

Programmanr. 1
14-4-2019 - 14:00

Meisjes, 200m wisselslag

Meisjes Minioren 3 en 4
Resultaten

| rang | naam | vereniging | intijd | | | | tijd | RT | |
|------|----------------|---------------|---------------|---------------|--|--|-----------|---------|-----|
| 1. | Myrthe Stelten | Hellas-Glana | 3:11.06 | | | | 200900234 | 3:05.52 | 314 |
| | 50m: 44.20 | 100m: 1:33.59 | 150m: 2:23.15 | 200m: 3:05.52 | | | | | |
| 2. | Luus Gielens | Hellas-Glana | 3:21.87 | | | | 200900138 | 3:17.87 | 259 |
| | 50m: 47.21 | 200m: 3:17.87 | | | | | | | |

Programmanr. 2
14-4-2019 - 14:05

Jongens, 200m vrije slag

Jongens Minioren 3 en 4
Resultaten

| rang | naam | vereniging | intijd | | | | tijd | RT |
|------|------|------------|--------|--|--|--|------|----|
|------|------|------------|--------|--|--|--|------|----|

Programmanr. 3
14-4-2019 - 14:05

Meisjes, 200m wisselslag

Meisjes Minioren 5 Junioren 1
Resultaten

| rang | naam | vereniging | intijd | | | | tijd | RT | | |
|------|---|------------------------|---------------|---------------|--|--|-----------|---------|------|-----|
| 1. | Nina Derckx | ZEPS | 3:01.64 | | | | 200700030 | 2:55.91 | 369 | |
| | 50m: 40.17 | 100m: 1:25.27 | 150m: 2:16.96 | 200m: 2:55.91 | | | | | | |
| 2. | Emma Ketelaars | spatrick-deroersoppers | 3:27.51 | | | | 200800354 | 3:15.48 | FJ 1 | 269 |
| | 50m: 41.82 | 200m: 3:15.48 | | | | | | | | |
| 3. | Veerle Claessens | ZEPS | 3:19.76 | | | | 200800100 | 3:15.48 | FJ 2 | 269 |
| | 50m: 47.13 | 200m: 3:15.48 | | | | | | | | |
| 4. | Eva Hoep | RZ | 3:57.46 | | | | 200800104 | 3:54.39 | | 156 |
| | 50m: 54.07 | 100m: 1:53.28 | 150m: 2:59.02 | 200m: 3:54.39 | | | | | | |
| 5. | Nica Peeters | spatrick-deroersoppers | NT | | | | 200802396 | 4:25.13 | | 108 |
| | 50m: 1:03.52 | 200m: 4:25.13 | | | | | | | | |
| DIS | Yenthe Schlicher | RZ | 3:52.72 | | | | 200700162 | 3:43.67 | | |
| | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | | | | | | |
| | 50m: 51.82 | 200m: 3:43.67 | | | | | | | | |

Programmanr. 4
14-4-2019 - 14:10

Jongens, 800m vrije slag

Jongens Minioren 5 en 6
Resultaten

| rang | naam | vereniging | intijd | | | | tijd | RT |
|------|------|------------|--------|--|--|--|------|----|
|------|------|------------|--------|--|--|--|------|----|

Programmanr. 5
14-4-2019 - 14:10

Dames, 400m wisselslag

Dames Senioren Open
Resultaten

| rang | naam | vereniging | intijd | | | | tijd | RT | |
|------|-------------------|---------------|---------------|---------------|--|--|-----------|---------|-----|
| 1. | Jessie Bodden | Kimbria | 5:31.57 | | | | 200401650 | 5:25.49 | 561 |
| | 50m: 35.04 | 150m: 1:56.88 | 250m: 3:24.69 | 350m: 4:49.86 | | | | | |
| | 100m: 1:15.48 | 200m: 2:37.14 | 300m: 4:12.11 | 400m: 5:25.49 | | | | | |
| 2. | Anne van Straaten | Hellas-Glana | 5:56.56 | | | | 199901884 | 5:39.04 | 496 |
| | 50m: 37.47 | 150m: 2:05.32 | 250m: 3:33.24 | 350m: 5:01.46 | | | | | |
| | 100m: 1:22.44 | 200m: 2:45.85 | 300m: 4:21.59 | 400m: 5:39.04 | | | | | |
| 3. | Rachelle Luimes | Hellas-Glana | 5:55.39 | | | | 200500654 | 5:48.36 | 458 |
| | 100m: 1:22.02 | 400m: 5:48.36 | | | | | | | |
| 4. | Sterre Schlicher | RZ | 5:45.38 | | | | 199901672 | 5:49.21 | 454 |
| | 50m: 36.96 | 100m: 1:22.75 | 400m: 5:49.21 | | | | | | |
| 5. | Mexi Kösters | ZEPS | 5:51.30 | | | | 200401308 | 6:00.80 | 412 |
| | 50m: 39.00 | 100m: 1:24.42 | 400m: 6:00.80 | | | | | | |
| 6. | Britt Siemerink | ZEPS | 6:24.30 | | | | 200600714 | 6:19.18 | 355 |
| | 50m: 40.33 | 100m: 1:34.88 | 400m: 6:19.18 | | | | | | |
| 7. | Zara Pijpers | ZEPS | NT | | | | 200503362 | 6:22.21 | 346 |
| | 50m: 42.52 | 100m: 1:33.62 | 400m: 6:22.21 | | | | | | |
| 8. | Myrthe Paas | ZEPS | 6:34.46 | | | | 200600410 | 6:25.76 | 337 |
| | 50m: 42.24 | 150m: 2:24.42 | 250m: 4:07.92 | 350m: 5:45.33 | | | | | |
| | 100m: 1:33.68 | 200m: 3:13.13 | 300m: 5:03.07 | 400m: 6:25.76 | | | | | |
| 9. | Lisa In 't Zand | RZ | 6:45.08 | | | | 199401614 | 6:38.14 | 306 |
| | 50m: 40.68 | 100m: 1:33.06 | 400m: 6:38.14 | | | | | | |

Programmanr. 5, Dames, 400m wisselslag, Dames Senioren Open

| rang | naam | vereniging | intijd | tijd | RT |
|------|--------------------|-------------------------|--------|-----------|---------|
| 10. | Isabella de Bruijn | sgpatrick-deroersoppers | NT | 200600674 | 7:17.82 |
| | 100m: 1:57.89 | 400m: 7:17.82 | | | 230 |

Programmanr. 6
14-4-2019 - 14:26

Jongens, 1500m vrije slag

Jongens Junioren 1 en 2
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|---------------|-------------------------|----------------|-----------------|-----------------|
| 1. | Max Ketelaars | sgpatrick-deroersoppers | 24:11.72 | 200500345 | 23:38.77 |
| | 50m: 41.32 | 300m: 4:40.12 | 550m: 8:40.41 | 800m: 12:39.01 | 1050m: 16:36.27 |
| | 100m: 1:28.49 | 350m: 5:28.16 | 600m: 9:28.54 | 850m: 13:26.49 | 1100m: 17:22.41 |
| | 150m: 2:15.91 | 400m: 6:16.52 | 650m: 10:15.42 | 900m: 14:14.11 | 1150m: 18:10.10 |
| | 200m: 3:04.72 | 450m: 7:04.57 | 700m: 11:04.13 | 950m: 15:01.76 | 1200m: 18:58.00 |
| | 250m: 3:51.61 | 500m: 7:52.63 | 750m: 11:50.87 | 1000m: 15:48.87 | 1250m: 19:45.59 |
| | | | | | 1300m: 20:32.63 |
| | | | | | 1350m: 21:20.01 |
| | | | | | 1400m: 22:07.43 |
| | | | | | 1450m: 22:54.95 |
| | | | | | 1500m: 23:38.77 |

Programmanr. 7
14-4-2019 - 14:52

Heren, 2000m vrije slag

Heren Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------------------|-------------------------|-----------------|-----------------|-----------------|
| 1. | Sander Heijnen | ZEPS | 25:29.59 | 199001199 | 25:24.20 |
| | 50m: 32.26 | 400m: 4:58.90 | 750m: 9:28.52 | 1100m: 13:56.04 | 1450m: 18:25.50 |
| | 100m: 1:09.02 | 450m: 5:37.43 | 800m: 10:06.16 | 1150m: 14:34.55 | 1500m: 19:04.07 |
| | 150m: 1:47.24 | 500m: 6:15.94 | 850m: 10:44.69 | 1200m: 15:12.30 | 1550m: 19:43.05 |
| | 200m: 2:25.17 | 550m: 6:54.19 | 900m: 11:23.14 | 1250m: 15:50.87 | 1600m: 20:21.98 |
| | 250m: 3:03.81 | 600m: 7:32.85 | 950m: 12:01.27 | 1300m: 16:29.40 | 1650m: 21:00.71 |
| | 300m: 3:42.58 | 650m: 8:11.42 | 1000m: 12:39.20 | 1350m: 17:08.18 | 1700m: 21:38.44 |
| | 350m: 4:21.12 | 700m: 8:50.45 | 1050m: 13:17.97 | 1400m: 17:46.45 | 1750m: 22:16.65 |
| 2. | Patrick Creemers | RZ | 26:49.34 | 199000579 | 26:05.13 |
| | 50m: 34.07 | 400m: 5:11.67 | 750m: 9:56.76 | 1100m: 14:34.51 | 1450m: 19:04.29 |
| | 100m: 1:12.95 | 450m: 5:52.23 | 800m: 10:37.89 | 1150m: 15:13.42 | 1500m: 19:43.02 |
| | 150m: 1:52.75 | 500m: 6:32.51 | 850m: 11:18.86 | 1200m: 15:50.70 | 1550m: 20:21.92 |
| | 200m: 2:32.64 | 550m: 7:12.95 | 900m: 11:58.95 | 1250m: 16:29.45 | 1600m: 20:59.92 |
| | 250m: 3:12.57 | 600m: 7:53.73 | 950m: 12:39.86 | 1300m: 17:08.54 | 1650m: 21:37.54 |
| | 300m: 3:51.26 | 650m: 8:34.73 | 1000m: 13:17.86 | 1350m: 17:47.54 | 1700m: 22:15.51 |
| | 350m: 4:31.10 | 700m: 9:15.80 | 1050m: 13:56.36 | 1400m: 18:26.13 | 1750m: 22:54.29 |
| 3. | Daan Wijnands | sgpatrick-deroersoppers | 27:26.08 | 200200127 | 26:47.05 |
| | 50m: 32.62 | 400m: 5:09.74 | 750m: 9:52.25 | 1100m: 14:35.14 | 1450m: 19:21.75 |
| | 100m: 1:10.74 | 450m: 5:50.11 | 800m: 10:32.26 | 1150m: 15:15.81 | 1500m: 20:03.07 |
| | 150m: 1:49.67 | 500m: 6:30.93 | 850m: 11:12.87 | 1200m: 15:56.58 | 1550m: 20:44.86 |
| | 200m: 2:29.49 | 550m: 7:11.51 | 900m: 11:53.65 | 1250m: 16:37.55 | 1600m: 21:25.25 |
| | 250m: 3:09.47 | 600m: 7:51.39 | 950m: 12:33.32 | 1300m: 17:18.52 | 1650m: 22:06.29 |
| | 300m: 3:49.80 | 650m: 8:31.90 | 1000m: 13:14.12 | 1350m: 17:58.87 | 1700m: 22:47.76 |
| | 350m: 4:29.91 | 700m: 9:11.67 | 1050m: 13:54.61 | 1400m: 18:40.20 | 1750m: 23:28.29 |
| 4. | Mike Jansen | sgpatrick-deroersoppers | 27:46.39 | 200200151 | 26:56.15 |
| | 50m: 34.24 | 400m: 5:12.00 | 750m: 9:57.17 | 1100m: 14:42.03 | 1450m: 19:30.89 |
| | 100m: 1:12.79 | 450m: 5:52.76 | 800m: 10:37.89 | 1150m: 15:23.18 | 1500m: 20:12.20 |
| | 150m: 1:51.50 | 500m: 6:33.51 | 850m: 11:18.83 | 1200m: 16:03.90 | 1550m: 20:53.03 |
| | 200m: 2:31.18 | 550m: 7:13.55 | 900m: 11:59.64 | 1250m: 16:44.80 | 1600m: 21:34.85 |
| | 250m: 3:10.67 | 600m: 7:54.12 | 950m: 12:40.14 | 1300m: 17:26.65 | 1650m: 22:15.41 |
| | 300m: 3:50.78 | 650m: 8:35.08 | 1000m: 13:19.03 | 1350m: 18:08.19 | 1700m: 22:56.17 |
| | 350m: 4:31.01 | 700m: 9:16.36 | 1050m: 14:00.84 | 1400m: 18:49.75 | 1750m: 23:36.88 |
| 5. | Mischa Hermans | ZEPS | NT | 200300057 | 27:07.06 |
| | 50m: 35.02 | 400m: 5:16.11 | 750m: 10:00.84 | 1100m: 14:44.84 | 1450m: 19:31.51 |
| | 100m: 1:13.88 | 450m: 5:56.82 | 800m: 10:41.36 | 1150m: 15:25.91 | 1500m: 20:12.24 |
| | 150m: 1:53.92 | 500m: 6:37.65 | 850m: 11:22.00 | 1200m: 16:06.35 | 1550m: 20:53.60 |
| | 200m: 2:33.60 | 550m: 7:18.37 | 900m: 12:02.66 | 1250m: 16:47.31 | 1600m: 21:34.74 |
| | 250m: 3:13.94 | 600m: 7:58.93 | 950m: 12:43.11 | 1300m: 17:28.41 | 1650m: 22:18.66 |
| | 300m: 3:54.53 | 650m: 8:39.66 | 1000m: 13:23.67 | 1350m: 18:09.44 | 1700m: 23:00.43 |
| | 350m: 4:35.16 | 700m: 9:20.56 | 1050m: 14:04.48 | 1400m: 18:50.91 | 1750m: 23:41.85 |
| 6. | Lars Hilkens | RZ | 26:42.99 | 200201165 | 27:39.25 |
| | 50m: 33.08 | 400m: 5:15.55 | 750m: 9:58.99 | 1100m: 14:56.07 | 1450m: 20:00.33 |
| | 100m: 1:11.96 | 450m: 5:56.36 | 800m: 10:41.52 | 1150m: 15:38.92 | 1500m: 20:43.13 |
| | 150m: 1:51.96 | 500m: 6:34.52 | 850m: 11:24.75 | 1200m: 16:24.55 | 1550m: 21:24.85 |
| | 200m: 2:32.00 | 550m: 7:14.97 | 900m: 12:05.95 | 1250m: 17:07.61 | 1600m: 22:06.65 |
| | 250m: 3:12.75 | 600m: 7:56.97 | 950m: 12:49.69 | 1300m: 17:50.62 | 1650m: 22:49.11 |
| | 300m: 3:53.55 | 650m: 8:38.38 | 1000m: 13:32.02 | 1350m: 18:32.88 | 1700m: 23:30.69 |
| | 350m: 4:35.09 | 700m: 9:18.32 | 1050m: 14:14.55 | 1400m: 19:15.94 | 1750m: 24:13.51 |

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

| rang | naam | vereniging | intijd | | tijd | | RT | | | | | |
|------|--------------------|-------------------------|----------|----------|-----------|----------|-----------------|----------|--------|----------|--------|----------|
| 7. | Jason van der Beek | sgpatrick-deroersoppers | NT | | 200403933 | | 28:42.82 | | | | | |
| | 50m: | 35.54 | 400m: | 5:39.02 | 750m: | 10:44.45 | 1100m: | 15:51.82 | 1450m: | 20:55.51 | 1800m: | 26:04.29 |
| | 100m: | 1:17.64 | 450m: | 6:22.92 | 800m: | 11:28.54 | 1150m: | 16:35.39 | 1500m: | 21:39.67 | 1850m: | 26:45.04 |
| | 150m: | 2:00.29 | 500m: | 7:06.95 | 850m: | 12:12.39 | 1200m: | 17:18.16 | 1550m: | 22:23.20 | 1900m: | 27:27.39 |
| | 200m: | 2:43.70 | 550m: | 7:51.04 | 900m: | 12:56.29 | 1250m: | 18:01.86 | 1600m: | 23:07.45 | 1950m: | 28:06.36 |
| | 250m: | 3:27.36 | 600m: | 8:34.42 | 950m: | 13:40.26 | 1300m: | 18:45.45 | 1650m: | 23:51.10 | 2000m: | 28:42.82 |
| | 300m: | 4:11.07 | 650m: | 9:17.42 | 1000m: | 14:24.39 | 1350m: | 19:29.29 | 1700m: | 24:35.92 | | |
| | 350m: | 4:54.95 | 700m: | 10:01.07 | 1050m: | 15:08.57 | 1400m: | 20:12.20 | 1750m: | 25:20.64 | | |
| 8. | Bas Smit | sgpatrick-deroersoppers | NT | | 200301163 | | 29:10.10 | | | | | |
| | 50m: | 39.92 | 400m: | 5:44.45 | 750m: | 10:56.28 | 1100m: | 16:08.77 | 1450m: | 21:19.58 | 1800m: | 26:30.38 |
| | 100m: | 1:19.15 | 450m: | 6:29.49 | 800m: | 11:41.62 | 1150m: | 16:52.40 | 1500m: | 22:03.57 | 1850m: | 27:14.40 |
| | 150m: | 2:02.25 | 500m: | 7:14.72 | 850m: | 12:26.18 | 1200m: | 17:37.12 | 1550m: | 22:48.11 | 1900m: | 27:59.40 |
| | 200m: | 2:45.13 | 550m: | 8:00.15 | 900m: | 13:10.36 | 1250m: | 18:21.35 | 1600m: | 23:32.80 | 1950m: | 28:41.65 |
| | 250m: | 3:28.87 | 600m: | 8:45.00 | 950m: | 13:55.48 | 1300m: | 19:06.10 | 1650m: | 24:17.15 | 2000m: | 29:10.10 |
| | 300m: | 4:13.88 | 650m: | 9:28.10 | 1000m: | 14:39.84 | 1350m: | 19:50.96 | 1700m: | 25:02.02 | | |
| | 350m: | 4:59.40 | 700m: | 10:11.54 | 1050m: | 15:23.59 | 1400m: | 20:35.21 | 1750m: | 25:46.25 | | |
| 9. | Stan Knoops | RZ | 31:09.62 | | 199803117 | | 31:17.84 | | | | | |
| | 50m: | 35.99 | 400m: | 5:46.17 | 750m: | 11:13.90 | 1100m: | 16:44.12 | 1450m: | 22:24.98 | 1800m: | 28:07.43 |
| | 100m: | 1:17.26 | 450m: | 6:32.50 | 800m: | 12:00.96 | 1150m: | 17:33.09 | 1500m: | 23:13.89 | 1850m: | 28:55.70 |
| | 150m: | 1:59.29 | 500m: | 7:19.04 | 850m: | 12:46.21 | 1200m: | 18:20.67 | 1550m: | 24:02.69 | 1900m: | 29:44.34 |
| | 200m: | 2:44.00 | 550m: | 8:06.47 | 900m: | 13:33.21 | 1250m: | 19:09.17 | 1600m: | 24:51.66 | 1950m: | 30:32.14 |
| | 250m: | 3:28.93 | 600m: | 8:53.30 | 950m: | 14:20.84 | 1300m: | 19:58.43 | 1650m: | 25:40.67 | 2000m: | 31:17.84 |
| | 300m: | 4:13.40 | 650m: | 9:40.03 | 1000m: | 15:09.20 | 1350m: | 20:47.43 | 1700m: | 26:30.32 | | |
| | 350m: | 4:59.23 | 700m: | 10:27.50 | 1050m: | 15:56.17 | 1400m: | 21:36.08 | 1750m: | 27:18.75 | | |
| 10. | Lenny Hermans | ZEPS | NT | | 200400371 | | 33:15.61 | | | | | |
| | 50m: | 41.18 | 400m: | 6:29.80 | 750m: | 12:19.55 | 1100m: | 18:13.58 | 1450m: | 24:09.86 | 1800m: | 30:01.55 |
| | 100m: | 1:28.21 | 450m: | 7:18.64 | 800m: | 13:10.08 | 1150m: | 19:04.35 | 1500m: | 24:59.87 | 1850m: | 30:51.53 |
| | 150m: | 2:17.54 | 500m: | 8:07.91 | 850m: | 14:00.29 | 1200m: | 19:54.49 | 1550m: | 25:49.75 | 1900m: | 31:40.53 |
| | 200m: | 3:07.31 | 550m: | 8:58.22 | 900m: | 14:51.59 | 1250m: | 20:45.39 | 1600m: | 26:40.71 | 1950m: | 32:28.67 |
| | 250m: | 3:57.94 | 600m: | 9:48.42 | 950m: | 15:42.13 | 1300m: | 21:37.16 | 1650m: | 27:31.07 | 2000m: | 33:15.61 |
| | 300m: | 4:47.74 | 650m: | 10:38.88 | 1000m: | 16:32.40 | 1350m: | 22:28.09 | 1700m: | 28:21.01 | | |
| | 350m: | 5:39.72 | 700m: | 11:29.14 | 1050m: | 17:22.99 | 1400m: | 23:19.18 | 1750m: | 29:11.23 | | |