

LAC Periode 3, deel 1
Hoorn, 13.2.2010

Programmanr. 1 400m vrije slag Minioren 3 en 4
13-02-2010 - 6:15 Resultaten

Rang In.tijd Tijd
Programmanr. 2 Jongens, 200m wisselslag Minioren 5 en 6
13-02-2010 - 6:15 Resultaten

Rang In.tijd Tijd
1. Sam Haring Zwemvereniging Hoorn NT 9901491 **3:01.56**
50m: 39.38 39.38 200m: 3:01.56 2:22.18
2. Bas Takken Zwemvereniging Hoorn NT 9901643 **3:31.99**
DIS Ian Berkel ZV Waterland NT 9801199 **3:53.75**
RH - Het eindpunt niet in rugligging aangeraakt.
50m: 53.44 53.44 200m: 3:53.75 3:00.31

Programmanr. 3 Meisjes, 200m wisselslag Minioren 5 en Junioren 1
13-02-2010 - 6:18 Resultaten

Rang In.tijd Tijd
1. Marielle Vijver Zwemvereniging Hoorn 3:05.94 9800336 **3:03.86**
2. Denice Hukema Ed-Vo 3:35.27 9901844 **3:40.16**
DIS Rebecca Schipper ZV Waterland NT 9902240 **4:11.62**
SL - Met één hand keer- en/of eindpunt aangetikt.
AFGEM Dagmar Swier Zwemvereniging Hoorn 3:33.81 9900562

Programmanr. 4 Meisjes, 400m wisselslag Junioren 2 en 3
13-02-2010 - 6:22 Resultaten

Rang In.tijd Tijd
1. Manon Wiersma Zwemvereniging Hoorn 5:24.98 9600112 **5:24.36**
2. Claudia Rijkhoff Zwemvereniging Hoorn 5:55.32 9603338 **5:28.44**
50m: 32.96 32.96 100m: 1:12.44 39.48 400m: 5:28.44 4:16.00
3. Lisa Schellinger ZV Waterland 7:05.60 9602006 **6:39.79**
DIS Iris Kok Zwemvereniging Hoorn NT 9705466 **7:26.39**
RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te

Programmanr. 5 Jongens, 400m wisselslag Junioren 1 en 2
13-02-2010 - 6:29 Resultaten

Rang In.tijd Tijd
1. Yannick Vijver Zwemvereniging Hoorn NT 9600469 **5:20.10**
2. Danny Berlemon Zwemvereniging Hoorn 5:42.84 9600527 **5:42.76**
3. Jordi Kerstens Zwemvereniging Hoorn 6:53.94 9601075 **5:58.42**
50m: 39.42 39.42 100m: 1:33.41 53.99 400m: 5:58.42 4:25.01
4. Levi Tol Ed-Vo NT 9700351 **6:14.18**
5. Jasper Smits Zwemvereniging Hoorn NT 9605141 **7:00.00**

LAC Periode 3, deel 1
Hoorn, 13.2.2010

Programmanr. 6
13-02-2010 - 6:37

Dames, 2000m vrije slag

Jeugd 1 en ouder
Resultaten

Rang							In.tijd			Tijd		
1.	Esmée Bont		Ed-Vo				31:40.00	9502336	28:53.65			
	50m:	37.19	37.19	550m:	7:40.95	43.15	1050m:	14:56.78	44.36	1550m:	22:19.31	44.64
	100m:	1:17.29	40.10	600m:	8:23.75	42.80	1100m:	15:40.85	44.07	1600m:	23:04.67	45.36
	150m:	1:59.68	42.39	650m:	9:06.65	42.90	1150m:	16:25.29	44.44	1650m:	23:49.33	44.66
	200m:	2:42.78	43.10	700m:	9:50.55	43.90	1200m:	17:09.79	44.50	1700m:	24:35.11	45.78
	250m:	3:26.11	43.33	750m:	10:33.45	42.90	1250m:	17:53.18	43.39	1750m:	25:19.48	44.37
	300m:	4:07.29	41.18	800m:	11:17.24	43.79	1300m:	18:37.28	44.10	1800m:	26:03.89	44.41
	350m:	4:51.01	43.72	850m:	12:00.25	43.01	1350m:	19:21.43	44.15	1850m:	26:47.65	43.76
	400m:	5:32.69	41.68	900m:	12:43.59	43.34	1400m:	20:06.00	44.57	1900m:	27:31.14	43.49
	450m:	6:15.54	42.85	950m:	13:28.24	44.65	1450m:	20:50.13	44.13	1950m:	28:14.79	43.65
	500m:	6:57.80	42.26	1000m:	14:12.42	44.18	1500m:	21:34.67	44.54	2000m:	28:53.65	38.86
2.	Jonna Epker		Zwemvereniging Hoorn				NT	9501196	28:54.76			
	50m:	37.69	37.69	550m:	7:40.86	43.22	1050m:	14:56.80	44.63	1550m:	22:19.46	44.66
	100m:	1:19.46	41.77	600m:	8:23.70	42.84	1100m:	15:41.11	44.31	1600m:	23:05.15	45.69
	150m:	2:01.87	42.41	650m:	9:07.11	43.41	1150m:	16:25.17	44.06	1650m:	23:49.74	44.59
	200m:	2:45.64	43.77	700m:	9:50.36	43.25	1200m:	17:09.59	44.42	1700m:	24:34.99	45.25
	250m:	3:27.20	41.56	750m:	10:33.15	42.79	1250m:	17:52.97	43.38	1750m:	25:19.79	44.80
	300m:	4:09.65	42.45	800m:	11:16.90	43.75	1300m:	18:37.76	44.79	1800m:	26:04.37	44.58
	350m:	4:52.34	42.69	850m:	12:00.46	43.56	1350m:	19:21.67	43.91	1850m:	26:48.24	43.87
	400m:	5:33.65	41.31	900m:	12:43.15	42.69	1400m:	20:06.21	44.54	1900m:	27:32.76	44.52
	450m:	6:14.97	41.32	950m:	13:27.96	44.81	1450m:	20:50.46	44.25	1950m:	28:15.09	42.33
	500m:	6:57.64	42.67	1000m:	14:12.17	44.21	1500m:	21:34.80	44.34	2000m:	28:54.76	39.67
3.	Angela Tol		Ed-Vo				NT	9307222	30:10.19			
	50m:	39.47	39.47	550m:	8:19.58	46.84	1050m:	16:00.26	45.38	1550m:	23:41.91	46.25
	100m:	1:23.32	43.85	600m:	9:05.66	46.08	1100m:	16:45.33	45.07	1600m:	24:28.91	47.00
	150m:	2:08.37	45.05	650m:	9:52.10	46.44	1150m:	17:31.22	45.89	1650m:	25:15.97	47.06
	200m:	2:54.87	46.50	700m:	10:38.00	45.90	1200m:	18:17.89	46.67	1700m:	26:02.92	46.95
	250m:	3:41.07	46.20	750m:	11:24.42	46.42	1250m:	19:04.10	46.21	1750m:	26:49.82	46.90
	300m:	4:27.19	46.12	800m:	12:10.67	46.25	1300m:	19:50.51	46.41	1800m:	27:37.10	47.28
	350m:	5:13.36	46.17	850m:	12:57.07	46.40	1350m:	20:36.82	46.31	1850m:	28:24.27	47.17
	400m:	6:00.19	46.83	900m:	13:43.35	46.28	1400m:	21:23.66	46.84	1900m:	29:10.97	46.70
	450m:	6:46.48	46.29	950m:	14:29.27	45.92	1450m:	22:09.48	45.82	1950m:	29:56.74	45.77
	500m:	7:32.74	46.26	1000m:	15:14.88	45.61	1500m:	22:55.66	46.18	2000m:	30:10.19	13.45
4.	Sabrina van der Vis		ZV Waterland				NT	9503298	31:47.33			
	50m:	38.40	38.40	550m:	8:25.90	47.78	1050m:	16:24.31	48.70	1550m:	24:35.50	49.20
	100m:	1:21.90	43.50	600m:	9:14.40	48.50	1100m:	17:12.74	48.43	1600m:	25:25.58	50.08
	150m:	2:06.50	44.60	650m:	10:01.34	46.94	1150m:	18:01.34	48.60	1650m:	26:15.53	49.95
	200m:	2:53.21	46.71	700m:	10:49.55	48.21	1200m:	18:50.59	49.25	1700m:	27:03.29	47.76
	250m:	3:39.84	46.63	750m:	11:37.01	47.46	1250m:	19:40.29	49.70	1750m:	27:51.61	48.32
	300m:	4:26.70	46.86	800m:	12:25.01	48.00	1300m:	20:28.78	48.49	1800m:	28:40.28	48.67
	350m:	5:14.50	47.80	850m:	13:12.61	47.60	1350m:	21:17.13	48.35	1850m:	29:28.70	48.42
	400m:	6:02.61	48.11	900m:	14:01.50	48.89	1400m:	22:06.90	49.77	1900m:	30:16.93	48.23
	450m:	6:50.25	47.64	950m:	14:48.65	47.15	1450m:	22:56.75	49.85	1950m:	31:04.84	47.91
	500m:	7:38.12	47.87	1000m:	15:35.61	46.96	1500m:	23:46.30	49.55	2000m:	31:47.33	42.49
5.	Manon Sier		Ed-Vo				34:43.76	9403210	33:29.44			
	50m:	42.09	42.09	550m:	9:06.08	51.48	1050m:	17:30.07	49.51	1550m:	26:00.78	50.93
	100m:	1:29.22	47.13	600m:	9:53.72	47.64	1100m:	18:20.30	50.23	1600m:	26:51.05	50.27
	150m:	2:19.12	49.90	650m:	10:44.86	51.14	1150m:	19:11.78	51.48	1650m:	27:41.86	50.81
	200m:	3:09.69	50.57	700m:	11:36.13	51.27	1200m:	20:03.05	51.27	1700m:	28:33.15	51.29
	250m:	4:00.60	50.91	750m:	12:27.41	51.28	1250m:	20:53.38	50.33	1750m:	29:23.90	50.75
	300m:	4:50.82	50.22	800m:	13:18.87	51.46	1300m:	21:45.45	52.07	1800m:	30:15.45	51.55
	350m:	5:40.64	49.82	850m:	14:10.39	51.52	1350m:	22:37.62	52.17	1850m:	31:04.93	49.48
	400m:	6:31.58	50.94	900m:	15:00.86	50.47	1400m:	23:29.58	51.96	1900m:	31:53.22	48.29
	450m:	7:33.30	1:01.72	950m:	15:52.01	51.15	1450m:	24:19.33	49.75	1950m:	32:41.47	48.25
	500m:	8:14.60	41.30	1000m:	16:40.56	48.55	1500m:	25:09.85	50.52	2000m:	33:29.44	47.97

LAC Periode 3, deel 1
Hoorn, 13.2.2010

Programmanr. 6, Dames, 2000m vrije slag, Jeugd 1 en ouder

Rang											In.tijd	Tijd		
6.	Zoë van de Heijden										Zwemvereniging Hoorn	NT	9307674	34:56.71
	50m:	46.28	46.28	550m:	9:23.86	52.88	1050m:	18:16.02	53.65	1550m:	27:03.20	53.73		
	100m:	1:37.20	50.92	600m:	10:16.48	52.62	1100m:	19:10.82	54.80	1600m:	27:56.96	53.76		
	150m:	2:27.46	50.26	650m:	11:10.42	53.94	1150m:	20:03.47	52.65	1650m:	28:50.82	53.86		
	200m:	3:19.67	52.21	700m:	12:02.01	51.59	1200m:	20:53.16	49.69	1700m:	29:44.52	53.70		
	250m:	4:10.55	50.88	750m:	12:55.26	53.25	1250m:	21:46.09	52.93	1750m:	30:37.13	52.61		
	300m:	5:01.90	51.35	800m:	13:48.71	53.45	1300m:	22:38.32	52.23	1800m:	31:30.83	53.70		
	350m:	5:55.27	53.37	850m:	14:42.40	53.69	1350m:	23:31.98	53.66	1850m:	32:22.91	52.08		
	400m:	6:47.23	51.96	900m:	15:35.87	53.47	1400m:	24:26.48	54.50	1900m:	33:15.24	52.33		
	450m:	7:39.93	52.70	950m:	16:29.12	53.25	1450m:	25:19.28	52.80	1950m:	34:07.44	52.20		
	500m:	8:30.98	51.05	1000m:	17:22.37	53.25	1500m:	26:09.47	50.19	2000m:	34:56.71	49.27		

Programmanr. 7
13-02-2010 - 7:12

Heren, 2000m vrije slag

Junioren 3 en ouder
Resultaten

Rang											In.tijd	Tijd		
1.	Thom Wever										Zwemvereniging Hoorn	23:52.30	9102711	23:20.87
	50m:	31.27	31.27	550m:	6:20.35	35.10	1050m:	12:09.38	35.45	1550m:	18:05.24	35.24		
	100m:	1:06.31	35.04	600m:	6:56.13	35.78	1100m:	12:44.60	35.22	1600m:	18:40.18	34.94		
	150m:	1:40.54	34.23	650m:	7:31.92	35.79	1150m:	13:20.02	35.42	1650m:	19:15.30	35.12		
	200m:	2:15.05	34.51	700m:	8:07.55	35.63	1200m:	13:55.40	35.38	1700m:	19:50.45	35.15		
	250m:	2:49.76	34.71	750m:	8:41.56	34.01	1250m:	14:31.40	36.00	1750m:	20:25.40	34.95		
	300m:	3:24.52	34.76	800m:	9:16.35	34.79	1300m:	15:06.93	35.53	1800m:	21:00.50	35.10		
	350m:	3:59.32	34.80	850m:	9:50.68	34.33	1350m:	15:42.93	36.00	1850m:	21:36.52	36.02		
	400m:	4:34.68	35.36	900m:	10:25.06	34.38	1400m:	16:18.57	35.64	1900m:	22:12.54	36.02		
	450m:	5:10.45	35.77	950m:	10:59.82	34.76	1450m:	16:54.28	35.71	1950m:	22:48.41	35.87		
	500m:	5:45.25	34.80	1000m:	11:33.93	34.11	1500m:	17:30.00	35.72	2000m:	23:20.87	32.46		
2.	Hans Peter Hartog										DAW-Finzeno	22:22.99	9100859	23:28.34
	50m:	29.97	29.97	550m:	6:15.05	35.19	1050m:	12:10.61	35.47	1550m:	18:06.04	35.54		
	100m:	1:02.71	32.74	600m:	6:50.12	35.07	1100m:	12:45.98	35.37	1600m:	18:41.64	35.60		
	150m:	1:36.64	33.93	650m:	7:25.60	35.48	1150m:	13:21.92	35.94	1650m:	19:18.02	36.38		
	200m:	2:11.39	34.75	700m:	8:00.86	35.26	1200m:	13:57.12	35.20	1700m:	19:54.31	36.29		
	250m:	2:46.32	34.93	750m:	8:36.28	35.42	1250m:	14:32.54	35.42	1750m:	20:30.50	36.19		
	300m:	3:21.07	34.75	800m:	9:12.04	35.76	1300m:	15:08.10	35.56	1800m:	21:06.75	36.25		
	350m:	3:55.93	34.86	850m:	9:48.02	35.98	1350m:	15:43.91	35.81	1850m:	21:42.86	36.11		
	400m:	4:30.39	34.46	900m:	10:23.70	35.68	1400m:	16:19.39	35.48	1900m:	22:18.80	35.94		
	450m:	5:04.97	34.58	950m:	10:59.62	35.92	1450m:	16:54.97	35.58	1950m:	22:54.47	35.67		
	500m:	5:39.86	34.89	1000m:	11:35.14	35.52	1500m:	17:30.50	35.53	2000m:	23:28.34	33.87		
3.	Richard Veerman										Ed-Vo	24:33.66	9106345	23:58.98
	50m:	31.28	31.28	550m:	6:29.92	36.60	1050m:	12:32.70	36.48	1550m:	18:36.10	36.20		
	100m:	1:05.38	34.10	600m:	7:06.13	36.21	1100m:	13:08.88	36.18	1600m:	19:12.50	36.40		
	150m:	1:40.48	35.10	650m:	7:42.87	36.74	1150m:	13:44.70	35.82	1650m:	19:49.29	36.79		
	200m:	2:15.81	35.33	700m:	8:18.88	36.01	1200m:	14:20.74	36.04	1700m:	20:24.98	35.69		
	250m:	2:51.76	35.95	750m:	8:55.32	36.44	1250m:	14:56.98	36.24	1750m:	21:00.59	35.61		
	300m:	3:28.09	36.33	800m:	9:31.79	36.47	1300m:	15:34.03	37.05	1800m:	21:38.10	37.51		
	350m:	4:04.73	36.64	850m:	10:07.88	36.09	1350m:	16:10.88	36.85	1850m:	22:14.68	36.58		
	400m:	4:40.84	36.11	900m:	10:43.91	36.03	1400m:	16:47.09	36.21	1900m:	22:50.54	35.86		
	450m:	5:16.68	35.84	950m:	11:19.98	36.07	1450m:	17:23.47	36.38	1950m:	23:25.88	35.34		
	500m:	5:53.32	36.64	1000m:	11:56.22	36.24	1500m:	17:59.90	36.43	2000m:	23:58.98	33.10		
4.	Ruben Tol										Ed-Vo	24:40.30	9501119	24:17.90
	50m:	32.78	32.78	550m:	6:40.02	36.08	1050m:	12:46.02	36.21	1550m:	18:47.44	36.67		
	100m:	1:08.77	35.99	600m:	7:16.35	36.33	1100m:	13:21.09	35.07	1600m:	19:24.28	36.84		
	150m:	1:45.39	36.62	650m:	7:53.18	36.83	1150m:	13:57.43	36.34	1650m:	20:01.11	36.83		
	200m:	2:22.42	37.03	700m:	8:30.26	37.08	1200m:	14:33.68	36.25	1700m:	20:38.34	37.23		
	250m:	2:59.23	36.81	750m:	9:07.29	37.03	1250m:	15:09.36	35.68	1750m:	21:15.34	37.00		
	300m:	3:36.34	37.11	800m:	9:44.99	37.70	1300m:	15:45.44	36.08	1800m:	21:52.76	37.42		
	350m:	4:13.04	36.70	850m:	10:22.56	37.57	1350m:	16:21.49	36.05	1850m:	22:29.84	37.08		
	400m:	4:49.49	36.45	900m:	10:59.68	37.12	1400m:	16:57.65	36.16	1900m:	23:07.09	37.25		
	450m:	5:26.61	37.12	950m:	11:34.59	34.91	1450m:	17:34.19	36.54	1950m:	23:43.66	36.57		
	500m:	6:03.94	37.33	1000m:	12:09.81	35.22	1500m:	18:10.77	36.58	2000m:	24:17.90	34.24		

LAC Periode 3, deel 1
Hoorn, 13.2.2010

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

Rang					In.tijd				Tijd
5.	Bart Beemster		Zwemvereniging Hoorn		23:21.45		8700153		24:33.69
	50m:	31.48 31.48	550m:	6:21.39 35.94	1050m:	12:45.20 35.75	1550m:	19:06.98 43.87	
	100m:	1:05.35 33.87	600m:	6:56.97 35.58	1100m:	13:20.57 35.37	1600m:	19:49.87 42.89	
	150m:	1:40.07 34.72	650m:	7:32.82 35.85	1150m:	13:55.91 35.34	1650m:	20:25.73 35.86	
	200m:	2:14.81 34.74	700m:	8:08.32 35.50	1200m:	14:31.78 35.87	1700m:	21:00.20 34.47	
	250m:	2:49.88 35.07	750m:	8:43.79 35.47	1250m:	15:07.47 35.69	1750m:	21:35.31 35.11	
	300m:	3:24.32 34.44	800m:	9:21.87 38.08	1300m:	15:43.31 35.84	1800m:	22:12.28 36.97	
	350m:	3:59.31 34.99	850m:	10:01.28 39.41	1350m:	16:19.51 36.20	1850m:	22:47.28 35.00	
	400m:	4:34.54 35.23	900m:	10:42.96 41.68	1400m:	16:55.88 36.37	1900m:	23:20.37 33.09	
	450m:	5:10.07 35.53	950m:	11:26.81 43.85	1450m:	17:38.28 42.40	1950m:	23:59.33 38.96	
	500m:	5:45.45 35.38	1000m:	12:09.45 42.64	1500m:	18:23.11 44.83	2000m:	24:33.69 34.36	
6.	Casper van der Haagen		Zwemvereniging Hoorn		24:46.80		9202521		24:51.53
	50m:	33.28 33.28	550m:	6:49.00 37.28	1050m:	13:03.56 37.87	1550m:	19:19.53 37.77	
	100m:	1:10.32 37.04	600m:	7:26.94 37.94	1100m:	13:41.12 37.56	1600m:	19:57.10 37.57	
	150m:	1:47.94 37.62	650m:	8:04.60 37.66	1150m:	14:18.57 37.45	1650m:	20:34.73 37.63	
	200m:	2:25.25 37.31	700m:	8:42.07 37.47	1200m:	14:56.07 37.50	1700m:	21:12.31 37.58	
	250m:	3:02.98 37.73	750m:	9:19.03 36.96	1250m:	15:33.72 37.65	1750m:	21:49.91 37.60	
	300m:	3:41.03 38.05	800m:	9:56.22 37.19	1300m:	16:11.36 37.64	1800m:	22:27.01 37.10	
	350m:	4:18.64 37.61	850m:	10:33.15 36.93	1350m:	16:48.94 37.58	1850m:	23:04.32 37.31	
	400m:	4:56.48 37.84	900m:	11:10.66 37.51	1400m:	17:26.35 37.41	1900m:	23:41.32 37.00	
	450m:	5:34.06 37.58	950m:	11:48.22 37.56	1450m:	18:03.87 37.52	1950m:	24:17.66 36.34	
	500m:	6:11.72 37.66	1000m:	12:25.69 37.47	1500m:	18:41.76 37.89	2000m:	24:51.53 33.87	
7.	Jordy Kok		ZV Waterland		24:16.42		8701783		25:18.25
	50m:	33.20 33.20	550m:	6:54.71 38.72	1050m:	13:22.11 38.46	1550m:	19:46.57 37.32	
	100m:	1:10.51 37.31	600m:	7:32.96 38.25	1100m:	14:00.22 38.11	1600m:	20:24.10 37.53	
	150m:	1:48.64 38.13	650m:	8:10.88 37.92	1150m:	14:39.27 39.05	1650m:	21:01.31 37.21	
	200m:	2:26.74 38.10	700m:	8:49.89 39.01	1200m:	15:18.85 39.58	1700m:	21:38.07 36.76	
	250m:	3:04.68 37.94	750m:	9:29.30 39.41	1250m:	15:57.63 38.78	1750m:	22:14.65 36.58	
	300m:	3:43.05 38.37	800m:	10:08.57 39.27	1300m:	16:35.52 37.89	1800m:	22:51.29 36.64	
	350m:	4:20.86 37.81	850m:	10:47.82 39.25	1350m:	17:13.65 38.13	1850m:	23:28.14 36.85	
	400m:	4:58.72 37.86	900m:	11:26.52 38.70	1400m:	17:52.01 38.36	1900m:	24:05.24 37.10	
	450m:	5:37.59 38.87	950m:	12:05.45 38.93	1450m:	18:31.63 39.62	1950m:	24:41.89 36.65	
	500m:	6:15.99 38.40	1000m:	12:43.65 38.20	1500m:	19:09.25 37.62	2000m:	25:18.25 36.36	
8.	Remco Tol		Ed-Vo		26:10.05		9501505		25:25.19
	50m:	33.29 33.29	550m:	6:55.40 37.75	1050m:	13:12.66 38.60	1550m:	19:40.29 38.89	
	100m:	1:11.21 37.92	600m:	7:33.31 37.91	1100m:	13:51.34 38.68	1600m:	20:19.25 38.96	
	150m:	1:49.46 38.25	650m:	8:11.09 37.78	1150m:	14:30.25 38.91	1650m:	20:57.46 38.21	
	200m:	2:27.56 38.10	700m:	8:49.16 38.07	1200m:	15:09.19 38.94	1700m:	21:35.66 38.20	
	250m:	3:05.96 38.40	750m:	9:26.65 37.49	1250m:	15:48.27 39.08	1750m:	22:14.87 39.21	
	300m:	3:44.24 38.28	800m:	10:03.46 36.81	1300m:	16:26.66 38.39	1800m:	22:54.37 39.50	
	350m:	4:22.71 38.47	850m:	10:40.75 37.29	1350m:	17:05.25 38.59	1850m:	23:33.46 39.09	
	400m:	5:00.82 38.11	900m:	11:18.06 37.31	1400m:	17:43.96 38.71	1900m:	24:12.32 38.86	
	450m:	5:39.97 39.15	950m:	11:56.10 38.04	1450m:	18:22.49 38.53	1950m:	24:51.27 38.95	
	500m:	6:17.65 37.68	1000m:	12:34.06 37.96	1500m:	19:01.40 38.91	2000m:	25:25.19 33.92	
9.	Nick Venema		ZV Waterland		25:34.02		9300951		25:29.60
	50m:	32.86 32.86	550m:	6:49.66 37.51	1050m:	13:15.51 39.19	1550m:	19:44.51 39.01	
	100m:	1:09.60 36.74	600m:	7:27.73 38.07	1100m:	13:54.33 38.82	1600m:	20:22.75 38.24	
	150m:	1:46.81 37.21	650m:	8:06.37 38.64	1150m:	14:33.23 38.90	1650m:	21:01.29 38.54	
	200m:	2:24.93 38.12	700m:	8:45.12 38.75	1200m:	15:11.73 38.50	1700m:	21:39.40 38.11	
	250m:	3:02.50 37.57	750m:	9:23.51 38.39	1250m:	15:50.50 38.77	1750m:	22:18.23 38.83	
	300m:	3:40.20 37.70	800m:	10:01.70 38.19	1300m:	16:29.42 38.92	1800m:	22:56.64 38.41	
	350m:	4:17.56 37.36	850m:	10:40.25 38.55	1350m:	17:09.10 39.68	1850m:	23:35.25 38.61	
	400m:	4:55.31 37.75	900m:	11:18.94 38.69	1400m:	17:47.44 38.34	1900m:	24:14.10 38.85	
	450m:	5:33.78 38.47	950m:	11:57.54 38.60	1450m:	18:26.13 38.69	1950m:	24:52.87 38.77	
	500m:	6:12.15 38.37	1000m:	12:36.32 38.78	1500m:	19:05.50 39.37	2000m:	25:29.60 36.73	

LAC Periode 3, deel 1
Hoorn, 13.2.2010

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

Rang											In.tijd	Tijd		
10.	Guus Jonk										NT	9501509	25:54.07	
	50m:	33.01	33.01	550m:	6:49.36	38.75	1050m:	13:21.87	39.40	1550m:	20:00.36	39.45		
	100m:	1:09.12	36.11	600m:	7:28.09	38.73	1100m:	14:02.24	40.37	1600m:	20:41.61	41.25		
	150m:	1:46.49	37.37	650m:	8:07.16	39.07	1150m:	14:42.31	40.07	1650m:	21:20.61	39.00		
	200m:	2:23.61	37.12	700m:	8:45.55	38.39	1200m:	15:22.58	40.27	1700m:	22:00.19	39.58		
	250m:	3:01.36	37.75	750m:	9:24.46	38.91	1250m:	16:02.27	39.69	1750m:	22:40.37	40.18		
	300m:	3:38.67	37.31	800m:	10:03.86	39.40	1300m:	16:41.81	39.54	1800m:	23:20.71	40.34		
	350m:	4:16.68	38.01	850m:	10:43.40	39.54	1350m:	17:21.62	39.81	1850m:	24:00.40	39.69		
	400m:	4:54.89	38.21	900m:	11:22.77	39.37	1400m:	18:01.47	39.85	1900m:	24:39.27	38.87		
	450m:	5:32.67	37.78	950m:	12:02.69	39.92	1450m:	18:40.77	39.30	1950m:	25:17.99	38.72		
	500m:	6:10.61	37.94	1000m:	12:42.47	39.78	1500m:	19:20.91	40.14	2000m:	25:54.07	36.08		
11.	Nicky Kok										ZV Waterland	26:08.93	8801931	26:27.71
	50m:	34.50	34.50	550m:	6:58.54	40.69	1050m:	13:45.92	41.08	1550m:	20:30.60	41.57		
	100m:	1:10.89	36.39	600m:	7:40.06	41.52	1100m:	14:26.23	40.31	1600m:	21:10.57	39.97		
	150m:	1:47.23	36.34	650m:	8:20.86	40.80	1150m:	15:06.65	40.42	1650m:	21:50.29	39.72		
	200m:	2:24.19	36.96	700m:	9:01.63	40.77	1200m:	15:45.90	39.25	1700m:	22:30.24	39.95		
	250m:	3:01.31	37.12	750m:	9:42.10	40.47	1250m:	16:24.91	39.01	1750m:	23:09.83	39.59		
	300m:	3:38.93	37.62	800m:	10:23.06	40.96	1300m:	17:04.45	39.54	1800m:	23:50.23	40.40		
	350m:	4:16.52	37.59	850m:	11:03.45	40.39	1350m:	17:44.70	40.25	1850m:	24:30.06	39.83		
	400m:	4:54.98	38.46	900m:	11:44.09	40.64	1400m:	18:28.85	44.15	1900m:	25:09.79	39.73		
	450m:	5:37.53	42.55	950m:	12:24.89	40.80	1450m:	19:08.63	39.78	1950m:	25:48.90	39.11		
	500m:	6:17.85	40.32	1000m:	13:04.84	39.95	1500m:	19:49.03	40.40	2000m:	26:27.71	38.81		
12.	Bruun Beenker										Zwemvereniging Hoorn	25:04.52	9100083	26:49.06
	50m:	33.44	33.44	550m:	7:02.35	41.19	1050m:	13:54.97	41.65	1550m:	20:53.47	41.71		
	100m:	1:10.50	37.06	600m:	7:42.94	40.59	1100m:	14:37.76	42.79	1600m:	21:34.82	41.35		
	150m:	1:48.28	37.78	650m:	8:23.56	40.62	1150m:	15:19.12	41.36	1650m:	22:16.53	41.71		
	200m:	2:25.76	37.48	700m:	9:04.28	40.72	1200m:	16:00.22	41.10	1700m:	22:57.85	41.32		
	250m:	3:03.60	37.84	750m:	9:45.28	41.00	1250m:	16:41.66	41.44	1750m:	23:39.35	41.50		
	300m:	3:42.16	38.56	800m:	10:26.41	41.13	1300m:	17:23.82	42.16	1800m:	24:17.50	38.15		
	350m:	4:20.66	38.50	850m:	11:08.28	41.87	1350m:	18:06.35	42.53	1850m:	24:54.22	36.72		
	400m:	4:59.97	39.31	900m:	11:49.63	41.35	1400m:	18:48.50	42.15	1900m:	25:34.97	40.75		
	450m:	5:40.56	40.59	950m:	12:31.50	41.87	1450m:	19:29.85	41.35	1950m:	26:10.97	36.00		
	500m:	6:21.16	40.60	1000m:	13:13.32	41.82	1500m:	20:11.76	41.91	2000m:	26:49.06	38.09		
13.	Tim de Graaf										ZV Waterland	28:05.02	9202137	27:21.94
	50m:	34.73	34.73	550m:	7:22.30	41.05	1050m:	14:19.41	41.91	1550m:	21:17.39	41.59		
	100m:	1:13.65	38.92	600m:	8:03.92	41.62	1100m:	15:01.31	41.90	1600m:	21:58.55	41.16		
	150m:	1:53.59	39.94	650m:	8:45.16	41.24	1150m:	15:42.95	41.64	1650m:	22:38.87	40.32		
	200m:	2:34.34	40.75	700m:	9:26.77	41.61	1200m:	16:24.12	41.17	1700m:	23:20.86	41.99		
	250m:	3:13.81	39.47	750m:	10:08.50	41.73	1250m:	17:06.02	41.90	1750m:	24:01.49	40.63		
	300m:	3:55.59	41.78	800m:	10:49.38	40.88	1300m:	17:47.85	41.83	1800m:	24:42.91	41.42		
	350m:	4:36.72	41.13	850m:	11:31.54	42.16	1350m:	18:30.21	42.36	1850m:	25:24.15	41.24		
	400m:	5:18.53	41.81	900m:	12:13.70	42.16	1400m:	19:11.59	41.38	1900m:	26:04.74	40.59		
	450m:	6:00.16	41.63	950m:	12:55.60	41.90	1450m:	19:53.38	41.79	1950m:	26:46.15	41.41		
	500m:	6:41.25	41.09	1000m:	13:37.50	41.90	1500m:	20:35.80	42.42	2000m:	27:21.94	35.79		
14.	Rob Tol										Ed-Vo	26:10.17	9205459	28:25.55
	50m:	34.76	34.76	550m:	7:22.19	41.97	1050m:	14:24.34	37.90	1550m:	21:49.04	44.79		
	100m:	1:13.81	39.05	600m:	8:03.65	41.46	1100m:	15:06.21	41.87	1600m:	22:31.65	42.61		
	150m:	1:53.70	39.89	650m:	8:46.03	42.38	1150m:	15:52.90	46.69	1650m:	23:16.22	44.57		
	200m:	2:33.55	39.85	700m:	9:28.62	42.59	1200m:	16:35.97	43.07	1700m:	24:01.76	45.54		
	250m:	3:13.46	39.91	750m:	10:09.79	41.17	1250m:	17:20.37	44.40	1750m:	24:46.59	44.83		
	300m:	3:54.28	40.82	800m:	10:52.47	42.68	1300m:	18:04.90	44.53	1800m:	25:30.41	43.82		
	350m:	4:35.11	40.83	850m:	11:36.97	44.50	1350m:	18:50.03	45.13	1850m:	26:15.95	45.54		
	400m:	5:15.74	40.63	900m:	12:20.55	43.58	1400m:	19:32.29	42.26	1900m:	26:59.70	43.75		
	450m:	5:57.80	42.06	950m:	13:04.41	43.86	1450m:	20:19.09	46.80	1950m:	27:43.60	43.90		
	500m:	6:40.22	42.42	1000m:	13:46.44	42.03	1500m:	21:04.25	45.16	2000m:	28:25.55	41.95		

LAC Periode 3, deel 1
Hoorn, 13.2.2010

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

Rang					In.tijd					Tijd		
15.	Paul de Graaf				ZV Waterland	NT	9500107	28:37.25				
	50m:	36.37	36.37	550m:	7:35.74	42.80	1050m:	14:50.90	43.51	1550m:	22:08.16	43.10
	100m:	1:15.09	38.72	600m:	8:18.93	43.19	1100m:	15:34.03	43.13	1600m:	22:51.58	43.42
	150m:	1:55.21	40.12	650m:	9:02.21	43.28	1150m:	16:17.56	43.53	1650m:	23:35.61	44.03
	200m:	2:36.99	41.78	700m:	9:45.40	43.19	1200m:	17:01.85	44.29	1700m:	24:20.80	45.19
	250m:	3:19.34	42.35	750m:	10:29.28	43.88	1250m:	17:45.52	43.67	1750m:	25:03.90	43.10
	300m:	4:01.90	42.56	800m:	11:13.40	44.12	1300m:	18:29.06	43.54	1800m:	25:48.02	44.12
	350m:	4:44.44	42.54	850m:	11:57.73	44.33	1350m:	19:12.49	43.43	1850m:	26:32.75	44.73
	400m:	5:27.05	42.61	900m:	12:40.52	42.79	1400m:	19:56.52	44.03	1900m:	27:16.71	43.96
	450m:	6:10.00	42.95	950m:	13:23.80	43.28	1450m:	20:40.46	43.94	1950m:	27:59.52	42.81
	500m:	6:52.94	42.94	1000m:	14:07.39	43.59	1500m:	21:25.06	44.60	2000m:	28:37.25	37.73
16.	Tim Houter				Zwemvereniging Hoorn	30:41.28	9207049	30:20.66				
	50m:	37.28	37.28	550m:	8:08.63	45.60	1050m:	15:51.50	46.68	1550m:	23:35.38	46.38
	100m:	1:18.79	41.51	600m:	8:54.85	46.22	1100m:	16:38.22	46.72	1600m:	24:22.00	46.62
	150m:	2:02.91	44.12	650m:	9:40.97	46.12	1150m:	17:24.44	46.22	1650m:	25:08.19	46.19
	200m:	2:47.85	44.94	700m:	10:27.25	46.28	1200m:	18:10.50	46.06	1700m:	25:54.12	45.93
	250m:	3:33.72	45.87	750m:	11:13.66	46.41	1250m:	18:56.79	46.29	1750m:	26:39.41	45.29
	300m:	4:19.22	45.50	800m:	12:00.41	46.75	1300m:	19:42.66	45.87	1800m:	27:25.85	46.44
	350m:	5:05.00	45.78	850m:	12:46.41	46.00	1350m:	20:28.47	45.81	1850m:	28:11.85	46.00
	400m:	5:50.91	45.91	900m:	13:32.28	45.87	1400m:	21:14.94	46.47	1900m:	28:56.94	45.09
	450m:	6:36.94	46.03	950m:	14:18.60	46.32	1450m:	22:02.00	47.06	1950m:	29:41.16	44.22
	500m:	7:23.03	46.09	1000m:	15:04.82	46.22	1500m:	22:49.00	47.00	2000m:	30:20.66	39.50
17.	Maikel Boes				ZV Waterland	30:35.80	9204629	30:21.94				
	50m:	35.98	35.98	550m:	8:06.63	45.16	1050m:	15:51.88	47.15	1550m:	23:33.09	45.51
	100m:	1:18.90	42.92	600m:	8:52.79	46.16	1100m:	16:39.20	47.32	1600m:	24:19.17	46.08
	150m:	2:03.44	44.54	650m:	9:37.40	44.61	1150m:	17:25.47	46.27	1650m:	25:05.23	46.06
	200m:	2:48.73	45.29	700m:	10:23.81	46.41	1200m:	18:12.37	46.90	1700m:	25:52.69	47.46
	250m:	3:33.99	45.26	750m:	11:10.07	46.26	1250m:	18:57.93	45.56	1750m:	26:40.32	47.63
	300m:	4:18.94	44.95	800m:	11:56.87	46.80	1300m:	19:44.34	46.41	1800m:	27:25.32	45.00
	350m:	5:04.82	45.88	850m:	12:43.60	46.73	1350m:	20:30.69	46.35	1850m:	28:09.51	44.19
	400m:	5:50.51	45.69	900m:	13:31.62	48.02	1400m:	21:17.22	46.53	1900m:	28:54.73	45.22
	450m:	6:34.97	44.46	950m:	14:18.44	46.82	1450m:	22:01.90	44.68	1950m:	29:41.28	46.55
	500m:	7:21.47	46.50	1000m:	15:04.73	46.29	1500m:	22:47.58	45.68	2000m:	30:21.94	40.66
18.	Thomas Franke				Zwemvereniging Hoorn	32:48.17	9404853	30:23.61				
	50m:	36.16	36.16	550m:	8:06.43	45.29	1050m:	15:51.37	45.81	1550m:	23:34.99	46.65
	100m:	1:18.89	42.73	600m:	8:51.77	45.34	1100m:	16:38.97	47.60	1600m:	24:20.93	45.94
	150m:	2:03.70	44.81	650m:	9:37.23	45.46	1150m:	17:25.94	46.97	1650m:	25:07.64	46.71
	200m:	2:48.54	44.84	700m:	10:23.18	45.95	1200m:	18:12.09	46.15	1700m:	25:54.82	47.18
	250m:	3:33.66	45.12	750m:	11:09.57	46.39	1250m:	18:57.87	45.78	1750m:	26:41.32	46.50
	300m:	4:18.79	45.13	800m:	11:56.22	46.65	1300m:	19:43.79	45.92	1800m:	27:27.26	45.94
	350m:	5:03.97	45.18	850m:	12:43.72	47.50	1350m:	20:29.89	46.10	1850m:	28:13.37	46.11
	400m:	5:50.00	46.03	900m:	13:31.41	47.69	1400m:	21:16.25	46.36	1900m:	28:59.21	45.84
	450m:	6:35.57	45.57	950m:	14:18.86	47.45	1450m:	22:02.32	46.07	1950m:	29:45.16	45.95
	500m:	7:21.14	45.57	1000m:	15:05.56	46.70	1500m:	22:48.34	46.02	2000m:	30:23.61	38.45
19.	André Koopman				Zwemvereniging Hoorn	NT	8906613	30:52.00				
	50m:	38.89	38.89	550m:	8:19.16	46.34	1050m:	16:02.68	46.58	1550m:	23:57.18	47.67
	100m:	1:23.01	44.12	600m:	9:05.35	46.19	1100m:	16:49.01	46.33	1600m:	24:45.70	48.52
	150m:	2:08.25	45.24	650m:	9:51.47	46.12	1150m:	17:35.95	46.94	1650m:	25:32.97	47.27
	200m:	2:54.32	46.07	700m:	10:37.95	46.48	1200m:	18:22.79	46.84	1700m:	26:20.90	47.93
	250m:	3:40.65	46.33	750m:	11:24.38	46.43	1250m:	19:10.65	47.86	1750m:	27:09.09	48.19
	300m:	4:26.47	45.82	800m:	12:11.13	46.75	1300m:	19:57.47	46.82	1800m:	27:54.90	45.81
	350m:	5:13.11	46.64	850m:	12:57.20	46.07	1350m:	20:45.29	47.82	1850m:	28:40.65	45.75
	400m:	5:59.93	46.82	900m:	13:43.55	46.35	1400m:	21:33.54	48.25	1900m:	29:26.40	45.75
	450m:	6:46.47	46.54	950m:	14:29.79	46.24	1450m:	22:21.61	48.07	1950m:	30:11.43	45.03
	500m:	7:32.82	46.35	1000m:	15:16.10	46.31	1500m:	23:09.51	47.90	2000m:	30:52.00	40.57

LAC Periode 3, deel 1
Hoorn, 13.2.2010

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

Rang											In.tijd	Tijd		
20.	Rick Nobels										Zwemvereniging Hoorn	NT	9505569	32:26.31
	50m:	40.42	40.42	550m:	8:35.80	49.18	1050m:	16:46.90	49.78	1550m:	25:06.03	50.13		
	100m:	1:25.29	44.87	600m:	9:24.44	48.64	1100m:	17:37.13	50.23	1600m:	25:56.29	50.26		
	150m:	2:12.20	46.91	650m:	10:13.12	48.68	1150m:	18:26.20	49.07	1650m:	26:46.27	49.98		
	200m:	2:59.97	47.77	700m:	11:02.51	49.39	1200m:	19:15.56	49.36	1700m:	27:36.90	50.63		
	250m:	3:47.02	47.05	750m:	11:50.85	48.34	1250m:	20:06.44	50.88	1750m:	28:26.15	49.25		
	300m:	4:34.04	47.02	800m:	12:39.69	48.84	1300m:	20:56.13	49.69	1800m:	29:16.26	50.11		
	350m:	5:21.85	47.81	850m:	13:28.75	49.06	1350m:	21:45.56	49.43	1850m:	30:05.12	48.86		
	400m:	6:10.89	49.04	900m:	14:18.40	49.65	1400m:	22:35.62	50.06	1900m:	30:53.37	48.25		
	450m:	6:58.97	48.08	950m:	15:07.86	49.46	1450m:	23:25.90	50.28	1950m:	31:41.22	47.85		
	500m:	7:46.62	47.65	1000m:	15:57.12	49.26	1500m:	24:15.90	50.00	2000m:	32:26.31	45.09		
DIS	Menno Kasteleijn										Zwemvereniging Hoorn	NT	9406263	
	<i>AF - Niet de aangegeven afstand gezwommen. (geen tijden noteren)</i>													
	50m:	42.88	42.88	300m:	5:04.50	53.47	550m:	9:34.47	51.59	800m:	14:07.94	54.34		
	100m:	1:32.32	49.44	350m:	5:58.91	54.41	600m:	10:31.91	57.44	850m:	15:02.16	54.22		
	150m:	2:24.10	51.78	400m:	6:53.16	54.25	650m:	11:25.25	53.34	900m:	15:56.79	54.63		
	200m:	3:18.22	54.12	450m:	7:48.19	55.03	700m:	12:19.91	54.66	950m:	16:50.85	54.06		
	250m:	4:11.03	52.81	500m:	8:42.88	54.69	750m:	13:13.60	53.69	1000m:	17:45.06	54.21		
AFGEM	Marijn Nijssen										Zwemvereniging Hoorn	26:57.17	8703983	
AFGEM	Frank van der Wolff										Zwemvereniging Hoorn	NT	9400955	