



LAC 1 RZC
Rhenen 16 oktober 2011

Programmanr. 2
16-10-2011 - 16:00

Meisjes, 400m vrije slag

Minioren 5 en Junioren 1
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
1.	Anna Janssen	RZC	7:21.70	20000098	6:24.73			
	50m: 41.23	41.23	150m: 2:18.42	49.42	250m: 3:55.89	48.41	350m: 5:34.76	49.28
	100m: 1:29.00	47.77	200m: 3:07.48	49.06	300m: 4:45.48	49.59	400m: 6:24.73	49.97
2.	Linde van Duinhoven	RZC	7:20.00	200100370	6:40.88			
	50m: 45.07	45.07	150m: 2:27.51	52.36	250m: 4:11.42	51.50	350m: 5:53.57	50.12
	100m: 1:35.15	50.08	200m: 3:19.92	52.41	300m: 5:03.45	52.03	400m: 6:40.88	47.31
3.	Fleur Gerritsen	RZC	8:15.00	200101032	7:10.99			
	50m: 47.49	47.49	150m: 2:36.24	55.36	250m: 4:28.60	56.96	350m: 6:19.46	55.16
	100m: 1:40.88	53.39	200m: 3:31.64	55.40	300m: 5:24.30	55.70	400m: 7:10.99	51.53
4.	Janneke Zweers	RZC	9:05.00	200100584	7:48.67			
	50m: 48.92	48.92	150m: 2:43.05	57.61	250m: 4:42.83	1:01.48	350m: 6:48.83	1:02.71
	100m: 1:45.44	56.52	200m: 3:41.35	58.30	300m: 5:46.12	1:03.29	400m: 7:48.67	59.84

Programmanr. 4
16-10-2011 - 16:10

Dames, 800m vrije slag

Junioren 2 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
1.	Arlette de Vegt	ESCA Zwemmen	10:09.92	199505930	10:00.70			
	50m: 33.73	33.73	250m: 3:05.80	37.73	450m: 5:39.07	38.53	650m: 8:11.39	37.47
	100m: 1:11.36	37.63	300m: 3:43.95	38.15	500m: 6:17.16	38.09	700m: 8:48.26	36.87
	150m: 1:49.73	38.37	350m: 4:21.92	37.97	550m: 6:55.36	38.20	750m: 9:25.70	37.44
	200m: 2:28.07	38.34	400m: 5:00.54	38.62	600m: 7:33.92	38.56	800m: 10:00.70	35.00
2.	Sanne Rodenburg	RZC	10:09.35	199404714	10:01.04			
	50m: 32.10	32.10	250m: 2:59.57	37.21	450m: 5:32.73	38.47	650m: 8:07.23	38.84
	100m: 1:08.10	36.00	300m: 3:37.42	37.85	500m: 6:11.39	38.66	700m: 8:46.48	39.25
	150m: 1:45.07	36.97	350m: 4:15.80	38.38	550m: 6:49.67	38.28	750m: 9:25.48	39.00
	200m: 2:22.36	37.29	400m: 4:54.26	38.46	600m: 7:28.39	38.72	800m: 10:01.04	35.56
3.	Laura ter Stege	RZC	11:12.48	199602364	10:49.29			
	50m: 35.29	35.29	250m: 3:17.31	41.27	450m: 6:03.79	41.80	650m: 8:48.12	40.69
	100m: 1:15.18	39.89	300m: 3:58.84	41.53	500m: 6:45.25	41.46	700m: 9:29.25	41.13
	150m: 1:55.58	40.40	350m: 4:40.44	41.60	550m: 7:26.40	41.15	750m: 10:10.41	41.16
	200m: 2:36.04	40.46	400m: 5:21.99	41.55	600m: 8:07.43	41.03	800m: 10:49.29	38.88
4.	Esther van Mierlo	RZC	11:00.00	198906640	11:04.72			
	50m: 34.83	34.83	250m: 3:17.66	41.41	450m: 6:03.92	41.55	650m: 8:54.41	42.78
	100m: 1:14.89	40.06	300m: 3:58.74	41.08	500m: 6:47.79	43.87	700m: 9:37.40	42.99
	150m: 1:55.62	40.73	350m: 4:39.90	41.16	550m: 7:30.17	42.38	750m: 10:21.06	43.66
	200m: 2:36.25	40.63	400m: 5:22.37	42.47	600m: 8:11.63	41.46	800m: 11:04.72	43.66
5.	Georgette Wortelboer	RZC	11:03.00	199602144	11:10.15			
	50m: 36.47	36.47	250m: 3:20.05	41.19	450m: 6:10.03	43.80	650m: 9:03.70	43.17
	100m: 1:16.44	39.97	300m: 4:00.97	40.92	500m: 6:53.48	43.45	700m: 9:46.97	43.27
	150m: 1:57.78	41.34	350m: 4:43.21	42.24	550m: 7:36.47	42.99	750m: 10:28.98	42.01
	200m: 2:38.86	41.08	400m: 5:26.23	43.02	600m: 8:20.53	44.06	800m: 11:10.15	41.17
6.	Lodieke Rodenburg	RZC	11:32.00	199801094	11:12.13			
	50m: 38.32	38.32	250m: 3:28.13	42.62	450m: 6:17.76	42.72	650m: 9:07.57	42.47
	100m: 1:20.29	41.97	300m: 4:10.45	42.32	500m: 7:00.51	42.75	700m: 9:50.23	42.66
	150m: 2:03.02	42.73	350m: 4:52.60	42.15	550m: 7:43.32	42.81	750m: 10:32.16	41.93
	200m: 2:45.51	42.49	400m: 5:35.04	42.44	600m: 8:25.10	41.78	800m: 11:12.13	39.97
7.	Ellen ter Stege	RZC	11:31.80	199900604	11:13.95			
	50m: 37.51	37.51	250m: 3:27.86	42.63	450m: 6:17.89	42.47	650m: 9:08.76	42.56
	100m: 1:19.57	42.06	300m: 4:10.57	42.71	500m: 7:00.73	42.84	700m: 9:51.57	42.81
	150m: 2:02.32	42.75	350m: 4:52.92	42.35	550m: 7:43.82	43.09	750m: 10:34.13	42.56
	200m: 2:45.23	42.91	400m: 5:35.42	42.50	600m: 8:26.20	42.38	800m: 11:13.95	39.82
8.	Linda Hulsteijn	RZC	12:00.00	199302782	11:17.62			
	50m: 38.14	38.14	250m: 3:26.35	42.68	450m: 6:17.41	43.18	650m: 9:09.34	43.02
	100m: 1:19.56	41.42	300m: 4:09.08	42.73	500m: 7:00.43	43.02	700m: 9:52.21	42.87
	150m: 2:01.47	41.91	350m: 4:51.59	42.51	550m: 7:43.57	43.14	750m: 10:34.89	42.68
	200m: 2:43.67	42.20	400m: 5:34.23	42.64	600m: 8:26.32	42.75	800m: 11:17.62	42.73
9.	Lisette Raijmann	RZC	12:01.00	199505912	11:36.70			
	50m: 38.20	38.20	250m: 3:32.07	44.18	450m: 6:27.51	44.00	650m: 9:26.07	45.07
	100m: 1:20.57	42.37	300m: 4:15.89	43.82	500m: 7:12.26	44.75	700m: 10:11.04	44.97
	150m: 2:03.67	43.10	350m: 4:59.32	43.43	550m: 7:56.92	44.66	750m: 10:55.36	44.32
	200m: 2:47.89	44.22	400m: 5:43.51	44.19	600m: 8:41.00	44.08	800m: 11:36.70	41.34
10.	Marieke de Boer	RZC	14:36.37	199900608	12:14.28			
	50m: 39.71	39.71	250m: 3:45.89	47.37	450m: 6:52.41	47.35	650m: 9:59.78	46.18
	100m: 1:25.71	46.00	300m: 4:32.98	47.09	500m: 7:39.96	47.55	700m: 10:43.36	43.58
	150m: 2:11.41	45.70	350m: 5:18.87	45.89	550m: 8:27.39	47.43	750m: 11:28.88	45.52
	200m: 2:58.52	47.11	400m: 6:05.06	46.19	600m: 9:13.60	46.21	800m: 12:14.28	45.40



LAC 1 RZC
Rhenen 16 oktober 2011

Programmanr. 4, Dames, 800m vrije slag, Junioren 2 en ouder

rang	naam	vereniging	inschrijftijd	tijd				
11.	Elise ter Elst	RZC	12:10.00	199801468	12:31.04			
	50m: 41.74	41.74	250m: 3:46.64	46.81	450m: 6:56.70	47.96	650m: 10:09.67	48.09
	100m: 1:26.89	45.15	300m: 4:33.67	47.03	500m: 7:45.14	48.44	700m: 10:57.89	48.22
	150m: 2:12.83	45.94	350m: 5:21.08	47.41	550m: 8:33.42	48.28	750m: 11:45.04	47.15
	200m: 2:59.83	47.00	400m: 6:08.74	47.66	600m: 9:21.58	48.16	800m: 12:31.04	46.00
AFGEM	Wietske Blijenberg	RZC	14:40.00	199803988				
AFGEM	Marijn Mantel	RZC	12:20.00	199801486				

Programmanr. 5
16-10-2011 - 16:50

Heren, 800m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
1.	Pascal Timmermans	RZC	9:30.00	199202349	9:36.54			
	50m: 31.40	31.40	250m: 2:55.80	36.20	450m: 5:20.73	36.41	650m: 7:48.67	38.00
	100m: 1:07.07	35.67	300m: 3:32.20	36.40	500m: 5:57.54	36.81	700m: 8:25.32	36.65
	150m: 1:43.45	36.38	350m: 4:08.39	36.19	550m: 6:33.76	36.22	750m: 9:01.92	36.60
	200m: 2:19.60	36.15	400m: 4:44.32	35.93	600m: 7:10.67	36.91	800m: 9:36.54	34.62
2.	Stefan Timmermans	RZC	9:50.64	199403015	9:54.07			
	50m: 31.61	31.61	250m: 2:56.80	36.34	450m: 5:26.90	37.99	650m: 8:00.19	38.82
	100m: 1:07.13	35.52	300m: 3:34.03	37.23	500m: 6:05.02	38.12	700m: 8:39.04	38.85
	150m: 1:43.70	36.57	350m: 4:11.29	37.26	550m: 6:43.08	38.06	750m: 9:16.61	37.57
	200m: 2:20.46	36.76	400m: 4:48.91	37.62	600m: 7:21.37	38.29	800m: 9:54.07	37.46
3.	Arno van Schuijlenborgh	RZC	9:40.00	198403057	9:56.76			
	50m: 31.04	31.04	250m: 2:57.60	37.15	450m: 5:29.80	38.51	650m: 8:03.10	37.34
	100m: 1:06.73	35.69	300m: 3:35.07	37.47	500m: 6:08.82	39.02	700m: 8:41.39	38.29
	150m: 1:43.36	36.63	350m: 4:13.00	37.93	550m: 6:47.13	38.31	750m: 9:18.86	37.47
	200m: 2:20.45	37.09	400m: 4:51.29	38.29	600m: 7:25.76	38.63	800m: 9:56.76	37.90
4.	Stijn van Duinhoven	RZC	10:21.37	199601655	10:02.75			
	50m: 32.87	32.87	250m: 3:05.64	39.19	450m: 5:38.14	38.72	650m: 8:10.41	38.12
	100m: 1:10.37	37.50	300m: 3:43.00	37.36	500m: 6:15.92	37.78	700m: 8:48.43	38.02
	150m: 1:48.71	38.34	350m: 4:21.23	38.23	550m: 6:53.84	37.92	750m: 9:27.01	38.58
	200m: 2:26.45	37.74	400m: 4:59.42	38.19	600m: 7:32.29	38.45	800m: 10:02.75	35.74
5.	Bas Neeleman	RZC	10:09.45	199603015	10:17.74			
	50m: 32.00	32.00	250m: 3:03.74	38.56	450m: 5:44.37	40.62	650m: 8:22.38	38.79
	100m: 1:08.85	36.85	300m: 3:43.68	39.94	500m: 6:25.12	40.75	700m: 9:02.12	39.74
	150m: 1:46.56	37.71	350m: 4:23.19	39.51	550m: 7:04.63	39.51	750m: 9:41.48	39.36
	200m: 2:25.18	38.62	400m: 5:03.75	40.56	600m: 7:43.59	38.96	800m: 10:17.74	36.26
6.	Joost van den Akker	De Vrije Slag	10:40.00	199702103	10:49.86			
	50m: 36.39	36.39	250m: 3:18.54	41.34	450m: 6:04.77	41.51	650m: 8:49.89	41.15
	100m: 1:15.89	39.50	300m: 4:00.23	41.69	500m: 6:46.26	41.49	700m: 9:31.02	41.13
	150m: 1:55.95	40.06	350m: 4:41.61	41.38	550m: 7:28.04	41.78	750m: 10:12.48	41.46
	200m: 2:37.20	41.25	400m: 5:23.26	41.65	600m: 8:08.74	40.70	800m: 10:49.86	37.38
7.	Rutger Otto	De Vrije Slag	11:30.00	199700699	11:06.26			
	50m: 36.20	36.20	250m: 3:22.79	42.49	450m: 6:13.91	42.12	650m: 9:04.37	40.49
	100m: 1:16.78	40.58	300m: 4:05.91	43.12	500m: 6:56.95	43.04	700m: 9:44.53	40.16
	150m: 1:58.28	41.50	350m: 4:48.84	42.93	550m: 7:40.18	43.23	750m: 10:26.84	42.31
	200m: 2:40.30	42.02	400m: 5:31.79	42.95	600m: 8:23.88	43.70	800m: 11:06.26	39.42
8.	Jelle van Dijk	RZC	11:57.66	199703365	11:42.07			
	50m: 36.81	36.81	250m: 3:30.34	44.28	450m: 6:30.08	45.96	650m: 9:30.89	45.51
	100m: 1:18.87	42.06	300m: 4:14.82	44.48	500m: 7:15.01	44.93	700m: 10:15.63	44.74
	150m: 2:02.69	43.82	350m: 4:59.78	44.96	550m: 7:59.64	44.63	750m: 11:01.23	45.60
	200m: 2:46.06	43.37	400m: 5:44.12	44.34	600m: 8:45.38	45.74	800m: 11:42.07	40.84
9.	Kees-Jan Otto	De Vrije Slag	11:30.00	196201139	11:52.92			
	50m: 38.92	38.92	250m: 3:33.13	44.71	450m: 6:35.57	45.81	650m: 9:40.02	46.10
	100m: 1:20.36	41.44	300m: 4:18.07	44.94	500m: 7:21.82	46.25	700m: 10:25.51	45.49
	150m: 2:04.04	43.68	350m: 5:03.80	45.73	550m: 8:07.26	45.44	750m: 11:11.36	45.85
	200m: 2:48.42	44.38	400m: 5:49.76	45.96	600m: 8:53.92	46.66	800m: 11:52.92	41.56
10.	Dave van Leerdam	RZC	12:20.00	199801633	12:05.21			
	50m: 40.16	40.16	250m: 3:40.97	45.83	450m: 6:45.42	45.77	650m: 9:48.01	45.38
	100m: 1:24.49	44.33	300m: 4:26.60	45.63	500m: 7:30.89	45.47	700m: 10:33.89	45.88
	150m: 2:09.36	44.87	350m: 5:13.27	46.67	550m: 8:16.56	45.67	750m: 11:19.53	45.64
	200m: 2:55.14	45.78	400m: 5:59.65	46.38	600m: 9:02.63	46.07	800m: 12:05.21	45.68
AFGEM	Mees van Duinhoven	RZC	12:05.63	199804913				



LAC 1 RZC
Rhenen 16 oktober 2011

Programmanr. 6
16-10-2011 - 17:26

Alle, 200m wisselslag

Minioren 5
Resultaten

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
1. Fleur Gerritsen	RZC	3:40.00	200101032	3:41.60	52.23	1:45.23	2:50.20	3:41.60
2. Janneke Zweers	RZC	4:00.00	200100584	3:53.44	53.70	1:58.80	2:56.10	3:53.44
DIS Linde van Duinhoven	RZC	3:30.00	200100370	3:23.48	RD/SL43.67	1:36.23	2:35.39	3:23.48

Programmanr. 7
16-10-2011 - 17:31

Dames, 200m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
1. Sanne Rodenburg	RZC	2:41.04	199404714	2:39.67	34.13	1:17.57	2:06.20	2:39.67
2. Esther van Mierlo	RZC	2:42.76	198906640	2:45.76	33.54	1:17.32	2:07.36	2:45.76
3. Laura ter Stege	RZC	2:56.64	199602364	2:51.79	39.38	1:23.79		2:51.79
4. Georgette Wortelboer	RZC	2:52.03	199602144	2:55.56	36.51	1:20.50	2:14.06	2:55.56
5. Ellen ter Stege	RZC	2:56.23	199900604	2:56.67	39.88			2:56.67
6. Lisette Raijmann	RZC	2:59.85	199505912	2:58.86	41.04	1:27.45	2:17.54	2:58.86
7. Linda Hulsteijn	RZC	3:06.70	199302782	3:07.82	38.95	1:26.13	2:26.13	3:07.82
8. Lodieke Rodenburg	RZC	3:09.18	199801094	3:08.92	44.65	1:33.64	2:24.60	3:08.92
9. Marieke de Boer	RZC	3:28.86	199900608	3:13.23	41.92	1:32.26	2:29.51	3:13.23
10. Elise ter Elst	RZC	3:16.89	199801468	3:18.10	45.32	1:34.01		3:18.10
11. Anna Janssen	RZC	3:29.00	200000098	3:37.13	49.76	1:43.92	2:48.45	3:37.13
AFGEM Marijn Mantel	RZC	3:14.54	199801486					
AFGEM Wietske Blijenberg	RZC	3:32.45	199803988					

Programmanr. 8
16-10-2011 - 17:42

Heren, 200m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	inschrijftijd		tijd	50m	100m	150m	200m
1. Pascal Timmermans	RZC	2:14.31	199202349	2:24.04	29.64	1:06.60	1:52.16	2:24.04
2. Bas Neeleman	RZC	2:34.67	199603015	2:29.34	31.67			2:29.34
3. Stefan Timmermans	RZC	2:26.86	199403015	2:30.92	29.42	1:09.20	1:56.57	2:30.92
4. Stijn van Duinhoven	RZC	2:35.22	199601655	2:33.23	33.85	1:16.02		2:33.23
5. Arno van Schuijlenborgh	RZC	2:29.60	198403057	2:37.26	31.65	1:18.03	1:59.68	2:37.26
6. Joost van den Akker	De Vrije Slag	2:40.74	199702103	2:41.69	34.29	1:14.82	2:04.00	2:41.69
7. Geert van Duinhoven	RZC	NT	196401263	2:52.61	33.54	1:18.39	2:08.89	2:52.61
8. Jelle van Dijk	RZC	3:00.04	199703365	3:02.64	41.86	1:27.54	2:22.54	3:02.64
DIS Dave van Leerdam	RZC	3:16.19	199801633	3:15.48 VI	46.41			3:15.48
AFGEM Mees van Duinhoven	RZC	3:08.39	199804913					