

LAC-III
Veghel, 22-2-2013

Programmanr. 1 22-2-2013	Jongens, 400m vrije slag	Jongens Minioren 3 en 4 Resultaten
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Rang		In.tijd	Tijd
Programmanr. 2 22-2-2013			
Meisjes, 400m vrije slag			Meisjes Minioren 3 en 4 Resultaten

Rang		In.tijd	Tijd
Programmanr. 3 22-2-2013			
Jongens, 800m vrije slag			Jongens Minioren 5 en 6 Resultaten

Rang		In.tijd	Tijd
1. Luc van Eijndhoven			
Argo		13:54.54	200200139 12:45.32
50m:	39.67 39.67	250m: 3:51.41 48.88	450m: 7:09.75 48.71
100m:	1:26.15 46.48	300m: 4:40.58 49.17	500m: 7:59.77 50.02
150m:	2:13.38 47.23	350m: 5:31.06 50.48	550m: 8:48.74 48.97
200m:	3:02.53 49.15	400m: 6:21.04 49.98	600m: 9:36.77 48.03
2. Roel Janssen			
Argo		14:44.44	200201605 13:55.61
50m:	46.33 46.33	250m: 4:18.42 54.25	450m: 7:53.20 53.78
100m:	1:37.80 51.47	300m: 5:11.92 53.50	500m: 8:46.77 53.57
150m:	2:30.45 52.65	350m: 6:06.20 54.28	550m: 9:39.89 53.12
200m:	3:24.17 53.72	400m: 6:59.42 53.22	600m: 10:33.52 53.63
DIS Redouane El Barki			
Nautilus		NT	200102675
<i>AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).</i>			
50m:	50.65 50.65	150m: 2:47.64 58.68	250m: 4:54.12 1:03.66
100m:	1:48.96 58.31	200m: 3:50.46 1:02.82	300m: 5:58.84 1:04.72
			350m: 7:04.12 1:05.28
			400m: 8:01.99 57.87

Programmanr. 4 22-2-2013	Heren, 800m vrije slag	Heren Senioren Open Resultaten
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Rang		In.tijd	Tijd
1. Rob Kwaaitaal			
Nederlandse Triathlon Bond		10:18.45	197001627 10:18.49
50m:	35.31 35.31	250m: 3:10.17 38.75	450m: 5:46.46 38.75
100m:	1:13.80 38.49	300m: 3:49.21 39.04	500m: 6:26.06 39.60
150m:	1:52.59 38.79	350m: 4:28.34 39.13	550m: 7:06.07 40.01
200m:	2:31.42 38.83	400m: 5:07.71 39.37	600m: 7:45.03 38.96
2. Brian van Gennip			
Zeester Meerval		NT	200003573 11:51.45
50m:	38.48 38.48	250m: 3:35.29 44.56	450m: 6:37.44 46.00
100m:	1:21.45 42.97	300m: 4:20.47 45.18	500m: 7:22.85 45.41
150m:	2:05.99 44.54	350m: 5:06.28 45.81	550m: 8:08.97 46.12
200m:	2:50.73 44.74	400m: 5:51.44 45.16	600m: 8:55.09 46.12
3. Teun van Rooy			
Nautilus		NT	199904387 12:31.24
50m:	38.62 38.62	250m: 3:43.68 47.14	450m: 6:58.45 48.55
100m:	1:23.21 44.59	300m: 4:32.01 48.33	500m: 7:48.18 49.73
150m:	2:09.98 46.77	350m: 5:20.59 48.58	550m: 8:36.43 48.25
200m:	2:56.54 46.56	400m: 6:09.90 49.31	600m: 9:24.40 47.97
4. Maarten van Nunen			
Nautilus		13:52.24	196601463 15:53.66
50m:	39.77 39.77	250m: 3:58.11 52.70	450m: 8:24.24 1:07.07
100m:	1:26.36 46.59	300m: 5:02.59 1:04.48	500m: 9:27.33 1:03.09
150m:	2:14.89 48.53	350m: 6:08.82 1:06.23	550m: 10:31.80 1:04.47
200m:	3:05.41 50.52	400m: 7:17.17 1:08.35	600m: 11:37.47 1:05.67
			650m: 12:42.98 1:05.51
			700m: 13:46.79 1:03.81
			750m: 14:50.50 1:03.71
			800m: 15:53.66 1:03.16

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Veghel, 22-2-2013

Programmanr. 5
22-2-2013

Meisjes, 800m vrije slag

Meisjes Minioren 5 en Junioren 1
Resultaten

Rang					In.tijd		Tijd	
1.	Janne Sprokholt		Zeester Meerval		14:56.02		200102128	13:12.87
	50m:	43.36 43.36	250m:	4:00.49 49.87	450m:	7:23.28 51.33	650m:	10:47.78 49.68
	100m:	1:31.34 47.98	300m:	4:50.55 50.06	500m:	8:15.64 52.36	700m:	11:39.04 51.26
	150m:	2:21.20 49.86	350m:	5:41.00 50.45	550m:	9:07.19 51.55	750m:	11:29.22
	200m:	3:10.62 49.42	400m:	6:31.95 50.95	600m:	9:58.10 50.91	800m:	13:12.87 1:43.65
2.	Denise van der Burgt		Zeester Meerval		13:04.80		200201812	13:44.20
	50m:	42.69 42.69	250m:	4:07.75 52.14	450m:	7:40.08 53.24	650m:	11:13.42 53.40
	100m:	1:31.12 48.43	300m:	5:01.62 53.87	500m:	8:33.73 53.65	700m:	12:04.80 51.38
	150m:	2:23.52 52.40	350m:	5:54.09 52.47	550m:	9:27.59 53.86	750m:	12:57.33 52.53
	200m:	3:15.61 52.09	400m:	6:46.84 52.75	600m:	10:20.02 52.43	800m:	13:44.20 46.87

Programmanr. 6
22-2-2013

Dames, 800m vrije slag

Dames Senioren Open
Resultaten

Rang					In.tijd		Tijd	
1.	Anne Gibbels		Z&PV Nuenen		10:25.62		199602298	10:09.47
	50m:	34.63 34.63	250m:	3:06.64 38.03	450m:	5:41.54 39.10	650m:	8:15.96 38.41
	100m:	1:11.77 37.14	300m:	3:45.14 38.50	500m:	6:20.06 38.52	700m:	8:54.55 38.59
	150m:	1:50.11 38.34	350m:	4:23.96 38.82	550m:	6:58.85 38.79	750m:	9:32.87 38.32
	200m:	2:28.61 38.50	400m:	5:02.44 38.48	600m:	7:37.55 38.70	800m:	10:09.47 36.60
2.	Myra Breman		Nautilus		11:10.09		199801780	10:53.77
	50m:	35.58 35.58	250m:	3:18.63 41.73	450m:	6:06.22 41.69	650m:	8:52.75 41.24
	100m:	1:14.87 39.29	300m:	4:00.56 41.93	500m:	6:47.62 41.40	700m:	9:34.53 41.78
	150m:	1:55.19 40.32	350m:	4:42.13 41.57	550m:	7:29.32 41.70	750m:	10:15.47 40.94
	200m:	2:36.90 41.71	400m:	5:24.53 42.40	600m:	8:11.51 42.19	800m:	10:53.77 38.30
3.	Sanne van Gelder		Z & Pc Dio		NT		199803390	10:56.44
	50m:	37.53 37.53	250m:	3:21.05 41.80	450m:	6:09.16 42.11	650m:	8:57.34 40.84
	100m:	1:16.25 38.72	300m:	4:03.04 41.99	500m:	6:51.85 42.69	700m:	9:39.27 41.93
	150m:	1:57.61 41.36	350m:	4:45.03 41.99	550m:	7:34.98 43.13	750m:	10:20.20 40.93
	200m:	2:39.25 41.64	400m:	5:27.05 42.02	600m:	8:16.50 41.52	800m:	10:56.44 36.24
4.	Maayke Voets		Z&PV Nuenen		NT		199702982	11:01.71
	50m:	38.37 38.37	250m:	3:26.92 42.04	450m:	6:14.88 41.88	650m:	9:01.91 40.90
	100m:	1:19.30 40.93	300m:	4:10.00 43.08	500m:	6:57.02 42.14	700m:	9:43.53 41.62
	150m:	2:01.77 42.47	350m:	4:51.56 41.56	550m:	7:38.68 41.66	750m:	10:23.46 39.93
	200m:	2:44.88 43.11	400m:	5:33.00 41.44	600m:	8:21.01 42.33	800m:	11:01.71 38.25
5.	Marijke van der Heijden		Argo		11:28.96		199704898	11:19.42
	50m:	37.44 37.44	250m:	3:23.33 43.00	450m:	6:17.04 43.42	650m:	9:11.21 43.85
	100m:	1:17.30 39.86	300m:	4:06.52 43.19	500m:	7:00.40 43.36	700m:	9:55.31 44.10
	150m:	1:58.42 41.12	350m:	4:50.47 43.95	550m:	7:43.72 43.32	750m:	10:38.80 43.49
	200m:	2:40.33 41.91	400m:	5:33.62 43.15	600m:	8:27.36 43.64	800m:	11:19.42 40.62
6.	Sam van Nunen		Nautilus		11:20.73		200100036	11:20.80
	50m:	37.28 37.28	250m:	3:27.62 43.31	450m:	6:20.90 43.35	650m:	9:15.24 43.58
	100m:	1:18.28 41.00	300m:	4:10.84 43.22	500m:	7:04.94 44.04	700m:	9:58.40 43.16
	150m:	2:01.09 42.81	350m:	4:54.16 43.32	550m:	7:48.69 43.75	800m:	11:20.80 1:22.40
	200m:	2:44.31 43.22	400m:	5:37.55 43.39	600m:	8:31.66 42.97		
7.	Lana Breman		Nautilus		11:21.14		200000300	11:38.29
	50m:	37.80 37.80	250m:	3:29.58 43.84	450m:	6:29.05 44.75	650m:	9:29.79 45.28
	100m:	1:18.98 41.18	300m:	4:13.49 43.91	500m:	7:15.00 45.95	700m:	10:15.42 45.63
	150m:	2:01.58 42.60	350m:	4:58.68 45.19	550m:	7:59.23 44.23	750m:	10:57.97 42.55
	200m:	2:45.74 44.16	400m:	5:44.30 45.62	600m:	8:44.51 45.28	800m:	11:38.29 40.32
8.	Lisanne van Gennip		Zeester Meerval		NT		199701444	11:40.36
	50m:	36.82 36.82	250m:	3:30.57 44.15	450m:	6:28.52 45.44	650m:	9:29.79 45.71
	100m:	1:19.38 42.56	300m:	4:14.22 43.65	500m:	7:13.36 44.84	700m:	10:14.08 44.29
	150m:	2:03.19 43.81	350m:	4:58.29 44.07	550m:	7:58.54 45.18	750m:	11:59.06 1:44.98
	200m:	2:46.42 43.23	400m:	5:43.08 44.79	600m:	8:44.08 45.54	800m:	11:40.36

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Programmanr. 6, Dames, 800m vrije slag, Dames Senioren Open

Rang									In.tijd	Tijd		
9.	Natalie van den Broek				Nautilus				NT	197300810 13:17.60		
	50m:	39.96	39.96	250m:	3:48.72	49.22	450m:	7:10.91	50.96	650m:	10:40.35	52.85
	100m:	1:24.28	44.32	300m:	4:38.88	50.16	500m:	8:02.16	51.25	700m:	11:34.24	53.89
	150m:	2:10.85	46.57	350m:	5:29.20	50.32	550m:	8:54.81	52.65	750m:	12:28.62	54.38
	200m:	2:59.50	48.65	400m:	6:19.95	50.75	600m:	9:47.50	52.69	800m:	13:17.60	48.98

Programmanr. 7
22-2-2013

Heren, 1500m vrije slag

Heren Senioren Open
Resultaten

Rang									In.tijd	Tijd		
1.	Thomas van Ekert				Z&PV Nuenen				NT	199901917 19:38.98		
	50m:	34.88	34.88	450m:	5:59.23	44.54	850m:	11:16.63	39.88	1250m:	16:31.88	38.41
	100m:	1:14.25	39.37	500m:	6:34.60	35.37	900m:	11:56.59	39.96	1300m:	17:10.29	38.41
	150m:	1:53.96	39.71	550m:	7:14.96	40.36	950m:	12:36.89	40.30	1350m:	17:48.04	37.75
	200m:	2:34.35	40.39	600m:	7:55.06	40.10	1000m:	13:15.64	38.75	1400m:	18:26.57	38.53
	250m:	3:13.85	39.50	650m:	8:34.99	39.93	1050m:	13:55.62	39.98	1450m:	19:05.10	38.53
	300m:	3:54.10	40.25	700m:	9:16.29	41.30	1100m:	14:35.12	39.50	1500m:	19:38.98	33.88
	350m:	4:34.06	39.96	750m:	9:56.42	40.13	1150m:	15:13.82	38.70			
	400m:	5:14.69	40.63	800m:	10:36.75	40.33	1200m:	15:53.47	39.65			

Programmanr. 8
22-2-2013

Dames, 1500m vrije slag

Dames Senioren Open
Resultaten

Rang									In.tijd	Tijd		
1.	Loes van Eindhoven				Argo				22:32.32	199901522 22:34.30		
	50m:	37.21	37.21	450m:	6:31.33	45.09	850m:	12:37.33	45.87	1250m:	18:47.43	46.63
	100m:	1:19.43	42.22	500m:	7:18.02	46.69	900m:	13:22.43	45.10	1300m:	19:33.65	46.22
	150m:	2:02.74	43.31	550m:	8:02.96	44.94	950m:	14:07.99	45.56	1350m:	20:21.02	47.37
	200m:	2:46.49	43.75	600m:	8:48.58	45.62	1000m:	14:54.36	46.37	1400m:	21:06.74	45.72
	250m:	3:31.49	45.00	650m:	9:33.58	45.00	1050m:	15:41.93	47.57	1450m:	21:52.73	45.99
	300m:	4:15.90	44.41	700m:	10:19.02	45.44	1100m:	16:27.99	46.06	1500m:	22:34.30	41.57
	350m:	5:02.15	46.25	750m:	11:04.93	45.91	1150m:	17:13.96	45.97			
	400m:	5:46.24	44.09	800m:	11:51.46	46.53	1200m:	18:00.80	46.84			
2.	Marit van Zutphen				Nautilus				22:09.36	199801340 22:38.64		
	50m:	38.90	38.90	450m:	6:41.43	46.27	850m:	12:47.16	45.74	1250m:	18:55.07	45.63
	100m:	1:21.85	42.95	500m:	7:27.14	45.71	900m:	13:33.07	45.91	1300m:	19:40.59	45.52
	150m:	2:06.29	44.44	550m:	8:12.73	45.59	950m:	14:19.04	45.97	1350m:	20:26.50	45.91
	200m:	2:50.87	44.58	600m:	8:58.90	46.17	1000m:	15:05.60	46.56	1400m:	21:12.51	46.01
	250m:	3:36.40	45.53	650m:	9:44.27	45.37	1050m:	15:51.73	46.13	1450m:	21:56.67	44.16
	300m:	4:22.80	46.40	700m:	10:29.88	45.61	1100m:	16:37.66	45.93	1500m:	22:38.64	41.97
	350m:	5:08.76	45.96	750m:	11:15.82	45.94	1150m:	17:23.46	45.80			
	400m:	5:55.16	46.40	800m:	12:01.42	45.60	1200m:	18:09.44	45.98			
3.	Dana Janssen				Argo				25:52.52	200003064 25:06.65		
	50m:	42.58	42.58	450m:	7:29.32	1:01.39	850m:	14:15.68	50.90	1250m:	21:02.63	50.05
	100m:	1:32.46	49.88	500m:	8:19.85	50.53	900m:	15:06.86	51.18	1300m:	21:52.81	50.18
	150m:	2:22.27	49.81	550m:	9:10.84	50.99	950m:	15:57.11	50.25	1350m:	22:42.31	49.50
	200m:	3:13.24	50.97	600m:	10:01.78	50.94	1000m:	16:48.89	51.78	1400m:	23:31.87	49.56
	250m:	4:04.07	50.83	650m:	10:53.18	51.40	1050m:	17:39.56	50.67	1450m:	24:20.31	48.44
	300m:	4:55.53	51.46	700m:	11:43.43	50.25	1100m:	18:30.51	50.95	1500m:	25:06.65	46.34
	350m:	5:47.17	51.64	750m:	12:34.80	51.37	1150m:	19:21.72	51.21			
	400m:	6:27.93	40.76	800m:	13:24.78	49.98	1200m:	20:12.58	50.86			

LAC-III
Veghel, 22-2-2013

Programmanr. 9
22-2-2013

Heren, 2000m vrije slag

Heren Senioren Open
Resultaten

Rang					In.tijd	Tijd			
1.	Bas Gibbels				Z&PV Nuenen	NT	199801973	26:16.01	
	50m: 33.80	33.80	550m: 7:01.71	39.46	1050m: 13:38.40	40.58	1550m: 20:19.31	40.90	
	100m: 1:11.25	37.45	600m: 7:41.25	39.54	1100m: 14:17.77	39.37	1600m: 21:00.07	40.76	
	150m: 1:49.17	37.92	650m: 8:20.80	39.55	1150m: 14:57.59	39.82	1650m: 21:40.72	40.65	
	200m: 2:27.53	38.36	700m: 8:59.93	39.13	1200m: 15:38.01	40.42	1700m: 22:20.95	40.23	
	250m: 3:06.40	38.87	750m: 9:39.46	39.53	1250m: 16:18.29	40.28	1750m: 23:00.52	39.57	
	300m: 3:45.02	38.62	800m: 10:19.46	40.00	1300m: 16:58.61	40.32	1800m: 23:40.47	39.95	
	350m: 4:24.44	39.42	850m: 10:59.47	40.01	1350m: 17:38.77	40.16	1850m: 24:20.46	39.99	
	400m: 5:03.56	39.12	900m: 11:38.88	39.41	1400m: 18:19.32	40.55	1900m: 24:59.87	39.41	
	450m: 5:42.88	39.32	950m: 12:18.16	39.28	1450m: 18:59.62	40.30	1950m: 25:39.57	39.70	
	500m: 6:22.25	39.37	1000m: 12:57.82	39.66	1500m: 19:38.41	38.79	2000m: 26:16.01	36.44	
2.	Aron Heerkens				Nautilus	26:28.55	199201751	29:13.11	
	50m: 34.03	34.03	550m: 7:34.41	43.54	1100m: 15:37.37	44.35	1650m: 24:04.47	44.50	
	100m: 1:12.68	38.65	600m: 8:19.77	45.36	1200m: 17:14.80	1:37.43	1700m: 24:48.50	44.03	
	150m: 1:53.05	40.37	650m: 9:02.81	43.04	1250m: 17:58.15	43.35	1750m: 25:34.86	46.36	
	200m: 2:35.20	42.15	700m: 9:46.77	43.96	1300m: 18:42.06	43.91	1800m: 26:18.33	43.47	
	250m: 3:17.21	42.01	750m: 10:31.11	44.34	1350m: 19:26.78	44.72	1850m: 27:03.01	44.68	
	300m: 4:00.03	42.82	800m: 11:14.18	43.07	1400m: 20:13.46	46.68	1900m: 27:48.49	45.48	
	350m: 4:41.21	41.18	850m: 11:57.27	43.09	1450m: 20:59.46	46.00	1950m: 28:32.41	43.92	
	400m: 5:23.15	41.94	900m: 12:41.08	43.81	1500m: 21:43.71	44.25	2000m: 29:13.11	40.70	
	450m: 6:05.86	42.71	950m: 13:25.02	43.94	1550m: 22:28.62	44.91			
	500m: 6:50.87	45.01	1050m: 14:53.02	1:28.00	1600m: 23:19.97	51.35			
3.	Jordy Rens				Z & Pc Dio	NT	199904431	33:15.03	
	50m: 44.68	44.68	550m: 9:07.25	50.27	1050m: 17:31.13	48.51	1550m: 25:55.93	50.53	
	100m: 1:33.28	48.60	600m: 9:57.62	50.37	1100m: 18:22.82	51.69	1600m: 26:46.55	50.62	
	150m: 2:23.22	49.94	650m: 10:49.19	51.57	1150m: 19:13.12	50.30	1650m: 27:36.62	50.07	
	200m: 3:14.09	50.87	700m: 11:39.50	50.31	1200m: 20:02.55	49.43	1700m: 28:26.99	50.37	
	250m: 4:03.88	49.79	750m: 12:30.13	50.63	1250m: 20:52.40	49.85	1750m: 29:16.72	49.73	
	300m: 4:53.90	50.02	800m: 13:20.31	50.18	1300m: 21:43.22	50.82	1800m: 30:06.50	49.78	
	350m: 5:44.66	50.76	850m: 14:10.75	50.44	1350m: 22:34.61	51.39	1850m: 30:55.24	48.74	
	400m: 6:35.91	51.25	900m: 15:01.59	50.84	1400m: 23:25.10	50.49	1900m: 31:44.10	48.86	
	450m: 7:26.64	50.73	950m: 15:51.94	50.35	1450m: 24:15.32	50.22	1950m: 32:31.91	47.81	
	500m: 8:16.98	50.34	1000m: 16:42.62	50.68	1500m: 25:05.40	50.08	2000m: 33:15.03	43.12	

Programmanr. 10
22-2-2013

Dames, 2000m vrije slag

Dames Senioren Open
Resultaten

Rang					In.tijd	Tijd			
1.	Amy van Lier				Trb/Res	25:35.15	199603022	26:20.47	
	50m: 34.06	34.06	550m: 7:03.20	39.87	1050m: 13:38.65	40.40	1550m: 20:23.61	40.96	
	100m: 1:10.91	36.85	600m: 7:41.99	38.79	1100m: 14:18.14	39.49	1600m: 21:03.93	40.32	
	150m: 1:48.87	37.96	650m: 8:21.65	39.66	1150m: 14:58.22	40.08	1650m: 21:44.91	40.98	
	200m: 2:27.40	38.53	700m: 9:00.90	39.25	1200m: 15:40.97	42.75	1700m: 22:24.99	40.08	
	250m: 3:06.63	39.23	750m: 9:40.52	39.62	1250m: 16:20.75	39.78	1750m: 23:04.71	39.72	
	300m: 3:45.78	39.15	800m: 10:20.94	40.42	1300m: 17:00.76	40.01	1800m: 23:45.10	40.39	
	350m: 4:25.07	39.29	850m: 10:59.65	38.71	1350m: 17:41.24	40.48	1850m: 24:24.92	39.82	
	400m: 5:04.33	39.26	900m: 11:38.88	39.23	1400m: 18:21.87	40.63	1900m: 25:04.72	39.80	
	450m: 5:43.92	39.59	950m: 12:17.99	39.11	1450m: 19:02.49	40.62	1950m: 25:44.02	39.30	
	500m: 6:23.33	39.41	1000m: 12:58.25	40.26	1500m: 19:42.65	40.16	2000m: 26:20.47	36.45	
2.	Sandra Schellekens				Neptunus'58	29:21.51	198503416	30:05.41	
	50m: 37.05	37.05	550m: 7:56.54	45.00	1050m: 15:31.20	46.12	1550m: 23:13.12	46.05	
	100m: 1:18.53	41.48	600m: 8:41.71	45.17	1100m: 16:17.14	45.94	1600m: 23:59.25	46.13	
	150m: 2:01.43	42.90	650m: 9:26.63	44.92	1150m: 17:02.97	45.83	1650m: 24:45.65	46.40	
	200m: 2:44.51	43.08	700m: 10:12.02	45.39	1200m: 17:48.86	45.89	1700m: 25:31.66	46.01	
	250m: 3:28.47	43.96	750m: 10:57.57	45.55	1250m: 18:35.00	46.14	1750m: 26:18.29	46.63	
	300m: 4:12.90	44.43	800m: 11:43.03	45.46	1300m: 19:21.00	46.00	1800m: 27:04.77	46.48	
	350m: 4:56.83	43.93	850m: 12:28.23	45.20	1350m: 20:07.64	46.64	1850m: 27:50.33	45.56	
	400m: 5:41.34	44.51	900m: 13:13.80	45.57	1400m: 20:54.44	46.80	1900m: 28:36.13	45.80	
	450m: 6:26.36	45.02	950m: 13:59.36	45.56	1450m: 21:40.72	46.28	1950m: 29:22.00	45.87	
	500m: 7:11.54	45.18	1000m: 14:45.08	45.72	1500m: 22:27.07	46.35	2000m: 30:05.41	43.41	

LAC-III
Veghel, 22-2-2013

Programmanr. 10, Dames, 2000m vrije slag, Dames Senioren Open

Rang							In.tijd	Tijd				
3.	Fleur Gibbels						NT	199902526	33:05.61			
	50m:	39.06	39.06	550m:	8:41.31	50.37	1050m:	17:02.97	51.13	1550m:	25:37.06	51.76
	100m:	1:23.99	44.93	600m:	9:30.54	49.23	1100m:	17:54.02	51.05	1600m:	26:28.52	51.46
	150m:	2:11.87	47.88	650m:	10:19.85	49.31	1150m:	18:45.31	51.29	1650m:	27:20.28	51.76
	200m:	2:59.80	47.93	700m:	11:09.17	49.32	1200m:	19:38.04	52.73	1700m:	28:11.53	51.25
	250m:	3:47.93	48.13	750m:	11:59.33	50.16	1250m:	20:27.94	49.90	1750m:	29:01.64	50.11
	300m:	4:36.50	48.57	800m:	12:49.36	50.03	1300m:	21:19.44	51.50	1800m:	29:52.81	51.17
	350m:	5:24.38	47.88	850m:	13:39.81	50.45	1350m:	22:10.03	50.59	1850m:	30:41.37	48.56
	400m:	6:13.19	48.81	900m:	14:30.39	50.58	1400m:	23:02.29	52.26	1900m:	31:31.44	50.07
	450m:	7:02.13	48.94	950m:	15:20.26	49.87	1450m:	23:53.74	51.45	1950m:	32:21.31	49.87
	500m:	7:50.94	48.81	1000m:	16:11.84	51.58	1500m:	24:45.30	51.56	2000m:	33:05.61	44.30

Programmanr. 11
22-2-2013

Jongens, 200m wisselslag

Jongens Minioren 3 en 4
Resultaten

Rang							In.tijd	Tijd		
Programmanr. 12 22-2-2013	Jongens, 200m wisselslag							Jongens Minioren 5 en 6 Resultaten		

Rang							In.tijd	Tijd		
Programmanr. 13 22-2-2013	Meisjes, 200m wisselslag							Meisjes Minioren 3 en 4 Resultaten		

Rang							In.tijd	Tijd			
1.	Audrey Pieck						NT	200401378	4:03.69		
	50m:	58.42	58.42	200m:	4:03.69	3:05.27					

Programmanr. 14
22-2-2013

Meisjes, 200m wisselslag

Meisjes Minioren 5 en Junioren 1
Resultaten

Rang							In.tijd	Tijd			
1.	Janne Sprokholt						3:12.62	200102128	3:06.29		
2.	Denise van der Burgt						3:19.50	200201812	3:29.95		
	50m:	47.67	47.67	200m:	3:29.95	2:42.28					

Programmanr. 15
22-2-2013

Heren, 400m wisselslag

Heren Senioren Open
Resultaten

Rang							In.tijd	Tijd			
1.	Fabio Mieris						5:40.20	199803097	5:32.21		
	50m:	34.19	34.19	100m:	1:16.68	42.49	400m:	5:32.21	4:15.53		
2.	Bram van Rooy						6:12.15	199704315	6:07.71		
	50m:	39.38	39.38	100m:	1:28.40	49.02	400m:	6:07.71	4:39.31		
3.	Jimmy Pieck						6:47.55	200004179	6:49.90		
	50m:	44.88	44.88	100m:	1:41.07	56.19	400m:	6:49.90	5:08.83		

LAC-III
Veghel, 22-2-2013

Programmanr. 16
22-2-2013

Dames, 400m wisselslag

Dames Senioren Open
Resultaten

Rang							In.tijd		Tijd
1.	Selene Wortel				Z & Pc Dio		NT	199700654	5:42.08
	50m:	36.78	36.78	100m:	1:21.60 44.82	400m:	5:42.08 4:20.48		
2.	Indy Jongman				Zeester Meerval		5:53.40	200100528	5:43.31
	50m:	36.65	36.65	100m:	1:20.03 43.38	400m:	5:43.31 4:23.28		
3.	Nadja Wortel				Z & Pc Dio		NT	199800798	5:49.94
	50m:	38.06	38.06	100m:	1:26.06 48.00	400m:	5:49.94 4:23.88		
4.	Nikéy van de Wetering				Nautilus		6:01.35	199500336	6:06.20
	50m:	36.56	36.56	100m:	1:20.21 43.65	400m:	6:06.20 4:45.99		
5.	Ilse Verhagen				Argo		6:38.38	199904556	6:51.66
	50m:	45.25	45.25	100m:	1:40.55 55.30	400m:	6:51.66 5:11.11		
6.	Rachel Brunnen				Neptunus'58		NT	199704848	7:52.20
	50m:	46.09	46.09	100m:	1:51.50 1:05.41	400m:	7:52.20 6:00.70		
7.	Katie Brunnen				Argo		8:14.11	200001340	7:59.62
	50m:	51.86	51.86	100m:	1:57.93 1:06.07	400m:	7:59.62 6:01.69		