

LAC deel 1 zvorca zvdewikings



ZV ORCA

Leeuwarden 15-10-2023

Nummer: 1 - zondag 15 oktober 2023 om 15:00u (25 m)

Aanvangstijd juryvergadering: 14:30u

1. 200m wisselslag - Dames
10 - 10 jaar (Minioren 5)
 1. Fardau Loots (HZ&PC Heerenveen, 201300376) 03:28.91
50m 00:49.57 49,57
2. 200m wisselslag - Heren
10 - 11 jaar (Minioren 5 en 6)
 1. Joep Barwegen (HZ&PC Heerenveen, 201201823) 03:12.83
50m 00:43.55 43,55
 2. Gijs Leeneman (HZ&PC Heerenveen, 201200479) 03:22.53
50m 00:47.49 47,49
3. 200m wisselslag - Dames
vanaf 11 jaar (Senioren Open)
 1. Laura van Etten (HZ&PC Heerenveen, 200800264) 02:26.89
50m 00:31.84 31,84
 2. Ilana Gentile (Orca Leeuwarden, 200801558) 02:30.73
50m 00:31.86 31,86
 3. Elin Reinstra (TriVia, 201100842) 02:43.24
50m 00:36.15 36,15
 4. Liselotte Schaap (HZ&PC Heerenveen, 200603016) 02:44.12
50m 00:34.67 34,67
 5. Indy Feenema (Orca Leeuwarden, 201000850) 02:45.21
50m 00:35.49 35,49
 6. Hannelore Buze (HZ&PC Heerenveen, 200801226) 02:50.16
50m 00:37.45 37,45
 7. Lobke Hempenius (HZ&PC Heerenveen, 201100522) 02:54.66
50m 00:41.80 41,80
 8. Devenda van der Meer (de Granaet, 200900948) 02:58.74
50m 00:37.78 37,78
 9. Mare Offringa (SG. Bolsward-Workum, 201001110) 02:59.10
50m 00:40.83 40,83
 10. Syll Rinsma (Orca Leeuwarden, 201200798) 03:03.12
50m 00:40.97 40,97
 11. Britt Jellesma (SG. Bolsward-Workum, 201000310) 03:08.62
50m 00:42.65 42,65
 12. Jildau Folmer (SG. Bolsward-Workum, 201002600) 03:10.31
50m 00:43.74 43,74
 13. Sybrich Ouderkerken (SG. Bolsward-Workum, 201000592) 03:18.30
50m 00:43.29 43,29
4. 200m wisselslag - Heren
vanaf 12 jaar (Junioren 1 en ouder)
 1. Finn Eghuizen (HZ&PC Heerenveen, 200900431) 02:32.44

50m	00:32.54	32,54									
2. Mattias Stolk (HZ&PC Heerenveen, 201000525)						02:44.40					
50m	00:40.43	40,43									
3. Christiaan Penning (Orca Leeuwarden, 200004783)						02:58.46					
50m	00:33.67	33,67									
5. 400m vrije slag - Dames											
10 - 10 jaar (Minioren 5)											
1. Fardau Loots (HZ&PC Heerenveen, 201300376)						06:44.85					
50m	00:45.00	45,00	100m	01:36.39	51,39	200m	03:21.16	104,77			
6. 400m vrije slag - Heren											
10 - 11 jaar (Minioren 5 en 6)											
1. Joep Barwegen (HZ&PC Heerenveen, 201201823)						06:05.42					
50m	00:38.62	38,62	100m	01:24.06	45,44	200m	02:58.20	94,14			
2. Tim Koornstra (De Vikings, 201200231)						06:13.28					
50m	00:41.86	41,86	100m	01:29.25	47,39	200m	03:06.28	97,03			
3. Gijs Leeneman (HZ&PC Heerenveen, 201200479)						06:32.51					
50m	00:40.50	40,50	100m	01:29.24	48,74	200m	03:11.01	101,77			
7. 800m vrije slag - Dames											
vanaf 11 jaar (Senioren Open)											
1. Hedwig Bolt (HZ&PC Heerenveen, 200602660)						09:02.90					
50m	00:30.04	30,04	100m	01:03.69	33,65	200m	02:11.96	68,27	400m	04:29.24	137,28
2. Laura Setz (Bubble, 200000130)						09:16.24					
50m	00:30.59	30,59	100m	01:03.74	33,15	200m	02:11.90	68,16	400m	04:31.12	139,22
3. Laura van Etten (HZ&PC Heerenveen, 200800264)						09:31.13					
50m	00:30.85	30,85	100m	01:05.69	34,84	200m	02:17.82	72,13	400m	04:41.41	143,59
4. Marijke Drent (Bubble, 199906232)						09:47.29					
50m	00:31.65	31,65	100m	01:06.70	35,05	200m	02:18.89	72,19	400m	04:46.66	147,77
5. Veerle de Ridder (HZ&PC Heerenveen, 200700778)						09:56.23					
50m	00:31.29	31,29	100m	01:07.60	36,31	200m	02:22.26	74,66	400m	04:52.24	149,98
6. Ilana Gentile (Orca Leeuwarden, 200801558)						10:03.55					
50m	00:32.35	32,35	100m	01:08.55	36,20	200m	02:23.58	75,03	400m	04:56.28	152,70
7. Liselotte Schaap (HZ&PC Heerenveen, 200603016)						10:27.07					
50m	00:34.24	34,24	100m	01:12.23	37,99	200m	02:30.91	78,68	400m	05:11.61	160,70
8. Aniek Ausema (Azuro, 200602084)						10:28.26					
50m	00:33.80	33,80	100m	01:10.84	37,04	200m	02:28.41	77,57	400m	05:05.81	157,40
9. Elin Reinstra (TriVia, 201100842)						10:30.92					
50m	00:35.11	35,11	100m	01:13.63	38,52	200m	02:33.71	80,08	400m	05:12.06	158,35
10. Kiki Bootsman (Azuro, 200502850)						10:36.20					
50m	00:37.49	37,49	100m	01:14.94	37,45	200m	02:32.84	77,90	400m	05:12.73	159,89
11. Hannelore Buze (HZ&PC Heerenveen, 200801226)						10:46.28					
50m	00:35.49	35,49	100m	01:15.13	39,64	200m	02:34.30	79,17	400m	05:15.03	160,73
12. Kyara Balt (De Vikings, 201100306)						11:00.01					
50m	00:36.90	36,90	100m	01:18.55	41,65	200m	02:43.54	84,99	400m	05:33.33	169,79
13. Isa Segenhout (Orca Leeuwarden, 201000128)						11:09.16					
50m	00:35.78	35,78	100m	01:17.34	41,56	200m	02:42.24	84,90	400m	05:33.02	170,78
14. Lobke Hempenius (HZ&PC Heerenveen, 201100522)						11:16.26					
50m	00:35.48	35,48	100m	01:15.95	40,47	200m	02:40.82	84,87	400m	05:33.82	173,00
15. Devenda van der Meer (de Granaet, 200900948)						11:27.19					
50m	00:36.60	36,60	100m	01:18.93	42,33	200m	02:47.61	88,68	400m	05:46.79	179,18
16. Lena Offringa (SG. Bolsward-Workum, 200901150)						11:36.91					

	50m 00:38.66 38,66	100m 01:21.02 42,36	200m 02:47.24 86,22	400m 05:42.71 175,47	
17. Mare Offringa (SG. Bolsward-Workum, 201001110)	50m 00:37.25 37,25	100m 01:19.52 42,27	200m 02:48.16 88,64	400m 05:49.23 181,07	11:39.09
18. Lycke Stam (De Vikings, 201000308)	50m 00:36.63 36,63	100m 01:19.37 42,74	200m 02:49.18 89,81	400m 05:50.79 181,61	11:47.77
19. Jildau Folmer (SG. Bolsward-Workum, 201002600)	50m 00:39.44 39,44	100m 01:25.13 45,69	200m 02:56.82 91,69	400m 06:03.59 186,77	12:07.40
20. Monique Tienstra (TriVia, 200600354)	50m 00:37.58 37,58	100m 01:20.30 42,72	200m 02:52.38 92,08	400m 06:03.85 191,47	12:20.31
21. Britt Jellesma (SG. Bolsward-Workum, 201000310)	50m 00:41.78 41,78	100m 01:29.59 47,81	200m 03:05.92 96,33	400m 06:22.14 196,22	12:41.63
22. Sybrich Ouderkerken (SG. Bolsward-Workum, 201000592)	50m 00:45.42 45,42	100m 01:36.28 50,86	200m 03:19.95 103,67	400m 06:49.54 209,59	13:36.27
8. 1500m vrije slag - Heren					
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>					
1. Wouter Zijlstra (HZ&PC Heerenveen, 200401545)	50m 00:29.23 29,23	100m 01:01.02 31,79	200m 02:06.50 65,48	400m 04:18.76 132,26	800m 08:47.28 268,52
				800m 08:47.28 268,52	16:37.74
2. Sven Koornstra (De Vikings, 200900189)	50m 00:30.35 30,35	100m 01:04.80 34,45	200m 02:14.50 69,70	400m 04:35.16 140,66	800m 09:18.43 283,27
				800m 09:18.43 283,27	17:19.21
3. Diede Veld (HZ&PC Heerenveen, 200800011)	50m 00:30.04 30,04	100m 01:03.20 33,16	200m 02:11.62 68,42	400m 04:31.39 139,77	800m 09:13.60 282,21
				800m 09:13.60 282,21	17:25.75
4. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	50m 00:29.73 29,73	100m 01:03.18 33,45	200m 02:12.35 69,17	400m 04:33.94 141,59	800m 09:23.85 289,91
				800m 09:23.85 289,91	17:55.11
5. Dyon Scholten (Steenwijk 1934, 200900095)	50m 00:31.32 31,32	100m 01:06.95 35,63	200m 02:21.53 74,58	400m 04:52.31 150,78	800m 09:57.40 305,09
				800m 09:57.40 305,09	18:45.34
6. Finn Eghuizen (HZ&PC Heerenveen, 200900431)	50m 00:31.67 31,67	100m 01:07.63 35,96	200m 02:22.21 74,58	400m 04:52.10 149,89	800m 09:59.41 307,31
				800m 09:59.41 307,31	19:05.34
7. Jelte de Boer (De Vikings, 200700345)	50m 00:30.86 30,86	100m 01:06.24 35,38	200m 02:21.87 75,63	400m 04:57.31 155,44	800m 10:09.36 312,05
				800m 10:09.36 312,05	19:10.66
8. Mathijs de Wit (Ksn (Sg), 201001215)	50m 00:32.87 32,87	100m 01:11.30 38,43	200m 02:28.40 77,10	400m 05:04.22 155,82	800m 10:16.37 312,15
				800m 10:16.37 312,15	19:11.12
9. Mattias Stolk (HZ&PC Heerenveen, 201000525)	50m 00:36.13 36,13	100m 01:16.37 40,24	200m 02:37.06 80,69	400m 05:17.18 160,12	800m 10:40.62 323,44
				800m 10:40.62 323,44	20:05.91
10. Tycho Wienbelt (De Vikings, 201001397)	50m 00:36.81 36,81	100m 01:17.25 40,44	200m 02:39.99 82,74	400m 05:27.52 167,53	800m 11:01.37 333,85
				800m 11:01.37 333,85	20:35.77
11. Yannick Dijks (Orca Leeuwarden, 200700923)	50m 00:36.78 36,78	100m 01:18.32 41,54	200m 02:41.50 83,18	400m 05:29.75 168,25	800m 11:08.79 339,04
				800m 11:08.79 339,04	20:56.14
12. Jelte Ruitenbergh (HZ&PC Heerenveen, 200900013)	50m 00:37.54 37,54	100m 01:19.86 42,32	200m 02:46.41 86,55	400m 05:42.48 176,07	800m 11:40.70 358,22
				800m 11:40.70 358,22	21:50.25
13. Tinco Stam (De Vikings, 200800615)					22:22.02

50m	00:37.80	37,80	200m	02:50.68	89,82	400m	05:54.18	183,50	800m	10:35.90	281,72
100m	01:20.86	43,06	400m	05:54.18	183,50	800m	10:35.90	281,72			