

LAC 1-1  
Alphen aan den Rijn, 16/9/2023

Programmanr. 1  
16/9/2023 - 12:45

200m wisselslag

13 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 3 en ouder, Dames</b>					
1.	Angelique van Vark 50m: 31.52	GZC DONK 100m: 1:09.02	200m: 2:23.70 2:26.71	199701478	<b>2:26.71</b>
2.	Merel Leuring 50m: 33.76	Azc 100m: 1:13.21	200m: 2:29.95 2:34.51	200401204	<b>2:34.51</b>
3.	Nina van der Schrier 50m: 35.72	Azc 100m: 1:15.78	200m: 2:43.50 2:40.17	201000444	<b>2:40.17</b>
4.	Jorja Verschoor 50m: 36.25	Azc 100m: 1:17.75	200m: 2:46.01 2:45.78	200902640	<b>2:45.78</b>
5.	Sanne Mulder 50m: 34.89	Zoetermeer 100m: 1:18.99	200m: 2:50.30 2:46.25	200900280	<b>2:46.25</b>
6.	Eva Ehlert 50m: 34.85	GZC DONK 100m: 1:20.03	200m: 2:44.25 2:46.68	201002026	<b>2:46.68</b>
7.	Nadine Kuiper 50m: 39.23	Wvz 100m: 1:23.64	200m: 2:45.82 2:51.59	200802372	<b>2:51.59</b>
8.	Nada Mghizrat 50m: 36.21	GZC DONK 100m: 1:24.04	200m: 2:45.63 2:53.01	200702178	<b>2:53.01</b>
9.	Anouk de Jong 50m: 38.42	GZC DONK 100m: 1:24.60	200m: 3:03.00 2:53.34	200902506	<b>2:53.34</b>
10.	Tess Liebrechts 50m: 41.62	GZC DONK 100m: 1:23.78	200m: 2:57.84 2:55.30	201000212	<b>2:55.30</b>
11.	Steffi Krul-Meinhold 50m: 39.50	d'ELFT 100m: 1:24.14	200m: 2:55.00 2:58.02	198001542	<b>2:58.02</b>
12.	Esmee Verbeek 50m: 39.20	Zoetermeer 100m: 1:24.13	200m: 3:07.56 3:02.13	200502086	<b>3:02.13</b>
13.	Daynah de Snaijer 50m: 40.69	Zoetermeer 100m: 1:25.42	200m: 3:00.05 3:02.19	200802266	<b>3:02.19</b>
14.	Vere van Klooster 50m: 39.15	Azc 100m: 1:25.40	200m: 3:07.81 3:03.34	201002128	<b>3:03.34</b>
15.	Sophie Ferwerda 50m: 46.19	GZC DONK 100m: 1:33.81	200m: 3:16.75 3:10.69	200902984	<b>3:10.69</b>
16.	Brisa Dekkers 50m: 40.60	GZC DONK 100m: 1:31.99	200m: 3:16.76 3:11.39	201002164	<b>3:11.39</b>
17.	Feija de Bruin 50m: 40.35	Wvz 100m: 1:29.26	200m: 2:54.88 3:15.40	200400106	<b>3:15.40</b>
18.	Zoë van der Reijden 50m: 43.15	LinK 100m: 1:32.46	200m: 3:14.24 3:15.86	200505296	<b>3:15.86</b>
19.	Jamie Ruven 50m: 53.29	BZ en PC 100m: 1:44.53	200m: 3:43.63 3:33.01	200803240	<b>3:33.01</b>
<b>Junioren 3 en ouder, Heren</b>					
1.	Adriaan Coppelmans 50m: 30.34	Azc 100m: 1:08.42	200m: 2:28.72 2:22.40	200903243	<b>2:22.40</b>
2.	Jan-Willem van den Berg 50m: 32.52	Wvz 100m: 1:13.03	200m: 2:32.46 2:34.96	196801575	<b>2:34.96</b>
3.	Seth van den Dool 50m: 33.73	GZC DONK 100m: 1:14.77	200m: 2:47.47 2:38.07	200803809	<b>2:38.07</b>
4.	Sascha Timmer 50m: 29.49	Azc 100m: 1:10.21	200m: 2:43.90 2:40.22	200902987	<b>2:40.22</b>
5.	Sven Mulder 50m: 37.05	Zoetermeer 100m: 1:17.04	200m: 2:51.68 2:43.72	200901655	<b>2:43.72</b>
6.	Thomas Braat 50m: 36.46	Azc 100m: 1:18.41	200m: 2:57.04 2:50.41	200802269	<b>2:50.41</b>
7.	Sem Berckenkamp 50m: 40.43	GZC DONK 100m: 1:22.65	200m: 2:54.45 2:52.75	200602229	<b>2:52.75</b>

LAC 1-1  
Alphen aan den Rijn, 16/9/2023

Programmanr. 2  
16/9/2023 - 13:01

200m vrije slag

Minioren 3 en 4  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Minioren 3 en 4, Meisjes</b>					
1.	Jessica Bannatyne 50m: 45.09	BZ en PC 100m: 1:39.02	200m: 3:27.99	4:07.36 201400158	<b>3:27.99</b>
2.	Sara de Mooij 50m: 49.64	LinK 100m: 1:46.95	200m: 3:46.73	NT 201400750	<b>3:46.73</b>
3.	Fenna Eijs 50m: 50.00	Azc 100m: 1:49.56	200m: 3:50.99	NT 201400408	<b>3:50.99</b>
<b>Minioren 3 en 4, Jongens</b>					
1.	Riff van der Zwaan 50m: 38.85	ZVL-1886 Center 100m: 1:22.17	200m: 2:48.93	2:51.39 201400053	<b>2:48.93</b>
2.	Cas de Heij 50m: 45.84	Azc 100m: 1:41.97	200m: 3:36.39	NT 201400557	<b>3:36.39</b>
3.	Twan van der Schrier 50m: 47.61	Azc 100m: 1:49.51	200m: 3:56.39	NT 201400237	S14 <b>3:56.39</b> 113

Programmanr. 3  
16/9/2023 - 13:07

400m vrije slag

Minioren 5 en 6  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Minioren 5, Meisjes</b>					
1.	Tamara Geuzebroek 50m: 39.50	Azc 100m: 1:25.17	200m: 2:59.68	400m: 6:04.82 NT 201300894	<b>6:04.82</b>
2.	Fenna Visser 50m: 42.65	GZC DONK 100m: 1:32.69	200m: 3:16.94	400m: 6:44.21 201300678	<b>6:44.21</b>
3.	Maja Ponikwia 50m: 43.77	Z&PC Alkemade 100m: 1:32.79	200m: 3:15.44	400m: 6:46.05 NT 201300778	<b>6:46.05</b>
4.	Maartje Wagner 50m: 46.17	Z&PC Alkemade 100m: 1:40.91	200m: 3:35.31	400m: 7:15.74 201300776	<b>7:15.74</b>
<b>Minioren 5 en 6, Jongens</b>					
1.	Henk de Mooij 50m: 38.61	LinK 100m: 1:25.30	200m: 3:00.78	400m: 6:14.65 201200681	<b>6:14.65</b>
2.	Niek de Grave 50m: 41.12	Z&PC Alkemade 100m: 1:29.55	200m: 3:08.55	400m: 6:15.08 201200403	<b>6:15.08</b>
3.	Len van der Kamp 50m: 38.56	Z&PC Alkemade 100m: 1:28.89	200m: 3:13.78	400m: 6:39.68 NT 201200259	<b>6:39.68</b>
4.	Dex de Lange 50m: 45.82	Wvz 100m: 1:38.23	200m: 3:26.71	400m: 6:57.86 201200009	<b>6:57.86</b>
5.	Stein van der Kouwe 50m: 56.85	Azc 100m: 2:05.50	200m: 4:28.46	400m: 9:03.69 NT 201202169	<b>9:03.69</b>

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Programmanr. 4  
16/9/2023 - 13:15

800m vrije slag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Senioren Open, Dames</b>					
1.	Angelique van Vark	GZC DONK	9:24.35	199701478	<b>9:42.51</b>
	50m: 31.60	100m: 1:07.01	200m: 2:19.67	400m: 4:46.55	800m: 9:42.51
2.	Malin Roozeboom	Wvz	9:51.79	201100006	<b>9:42.97</b>
	50m: 32.48	100m: 1:09.52	200m: 2:23.97	400m: 4:51.97	800m: 9:42.97
3.	Nina van der Schrier	Azc	10:05.51	201000444	<b>9:55.77</b>
	50m: 32.03	100m: 1:08.67	200m: 2:23.67	400m: 4:53.85	800m: 9:55.77
4.	Merel Leuring	Azc	9:45.75	200401204	<b>9:58.50</b>
	50m: 32.11	100m: 1:08.14	200m: 2:23.07	400m: 4:54.37	800m: 9:58.50
5.	Liv Heijdra	Wvz	10:35.15	200800736	<b>10:06.68</b>
	50m: 31.82	100m: 1:07.75	200m: 2:22.13	400m: 4:55.10	800m: 10:06.68
6.	Rosalie Braspeninx	ZPC Woerden	10:17.72	200702530	<b>10:18.73</b>
	50m: 32.96	100m: 1:10.25	200m: 2:26.85	400m: 5:03.50	800m: 10:18.73
7.	Jorja Verschoor	Azc	11:13.71	200902640	<b>10:30.98</b>
	50m: 33.38	100m: 1:11.17	200m: 2:27.86	400m: 5:06.08	800m: 10:30.98
8.	Eva Ehlert	GZC DONK	11:45.00	201002026	<b>10:38.37</b>
	50m: 34.45	100m: 1:13.37	200m: 2:33.82	400m: 5:15.94	800m: 10:38.37
9.	Nadine Kuiper	Wvz	10:40.06	200802372	<b>10:46.56</b>
	50m: 34.10	100m: 1:13.74	200m: 2:35.68	400m: 5:19.01	800m: 10:46.56
10.	Steffi Krul-Meinhold	d'ELFT	11:20.00	198001542	<b>10:55.75</b>
	50m: 36.54	100m: 1:16.74	200m: 2:40.19	400m: 5:26.83	800m: 10:55.75
11.	Anouk Steller	Wvz	10:37.27	201000004	<b>11:00.16</b>
	50m: 34.48	100m: 1:14.10	200m: 2:37.12	400m: 5:25.84	800m: 11:00.16
12.	Sanne Mulder	Zoetermeer	11:06.26	200900280	<b>11:06.34</b>
	50m: 33.70	100m: 1:13.08	200m: 2:38.40	400m: 5:27.45	800m: 11:06.34
13.	Vere van Klooster	Azc	11:53.75	201002128	<b>11:09.50</b>
	50m: 35.17	100m: 1:17.69	200m: 2:41.32	400m: 5:32.49	800m: 11:09.50
14.	Nada Mghizrat	GZC DONK	11:00.50	200702178	<b>11:15.47</b>
	50m: 36.62	100m: 1:17.21	200m: 2:41.73	400m: 5:34.87	800m: 11:15.47
15.	Sophie Hoogervorst	Azc	11:46.86	201100252	<b>11:18.01</b>
	50m: 38.89	100m: 1:19.79	200m: 2:42.22	400m: 5:32.87	800m: 11:18.01
16.	Puck Hoogeveen	ZPC Woerden	11:04.61	200701794	<b>11:33.73</b>
	50m: 36.67	100m: 1:17.13	200m: 2:42.32	400m: 5:37.02	800m: 11:33.73
17.	Inde Turnbull	ZPC Woerden	12:30.00	200903666	<b>11:40.30</b>
	50m: 35.69	100m: 1:16.77	200m: 2:45.58	400m: 5:46.81	800m: 11:40.30
18.	Daynah de Snaijer	Zoetermeer	11:21.77	200802266	<b>11:42.00</b>
	50m: 36.97	100m: 1:18.97	200m: 2:46.22	400m: 5:48.05	800m: 11:42.00
19.	Esmee Verbeek	Zoetermeer	11:38.44	200502086	<b>11:44.82</b>
	50m: 38.97	100m: 1:23.06	200m: 2:52.81	400m: 5:51.96	800m: 11:44.82
20.	Anouk de Jong	GZC DONK	13:06.90	200902506	<b>11:48.91</b>
	50m: 39.45	100m: 1:23.49	200m: 2:53.62	400m: 5:52.98	800m: 11:48.91
21.	Julia Bannatyne	BZ en PC	12:00.00	201201020	<b>11:54.95</b>
	50m: 36.64	100m: 1:18.65	200m: 2:49.80	400m: 5:55.23	800m: 11:54.95
22.	Jolie van Ark	Azc	12:59.08	201101644	<b>11:56.19</b>
	50m: 37.51	100m: 1:20.91	200m: 2:50.82	400m: 5:52.62	800m: 11:56.19
23.	Linda Hoogendam	Wvz	11:45.33	198300892	<b>11:56.49</b>
	50m: 40.07	100m: 1:24.33	200m: 2:53.37	400m: 5:54.85	800m: 11:56.49
24.	Tess Liebrechts	GZC DONK	11:45.46	201000212	<b>11:56.75</b>
	50m: 41.41	100m: 1:27.26	200m: 3:00.72	400m: 6:02.02	800m: 11:56.75
25.	Carlijn Verschelling	ZPC Woerden	11:59.19	201001342	<b>12:01.28</b>
	50m: 39.78	100m: 1:24.91	200m: 2:55.48	400m: 5:56.88	800m: 12:01.28
26.	Meike van der Klugt	Wvz	13:21.78	201100808	<b>12:02.85</b>
	50m: 37.99	100m: 1:22.27	200m: 2:54.42	400m: 5:58.45	800m: 12:02.85
27.	Brisa Dekkers	GZC DONK	13:24.05	201002164	<b>12:15.28</b>
	50m: 40.06	100m: 1:25.33	200m: 2:59.88	400m: 6:09.47	800m: 12:15.28
28.	Lisa Bruining	ZPC Woerden	12:01.43	200702528	<b>12:15.72</b>
	50m: 38.98	100m: 1:22.08	200m: 2:52.54	400m: 6:00.21	800m: 12:15.72
29.	Sophie Ferwerda	GZC DONK	12:50.00	200902984	<b>12:17.96</b>
	50m: 40.15	100m: 1:25.14	200m: 2:58.82	400m: 6:09.82	800m: 12:17.96

LAC 1-1  
Alphen aan den Rijn, 16/9/2023

Programmanr. 4, Dames, 800m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT
30.	Louise Kuiper 50m: 38.64	Wvz	12:30.48 200m: 2:58.08 400m: 6:09.51 800m: 12:27.23	201101012 <b>12:27.23</b>	
31.	Feija de Bruin 50m: 38.69	Wvz	10:50.94 200m: 2:53.84 400m: 6:02.85 800m: 12:27.67	200400106 <b>12:27.67</b>	
32.	Josanne Betting 50m: 39.79	ZPC Woerden	12:28.34 200m: 2:56.37 400m: 6:10.91 800m: 12:43.51	200604842 <b>12:43.51</b>	
33.	Sarah van Elleswijk 50m: 43.86	Wvz	13:12.07 200m: 3:09.15 400m: 6:24.52 800m: 12:45.85	201101126 <b>12:45.85</b>	
34.	Jonne Moleman 50m: 45.45	Azc	10:54.44 200m: 3:07.87 400m: 6:19.99 800m: 12:46.49	200006264 S10 <b>12:46.49</b>	595
35.	Zoë van der Reijden 50m: 40.79	LinK	13:18.79 200m: 3:04.34 400m: 6:30.99 800m: 13:21.33	200505296 <b>13:21.33</b>	
36.	Sophie Reniers 50m: 42.83	Wvz	14:05.54 200m: 3:14.08 400m: 6:44.52 800m: 13:33.31	201200592 <b>13:33.31</b>	
37.	Jamie Ruven 50m: 42.18	BZ en PC	14:00.00 200m: 3:12.68 400m: 6:42.33 800m: 13:43.02	200803240 <b>13:43.02</b>	
38.	Livia Kuiper 50m: 45.21	Wvz	NT 200m: 3:22.17 400m: 6:51.29 800m: 13:43.89	201201588 <b>13:43.89</b>	
39.	Charlotte Bakker 50m: 44.61	BZ en PC	15:00.00 200m: 3:37.73 400m: 7:53.47 800m: 16:24.22	201200524 <b>16:24.22</b>	

Junioren 1 en ouder, Heren

1.	Sverre van der Zwaan 50m: 30.01	Wvz	9:45.39 200m: 2:13.77 400m: 4:35.78 800m: 9:21.16	200900737 <b>9:21.16</b>	
2.	Daan Hoogendoorn 50m: 30.02	ZPC Woerden	10:02.57 200m: 2:14.66 400m: 4:38.66 800m: 9:24.52	200500113 <b>9:24.52</b>	
3.	Adriaan Coppelmans 50m: 29.39	Azc	9:44.40 200m: 2:14.13 400m: 4:38.91 800m: 9:24.65	200903243 <b>9:24.65</b>	
4.	Brent Schiffers 50m: 31.32	ZPC Woerden	10:56.59 200m: 2:20.29 400m: 4:52.02 800m: 9:57.46	200902041 <b>9:57.46</b>	
5.	Renzo Steller 50m: 31.46	Wvz	9:44.08 200m: 2:20.57 400m: 4:50.62 800m: 10:07.51	200701141 <b>10:07.51</b>	
6.	Seth van den Dool 50m: 33.23	GZC DONK	11:52.00 200m: 2:27.27 400m: 5:02.02 800m: 10:14.13	200803809 <b>10:14.13</b>	
7.	Sven Mulder 50m: 32.34	Zoetermeer	10:36.55 200m: 2:28.40 400m: 5:06.35 800m: 10:16.40	200901655 <b>10:16.40</b>	
8.	Freek Ruijsenaars 50m: 30.90	ZPC Woerden	10:32.69 200m: 2:22.57 400m: 4:58.47 800m: 10:17.61	200702139 <b>10:17.61</b>	
9.	Sascha Timmer 50m: 31.15	Azc	10:35.38 200m: 2:24.00 400m: 5:03.89 800m: 10:29.11	200902987 <b>10:29.11</b>	
10.	Jan-Willem van den Berg 50m: 34.40	Wvz	12:00.00 200m: 2:38.16 400m: 5:24.24 800m: 10:49.38	196801575 <b>10:49.38</b>	
11.	Thomas Braat 50m: 34.80	Azc	11:01.42 200m: 2:35.31 400m: 5:21.28 800m: 10:52.78	200802269 S14 <b>10:52.78</b>	626
12.	Sem Berckenkamp 50m: 35.88	GZC DONK	11:02.02 200m: 2:41.39 400m: 5:29.93 800m: 10:56.14	200602229 <b>10:56.14</b>	
13.	Mees Otto 50m: 37.16	ZPC Woerden	12:01.26 200m: 2:45.29 400m: 5:40.87 800m: 11:27.47	201001319 <b>11:27.47</b>	
14.	Thijs van Kints 50m: 35.74	BZ en PC	12:07.17 200m: 2:43.74 400m: 5:43.66 800m: 11:42.79	201101059 <b>11:42.79</b>	
15.	Leon Slingerland 50m: 36.38	Wvz	11:40.43 200m: 2:47.67 400m: 5:48.49 800m: 11:43.82	196801707 <b>11:43.82</b>	
16.	Jan Peter Slof 50m: 34.51	Azc	12:22.68 200m: 2:49.78 400m: 5:55.00 800m: 12:00.14	201100123 <b>12:00.14</b>	
17.	Gijs van der Lee 50m: 37.58	Azc	12:00.00 200m: 2:52.01 400m: 5:56.25 800m: 12:01.59	201101237 <b>12:01.59</b>	
18.	Jurre van Es 50m: 35.95	ZPC Woerden	NT 200m: 2:47.21 400m: 6:00.45 800m: 12:27.32	200903567 <b>12:27.32</b>	
19.	Thijs Hoogveen 50m: 37.03	ZPC Woerden	NT 200m: 3:00.08 400m: 6:15.22 800m: 12:29.33	201100503 <b>12:29.33</b>	

LAC 1-1  
Alphen aan den Rijn, 16/9/2023

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Programmanr. 4, Heren, 800m vrije slag, Junioren 1 en ouder

rang	naam	vereniging	intijd	tijd	RT
DIS	Martin van Gool <i>AF - De aangegeven afstand niet uitgezwommen.</i>	Wvz	13:00.00	196601661	
AFGEM	Wout Ellen	ZPC Woerden	12:15.00	200702147	