

LAC deel 1  
Rosmalen, 15/12/2023

Programmanr. 4  
15/12/2023 - 19:00

200m vrije slag

Minioren 5 en jonger  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Gianny van Rijn	VZV Njord	3:04.92	201300333	<b>3:09.05</b>			
	50m: 41.93	41.93	100m: 1:30.29	48.36	150m: 2:21.30	51.01	200m: 3:09.05	47.75
2.	Pleun Hendrixx	De Treffers	3:18.86	201300340	<b>3:12.36</b>			
	50m: 42.89	42.89	100m: 1:31.72	48.83	150m: 2:23.25	51.53	200m: 3:12.36	49.11
3.	Juul Walstra	De Treffers	3:29.27	201400136	<b>3:32.97</b>			
	50m: 46.63	46.63	100m: 1:42.60	55.97	150m: 2:40.56	57.96	200m: 3:32.97	52.41
4.	Marit van der Voort	Arethusa	NT	201300484	<b>3:46.85</b>			
	50m: 47.79	47.79	100m: 1:44.80	57.01	150m: 2:38.28	53.48	200m: 3:46.85	1:08.57
5.	Sid Schut	Arethusa	NT	201302057	<b>4:03.70</b>			
	50m: 52.22	52.22	100m: 1:53.95	1:01.73	150m: 2:59.30	1:05.35	200m: 4:03.70	1:04.40
DIS	Luan Janse van Rensburg	Neptunus'58	NT	201401015				
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>							

Programmanr. 5  
15/12/2023 - 19:05

400m vrije slag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Marijn van Keulen	De Treffers	NT	200101855	<b>5:08.92</b>			
	50m: 33.21	33.21	100m: 1:10.53	37.32	200m: 2:28.30	1:17.77	400m: 5:08.92	2:40.62
2.	Sabien Timmers	Vivalo	5:19.94	199904440	<b>5:21.29</b>			
	50m: 35.20	35.20	100m: 1:15.11	39.91	200m: 2:36.99	1:21.88	400m: 5:21.29	2:44.30
3.	Jessey van Gils	VZV Njord	5:45.00	200803070	<b>5:28.63</b>			
	50m: 36.81	36.81	100m: 1:18.83	42.02	200m: 2:44.99	1:26.16	400m: 5:28.63	2:43.64
4.	Arjen Walstra	De Treffers	NT	198202727	<b>5:38.93</b>			
	50m: 35.15	35.15	100m: 1:14.88	39.73	200m: 2:40.54	1:25.66	400m: 5:38.93	2:58.39
5.	D. van den Heuvel	Arethusa	5:51.73	200400098	<b>5:49.34</b>			
	50m: 37.83	37.83	100m: 1:20.21	42.38	200m: 2:49.18	1:28.97	400m: 5:49.34	3:00.16
6.	Evelien de Rooij	De Treffers	6:19.94	201102074	<b>5:50.29</b>			
	50m: 38.27	38.27	100m: 1:21.20	42.93	200m: 2:51.69	1:30.49	400m: 5:50.29	2:58.60
7.	Martijn Nouwens	De Treffers	NT	197501557	<b>6:41.34</b>			
	50m: 35.92	35.92	100m: 1:22.62	46.70	200m: 3:05.94	1:43.32	400m: 6:41.34	3:35.40
8.	Thomas Bohnen	VZV Njord	7:22.25	201101613	<b>7:00.82</b>			
	50m: 45.34	45.34	100m: 1:39.13	53.79	200m: 3:27.91	1:48.78	400m: 7:00.82	3:32.91
9.	Floris van Hofwegen	De Treffers	NT	201002489	<b>7:24.77</b>			
	50m: 46.00	46.00	100m: 1:39.60	53.60	200m: 3:33.88	1:54.28	400m: 7:24.77	3:50.89
10.	Lilian Witlox	De Treffers	8:12.65	196000346	<b>8:26.01</b>			
	50m: 50.07	50.07	100m: 1:51.41	1:01.34	200m: 4:05.86	2:14.45	400m: 8:26.01	4:20.15
AFGEM	A. Janse van Rensburg	Neptunus'58	5:24.66	201202261				

Programmanr. 6  
15/12/2023 - 19:10

800m vrije slag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Liza Theuns	WZV	11:02.71	200702172	<b>10:56.79</b>	
	50m: 32.92	32.92	200m: 2:30.71	1:20.23	800m: 10:56.79	5:38.39
	100m: 1:10.48	37.56	400m: 5:18.40	2:47.69		
2.	Isabel van Alebeek	WZV	11:10.61	200301694	<b>10:59.89</b>	
	50m: 33.59	33.59	200m: 2:32.61	1:21.52	800m: 10:59.89	5:38.63
	100m: 1:11.09	37.50	400m: 5:21.26	2:48.65		
3.	Alexx Broekman	Arethusa	11:03.65	200902374	<b>11:01.71</b>	
	50m: 33.75	33.75	200m: 2:36.91	1:23.78	800m: 11:01.71	5:34.23
	100m: 1:13.13	39.38	400m: 5:27.48	2:50.57		
4.	Kendra van der Voort	Arethusa	NT	201100536	<b>11:09.51</b>	
	50m: 36.09	36.09	200m: 2:41.39	1:25.02	800m: 11:09.51	5:34.65
	100m: 1:16.37	40.28	400m: 5:34.86	2:53.47		

LAC deel 1  
Rosmalen, 15/12/2023

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

rang	naam	vereniging	intijd	tijd	RT
5.	Anais Hoeppe	VZV Njord	11:35.00	200402048	11:10.85
	50m: 34.76	34.76 200m: 2:40.25	1:24.33	800m: 11:10.85	5:37.48
	100m: 1:15.92	41.16 400m: 5:33.37	2:53.12		
6.	Marith Ewijk	WZV	11:09.88	200801414	11:11.32
	50m: 34.33	34.33 200m: 2:36.21	1:22.00	800m: 11:11.32	5:44.37
	100m: 1:14.21	39.88 400m: 5:26.95	2:50.74		
7.	Lara Müller	Arethusa	11:56.02	200903610	11:23.12
	50m: 36.03	36.03 250m: 450m: 650m:			
	100m: 1:18.43	42.40 300m: 500m: 700m:			
	150m: 2:44.86	350m: 550m: 750m:			
		400m: 5:39.26	600m: 600m: 800m: 11:23.12		
8.	Pien Walstra	De Treffers	NT	201101034	11:24.12
	50m: 34.61	34.61 200m: 2:45.23	1:28.15	800m: 11:24.12	5:43.51
	100m: 1:17.08	42.47 400m: 5:40.61	2:55.38		
9.	Gudule van der Meer	Psv	11:30.00	197200396	11:33.44
	50m: 35.79	35.79 200m: 2:43.15	1:26.38	800m: 11:33.44	5:53.15
	100m: 1:16.77	40.98 400m: 5:40.29	2:57.14		
10.	Nienke van Zoggel	De Treffers	NT	199004810	11:34.19
	50m: 38.53	38.53 200m: 2:46.91	1:26.80	800m: 11:34.19	5:50.12
	100m: 1:20.11	41.58 400m: 5:44.07	2:57.16		
11.	Lotte van den Thillart	De Treffers	11:14.79	200203794	11:53.38
	50m: 37.85	37.85 200m: 2:47.02	1:27.80	800m: 11:53.38	6:04.28
	100m: 1:19.22	41.37 400m: 5:49.10	3:02.08		
12.	S. van den Bosch - Kentgens	VZV Njord	12:00.00	197701246	11:55.68
	50m: 38.62	38.62 200m: 2:51.01	1:29.59	800m: 11:55.68	6:02.64
	100m: 1:21.42	42.80 400m: 5:53.04	3:02.03		
13.	Ilja van Gemeren	Arethusa	NT	201001330	11:55.87
	50m: 37.21	37.21 200m: 2:49.51	1:29.76	800m: 11:55.87	6:03.17
	100m: 1:19.75	42.54 400m: 5:52.70	3:03.19		
14.	Vera Broekman	Arethusa	12:12.14	201001454	12:07.29
	50m: 37.19	37.19 200m: 2:53.80	1:32.09	800m: 12:07.29	6:07.90
	100m: 1:21.71	44.52 400m: 5:59.39	3:05.59		
15.	Marlijn Mulders	De Treffers	11:15.10	198803114	12:36.18
	50m: 37.69	37.69 200m: 2:52.06	1:31.64	800m: 12:36.18	6:27.74
	100m: 1:20.42	42.73 400m: 6:08.44	3:16.38		
16.	Dieke van den Berg	De Treffers	13:19.36	201001526	12:47.07
	50m: 39.51	39.51 200m: 3:02.09	1:37.04	800m: 12:47.07	6:27.04
	100m: 1:25.05	45.54 400m: 6:20.03	3:17.94		
17.	Charey-Ann van Rijn	VZV Njord	13:15.00	201101716	12:53.77
	50m: 39.68	39.68 200m: 3:02.70	1:37.23	800m: 12:53.77	6:31.68
	100m: 1:25.47	45.79 400m: 6:22.09	3:19.39		
18.	Odile Olislagers	De Treffers	12:58.91	197300670	12:59.70
	50m: 41.70	41.70 200m: 3:07.20	1:38.07	800m: 12:59.70	6:33.73
	100m: 1:29.13	47.43 400m: 6:25.97	3:18.77		
19.	Wessel Vis	De Treffers	NT	201201273	13:03.10
	50m: 40.49	40.49 200m: 3:06.55	1:38.88	800m: 13:03.10	8:15.67
	100m: 1:27.67	47.18 400m: 4:47.43	1:40.88		
20.	Suze van Oosterhout	WZV	NT	201101758	13:39.86
	50m: 42.79	42.79 200m: 3:17.22	1:44.85	800m: 13:39.86	6:49.79
	100m: 1:32.37	49.58 400m: 6:50.07	3:32.85		
21.	Sandra Hofman	De Treffers	NT	197601048	13:53.08
	50m: 40.77	40.77 200m: 3:09.51	1:42.08	800m: 13:53.08	7:11.99
	100m: 1:27.43	46.66 400m: 6:41.09	3:31.58		
22.	Claudia van der Pas	De Treffers	NT	196800966	18:36.72
	50m: 58.21	58.21 200m: 4:16.09	2:13.76	800m: 18:36.72	9:37.23
	100m: 2:02.33	1:04.12 400m: 8:59.49	4:43.40		
23.	Bic Driessen	De Treffers	21:14.94	196001129	20:16.28
	50m: 59.06	59.06 250m: 450m: 650m:			
	100m: 1:32.37	300m: 500m: 700m:			
	150m: 2:02.33	350m: 550m: 750m:			
	200m: 10:04.23	400m: 600m: 800m: 20:16.28			

LAC deel 1  
Rosmalen, 15/12/2023

Programmanr. 7  
15/12/2023 - 19:55

1500m vrije slag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Joris van Keulen	De Treffers	19:44.14	200700159	<b>18:35.41</b>
	50m: 31.66	31.66	450m:	850m:	1250m:
	100m: 1:07.34	35.68	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:20.79		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 18:35.41
	350m:		750m:	1150m:	
	400m: 4:50.20		800m: 9:51.81	1200m:	
2.	Jesper Pas	VZV Njord	19:50.00	200200967	<b>18:52.12</b>
	50m: 32.37	32.37	450m:	850m:	1250m:
	100m: 1:08.47	36.10	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:22.56		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 18:52.12
	350m:		750m:	1150m:	
	400m: 4:53.48		800m: 9:58.14	1200m:	
3.	Ondrej Sevcik	VZV Njord	20:00.00	200702971	<b>19:34.19</b>
	50m: 32.22	32.22	450m:	850m:	1250m:
	100m: 1:08.94	36.72	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:25.09		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 19:34.19
	350m:		750m:	1150m:	
	400m: 5:03.12		800m: 10:20.30	1200m:	
4.	Florien Pot	WS Twente	20:27.79	201000768	<b>19:46.51</b>
	50m: 35.09	35.09	450m:	850m:	1250m:
	100m: 1:13.85	38.76	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:34.40		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 19:46.51
	350m:		750m:	1150m:	
	400m: 5:15.14		800m: 10:37.05	1200m:	
5.	Renske van den Bosch	VZV Njord	21:59.56	201001828	<b>20:01.61</b>
	50m: 34.50	34.50	450m:	850m:	1250m:
	100m: 1:13.25	38.75	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:34.40		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 20:01.61
	350m:		750m:	1150m:	
	400m: 5:18.07		800m: 10:46.00	1200m:	
6.	Tamar Roosen	VZV Njord	21:45.00	200501168	<b>20:46.23</b>
	50m: 35.52	35.52	450m:	850m:	1250m:
	100m: 1:14.41	38.89	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:35.74		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 20:46.23
	350m:		750m:	1150m:	
	400m: 5:19.99		800m: 10:55.26	1200m:	
7.	Francis Roosen	VZV Njord	21:22.08	196801581	<b>20:47.42</b>
	50m: 34.19	34.19	450m:	850m:	1250m:
	100m: 1:12.94	38.75	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:32.78		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 20:47.42
	350m:		750m:	1150m:	
	400m: 5:18.76		800m: 10:54.94	1200m:	
8.	Brent van Sande	De Treffers	23:01.87	200900647	<b>21:34.44</b>
	50m: 33.43	33.43	450m:	850m:	1250m:
	100m: 1:12.67	39.24	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:38.33		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 21:34.44
	350m:		750m:	1150m:	
	400m: 5:35.85		800m: 11:33.01	1200m:	

LAC deel 1  
Rosmalen, 15/12/2023

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

rang	naam	vereniging	intijd	tijd	RT
9.	Brecht van Ravensteijn	Arethusa	NT	201100738	<b>21:41.91</b>
	50m: 37.07	37.07	450m:	850m:	1250m:
	100m: 1:18.70	41.63	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:45.08		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 21:41.91
	350m:		750m:	1150m:	
	400m:	11:29.03	800m:	1200m:	
10.	Renske Coppens	Vivalo	NT	200900440	<b>21:49.72</b>
	50m: 37.00	37.00	450m:	850m:	1250m:
	100m: 1:18.90	41.90	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:44.58		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 21:49.72
	350m:		750m:	1150m:	
	400m: 5:37.91	11:27.36	800m:	1200m:	
11.	Evelien te Paske	MSZV Tiburon	21:44.72	200400708	<b>21:54.58</b>
	50m: 34.74	34.74	450m:	850m:	1250m:
	100m: 1:14.45	39.71	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:38.68		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 21:54.58
	350m:		750m:	1150m:	
	400m: 5:32.96	11:31.41	800m:	1200m:	
12.	Abygail Rusch	De Treffers	23:12.85	200800464	<b>23:00.29</b>
	50m: 39.89	39.89	450m:	850m:	1250m:
	100m: 1:24.99	45.10	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:59.03		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 23:00.29
	350m:		750m:	1150m:	
	400m: 6:10.04	12:27.52	800m:	1200m:	
13.	Yannic Heereveld	De Treffers	23:07.72	199805819	<b>23:00.93</b>
	50m: 36.11	36.11	450m:	850m:	1250m:
	100m: 1:17.59	41.48	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:47.50		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 23:00.93
	350m:		750m:	1150m:	
	400m: 5:56.59	12:10.82	800m:	1200m:	
14.	Sandra Schellekens	Neptunus'58	23:08.30	198503416	<b>23:12.68</b>
	50m: 37.35	37.35	450m:	850m:	1250m:
	100m: 1:20.46	43.11	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:51.32		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 23:12.68
	350m:		750m:	1150m:	
	400m: 5:57.96	12:15.47	800m:	1200m:	
15.	Elaine Geeven	Arethusa	21:59.55	200801972	<b>24:46.54</b>
	50m: 38.29	38.29	450m:	850m:	1250m:
	100m: 1:24.23	45.94	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 2:59.86		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 24:46.54
	350m:		750m:	1150m:	
	400m: 6:17.95	13:19.28	800m:	1200m:	
16.	Wouter Jehée	WZV	25:27.94	201100839	<b>25:13.65</b>
	50m: 39.65	39.65	450m:	850m:	1250m:
	100m: 1:26.19	46.54	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 3:05.53		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 25:13.65
	350m:		750m:	1150m:	
	400m: 6:30.72	13:20.15	800m:	1200m:	
17.	Eline Nouwens	De Treffers	24:42.02	200704180	<b>25:26.27</b>
	50m: 41.37	41.37	450m:	850m:	1250m:
	100m: 1:28.43	47.06	500m:	900m:	1300m:
	150m:		550m:	950m:	1350m:
	200m: 3:07.09		600m:	1000m:	1400m:
	250m:		650m:	1050m:	1450m:
	300m:		700m:	1100m:	1500m: 25:26.27
	350m:		750m:	1150m:	
	400m: 6:31.64	13:17.20	800m:	1200m:	
AFGEM	Sandra Hofman	De Treffers	NT	197601048	

LAC deel 1  
Rosmalen, 15/12/2023

Programmanr. 1  
15/12/2023 - 18:45

200m wisselslag

Minioren 5 en jonger  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Gianny van Rijn	VZV Njord	NT	201300333	<b>3:16.62</b>			
	50m: 42.28	42.28	100m: 1:31.60	49.32	150m: 2:30.59	58.99	200m: 3:16.62	46.03
DIS	Pleun Hendrixx	De Treffers	3:29.27	201300340				
	<i>AE - De aangegeven zwemslag niet uitgevoerd.</i>							

Programmanr. 2  
15/12/2023 - 18:50

200m wisselslag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Tim van Grunsven	De Treffers	2:37.66	199804535	<b>2:37.73</b>			
	50m: 29.78	29.78	100m: 1:09.33	39.55	150m: 1:59.15	49.82	200m: 2:37.73	38.58
2.	Renske Coppens	Vivalo	3:00.20	200900440	<b>2:58.03</b>			
	50m: 39.75	39.75	100m: 1:24.90	45.15	150m: 2:18.34	53.44	200m: 2:58.03	39.69
3.	Yannic Heereveld	De Treffers	3:16.22	199805819	<b>3:10.33</b>			
	50m: 36.92	36.92	100m: 1:31.17	54.25	150m: 2:29.73	58.56	200m: 3:10.33	40.60
4.	Floris van Hofwegen	De Treffers	NT	201002489	<b>3:37.67</b>			
	50m: 53.18	53.18	100m: 1:47.40	54.22	150m: 2:46.76	59.36	200m: 3:37.67	50.91
DIS	Isabella Albano	De Treffers	NT	201202998				
	<i>AE - De aangegeven zwemslag niet uitgevoerd.</i>							
AFGEM	Laura Folkers	VZV Njord	3:15.00	200101670				

Programmanr. 3  
15/12/2023 - 18:55

400m wisselslag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Peter Janssen	VZV Njord	5:25.00	200602783	<b>5:21.12</b>			
	50m: 30.96	30.96	100m: 1:09.61	38.65	200m: 1:51.84	42.23	400m: 5:21.12	3:29.28
2.	Tesse van de Wetering	Arethusa	NT	201200780	<b>6:41.31</b>			
	50m: 45.62	45.62	100m: 1:42.09	56.47	200m: 3:17.72	1:35.63	400m: 6:41.31	3:23.59
3.	Kate Broekman	Arethusa	NT	201200176	<b>6:58.61</b>			
	50m: 47.01	47.01	100m: 1:44.90	57.89	200m: 3:29.67	1:44.77	400m: 6:58.61	3:28.94