

Lange Afstand Wedstrijd
Oss, 4-12-2016

Programmanr. 1
4-12-2016

Dames, 800m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT
1.	Floor Weijmans	Hzpc				10:07.04				199502522				573
	100m:	1:10.08	1:10.08	300m:	3:37.70	1:14.22	500m:	6:06.50	1:14.41	700m:	8:35.08	1:14.79		
	200m:	2:23.48	1:13.40	400m:	4:52.09	1:14.39	600m:	7:20.29	1:13.79	800m:	9:46.74	1:11.66		
2.	Denise van der Burgt	Zeester Meerval				9:50.17				200201812				565
	100m:	1:11.12	1:11.12	300m:	3:41.42	1:15.39	500m:	6:09.54	1:13.74	700m:	8:37.10	1:13.81		
	200m:	2:26.03	1:14.91	400m:	4:55.80	1:14.38	600m:	7:23.29	1:13.75	800m:	9:49.68	1:12.58		
3.	Anne Paulusse	O.Z. & P.C. De Warande				10:08.74				200200834				506
	100m:	1:10.28	1:10.28	300m:	3:42.70	1:17.36	500m:	6:19.59	1:18.71	700m:	8:56.60	1:18.18		
	200m:	2:25.34	1:15.06	400m:	5:00.88	1:18.18	600m:	7:38.42	1:18.83	800m:	10:11.65	1:15.05		
4.	Lot Sauren	Z&PV Nuenen				10:57.69				200001214				466
	100m:	1:13.79	1:13.79	300m:	3:53.32	1:20.58	500m:	6:34.09	1:20.49	700m:	9:13.82	1:19.88		
	200m:	2:32.74	1:18.95	400m:	5:13.60	1:20.28	600m:	7:53.94	1:19.85	800m:	10:28.73	1:14.91		
5.	Ymke van Dongen	O.Z. & P.C. De Warande				10:47.15				200202662				439
	100m:	1:14.14	1:14.14	300m:	3:53.42	1:19.67	500m:	6:35.54	1:22.33	700m:	9:20.83	1:23.33		
	200m:	2:33.75	1:19.61	400m:	5:13.21	1:19.79	600m:	7:57.50	1:21.96	800m:	10:41.08	1:20.25		
6.	Marlijn Zwart	Hzpc				NT				200300972				427
	100m:	1:17.19	1:17.19	300m:	4:03.04	1:22.67	500m:	6:45.27	1:21.47	700m:	9:27.38	1:21.52		
	200m:	2:40.37	1:23.18	400m:	5:23.80	1:20.76	600m:	8:05.86	1:20.59	800m:	10:47.47	1:20.09		
7.	Anna van Kuijk	Hzpc				NT				200300564				418
	100m:	1:19.27	1:19.27	300m:	4:06.36	1:22.89	500m:	6:50.12	1:21.34	700m:	9:31.88	1:20.49		
	200m:	2:43.47	1:24.20	400m:	5:28.78	1:22.42	600m:	8:11.39	1:21.27	800m:	10:51.94	1:20.06		
8.	Kelly Patricia	Vzc E&P				11:22.69				200402818				400
	100m:	1:18.75	1:18.75	300m:	4:05.13	1:22.84	500m:	6:52.25	1:23.60	700m:	9:38.86	1:23.48		
	200m:	2:42.29	1:23.54	400m:	5:28.65	1:23.52	600m:	8:15.38	1:23.13	800m:	11:01.41	1:22.55		
9.	Aniek van de Weerd	Vzc E&P				12:32.15				200404136				385
	100m:	1:20.95	1:20.95	300m:	4:12.59	1:24.73	500m:	7:01.86	1:24.91	700m:	9:50.03	1:22.56		
	200m:	2:47.86	1:26.91	400m:	5:36.95	1:24.36	600m:	8:27.47	1:25.61	800m:	11:10.12	1:20.09		
10.	Augustha Koch	Rzc				12:00.00				200500546				329
	100m:	1:21.93	1:21.93	300m:	4:22.89	1:30.71	500m:	7:22.72	1:29.80	700m:	10:22.28	1:28.97		
	200m:	2:52.18	1:30.25	400m:	5:52.92	1:30.03	600m:	8:53.31	1:30.59	800m:	11:45.85	1:23.57		
11.	Marit Stil	HZV Lutra				NT				200005818				292
	100m:	1:24.25	1:24.25	300m:	4:28.77	1:32.69	500m:	7:36.14	1:34.19	700m:	10:46.18	1:35.62		
	200m:	2:56.08	1:31.83	400m:	6:01.95	1:33.18	600m:	9:10.56	1:34.42	800m:	12:14.46	1:28.28		
12.	Eefke Verschoor	Rzc				12:30.00				200500430				286
	100m:	1:23.51	1:23.51	300m:	4:26.60	1:32.50	500m:	7:35.04	1:34.56	700m:	10:45.89	1:33.73		
	200m:	2:54.10	1:30.59	400m:	6:00.48	1:33.88	600m:	9:12.16	1:37.12	800m:	12:19.67	1:33.78		
13.	Jolijn Wolters	De Treffers				NT				200304814				228
	100m:	1:32.29	1:32.29	300m:	4:53.67	1:41.16	500m:	8:19.62	1:42.60	700m:	11:44.62	1:42.03		
	200m:	3:12.51	1:40.22	400m:	6:37.02	1:43.35	600m:	10:02.59	1:42.97	800m:	13:17.83	1:33.21		

Programmanr. 2
4-12-2016

Heren, 800m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT				
1.	Bas de Reuver	Arethusa		NT		200104143		10:06.47		414		
	100m:	1:04.89	1:04.89	300m:	3:33.99	1:15.19	500m:	6:09.66	1:18.32	700m:	8:49.55	1:19.64
	200m:	2:18.80	1:13.91	400m:	4:51.34	1:17.35	600m:	7:29.91	1:20.25	800m:	10:06.47	1:16.92
2.	Joost Brugmans	Rzc		13:00.00		200500391		13:14.81		184		
	100m:	1:30.54	1:30.54	300m:	4:48.11	1:39.99	500m:	8:10.55	1:41.56	700m:	11:34.87	1:42.40
	200m:	3:08.12	1:37.58	400m:	6:28.99	1:40.88	600m:	9:52.47	1:41.92	800m:	13:14.81	1:39.94

Lange Afstand Wedstrijd
Oss, 4-12-2016

Programmanr. 3
4-12-2016

Dames, 1500m vrije slag

Dames Senioren Open
Resultaten

rang	naam		vereniging		intijd		tijd		RT			
1.	Marlijn Hendriksen		Arethusa		22:44.62		198806828		18:01.53		627	
	100m:	1:10.74	1:10.74	500m:	5:59.15	1:11.13	900m:	10:45.02	1:12.39	1300m:	15:36.68	1:12.85
	200m:	2:23.40	1:12.66	600m:	7:09.61	1:10.46	1000m:	11:57.81	1:12.79	1400m:	16:49.98	1:13.30
	300m:	3:35.89	1:12.49	700m:	8:20.59	1:10.98	1100m:	13:10.53	1:12.72	1500m:	18:01.53	1:11.55
	400m:	4:48.02	1:12.13	800m:	9:32.63	1:12.04	1200m:	14:23.83	1:13.30			
2.	Ingrid Versteegen		Dbd		22:57.24		197300770		23:35.25		280	
	100m:	1:27.61	1:27.61	500m:	7:39.82	1:34.05	900m:	14:01.25	1:36.17	1300m:	20:25.79	1:34.80
	200m:	2:59.15	1:31.54	600m:	9:14.45	1:34.63	1000m:	15:37.93	1:36.68	1400m:	22:02.25	1:36.46
	300m:	4:32.54	1:33.39	700m:	10:48.83	1:34.38	1100m:	17:14.09	1:36.16	1500m:	23:35.25	1:33.00
	400m:	6:05.77	1:33.23	800m:	12:25.08	1:36.25	1200m:	18:50.99	1:36.90			

Programmanr. 4
4-12-2016

Heren, 1500m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd		RT	
1.	Koen Koster	Hzpc				NT				199900517		16:45.03	651
	100m:	1:03.42	1:03.42	500m:	5:33.45	1:08.11	900m:	10:03.19	1:06.89	1300m:	14:33.24	1:06.91	
	200m:	2:10.77	1:07.35	600m:	6:41.39	1:07.94	1000m:	11:10.53	1:07.34	1400m:	15:40.23	1:06.99	
	300m:	3:17.85	1:07.08	700m:	7:49.09	1:07.70	1100m:	12:18.27	1:07.74	1500m:	16:45.03	1:04.80	
	400m:	4:25.34	1:07.49	800m:	8:56.30	1:07.21	1200m:	13:26.33	1:08.06				
2.	Stefan Timmermans	Rzc				18:00.00				199403015		17:12.63	600
	100m:	1:04.92	1:04.92	500m:	5:45.21	1:09.85	900m:	10:22.00	1:09.56	1300m:	14:58.68	1:08.48	
	200m:	2:14.97	1:10.05	600m:	6:55.00	1:09.79	1000m:	11:32.31	1:10.31	1400m:	16:06.95	1:08.27	
	300m:	3:25.46	1:10.49	700m:	8:04.17	1:09.17	1100m:	12:41.61	1:09.30	1500m:	17:12.63	1:05.68	
	400m:	4:35.36	1:09.90	800m:	9:12.44	1:08.27	1200m:	13:50.20	1:08.59				
3.	Rick van Hamond	Dommelbaarzen				19:10.39				199205873		17:41.72	552
	100m:	1:03.58	1:03.58	500m:	5:44.11	1:10.99	900m:	10:32.75	1:12.84	1300m:	15:24.66	1:12.64	
	200m:	2:12.46	1:08.88	600m:	6:55.63	1:11.52	1000m:	11:45.55	1:12.80	1400m:	16:35.84	1:11.18	
	300m:	3:22.01	1:09.55	700m:	8:07.50	1:11.87	1100m:	12:58.59	1:13.04	1500m:	17:41.72	1:05.88	
	400m:	4:33.12	1:11.11	800m:	9:19.91	1:12.41	1200m:	14:12.02	1:13.43				
4.	Jelmer North	Z&PV Nuenen				18:32.94				200200617		18:30.15	483
	100m:	1:09.58	1:09.58	500m:	6:03.75	1:13.46	900m:	11:03.46	1:15.44	1300m:	16:02.20	1:14.94	
	200m:	2:22.98	1:13.40	600m:	7:18.45	1:14.70	1000m:	12:17.40	1:13.94	1400m:	17:17.52	1:15.32	
	300m:	3:36.86	1:13.88	700m:	8:33.13	1:14.68	1100m:	13:32.14	1:14.74	1500m:	18:30.15	1:12.63	
	400m:	4:50.29	1:13.43	800m:	9:48.02	1:14.89	1200m:	14:47.26	1:15.12				
5.	Thijn Damen	O.Z. & P.C. De Warande				19:33.34				200300973		19:21.81	421
	100m:	1:13.44	1:13.44	500m:	6:23.75	1:17.71	900m:	11:36.28	1:18.49	1300m:	16:50.91	1:18.60	
	200m:	2:30.86	1:17.42	600m:	7:41.41	1:17.66	1000m:	12:55.39	1:19.11	1400m:	18:08.93	1:18.02	
	300m:	3:48.24	1:17.38	700m:	8:59.63	1:18.22	1100m:	14:13.31	1:17.92	1500m:	19:21.81	1:12.88	
	400m:	5:06.04	1:17.80	800m:	10:17.79	1:18.16	1200m:	15:32.31	1:19.00				
6.	Sam van der Drift	Vzc E&P				20:25.22				200301485		19:21.92	421
	100m:	1:11.10	1:11.10	500m:	6:19.89	1:18.63	900m:	11:36.29	1:18.53	1300m:	16:49.67	1:17.16	
	200m:	2:27.00	1:15.90	600m:	7:39.45	1:19.56	1000m:	12:55.13	1:18.84	1400m:	18:09.48	1:19.81	
	300m:	3:43.29	1:16.29	700m:	8:59.39	1:19.94	1100m:	14:13.89	1:18.76	1500m:	19:21.92	1:12.44	
	400m:	5:01.26	1:17.97	800m:	10:17.76	1:18.37	1200m:	15:32.51	1:18.62				
7.	Jo-an Mudde	Zeester Meerval				18:46.54				196701457		19:28.61	414
	100m:	1:12.29	1:12.29	500m:	6:26.67	1:19.02	900m:	11:40.45	1:18.54	1300m:	16:54.91	1:18.85	
	200m:	2:29.99	1:17.70	600m:	7:45.10	1:18.43	1000m:	12:58.91	1:18.46	1400m:	18:13.03	1:18.12	
	300m:	3:48.86	1:18.87	700m:	9:03.38	1:18.28	1100m:	14:16.84	1:17.93	1500m:	19:28.61	1:15.58	
	400m:	5:07.65	1:18.79	800m:	10:21.91	1:18.53	1200m:	15:36.06	1:19.22				
8.	Bram Schaafsma	Vzc E&P				NT				200302159		19:36.57	406
	100m:	1:11.58	1:11.58	500m:	6:27.33	1:18.64	900m:	11:46.75	1:19.05	1300m:	17:01.71	1:18.76	
	200m:	2:31.55	1:19.97	600m:	7:47.36	1:20.03	1000m:	13:06.07	1:19.32	1400m:	18:19.47	1:17.76	
	300m:	3:49.70	1:18.15	700m:	9:07.05	1:19.69	1100m:	14:24.54	1:18.47	1500m:	19:36.57	1:17.10	
	400m:	5:08.69	1:18.99	800m:	10:27.70	1:20.65	1200m:	15:42.95	1:18.41				
9.	Ricardo Jansen	Arethusa				NT				200301055		20:18.74	365
	100m:	1:14.18	1:14.18	500m:	6:32.91	1:20.29	900m:	11:59.42	1:21.15	1300m:	17:31.64	1:21.60	
	200m:	2:33.41	1:19.23	600m:	7:54.53	1:21.62	1000m:	13:23.55	1:24.13	1400m:	18:56.55	1:24.91	
	300m:	3:52.59	1:19.18	700m:	9:15.64	1:21.11	1100m:	14:46.69	1:23.14	1500m:	20:18.74	1:22.19	
	400m:	5:12.62	1:20.03	800m:	10:38.27	1:22.63	1200m:	16:10.04	1:23.35				