

LAC deel 1 2016  
Dedemsvaart, 22-10-2016

Programmanr. 1  
22-10-2016 - 15:45

Dames, 200m wisselslag

Dames Senioren Open  
Resultaten

| rang naam                                                                  | vereniging     | intijd            | tijd           | RT       | 50m   | 100m | 150m | 200m    |
|----------------------------------------------------------------------------|----------------|-------------------|----------------|----------|-------|------|------|---------|
| 1. Yvon Versteeg                                                           | Z&PV de Veene  | 2:24.61 199201864 | <b>2:27.08</b> | 631      | 31.75 |      |      | 2:27.08 |
| 2. Manon Compagner                                                         | Dedemsvaart-AC | 2:32.16 200101710 | <b>2:31.38</b> | 578      | 31.46 |      |      | 2:31.38 |
| 3. Michelle Zomerdijk                                                      | Dedemsvaart-AC | 2:33.35 200003196 | <b>2:31.47</b> | 577      | 32.75 |      |      | 2:31.47 |
| 4. Beau Rijpers                                                            | Swol 1894      | 2:32.84 199402638 | <b>2:33.38</b> | 556      | 32.86 |      |      | 2:33.38 |
| 5. Ismay Lichtendonk                                                       | Dedemsvaart-AC | 2:42.91 200400622 | <b>2:33.56</b> | 554      | 33.51 |      |      | 2:33.56 |
| 6. Lindy Elkerbout                                                         | Z&PV de Veene  | 2:31.13 200000604 | <b>2:34.18</b> | 547      | 33.65 |      |      | 2:34.18 |
| 7. Hanne te Velthuis                                                       | Dedemsvaart-AC | 2:36.06 200201324 | <b>2:34.50</b> | 544      | 33.14 |      |      | 2:34.50 |
| 8. Stéphanie Bergsma                                                       | Dedemsvaart-AC | 2:34.34 199203374 | <b>2:34.95</b> | 539      | 31.10 |      |      | 2:34.95 |
| 9. Maud Kuipers                                                            | Dedemsvaart-AC | 2:32.69 200201894 | <b>2:35.88</b> | 530      | 32.65 |      |      | 2:35.88 |
| 10. Amy Lynn Zweers                                                        | Dedemsvaart-AC | 2:40.32 200300390 | <b>2:37.34</b> | 515      | 32.56 |      |      | 2:37.34 |
| 11. Tessa van de Belt                                                      | Dedemsvaart-AC | 2:33.09 200102056 | <b>2:37.62</b> | 512      | 33.59 |      |      | 2:37.62 |
| 12. Lotte Pieterman                                                        | Swol 1894      | 2:51.99 200301838 | <b>2:40.07</b> | 489      | 34.05 |      |      | 2:40.07 |
| 13. Lauri Lesscher                                                         | Z&PV de Veene  | 2:39.50 199900318 | <b>2:40.99</b> | 481      | 34.34 |      |      | 2:40.99 |
| 14. Alessia Sluis                                                          | Dedemsvaart-AC | 2:45.07 200300896 | <b>2:41.13</b> | 480      | 35.83 |      |      | 2:41.13 |
| 15. Kayleigh Westenberg                                                    | Z&PV de Veene  | 2:40.83 200004064 | <b>2:45.17</b> | 445      | 35.86 |      |      | 2:45.17 |
| 16. Maudé Lesscher                                                         | Z&PV de Veene  | 2:48.06 200300018 | <b>2:45.32</b> | 444      | 36.54 |      |      | 2:45.32 |
| 17. Lianne Plas                                                            | De Grunte      | 2:48.41 200101214 | <b>2:47.87</b> | 424      | 34.29 |      |      | 2:47.87 |
| 18. Naomi Tjon-asoi                                                        | Z&PV de Veene  | 2:47.20 200000394 | <b>2:50.09</b> | FJ 1 408 | 35.23 |      |      | 2:50.09 |
| 19. Rosanne Kuilder                                                        | Z&PV de Veene  | 2:50.42 200100074 | <b>2:50.09</b> | FJ 2 408 | 36.21 |      |      | 2:50.09 |
| 20. Joëlle van der Veen                                                    | Dedemsvaart-AC | 2:52.22 200201176 | <b>2:50.14</b> | 407      | 37.13 |      |      | 2:50.14 |
| 21. Lise Klein Ganseij                                                     | Dedemsvaart-AC | 2:50.67 199902024 | <b>2:51.12</b> | 400      | 34.94 |      |      | 2:51.12 |
| 22. Tessa Sportel                                                          | Dedemsvaart-AC | 2:50.76 200401644 | <b>2:52.99</b> | 388      | 39.19 |      |      | 2:52.99 |
| 23. Nike Tolsma                                                            | Zignea         | 2:59.48 200300336 | <b>2:54.87</b> | 375      | 39.44 |      |      | 2:54.87 |
| 24. Meghan Mulder                                                          | Dedemsvaart-AC | 2:59.23 200301734 | <b>2:54.90</b> | 375      | 41.75 |      |      | 2:54.90 |
| 25. Aleid te Velthuis                                                      | Dedemsvaart-AC | 2:58.36 200401470 | <b>2:54.97</b> | 375      | 38.25 |      |      | 2:54.97 |
| 26. Iris Zandvoort                                                         | Z&PV de Veene  | 3:00.36 200202274 | <b>2:55.57</b> | 371      | 39.20 |      |      | 2:55.57 |
| 27. Jasmijn Plas                                                           | De Grunte      | 3:40.87 200300388 | <b>2:57.15</b> | 361      | 41.30 |      |      | 2:57.15 |
| 28. Danique Afink                                                          | Z&PV de Veene  | 2:52.15 200201584 | <b>3:03.02</b> | 327      | 38.62 |      |      | 3:03.02 |
| 29. Maud Masselink                                                         | Z&PV de Veene  | 3:00.85 200300512 | <b>3:03.91</b> | 323      | 39.98 |      |      | 3:03.91 |
| 30. Lena Nieuwdam                                                          | Zignea         | 3:07.02 200202806 | <b>3:07.68</b> | 303      | 40.35 |      |      | 3:07.68 |
| 31. Myrthe Muller                                                          | Swol 1894      | 3:19.13 200104430 | <b>3:07.78</b> | 303      | 44.36 |      |      | 3:07.78 |
| 32. Pip Eggerding                                                          | Dedemsvaart-AC | 3:20.10 200302394 | <b>3:09.20</b> | 296      | 46.03 |      |      | 3:09.20 |
| 33. Myrthe Zuethof                                                         | Swol 1894      | 3:08.70 200005380 | <b>3:09.84</b> | 293      | 44.77 |      |      | 3:09.84 |
| 34. Naomi Slamp                                                            | Z&PV de Veene  | 3:06.09 200000400 | <b>3:10.03</b> | 292      | 39.81 |      |      | 3:10.03 |
| 35. Kim van Dijk                                                           | Zignea         | 3:09.43 200403008 | <b>3:10.52</b> | 290      | 43.60 |      |      | 3:10.52 |
| 36. Famke Wernsen                                                          | Zignea         | 3:06.17 200400288 | <b>3:11.74</b> | 285      | 44.85 |      |      | 3:11.74 |
| 37. Emma van Rijn                                                          | Z&PV de Veene  | 3:13.47 200001102 | <b>3:11.97</b> | 284      | 41.49 |      |      | 3:11.97 |
| 38. Trista Gort                                                            | Swol 1894      | 3:11.64 200304014 | <b>3:14.02</b> | 275      | 42.46 |      |      | 3:14.02 |
| 39. Nathalie Flohil                                                        | Zignea         | 3:22.99 200103446 | <b>3:15.71</b> | 268      | 44.86 |      |      | 3:15.71 |
| 40. Kyra van der Voorst                                                    | Zignea         | NT 200400570      | <b>3:25.44</b> | 231      | 46.51 |      |      | 3:25.44 |
| 41. Meintje Snieder                                                        | Swol 1894      | 3:32.39 200304956 | <b>3:26.25</b> | 229      | 48.05 |      |      | 3:26.25 |
| 42. Mirte Slamp                                                            | Z&PV de Veene  | 3:27.82 200400522 | <b>3:28.06</b> | 223      | 49.58 |      |      | 3:28.06 |
| 43. Meike Harbers                                                          | Z&PV de Veene  | NT 200301144      | <b>3:29.38</b> | 219      | 51.04 |      |      | 3:29.38 |
| 44. Laura Verwoerd                                                         | Z&PV de Veene  | 4:04.60 200302310 | <b>3:39.92</b> | 189      | 51.75 |      |      | 3:39.92 |
| DIS Chantal Odink                                                          | Dedemsvaart-AC | NT 200304574      |                |          |       |      |      |         |
| VI - Met één hand keer- en/of eindpunt aangetikt., 2e dis SL               |                |                   |                |          |       |      |      |         |
| DIS Demi van der Weide                                                     | Dedemsvaart-AC | 3:29.72 200301718 |                |          |       |      |      |         |
| AA - Gestart voor het startsignaal (en wel gezwommen).                     |                |                   |                |          |       |      |      |         |
| DIS Renate Dellemin                                                        | Swol 1894      | 2:56.26 200301770 |                |          |       |      |      |         |
| RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten. |                |                   |                |          |       |      |      |         |
| DIS Nova Wiersma                                                           | Zignea         | NT 200105550      |                |          |       |      |      |         |
| RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten. |                |                   |                |          |       |      |      |         |
| AFGEM Elise Horst                                                          | Z&PV de Veene  | 3:16.84 200100172 |                |          |       |      |      |         |

LAC deel 1 2016  
Dedemsvaart, 22-10-2016

Programmanr. 2  
22-10-2016 - 16:15

Heren, 200m wisselslag

Heren Senioren Open  
Resultaten

| rang naam                 | vereniging     | intijd                 | tijd           | RT       | 50m   | 100m | 150m | 200m    |
|---------------------------|----------------|------------------------|----------------|----------|-------|------|------|---------|
| 1. Jesse Zweers           | Dedemsvaart-AC | 2:17.81 200100399      | <b>2:16.47</b> | 583      | 29.21 |      |      | 2:16.47 |
| 2. Leon van den Hof       | Dedemsvaart-AC | 2:26.53 200203269      | <b>2:19.78</b> | FJ 1 542 | 30.82 |      |      | 2:19.78 |
| 3. Stijn Boertien         | Dedemsvaart-AC | 2:20.75 200100719      | <b>2:19.78</b> | FJ 2 542 | 30.25 |      |      | 2:19.78 |
| 4. Jorn Lucas             | Z&PV de Veene  | 2:28.28 200000675      | <b>2:25.00</b> | 486      | 31.66 |      |      | 2:25.00 |
| 5. Diederick Schothans    | Z&PV de Veene  | 2:28.31 199703185      | <b>2:26.63</b> | 470      | 30.32 |      |      | 2:26.63 |
| 6. Jelmer Lesscher        | Z&PV de Veene  | 2:37.00 200100791      | <b>2:27.22</b> | 464      | 31.19 |      |      | 2:27.22 |
| 7. Peter de Boer          | Dedemsvaart-AC | 2:24.89 199206199      | <b>2:27.36</b> | 463      | 30.17 |      |      | 2:27.36 |
| 8. Otmar Lesscher         | Z&PV de Veene  | 2:35.53 200100795      | <b>2:27.97</b> | 457      | 31.87 |      |      | 2:27.97 |
| 9. Floris Nederburgh      | Swol 1894      | 2:35.33 200105245      | <b>2:28.68</b> | 451      | 31.24 |      |      | 2:28.68 |
| 10. Wessel Everloo        | Z&PV de Veene  | 2:29.79 198906597 SM14 | <b>2:30.78</b> | 626      | 32.27 |      |      | 2:30.78 |
| 11. Matias Jansen         | Zignea         | 2:32.31 200300199      | <b>2:31.03</b> | 430      | 33.13 |      |      | 2:31.03 |
| 12. Jeffrey Lubbelinkhof  | Z&PV de Veene  | 2:32.90 199804827      | <b>2:31.83</b> | 423      | 31.75 |      |      | 2:31.83 |
| 13. Robin Bruins          | Dedemsvaart-AC | 2:36.39 200102795      | <b>2:32.81</b> | 415      | 33.12 |      |      | 2:32.81 |
| 14. Niels Kragt           | Dedemsvaart-AC | 2:45.37 200300155      | <b>2:35.69</b> | 393      | 33.40 |      |      | 2:35.69 |
| 15. Ivo Karamoy Faulhaber | Z&PV de Veene  | 2:44.86 200200363      | <b>2:42.41</b> | 346      | 36.63 |      |      | 2:42.41 |
| 16. Tim Pleiter           | Z&PV de Veene  | 2:44.19 200002779      | <b>2:42.71</b> | 344      | 35.93 |      |      | 2:42.71 |
| 17. Max Mastebroek        | Zignea         | 2:50.64 200101395      | <b>2:43.27</b> | 340      | 33.64 |      |      | 2:43.27 |
| 18. Ruben Harbers         | Z&PV de Veene  | 2:41.43 200103351      | <b>2:43.73</b> | 338      | 36.74 |      |      | 2:43.73 |
| 19. Matthijs Poppe        | Z&PV de Veene  | 2:45.38 200201091      | <b>2:45.53</b> | 327      | 36.08 |      |      | 2:45.53 |
| 20. O. Torres Fernandez   | Swol 1894      | NT 199307277           | <b>2:46.72</b> | 320      | 36.13 |      |      | 2:46.72 |
| 21. Hidde Wernsen         | Zignea         | 2:39.43 200200697      | <b>2:48.03</b> | 312      | 34.92 |      |      | 2:48.03 |
| 22. Chiel Kootstra        | Dedemsvaart-AC | 3:07.65 200301463      | <b>2:48.20</b> | 311      | 37.94 |      |      | 2:48.20 |
| 23. Bart Harbers          | Z&PV de Veene  | 2:53.66 200303069      | <b>2:50.15</b> | 301      | 38.68 |      |      | 2:50.15 |
| 24. Nathan de Boer        | Z&PV de Veene  | 2:53.99 200301395      | <b>2:52.70</b> | 288      | 39.52 |      |      | 2:52.70 |
| 25. Jordy Koopman         | Zignea         | NT 200200611           | <b>2:58.71</b> | 260      | 41.55 |      |      | 2:58.71 |
| 26. Thijs Goossens        | Zignea         | 3:17.06 200204401      | <b>3:04.66</b> | 235      | 42.77 |      |      | 3:04.66 |
| 27. Lars Koopman          | Zignea         | 3:06.06 200202131      | <b>3:05.06</b> | 234      | 44.82 |      |      | 3:05.06 |
| 28. Sem Wellenberg        | Dedemsvaart-AC | 3:10.75 200301301      | <b>3:13.84</b> | 203      | 47.31 |      |      | 3:13.84 |
| 29. Tom Mastebroek        | Zignea         | NT 200300201           | <b>3:15.53</b> | 198      | 52.28 |      |      | 3:15.53 |
| DIS Frank Tibben          | Dedemsvaart-AC | NT 200303321           |                |          |       |      |      |         |

AA - Gestart voor het startsignaal (en wel gezwommen).

DIS Roemer Schothans Z&PV de Veene 2:56.05 200102191  
SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.

AFGEM Olivier Knuver Dedemsvaart-AC 3:12.66 200303319  
AFGEM Johannes Post Zignea 2:46.51 200203393

Programmanr. 3  
22-10-2016 - 16:36

Dames, 100m vrije slag

Dames Senioren Open  
Resultaten

| rang naam          | vereniging     | intijd            | tijd           | RT  | 50m   | 100m    |
|--------------------|----------------|-------------------|----------------|-----|-------|---------|
| 1. Linde Kolkman   | Dedemsvaart-AC | 1:01.57 200001114 | <b>1:02.15</b> | 588 | 29.59 | 1:02.15 |
| 2. Lotte Rougoor   | Dedemsvaart-AC | 1:02.04 200000774 | <b>1:02.48</b> | 579 | 30.05 | 1:02.48 |
| 3. Tara van Bree   | Dedemsvaart-AC | 1:02.88 200103650 | <b>1:04.23</b> | 533 | 30.88 | 1:04.23 |
| 4. Kirsten Bies    | Dedemsvaart-AC | 1:05.04 199800516 | <b>1:04.79</b> | 519 | 30.75 | 1:04.79 |
| 5. Laura Compagner | Dedemsvaart-AC | 1:01.95 199804602 | <b>1:04.99</b> | 514 | 30.80 | 1:04.99 |
| 6. Daphne Spaan    | Dedemsvaart-AC | 1:05.11 200100740 | <b>1:06.17</b> | 487 | 31.52 | 1:06.17 |
| 7. Kyra Montijn    | Dedemsvaart-AC | 1:07.39 200101270 | <b>1:07.69</b> | 455 | 32.06 | 1:07.69 |
| 8. Susan de Vries  | Z&PV de Veene  | 1:08.14 199700390 | <b>1:10.44</b> | 404 | 33.90 | 1:10.44 |
| 9. Nynke Wesselink | Dedemsvaart-AC | 1:08.59 199903424 | <b>1:11.48</b> | 387 | 34.29 | 1:11.48 |
| 10. Maaïke Hofsté  | Z&PV de Veene  | 1:22.75 200401262 | <b>1:20.46</b> | 271 | 38.73 | 1:20.46 |

LAC deel 1 2016  
Dedemsvaart, 22-10-2016

Programmanr. 4  
22-10-2016 - 16:39

Heren, 100m vrije slag

Heren Senioren Open  
Resultaten

| rang | naam                   | vereniging     | intijd  | tijd      | RT             | 50m | 100m    |
|------|------------------------|----------------|---------|-----------|----------------|-----|---------|
| 1.   | Jesper Kloek           | Dedemsvaart-AC | 56.82   | 199001585 | <b>56.50</b>   | 572 | 56.50   |
| 2.   | Emiel van Essen        | Swol 1894      | 59.02   | 199702925 | <b>58.83</b>   | 507 | 58.83   |
| 3.   | Oscar Torres Fernandez | Swol 1894      | 1:12.63 | 199307277 | <b>1:05.65</b> | 365 | 1:05.65 |
| 4.   | Bjarne van Houttum     | Z&PV de Veene  | 1:25.89 | 200400487 | <b>1:22.46</b> | 184 | 1:22.46 |

Programmanr. 5  
22-10-2016 - 16:41

Meisjes, 400m vrije slag

Meisjes Minioren 5 Junioren 1  
Resultaten

| rang | naam                 | vereniging     | intijd        | tijd      | RT                 |
|------|----------------------|----------------|---------------|-----------|--------------------|
| 1.   | Noëlle de Boer       | Z&PV de Veene  | 6:48.48       | 200500274 | <b>6:35.41</b> 219 |
|      | 50m: 43.99           | 43.99          | 150m:         | 250m:     | 350m:              |
|      | 100m: 1:33.56        | 49.57          | 200m: 3:16.43 | 300m:     | 400m: 6:35.41      |
| 2.   | Marlies Dijsselhof   | Dedemsvaart-AC | NT            | 200601046 | <b>6:42.47</b> 208 |
|      | 50m: 45.96           | 45.96          | 150m:         | 250m:     | 350m:              |
|      | 100m: 1:34.76        | 48.80          | 200m: 3:18.20 | 300m:     | 400m: 6:42.47      |
| 3.   | Niquisha Krommendijk | Z&PV de Veene  | 6:46.00       | 200600012 | <b>6:48.68</b> 198 |
|      | 50m: 44.60           | 44.60          | 150m:         | 250m:     | 350m:              |
|      | 100m: 1:36.10        | 51.50          | 200m: 3:22.64 | 300m:     | 400m: 6:48.68      |
| 4.   | Joelle Kagenaar      | Zignea         | 7:18.63       | 200600070 | <b>7:11.46</b> 169 |
|      | 50m: 44.19           | 44.19          | 150m:         | 250m:     | 350m:              |
|      | 100m: 1:36.51        | 52.32          | 200m: 3:28.21 | 300m:     | 400m: 7:11.46      |

Programmanr. 6  
22-10-2016 - 16:49

Jongens, 400m vrije slag

Jongens Minioren 5 en 6  
Resultaten

| rang | naam             | vereniging     | intijd        | tijd      | RT                 |
|------|------------------|----------------|---------------|-----------|--------------------|
| 1.   | Dennis Mosterman | Dedemsvaart-AC | 6:31.66       | 200501283 | <b>5:50.90</b> 247 |
|      | 50m: 37.97       | 37.97          | 150m:         | 250m:     | 350m:              |
|      | 100m: 1:21.67    | 43.70          | 200m: 2:53.13 | 300m:     | 400m: 5:50.90      |
| 2.   | Rolf ter Keurs   | Z&PV de Veene  | 5:48.22       | 200500137 | <b>6:24.37</b> 188 |
|      | 50m: 43.84       | 43.84          | 150m:         | 250m:     | 350m:              |
|      | 100m: 1:33.16    | 49.32          | 200m: 3:13.34 | 300m:     | 400m: 6:24.37      |
| 3.   | Calvin de Heer   | Z&PV de Veene  | 6:31.83       | 200500119 | <b>6:24.87</b> 187 |
|      | 50m: 43.65       | 43.65          | 150m:         | 250m:     | 350m:              |
|      | 100m: 1:33.96    | 50.31          | 200m: 3:14.71 | 300m:     | 400m: 6:24.87      |
| 4.   | Storm Tolsma     | Zignea         | 6:48.90       | 200600277 | <b>6:32.73</b> 176 |
|      | 50m: 41.52       | 41.52          | 150m:         | 250m:     | 350m:              |
|      | 100m: 1:30.80    | 49.28          | 200m: 3:12.67 | 300m:     | 400m: 6:32.73      |
| 5.   | Xavier Breuer    | Z&PV de Veene  | NT            | 200501949 | <b>6:35.06</b> 173 |
|      | 50m: 41.19       | 41.19          | 150m:         | 250m:     | 350m:              |
|      | 100m: 1:29.15    | 47.96          | 200m: 3:11.99 | 300m:     | 400m: 6:35.06      |
| 6.   | Sil Wernsen      | Zignea         | NT            | 200600415 | <b>7:39.60</b> 110 |
|      | 50m: 46.94       | 46.94          | 150m:         | 250m:     | 350m:              |
|      | 100m: 1:42.94    | 56.00          | 200m: 3:41.20 | 300m:     | 400m: 7:39.60      |

Programmanr. 7  
22-10-2016 - 16:56

Meisjes, 200m vrije slag

Meisjes Minioren 3 en 4  
Resultaten

| rang | naam                  | vereniging    | intijd  | tijd      | RT             | 50m | 100m  | 150m    | 200m    |
|------|-----------------------|---------------|---------|-----------|----------------|-----|-------|---------|---------|
| 1.   | Rosan Masselink       | Z&PV de Veene | 3:51.02 | 200700080 | <b>3:37.29</b> | 141 | 47.90 | 1:44.36 | 3:37.29 |
| 2.   | Noralin de Boer       | Z&PV de Veene | NT      | 200701100 | <b>3:50.89</b> | 117 | 50.88 | 1:49.75 | 3:50.89 |
|      | DIS Samantha Noordman | Z&PV de Veene | NT      | 200700416 |                |     |       |         |         |

AA - Gestart voor het startsignaal (en wel gezwommen).

LAC deel 1 2016  
Dedemsvaart, 22-10-2016

Programmanr. 8  
22-10-2016 - 17:01

Jongens, 200m vrije slag

Jongens Minioren 3 en 4  
Resultaten

| rang | naam              | vereniging    | intijd       | tijd           | RT | 50m   | 100m    | 150m | 200m    |
|------|-------------------|---------------|--------------|----------------|----|-------|---------|------|---------|
| 1.   | Jurre van Houttum | Z&PV de Veene | NT 200700963 | <b>3:41.24</b> | 98 | 46.11 | 1:44.28 |      | 3:41.24 |
| 2.   | Jim Masselink     | Z&PV de Veene | NT 200700057 | <b>4:21.10</b> | 60 | 56.80 | 2:04.95 |      | 4:21.10 |

Programmanr. 9  
22-10-2016 - 17:03

Dames, 100m schoolslag

Dames Senioren Open  
Resultaten

| rang | naam            | vereniging     | intijd            | tijd           | RT  | 50m   | 100m    |
|------|-----------------|----------------|-------------------|----------------|-----|-------|---------|
| 1.   | Kirsten Bies    | Dedemsvaart-AC | 1:17.66 199800516 | <b>1:19.13</b> | 538 | 36.82 | 1:19.13 |
| 2.   | Tessa Sportel   | Dedemsvaart-AC | 1:32.20 200401644 | <b>1:29.39</b> | 373 | 42.07 | 1:29.39 |
| 3.   | Nynke Wesselink | Dedemsvaart-AC | 1:25.10 199903424 | <b>1:31.43</b> | 349 | 42.86 | 1:31.43 |
| 4.   | Myrthe Zuethof  | Swol 1894      | 1:33.14 200005380 | <b>1:31.72</b> | 345 | 43.26 | 1:31.72 |
| 5.   | Myrthe Muller   | Swol 1894      | 1:38.40 200104430 | <b>1:38.78</b> | 276 | 46.55 | 1:38.78 |
| DIS  | Alyssa Eilander | De Grunte      | 1:58.57 200501982 |                |     |       |         |

AA - Gestart voor het startsignaal (en wel gezwommen).

Programmanr. 10  
22-10-2016 - 17:06

Heren, 100m schoolslag

Heren Senioren Open  
Resultaten

| rang | naam                | vereniging    | intijd            | tijd           | RT  | 50m   | 100m    |
|------|---------------------|---------------|-------------------|----------------|-----|-------|---------|
| 1.   | Diederick Schothans | Z&PV de Veene | 1:16.89 199703185 | <b>1:15.17</b> | 457 | 35.20 | 1:15.17 |

Programmanr. 11  
22-10-2016 - 17:08

Dames, 100m rugslag

Dames Senioren Open  
Resultaten

| rang | naam               | vereniging     | intijd            | tijd           | RT  | 50m   | 100m    |
|------|--------------------|----------------|-------------------|----------------|-----|-------|---------|
| 1.   | Manon Compagner    | Dedemsvaart-AC | 1:10.39 200101710 | <b>1:08.92</b> | 600 | 33.36 | 1:08.92 |
| 2.   | Stéphanie Bergsma  | Dedemsvaart-AC | 1:07.58 199203374 | <b>1:09.22</b> | 592 | 32.93 | 1:09.22 |
| 3.   | Lotte Rougoor      | Dedemsvaart-AC | 1:09.10 200000774 | <b>1:10.00</b> | 572 | 34.14 | 1:10.00 |
| 4.   | Lotte Pieterman    | Swol 1894      | 1:11.03 200301838 | <b>1:10.52</b> | 560 | 34.60 | 1:10.52 |
| 5.   | Lauri Lesscher     | Z&PV de Veene  | 1:11.05 199900318 | <b>1:13.53</b> | 494 | 35.17 | 1:13.53 |
| 6.   | Tara van Bree      | Dedemsvaart-AC | 1:13.75 200103650 | <b>1:14.77</b> | 470 | 35.55 | 1:14.77 |
| 7.   | Kyra Montijn       | Dedemsvaart-AC | 1:16.65 200101270 | <b>1:14.98</b> | 466 | 36.73 | 1:14.98 |
| 8.   | Susan de Vries     | Z&PV de Veene  | 1:14.68 199700390 | <b>1:16.55</b> | 438 | 37.31 | 1:16.55 |
| 9.   | Renate Dellelijn   | Swol 1894      | 1:15.54 200301770 | <b>1:19.27</b> | 394 | 38.76 | 1:19.27 |
| 10.  | Daphne Spaan       | Dedemsvaart-AC | 1:17.57 200100740 | <b>1:19.41</b> | 392 | 38.73 | 1:19.41 |
| 11.  | Aleid te Velthuis  | Dedemsvaart-AC | 1:26.13 200401470 | <b>1:24.62</b> | 324 | 41.34 | 1:24.62 |
| 12.  | Trista Gort        | Swol 1894      | 1:27.27 200304014 | <b>1:27.59</b> | 292 | 41.72 | 1:27.59 |
| 13.  | Chantal Odink      | Dedemsvaart-AC | 1:32.68 200304574 | <b>1:29.13</b> | 277 | 43.51 | 1:29.13 |
| 14.  | Demi van der Weide | Dedemsvaart-AC | 1:33.01 200301718 | <b>1:31.32</b> | 258 | 42.76 | 1:31.32 |
| 15.  | Pip Eggerding      | Dedemsvaart-AC | 1:24.99 200302394 | <b>1:32.38</b> | 249 | 44.11 | 1:32.38 |
| 16.  | Meintje Snieder    | Swol 1894      | 1:33.24 200304956 | <b>1:33.78</b> | 238 | 45.35 | 1:33.78 |
| DIS  | Alyssa Eilander    | De Grunte      | 1:45.26 200501982 |                |     |       |         |

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.

LAC deel 1 2016  
Dedemsvaart, 22-10-2016

Programmanr. 12  
22-10-2016 - 17:14

Heren, 100m rugslag

Heren Senioren Open  
Resultaten

| rang  | naam              | vereniging     | intijd  | tijd      | RT             | 50m | 100m  |         |
|-------|-------------------|----------------|---------|-----------|----------------|-----|-------|---------|
| 1.    | Jesse Zweers      | Dedemsvaart-AC | 1:02.55 | 200100399 | <b>1:03.33</b> | 552 | 30.42 | 1:03.33 |
| 2.    | Jesper Kloek      | Dedemsvaart-AC | 1:04.84 | 199001585 | <b>1:05.64</b> | 495 | 31.69 | 1:05.64 |
| 3.    | Floris Nederburgh | Swol 1894      | 1:05.97 | 200105245 | <b>1:06.80</b> | 470 | 32.32 | 1:06.80 |
| 4.    | Emiel van Essen   | Swol 1894      | 1:13.28 | 199702925 | <b>1:16.17</b> | 317 | 36.25 | 1:16.17 |
| 5.    | Frank Tibben      | Dedemsvaart-AC | NT      | 200303321 | <b>1:23.51</b> | 241 | 40.22 | 1:23.51 |
| AFGEM | Olivier Knuver    | Dedemsvaart-AC | 1:26.80 | 200303319 |                |     |       |         |

Programmanr. 13  
22-10-2016 - 17:16

Heren, 100m rugslag

Heren Senioren Open  
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m |
|------|------|------------|--------|------|----|-----|------|
|------|------|------------|--------|------|----|-----|------|

Programmanr. 14  
22-10-2016 - 17:16

Dames, 800m vrije slag

Dames Senioren Open  
Resultaten

| rang | naam                | vereniging     |               | intijd        |             | tijd        |          | RT  |
|------|---------------------|----------------|---------------|---------------|-------------|-------------|----------|-----|
| 1.   | Michelle Zomerdijk  | Dedemsvaart-AC |               | 9:44.11       | 200003196   | 9:46.91     |          | 573 |
|      | 100m: 1:06.81       | 1:06.81        | 300m: 1:12.55 | 400m: 4:47.80 | 500m: 600m: | 700m: 800m: | 9:46.91  |     |
| 2.   | Hanne te Velthuis   | Dedemsvaart-AC |               | 10:15.04      | 200201324   | 9:57.26     |          | 543 |
|      | 100m: 1:08.92       | 1:08.92        | 300m: 1:14.94 | 400m: 4:55.76 | 500m: 600m: | 700m: 800m: | 9:57.26  |     |
| 3.   | Tessa van de Belt   | Dedemsvaart-AC |               | 10:16.16      | 200102056   | 10:01.61    |          | 532 |
|      | 100m: 1:08.86       | 1:08.86        | 300m: 1:15.38 | 400m: 4:56.66 | 500m: 600m: | 700m: 800m: | 10:01.61 |     |
| 4.   | Marije Dankelman    | Dedemsvaart-AC |               | 9:49.93       | 199701502   | 10:14.43    |          | 499 |
|      | 100m: 1:09.05       | 1:09.05        | 300m: 1:16.06 | 400m: 5:01.12 | 500m: 600m: | 700m: 800m: | 10:14.43 |     |
| 5.   | Ismay Lichtendonk   | Dedemsvaart-AC |               | 10:41.05      | 200400622   | 10:22.59    |          | 480 |
|      | 100m: 1:12.55       | 1:12.55        | 300m: 1:17.49 | 400m: 5:07.26 | 500m: 600m: | 700m: 800m: | 10:22.59 |     |
| 6.   | Beau Rijpers        | Swol 1894      |               | 10:23.17      | 199402638   | 10:31.22    |          | 460 |
|      | 100m: 1:12.75       | 1:12.75        | 300m: 1:18.55 | 400m: 5:10.87 | 500m: 600m: | 700m: 800m: | 10:31.22 |     |
| 7.   | Alessia Sluis       | Dedemsvaart-AC |               | 11:20.00      | 200300896   | 10:33.24    |          | 456 |
|      | 100m: 1:14.23       | 1:14.23        | 300m: 1:19.34 | 400m: 5:15.17 | 500m: 600m: | 700m: 800m: | 10:33.24 |     |
| 8.   | Maud Kuipers        | Dedemsvaart-AC |               | 10:22.73      | 200201894   | 10:39.11    |          | 444 |
|      | 100m: 1:14.38       | 1:14.38        | 300m: 1:20.70 | 400m: 5:19.88 | 500m: 600m: | 700m: 800m: | 10:39.11 |     |
| 9.   | Lianne Plas         | De Grunte      |               | 12:43.80      | 200101214   | 10:45.23    |          | 431 |
|      | 100m: 1:10.95       | 1:10.95        | 300m: 1:18.69 | 400m: 5:13.42 | 500m: 600m: | 700m: 800m: | 10:45.23 |     |
| 10.  | Lieke van Essen     | Swol 1894      |               | 10:52.45      | 199502814   | 10:49.82    |          | 422 |
|      | 100m: 1:17.64       | 1:17.64        | 300m: 1:22.13 | 400m: 5:22.54 | 500m: 600m: | 700m: 800m: | 10:49.82 |     |
| 11.  | Linde Kolkman       | Dedemsvaart-AC |               | 11:26.77      | 200001114   | 10:55.04    |          | 412 |
|      | 100m: 1:13.23       | 1:13.23        | 300m: 1:21.91 | 400m: 5:23.48 | 500m: 600m: | 700m: 800m: | 10:55.04 |     |
| 12.  | Amy Lynn Zweers     | Dedemsvaart-AC |               | 10:20.20      | 200300390   | 10:56.68    |          | 409 |
|      | 100m: 1:14.83       | 1:14.83        | 300m: 1:21.90 | 400m: 5:26.14 | 500m: 600m: | 700m: 800m: | 10:56.68 |     |
| 13.  | Kayleigh Westenberg | Z&PV de Veene  |               | 10:52.04      | 200004064   | 10:58.23    |          | 406 |
|      | 100m: 1:15.70       | 1:15.70        | 300m: 1:22.25 | 400m: 5:24.93 | 500m: 600m: | 700m: 800m: | 10:58.23 |     |
| 14.  | Maudé Lesscher      | Z&PV de Veene  |               | 11:28.04      | 200300018   | 10:58.31    |          | 406 |
|      | 100m: 1:19.70       | 1:19.70        | 300m: 1:25.78 | 400m: 5:36.10 | 500m: 600m: | 700m: 800m: | 10:58.31 |     |
| 15.  | Laura Compagner     | Dedemsvaart-AC |               | 10:45.54      | 199804602   | 11:02.67    |          | 398 |
|      | 100m: 1:16.99       | 1:16.99        | 300m: 1:25.73 | 400m: 5:29.85 | 500m: 600m: | 700m: 800m: | 11:02.67 |     |
| 16.  | Rosanne Kuilder     | Z&PV de Veene  |               | 10:56.08      | 200100074   | 11:05.38    |          | 393 |
|      | 100m: 1:18.61       | 1:18.61        | 300m: 1:25.50 | 400m: 5:35.11 | 500m: 600m: | 700m: 800m: | 11:05.38 |     |

LAC deel 1 2016  
Dedemsvaart, 22-10-2016

Programmanr. 14, Dames, 800m vrije slag, Dames Senioren Open

| rang | naam                                                   | vereniging     |               |             |             | intijd   | tijd      |  |  |  | RT  |
|------|--------------------------------------------------------|----------------|---------------|-------------|-------------|----------|-----------|--|--|--|-----|
| 17.  | Naomi Tjon-asoi                                        | Z&PV de Veene  |               |             |             | 10:22.12 | 200000394 |  |  |  | 375 |
|      | 100m: 1:16.36                                          | 1:16.36        | 300m: 5:32.90 | 500m: 600m: | 700m: 800m: | 11:15.99 |           |  |  |  |     |
| 18.  | Nova Wiersma                                           | Zignea         |               |             |             | NT       | 200105550 |  |  |  | 370 |
|      | 100m: 1:18.00                                          | 1:18.00        | 300m: 5:37.81 | 500m: 600m: | 700m: 800m: | 11:18.90 |           |  |  |  |     |
| 19.  | Meghan Mulder                                          | Dedemsvaart-AC |               |             |             | 12:07.98 | 200301734 |  |  |  | 355 |
|      | 100m: 1:18.60                                          | 1:18.60        | 300m: 5:40.48 | 500m: 600m: | 700m: 800m: | 11:28.64 |           |  |  |  |     |
| 20.  | Joëlle van der Veen                                    | Dedemsvaart-AC |               |             |             | 12:23.26 | 200201176 |  |  |  | 354 |
|      | 100m: 1:15.32                                          | 1:15.32        | 300m: 5:34.00 | 500m: 600m: | 700m: 800m: | 11:29.24 |           |  |  |  |     |
| 21.  | Jasmijn Plas                                           | De Grunte      |               |             |             | 12:50.72 | 200300388 |  |  |  | 352 |
|      | 100m: 1:19.60                                          | 1:19.60        | 300m: 5:45.26 | 500m: 600m: | 700m: 800m: | 11:30.14 |           |  |  |  |     |
| 22.  | Nike Tolsma                                            | Zignea         |               |             |             | 11:35.10 | 200300336 |  |  |  | 348 |
|      | 100m: 1:15.28                                          | 1:15.28        | 300m: 5:37.90 | 500m: 600m: | 700m: 800m: | 11:32.67 |           |  |  |  |     |
| 23.  | Maud Masselink                                         | Z&PV de Veene  |               |             |             | 12:08.26 | 200300512 |  |  |  | 334 |
|      | 100m: 1:21.00                                          | 1:21.00        | 300m: 5:48.01 | 500m: 600m: | 700m: 800m: | 11:42.72 |           |  |  |  |     |
| 24.  | Danique Afink                                          | Z&PV de Veene  |               |             |             | 11:37.14 | 200201584 |  |  |  | 324 |
|      | 100m: 1:22.67                                          | 1:22.67        | 300m: 5:54.96 | 500m: 600m: | 700m: 800m: | 11:49.77 |           |  |  |  |     |
| 25.  | Iris Zandvoort                                         | Z&PV de Veene  |               |             |             | 12:13.54 | 200202274 |  |  |  | 303 |
|      | 100m: 1:22.33                                          | 1:22.33        | 300m: 5:56.29 | 500m: 600m: | 700m: 800m: | 12:05.33 |           |  |  |  |     |
| 26.  | Naomi Slamp                                            | Z&PV de Veene  |               |             |             | 12:36.03 | 200000400 |  |  |  | 274 |
|      | 100m: 1:26.12                                          | 1:26.12        | 300m: 6:13.87 | 500m: 600m: | 700m: 800m: | 12:30.22 |           |  |  |  |     |
| 27.  | Lena Nieuwdam                                          | Zignea         |               |             |             | NT       | 200202806 |  |  |  | 272 |
|      | 100m: 1:26.24                                          | 1:26.24        | 300m: 6:14.35 | 500m: 600m: | 700m: 800m: | 12:31.80 |           |  |  |  |     |
| 28.  | Sterre Boerma                                          | Zignea         |               |             |             | 13:00.46 | 200300156 |  |  |  | 269 |
|      | 100m: 1:26.73                                          | 1:26.73        | 300m: 6:14.74 | 500m: 600m: | 700m: 800m: | 12:35.34 |           |  |  |  |     |
| 29.  | Bonne Wiersma                                          | Zignea         |               |             |             | NT       | 200303940 |  |  |  | 262 |
|      | 100m: 1:26.42                                          | 1:26.42        | 300m: 6:14.80 | 500m: 600m: | 700m: 800m: | 12:41.36 |           |  |  |  |     |
| 30.  | Kim van Dijk                                           | Zignea         |               |             |             | NT       | 200403008 |  |  |  | 255 |
|      | 100m: 1:27.98                                          | 1:27.98        | 300m: 6:18.57 | 500m: 600m: | 700m: 800m: | 12:48.11 |           |  |  |  |     |
| 31.  | Famke Wernsen                                          | Zignea         |               |             |             | 12:33.45 | 200400288 |  |  |  | 254 |
|      | 100m: 1:29.30                                          | 1:29.30        | 300m: 6:25.67 | 500m: 600m: | 700m: 800m: | 12:49.79 |           |  |  |  |     |
| 32.  | Nathalie Flohil                                        | Zignea         |               |             |             | NT       | 200103446 |  |  |  | 247 |
|      | 100m: 1:30.50                                          | 1:30.50        | 300m: 6:26.76 | 500m: 600m: | 700m: 800m: | 12:57.25 |           |  |  |  |     |
| 33.  | Mirte Slamp                                            | Z&PV de Veene  |               |             |             | 14:07.65 | 200400522 |  |  |  | 238 |
|      | 100m: 1:30.49                                          | 1:30.49        | 300m: 6:30.60 | 500m: 600m: | 700m: 800m: | 13:05.96 |           |  |  |  |     |
| 34.  | Maaïke Hofsté                                          | Z&PV de Veene  |               |             |             | 13:38.66 | 200401262 |  |  |  | 219 |
|      | 100m: 1:32.89                                          | 1:32.89        | 300m: 6:43.48 | 500m: 600m: | 700m: 800m: | 13:28.42 |           |  |  |  |     |
| 35.  | Abri Wiersma                                           | Zignea         |               |             |             | NT       | 200403854 |  |  |  | 211 |
|      | 100m: 1:31.43                                          | 1:31.43        | 300m: 6:43.95 | 500m: 600m: | 700m: 800m: | 13:38.28 |           |  |  |  |     |
| 36.  | Kyra van der Voorst                                    | Zignea         |               |             |             | NT       | 200400570 |  |  |  | 200 |
|      | 100m: 1:39.34                                          | 1:39.34        | 300m: 6:56.35 | 500m: 600m: | 700m: 800m: | 13:53.28 |           |  |  |  |     |
| 37.  | Laura Verwoerd                                         | Z&PV de Veene  |               |             |             | 14:48.99 | 200302310 |  |  |  | 182 |
|      | 100m: 1:35.00                                          | 1:35.00        | 300m: 6:59.01 | 500m: 600m: | 700m: 800m: | 14:19.81 |           |  |  |  |     |
| 38.  | Emma van Rijn                                          | Z&PV de Veene  |               |             |             | 14:08.95 | 200001102 |  |  |  | 179 |
|      | 100m: 1:34.25                                          | 1:34.25        | 300m: 7:07.97 | 500m: 600m: | 700m: 800m: | 14:24.18 |           |  |  |  |     |
| DIS  | Meike Harbers                                          | Z&PV de Veene  |               |             |             | 14:20.42 | 200301144 |  |  |  |     |
|      | AA - Gestart voor het startsignaal (en wel gezwommen). |                |               |             |             |          |           |  |  |  |     |

LAC deel 1 2016  
Dedemsvaart, 22-10-2016

Programmanr. 14, Dames, 800m vrije slag, Dames Senioren Open

| rang  | naam        | vereniging    | intijd   | tijd      | RT |
|-------|-------------|---------------|----------|-----------|----|
| AFGEM | Elise Horst | Z&PV de Veene | 12:15.62 | 200100172 |    |

Programmanr. 15  
22-10-2016 - 18:49

Heren, 800m vrije slag

Heren Senioren Open  
Resultaten

| rang | naam                   | vereniging     | intijd        | tijd                  | RT  |
|------|------------------------|----------------|---------------|-----------------------|-----|
| 1.   | Peter de Boer          | Dedemsvaart-AC | 9:50.49       | 199206199             | 518 |
|      | 100m: 1:02.96          | 1:02.96        | 300m: 4:38.71 | 500m: 7:00m: 9:23.10  |     |
|      | 200m: 2:14.18          | 1:11.22        | 400m: 4:44.29 | 600m: 800m: 9:26.59   |     |
| 2.   | Stijn Boertien         | Dedemsvaart-AC | 9:33.14       | 200100719             | 508 |
|      | 100m: 1:11.21          | 1:11.21        | 300m: 4:42.00 | 500m: 7:00m: 9:26.64  |     |
|      | 200m: 2:18.06          | 1:11.13        | 400m: 4:42.00 | 600m: 800m: 9:26.64   |     |
| 3.   | Jorn Lucas             | Z&PV de Veene  | 9:34.68       | 200000675             | 508 |
|      | 100m: 1:05.10          | 1:05.10        | 300m: 4:42.00 | 500m: 7:00m: 9:26.64  |     |
|      | 200m: 2:16.23          | 1:11.13        | 400m: 4:42.00 | 600m: 800m: 9:26.64   |     |
| 4.   | Wessel Everloo         | Z&PV de Veene  | 9:23.57       | 198906597             | 739 |
|      | 100m: 1:06.66          | 1:06.66        | 300m: 4:42.46 | 500m: 7:00m: 9:30.28  |     |
|      | 200m: 2:17.76          | 1:11.10        | 400m: 4:42.46 | 600m: 800m: 9:30.28   |     |
| 5.   | Leon van den Hof       | Dedemsvaart-AC | 10:06.86      | 200203269             | 462 |
|      | 100m: 1:04.83          | 1:04.83        | 300m: 4:45.92 | 500m: 7:00m: 9:44.66  |     |
|      | 200m: 2:16.97          | 1:12.14        | 400m: 4:45.92 | 600m: 800m: 9:44.66   |     |
| 6.   | Jelmer Lesscher        | Z&PV de Veene  | 10:47.05      | 200100791             | 427 |
|      | 100m: 1:11.28          | 1:11.28        | 300m: 5:01.78 | 500m: 7:00m: 10:00.46 |     |
|      | 200m: 2:27.89          | 1:16.61        | 400m: 5:01.78 | 600m: 800m: 10:00.46  |     |
| 7.   | Niels Kragt            | Dedemsvaart-AC | 11:02.28      | 200300155             | 422 |
|      | 100m: 1:10.02          | 1:10.02        | 300m: 5:00.63 | 500m: 7:00m: 10:02.77 |     |
|      | 200m: 2:26.60          | 1:16.58        | 400m: 5:00.63 | 600m: 800m: 10:02.77  |     |
| 8.   | Jeffrey Lubbelinkhof   | Z&PV de Veene  | 10:00.50      | 199804827             | 410 |
|      | 100m: 1:10.95          | 1:10.95        | 300m: 5:02.90 | 500m: 7:00m: 10:08.83 |     |
|      | 200m: 2:27.31          | 1:16.36        | 400m: 5:02.90 | 600m: 800m: 10:08.83  |     |
| 9.   | Matias Jansen          | Zignea         | 10:22.08      | 200300199             | 405 |
|      | 100m: 1:11.21          | 1:11.21        | 300m: 5:06.69 | 500m: 7:00m: 10:11.23 |     |
|      | 200m: 2:29.57          | 1:18.36        | 400m: 5:06.69 | 600m: 800m: 10:11.23  |     |
| 10.  | Otmar Lesscher         | Z&PV de Veene  | 10:27.92      | 200100795             | 377 |
|      | 100m: 1:11.92          | 1:11.92        | 300m: 5:07.47 | 500m: 7:00m: 10:25.68 |     |
|      | 200m: 2:29.43          | 1:17.51        | 400m: 5:07.47 | 600m: 800m: 10:25.68  |     |
| 11.  | Robin Bruins           | Dedemsvaart-AC | 11:14.64      | 200102795             | 364 |
|      | 100m: 1:12.89          | 1:12.89        | 300m: 5:13.13 | 500m: 7:00m: 10:33.32 |     |
|      | 200m: 2:31.86          | 1:18.97        | 400m: 5:13.13 | 600m: 800m: 10:33.32  |     |
| 12.  | Ruben Harbers          | Z&PV de Veene  | 10:40.30      | 200103351             | 360 |
|      | 100m: 1:12.70          | 1:12.70        | 300m: 5:16.05 | 500m: 7:00m: 10:35.27 |     |
|      | 200m: 2:33.37          | 1:20.67        | 400m: 5:16.05 | 600m: 800m: 10:35.27  |     |
| 13.  | Oscar Torres Fernandez | Swol 1894      | NT            | 199307277             | 356 |
|      | 100m: 1:15.09          | 1:15.09        | 300m: 5:19.90 | 500m: 7:00m: 10:37.69 |     |
|      | 200m: 2:36.42          | 1:21.33        | 400m: 5:19.90 | 600m: 800m: 10:37.69  |     |
| 14.  | Ivo Karamoy Faulhaber  | Z&PV de Veene  | 11:15.75      | 200200363             | 319 |
|      | 100m: 1:16.09          | 1:16.09        | 300m: 5:33.02 | 500m: 7:00m: 11:01.83 |     |
|      | 200m: 2:39.57          | 1:23.48        | 400m: 5:33.02 | 600m: 800m: 11:01.83  |     |
| 15.  | Bart Harbers           | Z&PV de Veene  | 12:05.64      | 200303069             | 310 |
|      | 100m: 1:19.01          | 1:19.01        | 300m: 5:36.37 | 500m: 7:00m: 11:07.82 |     |
|      | 200m: 2:45.11          | 1:26.10        | 400m: 5:36.37 | 600m: 800m: 11:07.82  |     |
| 16.  | Hidde Wernsen          | Zignea         | 11:08.12      | 200200697             | 303 |
|      | 100m: 1:15.84          | 1:15.84        | 300m: 5:35.24 | 500m: 7:00m: 11:13.40 |     |
|      | 200m: 2:40.35          | 1:24.51        | 400m: 5:35.24 | 600m: 800m: 11:13.40  |     |
| 17.  | Max Mastebroek         | Zignea         | NT            | 200101395             | 297 |
|      | 100m: 1:13.89          | 1:13.89        | 300m: 5:36.42 | 500m: 7:00m: 11:17.51 |     |
|      | 200m: 2:38.73          | 1:24.84        | 400m: 5:36.42 | 600m: 800m: 11:17.51  |     |
| 18.  | Matthijs Poppe         | Z&PV de Veene  | 11:03.74      | 200201091             | 290 |
|      | 100m: 1:16.38          | 1:16.38        | 300m: 5:40.13 | 500m: 7:00m: 11:23.04 |     |
|      | 200m: 2:43.51          | 1:27.13        | 400m: 5:40.13 | 600m: 800m: 11:23.04  |     |
| 19.  | Tim Pleiter            | Z&PV de Veene  | 11:41.05      | 200002779             | 285 |
|      | 100m: 1:14.56          | 1:14.56        | 300m: 5:35.72 | 500m: 7:00m: 11:27.01 |     |
|      | 200m: 2:39.36          | 1:24.80        | 400m: 5:35.72 | 600m: 800m: 11:27.01  |     |
| 20.  | Chiel Kootstra         | Dedemsvaart-AC | 12:11.89      | 200301463             | 274 |
|      | 100m: 1:19.49          | 1:19.49        | 300m: 5:45.29 | 500m: 7:00m: 11:35.80 |     |
|      | 200m: 2:47.73          | 1:28.24        | 400m: 5:45.29 | 600m: 800m: 11:35.80  |     |

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Dedemsvaart, 22-10-2016

Programmanr. 15, Heren, 800m vrije slag, Heren Senioren Open

| rang  | naam               | vereniging    | intijd        | tijd      | RT                  |
|-------|--------------------|---------------|---------------|-----------|---------------------|
| 21.   | Roemer Schothans   | Z&PV de Veene | 11:08.93      | 200102191 | <b>11:39.86</b> 270 |
|       | 100m: 1:17.91      | 1:17.91       | 300m:         | 500m:     | 700m:               |
|       | 200m: 2:44.64      | 1:26.73       | 400m: 5:45.21 | 600m:     | 800m: 11:39.86      |
| 22.   | Nathan de Boer     | Z&PV de Veene | 12:20.15      | 200301395 | <b>11:49.91</b> 258 |
|       | 100m: 1:22.03      | 1:22.03       | 300m:         | 500m:     | 700m:               |
|       | 200m: 2:52.80      | 1:30.77       | 400m: 5:55.14 | 600m:     | 800m: 11:49.91      |
| 23.   | Tom Mastebroek     | Zignea        | NT            | 200300201 | <b>11:53.31</b> 255 |
|       | 100m: 1:24.64      | 1:24.64       | 300m:         | 500m:     | 700m:               |
|       | 200m: 2:54.20      | 1:29.56       | 400m: 5:53.48 | 600m:     | 800m: 11:53.31      |
| 24.   | Lars Koopman       | Zignea        | 12:20.11      | 200202131 | <b>12:06.99</b> 241 |
|       | 100m: 1:19.30      | 1:19.30       | 300m:         | 500m:     | 700m:               |
|       | 200m: 2:50.45      | 1:31.15       | 400m: 5:58.46 | 600m:     | 800m: 12:06.99      |
| 25.   | Thijs Goossens     | Zignea        | NT            | 200204401 | <b>12:16.24</b> 232 |
|       | 100m: 1:25.78      | 1:25.78       | 300m:         | 500m:     | 700m:               |
|       | 200m: 3:00.62      | 1:34.84       | 400m: 6:08.53 | 600m:     | 800m: 12:16.24      |
| 26.   | Jordy Koopman      | Zignea        | NT            | 200200611 | <b>13:05.42</b> 191 |
|       | 100m: 1:20.56      | 1:20.56       | 300m:         | 500m:     | 700m:               |
|       | 200m: 2:55.06      | 1:34.50       | 400m: 6:18.06 | 600m:     | 800m: 13:05.42      |
| 27.   | Bjarne van Houttum | Z&PV de Veene | 14:43.53      | 200400487 | <b>13:12.95</b> 185 |
|       | 100m: 1:28.40      | 1:28.40       | 300m:         | 500m:     | 700m:               |
|       | 200m: 3:07.94      | 1:39.54       | 400m: 6:31.15 | 600m:     | 800m: 13:12.95      |
| AFGEM | Johannes Post      | Zignea        | NT            | 200203393 |                     |