

# LAC Hoogeveen deel 1



ZPC Hoogeveen  
Hoogeveen 15-10-2023

Nummer: 1 - zondag 15 oktober 2023 om 16:30u (25 m)

## 1. 400m vrije slag -

10 - 11 jaar

1. Thijs Mulder (Ksn (Sg), 201300435)						06:39.23	
50m	00:45.26 45,26	150m	02:27.49 51,30	250m	04:11.50 51,92	350m	05:56.16 52,32
100m	01:36.19 50,93	200m	03:19.58 52,09	300m	05:03.84 52,34		
2. Thomas Boersma (ZPC Hoogeveen, 201300833)						06:40.70	
50m	00:45.36 45,36	150m	02:26.74 50,70	250m	04:11.15 51,86	350m	05:55.67 52,64
100m	01:36.04 50,68	200m	03:19.29 52,55	300m	05:03.03 51,88		
3. Sem Britstra (Ksn (Sg), 201202037)						06:49.40	
50m	00:45.77 45,77	150m	02:31.04 53,17	250m	04:18.05 53,72	350m	06:04.65 52,38
100m	01:37.87 52,10	200m	03:24.33 53,29	300m	05:12.27 54,22		
4. Nadine Beishuizen (ZPC Hoogeveen, 201300058)						06:58.47	
50m	00:47.42 47,42	150m	02:34.56 54,80	250m	04:22.73 53,73	350m	06:07.85 52,68
100m	01:39.76 52,34	200m	03:29.00 54,44	300m	05:15.17 52,44		
5. Fayen Inberg (ZPC Hoogeveen, 201300200)						07:00.52	
50m	00:47.12 47,12	150m	02:35.31 53,12	250m	04:24.75 54,41	350m	06:10.80 51,55
100m	01:42.19 55,07	200m	03:30.34 55,03	300m	05:19.25 54,50		
6. Meike Pekelsma (ZPC Hoogeveen, 201300086)						07:09.14	
50m	00:47.74 47,74	150m	02:38.24 55,75	250m	04:30.06 56,00	350m	06:18.42 53,18
100m	01:42.49 54,75	200m	03:34.06 55,82	300m	05:25.24 55,18		
7. Zoë van Dijken (ZPC Hoogeveen, 201301058)						08:39.63	
50m	00:55.96 55,96	150m	03:05.69 65,66	250m	05:18.75 66,42	350m	07:34.03 67,64
100m	02:00.03 64,07	200m	04:12.33 66,64	300m	06:26.39 67,64		
8. Isis Koelewijn (ZPC Hoogeveen, 201300736)						09:15.33	
50m	01:00.12 60,12	150m	03:19.83 69,39	250m	05:44.22 71,85	350m	08:07.79 71,42
100m	02:10.44 70,32	200m	04:32.37 72,54	300m	06:56.37 72,15		

## 2. 800m vrije slag -

vanaf 11 jaar (Senioren Open) Heren

1. Olivier Wilbers (ZPC Hoogeveen, 200600181)							08:34.66
50m	00:30.36 30,36	250m	02:37.57 31,97	450m	04:45.36 32,20	650m	06:56.17 33,01
100m	01:02.41 32,05	300m	03:09.45 31,88	500m	05:17.66 32,30	700m	07:29.31 33,14
150m	01:33.89 31,48	350m	03:41.20 31,75	550m	05:50.14 32,48	750m	08:02.43 33,12
200m	02:05.60 31,71	400m	04:13.16 31,96	600m	06:23.16 33,02		
2. Tim Zuurman (ZPC Hoogeveen, 200700131)							08:56.59
50m	00:31.59 31,59	250m	02:46.76 34,07	450m	05:00.44 33,60	650m	07:16.12 33,96
100m	01:05.09 33,50	300m	03:19.69 32,93	500m	05:34.41 33,97	700m	07:50.19 34,07
150m	01:39.72 34,63	350m	03:53.16 33,47	550m	06:08.55 34,14	750m	08:24.22 34,03
200m	02:12.69 32,97	400m	04:26.84 33,68	600m	06:42.16 33,61		
3. Luc Kerpels (ZPC Hoogeveen, 200503015)							09:04.38
50m	00:30.64 30,64	250m	02:43.65 33,00	450m	04:59.94 34,47	650m	07:19.77 35,20
100m	01:03.58 32,94	300m	03:17.41 33,76	500m	05:34.29 34,35	700m	07:54.68 34,91
150m	01:36.92 33,34	350m	03:51.16 33,75	550m	06:09.08 34,79	750m	08:30.13 35,45
200m	02:10.65 33,73	400m	04:25.47 34,31	600m	06:44.57 35,49		
4. Jordey Thole (ZPC Hoogeveen, 200700385)							09:46.19
50m	00:30.32 30,32	250m	02:56.49 37,44	450m	05:27.75 37,91	650m	07:59.24 38,14
100m	01:05.57 35,25	300m	03:34.29 37,80	500m	06:05.35 37,60	700m	08:34.39 35,15
150m	01:42.34 36,77	350m	04:12.05 37,76	550m	06:43.04 37,69	750m	09:11.95 37,56
200m	02:19.05 36,71	400m	04:49.84 37,79	600m	07:21.10 38,06		

5. Twan Wielage (Ksn (Sg), 200902671)					09:46.24
50m	00:31.31 31,31	250m	02:56.45 37,35	450m	05:28.03 38,43
100m	01:06.42 35,11	300m	03:34.03 37,58	500m	06:05.60 37,57
150m	01:42.03 35,61	350m	04:11.74 37,71	550m	06:43.60 38,00
200m	02:19.10 37,07	400m	04:49.60 37,86	600m	07:21.52 37,92
650m	07:56.49 34,97			700m	08:35.49 39,00
750m	09:12.37 36,88				
6. Ramon Vos (ZPC Hoogeveen, 201100051)					10:00.78
100m	01:10.75 70,75	300m	03:44.79 38,64	500m	06:20.64 39,08
150m	01:49.05 38,30	350m	04:23.03 38,24	550m	06:59.21 38,57
200m	02:27.53 38,48	400m	05:02.14 39,11	600m	07:35.99 36,78
250m	03:06.15 38,62	450m	05:41.56 39,42	650m	08:12.67 36,68
700m	08:49.64 36,97			750m	09:25.97 36,33
7. Daan Mulder (Ksn (Sg), 201100267)					11:03.50
50m	00:36.46 36,46	250m	03:24.64 42,44	450m	06:14.10 43,06
100m	01:17.73 41,27	300m	04:06.60 41,96	500m	06:56.82 42,72
150m	02:00.22 42,49	350m	04:48.70 42,10	550m	07:38.17 41,35
200m	02:42.20 41,98	400m	05:31.04 42,34	600m	08:20.35 42,18
650m	09:02.42 42,07			700m	09:44.46 42,04
750m	10:25.07 40,61				
<i>vanaf 11 jaar (Senioren Open) Dames</i>					
1. Dachen Haaijer (ZPC Hoogeveen, 200800380)					09:30.05
50m	00:31.58 31,58	250m	02:55.91 36,22	450m	05:19.51 36,19
100m	01:07.00 35,42	300m	03:31.94 36,03	500m	05:55.58 36,07
150m	01:43.32 36,32	350m	04:07.60 35,66	550m	06:31.29 35,71
200m	02:19.69 36,37	400m	04:43.32 35,72	600m	07:07.62 36,33
650m	07:43.54 35,92			700m	08:19.36 35,82
750m	08:55.42 36,06				
2. Imre Bouwland (ZPC Hoogeveen, 200700388)					09:38.76
50m	00:31.56 31,56	250m	02:56.32 36,33	450m	05:21.16 36,25
100m	01:07.44 35,88	300m	03:32.59 36,27	500m	05:58.23 37,07
150m	01:43.67 36,23	350m	04:08.55 35,96	550m	06:35.77 37,54
200m	02:19.99 36,32	400m	04:44.91 36,36	600m	07:13.12 37,35
650m	07:50.02 36,90			700m	08:27.05 37,03
750m	09:03.78 36,73				
3. Sofie Vos (ZPC Hoogeveen, 200800804)					10:03.81
50m	00:33.77 33,77	250m	03:05.12 38,13	450m	05:37.82 38,09
100m	01:10.85 37,08	300m	03:43.39 38,27	500m	06:16.27 38,45
150m	01:48.82 37,97	350m	04:21.50 38,11	550m	06:54.84 38,57
200m	02:26.99 38,17	400m	04:59.73 38,23	600m	07:32.86 38,02
650m	08:10.97 38,11			700m	08:49.33 38,36
750m	09:27.08 37,75				
4. Nienke Koster (ZPC Hoogeveen, 200900612)					10:26.37
50m	00:34.00 34,00	250m	03:10.56 39,86	450m	05:49.68 40,06
100m	01:12.20 38,20	300m	03:49.92 39,36	500m	06:29.38 39,70
150m	01:51.31 39,11	350m	04:29.88 39,96	550m	07:09.05 39,67
200m	02:30.70 39,39	400m	05:09.62 39,74	600m	07:48.87 39,82
650m	08:28.47 39,60			700m	09:08.07 39,60
750m	09:48.24 40,17				
5. Isa Kerpels (ZPC Hoogeveen, 200800880)					10:27.82
50m	00:34.40 34,40	250m	03:13.06 39,51	450m	05:52.30 39,61
100m	01:13.64 39,24	300m	03:52.05 38,99	500m	06:32.23 39,93
150m	01:53.28 39,64	350m	04:32.18 40,13	550m	07:12.22 39,99
200m	02:33.55 40,27	400m	05:12.69 40,51	600m	07:52.59 40,37
650m	08:32.34 39,75			700m	09:12.65 40,31
750m	09:52.08 39,43				
6. Esmee van der Tuuk (ZPC Hoogeveen, 200800682)					10:28.17
50m	00:35.01 35,01	250m	03:11.59 39,41	450m	05:51.44 39,88
100m	01:13.42 38,41	300m	03:51.11 39,52	500m	06:31.47 40,03
150m	01:52.62 39,20	350m	04:31.20 40,09	550m	07:11.89 40,42
200m	02:32.18 39,56	400m	05:11.56 40,36	600m	07:52.13 40,24
650m	08:32.07 39,94			700m	09:11.95 39,88
750m	09:51.43 39,48				
7. Femke ter Horst (ZPC Hoogeveen, 201000108)					11:01.43
50m	00:37.17 37,17	250m	03:23.03 42,05	450m	06:10.44 42,21
100m	01:18.35 41,18	300m	04:04.71 41,68	500m	06:52.40 41,96
150m	01:59.66 41,31	350m	04:46.40 41,69	550m	07:34.55 42,15
200m	02:40.98 41,32	400m	05:28.23 41,83	600m	08:16.94 42,39
650m	08:59.07 42,13			700m	09:40.67 41,60
750m	10:21.22 40,55				
8. Luesza Siahajja (ZPC Hoogeveen, 200801316)					11:04.27
50m	00:36.52 36,52	250m	03:24.25 42,34	450m	06:12.52 42,32
100m	01:17.60 41,08	300m	04:06.35 42,10	500m	06:55.35 42,83
150m	02:00.13 42,53	350m	04:48.10 41,75	550m	07:38.35 43,00
200m	02:41.91 41,78	400m	05:30.20 42,10	600m	08:20.37 42,02
650m	09:02.56 42,19			700m	09:44.74 42,18
750m	10:25.35 40,61				
9. Eva ter Horst (ZPC Hoogeveen, 201200070)					12:41.00
50m	00:40.65 40,65	250m	03:53.59 49,72	450m	07:09.68 48,79
				650m	10:24.72 47,57

100m	01:27.05	46,40	300m	04:43.19	49,60	500m	07:59.13	49,45	700m	11:12.61	47,89	
150m	02:14.75	47,70	350m	05:31.79	48,60	550m	08:48.52	49,39	750m	11:57.75	45,14	
200m	03:03.87	49,12	400m	06:20.89	49,10	600m	09:37.15	48,63				
10. Tess Broer (ZPC Hoogeveen, 201200420)											12:57.29	
50m	00:40.51	40,51	250m	03:53.62	49,16	450m	07:10.84	49,60	650m	10:30.92	50,25	
100m	01:27.15	46,64	300m	04:42.59	48,97	500m	08:00.16	49,32	700m	11:20.98	50,06	
150m	02:15.29	48,14	350m	05:32.05	49,46	550m	08:50.05	49,89	750m	12:10.97	49,99	
200m	03:04.46	49,17	400m	06:21.24	49,19	600m	09:40.67	50,62				
11. Jade van der Veen (ZPC Hoogeveen, 201200416)											13:22.67	
50m	00:45.36	45,36	250m	04:06.38	50,73	450m	07:37.49	53,57	650m	11:00.81	50,29	
100m	01:33.81	48,45	300m	04:58.81	52,43	500m	08:30.85	53,36	700m	11:50.21	49,40	
150m	02:24.33	50,52	350m	05:51.77	52,96	550m	09:20.38	49,53	750m	12:37.71	47,50	
200m	03:15.65	51,32	400m	06:43.92	52,15	600m	10:10.52	50,14				
12. Ilse Zuurman (ZPC Hoogeveen, 201100112)											13:24.75	
50m	00:43.30	43,30	250m	04:05.72	50,97	450m	07:32.93	52,24	650m	11:00.12	51,47	
100m	01:33.22	49,92	300m	04:57.53	51,81	500m	08:25.31	52,38	700m	11:51.14	51,02	
150m	02:24.03	50,81	350m	05:48.63	51,10	550m	09:17.35	52,04	750m	12:39.54	48,40	
200m	03:14.75	50,72	400m	06:40.69	52,06	600m	10:08.65	51,30				
13. Hedwig Bork (ZPC Hoogeveen, 201200414)											14:29.71	
50m	00:45.25	45,25	250m	04:22.93	55,40	450m	08:08.62	56,89	650m	11:51.18	55,53	
100m	01:37.37	52,12	300m	05:19.06	56,13	500m	09:06.09	57,47	700m	12:46.13	54,95	
150m	02:31.35	53,98	350m	06:15.78	56,72	550m	10:01.84	55,75	750m	13:39.90	53,77	
200m	03:27.53	56,18	400m	07:11.73	55,95	600m	10:55.65	53,81				
4. 1500m vrije slag -												
<i>vanaf 11 jaar (Senioren Open) Heren</i>												
1. Rafael Alberts (Ksn (Sg), 200901009)											21:11.67	
50m	00:35.95	35,95	450m	06:10.08	42,82	800m	11:11.19	43,29	1150m	16:16.35	44,74	
100m	01:16.04	40,09	500m	06:52.95	42,87	850m	11:54.10	42,91	1200m	16:57.92	41,57	
150m	01:57.25	41,21	550m	07:36.19	43,24	900m	12:37.45	43,35	1250m	17:42.93	45,01	
200m	02:39.11	41,86	600m	08:19.31	43,12	950m	13:20.92	43,47	1300m	18:26.56	43,63	
250m	03:20.29	41,18	650m	09:02.01	42,70	1000m	14:05.33	44,41	1350m	19:09.69	43,13	
300m	04:02.13	41,84	700m	09:45.09	43,08	1050m	14:48.32	42,99	1400m	19:52.32	42,63	
350m	04:44.88	42,75	750m	10:27.90	42,81	1100m	15:31.61	43,29	1450m	20:34.62	42,30	
400m	05:27.26	42,38	800m	11:11.19	43,29	1150m	16:16.35	44,74				
<i>vanaf 11 jaar (Senioren Open) Dames</i>												
1. Cynthia Koolman (Steenwijk 1934, 200300232)											19:32.92	
50m	00:33.10	33,10	450m	05:41.71	39,54	800m	10:17.84	39,35	1150m	14:57.07	39,92	
100m	01:10.02	36,92	500m	06:20.81	39,10	850m	10:57.52	39,68	1200m	15:37.18	40,11	
150m	01:48.09	38,07	550m	06:59.75	38,94	900m	11:37.70	40,18	1250m	16:16.94	39,76	
200m	02:26.50	38,41	600m	07:39.25	39,50	950m	12:17.68	39,98	1300m	16:56.67	39,73	
250m	03:05.34	38,84	650m	08:18.48	39,23	1000m	12:57.88	40,20	1350m	17:36.38	39,71	
300m	03:44.14	38,80	700m	08:58.06	39,58	1050m	13:37.24	39,36	1400m	18:16.43	40,05	
350m	04:23.01	38,87	750m	09:38.49	40,43	1100m	14:17.15	39,91	1450m	18:55.65	39,22	
400m	05:02.17	39,16	800m	10:17.84	39,35	1150m	14:57.07	39,92				
6. 200m wisselslag -												
<i>10 - 11 jaar</i>												
1. Nadine Beishuizen (ZPC Hoogeveen, 201300058)											03:33.63	
50m	00:51.58	51,58	100m	01:44.53	52,95	150m	02:44.20	59,67				
2. Thijs Mulder (Ksn (Sg), 201300435)											03:34.88	
50m	00:44.99	44,99	100m	01:43.04	58,05	150m	02:48.19	65,15				
3. Meike Pekelsma (ZPC Hoogeveen, 201300086)											03:40.15	
50m	00:52.15	52,15	100m	01:47.32	55,17	150m	02:47.61	60,29				
4. Fayen Inberg (ZPC Hoogeveen, 201300200)											03:45.60	
50m	00:55.10	55,10	100m	01:46.78	51,68	150m	02:55.18	68,40				
5. Zoë van Dijken (ZPC Hoogeveen, 201301058)											04:40.04	
50m	01:20.13	80,13	150m	03:35.05	134,92							
6. Isis Koelewijn (ZPC Hoogeveen, 201300736)											05:06.69	

50m 01:25.28 85,28 100m 02:40.28 75,00 150m 04:01.89 81,61

DIS. Sem Britstra (Ksn (Sg), 201202037)

00:00.00

DIS. Thomas Boersma (ZPC Hoogeveen, 201300833)

00:00.00

7. 400m wisselslag - Dames  
*vanaf 11 jaar (Senioren Open)*

1. Imre Bouwland (ZPC Hoogeveen, 200700388)

05:35.44

50m 00:35.40 35,40 150m 02:00.31 41,85 250m 03:31.53 50,20 350m 04:59.69 36,47  
100m 01:18.46 43,06 200m 02:41.33 41,02 300m 04:23.22 51,69

2. Sofie Vos (ZPC Hoogeveen, 200800804)

05:37.95

50m 00:37.50 37,50 150m 02:04.30 41,24 250m 03:33.44 48,81 350m 05:01.60 38,10  
100m 01:23.06 45,56 200m 02:44.63 40,33 300m 04:23.50 50,06

3. Femke ter Horst (ZPC Hoogeveen, 201000108)

05:50.17

50m 00:37.90 37,90 150m 02:08.55 44,88 250m 03:42.97 51,21 350m 05:12.22 39,35  
100m 01:23.67 45,77 200m 02:51.76 43,21 300m 04:32.87 49,90

9. 400m vrije slag - Dames  
*11 - 15 jaar (Jeugd 1 en jonger)*

1. Nora Lynn Otten (ZPC Hoogeveen, 200903338)

05:33.38

50m 00:35.48 35,48 150m 01:59.69 43,41 250m 03:26.35 43,73 350m 04:52.59 42,84  
100m 01:16.28 40,80 200m 02:42.62 42,93 300m 04:09.75 43,40

2. Myron Dekker (ZPC Hoogeveen, 201000512)

05:41.11

50m 00:37.88 37,88 150m 02:03.05 43,36 250m 03:30.98 44,31 350m 04:58.44 42,93  
100m 01:19.69 41,81 200m 02:46.67 43,62 300m 04:15.51 44,53