

LAC periode 1  
Doetinchem, 10-11-2019

Programmanr. 1  
10-11-2019 - 16:45

Meisjes, 200m vrije slag

Minioren 3 en 4  
Resultaten

| rang naam            | vereniging         | intijd  | tijd      | RT             | 50m   | 100m    | 150m    | 200m    |
|----------------------|--------------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Jesmé Haytink     | De Berkelduikers 1 | 3:32.86 | 201000382 | <b>3:27.76</b> | 44.45 | 1:35.82 | 2:27.42 | 3:27.76 |
| Sara Giesen          | Ndd                | NT      | 201100016 | <b>3:27.76</b> | 46.91 | 1:39.12 | 2:31.68 | 3:27.76 |
| 3. Melissa ter Horst | ZV Overbetuwe      | NT      | 201100678 | <b>3:45.89</b> | 47.57 | 1:46.07 | 2:47.20 | 3:45.89 |
| 4. Mila Hof          | ZV Overbetuwe      | NT      | 201100226 | <b>4:10.53</b> | 51.89 | 1:56.64 | 3:03.71 | 4:10.53 |
| 5. Isis Lamers       | ZV Overbetuwe      | NT      | 201000346 | <b>4:14.77</b> | 53.96 | 1:59.49 | 3:07.28 | 4:14.77 |

Programmanr. 2  
10-11-2019 - 16:50

Jongens, 200m vrije slag

Minioren 3 en 4  
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-----------|------------|--------|------|----|-----|------|------|------|
|-----------|------------|--------|------|----|-----|------|------|------|

Programmanr. 3  
10-11-2019 - 16:50

Meisjes, 200m wisselslag

Minioren 5 en Junioren 1  
Resultaten

| rang naam             | vereniging    | intijd  | tijd      | RT             | 50m   | 100m    | 150m    | 200m    |
|-----------------------|---------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Caitlin Sülter     | De Ward       | 2:59.15 | 200900046 | <b>2:57.20</b> | 35.45 | 1:20.61 | 2:15.06 | 2:57.20 |
| 2. Lynn Rozendal      | Ndd           | 3:20.32 | 200901038 | <b>3:13.02</b> | 41.02 | 1:28.64 | 2:26.83 | 3:13.02 |
| 3. Marieke van Helden | De Rijn       | 3:45.42 | 200800926 | <b>3:33.84</b> | 51.40 | 1:45.88 | 2:46.89 | 3:33.84 |
| 4. Julia van Dolderen | De Rijn       | 3:55.18 | 200801618 | <b>3:41.37</b> | 52.55 | 1:49.48 | 2:50.77 | 3:41.37 |
| 5. Diede Hof          | ZV Overbetuwe | NT      | 200802744 | <b>3:50.79</b> | 50.71 | 1:48.57 | 2:56.92 | 3:50.79 |

Programmanr. 4  
10-11-2019 - 16:54

Jongens, 200m wisselslag

Minioren 5 en 6  
Resultaten

| rang naam          | vereniging    | intijd  | tijd      | RT             | 50m   | 100m    | 150m    | 200m    |
|--------------------|---------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Thomas Bergmans | De Ward       | 3:01.48 | 200801663 | <b>2:58.91</b> | 37.09 | 1:22.29 | 2:19.29 | 2:58.91 |
| 2. Sem Teunissen   | ZV Overbetuwe | 3:05.55 | 200800077 | <b>3:05.13</b> | 41.67 | 1:27.10 | 2:23.36 | 3:05.13 |
| 3. Enna Lamers     | ZV Overbetuwe | 3:26.62 | 200800899 | <b>3:22.34</b> | 49.03 | 1:39.08 | 2:39.38 | 3:22.34 |
| 4. Max Schoen      | Ndd           | 3:48.38 | 200901189 | <b>3:35.31</b> | 44.70 | 1:38.23 | 2:42.42 | 3:35.31 |

Programmanr. 5  
10-11-2019 - 16:59

Dames, 200m wisselslag

Senioren Open  
Resultaten

| rang naam              | vereniging         | intijd  | tijd      | RT             | 50m     | 100m    | 150m    | 200m    |
|------------------------|--------------------|---------|-----------|----------------|---------|---------|---------|---------|
| 1. Vivian Gravemaker   | De Rijn            | 2:42.77 | 200400058 | <b>2:40.37</b> | 34.30   | 1:15.63 | 2:02.63 | 2:40.37 |
| 2. Danitscha Werter    | WWV Winterswijk    | 2:45.86 | 199804958 | <b>2:42.34</b> | 33.46   | 1:17.83 | 2:04.33 | 2:42.34 |
| 3. Melissa Frisart     | De Rijn            | 2:50.46 | 200400982 | <b>2:44.96</b> | 35.94   | 1:20.72 | 2:05.53 | 2:44.96 |
| 4. Sanne Arendsen      | Ndd                | 2:44.62 | 200103544 | <b>2:45.17</b> | 39.06   | 1:21.21 | 2:08.94 | 2:45.17 |
| 5. Hester Moene        | De Rijn            | 2:46.78 | 200501878 | <b>2:46.76</b> | 34.39   | 1:18.77 | 2:06.41 | 2:46.76 |
| 6. Isa van Ditshuizen  | De Berkelduikers 1 | 2:48.51 | 200201002 | <b>2:47.62</b> | 35.72   | 1:19.30 | 2:05.59 | 2:47.62 |
| 7. Lisanne van Elst    | De Rijn            | 2:46.38 | 200301964 | <b>2:47.63</b> | 35.88   | 1:19.21 | 2:08.34 | 2:47.63 |
| 8. Annemiek Huijsmans  | De Rijn            | 2:49.09 | 200300028 | <b>2:50.04</b> | 35.33   | 1:17.58 | 2:09.00 | 2:50.04 |
| 9. Nynke van Leeuwen   | De Berkelduikers 1 | 3:06.11 | 200701272 | <b>2:56.69</b> | 39.24   | 1:24.87 | 2:19.30 | 2:56.69 |
| 10. Felice Baris       | Ndd                | 3:04.66 | 200701822 | <b>2:56.89</b> | 42.80   | 1:29.65 | 2:17.86 | 2:56.89 |
| 11. Pleun Regelink     | Dwv                | 2:59.97 | 200401014 | <b>2:57.36</b> | 40.36   | 1:25.54 | 2:16.61 | 2:57.36 |
| 12. Denise Ruijsch     | De Rijn            | 2:44.00 | 199800708 | <b>2:58.95</b> | 36.51   | 1:21.36 | 2:15.57 | 2:58.95 |
| 13. Naomi Rooijens     | De Rijn            | 3:02.24 | 200601362 | <b>3:00.57</b> | 40.73   | 1:26.16 | 2:19.89 | 3:00.57 |
| 14. Anique Gravemaker  | De Rijn            | 3:04.84 | 200700022 | <b>3:00.75</b> | 41.81   | 1:28.12 | 2:20.40 | 3:00.75 |
| 15. Nica Fontein       | Dwv                | 2:55.69 | 200402624 | <b>3:03.70</b> | 39.62   | 1:24.50 | 2:20.00 | 3:03.70 |
| 16. Noor van den Anker | Dwv                | 2:58.78 | 200203372 | <b>3:03.73</b> | 34.18   | 1:19.09 | 2:19.13 | 3:03.73 |
| 17. Eva Engelen        | Ndd                | NT      | 199405514 | <b>3:06.56</b> | 38.69   | 1:27.29 | 2:20.76 | 3:06.56 |
| 18. Sanne Teunissen    | ZV Overbetuwe      | 3:22.74 | 200502874 | <b>3:12.38</b> | 39.90   | 1:27.29 | 2:25.55 | 3:12.38 |
| 19. Fleur Arendsen     | Ndd                | 2:55.27 | 200202270 | <b>3:12.60</b> | 43.49   | 1:34.87 | 2:26.21 | 3:12.60 |
| 20. Cecilia van Dam    | De Rijn            | NT      | 200502110 | <b>3:14.64</b> | 42.92   | 1:33.70 | 2:29.57 | 3:14.64 |
| 21. Fenne Schlahmilch  | ZV Overbetuwe      | NT      | 200704026 | <b>4:11.30</b> | 57.53   | 2:01.16 | 3:14.63 | 4:11.30 |
| 22. Floor Kooij        | ZV Overbetuwe      | NT      | 200702814 | <b>4:15.69</b> | 1:02.11 | 2:07.02 | 3:15.02 | 4:15.69 |

LAC periode 1  
Doetinchem, 10-11-2019

Programmanr. 6  
10-11-2019 - 17:14

Heren, 200m wisselslag

Senioren Open  
Resultaten

| rang naam             | vereniging      | intijd  | tijd      | RT             | 50m   | 100m    | 150m    | 200m    |
|-----------------------|-----------------|---------|-----------|----------------|-------|---------|---------|---------|
| 1. Rens Stijf         | Ndd             | 2:27.62 | 200501419 | <b>2:24.35</b> | 30.27 | 1:07.19 | 1:51.57 | 2:24.35 |
| 2. Benjamin McCarthy  | ZV Overbetuwe   | 2:35.62 | 200302055 | <b>2:33.09</b> | 33.61 | 1:12.21 | 1:59.43 | 2:33.09 |
| 3. D. van Grevenbroek | De Ward         | 2:35.05 | 200401449 | <b>2:34.29</b> | 32.46 | 1:12.75 | 1:57.42 | 2:34.29 |
| 4. Quinten Baris      | Ndd             | 2:44.86 | 200302433 | <b>2:34.40</b> | 34.39 | 1:14.65 | 2:00.81 | 2:34.40 |
| 5. Ivar Regelink      | Dwv             | 2:32.83 | 200102707 | <b>2:34.86</b> | 30.57 | 1:09.54 | 1:58.51 | 2:34.86 |
| 6. Angelo Rou         | De Rijn         | 2:41.20 | 200300027 | <b>2:41.96</b> | 31.86 | 1:15.71 | 2:03.98 | 2:41.96 |
| 7. Luc McCarthy       | ZV Overbetuwe   | 2:51.32 | 200401469 | <b>2:46.10</b> | 37.82 | 1:19.73 | 2:10.04 | 2:46.10 |
| 8. Wessel Jansen      | WWV Winterswijk | 2:58.02 | 200603579 | <b>2:47.10</b> | 35.01 | 1:17.71 | 2:07.43 | 2:47.10 |
| 9. Wessel Meeuwenberg | De Rijn         | 2:54.41 | 200600607 | <b>2:50.84</b> | 37.08 | 1:21.27 | 2:12.46 | 2:50.84 |
| 10. Sam Pollmann      | ZV Overbetuwe   | 3:02.82 | 200303081 | <b>2:58.76</b> | 37.86 | 1:22.36 | 2:19.26 | 2:58.76 |
| 11. Rolf Veldboom     | WWV Winterswijk | 2:55.97 | 200302231 | <b>3:00.94</b> | 38.21 | 1:25.68 | 2:22.72 | 3:00.94 |
| 12. Odo McCarthy      | ZV Overbetuwe   | 3:08.43 | 200700307 | <b>3:10.83</b> | 44.51 | 1:35.23 | 2:30.96 | 3:10.83 |
| 13. Gyan Spaan        | ZV Overbetuwe   | 3:15.59 | 200701061 | <b>3:22.40</b> | 47.02 | 1:38.80 | 2:33.98 | 3:22.40 |
| 14. Joost Pollmann    | ZV Overbetuwe   | NT      | 200603521 | <b>3:33.35</b> | 51.38 | 1:42.61 | 2:44.87 | 3:33.35 |

DIS Thomas Natte ZV Overbetuwe NT 200603499  
*VB - Beide armen niet gelijktijdig naar voren en/of gelijktijdig achterwaarts gebracht.*

DIS Léon van Grevenbroek De Ward 2:53.87 200601323  
*RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.*

DIS Cas Prinse De Ward 2:59.36 200701765  
*AE - De aangegeven zwemslag niet uitgevoerd.*

AFGEM Chris Geervliet Dwv 2:47.48 199403237

Programmanr. 7  
10-11-2019 - 17:25

Meisjes, 400m vrije slag

Minioren 5 en Junioren 1  
Resultaten

| rang naam             | vereniging         | intijd        | tijd          | RT             |
|-----------------------|--------------------|---------------|---------------|----------------|
| 1. Imke Riefel        | Ndd                | 6:11.70       | 200801994     | <b>5:40.73</b> |
| 50m: 39.16            | 39.16              | 150m: 39.16   | 250m: 39.16   | 350m: 39.16    |
| 100m: 1:22.29         | 43.13              | 200m: 2:47.54 | 300m: 2:47.54 | 400m: 5:40.73  |
| 2. Caitlin Sülter     | De Ward            | 5:37.10       | 200900046     | <b>5:45.61</b> |
| 50m: 38.08            | 38.08              | 150m: 38.08   | 250m: 38.08   | 350m: 38.08    |
| 100m: 1:21.98         | 43.90              | 200m: 2:48.64 | 300m: 2:48.64 | 400m: 5:45.61  |
| 3. Meyke Haytink      | De Berkelduikers 1 | 6:23.15       | 200801188     | <b>6:13.42</b> |
| 50m: 39.89            | 39.89              | 150m: 39.89   | 250m: 39.89   | 350m: 39.89    |
| 100m: 1:25.30         | 45.41              | 200m: 3:00.96 | 300m: 3:00.96 | 400m: 6:13.42  |
| 4. Lynn Rozendal      | Ndd                | 7:02.75       | 200901038     | <b>6:21.71</b> |
| 50m: 40.67            | 40.67              | 150m: 40.67   | 250m: 40.67   | 350m: 40.67    |
| 100m: 1:28.98         | 48.31              | 200m: 3:06.65 | 300m: 3:06.65 | 400m: 6:21.71  |
| 5. Marieke van Helden | De Rijn            | 6:58.22       | 200800926     | <b>6:46.12</b> |
| 50m: 44.05            | 44.05              | 150m: 44.05   | 250m: 44.05   | 350m: 44.05    |
| 100m: 1:34.30         | 50.25              | 200m: 3:18.61 | 300m: 3:18.61 | 400m: 6:46.12  |
| 6. Julia van Dolderen | De Rijn            | 6:58.25       | 200801618     | <b>6:52.85</b> |
| 50m: 44.93            | 44.93              | 150m: 44.93   | 250m: 44.93   | 350m: 44.93    |
| 100m: 1:37.00         | 52.07              | 200m: 3:22.84 | 300m: 3:22.84 | 400m: 6:52.85  |
| 7. Elise Koerselman   | Ndd                | NT            | 200901218     | <b>7:18.76</b> |
| 50m: 47.47            | 47.47              | 150m: 47.47   | 250m: 47.47   | 350m: 47.47    |
| 100m: 1:41.09         | 53.62              | 200m: 3:36.59 | 300m: 3:36.59 | 400m: 7:18.76  |
| 8. Berber McCarthy    | ZV Overbetuwe      | NT            | 200901466     | <b>8:44.57</b> |
| 50m: 52.89            | 52.89              | 150m: 4:15.30 | 250m: 2:16.50 | 350m: 2:16.50  |
| 100m: 1:58.80         | 1:05.91            | 200m: 3:00.00 | 300m: 3:00.00 | 400m: 8:44.57  |

LAC periode 1  
Doetinchem, 10-11-2019

Programmanr. 8  
10-11-2019 - 17:41

Jongens, 400m vrije slag

Minioren 5 en 6  
Resultaten

| rang | naam            | vereniging    | intijd        | tijd        | RT             |
|------|-----------------|---------------|---------------|-------------|----------------|
| 1.   | Thomas Bergmans | De Ward       | 5:49.20       | 200801663   | <b>5:39.87</b> |
|      | 50m: 37.02      | 37.02         | 150m: 2:45.93 | 250m: 350m: | 5:39.87        |
|      | 100m: 1:19.27   | 42.25         | 200m: 2:45.93 | 300m: 400m: |                |
| 2.   | Sem Teunissen   | ZV Overbetuwe | 5:57.96       | 200800077   | <b>5:54.92</b> |
|      | 50m: 37.97      | 37.97         | 150m: 2:54.56 | 250m: 350m: | 5:54.92        |
|      | 100m: 1:22.62   | 44.65         | 200m: 2:54.56 | 300m: 400m: |                |
| 3.   | Enna Lamers     | ZV Overbetuwe | 6:23.59       | 200800899   | <b>6:14.95</b> |
|      | 50m: 40.45      | 40.45         | 150m: 3:07.48 | 250m: 350m: | 6:14.95        |
|      | 100m: 1:28.39   | 47.94         | 200m: 3:07.48 | 300m: 400m: |                |

Programmanr. 9  
10-11-2019 - 17:48

Dames, 800m vrije slag

Senioren Open  
Resultaten

| rang | naam                  | vereniging         | intijd        | tijd        | RT              |
|------|-----------------------|--------------------|---------------|-------------|-----------------|
| 1.   | Moniek van Langevelde | ESCA Zwemmen       | 10:34.54      | 199803160   | <b>10:25.15</b> |
|      | 100m: 1:12.83         | 1:12.83            | 300m: 5:05.34 | 500m: 700m: | 10:25.15        |
|      | 200m: 2:28.84         | 1:16.01            | 400m: 5:05.34 | 600m: 800m: |                 |
| 2.   | Zara Govaers          | De IJsselmeeuwen   | 10:42.68      | 200401272   | <b>10:37.75</b> |
|      | 100m: 1:13.42         | 1:13.42            | 300m: 5:15.84 | 500m: 700m: | 10:37.75        |
|      | 200m: 2:33.80         | 1:20.38            | 400m: 5:15.84 | 600m: 800m: |                 |
| 3.   | Lisanne van Elst      | De Rijn            | 10:57.75      | 200301964   | <b>10:52.34</b> |
|      | 100m: 1:14.72         | 1:14.72            | 300m: 5:21.35 | 500m: 700m: | 10:52.34        |
|      | 200m: 2:36.07         | 1:21.35            | 400m: 5:21.35 | 600m: 800m: |                 |
| 4.   | Zoë Ulkeman           | De Berkelduikers 1 | 10:41.39      | 200200682   | <b>10:59.06</b> |
|      | 100m: 1:13.08         | 1:13.08            | 300m: 5:18.59 | 500m: 700m: | 10:59.06        |
|      | 200m: 2:33.50         | 1:20.42            | 400m: 5:18.59 | 600m: 800m: |                 |
| 5.   | Juliëtte Bootsveld    | Ndd                | 11:35.19      | 200401270   | <b>11:00.03</b> |
|      | 100m: 1:12.75         | 1:12.75            | 300m: 5:25.30 | 500m: 700m: | 11:00.03        |
|      | 200m: 2:35.43         | 1:22.68            | 400m: 5:25.30 | 600m: 800m: |                 |
| 6.   | Vivian Gravemaker     | De Rijn            | 11:21.52      | 200400058   | <b>11:00.34</b> |
|      | 100m: 1:17.39         | 1:17.39            | 300m: 5:29.11 | 500m: 700m: | 11:00.34        |
|      | 200m: 2:40.32         | 1:22.93            | 400m: 5:29.11 | 600m: 800m: |                 |
| 7.   | Melissa Frisart       | De Rijn            | 11:30.00      | 200400982   | <b>11:00.38</b> |
|      | 100m: 1:16.92         | 1:16.92            | 300m: 5:30.02 | 500m: 700m: | 11:00.38        |
|      | 200m: 2:41.20         | 1:24.28            | 400m: 5:30.02 | 600m: 800m: |                 |
| 8.   | Fleur Arendsen        | Ndd                | 10:33.34      | 200202270   | <b>11:03.42</b> |
|      | 100m: 1:14.57         | 1:14.57            | 300m: 5:22.73 | 500m: 700m: | 11:03.42        |
|      | 200m: 2:36.93         | 1:22.36            | 400m: 5:22.73 | 600m: 800m: |                 |
| 9.   | Azra Guler            | Ndd                | 11:21.30      | 200503054   | <b>11:11.17</b> |
|      | 100m: 1:14.37         | 1:14.37            | 300m: 5:26.37 | 500m: 700m: | 11:11.17        |
|      | 200m: 2:36.61         | 1:22.24            | 400m: 5:26.37 | 600m: 800m: |                 |
| 10.  | Danitscha Werter      | WWV Winterswijk    | 12:12.22      | 199804958   | <b>11:12.10</b> |
|      | 100m: 1:13.49         | 1:13.49            | 300m: 5:27.08 | 500m: 700m: | 11:12.10        |
|      | 200m: 2:36.73         | 1:23.24            | 400m: 5:27.08 | 600m: 800m: |                 |
| 11.  | Felice Baris          | Ndd                | 12:07.58      | 200701822   | <b>11:14.53</b> |
|      | 100m: 1:17.63         | 1:17.63            | 300m: 5:35.45 | 500m: 700m: | 11:14.53        |
|      | 200m: 2:42.79         | 1:25.16            | 400m: 5:35.45 | 600m: 800m: |                 |
| 12.  | Camila Valencia       | De Rijn            | 12:06.12      | 200501882   | <b>11:20.62</b> |
|      | 100m: 1:17.88         | 1:17.88            | 300m: 5:35.36 | 500m: 700m: | 11:20.62        |
|      | 200m: 2:42.90         | 1:25.02            | 400m: 5:35.36 | 600m: 800m: |                 |
| 13.  | Hester Moene          | De Rijn            | 12:48.88      | 200501878   | <b>11:26.54</b> |
|      | 100m: 1:18.07         | 1:18.07            | 300m: 5:45.54 | 500m: 700m: | 11:26.54        |
|      | 200m: 2:46.86         | 1:28.79            | 400m: 5:45.54 | 600m: 800m: |                 |
| 14.  | Annemiek Huijsmans    | De Rijn            | 11:00.00      | 200300028   | <b>11:27.87</b> |
|      | 100m: 1:17.19         | 1:17.19            | 300m: 5:34.28 | 500m: 700m: | 11:27.87        |
|      | 200m: 2:41.76         | 1:24.57            | 400m: 5:34.28 | 600m: 800m: |                 |
| 15.  | Mare Heite            | De IJsselmeeuwen   | 11:32.14      | 200302986   | <b>11:34.86</b> |
|      | 100m: 1:18.32         | 1:18.32            | 300m: 5:40.23 | 500m: 700m: | 11:34.86        |
|      | 200m: 2:44.23         | 1:25.91            | 400m: 5:40.23 | 600m: 800m: |                 |
| 16.  | Sanne Arendsen        | Ndd                | 10:55.51      | 200103544   | <b>11:43.25</b> |
|      | 100m: 1:14.67         | 1:14.67            | 300m: 5:19.70 | 500m: 700m: | 11:43.25        |
|      | 200m: 2:35.80         | 1:21.13            | 400m: 5:19.70 | 600m: 800m: |                 |
| 17.  | Pleun Regelink        | Dwv                | 12:03.66      | 200401014   | <b>11:51.35</b> |
|      | 100m: 1:23.16         | 1:23.16            | 300m: 5:58.10 | 500m: 700m: | 11:51.35        |
|      | 200m: 2:54.67         | 1:31.51            | 400m: 5:58.10 | 600m: 800m: |                 |

LAC periode 1  
Doetinchem, 10-11-2019

Programmanr. 9, Dames, 800m vrije slag, Senioren Open

| rang | naam               | vereniging         | intijd        | tijd        | RT              |
|------|--------------------|--------------------|---------------|-------------|-----------------|
| 18.  | Anique Gravemaker  | De Rijn            | 12:16.22      | 200700022   | <b>11:54.78</b> |
|      | 100m: 1:23.20      | 1:23.20            | 300m: 5:57.59 | 500m: 700m: | 800m: 11:54.78  |
|      | 200m: 2:53.66      | 1:30.46            | 400m: 6:02.29 | 600m: 800m: |                 |
| 19.  | Sterre Karmiggelt  | De Berkelduikers 1 | 12:41.96      | 200601786   | <b>12:05.63</b> |
|      | 100m: 1:24.36      | 1:24.36            | 300m: 6:02.29 | 500m: 700m: | 800m: 12:05.63  |
|      | 200m: 2:56.60      | 1:32.24            | 400m: 6:02.29 | 600m: 800m: |                 |
|      | Nica Fontein       | Dwv                | 12:00.40      | 200402624   | <b>12:05.63</b> |
|      | 100m: 1:20.69      | 1:20.69            | 300m: 5:53.32 | 500m: 700m: | 800m: 12:05.63  |
|      | 200m: 2:48.81      | 1:28.12            | 400m: 5:53.32 | 600m: 800m: |                 |
| 21.  | Pien Ooijman       | De Berkelduikers 1 | NT            | 200504500   | <b>12:06.12</b> |
|      | 100m: 2:55.35      | 2:55.35            | 300m: 3:04.44 | 500m: 700m: | 800m: 12:06.12  |
|      | 200m: 5:59.79      | 3:04.44            | 400m: 3:04.44 | 600m: 800m: |                 |
| 22.  | Lotte Buiting      | Ndd                | NT            | 200702752   | <b>12:06.67</b> |
|      | 100m: 1:23.63      | 1:23.63            | 300m: 6:03.82 | 500m: 700m: | 800m: 12:06.67  |
|      | 200m: 2:56.43      | 1:32.80            | 400m: 6:03.82 | 600m: 800m: |                 |
| 23.  | Lianne Jansen      | Ndd                | 13:27.07      | 200504522   | <b>12:07.09</b> |
|      | 100m: 1:23.92      | 1:23.92            | 300m: 6:03.46 | 500m: 700m: | 800m: 12:07.09  |
|      | 200m: 2:56.37      | 1:32.45            | 400m: 6:03.46 | 600m: 800m: |                 |
| 24.  | Denise Ruijsch     | De Rijn            | 11:00.00      | 199800708   | <b>12:07.92</b> |
|      | 100m: 1:17.34      | 1:17.34            | 300m: 5:50.76 | 500m: 700m: | 800m: 12:07.92  |
|      | 200m: 2:43.54      | 1:26.20            | 400m: 5:50.76 | 600m: 800m: |                 |
| 25.  | Eva Engelen        | Ndd                | 12:54.09      | 199405514   | <b>12:12.54</b> |
|      | 100m: 1:24.09      | 1:24.09            | 300m: 5:57.49 | 500m: 700m: | 800m: 12:12.54  |
|      | 200m: 2:53.40      | 1:29.31            | 400m: 5:57.49 | 600m: 800m: |                 |
| 26.  | Matou Zwemmer      | De Rijn            | 11:23.15      | 199803672   | <b>12:13.36</b> |
|      | 100m: 1:20.86      | 1:20.86            | 300m: 5:59.86 | 500m: 700m: | 800m: 12:13.36  |
|      | 200m: 2:51.57      | 1:30.71            | 400m: 5:59.86 | 600m: 800m: |                 |
| 27.  | Noor van den Anker | Dwv                | 12:03.66      | 200203372   | <b>12:15.35</b> |
|      | 100m: 1:23.38      | 1:23.38            | 300m: 5:59.81 | 500m: 700m: | 800m: 12:15.35  |
|      | 200m: 2:55.03      | 1:31.65            | 400m: 5:59.81 | 600m: 800m: |                 |
| 28.  | Nienke Wentink     | Ndd                | 11:52.55      | 200403414   | <b>12:21.62</b> |
|      | 100m: 1:20.39      | 1:20.39            | 300m: 5:53.89 | 500m: 700m: | 800m: 12:21.62  |
|      | 200m: 2:48.52      | 1:28.13            | 400m: 5:53.89 | 600m: 800m: |                 |
| 29.  | Sanne Teunissen    | ZV Overbetuwe      | 13:17.88      | 200502874   | <b>12:27.31</b> |
|      | 100m: 1:24.36      | 1:24.36            | 300m: 6:02.90 | 500m: 700m: | 800m: 12:27.31  |
|      | 200m: 2:56.61      | 1:32.25            | 400m: 6:02.90 | 600m: 800m: |                 |
| 30.  | Vienna van Rooijen | Ndd                | 13:42.51      | 200603178   | <b>12:51.12</b> |
|      | 100m: 1:24.52      | 1:24.52            | 300m: 6:13.58 | 500m: 700m: | 800m: 12:51.12  |
|      | 200m: 2:58.25      | 1:33.73            | 400m: 6:13.58 | 600m: 800m: |                 |
| 31.  | Simone Zandink     | De IJsselmeeuwen   | 12:43.62      | 200404842   | <b>13:15.67</b> |
|      | 100m: 1:24.40      | 1:24.40            | 300m: 6:24.90 | 500m: 700m: | 800m: 13:15.67  |
|      | 200m: 3:02.75      | 1:38.35            | 400m: 6:24.90 | 600m: 800m: |                 |
| 32.  | Diede Hof          | ZV Overbetuwe      | NT            | 200802744   | <b>15:27.86</b> |
|      | 100m: 1:41.62      | 1:41.62            | 300m: 7:37.58 | 500m: 700m: | 800m: 15:27.86  |
|      | 200m: 3:38.05      | 1:56.43            | 400m: 7:37.58 | 600m: 800m: |                 |
| 33.  | Fenne Schlahmilch  | ZV Overbetuwe      | NT            | 200704026   | <b>17:16.87</b> |
|      | 100m: 1:57.30      | 1:57.30            | 300m: 8:32.76 | 500m: 700m: | 800m: 17:16.87  |
|      | 200m: 4:06.78      | 2:09.48            | 400m: 8:32.76 | 600m: 800m: |                 |
| 34.  | Floor Kooij        | ZV Overbetuwe      | NT            | 200702814   | <b>17:48.75</b> |
|      | 100m: 1:52.04      | 1:52.04            | 300m: 8:38.28 | 500m: 700m: | 800m: 17:48.75  |
|      | 200m: 4:06.78      | 2:09.48            | 400m: 8:38.28 | 600m: 800m: |                 |

Programmanr. 10  
10-11-2019 - 19:06

Heren, 800m vrije slag

Senioren Open  
Resultaten

| rang | naam          | vereniging   | intijd        | tijd        | RT             |
|------|---------------|--------------|---------------|-------------|----------------|
| 1.   | Rens Stijf    | Ndd          | 9:21.39       | 200501419   | <b>9:11.68</b> |
|      | 100m: 1:04.42 | 1:04.42      | 300m: 4:32.52 | 500m: 700m: | 800m: 9:11.68  |
|      | 200m: 2:12.58 | 1:08.16      | 400m: 4:32.52 | 600m: 800m: |                |
| 2.   | Mike Schel    | ESCA Zwemmen | 9:15.68       | 199403279   | <b>9:20.36</b> |
|      | 100m: 1:06.95 | 1:06.95      | 300m: 4:35.39 | 500m: 700m: | 800m: 9:20.36  |
|      | 200m: 2:15.92 | 1:08.97      | 400m: 4:35.39 | 600m: 800m: |                |
| 3.   | Mika Bongers  | ESCA Zwemmen | NT            | 200502683   | <b>9:37.84</b> |
|      | 100m: 1:07.32 | 1:07.32      | 300m: 4:46.82 | 500m: 700m: | 800m: 9:37.84  |
|      | 200m: 2:20.23 | 1:12.91      | 400m: 4:46.82 | 600m: 800m: |                |

LAC periode 1  
Doetinchem, 10-11-2019

Programmanr. 10, Heren, 800m vrije slag, Senioren Open

| rang | naam                 | vereniging         | intijd        | tijd        | RT              |
|------|----------------------|--------------------|---------------|-------------|-----------------|
| 4.   | Tom Thijssen         | Ndd                | 9:54.16       | 200301521   | <b>9:47.16</b>  |
|      | 100m: 1:07.24        | 1:07.24            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:19.33        | 1:12.09            | 400m: 4:45.83 | 600m: 800m: | 9:47.16         |
| 5.   | Quinten Baris        | Ndd                | 10:06.51      | 200302433   | <b>9:58.00</b>  |
|      | 100m: 1:08.20        | 1:08.20            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:22.94        | 1:14.74            | 400m: 4:54.68 | 600m: 800m: | 9:58.00         |
| 6.   | Friso Ron            | De IJsselmeeuwen   | 9:55.60       | 200102631   | <b>10:07.48</b> |
|      | 100m: 1:07.26        | 1:07.26            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:20.75        | 1:13.49            | 400m: 4:54.04 | 600m: 800m: | 10:07.48        |
| 7.   | Ivar Regelink        | Dwv                | 10:33.54      | 200102707   | <b>10:15.02</b> |
|      | 100m: 1:08.71        | 1:08.71            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:25.19        | 1:16.48            | 400m: 5:04.36 | 600m: 800m: | 10:15.02        |
| 8.   | Benjamin McCarthy    | ZV Overbetuwe      | 10:46.73      | 200302055   | <b>10:23.62</b> |
|      | 100m: 1:11.39        | 1:11.39            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:28.40        | 1:17.01            | 400m: 5:08.52 | 600m: 800m: | 10:23.62        |
| 9.   | Wilco Stijf          | Ndd                | 10:06.50      | 200103043   | <b>10:27.19</b> |
|      | 100m: 1:08.31        | 1:08.31            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:23.31        | 1:15.00            | 400m: 4:56.62 | 600m: 800m: | 10:27.19        |
| 10.  | Lars Haytink         | De Berkelduikers 1 | NT            | 200601815   | <b>10:37.99</b> |
|      | 100m: 1:12.90        | 1:12.90            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:32.85        | 1:19.95            | 400m: 5:14.79 | 600m: 800m: | 10:37.99        |
| 11.  | Luc McCarthy         | ZV Overbetuwe      | 11:37.84      | 200401469   | <b>10:46.25</b> |
|      | 100m: 1:12.36        | 1:12.36            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:33.43        | 1:21.07            | 400m: 5:18.99 | 600m: 800m: | 10:46.25        |
| 12.  | Splinter Doornbos    | De IJsselmeeuwen   | 10:28.88      | 200402255   | <b>10:50.80</b> |
|      | 100m: 1:13.01        | 1:13.01            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:34.50        | 1:21.49            | 400m: 5:23.09 | 600m: 800m: | 10:50.80        |
| 13.  | Léon van Grevenbroek | De Ward            | NT            | 200601323   | <b>10:53.83</b> |
|      | 100m: 1:18.54        | 1:18.54            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:44.06        | 1:25.52            | 400m: 5:30.89 | 600m: 800m: | 10:53.83        |
| 14.  | Cas Prinse           | De Ward            | 11:53.05      | 200701765   | <b>11:03.95</b> |
|      | 100m: 1:18.14        | 1:18.14            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:00.80        | 42.66              | 400m: 5:32.33 | 600m: 800m: | 11:03.95        |
| 15.  | Wessel Meeuwenberg   | De Rijn            | 11:34.58      | 200600607   | <b>11:04.34</b> |
|      | 100m: 1:16.52        | 1:16.52            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:39.86        | 1:23.34            | 400m: 5:29.68 | 600m: 800m: | 11:04.34        |
| 16.  | Rolf Veldboom        | WWV Winterswijk    | 11:35.92      | 200302231   | <b>11:08.12</b> |
|      | 100m: 1:17.65        | 1:17.65            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:43.76        | 1:26.11            | 400m: 5:33.39 | 600m: 800m: | 11:08.12        |
| 17.  | Angelo Rou           | De Rijn            | 10:58.07      | 200300027   | <b>11:10.00</b> |
|      | 100m: 1:11.95        | 1:11.95            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:31.62        | 1:19.67            | 400m: 5:22.54 | 600m: 800m: | 11:10.00        |
| 18.  | Wessel Jansen        | WWV Winterswijk    | 12:45.68      | 200603579   | <b>11:34.22</b> |
|      | 100m: 1:19.60        | 1:19.60            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:48.52        | 1:28.92            | 400m: 5:48.02 | 600m: 800m: | 11:34.22        |
| 19.  | Odo McCarthy         | ZV Overbetuwe      | 12:32.75      | 200700307   | <b>11:51.45</b> |
|      | 100m: 1:23.84        | 1:23.84            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:55.32        | 1:31.48            | 400m: 5:57.32 | 600m: 800m: | 11:51.45        |
| 20.  | Finn Ooijman         | De Berkelduikers 1 | NT            | 200603161   | <b>11:56.10</b> |
|      | 100m: 1:24.74        | 1:24.74            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:56.61        | 1:31.87            | 400m:         | 600m: 800m: | 11:56.10        |
| 21.  | Sam Pollmann         | ZV Overbetuwe      | 12:08.13      | 200303081   | <b>12:12.55</b> |
|      | 100m: 1:18.44        | 1:18.44            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:50.40        | 1:31.96            | 400m: 5:57.17 | 600m: 800m: | 12:12.55        |
| 22.  | Kaj Folkerts         | De Rijn            | 12:00.00      | 200700067   | <b>12:26.58</b> |
|      | 100m: 1:29.42        | 1:29.42            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 3:03.28        | 1:33.86            | 400m: 6:16.04 | 600m: 800m: | 12:26.58        |
| 23.  | Marnix Breedveld     | De Rijn            | 11:40.00      | 200105385   | <b>12:48.25</b> |
|      | 100m: 1:20.32        | 1:20.32            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:51.88        | 1:31.56            | 400m: 6:07.85 | 600m: 800m: | 12:48.25        |
| 24.  | Gyan Spaan           | ZV Overbetuwe      | 13:08.75      | 200701061   | <b>12:51.43</b> |
|      | 100m: 1:27.97        | 1:27.97            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 3:04.78        | 1:36.81            | 400m: 6:23.80 | 600m: 800m: | 12:51.43        |
| 25.  | Oscar Vrolijk        | De IJsselmeeuwen   | 13:09.54      | 200600917   | <b>13:19.45</b> |
|      | 100m: 1:21.89        | 1:21.89            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 2:57.57        | 1:35.68            | 400m: 6:22.13 | 600m: 800m: | 13:19.45        |
| 26.  | Joost Pollmann       | ZV Overbetuwe      | NT            | 200603521   | <b>14:43.01</b> |
|      | 100m: 1:37.58        | 1:37.58            | 300m: 500m:   | 700m:       |                 |
|      | 200m: 3:28.41        | 1:50.83            | 400m: 7:16.92 | 600m: 800m: | 14:43.01        |

LAC periode 1  
Doetinchem, 10-11-2019

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Programmanr. 10, Heren, 800m vrije slag, Senioren Open

| rang  | naam            | vereniging       | intijd        | tijd      | RT              |
|-------|-----------------|------------------|---------------|-----------|-----------------|
| 27.   | Thomas Natte    | ZV Overbetuwe    | NT            | 200603499 | <b>15:52.85</b> |
|       | 100m: 1:50.82   | 1:50.82          | 300m:         | 500m:     | 700m:           |
|       | 200m: 3:49.01   | 1:58.19          | 400m: 7:49.92 | 600m:     | 800m: 15:52.85  |
| AFGEM | Chris Geervliet | Dwv              | 11:35.85      | 199403237 |                 |
| AFGEM | Felix Vrolijk   | De IJsselmeeuwen | 11:20.97      | 200301865 |                 |