

LAC Periode 1 - vrijdag 5 oktober 2012 (25 m)

1. 200m vrije slag - Heren					
8 - 9 jaar (Minioren 3 en 4)					
13. 200m vrije slag - Heren					
10 - 11 jaar (Minioren 5 en 6)					
1. Roel Janssen (Argo, 200201605)					03:17.76
50m	00:46.39	100m	01:37.59	150m	02:29.84
50m	46,39	100m	51,20	150m	52,25
2. Redouane El Barki (Nautilus, 200102675)					04:03.26
50m	00:51.14	100m	01:53.23	150m	02:59.07
50m	51,14	100m	62,09	150m	65,84
2. 200m vrije slag - Dames					
8 - 9 jaar (Minioren 3 en 4)					
1. Mijntje Smits (Zeester Meerval, 200301232)					04:16.64
50m	00:53.98	100m	02:01.12	150m	03:11.86
50m	53,98	100m	67,14	150m	70,74
2. Chayen Jonkers (Zeester Meerval, 200301316)					04:27.82
50m	00:54.93	100m	02:02.66	150m	03:16.72
50m	54,93	100m	67,73	150m	74,06
14. 200m vrije slag - Dames					
10 - 11 jaar (Minioren 5 en Junioren 1)					
1. Denise van der Burgt (Zeester Meerval, 200201812)					03:05.27
50m	00:44.08	100m	01:32.50		
50m	44,08	100m	48,42		
3. 400m vrije slag - Heren					
10 - 11 jaar (Minioren 5 en 6)					
1. Luc van Eijndhoven (Argo, 200200139)					06:37.96
50m	00:43.96	150m	02:26.92	250m	04:12.03
50m	43,96	150m	52,13	250m	52,15
100m	01:34.79	200m	03:19.88	300m	05:03.40
100m	79,83	200m	52,96	300m	51,37
2. Devan Jonkers (Zeester Meerval, 200201061)					08:15.06
50m	00:50.98	150m	02:54.14	250m	05:04.88
50m	50,98	150m	63,09	250m	67,80
100m	01:51.05	200m	03:57.08	300m	06:11.88
100m	60,07	200m	62,94	300m	67,00
4. 400m vrije slag - Dames					
10 - 11 jaar (Minioren 5 en Junioren 1)					
1. Denise van der Burgt (Zeester Meerval, 200201812)					06:44.55
50m	00:46.06	150m	02:31.20	250m	04:14.16
50m	46,06	150m	53,74	250m	50,76
100m	01:37.46	200m	03:23.40	300m	05:04.93
100m	51,40	200m	52,20	300m	50,77
2. Maartje van Duren (Zeester Meerval, 200200538)					07:30.75
50m	00:49.74	150m	02:42.91	250m	04:39.39
50m	49,74	150m	57,04	250m	58,19
100m	01:45.87	200m	03:41.20	300m	05:38.75
100m	56,13	200m	58,29	300m	59,36
5. 400m vrije slag - Heren					
vanaf 11 jaar (Senioren Open)					
1. Jo-an Mudde (Zeester Meerval, 196701457)					04:47.05
50m	00:32.74	150m	01:45.23	250m	02:58.30
50m	32,74	150m	36,38	250m	36,60
100m	01:08.85	200m	02:21.70	300m	03:34.71
100m	36,11	200m	36,47	300m	36,41
2. Bas Gibbels (Z&PV Nuenen, 199801973)					04:57.56
50m	00:33.64	150m	01:47.80	250m	03:04.45
50m	33,64	150m	37,31	250m	38,65
100m	01:10.49	200m	02:25.80	300m	03:42.69
100m	36,85	200m	38,00	300m	38,24
4. Teun van Rooy (Nautilus, 199904387)					06:22.34
50m	00:42.30	150m	02:14.49	250m	03:53.37
50m	42,30	150m	49,50	250m	49,47
100m	01:24.99	200m	03:03.90	300m	04:43.96
100m	42,69	200m	49,41	300m	50,59

6. 400m vrije slag - Dames

vanaf 12 jaar (Junioren 2 en ouder)

1. Anne Gibbels (Z&PV Nuenen, 199602298)					04:49.43		
50m	00:32.65 32,65	150m	01:45.55 36,71	250m	02:59.69 37,25	350m	04:13.50 36,70
100m	01:08.84 36,19	200m	02:22.44 36,89	300m	03:36.80 37,11		
2. Rachel Brunnen (Neptunus'58, 199704848)					06:39.39		
50m	00:39.45 39,45	150m	02:15.57 49,86	250m	03:58.75 51,56	350m	05:46.72 53,77
100m	01:25.71 46,26	200m	03:07.19 51,62	300m	04:52.95 54,20		
3. Katie Brunnen (Argo, 200001340)					07:16.69		
50m	00:43.69 43,69	150m	02:28.95 53,62	250m	04:21.80 58,22	350m	06:17.80 57,66
100m	01:35.33 51,64	200m	03:23.58 54,63	300m	05:20.14 58,34		

7. 800m vrije slag - Heren

vanaf 11 jaar (Senioren Open)

1. Aron Heerkens (Nautilus, 199201751)							10:37.75
50m	00:32.28 32,28	250m	03:07.63 40,35	450m	05:50.69 40,94	650m	08:36.68 41,44
100m	01:09.10 36,82	300m	03:47.91 40,28	500m	06:32.10 41,41	700m	09:17.65 40,97
150m	01:48.07 38,97	350m	04:28.42 40,51	550m	07:13.54 41,44	750m	09:59.40 41,75
200m	02:27.28 39,21	400m	05:09.75 41,33	600m	07:55.24 41,70		
2. Pascal van Bakel (Argo, 199803059)							10:56.15
50m	00:35.29 35,29	250m	03:20.93 42,18	450m	06:09.32 42,26	650m	08:57.61 42,13
100m	01:15.93 40,64	300m	04:03.00 42,07	500m	06:51.04 41,72	700m	09:39.59 41,98
150m	01:57.08 41,15	350m	04:45.10 42,10	550m	07:33.08 42,04	750m	10:20.74 41,15
200m	02:38.75 41,67	400m	05:27.06 41,96	600m	08:15.48 42,40		
3. Bart van Eindhoven (Argo, 199701093)							10:56.29
50m	00:32.97 32,97	250m	03:16.08 42,43	450m	06:06.56 42,65	650m	08:56.68 41,61
100m	01:11.58 38,61	300m	03:58.75 42,67	500m	06:49.22 42,66	700m	09:38.71 42,03
150m	01:52.26 40,68	350m	04:41.29 42,54	550m	07:32.31 43,09	750m	10:18.61 39,90
200m	02:33.65 41,39	400m	05:23.91 42,62	600m	08:15.07 42,76		
4. Bart van Lith (Nautilus, 199206833)							11:28.39
50m	00:33.63 33,63	250m	03:19.04 43,12	450m	06:17.47 45,34	650m	09:18.38 47,19
100m	01:15.72 40,01	300m	04:03.29 44,25	500m	07:01.20 43,73	700m	10:02.27 43,89
150m	01:53.47 41,69	350m	04:47.98 44,69	550m	07:45.73 44,53	750m	10:47.97 45,70
200m	02:35.92 42,45	400m	05:32.13 44,15	600m	08:31.19 45,46		

8. 800m vrije slag - Dames

vanaf 11 jaar (Senioren Open)

1. Kyra Jongman (Zeester Meerval, 199902688)							10:47.55
50m	00:35.71 35,71	250m	03:18.68 40,44	450m	06:03.70 41,69	650m	08:48.43 41,72
100m	01:15.72 40,01	300m	03:59.15 40,47	500m	06:44.36 40,66	700m	09:29.40 40,97
150m	01:57.07 41,35	350m	04:40.78 41,63	550m	07:25.68 41,32	750m	10:08.85 39,45
200m	02:38.24 41,17	400m	05:22.01 41,23	600m	08:06.71 41,03		
2. Nikéy van de Wetering (Nautilus, 199500336)							11:12.28
50m	00:35.90 35,90	250m	03:21.71 42,41	450m	06:10.78 42,29	650m	09:04.46 44,02
100m	01:15.67 39,77	300m	04:03.94 42,23	500m	06:54.15 43,37	700m	09:47.94 43,48
150m	01:57.75 42,08	350m	04:46.53 42,59	550m	07:37.15 43,00	750m	10:31.52 43,58
200m	02:39.30 41,55	400m	05:28.49 41,96	600m	08:20.44 43,29		
3. Myra Breman (Nautilus, 199801780)							11:14.50
50m	00:36.20 36,20	250m	03:22.66 42,43	450m	06:14.38 42,91	650m	09:09.08 44,10
100m	01:16.38 40,18	300m	04:05.66 43,00	500m	06:57.81 43,43	700m	09:52.27 43,19
150m	01:58.22 41,84	350m	04:48.41 42,75	550m	07:41.34 43,53	750m	10:34.34 42,07
200m	02:40.23 42,01	400m	05:31.47 43,06	600m	08:24.98 43,64		
4. Loes van Eindhoven (Argo, 199901522)							11:16.77
50m	00:36.83 36,83	250m	03:26.14 42,87	450m	06:19.52 43,47	650m	09:11.70 43,18
100m	01:18.33 41,50	300m	04:09.55 43,41	500m	07:01.83 42,31	700m	09:55.14 43,44
150m	02:00.39 42,06	350m	04:52.86 43,31	550m	07:45.92 44,09	750m	10:37.42 42,28
200m	02:43.27 42,88	400m	05:36.05 43,19	600m	08:28.52 42,60		
5. Marijke van der Heijden (Argo, 199704898)							11:28.96
50m	00:35.52 35,52	250m	03:27.38 43,82	450m	06:24.12 44,63	650m	09:21.46 44,46
100m	01:16.96 41,44	300m	04:11.15 43,77	500m	07:08.46 44,34	700m	10:05.37 43,91

150m	01:59.84	42,88	350m	04:55.35	44,20	550m	07:52.53	44,07	750m	10:49.08	43,71	
200m	02:43.56	43,72	400m	05:39.49	44,14	600m	08:37.00	44,47				
6.	Indy Jongman (Zeester Meerval, 200100528)											11:29.46
50m	00:36.52	36,52	250m	03:30.25	43,87	450m	06:30.14	45,62	650m	09:28.52	43,97	
100m	01:18.90	42,38	300m	04:14.84	44,59	500m	07:15.30	45,16	700m	10:11.68	43,16	
150m	02:02.27	43,37	350m	04:59.36	44,52	550m	08:00.06	44,76	750m	10:57.65	45,97	
200m	02:46.38	44,11	400m	05:44.52	45,16	600m	08:44.55	44,49				
7.	Lana Breman (Nautilus, 200000300)											11:32.12
50m	00:36.78	36,78	250m	03:29.88	43,26	450m	06:27.17	44,40	650m	09:25.37	44,06	
100m	01:19.20	42,42	300m	04:14.67	44,79	500m	07:11.91	44,74	700m	10:08.94	43,57	
150m	02:02.86	43,66	350m	04:58.53	43,86	550m	07:56.83	44,92	750m	10:51.18	42,24	
200m	02:46.62	43,76	400m	05:42.77	44,24	600m	08:41.31	44,48				
8.	Sandra Schellekens (Neptunus'58, 198503416)											11:33.96
50m	00:35.99	35,99	250m	03:24.24	43,22	450m	06:20.65	44,75	650m	09:20.23	45,04	
100m	01:16.53	40,54	300m	04:07.90	43,66	500m	07:05.25	44,60	700m	10:04.83	44,60	
150m	01:58.42	41,89	350m	04:51.50	43,60	550m	07:50.22	44,97	750m	10:50.49	45,66	
200m	02:41.02	42,60	400m	05:35.90	44,40	600m	08:35.19	44,97				
9.	Aniek Pennings (Neptunus'58, 199600114)											11:53.24
50m	00:39.12	39,12	250m	03:38.81	45,17	450m	06:40.64	45,28	650m	09:42.53	44,98	
100m	01:23.53	44,41	300m	04:24.55	45,74	500m	07:25.53	44,89	700m	10:27.56	45,03	
150m	02:08.28	44,75	350m	05:10.06	45,51	550m	08:13.32	47,79	750m	11:12.06	44,50	
200m	02:53.64	45,36	400m	05:55.36	45,30	600m	08:57.55	44,23				
10.	Fleur Gibbels (Argo, 199902526)											12:07.99
50m	00:38.87	38,87	250m	03:40.86	46,59	500m	07:32.99	46,27	650m	09:51.90	46,58	
100m	01:22.52	43,65	300m	04:27.64	46,78	550m	08:18.39	45,40	700m	10:37.68	45,78	
150m	02:08.06	45,54	400m	06:01.61	93,97	600m	09:05.32	46,93	750m	11:24.24	46,56	
200m	02:54.27	46,21	450m	06:46.72	45,11	650m	09:51.90	46,58				
11.	Ardian Peijnenburg (Argo, 199802654)											12:08.99
50m	00:38.18	38,18	250m	03:36.72	46,15	450m	06:45.62	47,03	650m	09:52.50	46,00	
100m	01:20.43	42,25	300m	04:23.70	46,98	500m	07:32.84	47,22	700m	10:38.92	46,42	
150m	02:04.97	44,54	350m	05:10.77	47,07	550m	08:19.44	46,60	750m	11:25.60	46,68	
200m	02:50.57	45,60	400m	05:58.59	47,82	600m	09:06.50	47,06				
12.	Elke Schellekens (Neptunus'58, 199301550)											12:30.03
50m	00:38.95	38,95	250m	03:42.28	46,86	450m	06:54.31	48,59	650m	10:08.86	48,57	
100m	01:22.44	43,49	300m	04:29.95	47,67	500m	07:42.95	48,64	700m	10:57.54	48,68	
150m	02:08.64	46,20	350m	05:17.71	47,76	550m	08:31.49	48,54	750m	11:45.24	47,70	
200m	02:55.42	46,78	400m	06:05.72	48,01	600m	09:20.29	48,80				
13.	Dana Janssen (Argo, 200003064)											12:56.69
50m	00:41.39	41,39	250m	03:55.11	49,75	450m	07:15.86	50,81	650m	10:33.01	48,61	
100m	01:27.58	46,19	300m	04:44.64	49,53	500m	08:05.29	49,43	700m	11:21.65	48,64	
150m	02:15.86	48,28	350m	05:34.52	49,88	550m	08:55.45	50,16	750m	12:10.66	49,01	
200m	03:05.36	49,50	400m	06:25.05	50,53	600m	09:44.40	48,95				
9.	200m wisselslag - Heren											
	<i>8 - 10 jaar (Minioren 5 en later)</i>											
1.	Luc van Eijndhoven (Argo, 200200139)											03:30.47
	50m 00:48.77											48,77
2.	Roel Janssen (Argo, 200201605)											03:50.92
	50m 01:00.95											60,95
3.	Devan Jonkers (Zeester Meerval, 200201061)											04:24.51
	50m 01:05.34											65,34
10.	200m wisselslag - Dames											
	<i>8 - 10 jaar (Minioren 5 en later)</i>											
1.	Denise van der Burgt (Zeester Meerval, 200201812)											03:33.26
	50m 00:51.97											51,97
11.	200m wisselslag - Heren											
	<i>vanaf 11 jaar (Senioren Open)</i>											

2. Julian van Oorschodt (Argo, 200001895)	03:05.59
50m 00:43.63 43,63	
3. Teun van Rooy (Nautilus, 199904387)	03:16.65
50m 00:47.48 47,48	
12. 200m wisselslag - Dames	
vanaf 11 jaar (Senioren Open)	
1. Maud Jansen (Nautilus, 199703484)	02:55.24
50m 00:37.88 37,88	
2. Belinda Senadim (Nautilus, 200102180)	03:36.43
50m 00:48.33 48,33	