

LAC 1500m
Roermond, 24-2-2019

Programmanr. 1
24-2-2019 - 13:30

Meisjes, 1500m vrije slag

12 - 15 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Meisjes Junioren 2 en 3								
1.	Colinda van der Zanden	Mosa~Regio	NT	200502618	20:19.41 437			
	100m: 1:15.37	1:15.37	500m: 6:45.76	1:22.32	900m: 12:16.80	1:22.64	1300m: 17:42.16	1:21.58
	200m: 2:38.91	1:23.54	600m: 8:08.41	1:22.65	1000m: 13:38.31	1:21.51	1400m: 19:03.62	1:21.46
	300m: 4:00.51	1:21.60	700m: 9:31.56	1:23.15	1100m: 14:59.66	1:21.35	1500m: 20:19.41	1:15.79
	400m: 5:23.44	1:22.93	800m: 10:54.16	1:22.60	1200m: 16:20.58	1:20.92		
2.	Britt Siemerink	Zeps	NT	200600714	21:43.54 358			
	100m: 1:18.13	1:18.13	500m: 7:06.19	1:28.33	900m: 12:59.63	1:27.67	1300m: 18:53.37	1:26.79
	200m: 2:43.52	1:25.39	600m: 8:34.78	1:28.59	1000m: 14:28.16	1:28.53	1400m: 20:22.96	1:29.59
	300m: 4:10.58	1:27.06	700m: 10:03.81	1:29.03	1100m: 15:57.14	1:28.98	1500m: 21:43.54	1:20.58
	400m: 5:37.86	1:27.28	800m: 11:31.96	1:28.15	1200m: 17:26.58	1:29.44		
3.	Lieke Lankes	Mosa~Regio	21:19.25	200501128	21:49.03 353			
	100m: 1:18.87	1:18.87	500m: 7:06.92	1:26.79	900m: 13:00.27	1:31.71	1300m: 19:00.17	1:28.22
	200m: 2:45.38	1:26.51	600m: 8:33.42	1:26.50	1000m: 14:31.52	1:31.25	1400m: 20:28.70	1:28.53
	300m: 4:12.99	1:27.61	700m: 10:00.17	1:26.75	1100m: 16:02.60	1:31.08	1500m: 21:49.03	1:20.33
	400m: 5:40.13	1:27.14	800m: 11:28.56	1:28.39	1200m: 17:31.95	1:29.35		
4.	Jennifer Koonen	Zwemsport Parkstad 1	22:05.00	200500386	21:58.19 346			
	100m: 1:18.36	1:18.36	500m: 7:01.33	1:26.79	900m: 12:52.41	1:29.52	1300m: 18:54.93	1:31.91
	200m: 2:42.53	1:24.17	600m: 8:28.42	1:27.09	1000m: 14:21.50	1:29.09	1400m: 20:27.48	1:32.55
	300m: 4:08.67	1:26.14	700m: 9:56.34	1:27.92	1100m: 15:51.38	1:29.88	1500m: 21:58.19	1:30.71
	400m: 5:34.54	1:25.87	800m: 11:22.89	1:26.55	1200m: 17:23.02	1:31.64		
5.	Floor Smit	sgpatrick-deroersoppers	24:13.03	200500622	22:33.20 320			
	100m: 1:24.90	1:24.90	500m: 7:39.55	1:33.34	900m: 13:51.54	1:31.59	1300m: 19:48.24	1:28.02
	200m: 2:58.05	1:33.15	600m: 9:12.77	1:33.22	1000m: 15:22.89	1:31.35	1400m: 21:14.51	1:26.27
	300m: 4:31.84	1:33.79	700m: 10:46.22	1:33.45	1100m: 16:52.06	1:29.17	1500m: 22:33.20	1:18.69
	400m: 6:06.21	1:34.37	800m: 12:19.95	1:33.73	1200m: 18:20.22	1:28.16		
6.	Zara Pijpers	Zeps	NT	200503362	22:56.38 304			
	100m: 1:22.36	1:22.36	500m: 7:25.86	1:31.86	900m: 13:39.11	1:33.95	1300m: 19:54.21	1:33.30
	200m: 2:53.00	1:30.64	600m: 8:58.86	1:33.00	1000m: 15:14.27	1:35.16	1400m: 21:27.32	1:33.11
	300m: 4:23.03	1:30.03	700m: 10:30.35	1:31.49	1100m: 16:47.36	1:33.09	1500m: 22:56.38	1:29.06
	400m: 5:54.00	1:30.97	800m: 12:05.16	1:34.81	1200m: 18:20.91	1:33.55		
7.	Myrthe Paas	Zeps	NT	200600410	24:01.17 265			
	100m: 1:25.32	1:25.32	500m: 7:42.89	1:35.50	900m: 14:11.14	1:38.19	1300m: 20:47.54	1:39.27
	200m: 2:57.64	1:32.32	600m: 9:18.85	1:35.96	1000m: 15:49.88	1:38.74	1400m: 22:26.12	1:38.58
	300m: 4:32.23	1:34.59	700m: 10:55.65	1:36.80	1100m: 17:29.04	1:39.16	1500m: 24:01.17	1:35.05
	400m: 6:07.39	1:35.16	800m: 12:32.95	1:37.30	1200m: 19:08.27	1:39.23		
AFGEM	Jacqueline Houden	sgpatrick-deroersoppers	NT	200600662				
Meisjes Jeugd 1 en 2								
1.	Jessie Bodden	Zv Kimbria	20:57.26	200401650	19:30.28 495			
	100m: 1:13.32	1:13.32	500m: 6:26.19	1:18.56	900m: 11:40.22	1:18.54	1300m: 16:55.15	1:17.76
	200m: 2:31.46	1:18.14	600m: 7:44.48	1:18.29	1000m: 13:00.07	1:19.85	1400m: 18:13.74	1:18.59
	300m: 3:49.74	1:18.28	700m: 9:02.62	1:18.14	1100m: 14:19.04	1:18.97	1500m: 19:30.28	1:16.54
	400m: 5:07.63	1:17.89	800m: 10:21.68	1:19.06	1200m: 15:37.39	1:18.35		
2.	Lianne Kaanen	Zeps	21:16.51	200300708	20:14.87 442			
	100m: 1:15.66	1:15.66	500m: 6:40.68	1:22.45	900m: 12:06.06	1:20.30	1300m: 17:34.47	1:21.92
	200m: 2:36.33	1:20.67	600m: 8:02.62	1:21.94	1000m: 13:27.63	1:21.57	1400m: 18:55.76	1:21.29
	300m: 3:56.87	1:20.54	700m: 9:23.78	1:21.16	1100m: 14:49.83	1:22.20	1500m: 20:14.87	1:19.11
	400m: 5:18.23	1:21.36	800m: 10:45.76	1:21.98	1200m: 16:12.55	1:22.72		
3.	Emma Verhofstad	Mosa~Regio	21:19.15	200403620	20:50.28 406			
	100m: 1:13.84	1:13.84	500m: 6:51.66	1:25.20	900m: 12:38.63	1:28.21	1300m: 18:17.18	1:22.42
	200m: 2:36.69	1:22.85	600m: 8:18.71	1:27.05	1000m: 14:03.96	1:25.33	1400m: 19:38.04	1:20.86
	300m: 4:01.54	1:24.85	700m: 9:44.89	1:26.18	1100m: 15:30.45	1:26.49	1500m: 20:50.28	1:12.24
	400m: 5:26.46	1:24.92	800m: 11:10.42	1:25.53	1200m: 16:54.76	1:24.31		
4.	Verena van Rens	Mosa~Regio	20:41.13	200401304	21:36.20 364			
	100m: 1:15.50	1:15.50	500m: 6:52.38	1:26.90	900m: 12:45.55	1:29.21	1300m: 18:40.25	1:29.89
	200m: 2:36.85	1:21.35	600m: 8:20.87	1:28.49	1000m: 14:14.51	1:28.96	1400m: 20:10.53	1:30.28
	300m: 4:00.51	1:23.66	700m: 9:47.08	1:26.21	1100m: 15:42.00	1:27.49	1500m: 21:36.20	1:25.67
	400m: 5:25.48	1:24.97	800m: 11:16.34	1:29.26	1200m: 17:10.36	1:28.36		
5.	Mexi Kösters	Zeps	20:48.51	200401308	21:36.54 364			
	100m: 1:19.90	1:19.90	500m: 7:06.39	1:27.09	900m: 12:51.93	1:26.60	1300m: 18:46.74	1:27.87
	200m: 2:46.55	1:26.65	600m: 8:32.66	1:26.27	1000m: 14:21.06	1:29.13	1400m: 20:14.13	1:27.39
	300m: 4:13.14	1:26.59	700m: 9:59.88	1:27.22	1100m: 15:49.95	1:28.89	1500m: 21:36.54	1:22.41
	400m: 5:39.30	1:26.16	800m: 11:25.33	1:25.45	1200m: 17:18.87	1:28.92		
6.	Gwen Billekens	Mosa~Regio	NT	200302356	23:54.57 268			
	100m: 1:27.83	1:27.83	500m: 7:52.35	1:36.87	900m: 14:19.63	1:36.51	1300m: 20:47.00	1:34.99
	200m: 3:02.23	1:34.40	600m: 9:29.65	1:37.30	1000m: 15:57.37	1:37.74	1400m: 22:22.04	1:35.04
	300m: 4:38.80	1:36.57	700m: 11:06.67	1:37.02	1100m: 17:34.50	1:37.13	1500m: 23:54.57	1:32.53
	400m: 6:15.48	1:36.68	800m: 12:43.12	1:36.45	1200m: 19:12.01	1:37.51		

LAC 1500m
Roermond, 24-2-2019

Programmanr. 1, Meisjes, 1500m vrije slag, Meisjes Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
7.	Zoya van Beek	Zeps	24:36.51	200303178	25:07.07	232		
	100m: 1:28.92	1:28.92	500m: 8:12.33	1:42.80	900m: 15:02.94	1:42.00	1300m: 21:51.61	1:42.33
	200m: 3:07.78	1:38.86	600m: 9:56.00	1:43.67	1000m: 16:45.76	1:42.82	1400m: 23:32.92	1:41.31
	300m: 4:48.91	1:41.13	700m: 11:38.91	1:42.91	1100m: 18:27.45	1:41.69	1500m: 25:07.07	1:34.15
	400m: 6:29.53	1:40.62	800m: 13:20.94	1:42.03	1200m: 20:09.28	1:41.83		

Programmanr. 2
24-2-2019 - 14:45

Jongens, 1500m vrije slag

12 - 15 jaar
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Jongens Junioren 1 en 2								
1.	Stan Houtvast	Hellas-Glana	20:20.69	200500883	20:03.07	379		
	100m: 1:13.59	1:13.59	500m: 6:32.61	1:20.31	900m: 11:56.30	1:21.09	1300m: 17:26.30	1:23.06
	200m: 2:33.60	1:20.01	600m: 7:53.89	1:21.28	1000m: 13:17.45	1:21.15	1400m: 18:47.45	1:21.15
	300m: 3:52.90	1:19.30	700m: 9:14.12	1:20.23	1100m: 14:40.31	1:22.86	1500m: 20:03.07	1:15.62
	400m: 5:12.30	1:19.40	800m: 10:35.21	1:21.09	1200m: 16:03.24	1:22.93		
2.	Timo Kaanen	Zeps	NT	200500053	21:21.75	314		
	100m: 1:14.66	1:14.66	500m: 6:52.02	1:27.03	900m: 12:37.34	1:25.38	1300m: 18:28.32	1:28.69
	200m: 2:36.52	1:21.86	600m: 8:18.57	1:26.55	1000m: 14:03.95	1:26.61	1400m: 19:56.09	1:27.77
	300m: 3:59.84	1:23.32	700m: 9:44.86	1:26.29	1100m: 15:32.04	1:28.09	1500m: 21:21.75	1:25.66
	400m: 5:24.99	1:25.15	800m: 11:11.96	1:27.10	1200m: 16:59.63	1:27.59		
3.	Alrik van Eeghem	Hellas-Glana	NT	200600471	21:47.00	296		
	100m: 1:20.52	1:20.52	500m: 7:07.69	1:25.90	900m: 13:08.09	1:31.67	1300m: 19:01.84	1:28.03
	200m: 2:46.61	1:26.09	600m: 8:38.20	1:30.51	1000m: 14:36.65	1:28.56	1400m: 20:27.90	1:26.06
	300m: 4:13.51	1:26.90	700m: 10:07.69	1:29.49	1100m: 16:04.75	1:28.10	1500m: 21:47.00	1:19.10
	400m: 5:41.79	1:28.28	800m: 11:36.42	1:28.73	1200m: 17:33.81	1:29.06		
4.	Argento Isselt	RZ	NT	200600527	21:52.63	292		
	100m: 1:20.59	1:20.59	500m: 7:20.31	1:29.18	900m: 13:14.13	1:25.90	1300m: 19:04.87	1:26.21
	200m: 2:49.87	1:29.28	600m: 8:51.13	1:30.82	1000m: 14:42.02	1:27.89	1400m: 20:30.73	1:25.86
	300m: 4:21.19	1:31.32	700m: 10:18.91	1:27.78	1100m: 16:10.51	1:28.49	1500m: 21:52.63	1:21.90
	400m: 5:51.13	1:29.94	800m: 11:48.23	1:29.32	1200m: 17:38.66	1:28.15		
5.	Bram Smit	sgpatrick-deroersoppers	NT	200500371	21:58.91	288		
	100m: 1:23.61	1:23.61	500m: 7:22.20	1:29.81	900m: 13:18.42	1:28.54	1300m: 19:10.51	1:27.59
	200m: 2:53.13	1:29.52	600m: 8:52.34	1:30.14	1000m: 14:45.83	1:27.41	1400m: 20:36.92	1:26.41
	300m: 4:23.11	1:29.98	700m: 10:21.55	1:29.21	1100m: 16:14.16	1:28.33	1500m: 21:58.91	1:21.99
	400m: 5:52.39	1:29.28	800m: 11:49.88	1:28.33	1200m: 17:42.92	1:28.76		
6.	Max Ketelaars	sgpatrick-deroersoppers	25:04.65	200500345	24:11.72	216		
	100m: 1:29.29	1:29.29	500m: 7:54.75	1:37.15	900m: 14:27.62	1:37.92	1300m: 21:02.01	1:38.38
	200m: 3:04.11	1:34.82	600m: 9:33.08	1:38.33	1000m: 16:06.07	1:38.45	1400m: 22:39.58	1:37.57
	300m: 4:40.11	1:36.00	700m: 11:11.21	1:38.13	1100m: 17:45.08	1:39.01	1500m: 24:11.72	1:32.14
	400m: 6:17.60	1:37.49	800m: 12:49.70	1:38.49	1200m: 19:23.63	1:38.55		
Jongens Junioren 3 en 4								
1.	Luuk Kresin	sgpatrick-deroersoppers	NT	200303275	20:46.06	342		
	100m: 1:12.79	1:12.79	500m: 6:34.90	1:20.82	900m: 12:11.68	1:25.42	1300m: 17:56.63	1:27.08
	200m: 2:33.39	1:20.60	600m: 7:58.72	1:23.82	1000m: 13:36.72	1:25.04	1400m: 19:22.97	1:26.34
	300m: 3:53.38	1:19.99	700m: 9:22.07	1:23.35	1100m: 15:02.99	1:26.27	1500m: 20:46.06	1:23.09
	400m: 5:14.08	1:20.70	800m: 10:46.26	1:24.19	1200m: 16:29.55	1:26.56		
2.	Jason van der Beek	sgpatrick-deroersoppers	NT	200403933	20:52.81	336		
	100m: 1:15.21	1:15.21	500m: 6:52.14	1:25.78	900m: 12:32.78	1:24.17	1300m: 18:14.75	1:25.97
	200m: 2:38.28	1:23.07	600m: 8:18.56	1:26.42	1000m: 13:58.18	1:25.40	1400m: 19:39.28	1:24.53
	300m: 4:01.64	1:23.36	700m: 9:43.31	1:24.75	1100m: 15:23.46	1:25.28	1500m: 20:52.81	1:13.53
	400m: 5:26.36	1:24.72	800m: 11:08.61	1:25.30	1200m: 16:48.78	1:25.32		
AFGEM	Lenny Hermans	Zeps	24:41.54	200400371				

LAC 1500m
Roermond, 24-2-2019

Programmanr. 3
24-2-2019 - 15:35

Jongens, 1500m vrije slag

Jongens Jeugd 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Nino van Beek	Zeps	17:25.85	200202153	17:42.98	550		
	100m: 1:02.11	1:02.11	500m: 5:28.33	1:00.43	900m: 10:27.72	1:14.14	1300m: 15:22.67	1:12.87
	200m: 2:10.31	1:08.20	600m: 6:49.84	1:21.51	1000m: 11:42.32	1:14.60	1400m: 16:34.87	1:12.20
	300m: 3:18.70	1:08.39	700m: 8:01.40	1:11.56	1100m: 12:56.04	1:13.72	1500m: 17:42.98	1:08.11
	400m: 4:27.90	1:09.20	800m: 9:13.58	1:12.18	1200m: 14:09.80	1:13.76		
2.	Tom van den Akker	sgpatrick-deroersoppers	20:17.96	200204653	19:04.58	441		
	100m: 1:08.01	1:08.01	500m: 6:10.22	1:16.07	900m: 11:10.36	1:08.63	1300m: 16:33.13	1:18.28
	200m: 2:22.82	1:14.81	600m: 7:26.91	1:16.69	1000m: 12:37.71	1:27.35	1400m: 17:50.76	1:17.63
	300m: 3:38.10	1:15.28	700m: 8:43.01	1:16.10	1100m: 13:55.87	1:18.16	1500m: 19:04.58	1:13.82
	400m: 4:54.15	1:16.05	800m: 10:01.73	1:18.72	1200m: 15:14.85	1:18.98		
3.	Lars Hilkens	RZ	20:03.83	200201165	19:22.47	421		
	100m: 1:09.38	1:09.38	500m: 6:26.77	1:19.74	900m: 11:44.53	1:19.36	1300m: 16:56.99	1:17.26
	200m: 2:27.53	1:18.15	600m: 7:46.34	1:19.57	1000m: 13:02.55	1:18.02	1400m: 18:10.76	1:13.77
	300m: 3:46.76	1:19.23	700m: 9:05.28	1:18.94	1100m: 14:20.96	1:18.41	1500m: 19:22.47	1:11.71
	400m: 5:07.03	1:20.27	800m: 10:25.17	1:19.89	1200m: 15:39.73	1:18.77		
4.	Daan Wijnands	sgpatrick-deroersoppers	19:58.92	200200127	19:43.92	398		
	100m: 1:08.95	1:08.95	500m: 6:25.95	1:20.63	900m: 11:48.67	1:20.31	1300m: 17:11.92	1:19.82
	200m: 2:25.42	1:16.47	600m: 7:46.80	1:20.85	1000m: 13:09.32	1:20.65	1400m: 18:30.02	1:18.10
	300m: 3:44.51	1:19.09	700m: 9:07.39	1:20.59	1100m: 14:30.70	1:21.38	1500m: 19:43.92	1:13.90
	400m: 5:05.32	1:20.81	800m: 10:28.36	1:20.97	1200m: 15:52.10	1:21.40		
5.	Mike Jansen	sgpatrick-deroersoppers	20:46.18	200200151	19:48.36	394		
	100m: 1:12.62	1:12.62	500m: 6:30.26	1:20.59	900m: 11:52.27	1:20.98	1300m: 17:14.97	1:19.64
	200m: 2:30.42	1:17.80	600m: 7:50.24	1:19.98	1000m: 13:13.33	1:21.06	1400m: 18:35.06	1:20.09
	300m: 3:49.74	1:19.32	700m: 9:10.93	1:20.69	1100m: 14:35.00	1:21.67	1500m: 19:48.36	1:13.30
	400m: 5:09.67	1:19.93	800m: 10:31.29	1:20.36	1200m: 15:55.33	1:20.33		

Programmanr. 4
24-2-2019 - 15:55

Dames, 1500m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Fiona Meuffels	RZ	18:48.30	199504366	19:04.06	529		
	100m: 1:09.66	1:09.66	500m: 6:16.27	1:17.30	900m: 11:25.80	1:17.59	1300m: 16:34.01	1:16.37
	200m: 2:25.16	1:15.50	600m: 7:33.67	1:17.40	1000m: 12:43.12	1:17.32	1400m: 17:50.61	1:16.60
	300m: 3:41.61	1:16.45	700m: 8:51.30	1:17.63	1100m: 14:00.60	1:17.48	1500m: 19:04.06	1:13.45
	400m: 4:58.97	1:17.36	800m: 10:08.21	1:16.91	1200m: 15:17.64	1:17.04		
2.	Anne van Straaten	Hellas-Glana	19:43.84	199901884	20:08.51	449		
	100m: 1:12.45	1:12.45	500m: 6:17.79	1:10.67	900m: 11:54.79	1:22.85	1300m: 17:30.92	1:24.95
	200m: 2:29.82	1:17.37	600m: 7:48.03	1:30.24	1000m: 13:18.46	1:23.67	1400m: 18:51.52	1:20.60
	300m: 3:48.17	1:18.35	700m: 9:09.32	1:21.29	1100m: 14:41.20	1:22.74	1500m: 20:08.51	1:16.99
	400m: 5:07.12	1:18.95	800m: 10:31.94	1:22.62	1200m: 16:05.97	1:24.77		
3.	Lotte Beckers	sgpatrick-deroersoppers	20:31.93	200000834	21:07.26	389		
	100m: 1:16.17	1:16.17	500m: 7:00.35	1:26.24	900m: 12:43.04	1:24.13	1300m: 18:20.12	1:25.79
	200m: 2:40.72	1:24.55	600m: 8:27.77	1:27.42	1000m: 14:06.99	1:23.95	1400m: 19:47.46	1:27.34
	300m: 4:06.42	1:25.70	700m: 9:53.47	1:25.70	1100m: 15:30.37	1:23.38	1500m: 21:07.26	1:19.80
	400m: 5:34.11	1:27.69	800m: 11:18.91	1:25.44	1200m: 16:54.33	1:23.96		
4.	Fleur Beckers	sgpatrick-deroersoppers	21:16.30	200200256	21:18.06	380		
	100m: 1:16.43	1:16.43	500m: 6:58.92	1:27.04	900m: 12:43.77	1:25.81	1300m: 18:31.02	1:27.99
	200m: 2:40.46	1:24.03	600m: 8:26.05	1:27.13	1000m: 14:09.60	1:25.83	1400m: 19:56.82	1:25.80
	300m: 4:05.92	1:25.46	700m: 9:52.28	1:26.23	1100m: 15:35.68	1:26.08	1500m: 21:18.06	1:21.24
	400m: 5:31.88	1:25.96	800m: 11:17.96	1:25.68	1200m: 17:03.03	1:27.35		
5.	Sarina Paulussen	RZ	22:18.70	199307426	22:28.19	323		
	100m: 1:19.66	1:19.66	500m: 7:16.89	1:30.45	900m: 13:21.32	1:31.23	1300m: 19:29.20	1:32.31
	200m: 2:47.45	1:27.79	600m: 8:47.87	1:30.98	1000m: 14:52.07	1:30.75	1400m: 21:00.39	1:31.19
	300m: 4:16.61	1:29.16	700m: 10:19.20	1:31.33	1100m: 16:23.73	1:31.66	1500m: 22:28.19	1:27.80
	400m: 5:46.44	1:29.83	800m: 11:50.09	1:30.89	1200m: 17:56.89	1:33.16		
6.	Anne Köhlen	Hellas-Glana	21:55.72	200201714	22:51.07	308		
	100m: 1:21.30	1:21.30	500m: 7:14.31	1:30.84	900m: 13:23.15	1:34.47	1300m: 19:45.64	1:36.25
	200m: 2:46.44	1:25.14	600m: 8:45.22	1:30.91	1000m: 14:58.14	1:34.99	1400m: 21:19.78	1:34.14
	300m: 4:14.27	1:27.83	700m: 10:17.49	1:32.27	1100m: 16:33.92	1:35.78	1500m: 22:51.07	1:31.29
	400m: 5:43.47	1:29.20	800m: 11:48.68	1:31.19	1200m: 18:09.39	1:35.47		
7.	Lisa In 't Zand	RZ	22:59.13	199401614	23:11.17	294		
	100m: 1:22.02	1:22.02	500m: 7:34.72	1:34.37	900m: 13:52.52	1:34.70	1300m: 20:07.86	1:33.95
	200m: 2:53.67	1:31.65	600m: 9:09.73	1:35.01	1000m: 15:26.56	1:34.04	1400m: 21:40.56	1:32.70
	300m: 4:26.51	1:32.84	700m: 10:42.98	1:33.25	1100m: 16:59.67	1:33.11	1500m: 23:11.17	1:30.61
	400m: 6:00.35	1:33.84	800m: 12:17.82	1:34.84	1200m: 18:33.91	1:34.24		
8.	Claudia Creemers	RZ	29:05.77	199202864	27:36.04	175		
	100m: 1:29.20	1:29.20	500m: 8:47.07	1:52.43	900m: 16:19.95	1:54.47	1300m: 23:58.07	1:51.59
	200m: 3:12.64	1:43.44	600m: 10:40.69	1:53.62	1000m: 18:18.62	1:58.67	1400m: 25:48.51	1:50.44
	300m: 5:01.95	1:49.31	700m: 12:32.64	1:51.95	1100m: 20:13.02	1:54.40	1500m: 27:36.04	1:47.53
	400m: 6:54.64	1:52.69	800m: 14:25.48	1:52.84	1200m: 22:06.48	1:53.46		

LAC 1500m
Roermond, 24-2-2019

Programmanr. 4, Dames, 1500m vrije slag, Dames Senioren Open

rang	naam	vereniging	intijd	tijd	RT
AFGEM	Daniëlle Kugler	Zeps	NT	200100678	

Programmanr. 5
24-2-2019 - 16:50

Heren, 1500m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Koen Wijnands	sgpatrick-deroersoppers	20:45.66	199800247	18:45.44 464	
	100m: 1:06.25	1:06.25	500m: 6:07.20	1:16.15	900m: 11:12.16	1:16.18
	200m: 2:19.98	1:13.73	600m: 7:22.88	1:15.68	1000m: 12:29.17	1:17.01
	300m: 3:34.78	1:14.80	700m: 8:39.73	1:16.85	1100m: 13:46.78	1:17.61
	400m: 4:51.05	1:16.27	800m: 9:55.98	1:16.25	1200m: 15:01.70	1:14.92
1300m:	16:18.22					1:16.52
1400m:	17:33.69					1:15.47
1500m:	18:45.44					1:11.75
2.	Sander Heijnen	Zeps	19:06.78	199001199	18:57.57 449	
	100m: 1:06.73	1:06.73	500m: 6:13.42	1:17.60	900m: 11:22.39	1:16.88
	200m: 2:21.80	1:15.07	600m: 7:31.10	1:17.68	1000m: 12:40.29	1:17.90
	300m: 3:38.89	1:17.09	700m: 8:48.57	1:17.47	1100m: 13:56.89	1:16.60
	400m: 4:55.82	1:16.93	800m: 10:05.51	1:16.94	1200m: 15:14.04	1:17.15
1300m:	16:30.32					1:16.28
1400m:	17:46.45					1:16.13
1500m:	18:57.57					1:11.12
3.	Patrick Creemers	RZ	18:57.22	199000579	19:03.14 442	
	100m: 1:07.12	1:07.12	500m: 6:22.36	1:18.86	900m: 11:27.24	1:16.27
	200m: 2:25.87	1:18.75	600m: 7:41.01	1:18.65	1000m: 12:43.58	1:16.34
	300m: 3:46.27	1:20.40	700m: 8:55.70	1:14.69	1100m: 14:00.84	1:17.26
	400m: 5:03.50	1:17.23	800m: 10:10.97	1:15.27	1200m: 15:18.17	1:17.33
1300m:	16:34.55					1:16.38
1400m:	17:49.87					1:15.32
1500m:	19:03.14					1:13.27
DIS	Tim Greven	Zv Kimbria	20:49.71	199202373		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					
AFGEM	Stan Knoops	RZ	23:15.20	199803117		