

LAC deel 1
Rosmalen, 11/10/2024

1 - LAC deel 1

11/10/2024 - 18:45

Programmanr. 1 200m wisselslag Gebjr 2014 - 2016
11/10/2024 - 18:45 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Juul Walstra	De Treffers	3:32.02	201400136	3:15.29	43.24	1:32.69	2:29.36	3:15.29
2. Tom van der Glind	De Treffers	NT	201401389	3:36.32	47.76	1:42.81	2:47.55	3:36.32

Programmanr. 2 200m wisselslag 2013 en eerder
11/10/2024 - 18:50 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Lars de Kooter	De Biesboschzwemme	2:24.70	200800185	2:23.87	30.25	1:08.41	1:48.25	2:23.87
2. Evelien te Paske	VZV Njord	2:43.05	200400708	2:48.29	36.50	1:18.45	2:06.56	2:48.29
3. Renske Coppens	Vivalo	2:57.10	200900440	2:48.81	37.96	1:21.31	2:09.42	2:48.81
4. Nienke van Zoggel	De Treffers	NT	199004810	2:53.75	38.42	1:22.44	2:14.27	2:53.75
5. Gianni van Rijn	VZV Njord	2:58.59	201300333	3:01.63	38.27	1:25.42	2:18.52	3:01.63
6. Wessel Vis	De Treffers	NT	201201273	3:02.85	40.77	1:26.90	2:23.37	3:02.85
7. Yannic Heereveld	De Treffers	3:08.71	199805819	3:06.69	37.35	1:28.64	2:26.61	3:06.69
8. Lisa van den Berg	VZV Njord	3:12.94	201300342	3:18.61	43.50	1:31.28	2:30.64	3:18.61
9. Floris van Hofwegen	De Treffers	3:37.67	201002489	3:20.55	47.13	1:37.76	2:33.70	3:20.55
10. Isabella Albano	De Treffers	3:51.30	201202998	3:45.28	48.87	1:45.35	2:53.51	3:45.28
11. Luuk Vertogen	Zeester-Meerval	NT	201202161	4:39.02	1:15.97	2:17.73	3:34.57	4:39.02
NG.ZA Fabrice Ariès	De Treffers	NT	199000063					

Programmanr. 3 400m wisselslag 2013 en eerder
11/10/2024 - 18:58 Resultaten

rang naam	vereniging	intijd	tijd	RT			
1. Jesper Pas	VZV Njord	5:13.12	200200967	5:07.14			
50m: 30.91	30.91	150m: 1:48.32	40.07	250m: 3:12.22	44.85	350m: 4:33.84	36.26
100m: 1:08.25	37.34	200m: 2:27.37	39.05	300m: 3:57.58	45.36	400m: 5:07.14	33.30
2. Brian van Gennip	ZV Hydra	5:11.64	200003573	5:08.28			
50m: 31.81	31.81	150m: 1:49.98	40.45	250m: 3:13.92	43.81	350m: 4:35.22	36.24
100m: 1:09.53	37.72	200m: 2:30.11	40.13	300m: 3:58.98	45.06	400m: 5:08.28	33.06
3. Pien Walstra	De Treffers	6:13.89	201101034	5:54.90			
50m: 35.47	35.47	150m: 2:06.75	48.67	250m: 3:46.00	52.53	350m: 5:17.97	40.25
100m: 1:18.08	42.61	200m: 2:53.47	46.72	300m: 4:37.72	51.72	400m: 5:54.90	36.93
4. Emma van den Berg	VZV Njord	6:21.21	201100830	6:18.42			
50m: 40.59	40.59	150m: 2:20.14	50.91	250m: 4:00.85	53.85	350m: 5:38.14	42.29
100m: 1:29.23	48.64	200m: 3:07.00	46.86	300m: 4:55.85	55.00	400m: 6:18.42	40.28
5. Edwin vd Wetering	Arethusa	6:33.32	197601021	6:20.82			
50m: 40.27	40.27	150m: 2:20.91	50.57	250m: 4:02.23	52.53	350m: 5:38.74	43.32
100m: 1:30.34	50.07	200m: 3:09.70	48.79	300m: 4:55.42	53.19	400m: 6:20.82	42.08
6. Tesse van de Wetering	Arethusa	6:33.32	201200780	6:21.59			
50m: 45.47	45.47	150m: 2:29.63	46.61	250m: 4:07.79	53.16	350m: 5:42.01	41.16
100m: 1:43.02	57.55	200m: 3:14.63	45.00	300m: 5:00.85	53.06	400m: 6:21.59	39.58
7. Tijn van den Berkmortel	Neptunus'58	7:00.00	201102579	6:32.18			
50m: 41.90	41.90	150m:	250m: 4:06.72	57.47	350m: 5:49.33	44.93	
100m: 1:33.65	51.75	200m: 3:09.25	300m: 5:04.40	57.68	400m: 6:32.18	42.85	
8. Kate Broekman	Arethusa	6:51.61	201200176	6:47.32			
50m: 43.71	43.71	150m: 2:30.85	52.26	250m: 4:18.81	57.46	350m: 6:05.20	47.70
100m: 1:38.59	54.88	200m: 3:21.35	50.50	300m: 5:17.50	58.69	400m: 6:47.32	42.12

LAC deel 1
Rosmalen, 11/10/2024

Programmanr. 4
11/10/2024 - 19:13

200m vrije slag

Gebjr 2014 - 2016
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Karlijn Vermeulen	De Treffers	3:29.29	201400260	3:23.58	44.41	1:37.89	2:32.91	3:23.58
2. Silje Corijn	De Treffers	NT	201400726	3:57.34	52.45	1:52.53	2:59.09	3:57.34
3. Vivienne Wes	De Treffers	4:11.03	201401512	4:20.22	55.20	2:04.20	3:13.24	4:20.22

Programmanr. 5
11/10/2024 - 19:18

400m vrije slag

2014 en eerder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. A. Janse van Rensburg	De Treffers	5:14.93	201202261	5:11.32	350m: 4:34.05	41.11	400m: 5:11.32	41.11
		50m: 33.69	38.55	250m: 3:11.82	41.05			
		100m: 1:11.68	40.54	300m: 3:52.94	41.12			
2. Abygail Rusch	De Treffers	5:32.04	200800464	5:28.11	350m: 4:49.05	41.04	400m: 5:28.11	39.06
		50m: 37.22	41.99	250m: 3:25.01	42.04			
		100m: 1:18.37	42.61	300m: 4:08.01	43.00			
3. Evita van de Ketterij	De Treffers	NT	198504284	5:30.60	350m: 4:47.86	44.13	400m: 5:30.60	42.74
		50m: 34.90	40.87	250m: 3:20.32	43.15			
		100m: 1:14.12	42.18	300m: 4:03.73	43.41			
4. Linde Valentgoed	De Treffers	5:45.67	200803992	5:36.78	350m: 4:56.48	44.60	400m: 5:36.78	40.30
		50m: 39.41	42.86	250m: 3:27.38	45.25			
		100m: 1:15.45	43.82	300m: 4:11.88	44.50			
5. Jeroen te Paske	Psv	6:00.43	196901717	5:55.62	350m: 5:12.95	44.59	400m: 5:55.62	42.67
		50m: 41.82	46.11	250m: 3:43.96	44.73			
		100m: 1:27.65	45.47	300m: 4:28.36	44.40			
6. Gianni van Rijn	VZV Njord	6:16.71	201300333	5:56.56	350m: 5:16.51	45.83	400m: 5:56.56	40.05
		50m: 39.41	47.23	250m: 3:43.51	47.26			
		100m: 1:23.96	45.06	300m: 4:30.68	47.17			
7. Charey-Ann van Rijn	VZV Njord	6:09.11	201101716	5:57.33	350m: 5:13.82	47.23	400m: 5:57.33	43.51
		50m: 37.29	45.30	250m: 3:38.96	46.93			
		100m: 1:20.34	46.39	300m: 4:26.59	47.63			
8. Eline Nouwens	De Treffers	6:07.66	200704180	6:17.59	350m: 5:32.89	48.12	400m: 6:17.59	44.70
		50m: 39.68	49.27	250m: 3:55.42	49.54			
		100m: 1:27.06	49.55	300m: 4:44.77	49.35			
9. Wessel Vis	De Treffers	NT	201201273	6:27.53	350m: 5:06.22	40.98	400m: 6:27.53	1:21.31
		50m: 37.85	45.85	250m: 3:39.47	46.05			
		100m: 1:21.39	46.18	300m: 4:25.24	45.77			
10. Ted Robijns	Zeester-Meerval	NT	201400187	6:43.69	350m: 5:56.02	53.08	400m: 6:43.69	47.67
		50m: 41.92	52.29	250m: 4:08.05	52.48			
		100m: 1:31.33	51.95	300m: 5:02.94	54.89			
11. Merijn Hofmans	Arethusa	NT	201200607	6:54.68	350m: 6:09.11	56.03	400m: 6:54.68	45.57
		50m: 43.04	54.11	250m: 4:17.37	55.04			
		100m: 1:33.96	54.26	300m: 5:13.08	55.71			
12. Geerte van Lith	Zeester-Meerval	NT	201300172	7:15.27	350m: 6:24.05	55.31	400m: 7:15.27	51.22
		50m: 47.45	55.21	250m: 4:32.52	58.35			
		100m: 1:41.99	56.97	300m: 5:28.74	56.22			

Programmanr. 6
11/10/2024 - 19:32

800m vrije slag

2013 en eerder
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Lars de Kooter	De Biesboschwimmers	10:08.22	200800185	9:31.33	700m: 8:20.85	1:11.89	800m: 9:31.33	1:10.48
		100m: 1:07.49	1:07.49	500m: 5:56.43	1:13.15			
		200m: 2:19.00	1:11.51	600m: 7:08.96	1:12.53			
2. Pieter Pijnenburg	De Biesboschwimmers	9:59.87	199305227	10:00.92	700m: 8:47.65	1:16.71	800m: 10:00.92	1:13.27
		100m: 1:10.25	1:10.25	500m: 6:14.24	1:16.20			
		200m: 2:25.78	1:15.53	600m: 7:30.94	1:16.70			
3. Renske van den Bosch	VZV Njord	10:30.75	201001828	10:10.73	700m: 8:55.89	1:16.81	800m: 10:10.73	1:14.84
		100m: 1:11.67	1:11.67	500m: 6:21.77	1:17.24			
		200m: 2:28.81	1:17.14	600m: 7:39.08	1:17.31			
4. Pien Walstra	De Treffers	10:48.94	201101034	10:26.77	700m: 9:14.22	1:19.14	800m: 10:26.77	1:12.55
		100m: 1:12.85	1:12.85	500m: 6:34.93	1:20.76			
		200m: 2:33.17	1:20.32	600m: 7:55.08	1:20.15			

LAC deel 1
Rosmalen, 11/10/2024

Programmanr. 6, Alle, 800m vrije slag, 2013 en eerder

rang	naam	vereniging	intijd	tijd	RT
5.	Lieke Broere	De Otters Het Gooi	10:40.52	200303890	10:27.30
	100m: 1:12.18	1:12.18 300m: 3:49.45	1:19.11	500m: 6:29.88	1:20.92
	200m: 2:30.34	1:18.16 400m: 5:09.81	1:20.36	600m: 7:49.72	1:16.66
6.	Tamar Roosen	VZV Njord	10:55.78	200501168	10:36.74
	100m: 1:12.60	1:12.60 300m: 3:53.13	1:20.75	500m: 6:36.85	1:20.61
	200m: 2:32.38	1:19.78 400m: 5:14.42	1:21.29	600m: 7:57.99	1:18.14
7.	Brecht van Ravensteijn	Arethusa	11:12.88	201100738	10:46.34
	100m: 1:15.03	1:15.03 300m: 3:59.99	1:22.97	500m: 6:46.49	1:21.09
	200m: 2:37.02	1:21.99 400m: 5:24.05	1:24.06	600m: 8:08.78	1:16.47
8.	Mirelle de Kort	Neptunus'58	11:12.50	200005546	10:51.54
	100m: 1:15.72	1:15.72 300m: 4:00.99	1:23.03	500m: 6:47.89	1:21.43
	200m: 2:37.96	1:22.24 400m: 5:24.34	1:23.35	600m: 8:10.80	1:19.31
9.	Renske Coppens	Vivalo	11:08.14	200900440	11:03.36
	100m: 1:16.46	1:16.46 300m: 4:04.59	1:24.61	500m: 6:53.74	1:23.64
	200m: 2:39.98	1:23.52 400m: 5:29.64	1:25.05	600m: 8:17.76	1:21.96
10.	Emma Nauta	Arethusa	11:29.20	200604746	11:04.86
	100m: 1:15.93	1:15.93 300m: 4:06.53	1:25.55	500m: 6:57.10	1:23.65
	200m: 2:40.98	1:25.05 400m: 5:31.84	1:25.31	600m: 8:22.47	1:18.74
11.	Liza Theuns	WZV	10:56.79	200702172	11:13.05
	100m: 1:15.63	1:15.63 300m: 4:03.24	1:24.79	500m: 6:57.25	1:25.81
	200m: 2:38.45	1:22.82 400m: 5:29.65	1:26.41	600m: 8:24.87	1:22.37
	Lara Müller	Arethusa	11:17.57	200903610	11:13.05
	100m: 1:16.99	1:16.99 300m: 4:07.22	1:25.87	500m: 6:59.87	1:25.92
	200m: 2:41.35	1:24.36 400m: 5:33.59	1:26.37	600m: 8:26.03	1:21.10
13.	Nienke van Zoggel	De Treffers	11:20.31	199004810	11:14.16
	100m: 1:17.87	1:17.87 300m: 4:08.19	1:25.75	500m: 7:00.30	1:25.17
	200m: 2:42.44	1:24.57 400m: 5:34.55	1:26.36	600m: 8:25.62	1:23.37
14.	Evelien te Paske	VZV Njord	11:31.89	200400708	11:18.02
	100m: 1:17.81	1:17.81 300m: 4:09.50	1:26.55	500m: 7:01.21	1:26.19
	200m: 2:42.95	1:25.14 400m: 5:35.53	1:26.03	600m: 8:28.29	1:23.54
15.	Maarten vd Berkmortel	Neptunus'58	11:30.00	198000103	11:28.12
	100m: 1:14.42	1:14.42 300m: 4:08.65	1:27.91	500m: 7:07.01	1:27.88
	200m: 2:40.74	1:26.32 400m: 5:37.46	1:28.81	600m: 8:36.81	1:23.43
16.	Fabrice Ariès	De Treffers	11:24.91	199000063	11:36.93
	100m: 1:17.09	1:17.09 300m: 4:08.31	1:26.62	500m: 7:06.48	1:31.12
	200m: 2:41.69	1:24.60 400m: 5:37.27	1:28.96	600m: 8:36.28	1:29.53
17.	Lotte de Wit	ZV Hydra	12:35.40	201001164	11:43.05
	100m: 1:20.72	1:20.72 300m: 4:18.15	1:28.98	500m: 7:18.89	1:28.88
	200m: 2:49.17	1:28.45 400m: 5:48.91	1:30.76	600m: 8:49.51	1:24.66
18.	Vera Broekman	Arethusa	11:51.03	201001454	11:59.34
	100m: 1:22.07	1:22.07 300m: 4:22.62	1:31.19	500m: 7:27.06	1:31.89
	200m: 2:51.43	1:29.36 400m: 5:54.54	1:31.92	600m: 8:59.25	1:28.20
19.	Britt van der Ham	WZV	12:17.46	200801320	12:02.90
	100m: 1:20.22	1:20.22 300m: 4:20.08	1:31.33	500m: 7:25.97	1:33.80
	200m: 2:48.75	1:28.53 400m: 5:52.50	1:32.42	600m: 9:00.53	1:28.57
20.	Nadine Scheeve	De Biesboschwimmers	12:29.25	199700684	12:04.62
	100m: 1:24.73	1:24.73 300m: 4:28.62	1:32.52	500m: 7:32.08	1:31.79
	200m: 2:56.10	1:31.37 400m: 6:00.75	1:32.13	600m: 9:04.22	1:28.61
21.	Hannelie de Raad	WZV	NT	200400944	12:17.03
	100m: 1:24.83	1:24.83 300m: 4:32.41	1:33.80	500m: 7:41.18	1:33.95
	200m: 2:58.61	1:33.78 400m: 6:06.48	1:34.07	600m: 9:15.79	1:27.29
22.	Dieke van den Berg	De Treffers	12:46.90	201001526	12:46.01
	100m: 1:27.13	1:27.13 300m: 4:45.18	1:39.78	500m: 7:59.57	1:36.54
	200m: 3:05.40	1:38.27 400m: 6:23.99	1:38.81	600m: 9:35.15	1:34.32
23.	Tiago Verheggen	ZV Hydra	12:34.10	201003277	13:01.01
	100m: 1:21.08	1:21.08 300m: 4:36.41	1:40.88	500m: 8:01.00	1:41.95
	200m: 2:55.53	1:34.45 400m: 6:20.20	1:43.79	600m: 9:43.65	1:35.41
24.	Amber Kielen	De Treffers	14:11.95	201203378	13:26.77
	100m: 1:31.84	1:31.84 300m: 4:59.27	1:44.00	500m: 8:25.59	1:43.17
	200m: 3:15.27	1:43.43 400m: 6:42.84	1:43.57	600m: 10:07.92	1:35.68
25.	Thomas Bohnen	VZV Njord	14:00.00	201101613	13:27.30
	100m: 1:31.82	1:31.82 300m: 4:57.78	1:44.37	500m: 8:25.81	1:41.62
	200m: 3:13.41	1:41.59 400m: 6:42.05	1:44.27	600m: 10:10.19	1:35.49
26.	Dycke Peeters	ZV Hydra	14:33.51	201301412	13:45.76
	100m: 1:35.40	1:35.40 300m: 5:06.64	1:46.76	500m: 8:38.82	1:48.20
	200m: 3:19.88	1:44.48 400m: 6:52.40	1:45.76	600m: 10:27.42	1:30.14
27.	Dylan van der Ham	WZV	15:27.22	201200425	14:46.09
	100m: 1:35.56	1:35.56 300m: 5:12.79	1:50.55	500m: 9:04.28	1:56.78
	200m: 3:22.24	1:46.68 400m: 7:15.53	2:02.74	600m: 11:04.53	1:44.78

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Rosmalen, 11/10/2024

Programmanr. 6, Alle, 800m vrije slag, 2013 en eerder

rang	naam	vereniging	intijd	tijd	RT			
28.	Lena Opolony	Zeester-Meerval	NT 201200018	14:46.55				
	100m: 1:38.63	1:38.63	300m: 5:20.79	1:52.47	500m: 9:10.67	1:55.49	700m: 13:02.07	1:57.30
	200m: 3:28.32	1:49.69	400m: 7:15.18	1:54.39	600m: 11:04.77	1:54.10	800m: 14:46.55	1:44.48
29.	Saar Gruijters	ZV Hydra	16:04.97 201202100	16:04.18				
	100m: 1:43.69	1:43.69	300m: 5:53.16	2:06.48	500m: 10:01.68	2:02.99	700m: 14:08.35	2:02.41
	200m: 3:46.68	2:02.99	400m: 7:58.69	2:05.53	600m: 12:05.94	2:04.26	800m: 16:04.18	1:55.83
30.	Ellen Heereveld	De Treffers	16:51.58 196700766	16:50.52				
	100m: 1:49.11	1:49.11	300m: 6:01.59	2:10.26	500m: 10:24.30	2:10.90	700m: 14:44.84	2:10.95
	200m: 3:51.33	2:02.22	400m: 8:13.40	2:11.81	600m: 12:33.89	2:09.59	800m: 16:50.52	2:05.68
31.	Bic Driessen	De Treffers	19:48.66 196001129	20:03.11				
	100m: 2:16.95	2:16.95	300m: 7:30.40	2:37.38	500m: 12:38.51	2:34.56	700m: 17:41.98	2:31.92
	200m: 4:53.02	2:36.07	400m: 10:03.95	2:33.55	600m: 15:10.06	2:31.55	800m: 20:03.11	2:21.13

Programmanr. 7 1500m vrije slag 2013 en eerder
11/10/2024 - 21:01 Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Hessel Robert	Het Y	16:25.50 200200917	16:05.80				
	100m: 1:01.30	1:01.30	500m: 5:20.28	1:04.34	900m: 9:39.78	1:05.22	1300m: 13:59.34	1:04.62
	200m: 2:06.92	1:05.62	600m: 6:24.72	1:04.44	1000m: 10:44.77	1:04.99	1400m: 15:03.46	1:04.12
	300m: 3:11.59	1:04.67	700m: 7:29.32	1:04.60	1100m: 11:49.50	1:04.73	1500m: 16:05.80	1:02.34
	400m: 4:15.94	1:04.35	800m: 8:34.56	1:05.24	1200m: 12:54.72	1:05.22		
2.	Brian van Gennip	ZV Hydra	18:24.93 200003573	17:56.80				
	100m: 1:03.54	1:03.54	500m: 5:52.15	1:13.64	900m: 10:44.75	1:13.04	1300m: 15:35.34	1:12.81
	200m: 2:13.83	1:10.29	600m: 7:05.15	1:13.00	1000m: 11:57.48	1:12.73	1400m: 16:47.73	1:12.39
	300m: 3:25.58	1:11.75	700m: 8:18.21	1:13.06	1100m: 13:10.45	1:12.97	1500m: 17:56.80	1:09.07
	400m: 4:38.51	1:12.93	800m: 9:31.71	1:13.50	1200m: 14:22.53	1:12.08		
3.	Joris van Keulen	De Treffers	18:35.41 200700159	18:39.87				
	100m: 1:06.75	1:06.75	500m: 6:03.28	1:15.67	900m: 11:07.35	1:15.78	1300m: 16:11.95	1:16.60
	200m: 2:18.65	1:11.90	600m: 7:19.22	1:15.94	1000m: 12:23.74	1:16.39	1400m: 17:29.39	1:17.44
	300m: 3:33.10	1:14.45	700m: 8:34.41	1:15.19	1100m: 13:39.63	1:15.89	1500m: 18:39.87	1:10.48
	400m: 4:47.61	1:14.51	800m: 9:51.57	1:17.16	1200m: 14:55.35	1:15.72		
4.	Ondrej Sevcik	VZV Njord	19:33.51 200702971	18:42.30				
	100m: 1:06.63	1:06.63	500m:	900m:	1300m:			
	200m: 2:20.48	1:13.85	600m:	1000m:	1400m:			
	300m:	700m:	1100m:	1500m:	18:42.30			
	400m: 4:55.50	800m: 9:54.47	1200m:					
5.	Iven Pas	VZV Njord	20:15.00 200900387	20:08.33				
	100m: 1:14.45	1:14.45	500m: 6:46.42	1:23.44	900m: 12:16.70	1:22.51	1300m: 17:40.55	1:19.16
	200m: 2:36.05	1:21.60	600m: 8:09.47	1:23.05	1000m: 13:39.75	1:23.05	1400m: 18:57.54	1:16.99
	300m: 3:58.94	1:22.89	700m: 9:31.41	1:21.94	1100m: 15:00.77	1:21.02	1500m: 20:08.33	1:10.79
	400m: 5:22.98	1:24.04	800m: 10:54.19	1:22.78	1200m: 16:21.39	1:20.62		
6.	Brent van Sande	De Treffers	21:34.44 200900647	21:36.85				
	100m: 1:11.77	1:11.77	500m:	900m:	1300m:			
	200m: 2:34.62	1:22.85	600m:	1000m:	1400m:			
	300m:	700m:	1100m:	1500m:	21:36.85			
	400m: 5:28.27	800m: 11:23.77	1200m:					
7.	Collin van der Ham	WZV	21:55.56 201000877	21:46.42				
	100m: 1:15.81	1:15.81	500m: 7:03.58	1:28.55	900m: 12:56.45	1:27.23	1300m: 18:58.87	1:29.62
	200m: 2:40.30	1:24.49	600m: 8:31.21	1:27.63	1000m: 14:27.08	1:30.63	1400m: 20:26.96	1:28.09
	300m: 4:07.22	1:26.92	700m: 10:00.24	1:29.03	1100m: 15:58.90	1:31.82	1500m: 21:46.42	1:19.46
	400m: 5:35.03	1:27.81	800m: 11:29.22	1:28.98	1200m: 17:29.25	1:30.35		
8.	Abygail Rusch	De Treffers	22:25.52 200800464	22:28.62				
	100m: 1:25.88	1:25.88	500m: 7:33.61	1:32.67	900m: 13:43.43	1:32.31	1300m: 19:41.73	1:26.85
	200m: 2:58.00	1:32.12	600m: 9:05.79	1:32.18	1000m: 15:15.43	1:32.00	1400m: 21:07.61	1:25.88
	300m: 4:29.52	1:31.52	700m: 10:38.77	1:32.98	1100m: 16:46.29	1:30.86	1500m: 22:28.62	1:21.01
	400m: 6:00.94	1:31.42	800m: 12:11.12	1:32.35	1200m: 18:14.88	1:28.59		
9.	Yannic Heereveld	De Treffers	22:50.74 199805819	22:30.00				
	100m: 1:16.22	1:16.22	500m: 7:19.76	1:33.26	900m: 13:30.36	1:32.25	1300m: 19:41.00	1:31.65
	200m: 2:42.50	1:26.28	600m: 8:52.29	1:32.53	1000m: 15:04.09	1:33.73	1400m: 21:08.35	1:27.35
	300m: 4:13.22	1:30.72	700m: 10:25.32	1:33.03	1100m: 16:35.71	1:31.62	1500m: 22:30.00	1:21.65
	400m: 5:46.50	1:33.28	800m: 11:58.11	1:32.79	1200m: 18:09.35	1:33.64		
10.	Sandra Schellekens	Neptunus'58	23:15.81 198503416	22:58.65				
	100m: 1:18.07	1:18.07	500m: 7:21.55	1:32.29	900m: 13:35.91	1:34.81	1300m: 19:53.48	1:34.36
	200m: 2:46.70	1:28.63	600m: 8:53.90	1:32.35	1000m: 15:10.41	1:34.50	1400m: 21:28.24	1:34.76
	300m: 4:17.42	1:30.72	700m: 10:27.72	1:33.82	1100m: 16:45.22	1:34.81	1500m: 22:58.65	1:30.41
	400m: 5:49.26	1:31.84	800m: 12:01.10	1:33.38	1200m: 18:19.12	1:33.90		
11.	Julia van der Burgt	De Treffers	NT 199307806	26:25.01				
	100m: 1:35.40	1:35.40	500m:	900m:	1300m:			
	200m: 3:19.46	1:44.06	600m:	1000m:	1400m:			
	300m:	700m:	1100m:	1500m:	26:25.01			
	400m: 6:52.49	800m: 14:02.57	1200m:					

LAC deel 1
Rosmalen, 11/10/2024

Programmanr. 7, Alle, 1500m vrije slag, 2013 en eerder

rang	naam	vereniging				intijd				tijd		RT
12.	Bertold Gorter	De Treffers				NT 197201699				26:25.20		
	100m:	1:37.23	1:37.23	500m:	8:48.50	1:47.84	900m:	16:00.45	1:48.79	1300m:	23:09.87	1:47.07
	200m:	3:24.06	1:46.83	600m:	10:36.44	1:47.94	1000m:	17:47.61	1:47.16	1400m:	24:53.74	1:43.87
	300m:	5:11.80	1:47.74	700m:	12:23.87	1:47.43	1100m:	19:34.10	1:46.49	1500m:	26:25.20	1:31.46
	400m:	7:00.66	1:48.86	800m:	14:11.66	1:47.79	1200m:	21:22.80	1:48.70			