

LAC deel 1
Almelo, 15-10-2017

Programmanr. 1
15-10-2017

Dames, 200m wisselslag

Dames Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Yvon Versteeg	Z&PV de Veene	2:28.44	199201864	2:26.12	643	31.47		2:26.12
2. Ismay Lichtendonk	Dedemsvaart-AC	2:28.74	200400622	2:31.33	579	33.35		2:31.33
3. Michelle Zomerdijs	Dedemsvaart-AC	2:31.10	200003196	2:33.00	560	32.74		2:33.00
4. Hanne te Velthuis	Dedemsvaart-AC	2:33.70	200201324	2:33.68	553	32.09		2:33.68
5. Maudé Lesscher	Z&PV de Veene	2:43.25	200300018	2:33.75	552	32.06		2:33.75
6. Alessia Sluis	Dedemsvaart-AC	2:36.32	200300896	2:37.36	515	34.15		2:37.36
7. Stéphanie Bergsma	Dedemsvaart-AC	2:33.17	199203374	2:37.94	509	32.12		2:37.94
8. Marije Dankelman	Dedemsvaart-AC	2:38.46	199701502	2:39.62	493	35.22		2:39.62
9. Maud Kuipers	Dedemsvaart-AC	2:32.69	200201894	2:41.04	480	33.14		2:41.04
10. Joëlle van der Veen	Dedemsvaart-AC	2:47.56	200201176	2:52.16	393	38.23		2:52.16
11. Chantal Odink	Dedemsvaart-AC	2:52.18	200304574	2:52.51	391	37.91		2:52.51
12. Meghan Mulder	Dedemsvaart-AC	2:54.64	200301734	2:55.13	373	38.94		2:55.13
13. Bonne Wiersma	Zignea	3:05.96	200303940	2:58.86	351	39.29		2:58.86
14. Abri Wiersma	Zignea	3:12.56	200403854	3:03.76	323	43.29		3:03.76
15. Famke Wernsen	Zignea	3:06.17	200400288	3:08.37	300	41.39		3:08.37
16. Iris Kootstra	Dedemsvaart-AC	3:29.12	200404424	3:13.87	275	45.82		3:13.87
17. Romee Jabben	Dedemsvaart-AC	3:32.85	200404426	3:16.71	264	46.80		3:16.71
18. Nienke Koopman	Zignea	NT	200403852	3:21.39	246	49.67		3:21.39
19. Sterre Boerma	Zignea	3:20.05	200300156	3:23.67	237			3:23.67
DIS Nova Wiersma	Zignea	NT	200105550	2:44.47		35.57		2:44.47
<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>								
DIS Nathalie Flohil	Zignea	3:15.71	200103446	3:12.62		44.42		3:12.62
<i>SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.</i>								
AFGEM Renske Brokking	Zignea	3:06.68	200202036					

Programmanr. 2
15-10-2017

Heren, 200m wisselslag

Heren Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Stijn Boertien	Dedemsvaart-AC	2:17.88	200100719	2:16.35	584	28.77		2:16.35
2. Leon van den Hof	Dedemsvaart-AC	2:19.78	200203269	2:17.72	567	30.01		2:17.72
3. Niels Kragt	Dedemsvaart-AC	2:31.07	200300155	2:28.70	451	30.86		2:28.70
4. Hidde Wernsen	Zignea	2:39.43	200200697	2:32.95	414	32.34		2:32.95
5. Chiel Kootstra	Dedemsvaart-AC	2:48.20	200301463	2:38.97	369	35.50		2:38.97
6. Thijs Goossens	Zignea	3:04.66	200204401	2:47.66	314	36.61		2:47.66
7. Lars Koopman	Zignea	3:05.06	200202131	2:52.73	287	41.71		2:52.73
8. Sem Wellenberg	Dedemsvaart-AC	3:10.75	200301301	2:58.51	260	39.86		2:58.51
NG.ZA Duco de Koning	WS Twente	3:47.30	200502579					
AFGEM Matias Jansen	Zignea	2:31.03	200300199					
AFGEM Koen Koopman	Zignea	2:51.25	200005183					

Programmanr. 3
15-10-2017

Dames, 100m vrije slag

Dames Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m
1. Eline Dankelman	Dedemsvaart-AC	1:06.05	200204804	1:05.67	498	31.60
2. Nynke de Pijper	Z&PV de Veene	1:08.80	199300600	1:12.72	367	34.26

LAC deel 1
Almelo, 15-10-2017

Programmanr. 4 15-10-2017	Heren, 100m vrije slag	Heren Senioren Open Resultaten
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rang	naam	vereniging	intijd	tijd	RT	50m	100m
1.	Dennis Mosterman	Dedemsvaart-AC	1:18.48	200501283	1:17.11	225	36.74 1:17.11

Programmanr. 5 15-10-2017	Meisjes, 400m vrije slag	Meisjes Minioren 5 Junioren 1 Resultaten
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rang	naam	vereniging	intijd	tijd	RT
1.	Leyona Lichtendonk	Dedemsvaart-AC	6:29.26	200700010	5:55.82 301
	50m: 39.12	39.12	150m: 2:10.58	45.92	250m: 3:42.94
	100m: 1:24.66	45.54	200m: 2:56.63	46.05	300m: 4:29.43
2.	Marlies Dijsselhof	Dedemsvaart-AC	6:30.05	200601046	6:14.55 258
	50m: 39.93	39.93	150m: 2:15.46	48.71	250m: 3:53.45
	100m: 1:26.75	46.82	200m: 3:04.55	49.09	300m: 4:41.67
3.	Rosan Masselink	Z&PV de Veene	7:14.73	200700080	6:50.05 196
	50m: 44.43	44.43	150m: 2:29.07	52.79	250m: 4:14.46
	100m: 1:36.28	51.85	200m: 3:22.07	53.00	300m: 5:08.52

Programmanr. 6 15-10-2017	Jongens, 400m vrije slag	Jongens Minioren 5 en 6 Resultaten
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rang	naam	vereniging	intijd	tijd	RT
1.	Sil Wernsen	Zignea	7:15.46	200600415	7:00.20 144
	50m: 43.20	43.20	150m: 2:28.51	52.87	250m: 4:18.23
	100m: 1:35.64	52.44	200m: 3:22.95	54.44	300m: 5:13.20
2.	Harm Otterman	Z&PV de Veene	7:37.19	200600507	7:08.78 135
	50m: 43.95	43.95	150m: 2:30.33	54.24	250m: 4:21.96
	100m: 1:36.09	52.14	200m: 3:25.33	55.00	300m: 5:18.62
3.	Jim Masselink	Z&PV de Veene	7:59.20	200700057	7:53.17 101
	50m: 47.11	47.11	150m: 2:43.66	59.88	250m: 4:47.73
	100m: 1:43.78	56.67	200m: 3:46.39	1:02.73	300m: 5:50.87

Programmanr. 8 15-10-2017	Jongens, 200m vrije slag	Jongens Minioren 3 en 4 Resultaten
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rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1.	Lennert Scholten	Z&PV de Veene	NT	200800493	3:37.81	103	49.33	1:45.53	2:43.14 3:37.81

Programmanr. 9 15-10-2017	Dames, 100m schoolslag	Dames Senioren Open Resultaten
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rang	naam	vereniging	intijd	tijd	RT	50m	100m
1.	Nynke de Pijper	Z&PV de Veene	1:30.98	199300600	1:36.02	301	44.58 1:36.02

LAC deel 1
Almelo, 15-10-2017

Programmanr. 13 15-10-2017	Dames, 800m vrije slag	Dames Senioren Open Resultaten
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rang	naam	vereniging				intijd				tijd				RT
1.	Marije Dankelman	Dedemsvaart-AC				9:49.93				199701502				581
	100m: 1:08.29	1:08.29	300m: 3:33.69	1:13.19	500m: 6:02.72	1:14.66	700m: 8:32.08	1:14.45						
	200m: 2:20.50	1:12.21	400m: 4:48.06	1:14.37	600m: 7:17.63	1:14.91	800m: 9:44.08	1:12.00						
2.	Michelle Zomerdijk	Dedemsvaart-AC				9:44.11				200003196				558
	100m: 1:09.46	1:09.46	300m: 3:37.89	1:14.88	500m: 6:07.06	1:14.12	700m: 8:37.53	1:15.49						
	200m: 2:23.01	1:13.55	400m: 4:52.94	1:15.05	600m: 7:22.04	1:14.98	800m: 9:51.89	1:14.36						
3.	Hanne te Velthuis	Dedemsvaart-AC				9:45.76				200201324				542
	100m: 1:08.44	1:08.44	300m: 3:37.40	1:14.87	500m: 6:10.74	1:17.57	700m: 8:42.87	1:16.50						
	200m: 2:22.53	1:14.09	400m: 4:53.17	1:15.77	600m: 7:26.37	1:15.63	800m: 9:57.74	1:14.87						
4.	Yvon Versteeg	Z&PV de Veene				9:42.67				199201864				518
	100m: 1:09.26	1:09.26	300m: 3:35.92	1:13.12	500m: 6:24.60	1:13.40	700m: 8:55.48	1:15.48						
	200m: 2:22.80	1:13.54	400m: 5:11.20	1:35.28	600m: 7:40.00	1:15.40	800m: 10:06.76	1:11.28						
5.	Ismay Lichtendonk	Dedemsvaart-AC				10:02.16				200400622				515
	100m: 1:11.13	1:11.13	300m: 3:43.45	1:16.25	500m: 6:18.67	1:39.38	700m: 8:53.70	1:16.44						
	200m: 2:27.20	1:16.07	400m: 4:39.29	55.84	600m: 7:37.26	1:18.59	800m: 10:07.95	1:14.25						
6.	Eline Dankelman	Dedemsvaart-AC				11:06.49				200204804				475
	100m: 1:11.18	1:11.18	300m: 3:49.96	1:20.00	500m: 6:30.68	1:20.55	700m: 9:10.04	1:19.23						
	200m: 2:29.96	1:18.78	400m: 5:10.13	1:20.17	600m: 7:50.81	1:20.13	800m: 10:24.72	1:14.68						
7.	Nova Wiersma	Zignea				11:10.97				200105550				462
	100m: 1:13.42	1:13.42	300m: 3:55.73	1:21.44	500m: 6:39.29	1:22.00	700m: 9:20.80	1:19.16						
	200m: 2:34.29	1:20.87	400m: 5:17.29	1:21.56	600m: 8:01.64	1:22.35	800m: 10:30.39	1:09.59						
8.	Alessia Sluis	Dedemsvaart-AC				10:29.79				200300896				460
	100m: 1:11.51	1:11.51	300m: 3:51.94	1:20.25	500m: 6:32.49	1:20.46	700m: 9:13.87	1:21.80						
	200m: 2:31.69	1:20.18	400m: 5:12.03	1:20.09	600m: 7:52.07	1:19.58	800m: 10:31.25	1:17.38						
9.	Meghan Mulder	Dedemsvaart-AC				11:28.64				200301734				450
	100m: 1:12.13	1:12.13	300m: 3:51.66	1:19.96	500m: 6:35.25	1:21.56	700m: 9:18.96	1:20.79						
	200m: 2:31.70	1:19.57	400m: 5:13.69	1:22.03	600m: 7:58.17	1:22.92	800m: 10:35.96	1:17.00						
10.	Stéphanie Bergsma	Dedemsvaart-AC				10:19.68				199203374				447
	100m: 1:13.00	1:13.00	300m: 3:53.02	1:20.57	500m: 6:35.82	1:21.51	700m: 9:18.46	1:20.98						
	200m: 2:32.45	1:19.45	400m: 5:14.31	1:21.29	600m: 7:57.48	1:21.66	800m: 10:37.61	1:19.15						
11.	Tessa Sportel	Dedemsvaart-AC				11:43.24				200401644				427
	100m: 1:13.52	1:13.52	300m: 3:56.25	1:21.80	500m: 6:44.48	1:24.33	700m: 9:28.67	1:22.08						
	200m: 2:34.45	1:20.93	400m: 5:20.15	1:23.90	600m: 8:06.59	1:22.11	800m: 10:47.24	1:18.57						
12.	Maud Kuipers	Dedemsvaart-AC				10:22.73				200201894				410
	100m: 1:15.60	1:15.60	300m: 4:04.23	1:24.66	500m: 6:52.52	1:24.04	700m: 9:38.60	1:21.63						
	200m: 2:39.57	1:23.97	400m: 5:28.48	1:24.25	600m: 8:16.97	1:24.45	800m: 10:56.22	1:17.62						
13.	Maudé Lesscher	Z&PV de Veene				10:58.31				200300018				392
	100m: 1:10.71	1:10.71	300m: 3:51.31	1:21.04	500m: 6:43.70	1:29.48	700m: 9:41.40	1:28.66						
	200m: 2:30.27	1:19.56	400m: 5:14.22	1:22.91	600m: 8:12.74	1:29.04	800m: 11:05.95	1:24.55						
14.	Chantal Odink	Dedemsvaart-AC				11:00.63				200304574				372
	100m: 1:14.79	1:14.79	300m: 4:07.25	1:26.49	500m: 7:02.42	1:28.40	700m: 9:58.18	1:27.51						
	200m: 2:40.76	1:25.97	400m: 5:34.02	1:26.77	600m: 8:30.67	1:28.25	800m: 11:17.97	1:19.79						
15.	Aleid te Velthuis	Dedemsvaart-AC				11:18.47				200401470				368
	100m: 1:15.28	1:15.28	300m: 4:03.12	1:26.08	500m: 6:57.23	1:27.35	700m: 9:53.44	1:28.35						
	200m: 2:37.04	1:21.76	400m: 5:29.88	1:26.76	600m: 8:25.09	1:27.86	800m: 11:20.01	1:26.57						
16.	Lindy Elkerbout	Z&PV de Veene				10:24.63				200000604				346
	100m: 1:16.09	1:16.09	300m: 4:07.97	1:27.24	500m: 7:08.66	1:30.50	700m: 10:10.46	1:30.48						
	200m: 2:40.73	1:24.64	400m: 5:38.16	1:30.19	600m: 8:39.98	1:31.32	800m: 11:34.46	1:24.00						
17.	Joëlle van der Veen	Dedemsvaart-AC				11:29.24				200201176				336
	100m: 1:14.10	1:14.10	300m: 4:07.17	1:28.80	500m: 7:09.10	1:30.40	700m: 10:12.62	1:32.28						
	200m: 2:38.37	1:24.27	400m: 5:38.70	1:31.53	600m: 8:40.34	1:31.24	800m: 11:41.40	1:28.78						
18.	Danique Afink	Z&PV de Veene				11:37.14				200201584				320
	100m: 1:18.51	1:18.51	300m: 4:15.30	1:28.91	500m: 7:19.70	1:32.34	700m: 10:26.51	1:33.71						
	200m: 2:46.39	1:27.88	400m: 5:47.36	1:32.06	600m: 8:52.80	1:33.10	800m: 11:52.36	1:25.85						
19.	Naomi Slamp	Z&PV de Veene				12:30.22				200000400				314
	100m: 1:22.00	1:22.00	300m: 4:21.50	1:29.47	500m: 7:25.64	1:32.39	700m: 10:29.53	1:31.63						
	200m: 2:52.03	1:30.03	400m: 5:53.25	1:31.75	600m: 8:57.90	1:32.26	800m: 11:56.80	1:27.27						
20.	Bonne Wiersma	Zignea				12:41.36				200303940				299
	100m: 1:24.82	1:24.82	300m: 4:28.71	1:32.24	500m: 7:36.68	1:34.52	700m: 10:40.12	1:31.16						
	200m: 2:56.47	1:31.65	400m: 6:02.16	1:33.45	600m: 9:08.96	1:32.28	800m: 12:08.84	1:28.72						
21.	Noa Berends	Z&PV de Veene				12:36.17				200500808				296
	100m: 1:24.72	1:24.72	300m: 4:31.83	1:33.07	500m: 7:38.21	1:33.16	700m: 10:43.36	1:33.25						
	200m: 2:58.76	1:34.04	400m: 6:05.05	1:33.22	600m: 9:10.11	1:31.90	800m: 12:10.97	1:27.61						
22.	Famke Wernsen	Zignea				12:33.45				200400288				292
	100m: 1:26.85	1:26.85	300m: 4:36.34	1:34.90	500m: 7:43.50	1:31.00	700m: 10:50.97	1:33.26						
	200m: 3:01.44	1:34.59	400m: 6:12.50	1:36.16	600m: 9:17.71	1:34.21	800m: 12:14.53	1:23.56						

LAC deel 1
Almelo, 15-10-2017

Programmanr. 13, Dames, 800m vrije slag, Dames Senioren Open

rang	naam	vereniging		intijd		tijd		RT				
23.	Sterre Boerma	Zignea		12:35.34		200300156		12:16.02		290		
	100m:	1:25.57	1:25.57	300m:	4:34.41	1:35.14	500m:	7:42.16	1:32.74	700m:	10:48.28	1:33.39
	200m:	2:59.27	1:33.70	400m:	6:09.42	1:35.01	600m:	9:14.89	1:32.73	800m:	12:16.02	1:27.74
24.	Abri Wiersma	Zignea		13:38.28		200403854		12:21.09		284		
	100m:	1:26.54	1:26.54	300m:	4:35.17	1:33.72	500m:	7:47.81	1:37.20	700m:	10:55.43	1:34.03
	200m:	3:01.45	1:34.91	400m:	6:10.61	1:35.44	600m:	9:21.40	1:33.59	800m:	12:21.09	1:25.66
25.	Nathalie Flohil	Zignea		12:57.25		200103446		12:21.70		284		
	100m:	1:25.13	1:25.13	300m:	4:32.67	1:34.72	500m:	7:41.70	1:34.75	700m:	10:52.16	1:35.74
	200m:	2:57.95	1:32.82	400m:	6:06.95	1:34.28	600m:	9:16.42	1:34.72	800m:	12:21.70	1:29.54
26.	Iris Kootstra	Dedemsvaart-AC		NT		200404424		12:28.12		277		
	100m:	1:23.11	1:23.11	300m:	4:32.09	1:35.38	500m:	7:44.79	1:37.09	700m:	10:55.99	1:35.53
	200m:	2:56.71	1:33.60	400m:	6:07.70	1:35.61	600m:	9:20.46	1:35.67	800m:	12:28.12	1:32.13
27.	Mirte Slamp	Z&PV de Veene		12:31.52		200400522		12:45.28		258		
	100m:	1:27.22	1:27.22	300m:	4:40.84	1:37.40	500m:	7:55.66	1:38.10	700m:	11:10.52	1:37.06
	200m:	3:03.44	1:36.22	400m:	6:17.56	1:36.72	600m:	9:33.46	1:37.80	800m:	12:45.28	1:34.76
28.	Annet Hartholt	Dedemsvaart-AC		NT		200401646		12:48.04		256		
	100m:	1:27.47	1:27.47	300m:	4:44.02	1:38.18	500m:	7:59.14	1:37.41	700m:	11:15.77	1:38.01
	200m:	3:05.84	1:38.37	400m:	6:21.73	1:37.71	600m:	9:37.76	1:38.62	800m:	12:48.04	1:32.27
29.	Iris Welhuis	Dedemsvaart-AC		NT		200403678		12:51.82		252		
	100m:	1:28.70	1:28.70	300m:	4:45.16	1:38.00	500m:	7:59.42	1:37.13	700m:	11:16.07	1:38.47
	200m:	3:07.16	1:38.46	400m:	6:22.29	1:37.13	600m:	9:37.60	1:38.18	800m:	12:51.82	1:35.75
30.	Romee Jabben	Dedemsvaart-AC		NT		200404426		12:53.74		250		
	100m:	1:27.65	1:27.65	300m:	4:46.14	1:40.21	500m:	8:02.65	1:38.29	700m:	11:19.63	1:37.91
	200m:	3:05.93	1:38.28	400m:	6:24.36	1:38.22	600m:	9:41.72	1:39.07	800m:	12:53.74	1:34.11
31.	Ilona Kosse	Dedemsvaart-AC		NT		200401966		13:09.57		235		
	100m:	1:30.01	1:30.01	300m:	4:48.80	1:40.18	500m:	8:11.74	1:42.24	700m:	11:33.01	1:40.45
	200m:	3:08.62	1:38.61	400m:	6:29.50	1:40.70	600m:	9:52.56	1:40.82	800m:	13:09.57	1:36.56
32.	Laura Verwoerd	Z&PV de Veene		14:19.81		200302310		13:29.68		218		
	100m:	1:31.16	1:31.16	300m:	4:52.91	1:41.73	500m:	8:22.48	1:46.25	700m:	11:51.82	1:43.95
	200m:	3:11.18	1:40.02	400m:	6:36.23	1:43.32	600m:	10:07.87	1:45.39	800m:	13:29.68	1:37.86
33.	Nienke Koopman	Zignea		NT		200403852		13:31.59		217		
	100m:	1:30.05	1:30.05	300m:	4:56.48	1:44.79	500m:	8:29.42	1:46.32	700m:	11:58.52	1:43.01
	200m:	3:11.69	1:41.64	400m:	6:43.10	1:46.62	600m:	10:15.51	1:46.09	800m:	13:31.59	1:33.07
34.	Robyn Eilander	Dedemsvaart-AC		NT		200402118		13:48.31		204		
	100m:	1:32.82	1:32.82	300m:	5:03.79	1:46.92	500m:	8:38.72	1:46.89	700m:	12:11.04	1:46.40
	200m:	3:16.87	1:44.05	400m:	6:51.83	1:48.04	600m:	10:24.64	1:45.92	800m:	13:48.31	1:37.27
AFGEM	Ellen van Balderen	Z&PV de Veene		13:16.07		200005486						
AFGEM	Renske Brokking	Zignea		NT		200202036						

Programmanr. 14
15-10-2017

Heren, 800m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT		
1.	Stijn Boertien	Dedemsvaart-AC				9:26.59				200100719				9:27.06	507	
	100m:	1:05.31	1:05.31	300m:	3:29.73	1:12.53	500m:	5:54.85	1:12.71	700m:	8:17.47	1:10.91				
	200m:	2:17.20	1:11.89	400m:	4:42.14	1:12.41	600m:	7:06.56	1:11.71	800m:	9:27.06	1:09.59				
2.	Leon van den Hof	Dedemsvaart-AC				9:44.66				200203269				9:27.92	505	
	100m:	1:05.77	1:05.77	300m:	3:31.02	1:13.08	500m:	5:57.05	1:13.19	700m:	8:20.55	1:11.56				
	200m:	2:17.94	1:12.17	400m:	4:43.86	1:12.84	600m:	7:08.99	1:11.94	800m:	9:27.92	1:07.37				
3.	Wessel Everloo	Z&PV de Veene				9:10.36				198906597				S14	9:40.45	701
	100m:	1:05.82	1:05.82	300m:	3:28.60	1:11.51	500m:	5:56.29	1:12.90	700m:	8:25.04	1:13.94				
	200m:	2:17.09	1:11.27	400m:	4:43.39	1:14.79	600m:	7:11.10	1:14.81	800m:	9:40.45	1:15.41				
4.	Jorn Lucas	Z&PV de Veene				9:26.64				200000675					9:52.58	444
	100m:	1:08.17	1:08.17	300m:	3:40.25	1:17.30	500m:	6:12.16	1:13.82	700m:	8:42.14	1:15.31				
	200m:	2:22.95	1:14.78	400m:	4:58.34	1:18.09	600m:	7:26.83	1:14.67	800m:	9:52.58	1:10.44				
5.	Niels Kragt	Dedemsvaart-AC				9:54.98				200300155					9:54.57	440
	100m:	1:08.73	1:08.73	300m:	3:39.54	1:16.09	500m:	6:11.70	1:16.25	700m:	8:43.57	1:15.71				
	200m:	2:23.45	1:14.72	400m:	4:55.45	1:15.91	600m:	7:27.86	1:16.16	800m:	9:54.57	1:11.00				
6.	Jelmer Lesscher	Z&PV de Veene				10:00.46				200100791					10:09.48	408
	100m:	1:08.58	1:08.58	300m:	3:45.51	1:19.61	500m:	6:26.67	1:20.70	700m:	9:00.18	1:15.32				
	200m:	2:25.90	1:17.32	400m:	5:05.97	1:20.46	600m:	7:44.86	1:18.19	800m:	10:09.48	1:09.30				
7.	Ivo Karamoy Faulhaber	Z&PV de Veene				10:55.55				200200363					10:12.78	402
	100m:	1:09.11	1:09.11	300m:	3:45.12	1:18.48	500m:	6:24.53	1:19.27	700m:	9:01.21	1:17.47				
	200m:	2:26.64	1:17.53	400m:	5:05.26	1:20.14	600m:	7:43.74	1:19.21	800m:	10:12.78	1:11.57				
8.	Hidde Wernsen	Zignea				10:43.29				200200697					10:15.18	397
	100m:	1:10.04	1:10.04	300m:	3:45.05	1:17.82	500m:	6:23.30	1:19.57	700m:	9:01.83	1:18.93				
	200m:	2:27.23	1:17.19	400m:	5:03.73	1:18.68	600m:	7:42.90	1:19.60	800m:	10:15.18	1:13.35				

LAC deel 1
Almelo, 15-10-2017

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

rang	naam	vereniging				intijd				tijd				RT
9.	Kieran de Heer	Z&PV de Veene				10:55.79 200301009				10:15.43				396
	100m:	1:08.54	1:08.54	300m:	3:43.01	1:16.85	500m:	6:19.93	1:18.87	700m:	8:59.65	1:20.14		
	200m:	2:26.16	1:17.62	400m:	5:01.06	1:18.05	600m:	7:39.51	1:19.58	800m:	10:15.43	1:15.78		
10.	Bart Harbers	Z&PV de Veene				11:07.82 200303069				10:29.66				370
	100m:	1:11.72	1:11.72	300m:	3:48.41	1:18.06	500m:	6:29.43	1:21.30	700m:	9:12.59	1:21.05		
	200m:	2:30.35	1:18.63	400m:	5:08.13	1:19.72	600m:	7:51.54	1:22.11	800m:	10:29.66	1:17.07		
11.	Matthijs Poppe	Z&PV de Veene				10:56.71 200201091				10:51.65				334
	100m:	1:12.09	1:12.09	300m:	3:55.82	1:22.57	500m:	6:43.84	1:23.78	700m:	9:32.14	1:24.24		
	200m:	2:33.25	1:21.16	400m:	5:20.06	1:24.24	600m:	8:07.90	1:24.06	800m:	10:51.65	1:19.51		
12.	Chiel Kootstra	Dedemsvaart-AC				11:32.62 200301463				10:52.64				332
	100m:	1:12.86	1:12.86	300m:	3:56.82	1:23.01	500m:	6:42.82	1:23.08	700m:	9:32.38	1:23.53		
	200m:	2:33.81	1:20.95	400m:	5:19.74	1:22.92	600m:	8:08.85	1:26.03	800m:	10:52.64	1:20.26		
13.	Lars Koopman	Zignea				11:36.36 200202131				10:53.54				331
	100m:	1:13.79	1:13.79	300m:	3:59.74	1:23.68	500m:	6:47.51	1:23.52	700m:	9:34.38	1:24.39		
	200m:	2:36.06	1:22.27	400m:	5:23.99	1:24.25	600m:	8:09.99	1:22.48	800m:	10:53.54	1:19.16		
14.	Thijs Goossens	Zignea				12:16.24 200204401				11:14.76				301
	100m:	1:15.95	1:15.95	300m:	4:09.54	1:27.50	500m:	7:00.23	1:24.81	700m:	9:54.29	1:27.34		
	200m:	2:42.04	1:26.09	400m:	5:35.42	1:25.88	600m:	8:26.95	1:26.72	800m:	11:14.76	1:20.47		
15.	Sem Wellenberg	Dedemsvaart-AC				12:08.64 200301301				11:37.54				272
	100m:	1:20.78	1:20.78	300m:	4:22.76	1:30.50	500m:	7:22.39	1:29.15	700m:	10:15.46	1:24.58		
	200m:	2:52.26	1:31.48	400m:	5:53.24	1:30.48	600m:	8:50.88	1:28.49	800m:	11:37.54	1:22.08		
16.	Rico Rüdiger	Z&PV de Veene				12:25.73 200001357				11:43.44				266
	100m:	1:14.69	1:14.69	300m:	4:07.34	1:27.59	500m:	7:10.45	1:32.74	700m:	10:17.28	1:32.53		
	200m:	2:39.75	1:25.06	400m:	5:37.71	1:30.37	600m:	8:44.75	1:34.30	800m:	11:43.44	1:26.16		
17.	Rolf ter Keurs	Z&PV de Veene				12:38.79 200500137				11:44.34				264
	100m:	1:18.60	1:18.60	300m:	4:22.97	1:34.48	500m:	7:23.62	1:30.32	700m:	10:23.55	1:30.23		
	200m:	2:48.49	1:29.89	400m:	5:53.30	1:30.33	600m:	8:53.32	1:29.70	800m:	11:44.34	1:20.79		
18.	Dennis Mosterman	Dedemsvaart-AC				12:24.74 200501283				12:11.56				236
	100m:	1:24.65	1:24.65	300m:	4:29.50	1:32.51	500m:	7:34.82	1:32.67	700m:	10:41.05	1:32.69		
	200m:	2:56.99	1:32.34	400m:	6:02.15	1:32.65	600m:	9:08.36	1:33.54	800m:	12:11.56	1:30.51		
19.	Jan Julkowski	Zignea				NT 200500275				12:53.82				199
	100m:	1:26.90	1:26.90	300m:	4:43.86	1:39.37	500m:	8:05.51	1:41.32	700m:	11:26.82	1:41.17		
	200m:	3:04.49	1:37.59	400m:	6:24.19	1:40.33	600m:	9:45.65	1:40.14	800m:	12:53.82	1:27.00		
NG.ZA	Duco de Koning	WS Twente				14:47.23 200502579								
AFGEM	Matias Jansen	Zignea				10:11.23 200300199								
AFGEM	Koen Koopman	Zignea				11:30.28 200005183								