

Lac deel 1 :seizoen 2016-2017
Leeuwarden, 2-10-2016

Programmanr. 1 200m wisselslag Jongens Min. 5 en 6 en Meisjes Min. 5 en Jun. 1
2-10-2016 - 15:00 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Djurre van der Wal	SG Middelse-Skelp	3:10.73	200500301		41.07			3:09.19
2. Fleur Bos	Orca	3:18.59	200500674		41.47			3:10.14
3. Annemarijn Damhoff	Z&PC de Inktvis	3:11.62	200501000		44.38			3:11.33
4. Sterre van der Wal	SG Middelse-Skelp	3:18.36	200502356		56.51			3:14.40
5. Ambersophie Bakker	Orca	3:38.75	200500206		45.84			3:22.63
6. Ciska de Lugt	Aqua 68	NT	200503302		48.29			3:32.82

Programmanr. 2 200m wisselslag Mix Senioren Open
2-10-2016 - 15:05 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Richard Kuipers	Orca	2:08.52	199704171		27.79			2:11.65
2. Luuk Veldman	Orca	2:12.33	199900981		28.31			2:14.83
3. David Kuipers	Orca	2:16.46	200003633		29.22			2:15.22
4. Marcel Delfstra	Orca	2:18.70	200100037		29.42			2:17.64
5. Jelmar Koopman	de Forel	2:18.56	200100249		30.24			2:19.94
6. Laura Setz	Nova	2:21.07	200000130		30.83			2:22.71
7. Carlo Ruiz	de Forel	2:21.94	199802549		31.64			2:23.08
8. Dushan de Bruijn	de Forel	2:29.84	200201273		31.40			2:26.00
9. Josien Wijkhuijs	Orca	2:22.66	199902866		29.27			2:26.10
10. Danieke van der Kooi	Orca	2:31.34	200000552		31.32			2:30.71
11. Lize Janna de Vries	Orca	2:28.42	200101948		32.47			2:32.31
12. Renée Vanderheyden	ReVeLie Swim Team	2:29.93	199903130		32.36			2:32.65
13. Makai van Haren	de Forel	2:37.74	200200627		33.66			2:33.41
14. Froukje Osinga	Orca	2:35.25	200003090		33.45			2:35.75
15. Jolien Wind	Nova	2:40.63	200100510		32.84			2:36.17
16. Silke Huisman	Orca	2:41.58	200301182		33.93			2:36.73
17. Max Pathuis	ZPC Stadskanaal	2:40.56	200000979		31.73			2:37.39
18. Joyce Kuipers	Orca	2:42.81	200103426		35.88			2:39.44
19. Eva Willebrands	Orca	2:39.35	200101510		31.85			2:40.40
20. Joël Malda	Orca	2:49.55	200301017		34.27			2:41.42
21. Anna Tinga	de Forel	2:42.69	200302734		35.14			2:43.17
22. Chantal van Willegen	de Forel	2:49.84	200302422		41.06			2:44.73
23. Marijke Drent	Nova	2:48.38	199906232		35.57			2:45.75
24. Sigrid Hoogland	de Forel	2:46.78	200301976		38.27			2:45.75
25. Sterre-Marit Drok	ZPC Stadskanaal	2:46.10	200400880		35.10			2:45.98
26. Rene Knijpstra	Isis	2:48.59	198806181		34.73			2:46.63
27. Luka Stoker	Nova	2:53.20	200200558		37.68			2:48.15
28. Anneke vd Laan	Orca	2:49.89	200201154		34.82			2:48.55
29. Quint van Haren	de Forel	2:45.85	200400215		37.51			2:48.64
30. Alyah de Bruijn	de Forel	2:47.53	200004308		36.17			2:49.69
31. Chayenne Battjes	Z&PC de Inktvis	3:01.12	200200092		38.33			2:53.29
32. Chaïra Scholte	Z&PC de Inktvis	3:01.72	200304478		41.35			2:53.69
33. Megan Meinds	Nova	3:03.20	200400238		38.97			2:54.72
34. Marijke vd Veen	Orca	2:49.42	200300960		38.19			2:55.44
35. Meike Regeling	Orca	2:56.69	200401006		37.92			2:56.20
36. Irana Remmelts	Aqua 68	2:56.81	200102486		38.79			2:57.15
37. Wouter Zijlstra	de Forel	3:03.24	200401545		42.30			3:01.77
38. Tove Beltman	Orca	3:10.74	200301618		45.12			3:09.87
39. Esmée Mulder	Orca	3:21.71	200402924		43.76			3:09.98
40. Petra Zandstra	Isis	3:10.11	199006248		42.42			3:17.48
41. Eline Pathuis	ZPC Stadskanaal	3:28.84	200300408		45.18			3:19.80
42. Melissa Merkus	ZV De Bron	3:54.59	200302478		51.24			3:51.11
DIS Robin Bosma	Orca	3:19.94	200401447					

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

DIS Marrit Tiekstra Orca 3:05.53 200301796

SL - Het keer- en/of eindpunt met één hand aangetikt.

AFGEM Quentin Ruiz	de Forel	2:57.85	200100187					
AFGEM Marc de Jonge	Aqua 68	2:38.32	200101917					
AFGEM Arjan Dekker	ReVeLie Swim Team	2:19.52	200000499					
AFGEM Liset Sijtema	Isis	3:13.95	200200768					

Lac deel 1 :seizoen 2016-2017
Leeuwarden, 2-10-2016

Programmanr. 3
2-10-2016 - 15:32

400m vrije slag Jongens Min. 5 en 6 en Meisjes Min. 5 en Jun. 1
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Fleur Bos	Orca	6:21.85	200500674	6:07.33
	50m: 41.97 100m: 1:28.87	41.97 150m: 46.90 200m: 3:02.87	250m: 300m:	350m: 400m: 6:07.33	
2.	Sterre van der Wal	SG Middelse-Skelp	6:35.18	200502356	6:17.44
	50m: 43.03 100m: 1:30.59	43.03 150m: 47.56 200m: 3:07.35	250m: 300m:	350m: 400m: 6:17.44	
3.	Annemarijn Damhoff	Z&PC de Inktvis	6:27.35	200501000	6:22.60
	50m: 42.27 100m: 1:32.79	42.27 150m: 48.33 200m: 3:07.45	250m: 300m:	350m: 400m: 6:22.60	
4.	Djurre van der Wal	SG Middelse-Skelp	6:36.62	200500301	6:23.74
	50m: 42.46 100m: 1:31.34	42.46 150m: 48.88 200m: 3:06.48	250m: 300m:	350m: 400m: 6:23.74	
5.	Ambersophie Bakker	Orca	7:15.17	200500206	6:41.16
	50m: 42.76 100m: 1:32.79	42.76 150m: 50.03 200m: 3:17.66	250m: 300m:	350m: 400m: 6:41.16	
6.	Ciska de Lugt	Aqua 68	NT	200503302	6:50.75
	50m: 43.94 100m: 1:34.20	43.94 150m: 50.26 200m: 3:19.91	250m: 300m:	350m: 400m: 6:50.75	
7.	Eline Jonker	Aqua 68	7:49.86	200500806	7:04.35
	50m: 46.85 100m: 1:39.70	46.85 150m: 52.85 200m: 3:28.13	250m: 300m:	350m: 400m: 7:04.35	

Programmanr. 4
2-10-2016 - 15:49

800m vrije slag Mix Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	David Kuipers	Orca	8:36.60	200003633	8:26.23
	100m: 200m: 2:03.41	300m: 400m: 4:12.41	500m: 600m:	700m: 800m: 8:26.23	
2.	Niels Wiersema	Nova	8:49.39	199703221	8:48.55
	100m: 200m: 2:07.69	300m: 400m: 4:22.78	500m: 600m:	700m: 800m: 8:48.55	
3.	Richard Kuipers	Orca	8:51.59	199704171	8:53.28
	100m: 200m: 2:05.75	300m: 400m: 4:22.97	500m: 600m:	700m: 800m: 8:53.28	
4.	Laura Setz	Nova	8:59.05	200000130	8:59.06
	100m: 200m: 2:09.72	300m: 400m: 4:26.46	500m: 600m:	700m: 800m: 8:59.06	
5.	Luuk Veldman	Orca	8:55.97	199900981	9:14.29
	100m: 200m: 2:11.00	300m: 400m: 4:29.81	500m: 600m:	700m: 800m: 9:14.29	
6.	Josien Wijkhuijs	Orca	9:30.99	199902866	9:24.32
	100m: 200m: 2:16.66	300m: 400m: 4:36.41	500m: 600m:	700m: 800m: 9:24.32	
7.	Jelmar Koopman	de Forel	9:14.84	200100249	9:24.37
	100m: 200m: 2:16.40	300m: 400m: 4:43.18	500m: 600m:	700m: 800m: 9:24.37	
8.	Carlo Ruiz	de Forel	9:31.59	199802549	9:26.66
	100m: 200m: 2:14.94	300m: 400m: 4:39.84	500m: 600m:	700m: 800m: 9:26.66	
9.	Marcel Delfstra	Orca	9:28.25	200100037	9:28.78
	100m: 200m: 2:15.04	300m: 400m: 4:39.82	500m: 600m:	700m: 800m: 9:28.78	
10.	Danieke van der Kooi	Orca	9:30.50	200000552	9:29.84
	100m: 200m: 2:17.20	300m: 400m: 4:40.86	500m: 600m:	700m: 800m: 9:29.84	
11.	Lize Janna de Vries	Orca	9:28.42	200101948	9:35.25
	100m: 200m: 2:19.21	300m: 400m: 4:43.76	500m: 600m:	700m: 800m: 9:35.25	
12.	Suze Kuipers	Orca	9:48.79	200301714	9:41.72
	100m: 200m: 2:18.73	300m: 400m: 4:47.60	500m: 600m:	700m: 800m: 9:41.72	
13.	Makai van Haren	de Forel	9:57.81	200200627	9:45.20
	100m: 200m: 2:23.00	300m: 400m: 4:54.51	500m: 600m:	700m: 800m: 9:45.20	

Lac deel 1 :seizoen 2016-2017
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Programmanr. 4, Alle, 800m vrije slag, Mix Senioren Open

rang	naam	vereniging	intijd	tijd	RT
14.	Dushan de Bruijn 100m: 2:23.25 200m: 2:23.25	de Forel	9:56.86 300m: 4:54.50 400m: 4:54.50	200201273 500m: 600m:	9:55.07 700m: 9:55.07 800m: 9:55.07
15.	Jolien Wind 100m: 2:25.00 200m: 2:25.00	Nova	10:58.80 300m: 4:57.99 400m: 4:57.99	200100510 500m: 600m:	10:00.68 700m: 10:00.68 800m: 10:00.68
16.	Eva Willebrands 100m: 2:24.14 200m: 2:24.14	Orca	9:30.42 300m: 4:59.42 400m: 4:59.42	200101510 500m: 600m:	10:09.12 700m: 10:09.12 800m: 10:09.12
17.	Joyce Kuipers 100m: 2:26.03 200m: 2:26.03	Orca	10:28.47 300m: 5:00.56 400m: 5:00.56	200103426 500m: 600m:	10:10.50 700m: 10:10.50 800m: 10:10.50
18.	Janneke Weiland 100m: 2:25.95 200m: 2:25.95	Orca	10:09.02 300m: 5:02.10 400m: 5:02.10	200100128 500m: 600m:	10:12.39 700m: 10:12.39 800m: 10:12.39
19.	Renée Vanderheyden 100m: 2:30.58 200m: 2:30.58	ReVeLie Swim Team	10:33.28 300m: 5:07.44 400m: 5:07.44	199903130 500m: 600m:	10:17.79 700m: 10:17.79 800m: 10:17.79
20.	Jelle Heijman 100m: 2:29.91 200m: 2:29.91	Steenwijk 1934	NT 300m: 5:08.00 400m: 5:08.00	200000635 500m: 600m:	10:19.50 700m: 10:19.50 800m: 10:19.50
21.	Diederik de Boer 100m: 2:30.63 200m: 2:30.63	Steenwijk 1934	NT 300m: 5:11.80 400m: 5:11.80	200000269 500m: 600m:	10:22.17 700m: 10:22.17 800m: 10:22.17
22.	Jarno Remmelts 100m: 2:29.21 200m: 2:29.21	Aqua 68	10:47.23 300m: 5:08.92 400m: 5:08.92	200101081 500m: 600m:	10:26.83 700m: 10:26.83 800m: 10:26.83
23.	Max Pathuis 100m: 2:25.44 200m: 2:25.44	ZPC Stadskanaal	10:24.41 300m: 5:01.02 400m: 5:01.02	200000979 500m: 600m:	10:29.58 700m: 10:29.58 800m: 10:29.58
24.	Kylian Kooyman 100m: 2:32.76 200m: 2:32.76	Steenwijk 1934	NT 300m: 5:15.03 400m: 5:15.03	199900763 500m: 600m:	10:35.11 700m: 10:35.11 800m: 10:35.11
25.	Froukje Osinga 100m: 2:31.90 200m: 2:31.90	Orca	10:09.26 300m: 5:13.33 400m: 5:13.33	200003090 500m: 600m:	10:37.79 700m: 10:37.79 800m: 10:37.79
26.	Silke Huisman 100m: 2:34.21 200m: 2:34.21	Orca	11:25.58 300m: 5:15.80 400m: 5:15.80	200301182 500m: 600m:	10:38.28 700m: 10:38.28 800m: 10:38.28
27.	Anna Tinga 100m: 3:12.94 200m: 3:12.94	de Forel	10:54.87 300m: 5:55.15 400m: 5:55.15	200302734 500m: 600m:	10:42.22 700m: 10:42.22 800m: 10:42.22
28.	Rosalie Baarda 100m: 2:32.24 200m: 2:32.24	Orca	10:31.25 300m: 5:15.97 400m: 5:15.97	199903460 500m: 600m:	10:46.32 700m: 10:46.32 800m: 10:46.32
29.	Mathijs Baarda 100m: 2:36.20 200m: 2:36.20	Orca	11:05.30 300m: 5:24.22 400m: 5:24.22	200300633 500m: 600m:	10:52.31 700m: 10:52.31 800m: 10:52.31
30.	Marijke Drent 100m: 2:31.90 200m: 2:31.90	Nova	10:35.73 300m: 5:14.52 400m: 5:14.52	199906232 500m: 600m:	10:52.99 700m: 10:52.99 800m: 10:52.99
31.	Meindert Dekkinga 100m: 2:40.09 200m: 2:40.09	HZ&PC Heerenveen	11:05.15 300m: 5:26.62 400m: 5:26.62	200400377 500m: 600m:	10:54.59 700m: 10:54.59 800m: 10:54.59
32.	Sterre-Marit Drok 100m: 2:37.31 200m: 2:37.31	ZPC Stadskanaal	10:31.28 300m: 5:25.53 400m: 5:25.53	200400880 500m: 600m:	11:00.05 700m: 11:00.05 800m: 11:00.05
33.	Danny Merkus 100m: 2:32.76 200m: 2:32.76	ZV De Bron	11:50.11 300m: 5:23.29 400m: 5:23.29	200202955 500m: 600m:	11:07.14 700m: 11:07.14 800m: 11:07.14
34.	Marijne vd Veen 100m: 2:41.44 200m: 2:41.44	Orca	11:35.69 300m: 5:32.88 400m: 5:32.88	200300960 500m: 600m:	11:09.68 700m: 11:09.68 800m: 11:09.68
35.	Joël Malda 100m: 2:38.31 200m: 2:38.31	Orca	11:00.20 300m: 5:31.39 400m: 5:31.39	200301017 500m: 600m:	11:10.21 700m: 11:10.21 800m: 11:10.21
36.	Luka Stoker 100m: 2:42.00 200m: 2:42.00	Nova	11:00.16 300m: 5:32.82 400m: 5:32.82	200200558 500m: 600m:	11:12.72 700m: 11:12.72 800m: 11:12.72

Lac deel 1 :seizoen 2016-2017
Leeuwarden, 2-10-2016

Programmanr. 4, Alle, 800m vrije slag, Mix Senioren Open

rang	naam	vereniging	intijd		tijd	RT
37.	Quint van Haren 100m: 200m: 2:42.65	de Forel 300m: 400m: 5:35.04	11:00.00	200400215	11:14.06 700m: 800m: 11:14.06	
38.	Meike Regeling 100m: 200m: 2:47.33	Orca 300m: 400m: 5:39.53	11:40.01	200401006	11:18.32 700m: 800m: 11:18.32	
39.	Sigrid Hoogland 100m: 200m: 2:47.00	de Forel 300m: 400m: 5:40.40	12:09.57	200301976	11:20.18 700m: 800m: 11:20.18	
40.	Wilna Heijman 100m: 200m: 2:46.14	Steenwijk 1934 300m: 400m: 5:37.57	11:16.35	196400506	11:25.73 700m: 800m: 11:25.73	
41.	Alyah de Bruijn 100m: 200m: 2:42.45	de Forel 300m: 400m: 5:38.01	11:10.15	200004308	11:29.30 700m: 800m: 11:29.30	
42.	Chaïra Scholte 100m: 200m:	Z&PC de Inktvis 300m: 400m:	12:12.29	200304478	11:31.19 700m: 800m: 11:31.19	
43.	Chantal van Willegen 100m: 200m: 2:44.13	de Forel 300m: 400m: 5:41.87	11:44.44	200302422	11:35.67 700m: 800m: 11:35.67	
44.	Marrit Tiekstra 100m: 200m: 2:48.24	Orca 300m: 400m: 5:48.20	11:52.30	200301796	11:37.49 700m: 800m: 11:37.49	
45.	Rene Knijpstra 100m: 200m: 2:51.89	Isis 300m: 400m: 5:50.07	NT	198806181	11:42.69 700m: 800m: 11:42.69	
46.	Anneke vd Laan 100m: 200m: 2:51.91	Orca 300m: 400m: 5:55.41	11:58.82	200201154	11:48.06 700m: 800m: 11:48.06	
47.	Megan Meinds 100m: 200m: 2:53.31	Nova 300m: 400m: 5:57.33	12:37.07	200400238	11:51.47 700m: 800m: 11:51.47	
48.	Wouter Zijlstra 100m: 200m: 2:56.15	de Forel 300m: 400m: 6:01.45	12:32.31	200401545	12:00.31 700m: 800m: 12:00.31	
49.	Tove Beltman 100m: 200m: 3:48.18	Orca 300m: 400m: 6:58.10	NT	200301618	12:15.55 700m: 800m: 12:15.55	
50.	Sytze van der Spoel 100m: 200m: 2:51.91	Isis 300m: 400m: 6:01.57	NT	200203969	12:23.66 700m: 800m: 12:23.66	
51.	Bram Venema 100m: 200m: 2:55.96	ZV ZZG De Boskickers 300m: 400m: 6:09.59	13:09.21	200103733	12:34.35 700m: 800m: 12:34.35	
52.	Eline Pathuis 100m: 200m: 2:57.59	ZPC Stadskanaal 300m: 400m: 6:12.44	NT	200300408	12:35.41 700m: 800m: 12:35.41	
53.	Fayola van den Berg 100m: 200m: 3:02.75	Steenwijk 1934 300m: 400m: 6:21.40	NT	200200146	12:56.20 700m: 800m: 12:56.20	
54.	Petra Zandstra 100m: 200m: 3:09.90	Isis 300m: 400m: 6:30.62	NT	199006248	13:01.44 700m: 800m: 13:01.44	
55.	Danny Vochteloo 100m: 200m: 3:04.28	ZV ZZG De Boskickers 300m: 400m: 6:23.96	13:06.48	199207251	13:10.52 700m: 800m: 13:10.52	
56.	Robin Bosma 100m: 200m: 3:12.18	Orca 300m: 400m: 6:39.75	NT	200401447	13:14.75 700m: 800m: 13:14.75	
AFGEM	Raymond Oosterbaan	Widex Gzc Donk	10:27.99	197700711		
AFGEM	Quentin Ruiz	de Forel	12:09.48	200100187		
AFGEM	Marc de Jonge	Aqua 68	NT	200101917		
AFGEM	Arjan Dekker	ReVeLie Swim Team	9:15.24	200000499		
AFGEM	Liset Sijtema	Isis	NT	200200768		