

LAC deel 3
Rosmalen, 14/4/2023

Programmanr. 1
14/4/2023 - 19:20

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Tom Balsen Versteeg	O.Z. & P.C. De Warande	4:51.51	200005673	4:56.70	
	50m: 30.27	30.27	150m: 1:45.12	38.96	250m: 3:06.57	41.78
	100m: 1:06.16	35.89	200m: 2:24.79	39.67	300m: 3:49.94	43.37
					350m: 4:23.95	34.01
					400m: 4:56.70	32.75
2.	Jesper Pas	V.Z.V. Njord	5:30.70	200200967	5:13.12	
	50m: 30.60	30.60	150m: 1:45.48	37.83	250m: 3:09.76	46.31
	100m: 1:07.65	37.05	200m: 2:23.45	37.97	300m: 3:59.43	49.67
					350m: 4:36.32	36.89
					400m: 5:13.12	36.80
3.	Joris van Keulen	De Treffers	5:57.62	200700159	5:33.36	
	100m: 1:21.39	1:21.39	200m: 2:44.69	1:23.30	400m: 5:33.36	2:48.67
4.	Tim van Grunsven	De Treffers	5:41.85	199804535	5:53.15	
	50m: 30.23	30.23	150m: 1:55.30	44.82	250m: 3:31.47	52.20
	100m: 1:10.48	40.25	200m: 2:39.27	43.97	300m: 4:25.63	54.16
					400m: 5:53.15	1:27.52
5.	Brent van Sande	De Treffers	6:10.68	200900647	6:14.21	
	50m: 37.06	37.06	150m: 2:05.17	44.33	250m: 3:45.67	55.44
	100m: 1:20.84	43.78	200m: 2:50.23	45.06	300m: 4:44.08	58.41
					350m: 5:29.48	45.40
					400m: 6:14.21	44.73

Programmanr. 2
14/4/2023 - 19:25

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Annebel Kluijtmans	Arethusa	5:50.61	200900808	5:44.48	
	50m: 38.83	38.83	100m: 1:25.45	46.82	400m: 5:44.48	4:19.03
2.	Alexx Broekman	Arethusa	6:08.22	200902374	5:46.62	
	50m: 37.55	37.55	100m: 1:22.35	44.80	400m: 5:46.62	4:24.27
3.	Renske van den Bosch	V.Z.V. Njord	6:31.47	201001828	6:04.28	
	50m: 39.74	39.74	100m: 1:27.29	47.55	400m: 6:04.28	4:36.99
4.	Abygail Rusch	De Treffers	6:37.42	200800464	6:30.71	
	50m: 41.37	41.37	100m: 1:35.07	53.70	400m: 6:30.71	4:55.64
5.	Dieke van den Berg	De Treffers	NT	201001526	7:11.78	
	50m: 44.48	44.48	100m: 1:44.05	59.57	400m: 7:11.78	5:27.73

Programmanr. 3
14/4/2023 - 19:35

200m vrije slag

Minioren 5 en jonger
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Karlijn Vermeulen	De Treffers	3:36.87	201400260	3:35.82	
	50m: 43.93	43.93	100m: 1:38.52	54.59	150m: 2:37.04	58.52
					200m: 3:35.82	58.78

Programmanr. 4
14/4/2023 - 19:40

400m vrije slag

Minioren 4 en 5
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Kate Broekman	Arethusa	6:10.77	201200176	6:05.28	
	50m: 39.85	39.85	100m: 1:24.94	45.09	200m: 2:59.94	1:35.00
					400m: 6:05.28	3:05.34
2.	Wessel Vis	De Treffers	7:05.00	201201273	6:52.50	
	50m: 42.28	42.28	100m: 1:33.44	51.16	200m: 3:22.57	1:49.13
					400m: 6:52.50	3:29.93
3.	Pleun Hendrikkx	De Treffers	NT	201300340	7:13.65	
	50m: 44.82	44.82	100m: 1:37.90	53.08	200m: 3:31.96	1:54.06
					400m: 7:13.65	3:41.69
4.	Dylan van der Ham	Waalwijkse Zwem Vereniging	9:02.09	201200425	8:10.77	
	50m: 47.42	47.42	100m: 1:48.44	1:01.02	200m: 3:55.11	2:06.67
					400m: 8:10.77	4:15.66

LAC deel 3
Rosmalen, 14/4/2023

Programmanr. 5
14/4/2023 - 19:50

400m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Maikel Blijlevens	Waalwijkse Zwem Vereniging	4:31.94	200701051	4:39.39		
	50m: 28.57	28.57 100m: 1:00.68	32.11	200m: 2:12.47	1:11.79	400m: 4:39.39	2:26.92
2.	Iris Tilburg	Arethusa	4:57.36	200902662	4:48.41		
	50m: 31.77	31.77 100m: 1:06.97	35.20	200m: 2:20.53	1:13.56	400m: 4:48.41	2:27.88
3.	Marijn van Keulen	De Treffers	4:40.15	200101855	4:51.01		
	50m: 30.95	30.95 100m: 1:05.17	34.22	200m: 2:18.85	1:13.68	400m: 4:51.01	2:32.16
4.	Peter Janssen	V.Z.V. Njord	5:09.91	200602783	4:51.49		
	50m: 31.25	31.25 100m: 1:05.66	34.41	200m: 2:19.32	1:13.66	400m: 4:51.49	2:32.17
5.	Marte Vlieg	Zeester Meerval	5:11.71	200304996	5:07.62		
	50m: 34.28	34.28 100m: 1:12.32	38.04	200m: 2:30.65	1:18.33	400m: 5:07.62	2:36.97
6.	Floris van de Wal	De Treffers	5:31.60	200900495	5:18.02		
	50m: 34.97	34.97 100m: 1:14.66	39.69	200m: 2:38.25	1:23.59	400m: 5:18.02	2:39.77
7.	Tamar Roosen	V.Z.V. Njord	5:29.13	200501168	5:19.31		
	50m: 35.43	35.43 100m: 1:13.51	38.08	200m: 2:34.63	1:21.12	400m: 5:19.31	2:44.68
8.	Anais Hoeppe	V.Z.V. Njord	5:28.27	200402048	5:24.22		
	50m: 34.47	34.47 100m: 1:12.97	38.50	200m: 2:36.65	1:23.68	400m: 5:24.22	2:47.57
9.	Kennith Arts	De Treffers	5:25.66	200800889	5:24.67		
	50m: 34.35	34.35 100m: 1:13.00	38.65	200m: 2:35.88	1:22.88	400m: 5:24.67	2:48.79
10.	Marith Ewijk	Waalwijkse Zwem Vereniging	5:16.06	200801414	5:24.91		
	50m: 34.24	34.24 100m: 1:13.03	38.79	200m: 2:35.30	1:22.27	400m: 5:24.91	2:49.61
11.	Bente Koeman	O.Z. & P.C. De Warande	5:27.84	200500900	5:27.01		
	50m: 33.93	33.93 100m: 1:09.88	35.95	200m: 2:31.42	1:21.54	400m: 5:27.01	2:55.59
12.	Jona Dörr	Waalwijkse Zwem Vereniging	5:42.46	200800567	5:41.86		
	50m: 36.01	36.01 100m: 1:18.69	42.68	200m: 2:47.71	1:29.02	400m: 5:41.86	2:54.15
13.	Daniël Scholten	De Treffers	NT	200504531	6:00.79		
	50m: 29.57	29.57 100m: 1:02.36	32.79	200m: 2:42.15	1:39.79	400m: 6:00.79	3:18.64
14.	Emma van den Berg	V.Z.V. Njord	5:45.47	201100830	6:02.42		
	50m: 38.97	38.97 100m: 1:24.57	45.60	200m: 2:59.14	1:34.57	400m: 6:02.42	3:03.28
15.	Dieke van den Berg	De Treffers	6:35.73	201001526	6:31.69		
	50m: 39.94	39.94 100m: 1:29.16	49.22	200m: 3:08.58	1:39.42	400m: 6:31.69	3:23.11
16.	Hannelie de Raad	Waalwijkse Zwem Vereniging	6:46.89	200400944	6:38.84		
	50m: 41.86	41.86 100m: 1:28.73	46.87	200m: 3:10.90	1:42.17	400m: 6:38.84	3:27.94
17.	Thomas Heesakkers	De Treffers	8:10.89	201101263	7:53.51		
	50m: 57.60	57.60 100m: 1:47.94	50.34	200m: 3:49.09	2:01.15	400m: 7:53.51	4:04.42
18.	Lilian Witlox	De Treffers	8:12.65	196000346	8:16.02		
	50m: 51.78	51.78 100m: 1:54.80	1:03.02	200m: 4:02.25	2:07.45	400m: 8:16.02	4:13.77
19.	Maaïke ter Borg	De Treffers	NT	197701274	9:21.84		
	50m: 59.59	59.59 100m: 2:09.84	1:10.25	200m: 4:32.69	2:22.85	400m: 9:21.84	4:49.15
DIS	Lyonne van Lokven	De Treffers	NT	200903852			
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>						

Programmanr. 6
14/4/2023 - 20:10

800m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Ondrej Sevcik	V.Z.V. Njord	NT	200702971	10:24.72	
	50m: 33.02	33.02 200m: 2:29.18	1:18.47	800m: 10:24.72	5:16.84	
	100m: 1:10.71	37.69 400m: 5:07.88	2:38.70			
2.	Emma Nauta	Arethusa	NT	200604746	11:29.20	
	50m: 36.58	36.58 200m: 2:44.10	1:26.91	800m: 11:29.20	5:48.80	
	100m: 1:17.19	40.61 400m: 5:40.40	2:56.30			
3.	Selena Geeven	Arethusa	12:31.91	201000844	12:10.14	
	50m: 40.36	40.36 200m: 2:53.81	1:30.25	800m: 12:10.14	6:11.66	
	100m: 1:23.56	43.20 400m: 5:58.48	3:04.67			
4.	Vera Broekman	Arethusa	12:35.54	201001454	12:12.14	
	50m: 38.88	38.88 200m: 2:56.71	1:32.84	800m: 12:12.14	6:08.67	
	100m: 1:23.87	44.99 400m: 6:03.47	3:06.76			

LAC deel 3
Rosmalen, 14/4/2023

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

rang	naam	vereniging	intijd	tijd	RT
5.	D. van den Heuvel	Arethusa	10:52.56	200400098	12:23.58
	50m: 39.40	39.40 200m: 2:54.29	1:31.64	800m: 12:23.58	6:22.07
	100m: 1:22.65	43.25 400m: 6:01.51	3:07.22		
6.	Nena van der Steen	De Treffers	NT	200501110	12:36.94
	50m: 36.97	36.97 200m: 2:51.55	1:32.79	800m: 12:36.94	6:30.00
	100m: 1:18.76	41.79 400m: 6:06.94	3:15.39		
7.	Julia van der Burgt	De Treffers	NT	199307806	12:54.96
	50m: 39.73	39.73 200m: 3:05.30	1:38.82	800m: 12:54.96	6:28.97
	100m: 1:26.48	46.75 400m: 6:25.99	3:20.69		
8.	Nynke van der Molen	De Treffers	13:36.69	200800580	12:57.61
	50m: 37.54	37.54 200m: 2:56.55	1:35.52	800m: 12:57.61	6:40.79
	100m: 1:21.03	43.49 400m: 6:16.82	3:20.27		
9.	Odile Olislager	De Treffers	13:10.13	197300670	12:58.91
	50m: 42.26	42.26 200m: 3:09.42	1:38.87	800m: 12:58.91	6:32.88
	100m: 1:30.55	48.29 400m: 6:26.03	3:16.61		
10.	Sophie Scholten	De Treffers	NT	200904334	13:16.73
	50m: 36.98	36.98 200m: 2:56.30	1:36.23	800m: 13:16.73	6:54.42
	100m: 1:20.07	43.09 400m: 6:22.31	3:26.01		
11.	Bertold Gorter	De Treffers	14:04.67	197201699	13:33.49
	50m: 41.56	41.56 200m: 3:14.19	1:43.68	800m: 13:33.49	6:50.82
	100m: 1:30.51	48.95 400m: 6:42.67	3:28.48		
12.	Fieneke Notenboom	De Treffers	NT	197901620	16:06.57
	50m: 47.44	47.44 200m: 3:43.43	2:00.49	800m: 16:06.57	8:17.18
	100m: 1:42.94	55.50 400m: 7:49.39	4:05.96		
13.	Sylvia Bekker	De Treffers	18:38.43	197601194	17:50.61
	50m: 50.23	50.23 200m: 3:58.80	2:11.13	800m: 17:50.61	9:15.50
	100m: 1:47.67	57.44 400m: 8:35.11	4:36.31		
14.	Hester van Vugt	De Treffers	19:16.92	199208070	18:42.95
	50m: 1:00.52	1:00.52 200m: 4:24.60	2:18.94	800m: 18:42.95	9:32.07
	100m: 2:05.66	1:05.14 400m: 9:10.88	4:46.28		
DIS	Andre van den Berg	De Treffers	13:40.23	196701787	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				

Programmanr. 7
14/4/2023 - 20:50

1500m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Nicko Kamphuis	O.Z. & P.C. De Warande	17:24.71	199900887	17:13.82
	50m: 28.85	28.85 200m: 2:10.72	1:08.63	800m: 9:08.27	4:39.25
	100m: 1:02.09	33.24 400m: 4:29.02	2:18.30	1500m: 17:13.82	8:05.55
2.	Nikita van den Ouden	Z&PV Nuenen	17:37.18	199900622	17:54.96
	50m: 30.60	30.60 200m: 2:14.92	1:10.41	800m: 9:27.04	4:49.42
	100m: 1:04.51	33.91 400m: 4:37.62	2:22.70	1500m: 17:54.96	8:27.92
3.	Thomas Nauta	Arethusa	19:09.61	200900339	18:25.50
	50m: 33.47	33.47 200m: 2:23.03	1:13.64	800m: 9:47.34	4:57.08
	100m: 1:09.39	35.92 400m: 4:50.26	2:27.23	1500m: 18:25.50	8:38.16
4.	Julie van Nispen	Z&PV Nuenen	18:36.51	200800290	18:29.01
	50m: 32.71	32.71 200m: 2:22.17	1:14.06	800m: 9:47.40	4:58.16
	100m: 1:08.11	35.40 400m: 4:49.24	2:27.07	1500m: 18:29.01	8:41.61
5.	Youri Vaes	Psv	18:30.00	198402307	18:43.29
	50m: 30.81	30.81 200m: 2:14.50	1:10.09	800m: 9:40.36	5:02.22
	100m: 1:04.41	33.60 400m: 4:38.14	2:23.64	1500m: 18:43.29	9:02.93
6.	Joris van Keulen	De Treffers	20:01.66	200700159	19:44.14
	50m: 33.46	33.46 200m: 2:30.11	1:19.11	800m: 10:28.55	5:18.78
	100m: 1:11.00	37.54 400m: 5:09.77	2:39.66	1500m: 19:44.14	9:15.59
7.	Liza Theuns	Waalwijkse Zwem Vereniging	20:52.98	200702172	21:52.63
	50m: 34.58	34.58 200m: 2:39.51	1:25.31	800m: 11:39.98	5:59.53
	100m: 1:14.20	39.62 400m: 5:40.45	3:00.94	1500m: 21:52.63	10:12.65
8.	Isabel van Alebeek	Waalwijkse Zwem Vereniging	21:13.93	200301694	21:53.17
	50m: 34.02	34.02 200m: 2:37.03	1:23.76	800m: 11:28.96	5:56.00
	100m: 1:13.27	39.25 400m: 5:32.96	2:55.93	1500m: 21:53.17	10:24.21
9.	Elaine Geeven	Arethusa	22:28.46	200801972	21:59.55
	50m: 37.45	37.45 200m: 2:46.85	1:27.52	800m: 11:39.62	5:54.43
	100m: 1:19.33	41.88 400m: 5:45.19	2:58.34	1500m: 21:59.55	10:19.93

LAC deel 3
Rosmalen, 14/4/2023

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

rang	naam	vereniging	intijd	tijd	RT	
10.	Brent van Sande	De Treffers	NT	200900647	23:01.87	
	50m: 36.84	36.84	200m: 2:49.91	1:30.73	800m: 12:07.68	6:15.64
	100m: 1:19.18	42.34	400m: 5:52.04	3:02.13	1500m: 23:01.87	10:54.19
11.	Daniël Scholten	De Treffers	NT	200504531	23:04.80	
	50m: 36.16	36.16	200m: 2:49.85	1:31.03	800m: 12:11.78	6:17.48
	100m: 1:18.82	42.66	400m: 5:54.30	3:04.45	1500m: 23:04.80	10:53.02
12.	Abygail Rusch	De Treffers	23:29.80	200800464	23:12.85	
	50m: 41.51	41.51	200m: 2:57.45	1:32.08	800m: 12:27.52	6:21.69
	100m: 1:25.37	43.86	400m: 6:05.83	3:08.38	1500m: 23:12.85	10:45.33
13.	Collin van der Ham	Waalwijkse Zwem Vereniging	NT	201000877	23:38.70	
	50m: 38.81	38.81	200m: 3:02.48	1:36.64	800m: 12:44.13	6:25.84
	100m: 1:25.84	47.03	400m: 6:18.29	3:15.81	1500m: 23:38.70	10:54.57
14.	Britt van der Ham	Waalwijkse Zwem Vereniging	NT	200801320	23:47.94	
	50m: 39.70	39.70	200m: 2:57.56	1:32.96	800m: 12:33.81	6:24.90
	100m: 1:24.60	44.90	400m: 6:08.91	3:11.35	1500m: 23:47.94	11:14.13
15.	Suzan Clemens	De Treffers	NT	200802736	24:23.80	
	50m: 41.69	41.69	200m: 3:04.80	1:36.00	800m: 12:57.16	6:36.25
	100m: 1:28.80	47.11	400m: 6:20.91	3:16.11	1500m: 24:23.80	11:26.64
16.	Eline Nouwens	De Treffers	24:42.02	200704180	24:44.41	
	50m: 41.67	41.67	200m: 3:07.56	1:37.76	800m: 13:10.03	6:41.29
	100m: 1:29.80	48.13	400m: 6:28.74	3:21.18	1500m: 24:44.41	11:34.38
17.	Imke Mersie	De Treffers	25:02.32	200304246	25:02.60	
	50m: 41.42	41.42	200m: 3:07.91	1:38.55	800m: 13:10.04	6:41.44
	100m: 1:29.36	47.94	400m: 6:28.60	3:20.69	1500m: 25:02.60	11:52.56
18.	Wouter Jehee	Waalwijkse Zwem Vereniging	NT	201100839	25:27.94	
	50m: 39.91	39.91	200m: 3:05.10	1:37.56	800m: 13:21.74	6:54.25
	100m: 1:27.54	47.63	400m: 6:27.49	3:22.39	1500m: 25:27.94	12:06.20
AFGEM	Haitske Dijkstra-Toering	De Treffers	NT	197901618		