

lac A-comp. deel 4
Beilen, 25.1.2009

Programmanr. 1
25.1.09 - 14:00

Meisjes, 800m vrije slag

10 - 11 jaar
Resultaten

Punten: FINA 2004

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|------|------------------|---------|---------|-------|---------|----------------------|--|-------|----------|-----------------|-----|
| 1. | Myrna Huis | | | | 97 | ZC Borger | | | | 11:58.76 | 330 |
| | 100m: | 1:23.32 | 1:23.32 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 2:53.73 | 1:30.41 | 400m: | 5:56.95 | 600m: | | 800m: | 11:58.76 | | |
| 2. | Inez Duursma | | | | 97 | De Spatters | | | | 12:00.95 | 327 |
| | 100m: | 1:24.54 | 1:24.54 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 2:55.74 | 1:31.20 | 400m: | 6:00.07 | 600m: | | 800m: | 12:00.95 | | |
| 3. | Caroline Damen | | | | 97 | De Spatters | | | | 12:11.77 | 312 |
| | 100m: | 1:25.47 | 1:25.47 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 2:59.60 | 1:34.13 | 400m: | 6:09.55 | 600m: | | 800m: | 12:11.77 | | |
| 4. | Wiëlle Wolbers | | | | 97 | de Valken | | | | 12:46.37 | 272 |
| | 100m: | 1:25.58 | 1:25.58 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 3:01.11 | 1:35.53 | 400m: | 6:16.33 | 600m: | | 800m: | 12:46.37 | | |
| 5. | Mariët Hummel | | | | 97 | De Kikker | | | | 12:51.87 | 266 |
| | 100m: | 1:28.76 | 1:28.76 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 3:06.71 | 1:37.95 | 400m: | 6:24.96 | 600m: | | 800m: | 12:51.87 | | |
| 6. | Sharonne Urbanus | | | | 97 | ZPC Bikkel Hoogeveen | | | | 13:07.37 | 251 |
| | 100m: | 1:28.90 | 1:28.90 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 3:09.31 | 1:40.41 | 400m: | 6:34.49 | 600m: | | 800m: | 13:07.37 | | |
| 7. | Merlin Nijzingh | | | | 97 | ZPC Bikkel Hoogeveen | | | | 13:20.86 | 238 |
| | 100m: | 1:32.13 | 1:32.13 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 3:11.39 | 1:39.26 | 400m: | 6:36.57 | 600m: | | 800m: | 13:20.86 | | |
| 8. | Laura Camies | | | | 97 | De Kikker | | | | 13:24.21 | 235 |
| | 100m: | 1:30.27 | 1:30.27 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 3:11.22 | 1:40.95 | 400m: | 6:35.58 | 600m: | | 800m: | 13:24.21 | | |
| 9. | Jolieke Timmer | | | | 98 | de Valken | | | | 13:49.38 | 215 |
| | 100m: | 1:31.97 | 1:31.97 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 3:14.59 | 1:42.62 | 400m: | 6:47.45 | 600m: | | 800m: | 13:49.38 | | |
| 10. | Marley Eiomkui | | | | 97 | ZPC Bikkel Hoogeveen | | | | 14:11.09 | 199 |
| | 100m: | 1:34.54 | 1:34.54 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 3:20.26 | 1:45.72 | 400m: | 6:57.73 | 600m: | | 800m: | 14:11.09 | | |
| 11. | Mirthe Rotmensen | | | | 97 | ZPC Bikkel Hoogeveen | | | | 14:41.15 | 179 |
| | 100m: | 1:37.54 | 1:37.54 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 3:28.09 | 1:50.55 | 400m: | 7:15.51 | 600m: | | 800m: | 14:41.15 | | |
| 12. | Lisanne Engberts | | | | 97 | ZPC Bikkel Hoogeveen | | | | 14:44.02 | 177 |
| | 100m: | 1:36.32 | 1:36.32 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 3:26.80 | 1:50.48 | 400m: | 7:09.77 | 600m: | | 800m: | 14:44.02 | | |

Programmanr. 2
25.1.09 - 14:26

Jongens, 800m vrije slag

10 - 11 jaar
Resultaten

Punten: FINA 2004

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|------|-----------------------|---------|---------|-------|---------|-----------|--|-------|----------|-----------------|-----|
| 1. | Maurice van der Ploeg | | | | 97 | De Kikker | | | | 10:42.67 | 365 |
| | 100m: | 1:16.86 | 1:16.86 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 2:39.32 | 1:22.46 | 400m: | 5:23.92 | 600m: | | 800m: | 10:42.67 | | |
| 2. | Mickey Wijchers | | | | 97 | ZC Borger | | | | 11:22.51 | 304 |
| | 100m: | 1:22.62 | 1:22.62 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 2:48.69 | 1:26.07 | 400m: | 5:39.27 | 600m: | | 800m: | 11:22.51 | | |
| 3. | Robin van Grol | | | | 98 | De Kikker | | | | 11:42.35 | 279 |
| | 100m: | 1:21.65 | 1:21.65 | 300m: | | 500m: | | 700m: | | | |
| | 200m: | 2:49.74 | 1:28.09 | 400m: | 5:48.40 | 600m: | | 800m: | 11:42.35 | | |

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Programmanr. 3
25.1.09 - 14:36

Meisjes, 400m wisselslag

12 - 13 jaar
Resultaten

Punten: FINA 2004

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|------|---|---------|-------|--|------|----------------------|--|-------|--|----------------|-----|
| 1. | Daniëlle Scheltes | | | | 96 | Aqua '68 - Najade | | | | 6:10.68 | 392 |
| | 50m: | | 150m: | | | 250m: | | 350m: | | 6:10.68 | |
| | 100m: | 1:27.02 | 200m: | | | 300m: | | 400m: | | | |
| 2. | Mireille van Burken | | | | 95 | ZPC Bikkel Hoogeveen | | | | 6:17.97 | 370 |
| | 50m: | | 150m: | | | 250m: | | 350m: | | 6:17.97 | |
| | 100m: | 1:34.60 | 200m: | | | 300m: | | 400m: | | | |
| 3. | Daniëlle Vrieling | | | | 96 | De Spatters | | | | 6:23.29 | 355 |
| | 50m: | | 150m: | | | 250m: | | 350m: | | 6:23.29 | |
| | 100m: | 1:30.96 | 200m: | | | 300m: | | 400m: | | | |
| 4. | Elvira Feikens | | | | 95 | De Spatters | | | | 6:37.00 | 319 |
| | 50m: | | 150m: | | | 250m: | | 350m: | | 6:37.00 | |
| | 100m: | 1:35.34 | 200m: | | | 300m: | | 400m: | | | |
| 5. | Maaïke Hup | | | | 95 | ZPC Bikkel Hoogeveen | | | | 6:41.49 | 309 |
| | 50m: | | 150m: | | | 250m: | | 350m: | | 6:41.49 | |
| | 100m: | 1:40.00 | 200m: | | | 300m: | | 400m: | | | |
| 6. | Desirée van der Wijk | | | | 95 | ZPC Bikkel Hoogeveen | | | | 6:42.39 | 307 |
| | 50m: | | 150m: | | | 250m: | | 350m: | | 6:42.39 | |
| | 100m: | 1:33.20 | 200m: | | | 300m: | | 400m: | | | |
| 7. | Karin Haandrikman | | | | 96 | De Spatters | | | | 6:49.05 | 292 |
| | 50m: | | 150m: | | | 250m: | | 350m: | | 6:49.05 | |
| | 100m: | 1:34.81 | 200m: | | | 300m: | | 400m: | | | |
| 8. | Loysa Feikens | | | | 95 | De Spatters | | | | 6:50.86 | 288 |
| | 50m: | | 150m: | | | 250m: | | 350m: | | 6:50.86 | |
| | 100m: | 1:34.67 | 200m: | | | 300m: | | 400m: | | | |
| DIS | Inez Zewuster | | | | 95 | Vriledo | | | | 6:03.75 | |
| | <i>VH - Ongelijkzijdig keer- en/of eindpunt aangetikt.</i> | | | | | | | | | | |
| | 50m: | | 150m: | | | 250m: | | 350m: | | 6:03.75 | |
| | 100m: | 1:24.59 | 200m: | | | 300m: | | 400m: | | | |
| DIS | Thyra de Meer | | | | 96 | ZC Borger | | | | 6:45.69 | |
| | <i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i> | | | | | | | | | | |
| | 50m: | | 150m: | | | 250m: | | 350m: | | 6:45.69 | |
| | 100m: | 1:36.65 | 200m: | | | 300m: | | 400m: | | | |

Programmanr. 4
25.1.09 - 14:49

Jongens, 1500m vrije slag

12 - 13 jaar
Resultaten

Punten: FINA 2004

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|------|---------------|---------|---------|-------|----------|----------------------|--|--------|--|-----------------|-----|
| 1. | Rowan Keen | | | | 95 | ZC Borger | | | | 20:15.53 | 370 |
| | 100m: | 1:13.91 | 1:13.91 | 500m: | | 900m: | | 1300m: | | 20:15.53 | |
| | 200m: | 2:34.53 | 1:20.62 | 600m: | | 1000m: | | 1400m: | | | |
| | 300m: | | | 700m: | | 1100m: | | 1500m: | | | |
| | 400m: | 5:19.47 | | 800m: | 10:46.57 | 1200m: | | | | | |
| 2. | Derk-Jan Knol | | | | 95 | ZPC Bikkel Hoogeveen | | | | 21:14.14 | 321 |
| | 100m: | 1:14.33 | 1:14.33 | 500m: | | 900m: | | 1300m: | | 21:14.14 | |
| | 200m: | 2:36.76 | 1:22.43 | 600m: | | 1000m: | | 1400m: | | | |
| | 300m: | | | 700m: | | 1100m: | | 1500m: | | | |
| | 400m: | 5:26.14 | | 800m: | 11:09.06 | 1200m: | | | | | |
| 3. | Koen Lems | | | | 96 | De Kikker | | | | 21:32.26 | 308 |
| | 100m: | 1:18.26 | 1:18.26 | 500m: | | 900m: | | 1300m: | | 21:32.26 | |
| | 200m: | 2:43.32 | 1:25.06 | 600m: | | 1000m: | | 1400m: | | | |
| | 300m: | | | 700m: | | 1100m: | | 1500m: | | | |
| | 400m: | 5:36.42 | | 800m: | 11:26.13 | 1200m: | | | | | |

lac A-comp. deel 4
Beilen, 25.1.2009

Programmanr. 4, Jongens, 1500m vrije slag, 12 - 13 jaar

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|------|------------|---------|---------|-------|----------|----------------------|--|--------|----------|-----------------|-----|
| 4. | Edwin Bolt | | | | 95 | ZPC Bikkel Hoogeveen | | | | 23:49.73 | 227 |
| | 100m: | 1:20.52 | 1:20.52 | 500m: | | 900m: | | 1300m: | | | |
| | 200m: | 2:51.60 | 1:31.08 | 600m: | | 1000m: | | 1400m: | | | |
| | 300m: | | | 700m: | | 1100m: | | 1500m: | 23:49.73 | | |
| | 400m: | 6:01.86 | | 800m: | 12:29.01 | 1200m: | | | | | |

Programmanr. 5
25.1.09 - 15:12

Dames, 400m wisselslag

14 jaar en ouder
Resultaten

Punten: FINA 2004

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|------|---|---------|--|-------|------|----------------------|--|-------|---------|----------------|-----|
| 1. | Beau Rijpers | | | | 94 | ZPC Bikkel Hoogeveen | | | | 5:37.32 | 520 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:14.94 | | 200m: | | 300m: | | 400m: | 5:37.32 | | |
| 2. | Linda Boxma | | | | 85 | De Spatters | | | | 5:42.75 | 496 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:19.46 | | 200m: | | 300m: | | 400m: | 5:42.75 | | |
| 3. | Berdien Welling | | | | 91 | ZC Borger | | | | 5:55.42 | 445 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:16.29 | | 200m: | | 300m: | | 400m: | 5:55.42 | | |
| 4. | Elianne Douma | | | | 93 | Vriledo | | | | 6:05.51 | 409 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:22.95 | | 200m: | | 300m: | | 400m: | 6:05.51 | | |
| 5. | Marsha Hidding | | | | 94 | De Kikker | | | | 6:07.71 | 402 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:25.86 | | 200m: | | 300m: | | 400m: | 6:07.71 | | |
| 6. | Daniëlle Kruizinga | | | | 94 | ZPC Bikkel Hoogeveen | | | | 6:11.07 | 391 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:28.32 | | 200m: | | 300m: | | 400m: | 6:11.07 | | |
| 7. | Nienke Eilander | | | | 93 | ZPC Bikkel Hoogeveen | | | | 6:15.07 | 379 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:24.54 | | 200m: | | 300m: | | 400m: | 6:15.07 | | |
| 8. | Sanne Scheltes | | | | 94 | Aqua '68 - Najade | | | | 6:17.24 | 372 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:30.71 | | 200m: | | 300m: | | 400m: | 6:17.24 | | |
| 9. | Jante Wolbers | | | | 89 | de Valken | | | | 6:17.32 | 372 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:19.67 | | 200m: | | 300m: | | 400m: | 6:17.32 | | |
| 10. | Eline Haandrikman | | | | 92 | De Spatters | | | | 6:31.19 | 334 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:30.02 | | 200m: | | 300m: | | 400m: | 6:31.19 | | |
| 11. | Mariët Nijwening | | | | 93 | de Valken | | | | 6:45.50 | 300 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:37.53 | | 200m: | | 300m: | | 400m: | 6:45.50 | | |
| 12. | Jolein Welling | | | | 94 | ZC Borger | | | | 6:51.00 | 288 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:34.03 | | 200m: | | 300m: | | 400m: | 6:51.00 | | |
| 13. | Nienke Heugen | | | | 94 | De Kikker | | | | 7:00.70 | 268 |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:44.93 | | 200m: | | 300m: | | 400m: | 7:00.70 | | |
| DIS | Irene Wolbers | | | | 94 | de Valken | | | | 6:02.82 | |
| | <i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i> | | | | | | | | | | |
| | 50m: | | | 150m: | | 250m: | | 350m: | | | |
| | 100m: | 1:20.50 | | 200m: | | 300m: | | 400m: | 6:02.82 | | |

lac A-comp. deel 4
Beilen, 25.1.2009

Programmanr. 6
25.1.09 - 15:33

Heren, 2000m vrije slag

14 jaar en ouder
Resultaten

Punten: FINA 2004

| Rang | | | | Geb. | | | | Tijd | Pnt |
|------|-------------------|---------|---------|--------|----------------------|--------|----------|-----------------|-----|
| 1. | Lars Hamming | | | 90 | Ritola Z&PC | | | 24:44.97 | 492 |
| | 100m: | 1:07.67 | 1:07.67 | 600m: | 1100m: | 1600m: | | | |
| | 200m: | 2:21.02 | 1:13.35 | 700m: | 1200m: | 1700m: | | | |
| | 300m: | | | 800m: | 9:50.44 | 1300m: | 1800m: | | |
| | 400m: | 4:50.14 | | 900m: | | 1400m: | 1900m: | | |
| | 500m: | | | 1000m: | | 1500m: | 18:40.29 | 2000m: 24:44.97 | |
| 2. | Peter Hummel | | | 93 | De Kikker | | | 25:32.43 | 448 |
| | 100m: | 1:09.57 | 1:09.57 | 600m: | 1100m: | 1600m: | | | |
| | 200m: | 2:23.84 | 1:14.27 | 700m: | 1200m: | 1700m: | | | |
| | 300m: | | | 800m: | 10:05.26 | 1300m: | 1800m: | | |
| | 400m: | 4:55.79 | | 900m: | | 1400m: | 1900m: | | |
| | 500m: | | | 1000m: | | 1500m: | 19:08.14 | 2000m: 25:32.43 | |
| 3. | Pepijn Stenveld | | | 90 | Ritola Z&PC | | | 25:58.14 | 426 |
| | 100m: | 1:08.95 | 1:08.95 | 600m: | 1100m: | 1600m: | | | |
| | 200m: | 2:23.41 | 1:14.46 | 700m: | 1200m: | 1700m: | | | |
| | 300m: | | | 800m: | 10:10.39 | 1300m: | 1800m: | | |
| | 400m: | 4:57.89 | | 900m: | | 1400m: | 1900m: | | |
| | 500m: | | | 1000m: | | 1500m: | 19:18.41 | 2000m: 25:58.14 | |
| 4. | Niels Schoemaker | | | 93 | ZPC Bikkel Hoogeveen | | | 26:32.68 | 399 |
| | 100m: | 1:14.01 | 1:14.01 | 600m: | 1100m: | 1600m: | | | |
| | 200m: | 2:32.19 | 1:18.18 | 700m: | 1200m: | 1700m: | | | |
| | 300m: | | | 800m: | 10:36.10 | 1300m: | 1800m: | | |
| | 400m: | 5:12.30 | | 900m: | | 1400m: | 1900m: | | |
| | 500m: | | | 1000m: | | 1500m: | 20:09.63 | 2000m: 26:32.68 | |
| 5. | Kieran Keen | | | 92 | ZC Borger | | | 26:38.90 | 394 |
| | 100m: | 1:12.53 | 1:12.53 | 600m: | 1100m: | 1600m: | | | |
| | 200m: | 2:33.21 | 1:20.68 | 700m: | 1200m: | 1700m: | | | |
| | 300m: | | | 800m: | 10:38.09 | 1300m: | 1800m: | | |
| | 400m: | 5:14.09 | | 900m: | | 1400m: | 1900m: | | |
| | 500m: | | | 1000m: | | 1500m: | 20:00.39 | 2000m: 26:38.90 | |
| 6. | Bart Verbon | | | 93 | De Kikker | | | 26:49.66 | 386 |
| | 100m: | 1:09.59 | 1:09.59 | 600m: | 1100m: | 1600m: | | | |
| | 200m: | 2:25.59 | 1:16.00 | 700m: | 1200m: | 1700m: | | | |
| | 300m: | | | 800m: | 10:22.87 | 1300m: | 1800m: | | |
| | 400m: | 5:01.06 | | 900m: | | 1400m: | 1900m: | | |
| | 500m: | | | 1000m: | | 1500m: | 19:56.59 | 2000m: 26:49.66 | |
| 7. | Jeroen Keizer | | | 90 | ZZG de Boskickers | | | 27:43.78 | 350 |
| | 100m: | 1:12.07 | 1:12.07 | 600m: | 1100m: | 1600m: | | | |
| | 200m: | 2:32.00 | 1:19.93 | 700m: | 1200m: | 1700m: | | | |
| | 300m: | | | 800m: | 10:46.62 | 1300m: | 1800m: | | |
| | 400m: | 5:14.26 | | 900m: | | 1400m: | 1900m: | | |
| | 500m: | | | 1000m: | | 1500m: | 20:40.96 | 2000m: 27:43.78 | |
| 8. | Richard Hovenkamp | | | 94 | De Spatters | | | 27:58.76 | 341 |
| | 100m: | 1:14.13 | 1:14.13 | 600m: | 1100m: | 1600m: | | | |
| | 200m: | 2:36.02 | 1:21.89 | 700m: | 1200m: | 1700m: | | | |
| | 300m: | | | 800m: | 11:05.82 | 1300m: | 1800m: | | |
| | 400m: | 5:24.04 | | 900m: | | 1400m: | 1900m: | | |
| | 500m: | | | 1000m: | | 1500m: | 21:10.89 | 2000m: 27:58.76 | |
| 9. | Kevin Mulder | | | 94 | ZPC Bikkel Hoogeveen | | | 31:11.07 | 246 |
| | 100m: | 1:21.07 | 1:21.07 | 600m: | 1100m: | 1600m: | | | |
| | 200m: | 2:52.16 | 1:31.09 | 700m: | 1200m: | 1700m: | | | |
| | 300m: | | | 800m: | 12:18.67 | 1300m: | 1800m: | | |
| | 400m: | 5:57.86 | | 900m: | | 1400m: | 1900m: | | |
| | 500m: | | | 1000m: | | 1500m: | 23:26.10 | 2000m: 31:11.07 | |