

Lange Afstand Circuit deel 2
Amstelveen, 11-11-2018

Programmanr. 1
11-11-2018 - 16:30

Meisjes, 200m wisselslag

Meisjes Minioren 5 Junioren 1
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Britt Colijn	De Aalscholver	3:09.56	200700544	2:59.33	348	40.53		2:59.33
2. Rebecca van Oosterom	IJsselmeer	3:11.77	200700808	3:04.56	319	40.02		3:04.56
3. Senna van Laar	De Aalscholver	3:17.46	200700726	3:07.63	304	42.60		3:07.63
4. Laura Dongen	Triton	3:29.42	200701146	3:12.97	279	46.06		3:12.97
5. Nora de Hollander	De Amstel	3:47.60	200702874	3:24.56	234	47.08		3:24.56
6. Tara de Rooij	Triton	3:25.18	200700658	3:26.14	229	49.74		3:26.14
7. Panthetsu Aung	AZ&PC De Futen	3:45.66	200702748	3:39.33	190	50.45		3:39.33
8. Alice Dijkshoorn	AZ&PC De Futen	NT	200703228	3:39.91	189	49.74		3:39.91
9. Melissa Langenbach	IJsselmeer	3:38.95	200800184	3:44.11	178	50.45		3:44.11
10. Isabelle Toole	AZ&PC De Futen	3:49.43	200801982	3:48.24	169	51.43		3:48.24
11. Jenna Gorter	De Aalscholver	NT	200702746 SM9	4:20.16	183	1:05.97		4:20.16
DIS Britt Reukers	AZ&PC De Futen	NT	200703440					

RE - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.

Programmanr. 2
11-11-2018 - 16:39

Dames, 200m wisselslag

Dames Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Maike van de Velde	ZPCH	2:27.75	200000382	2:31.80	574	33.59		2:31.80
2. Caroline Boxman	ZPCH	2:37.26	200004660	2:37.99	509	33.55		2:37.99
3. Robin Spreeuw	ZPCH	2:42.85	200501262	2:43.35	460	35.29		2:43.35
4. Jenna Stolt	ZPCH	2:48.10	200102984	2:44.69	449	35.84		2:44.69
5. Lobke Wilmink	ZPCH	2:50.01	200303764	2:45.11	446	37.25		2:45.11
6. Ivana Momcilovic	ZPCH	2:46.29	200303830	2:48.47	420	37.36		2:48.47
7. Sophie Brouwer	ZPCH	2:51.94	200504124	2:51.49	398	38.03		2:51.49
8. Renske Beek	AZ&PC De Futen	2:50.58	200000516	2:51.70	396	36.88		2:51.70
9. Zoie van Oosterom	IJsselmeer	2:58.96	200403820	2:54.12	380	37.74		2:54.12
10. Mayra van Tintelen	ZPCH	3:00.24	200305020	2:57.92	356	39.16		2:57.92
11. Marieke Gorter	Triton	2:57.86	200000750	3:00.40	342	39.65		3:00.40
12. Róza Bense	De Aalscholver	3:14.90	200600850	3:01.89	333	40.92		3:01.89
13. Amelie de Jonge	De Aalscholver	2:55.44	200202678	3:02.67	329	40.63		3:02.67
14. Eva Schager	De Aalscholver	3:12.46	200303924	3:09.04	297	42.76		3:09.04
15. Annemiek Schluter	IJsselmeer	3:04.47	200302304	3:10.64	290	41.48		3:10.64
16. Marit Bakker	ZC de Vuursche	3:16.36	200600664	3:10.88	288	45.87		3:10.88
17. Beau Kruyswijk	De Amstel	3:11.91	200501662	3:10.98	288	40.93		3:10.98
18. CHeyenne Man-a-Hing	AZ&PC De Futen	3:02.91	200403770	3:11.14	287	42.08		3:11.14
19. Isabel Bron	De Aalscholver	3:12.61	200602378	3:14.90	271	42.10		3:14.90
20. Veerle Rijnders	AZ&PC De Futen	3:14.30	200502230	3:17.37	261	41.93		3:17.37
21. Nienke Bezemer	IJsselmeer	NT	200205628	3:20.45	249	47.99		3:20.45
22. Benthe Hoppen	ZC de Vuursche	3:41.01	200601052	3:22.40	242	44.10		3:22.40
23. Juliette Toole	AZ&PC De Futen	3:35.21	200602334	3:23.15	239	48.00		3:23.15
24. Ashley van Zoomeren	AZ&PC De Futen	3:32.13	200405470	3:27.59	224	47.34		3:27.59
25. Femke Miedema	IJsselmeer	3:41.94	200601824	3:40.62	187	51.06		3:40.62
DIS Nienke Snel	IJsselmeer	2:38.67	200400094					

RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.

DIS Laurien Yunus IJsselmeer NT 200604752

AF - De aangegeven afstand niet uitgezwommen.

AFGEM Julie van Leeuwen De Aalscholver 2:42.08 199805994
AFGEM Amber Vlieger Triton 3:18.68 200503672

Lange Afstand Circuit deel 2
Amstelveen, 11-11-2018

Programmanr. 3
11-11-2018 - 17:01

200m vrije slag

Mix Minioren 3 en 4
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
1. Jelte de Jong	ZPCH	3:01.43	200900975	2:55.10	198	38.87	1:23.81	2:09.92	2:55.10
2. Jenny Muntinga	ZPCH	3:16.76	200900450	3:06.45	222	40.34	1:26.75	2:17.08	3:06.45
3. Yara van Asselen	De Aalscholver	3:25.96	200900408	3:16.93	189	41.99	1:33.83	2:26.66	3:16.93
4. Tim Meeuwissen	ZPCH	3:37.04	200901741	3:27.03	120	46.87	1:39.74	2:33.35	3:27.03
5. Mara Hoppen	ZC de Vuursche	NT	201000022	3:29.43	157	47.09	1:43.45	2:40.48	3:29.43
6. Lucas Schouten	ZPCH	NT	200901925	3:33.48	109	44.11	1:39.10	2:37.44	3:33.48
7. Celine Man-a-Hing	AZ&PC De Futen	3:39.28	200901132	3:41.63	132	47.64	1:43.97	2:44.16	3:41.63
8. Denahi Waterfort	ZPCH	4:04.59	200901129	3:58.72	78	47.77	1:46.92	2:53.49	3:58.72
9. Fabian Smith	ZPCH	NT	200901393	4:01.70	75	52.54	1:56.82	3:01.05	4:01.70
10. Orla McCurdy	AZ&PC De Futen	NT	200901022	4:09.44	93	55.59	2:01.89	3:08.08	4:09.44

Programmanr. 4
11-11-2018 - 17:11

Jongens, 400m vrije slag
SAMEN PROG. L4.1 & R4.2

Jongens Minioren 5 en 6
Resultaten

rang naam	vereniging	intijd	tijd	RT
1. Max Verschuur	De Aalscholver	6:22.74	200702455	5:24.46 312
50m: 36.01	150m: 39.70	250m: 2:35.85	350m: 5:24.46	
100m: 1:15.71	200m: 2:35.85	300m: 5:24.46	400m: 5:24.46	
2. Figo van Duuren	ZPCH	7:00.37	200800391	6:33.93 174
50m: 45.13	150m: 50.46	250m: 3:18.37	350m: 6:33.93	
100m: 1:35.59	200m: 3:18.37	300m: 6:33.93	400m: 6:33.93	
3. Jonathan Norfles	AZ&PC De Futen	7:20.37	200702179	6:38.09 169
50m: 44.93	150m: 51.23	250m: 3:18.12	350m: 6:38.09	
100m: 1:36.16	200m: 3:18.12	300m: 6:38.09	400m: 6:38.09	
4. Tibbe Quist	AZ&PC De Futen	NT	200801359	6:41.78 164
50m: 39.79	150m: 49.44	250m: 3:13.67	350m: 6:41.78	
100m: 1:29.23	200m: 3:13.67	300m: 6:41.78	400m: 6:41.78	
5. Younes el Hajji	IJsselmeer	7:15.92	200801353	6:51.11 153
50m: 43.76	150m: 49.83	250m: 3:20.41	350m: 6:51.11	
100m: 1:33.59	200m: 3:20.41	300m: 6:51.11	400m: 6:51.11	
6. Sil Eerenberg	IJsselmeer	8:41.07	200701793	6:54.32 150
50m: 45.60	150m: 51.76	250m: 3:23.67	350m: 6:54.32	
100m: 1:37.36	200m: 3:23.67	300m: 6:54.32	400m: 6:54.32	
7. Jelmer Miedema	IJsselmeer	NT	200800467	7:41.93 108
50m: 51.45	150m: 57.67	250m: 3:46.97	350m: 7:41.93	
100m: 1:49.12	200m: 3:46.97	300m: 7:41.93	400m: 7:41.93	
8. Robert Verkade	IJsselmeer	NT	200701791	8:00.36 96
50m: 53.04	150m: 59.73	250m: 3:57.17	350m: 8:00.36	
100m: 1:52.77	200m: 3:57.17	300m: 8:00.36	400m: 8:00.36	

Programmanr. 5
11-11-2018 - 17:30

Heren, 800m vrije slag
SAMEN PROG. L5.1/L6.1 & 6.2 - L5.2 & R5.3

Heren Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT
1. Finn Vos	De Dolfijn	9:01.23	200200665	8:44.22 642
100m: 1:02.63	300m: 1:06.36	500m: 4:21.71	700m: 8:44.22	
200m: 2:08.99	400m: 4:21.71	600m: 8:44.22	800m: 8:44.22	
2. Merlin Belmon	De Dolfijn	8:43.91	200403191	8:46.32 634
100m: 1:02.92	300m: 1:06.40	500m: 4:22.51	700m: 8:46.32	
200m: 2:09.32	400m: 4:22.51	600m: 8:46.32	800m: 8:46.32	
3. Tim Bunnik	Triton	9:18.63	199000505	9:20.01 526
100m: 1:04.64	300m: 1:09.03	500m: 4:33.55	700m: 9:20.01	
200m: 2:13.67	400m: 4:33.55	600m: 9:20.01	800m: 9:20.01	
4. Lars van der Zee	Triton	9:28.20	199702427	9:22.40 520
100m: 1:05.77	300m: 1:11.65	500m: 4:42.21	700m: 9:22.40	
200m: 2:17.42	400m: 4:42.21	600m: 9:22.40	800m: 9:22.40	
5. Jeffrey van 't Schip	De Amstel	9:52.45	199102035	9:57.48 433
100m: 1:07.31	300m: 1:13.04	500m: 4:51.80	700m: 9:57.48	
200m: 2:20.35	400m: 4:51.80	600m: 9:57.48	800m: 9:57.48	
6. Anouar Visser	De Aalscholver	10:17.28	200301829	10:01.81 424
100m: 1:08.54	300m: 1:15.88	500m: 4:59.38	700m: 10:01.81	
200m: 2:24.42	400m: 4:59.38	600m: 10:01.81	800m: 10:01.81	

Lange Afstand Circuit deel 2
Amstelveen, 11-11-2018

Programmanr. 5, Heren, 800m vrije slag, Heren Senioren Open

rang	naam	vereniging	intijd	tijd	RT
7.	Andrei Turta	De Aalscholver	9:40.19	200404549	10:04.78 418
	100m: 1:05.26 200m: 2:16.49	1:05.26 300m: 4:46.05 1:11.23 400m:	500m: 600m:	700m: 10:04.78 800m:	
8.	Nick Buitendijk	Triton	10:39.93	200500389	10:19.84 388
	100m: 1:11.45 200m: 2:29.99	1:11.45 300m: 5:08.23 1:18.54 400m:	500m: 600m:	700m: 10:19.84 800m:	
9.	Dimitri Lans	De Aalscholver	10:46.00	200401325	10:52.88 332
	100m: 1:14.36 200m: 2:38.59	1:14.36 300m: 5:27.22 1:24.23 400m:	500m: 600m:	700m: 10:52.88 800m:	
10.	Ivar Kleuver	De Aalscholver	11:34.34	200601457	11:01.93 319
	100m: 1:11.43 200m: 2:32.03	1:11.43 300m: 5:17.44 1:20.60 400m:	500m: 600m:	700m: 11:01.93 800m:	
11.	Marijn Snel	IJsselmeer	11:36.15	200400001	11:12.00 305
	100m: 1:16.56 200m: 2:39.98	1:16.56 300m: 5:30.05 1:23.42 400m:	500m: 600m:	700m: 11:12.00 800m:	
12.	Fionn Higgins	AZ&PC De Futen	NT	200500235	11:32.26 279
	100m: 1:17.87 200m: 2:42.54	1:17.87 300m: 5:42.49 1:24.67 400m:	500m: 600m:	700m: 11:32.26 800m:	
13.	Jaimie van Asselen	De Aalscholver	14:40.22	200602535	13:50.80 161
	100m: 1:34.92 200m: 3:18.81	1:34.92 300m: 6:50.12 1:43.89 400m:	500m: 600m:	700m: 13:50.80 800m:	
14.	Ruben van Deenen	ZPCH	NT	200603757	14:01.06 155
	100m: 1:34.20 200m: 3:20.81	1:34.20 300m: 6:58.71 1:46.61 400m:	500m: 600m:	700m: 14:01.06 800m:	
15.	Robin Eerenberg	IJsselmeer	NT	200602673	15:03.76 125
	100m: 1:42.16 200m: 3:36.09	1:42.16 300m: 7:26.98 1:53.93 400m:	500m: 600m:	700m: 15:03.76 800m:	
16.	Nael Bouhbouh	De Aalscholver	NT	200404521	16:54.71 88
	100m: 1:39.36 200m: 3:32.61	1:39.36 300m: 7:47.14 1:53.25 400m:	500m: 600m:	700m: 16:54.71 800m:	
AFGEM	Henri Michels	De Amstel	NT	196501587	

Programmanr. 6
11-11-2018 - 18:12

Dames, 800m vrije slag
SAMEN PROG. L5.1/L6.1 & 6.2 - L6.3 & R6.4

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Kim Zwinkels	ZPCH	9:54.74	200300422	9:43.46 583
	100m: 1:10.10 200m: 2:23.50	1:10.10 300m: 4:51.83 1:13.40 400m:	500m: 600m:	700m: 9:43.46 800m:	
2.	Maike van de Velde	ZPCH	9:44.76	200000382	9:57.05 544
	100m: 1:09.72 200m: 2:23.14	1:09.72 300m: 4:51.81 1:13.42 400m:	500m: 600m:	700m: 9:57.05 800m:	
3.	Caroline Boxman	ZPCH	10:17.56	200004660	9:59.78 537
	100m: 1:10.49 200m: 2:26.46	1:10.49 300m: 4:58.18 1:15.97 400m:	500m: 600m:	700m: 9:59.78 800m:	
4.	Lobke Wilmink	ZPCH	11:26.33	200303764	10:42.07 437
	100m: 1:18.07 200m: 2:40.57	1:18.07 300m: 5:25.64 1:22.50 400m:	500m: 600m:	700m: 10:42.07 800m:	
5.	Sanne Homan	ZPCH	10:55.37	200203770	10:42.08 437
	100m: 1:14.05 200m: 2:35.11	1:14.05 300m: 5:19.40 1:21.06 400m:	500m: 600m:	700m: 10:42.08 800m:	
6.	Ivana Momcilovic	ZPCH	11:07.47	200303830	10:44.43 433
	100m: 1:18.06 200m: 2:39.97	1:18.06 300m: 5:25.10 1:21.91 400m:	500m: 600m:	700m: 10:44.43 800m:	
7.	Jenna Stolt	ZPCH	10:47.26	200102984	10:50.46 421
	100m: 1:16.78 200m: 2:39.12	1:16.78 300m: 5:25.59 1:22.34 400m:	500m: 600m:	700m: 10:50.46 800m:	
8.	Renske Beek	AZ&PC De Futen	11:11.96	200000516	11:10.51 384
	100m: 1:18.69 200m: 2:41.57	1:18.69 300m: 5:31.88 1:22.88 400m:	500m: 600m:	700m: 11:10.51 800m:	
9.	Zoie van Oosterom	IJsselmeer	11:44.62	200403820	11:32.57 349
	100m: 1:17.49 200m: 2:43.13	1:17.49 300m: 5:40.93 1:25.64 400m:	500m: 600m:	700m: 11:32.57 800m:	
10.	Mayra van Tintelen	ZPCH	11:52.64	200305020	11:35.21 345
	100m: 1:22.33 200m: 2:50.10	1:22.33 300m: 5:48.26 1:27.77 400m:	500m: 600m:	700m: 11:35.21 800m:	

Lange Afstand Circuit deel 2
Amstelveen, 11-11-2018

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

rang	naam	vereniging	intijd		tijd	RT
11.	Amelie de Jonge	De Aalscholver	11:28.77	200202678	11:44.02	332
	100m: 1:21.34	1:21.34	300m: 5:48.51	500m: 6:00m:	700m: 11:44.02	
	200m: 2:50.37	1:29.03	400m: 5:48.51	600m:	800m:	
12.	Marieke Gorter	Triton	11:47.74	200000750	11:47.69	327
	100m: 1:24.95	1:24.95	300m: 5:58.15	500m: 6:00m:	700m: 11:47.69	
	200m: 2:56.36	1:31.41	400m: 5:58.15	600m:	800m:	
13.	CHeyenne Man-a-Hing	AZ&PC De Futen	12:11.14	200403770	12:19.26	287
	100m: 1:26.38	1:26.38	300m: 6:07.53	500m: 6:00m:	700m: 12:19.26	
	200m: 2:58.33	1:31.95	400m: 6:07.53	600m:	800m:	
14.	L. Leeflang van der Dussen	ZC de Vuursche	12:45.00	199000936	12:37.25	267
	100m: 1:19.50	1:19.50	300m: 6:00.99	500m: 6:00m:	700m: 12:37.25	
	200m: 2:48.41	1:28.91	400m: 6:00.99	600m:	800m:	
15.	Eva Schager	De Aalscholver	13:13.88	200303924	12:38.13	266
	100m: 1:28.75	1:28.75	300m: 6:18.16	500m: 6:00m:	700m: 12:38.13	
	200m: 3:04.19	1:35.44	400m: 6:18.16	600m:	800m:	
16.	Nienke Bezemer	IJsselmeer	14:02.00	200205628	13:38.34	211
	100m: 1:32.93	1:32.93	300m: 6:46.10	500m: 6:00m:	700m: 13:38.34	
	200m: 3:13.78	1:40.85	400m: 6:46.10	600m:	800m:	
17.	Ashley van Zoomeren	AZ&PC De Futen	NT	200405470	14:46.72	166
	100m: 1:39.49	1:39.49	300m: 7:15.28	500m: 6:00m:	700m: 14:46.72	
	200m: 3:27.95	1:48.46	400m: 7:15.28	600m:	800m:	
AFGEM	Julie van Leeuwen	De Aalscholver	10:42.49	199805994		
AFGEM	Sanne-Meis Schouten	Triton	12:45.00	200304674		

Programmanr. 7

11-11-2018 - 19:06

Heren, 1500m vrije slag
SAMEN PROG. L7.1/L8.1 & 7.2

Heren Senioren Open

Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Andrei Turta	De Aalscholver	18:36.42	200404549	18:38.25	473
	100m: 1:07.96	1:07.96	500m: 9:54.99	900m: 12:00m:	1300m: 18:38.25	
	200m: 2:21.81	1:13.85	600m: 9:54.99	1000m: 12:00m:	1400m: 18:38.25	
	300m: 4:52.68	700m: 9:54.99	800m: 9:54.99	1100m: 12:00m:	1500m: 18:38.25	
	400m: 4:52.68	800m: 9:54.99		1200m:		
2.	Justin Jansen	De Aalscholver	19:01.22	200302079	18:54.56	452
	100m: 1:09.08	1:09.08	500m: 10:05.56	900m: 12:00m:	1300m: 18:54.56	
	200m: 2:23.96	1:14.88	600m: 10:05.56	1000m: 12:00m:	1400m: 18:54.56	
	300m: 4:57.47	700m: 10:05.56	800m: 10:05.56	1100m: 12:00m:	1500m: 18:54.56	
	400m: 4:57.47	800m: 10:05.56		1200m:		
3.	Kas van de Vaart	ZPCH	19:13.92	200105031	19:30.82	412
	100m: 1:10.15	1:10.15	500m: 10:22.28	900m: 12:00m:	1300m: 19:30.82	
	200m: 2:26.86	1:16.71	600m: 10:22.28	1000m: 12:00m:	1400m: 19:30.82	
	300m: 5:02.53	700m: 10:22.28	800m: 10:22.28	1100m: 12:00m:	1500m: 19:30.82	
	400m: 5:02.53	800m: 10:22.28		1200m:		
4.	Colin Degenaars	ZPCH	19:18.84	199505951	19:37.93	575
	100m: 1:13.56	1:13.56	500m: 10:26.54	900m: 12:00m:	1300m: 19:37.93	
	200m: 2:30.64	1:17.08	600m: 10:26.54	1000m: 12:00m:	1400m: 19:37.93	
	300m: 5:07.64	700m: 10:26.54	800m: 10:26.54	1100m: 12:00m:	1500m: 19:37.93	
	400m: 5:07.64	800m: 10:26.54		1200m:		
5.	Remco de Heij	ZPCH	20:51.95	200200161	20:31.14	354
	100m: 1:16.49	1:16.49	500m: 11:01.76	900m: 12:00m:	1300m: 20:31.14	
	200m: 2:37.34	1:20.85	600m: 11:01.76	1000m: 12:00m:	1400m: 20:31.14	
	300m: 5:24.57	700m: 11:01.76	800m: 11:01.76	1100m: 12:00m:	1500m: 20:31.14	
	400m: 5:24.57	800m: 11:01.76		1200m:		
6.	Thierry Esveldt	De Aalscholver	NT	200403253	20:46.75	341
	100m: 1:18.59	1:18.59	500m: 11:13.02	900m: 12:00m:	1300m: 20:46.75	
	200m: 2:42.44	1:23.85	600m: 11:13.02	1000m: 12:00m:	1400m: 20:46.75	
	300m: 5:33.36	700m: 11:13.02	800m: 11:13.02	1100m: 12:00m:	1500m: 20:46.75	
	400m: 5:33.36	800m: 11:13.02		1200m:		
7.	Erwin Zuijdervelt	AZ&PC De Futen	20:48.13	197501015	21:35.28	304
	100m: 1:16.34	1:16.34	500m: 11:12.27	900m: 12:00m:	1300m: 21:35.28	
	200m: 2:39.99	1:23.65	600m: 11:12.27	1000m: 12:00m:	1400m: 21:35.28	
	300m: 5:27.31	700m: 11:12.27	800m: 11:12.27	1100m: 12:00m:	1500m: 21:35.28	
	400m: 5:27.31	800m: 11:12.27		1200m:		
8.	Owen Michels	De Amstel	22:34.20	200402293	21:56.27	290
	100m: 1:19.79	1:19.79	500m: 11:43.90	900m: 12:00m:	1300m: 21:56.27	
	200m: 2:47.36	1:27.57	600m: 11:43.90	1000m: 12:00m:	1400m: 21:56.27	
	300m: 5:45.45	700m: 11:43.90	800m: 11:43.90	1100m: 12:00m:	1500m: 21:56.27	
	400m: 5:45.45	800m: 11:43.90		1200m:		

Lange Afstand Circuit deel 2
Amstelveen, 11-11-2018

Programmanr. 7, Heren, 1500m vrije slag, Heren Senioren Open

rang	naam	vereniging	intijd	intijd	tijd	RT
9.	Calvin Moser	AZ&PC De Futen	24:15.76	200302285	23:40.42	231
	100m: 1:19.21	1:19.21	500m: 900m:	1300m:		
	200m: 2:49.18	1:29.97	600m: 1000m:	1400m:		
	300m: 6:01.33	700m: 12:31.06	700m: 1100m:	1500m: 23:40.42		
	400m: 6:01.33	800m: 12:31.06	800m: 1200m:			
10.	Nick Leeftang	ZC de Vuursche	NT	198401379	23:44.90	228
	100m: 1:22.80	1:22.80	500m: 900m:	1300m:		
	200m: 2:55.01	1:32.21	600m: 1000m:	1400m:		
	300m: 6:06.12	700m: 12:32.35	700m: 1100m:	1500m: 23:44.90		
	400m: 6:06.12	800m: 12:32.35	800m: 1200m:			
11.	Alex Rousanovski	AZ&PC De Futen	24:12.63	200302283	24:22.84	211
	100m: 1:19.87	1:19.87	500m: 900m:	1300m:		
	200m: 2:51.08	1:31.21	600m: 1000m:	1400m:		
	300m: 6:04.40	700m: 12:44.65	700m: 1100m:	1500m: 24:22.84		
	400m: 6:04.40	800m: 12:44.65	800m: 1200m:			
12.	Jeroen Ouendag	GoSwim	25:32.72	195900725	26:46.71	159
	100m: 1:36.71	1:36.71	500m: 900m:	1300m:		
	200m: 3:21.67	1:44.96	600m: 1000m:	1400m:		
	300m: 6:54.37	700m: 14:06.43	700m: 1100m:	1500m: 26:46.71		
	400m: 6:54.37	800m: 14:06.43	800m: 1200m:			
AFGEM	Maxwell Bayer	IJsselmeer	24:19.64	200404467		

Programmanr. 8
11-11-2018 - 20:20

Dames, 1500m vrije slag
SAMEN PROG. L7.1/L8.1 & 7.2

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd	intijd	tijd	RT
1.	Annette de Visser	Oceanus	21:30.00	197100602	20:32.58	423
	100m: 1:15.31	1:15.31	500m: 900m:	1300m:		
	200m: 2:37.84	1:22.53	600m: 1000m:	1400m:		
	300m: 5:23.09	700m: 10:55.92	700m: 1100m:	1500m: 20:32.58		
	400m: 5:23.09	800m: 10:55.92	800m: 1200m:			
2.	Margreet van der Pol	Oceanus	23:00.00	196600276	23:49.16	272
	100m: 1:29.00	1:29.00	500m: 900m:	1300m:		
	200m: 3:03.20	1:34.20	600m: 1000m:	1400m:		
	300m: 6:13.84	700m: 12:38.38	700m: 1100m:	1500m: 23:49.16		
	400m: 6:13.84	800m: 12:38.38	800m: 1200m:			