

Programmanr. 1
31-3-2019 - 14:00

Meisjes, 400m vrije slag

Meisjes Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Myrthe Stelten	Hellas-Glana	NT 200900234	5:57.71	296			
	50m: 38.96	38.96	150m: 2:08.88	45.86	250m: 3:42.10	46.15	350m: 5:13.74	45.34
	100m: 1:23.02	44.06	200m: 2:55.95	47.07	300m: 4:28.40	46.30	400m: 5:57.71	43.97
2.	Luus Gielens	Hellas-Glana	7:30.58 200900138	6:08.24	271			
	50m: 40.43	40.43	150m: 2:14.64	47.85	250m: 3:50.95	48.50	350m: 5:26.61	48.35
	100m: 1:26.79	46.36	200m: 3:02.45	47.81	300m: 4:38.26	47.31	400m: 6:08.24	41.63

Programmanr. 2
31-3-2019 - 14:10

Jongens, 200m wisselslag

Jongens Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
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Programmanr. 3
31-3-2019 - 14:10

Meisjes, 800m vrije slag

Meisjes Minioren 5 Junioren 1
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Nina Derckx	ZEPS	NT 200700030	11:50.59	323			
	100m: 1:23.55	1:23.55	300m: 4:24.44	1:30.47	500m: 7:26.02	1:30.18	700m: 10:27.16	1:30.19
	200m: 2:53.97	1:30.42	400m: 5:55.84	1:31.40	600m: 8:56.97	1:30.95	800m: 11:50.59	1:23.43
2.	Veerle Claessens	ZEPS	NT 200800100	12:35.52	268			
	100m: 1:29.03	1:29.03	300m: 4:39.77	1:35.82	500m: 7:52.37	1:35.22	700m: 11:04.95	1:35.33
	200m: 3:03.95	1:34.92	400m: 6:17.15	1:37.38	600m: 9:29.62	1:37.25	800m: 12:35.52	1:30.57
3.	Lotte Frissen	sgpatrick-deroersoppers	NT 200701354	12:40.86	263			
	100m: 1:30.68	1:30.68	300m: 4:41.83	1:36.10	500m: 7:58.90	1:38.64	700m: 11:11.04	1:35.26
	200m: 3:05.73	1:35.05	400m: 6:20.26	1:38.43	600m: 9:35.78	1:36.88	800m: 12:40.86	1:29.82
4.	Emma Ketelaars	sgpatrick-deroersoppers	NT 200800354	13:26.78	220			
	100m: 1:28.61	1:28.61	300m: 4:49.85	1:42.47	500m: 8:21.12	1:46.16	700m: 11:49.43	1:43.30
	200m: 3:07.38	1:38.77	400m: 6:34.96	1:45.11	600m: 10:06.13	1:45.01	800m: 13:26.78	1:37.35
5.	Lieke Spätjens	RZ	15:01.06 200700526	14:23.73	180			
	100m: 1:38.20	1:38.20	300m: 5:14.76	1:49.77	500m: 8:59.10	1:52.56	700m: 12:39.75	1:48.39
	200m: 3:24.99	1:46.79	400m: 7:06.54	1:51.78	600m: 10:51.36	1:52.26	800m: 14:23.73	1:43.98
6.	Yenthe Schlicher	RZ	NT 200700162	16:02.56	130			
	100m: 1:40.06	1:40.06	300m: 5:38.57	2:03.37	500m: 9:49.54	2:06.41	700m: 14:06.12	2:09.09
	200m: 3:35.20	1:55.14	400m: 7:43.13	2:04.56	600m: 11:57.03	2:07.49	800m: 16:02.56	1:56.44
7.	Eva Hoep	RZ	NT 200800104	16:29.98	119			
	100m: 1:49.85	1:49.85	300m: 6:03.54	2:08.48	500m: 10:17.83	2:08.36	700m: 14:30.85	2:05.48
	200m: 3:55.06	2:05.21	400m: 8:09.47	2:05.93	600m: 12:25.37	2:07.54	800m: 16:29.98	1:59.13

Programmanr. 4
31-3-2019 - 14:40

Jongens, 200m wisselslag

Jongens Minioren 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
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Programmanr. 5
31-3-2019 - 14:40

Meisjes, 1500m vrije slag

Meisjes Junioren 2 en 3
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Zara Pijpers	ZEPS	22:56.38 200503362	22:15.13	333			
	100m: 1:18.19	1:18.19	500m: 7:17.67	1:28.73	900m: 13:15.80	1:29.38	1300m: 19:21.08	1:32.68
	200m: 2:46.82	1:28.63	600m: 8:46.55	1:28.88	1000m: 14:45.94	1:30.14	1400m: 20:52.98	1:31.90
	300m: 4:18.32	1:31.50	700m: 10:15.48	1:28.93	1100m: 16:17.53	1:31.59	1500m: 22:15.13	1:22.15
	400m: 5:48.94	1:30.62	800m: 11:46.42	1:30.94	1200m: 17:48.40	1:30.87		
2.	Esmee Vranken	Zwemsport Parkstad 1	NT 200602548	22:41.36	314			
	100m: 1:20.72	1:20.72	500m: 7:19.77	1:31.66	900m: 13:26.48	1:30.62	1300m: 19:41.81	1:35.68
	200m: 2:50.00	1:29.28	600m: 8:51.06	1:31.29	1000m: 14:59.36	1:32.88	1400m: 21:17.21	1:35.40
	300m: 4:17.94	1:27.94	700m: 10:23.94	1:32.88	1100m: 16:33.05	1:33.69	1500m: 22:41.36	1:24.15
	400m: 5:48.11	1:30.17	800m: 11:55.86	1:31.92	1200m: 18:06.13	1:33.08		
3.	Jacqueline Houben	sgpatrick-deroersoppers	NT 200600662	23:31.30	282			
	100m: 1:22.77	1:22.77	500m: 7:38.08	1:35.93	900m: 14:01.37	1:36.31	1300m: 20:28.61	1:37.27
	200m: 2:54.60	1:31.83	600m: 9:12.60	1:34.52	1000m: 15:37.37	1:36.00	1400m: 22:04.10	1:35.49
	300m: 4:27.71	1:33.11	700m: 10:48.19	1:35.59	1100m: 17:14.14	1:36.77	1500m: 23:31.30	1:27.20
	400m: 6:02.15	1:34.44	800m: 12:25.06	1:36.87	1200m: 18:51.34	1:37.20		

Programmanr. 5, Meisjes, 1500m vrije slag, Meisjes Junioren 2 en 3

rang	naam	vereniging	intijd	200600410	tijd	RT
4.	Myrthe Paas	ZEPS	24:01.17		23:42.38	275
	100m: 1:24.53	1:24.53	500m: 7:42.59	1:35.46	900m: 14:05.98	1:36.54
	200m: 2:57.88	1:33.35	600m: 9:18.66	1:36.07	1000m: 15:42.53	1:36.21
	300m: 4:32.78	1:34.90	700m: 10:54.84	1:36.18	1100m: 17:19.03	1:34.29
	400m: 6:07.13	1:34.35	800m: 12:30.28	1:35.44	1200m: 18:55.34	1:36.31

Programmanr. 6
31-3-2019 - 15:05

Heren, 400m wisselslag

Heren Senioren Open
Resultaten

rang	naam	vereniging	intijd	200202153	tijd	RT
1.	Nino van Beek	ZEPS	4:54.70		5:05.73	507
	50m: 28.21	28.21	150m: 1:44.40	41.07	250m: 3:08.42	37.04
	100m: 1:03.33	35.12	200m: 2:25.27	40.87	300m: 3:53.72	34.97
2.	Daan Wijnands	sgpatrick-deroersoppers	5:31.91	200200127	5:25.27	421
	50m: 33.92	33.92	150m: 1:55.43	40.95	250m: 3:26.72	34.73
	100m: 1:14.48	40.56	200m: 2:36.45	41.02	300m: 4:16.62	33.92
3.	Mike Jansen	sgpatrick-deroersoppers	5:28.04	200200151	5:30.15	403
	50m: 34.02	34.02	150m: 1:56.00	39.78	250m: 3:25.55	38.32
	100m: 1:16.22	42.20	200m: 2:35.63	39.63	300m: 4:15.19	36.64
4.	Joost Schuurmans	Hellas-Glana	5:22.95	200400543	5:33.09	392
	50m: 32.31	32.31	150m: 1:55.51	41.95	250m: 3:25.66	39.62
	100m: 1:13.56	41.25	200m: 2:36.63	41.12	300m: 4:15.94	37.53
5.	Sander Heijnen	ZEPS	5:29.90	199001199	5:34.73	387
	50m: 31.85	31.85	150m: 1:55.55	43.76	250m: 3:26.39	39.65
	100m: 1:11.79	39.94	200m: 2:37.44	41.89	300m: 4:16.95	38.13
6.	Stan Houtvast	Hellas-Glana	6:33.29	200500883	5:47.61	345
	50m: 37.42	37.42	150m: 2:09.75	44.83	250m: 3:41.00	39.74
	100m: 1:24.92	47.50	200m: 2:51.47	41.72	300m: 4:31.07	36.80
7.	Jurre Veldhuijsen	Hellas-Glana	5:50.26	200400603	5:48.78	342
	50m: 40.18	40.18	150m: 2:10.93	42.93	250m: 3:42.52	40.46
	100m: 1:28.00	47.82	200m: 2:53.00	42.07	300m: 4:32.61	35.71
8.	Argento Isselt	RZ	NT	200600527	6:12.79	280
	50m: 39.34	39.34	150m: 2:17.82	48.44	250m: 3:55.58	42.83
	100m: 1:29.38	50.04	200m: 3:04.78	46.96	300m: 4:49.50	40.46
9.	Max Ketelaars	sgpatrick-deroersoppers	6:32.95	200500345	6:24.77	255
	50m: 43.60	43.60	150m: 2:25.62	48.30	250m: 4:05.49	44.83
	100m: 1:37.32	53.72	200m: 3:13.90	48.28	300m: 4:57.33	42.61
10.	Stan Knoops	RZ	6:31.41	199803117	6:29.64	245
	50m: 36.56	36.56	150m: 2:13.28	50.99	250m: 4:02.67	43.30
	100m: 1:22.29	45.73	200m: 3:03.41	50.13	300m: 5:02.09	44.25
DIS	Mischa Hermans	ZEPS	5:41.53	200300057		
	<i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i>					
DIS	Naud Peters	ZEPS	NT	200005767		
	<i>SL - Het keer- en/of eindpunt met één hand aangetikt., + VI</i>					
DIS	Lars Hilkens	RZ	5:27.93	200201165		
	<i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.</i>					

Programmanr. 7
31-3-2019 - 15:25

Dames, 2000m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd	200401650	tijd	RT
1.	Jessie Bodden	Zv Kimbria	NT		26:27.42	
	100m: 1:11.95	1:11.95	600m: 7:41.64	1:17.35	1100m: 14:16.67	1:22.53
	200m: 2:29.76	1:17.81	700m: 9:00.07	1:18.43	1200m: 15:36.51	1:22.65
	300m: 3:48.67	1:18.91	800m: 10:19.07	1:19.00	1300m: 16:56.07	1:21.72
	400m: 5:06.36	1:17.69	900m: 11:37.73	1:18.66	1400m: 18:16.42	1:21.38
	500m: 6:24.29	1:17.93	1000m: 12:57.36	1:19.63	1500m: 19:38.36	1:20.78
2.	Anne van Straaten	Hellas-Glana	NT	199901884	26:37.81	
	100m: 1:13.26	1:13.26	600m: 7:51.87	1:20.77	1100m: 14:32.10	1:22.12
	200m: 2:32.77	1:19.51	700m: 9:11.78	1:19.91	1200m: 15:53.07	1:21.04
	300m: 3:52.47	1:19.70	800m: 10:32.65	1:20.87	1300m: 17:13.97	1:19.90
	400m: 5:11.32	1:18.85	900m: 11:52.52	1:19.87	1400m: 18:35.71	1:19.91
	500m: 6:31.10	1:19.78	1000m: 13:12.66	1:20.14	1500m: 19:57.59	1:17.25

Programmanr. 7, Dames, 2000m vrije slag, Dames Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
3.	Lianne Kaanen	ZEPS	NT	200300708	27:18.48			
	100m: 1:15.11	1:15.11	600m: 8:02.92	1:21.06	1100m: 14:51.18	1:21.82	1600m: 21:46.30	1:23.52
	200m: 2:35.86	1:20.75	700m: 9:24.88	1:21.96	1200m: 16:13.22	1:22.04	1700m: 23:09.27	1:22.97
	300m: 3:56.86	1:21.00	800m: 10:46.43	1:21.55	1300m: 17:36.24	1:23.02	1800m: 24:32.73	1:23.46
	400m: 5:19.55	1:22.69	900m: 12:07.62	1:21.19	1400m: 18:58.90	1:22.66	1900m: 25:57.65	1:24.92
	500m: 6:41.86	1:22.31	1000m: 13:29.36	1:21.74	1500m: 20:22.78	1:23.88	2000m: 27:18.48	1:20.83
4.	Mexi Kösters	ZEPS	NT	200401308	28:13.11			
	100m: 1:17.78	1:17.78	600m: 8:21.56	1:23.44	1100m: 15:26.13	1:27.13	1600m: 22:38.55	1:28.37
	200m: 2:42.95	1:25.17	700m: 9:43.92	1:22.36	1200m: 16:52.01	1:25.88	1700m: 24:04.07	1:25.52
	300m: 4:06.74	1:23.79	800m: 11:08.95	1:25.03	1300m: 18:17.50	1:25.49	1800m: 25:28.85	1:24.78
	400m: 5:32.36	1:25.62	900m: 12:33.03	1:24.08	1400m: 19:43.02	1:25.52	1900m: 26:54.11	1:25.26
	500m: 6:58.12	1:25.76	1000m: 13:59.00	1:25.97	1500m: 21:10.18	1:27.16	2000m: 28:13.11	1:19.00
5.	Anne Köhlen	Hellas-Glana	30:00.55	200201714	30:14.73			
	100m: 1:19.51	1:19.51	600m: 8:41.10	1:28.94	1100m: 16:19.89	1:31.76	1600m: 24:10.67	1:34.54
	200m: 2:46.07	1:26.56	700m: 10:10.10	1:29.00	1200m: 17:52.76	1:32.87	1700m: 25:44.04	1:33.37
	300m: 4:14.67	1:28.60	800m: 11:42.82	1:32.72	1300m: 19:26.54	1:33.78	1800m: 27:16.95	1:32.91
	400m: 5:43.07	1:28.40	900m: 13:16.07	1:33.25	1400m: 21:01.95	1:35.41	1900m: 28:46.92	1:29.97
	500m: 7:12.16	1:29.09	1000m: 14:48.13	1:32.06	1500m: 22:36.13	1:34.18	2000m: 30:14.73	1:27.81
6.	Lisa In 't Zand	RZ	31:11.39	199401614	30:35.01			
	100m: 1:19.58	1:19.58	600m: 8:56.83	1:33.00	1100m: 16:41.79	1:33.00	1600m: 24:28.85	1:33.66
	200m: 2:49.33	1:29.75	700m: 10:28.85	1:32.02	1200m: 18:15.80	1:34.01	1700m: 26:01.94	1:33.09
	300m: 4:20.28	1:30.95	800m: 12:02.17	1:33.32	1300m: 19:48.94	1:33.14	1800m: 27:35.22	1:33.28
	400m: 5:51.84	1:31.56	900m: 13:35.09	1:32.92	1400m: 21:22.01	1:33.07	1900m: 29:06.51	1:31.29
	500m: 7:23.83	1:31.99	1000m: 15:08.79	1:33.70	1500m: 22:55.19	1:33.18	2000m: 30:35.01	1:28.50
7.	Kiki Derckx	ZEPS	NT	200400546	30:53.17			
	100m: 1:20.56	1:20.56	600m: 8:56.70	1:32.62	1100m: 16:47.60	1:34.93	1600m: 24:46.31	1:36.04
	200m: 2:50.13	1:29.57	700m: 10:30.09	1:33.39	1200m: 18:22.73	1:35.13	1700m: 26:22.17	1:35.86
	300m: 4:20.90	1:30.77	800m: 12:03.60	1:33.51	1300m: 19:57.85	1:35.12	1800m: 27:56.01	1:33.84
	400m: 5:52.54	1:31.64	900m: 13:37.93	1:34.33	1400m: 21:34.11	1:36.26	1900m: 29:27.70	1:31.69
	500m: 7:24.08	1:31.54	1000m: 15:12.67	1:34.74	1500m: 23:10.27	1:36.16	2000m: 30:53.17	1:25.47
8.	Riky Jansen	ZEPS	31:16.95	198401142	32:03.56			
	100m: 1:25.65	1:25.65	600m: 9:26.74	1:36.53	1100m: 17:32.14	1:35.49	1600m: 25:32.83	1:35.06
	200m: 3:00.10	1:34.45	700m: 11:04.30	1:37.56	1200m: 19:08.64	1:36.50	1700m: 27:09.83	1:37.00
	300m: 4:35.66	1:35.56	800m: 12:41.96	1:37.66	1300m: 20:45.16	1:36.52	1800m: 28:48.89	1:39.06
	400m: 6:12.26	1:36.60	900m: 14:19.72	1:37.76	1400m: 22:21.81	1:36.65	1900m: 30:26.27	1:37.38
	500m: 7:50.21	1:37.95	1000m: 15:56.65	1:36.93	1500m: 23:57.77	1:35.96	2000m: 32:03.56	1:37.29
9.	Zoya van Beek	ZEPS	35:35.75	200303178	32:54.40			
	100m: 1:27.58	1:27.58	600m: 9:47.11	1:40.70	1100m: 18:01.36	1:39.56	1600m: 26:22.96	1:39.22
	200m: 3:05.27	1:37.69	700m: 11:26.58	1:39.47	1200m: 19:40.78	1:39.42	1700m: 28:02.15	1:39.19
	300m: 4:44.28	1:39.01	800m: 13:05.55	1:38.97	1300m: 21:21.96	1:41.18	1800m: 29:41.67	1:39.52
	400m: 6:26.55	1:42.27	900m: 14:43.99	1:38.44	1400m: 23:02.58	1:40.62	1900m: 31:21.14	1:39.47
	500m: 8:06.41	1:39.86	1000m: 16:21.80	1:37.81	1500m: 24:43.74	1:41.16	2000m: 32:54.40	1:33.26
10.	Claudia Creemers	RZ	37:46.96	199202864	38:26.68			
	100m: 1:31.72	1:31.72	600m: 10:53.10	1:55.54	1100m: 20:41.07	1:57.83	1600m: 30:35.35	1:58.33
	200m: 3:18.47	1:46.75	700m: 12:49.61	1:56.51	1200m: 22:41.29	2:00.22	1700m: 32:33.40	1:58.05
	300m: 5:08.98	1:50.51	800m: 14:47.10	1:57.49	1300m: 24:38.50	1:57.21	1800m: 34:33.65	2:00.25
	400m: 7:02.69	1:53.71	900m: 16:45.83	1:58.73	1400m: 26:37.85	1:59.35	1900m: 36:32.48	1:58.83
	500m: 8:57.56	1:54.87	1000m: 18:43.24	1:57.41	1500m: 28:37.02	1:59.17	2000m: 38:26.68	1:54.20
AFGEM	Sarina Paulussen	RZ	31:25.02	199307426				