

LAC periode 2 Deel 2
Alblasserdam, 15-4-2018

Programmanr. 1
15-4-2018 - 14:00

Heren, 400m wisselslag

14 jaar en ouder
Resultaten

Punten: FINA 2017

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|------|---------------------|---------|---------|-------|---------|-----------|-------|---------|---------|----------------|-----|
| 1. | VAN GROL, Paul | | | | 96 | Gzc Donk | | | | 5:09.07 | 442 |
| | 50m: | 30.19 | 30.19 | 100m: | 1:05.39 | 35.20 | 400m: | 5:09.07 | 4:03.68 | | |
| 2. | HESPER, Thomas | | | | 00 | Barracuda | | | | 5:15.25 | 416 |
| | 50m: | 32.26 | 32.26 | 100m: | 1:12.50 | 40.24 | 400m: | 5:15.25 | 4:02.75 | | |
| 3. | HOUWELING, Martijn | | | | 96 | Barracuda | | | | 5:19.18 | 401 |
| | 50m: | 31.77 | 31.77 | 100m: | 1:11.15 | 39.38 | 400m: | 5:19.18 | 4:08.03 | | |
| 4. | BONKESTOTER, Wessel | | | | 01 | Gzc Donk | | | | 5:35.36 | 346 |
| | 50m: | 35.41 | 35.41 | 100m: | 1:18.98 | 43.57 | 400m: | 5:35.36 | 4:16.38 | | |
| 5. | SLAGMOLEN, Mark | | | | 93 | Barracuda | | | | 5:46.38 | 314 |
| | 50m: | 36.26 | 36.26 | 100m: | 1:22.02 | 45.76 | 400m: | 5:46.38 | 4:24.36 | | |
| 6. | VAN GROL, Roel | | | | 98 | Gzc Donk | | | | 5:57.01 | 287 |
| | 50m: | 35.43 | 35.43 | 100m: | 1:20.89 | 45.46 | 400m: | 5:57.01 | 4:36.12 | | |
| 7. | DE KLERK, Ids | | | | 98 | Barracuda | | | | 6:23.01 | 232 |
| | 100m: | 1:18.48 | 1:18.48 | 400m: | 6:23.01 | 5:04.53 | | | | | |

Programmanr. 2
15-4-2018 - 14:15

Dames, 400m wisselslag

14 jaar en ouder
Resultaten

Punten: FINA 2017

| Rang | | | | | Geb. | | | | | Tijd | Pnt |
|------|------------------|-------|-------|-------|---------|-----------|-------|---------|---------|----------------|-----|
| 1. | VAN GROL, Susan | | | | 02 | Gzc Donk | | | | 5:53.40 | 395 |
| | 50m: | 37.06 | 37.06 | 100m: | 45.74 | 8.68 | 400m: | 5:53.40 | 5:07.66 | | |
| 2. | PIENAAR, Robin | | | | 01 | Barracuda | | | | 5:59.28 | 376 |
| | 50m: | 38.57 | 38.57 | 100m: | 1:23.53 | 44.96 | 400m: | 5:59.28 | 4:35.75 | | |
| 3. | DUITS, Eileen | | | | 98 | Gzc Donk | | | | 6:06.11 | 355 |
| | 50m: | 40.63 | 40.63 | 100m: | 1:28.32 | 47.69 | 400m: | 6:06.11 | 4:37.79 | | |
| 4. | HOOGENDAM, Linda | | | | 83 | Wvz | | | | 6:37.52 | 278 |
| | 50m: | 40.81 | 40.81 | 100m: | 1:31.44 | 50.63 | 400m: | 6:37.52 | 5:06.08 | | |

Programmanr. 3
15-4-2018 - 14:20

Jongens, 400m vrije slag

8 - 9 jaar
Resultaten

Punten: FINA 2017

| Rang | | | | | Geb. | | | | | Tijd | Pnt | |
|------|---------------------|-------|-------|-------|---------|-----------|-------|---------|---------|----------------|---------|---------|
| 1. | VAN VIANEN, Chen Xi | | | | 08 | Barracuda | | | | 6:23.13 | 170 | |
| | 50m: | 39.98 | 39.98 | 100m: | 1:24.82 | 44.84 | 200m: | 3:01.60 | 1:36.78 | 400m: | 6:23.13 | 3:21.53 |

LAC periode 2 Deel 2
Alblasserdam, 15-4-2018

Programmanr. 4
15-4-2018 - 14:30

Meisjes, 400m vrije slag

8 - 9 jaar
Resultaten

Punten: FINA 2017

| Rang | | | Geb. | | | | Tijd | Pnt |
|------|---------------------|-------|---------------|-----------|---------------|---------|----------------|---------|
| 1. | ENGELSE, Jinth | | 08 | Barracuda | | | 6:08.06 | 258 |
| | 50m: 41.34 | 41.34 | 100m: 1:28.03 | 46.69 | 200m: 3:03.12 | 1:35.09 | 400m: 6:08.06 | 3:04.94 |
| 2. | VAN DEN EIJK, Fleur | | 09 | Gzc Donk | | | 6:50.11 | 186 |
| | 50m: 43.52 | 43.52 | 100m: 1:34.75 | 51.23 | 200m: 3:22.38 | 1:47.63 | 400m: 6:50.11 | 3:27.73 |
| 3. | PASMA, Elodie | | 08 | Barracuda | | | 6:56.89 | 178 |
| | 50m: 49.94 | 49.94 | 100m: 1:44.62 | 54.68 | 200m: 3:35.91 | 1:51.29 | 400m: 6:56.89 | 3:20.98 |
| 4. | OUDERKERKEN, Mijke | | 09 | Gzc Donk | | | 6:59.71 | 174 |
| | 50m: 47.15 | 47.15 | 100m: 1:39.90 | 52.75 | 200m: 3:27.37 | 1:47.47 | 400m: 6:59.71 | 3:32.34 |

Programmanr. 5
15-4-2018 - 14:35

Jongens, 800m vrije slag

10 - 11 jaar
Resultaten

Punten: FINA 2017

| Rang | | | Geb. | | | | Tijd | Pnt |
|------|---------------------|-------|---------------|-----------|----------------|---------|-----------------|-----|
| 1. | BECHTOLD, Bas | | 06 | Barracuda | | | 11:57.02 | 236 |
| | 50m: 37.58 | 37.58 | 200m: 2:53.92 | 1:31.81 | 800m: 11:57.02 | 5:57.30 | | |
| | 100m: 1:22.11 | 44.53 | 400m: 5:59.72 | 3:05.80 | | | | |
| 2. | GAVRAN, Daniel | | 06 | Gzc Donk | | | 12:30.64 | 206 |
| | 50m: 40.48 | 40.48 | 200m: 3:00.40 | 1:34.61 | 800m: 12:30.64 | 6:17.16 | | |
| | 100m: 1:25.79 | 45.31 | 400m: 6:13.48 | 3:13.08 | | | | |
| 3. | AGUSSALIM, Joshua | | 06 | Barracuda | | | 13:13.73 | 174 |
| | 50m: 40.01 | 40.01 | 200m: 3:05.71 | 1:38.77 | 800m: 13:13.73 | 6:42.66 | | |
| | 100m: 1:26.94 | 46.93 | 400m: 6:31.07 | 3:25.36 | | | | |
| 4. | VAN VEEN, Giel | | 06 | Barracuda | | | 13:48.53 | 153 |
| | 50m: 43.66 | 43.66 | 200m: 3:19.01 | 1:44.43 | 800m: 13:48.53 | 6:56.30 | | |
| | 100m: 1:34.58 | 50.92 | 400m: 6:52.23 | 3:33.22 | | | | |
| 5. | PELTENBURG, Tristan | | 07 | Barracuda | | | 14:03.07 | 145 |
| | 50m: 44.76 | 44.76 | 200m: 3:19.94 | 1:44.71 | 800m: 14:03.07 | 7:08.02 | | |
| | 100m: 1:35.23 | 50.47 | 400m: 6:55.05 | 3:35.11 | | | | |

Programmanr. 6
15-4-2018 - 14:50

Meisjes, 800m vrije slag

10 - 11 jaar
Resultaten

Punten: FINA 2017

| Rang | | | Geb. | | | | Tijd | Pnt |
|------|----------------|-------|---------------|-----------|----------------|---------|-----------------|-----|
| 1. | SLOF, Sanne | | 06 | Barracuda | | | 11:43.85 | 315 |
| | 50m: 35.67 | 35.67 | 200m: 2:46.52 | 1:29.39 | 800m: 11:43.85 | 5:54.87 | | |
| | 100m: 1:17.13 | 41.46 | 400m: 5:48.98 | 3:02.46 | | | | |
| 2. | OOMENS, Mila | | 07 | Barracuda | | | 12:00.22 | 294 |
| | 50m: 41.30 | 41.30 | 200m: 2:59.44 | 1:31.75 | 800m: 12:00.22 | 5:56.02 | | |
| | 100m: 1:27.69 | 46.39 | 400m: 6:04.20 | 3:04.76 | | | | |
| 3. | STALLEN, Piera | | 06 | Gzc Donk | | | 13:02.51 | 229 |
| | 50m: 43.66 | 43.66 | 200m: 3:09.48 | 1:39.04 | 800m: 13:02.51 | 6:33.85 | | |
| | 100m: 1:30.44 | 46.78 | 400m: 6:28.66 | 3:19.18 | | | | |
| 4. | RUPKE, Annique | | 07 | Gzc Donk | | | 13:15.96 | 218 |
| | 50m: 42.55 | 42.55 | 200m: 3:10.71 | 1:39.85 | 800m: 13:15.96 | 6:40.88 | | |
| | 100m: 1:30.86 | 48.31 | 400m: 6:35.08 | 3:24.37 | | | | |
| 5. | MGHIZRAT, Nada | | 07 | Gzc Donk | | | 14:07.68 | 180 |
| | 50m: 46.83 | 46.83 | 200m: 3:28.37 | 1:49.06 | 800m: 14:07.68 | 7:02.60 | | |
| | 100m: 1:39.31 | 52.48 | 400m: 7:05.08 | 3:36.71 | | | | |

LAC periode 2 Deel 2
Alblasserdam, 15-4-2018

Programmanr. 6, Meisjes, 800m vrije slag, 10 - 11 jaar

| Rang | | Geb. | | Tijd | Pnt |
|------|--|---------------|-----------|-----------------|---------|
| 6. | VAN LUIJK, Dorien | 07 | Barracuda | 15:04.75 | 148 |
| | 50m: 48.91 48.91 | 200m: 3:37.72 | 1:54.18 | 800m: 15:04.75 | 7:35.00 |
| | 100m: 1:43.54 54.63 | 400m: 7:29.75 | 3:52.03 | | |
| DIS | SMIT, Naema | 07 | Gzc Donk | | |
| | <i>AF: De aangegeven afstand niet uitgezwommen</i> | | | | |

Programmanr. 7
15-4-2018 - 15:20

Jongens, 1500m vrije slag

11 - 13 jaar
Resultaten

Punten: FINA 2017

| Rang | | Geb. | | Tijd | Pnt |
|------|---------------------|----------------|-----------|-----------------|----------|
| 1. | BLANKER, Bas | 06 | Zpb H&L | 20:59.16 | 305 |
| | 50m: 35.86 35.86 | 200m: 2:40.68 | 1:23.87 | 800m: 11:11.42 | 5:40.89 |
| | 100m: 1:16.81 40.95 | 400m: 5:30.53 | 2:49.85 | 1500m: 20:59.16 | 9:47.74 |
| 2. | DEKKERS, Marijn | 04 | Gzc Donk | 21:17.09 | 292 |
| | 50m: 36.17 36.17 | 200m: 2:43.99 | 1:26.86 | 800m: 11:28.14 | 5:45.86 |
| | 100m: 1:17.13 40.96 | 400m: 5:42.28 | 2:58.29 | 1500m: 21:17.09 | 9:48.95 |
| 3. | VISSER, Thijs | 05 | Barracuda | 21:22.37 | 289 |
| | 50m: 36.58 36.58 | 200m: 2:44.58 | 1:25.91 | 800m: 11:23.35 | 5:47.63 |
| | 100m: 1:18.67 42.09 | 400m: 5:35.72 | 2:51.14 | 1500m: 21:22.37 | 9:59.02 |
| 4. | SCHOENMAKERS, Bo | 04 | Gzc Donk | 23:24.83 | 219 |
| | 50m: 38.83 38.83 | 200m: 2:54.36 | 1:31.92 | 800m: 12:22.83 | 6:20.27 |
| | 100m: 1:22.44 43.61 | 400m: 6:02.56 | 3:08.20 | 1500m: 23:24.83 | 11:02.00 |
| 5. | MELLAH, Yassine | 05 | Gzc Donk | 25:53.76 | 162 |
| | 50m: 41.74 41.74 | 200m: 3:09.21 | 1:39.76 | 1500m: 25:53.76 | 12:03.05 |
| | 100m: 1:29.45 47.71 | 800m: 13:50.71 | 10:41.50 | | |
| 6. | TURAY, Sidique | 05 | Barracuda | 26:42.99 | 148 |
| | 50m: 42.58 42.58 | 200m: 3:12.73 | 1:41.68 | 800m: 14:03.05 | 7:12.62 |
| | 100m: 1:31.05 48.47 | 400m: 6:50.43 | 3:37.70 | 1500m: 26:42.99 | 12:39.94 |

Programmanr. 8
15-4-2018 - 15:40

Meisjes, 1500m vrije slag

12 - 13 jaar
Resultaten

Punten: FINA 2017

| Rang | | Geb. | | Tijd | Pnt |
|------|---------------------|---------------|-----------|-----------------|----------|
| 1. | VERKUIJL, Emma | 05 | Barracuda | 20:51.92 | 396 |
| | 50m: 37.63 37.63 | 200m: 2:43.41 | 1:24.16 | 800m: 11:12.10 | 5:40.27 |
| | 100m: 1:19.25 41.62 | 400m: 5:31.83 | 2:48.42 | 1500m: 20:51.92 | 9:39.82 |
| 2. | HUISMAN, Marit | 05 | Barracuda | 21:53.76 | 343 |
| | 50m: 37.89 37.89 | 200m: 2:48.77 | 1:27.39 | 800m: 11:42.96 | 5:57.31 |
| | 100m: 1:21.38 43.49 | 400m: 5:45.65 | 2:56.88 | 1500m: 21:53.76 | 10:10.80 |