

Lac deel 2 seizoen 15-16
Leeuwarden, 14-2-2016

Programmanr. 1
14-2-2016

200m wisselslag Jongens Min. 5 en 6 en Meisjes Min. 5 en Jun. 1
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Nora Weerman	Orca	2:47.86	200400620	2:48.72	36.76			2:48.72
2. Kai Zwerver	F.Z.C.'54	3:04.78	200401175	2:53.41	38.76			2:53.41
3. Collin Schouten	MSV- Zeemacht	3:13.45	200400697	2:59.90	41.23			2:59.90
4. Djurre van der Wal	F.Z.C.'54	3:18.23	200500301	3:23.63	43.44			3:23.63
5. Marit Draaijer	Aqualero	NT	200400328	3:28.40	50.29			3:28.40
6. Sterre van der Wal	F.Z.C.'54	3:45.66	200502356	3:33.42	54.51			3:33.42
7. Jonathan Miglino	Aqualero	3:34.83	200402127	3:41.64	48.30			3:41.64
8. Soraya van der Laan	Aqualero	3:53.42	200400926	3:47.91	58.60			3:47.91

Programmanr. 2
14-2-2016

400m wisselslag Mix Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT
1. Richard Kuipers 50m: 1:02.45 100m: 1:02.45	Orca	4:40.03	199704171	4:40.36 350m: 4:40.36 400m: 4:40.36
2. Luuk Veldman 50m: 1:05.47 100m: 1:05.47	Orca	4:43.59	199900981	4:44.03 350m: 4:44.03 400m: 4:44.03
3. Jildert Prins 50m: 1:04.80 100m: 1:04.80	F.Z.C.'54	5:23.15	198902509	5:08.27 350m: 5:08.27 400m: 5:08.27
4. Jurre Broekstra 50m: 1:19.28 100m: 1:19.28	F.Z.C.'54	NT	200201483	5:41.69 350m: 5:41.69 400m: 5:41.69
5. Darren Sieswerda 50m: 1:23.69 100m: 1:23.69	F.Z.C.'54	NT	200001763	5:54.06 350m: 5:54.06 400m: 5:54.06
6. Wesley Kuiper 50m: 1:20.03 100m: 1:20.03	Orca	5:43.75	200100889	5:54.35 350m: 5:54.35 400m: 5:54.35
7. Joël Malda 50m: 1:28.39 100m: 1:28.39	Orca	NT	200301017	5:59.96 350m: 5:59.96 400m: 5:59.96
8. Lotte Grovenstein 50m: 1:24.19 100m: 1:24.19	F.Z.C.'54	NT	200102964	6:05.35 350m: 6:05.35 400m: 6:05.35
9. Anneke vd Laan 50m: 1:28.12 100m: 1:28.12	Orca	6:22.51	200201154	6:07.89 350m: 6:07.89 400m: 6:07.89
10. Mathijs Baarda 50m: 1:23.21 100m: 1:23.21	Orca	NT	200300633	6:08.89 350m: 6:08.89 400m: 6:08.89
11. Myrthe de Bruin 50m: 1:23.50 100m: 1:23.50	Aqualero	NT	199804408	6:09.10 350m: 6:09.10 400m: 6:09.10
12. Marijne van der Veen 50m: 1:33.11 100m: 1:33.11	Orca	NT	200300960	6:16.61 350m: 6:16.61 400m: 6:16.61
13. Marrit Tiekstra 50m: 1:41.71 100m: 1:41.71	Orca	NT	200301796	6:43.31 350m: 6:43.31 400m: 6:43.31
14. Alja Sluiman 50m: 1:41.13 100m: 1:41.13	Aqualero	NT	200300562	7:08.88 350m: 7:08.88 400m: 7:08.88
AFGEM Laura van der Velde	F.Z.C.'54	NT	200300630	

Lac deel 2 seizoen 15-16
Leeuwarden, 14-2-2016

Programmanr. 3
14-2-2016

800m vrije slag Jongens Min. 5 en 6 en Meisjes Min. 5 en Jun. 1
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Nora Weerman	Orca	11:44.13	200400620	11:05.59
	100m: 1:21.29	1:21.29	300m: 5:38.48	500m: 7:00m:	11:05.59
	200m: 2:47.50	1:26.21	400m: 5:38.48	600m: 8:00m:	
2.	Collin Schouten	MSV- Zeemacht	12:39.71	200400697	11:32.31
	100m: 1:22.47	1:22.47	300m: 5:46.03	500m: 7:00m:	11:32.31
	200m: 2:50.06	1:27.59	400m: 5:46.03	600m: 8:00m:	
3.	Kai Zwerver	F.Z.C.'54	NT	200401175	11:52.59
	100m: 1:23.78	1:23.78	300m: 5:57.75	500m: 7:00m:	11:52.59
	200m: 2:53.91	1:30.13	400m: 5:57.75	600m: 8:00m:	
4.	Djurre van der Wal	F.Z.C.'54	NT	200500301	13:37.82
	100m: 1:37.78	1:37.78	300m: 7:08.40	500m: 7:00m:	13:37.82
	200m: 3:27.93	1:50.15	400m: 7:08.40	600m: 8:00m:	
5.	Sterre van der Wal	F.Z.C.'54	NT	200502356	15:09.22
	100m: 1:43.53	1:43.53	300m: 7:28.28	500m: 7:00m:	15:09.22
	200m: 3:37.56	1:54.03	400m: 7:28.28	600m: 8:00m:	
AFGEM	Meike Regeling	Orca	NT	200401006	

Programmanr. 4
14-2-2016

1500m vrije slag Mix Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Richard Kuipers	Orca	17:19.61	199704171	16:59.38
	100m: 1:03.40	1:03.40	500m: 9:00.40	900m: 13:00m:	16:59.38
	200m: 2:10.70	1:07.30	600m: 9:00.40	1000m: 14:00m:	
	300m: 4:27.11	1:07.30	700m: 9:00.40	1100m: 15:00m:	
	400m: 4:27.11	1:07.30	800m: 9:00.40	1200m: 15:00m:	
2.	Luuk Veldman	Orca	17:03.35	199900981	17:37.75
	100m: 1:04.15	1:04.15	500m: 9:19.25	900m: 13:00m:	17:37.75
	200m: 2:14.69	1:10.54	600m: 9:19.25	1000m: 14:00m:	
	300m: 4:35.22	1:10.54	700m: 9:19.25	1100m: 15:00m:	
	400m: 4:35.22	1:10.54	800m: 9:19.25	1200m: 15:00m:	
3.	Marcel Delfstra	Orca	19:53.19	200100037	18:00.74
	100m: 1:05.25	1:05.25	500m: 9:37.25	900m: 13:00m:	18:00.74
	200m: 2:17.70	1:12.45	600m: 9:37.25	1000m: 14:00m:	
	300m: 4:43.17	1:12.45	700m: 9:37.25	1100m: 15:00m:	
	400m: 4:43.17	1:12.45	800m: 9:37.25	1200m: 15:00m:	
4.	Lize Janna de Vries	Orca	20:01.44	200101948	18:15.90
	100m: 1:08.70	1:08.70	500m: 9:46.44	900m: 13:00m:	18:15.90
	200m: 2:22.71	1:14.01	600m: 9:46.44	1000m: 14:00m:	
	300m: 4:50.80	1:14.01	700m: 9:46.44	1100m: 15:00m:	
	400m: 4:50.80	1:14.01	800m: 9:46.44	1200m: 15:00m:	
5.	Danieke van der Kooi	Orca	18:09.79	200000552	18:17.59
	100m: 1:07.73	1:07.73	500m: 9:41.88	900m: 13:00m:	18:17.59
	200m: 2:20.84	1:13.11	600m: 9:41.88	1000m: 14:00m:	
	300m: 4:46.47	1:13.11	700m: 9:41.88	1100m: 15:00m:	
	400m: 4:46.47	1:13.11	800m: 9:41.88	1200m: 15:00m:	
6.	Getjo Gachatrjan	Orca	NT	200005445	18:28.98
	100m: 1:09.48	1:09.48	500m: 9:51.98	900m: 13:00m:	18:28.98
	200m: 2:24.66	1:15.18	600m: 9:51.98	1000m: 14:00m:	
	300m: 4:53.80	1:15.18	700m: 9:51.98	1100m: 15:00m:	
	400m: 4:53.80	1:15.18	800m: 9:51.98	1200m: 15:00m:	
7.	Simone Anvelink	MSV- Zeemacht	20:01.22	200001546	18:42.48
	100m: 1:10.19	1:10.19	500m: 9:54.35	900m: 13:00m:	18:42.48
	200m: 2:24.29	1:14.10	600m: 9:54.35	1000m: 14:00m:	
	300m: 4:52.29	1:14.10	700m: 9:54.35	1100m: 15:00m:	
	400m: 4:52.29	1:14.10	800m: 9:54.35	1200m: 15:00m:	
8.	Carolien Baarda	Orca	18:51.17	199704060	18:52.98
	100m: 1:08.06	1:08.06	500m: 9:56.84	900m: 13:00m:	18:52.98
	200m: 2:21.84	1:13.78	600m: 9:56.84	1000m: 14:00m:	
	300m: 4:51.66	1:13.78	700m: 9:56.84	1100m: 15:00m:	
	400m: 4:51.66	1:13.78	800m: 9:56.84	1200m: 15:00m:	
9.	Olaf Jan Bosscher	Orca	NT	200200037	18:57.06
	100m: 1:07.87	1:07.87	500m: 10:02.27	900m: 13:00m:	18:57.06
	200m: 2:22.85	1:14.98	600m: 10:02.27	1000m: 14:00m:	
	300m: 4:55.27	1:14.98	700m: 10:02.27	1100m: 15:00m:	
	400m: 4:55.27	1:14.98	800m: 10:02.27	1200m: 15:00m:	

Lac deel 2 seizoen 15-16
Leeuwarden, 14-2-2016

Programmanr. 4, Alle, 1500m vrije slag, Mix Senioren Open

rang	naam	vereniging	intijd	tijd	RT
10.	Froukje Osinga	Orca	20:54.03	200003090	19:38.03
	100m: 1:11.82	1:11.82	500m:	900m:	1300m:
	200m: 2:30.41	1:18.59	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:38.03
	400m: 5:08.94		800m: 10:26.47	1200m:	
11.	Annemiek Meulenbeld	Orca	19:41.03	199506230	19:39.79
	100m: 1:09.55	1:09.55	500m:	900m:	1300m:
	200m: 2:24.28	1:14.73	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:39.79
	400m: 4:59.46		800m: 10:18.68	1200m:	
12.	Rosalie Baarda	Orca	20:18.33	199903460	20:08.19
	100m: 1:12.97	1:12.97	500m:	900m:	1300m:
	200m: 2:32.79	1:19.82	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:08.19
	400m: 5:14.02		800m: 10:39.51	1200m:	
13.	Joyce Kuipers	Orca	NT	200103426	20:09.09
	100m: 1:14.04	1:14.04	500m:	900m:	1300m:
	200m: 2:33.54	1:19.50	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:09.09
	400m: 5:12.88		800m: 10:35.04	1200m:	
14.	Jelle Heijman	Steenwijk 1934	NT	200000635	20:34.07
	100m: 1:17.34	1:17.34	500m:	900m:	1300m:
	200m: 2:41.37	1:24.03	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:34.07
	400m: 5:26.80		800m: 11:00.06	1200m:	
15.	Thomas Hamstra	Orca	NT	200001693	20:54.53
	100m: 1:15.06	1:15.06	500m:	900m:	1300m:
	200m: 2:38.25	1:23.19	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:54.53
	400m: 5:29.91		800m: 11:09.76	1200m:	
16.	Liza Scheenstra	F.Z.C.'54	NT	200104276	20:55.37
	100m: 1:15.75	1:15.75	500m:	900m:	1300m:
	200m: 2:40.72	1:24.97	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:55.37
	400m: 5:31.72		800m: 11:11.69	1200m:	
17.	Mathijs Baarda	Orca	NT	200300633	20:56.88
	100m: 1:17.15	1:17.15	500m:	900m:	1300m:
	200m: 2:41.39	1:24.24	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:56.88
	400m: 5:30.64		800m: 11:11.01	1200m:	
18.	Joël Malda	Orca	NT	200301017	21:26.85
	100m: 1:21.35	1:21.35	500m:	900m:	1300m:
	200m: 2:47.36	1:26.01	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 21:26.85
	400m: 5:40.16		800m: 11:26.58	1200m:	
19.	Wilna Heijman	Steenwijk 1934	21:32.56	196400506	21:33.92
	100m: 1:19.42	1:19.42	500m:	900m:	1300m:
	200m: 2:45.26	1:25.84	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 21:33.92
	400m: 5:38.56		800m: 11:25.73	1200m:	
20.	Anneke vd Laan	Orca	22:59.28	200201154	22:37.19
	100m: 1:21.94	1:21.94	500m:	900m:	1300m:
	200m: 2:53.09	1:31.15	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 22:37.19
	400m: 5:56.16		800m: 12:00.76	1200m:	
21.	Hilbert Prins	Oeza	23:51.77	195100223	25:09.14
	100m: 1:27.62	1:27.62	500m:	900m:	1300m:
	200m: 3:03.41	1:35.79	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 25:09.14
	400m: 6:20.60		800m: 13:05.72	1200m:	
AFGEM	Hugo Jan Bosscher	Orca	19:39.16	200000185	