

1 - LAC Periode 1 Vrije slag

3.11.07 - 11:30

Programmanr. 4

Jongens, 200m vrije slag

Jongens Minioren 5 en 6

3.11.07

Resultaten

Punten: FINA 2004

Rang	Naam	Startnr	Vereniging	Eindtijd	Pnt	100m	200m
1.	Jelmer Groos	9602945	DZ&PC	2:47.81	233		2:47.81
2.	Jorn Steenberg	9700039	DZ&PC	2:49.97	224		2:49.97
AFGEM	Hein Jouke Wind	9600949	DZ&PC				

Programmanr. 2

Jongens, 200m vrije slag

Jongens Minioren 3 en 4

3.11.07

Resultaten

Punten: FINA 2004

Rang	Naam	Startnr	Vereniging	Eindtijd	Pnt	100m	200m
------	------	---------	------------	----------	-----	------	------

Programmanr. 6

Jongens, 400m vrije slag

Jongens Junioren 1 en 2

3.11.07

Resultaten

Punten: FINA 2004

Rang	Naam	Vereniging	Startnummer	Pnt	100m	200m	300m	400m
1.	Willem Kees Roos	de vikings	9402693	468	1:07.64	2:19.82	3:31.97	4:42.16
2.	Maiko Postma	DZ&PC	9400963	377	1:11.57	2:29.32	3:47.12	5:03.41
3.	Bram ter Ellen	de vikings	9402689	327	1:13.93	2:34.27	3:56.45	5:17.96
4.	Vincent Visser	de vikings	9502197	281	1:20.04	2:43.40	4:09.60	5:34.38
AFGEM	Myrdin Willemse	ORCA	9500951					

Programmanr. 8

Heren, 800m vrije slag

Heren Senioren open

3.11.07

Resultaten

Rang					In.tijd				Tijd
Jongens Junioren 3 en 4									
1.	Jorke Willemse	ORCA			9:40.00	9301977	9:02.67		
	100m: 1:03.36	1:03.36	300m: 3:19.86	1:07.79	500m: 5:35.82	1:08.06	700m: 7:54.13	1:09.18	
	200m: 2:12.07	1:08.71	400m: 4:27.76	1:07.90	600m: 6:44.95	1:09.13	800m: 9:02.67	1:08.54	
2.	Gijs Gertsen	de vikings			9:32.59	9303485	9:39.56		
	100m: 1:07.90	1:07.90	300m: 3:31.65	1:12.11	500m: 5:59.86	1:14.50	700m: 8:29.15	1:14.87	
	200m: 2:19.54	1:11.64	400m: 4:45.36	1:13.71	600m: 7:14.28	1:14.42	800m: 9:39.56	1:10.41	
3.	Micheal Westers	de vikings			9:44.87	9204263	10:08.10		
	100m: 1:07.86	1:07.86	300m: 3:35.02	1:14.07	500m: 6:07.80	1:17.26	700m: 8:46.57	1:20.71	
	200m: 2:20.95	1:13.09	400m: 4:50.54	1:15.52	600m: 7:25.86	1:18.06	800m: 10:08.10	1:21.53	
4.	Rycklef Epema	DZ&PC			10:45.95	9202787	10:36.52		
	100m: 1:14.45	1:14.45	300m: 3:54.86	1:20.88	500m: 6:37.66		700m: 9:18.83	1:19.92	
	200m: 2:33.98	1:19.53	400m:		600m: 7:58.91	1:21.25	800m: 10:36.52	1:17.69	
5.	Brian List	de vikings			NT	9306443	11:33.26		
	100m: 1:16.22	1:16.22	300m: 4:11.34	1:28.54	500m: 7:11.22	1:30.80	700m: 10:08.93	1:28.78	
	200m: 2:42.80	1:26.58	400m: 5:40.42	1:29.08	600m: 8:40.15	1:28.93	800m: 11:33.26	1:24.33	
DIS	Marwin Iedema	DZ&PC			10:46.45	9202783			
	<i>AA - Te vroeg weg of bewogen bij start.</i>								

Programmanr. 8, Heren, 800m vrije slag

Heren Jeugd 1 en 2

1. Vincent van Iperen	ORCA	9:43.43	9106179	8:49.31			
100m: 1:03.98	1:03.98	300m: 3:19.85	1:07.95	500m: 5:32.98	1:06.36	700m: 7:44.45	1:05.70
200m: 2:11.90	1:07.92	400m: 4:26.62	1:06.77	600m: 6:38.75	1:05.77	800m: 8:49.31	1:04.86
2. Chris van Vliet	DZ&PC	9:12.16	9102425	9:23.24			
100m: 1:04.68	1:04.68	300m: 3:26.81	1:11.71	500m: 5:49.34	1:10.62	700m: 8:12.87	1:11.91
200m: 2:15.10	1:10.42	400m: 4:38.72	1:11.91	600m: 7:00.96	1:11.62	800m: 9:23.24	1:10.37
3. Rudie Kirkenier	DZ&PC	10:39.95	9001537	9:31.91			
100m: 1:04.67	1:04.67	300m: 3:27.91	1:11.85	500m: 5:53.70	1:18.16	700m: 8:23.75	1:15.19
200m: 2:16.06	1:11.39	400m: 4:35.54	1:07.63	600m: 7:08.56	1:14.86	800m: 9:31.91	1:08.16
4. Ritske Reitsma	Zpd	9:52.48	9002409	9:53.30			
100m: 1:04.46	1:04.46	300m: 3:33.82	1:15.91	500m: 6:08.90	1:17.83	700m: 8:41.02	1:15.15
200m: 2:17.91	1:13.45	400m: 4:51.07	1:17.25	600m: 7:25.87	1:16.97	800m: 9:53.30	1:12.28
5. Kevin Visser	de vikings	9:54.42	9006239	10:21.08			
100m: 1:09.26	1:09.26	300m: 3:46.20	1:19.72	500m: 6:25.06	1:19.58	700m: 9:04.90	1:19.67
200m: 2:26.48	1:17.22	400m: 5:05.48	1:19.28	600m: 7:45.23	1:20.17	800m: 10:21.08	1:16.18

Heren Senioren open

1. René Beetsma	DZ&PC	9:17.02	6900069	9:27.07			
100m: 1:07.54	1:07.54	300m: 3:30.78	1:11.53	500m: 5:53.49	1:11.42	700m: 8:16.53	1:11.43
200m: 2:19.25	1:11.71	400m: 4:42.07	1:11.29	600m: 7:05.10	1:11.61	800m: 9:27.07	1:10.54
2. Rudie Kirkenier	DZ&PC	10:39.95	9001537	9:31.91			
100m: 1:04.67	1:04.67	300m: 3:27.91	1:11.85	500m: 5:53.70	1:18.16	700m: 8:23.75	1:15.19
200m: 2:16.06	1:11.39	400m: 4:35.54	1:07.63	600m: 7:08.56	1:14.86	800m: 9:31.91	1:08.16
3. Ritske Reitsma	Zpd	9:52.48	9002409	9:53.30			
100m: 1:04.46	1:04.46	300m: 3:33.82	1:15.91	500m: 6:08.90	1:17.83	700m: 8:41.02	1:15.15
200m: 2:17.91	1:13.45	400m: 4:51.07	1:17.25	600m: 7:25.87	1:16.97	800m: 9:53.30	1:12.28
4. Johnny Westra	Zpd	9:57.26	7601017	10:00.00			
100m: 1:08.50	1:08.50	300m: 3:38.69	1:15.86	500m: 6:12.39	1:17.03	700m: 8:46.08	1:17.05
200m: 2:22.83	1:14.33	400m: 4:55.36	1:16.67	600m: 7:29.03	1:16.64	800m: 10:00.00	1:13.92
5. Marco Brouwer	de vikings	10:24.42	8600473	10:13.00			
100m: 1:06.69	1:06.69	300m: 3:37.56	1:17.09	500m: 6:14.21	1:19.74	700m: 8:53.90	1:20.96
200m: 2:20.47	1:13.78	400m: 4:54.47	1:16.91	600m: 7:32.94	1:18.73	800m: 10:13.00	1:19.10
6. Kevin Visser	de vikings	9:54.42	9006239	10:21.08			
100m: 1:09.26	1:09.26	300m: 3:46.20	1:19.72	500m: 6:25.06	1:19.58	700m: 9:04.90	1:19.67
200m: 2:26.48	1:17.22	400m: 5:05.48	1:19.28	600m: 7:45.23	1:20.17	800m: 10:21.08	1:16.18
7. Oane van der Heide	Zpd	NT	8704903	10:29.48			
100m: 1:09.95	1:09.95	300m: 3:47.51	1:19.78	500m: 6:29.51	1:20.97	700m: 9:11.20	1:21.04
200m: 2:27.73	1:17.78	400m: 5:08.54	1:21.03	600m: 7:50.16	1:20.65	800m: 10:29.48	1:18.28

Programmanr. 10
3.11.07

Heren, 200m wisselslag

Heren Senioren open
Resultaten

Punten: FINA 2004

Rang	Naam	Startnr	Vereniging	Eindtijd	Pnt	100m	200m
1.	Jelmer Groos	9602945	DZ&PC	3:14.95	206		3:14.95
AFGEM	Myrdin Willemse	9500951	ORCA				
AFGEM	Maiko Postma	9400963	DZ&PC				
AFGEM	Hein Juke Wind	9600949	DZ&PC				
BM	Jorn Steenbergen	9700039	DZ&PC	3:07.71	231		3:07.71

Programmanr. 12
3.11.07

Heren, 400m wisselslag

Heren Senioren open
Resultaten

Punten: FINA 2004

Rang	Naam	Vereniging	Startnummer	Pnt	100m	200m	300m	400m
1.	Vincent van Iperen	ORCA	9106179	595				4:51.00
2.	Jorke Willemse	ORCA	9301977	546				4:59.41
3.	René Beetsma	DZ&PC	6900069	520				5:04.40

Programmanr. 3
3.11.07

Meisjes, 200m vrije slag

Meisjes Minioren 5 en Junioren 1
Resultaten

Punten: FINA 2004

Rang	Naam	Startnr	Vereniging	Eindtijd	Pnt	100m	200m
1.	Evelien van Ruiten	9602924	ORCA	2:40.34	369		2:40.34
2.	Claudia Hacke	9602936	de vikings	2:41.10	364		2:41.10
3.	Marre Zandringa	9701136	de Skelp	2:45.26	337		2:45.26
4.	Simone Mus	9601932	de Skelp	2:46.10	332		2:46.10
5.	Rixt Menger	9602052	DZ&PC	2:51.18	303		2:51.18
6.	Claris de Vries	9700942	DZ&PC	2:55.37	282		2:55.37
7.	Jill Muller	9600728	DZ&PC	2:57.54	272		2:57.54
8.	Annabelle Geertzen	9603614	de vikings	3:06.46	235		3:06.46
9.	Hester Groos	9702734	DZ&PC	3:10.61	220		3:10.61
NG	Lisa Ris	9600948	HZ&PC Heerenveen				

Programmanr. 1
3.11.07Meisjes, 200m vrije slag
meisjes min3-4-5 jongens min5-6-7Meisjes Minioren 3 en 4
Resultaten

Punten: FINA 2004

Rang	Naam	Startnr	Vereniging	Eindtijd	Pnt	100m	200m
------	------	---------	------------	----------	-----	------	------

Programmanr. 5
3.11.07

Meisjes, 400m vrije slag

Meisjes Junioren 2 en 3
Resultaten

Punten: FINA 2004

Rang	Naam	Vereniging	Startnummer	Pnt	100m	200m	300m	400m
1.	Fiona van Heerde	de vikings	9403660	579	1:08.17	2:21.13	3:35.37	4:49.43
2.	Minke Betten	DZ&PC	9404012	502	1:10.17	2:26.33	3:43.54	5:03.60
3.	Charissa Zijlstra	Zpd	9402514	481	1:12.50	2:32.02	3:50.93	5:07.95
4.	Liza Salverda	ORCA	9500570	437	1:14.43	2:34.14	3:55.47	5:18.03
5.	Freya Holwerda	ORCA	9502780	411	1:15.54	2:37.17	4:00.76	5:24.51
6.	Tineke Wind	DZ&PC	9400826	406	1:15.66	2:37.13	4:01.21	5:25.72
7.	Anja Mus	de Skelp	9403928	334	1:19.76	2:47.80	4:18.95	5:47.64
8.	Esmee Heidemans	de vikings	9504806	250	1:26.80	3:05.64	4:46.76	6:22.92
9.	Lenneke Muggen	HZ&PC Heerenveen	9500128	222	1:30.68	3:13.93	4:58.31	6:38.28

Programmanr. 7
3.11.07

Dames, 800m vrije slag

Dames Senioren open
Resultaten

Rang							In.tijd			Tijd		
Dames Jeugd 1												
1.	Renske de Groot		DZ&PC		9:56.45		9300276	10:25.50				
	100m:	1:10.29	1:10.29	300m:	3:48.26	1:19.59	500m:	6:28.99	1:20.24	700m:	9:08.97	1:19.75
	200m:	2:28.67	1:18.38	400m:	5:08.75	1:20.49	600m:	7:49.22	1:20.23	800m:	10:25.50	1:16.53
2.	Josephine Meerman		DZ&PC		10:41.12		9304258	10:27.35				
	100m:	1:15.86	1:15.86	300m:	3:56.55	1:20.60	500m:	6:35.78	1:19.71	700m:	9:50.02	1:55.81
	200m:	2:35.95	1:20.09	400m:	5:16.07	1:19.52	600m:	7:54.21	1:18.43	800m:	10:27.35	37.33

Programmanr. 7, Meisjes, 800m vrije slag, Dames Jeugd 1

Rang							In.tijd			Tijd		
3.	Geeske Wind						DZ&PC	10:54.78	9300980	10:55.36		
	100m:	1:15.11	1:15.11	300m:	3:58.36	1:21.91	500m:	6:47.22	1:25.16	700m:	9:36.11	1:24.09
	200m:	2:36.45	1:21.34	400m:	5:22.06	1:23.70	600m:	8:12.02	1:24.80	800m:	10:55.36	1:19.25
4.	Fenna Meijer						ORCA	NT	9302792	12:14.32		
	100m:	1:25.23	1:25.23	300m:	4:31.10	1:34.06	500m:	7:39.60	1:34.68	700m:	10:46.45	1:32.00
	200m:	2:57.04	1:31.81	400m:	6:04.92	1:33.82	600m:	9:14.45	1:34.85	800m:	12:14.32	1:27.87

Dames Senioren open

1.	Marloes Oldenburg						ORCA	9:30.21	8803218	9:14.55		
	100m:	1:06.08	1:06.08	300m:	3:24.45	1:09.72	500m:	5:44.70	1:10.00	700m:	8:06.14	1:10.92
	200m:	2:14.73	1:08.65	400m:	4:34.70	1:10.25	600m:	6:55.22	1:10.52	800m:	9:14.55	1:08.41
2.	Renske de Groot						DZ&PC	9:56.45	9300276	10:25.50		
	100m:	1:10.29	1:10.29	300m:	3:48.26	1:19.59	500m:	6:28.99	1:20.24	700m:	9:08.97	1:19.75
	200m:	2:28.67	1:18.38	400m:	5:08.75	1:20.49	600m:	7:49.22	1:20.23	800m:	10:25.50	1:16.53
3.	Josephine Meerman						DZ&PC	10:41.12	9304258	10:27.35		
	100m:	1:15.86	1:15.86	300m:	3:56.55	1:20.60	500m:	6:35.78	1:19.71	700m:	9:50.02	1:55.81
	200m:	2:35.95	1:20.09	400m:	5:16.07	1:19.52	600m:	7:54.21	1:18.43	800m:	10:27.35	37.33
4.	Femke Leenstra						ORCA	11:09.46	9503038	10:31.75		
	100m:	1:13.72	1:13.72	300m:	3:56.62	1:21.28	500m:	6:37.99	1:20.12	700m:	9:16.13	1:17.76
	200m:	2:35.34	1:21.62	400m:	5:17.87	1:21.25	600m:	7:58.37	1:20.38	800m:	10:31.75	1:15.62
5.	Geeske Wind						DZ&PC	10:54.78	9300980	10:55.36		
	100m:	1:15.11	1:15.11	300m:	3:58.36	1:21.91	500m:	6:47.22	1:25.16	700m:	9:36.11	1:24.09
	200m:	2:36.45	1:21.34	400m:	5:22.06	1:23.70	600m:	8:12.02	1:24.80	800m:	10:55.36	1:19.25
6.	Joyce Durken						ORCA	11:00.00	9205938	10:55.95		
	100m:	1:17.85	1:17.85	300m:	4:04.86	1:23.60	500m:	6:51.78	1:23.42	700m:	9:36.92	1:21.89
	200m:	2:41.26	1:23.41	400m:	5:28.36	1:23.50	600m:	8:15.03	1:23.25	800m:	10:55.95	1:19.03
7.	Hester de Vries						Zpd	10:39.54	8904492	11:10.76		
	100m:	1:15.29	1:15.29	300m:	4:02.67	1:24.41	500m:	6:53.89	1:26.44	700m:	9:46.45	1:25.59
	200m:	2:38.26	1:22.97	400m:	5:27.45	1:24.78	600m:	8:20.86	1:26.97	800m:	11:10.76	1:24.31
8.	Fenna Meijer						ORCA	NT	9302792	12:14.32		
	100m:	1:25.23	1:25.23	300m:	4:31.10	1:34.06	500m:	7:39.60	1:34.68	700m:	10:46.45	1:32.00
	200m:	2:57.04	1:31.81	400m:	6:04.92	1:33.82	600m:	9:14.45	1:34.85	800m:	12:14.32	1:27.87

Programmanr. 9

Dames, 200m wisselslag

Dames Senioren open

3.11.07

Resultaten

Punten: FINA 2004

Rang	Naam	Startnr	Vereniging	Eindtijd	Pnt	100m	200m
1.	Femke Leenstra	9503038	ORCA	2:41.41	508		2:41.41
2.	Liza Salverda	9500570	ORCA	2:49.50	439		2:49.50
3.	Freya Holwerda	9502780	ORCA	2:56.96	386		2:56.96
4.	Nenne Venema	9503586	DZ&PC	2:59.14	372		2:59.14
5.	Iris Wolters	9307126	Zpd	3:18.58	273		3:18.58
6.	Lenneke Muggen	9500128	HZ&PC Heerenveen	3:19.78	268		3:19.78
BM	Simone Mus	9601932	de Skelp	2:58.69	374		2:58.69
BM	Marre Zandringa	9701136	de Skelp	3:01.16	359		3:01.16
BM	Rixt Menger	9602052	DZ&PC	3:06.76	328		3:06.76
BM	Jill Muller	9600728	DZ&PC	3:15.39	286		3:15.39
BM	Claris de Vries	9700942	DZ&PC	3:20.10	267		3:20.10
BM	Hester Groos	9702734	DZ&PC	3:42.45	194		3:42.45
DIS	Evelien van Ruiten	9602924	ORCA	3:03.27			3:03.27

SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.

Programmanr. 11
3.11.07

Dames, 400m wisselslag

Dames Senioren open
Resultaten

Punten: FINA 2004

Rang	Naam	Vereniging	Startnummer	Pnt	100m	200m	300m	400m
1.	Marloes Oldenburg	ORCA	8803218	688				5:07.43
2.	Wendan Poelstra	ORCA	9102496	644				5:14.26
3.	Johanna de Boer	Zpd	9403944	425				6:00.98
4.	Anja Mus	de Skelp	9403928	302				6:44.46