

LAC 1-2 2022-2023



WVZ

Alphen aan de Rijn 3-12-2022

Nummer: 1 - zaterdag 3 december 2022 om 13:00u (25 m)

Aanvangstijd juryvergadering: 12:30u

1. 200m wisselslag -

11 - 12 jaar (Junioren 1 en 2) Dames

11 - 13 jaar

- | | |
|--|----------|
| 1. Nina van der Schrier (Azc, 201000444) | 02:47.54 |
| 50m 00:38.58 38,58 | |
| 2. Sascha Timmer (Azc, 200902987) | 02:51.37 |
| 50m 00:35.39 35,39 | |
| 3. Tess Liebrechts (Gzc Donk, 201000212) | 02:59.64 |
| 50m 00:43.23 43,23 | |
| 4. Carlijn Verschelling (ZPC Woerden, 201001342) | 03:06.53 |
| 50m 00:40.54 40,54 | |
| 5. Sophie Hoogervorst (Azc, 201100252) | 03:16.42 |
| 50m 00:52.10 52,10 | |
| 6. Vere van Klooster (Azc, 201002128) | 03:16.72 |
| 50m 00:46.56 46,56 | |
| 7. Brisa Dekkers (Gzc Donk, 201002164) | 03:17.64 |
| 50m 00:41.34 41,34 | |
| 8. Jolie van Ark (Azc, 201101644) | 03:18.53 |
| 50m 00:44.11 44,11 | |
| 9. Mees Otto (ZPC Woerden, 201001319) | 03:23.81 |
| 50m 00:48.35 48,35 | |
| 10. Michelle Claassen (ZPC Woerden, 201100876) | 03:47.74 |
| 50m 00:56.13 56,13 | |
| 11. Laura de Jong (Gzc Donk, 201101110) | 03:50.87 |
| 50m 00:53.25 53,25 | |

12 - 13 jaar (Junioren 1 en 2) Heren

2. 200m vrije slag -

8 - 9 jaar (Minioren 3 en 4) Heren

8 - 9 jaar (Minioren 3 en 4) Dames

8 - 9 jaar

- | | |
|--|----------|
| 1. Timo Krul (Wvz, 201400017) | 03:21.73 |
| 50m 00:46.54 46,54 100m 01:38.92 52,38 | |
| 2. Maja Ponikwia (Z&PC Alkemade, 201300778) | 03:22.59 |
| 50m 00:44.53 44,53 100m 01:35.65 51,12 | |
| 3. Fenna Visser (Gzc Donk, 201300678) | 03:33.55 |
| 50m 00:47.04 47,04 100m 01:42.01 54,97 | |
| 4. Maartje Wagner (Z&PC Alkemade, 201300776) | 03:50.60 |
| 50m 00:53.36 53,36 100m 01:52.36 59,00 | |
| 5. Jessica Bannatyne (BZ en PC, 201400158) | 04:07.36 |
| 50m 00:54.56 54,56 100m 01:59.40 64,84 | |

3. 400m vrije slag -

10 - 11 jaar (Minioren 5 en 6) Heren

10 - 10 jaar (Minioren 5) Dames

10 - 11 jaar

1. Julia Bannatyne (BZ en PC, 201201020)	50m 00:38.94 38,94	100m 01:24.45 45,51	200m 02:58.12 93,67	06:05.71		
2. Thijs van Kints (BZ en PC, 201101059)	50m 00:38.99 38,99	100m 01:24.44 45,45	200m 02:58.88 94,44	06:13.79		
3. Jan Peter Slof (Azc, 201100123)	50m 00:38.51 38,51	100m 01:24.95 46,44	200m 03:03.32 98,37	06:26.13		
4. Niek de Grave (Z&PC Alkemade, 201200403)	50m 00:47.14 47,14	100m 01:38.73 51,59	200m 03:27.18 108,45	06:55.45		
5. Mika Krul (Wvz, 201100915)	50m 00:46.24 46,24	100m 01:40.55 54,31	200m 03:32.66 112,11	07:14.64		
6. Avril Dekkers (Gzc Donk, 201201262)	50m 00:57.88 57,88	100m 02:08.16 70,28	200m 04:26.36 138,20	09:01.37		
4. 1500m vrije slag -						
<i>vanaf 12 jaar (Junioren 1 en ouder) Heren</i>						
<i>vanaf 12 jaar</i>						
1. Björn Mulder (Zoetermeer, 200601517)	50m 00:29.74 29,74	100m 01:02.73 32,99	200m 02:11.78 69,05	400m 04:33.14 141,36	800m 09:17.28 284,14	17:30.12
2. Jordy van Oel (Wvz, 199802003)	50m 00:30.09 30,09	100m 01:04.91 34,82	200m 02:17.21 72,30	400m 04:41.67 144,46	800m 09:33.62 291,95	18:07.13
3. Sebastian Lopes Cardozo (Wzk, 200800187)	50m 00:32.23 32,23	100m 01:09.17 36,94	200m 02:23.57 74,40	400m 04:50.54 146,97	800m 09:45.71 295,17	18:22.47
4. Merel Leuring (Azc, 200401204)	50m 00:30.82 30,82	100m 01:05.95 35,13	200m 02:21.04 75,09	400m 04:52.70 151,66	800m 09:53.16 300,46	18:42.73
5. Nick Boekestijn (Westland Swimming Stars, 199900291)	50m 00:28.67 28,67	100m 01:02.75 34,08	200m 02:19.85 77,10	400m 04:57.83 157,98	800m 10:18.26 320,43	19:27.02
6. Bart Tuinenburg (ZPC Woerden, 200602347)	50m 00:34.15 34,15	100m 01:11.75 37,60	200m 02:28.70 76,95	400m 05:06.52 157,82	800m 10:25.96 319,44	19:35.29
7. Renzo Steller (Wvz, 200701141)	50m 00:30.55 30,55	100m 01:06.57 36,02	200m 02:20.05 73,48	400m 04:49.82 149,77	800m 10:04.70 314,88	19:38.13
8. Rosalie Braspenninx (ZPC Woerden, 200702530)	50m 00:33.98 33,98	100m 01:12.40 38,42	200m 02:29.95 77,55	400m 05:10.31 160,36	800m 10:40.70 330,39	20:15.92
9. Brent Schiffers (ZPC Woerden, 200902041)	50m 00:35.52 35,52	100m 01:15.74 40,22	200m 02:38.59 82,85	400m 05:25.89 167,30	800m 10:56.59 330,70	20:27.33
10. Nada Mghizrat (Gzc Donk, 200702178)	50m 00:35.98 35,98	100m 01:16.29 40,31	200m 02:38.70 82,41	400m 05:27.23 168,53	800m 11:02.58 335,35	20:42.65
11. Thom van Vark (Gzc Donk, 200101305)	50m 00:32.92 32,92	100m 01:10.26 37,34	200m 02:31.45 81,19	400m 05:18.82 167,37	800m 10:59.48 340,66	20:48.82
12. Linda van Klei (Gzc Donk, 198802088)	50m 00:37.20 37,20	100m 01:16.29 40,31	200m 02:39.86 82,59	400m 05:27.50 167,64	800m 11:06.39 338,89	20:53.63

	100m 01:17.27 40,07	400m 05:27.50 167,64	800m 11:06.39 338,89	
13. Sven Mulder (Zoetermeer, 200901655)				20:53.89
	50m 00:36.10 36,10	200m 02:38.66 82,53	400m 05:27.92 169,26	800m 11:03.69 335,77
	100m 01:16.13 40,03	400m 05:27.92 169,26	800m 11:03.69 335,77	
14. Joep van Klooster (Azc, 200604115)				20:57.92
	50m 00:35.84 35,84	200m 02:39.73 83,39	400m 05:29.68 169,95	800m 11:07.68 338,00
	100m 01:16.34 40,50	400m 05:29.68 169,95	800m 11:07.68 338,00	
15. Thomas Braat (Azc, 200802269)				21:03.74
	50m 00:38.73 38,73	200m 02:45.39 84,85	400m 05:36.23 170,84	800m 11:16.73 340,50
	100m 01:20.54 41,81	400m 05:36.23 170,84	800m 11:16.73 340,50	
16. Sanne Mulder (Zoetermeer, 200900280)				21:12.73
	50m 00:36.58 36,58	200m 02:40.70 83,25	400m 05:28.59 167,89	800m 11:12.89 344,30
	100m 01:17.45 40,87	400m 05:28.59 167,89	800m 11:12.89 344,30	
17. Puck Hoogeveen (ZPC Woerden, 200701794)				21:30.49
	50m 00:36.65 36,65	200m 02:41.41 83,98	400m 05:32.44 171,03	800m 11:17.87 345,43
	100m 01:17.43 40,78	400m 05:32.44 171,03	800m 11:17.87 345,43	
18. Sem Berckenkamp (Z&PC De Gouwe, 200602229)				21:40.01
	50m 00:37.45 37,45	200m 02:49.14 89,31	400m 05:46.95 177,81	800m 11:37.01 350,06
	100m 01:19.83 42,38	400m 05:46.95 177,81	800m 11:37.01 350,06	
19. Daan de Jong (Westland Swimming Stars, 200702037)				22:05.45
	50m 00:34.99 34,99	200m 02:44.96 89,04	400m 05:45.98 181,02	800m 11:45.23 359,25
	100m 01:15.92 40,93	400m 05:45.98 181,02	800m 11:45.23 359,25	
20. Daynah de Snaijer (Zoetermeer, 200802266)				22:07.85
	50m 00:39.21 39,21	200m 02:54.40 90,75	400m 05:55.92 181,52	800m 11:54.34 358,42
	100m 01:23.65 44,44	400m 05:55.92 181,52	800m 11:54.34 358,42	
21. Esmee Verbeek (Zoetermeer, 200502086)				22:37.92
	50m 00:39.29 39,29	200m 02:53.82 90,18	400m 05:56.23 182,41	800m 11:58.29 362,06
	100m 01:23.64 44,35	400m 05:56.23 182,41	800m 11:58.29 362,06	
22. Zoë Springer (Z&PC De Gouwe, 200604594)				22:47.80
	50m 00:39.34 39,34	200m 02:56.08 91,98	400m 06:01.81 185,73	800m 12:07.13 365,32
	100m 01:24.10 44,76	400m 06:01.81 185,73	800m 12:07.13 365,32	
23. Sanne Slof (Azc, 200601810)				22:48.64
	50m 00:35.73 35,73	200m 02:47.86 89,94	400m 05:51.76 183,90	800m 12:04.04 372,28
	100m 01:17.92 42,19	400m 05:51.76 183,90	800m 12:04.04 372,28	
24. Piera Stallen (Gzc Donk, 200600510)				22:52.44
	50m 00:38.03 38,03	200m 02:53.34 91,05	400m 05:57.49 184,15	800m 12:11.87 374,38
	100m 01:22.29 44,26	400m 05:57.49 184,15	800m 12:11.87 374,38	
25. Linda Hoogendam (Wvz, 198300892)				23:08.01
	50m 00:39.70 39,70	200m 02:54.11 89,99	400m 05:58.60 184,49	800m 12:12.15 373,55
	100m 01:24.12 44,42	400m 05:58.60 184,49	800m 12:12.15 373,55	
26. Amber Boonstoppel (Z&PC De Gouwe, 200401796)				23:18.46
	50m 00:39.05 39,05	200m 02:56.63 92,46	400m 06:03.44 186,81	800m 12:26.38 382,94
	100m 01:24.17 45,12	400m 06:03.44 186,81	800m 12:26.38 382,94	
27. Zoë van der Reijden (LinK, 200505296)				25:16.86
	50m 00:42.58 42,58	200m 03:09.09 98,81	400m 06:29.86 200,77	800m 13:18.79 408,93
	100m 01:30.28 47,70	400m 06:29.86 200,77	800m 13:18.79 408,93	
28. Anouk de Jong (Gzc Donk, 200902506)				25:47.54
	50m 00:45.25 45,25	200m 03:17.65 102,36	400m 06:48.50 210,85	800m 13:45.88 417,38
	100m 01:35.29 50,04	400m 06:48.50 210,85	800m 13:45.88 417,38	

vanaf 13 jaar (Junioren 3 en ouder) Dames