



LAC 2 RZC  
Rhenen 7 januari 2012

Programmanr. 2  
07-01-2012 - 16:00

Meisjes, 800m vrije slag

Minioren 5 en Junioren 1  
Resultaten

| rang | naam                | vereniging    | inschrijftijd |                |                |                |  |  | tijd      |          |
|------|---------------------|---------------|---------------|----------------|----------------|----------------|--|--|-----------|----------|
| 1.   | Laura Kajim         | RZC           | NT            |                |                |                |  |  | 200101660 | 12:35.07 |
|      | 50m: 40.04          | 200m: 3:02.82 | 350m: 5:29.39 | 500m: 7:53.76  | 650m: 10:18.04 | 800m: 12:35.07 |  |  |           |          |
|      | 100m: 1:26.95       | 250m: 3:51.16 | 400m: 6:17.67 | 550m: 8:42.73  | 700m: 11:06.32 |                |  |  |           |          |
|      | 150m: 2:14.95       | 300m: 4:39.47 | 450m: 7:05.47 | 600m: 9:30.39  | 750m: 11:53.39 |                |  |  |           |          |
| 2.   | Linde van Duinhoven | RZC           | NT            |                |                |                |  |  | 200100370 | 13:16.06 |
|      | 50m: 42.41          | 200m: 3:08.85 | 350m: 5:41.43 | 500m: 8:15.99  | 650m: 10:51.93 | 800m: 13:16.06 |  |  |           |          |
|      | 100m: 1:30.22       | 250m: 3:59.02 | 400m: 6:31.84 | 550m: 9:07.55  | 700m: 11:42.49 |                |  |  |           |          |
|      | 150m: 2:19.78       | 300m: 4:50.57 | 450m: 7:23.43 | 600m: 9:59.70  | 750m: 12:32.95 |                |  |  |           |          |
| 3.   | Janneke Zweers      | RZC           | NT            |                |                |                |  |  | 200100584 | 15:28.92 |
|      | 50m: 45.74          | 200m: 3:35.95 | 350m: 6:34.89 | 500m: 9:35.08  | 650m: 12:36.26 | 800m: 15:28.92 |  |  |           |          |
|      | 100m: 1:39.08       | 250m: 4:34.58 | 400m: 7:34.39 | 550m: 10:36.67 | 700m: 13:36.45 |                |  |  |           |          |
|      | 150m: 2:37.23       | 300m: 5:34.67 | 450m: 8:34.30 | 600m: 11:37.64 | 750m: 14:31.83 |                |  |  |           |          |

Programmanr. 4  
07-01-2012 - 16:10

Dames, 800m vrije slag

Senioren Open  
Resultaten

| rang | naam              | vereniging    | inschrijftijd |               |                |                |  |  | tijd      |          |
|------|-------------------|---------------|---------------|---------------|----------------|----------------|--|--|-----------|----------|
| 1.   | Ellen ter Stege   | RZC           | 11:13.95      |               |                |                |  |  | 199900604 | 11:15.63 |
|      | 50m: 38.91        | 200m: 2:49.90 | 350m: 5:00.44 | 500m: 7:06.19 | 650m: 9:14.00  | 800m: 11:15.63 |  |  |           |          |
|      | 100m: 1:22.00     | 250m: 3:34.10 | 400m: 5:42.73 | 550m: 7:48.43 | 700m: 9:55.62  |                |  |  |           |          |
|      | 150m: 2:05.94     | 300m: 4:17.48 | 450m: 6:24.08 | 600m: 8:31.09 | 750m: 10:36.59 |                |  |  |           |          |
| 2.   | Lodieke Rodenburg | RZC           | 11:12.13      |               |                |                |  |  | 199801094 | 11:16.98 |
|      | 50m: 36.95        | 200m: 2:46.04 | 350m: 4:58.13 | 500m: 7:05.70 | 650m: 9:12.95  | 800m: 11:16.98 |  |  |           |          |
|      | 100m: 1:19.36     | 250m: 3:30.39 | 400m: 5:41.39 | 550m: 7:47.64 | 700m: 9:55.39  |                |  |  |           |          |
|      | 150m: 2:02.57     | 300m: 4:14.20 | 450m: 6:23.17 | 600m: 8:30.30 | 750m: 10:37.30 |                |  |  |           |          |
| 3.   | Elise ter Elst    | RZC           | 12:31.04      |               |                |                |  |  | 199801468 | 12:50.67 |
|      | 50m: 40.23        | 200m: 2:56.02 | 350m: 5:22.82 | 500m: 7:51.54 | 650m: 10:21.89 | 800m: 12:50.67 |  |  |           |          |
|      | 100m: 1:23.95     | 250m: 3:44.54 | 400m: 6:12.42 | 550m: 8:41.16 | 700m: 11:12.20 |                |  |  |           |          |
|      | 150m: 2:09.36     | 300m: 4:33.20 | 450m: 7:01.82 | 600m: 9:31.48 | 750m: 12:02.36 |                |  |  |           |          |

Programmanr. 5  
07-01-2012 - 16:24

Heren, 1500m vrije slag

Junioren 1 en ouder  
Resultaten

| rang | naam                    | vereniging    | inschrijftijd  |                 |                 |                 |  |  | tijd      |          |
|------|-------------------------|---------------|----------------|-----------------|-----------------|-----------------|--|--|-----------|----------|
| 1.   | Pascal Timmermans       | RZC           | NT             |                 |                 |                 |  |  | 199202349 | 18:15.04 |
|      | 50m: 30.02              | 300m: 3:27.42 | 550m: 6:30.82  | 800m: 9:36.51   | 1050m: 12:40.76 | 1300m: 15:49.48 |  |  |           |          |
|      | 100m: 1:04.73           | 350m: 4:03.20 | 600m: 7:08.00  | 850m: 10:13.99  | 1100m: 13:17.92 | 1350m: 16:26.89 |  |  |           |          |
|      | 150m: 1:39.89           | 400m: 4:39.32 | 650m: 7:44.80  | 900m: 10:50.07  | 1150m: 13:55.95 | 1400m: 17:04.86 |  |  |           |          |
|      | 200m: 2:15.54           | 450m: 5:16.07 | 700m: 8:21.89  | 950m: 11:26.80  | 1200m: 14:33.76 | 1450m: 17:40.80 |  |  |           |          |
|      | 250m: 2:51.60           | 500m: 5:53.51 | 750m: 8:59.13  | 1000m: 12:03.60 | 1250m: 15:11.23 | 1500m: 18:15.04 |  |  |           |          |
| 2.   | Stijn van Duinhoven     | RZC           | 19:44.76       |                 |                 |                 |  |  | 199601655 | 19:11.10 |
|      | 50m: 33.10              | 300m: 3:45.04 | 550m: 6:58.07  | 800m: 10:13.48  | 1050m: 13:29.48 | 1300m: 16:39.86 |  |  |           |          |
|      | 100m: 1:10.64           | 350m: 4:23.95 | 600m: 7:36.57  | 850m: 10:52.54  | 1100m: 14:08.13 | 1350m: 17:18.26 |  |  |           |          |
|      | 150m: 1:48.67           | 400m: 5:02.51 | 650m: 8:15.70  | 900m: 11:32.13  | 1150m: 14:46.57 | 1400m: 17:55.95 |  |  |           |          |
|      | 200m: 2:27.80           | 450m: 5:41.29 | 700m: 8:54.67  | 950m: 12:11.80  | 1200m: 15:24.70 | 1450m: 18:34.86 |  |  |           |          |
|      | 250m: 3:06.89           | 500m: 6:19.45 | 750m: 9:33.82  | 1000m: 12:50.42 | 1250m: 16:02.51 | 1500m: 19:11.10 |  |  |           |          |
| 3.   | Arno van Schuijlenborgh | RZC           | NT             |                 |                 |                 |  |  | 198403057 | 19:18.10 |
|      | 100m: 1:09.92           | 200m: 2:25.02 | 400m: 4:59.39  | 800m: 10:10.97  | 1500m: 19:18.10 |                 |  |  |           |          |
| 4.   | Bas Neeleman            | RZC           | 21:59.13       |                 |                 |                 |  |  | 199603015 | 19:20.09 |
|      | 50m: 32.20              | 300m: 3:45.19 | 550m: 7:00.08  | 800m: 10:16.22  | 1050m: 13:32.02 | 1300m: 16:44.39 |  |  |           |          |
|      | 100m: 1:09.37           | 350m: 4:24.11 | 600m: 7:38.46  | 850m: 10:56.51  | 1100m: 14:09.80 | 1350m: 17:23.64 |  |  |           |          |
|      | 150m: 1:47.36           | 400m: 5:02.96 | 650m: 8:17.64  | 900m: 11:35.88  | 1150m: 14:48.78 | 1400m: 18:02.18 |  |  |           |          |
|      | 200m: 2:26.86           | 450m: 5:42.00 | 700m: 8:57.29  | 950m: 12:13.90  | 1200m: 15:27.18 | 1450m: 18:42.08 |  |  |           |          |
|      | 250m: 3:06.55           | 500m: 6:20.97 | 750m: 9:36.69  | 1000m: 12:53.04 | 1250m: 16:05.47 | 1500m: 19:20.09 |  |  |           |          |
| 5.   | Stefan Timmermans       | RZC           | NT             |                 |                 |                 |  |  | 199403015 | 19:22.89 |
|      | 50m: 30.23              | 300m: 3:31.26 | 550m: 6:42.14  | 800m: 10:01.45  | 1050m: 13:21.70 | 1300m: 16:45.20 |  |  |           |          |
|      | 100m: 1:05.04           | 350m: 4:07.70 | 600m: 7:21.61  | 850m: 10:41.54  | 1100m: 14:02.45 | 1350m: 17:25.45 |  |  |           |          |
|      | 150m: 1:40.92           | 400m: 4:45.39 | 650m: 8:01.23  | 900m: 11:21.17  | 1150m: 14:43.74 | 1400m: 18:04.48 |  |  |           |          |
|      | 200m: 2:17.45           | 450m: 5:23.77 | 700m: 8:40.70  | 950m: 12:00.14  | 1200m: 15:23.67 | 1450m: 18:43.04 |  |  |           |          |
|      | 250m: 2:54.58           | 500m: 6:02.67 | 750m: 9:20.74  | 1000m: 12:42.20 | 1250m: 16:04.02 | 1500m: 19:22.89 |  |  |           |          |
| 6.   | Frank Heestermans       | De Vrije Slag | 19:52.23       |                 |                 |                 |  |  | 198901149 | 20:26.04 |
|      | 50m: 34.73              | 300m: 3:57.42 | 550m: 7:26.29  | 800m: 10:53.00  | 1050m: 14:18.92 | 1300m: 17:45.64 |  |  |           |          |
|      | 100m: 1:12.86           | 350m: 4:39.04 | 600m: 8:07.32  | 850m: 11:33.89  | 1100m: 15:00.39 | 1350m: 18:26.95 |  |  |           |          |
|      | 150m: 1:53.02           | 400m: 5:20.92 | 650m: 8:49.20  | 900m: 12:15.29  | 1150m: 15:41.76 | 1400m: 19:07.23 |  |  |           |          |
|      | 200m: 2:34.07           | 450m: 6:02.86 | 700m: 9:31.10  | 950m: 12:56.39  | 1200m: 16:23.04 | 1500m: 20:26.04 |  |  |           |          |
|      | 250m: 3:15.57           | 500m: 6:44.60 | 750m: 10:12.10 | 1000m: 13:37.39 | 1250m: 17:04.16 |                 |  |  |           |          |



LAC 2 RZC  
Rhenen 7 januari 2012

Programmanr. 5, Heren, 1500m vrije slag, Junioren 1 en ouder

| rang | naam           | vereniging    | inschrijftijd  | tijd            |                 |                 |
|------|----------------|---------------|----------------|-----------------|-----------------|-----------------|
| 7.   | Jelle van Dijk | RZC           | NT             | 199703365       | <b>22:02.19</b> |                 |
|      | 50m: 36.97     | 300m: 4:13.30 | 550m: 7:54.27  | 800m: 11:38.17  | 1050m: 15:22.45 | 1300m: 19:06.61 |
|      | 100m: 1:19.03  | 350m: 4:58.34 | 600m: 8:38.86  | 850m: 12:23.57  | 1100m: 16:06.08 | 1350m: 19:51.19 |
|      | 150m: 2:02.02  | 400m: 5:42.14 | 650m: 9:22.86  | 900m: 13:08.10  | 1150m: 16:50.71 | 1400m: 20:36.17 |
|      | 200m: 2:45.35  | 450m: 6:26.20 | 700m: 10:07.94 | 950m: 13:53.07  | 1200m: 17:35.11 | 1450m: 21:20.54 |
|      | 250m: 3:29.55  | 500m: 7:10.26 | 750m: 10:53.22 | 1000m: 14:37.84 | 1250m: 18:20.84 | 1500m: 22:02.19 |
| 8.   | Kees-Jan Otto  | De Vrije Slag | NT             | 196201139       | <b>22:23.57</b> |                 |
|      | 50m: 40.82     | 100m: 1:29.16 | 200m: 2:54.32  | 400m: 5:53.29   | 800m: 11:51.07  | 1500m: 22:23.57 |

Programmanr. 6  
07-01-2012 - 17:04

Dames, 1500m vrije slag

Jeugd 1 en ouder  
Resultaten

| rang | naam             | vereniging    | inschrijftijd  | tijd            |                 |                 |
|------|------------------|---------------|----------------|-----------------|-----------------|-----------------|
| 1.   | Laura ter Stege  | RZC           | 21:28.76       | 199602364       | <b>20:57.86</b> |                 |
|      | 50m: 35.32       | 300m: 4:01.19 | 550m: 7:30.07  | 800m: 11:00.76  | 1050m: 14:33.89 | 1300m: 18:10.86 |
|      | 100m: 1:15.95    | 350m: 4:42.57 | 600m: 8:12.42  | 850m: 11:43.54  | 1100m: 15:17.10 | 1350m: 18:53.54 |
|      | 150m: 1:56.92    | 400m: 5:24.87 | 650m: 8:55.16  | 900m: 12:26.10  | 1150m: 16:00.32 | 1400m: 19:36.39 |
|      | 200m: 2:37.86    | 450m: 6:05.82 | 700m: 9:36.57  | 950m: 13:08.39  | 1200m: 16:43.73 | 1450m: 20:19.16 |
|      | 250m: 3:19.60    | 500m: 6:47.73 | 750m: 10:18.57 | 1000m: 13:51.07 | 1250m: 17:27.04 | 1500m: 20:57.86 |
| 2.   | Linda Hulsteijn  | RZC           | NT             | 199302782       | <b>22:11.23</b> |                 |
|      | 50m: 37.78       | 300m: 4:12.17 | 550m: 7:52.85  | 800m: 11:38.19  | 1050m: 15:25.89 | 1300m: 19:13.84 |
|      | 100m: 1:19.30    | 350m: 4:56.00 | 600m: 8:37.56  | 850m: 12:23.19  | 1100m: 16:11.60 | 1350m: 19:58.77 |
|      | 150m: 2:02.12    | 400m: 5:39.99 | 650m: 9:22.36  | 900m: 13:08.44  | 1150m: 16:57.08 | 1400m: 20:43.17 |
|      | 200m: 2:44.89    | 450m: 6:24.26 | 700m: 10:07.89 | 950m: 13:54.03  | 1200m: 17:42.17 | 1450m: 21:27.79 |
|      | 250m: 3:28.97    | 500m: 7:08.65 | 750m: 10:53.38 | 1000m: 14:40.20 | 1250m: 18:27.67 | 1500m: 22:11.23 |
| 3.   | Lisette Raijmann | RZC           | NT             | 199505912       | <b>22:28.80</b> |                 |
|      | 50m: 38.00       | 100m: 1:21.39 | 200m: 2:50.48  | 400m: 5:49.48   | 800m: 11:49.57  | 1500m: 22:28.80 |

Programmanr. 8  
07-01-2012 - 17:26

Meisjes, 200m wisselslag

Minioren 5 en Junioren 1  
Resultaten

| rang | naam                | vereniging    | inschrijftijd | tijd      |                   |
|------|---------------------|---------------|---------------|-----------|-------------------|
| 1.   | Myrthe Beijen       | GoSwim        | 2:48.46       | 200002350 | <b>2:42.73</b>    |
|      | 50m: 35.32          | 200m: 2:42.73 |               |           |                   |
| 2.   | Laura Kajim         | RZC           | 3:18.33       | 200101660 | <b>3:16.87</b>    |
|      | 50m: 40.57          | 200m: 3:16.87 |               |           |                   |
| 3.   | Linde van Duinhoven | RZC           | 3:24.95       | 200100370 | <b>3:18.67</b>    |
|      | 50m: 40.92          | 200m: 3:18.67 |               |           |                   |
| DIS  | Fleur Gerritsen     | RZC           | 3:34.57       | 200101032 | <b>3:36.86</b> SL |
|      | 50m: 47.00          | 200m: 3:36.86 |               |           |                   |
| DIS  | Janneke Zweers      | RZC           | 3:53.44       | 200100584 | <b>3:54.61</b> VD |
|      | 50m: 52.76          | 200m: 3:54.61 |               |           |                   |

Programmanr. 10  
07-01-2012 - 17:35

Dames, 400m wisselslag

Senioren Open  
Resultaten

| rang | naam              | vereniging    | inschrijftijd | tijd      |                   |
|------|-------------------|---------------|---------------|-----------|-------------------|
| 1.   | Ellen ter Stege   | RZC           | NT            | 199900604 | <b>6:16.80</b>    |
|      | 50m: 42.64        | 400m: 6:16.80 |               |           |                   |
| 2.   | Lisette Raijmann  | RZC           | NT            | 199505912 | <b>6:29.33</b>    |
|      | 50m: 42.61        | 100m: 1:37.94 | 400m: 6:29.33 |           |                   |
| 3.   | Lodieke Rodenburg | RZC           | NT            | 199801094 | <b>6:30.95</b>    |
|      | 50m: 44.32        | 100m: 1:40.00 | 400m: 6:30.95 |           |                   |
| DIS  | Laura ter Stege   | RZC           | 6:25.80       | 199602364 | <b>6:15.44</b> VI |



Programmanr. 12  
07-01-2012 - 17:48

Heren, 400m wisselslag

Senioren Open  
Resultaten

| rang | naam                    |       | vereniging |         |       | inschrijftijd |           | tijd           |
|------|-------------------------|-------|------------|---------|-------|---------------|-----------|----------------|
| 1.   | Pascal Timmermans       |       | RZC        |         |       | NT            | 199202349 | <b>5:07.71</b> |
|      | 50m:                    | 29.07 | 100m:      | 1:05.23 | 400m: | 5:07.71       |           |                |
| 2.   | Stefan Timmermans       |       | RZC        |         |       | 5:15.89       | 199403015 | <b>5:24.92</b> |
|      | 50m:                    | 29.86 | 100m:      | 1:07.16 | 400m: | 5:24.92       |           |                |
| 3.   | Stijn van Duinhoven     |       | RZC        |         |       | NT            | 199601655 | <b>5:26.76</b> |
|      | 50m:                    | 34.94 | 100m:      | 1:16.68 | 400m: | 5:26.76       |           |                |
| 4.   | Bas Neeleman            |       | RZC        |         |       | NT            | 199603015 | <b>5:32.10</b> |
|      | 50m:                    | 32.54 | 100m:      | 1:13.13 | 400m: | 5:32.10       |           |                |
| 5.   | Arno van Schuijlenborgh |       | RZC        |         |       | NT            | 198403057 | <b>5:32.20</b> |
|      | 50m:                    | 32.39 | 100m:      | 1:13.54 | 400m: | 5:32.20       |           |                |
| 6.   | Jelle van Dijk          |       | RZC        |         |       | NT            | 199703365 | <b>6:28.10</b> |
|      | 50m:                    | 42.32 | 100m:      | 1:34.42 | 400m: | 6:28.10       |           |                |