



LAC 3 RZC
Rhenen 12 februari 2012

Programmanr. 2
12-02-2012 - 14:00

Meisjes, 800m vrije slag

Minioren 5 en Junioren 1
Resultaten

rang	naam	vereniging	inschrijftijd						tijd			
1.	Myrthe Beijen	GoSwim	10:49.34						200002350	10:40.09		
	50m:	33.92	33.92	250m:	3:14.43	40.04	450m:	6:01.27	41.90	650m:	8:46.75	40.12
	100m:	1:13.02	39.10	300m:	3:55.87	41.44	500m:	6:42.96	41.69	700m:	9:26.33	39.58
	150m:	1:53.11	40.09	350m:	4:37.66	41.79	550m:	7:25.21	42.25	750m:	10:04.01	37.68
	200m:	2:34.39	41.28	400m:	5:19.37	41.71	600m:	8:06.63	41.42	800m:	10:40.09	36.08
2.	Laura Kajim	RZC	12:35.07						200101660	12:07.26		
	50m:	40.29	40.29	250m:	3:40.64	45.35	450m:	6:46.70	46.22	650m:	9:52.02	46.35
	100m:	1:24.26	43.97	300m:	4:27.02	46.38	500m:	7:33.20	46.50	700m:	10:38.42	46.40
	150m:	2:09.07	44.81	350m:	5:15.20	48.18	550m:	8:20.02	46.82	750m:	11:24.51	46.09
	200m:	2:55.29	46.22	400m:	6:00.48	45.28	600m:	9:05.67	45.65	800m:	12:07.26	42.75
3.	Anna Janssen	RZC	14:00.00						200000098	12:53.73		
	50m:	40.69	40.69	250m:	3:53.74	49.33	450m:	7:08.91	48.25	650m:	10:27.13	49.55
	100m:	1:27.67	46.98	300m:	4:41.74	48.00	500m:	7:58.93	50.02	700m:	11:15.89	48.76
	150m:	2:18.63	50.96	350m:	5:30.45	48.71	550m:	8:48.72	49.79	750m:	12:06.50	50.61
	200m:	3:04.41	45.78	400m:	6:20.66	50.21	600m:	9:37.58	48.86	800m:	12:53.73	47.23
4.	Linde van Duinhoven	RZC	13:16.06						200100370	13:09.02		
	50m:	40.87	40.87	250m:	3:58.54	50.62	450m:	7:23.81	50.86	650m:	10:44.17	49.69
	100m:	1:28.69	47.82	300m:	4:50.28	51.74	500m:	8:14.31	50.50	700m:	11:34.90	50.73
	150m:	2:17.94	49.25	350m:	5:40.74	50.46	550m:	9:03.78	49.47	750m:	12:24.48	49.58
	200m:	3:07.92	49.98	400m:	6:32.95	52.21	600m:	9:54.48	50.70	800m:	13:09.02	44.54
5.	Fleur Gerritsen	RZC	14:40.00						200101032	14:02.26		
	50m:	45.39	45.39	250m:	4:16.82	53.50	450m:	7:52.36	54.20	650m:	11:27.39	54.72
	100m:	1:36.32	50.93	300m:	5:10.32	53.50	500m:	8:45.95	53.59	700m:	12:20.04	52.65
	150m:	2:29.95	53.63	350m:	6:05.48	55.16	550m:	9:39.23	53.28	750m:	13:11.92	51.88
	200m:	3:23.32	53.37	400m:	6:58.16	52.68	600m:	10:32.67	53.44	800m:	14:02.26	50.34

Programmanr. 4
12-02-2012 - 14:15

Dames, 1500m vrije slag

Junioren 2 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd						tijd			
1.	Sanne Rodenburg	RZC	20:22.52						199404714	19:43.34		
	50m:	32.65	32.65	450m:	5:41.38	39.51	850m:	11:02.39	40.42	1250m:	16:25.25	40.27
	100m:	1:09.37	36.72	500m:	6:21.22	39.84	900m:	11:42.65	40.26	1300m:	17:05.66	40.41
	150m:	1:47.32	37.95	550m:	7:01.05	39.83	950m:	12:22.96	40.31	1350m:	17:45.26	39.60
	200m:	2:25.67	38.35	600m:	7:41.34	40.29	1000m:	13:02.97	40.01	1400m:	18:25.53	40.27
	250m:	3:04.51	38.84	650m:	8:21.63	40.29	1050m:	13:43.27	40.30	1450m:	19:05.23	39.70
	300m:	3:43.50	38.99	700m:	9:01.64	40.01	1100m:	14:24.06	40.79	1500m:	19:43.34	38.11
	350m:	4:22.40	38.90	750m:	9:41.89	40.25	1150m:	15:04.70	40.64			
	400m:	5:01.87	39.47	800m:	10:21.97	40.08	1200m:	15:44.98	40.28			
2.	Vera Heesink	ZVW/74	20:58.72						199503534	20:47.39		
	50m:	34.36	34.36	450m:	5:57.73	41.71	850m:	11:36.20	42.18	1250m:	17:15.86	42.94
	100m:	1:12.80	38.44	500m:	6:39.48	41.75	900m:	12:18.57	42.37	1300m:	17:58.92	43.06
	150m:	1:52.13	39.33	550m:	7:21.48	42.00	950m:	13:00.82	42.25	1350m:	18:43.26	44.34
	200m:	2:32.67	40.54	600m:	8:03.82	42.34	1000m:	13:43.00	42.18	1400m:	19:26.29	43.03
	250m:	3:13.23	40.56	650m:	8:45.64	41.82	1050m:	14:25.45	42.45	1450m:	20:09.29	43.00
	300m:	3:54.02	40.79	700m:	9:28.07	42.43	1100m:	15:07.73	42.28	1500m:	20:47.39	38.10
	350m:	4:34.64	40.62	750m:	10:10.92	42.85	1150m:	15:50.32	42.59			
	400m:	5:16.02	41.38	800m:	10:54.02	43.10	1200m:	16:32.92	42.60			
3.	Ellen ter Stege	RZC	21:44.00						199900604	21:39.62		
	50m:	35.81	35.81	450m:	6:22.17	43.73	850m:	12:10.53	43.96	1250m:	18:02.80	44.15
	100m:	1:17.63	41.82	500m:	7:05.65	43.48	900m:	12:54.55	44.02	1300m:	18:45.90	43.10
	150m:	2:00.36	42.73	550m:	7:49.55	43.90	950m:	13:38.32	43.77	1350m:	19:29.01	43.11
	200m:	2:43.99	43.63	600m:	8:32.92	43.37	1000m:	14:22.55	44.23	1400m:	20:12.73	43.72
	250m:	3:27.44	43.45	650m:	9:16.38	43.46	1050m:	15:06.51	43.96	1450m:	20:56.91	44.18
	300m:	4:11.55	44.11	700m:	9:59.64	43.26	1100m:	15:50.40	43.89	1500m:	21:39.62	42.71
	350m:	4:55.03	43.48	750m:	10:43.33	43.69	1150m:	16:34.19	43.79			
	400m:	5:38.44	43.41	800m:	11:26.57	43.24	1200m:	17:18.65	44.46			
4.	Lodieke Rodenburg	RZC	21:45.00						199801094	22:17.21		
	50m:	37.33	37.33	450m:	6:28.24	44.62	850m:	12:25.54	44.39	1250m:	18:29.85	46.15
	100m:	1:19.45	42.12	500m:	7:13.16	44.92	900m:	13:10.61	45.07	1300m:	19:15.51	45.66
	150m:	2:02.95	43.50	550m:	7:58.06	44.90	950m:	13:55.71	45.10	1350m:	20:01.88	46.37
	200m:	2:46.81	43.86	600m:	8:43.18	45.12	1000m:	14:41.15	45.44	1400m:	20:47.35	45.47
	250m:	3:30.82	44.01	650m:	9:27.86	44.68	1050m:	15:27.05	45.90	1450m:	21:32.63	45.28
	300m:	4:16.13	45.31	700m:	10:12.01	44.15	1100m:	16:12.05	45.00	1500m:	22:17.21	44.58
	350m:	5:00.04	43.91	750m:	10:56.41	44.40	1150m:	16:57.41	45.36			
	400m:	5:43.62	43.58	800m:	11:41.15	44.74	1200m:	17:43.70	46.29			



LAC 3 RZC
Rhenen 12 februari 2012

Programmanr. 4, Dames, 1500m vrije slag, Junioren 2 en ouder

rang	naam	vereniging		inschrijftijd						tijd		
5.	Marijn Mantel	RZC		23:25.00						199801486	23:06.49	
	50m:	39.10	39.10	450m:	6:41.88	47.12	850m:	12:56.51	46.86	1250m:	19:15.76	46.02
	100m:	1:22.16	43.06	500m:	7:29.17	47.29	900m:	13:44.21	47.70	1300m:	20:04.17	48.41
	150m:	2:06.51	44.35	550m:	8:15.71	46.54	950m:	14:31.88	47.67	1350m:	20:49.98	45.81
	200m:	2:50.61	44.10	600m:	9:02.16	46.45	1000m:	15:18.67	46.79	1400m:	21:37.27	47.29
	250m:	3:36.45	45.84	650m:	9:47.98	45.82	1050m:	16:06.31	47.64	1450m:	22:25.16	47.89
	300m:	4:22.59	46.14	700m:	10:35.10	47.12	1100m:	16:54.20	47.89	1500m:	23:06.49	41.33
	350m:	5:09.19	46.60	750m:	11:22.99	47.89	1150m:	17:41.55	47.35			
	400m:	5:54.76	45.57	800m:	12:09.65	46.66	1200m:	18:29.74	48.19			
6.	Eline van der Meel	ZVW/74		24:45.48						199404016	23:08.82	
	50m:	38.54	38.54	450m:	6:42.23	46.41	850m:	12:57.48	46.94	1250m:	19:18.32	47.75
	100m:	1:21.42	42.88	500m:	7:29.86	47.63	900m:	13:45.45	47.97	1300m:	20:06.13	47.81
	150m:	2:06.07	44.65	550m:	8:16.92	47.06	950m:	14:32.00	46.55	1350m:	20:51.39	45.26
	200m:	2:50.73	44.66	600m:	9:02.95	46.03	1000m:	15:19.36	47.36	1400m:	21:37.76	46.37
	250m:	3:36.57	45.84	650m:	9:49.92	46.97	1050m:	16:08.29	48.93	1450m:	22:24.36	46.60
	300m:	4:23.00	46.43	700m:	10:37.76	47.84	1100m:	16:55.89	47.60	1500m:	23:08.82	44.46
	350m:	5:02.32	39.32	750m:	11:24.26	46.50	1150m:	17:43.16	47.27			
	400m:	5:55.82	53.50	800m:	12:10.54	46.28	1200m:	18:30.57	47.41			
7.	Marieke de Boer	RZC		22:30.00						199900608	23:22.39	
	50m:	41.48	41.48	450m:	6:48.89	46.59	850m:	13:09.89	49.06	1250m:	19:29.80	47.26
	100m:	1:27.02	45.54	500m:	7:36.51	47.62	900m:	13:56.36	46.47	1300m:	20:15.86	46.06
	150m:	2:13.36	46.34	550m:	8:23.00	46.49	950m:	14:44.00	47.64	1350m:	21:04.17	48.31
	200m:	2:59.02	45.66	600m:	9:10.33	47.33	1000m:	15:31.30	47.30	1400m:	21:50.26	46.09
	250m:	3:44.83	45.81	650m:	9:57.04	46.71	1050m:	16:19.17	47.87	1450m:	22:36.08	45.82
	300m:	4:30.70	45.87	700m:	10:45.00	47.96	1100m:	17:05.83	46.66	1500m:	23:22.39	46.31
	350m:	5:16.64	45.94	750m:	11:33.30	48.30	1150m:	17:54.04	48.21			
	400m:	6:02.30	45.66	800m:	12:20.83	47.53	1200m:	18:42.54	48.50			
8.	Anna Witteveen	ZVW/74		25:07.50						199900770	24:31.36	
	50m:	41.30	41.30	450m:	7:12.88	49.91	850m:	13:47.91	50.41	1250m:	20:29.47	50.45
	100m:	1:28.37	47.07	500m:	8:01.67	48.79	900m:	14:38.39	50.48	1300m:	21:19.45	49.98
	150m:	2:16.48	48.11	550m:	8:50.99	49.32	950m:	15:29.63	51.24	1350m:	22:09.28	49.83
	200m:	3:04.82	48.34	600m:	9:39.71	48.72	1000m:	16:20.27	50.64	1400m:	22:59.59	50.31
	250m:	3:54.08	49.26	650m:	10:29.34	49.63	1050m:	17:10.27	50.00	1450m:	23:48.59	49.00
	300m:	4:44.26	50.18	700m:	11:18.61	49.27	1100m:	18:01.15	50.88	1500m:	24:31.36	42.77
	350m:			750m:	12:08.40	49.79	1150m:	18:50.53	49.38			
	400m:	6:22.97		800m:	12:57.50	49.10	1200m:	19:39.02	48.49			
9.	Wietske Blijenberg	RZC		26:15.00						199803988	26:22.48	
	50m:	43.76	43.76	450m:	7:38.43	54.27	850m:	14:49.23	54.72	1250m:	22:05.32	52.19
	100m:	1:31.36	47.60	500m:	8:32.26	53.83	900m:	15:44.95	55.72	1300m:	22:59.20	53.88
	150m:	2:21.80	50.44	550m:	9:26.07	53.81	950m:	16:39.86	54.91	1350m:	23:52.45	53.25
	200m:	3:12.76	50.96	600m:	10:19.16	53.09	1000m:	17:34.29	54.43	1400m:	24:44.32	51.87
	250m:	4:05.23	52.47	650m:	11:13.02	53.86	1050m:	18:28.36	54.07	1450m:	25:36.04	51.72
	300m:	4:58.26	53.03	700m:	12:08.07	55.05	1100m:	19:22.04	53.68	1500m:	26:22.48	46.44
	350m:	5:50.86	52.60	750m:	13:00.13	52.06	1150m:	20:16.70	54.66			
	400m:	6:44.16	53.30	800m:	13:54.51	54.38	1200m:	21:13.13	56.43			
10.	Tessa Witteveen	ZVW/74		28:26.60						199900772	27:08.04	
	50m:	45.67	45.67	450m:	7:54.82	53.46	850m:	15:18.80	55.64	1250m:	22:42.26	54.94
	100m:	1:37.00	51.33	500m:	8:49.89	55.07	900m:	16:13.89	55.09	1300m:	23:37.02	54.76
	150m:	2:31.45	54.45	550m:	9:44.64	54.75	950m:	17:09.80	55.91	1350m:	24:32.07	55.05
	200m:	3:26.07	54.62	600m:	10:39.82	55.18	1000m:	18:03.82	54.02	1400m:	25:24.64	52.57
	250m:	4:19.73	53.66	650m:	11:35.60	55.78	1050m:	18:59.89	56.07	1450m:	26:17.95	53.31
	300m:	5:12.29	52.56	700m:	12:31.48	55.88	1100m:	19:55.80	55.91	1500m:	27:08.04	50.09
	350m:	6:06.95	54.66	750m:	13:27.60	56.12	1150m:	20:50.54	54.74			
	400m:	7:01.36	54.41	800m:	14:23.16	55.56	1200m:	21:47.32	56.78			

Programmanr. 5
12-02-2012 - 15:08

Heren, 1500m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging		inschrijftijd						tijd		
1.	Bouke Timmer	ZVW/74		22:39.18						199500373	21:33.07	
	50m:	36.13	36.13	450m:	6:18.16	43.90	850m:	12:05.36	43.20	1250m:	17:57.92	44.10
	100m:	1:16.26	40.13	500m:	7:01.64	43.48	900m:	12:49.29	43.93	1300m:	18:42.16	44.24
	150m:	1:58.23	41.97	550m:	7:45.00	43.36	950m:	13:33.45	44.16	1350m:	19:25.80	43.64
	200m:	2:40.76	42.53	600m:	8:28.67	43.67	1000m:	14:17.00	43.55	1400m:	20:09.86	44.06
	250m:	3:23.92	43.16	650m:	9:12.29	43.62	1050m:	15:01.23	44.23	1450m:	20:53.67	43.81
	300m:	4:07.04	43.12	700m:	9:55.86	43.57	1100m:	15:45.32	44.09	1500m:	21:33.07	39.40
	350m:	4:50.51	43.47	750m:	10:39.16	43.30	1150m:	16:29.20	43.88			
	400m:	5:34.26	43.75	800m:	11:22.16	43.00	1200m:	17:13.82	44.62			
2.	Geert van Duinhoven	RZC		20:45.00						196401263	23:01.83	
	50m:	36.95	36.95	450m:	6:33.22	45.96	850m:	12:48.04	46.78	1250m:	19:05.67	47.10
	100m:	1:18.35	41.40	500m:	7:20.32	47.10	900m:	13:35.28	47.24	1300m:	19:53.00	47.33
	150m:	2:02.03	43.68	550m:	8:07.50	47.18	950m:	14:22.36	47.08	1350m:	20:40.73	47.73
	200m:	2:46.35	44.32	600m:	8:54.57	47.07	1000m:	15:09.63	47.27	1400m:	21:29.43	48.70
	250m:	3:30.82	44.47	650m:	9:41.37	46.80	1050m:	15:56.44	46.81	1450m:	22:17.18	47.75
	300m:	4:15.96	45.14	700m:	10:27.97	46.60	1100m:	16:43.69	47.25	1500m:	23:01.83	44.65
	350m:	5:01.22	45.26	750m:	11:14.56	46.59	1150m:	17:31.48	47.79			
	400m:	5:47.26	46.04	800m:	12:01.26	46.70	1200m:	18:18.57	47.09			



LAC 3 RZC
Rhenen 12 februari 2012

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

rang	naam	vereniging	inschrijftijd	tijd				
3.	Dave van Leerdam	RZC	23:10.00	199801633	23:21.24			
	50m: 40.09	40.09	450m: 6:54.07	47.69	850m: 13:08.51	46.43	1250m: 19:25.27	45.59
	100m: 1:27.94	47.85	500m: 7:42.00	47.93	900m: 13:55.13	46.62	1300m: 20:13.20	47.93
	150m: 2:10.87	42.93	550m: 8:29.64	47.64	950m: 14:41.86	46.73	1350m: 21:01.02	47.82
	200m: 2:57.91	47.04	600m: 9:10.03	40.39	1000m: 15:29.36	47.50	1400m: 21:48.24	47.22
	250m: 3:45.85	47.94	650m: 10:02.83	52.80	1050m: 16:17.40	48.04	1450m: 22:35.38	47.14
	300m: 4:32.60	46.75	700m: 10:50.01	47.18	1100m: 17:04.84	47.44	1500m: 23:21.24	45.86
	350m: 5:19.38	46.78	750m: 11:36.16	46.15	1150m: 17:52.21	47.37		
	400m: 6:06.38	47.00	800m: 12:22.08	45.92	1200m: 18:39.68	47.47		
4.	Jorik van Onna	ZVW/74	22:47.12	199107503	23:32.56			
	50m: 36.96	36.96	450m: 6:34.12	47.23	850m: 12:57.19	48.71	1250m: 19:26.47	47.38
	100m: 1:18.15	41.19	500m: 7:20.65	46.53	900m: 13:45.96	48.77	1300m: 20:15.87	49.40
	150m: 2:00.95	42.80	550m: 8:08.29	47.64	950m: 14:35.14	49.18	1350m: 21:05.37	49.50
	200m: 2:44.91	43.96	600m: 8:56.08	47.79	1000m: 15:23.94	48.80	1400m: 21:56.08	50.71
	250m: 3:29.73	44.82	650m: 9:43.44	47.36	1050m: 16:13.94	50.00	1450m: 22:46.36	50.28
	300m: 4:14.79	45.06	700m: 10:31.17	47.73	1100m: 17:02.70	48.76	1500m: 23:32.56	46.20
	350m: 5:00.90	46.11	750m: 11:19.96	48.79	1150m: 17:51.25	48.55		
	400m: 5:46.89	45.99	800m: 12:08.48	48.52	1200m: 18:39.09	47.84		

Programmanr. 6
12-02-2012 - 15:32

Dames, 2000m vrije slag

Jeugd 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
1.	Laura ter Stege	RZC	28:00.00	199602364	27:50.89			
	50m: 36.23	36.23	550m: 7:30.83	41.69	1050m: 14:26.67	42.50	1550m: 21:30.86	42.78
	100m: 1:16.36	40.13	600m: 8:12.67	41.84	1100m: 15:08.54	41.87	1600m: 22:14.08	43.22
	150m: 1:57.61	41.25	650m: 8:54.45	41.78	1150m: 15:50.74	42.20	1650m: 22:57.64	43.56
	200m: 2:39.11	41.50	700m: 9:36.00	41.55	1200m: 16:33.54	42.80	1700m: 23:40.89	43.25
	250m: 3:20.67	41.56	750m: 10:17.51	41.51	1250m: 17:15.86	42.32	1750m: 24:23.67	42.78
	300m: 4:01.86	41.19	800m: 10:58.39	40.88	1300m: 17:58.08	42.22	1800m: 25:07.17	43.50
	350m: 4:43.54	41.68	850m: 11:39.45	41.06	1350m: 18:40.45	42.37	1850m: 25:48.51	41.34
	400m: 5:24.95	41.41	900m: 12:20.54	41.09	1400m: 19:22.67	42.22	1900m: 26:30.30	41.79
	450m: 6:06.83	41.88	950m: 13:02.11	41.57	1450m: 20:05.00	42.33	1950m: 27:12.70	42.40
	500m: 6:49.14	42.31	1000m: 13:44.17	42.06	1500m: 20:48.08	43.08	2000m: 27:50.89	38.19
2.	Esther van Mierlo	RZC	28:00.00	198906640	28:22.35			
	50m: 35.50	35.50	550m: 7:29.15	43.01	1050m: 14:36.02	43.65	1550m: 21:53.90	43.05
	100m: 1:15.92	40.42	600m: 8:11.76	42.61	1100m: 15:19.00	42.98	1600m: 22:37.26	43.36
	150m: 1:57.09	41.17	650m: 8:54.09	42.33	1150m: 16:02.10	43.10	1650m: 23:20.51	43.25
	200m: 2:38.42	41.33	700m: 9:36.28	42.19	1200m: 16:44.80	42.70	1700m: 24:03.74	43.23
	250m: 3:18.99	40.57	750m: 10:19.53	43.25	1250m: 17:27.17	42.37	1750m: 24:47.26	43.52
	300m: 3:59.98	40.99	800m: 11:01.72	42.19	1300m: 18:10.48	43.31	1800m: 25:30.34	43.08
	350m: 4:41.02	41.04	850m: 11:44.05	42.33	1350m: 18:56.35	45.87	1850m: 26:13.74	43.40
	400m: 5:22.79	41.77	900m: 12:26.95	42.90	1400m: 19:44.01	47.66	1900m: 26:57.29	43.55
	450m: 6:04.51	41.72	950m: 13:09.75	42.80	1450m: 20:27.52	43.51	1950m: 27:40.19	42.90
	500m: 6:46.14	41.63	1000m: 13:52.37	42.62	1500m: 21:10.85	43.33	2000m: 28:22.35	42.16
3.	Lisette Raijmann	RZC	31:45.00	199505912	30:42.65			
	50m: 38.81	38.81	550m: 8:04.25	45.34	1050m: 15:36.91	44.12	1550m: 23:23.61	45.90
	100m: 1:21.54	42.73	600m: 8:50.31	46.06	1100m: 16:22.87	45.96	1600m: 24:12.31	48.70
	150m: 2:05.48	43.94	650m: 9:34.41	44.10	1150m: 17:09.22	46.35	1650m: 25:01.69	49.38
	200m: 2:50.42	44.94	700m: 10:19.21	44.80	1200m: 17:56.33	47.11	1700m: 25:50.55	48.86
	250m: 3:33.94	43.52	750m: 11:03.13	43.92	1250m: 18:41.20	44.87	1750m: 26:39.93	49.38
	300m: 4:19.02	45.08	800m: 11:48.41	45.28	1300m: 19:27.07	45.87	1800m: 27:28.73	48.80
	350m: 5:02.68	43.66	850m: 12:34.39	45.98	1350m: 20:13.85	46.78	1850m: 28:18.97	50.24
	400m: 5:48.08	45.40	900m: 13:20.01	45.62	1400m: 21:01.67	47.82	1900m: 29:07.35	48.38
	450m: 6:33.06	44.98	950m: 14:06.01	46.00	1450m: 21:49.83	48.16	1950m: 29:56.05	48.70
	500m: 7:18.91	45.85	1000m: 14:52.79	46.78	1500m: 22:37.71	47.88	2000m: 30:42.65	46.60

Programmanr. 7
12-02-2012 - 16:04

Heren, 2000m vrije slag

Junioren 3 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
1.	Wouter Kieseewetter	ZVW/74	29:38.72	199303625	25:46.45			
	50m: 31.01	31.01	550m: 6:48.68	38.53	1050m: 13:20.44	39.19	1550m: 19:57.37	40.00
	100m: 1:06.38	35.37	600m: 7:27.72	39.04	1100m: 14:00.11	39.67	1600m: 20:36.92	39.55
	150m: 1:43.12	36.74	650m: 8:06.67	38.95	1150m: 14:40.25	40.14	1650m: 21:16.99	40.07
	200m: 2:20.59	37.47	700m: 8:45.72	39.05	1200m: 15:19.41	39.16	1700m: 21:56.87	39.88
	250m: 2:58.28	37.69	750m: 9:25.11	39.39	1250m: 15:58.78	39.37	1750m: 22:36.55	39.68
	300m: 3:36.58	38.30	800m: 10:04.47	39.36	1300m: 16:38.14	39.36	1800m: 23:15.61	39.06
	350m: 4:14.27	37.69	850m: 10:43.44	38.97	1350m: 17:17.66	39.52	1850m: 23:54.24	38.63
	400m: 4:52.90	38.63	900m: 11:22.71	39.27	1400m: 17:57.12	39.46	1900m: 24:31.35	37.11
	450m: 5:32.07	39.17	950m: 12:01.86	39.15	1450m: 18:37.03	39.91	1950m: 25:10.17	38.82
	500m: 6:10.15	38.08	1000m: 12:41.25	39.39	1500m: 19:17.37	40.34	2000m: 25:46.45	36.28



LAC 3 RZC
Rhenen 12 februari 2012

Programmanr. 7, Heren, 2000m vrije slag, Junioren 3 en ouder

rang	naam	vereniging	inschrijftijd	tijd
2.	Stijn van Duinhoven	RZC	25:30.00	199601655 25:55.29
	50m: 33.36	33.36	550m: 6:58.82	39.69
	100m: 1:10.10	36.74	600m: 7:36.92	38.10
	150m: 1:48.07	37.97	650m: 8:17.10	40.18
	200m: 2:26.54	38.47	700m: 8:56.36	39.26
	250m: 3:03.86	37.32	750m: 9:36.02	39.66
	300m: 3:42.92	39.06	800m: 10:15.02	39.00
	350m: 4:21.48	38.56	850m: 10:54.04	39.02
	400m: 5:00.48	39.00	900m: 11:32.67	38.63
	450m: 5:39.60	39.12	950m: 12:11.80	39.13
	500m: 6:19.13	39.53	1000m: 12:49.54	37.74
			1050m: 13:29.45	39.91
			1100m: 14:09.80	40.35
			1150m: 14:49.89	40.09
			1200m: 15:29.73	39.84
			1250m: 16:08.86	39.13
			1300m: 16:48.42	39.56
			1350m: 17:28.80	40.38
			1400m: 18:08.45	39.65
			1450m: 18:46.10	37.65
			1500m: 19:26.70	40.60
			1550m: 20:06.45	39.75
			1600m: 20:45.00	38.55
			1650m: 21:24.57	39.57
			1700m: 22:04.42	39.85
			1750m: 22:43.60	39.18
			1800m: 23:22.32	38.72
			1850m: 24:01.23	38.91
			1900m: 24:39.57	38.34
			1950m: 25:18.00	38.43
			2000m: 25:55.29	37.29
3.	Arno van Schuijlenborgh	RZC	25:20.00	198403057 26:02.13
	50m: 32.36	32.36	550m: 6:51.03	39.50
	100m: 1:07.92	35.56	600m: 7:30.98	39.95
	150m: 1:44.36	36.44	650m: 8:10.68	39.70
	200m: 2:21.50	37.14	700m: 8:51.00	40.32
	250m: 2:59.13	37.63	750m: 9:31.08	40.08
	300m: 3:36.53	37.40	800m: 10:10.28	39.20
	350m: 4:14.38	37.85	850m: 10:50.12	39.84
	400m: 4:53.12	38.74	900m: 11:29.84	39.72
	450m: 5:32.45	39.33	950m: 12:10.14	40.30
	500m: 6:11.53	39.08	1000m: 12:49.41	39.27
			1050m: 13:28.19	38.78
			1100m: 14:07.35	39.16
			1150m: 14:46.30	38.95
			1200m: 15:25.81	39.51
			1250m: 16:04.06	38.25
			1300m: 16:42.50	38.44
			1350m: 17:21.19	38.69
			1400m: 18:00.16	38.97
			1450m: 18:39.67	39.51
			1500m: 19:19.26	39.59
			1550m: 19:59.12	39.86
			1600m: 20:38.81	39.69
			1650m: 21:18.66	39.85
			1700m: 21:58.23	39.57
			1750m: 22:39.09	40.86
			1800m: 23:18.97	39.88
			1850m: 23:59.66	40.69
			1900m: 24:40.42	40.76
			1950m: 25:21.69	41.27
			2000m: 26:02.13	40.44
4.	Frank Heestermans	De Vrije Slag	NT	198901149 27:18.02
	50m: 35.52	35.52	550m: 7:30.16	41.93
	100m: 1:14.51	38.99	600m: 8:11.57	41.41
	150m: 1:55.36	40.85	650m: 8:52.80	41.23
	200m: 2:36.64	41.28	700m: 9:33.57	40.77
	250m: 3:18.42	41.78	750m: 10:15.16	41.59
	300m: 4:01.13	42.71	800m: 10:56.89	41.73
	350m: 4:43.23	42.10	850m: 11:38.48	41.59
	400m: 5:25.45	42.22	900m: 12:19.70	41.22
	450m: 6:07.29	41.84	950m: 13:01.10	41.40
	500m: 6:48.23	40.94	1000m: 13:42.39	41.29
			1050m: 14:24.23	41.84
			1100m: 15:05.00	40.77
			1150m: 15:46.02	41.02
			1200m: 16:27.07	41.05
			1250m: 17:08.13	41.06
			1300m: 17:49.60	41.47
			1350m: 18:30.67	41.07
			1400m: 19:11.82	41.15
			1450m: 19:52.95	41.13
			1500m: 20:34.07	41.12
			1550m: 21:15.04	40.97
			1600m: 21:56.04	41.00
			1650m: 22:37.04	41.00
			1700m: 23:18.07	41.03
			1750m: 23:59.54	41.47
			1800m: 24:40.07	40.53
			1850m: 25:20.80	40.73
			1900m: 26:00.26	39.46
			1950m: 26:41.13	41.13
			2000m: 27:18.02	41.12
5.	Kees-Jan Otto	De Vrije Slag	NT	196201139 31:14.24
	50m: 41.98	41.98	550m: 8:28.16	45.95
	100m: 1:20.13	38.15	600m: 9:14.89	46.73
	150m: 2:15.20	55.07	650m: 10:01.25	46.36
	200m: 3:01.86	46.66	700m: 10:47.92	46.67
	250m: 3:48.85	46.99	750m: 11:34.46	46.54
	300m: 4:35.86	47.01	800m: 12:21.11	46.65
	350m: 5:23.21	47.35	850m: 13:08.54	47.43
	400m: 6:09.25	46.04	900m: 13:55.58	47.04
	450m: 6:55.60	46.35	950m: 14:42.75	47.17
	500m: 7:42.21	46.61	1000m: 15:29.81	47.06
			1050m: 16:16.67	46.86
			1100m: 17:04.18	47.51
			1150m: 17:50.76	46.58
			1200m: 18:38.02	47.26
			1250m: 19:25.68	47.66
			1300m: 20:12.77	47.09
			1350m: 20:59.98	47.21
			1400m: 21:47.43	47.45
			1450m: 22:34.66	47.23
			1500m: 23:22.21	47.55
			1550m: 24:09.52	47.31
			1600m: 24:57.15	47.63
			1650m: 25:45.45	48.30
			1700m: 26:32.59	47.14
			1750m: 27:20.03	47.44
			1800m: 28:08.09	48.06
			1850m: 28:55.53	47.44
			1900m: 29:42.89	47.36
			1950m: 30:30.15	47.26
			2000m: 31:14.24	44.09

Programmanr. 9
12-02-2012 - 16:35

Meisjes, 200m wisselslag

Minioren 5 en Junioren 1
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	50m	100m	150m	200m	
1.	Laura Kajim	RZC	3:16.87	200101660	3:12.23	41.47	1:28.46	2:29.74	3:12.23
2.	Linde van Duinhoven	RZC	3:24.95	200100370	3:18.07	42.95	1:34.73	2:33.10	3:18.07
3.	Fleur Gerritsen	RZC	3:34.57	200101032	3:34.33	50.59	1:41.73	2:45.25	3:34.33
	DIS Anna Janssen	RZC	3:37.13	200000098	3:26.66	VC-V09.06	1:39.15	2:41.08	3:26.66

Programmanr. 11
12-02-2012 - 16:39

Dames, 400m wisselslag

Junioren 2 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Sanne Rodenburg	RZC	5:46.00	199404714 5:47.19
	50m: 34.74	34.74	150m: 2:05.64	45.59
	100m: 1:20.05	45.31	200m: 2:49.82	44.18
			250m: 3:40.54	50.72
			300m: 4:31.19	50.65
			350m: 5:10.06	38.87
			400m: 5:47.19	37.13
2.	Esther van Mierlo	RZC	6:20.00	198906640 5:48.51
	50m: 34.86	34.86	150m: 2:05.48	48.32
	100m: 1:17.16	42.30	200m: 2:50.64	45.16
			250m: 3:40.95	50.31
			300m: 4:30.95	50.00
			350m: 5:10.89	39.94
			400m: 5:48.51	37.62
3.	Georgette Wortelboer	RZC	6:15.00	199602144 6:07.04
	50m:		150m:	
	100m: 1:25.02		200m: 2:58.02	
			250m:	
			300m: 4:44.20	
			350m:	
			400m: 6:07.04	
4.	Laura ter Stege	RZC	6:25.80	199602364 6:07.65
	50m: 40.66	40.66	150m: 2:21.61	47.26
	100m: 1:34.35	53.69	200m: 3:06.74	45.13
			250m: 3:57.39	50.65
			300m: 4:49.16	51.77
			350m: 5:28.26	39.10
			400m: 6:07.65	39.39



LAC 3 RZC
Rhenen 12 februari 2012

Programmanr. 11, Dames, 400m wisselslag, Junioren 2 en ouder

rang	naam	vereniging	inschrijftijd	tijd				
5.	Ellen ter Stege	RZC	6:16.80	199900604	6:08.52			
	50m: 39.89	39.89	150m: 2:16.96	45.57	250m: 3:53.52	51.21	350m: 5:28.60	42.23
	100m: 1:31.39	51.50	200m: 3:02.31	45.35	300m: 4:46.37	52.85	400m: 6:08.52	39.92
6.	Vera Martens	RZC	6:16.00	199600852	6:23.24			
	50m: 38.93	38.93	150m: 2:18.81	51.07	250m: 4:03.59	56.68	350m: 5:41.60	41.67
	100m: 1:27.74	48.81	200m: 3:06.91	48.10	300m: 4:59.93	56.34	400m: 6:23.24	41.64
7.	Lisette Raijmann	RZC	6:29.33	199505912	6:29.45			
	50m:		150m:		250m:		350m:	
	100m: 1:38.48		200m: 3:17.95		300m: 5:04.48		400m: 6:29.45	
8.	Lodieke Rodenburg	RZC	6:30.95	199801094	6:31.46			
	50m: 43.92	43.92	150m: 2:26.72	47.20	250m: 4:09.57	56.91	350m: 5:51.62	44.20
	100m: 1:39.52	55.60	200m: 3:12.66	45.94	300m: 5:07.42	57.85	400m: 6:31.46	39.84
DIS	Marijn Mantel	RZC	7:00.00	199801486	6:56.14	RC		
	50m: 42.85	42.85	150m: 2:31.21	53.17	250m: 4:21.29	59.33	350m: 6:10.06	47.14
	100m: 1:38.04	55.19	200m: 3:21.96	50.75	300m: 5:22.92	1:01.63	400m: 6:56.14	46.08
DIS	Marieke de Boer	RZC	7:00.00	199900608	7:03.17	VC		
	50m: 43.89	43.89	150m: 2:32.36	49.06	250m: 4:24.23	1:02.40	350m: 6:15.36	48.72
	100m: 1:43.30	59.41	200m: 3:21.83	49.47	300m: 5:26.64	1:02.41	400m: 7:03.17	47.81

Programmanr. 12
12-02-2012 - 16:54

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
1.	Pascal Timmermans	RZC	5:07.71	199202349	4:57.31			
	50m: 28.04	28.04	150m: 1:39.18	37.35	250m: 3:01.46	46.04	350m: 4:22.63	35.31
	100m: 1:01.83	33.79	200m: 2:15.42	36.24	300m: 3:47.32	45.86	400m: 4:57.31	34.68
2.	Stefan Timmermans	RZC	5:15.89	199403015	5:27.58			
	50m:		150m:		250m:		350m:	
	100m: 1:04.02		200m: 2:32.00		300m: 4:10.33		400m: 5:27.58	
3.	Stijn van Duinhoven	RZC	5:26.76	199601655	5:44.71			
	50m: 37.07	37.07	150m: 2:07.27	46.05	250m: 3:37.55	46.24	350m: 5:05.50	40.23
	100m: 1:21.22	44.15	200m: 2:51.31	44.04	300m: 4:25.27	47.72	400m: 5:44.71	39.21
4.	Arno van Schuijlenborgh	RZC	5:32.20	198403057	5:50.84			
	50m: 34.03	34.03	150m: 2:10.82	51.93	250m: 3:44.26	45.49	350m: 5:11.07	40.31
	100m: 1:18.89	44.86	200m: 2:58.77	47.95	300m: 4:30.76	46.50	400m: 5:50.84	39.77
DIS	Dave van Leerdam	RZC	7:15.00	199801633	7:10.16	VC		
	50m: 50.10	50.10	150m: 2:47.70	51.41	250m: 4:36.02	56.98	350m: 6:21.16	46.87
	100m: 1:56.29	1:06.19	200m: 3:39.04	51.34	300m: 5:34.29	58.27	400m: 7:10.16	49.00