

LAC Periode 3, deel 1
Hoorn, 24.1.2009

Programmanr. 1 400m vrije slag Mix Minioren 3 en 4
24-01-2009 - 6:15 Resultaten

Rang In.tijd Tijd
Programmanr. 2 Jongens, 200m wisselslag Jongens Minioren 5 en 6
24-01-2009 - 6:15 Resultaten

Rang In.tijd Tijd
1. Levi Tol Ed-Vo 3:01.62 9700351 **2:58.18**
AFGEM Ian Berkel Zwemvereniging Hoorn NT 9801199

Programmanr. 3 Meisjes, 200m wisselslag Meisjes Minioren 5 Junioren 1
24-01-2009 - 6:19 Resultaten

Rang In.tijd Tijd
1. Marielle Vijver Zwemvereniging Hoorn 4:06.96 9800336 **3:31.15**
2. Annika Epker Zwemvereniging Hoorn 4:21.95 9701188 **4:14.10**

Programmanr. 4 Meisjes, 400m wisselslag Meisjes Junioren 2 en 3
24-01-2009 - 6:23 Resultaten

Rang In.tijd Tijd
1. Janine Kroon Ed-Vo NT 9600600 **6:06.55**
100m: 1:22.78 1:22.78 400m: 6:06.55 4:43.77
2. Sabrina van der Vis ZV Waterland 6:31.76 9503298 **6:37.26**
3. Simone Druif Zwemvereniging Hoorn 7:49.09 9505830 **6:38.39**
4. Judith Oudhuis ZV Waterland 6:41.15 9504444 **6:47.82**
50m: 42.06 42.06 100m: 1:33.82 51.76 400m: 6:47.82 5:14.00
5. Indra Sinnige Zwemvereniging Hoorn 7:40.39 9502076 **7:01.66**
100m: 1:44.78 1:44.78 400m: 7:01.66 5:16.88
6. Chantal Hoogervorst Zwemvereniging Hoorn NT 9603884 **7:04.01**
7. Lisa Schellinger ZV Waterland 7:22.16 9602006 **7:05.60**
DIS Jonna Epker Zwemvereniging Hoorn 6:58.19 9501196 **6:42.98**
SC - De bewegingen van de armen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.

Programmanr. 5 Jongens, 400m wisselslag Jongens Junioren 1 en 2
24-01-2009 - 6:40 Resultaten

Rang In.tijd Tijd
1. Ruben Tol Ed-Vo 5:38.37 9501119 **5:29.88**
2. Paul de Graaf ZV Waterland 6:27.06 9500107 **6:01.74**
3. Remco Tol Ed-Vo 6:23.47 9501505 **6:19.51**
4. Danny Berlemon Zwemvereniging Hoorn 6:21.60 9600527 **6:21.63**
50m: 38.89 38.89 100m: 1:29.51 50.62 400m: 6:21.63 4:52.12
5. Jordi Kerssens Zwemvereniging Hoorn NT 9601075 **6:53.94**
50m: 52.91 52.91 100m: 1:53.19 1:00.28 400m: 6:53.94 5:00.75
6. Alphonse de Koster Zwemvereniging Hoorn NT 9603695 **6:58.74**
7. Ruben Pera Zwemvereniging Hoorn NT 9602249 **7:00.57**

LAC Periode 3, deel 1
Hoorn, 24.1.2009

Programmanr. 6
24-01-2009 - 6:52

Dames, 2000m vrije slag

Dames Senioren Open
Resultaten

Rang							In.tijd			Tijd		
1.	Manon Sier		Ed-Vo		NT		9403210			34:43.76		
	50m:	43.99	43.99	600m:	10:17.69	1:44.51	1200m:	20:44.25	1:44.57	1800m:	31:17.68	1:46.08
	100m:	1:33.24	49.25	700m:	12:01.76	1:44.07	1300m:	22:30.49	1:46.24	1900m:	33:02.68	1:45.00
	200m:	3:14.34	1:41.10	800m:	13:48.08	1:46.32	1400m:	24:15.18	1:44.69	2000m:	34:43.76	1:41.08
	300m:	4:58.81	1:44.47	900m:	15:32.35	1:44.27	1500m:	26:01.08	1:45.90			
	400m:	6:47.27	1:48.46	1000m:	17:14.68	1:42.33	1600m:	27:44.84	1:43.76			
	500m:	8:33.18	1:45.91	1100m:	18:59.68	1:45.00	1700m:	29:31.60	1:46.76			
NG.ZA	Cyrille Feld		Zwemvereniging Hoorn		NT		9407080					

Programmanr. 7
24-01-2009 - 7:18

Heren, 2000m vrije slag

Heren Senioren Open
Resultaten

Rang							In.tijd			Tijd		
1.	Thom Wever		Zwemvereniging Hoorn		24:48.91		9102711			23:52.30		
	50m:	32.90	32.90	600m:	7:06.46	1:11.80	1200m:	14:15.56	1:11.07	1800m:	21:29.65	1:13.55
	100m:	1:08.16	35.26	700m:	8:18.49	1:12.03	1300m:	15:27.90	1:12.34	1900m:	22:41.41	1:11.76
	200m:	2:19.27	1:11.11	800m:	9:30.59	1:12.10	1400m:	16:39.16	1:11.26	2000m:	23:52.30	1:10.89
	300m:	3:30.40	1:11.13	900m:	10:41.81	1:11.22	1500m:	17:51.65	1:12.49			
	400m:	4:42.06	1:11.66	1000m:	11:53.41	1:11.60	1600m:	19:04.27	1:12.62			
	500m:	5:54.66	1:12.60	1100m:	13:04.49	1:11.08	1700m:	20:16.10	1:11.83			
2.	Jordy Kok		ZV Waterland		24:30.00		8701783			24:16.42		
	50m:	31.89	31.89	600m:	6:59.47	1:11.85	1200m:	14:20.15	1:14.25	1800m:	21:51.08	1:14.78
	100m:	1:05.19	33.30	700m:	8:11.62	1:12.15	1300m:	15:35.70	1:15.55	1900m:	23:05.63	1:14.55
	200m:	2:14.59	1:09.40	800m:	9:24.44	1:12.82	1400m:	16:50.47	1:14.77	2000m:	24:16.42	1:10.79
	300m:	3:24.68	1:10.09	900m:	10:37.88	1:13.44	1500m:	18:05.04	1:14.57			
	400m:	4:36.01	1:11.33	1000m:	11:51.27	1:13.39	1600m:	19:20.51	1:15.47			
	500m:	5:47.62	1:11.61	1100m:	13:05.90	1:14.63	1700m:	20:36.30	1:15.79			
3.	Richard Veerman		Ed-Vo		25:44.51		9106345			24:33.66		
	50m:	32.01	32.01	600m:	7:13.60	1:14.37	1200m:	14:41.27	1:14.72	1800m:	22:10.65	1:14.32
	100m:	1:06.61	34.60	700m:	8:27.80	1:14.20	1300m:	15:56.80	1:15.53	1900m:	23:23.41	1:12.76
	200m:	2:18.57	1:11.96	800m:	9:41.93	1:14.13	1400m:	17:10.71	1:13.91	2000m:	24:33.66	1:10.25
	300m:	3:31.05	1:12.48	900m:	10:55.90	1:13.97	1500m:	18:25.58	1:14.87			
	400m:	4:44.40	1:13.35	1000m:	12:10.05	1:14.15	1600m:	19:40.62	1:15.04			
	500m:	5:59.23	1:14.83	1100m:	13:26.55	1:16.50	1700m:	20:56.33	1:15.71			
4.	Casper van der Haagen		Zwemvereniging Hoorn		25:36.28		9202521			24:46.80		
	50m:	32.42	32.42	600m:	7:20.22	1:14.66	1200m:	14:49.01	1:15.17	1800m:	22:20.27	1:15.33
	100m:	1:08.58	36.16	700m:	8:34.22	1:14.00	1300m:	16:03.46	1:14.45	1900m:	23:35.44	1:15.17
	200m:	2:21.68	1:13.10	800m:	9:48.58	1:14.36	1400m:	17:17.94	1:14.48	2000m:	24:46.80	1:11.36
	300m:	3:35.44	1:13.76	900m:	11:03.47	1:14.89	1500m:	18:33.45	1:15.51			
	400m:	4:50.66	1:15.22	1000m:	12:17.89	1:14.42	1600m:	19:49.22	1:15.77			
	500m:	6:05.56	1:14.90	1100m:	13:33.84	1:15.95	1700m:	21:04.94	1:15.72			
5.	Nick Venema		ZV Waterland		26:24.09		9300951			25:34.02		
	50m:	33.89	33.89	600m:	7:33.46	1:17.44	1200m:	15:17.21	1:17.59	1800m:	23:03.11	1:16.66
	100m:	1:11.20	37.31	700m:	8:50.01	1:16.55	1300m:	16:35.21	1:18.00	1900m:	24:19.49	1:16.38
	200m:	2:26.80	1:15.60	800m:	10:06.55	1:16.54	1400m:	17:54.11	1:18.90	2000m:	25:34.02	1:14.53
	300m:	3:42.89	1:16.09	900m:	11:23.64	1:17.09	1500m:	19:11.49	1:17.38			
	400m:	4:59.30	1:16.41	1000m:	12:40.93	1:17.29	1600m:	20:29.25	1:17.76			
	500m:	6:16.02	1:16.72	1100m:	13:59.62	1:18.69	1700m:	21:46.45	1:17.20			
6.	Rob Tol		Ed-Vo		26:10.17		9205459			26:11.82		
	50m:	33.61	33.61	600m:	7:44.92	1:17.35	1200m:	15:44.22	1:21.58	1800m:	23:40.77	1:18.79
	100m:	1:11.86	38.25	700m:	9:04.36	1:19.44	1300m:	17:02.92	1:18.70	1900m:	24:50.48	1:09.71
	200m:	2:31.89	1:20.03	800m:	10:24.22	1:19.86	1400m:	18:24.77	1:21.85	2000m:	26:11.82	1:21.34
	300m:	3:50.48	1:18.59	900m:	11:44.16	1:19.94	1500m:	19:44.51	1:19.74			
	400m:	5:09.10	1:18.62	1000m:	13:04.09	1:19.93	1600m:	21:04.73	1:20.22			
	500m:	6:27.57	1:18.47	1100m:	14:22.64	1:18.55	1700m:	22:21.98	1:17.25			

LAC Periode 3, deel 1
Hoorn, 24.1.2009

Programmanr. 7, Heren, 2000m vrije slag, Heren Senioren Open

Rang					In.tijd		Tijd	
7.	Anne-Tjeerd Visser		Zwemvereniging Hoorn		30:03.82		9306179	26:47.70
	50m:	32.81 32.81	600m:	7:50.64 1:20.89	1200m:	16:01.51 1:21.70	1800m:	24:10.22 1:20.58
	100m:	1:09.82 37.01	700m:	9:13.15 1:22.51	1300m:	17:22.77 1:21.26	1900m:	25:30.89 1:20.67
	200m:	2:29.46 1:19.64	800m:	10:35.37 1:22.22	1400m:	18:44.25 1:21.48	2000m:	26:47.70 1:16.81
	300m:	3:48.86 1:19.40	900m:	11:55.89 1:20.52	1500m:	20:05.75 1:21.50		
	400m:	5:09.47 1:20.61	1000m:	13:18.09 1:22.20	1600m:	21:28.28 1:22.53		
	500m:	6:29.75 1:20.28	1100m:	14:39.81 1:21.72	1700m:	22:49.64 1:21.36		
8.	Kees Veerman		Ed-Vo		24:39.98		9205457	26:52.37
	50m:	32.99 32.99	600m:	7:50.40 1:21.11	1200m:	16:04.36 1:15.91	1800m:	24:16.07 1:19.33
	100m:	1:11.43 38.44	700m:	9:14.32 1:23.92	1300m:	17:31.87 1:27.51	1900m:	25:33.65 1:17.58
	200m:	2:31.59 1:20.16	800m:	10:36.89 1:22.57	1400m:	18:55.50 1:23.63	2000m:	26:52.37 1:18.72
	300m:	3:50.96 1:19.37	900m:	11:59.02 1:22.13	1500m:	20:16.68 1:21.18		
	400m:	5:10.11 1:19.15	1000m:	13:25.09 1:26.07	1600m:	21:36.28 1:19.60		
	500m:	6:29.29 1:19.18	1100m:	14:48.45 1:23.36	1700m:	22:56.74 1:20.46		
9.	Marijn Nijssen		Zwemvereniging Hoorn		26:33.00		8703983	26:57.17
	50m:	34.67 34.67	600m:	7:51.16 1:17.55	1200m:	16:02.11 1:18.75	1800m:	24:20.97 1:19.79
	100m:	1:14.12 39.45	700m:	9:15.99 1:24.83	1300m:	17:28.03 1:25.92	1900m:	25:45.73 1:24.76
	200m:	2:30.48 1:16.36	800m:	10:33.87 1:17.88	1400m:	18:45.64 1:17.61	2000m:	26:57.17 1:11.44
	300m:	3:52.07 1:21.59	900m:	11:58.89 1:25.02	1500m:	20:11.95 1:26.31		
	400m:	5:09.85 1:17.78	1000m:	13:17.64 1:18.75	1600m:	21:35.20 1:23.25		
	500m:	6:33.61 1:23.76	1100m:	14:43.36 1:25.72	1700m:	23:01.18 1:25.98		
10.	Jesse Dekker		Zwemvereniging Hoorn		28:27.83		9301699	27:39.21
	50m:	35.45 35.45	500m:	6:42.09 1:23.65	1000m:	13:43.62 1:24.41	1600m:	22:11.94 2:45.32
	100m:	1:14.50 39.05	600m:	8:06.21 1:24.12	1100m:	15:07.12 1:23.50	1700m:	23:35.75 1:23.81
	200m:	2:35.12 1:20.62	700m:	9:33.12 1:26.91	1200m:	16:32.13 1:25.01	1800m:	25:00.22 1:24.47
	300m:	3:56.43 1:21.31	800m:	10:55.54 1:22.42	1300m:	17:57.00 1:24.87	1900m:	26:22.52 1:22.30
	400m:	5:18.44 1:22.01	900m:	12:19.21 1:23.67	1400m:	19:26.62 1:29.62	2000m:	27:39.21 1:16.69
11.	Tom van Gulik		ZV Waterland		26:32.12		8400799	27:48.54
	50m:	40.53 40.53	900m:	12:25.39 1:23.87	1300m:	18:01.81 1:23.63	1700m:	23:38.21 1:23.84
	200m:	2:36.23 1:55.70	1000m:	13:49.28 1:23.89	1400m:	19:25.06 1:23.25	1800m:	25:03.26 1:25.05
	400m:	5:23.96 2:47.73	1100m:	15:14.52 1:25.24	1500m:	20:49.24 1:24.18	1900m:	26:27.31 1:24.05
	800m:	11:01.52 5:37.56	1200m:	16:38.18 1:23.66	1600m:	22:14.37 1:25.13	2000m:	27:48.54 1:21.23
12.	Nicky Kok		ZV Waterland		26:08.93		8801931	28:18.09
	50m:	31.62 31.62	600m:	8:08.20 2:50.34	1100m:	15:27.64 1:31.80	1600m:	22:45.18 1:26.71
	100m:	1:11.54 39.92	700m:	9:34.34 1:26.14	1200m:	16:54.29 1:26.65	1700m:	24:09.89 1:24.71
	200m:	2:32.22 1:20.68	800m:	11:00.04 1:25.70	1300m:	18:26.65 1:32.36	1800m:	25:33.08 1:23.19
	300m:	3:53.99 1:21.77	900m:	12:28.17 1:28.13	1400m:	19:54.34 1:27.69	1900m:	26:56.39 1:23.31
	400m:	5:17.86 1:23.87	1000m:	13:55.84 1:27.67	1500m:	21:18.47 1:24.13	2000m:	28:18.09 1:21.70
13.	Koen Kesting		ZV Waterland		NT		9400225	28:44.29
	50m:	35.18 35.18	600m:	8:24.39 1:25.53	1200m:	17:05.77 1:28.72	1800m:	25:58.83 1:28.88
	100m:	1:16.19 41.01	700m:	9:49.43 1:25.04	1300m:	18:35.78 1:30.01	1900m:	27:25.96 1:27.13
	200m:	2:40.82 1:24.63	800m:	11:15.14 1:25.71	1400m:	20:03.86 1:28.08	2000m:	28:44.29 1:18.33
	300m:	4:06.27 1:25.45	900m:	12:40.57 1:25.43	1500m:	21:31.71 1:27.85		
	400m:	5:33.96 1:27.69	1000m:	14:07.25 1:26.68	1600m:	23:02.03 1:30.32		
	500m:	6:58.86 1:24.90	1100m:	15:37.05 1:29.80	1700m:	24:29.95 1:27.92		
14.	Thijs Alferink		Zwemvereniging Hoorn		30:44.25		9206629	28:47.57
	50m:	34.33 34.33	600m:	8:27.99 1:26.66	1200m:	17:16.27 1:27.95	1800m:	26:04.08 1:25.12
	100m:	1:14.45 40.12	700m:	9:56.07 1:28.08	1300m:	18:44.25 1:27.98	1900m:	27:29.82 1:25.74
	200m:	2:38.46 1:24.01	800m:	11:24.25 1:28.18	1400m:	20:13.11 1:28.86	2000m:	28:47.57 1:17.75
	300m:	4:05.54 1:27.08	900m:	12:52.73 1:28.48	1500m:	21:41.63 1:28.52		
	400m:	5:33.43 1:27.89	1000m:	14:21.64 1:28.91	1600m:	23:11.04 1:29.41		
	500m:	7:01.33 1:27.90	1100m:	15:48.32 1:26.68	1700m:	24:38.96 1:27.92		
15.	Maikel Boes		ZV Waterland		30:35.80		9204629	31:24.73
	50m:	35.29 35.29	600m:	9:06.30 1:35.33	1200m:	18:40.23 1:36.82	1800m:	28:24.26 1:35.03
	100m:	1:16.58 41.29	700m:	10:39.89 1:33.59	1300m:	20:18.34 1:38.11	1900m:	29:58.62 1:34.36
	200m:	2:46.67 1:30.09	800m:	12:14.11 1:34.22	1400m:	21:54.37 1:36.03	2000m:	31:24.73 1:26.11
	300m:	4:20.06 1:33.39	900m:	13:49.22 1:35.11	1500m:	23:32.60 1:38.23		
	400m:	5:55.33 1:35.27	1000m:	15:25.36 1:36.14	1600m:	25:11.40 1:38.80		
	500m:	7:30.97 1:35.64	1100m:	17:03.41 1:38.05	1700m:	26:49.23 1:37.83		

LAC Periode 3, deel 1
Hoorn, 24.1.2009

Programmanr. 7, Heren, 2000m vrije slag, Heren Senioren Open

Rang											In.tijd	Tijd	
16.	Michiel van Essen										NT	9306377	31:51.32
	50m:	38.47	38.47	600m:	9:19.83	1:34.10	1200m:	19:08.51	1:40.22	1800m:	28:43.76	1:35.71	
	100m:	1:24.42	45.95	700m:	10:57.24	1:37.41	1300m:	20:45.91	1:37.40	1900m:	30:17.88	1:34.12	
	200m:	2:58.24	1:33.82	800m:	12:33.86	1:36.62	1400m:	22:23.76	1:37.85	2000m:	31:51.32	1:33.44	
	300m:	4:31.80	1:33.56	900m:	14:12.51	1:38.65	1500m:	23:55.68	1:31.92				
	400m:	6:06.44	1:34.64	1000m:	15:50.40	1:37.89	1600m:	25:30.22	1:34.54				
	500m:	7:45.73	1:39.29	1100m:	17:28.29	1:37.89	1700m:	27:08.05	1:37.83				
17.	Tim Houter										NT	9207049	32:06.95
	50m:	38.95	38.95	600m:	9:28.80	1:37.71	1200m:	19:12.26	1:37.50	1800m:	28:54.41	1:36.43	
	100m:	1:22.06	43.11	700m:	11:05.45	1:36.65	1300m:	20:49.61	1:37.35	1900m:	30:32.09	1:37.68	
	200m:	2:56.67	1:34.61	800m:	12:42.70	1:37.25	1400m:	22:26.61	1:37.00	2000m:	32:06.95	1:34.86	
	300m:	4:34.80	1:38.13	900m:	14:19.41	1:36.71	1500m:	24:03.41	1:36.80				
	400m:	6:12.45	1:37.65	1000m:	15:57.54	1:38.13	1600m:	25:40.29	1:36.88				
	500m:	7:51.09	1:38.64	1100m:	17:34.76	1:37.22	1700m:	27:17.98	1:37.69				
18.	Bruun Beenker										25:04.52	9100083	32:47.27
	50m:	38.75	38.75	600m:	9:22.00	1:36.72	1200m:	19:16.37	1:40.96	1800m:	29:26.37	1:42.77	
	100m:	1:23.91	45.16	700m:	10:59.55	1:37.55	1300m:	20:56.31	1:39.94	1900m:	31:10.09	1:43.72	
	200m:	2:58.34	1:34.43	800m:	12:36.41	1:36.86	1400m:	22:38.77	1:42.46	2000m:	32:47.27	1:37.18	
	300m:	4:33.77	1:35.43	900m:	14:14.06	1:37.65	1500m:	24:21.18	1:42.41				
	400m:	6:09.00	1:35.23	1000m:	15:53.97	1:39.91	1600m:	26:01.18	1:40.00				
	500m:	7:45.28	1:36.28	1100m:	17:35.41	1:41.44	1700m:	27:43.60	1:42.42				
19.	Thomas Franke										NT	9404853	32:48.17
	50m:	39.51	39.51	600m:	9:32.51	1:38.33	1200m:	19:28.20	1:41.11	1800m:	29:36.82	1:43.09	
	100m:	1:24.17	44.66	700m:	11:09.92	1:37.41	1300m:	21:10.22	1:42.02	1900m:	31:10.18	1:33.36	
	200m:	2:59.78	1:35.61	800m:	12:48.78	1:38.86	1400m:	22:49.99	1:39.77	2000m:	32:48.17	1:37.99	
	300m:	4:37.71	1:37.93	900m:	14:21.47	1:32.69	1500m:	24:30.81	1:40.82				
	400m:	6:15.69	1:37.98	1000m:	16:07.20	1:45.73	1600m:	26:13.41	1:42.60				
	500m:	7:54.18	1:38.49	1100m:	17:47.09	1:39.89	1700m:	27:53.73	1:40.32				
20.	Hajo Degeling										NT	9405565	35:42.61
	50m:	39.68	39.68	600m:	9:57.66	1:45.63	1200m:	20:56.21	1:50.82	1800m:	32:15.19	1:52.16	
	100m:	1:25.50	45.82	700m:	11:43.66	1:46.00	1300m:	22:49.99	1:53.78	1900m:	34:00.24	1:45.05	
	200m:	3:03.75	1:38.25	800m:	13:32.93	1:49.27	1400m:	24:44.67	1:54.68	2000m:	35:42.61	1:42.37	
	300m:	4:44.19	1:40.44	900m:	15:24.62	1:51.69	1500m:	26:39.26	1:54.59				
	400m:	6:27.19	1:43.00	1000m:	17:16.24	1:51.62	1600m:	28:33.95	1:54.69				
	500m:	8:12.03	1:44.84	1100m:	19:05.39	1:49.15	1700m:	30:23.03	1:49.08				