

LAC 1-1 2022-2023



WVZ en AZC

Alphen aan de Rijn 5-11-2022

Nummer: 1 - zaterdag 5 november 2022 om 13:00u (25 m)

Aanvangstijd juryvergadering: 12:30u

1. 200m wisselslag -

vanaf 13 jaar (Junioren 3 en ouder) Dames

1. Angelique van Vark (GZC DONK, 199701478)	02:25.57
50m 00:32.00 32,00	
2. Merel Leuring (Azc, 200401204)	02:29.95
50m 00:33.00 33,00	
3. Jade van der Schrier (Azc, 200800692)	02:31.67
50m 00:33.06 33,06	
4. Donna van der Meer (BZ en PC, 200601146)	02:36.39
50m 00:32.09 32,09	
5. Mia Nahon (Azc, 200801166)	02:43.04
50m 00:33.39 33,39	
6. Linda van Klei (GZC DONK, 198802088)	02:44.73
50m 00:35.87 35,87	
7. Nada Mghizrat (GZC DONK, 200702178)	02:46.46
50m 00:35.56 35,56	
8. Nadine Kuiper (Wvz, 200802372)	02:46.62
50m 00:38.08 38,08	
9. Eline van Winden (Z&PC De Gouwe, 200702090)	02:51.75
50m 00:36.92 36,92	
10. Zoë Springer (Z&PC De Gouwe, 200604594)	02:54.05
50m 00:37.51 37,51	
11. Sanne Mulder (Zoetermeer, 200900280)	02:54.38
50m 00:37.66 37,66	
12. Jorja Verschoor (Azc, 200902640)	02:54.66
50m 00:37.84 37,84	
13. Jessica Braat (Azc, 200205684)	02:56.04
50m 00:36.11 36,11	
14. Daynah de Snaijer (Zoetermeer, 200802266)	03:01.44
50m 00:41.33 41,33	
15. Anouk de Jong (GZC DONK, 200902506)	03:06.36
50m 00:38.51 38,51	
16. Amber Boonstoppel (Z&PC De Gouwe, 200401796)	03:06.51
50m 00:41.06 41,06	
17. Esmee Verbeek (Zoetermeer, 200502086)	03:09.99
50m 00:43.25 43,25	
<i>vanaf 14 jaar (Junioren 3 en ouder) Heren</i>	
1. Denzel Barthen (Wvz, 200700147)	02:15.82
50m 00:29.23 29,23	
2. Marijn Dekkers (Wvz, 200402275)	02:25.35
50m 00:30.74 30,74	

3. Björn Mulder (Zoetermeer, 200601517)	02:33.56
50m 00:33.02 33,02	
4. Thom van Vark (GZC DONK, 200101305)	02:34.78
50m 00:31.47 31,47	
5. Raymond Oosterbaan (GZC DONK, 197700711)	02:44.46
50m 00:33.62 33,62	
6. Daan de Jong (Westland Swimming Stars, 200702037)	02:54.06
50m 00:37.10 37,10	
7. Sem Berckenkamp (Z&PC De Gouwe, 200602229)	02:54.45
50m 00:41.02 41,02	
8. Joep van Klooster (Azc, 200604115)	02:55.76
50m 00:37.46 37,46	
9. Thomas Braat (Azc, 200802269)	02:57.04
50m 00:40.33 40,33	
2. 200m vrije slag -	
8 - 9 jaar (Minioren 3 en 4) Heren	
1. Timo Krul (Wvz, 201400017)	03:20.92
50m 00:45.00 45,00 100m 01:37.45 52,45	
8 - 9 jaar (Minioren 3 en 4) Dames	
1. Fenna Visser (GZC DONK, 201300678)	03:40.92
50m 00:50.28 50,28 100m 01:48.38 58,10	
2. Maartje Wagner (Z&PC Alkemade, 201300776)	03:48.71
50m 00:51.80 51,80 100m 01:51.25 59,45	
3. Jessica Bannatyne (BZ en PC, 201400158)	04:14.62
50m 00:55.26 55,26 100m 02:03.06 67,80	
DIS. Sara de Mooij (LinK, 201400750)	00:00.00
3. 400m vrije slag -	
10 - 11 jaar (Minioren 5 en 6) Heren	
1. Thijs van Kints (BZ en PC, 201101059)	06:22.26
2. Jan Peter Slof (Azc, 201100123)	06:41.61
50m 00:40.65 40,65 100m 01:27.96 47,31 200m 03:12.65 104,69	
3. Henk de Mooij (LinK, 201200681)	06:49.80
50m 00:42.36 42,36 100m 01:31.92 49,56 200m 03:18.80 106,88	
4. Niek de Grave (Z&PC Alkemade, 201200403)	06:52.34
50m 00:47.60 47,60 100m 01:38.52 50,92 200m 03:25.21 106,69	
5. Dex de Lange (Wvz, 201200009)	07:20.22
50m 00:50.29 50,29 100m 01:46.68 56,39 200m 03:40.61 113,93	
6. Mika Krul (Wvz, 201100915)	07:21.55
50m 00:47.89 47,89 100m 01:43.15 55,26 200m 03:37.26 114,11	
10 - 10 jaar (Minioren 5) Dames	
1. Julia Bannatyne (BZ en PC, 201201020)	06:23.19
50m 00:40.56 40,56 100m 01:27.27 46,71 200m 03:06.98 99,71	
2. Naevia Verschoor (Azc, 201201976)	06:29.71
50m 00:40.38 40,38 100m 01:28.01 47,63 200m 03:05.56 97,55	
3. Sophie Reniers (Wvz, 201200592)	06:50.43
50m 00:45.26 45,26 100m 01:34.58 49,32 200m 03:19.52 104,94	
4. Avril Dekkers (GZC DONK, 201201262)	08:44.98
50m 00:56.19 56,19 100m 02:03.39 67,20 200m 04:20.10 136,71	
4. 800m vrije slag -	

vanaf 11 jaar (Senioren Open) Dames

1. Jade van der Schrier (Azc, 200800692)	50m 00:30.44	30,44	100m 01:04.73	34,29	200m 02:15.30	70,57	400m 04:40.13	144,83	09:27.03
2. Merel Leuring (Azc, 200401204)	50m 00:31.42	31,42	100m 01:05.89	34,47	200m 02:19.22	73,33	400m 04:47.66	148,44	09:45.75
3. Grith Sigsgaard (De Otters Het Gooi, 197200772)	50m 00:32.90	32,90	100m 01:10.89	37,99	200m 02:27.64	76,75	400m 05:01.23	153,59	10:08.05
4. Rosalie Braspenning (ZPC Woerden, 200702530)	50m 00:33.62	33,62	100m 01:11.42	37,80	200m 02:29.94	78,52	400m 05:08.19	158,25	10:17.72
5. Donna van der Meer (BZ en PC, 200601146)	50m 00:33.55	33,55	100m 01:11.70	38,15	200m 02:30.04	78,34	400m 05:08.20	158,16	10:18.49
6. Nina van der Schrier (Azc, 201000444)	50m 00:33.28	33,28	100m 01:11.44	38,16	200m 02:29.13	77,69	400m 05:08.41	159,28	10:22.45
7. Anouk Steller (Wvz, 201000004)	50m 00:33.47	33,47	100m 01:11.18	37,71	200m 02:30.95	79,77	400m 05:12.08	161,13	10:37.27
8. Nadine Kuiper (Wvz, 200802372)	50m 00:34.85	34,85	100m 01:14.60	39,75	200m 02:35.34	80,74	400m 05:18.71	163,37	10:40.06
9. Tess van de Steeg (Wvz, 201000016)	50m 00:35.53	35,53	100m 01:16.68	41,15	200m 02:38.38	81,70	400m 05:23.16	164,78	10:51.47
10. Nina Tetteroo (De Columbiaan, 201000048)	50m 00:35.14	35,14	100m 01:14.85	39,71	200m 02:37.32	82,47	400m 05:23.89	166,57	10:53.18
11. Mia Nahon (Azc, 200801166)	50m 00:33.36	33,36	100m 01:11.71	38,35	200m 02:31.16	79,45	400m 05:17.25	166,09	10:55.84
12. Linda van Klei (GZC DONK, 198802088)	50m 00:36.88	36,88	100m 01:15.83	38,95	200m 02:37.35	81,52	400m 05:27.17	169,82	10:57.27
13. Nada Mghizrat (GZC DONK, 200702178)	50m 00:34.72	34,72	100m 01:13.76	39,04	200m 02:35.51	81,75	400m 05:22.31	166,80	11:00.50
14. Puck Hoogeveen (ZPC Woerden, 200701794)	50m 00:36.07	36,07	100m 01:16.62	40,55	200m 02:41.12	84,50	400m 05:30.39	169,27	11:04.61
15. Sanne Mulder (Zoetermeer, 200900280)	50m 00:36.40	36,40	100m 01:18.03	41,63	200m 02:42.00	83,97	400m 05:32.33	170,33	11:08.00
16. Eline van Winden (Z&PC De Gouwe, 200702090)	50m 00:37.30	37,30	100m 01:18.76	41,46	200m 02:45.50	86,74	400m 05:37.26	171,76	11:16.25
17. Daynah de Snaijer (Zoetermeer, 200802266)	50m 00:36.01	36,01	100m 01:16.82	40,81	200m 02:43.58	86,76	400m 05:38.37	174,79	11:21.77
18. Tessa de Jong (GZC DONK, 201000026)	50m 00:35.63	35,63	100m 01:18.72	43,09	200m 02:45.20	86,48	400m 05:41.90	176,70	11:27.52
19. Lana Hogerhuis (Z&PC Alkemade, 200501316)	50m 00:37.07	37,07	100m 01:18.36	41,29	200m 02:43.98	85,62	400m 05:40.36	176,38	11:29.14
20. Jorja Verschoor (Azc, 200902640)	50m 00:37.26	37,26	100m 01:18.89	41,63	200m 02:45.73	86,84	400m 05:40.36	174,63	11:30.16
21. Chloé in 't Veen (Wvz, 201100010)	50m 00:37.39	37,39	100m 01:19.02	41,63	200m 02:46.11	87,09	400m 05:44.31	178,20	11:35.33
22. Esmee Verbeek (Zoetermeer, 200502086)	50m 00:37.86	37,86	100m 01:20.54	42,68	200m 02:47.98	87,44	400m 05:45.37	177,39	11:38.44
23. Zoë Springer (Z&PC De Gouwe, 200604594)	50m 00:38.72	38,72	100m 01:23.50	44,78	200m 02:52.95	89,45	400m 05:54.89	181,94	11:43.38
24. Linda Hoogendam (Wvz, 198300892)	50m 00:38.42	38,42	100m 01:22.23	43,81	200m 02:50.42	88,19	400m 05:48.31	177,89	11:45.33

25. Tess Liebrechts (GZC DONK, 201000212)	50m 00:39.82 39,82	100m 01:23.99 44,17	200m 02:52.82 88,83	400m 05:52.01 179,19	11:45.46
26. Sophie Hoogervorst (Azc, 201100252)	50m 00:41.12 41,12	100m 01:25.43 44,31	200m 02:55.43 90,00	400m 05:54.93 179,50	11:46.86
27. Amber Boonstoppel (Z&PC De Gouwe, 200401796)	50m 00:39.46 39,46	100m 01:23.54 44,08	200m 02:53.52 89,98	400m 05:56.54 183,02	11:53.84
28. Jessica Braat (Azc, 200205684)	50m 00:35.26 35,26	100m 01:17.14 41,88	200m 02:43.73 86,59	400m 05:46.98 183,25	11:59.89
29. Lisa Bruining (ZPC Woerden, 200702528)	50m 00:40.15 40,15	100m 01:24.33 44,18	200m 02:53.96 89,63	400m 05:56.91 182,95	12:01.43
30. Vere van Klooster (Azc, 201002128)	50m 00:40.58 40,58	100m 01:26.06 45,48	200m 02:57.41 91,35	400m 06:00.36 182,95	12:02.29
31. Carlijn Verschelling (ZPC Woerden, 201001342)	50m 00:40.38 40,38	100m 01:25.46 45,08	200m 02:57.99 92,53	400m 06:06.31 188,32	12:10.11
32. Maya Flinterman (Wvz, 201000098)	50m 00:38.96 38,96	100m 01:22.92 43,96	200m 02:53.81 90,89	400m 05:59.86 186,05	12:15.58
33. Josanne Betting (ZPC Woerden, 200604842)	50m 00:39.67 39,67	100m 01:24.45 44,78	200m 02:55.60 91,15	400m 06:06.05 190,45	12:28.34
34. Jolie van Ark (Azc, 201101644)	50m 00:40.58 40,58	100m 01:28.50 47,92	200m 03:07.65 99,15	400m 06:28.06 200,41	12:59.08
35. Louise Kuiper (Wvz, 201101012)	50m 00:42.96 42,96	100m 01:31.49 48,53	200m 03:10.63 99,14	400m 06:29.10 198,47	13:03.78
36. Anouk de Jong (GZC DONK, 200902506)	50m 00:41.55 41,55	100m 01:29.20 47,65	200m 03:09.39 100,19	400m 06:32.97 203,58	13:06.90
37. Brisa Dekkers (GZC DONK, 201002164)	50m 00:42.75 42,75	100m 01:33.25 50,50	200m 03:16.73 103,48	400m 06:43.69 206,96	13:24.05
38. Meike van der Klugt (Wvz, 201100808)	50m 00:43.80 43,80	100m 01:33.40 49,60	200m 03:15.59 102,19	400m 06:45.52 209,93	13:37.70
39. Sarah van Elleswijk (Wvz, 201101126)	50m 00:48.06 48,06	100m 01:40.09 52,03	200m 03:28.59 108,50	400m 07:03.85 215,26	14:15.17
40. Lois Rijfers (BZ en PC, 201103048)	50m 00:50.60 50,60	100m 01:55.92 65,32	200m 04:10.10 134,18	400m 08:29.04 258,94	17:18.92
DIS. Angelique van Vark (GZC DONK, 199701478)					00:00.00
<i>vanaf 12 jaar (Junioren 1 en ouder) Heren</i>					
1. Denzel Barthen (Wvz, 200700147)	50m 00:29.50 29,50	100m 01:03.06 33,56	200m 02:11.04 67,98	400m 04:30.27 139,23	09:04.49
2. Björn Mulder (Zoetermeer, 200601517)	50m 00:30.27 30,27	100m 01:04.13 33,86	200m 02:13.61 69,48	400m 04:34.17 140,56	09:18.43
3. Ian Terlouw (ZPC Woerden, 200002345)	50m 00:30.34 30,34	100m 01:04.70 34,36	200m 02:15.85 71,15	400m 04:41.58 145,73	09:44.04
4. Renzo Steller (Wvz, 200701141)	50m 00:31.04 31,04	100m 01:06.14 35,10	200m 02:18.98 72,84	400m 04:48.13 149,15	09:44.08
5. Adriaan Coppelmans (Azc, 200903243)	50m 00:30.65 30,65	100m 01:05.59 34,94	200m 02:18.95 73,36	400m 04:48.36 149,41	09:44.40
6. Jordy van Oel (Wvz, 199802003)	50m 00:30.54 30,54	100m 01:05.40 34,86	200m 02:18.12 72,72	400m 04:45.49 147,37	09:50.11
7. Sverre van der Zwaan (Wvz, 200900737)	50m 00:32.30 32,30	100m 01:08.52 36,22	200m 02:21.97 73,45	400m 04:52.00 150,03	09:54.59
8. Nick Boekestijn (Westland Swimming Stars, 199900291)					10:02.29

	50m 00:32.13 32,13	100m 01:08.51 36,38	200m 02:24.10 75,59	400m 04:56.60 152,50	
9. Marijn Dekkers (Wvz, 200402275)	50m 00:32.30 32,30	100m 01:07.83 35,53	200m 02:21.50 73,67	400m 04:51.40 149,90	10:06.79
10. Bart Tuinenburg (ZPC Woerden, 200602347)	50m 00:31.73 31,73	100m 01:07.64 35,91	200m 02:23.36 75,72	400m 04:58.89 155,53	10:09.59
11. Freek Ruijsenaars (ZPC Woerden, 200702139)	50m 00:31.95 31,95	100m 01:08.75 36,80	200m 02:26.22 77,47	400m 05:06.80 160,58	10:32.69
12. Thom van Vark (GZC DONK, 200101305)	50m 00:31.55 31,55	100m 01:08.32 36,77	200m 02:27.35 79,03	400m 05:13.93 166,58	10:49.28
13. Thijs den Hollander (ZPC Woerden, 200702477)	50m 00:34.31 34,31	100m 01:12.96 38,65	200m 02:34.30 81,34	400m 05:22.05 167,75	10:53.18
14. Milan de Roo (ZPC Woerden, 200102215)	50m 00:34.13 34,13	100m 01:12.16 38,03	200m 02:32.76 80,60	400m 05:19.70 166,94	10:58.64
15. Joep van Klooster (Azc, 200604115)	50m 00:34.90 34,90	100m 01:14.88 39,98	200m 02:38.52 83,64	400m 05:29.90 171,38	11:00.45
16. Thomas Braat (Azc, 200802269)	50m 00:38.48 38,48	100m 01:20.29 41,81	200m 02:43.79 83,50		11:01.42
17. Sem Berckenkamp (Z&PC De Gouwe, 200602229)	50m 00:36.57 36,57	100m 01:17.76 41,19	200m 02:41.67 83,91	400m 05:31.00 169,33	11:02.02
18. Brent Schifflers (ZPC Woerden, 200902041)	50m 00:36.99 36,99	100m 01:19.11 42,12	200m 02:45.75 86,64	400m 05:39.45 173,70	11:05.88
19. Raymond Oosterbaan (GZC DONK, 197700711)	50m 00:34.18 34,18	100m 01:13.39 39,21	200m 02:35.80 82,41	400m 05:26.64 170,84	11:07.79
20. Sascha Timmer (Azc, 200902987)	50m 00:33.78 33,78	100m 01:12.63 38,85	200m 02:34.06 81,43	400m 05:25.50 171,44	11:14.16
21. Sven Mulder (Zoetermeer, 200901655)	50m 00:33.83 33,83	100m 01:13.11 39,28	200m 02:37.39 84,28	400m 05:33.04 175,65	11:19.83
22. Leon Slingerland (Wvz, 196801707)	50m 00:37.45 37,45	100m 01:20.26 42,81	200m 02:50.07 89,81	400m 05:53.00 182,93	11:48.60
23. Daan de Jong (Westland Swimming Stars, 200702037)	50m 00:37.90 37,90	100m 01:21.24 43,34	200m 02:51.72 90,48	400m 06:00.75 189,03	11:58.58
24. Mees Otto (ZPC Woerden, 201001319)	50m 00:42.37 42,37	100m 01:29.17 46,80	200m 03:08.09 98,92	400m 06:28.08 199,99	12:55.66
25. Noah Koenes (ZPC Woerden, 200803725)	100m 01:32.50 92,50	200m 03:17.72 105,22	400m 06:48.25 210,53		13:35.75