

LAC deel 4
Papendrecht, 16-2-2020

Programmanr. 1
16-2-2020

Meisjes, 200m wisselslag

Meisjes Minioren 5 en later
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Meisjes Minioren 3 en 4								
1. Manou Longayroux	ZZ&PC De Devel	NT 201000580	3:13.94		40.87			3:13.94
2. Milou Filemon	ZZ&PC De Devel	NT 201100078	3:23.21		43.61			3:23.21
3. Iris de Bode	KZV de Lansingh	NT 201000324	3:26.70		47.66			3:26.70
4. Naomi Mikhout	ZZ&PC De Devel	NT 201100414	3:40.76		47.00			3:40.76
5. Minke Olivia Bouman	ZZ&PC De Devel	NT 201100104	3:53.60		55.19			3:53.60
6. Lynn Walter	ZPV Barracuda	NT 201000394	3:56.58		57.35			3:56.58
7. Ilvy Lodder	ZZ&PC De Devel	NT 201100012	4:00.30		58.69			4:00.30
8. Thirza van Die	ZZ&PC De Devel	NT 201000460	4:02.63		58.11			4:02.63
9. Lieke van Geloof	ZZ&PC De Devel	NT 201000458	4:04.16		59.65			4:04.16
10. Ilse Stout	KZV de Lansingh	NT 201001704	4:05.39		1:01.85			4:05.39
11. Rosalie Zonneveld	ZPC Wiekslag	NT 201001588	4:10.94		1:01.39			4:10.94
12. Roos Kleijn	De Geul	NT 201100062	4:39.79		1:08.55			4:39.79

Meisjes Minioren 5

1. Grace Peters	ZPV Barracuda	3:15.44	200901474	3:13.41		43.34		3:13.41
2. M. van Wijngaarden	ZPB H&L Productions	3:22.75	200900246	3:20.83		49.68		3:20.83
3. Valerie Hesper	ZPV Barracuda	3:29.41	200900260	3:32.40		48.77		3:32.40
4. Aminata Turay	ZPV Barracuda	4:21.47	200900282	3:52.25	243	57.99		3:52.25

Programmanr. 2
16-2-2020

Meisjes, 200m wisselslag

Meisjes Minioren 5
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
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Programmanr. 3
16-2-2020

Jongens, 400m vrije slag

Jongens Minioren 3 en 4
Resultaten

rang naam	vereniging	intijd	tijd	RT
1. Eli Shields	KZV de Lansingh	NT 201000407	6:07.90	
50m: 42.12	42.12	150m:	250m:	350m:
100m: 1:29.69	47.57	200m: 3:04.86	300m:	400m: 6:07.90
2. Jordan Neyhoft	ZPC Wiekslag	NT 201000765	6:27.20	
50m: 43.03	43.03	150m:	250m:	350m:
100m: 1:31.57	48.54	200m: 3:10.57	300m:	400m: 6:27.20
3. Vince van Dam	KZV de Lansingh	7:37.63	201000405	6:38.81
50m: 43.36	43.36	150m:	250m:	350m:
100m: 1:32.45	49.09	200m: 3:14.45	300m:	400m: 6:38.81
4. Ghalil Lodder	ZPC Wiekslag	NT 201000711	6:41.83	
50m: 41.48	41.48	150m:	250m:	350m:
100m: 1:31.04	49.56	200m: 3:12.20	300m:	400m: 6:41.83
5. Kris Westerhout	ZZ&PC De Devel	NT 201000883	6:42.81	
50m: 43.48	43.48	150m:	250m:	350m:
100m: 1:34.76	51.28	200m: 3:20.63	300m:	400m: 6:42.81
6. Nick de Vries	Poseidon'56	NT 201000225	6:54.34	
50m: 42.58	42.58	150m:	250m:	350m:
100m: 1:33.19	50.61	200m: 3:17.96	300m:	400m: 6:54.34
7. Rens van der Es	De Geul	NT 201000583	7:23.43	
50m: 50.12	50.12	150m:	250m:	350m:
100m: 1:48.07	57.95	200m: 3:42.78	300m:	400m: 7:23.43
8. Tygo van Berkel	De Geul	NT 201000327	7:30.27	
50m: 50.58	50.58	150m:	250m:	350m:
100m: 1:47.62	57.04	200m: 3:44.25	300m:	400m: 7:30.27
9. Anthony Marcus	ZZ&PC De Devel	NT 201001261	9:13.72	
50m: 58.78	58.78	150m:	250m:	350m:
100m: 2:07.53	1:08.75	200m: 4:31.00	300m:	400m: 9:13.72
DIS Thijs Jansen	ZZ&PC De Devel	NT 201000415		

LAC deel 4
Papendrecht, 16-2-2020

Programmanr. 4
16-2-2020

Jongens, 800m vrije slag

Jongens Minioren 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Yarno van Dam	KZV de Lansingh	11:38.42	200800115	10:08.08
	100m: 1:09.62	1:09.62	300m: 5:00.12	500m: 7:00m:	800m: 10:08.08
	200m: 2:25.45	1:15.83	400m: 5:00.12	600m: 800m:	
2.	Chen Xi van Vianen	ZPV Barracuda	11:17.92	200800191	10:39.74
	100m: 1:09.86	1:09.86	300m: 5:07.69	500m: 7:00m:	800m: 10:39.74
	200m: 2:26.83	1:16.97	400m: 5:07.69	600m: 800m:	
3.	Jesper van Tilburg	De Geul	12:02.05	200800043	11:26.63
	100m: 1:18.72	1:18.72	300m: 5:42.77	500m: 7:00m:	800m: 11:26.63
	200m: 2:47.34	1:28.62	400m: 5:42.77	600m: 800m:	
4.	Aidan van der Stelt	ZZ&PC De Devel	NT	200900901	12:27.33
	100m: 1:26.79	1:26.79	300m: 6:14.99	500m: 7:00m:	800m: 12:27.33
	200m: 3:02.85	1:36.06	400m: 6:14.99	600m: 800m:	
5.	Lars Barendrecht	ZPV Barracuda	12:58.10	200800587	12:36.81
	100m: 1:28.52	1:28.52	300m: 6:22.01	500m: 7:00m:	800m: 12:36.81
	200m: 3:06.38	1:37.86	400m: 6:22.01	600m: 800m:	
6.	Thom Veldhoen	ZZ&PC De Devel	NT	200901159	12:40.11
	100m: 1:30.01	1:30.01	300m: 6:21.44	500m: 7:00m:	800m: 12:40.11
	200m: 3:06.20	1:36.19	400m: 6:21.44	600m: 800m:	
7.	Valentijn Penning	ZZ&PC De Devel	NT	200900099	12:43.94
	100m: 1:31.49	1:31.49	300m: 6:26.31	500m: 7:00m:	800m: 12:43.94
	200m: 3:10.29	1:38.80	400m: 6:26.31	600m: 800m:	
8.	Thijn Versloot	De Geul	13:13.78	200800231	12:45.75
	100m: 1:26.14	1:26.14	300m: 6:21.07	500m: 7:00m:	800m: 12:45.75
	200m: 3:02.12	1:35.98	400m: 6:21.07	600m: 800m:	
9.	Dylan Dortland	ZPV Barracuda	13:16.18	200900165	12:48.26
	100m: 1:28.95	1:28.95	300m: 6:22.66	500m: 7:00m:	800m: 12:48.26
	200m: 3:06.45	1:37.50	400m: 6:22.66	600m: 800m:	
10.	Luuk Schippers	Poseidon'56	NT	200901161	13:00.60
	100m: 1:32.08	1:32.08	300m: 6:34.04	500m: 7:00m:	800m: 13:00.60
	200m: 3:12.21	1:40.13	400m: 6:34.04	600m: 800m:	
11.	Owen Houdé	De Geul	NT	200900903	13:06.24
	100m: 1:34.21	1:34.21	300m: 6:36.90	500m: 7:00m:	800m: 13:06.24
	200m: 3:14.54	1:40.33	400m: 6:36.90	600m: 800m:	
12.	Thijs Bijman	ZPV Barracuda	NT	200901111	13:55.91
	100m: 1:36.23	1:36.23	300m: 6:57.12	500m: 7:00m:	800m: 13:55.91
	200m: 3:23.11	1:46.88	400m: 6:57.12	600m: 800m:	
13.	Paul Ruitenbergh	De Geul	NT	200900979	14:02.83
	100m: 1:30.02	1:30.02	300m: 6:56.63	500m: 7:00m:	800m: 14:02.83
	200m: 3:18.04	1:48.02	400m: 6:56.63	600m: 800m:	

Programmanr. 5
16-2-2020

Jongens, 1500m vrije slag

Jongens Junioren 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Bas Blanker	ZPB H&L Productions	19:27.05	200601497	18:53.43
	100m: 1:08.69	1:08.69	500m: 9:59.25	900m: 13:00m:	1500m: 18:53.43
	200m: 2:23.93	1:15.24	600m: 9:59.25	1000m: 14:00m:	
	300m: 4:55.43	1:23.57	700m: 9:59.25	1100m: 15:00m:	
	400m: 4:55.43	1:23.57	800m: 9:59.25	1200m: 15:00m:	
2.	Bas Bechtold	ZPV Barracuda	23:21.38	200600007	20:53.72
	100m: 1:14.55	1:14.55	500m: 11:00.62	900m: 13:00m:	1500m: 20:53.72
	200m: 2:36.30	1:21.75	600m: 11:00.62	1000m: 14:00m:	
	300m: 5:20.99	1:21.75	700m: 11:00.62	1100m: 15:00m:	
	400m: 5:20.99	1:21.75	800m: 11:00.62	1200m: 15:00m:	
3.	Jasper Groen	KZV de Lansingh	22:12.60	200602325	21:11.57
	100m: 1:15.35	1:15.35	500m: 11:07.69	900m: 13:00m:	1500m: 21:11.57
	200m: 2:38.92	1:23.57	600m: 11:07.69	1000m: 14:00m:	
	300m: 5:29.51	1:23.57	700m: 11:07.69	1100m: 15:00m:	
	400m: 5:29.51	1:23.57	800m: 11:07.69	1200m: 15:00m:	
4.	Joshua Agussalim	ZPV Barracuda	22:49.78	200600153	21:13.58
	100m: 1:11.25	1:11.25	500m: 11:12.71	900m: 13:00m:	1500m: 21:13.58
	200m: 2:34.59	1:23.34	600m: 11:12.71	1000m: 14:00m:	
	300m: 5:26.21	1:23.34	700m: 11:12.71	1100m: 15:00m:	
	400m: 5:26.21	1:23.34	800m: 11:12.71	1200m: 15:00m:	

LAC deel 4
Papendrecht, 16-2-2020

Programmanr. 5, Jongens, 1500m vrije slag, Jongens Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT
5.	Bart Tuinenburg	De Geul	23:05.84	200602347	21:43.71
	100m: 1:20.65	1:20.65	500m:	900m:	1300m:
	200m: 2:47.20	1:26.55	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	21:43.71
	400m: 5:41.71	800m: 11:33.81	1200m:		
6.	Tijn van Die	ZZ&PC De Devel	NT	200701747	22:47.31
	100m: 1:24.47	1:24.47	500m:	900m:	1300m:
	200m: 2:56.70	1:32.23	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	22:47.31
	400m: 6:01.85	800m: 12:11.51	1200m:		
7.	Wout Jonkers	Poseidon'56	25:01.37	200600939	23:44.57
	100m: 1:14.46	1:14.46	500m:	900m:	1300m:
	200m: 2:42.33	1:27.87	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	23:44.57
	400m: 5:52.03	800m: 12:20.24	1200m:		
8.	Kees Wassenaar	ZPC Wiekslag	NT	200702917	23:58.46
	100m: 1:26.03	1:26.03	500m:	900m:	1300m:
	200m: 3:00.14	1:34.11	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	23:58.46
	400m: 6:13.52	800m: 12:45.94	1200m:		
9.	Twan Huisman	ZPV Barracuda	NT	200702207	24:23.16
	100m: 1:26.87	1:26.87	500m:	900m:	1300m:
	200m: 3:02.63	1:35.76	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	24:23.16
	400m: 6:16.30	800m: 12:43.87	1200m:		
10.	Hassan Turay	ZPV Barracuda	NT	200700519	24:52.04
	100m: 1:26.74	1:26.74	500m:	900m:	1300m:
	200m: 3:00.90	1:34.16	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	24:52.04
	400m: 6:17.81	800m: 13:05.49	1200m:		
11.	Ties Lakke	KZV de Lansingh	NT	200703517	25:26.87
	100m: 1:30.54	1:30.54	500m:	900m:	1300m:
	200m: 3:07.57	1:37.03	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	25:26.87
	400m: 6:30.40	800m: 13:26.90	1200m:		

Programmanr. 6
16-2-2020

Heren, 2000m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Jongens Junioren 3 en 4					
1.	Menno Wieringa	KZV de Lansingh	NT	200500927	24:44.52
	100m: 1:06.08	1:06.08	600m:	1100m:	1600m:
	200m: 2:19.95	1:13.87	700m:	1200m:	1700m:
	300m:	800m: 9:57.26	900m:	1300m:	1800m:
	400m: 4:52.08	1000m:	1400m:	1900m:	1900m:
	500m:	1500m: 18:43.55	2000m:	24:44.52	24:44.52
2.	Stijn de Bondt	ZPB H&L Productions	NT	200502249	26:04.62
	100m: 1:08.19	1:08.19	600m:	1100m:	1600m:
	200m: 2:26.38	1:18.19	700m:	1200m:	1700m:
	300m:	800m: 10:20.12	900m:	1300m:	1800m:
	400m: 5:01.88	1000m:	1400m:	1900m:	1900m:
	500m:	1500m: 19:43.25	2000m:	26:04.62	26:04.62
3.	Aaïke de Tender	ZPC Wiekslag	NT	200502189	26:39.30
	100m: 1:13.46	1:13.46	600m:	1100m:	1600m:
	200m: 2:32.94	1:19.48	700m:	1200m:	1700m:
	300m:	800m: 10:34.26	900m:	1300m:	1800m:
	400m: 5:12.26	1000m:	1400m:	1900m:	1900m:
	500m:	1500m: 19:59.36	2000m:	26:39.30	26:39.30
4.	Tjomme de Tender	ZPC Wiekslag	NT	200502187	27:36.27
	100m: 1:14.57	1:14.57	600m:	1100m:	1600m:
	200m: 2:36.59	1:22.02	700m:	1200m:	1700m:
	300m:	800m: 10:52.35	900m:	1300m:	1800m:
	400m: 5:21.39	1000m:	1400m:	1900m:	1900m:
	500m:	1500m: 20:42.37	2000m:	27:36.27	27:36.27
5.	Reinier Velthuijs	ZPV Barracuda	29:40.30	200503537	30:38.21
	100m: 1:17.20	1:17.20	600m:	1100m:	1600m:
	200m: 2:42.66	1:25.46	700m:	1200m:	1700m:
	300m:	800m: 12:24.95	900m:	1300m:	1800m:
	400m: 5:40.58	1000m:	1400m:	1900m:	1900m:
	500m:	1500m: 22:19.65	2000m:	30:38.21	30:38.21

LAC deel 4
Papendrecht, 16-2-2020

Programmanr. 6, Jongens, 2000m vrije slag, Jongens Junioren 3 en 4

rang	naam	vereniging	intijd	2000	tijd	RT
6.	Jip van Veen	ZPV Barracuda	31:53.00	200401353	33:03.06	
	100m: 1:22.93	1:22.93	600m:	1100m:	1600m:	
	200m: 2:56.25	1:33.32	700m:	1200m:	1700m:	
	300m:		800m: 12:47.70	1300m:	1800m:	
	400m: 6:09.59		900m:	1400m:	1900m:	
	500m:	1000m:		1500m: 24:35.08	2000m: 33:03.06	
7.	Jelmer Paans	ZZ&PC De Devel	NT	200404441	34:08.96	S14
	100m: 1:30.07	1:30.07	600m:	1100m:	1600m:	
	200m: 3:10.46	1:40.39	700m:	1200m:	1700m:	
	300m:		800m: 13:26.97	1300m:	1800m:	
	400m: 6:33.65		900m:	1400m:	1900m:	
	500m:	1000m:		1500m: 25:51.39	2000m: 34:08.96	

Jongens Jeugd 1 en 2

1.	Julian Stok	ZZ&PC De Devel	26:21.22	200300071	26:16.28	
	100m: 1:08.51	1:08.51	600m:	1100m:	1600m:	
	200m: 2:24.79	1:16.28	700m:	1200m:	1700m:	
	300m:		800m: 10:21.16	1300m:	1800m:	
	400m: 5:01.13		900m:	1400m:	1900m:	
	500m:	1000m:		1500m: 19:40.02	2000m: 26:16.28	
2.	Tygo Korving	ZPB H&L Productions	26:58.90	200300773	27:06.12	
	100m: 1:09.90	1:09.90	600m:	1100m:	1600m:	
	200m: 2:26.82	1:16.92	700m:	1200m:	1700m:	
	300m:		800m: 10:36.32	1300m:	1800m:	
	400m: 5:06.68		900m:	1400m:	1900m:	
	500m:	1000m:		1500m: 20:20.18	2000m: 27:06.12	
3.	Robert Speksnijder	ZPB H&L Productions	27:02.60	200200429	27:18.36	
	100m: 1:11.56	1:11.56	600m:	1100m:	1600m:	
	200m: 2:35.39	1:23.83	700m:	1200m:	1700m:	
	300m:		800m: 11:01.39	1300m:	1800m:	
	400m: 5:26.13		900m:	1400m:	1900m:	
	500m:	1000m:		1500m: 20:35.22	2000m: 27:18.36	
4.	Brandon Groeneveld	De Geul	26:42.00	200300595	27:45.98	
	100m: 1:09.98	1:09.98	600m:	1100m:	1600m:	
	200m: 2:28.18	1:18.20	700m:	1200m:	1700m:	
	300m:		800m: 10:48.64	1300m:	1800m:	
	400m: 5:11.22		900m:	1400m:	1900m:	
	500m:	1000m:		1500m: 20:44.55	2000m: 27:45.98	
5.	Dylan van Kleij	Poseidon'56	28:50.83	200203297	28:14.73	
	100m: 1:12.65	1:12.65	600m:	1100m:	1600m:	
	200m: 2:34.12	1:21.47	700m:	1200m:	1700m:	
	300m:		800m: 11:06.33	1300m:	1800m:	
	400m: 5:22.58		900m:	1400m:	1900m:	
	500m:	1000m:		1500m: 21:14.43	2000m: 28:14.73	
AFGEM	Thierry den Ouden	ZPC Wiekslag	NT	200300729		

Heren Senioren Open

1.	Lars Schoffemeer	ZPB H&L Productions	23:34.41	199501907	23:31.24	
	100m: 1:05.33	1:05.33	600m:	1100m:	1600m:	
	200m: 2:15.08	1:09.75	700m:	1200m:	1700m:	
	300m:		800m: 9:16.53	1300m:	1800m:	
	400m: 4:36.61		900m:	1400m:	1900m:	
	500m:	1000m:		1500m: 17:32.93	2000m: 23:31.24	
2.	Emiel van Beusekom	ZPV Barracuda	23:17.79	199403951	24:06.57	
	100m: 1:05.46	1:05.46	600m:	1100m:	1600m:	
	200m: 2:17.62	1:12.16	700m:	1200m:	1700m:	
	300m:		800m: 9:40.67	1300m:	1800m:	
	400m: 4:43.87		900m:	1400m:	1900m:	
	500m:	1000m:		1500m: 18:08.92	2000m: 24:06.57	
3.	Thomas Hesper	ZPV Barracuda	24:41.02	200004181	24:39.57	
	100m: 1:04.62	1:04.62	600m:	1100m:	1600m:	
	200m: 2:15.75	1:11.13	700m:	1200m:	1700m:	
	300m:		800m: 9:41.34	1300m:	1800m:	
	400m: 4:42.15		900m:	1400m:	1900m:	
	500m:	1000m:		1500m: 18:26.73	2000m: 24:39.57	
4.	Dennis Dortland	ZPV Barracuda	26:06.89	197800261	25:40.28	
	100m: 1:09.03	1:09.03	600m:	1100m:	1600m:	
	200m: 2:25.08	1:16.05	700m:	1200m:	1700m:	
	300m:		800m: 10:15.20	1300m:	1800m:	
	400m: 5:01.02		900m:	1400m:	1900m:	
	500m:	1000m:		1500m: 19:27.53	2000m: 25:40.28	

LAC deel 4
Papendrecht, 16-2-2020

Programmanr. 6, Heren, 2000m vrije slag, Heren Senioren Open

rang	naam	vereniging	intijd		tijd	RT
5.	Martijn Houweling	ZPV Barracuda	26:34.60	199600893	26:31.17	
	100m: 1:08.67	1:08.67	600m:	1100m:	1600m:	
	200m: 2:25.27	1:16.60	700m:	1200m:	1700m:	
	300m:		800m: 10:16.54	1300m:	1800m:	
	400m: 5:00.58		900m:	1400m:	1900m:	
	500m:	1000m:	1500m: 19:41.48	2000m:	26:31.17	
6.	Jeroen van Blanken	KZV de Lansingh	26:23.08	199206451	27:02.15	
	100m: 1:09.71	1:09.71	600m:	1100m:	1600m:	
	200m: 2:30.77	1:21.06	700m:	1200m:	1700m:	
	300m:		800m: 10:43.08	1300m:	1800m:	
	400m: 5:16.97		900m:	1400m:	1900m:	
	500m:	1000m:	1500m: 20:18.53	2000m:	27:02.15	
7.	Mark Slagmolen	ZPV Barracuda	28:06.66	199302277	27:36.77	
	100m: 1:13.71	1:13.71	600m:	1100m:	1600m:	
	200m: 2:36.95	1:23.24	700m:	1200m:	1700m:	
	300m:		800m: 11:13.40	1300m:	1800m:	
	400m: 5:27.47		900m:	1400m:	1900m:	
	500m:	1000m:	1500m: 20:33.99	2000m:	27:36.77	
8.	Erik Speksnijder	ZPB H&L Productions	28:48.14	200001375	29:53.78	
	100m: 1:16.72	1:16.72	600m:	1100m:	1600m:	
	200m: 2:44.74	1:28.02	700m:	1200m:	1700m:	
	300m:		800m: 11:47.93	1300m:	1800m:	
	400m: 5:45.85		900m:	1400m:	1900m:	
	500m:	1000m:	1500m: 22:24.44	2000m:	29:53.78	
9.	Sven Janssens	ZPB H&L Productions	27:50.64	200102659	30:16.69	
	100m: 1:16.87	1:16.87	600m:	1100m:	1600m:	
	200m: 2:44.36	1:27.49	700m:	1200m:	1700m:	
	300m:		800m: 11:47.09	1300m:	1800m:	
	400m: 5:42.00		900m:	1400m:	1900m:	
	500m:	1000m:	1500m: 22:39.22	2000m:	30:16.69	
AFGEM	Ben Ruiter	KZV de Lansingh	32:25.29	198202707		

Programmanr. 9
16-2-2020

Dames, 400m wisselslag

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Meisjes Junioren 1 en 2						
1.	Mila Oomens	ZPV Barracuda	5:42.35	200700016	5:39.18	
	50m: 34.97	34.97	150m:	250m:	350m:	
	100m: 1:19.53	44.56	200m:	300m:	400m: 5:39.18	
2.	Julia van Wingerden	ZZ&PC De Devel	NT	200800436	6:08.88	
	50m: 41.45	41.45	150m:	250m:	350m:	
	100m: 1:29.81	48.36	200m:	300m:	400m: 6:08.88	
3.	Jinth Engelse	ZPV Barracuda	6:10.00	200800204	6:09.76	
	50m: 38.59	38.59	150m:	250m:	350m:	
	100m: 1:25.88	47.29	200m:	300m:	400m: 6:09.76	
4.	Aukje Schonewille	ZPB H&L Productions	6:31.19	200702340	6:21.20	
	50m: 42.33	42.33	150m:	250m:	350m:	
	100m: 1:32.64	50.31	200m:	300m:	400m: 6:21.20	
5.	Donna Verhoef	De Geul	NT	200701934	6:26.05	
	50m: 40.08	40.08	150m:	250m:	350m:	
	100m: 1:31.21	51.13	200m:	300m:	400m: 6:26.05	
6.	Amy Flobbe	ZPB H&L Productions	NT	200801286	6:27.51	
	50m: 45.69	45.69	150m:	250m:	350m:	
	100m: 1:38.25	52.56	200m:	300m:	400m: 6:27.51	
7.	Kyana van Dam	ZPV Barracuda	NT	200703008	6:29.61	
	50m: 39.39	39.39	150m:	250m:	350m:	
	100m: 1:30.08	50.69	200m:	300m:	400m: 6:29.61	
8.	Madelief Penning	ZZ&PC De Devel	NT	200701298	6:51.94	
	50m: 50.91	50.91	150m:	250m:	350m:	
	100m: 1:51.13	1:00.22	200m:	300m:	400m: 6:51.94	
9.	Dorien van Luijk	ZPV Barracuda	NT	200700690	7:08.93	
	50m: 51.70	51.70	150m:	250m:	350m:	
	100m: 1:55.15	1:03.45	200m:	300m:	400m: 7:08.93	
10.	Elvera Jonkers	Poseidon'56	NT	200800196	7:29.98	
	50m: 51.79	51.79	150m:	250m:	350m:	
	100m: 1:52.13	1:00.34	200m:	300m:	400m: 7:29.98	

LAC deel 4
Papendrecht, 16-2-2020

Programmanr. 9, Dames, 400m wisselslag

Meisjes Junioren 3 en 4

1. Marit Huisman	ZPV Barracuda	6:22.26	200502620	5:36.15
50m: 33.52	33.52 150m:		250m:	350m:
100m: 1:17.26	43.74 200m:		300m:	400m: 5:36.15
2. Laura Hoogenboezem	KZV de Lansingh	5:39.63	200500390	5:43.29
50m: 35.96	35.96 150m:		250m:	350m:
100m: 1:21.71	45.75 200m:		300m:	400m: 5:43.29
3. Anouchka Bos	ZPV Barracuda	6:00.50	200501528	5:46.15
50m: 36.96	36.96 150m:		250m:	350m:
100m: 1:23.01	46.05 200m:		300m:	400m: 5:46.15
4. Laura 't Lam	De Geul	6:00.31	200603376	5:55.45
50m: 36.00	36.00 150m:		250m:	350m:
100m: 1:21.07	45.07 200m:		300m:	400m: 5:55.45
5. Noémi Oldenkamp	KZV de Lansingh	NT	200600162	6:14.41
50m: 39.85	39.85 150m:		250m:	350m:
100m: 1:33.68	53.83 200m:		300m:	400m: 6:14.41
6. Jessica Pol	Poseidon'56	6:27.67	200600030	6:20.25
50m: 38.77	38.77 150m:		250m:	350m:
100m: 1:27.99	49.22 200m:		300m:	400m: 6:20.25
7. Sanne Jansen	ZZ&PC De Devel	NT	200601970	6:20.57
50m: 42.76	42.76 150m:		250m:	350m:
100m: 1:34.10	51.34 200m:		300m:	400m: 6:20.57
8. Daphne van Tilburg	De Geul	6:08.87	200500580	6:23.04
50m: 41.45	41.45 150m:		250m:	350m:
100m: 1:33.36	51.91 200m:		300m:	400m: 6:23.04
9. Dayna van Hoor	Poseidon'56	6:51.50	200502800	6:44.15
50m: 41.65	41.65 150m:		250m:	350m:
100m: 1:34.46	52.81 200m:		300m:	400m: 6:44.15
10. Evi Kleijn	De Geul	7:03.98	200603004	6:51.52
50m: 44.88	44.88 150m:		250m:	350m:
100m: 1:40.95	56.07 200m:		300m:	400m: 6:51.52
11. Tippi Korving	ZPB H&L Productions	7:21.54	200601172	7:07.77
50m: 46.02	46.02 150m:		250m:	350m:
100m: 1:42.44	56.42 200m:		300m:	400m: 7:07.77
12. Roos Westerhout	ZZ&PC De Devel	NT	200604714	7:09.25
50m: 45.93	45.93 150m:		250m:	350m:
100m: 1:42.07	56.14 200m:		300m:	400m: 7:09.25

Meisjes Jeugd 1 en 2

1. Wendy ten Wolde	ZPC Wiekslag	6:07.89	200302658	5:42.07
50m: 34.31	34.31 150m:		250m:	350m:
100m: 1:18.84	44.53 200m:		300m:	400m: 5:42.07
2. Esther Reinders	KZV de Lansingh	5:39.12	200301798	5:44.48
50m: 35.71	35.71 150m:		250m:	350m:
100m: 1:20.32	44.61 200m:		300m:	400m: 5:44.48
3. Dana Kleijn	De Geul	6:32.81	200304986	6:25.89
50m: 40.92	40.92 150m:		250m:	350m:
100m: 1:31.89	50.97 200m:		300m:	400m: 6:25.89

Dames Senioren Open

1. Anna Hoogenboezem	KZV de Lansingh	5:41.28	200200658	5:44.76
50m: 36.07	36.07 150m:		250m:	350m:
100m: 1:20.44	44.37 200m:		300m:	400m: 5:44.76
2. Debra de Lange	De Geul	5:43.62	200202380	5:45.99
50m: 39.43	39.43 150m:		250m:	350m:
100m: 1:27.73	48.30 200m:		300m:	400m: 5:45.99
3. Laura Tromp	ZZ&PC De Devel	5:37.35	200000276	5:47.71
50m: 36.51	36.51 150m:		250m:	350m:
100m: 1:22.67	46.16 200m:		300m:	400m: 5:47.71
4. Sanne de Roo	ZZ&PC De Devel	6:29.02	199501934	6:08.54
50m: 37.44	37.44 150m:		250m:	350m:
100m: 1:23.30	45.86 200m:		300m:	400m: 6:08.54
5. Iva den Haan	KZV de Lansingh	6:38.01	199900882	6:33.29
50m: 39.14	39.14 150m:		250m:	350m:
100m: 1:29.06	49.92 200m:		300m:	400m: 6:33.29
6. Clementine van Bruxvoort	ZPB H&L Productions	7:33.46	197700138	7:25.29
50m: 44.61	44.61 150m:		250m:	350m:
100m: 1:41.28	56.67 200m:		300m:	400m: 7:25.29