

LAC deel 3
Den Haag, 19-2-2023

Programmanr. 1
19-2-2023 - 14:00

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Luca Boorsma	De Columbiaan	5:16.59	200902031	5:26.25 +0,61
	50m: 32.20	32.20 150m: 1:52.34	41.50	250m: 3:19.60	45.30 350m: 4:46.13
	100m: 1:10.84	38.64 200m: 2:34.30	41.96	300m: 4:05.53	45.93 400m: 5:26.25
2.	Jamie Kenworthy	De Columbiaan	5:19.09	200800045	5:28.73 +0,71
	50m: 32.10	32.10 150m: 1:55.44	44.78	250m: 3:25.14	46.43 350m: 4:52.07
	100m: 1:10.66	38.56 200m: 2:38.71	43.27	300m: 4:13.19	48.05 400m: 5:28.73
3.	Colin Degenaaers	Zpch	5:35.59	199505951	SM14 5:57.84 +0,81 545
	50m: 33.85	33.85 150m: 2:05.86	49.57	250m: 3:45.32	52.86 350m: 5:19.41
	100m: 1:16.29	42.44 200m: 2:52.46	46.60	300m: 4:38.93	53.61 400m: 5:57.84
4.	Lucas Schouten	Zpch	5:46.65	200901925	6:06.54 +0,83
	50m: 38.01	38.01 150m: 2:16.43	46.62	250m: 3:54.15	52.70 350m: 5:28.27
	100m: 1:29.81	51.80 200m: 3:01.45	45.02	300m: 4:48.46	54.31 400m: 6:06.54
5.	Jesse van der Meij	ZVL-1886 Center	6:40.13	200600841	6:10.00 +0,80
	50m: 35.37	35.37 150m: 2:10.14	47.61	250m: 3:49.57	52.83 350m: 5:27.63
	100m: 1:22.53	47.16 200m: 2:56.74	46.60	300m: 4:44.29	54.72 400m: 6:10.00
6.	Brian Bloemsma	Zpch	NT	200901155	6:16.30 +0,58
	50m: 41.67	41.67 150m: 2:20.84	46.76	250m: 3:58.54	49.06 350m: 5:32.10
	100m: 1:34.08	52.41 200m: 3:09.48	48.64	300m: 4:49.76	51.22 400m: 6:16.30
7.	Ideun Bom	Blue Marlins	NT	201000371	6:16.88 +0,42
	50m: 39.47	39.47 150m: 2:15.14	47.05	250m: 3:54.59	53.56 350m: 5:35.14
	100m: 1:28.09	48.62 200m: 3:01.03	45.89	300m: 4:49.90	55.31 400m: 6:16.88
8.	Alexander van der Maaten	Blue Marlins	NT	200903251	6:38.42 +0,61
	50m: 42.56	42.56 150m: 2:24.52	50.51	250m: 4:11.60	56.09 350m: 5:55.81
	100m: 1:34.01	51.45 200m: 3:15.51	50.99	300m: 5:09.45	57.85 400m: 6:38.42
9.	Brayden Vered	Blue Marlins	NT	200802517	6:42.90 +0,89
	50m: 44.18	44.18 150m: 2:27.50	50.05	250m: 4:12.17	56.31 350m: 5:59.14
	100m: 1:37.45	53.27 200m: 3:15.86	48.36	300m: 5:09.55	57.38 400m: 6:42.90

Programmanr. 2
19-2-2023 - 14:15

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Mare Schallenberg	Acz	5:19.60	200600078	5:09.15 +0,80
	50m: 33.37	33.37 150m: 1:52.38	39.92	250m: 3:14.37	43.16 350m: 4:34.18
	100m: 1:12.46	39.09 200m: 2:31.21	38.83	300m: 3:58.17	43.80 400m: 5:09.15
2.	Alysha de Jong	Zpch	5:22.87	200400086	5:21.72 +0,92
	50m: 32.97	32.97 150m: 1:56.06	43.93	250m: 3:23.72	45.40 350m: 4:47.01
	100m: 1:12.13	39.16 200m: 2:38.32	42.26	300m: 4:10.39	46.67 400m: 5:21.72
3.	Jenny Muntinga	Zpch	5:30.22	200900450	5:43.07 +0,67
	50m: 35.93	35.93 150m: 2:03.41	44.87	250m: 3:36.58	49.83 350m: 5:06.00
	100m: 1:18.54	42.61 200m: 2:46.75	43.34	300m: 4:27.28	50.70 400m: 5:43.07
4.	Fleur van den Eijk	Blue Marlins	6:00.19	200900304	5:51.93 +0,69
	50m: 36.63	36.63 150m: 2:05.11	46.03	250m: 3:39.83	49.45 350m: 5:12.25
	100m: 1:19.08	42.45 200m: 2:50.38	45.27	300m: 4:31.47	51.64 400m: 5:51.93
5.	Mariia Kostina	Blue Marlins	5:50.68	201002042	5:55.31 +0,84
	50m: 35.48	35.48 150m: 2:05.34	45.67	250m: 3:42.59	52.37 350m: 5:16.69
	100m: 1:19.67	44.19 200m: 2:50.22	44.88	300m: 4:36.48	53.89 400m: 5:55.31
6.	Odenza Soselisa	Blue Marlins	NT	201101780	6:02.34 +0,69
	50m: 36.67	36.67 150m: 2:04.62	44.99	250m: 3:41.83	53.37 350m: 5:20.41
	100m: 1:19.63	42.96 200m: 2:48.46	43.84	300m: 4:35.44	53.61 400m: 6:02.34
7.	Zoe Kenworthy	De Columbiaan	6:11.54	200500428	6:07.69 +0,77
	50m: 39.04	39.04 150m: 2:14.10	47.37	250m: 3:52.33	52.58 350m: 5:26.26
	100m: 1:26.73	47.69 200m: 2:59.75	45.65	300m: 4:45.16	52.83 400m: 6:07.69
8.	Dewi ten Have	Zpch	6:35.11	200703738	6:08.20 +0,88
	50m: 38.49	38.49 150m: 2:14.17	48.96	250m: 3:50.58	49.47 350m: 5:26.00
	100m: 1:25.21	46.72 200m: 3:01.11	46.94	300m: 4:40.91	50.33 400m: 6:08.20
9.	Nynke Muntinga	Zpch	NT	201100060	6:40.94 +0,64
	50m: 42.07	42.07 150m: 2:28.43	53.79	250m: 4:17.57	53.94 350m: 5:58.33
	100m: 1:34.64	52.57 200m: 3:23.63	55.20	300m: 5:14.04	56.47 400m: 6:40.94
10.	Floortje Bakker	Blue Marlins	NT	201101124	7:22.30 +0,84
	50m: 49.54	49.54 150m: 2:44.28	52.81	250m: 4:40.16	1:03.09 350m: 6:33.57
	100m: 1:51.47	1:01.93 200m: 3:37.07	52.79	300m: 5:44.32	1:04.16 400m: 7:22.30

LAC deel 3
Den Haag, 19-2-2023

Programmanr. 2, Dames, 400m wisselslag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT							
DIS	Thalia Meijer	Blue Marlins	NT 200704048	6:07.99	+0,83							
<i>SD - De bewegingen van de benen met afwisselende bewegingen en/of niet te allen tijde gelijktijdig uitgevoerd.</i>												
	50m:	36.47	36.47	150m:	2:08.34	46.96	250m:	3:48.50	53.30	350m:	5:26.13	43.55
	100m:	1:21.38	44.91	200m:	2:55.20	46.86	300m:	4:42.58	54.08	400m:	6:07.99	41.86
DIS	Linette van Elst	Blue Marlins	NT 200801266	6:52.69								
<i>VD - Schoolsflagbenen gezwommen., RH - Het eindpunt niet in rugligging aangerakt.</i>												
	50m:	46.15	46.15	150m:	2:36.18	53.36	250m:	4:21.82	55.76	350m:	6:06.75	49.04
	100m:	1:42.82	56.67	200m:	3:26.06	49.88	300m:	5:17.71	55.89	400m:	6:52.69	45.94
DIS	Annick Gorissen	Blue Marlins	NT 201002248	7:25.35	+0,91							
<i>VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.</i>												
	50m:	48.89	48.89	150m:	2:45.83	57.03	250m:	4:39.84	58.27	350m:	6:33.17	53.49
	100m:	1:48.80	59.91	200m:	3:41.57	55.74	300m:	5:39.68	59.84	400m:	7:25.35	52.18
DIS	Aryana Franks	ZVL-1886 Center	NT 201002088	7:49.84								
<i>VB - Beide armen niet gelijktijdig naar voren en/of gelijktijdig achterwaarts gebracht.</i>												
	50m:	49.88	49.88	150m:	2:55.50	57.68	250m:	4:57.49	1:03.23	350m:	6:57.67	54.83
	100m:	1:57.82	1:07.94	200m:	3:54.26	58.76	300m:	6:02.84	1:05.35	400m:	7:49.84	52.17
AFGEM	Stine van den Berg	Blue Marlins	NT 201002798									

Programmanr. 3
19-2-2023 - 14:30

400m vrije slag

Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT							
Minioren 3 en 4, Meisjes												
1.	Jolie Fransen	Blue Marlins	NT 201400034	6:33.22	+0,72							
	50m:	43.37	43.37	150m:	2:21.42	49.61	250m:	4:02.87	50.97	350m:	5:45.98	51.23
	100m:	1:31.81	48.44	200m:	3:11.90	50.48	300m:	4:54.75	51.88	400m:	6:33.22	47.24
2.	Tara van 't Veer	Blue Marlins	NT 201300496	7:00.91								
	50m:	44.45	44.45	150m:	2:36.42	56.86	250m:	4:24.75	53.85	350m:	6:12.12	53.63
	100m:	1:39.56	55.11	200m:	3:30.90	54.48	300m:	5:18.49	53.74	400m:	7:00.91	48.79
3.	Jelaysa Haime	Blue Marlins	NT 201301446	7:30.64	+0,80							
	50m:	45.20	45.20	150m:	2:38.01	58.10	250m:	4:36.56	59.81	350m:	6:36.46	1:00.51
	100m:	1:39.91	54.71	200m:	3:36.75	58.74	300m:	5:35.95	59.39	400m:	7:30.64	54.18
4.	Yanni Jin Wang	Blue Marlins	NT 201400830	9:03.81	+0,76							
	50m:	57.62	57.62	150m:	3:16.90	1:11.35	250m:	5:38.96	1:12.18	350m:	7:59.31	1:09.75
	100m:	2:05.55	1:07.93	200m:	4:26.78	1:09.88	300m:	6:49.56	1:10.60	400m:	9:03.81	1:04.50
AFGEM	Senna Van 't Hof	Blue Marlins	NT 201301454									

Minioren 3 en 4, Jongens

1.	Andrew Ho	Blue Marlins	NT 201301211	9:58.74								
	50m:	1:05.78	1:05.78	150m:	3:39.18	1:15.92	250m:	6:22.31	1:20.24	350m:	8:48.64	1:06.08
	100m:	2:23.26	1:17.48	200m:	5:02.07	1:22.89	300m:	7:42.56	1:20.25	400m:	9:58.74	1:10.10
DIS	Evan Meizel	Blue Marlins	NT 201301503	7:06.80								
<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>												
	50m:	44.24	44.24	150m:	2:37.00	58.63	250m:	4:27.24	54.57	350m:	6:15.09	54.80
	100m:	1:38.37	54.13	200m:	3:32.67	55.67	300m:	5:20.29	53.05	400m:	7:06.80	51.71

LAC deel 3
Den Haag, 19-2-2023

Programmanr. 4
19-2-2023 - 14:35

Meisjes, 800m vrije slag

Minioren 5
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Tatum Vered	Blue Marlins	NT 201201322	15:31.80				
	100m: 1:43.11	1:43.11	300m: 5:41.03	2:00.68	500m: 9:44.43	2:02.47	700m: 13:48.31	2:01.60
	200m: 3:40.35	1:57.24	400m: 7:41.96	2:00.93	600m: 11:46.71	2:02.28	800m: 15:31.80	1:43.49

Programmanr. 5
19-2-2023 - 14:46

Jongens, 800m vrije slag

Minioren 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Costijn Van Elst	Blue Marlins	NT 201100317	12:34.85	+0,65			
	100m: 1:27.64	1:27.64	300m: 4:42.85	1:37.57	500m: 7:57.97	1:37.50	700m: 11:09.02	1:35.10
	200m: 3:05.28	1:37.64	400m: 6:20.47	1:37.62	600m: 9:33.92	1:35.95	800m: 12:34.85	1:25.83
2.	Laurens Steenaart	Zpch	14:09.16 201100829	13:30.74	+0,80			
	100m: 1:31.78	1:31.78	300m: 4:58.10	1:44.98	500m: 8:29.67	1:45.79	700m: 11:55.62	1:42.45
	200m: 3:13.12	1:41.34	400m: 6:43.88	1:45.78	600m: 10:13.17	1:43.50	800m: 13:30.74	1:35.12
3.	Kris Stoyanov	Blue Marlins	NT 201201505	13:33.86	+0,69			
	100m: 1:30.75	1:30.75	300m: 5:00.13	1:45.70	500m: 8:32.06	1:45.48	700m: 11:58.56	1:43.17
	200m: 3:14.43	1:43.68	400m: 6:46.58	1:46.45	600m: 10:15.39	1:43.33	800m: 13:33.86	1:35.30
4.	Luke Meizel	Blue Marlins	NT 201102935	14:19.18	+0,61			
	100m: 1:35.42	1:35.42	300m: 5:12.18	1:46.79	500m: 8:52.77	1:50.26	700m: 12:33.45	1:51.40
	200m: 3:25.39	1:49.97	400m: 7:02.51	1:50.33	600m: 10:42.05	1:49.28	800m: 14:19.18	1:45.73

Programmanr. 6
19-2-2023 - 15:01

Dames, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Megan Jonkman	Blue Marlins	17:38.05 200600508	17:43.82	+0,82			
	100m: 1:05.58	1:05.58	500m: 5:47.72	1:10.59	900m: 10:35.19	1:11.73	1300m: 15:21.71	1:12.15
	200m: 2:15.67	1:10.09	600m: 6:59.44	1:11.72	1000m: 11:45.79	1:10.60	1400m: 16:34.95	1:13.24
	300m: 3:26.26	1:10.59	700m: 8:11.36	1:11.92	1100m: 12:57.67	1:11.88	1500m: 17:43.82	1:08.87
	400m: 4:37.13	1:10.87	800m: 9:23.46	1:12.10	1200m: 14:09.56	1:11.89		
2.	Mara Bosman	Blue Marlins	19:00.02 200303048	18:12.18	+0,78			
	100m: 1:07.04	1:07.04	500m: 5:58.29	1:13.22	900m: 10:52.20	1:13.65	1300m: 15:47.31	1:13.98
	200m: 2:18.96	1:11.92	600m: 7:11.77	1:13.48	1000m: 12:05.99	1:13.79	1400m: 17:00.64	1:13.33
	300m: 3:31.99	1:13.03	700m: 8:25.38	1:13.61	1100m: 13:19.75	1:13.76	1500m: 18:12.18	1:11.54
	400m: 4:45.07	1:13.08	800m: 9:38.55	1:13.17	1200m: 14:33.33	1:13.58		
3.	Alysha de Jong	Zpch	18:13.78 200400086	18:12.98	+0,89			
	100m: 1:06.91	1:06.91	500m: 5:58.21	1:13.57	900m: 10:53.15	1:14.04	1300m: 15:48.56	1:13.94
	200m: 2:18.51	1:11.60	600m: 7:11.93	1:13.72	1000m: 12:06.74	1:13.59	1400m: 17:01.75	1:13.19
	300m: 3:31.48	1:12.97	700m: 8:25.67	1:13.74	1100m: 13:20.49	1:13.75	1500m: 18:12.98	1:11.23
	400m: 4:44.64	1:13.16	800m: 9:39.11	1:13.44	1200m: 14:34.62	1:14.13		
4.	Robin Vermeulen	Blue Marlins	NT 200700412	19:20.01	+0,86			
	100m: 1:11.54	1:11.54	500m: 6:20.35	1:18.65	900m: 11:33.88	1:18.16	1300m: 16:46.59	1:18.90
	200m: 2:28.17	1:16.63	600m: 7:39.75	1:19.40	1000m: 12:52.06	1:18.18	1400m: 18:04.17	1:17.58
	300m: 3:44.85	1:16.68	700m: 8:58.16	1:18.41	1100m: 14:09.75	1:17.69	1500m: 19:20.01	1:15.84
	400m: 5:01.70	1:16.85	800m: 10:15.72	1:17.56	1200m: 15:27.69	1:17.94		
5.	Ece Ongoren	Blue Marlins	NT 200903862	19:23.31	+0,89			
	100m: 1:13.22	1:13.22	500m: 6:25.56	1:18.55	900m: 11:39.63	1:18.60	1300m: 16:49.11	1:17.54
	200m: 2:30.42	1:17.20	600m: 7:44.09	1:18.53	1000m: 12:57.40	1:17.77	1400m: 18:06.20	1:17.09
	300m: 3:48.28	1:17.86	700m: 9:02.66	1:18.57	1100m: 14:14.63	1:17.23	1500m: 19:23.31	1:17.11
	400m: 5:07.01	1:18.73	800m: 10:21.03	1:18.37	1200m: 15:31.57	1:16.94		
6.	Floor Hogervorst	Noordwijkerhout	NT 200701400	19:35.65	+0,78			
	100m: 1:11.12	1:11.12	500m: 6:18.14	1:17.60	900m: 11:35.44	1:19.94	1300m: 16:57.49	1:20.90
	200m: 2:27.43	1:16.31	600m: 7:36.61	1:18.47	1000m: 12:55.53	1:20.09	1400m: 18:18.15	1:20.66
	300m: 3:43.75	1:16.32	700m: 8:56.06	1:19.45	1100m: 14:15.08	1:19.55	1500m: 19:35.65	1:17.50
	400m: 5:00.54	1:16.79	800m: 10:15.50	1:19.44	1200m: 15:36.59	1:21.51		
7.	Melanie Marinus-Cruz	Blue Marlins	NT 200404702	19:35.66	+0,92			
	100m: 1:11.32	1:11.32	500m: 6:22.81	1:18.18	900m: 11:39.08	1:19.35	1300m: 17:00.65	1:19.77
	200m: 2:29.21	1:17.89	600m: 7:41.32	1:18.51	1000m: 12:59.49	1:20.41	1400m: 18:19.33	1:18.68
	300m: 3:46.69	1:17.48	700m: 9:00.83	1:19.51	1100m: 14:21.19	1:21.70	1500m: 19:35.66	1:16.33
	400m: 5:04.63	1:17.94	800m: 10:19.73	1:18.90	1200m: 15:40.88	1:19.69		
8.	Grace Peters	Blue Marlins	NT 200901474	19:47.97	+0,87			
	100m: 1:12.50	1:12.50	500m: 6:27.03	1:18.89	900m: 11:47.13	1:19.27	1300m: 17:08.72	1:20.13
	200m: 2:30.95	1:18.45	600m: 7:47.85	1:20.82	1000m: 13:06.84	1:19.71	1400m: 18:29.01	1:20.29
	300m: 3:49.76	1:18.81	700m: 9:07.71	1:19.86	1100m: 14:27.64	1:20.80	1500m: 19:47.97	1:18.96
	400m: 5:08.14	1:18.38	800m: 10:27.86	1:20.15	1200m: 15:48.59	1:20.95		

LAC deel 3
Den Haag, 19-2-2023

Programmanr. 6, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
9.	Mijke Ouderkerken	Blue Marlins	NT	200901254	19:58.69 +0,96			
	100m: 1:10.96	1:10.96	500m: 6:33.18	1:20.96	900m: 12:00.06	1:22.23	1300m: 17:22.36	1:20.40
	200m: 2:30.83	1:19.87	600m: 7:54.07	1:20.89	1000m: 13:21.58	1:21.52	1400m: 18:41.74	1:19.38
	300m: 3:50.96	1:20.13	700m: 9:15.71	1:21.64	1100m: 14:41.51	1:19.93	1500m: 19:58.69	1:16.95
	400m: 5:12.22	1:21.26	800m: 10:37.83	1:22.12	1200m: 16:01.96	1:20.45		
10.	Robin Spreeuw	De Columbiaan	19:03.01	200501262	20:11.95 +0,71			
	100m: 1:13.63	1:13.63	500m: 6:35.01	1:21.24	900m: 12:04.14	1:22.17	1300m: 17:31.86	1:21.28
	200m: 2:33.23	1:19.60	600m: 7:57.00	1:21.99	1000m: 13:26.56	1:22.42	1400m: 18:53.06	1:21.20
	300m: 3:53.16	1:19.93	700m: 9:19.15	1:22.15	1100m: 14:48.31	1:21.75	1500m: 20:11.95	1:18.89
	400m: 5:13.77	1:20.61	800m: 10:41.97	1:22.82	1200m: 16:10.58	1:22.27		
11.	Annedieke Scholte	Blue Marlins	NT	200701110	20:20.51 +0,83			
	100m: 1:11.78	1:11.78	500m: 6:35.63	1:22.27	900m: 12:07.76	1:23.09	1300m: 17:39.58	1:23.27
	200m: 2:31.23	1:19.45	600m: 7:58.74	1:23.11	1000m: 13:30.85	1:23.09	1400m: 19:01.26	1:21.68
	300m: 3:51.69	1:20.46	700m: 9:21.99	1:23.25	1100m: 14:53.66	1:22.81	1500m: 20:20.51	1:19.25
	400m: 5:13.36	1:21.67	800m: 10:44.67	1:22.68	1200m: 16:16.31	1:22.65		
12.	Nina Tetteroo	De Columbiaan	22:08.90	201000048	20:24.24 +0,70			
	100m: 1:16.67	1:16.67	500m: 6:44.92	1:22.39	900m: 12:14.61	1:22.55	1300m: 17:44.16	1:21.74
	200m: 2:37.71	1:21.04	600m: 8:07.38	1:22.46	1000m: 13:37.71	1:23.10	1400m: 19:05.52	1:21.36
	300m: 3:59.94	1:22.23	700m: 9:29.70	1:22.32	1100m: 14:59.45	1:21.74	1500m: 20:24.24	1:18.72
	400m: 5:22.53	1:22.59	800m: 10:52.06	1:22.36	1200m: 16:22.42	1:22.97		
13.	Julia Dabrowska	Blue Marlins	NT	201000300	20:30.57 +0,92			
	100m: 1:15.64	1:15.64	500m: 6:46.40	1:22.85	900m: 12:18.45	1:22.34	1300m: 17:48.69	1:22.98
	200m: 2:38.23	1:22.59	600m: 8:09.31	1:22.91	1000m: 13:41.36	1:22.91	1400m: 19:10.47	1:21.78
	300m: 4:01.10	1:22.87	700m: 9:32.25	1:22.94	1100m: 15:03.47	1:22.11	1500m: 20:30.57	1:20.10
	400m: 5:23.55	1:22.45	800m: 10:56.11	1:23.86	1200m: 16:25.71	1:22.24		
14.	Hilda Vrijbloed	ZV Vlaardingen-Schiedam	NT	200605262	20:30.64 +0,81			
	100m: 1:12.40	1:12.40	500m: 6:39.62	1:21.61	900m: 12:11.20	1:22.58	1300m: 17:44.22	1:23.81
	200m: 2:33.74	1:21.34	600m: 8:03.20	1:23.58	1000m: 13:34.12	1:22.92	1400m: 19:09.53	1:25.31
	300m: 3:55.32	1:21.58	700m: 9:25.84	1:22.64	1100m: 14:56.59	1:22.47	1500m: 20:30.64	1:21.11
	400m: 5:18.01	1:22.69	800m: 10:48.62	1:22.78	1200m: 16:20.41	1:23.82		
15.	Nadine Kuiper	Wvz	20:40.13	200802372	20:32.01 +0,95			
	100m: 1:15.05	1:15.05	500m: 6:44.26	1:22.44	900m: 12:16.94	1:23.50	1300m: 17:51.59	1:23.80
	200m: 2:36.13	1:21.08	600m: 8:08.18	1:23.92	1000m: 13:40.29	1:23.35	1400m: 19:13.63	1:22.04
	300m: 3:58.66	1:22.53	700m: 9:31.00	1:22.82	1100m: 15:03.71	1:23.42	1500m: 20:32.01	1:18.38
	400m: 5:21.82	1:23.16	800m: 10:53.44	1:22.44	1200m: 16:27.79	1:24.08		
16.	Felicia Adema	Blue Marlins	NT	200501310	20:46.19 +0,82			
	100m: 1:14.12	1:14.12	500m: 6:44.85	1:23.92	900m: 12:18.98	1:23.01	1300m: 18:01.09	1:25.75
	200m: 2:35.08	1:20.96	600m: 8:08.18	1:23.33	1000m: 13:43.37	1:24.39	1400m: 19:25.17	1:24.08
	300m: 3:57.92	1:22.84	700m: 9:31.71	1:23.53	1100m: 15:09.02	1:25.65	1500m: 20:46.19	1:21.02
	400m: 5:20.93	1:23.01	800m: 10:55.97	1:24.26	1200m: 16:35.34	1:26.32		
17.	Sabine Looden	De Columbiaan	22:26.84	200601390	22:06.67 +0,89			
	100m: 1:19.56	1:19.56	500m: 7:11.14	1:28.28	900m: 13:07.59	1:29.83	1300m: 19:09.95	1:31.52
	200m: 2:47.61	1:28.05	600m: 8:39.85	1:28.71	1000m: 14:38.15	1:30.56	1400m: 20:39.66	1:29.71
	300m: 4:15.41	1:27.80	700m: 10:08.38	1:28.53	1100m: 16:08.12	1:29.97	1500m: 22:06.67	1:27.01
	400m: 5:42.86	1:27.45	800m: 11:37.76	1:29.38	1200m: 17:38.43	1:30.31		
18.	Evelyn Harris	Blue Marlins	NT	200703250	22:10.57 +0,90			
	100m: 1:20.27	1:20.27	500m: 7:12.04	1:28.45	900m: 13:14.34	1:31.75	1300m: 19:17.51	1:30.00
	200m: 2:46.80	1:26.53	600m: 8:41.12	1:29.08	1000m: 14:46.28	1:31.94	1400m: 20:45.31	1:27.80
	300m: 4:14.51	1:27.71	700m: 10:11.48	1:30.36	1100m: 16:17.27	1:30.99	1500m: 22:10.57	1:25.26
	400m: 5:43.59	1:29.08	800m: 11:42.59	1:31.11	1200m: 17:47.51	1:30.24		
19.	Zoe Kenworthy	De Columbiaan	22:22.41	200500428	22:19.64 +0,82			
	100m: 1:19.34	1:19.34	500m: 7:17.07	1:30.89	900m: 13:23.78	1:32.30	1300m: 19:27.37	1:29.47
	200m: 2:46.92	1:27.58	600m: 8:48.65	1:31.58	1000m: 14:54.84	1:31.06	1400m: 20:55.29	1:27.92
	300m: 4:15.98	1:29.06	700m: 10:19.93	1:31.28	1100m: 16:26.47	1:31.63	1500m: 22:19.64	1:24.35
	400m: 5:46.18	1:30.20	800m: 11:51.48	1:31.55	1200m: 17:57.90	1:31.43		
20.	Lotte Zaal	De Columbiaan	20:56.04	200502590	22:34.11 +0,93			
	100m: 1:24.17	1:24.17	500m: 7:25.86	1:31.46	900m: 13:29.01	1:31.20	1300m: 19:35.35	1:31.58
	200m: 2:54.12	1:29.95	600m: 8:56.51	1:30.65	1000m: 15:00.77	1:31.76	1400m: 21:06.22	1:30.87
	300m: 4:23.07	1:28.95	700m: 10:27.03	1:30.52	1100m: 16:32.11	1:31.34	1500m: 22:34.11	1:27.89
	400m: 5:54.40	1:31.33	800m: 11:57.81	1:30.78	1200m: 18:03.77	1:31.66		
21.	Meredith Harris	Blue Marlins	NT	200901524	24:10.55 +0,63			
	100m: 1:25.69	1:25.69	500m: 7:50.81	1:36.03	900m: 14:23.89	1:38.30	1300m: 21:02.44	1:39.67
	200m: 3:01.74	1:36.05	600m: 9:30.14	1:39.33	1000m: 16:03.65	1:39.76	1400m: 22:38.94	1:36.50
	300m: 4:37.22	1:35.48	700m: 11:07.09	1:36.95	1100m: 17:43.55	1:39.90	1500m: 24:10.55	1:31.61
	400m: 6:14.78	1:37.56	800m: 12:45.59	1:38.50	1200m: 19:22.77	1:39.22		
22.	Elin van den Berg	Blue Marlins	NT	200702094	24:13.09 +0,87			
	100m: 1:26.36	1:26.36	500m: 7:57.63	1:38.11	900m: 14:31.44	1:38.83	1300m: 21:04.76	1:38.10
	200m: 3:02.82	1:36.46	600m: 9:36.03	1:38.40	1000m: 16:10.51	1:39.07	1400m: 22:40.69	1:35.93
	300m: 4:41.19	1:38.37	700m: 11:14.26	1:38.23	1100m: 17:48.82	1:38.31	1500m: 24:13.09	1:32.40
	400m: 6:19.52	1:38.33	800m: 12:52.61	1:38.35	1200m: 19:26.66	1:37.84		
23.	Feija de Bruin	Wvz	21:09.48	200400106	24:15.14 +0,80			
	100m: 1:25.22	1:25.22	500m: 7:49.02	1:37.25	900m: 14:22.70	1:39.12	1300m: 20:58.78	1:38.91
	200m: 2:59.29	1:34.07	600m: 9:26.59	1:37.57	1000m: 16:02.28	1:39.58	1400m: 22:37.31	1:38.53
	300m: 4:35.32	1:36.03	700m: 11:04.98	1:38.39	1100m: 17:40.64	1:38.36	1500m: 24:15.14	1:37.83
	400m: 6:11.77	1:36.45	800m: 12:43.58	1:38.60	1200m: 19:19.87	1:39.23		

LAC deel 3
Den Haag, 19-2-2023

Programmanr. 6, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
24.	Anne van Lith	ZVL-1886 Center	25:04.88	201001000	24:36.80 +0,74			
	100m: 1:30.40	1:30.40	500m: 8:05.27	1:39.28	900m: 14:42.73	1:39.84	1300m: 21:21.04	1:41.55
	200m: 3:08.05	1:37.65	600m: 9:44.64	1:39.37	1000m: 16:21.19	1:38.46	1400m: 23:02.09	1:41.05
	300m: 4:46.37	1:38.32	700m: 11:23.32	1:38.68	1100m: 17:59.99	1:38.80	1500m: 24:36.80	1:34.71
	400m: 6:25.99	1:39.62	800m: 13:02.89	1:39.57	1200m: 19:39.49	1:39.50		
25.	Esmeralda Elbers	Blue Marlins	NT	200404888	24:56.40 +0,98			
	100m: 1:29.06	1:29.06	500m: 8:02.08	1:38.93	900m: 14:42.75	1:41.02	1300m: 21:33.90	1:43.24
	200m: 3:05.52	1:36.46	600m: 9:42.05	1:39.97	1000m: 16:23.72	1:40.97	1400m: 23:16.83	1:42.93
	300m: 4:43.66	1:38.14	700m: 11:21.83	1:39.78	1100m: 18:07.21	1:43.49	1500m: 24:56.40	1:39.57
	400m: 6:23.15	1:39.49	800m: 13:01.73	1:39.90	1200m: 19:50.66	1:43.45		
AFGEM	Violetta Pflug	Blue Marlins	NT	200804704				
AFGEM	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	18:55.64	200500330				

Programmanr. 7
19-2-2023 - 16:41

Heren, 1500m vrije slag

Juniores 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Emile Fouzai	Blue Marlins	16:25.65	200500263	16:36.40 +0,73			
	100m: 1:01.58	1:01.58	500m: 5:25.12	1:06.71	900m: 9:50.75	1:06.27	1300m: 14:23.30	1:08.14
	200m: 2:06.50	1:04.92	600m: 6:30.79	1:05.67	1000m: 10:58.37	1:07.62	1400m: 15:30.67	1:07.37
	300m: 3:12.25	1:05.75	700m: 7:37.65	1:06.86	1100m: 12:06.56	1:08.19	1500m: 16:36.40	1:05.73
	400m: 4:18.41	1:06.16	800m: 8:44.48	1:06.83	1200m: 13:15.16	1:08.60		
2.	Borys Rudman	Blue Marlins	16:59.35	200504479	16:49.27 +0,75			
	100m: 1:01.36	1:01.36	500m: 5:26.83	1:07.04	900m: 10:00.83	1:08.93	1300m: 14:36.27	1:08.36
	200m: 2:07.26	1:05.90	600m: 6:34.68	1:07.85	1000m: 11:09.69	1:08.86	1400m: 15:44.94	1:08.67
	300m: 3:12.98	1:05.72	700m: 7:43.01	1:08.33	1100m: 12:18.48	1:08.79	1500m: 16:49.27	1:04.33
	400m: 4:19.79	1:06.81	800m: 8:51.90	1:08.89	1200m: 13:27.91	1:09.43		
3.	Bas Blanker	SG SCOM/de Zeehond'73	18:03.95	200601497	17:36.13 +0,71			
	100m: 1:05.41	1:05.41	500m: 5:48.92	1:10.98	900m: 10:33.51	1:11.16	1300m: 15:16.57	1:10.98
	200m: 2:16.00	1:10.59	600m: 7:00.01	1:11.09	1000m: 11:44.24	1:10.73	1400m: 16:27.87	1:11.30
	300m: 3:26.61	1:10.61	700m: 8:11.05	1:11.04	1100m: 12:54.94	1:10.70	1500m: 17:36.13	1:08.26
	400m: 4:37.94	1:11.33	800m: 9:22.35	1:11.30	1200m: 14:05.59	1:10.65		
4.	Jelte de Jong	Zpch	18:13.85	200900975	18:04.71 +0,82			
	100m: 1:06.19	1:06.19	500m: 5:59.69	1:13.57	900m: 10:52.91	1:12.93	1300m: 15:43.71	1:12.38
	200m: 2:18.84	1:12.65	600m: 7:13.31	1:13.62	1000m: 12:06.08	1:13.17	1400m: 16:55.35	1:11.64
	300m: 3:32.53	1:13.69	700m: 8:26.49	1:13.18	1100m: 13:18.61	1:12.53	1500m: 18:04.71	1:09.36
	400m: 4:46.12	1:13.59	800m: 9:39.98	1:13.49	1200m: 14:31.33	1:12.72		
5.	Boele Bohm	Blue Marlins	NT	200700739	18:06.91 +0,77			
	100m: 1:03.54	1:03.54	500m: 5:57.42	1:14.37	900m: 10:51.39	1:13.49	1300m: 15:44.37	1:13.04
	200m: 2:16.45	1:12.91	600m: 7:10.41	1:12.99	1000m: 12:04.78	1:13.39	1400m: 16:56.60	1:12.23
	300m: 3:29.89	1:13.44	700m: 8:24.00	1:13.59	1100m: 13:17.91	1:13.13	1500m: 18:06.91	1:10.31
	400m: 4:43.05	1:13.16	800m: 9:37.90	1:13.90	1200m: 14:31.33	1:13.42		
6.	Gijs Hartwijk	ZVL-1886 Center	18:46.86	200800573	18:22.86 +0,68			
	100m: 1:08.54	1:08.54	500m: 6:06.33	1:14.31	900m: 11:02.82	1:13.85	1300m: 15:57.58	1:13.34
	200m: 2:23.30	1:14.76	600m: 7:20.05	1:13.72	1000m: 12:17.05	1:14.23	1400m: 17:10.59	1:13.01
	300m: 3:37.98	1:14.68	700m: 8:34.80	1:14.75	1100m: 13:30.36	1:13.31	1500m: 18:22.86	1:12.27
	400m: 4:52.02	1:14.04	800m: 9:48.97	1:14.17	1200m: 14:44.24	1:13.88		
7.	Niels Meijer	Blue Marlins	NT	200701645	19:35.75 +0,69			
	100m: 1:11.63	1:11.63	500m: 6:26.36	1:19.74	900m: 11:45.57	1:20.32	1300m: 17:03.58	1:18.69
	200m: 2:28.82	1:17.19	600m: 7:45.82	1:19.46	1000m: 13:05.87	1:20.30	1400m: 18:22.18	1:18.60
	300m: 3:47.00	1:18.18	700m: 9:05.41	1:19.59	1100m: 14:25.46	1:19.59	1500m: 19:35.75	1:13.57
	400m: 5:06.62	1:19.62	800m: 10:25.25	1:19.84	1200m: 15:44.89	1:19.43		
8.	Dax van den Nouland	Blue Marlins	NT	201000071	20:06.51			
	100m: 1:12.71	1:12.71	500m: 6:37.75	1:21.56	900m: 12:02.42	1:20.62	1300m: 17:27.20	1:20.88
	200m: 2:34.20	1:21.49	600m: 7:59.27	1:21.52	1000m: 13:23.78	1:21.36	1400m: 18:48.07	1:20.87
	300m: 3:55.68	1:21.48	700m: 9:20.91	1:21.64	1100m: 14:45.32	1:21.54	1500m: 20:06.51	1:18.44
	400m: 5:16.19	1:20.51	800m: 10:41.80	1:20.89	1200m: 16:06.32	1:21.00		
9.	Colin Degenars	Zpch	20:19.22	199505951	20:15.60 +0,85			
	100m: 1:12.08	1:12.08	500m: 6:38.83	1:22.12	900m: 12:10.06	1:23.76	1300m: 17:37.36	1:22.30
	200m: 2:33.76	1:21.68	600m: 8:00.13	1:21.30	1000m: 13:31.37	1:21.31	1400m: 19:00.17	1:22.81
	300m: 3:55.39	1:21.63	700m: 9:22.77	1:22.64	1100m: 14:52.94	1:21.57	1500m: 20:15.60	1:15.43
	400m: 5:16.71	1:21.32	800m: 10:46.30	1:23.53	1200m: 16:15.06	1:22.12		
10.	Figo van Duuren	Zpch	23:09.71	200800391	20:28.90 +0,87			
	100m: 1:16.53	1:16.53	500m: 6:51.60	1:23.71	900m: 12:21.21	1:21.97	1300m: 17:51.38	1:23.26
	200m: 2:39.72	1:23.19	600m: 8:14.89	1:23.29	1000m: 13:43.62	1:22.41	1400m: 19:12.15	1:20.77
	300m: 4:03.20	1:23.48	700m: 9:37.05	1:22.16	1100m: 15:05.68	1:22.06	1500m: 20:28.90	1:16.75
	400m: 5:27.89	1:24.69	800m: 10:59.24	1:22.19	1200m: 16:28.12	1:22.44		
11.	Baris Tomu	Zpch	NT	201000869	21:31.18			
	100m: 1:15.16	1:15.16	500m: 6:55.53	1:28.58	900m: 12:51.97	1:29.65	1300m: 18:46.99	1:27.08
	200m: 2:37.50	1:22.34	600m: 8:23.93	1:28.40	1000m: 14:20.98	1:29.01	1400m: 20:07.45	1:20.46
	300m: 4:01.16	1:23.66	700m: 9:53.80	1:29.87	1100m: 15:50.86	1:29.88	1500m: 21:31.18	1:23.73
	400m: 5:26.95	1:25.79	800m: 11:22.32	1:28.52	1200m: 17:19.91	1:29.05		

LAC deel 3
Den Haag, 19-2-2023

Programmanr. 7, Heren, 1500m vrije slag, Junioren 1 en ouder

rang	naam	vereniging	intijd	tijd	RT			
12.	Joshua Posthoorn	Blue Marlins	NT 200701749	21:38.75	+0,89			
	100m: 1:18.19	1:18.19	500m: 7:08.79	1:28.42	900m: 13:02.75	1:28.87	1300m: 18:54.03	1:27.11
	200m: 2:43.16	1:24.97	600m: 8:37.60	1:28.81	1000m: 14:31.05	1:28.30	1400m: 20:19.38	1:25.35
	300m: 4:11.13	1:27.97	700m: 10:05.45	1:27.85	1100m: 16:00.01	1:28.96	1500m: 21:38.75	1:19.37
	400m: 5:40.37	1:29.24	800m: 11:33.88	1:28.43	1200m: 17:26.92	1:26.91		
13.	Thygo van de Peppel	Blue Marlins	NT 200901101	22:03.72	+0,69			
	100m: 1:14.28	1:14.28	500m: 7:07.58	1:29.04	900m: 13:05.48	1:31.42	1300m: 19:10.16	1:31.04
	200m: 2:39.97	1:25.69	600m: 8:35.84	1:28.26	1000m: 14:34.37	1:28.89	1400m: 20:41.16	1:31.00
	300m: 4:08.49	1:28.52	700m: 10:04.43	1:28.59	1100m: 16:05.42	1:31.05	1500m: 22:03.72	1:22.56
	400m: 5:38.54	1:30.05	800m: 11:34.06	1:29.63	1200m: 17:39.12	1:33.70		
14.	Jochem Evers	ZVL-1886 Center	NT 200903423	22:54.58				
	100m: 1:26.54	1:26.54	500m: 7:39.94	1:30.47	900m: 13:43.83	1:32.93	1300m: 19:56.80	1:31.89
	200m: 3:02.05	1:35.51	600m: 9:09.75	1:29.81	1000m: 15:17.17	1:33.34	1400m: 21:28.22	1:31.42
	300m: 4:36.14	1:34.09	700m: 10:40.98	1:31.23	1100m: 16:49.85	1:32.68	1500m: 22:54.58	1:26.36
	400m: 6:09.47	1:33.33	800m: 12:10.90	1:29.92	1200m: 18:24.91	1:35.06		
15.	Duncan Hoogendijk	Blue Marlins	NT 200901815	23:42.19	+0,82			
	100m: 1:24.96	1:24.96	500m: 7:45.65	1:35.34	900m: 14:12.15	1:36.62	1300m: 20:39.74	1:36.99
	200m: 2:59.99	1:35.03	600m: 9:22.18	1:36.53	1000m: 15:49.93	1:37.78	1400m: 22:17.09	1:37.35
	300m: 4:35.07	1:35.08	700m: 10:58.68	1:36.50	1100m: 17:27.15	1:37.22	1500m: 23:42.19	1:25.10
	400m: 6:10.31	1:35.24	800m: 12:35.53	1:36.85	1200m: 19:02.75	1:35.60		
16.	Duco De Gelder	Blue Marlins	NT 201000217	24:01.14	+0,72			
	100m: 1:25.11	1:25.11	500m: 7:49.33	1:37.23	900m: 14:22.54	1:37.72	1300m: 20:53.03	1:37.93
	200m: 2:59.78	1:34.67	600m: 9:27.71	1:38.38	1000m: 16:00.36	1:37.82	1400m: 22:29.05	1:36.02
	300m: 4:35.55	1:35.77	700m: 11:06.51	1:38.80	1100m: 17:37.44	1:37.08	1500m: 24:01.14	1:32.09
	400m: 6:12.10	1:36.55	800m: 12:44.82	1:38.31	1200m: 19:15.10	1:37.66		
17.	Maxwell Russel	Zpch	NT 201002715	24:02.11	+0,59			
	100m: 1:26.03	1:26.03	500m: 7:52.95	1:38.52	900m: 14:26.39	1:38.29	1300m: 20:59.30	1:37.72
	200m: 2:59.99	1:33.96	600m: 9:31.70	1:38.75	1000m: 16:03.84	1:37.45	1400m: 22:35.13	1:35.83
	300m: 4:37.22	1:37.23	700m: 11:09.01	1:37.31	1100m: 17:42.73	1:38.89	1500m: 24:02.11	1:26.98
	400m: 6:14.43	1:37.21	800m: 12:48.10	1:39.09	1200m: 19:21.58	1:38.85		
AFGEM	Bjorn Duijvestijn	Blue Marlins	19:48.63	200703233				
AFGEM	Fabian Riedijk	Blue Marlins	NT	200800603				

Programmanr. 8
19-2-2023 - 17:52

Dames, 200m vlinderslag

Junioren 3 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1.	Rinske Bouman	Blue Marlins	NT 200400578	2:34.04	+0,87	32.65	1:11.76	1:51.95	2:34.04
2.	Tessa Hoogstraten	De Columbiana	2:50.88 200800544	2:53.94	+0,71	36.56	1:20.67	2:07.42	2:53.94
3.	Fleur van den Eijk	Blue Marlins	3:02.84 200900304	2:55.77	+0,67	37.06	1:19.67	2:05.67	2:55.77
AFGEM	Violetta Pflug	Blue Marlins	NT 200804704						

Programmanr. 9
19-2-2023 - 17:56

Heren, 200m vlinderslag

Junioren 3 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1.	Vincent Huele	Blue Marlins	NT 200703423	2:18.99	+0,94	30.51	1:04.60	1:41.01	2:18.99
2.	Dimi Stoyanov	Blue Marlins	2:35.25 200601067	2:28.41	+0,79	31.68	1:09.31	1:48.18	2:28.41
3.	Abdelmajid Hassine	Blue Marlins	NT 199805885	2:33.38	+0,72	31.01	1:06.63	1:43.97	2:33.38
4.	Tim Lochem	Blue Marlins	NT 200500077	2:39.72	+0,74	32.68	1:11.96	1:54.41	2:39.72
5.	Jamie Kenworthy	De Columbiana	2:38.86 200800045	2:42.22	+0,72	32.93	1:12.84	1:58.11	2:42.22
AFGEM	Figo van Duuren	Zpch	NT 200800391						