

Lac deel 2
Leeuwarden, 20-11-2016

Programmanr. 1
20-11-2016 - 15:00

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

| rang | naam | vereniging | intijd | tijd | RT |
|------|---------------|---------------|--------------|---------------|--------------------|
| 1. | Sara Korthuis | TriVia | 5:50.40 | 200600494 | 5:33.77 364 |
| | 50m: 1:18.62 | 150m: 2:44.71 | 250m: 3:00m: | 350m: 5:33.77 | |
| 2. | Wouter Sies | TriVia | 6:00.04 | 200500369 | 5:37.71 277 |
| | 50m: 1:16.95 | 150m: 2:41.66 | 250m: 3:00m: | 350m: 5:37.71 | |
| 3. | Imke Boontjes | Aqua'68 | NT | 200600386 | 6:16.30 254 |
| | 50m: 1:30.27 | 150m: 3:06.02 | 250m: 3:00m: | 350m: 6:16.30 | |

Programmanr. 2
20-11-2016 - 15:07

800m vrije slag Mix Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-----------------------------------|--------------------------|-----------------------|--------------|----------------|---------------------|
| Dames Senioren Open, Dames | | | | | |
| 1. | Anne Noom | Het Y | 9:54.39 | 199800062 | 9:37.75 600 |
| | 100m: 1:06.22 | 1:06.22 300m: 4:43.64 | 500m: 6:00m: | 700m: 9:37.75 | |
| | 200m: 2:17.34 | 1:11.12 400m: | | | |
| 2. | Lianne van Wier | HZ&PC Heerenveen | 10:23.57 | 200200438 | 10:13.34 502 |
| | 100m: 1:11.14 | 1:11.14 300m: 5:00.88 | 500m: 6:00m: | 700m: 10:13.34 | |
| | 200m: 2:26.88 | 1:15.74 400m: | | | |
| 3. | Janna van Kooten | TriVia | NT | 200404584 | 10:15.20 497 |
| | 100m: 1:11.22 | 1:11.22 300m: 5:07.07 | 500m: 6:00m: | 700m: 10:15.20 | |
| | 200m: 2:29.64 | 1:18.42 400m: | | | |
| 4. | Esmeralda Duarte de Pina | ZV De Zaan | 10:46.18 | 200302744 | 10:23.80 477 |
| | 100m: 1:11.70 | 1:11.70 300m: 5:08.05 | 500m: 6:00m: | 700m: 10:23.80 | |
| | 200m: 2:29.32 | 1:17.62 400m: | | | |
| 5. | Veerle Nieborg | TriVia | NT | 200400428 | 10:28.46 466 |
| | 100m: 1:14.35 | 1:14.35 300m: 5:13.69 | 500m: 6:00m: | 700m: 10:28.46 | |
| | 200m: 2:33.51 | 1:19.16 400m: | | | |
| 6. | Yvonne Engel | ZV De Zaan | 10:13.56 | 200300780 | 10:35.67 451 |
| | 100m: 1:12.46 | 1:12.46 300m: 5:12.16 | 500m: 6:00m: | 700m: 10:35.67 | |
| | 200m: 2:31.39 | 1:18.93 400m: | | | |
| 7. | Leonie van Wier | HZ&PC Heerenveen | 11:08.71 | 200200436 | 10:36.48 449 |
| | 100m: 1:11.78 | 1:11.78 300m: 5:16.28 | 500m: 6:00m: | 700m: 10:36.48 | |
| | 200m: 2:31.90 | 1:20.12 400m: | | | |
| 8. | Janneke Weiland | Orca | 10:09.02 | 200100128 | 10:39.44 443 |
| | 100m: 1:09.18 | 1:09.18 300m: 5:07.06 | 500m: 6:00m: | 700m: 10:39.44 | |
| | 200m: 2:25.18 | 1:16.00 400m: | | | |
| 9. | Alies Wagter | Steenwijk 1934 | NT | 199900840 | 10:53.56 415 |
| | 100m: 1:15.64 | 1:15.64 300m: 5:24.53 | 500m: 6:00m: | 700m: 10:53.56 | |
| | 200m: 2:37.13 | 1:21.49 400m: | | | |
| 10. | Emma Hofstee | TriVia | NT | 200401282 | 10:55.14 412 |
| | 100m: 1:15.86 | 1:15.86 300m: 5:27.14 | 500m: 6:00m: | 700m: 10:55.14 | |
| | 200m: 2:40.74 | 1:24.88 400m: | | | |
| 11. | Emma Riemers | MSV-Zeemacht | 11:30.75 | 200500748 | 11:02.37 398 |
| | 100m: 1:16.58 | 1:16.58 300m: 5:29.26 | 500m: 6:00m: | 700m: 11:02.37 | |
| | 200m: 2:39.64 | 1:23.06 400m: | | | |
| 12. | Emma Sies | TriVia | NT | 200300732 | 11:05.07 394 |
| | 100m: 1:12.32 | 1:12.32 300m: 5:23.05 | 500m: 6:00m: | 700m: 11:05.07 | |
| | 200m: 2:33.99 | 1:21.67 400m: | | | |
| 13. | Marijne van der Veen | Orca | 11:09.68 | 200300960 | 11:07.51 389 |
| | 100m: 1:13.41 | 1:13.41 300m: 5:27.13 | 500m: 6:00m: | 700m: 11:07.51 | |
| | 200m: 2:37.78 | 1:24.37 400m: | | | |
| 14. | Tove Beltman | Orca | 11:48.16 | 200301618 | 11:26.66 358 |
| | 100m: 1:20.49 | 1:20.49 300m: 5:40.56 | 500m: 6:00m: | 700m: 11:26.66 | |
| | 200m: 2:46.24 | 1:25.75 400m: | | | |
| 15. | Ellen Altena | TriVia | NT | 200300266 | 11:34.08 346 |
| | 100m: 1:14.55 | 1:14.55 300m: 5:36.51 | 500m: 6:00m: | 700m: 11:34.08 | |
| | 200m: 2:39.92 | 1:25.37 400m: | | | |
| 16. | Marrit Tiekstra | Orca | 11:37.49 | 200301796 | 11:49.67 324 |
| | 100m: 1:16.54 | 1:16.54 300m: 5:44.70 | 500m: 6:00m: | 700m: 11:49.67 | |
| | 200m: 2:43.92 | 1:27.38 400m: | | | |

Lac deel 2
Leeuwarden, 20-11-2016

Programmanr. 2, Dames, 800m vrije slag, Dames Senioren Open

| rang | naam | vereniging | intijd | tijd | RT |
|------|----------------|-----------------|---------------|-------------|---------------------|
| 17. | Fleur Bos | Orca | 12:44.84 | 200500674 | 12:03.19 306 |
| | 100m: 1:23.69 | 1:23.69 | 300m: 500m: | 700m: | |
| | 200m: 2:54.87 | 1:31.18 | 400m: 6:00.52 | 600m: 800m: | 12:03.19 |
| 18. | Kirsten Bunk | Z&PC de Inktvis | 12:30.38 | 200105182 | 12:11.52 296 |
| | 100m: 1:20.20 | 1:20.20 | 300m: 500m: | 700m: | |
| | 200m: 2:48.52 | 1:28.32 | 400m: 5:54.93 | 600m: 800m: | 12:11.52 |
| 19. | Esmée Mulder | Orca | NT | 200402924 | 12:30.37 274 |
| | 100m: 1:25.97 | 1:25.97 | 300m: 500m: | 700m: | |
| | 200m: 2:59.77 | 1:33.80 | 400m: 6:10.57 | 600m: 800m: | 12:30.37 |
| 20. | Anouk Poelstra | Steenwijk 1934 | NT | 199800166 | 12:36.57 267 |
| | 100m: 1:25.82 | 1:25.82 | 300m: 500m: | 700m: | |
| | 200m: 2:59.70 | 1:33.88 | 400m: 6:13.07 | 600m: 800m: | 12:36.57 |
| 21. | Ciska de Lugt | Aqua'68 | NT | 200503302 | 13:42.09 208 |
| | 100m: 1:37.16 | 1:37.16 | 300m: 500m: | 700m: | |
| | 200m: 3:20.24 | 1:43.08 | 400m: 6:51.64 | 600m: 800m: | 13:42.09 |
| 22. | Eline Jonker | Aqua'68 | NT | 200500806 | 14:34.81 173 |
| | 100m: 1:42.93 | 1:42.93 | 300m: 500m: | 700m: | |
| | 200m: 3:33.59 | 1:50.66 | 400m: 7:11.39 | 600m: 800m: | 14:34.81 |

Heren Senioren Open, Heren

| | | | | | |
|----|--------------------|------------------|---------------|-------------|---------------------|
| 1. | Lars Arends | TriVia | 10:30.82 | 200204101 | 9:36.64 482 |
| | 100m: 1:05.51 | 1:05.51 | 300m: 500m: | 700m: | |
| | 200m: 2:16.92 | 1:11.41 | 400m: 4:44.51 | 600m: 800m: | 9:36.64 |
| 2. | Remco Dijkstra | HZ&PC Heerenveen | 11:53.80 | 200100789 | 9:38.03 479 |
| | 100m: 1:06.38 | 1:06.38 | 300m: 500m: | 700m: | |
| | 200m: 2:29.19 | 1:22.81 | 400m: 4:48.47 | 600m: 800m: | 9:38.03 |
| 3. | Mathijs Baarda | Orca | 10:52.31 | 200300633 | 10:58.25 324 |
| | 100m: 1:11.07 | 1:11.07 | 300m: 500m: | 700m: | |
| | 200m: 2:32.88 | 1:21.81 | 400m: 5:23.73 | 600m: 800m: | 10:58.25 |
| 4. | Kevin van Gelderen | TriVia | NT | 200402325 | 11:06.71 312 |
| | 100m: 1:18.80 | 1:18.80 | 300m: 500m: | 700m: | |
| | 200m: 2:43.66 | 1:24.86 | 400m: 5:32.08 | 600m: 800m: | 11:06.71 |

Programmanr. 3
20-11-2016 - 16:11

1500m vrije slag

Mix Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|----------------------|------------|--------------|-----------|---------------------|
| 1. | David Kuipers | Orca | 16:13.31 | 200003633 | 16:34.17 673 |
| | 100m: 1:01.32 | 1:01.32 | 500m: 900m: | 1300m: | |
| | 200m: 2:06.30 | 1:04.98 | 600m: 1000m: | 1400m: | |
| | 300m: 4:19.22 | | 700m: 1100m: | 1500m: | 16:34.17 |
| | 400m: 8:47.96 | | 800m: 1200m: | | |
| 2. | Richard Kuipers | Orca | 16:59.38 | 199704171 | 17:28.74 573 |
| | 100m: 1:03.83 | 1:03.83 | 500m: 900m: | 1300m: | |
| | 200m: 2:12.61 | 1:08.78 | 600m: 1000m: | 1400m: | |
| | 300m: 4:34.14 | | 700m: 1100m: | 1500m: | 17:28.74 |
| | 400m: 9:17.51 | | 800m: 1200m: | | |
| 3. | Laura Setz | Nova | 17:58.94 | 200000130 | 17:39.30 667 |
| | 100m: 1:04.36 | 1:04.36 | 500m: 900m: | 1300m: | |
| | 200m: 2:12.64 | 1:08.28 | 600m: 1000m: | 1400m: | |
| | 300m: 4:33.35 | | 700m: 1100m: | 1500m: | 17:39.30 |
| | 400m: 9:17.39 | | 800m: 1200m: | | |
| 4. | Danieke van der Kooi | Orca | 18:09.79 | 200000552 | 18:07.06 617 |
| | 100m: 1:05.39 | 1:05.39 | 500m: 900m: | 1300m: | |
| | 200m: 2:17.62 | 1:12.23 | 600m: 1000m: | 1400m: | |
| | 300m: 4:41.89 | | 700m: 1100m: | 1500m: | 18:07.06 |
| | 400m: 9:33.00 | | 800m: 1200m: | | |
| 5. | Suze Kuipers | Orca | 19:02.54 | 200301714 | 18:28.16 582 |
| | 100m: 1:07.54 | 1:07.54 | 500m: 900m: | 1300m: | |
| | 200m: 2:21.82 | 1:14.28 | 600m: 1000m: | 1400m: | |
| | 300m: 4:49.70 | | 700m: 1100m: | 1500m: | 18:28.16 |
| | 400m: 9:49.51 | | 800m: 1200m: | | |
| 6. | Lize Janna de Vries | Orca | 18:14.97 | 200101948 | 18:31.50 577 |
| | 100m: 1:06.38 | 1:06.38 | 500m: 900m: | 1300m: | |
| | 200m: 2:19.38 | 1:13.00 | 600m: 1000m: | 1400m: | |
| | 300m: 4:47.38 | | 700m: 1100m: | 1500m: | 18:31.50 |
| | 400m: 9:46.99 | | 800m: 1200m: | | |

Lac deel 2
Leeuwarden, 20-11-2016

Programmanr. 3, Alle, 1500m vrije slag, Mix Senioren Open

| rang | naam | vereniging | intijd | tijd | RT |
|------|-------------------|------------------|-----------------|-----------|-----|
| 7. | Carolien Baarda | Orca | 18:48.30 | 199704060 | 524 |
| | 100m: 1:07.67 | 1:07.67 | 500m: 900m: | 1300m: | |
| | 200m: 2:21.88 | 1:14.21 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 19:07.67 | | |
| | 400m: 4:52.73 | 800m: 9:59.88 | 1200m: | | |
| 8. | Jolien Wind | Nova | NT | 200100510 | 512 |
| | 100m: 1:10.56 | 1:10.56 | 500m: 900m: | 1300m: | |
| | 200m: 2:27.96 | 1:17.40 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 19:16.52 | | |
| | 400m: 5:03.42 | 800m: 10:16.03 | 1200m: | | |
| 9. | Silke Huisman | Orca | 21:17.61 | 200301182 | 510 |
| | 100m: 1:08.38 | 1:08.38 | 500m: 900m: | 1300m: | |
| | 200m: 2:24.34 | 1:15.96 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 19:18.23 | | |
| | 400m: 4:57.13 | 800m: 10:09.08 | 1200m: | | |
| 10. | Joyce Kuipers | Orca | 19:51.72 | 200103426 | 489 |
| | 100m: 1:11.16 | 1:11.16 | 500m: 900m: | 1300m: | |
| | 200m: 2:27.80 | 1:16.64 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 19:34.63 | | |
| | 400m: 5:02.69 | 800m: 10:17.26 | 1200m: | | |
| 11. | Jarno Remmelts | Aqua'68 | 20:24.28 | 200101081 | 392 |
| | 100m: 1:12.19 | 1:12.19 | 500m: 900m: | 1300m: | |
| | 200m: 2:29.00 | 1:16.81 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 19:50.02 | | |
| | 400m: 5:06.39 | 800m: 10:27.26 | 1200m: | | |
| 12. | Diederik de Boer | Steenwijk 1934 | NT | 200000269 | 379 |
| | 100m: 1:16.03 | 1:16.03 | 500m: 900m: | 1300m: | |
| | 200m: 2:37.83 | 1:21.80 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 20:04.05 | | |
| | 400m: 5:22.33 | 800m: 10:47.95 | 1200m: | | |
| 13. | Collin Schouten | MSV-Zeemacht | 20:45.72 | 200400697 | 374 |
| | 100m: 1:13.79 | 1:13.79 | 500m: 900m: | 1300m: | |
| | 200m: 2:34.42 | 1:20.63 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 20:09.39 | | |
| | 400m: 5:16.91 | 800m: 10:42.44 | 1200m: | | |
| 14. | Marijke Drent | Nova | 21:27.65 | 199906232 | 446 |
| | 100m: 1:12.12 | 1:12.12 | 500m: 900m: | 1300m: | |
| | 200m: 2:31.60 | 1:19.48 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 20:11.05 | | |
| | 400m: 5:12.39 | 800m: 10:39.95 | 1200m: | | |
| 15. | Jelle Heijman | Steenwijk 1934 | 20:34.07 | 200000635 | 360 |
| | 100m: 1:13.51 | 1:13.51 | 500m: 900m: | 1300m: | |
| | 200m: 2:33.86 | 1:20.35 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 20:24.78 | | |
| | 400m: | 800m: 10:51.32 | 1200m: | | |
| 16. | Kylian Kooyman | Steenwijk 1934 | NT | 199900763 | 356 |
| | 100m: 1:14.13 | 1:14.13 | 500m: 900m: | 1300m: | |
| | 200m: 2:35.82 | 1:21.69 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 20:28.61 | | |
| | 400m: 5:21.21 | 800m: 10:53.78 | 1200m: | | |
| 17. | Rosalie Baarda | Orca | 20:08.19 | 199903460 | 406 |
| | 100m: 1:12.14 | 1:12.14 | 500m: 900m: | 1300m: | |
| | 200m: 2:31.70 | 1:19.56 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 20:50.11 | | |
| | 400m: 5:14.61 | 800m: 10:53.34 | 1200m: | | |
| 18. | Joël Malda | Orca | 20:50.54 | 200301017 | 334 |
| | 100m: 1:13.64 | 1:13.64 | 500m: 900m: | 1300m: | |
| | 200m: 2:35.16 | 1:21.52 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 20:55.36 | | |
| | 400m: 5:22.82 | 800m: 11:04.64 | 1200m: | | |
| 19. | Chaïra Scholte | Z&PC de Inktvis | NT | 200304478 | 391 |
| | 100m: 1:16.07 | 1:16.07 | 500m: 900m: | 1300m: | |
| | 200m: 2:38.84 | 1:22.77 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 21:05.51 | | |
| | 400m: 5:28.41 | 800m: 11:10.96 | 1200m: | | |
| 20. | Meindert Dekkinga | HZ&PC Heerenveen | NT | 200400377 | 314 |
| | 100m: 1:15.60 | 1:15.60 | 500m: 900m: | 1300m: | |
| | 200m: 2:39.32 | 1:23.72 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 21:20.92 | | |
| | 400m: 5:29.95 | 800m: 11:12.80 | 1200m: | | |
| 21. | Luka Stoker | Nova | 21:48.80 | 200200558 | 357 |
| | 100m: 1:15.00 | 1:15.00 | 500m: 900m: | 1300m: | |
| | 200m: 2:39.21 | 1:24.21 | 600m: 1000m: | 1400m: | |
| | 300m: | 700m: 1100m: | 1500m: 21:44.03 | | |
| | 400m: 5:30.78 | 800m: 11:23.66 | 1200m: | | |

Lac deel 2
Leeuwarden, 20-11-2016

Programmanr. 3, Alle, 1500m vrije slag, Mix Senioren Open

| rang | naam | vereniging | intijd | code | tijd | RT |
|-------|--|----------------|----------------|-----------|-----------------|-----|
| 22. | Marco van der Wulp | MSV-Zeemacht | NT | 200302051 | 22:02.76 | 286 |
| | 100m: 1:19.88 | 1:19.88 | 500m: | 900m: | 1300m: | |
| | 200m: 2:47.44 | 1:27.56 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 22:02.76 | |
| | 400m: 5:43.82 | | 800m: 11:44.59 | 1200m: | | |
| 23. | Mees Minneboo | MSV-Zeemacht | 23:14.75 | 200203465 | 22:10.79 | 280 |
| | 100m: 1:18.66 | 1:18.66 | 500m: | 900m: | 1300m: | |
| | 200m: 2:47.13 | 1:28.47 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 22:10.79 | |
| | 400m: 5:43.99 | | 800m: 11:42.73 | 1200m: | | |
| 24. | Anneke vd Laan | Orca | 22:30.32 | 200201154 | 22:10.99 | 336 |
| | 100m: 1:20.46 | 1:20.46 | 500m: | 900m: | 1300m: | |
| | 200m: 2:48.94 | 1:28.48 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 22:10.99 | |
| | 400m: 5:46.85 | | 800m: 11:48.58 | 1200m: | | |
| DIS | Meike Regeling | Orca | NT | 200401006 | 21:42.15 | |
| | <i>- KNZB Diskwalificatiecodelijst 2016-2017</i> | | | | | |
| | 100m: 1:19.75 | 1:19.75 | 500m: | 900m: | 1300m: | |
| | 200m: 2:45.55 | 1:25.80 | 600m: | 1000m: | 1400m: | |
| | 300m: | | 700m: | 1100m: | 1500m: 21:42.15 | |
| | 400m: 5:40.37 | | 800m: 11:29.68 | 1200m: | | |
| AFGEM | Fayola van den Berg | Steenwijk 1934 | NT | 200200146 | | |
| AFGEM | Marcel Delfstra | Orca | 17:53.21 | 200100037 | | |