 50m: | 39.50 39.50 | 250m: | 3:43.73 48.01 | 450m: | 6:59.35 49.34 | 650m: | 10:14.24 49.03 | | | |
| | 100m: | 1:23.35 43.85 | 300m: | 4:31.66 47.93 | 500m: | 7:47.96 48.61 | 700m: | 11:04.70 50.46 | | | |
| | 150m: | 2:09.38 46.03 | 350m: | 5:20.73 49.07 | 550m: | 8:36.52 48.56 | 750m: | 11:54.22 49.52 | | | |
| | 200m: | 2:55.72 46.34 | 400m: | 6:10.01 49.28 | 600m: | 9:25.21 48.69 | 800m: | 12:41.75 47.53 | | | |
| 9. | Fabienne Verriet-Regensburg | | 75 Njord | | | | 14:59.21 | | | | 156 |
| | 50m: | 46.12 46.12 | 250m: | 4:23.72 56.50 | 450m: | 8:16.06 58.47 | 650m: | 12:08.46 57.82 | | | |
| | 100m: | 1:38.06 51.94 | 300m: | 5:21.56 57.84 | 500m: | 9:14.65 58.59 | 700m: | 13:05.43 56.97 | | | |
| | 150m: | 2:32.38 54.32 | 350m: | 6:19.85 58.29 | 550m: | 10:12.31 57.66 | 750m: | 14:03.10 57.67 | | | |
| | 200m: | 3:27.22 54.84 | 400m: | 7:17.59 57.74 | 600m: | 11:10.64 58.33 | 800m: | 14:59.21 56.11 | | | |

DIS Renske Zandberg

96 Trb/Res

AF

LAC deel 1
Boxtel, 6-1-2013

Programmanr. 2
6-1-2013 - 14:40

Heren, 800m vrije slag

2000 en eerder
Resultaten

Punten: FINA 2011

| Rang | | | Geb. | | | | | | Tijd | Pnt | | |
|-----------------|---------------|---------|-------|-------|---------|-------|-------|---------|-----------------|-------|----------|-------|
| Junioren | | | | | | | | | | | | |
| 1. | Bjorn Koevoet | | 98 | | Njord | | | | 11:00.94 | 301 | | |
| | 50m: | 35.27 | 35.27 | 250m: | 3:21.41 | 42.26 | 450m: | 6:52.78 | 1:25.12 | 650m: | 9:41.98 | 41.38 |
| | 100m: | 1:15.69 | 40.42 | 300m: | 4:02.45 | 41.04 | 500m: | 7:36.84 | 44.06 | 700m: | 10:21.68 | 39.70 |
| | 150m: | 1:56.38 | 40.69 | 350m: | 4:45.76 | 43.31 | 550m: | 8:18.60 | 41.76 | 800m: | 11:00.94 | 39.26 |
| | 200m: | 2:39.15 | 42.77 | 400m: | 5:27.66 | 41.90 | 600m: | 9:00.60 | 42.00 | | | |

Jeugd

| | | | | | | | | | | | | |
|----|-------------|---------|-------|-------|---------|-------|-------|---------|-----------------|-------|----------|-------|
| 1. | Luc de Bont | | 96 | | Wzv | | | | 11:11.72 | 287 | | |
| | 50m: | 32.59 | 32.59 | 250m: | 3:08.04 | 41.16 | 450m: | 6:03.06 | 44.43 | 650m: | 9:03.73 | 43.70 |
| | 100m: | 1:08.41 | 35.82 | 300m: | 3:51.00 | 42.96 | 500m: | 6:50.66 | 47.60 | 700m: | 9:47.09 | 43.36 |
| | 150m: | 1:46.31 | 37.90 | 350m: | 4:34.67 | 43.67 | 550m: | 7:35.54 | 44.88 | 750m: | 10:31.42 | 44.33 |
| | 200m: | 2:26.88 | 40.57 | 400m: | 5:18.63 | 43.96 | 600m: | 8:20.03 | 44.49 | 800m: | 11:11.72 | 40.30 |

Senioren

| | | | | | | | | | | | | |
|----|-----------------|---------|-------|-------|---------------|-------|-------|---------|-----------------|-------|----------|-------|
| 1. | Tom Havekes | | 89 | | De Waalstroom | | | | 9:06.48 | 534 | | |
| | 50m: | 30.80 | 30.80 | 250m: | 2:47.42 | 34.72 | 450m: | 5:05.80 | 34.03 | 650m: | 7:23.71 | 34.57 |
| | 100m: | 1:04.26 | 33.46 | 300m: | 3:21.86 | 34.44 | 500m: | 5:40.08 | 34.28 | 700m: | 7:58.28 | 34.57 |
| | 150m: | 1:38.36 | 34.10 | 350m: | 3:56.64 | 34.78 | 550m: | 6:14.57 | 34.49 | 750m: | 8:33.36 | 35.08 |
| | 200m: | 2:12.70 | 34.34 | 400m: | 4:31.77 | 35.13 | 600m: | 6:49.14 | 34.57 | 800m: | 9:06.48 | 33.12 |
| 2. | Daan Viering | | 94 | | De Waalstroom | | | | 9:28.93 | 473 | | |
| | 50m: | 32.38 | 32.38 | 250m: | 2:52.60 | 35.39 | 450m: | 5:13.83 | 35.51 | 650m: | 7:38.50 | 36.79 |
| | 100m: | 1:06.89 | 34.51 | 300m: | 3:27.48 | 34.88 | 500m: | 5:49.33 | 35.50 | 700m: | 8:14.89 | 36.39 |
| | 150m: | 1:42.11 | 35.22 | 350m: | 4:03.11 | 35.63 | 550m: | 6:25.38 | 36.05 | 750m: | 8:52.14 | 37.25 |
| | 200m: | 2:17.21 | 35.10 | 400m: | 4:38.32 | 35.21 | 600m: | 7:01.71 | 36.33 | 800m: | 9:28.93 | 36.79 |
| 3. | Tim van de Berg | | 85 | | De Kempvis | | | | 10:47.00 | 321 | | |
| | 50m: | 34.83 | 34.83 | 250m: | 3:17.07 | 41.18 | 450m: | 6:02.74 | 41.23 | 650m: | 8:46.28 | 40.12 |
| | 100m: | 1:14.04 | 39.21 | 300m: | 3:58.36 | 41.29 | 500m: | 6:43.70 | 40.96 | 700m: | 9:26.82 | 40.54 |
| | 150m: | 1:54.99 | 40.95 | 350m: | 4:39.84 | 41.48 | 550m: | 7:24.59 | 40.89 | 750m: | 10:08.21 | 41.39 |
| | 200m: | 2:35.89 | 40.90 | 400m: | 5:21.51 | 41.67 | 600m: | 8:06.16 | 41.57 | 800m: | 10:47.00 | 38.79 |
| 4. | Ivan Timmers | | 85 | | Eozc | | | | 11:08.76 | 291 | | |
| | 50m: | 33.47 | 33.47 | 250m: | 3:15.91 | 41.83 | 450m: | 6:08.57 | 43.61 | 650m: | 9:01.33 | 42.54 |
| | 100m: | 1:11.88 | 38.41 | 300m: | 3:58.57 | 42.66 | 500m: | 6:51.85 | 43.28 | 700m: | 9:44.68 | 43.35 |
| | 150m: | 1:52.19 | 40.31 | 350m: | 4:41.55 | 42.98 | 550m: | 7:35.06 | 43.21 | 750m: | 10:28.15 | 43.47 |
| | 200m: | 2:34.08 | 41.89 | 400m: | 5:24.96 | 43.41 | 600m: | 8:18.79 | 43.73 | 800m: | 11:08.76 | 40.61 |
| 5. | André Zandberg | | 66 | | Trb/Res | | | | 11:12.24 | 286 | | |
| | 50m: | 38.48 | 38.48 | 250m: | 3:31.21 | 43.30 | 450m: | 6:21.00 | 42.37 | 650m: | 9:09.71 | 42.45 |
| | 100m: | 1:20.85 | 42.37 | 300m: | 4:14.02 | 42.81 | 500m: | 7:03.47 | 42.47 | 700m: | 9:51.74 | 42.03 |
| | 150m: | 2:04.31 | 43.46 | 350m: | 4:56.68 | 42.66 | 550m: | 7:45.52 | 42.05 | 750m: | 10:32.65 | 40.91 |
| | 200m: | 2:47.91 | 43.60 | 400m: | 5:38.63 | 41.95 | 600m: | 8:27.26 | 41.74 | 800m: | 11:12.24 | 39.59 |

Programmanr. 3
6-1-2013 - 14:50

Meisjes, 400m vrije slag

Min 5 + Jun 1
Resultaten

Punten: FINA 2011

| Rang | | | Geb. | | | | | | Tijd | Pnt | | |
|------|------------------|---------|-------|-------|---------------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | Abigail den Boef | | 02 | | MNC Dordrecht | | | | 6:05.43 | 265 | | |
| | 50m: | 39.80 | 39.80 | 150m: | 2:12.78 | 47.43 | 250m: | 3:46.38 | 46.75 | 350m: | 5:15.60 | 44.34 |
| | 100m: | 1:25.35 | 45.55 | 200m: | 2:59.63 | 46.85 | 300m: | 4:31.26 | 44.88 | 400m: | 6:05.43 | 49.83 |
| 2. | Lisa de Kuijper | | 02 | | Njord | | | | 7:01.98 | 172 | | |
| | 50m: | 45.99 | 45.99 | 150m: | 2:30.93 | 52.42 | 250m: | 4:19.06 | 54.69 | 350m: | 6:08.91 | 54.87 |
| | 100m: | 1:38.51 | 52.52 | 200m: | 3:24.37 | 53.44 | 300m: | 5:14.04 | 54.98 | 400m: | 7:01.98 | 53.07 |

LAC deel 1
Boxtel, 6-1-2013

Programmanr. 3, Meisjes, 400m vrije slag, Min 5 + Jun 1

| Rang | | | Geb. | | | | | | Tijd | Pnt | | |
|------|----------------------|---------|---------|-------|-----------|---------|-------|---------|----------------|-------|---------|---------|
| 3. | Kim Jansen van Galen | | 02 | | Njord | | | | 7:08.54 | 164 | | |
| | 50m: | 45.33 | 45.33 | 150m: | 2:29.98 | 53.67 | 250m: | 4:22.02 | 57.70 | 350m: | 6:17.92 | 58.51 |
| | 100m: | 1:36.31 | 50.98 | 200m: | 3:24.32 | 54.34 | 300m: | 5:19.41 | 57.39 | 400m: | 7:08.54 | 50.62 |
| 4. | Kim de Laat | | 01 | | Zegenwerp | | | | 7:28.68 | 143 | | |
| | 50m: | 47.80 | 47.80 | 150m: | 2:42.15 | 59.16 | 250m: | 4:39.30 | 59.13 | 350m: | 6:35.12 | 57.84 |
| | 100m: | 1:42.99 | 55.19 | 200m: | 3:40.17 | 58.02 | 300m: | 5:37.28 | 57.98 | 400m: | 7:28.68 | 53.56 |
| 5. | Inge van Boxtel | | 01 | | Zegenwerp | | | | 7:31.31 | 141 | | |
| | 50m: | 47.00 | 47.00 | 150m: | 2:40.05 | 58.18 | 250m: | 4:38.56 | 1:00.20 | 350m: | 6:36.86 | 57.80 |
| | 100m: | 1:41.87 | 54.87 | 200m: | 3:38.36 | 58.31 | 300m: | 5:39.06 | 1:00.50 | 400m: | 7:31.31 | 54.45 |
| 6. | Lisa Verheij | | 02 | | Zegenwerp | | | | 7:50.57 | 124 | | |
| | 50m: | 47.50 | 47.50 | 150m: | 2:47.80 | 1:00.08 | 250m: | 4:53.24 | 1:02.52 | 350m: | 6:49.26 | 57.79 |
| | 100m: | 1:47.72 | 1:00.22 | 200m: | 3:50.72 | 1:02.92 | 300m: | 5:51.47 | 58.23 | 400m: | 7:50.57 | 1:01.31 |
| 7. | Zoï van der Staak | | 01 | | Zegenwerp | | | | 8:20.08 | 103 | | |
| | 50m: | 52.16 | 52.16 | 150m: | 2:54.49 | 1:02.97 | 250m: | 5:03.77 | 1:04.57 | 350m: | 7:16.80 | 1:08.81 |
| | 100m: | 1:51.52 | 59.36 | 200m: | 3:59.20 | 1:04.71 | 300m: | 6:07.99 | 1:04.22 | 400m: | 8:20.08 | 1:03.28 |

Programmanr. 4
6-1-2013 - 15:00

Jongens, 400m vrije slag

Min 5 + 6
Resultaten

Punten: FINA 2011

| Rang | | | Geb. | | | | | | Tijd | Pnt | | |
|------|----------------|---------|-------|-------|------------|---------|-------|---------|----------------|-------|---------|---------|
| 1. | Jarno Koster | | 02 | | ZWK Merlet | | | | 5:40.51 | 243 | | |
| | 50m: | 37.61 | 37.61 | 150m: | 2:03.25 | 43.10 | 250m: | 3:30.37 | 43.85 | 350m: | 4:59.89 | 44.57 |
| | 100m: | 1:20.15 | 42.54 | 200m: | 2:46.52 | 43.27 | 300m: | 4:15.32 | 44.95 | 400m: | 5:40.51 | 40.62 |
| 2. | Coen Graat | | 02 | | ZWK Merlet | | | | 6:34.30 | 157 | | |
| | 50m: | 41.57 | 41.57 | 150m: | 2:21.44 | 51.89 | 250m: | 4:05.59 | 51.48 | 350m: | 5:59.80 | 1:01.84 |
| | 100m: | 1:29.55 | 47.98 | 200m: | 3:14.11 | 52.67 | 300m: | 4:57.96 | 52.37 | 400m: | 6:34.30 | 34.50 |
| 3. | Ivar Koevoet | | 02 | | Njord | | | | 6:41.16 | 149 | | |
| | 50m: | 42.01 | 42.01 | 150m: | 2:22.89 | 50.31 | 250m: | 4:05.55 | 51.13 | 350m: | 5:49.84 | 51.75 |
| | 100m: | 1:32.58 | 50.57 | 200m: | 3:14.42 | 51.53 | 300m: | 4:58.09 | 52.54 | 400m: | 6:41.16 | 51.32 |
| 4. | Jelmer North | | 02 | | Njord | | | | 6:56.01 | 133 | | |
| | 50m: | 42.89 | 42.89 | 150m: | 2:22.67 | 50.69 | 250m: | 4:10.24 | 55.20 | 350m: | 5:59.95 | 54.65 |
| | 100m: | 1:31.98 | 49.09 | 200m: | 3:15.04 | 52.37 | 300m: | 5:05.30 | 55.06 | 400m: | 6:56.01 | 56.06 |
| 5. | Rick Vermeulen | | 01 | | Zegenwerp | | | | 7:46.75 | 94 | | |
| | 50m: | 43.68 | 43.68 | 150m: | 2:36.62 | 58.34 | 250m: | 4:37.39 | 59.98 | 350m: | 6:42.18 | 1:01.62 |
| | 100m: | 1:38.28 | 54.60 | 200m: | 3:37.41 | 1:00.79 | 300m: | 5:40.56 | 1:03.17 | 400m: | 7:46.75 | 1:04.57 |

Programmanr. 5
6-1-2013 - 15:05

Meisjes, 200m vrije slag

Min 3 + 4 + 5
Resultaten

Punten: FINA 2011

| Rang | | | Geb. | | | | | | Tijd | Pnt | | |
|------|---------------------|-------|-------|-------|---------------|---------|-------|---------|----------------|-------|---------|---------|
| 1. | Debbie Bruijgoms | | 03 | | MNC Dordrecht | | | | 3:33.26 | 141 | | |
| | 50m: | 46.73 | 46.73 | 100m: | 1:40.90 | 54.17 | 150m: | 2:38.61 | 57.71 | 200m: | 3:33.26 | 54.65 |
| 2. | Janne Paardenkooper | | 03 | | De Waalstroom | | | | 3:34.73 | 138 | | |
| | 50m: | 47.00 | 47.00 | 100m: | 1:44.38 | 57.38 | 150m: | 2:43.45 | 59.07 | 200m: | 3:34.73 | 51.28 |
| 3. | Marit Vermeulen | | 03 | | Zegenwerp | | | | 3:43.57 | 122 | | |
| | 50m: | 49.61 | 49.61 | 100m: | 1:50.31 | 1:00.70 | 150m: | 2:48.98 | 58.67 | 200m: | 3:43.57 | 54.59 |
| 4. | Dieuwke Meuleman | | 03 | | Njord | | | | 3:54.20 | 106 | | |
| | 50m: | 52.25 | 52.25 | 100m: | 1:53.23 | 1:00.98 | 150m: | 2:56.04 | 1:02.81 | 200m: | 3:54.20 | 58.16 |
| 5. | Iris van der Aa | | 04 | | Zegenwerp | | | | 3:55.81 | 104 | | |
| | 50m: | 49.12 | 49.12 | 100m: | 1:50.75 | 1:01.63 | 150m: | 2:54.50 | 1:03.75 | 200m: | 3:55.81 | 1:01.31 |

LAC deel 1
Boxtel, 6-1-2013

Programmanr. 5, Meisjes, 200m vrije slag, Min 3 + 4 + 5

| Rang | | | Geb. | | | | | | Tijd | Pnt |
|------|-------------------|-------------|-------|-----------------|-------|-----------------|-------|---------|----------------|-----|
| 6. | Lotte van de Laak | | 03 | Zegenwerp | | | | | 4:04.62 | 93 |
| | 50m: | 54.35 54.35 | 100m: | 1:59.53 1:05.18 | 150m: | 3:05.13 1:05.60 | 200m: | 4:04.62 | 59.49 | |
| 7. | Annelieke Verriet | | 03 | Njord | | | | | 4:04.91 | 93 |
| | 50m: | 53.33 53.33 | 100m: | 1:56.56 1:03.23 | 150m: | 3:02.06 1:05.50 | 200m: | 4:04.91 | 1:02.85 | |
| 8. | Iris Verheij | | 04 | Zegenwerp | | | | | 4:06.23 | 92 |
| | 50m: | 52.43 52.43 | 100m: | 1:56.01 1:03.58 | 150m: | 3:02.53 1:06.52 | 200m: | 4:06.23 | 1:03.70 | |

Programmanr. 6
6-1-2013 - 15:05

Jongens, 200m vrije slag

Min 3 + 4 + 5
Resultaten

Punten: FINA 2011

| Rang | | | Geb. | | | | | | Tijd | Pnt |
|------|---------------|-------------|-------|---------------|-------|---------------|-------|---------|----------------|-----|
| 1. | Sjors Lemmers | | 03 | ZWK Merlet | | | | | 2:54.75 | 183 |
| | 50m: | 37.81 37.81 | 100m: | 1:22.97 45.16 | 150m: | 2:10.02 47.05 | 200m: | 2:54.75 | 44.73 | |

Programmanr. 7
6-1-2013 - 15:10

Dames, 200m wisselslag

2000 en eerder
Resultaten

Punten: FINA 2011

| Rang | | | Geb. | | | | | | Tijd | Pnt |
|--------------|-------------------|-------------|-------|--------------------------------|--|--|--|--|----------------|-----|
| Junioren 2-3 | | | | | | | | | | |
| 1. | Tatum Reppel | | 00 | MNC Dordrecht | | | | | 3:01.06 | 325 |
| | 50m: | 42.82 42.82 | 200m: | 3:01.06 2:18.24 | | | | | | |
| 2. | Denise Geulen | | 00 | ZWK Merlet | | | | | 3:27.16 | 217 |
| | 50m: | 48.92 48.92 | 200m: | 3:27.16 2:38.24 | | | | | | |
| DIS | Nienke Versteegen | | 00 | Zwem- en Waterpolovereniging D | | | | | | VE |

Jeugd

| | | | | | | | | | | |
|----|-----------------|-------------|-------|-----------------|--|--|--|--|----------------|-----|
| 1. | Tessa Bruijgoms | | 98 | MNC Dordrecht | | | | | 2:45.11 | 429 |
| | 50m: | 34.55 34.55 | 200m: | 2:45.11 2:10.56 | | | | | | |
| 2. | Rosa Smit | | 98 | MNC Dordrecht | | | | | 3:17.25 | 252 |
| | 50m: | 42.13 42.13 | 200m: | 3:17.25 2:35.12 | | | | | | |

Senioren

| | | | | | | | | | | |
|----|-------------------|-------------|-------|--------------------------------|--|--|--|--|----------------|-----|
| 1. | Emy Liebregts | | 95 | Njord | | | | | 2:54.36 | 364 |
| | 50m: | 39.91 39.91 | 200m: | 2:54.36 2:14.45 | | | | | | |
| 2. | Katja Thyssen | | 73 | Zegenwerp | | | | | 3:08.16 | 290 |
| | 50m: | 41.77 41.77 | 200m: | 3:08.16 2:26.39 | | | | | | |
| 3. | Dominique Clement | | 85 | Zwem- en Waterpolovereniging D | | | | | 3:12.75 | 270 |
| | 50m: | 41.67 41.67 | 200m: | 3:12.75 2:31.08 | | | | | | |
| 4. | Ingrid Versteegen | | 73 | Zwem- en Waterpolovereniging D | | | | | 3:37.02 | 189 |
| | 50m: | 55.00 55.00 | 200m: | 3:37.02 2:42.02 | | | | | | |

LAC deel 1
Boxtel, 6-1-2013

Programmanr. 8 Heren, 200m wisselslag 2000 en eerder
6-1-2013 - 15:15 Resultaten

Punten: FINA 2011

| Rang | | | | | Geb. | Tijd | Pnt |
|-----------------|-----------------|-------|---------------|---------|------------|----------------|-----|
| Senioren | | | | | | | |
| 1. | Tim van de Berg | | | 85 | De Kempvis | 2:29.37 | 400 |
| | 50m: 32.14 | 32.14 | 200m: 2:29.37 | 1:57.23 | | | |
| 2. | Jacques Verriet | | | 70 | Njord | 2:57.79 | 237 |
| | 50m: 38.77 | 38.77 | 200m: 2:57.79 | 2:19.02 | | | |

Programmanr. 9 Meisjes, 200m wisselslag Min 5 + Jun 1
6-1-2013 - 15:20 Resultaten

Punten: FINA 2011

| Rang | | | | | Geb. | Tijd | Pnt |
|------|------------------|---------|---------------|---------|---------------|----------------|-----|
| 1. | Abigail den Boef | | | 02 | MNC Dordrecht | 3:16.78 | 253 |
| | 50m: 44.48 | 44.48 | 200m: 3:16.78 | 2:32.30 | | | |
| 2. | Kim de Laat | | | 01 | Zegenwerp | 3:54.31 | 150 |
| | 50m: 58.18 | 58.18 | 200m: 3:54.31 | 2:56.13 | | | |
| 3. | Inge van Boxtel | | | 01 | Zegenwerp | 4:08.85 | 125 |
| | 50m: 1:00.36 | 1:00.36 | 200m: 4:08.85 | 3:08.49 | | | |
| 4. | Anne van der Aa | | | 02 | Zegenwerp | 4:22.08 | 107 |

Programmanr. 10 Jongens, 200m wisselslag Min 5 + 6
6-1-2013 - 15:20 Resultaten

Punten: FINA 2011

| Rang | | | | | Geb. | Tijd | Pnt |
|------|----------------|-------|---------------|---------|--------------------------------|----------------|-----|
| 1. | Ivar Koevoet | | | 02 | Njord | 3:31.34 | 141 |
| | 50m: 54.54 | 54.54 | 200m: 3:31.34 | 2:36.80 | | | |
| 2. | Jelmer North | | | 02 | Njord | 3:34.34 | 135 |
| | 50m: 53.75 | 53.75 | 200m: 3:34.34 | 2:40.59 | | | |
| DIS | Tim Versteegen | | | 02 | Zwem- en Waterpolovereniging D | | RH |