

# LAC deel 2



## De Treffers

Rosmalen 8-3-2024

LAC deel 2 - vrijdag 8 maart 2024 om 18:45u (25 m)

Aanvangstijd juryvergadering: 18:15u

1. 200m wisselslag -  
8 - 10 jaar

2. 200m wisselslag -  
vanaf 11 jaar

1. Pien Walstra (De Treffers, 201101034)	02:52.99
50m 00:39.79 39,79	
2. Evelien de Rooij (De Treffers, 201102074)	02:59.93
50m 00:38.56 38,56	
3. Hannelie de Raad (Waalwijkse Zwem Vereniging, 200400944)	03:07.15
50m 00:36.42 36,42	
4. Yannic Heereveld (De Treffers, 199805819)	03:08.71
50m 00:37.65 37,65	

DIS: Floris van Hofwegen (De Treffers, 201002489) 00:00.00

DIS: Brechtje van de Water (De Treffers, 201103688) 00:00.00

3. 400m wisselslag -  
vanaf 11 jaar

1. Joris van Keulen (De Treffers, 200700159)	05:42.41
50m 00:37.30 37,30 150m 02:07.23 43,18 250m 03:38.35 48,86 350m 05:04.04 37,39	
100m 01:24.05 46,75 200m 02:49.49 42,26 300m 04:26.65 48,30	
2. Tim van Grunsven (De Treffers, 199804535)	05:53.62
50m 00:30.78 30,78 150m 01:56.09 44,46 250m 03:32.74 51,86 350m 05:09.60 42,65	
100m 01:11.63 40,85 200m 02:40.88 44,79 300m 04:26.95 54,21	
3. Renske Coppens (Vivalo, 200900440)	06:17.28
50m 00:41.87 41,87 150m 02:19.70 47,50 250m 03:59.34 53,34 350m 05:36.67 43,04	
100m 01:32.20 50,33 200m 03:06.00 46,30 300m 04:53.63 54,29	
4. Eline van de Wal (De Treffers, 201103284)	06:50.37
50m 00:43.73 43,73 150m 02:33.42 52,38 250m 04:17.92 55,35 350m 06:04.01 48,53	
100m 01:41.04 57,31 200m 03:22.57 49,15 300m 05:15.48 57,56	

. Adrian Janse van Rensburg (De Treffers, 201202261)

4. 200m vrije slag -  
8 - 10 jaar

1. Juul Walstra (De Treffers, 201400136)	03:23.69
50m 00:46.57 46,57 100m 01:41.74 55,17 150m 02:34.63 52,89	
2. Karlijn Vermeulen (De Treffers, 201400260)	03:29.29
50m 00:47.36 47,36 100m 01:42.83 55,47 150m 02:39.20 56,37	
3. Marit van der Voort (Arethusa, 201300484)	03:46.76
50m 00:49.77 49,77 100m 01:50.18 60,41 150m 02:51.88 61,70	
4. Job Claassens (De Treffers, 201401155)	03:46.76
50m 00:48.72 48,72 100m 01:47.37 58,65 150m 02:49.35 61,98	
5. Sid Schut (Arethusa, 201302057)	03:47.30
50m 00:48.18 48,18 100m 01:46.61 58,43 150m 02:48.83 62,22	

6. Vivienne Wes (De Treffers, 201401512)						04:11.03
	50m 00:51.49	100m 01:56.49	150m 03:05.39	200m 04:11.03		
5. 400m vrije slag - vanaf 11 jaar						
1. Pien Walstra (De Treffers, 201101034)						05:19.98
	50m 00:35.90	100m 01:56.95	150m 03:20.90	200m 04:42.14	250m 06:04.40	300m 07:35.98
	100m 01:16.32	200m 02:39.20	300m 04:01.80	400m 05:19.98		
2. Adrian Janse van Rensburg (De Treffers, 201202261)						05:31.87
	50m 00:35.60	100m 01:56.73	150m 03:21.46	200m 04:44.90	250m 06:04.40	300m 07:31.87
	100m 01:15.36	200m 02:39.74	300m 04:04.28	400m 05:31.87		
3. Evelien de Rooij (De Treffers, 201102074)						05:37.91
	50m 00:37.54	100m 02:02.12	150m 03:30.19	200m 04:57.12	250m 06:12.43	300m 07:37.91
	100m 01:19.08	200m 02:46.02	300m 04:13.73	400m 05:37.91		
4. Vera Broekman (Arethusa, 201001454)						05:40.81
	50m 00:36.14	100m 02:02.41	150m 03:30.65	200m 04:59.31	250m 06:14.28	300m 07:40.81
	100m 01:18.71	200m 02:46.18	300m 04:15.03	400m 05:40.81		
5. Ilja van Gemeren (Arethusa, 201001330)						05:41.47
	50m 00:37.15	100m 02:02.64	150m 03:31.04	200m 04:59.91	250m 06:14.29	300m 07:41.47
	100m 01:19.14	200m 02:46.21	300m 04:15.62	400m 05:41.47		
6. Jessie Hoskam (Arethusa, 199700030)						05:53.08
	50m 00:37.65	100m 02:04.78	150m 03:36.57	200m 05:07.62	250m 06:24.51	300m 07:53.08
	100m 01:20.15	200m 02:49.88	300m 04:22.51	400m 05:53.08		
7. Wessel Vis (De Treffers, 201201273)						06:00.80
	50m 00:37.78	100m 02:08.78	150m 03:44.09	200m 05:18.60	250m 06:47.08	300m 08:00.80
	100m 01:22.15	200m 02:55.52	300m 04:31.52	400m 06:00.80		
8. Hannelie de Raad (Waalwijkse Zwem Vereniging, 200400944)						06:04.61
	50m 00:38.82	100m 02:07.49	150m 03:41.98	200m 05:18.44	250m 06:48.05	300m 08:04.61
	100m 01:22.16	200m 02:54.17	300m 04:30.39	400m 06:04.61		
9. Manon van de Wetering (Arethusa, 197801266)						06:14.26
	50m 00:41.52	100m 02:15.66	150m 03:51.57	200m 05:28.50	250m 06:48.46	300m 08:14.26
	100m 01:27.95	200m 03:03.80	300m 04:40.04	400m 06:14.26		
10. Eline van de Wal (De Treffers, 201103284)						06:22.98
	50m 00:40.50	100m 02:16.34	150m 03:55.32	200m 05:35.12	250m 06:49.76	300m 08:22.98
	100m 01:26.58	200m 03:06.63	300m 04:45.36	400m 06:22.98		
6. 800m vrije slag - 8 - 10 jaar						
1. Jorinde Winkelhorst (ZPB H&L Productions, 201300878)						12:29.49
	50m 00:38.71	100m 02:56.18	150m 06:08.34	200m 09:20.16	250m 12:29.49	300m 15:49.21
	100m 01:22.13	200m 04:34.41	300m 07:43.95	400m 10:57.92	500m 14:07.76	600m 17:16.49
7. 800m vrije slag - vanaf 11 jaar						
1. Annebel Kluijtmans (Arethusa, 200900808)						10:58.86
	50m 00:36.17	100m 03:21.16	150m 06:10.85	200m 08:59.65	250m 10:42.48	300m 12:29.49
	100m 01:16.13	200m 04:03.40	300m 06:52.99	400m 09:41.62	500m 11:30.97	600m 13:19.86
	150m 01:57.79	200m 04:45.54	350m 07:35.01	450m 09:22.67	550m 11:10.05	650m 12:58.86
	200m 02:39.33	300m 05:27.58	400m 08:17.17	500m 10:04.16	600m 11:51.49	700m 13:39.49
2. Kendra van der Voort (Arethusa, 201100536)						10:59.16
	50m 00:36.73	100m 03:23.72	150m 06:14.28	200m 09:03.70	250m 10:42.26	300m 12:31.16
	100m 01:17.80	200m 04:06.20	300m 06:56.65	400m 09:45.00	500m 11:30.30	600m 13:19.16
	150m 01:59.63	200m 04:49.23	350m 07:39.17	450m 09:28.52	550m 11:17.80	650m 13:06.80
	200m 02:41.77	300m 05:31.78	400m 08:21.44	500m 10:10.27	600m 11:59.16	700m 13:48.16
3. Renske Coppens (Vivalo, 200900440)						11:08.14
	50m 00:37.15	100m 03:23.01	150m 06:12.90	200m 09:03.09	250m 10:42.41	300m 12:31.14
	100m 01:18.18	200m 04:05.21	300m 06:55.63	400m 09:45.29	500m 11:34.20	600m 13:22.14
	150m 01:59.89	200m 04:48.13	350m 07:38.16	450m 09:27.04	550m 11:15.75	650m 13:04.14
	200m 02:41.07	300m 05:31.18	400m 08:20.68	500m 10:08.52	600m 11:58.14	700m 13:46.14

4. Nienke van Zoggel (De Treffers, 199004810)				11:20.31
50m 00:37.55 37,55	250m 03:27.85 43,25	450m 06:20.55 43,30	650m 09:13.55 43,14	
100m 01:19.26 41,71	300m 04:10.87 43,02	500m 07:03.91 43,36	700m 09:56.82 43,27	
150m 01:21.85 2,59	350m 04:54.15 43,28	550m 07:47.06 43,15	750m 10:39.59 42,77	
200m 02:44.60 82,75	400m 05:37.25 43,10	600m 08:30.41 43,35		
5. Tesse van de Wetering (Arethusa, 201200780)				11:30.19
50m 00:38.16 38,16	250m 03:35.81 43,98	450m 06:31.89 44,51	650m 09:28.67 44,62	
100m 01:21.89 43,73	300m 04:20.51 44,70	500m 07:16.50 44,61	700m 10:11.46 42,79	
150m 02:06.57 44,68	350m 05:03.96 43,45	550m 08:00.45 43,95	750m 10:52.09 40,63	
200m 02:51.83 45,26	400m 05:47.38 43,42	600m 08:44.05 43,60		
6. Kate Broekman (Arethusa, 201200176)				12:25.09
50m 00:40.42 40,42	250m 03:51.97 48,43	450m 07:03.98 47,82	650m 10:10.90 47,00	
100m 01:27.76 47,34	300m 04:40.26 48,29	500m 07:50.44 46,46	700m 10:58.13 47,23	
150m 02:15.81 48,05	350m 05:28.67 48,41	550m 08:37.70 47,26	750m 11:44.82 46,69	
200m 03:03.54 47,73	400m 06:16.16 47,49	600m 09:23.90 46,20		
7. Elaine Geeven (Arethusa, 200801972)				12:25.16
50m 00:39.89 39,89	250m 03:48.27 47,72	450m 07:02.55 47,78	650m 10:12.54 48,23	
100m 01:25.82 45,93	300m 04:37.04 48,77	500m 07:49.98 47,43	700m 10:59.28 46,74	
150m 02:12.29 46,47	350m 05:25.80 48,76	550m 08:37.59 47,61	750m 11:44.84 45,56	
200m 03:00.55 48,26	400m 06:14.77 48,97	600m 09:24.31 46,72		
8. Andre van den Berg (De Treffers, 196701787)				13:47.51
50m 00:45.57 45,57	250m 04:09.51 52,27	450m 07:39.34 52,55	650m 11:12.06 53,01	
100m 01:35.09 49,52	300m 05:01.73 52,22	500m 08:32.30 52,96	700m 12:05.32 53,26	
150m 02:25.74 50,65	350m 05:54.31 52,58	550m 09:25.29 52,99	750m 12:57.65 52,33	
200m 03:17.24 51,50	400m 06:46.79 52,48	600m 10:19.05 53,76		
9. Floris van Hofwegen (De Treffers, 201002489)				14:10.76
50m 00:42.44 42,44	250m 04:08.56 53,54	450m 07:49.13 55,50	650m 11:30.22 54,75	
100m 01:30.18 47,74	300m 05:03.34 54,78	500m 08:44.97 55,84	700m 12:25.09 54,87	
150m 02:21.58 51,40	350m 05:57.86 54,52	550m 09:39.44 54,47	750m 13:19.87 54,78	
200m 03:15.02 53,44	400m 06:53.63 55,77	600m 10:35.47 56,03		
10. Ellen Heereveld (De Treffers, 196700766)				16:51.58
50m 00:49.33 49,33	200m 02:57.12 69,26	400m 08:13.41 130,00	600m 12:34.56 131,57	
100m 01:47.86 58,53	300m 06:03.41 186,29	500m 10:22.99 129,58	700m 14:44.60 130,04	
11. Sylvia Bekker (De Treffers, 197601194)				17:01.82
50m 00:52.76 52,76	200m 03:54.79 125,49	400m 08:18.57 132,88	600m 12:47.02 134,81	
100m 01:49.30 56,54	300m 06:05.69 130,90	500m 10:32.21 133,64	700m 14:59.95 132,93	
12. Bic Driessen (De Treffers, 196001129)				20:43.74
50m 00:59.57 59,57	200m 05:02.56 166,30	400m 10:28.61 160,88	600m 15:41.49 155,50	
100m 02:16.26 76,69	300m 07:47.73 165,17	500m 13:05.99 157,38	700m 18:18.48 156,99	
8. 1500m vrije slag - vanaf 11 jaar				
1. Joris van Keulen (De Treffers, 200700159)				19:33.98
50m 00:33.03 33,03	450m 05:45.24 39,69	800m 10:20.12 39,68	1150m 15:02.11 39,90	
100m 01:11.59 38,56	500m 06:25.55 40,31	850m 11:01.24 41,12	1200m 15:42.91 40,80	
150m 01:49.42 37,83	550m 07:04.03 38,48	900m 11:40.75 39,51	1250m 16:22.24 39,33	
200m 02:27.64 38,22	600m 07:43.10 39,07	950m 12:20.96 40,21	1300m 17:02.02 39,78	
250m 03:07.52 39,88	650m 08:21.83 38,73	1000m 13:01.68 40,72	1350m 17:40.97 38,95	
300m 03:47.59 40,07	700m 09:00.99 39,16	1050m 13:41.06 39,38	1400m 18:21.00 40,03	
350m 04:27.08 39,49	750m 09:40.44 39,45	1100m 14:22.21 41,15	1450m 18:59.60 38,60	
400m 05:05.55 38,47	800m 10:20.12 39,68	1150m 15:02.11 39,90		
2. Brecht van Ravensteijn (Arethusa, 201100738)				21:10.25
50m 00:35.66 35,66	450m 06:12.13 42,94	800m 11:12.88 43,27	1150m 16:14.52 43,38	
100m 01:16.02 40,36	500m 06:55.03 42,90	850m 11:55.33 42,45	1200m 16:58.44 43,92	
150m 01:57.67 41,65	550m 07:37.71 42,68	900m 12:37.96 42,63	1250m 17:42.08 43,64	
200m 02:39.64 41,97	600m 08:20.69 42,98	950m 13:21.20 43,24	1300m 18:25.07 42,99	
250m 03:21.25 41,61	650m 09:04.01 43,32	1000m 14:03.73 42,53	1350m 19:08.90 43,83	
300m 04:03.33 42,08	700m 09:46.74 42,73	1050m 14:46.86 43,13	1400m 19:51.16 42,26	
350m 04:46.61 43,28	750m 10:29.61 42,87	1100m 15:31.14 44,28	1450m 20:33.48 42,32	
400m 05:29.19 42,58	800m 11:12.88 43,27	1150m 16:14.52 43,38		

3. Isabel van Alebeek (Waalwijkse Zwem Vereniging, 200301694)				21:29.08
50m	00:35.10	35,10	450m 06:11.92	43,18
100m	01:14.81	39,71	500m 06:53.98	42,06
150m	01:56.40	41,59	550m 07:36.61	42,63
200m	02:38.43	42,03	600m 08:20.54	43,93
250m	03:19.91	41,48	650m 09:03.51	42,97
300m	04:02.31	42,40	700m 09:46.67	43,16
350m	04:45.64	43,33	750m 10:29.63	42,96
400m	05:28.74	43,10	800m 11:12.89	43,26
			800m 11:12.89	43,26
			1150m 16:21.35	44,60
			1150m 16:21.35	44,60
			1200m 17:05.26	43,91
			1200m 17:05.26	43,91
			1250m 17:50.28	45,02
			1250m 17:50.28	45,02
			1300m 18:34.53	44,25
			1300m 18:34.53	44,25
			1350m 19:19.28	44,75
			1350m 19:19.28	44,75
			1400m 20:03.21	43,93
			1400m 20:03.21	43,93
			1450m 20:47.27	44,06
			1450m 20:47.27	44,06
4. Lara Müller (Arethusa, 200903610)				21:46.67
50m	00:38.87	38,87	450m 06:24.94	44,75
100m	01:20.77	41,90	500m 07:07.35	42,41
150m	02:04.24	43,47	550m 07:52.03	44,68
200m	02:46.35	42,11	600m 08:35.51	43,48
250m	03:26.49	40,14	650m 09:21.00	45,49
300m	04:11.85	45,36	700m 10:04.51	43,51
350m	04:56.08	44,23	750m 10:46.68	42,17
400m	05:40.19	44,11	800m 11:32.59	45,91
			800m 11:32.59	45,91
			1150m 16:42.65	43,80
			1150m 16:42.65	43,80
			1200m 17:26.64	43,99
			1200m 17:26.64	43,99
			1250m 18:09.07	42,43
			1250m 18:09.07	42,43
			1300m 18:55.52	46,45
			1300m 18:55.52	46,45
			1350m 19:41.45	45,93
			1350m 19:41.45	45,93
			1400m 20:25.82	44,37
			1400m 20:25.82	44,37
			1450m 21:08.75	42,93
			1450m 21:08.75	42,93
5. Brent van Sande (De Treffers, 200900647)				21:51.59
50m	00:33.88	33,88	450m 06:20.26	45,51
100m	01:12.73	38,85	500m 07:05.39	45,13
150m	01:55.08	42,35	550m 07:51.11	45,72
200m	02:33.20	38,12	600m 08:38.19	47,08
250m	03:22.26	49,06	650m 09:24.36	46,17
300m	04:06.89	44,63	700m 10:08.95	44,59
350m	04:50.27	43,38	750m 10:56.21	47,26
400m	05:34.75	44,48	800m 11:41.13	44,92
			800m 11:41.13	44,92
			1150m 16:53.58	44,51
			1150m 16:53.58	44,51
			1200m 17:37.65	44,07
			1200m 17:37.65	44,07
			1250m 18:21.05	43,40
			1250m 18:21.05	43,40
			1300m 19:05.06	44,01
			1300m 19:05.06	44,01
			1350m 19:50.44	45,38
			1350m 19:50.44	45,38
			1400m 20:34.16	43,72
			1400m 20:34.16	43,72
			1450m 21:17.59	43,43
			1450m 21:17.59	43,43
6. Mariska van Doorn (Arethusa, 197200444)				22:10.02
50m	00:37.93	37,93	450m 06:28.55	44,45
100m	01:19.97	42,04	500m 07:12.93	44,38
150m	02:03.48	43,51	550m 07:57.45	44,52
200m	02:47.25	43,77	600m 08:42.72	45,27
250m	03:30.93	43,68	650m 09:28.46	45,74
300m	04:14.96	44,03	700m 10:12.75	44,29
350m	04:59.64	44,68	750m 10:57.21	44,46
400m	05:44.10	44,46	800m 11:41.96	44,75
			800m 11:41.96	44,75
			1150m 16:56.08	44,83
			1150m 16:56.08	44,83
			1200m 17:40.79	44,71
			1200m 17:40.79	44,71
			1250m 18:25.93	45,14
			1250m 18:25.93	45,14
			1300m 19:10.97	45,04
			1300m 19:10.97	45,04
			1350m 19:55.65	44,68
			1350m 19:55.65	44,68
			1400m 20:41.01	45,36
			1400m 20:41.01	45,36
			1450m 21:26.53	45,52
			1450m 21:26.53	45,52
7. Abygail Rusch (De Treffers, 200800464)				22:25.52
50m	00:39.35	39,35	450m 06:37.34	45,61
100m	01:22.18	42,83	500m 07:22.56	45,22
150m	02:06.52	44,34	550m 08:08.63	46,07
200m	02:51.20	44,68	600m 08:55.21	46,58
250m	03:36.76	45,56	650m 09:41.84	46,63
300m	04:21.62	44,86	700m 10:28.29	46,45
350m	05:06.70	45,08	750m 11:14.29	46,00
400m	05:51.73	45,03	800m 12:00.03	45,74
			800m 12:00.03	45,74
			1150m 17:18.74	44,65
			1150m 17:18.74	44,65
			1200m 18:04.18	45,44
			1200m 18:04.18	45,44
			1250m 18:49.28	45,10
			1250m 18:49.28	45,10
			1300m 19:34.14	44,86
			1300m 19:34.14	44,86
			1350m 20:18.66	44,52
			1350m 20:18.66	44,52
			1400m 21:03.08	44,42
			1400m 21:03.08	44,42
			1450m 21:46.23	43,15
			1450m 21:46.23	43,15
8. Yannic Heereveld (De Treffers, 199805819)				22:50.74
50m	00:36.24	36,24	450m 06:40.04	46,85
100m	01:16.96	40,72	500m 07:25.66	45,62
150m	02:00.31	43,35	550m 08:13.06	47,40
200m	02:46.01	45,70	600m 09:00.13	47,07
250m	03:32.39	46,38	650m 09:46.37	46,24
300m	04:18.98	46,59	700m 10:30.68	44,31
350m	05:05.97	46,99	750m 11:16.40	45,72
400m	05:53.19	47,22	800m 12:03.44	47,04
			800m 12:03.44	47,04
			1150m 17:33.52	46,97
			1150m 17:33.52	46,97
			1200m 18:21.40	47,88
			1200m 18:21.40	47,88
			1250m 19:08.10	46,70
			1250m 19:08.10	46,70
			1300m 19:52.04	43,94
			1300m 19:52.04	43,94
			1350m 20:36.44	44,40
			1350m 20:36.44	44,40
			1400m 21:23.25	46,81
			1400m 21:23.25	46,81
			1450m 22:07.98	44,73
			1450m 22:07.98	44,73
9. Imke Mersie (De Treffers, 200304246)				23:45.87
50m	00:41.80	41,80	450m 07:03.45	47,95
100m	01:27.68	45,88	500m 07:51.20	47,75
150m	02:15.79	48,11	550m 08:39.42	48,22
200m	03:03.61	47,82	600m 09:28.59	49,17
250m	03:51.45	47,84	650m 10:16.13	47,54
300m	04:39.34	47,89	700m 11:04.84	48,71
350m	05:27.46	48,12	750m 11:53.31	48,47
			800m 12:42.15	48,84
			800m 12:42.15	48,84
			1150m 18:19.32	49,07
			1150m 18:19.32	49,07
			1200m 19:08.06	48,74
			1200m 19:08.06	48,74
			1250m 19:56.75	48,69
			1250m 19:56.75	48,69
			1300m 20:44.15	47,40
			1300m 20:44.15	47,40
			1350m 21:31.74	47,59
			1350m 21:31.74	47,59
			1400m 22:19.16	47,42
			1400m 22:19.16	47,42
			1450m 23:03.94	44,78
			1450m 23:03.94	44,78

400m 06:15.50 48,04    800m 12:42.15 48,84    1150m 18:19.32 49,07

10. Dieke van den Berg (De Treffers, 201001526)

24:25.09

50m	00:40.33 40,33	400m	06:18.94 50,15	750m	12:05.89 49,57	1100m	17:02.61 24,42
100m	01:25.64 45,31	450m	07:08.70 49,76	800m	12:55.75 49,86	1150m	18:42.93 100,32
150m	02:13.54 47,90	500m	07:57.59 48,89	850m	13:45.88 50,13	1200m	19:33.70 50,77
200m	03:02.07 48,53	550m	08:47.12 49,53	900m	14:35.81 49,93	1250m	20:22.71 49,01
250m	03:51.45 49,38	600m	09:36.79 49,67	950m	15:26.01 50,20	1300m	21:12.85 50,14
300m	04:39.67 48,22	650m	10:26.75 49,96	1000m	16:14.50 48,49	1350m	22:02.67 49,82
350m	05:28.79 49,12	700m	11:16.32 49,57	1050m	16:38.19 23,69	1400m	22:49.64 46,97

DIS. Eline Nouwens (De Treffers, 200704180)

24:25.09

. Suzan Clemens (De Treffers, 200802736)