

LAC deel 1
Hoogeveen, 6/10/2024

1 - zondag 6 oktober 2024

6/10/2024 - 16:00

Programmanr. 1 200m wisselslag 2013 en eerder
6/10/2024 - 16:00 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
Senioren Open, Heren								
1. Ramon Vos	ZPC Hoogeveen	2:29.67	201100051	2:26.48	31.93	1:09.35	1:54.19	2:26.48
2. Mathijs Boersma	ZPC Hoogeveen	2:40.20	201000313	2:28.16	34.77	1:12.29	1:54.98	2:28.16
3. Stan Rothschild	ZPC Hoogeveen	2:39.28	201000353	2:37.20	34.84	1:15.53	2:00.00	2:37.20
4. Matthijs Wierbos	ZPC Hoogeveen	2:48.07	200901965	2:45.79	33.31	1:15.25	2:07.43	2:45.79
5. Vigo Norde	ZPC Hoogeveen	3:14.65	201200307	3:07.59	43.95	1:28.32	2:26.74	3:07.59
6. Thomas Boersma	ZPC Hoogeveen	3:25.05	201300833	3:30.34	51.72			3:30.34

Senioren Open, Dames

1. Dachen Haaijer	ZPC Hoogeveen	2:17.99	200800380	2:18.59	29.64	1:04.26	1:45.00	2:18.59
2. Rixt Rothschild	ZPC Hoogeveen	2:35.25	200900026	2:33.19	34.15	1:13.65	1:57.31	2:33.19
3. Femke ter Horst	ZPC Hoogeveen	2:42.84	201000108	2:40.03	34.03	1:14.07	2:03.12	2:40.03
4. Nora Lynn Otten	ZPC Hoogeveen	2:41.50	200903338	2:40.29	35.95	1:14.94	2:03.08	2:40.29
5. Isa Kerpels	ZPC Hoogeveen	2:40.05	200800880	2:40.88	36.45	1:17.51	2:03.03	2:40.88
6. Luesza Siahajja	ZPC Hoogeveen	2:42.40	200801316	2:44.91	35.26	1:17.45	2:05.65	2:44.91
7. Myron Dekker	ZPC Hoogeveen	2:55.37	201000512	2:51.54	39.88	1:22.60	2:11.92	2:51.54
8. Meike Pekelsma	ZPC Hoogeveen	3:10.68	201300086	3:07.52	43.32	1:29.03	2:24.73	3:07.52
9. Ismay Dekker	ZPC Hoogeveen	3:22.62	201100282	3:08.74	43.71			3:08.74
10. Hedwig Bork	ZPC Hoogeveen	3:20.05	201200414	3:08.78	43.60	1:26.87	2:27.09	3:08.78
11. Tess Broer	ZPC Hoogeveen	3:21.74	201200420	3:09.82	44.61	1:30.14	2:26.09	3:09.82
12. Fabiën van Halderen	ZPC Hoogeveen	3:17.47	201200412	3:13.41	45.05	1:34.35	2:30.70	3:13.41
13. Nadine Beishuizen	ZPC Hoogeveen	3:19.93	201300058	3:13.85	46.62	1:33.67	2:26.99	3:13.85
14. Joanne Vos	ZPC Hoogeveen	3:41.28	201200422	3:24.43	46.93			3:24.43
15. Alina Dugic	ZPC Hoogeveen	NT	201301856	3:50.81	56.99			3:50.81
AFGEM Fenna Gabriels	ZPC Hoogeveen	2:59.74	201201230					

Programmanr. 2 400m wisselslag 2013 en eerder
6/10/2024 - 16:15 Resultaten

rang naam	vereniging	intijd	tijd	RT			
Senioren Open, Heren							
1. Koen de Vries	MZ&PC De Reest	5:00.07	200802379	5:00.66			
50m: 29.89	29.89	150m: 1:45.95	40.07	250m: 3:07.59	42.72	350m: 4:26.98	35.92
100m: 1:05.88	35.99	200m: 2:24.87	38.92	300m: 3:51.06	43.47	400m: 5:00.66	33.68
2. Colin Beuker	ZC Polaris	NT	200802023	5:25.75			
50m: 33.63	33.63	150m: 2:01.05	41.98	250m: 3:25.22	44.65	350m: 4:49.01	38.05
100m: 1:19.07	45.44	200m: 2:40.57	39.52	300m: 4:10.96	45.74	400m: 5:25.75	36.74
3. Danley Schneider	ZC Polaris	NT	201201323	6:32.00			
50m: 46.62	46.62	150m: 2:30.67	47.52	250m: 4:14.28	56.71	350m: 5:52.16	42.03
100m: 1:43.15	56.53	200m: 3:17.57	46.90	300m: 5:10.13	55.85	400m: 6:32.00	39.84

Senioren Open, Dames

1. Norell Kroeze	ZC Polaris	5:56.34	201100378	5:44.42			
50m: 37.06	37.06	150m: 2:08.79	45.16	250m: 3:40.99	48.41	350m: 5:07.86	38.22
100m: 1:23.63	46.57	200m: 2:52.58	43.79	300m: 4:29.64	46.65	400m: 5:44.42	36.56
2. Esmee Reuver	ZC Polaris	6:06.67	201100846	5:51.30			
50m: 40.22	40.22	150m: 2:12.73	42.71	250m: 3:43.15	49.75	350m: 5:12.74	39.41
100m: 1:30.02	49.80	200m: 2:53.40	40.67	300m: 4:33.33	50.18	400m: 5:51.30	38.56
3. Feline Bruns	ZC Polaris	NT	201200730	6:13.71			
50m: 42.83	42.83	150m: 2:26.71	48.64	250m: 4:00.75	48.60	350m: 5:34.28	40.49
100m: 1:38.07	55.24	200m: 3:12.15	45.44	300m: 4:53.79	53.04	400m: 6:13.71	39.43
4. Cynthia Koolman	ZPC Hoogeveen	5:49.61	200300232	6:24.93			
50m: 41.73	41.73	150m: 2:16.33	45.91	250m: 3:57.99	56.05	350m: 5:40.28	44.74
100m: 1:30.42	48.69	200m: 3:01.94	45.61	300m: 4:55.54	57.55	400m: 6:24.93	44.65
5. Saar Meems	ZC Polaris	NT	201200946	6:33.97			
50m: 45.83	45.83	150m: 2:30.94	50.26	250m: 4:14.89	56.43	350m: 5:54.27	43.34
100m: 1:40.68	54.85	200m: 3:18.46	47.52	300m: 5:10.93	56.04	400m: 6:33.97	39.70

LAC deel 1
Hoogveen, 6/10/2024

Programmanr. 2, Dames, 400m wisselslag, Senioren Open

rang	naam	vereniging		intijd		tijd		RT
6.	Vera Arling	ZC Polaris		NT		201200944		6:35.99
	50m: 46.89	46.89	150m: 2:31.69	48.30	250m: 4:14.55	55.37	350m: 5:55.40	44.30
	100m: 1:43.39	56.50	200m: 3:19.18	47.49	300m: 5:11.10	56.55	400m: 6:35.99	40.59

Programmanr. 3
6/10/2024 - 16:30

400m vrije slag

2013 en eerder
Resultaten

rang	naam	vereniging		intijd		tijd		RT
Senioren Open, Heren								
1.	Jordey Thole	ZPC Hoogveen		4:47.74		200700385		4:42.58
	50m: 30.69	30.69	150m: 1:41.60	35.97	250m: 2:54.84	36.61	350m: 4:08.09	36.41
	100m: 1:05.63	34.94	200m: 2:18.23	36.63	300m: 3:31.68	36.84	400m: 4:42.58	34.49
2.	Matthijs Wierbos	ZPC Hoogveen		5:36.67		200901965		5:24.70
	50m: 35.04	35.04	150m: 1:56.56	41.72	250m: 3:20.20	41.25	350m: 4:44.47	42.24
	100m: 1:14.84	39.80	200m: 2:38.95	42.39	300m: 4:02.23	42.03	400m: 5:24.70	40.23
3.	Pepijn Bakker	ZPC Hoogveen		5:49.95		200703821		5:48.97
	50m: 36.15	36.15	150m: 1:59.98	43.18	250m: 3:30.66	46.04	350m: 5:02.63	46.36
	100m: 1:16.80	40.65	200m: 2:44.62	44.64	300m: 4:16.27	45.61	400m: 5:48.97	46.34
4.	Thomas Boersma	ZPC Hoogveen		6:19.21		201300833		5:55.78
	50m: 38.11	38.11	150m: 2:06.91	45.07	250m: 3:38.81	46.30	350m: 5:10.84	45.91
	100m: 1:21.84	43.73	200m: 2:52.51	45.60	300m: 4:24.93	46.12	400m: 5:55.78	44.94
5.	Dex Kerpels	ZPC Hoogveen		5:52.49		201100087		5:58.96
	50m: 37.96	37.96	150m: 2:08.49	46.13	250m: 3:40.68	46.37	350m: 5:14.54	46.24
	100m: 1:22.36	44.40	200m: 2:54.31	45.82	300m: 4:28.30	47.62	400m: 5:58.96	44.42
6.	Vigo Norde	ZPC Hoogveen		6:28.87		201200307		6:06.98
	50m: 41.20	41.20	150m: 2:12.58	46.26	250m: 3:45.57	46.14	350m: 5:21.16	48.08
	100m: 1:26.32	45.12	200m: 2:59.43	46.85	300m: 4:33.08	47.51	400m: 6:06.98	45.82

Senioren Open, Dames

1.	Eva ter Horst	ZPC Hoogveen		5:27.94		201200070		5:32.02
	50m: 38.22	38.22	150m: 2:02.70	42.16	250m: 3:27.60	42.63	350m: 4:52.78	42.02
	100m: 1:20.54	42.32	200m: 2:44.97	42.27	300m: 4:10.76	43.16	400m: 5:32.02	39.24
2.	Nina Bentum	ZPC Hoogveen		6:03.49		200800050		5:46.15
	50m: 37.68	37.68	150m: 2:04.12	44.13	250m: 3:33.86	45.18	350m: 5:03.15	44.29
	100m: 1:19.99	42.31	200m: 2:48.68	44.56	300m: 4:18.86	45.00	400m: 5:46.15	43.00
3.	Jade van der Veen	ZPC Hoogveen		6:14.09		201200416		5:55.07
	50m: 38.45	38.45	150m: 2:08.05	45.83	250m: 3:40.35	46.22	350m: 5:13.03	45.96
	100m: 1:22.22	43.77	200m: 2:54.13	46.08	300m: 4:27.07	46.72	400m: 5:55.07	42.04
4.	Ismay Dekker	ZPC Hoogveen		5:54.05		201100282		6:01.94
	50m: 39.16	39.16	150m: 2:07.49	45.28	250m: 3:41.14	47.49	350m: 5:15.61	47.36
	100m: 1:22.21	43.05	200m: 2:53.65	46.16	300m: 4:28.25	47.11	400m: 6:01.94	46.33
5.	Joanne Vos	ZPC Hoogveen		6:14.37		201200422		6:02.26
	50m: 38.10	38.10	150m: 2:08.62	45.89	250m: 3:43.56	47.27	350m: 5:17.73	46.21
	100m: 1:22.73	44.63	200m: 2:56.29	47.67	300m: 4:31.52	47.96	400m: 6:02.26	44.53
6.	Sanne Reuver	ZC Polaris		6:17.27		201300168		6:16.62
	50m: 42.91	42.91	150m: 2:19.01	48.91	250m: 3:57.80	49.28	350m: 5:33.77	47.49
	100m: 1:30.10	47.19	200m: 3:08.52	49.51	300m: 4:46.28	48.48	400m: 6:16.62	42.85
7.	Fabiën van Halderen	ZPC Hoogveen		6:21.76		201200412		6:19.57
	50m: 43.68	43.68	150m: 2:21.81	50.10	250m: 4:01.30	49.69	350m: 5:39.10	48.53
	100m: 1:31.71	48.03	200m: 3:11.61	49.80	300m: 4:50.57	49.27	400m: 6:19.57	40.47
8.	Meike Pekelsma	ZPC Hoogveen		6:42.73		201300086		6:22.31
	50m: 43.39	43.39	150m: 2:22.17	50.49	250m: 4:01.26	49.34	350m: 5:35.99	46.94
	100m: 1:31.68	48.29	200m: 3:11.92	49.75	300m: 4:49.05	47.79	400m: 6:22.31	46.32
9.	Nadine Beishuizen	ZPC Hoogveen		6:28.79		201300058		6:33.42
	50m: 41.26	41.26	150m: 2:20.73	50.33	250m: 4:00.47	49.34	350m: 5:42.49	52.10
	100m: 1:30.40	49.14	200m: 3:11.13	50.40	300m: 4:50.39	49.92	400m: 6:33.42	50.93
10.	Babette Heesakkers	ZC Polaris		NT		201301966		6:33.80
	50m: 42.96	42.96	150m: 2:23.66	50.95	250m: 4:05.70	51.25	350m: 5:49.18	51.36
	100m: 1:32.71	49.75	200m: 3:14.45	50.79	300m: 4:57.82	52.12	400m: 6:33.80	44.62
AFGEM	Fenna Gabriels	ZPC Hoogveen		5:52.59		201201230		

LAC deel 1
Hoogveen, 6/10/2024

Programmanr. 4
6/10/2024 - 16:50

1500m vrije slag

2013 en eerder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Programmanr. 5 6/10/2024 - 16:50					
800m vrije slag					
2013 en eerder Resultaten					

rang	naam	vereniging	intijd	tijd	RT	
Senioren Open, Heren						
1.	Olivier Wilbers	ZPC Hoogveen	8:27.48	200600181	8:36.24	
	100m: 1:01.68	1:01.68 300m: 3:10.85	1:04.75	500m: 5:20.74	700m: 7:31.47	1:05.41
	200m: 2:06.10	1:04.42 400m: 4:15.67	1:04.82	600m: 6:26.06	800m: 8:36.24	1:04.77
2.	Ramon Vos	ZPC Hoogveen	9:21.56	201100051	9:08.68	
	100m: 1:03.37	1:03.37 300m: 3:23.48	1:10.72	500m: 5:44.70	700m: 8:01.92	1:08.39
	200m: 2:12.76	1:09.39 400m: 4:34.54	1:11.06	600m: 6:53.53	800m: 9:08.68	1:06.76
3.	Mathijs Boersma	ZPC Hoogveen	9:49.50	201000313	9:22.83	
	100m: 1:05.84	1:05.84 300m: 3:30.19	1:12.24	500m: 5:53.43	700m: 8:14.90	1:10.46
	200m: 2:17.95	1:12.11 400m: 4:41.35	1:11.16	600m: 7:04.44	800m: 9:22.83	1:07.93
4.	Dyon Scholten	Steenwijk 1934	9:53.16	200900095	9:39.48	
	100m: 1:04.61	1:04.61 300m: 3:28.25	1:12.49	500m: 5:56.29	700m: 8:25.67	1:14.90
	200m: 2:15.76	1:11.15 400m: 4:41.78	1:13.53	600m: 7:10.77	800m: 9:39.48	1:13.81
5.	Stan Rothschild	ZPC Hoogveen	NT	201000353	10:12.81	
	100m: 1:12.04	1:12.04 300m: 3:47.91	1:18.18	500m: 6:24.72	700m: 9:00.58	1:17.18
	200m: 2:29.73	1:17.69 400m: 5:06.66	1:18.75	600m: 7:43.40	800m: 10:12.81	1:12.23
6.	Rick Zuurman	ZPC Hoogveen	10:25.16	200900049	10:22.72	
	100m: 1:09.93	1:09.93 300m: 3:45.12	1:17.68	500m: 6:23.74	700m: 9:06.33	1:21.73
	200m: 2:27.44	1:17.51 400m: 5:04.29	1:19.17	600m: 7:44.60	800m: 10:22.72	1:16.39
7.	Robin Wierbos	ZPC Hoogveen	NT	200604067	11:14.01	
	100m: 1:14.09	1:14.09 300m: 4:00.21	1:24.24	500m: 6:55.52	700m: 9:51.16	1:27.64
	200m: 2:35.97	1:21.88 400m: 5:27.49	1:27.28	600m: 8:23.52	800m: 11:14.01	1:22.85

Senioren Open, Dames

1.	Dachen Haaijer	ZPC Hoogveen	9:19.12	200800380	9:21.43	
	100m: 1:06.20	1:06.20 300m: 3:28.56	1:11.34	500m: 5:50.70	700m: 8:13.14	1:12.36
	200m: 2:17.22	1:11.02 400m: 4:39.68	1:11.12	600m: 7:00.78	800m: 9:21.43	1:08.29
2.	Imre Bouwland	ZPC Hoogveen	9:36.24	200700388	9:33.96	
	100m: 1:06.69	1:06.69 300m: 3:30.88	1:11.98	500m: 5:56.30	700m: 8:22.94	1:13.21
	200m: 2:18.90	1:12.21 400m: 4:43.22	1:12.34	600m: 7:09.73	800m: 9:33.96	1:11.02
3.	Sofie Vos	ZPC Hoogveen	9:51.75	200800804	10:00.55	
	100m: 1:09.61	1:09.61 300m: 3:41.01	1:16.17	500m: 6:13.80	700m: 8:45.99	1:15.75
	200m: 2:24.84	1:15.23 400m: 4:57.45	1:16.44	600m: 7:30.24	800m: 10:00.55	1:14.56
4.	Esmee van der Tuuk	ZPC Hoogveen	10:19.29	200800682	10:14.05	
	100m: 1:12.49	1:12.49 300m: 3:47.26	1:18.01	500m: 6:22.18	700m: 8:57.39	1:17.68
	200m: 2:29.25	1:16.76 400m: 5:05.16	1:17.90	600m: 7:39.71	800m: 10:14.05	1:16.66
5.	Rixt Rothschild	ZPC Hoogveen	NT	200900026	10:18.30	
	100m: 1:13.71	1:13.71 300m: 3:51.35	1:19.14	500m: 6:28.10	700m: 9:04.54	1:17.73
	200m: 2:32.21	1:18.50 400m: 5:09.81	1:18.46	600m: 7:46.81	800m: 10:18.30	1:13.76
6.	Evelien Husselman	MZ&PC De Reest	10:52.48	200501324	10:35.59	
	100m: 1:12.93	1:12.93 300m: 3:53.49	1:20.51	500m: 6:37.95	700m: 9:21.46	1:21.97
	200m: 2:32.98	1:20.05 400m: 5:15.27	1:21.78	600m: 7:59.49	800m: 10:35.59	1:14.13
7.	Nora Lynn Otten	ZPC Hoogveen	10:50.01	200903338	10:42.46	
	100m: 1:13.72	1:13.72 300m: 3:56.40	1:21.99	500m: 6:41.11	700m: 9:25.95	1:22.47
	200m: 2:34.41	1:20.69 400m: 5:19.14	1:22.74	600m: 8:03.48	800m: 10:42.46	1:16.51
8.	Femke ter Horst	ZPC Hoogveen	10:46.96	201000108	10:43.24	
	100m: 1:13.95	1:13.95 300m: 3:54.97	1:21.01	500m: 6:38.68	700m: 9:23.83	1:22.80
	200m: 2:33.96	1:20.01 400m: 5:16.61	1:21.64	600m: 8:01.03	800m: 10:43.24	1:19.41
9.	Myron Dekker	ZPC Hoogveen	11:02.33	201000512	10:45.40	
	100m: 1:14.61	1:14.61 300m: 3:58.24	1:23.25	500m: 6:44.13	700m: 9:27.04	1:21.90
	200m: 2:34.99	1:20.38 400m: 5:21.00	1:22.76	600m: 8:05.14	800m: 10:45.40	1:18.36
10.	Isa Kerpels	ZPC Hoogveen	10:27.82	200800880	10:56.84	
	100m: 1:15.49	1:15.49 300m: 4:01.26	1:23.19	500m: 6:49.27	700m: 9:36.95	1:23.99
	200m: 2:38.07	1:22.58 400m: 5:25.42	1:24.16	600m: 8:12.96	800m: 10:56.84	1:19.89
11.	Cynthia Koolman	ZPC Hoogveen	9:48.31	200300232	11:13.00	
	100m: 1:17.17	1:17.17 300m: 4:07.20	1:25.44	500m: 7:00.37	700m: 9:49.90	1:26.11
	200m: 2:41.76	1:24.59 400m: 5:33.66	1:26.46	600m: 8:23.79	800m: 11:13.00	1:23.10
12.	Chantal Peters	ZPC Hoogveen	NT	201001578	11:23.23	
	100m: 1:17.19	1:17.19 300m: 4:10.95	1:27.50	500m: 7:07.22	700m: 9:59.55	1:25.58
	200m: 2:43.45	1:26.26 400m: 5:39.04	1:28.09	600m: 8:33.97	800m: 11:23.23	1:23.68

LAC deel 1
Hoogeveen, 6/10/2024

Programmanr. 5, Dames, 800m vrije slag, Senioren Open

rang	naam	vereniging	intijd			tijd			RT
13.	Larissa Redjosentono	ZC Polaris	NT			200403210			11:55.32
	100m: 1:20.68	1:20.68	300m: 4:20.69	1:30.33	500m: 7:25.62	1:32.23	700m: 10:28.57	1:30.65	
	200m: 2:50.36	1:29.68	400m: 5:53.39	1:32.70	600m: 8:57.92	1:32.30	800m: 11:55.32	1:26.75	
14.	Tess Broer	ZPC Hoogeveen	12:20.00			201200420			12:07.84
	100m: 1:22.86	1:22.86	300m: 4:26.19	1:32.39	500m: 7:32.33	1:33.63	700m: 10:37.97	1:32.33	
	200m: 2:53.80	1:30.94	400m: 5:58.70	1:32.51	600m: 9:05.64	1:33.31	800m: 12:07.84	1:29.87	
15.	Hedwig Bork	ZPC Hoogeveen	14:29.71			201200414			12:20.09
	100m: 1:22.96	1:22.96	300m: 4:29.14	1:32.97	500m: 7:38.82	1:34.57	700m: 10:48.81	1:35.64	
	200m: 2:56.17	1:33.21	400m: 6:04.25	1:35.11	600m: 9:13.17	1:34.35	800m: 12:20.09	1:31.28	
DIS	Luesza Siahaija	ZPC Hoogeveen	10:53.92			200801316			
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>								
AFGEM	Ilse Zuurman	ZPC Hoogeveen	12:43.41			201100112			