

Lac deel 2  
Zaandam, 1-12-2018

Programmanr. 1  
1-12-2018 - 7:25

Meisjes, 400m vrije slag

Meisjes Minioren 5 Junioren 1  
Resultaten

rang	naam	vereniging	intijd			tijd			RT
1.	Eline van Rijn	Kzc	NT 200700918			<b>5:41.57</b>			340
	50m: 40.54	40.54	100m: 1:25.02	44.48	200m: 2:52.27	1:27.25	400m: 5:41.57	2:49.30	
2.	Ayse Mayda	ZV De Zaan	7:18.96 200800514			<b>5:51.59</b>			312
	50m: 37.52	37.52	100m: 1:20.41	42.89	200m: 2:50.48	1:30.07	400m: 5:51.59	3:01.11	
3.	Lisan Steenbakker	Kzc	5:52.94 200701666			<b>6:00.90</b>			288
	50m: 39.23	39.23	100m: 1:24.59	45.36	200m: 2:56.13	1:31.54	400m: 6:00.90	3:04.77	
4.	Mara Koppen	ZV De Zaan	6:38.40 200800478			<b>6:01.51</b>			287
	50m: 39.09	39.09	100m: 1:25.45	46.36	200m: 2:57.89	1:32.44	400m: 6:01.51	3:03.62	
5.	Anne Demmers	Kzc	NT 200800412			<b>6:18.71</b>			249
	50m: 43.60	43.60	100m: 1:30.73	47.13	200m: 3:09.07	1:38.34	400m: 6:18.71	3:09.64	
6.	Sara Al Abdellaoui	ZV De Zaan	6:30.50 200701584			<b>6:29.47</b>			229
	50m: 40.92	40.92	100m: 1:30.82	49.90	200m: 3:11.17	1:40.35	400m: 6:29.47	3:18.30	
7.	Phardou Bakker	ZV De Zaan	6:39.62 200700428			<b>6:46.57</b>			202
	50m: 42.71	42.71	100m: 1:33.17	50.46	200m: 3:17.83	1:44.66	400m: 6:46.57	3:28.74	
8.	Firdaous Diaz	ZV De Zaan	7:44.95 200702520			<b>7:32.32</b>			146
	50m: 47.85	47.85	100m: 1:43.91	56.06	200m: 3:42.55	1:58.64	400m: 7:32.32	3:49.77	
AFGEM	Maya Petroutsos	Kzc	5:29.15 200701814						

Programmanr. 2  
1-12-2018 - 7:40

Jongens, 400m vrije slag

Jongens Minioren 5 en 6  
Resultaten

rang	naam	vereniging	intijd			tijd			RT
1.	Bram Loots	Kzc	5:41.16 200700197			<b>5:17.80</b>			332
	50m: 35.39	35.39	100m: 1:15.68	40.29	200m: 2:37.99	1:22.31	400m: 5:17.80	2:39.81	
2.	Rens Noordover	Kzc	5:51.25 200800237			<b>5:22.29</b>			318
	50m: 36.26	36.26	100m: 1:16.86	40.60	200m: 2:39.58	1:22.72	400m: 5:22.29	2:42.71	
3.	Pieter Mikhail	ZV De Zaan	6:12.07 200700317			<b>5:46.33</b>			257
	50m: 36.62	36.62	100m: 1:17.77	41.15	200m: 2:48.84	1:31.07	400m: 5:46.33	2:57.49	
4.	Farhan Osmani	ZV De Zaan	NT 200700513			<b>5:57.19</b>			234
	50m: 37.67	37.67	100m: 1:21.71	44.04	200m: 2:54.72	1:33.01	400m: 5:57.19	3:02.47	
5.	Efe Tutar	ZV De Zaan	8:21.65 200801207			<b>7:44.05</b>			107
	50m: 48.56	48.56	100m: 1:45.07	56.51	200m: 3:45.07	2:00.00	400m: 7:44.05	3:58.98	

Programmanr. 3  
1-12-2018 - 7:50

Meisjes, 800m vrije slag

Meisjes Junioren 2 en 3  
Resultaten

rang	naam	vereniging	intijd			tijd			RT
1.	Chantal Half	Kzc	11:44.53 200600562			<b>11:16.38</b>			374
	50m: 36.82	36.82	200m: 2:43.90	1:26.17	800m: 11:16.38	5:42.22			
	100m: 1:17.73	40.91	400m: 5:34.16	2:50.26					
2.	Jasmijn van Wendel	Kzc	NT 200502114			<b>12:03.13</b>			306
	50m: 39.09	39.09	200m: 2:54.32	1:31.51	800m: 12:03.13	5:59.91			
	100m: 1:22.81	43.72	400m: 6:03.22	3:08.90					
3.	Marit Hakvoort	Kzc	13:16.02 200601062			<b>12:11.58</b>			296
	50m: 39.59	39.59	200m: 2:56.08	1:31.89	800m: 12:11.58	6:08.29			
	100m: 1:24.19	44.60	400m: 6:03.29	3:07.21					

Lac deel 2  
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Programmanr. 4  
1-12-2018 - 8:05

Jongens, 800m vrije slag

Jongens Junioren 1 en 2  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Erfan Osmani	ZV De Zaan	NT 200501069	<b>11:48.05</b>	260	
	50m: 39.13	39.13	200m: 2:54.44	1:30.85	800m: 11:48.05	551.18
	100m: 1:23.59	44.46	400m: 5:56.87	3:02.43		
2.	Hessel Tijben	ZV De Zaan	12:24.90 200600375	<b>12:09.34</b>	238	
	50m: 39.85	39.85	200m: 2:54.74	1:29.66	800m: 12:09.34	6:12.54
	100m: 1:25.08	45.23	400m: 5:56.80	3:02.06		

Programmanr. 5  
1-12-2018 - 8:15

Dames, 1500m vrije slag

Dames Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Kim Groeneveld	DAW	19:32.04 01A3981V321	<b>19:05.21</b>	528	
	50m: 33.91	33.91	200m: 2:28.62	1:16.77	800m: 10:09.42	5:07.37
	100m: 1:11.85	37.94	400m: 5:02.05	2:33.43	1500m: 19:05.21	8:55.79
2.	Yvonne Engel	ZV De Zaan	19:42.88 200300780	<b>19:14.99</b>	514	
	50m: 35.65	35.65	200m: 2:32.15	1:17.13	800m: 10:12.25	5:07.12
	100m: 1:15.02	39.37	400m: 5:05.13	2:32.98	1500m: 19:14.99	9:02.74
3.	Fleur van Leeuwen	A.Z.V.D.	20:49.13 200300782	<b>20:25.01</b>	431	
	50m: 36.24	36.24	200m: 2:36.07	1:20.54	800m: 10:49.19	5:29.17
	100m: 1:15.53	39.29	400m: 5:20.02	2:43.95	1500m: 20:25.01	9:35.82
4.	Feia Persad	Zwemvereniging Hoorn	21:28.89 200201828	<b>20:49.49</b>	406	
	50m: 36.01	36.01	200m: 2:37.14	1:21.12	800m: 10:59.13	5:38.27
	100m: 1:16.02	40.01	400m: 5:20.86	2:43.72	1500m: 20:49.49	9:50.36
5.	Sanne Lagerweij	ZV De Zaan	22:13.60 200201552	<b>21:29.48</b>	370	
	50m: 36.27	36.27	200m: 2:41.49	1:23.80	800m: 11:24.15	5:51.58
	100m: 1:17.69	41.42	400m: 5:32.57	2:51.08	1500m: 21:29.48	10:05.33
6.	Chimène Breuring	ZV De Zaan	22:11.52 200201210	<b>21:54.28</b>	349	
	50m: 36.02	36.02	200m: 2:38.61	1:23.48	800m: 11:30.46	5:57.64
	100m: 1:15.13	39.11	400m: 5:32.82	2:54.21	1500m: 21:54.28	10:23.82

Programmanr. 6  
1-12-2018 - 8:40

Heren, 1500m vrije slag

Heren Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Mitch Kolkman	ZV Haerlem	17:29.43 200201211	<b>17:07.38</b>	609	
	50m: 30.55	30.55	200m: 2:12.09	1:08.21	800m: 9:06.52	4:36.13
	100m: 1:03.88	33.33	400m: 4:30.39	2:18.30	1500m: 17:07.38	8:00.86
2.	Vincent Dragt	Zwemvereniging Hoorn	18:41.21 200104091	<b>18:33.11</b>	479	
	50m: 31.36	31.36	200m: 2:19.63	1:13.28	800m: 9:45.44	4:57.02
	100m: 1:06.35	34.99	400m: 4:48.42	2:28.79	1500m: 18:33.11	8:47.67
3.	Tim Cohen	ZV De Zaan	NT 200300685	<b>19:52.04</b>	390	
	50m: 34.20	34.20	200m: 2:29.26	1:17.24	800m: 10:25.73	5:20.20
	100m: 1:12.02	37.82	400m: 5:05.53	2:36.27	1500m: 19:52.04	9:26.31
4.	Bjorn de Goede	ZV De Zaan	19:27.90 198701041	<b>21:24.66</b>	312	
	50m: 35.60	35.60	200m: 2:38.00	1:21.35	800m: 11:20.64	5:54.02
	100m: 1:16.65	41.05	400m: 5:26.62	2:48.62	1500m: 21:24.66	10:04.02
5.	Pepijn van der Putten	ZV De Zaan	22:34.14 200300361	<b>23:35.87</b>	233	
	50m: 36.25	36.25	200m: 2:53.04	1:32.39	800m: 12:30.64	6:25.18
	100m: 1:20.65	44.40	400m: 6:05.46	3:12.42	1500m: 23:35.87	11:05.23