

Districts Lange Afstand 2010
Dordrecht, 28.3.2010

Programmanr. 1
28.3.10 - 13:00

Dames, 400m wisselslag

Junioren 2 en ouder
Resultaten

Rang						In.tijd		Tijd
Junioren 2 en 3								
1.	Anouk van der Vlies	Zoetermeer	5:27.83	9603226	5:36.80			
	100m: 1:15.26	200m: 2:40.95	300m: 4:19.33	400m: 5:36.80				
2.	Lisa van den Eng	Wvz	5:37.57	9602070	5:37.58			
	100m: 1:17.20	200m: 2:41.86	300m: 4:20.11	400m: 5:37.58				
3.	Aylin van Uffelen	Racing Club	5:29.83	9600352	5:44.32			
	100m: 1:16.26	200m: 2:46.65	300m: 4:26.93	400m: 5:44.32				
4.	Jasmijn Bink	LZ 1886	5:31.61	9700332	5:54.02			
	100m: 1:19.92	200m: 2:48.02	300m: 4:33.89	400m: 5:54.02				
5.	Joelle Geerts	Poseidon'56	5:41.86	9700206	6:03.64			
	100m: 1:24.42	200m: 2:56.67	300m: 4:39.45	400m: 6:03.64				
6.	Anne Braam	LZ 1886	5:52.06	9602210	6:11.67			
	100m: 1:23.51	200m: 2:59.11	300m: 4:45.67	400m: 6:11.67				
7.	Lisa Postma	De Zijl LGB	6:00.51	9701588	6:15.76			
	100m: 1:29.96	200m: 2:59.26	300m: 4:56.01	400m: 6:15.76				
DIS	Moniek Heemskerk	LZ 1886	5:51.21	9601964	6:03.76			
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							
	100m: 1:26.51	200m: 3:00.16	300m: 4:39.54	400m: 6:03.76				
AFGEM	Isabel Spit	Lac	6:01.82	9604712				
AFGEM	Marije Dinkelberg	ZV Vlaardingen	6:06.09	9703192				
Jeugd 1 en 2								
1.	Kelly Wigleven	Poseidon'56	5:22.02	9500058	5:30.58			
	100m: 1:13.48	200m: 2:41.14	300m: 4:17.23	400m: 5:30.58				
2.	Jaimy Lee Taskin	Noordwijkerhout	5:31.51	9403364	5:39.11			
	100m: 1:17.45	200m: 2:42.08	300m: 4:21.92	400m: 5:39.11				
3.	Jennifer den Besten	Hoogenboom Tours BZ&PC	5:30.82	9501740	5:45.73			
	100m: 1:16.70	200m: 2:47.20	300m: 4:25.04	400m: 5:45.73				
4.	Danielle Grootes	De Columbiaan	5:52.89	9501278	5:49.82			
	100m: 1:18.47	200m: 2:48.31	300m: 4:34.40	400m: 5:49.82				
5.	Laura van Daalen	De Columbiaan	5:44.97	9503474	5:51.61			
	100m: 1:17.54	200m: 2:51.31	300m: 4:34.23	400m: 5:51.61				
6.	Birgit Adriaansen	MNC Dordrecht	5:51.62	9503342	5:54.29			
	100m: 1:25.42	400m: 5:54.29						
7.	Krista Kostwinder	De Kempvis	5:48.07	9401058	5:56.47			
	100m: 1:23.08	200m: 2:52.95	300m: 4:35.81	400m: 5:56.47				
8.	Saskia Kommers	Van Vliet Barracuda	5:49.06	9502846	5:58.92			
	100m: 1:26.73	200m: 2:55.57	300m: 4:40.54	400m: 5:58.92				
9.	Anouk Kuijlaars	MNC Dordrecht	5:53.25	9401700	6:12.52			
	100m: 1:24.68	200m: 3:09.28	300m: 4:53.62	400m: 6:12.52				
AFGEM	Giulia Rolloos	Van Vliet Barracuda	6:07.94	9500946				

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Programmanr. 1, Dames, 400m wisselslag

Senioren 1 en 2

1.	Lisa van Milt	de Devel	5:38.92	9201228	5:41.89
	100m: 1:14.48 200m: 2:47.54 300m: 4:21.86 400m: 5:41.89				
2.	Silje Welsh	De Zijl LGB	5:36.09	9206488	5:42.61
	100m: 1:15.14 200m: 2:44.64 300m: 4:26.58 400m: 5:42.61				
3.	Karliën Veldscholte	Zpb H&I	5:35.14	9305880	5:50.55
	100m: 1:18.37 200m: 2:55.54 300m: 4:27.07 400m: 5:50.55				
4.	Isabelle Grootes	De Columbiaan	5:30.62	9303030	5:53.73
	100m: 1:19.95 200m: 2:51.00 300m: 4:34.73 400m: 5:53.73				
5.	Zarife Gela	KZV de Lansingh	6:06.38	9200584	6:18.45
	100m: 1:30.26 200m: 3:11.64 300m: 4:52.76 400m: 6:18.45				
6.	Marjolein van Kleef	De Zijl LGB	6:15.33	9301398	6:28.07
	100m: 1:36.16 200m: 3:11.16 300m: 5:02.20 400m: 6:28.07				

Senioren

1.	Rosanne de Boer	LZ 1886	5:28.51	9104060	5:28.41
	100m: 1:17.30 200m: 2:44.88 300m: 4:15.61 400m: 5:28.41				
2.	Tonia Ruybroek	Poseidon'56	5:19.31	8101290	5:30.76
	100m: 1:14.45 200m: 2:41.32 300m: 4:18.64 400m: 5:30.76				
3.	Nadya Putter	ZV Vlaardingen	5:20.89	8301630	5:35.02
	100m: 1:12.10 200m: 2:40.57 300m: 4:18.32 400m: 5:35.02				
4.	Maryse Lampe	de Devel	5:33.00	8702458	5:37.16
	100m: 1:15.23 200m: 2:44.13 300m: 4:21.29 400m: 5:37.16				
5.	Mea Ferreira	ZC Ooievaar (SG)	5:35.74	8901194	5:37.69
	100m: 1:15.37 200m: 2:45.32 300m: 4:21.53 400m: 5:37.69				
6.	Kimberly de Pater	KZV de Lansingh	5:51.30	8903218	5:56.82
	100m: 1:25.82 200m: 2:52.86 300m: 4:36.20 400m: 5:56.82				
7.	Tamara Hoogenboom	Wzk	5:41.53	9001560	6:04.51
	100m: 1:22.95 400m: 6:04.51				
8.	Lieke Hengst	Lac	5:43.76	9108048	6:19.32
	100m: 1:16.36 200m: 3:01.43 300m: 4:51.43 400m: 6:19.32				
DIS	Iris Barendregt	Van Vliet Barracuda	5:30.91	8600172	5:41.54
	<i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>				
	100m: 1:14.04 200m: 2:44.54 300m: 4:23.32 400m: 5:41.54				

AFGEM	Andrea van Leeuwen	De Zijl LGB	5:57.54	8100904	
AFGEM	Linda Hoogendam	d'ELFT	5:57.00	8300892	

Junioren 2 en ouder

1.	Rosanne de Boer	LZ 1886	5:28.51	9104060	5:28.41
	100m: 1:17.30 200m: 2:44.88 300m: 4:15.61 400m: 5:28.41				
2.	Kelly Wigleven	Poseidon'56	5:22.02	9500058	5:30.58
	100m: 1:13.48 200m: 2:41.14 300m: 4:17.23 400m: 5:30.58				
3.	Tonia Ruybroek	Poseidon'56	5:19.31	8101290	5:30.76
	100m: 1:14.45 200m: 2:41.32 300m: 4:18.64 400m: 5:30.76				
4.	Nadya Putter	ZV Vlaardingen	5:20.89	8301630	5:35.02
	100m: 1:12.10 200m: 2:40.57 300m: 4:18.32 400m: 5:35.02				
5.	Anouk van der Vlies	Zoetermeer	5:27.83	9603226	5:36.80
	100m: 1:15.26 200m: 2:40.95 300m: 4:19.33 400m: 5:36.80				

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Programmanr. 1, Dames, 400m wisselslag, Junioren 2 en ouder

Rang							In.tijd		Tijd
6.	Maryse Lampe			de Devel	5:33.00	8702458	5:37.16		
	100m: 1:15.23	200m: 2:44.13	300m: 4:21.29	400m: 5:37.16					
7.	Lisa van den Eng			Wvz	5:37.57	9602070	5:37.58		
	100m: 1:17.20	200m: 2:41.86	300m: 4:20.11	400m: 5:37.58					
8.	Mea Ferreira			ZC Ooievaar (SG)	5:35.74	8901194	5:37.69		
	100m: 1:15.37	200m: 2:45.32	300m: 4:21.53	400m: 5:37.69					
9.	Jaimy Lee Taskin			Noordwijkerhout	5:31.51	9403364	5:39.11		
	100m: 1:17.45	200m: 2:42.08	300m: 4:21.92	400m: 5:39.11					
10.	Lisa van Milt			de Devel	5:38.92	9201228	5:41.89		
	100m: 1:14.48	200m: 2:47.54	300m: 4:21.86	400m: 5:41.89					
11.	Silje Welsh			De Zijl LGB	5:36.09	9206488	5:42.61		
	100m: 1:15.14	200m: 2:44.64	300m: 4:26.58	400m: 5:42.61					
12.	Aylin van Uffelen			Racing Club	5:29.83	9600352	5:44.32		
	100m: 1:16.26	200m: 2:46.65	300m: 4:26.93	400m: 5:44.32					
13.	Jennifer den Besten			Hoogenboom Tours BZ&PC	5:30.82	9501740	5:45.73		
	100m: 1:16.70	200m: 2:47.20	300m: 4:25.04	400m: 5:45.73					
14.	Danielle Grootes			De Columbiaan	5:52.89	9501278	5:49.82		
	100m: 1:18.47	200m: 2:48.31	300m: 4:34.40	400m: 5:49.82					
15.	Karliën Veldscholte			Zpb H&I	5:35.14	9305880	5:50.55		
	100m: 1:18.37	200m: 2:55.54	300m: 4:27.07	400m: 5:50.55					
16.	Laura van Daalen			De Columbiaan	5:44.97	9503474	5:51.61		
	100m: 1:17.54	200m: 2:51.31	300m: 4:34.23	400m: 5:51.61					
17.	Isabelle Grootes			De Columbiaan	5:30.62	9303030	5:53.73		
	100m: 1:19.95	200m: 2:51.00	300m: 4:34.73	400m: 5:53.73					
18.	Jasmijn Bink			LZ 1886	5:31.61	9700332	5:54.02		
	100m: 1:19.92	200m: 2:48.02	300m: 4:33.89	400m: 5:54.02					
19.	Birgit Adriaansen			MNC Dordrecht	5:51.62	9503342	5:54.29		
	100m: 1:25.42	400m: 5:54.29							
20.	Krista Kostwinder			De Kempvis	5:48.07	9401058	5:56.47		
	100m: 1:23.08	200m: 2:52.95	300m: 4:35.81	400m: 5:56.47					
21.	Kimberly de Pater			KZV de Lansingh	5:51.30	8903218	5:56.82		
	100m: 1:25.82	200m: 2:52.86	300m: 4:36.20	400m: 5:56.82					
22.	Saskia Kommers			Van Vliet Barracuda	5:49.06	9502846	5:58.92		
	100m: 1:26.73	200m: 2:55.57	300m: 4:40.54	400m: 5:58.92					
23.	Joelle Geerts			Poseidon'56	5:41.86	9700206	6:03.64		
	100m: 1:24.42	200m: 2:56.67	300m: 4:39.45	400m: 6:03.64					
24.	Tamara Hoogenboom			Wzk	5:41.53	9001560	6:04.51		
	100m: 1:22.95	400m: 6:04.51							
25.	Anne Braam			LZ 1886	5:52.06	9602210	6:11.67		
	100m: 1:23.51	200m: 2:59.11	300m: 4:45.67	400m: 6:11.67					
26.	Anouk Kuijlaars			MNC Dordrecht	5:53.25	9401700	6:12.52		
	100m: 1:24.68	200m: 3:09.28	300m: 4:53.62	400m: 6:12.52					
27.	Lisa Postma			De Zijl LGB	6:00.51	9701588	6:15.76		
	100m: 1:29.96	200m: 2:59.26	300m: 4:56.01	400m: 6:15.76					
28.	Zarife Gela			KZV de Lansingh	6:06.38	9200584	6:18.45		
	100m: 1:30.26	200m: 3:11.64	300m: 4:52.76	400m: 6:18.45					
29.	Lieke Hengst			Lac	5:43.76	9108048	6:19.32		
	100m: 1:16.36	200m: 3:01.43	300m: 4:51.43	400m: 6:19.32					

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Dordrecht, 28.3.2010

Programmanr. 1, Dames, 400m wisselslag, Junioren 2 en ouder

Rang					In.tijd		Tijd
30.	Marjolein van Kleef	De Zijl LGB	6:15.33	9301398	6:28.07		
	100m: 1:36.16	200m: 3:11.16	300m: 5:02.20	400m: 6:28.07			
DIS	Iris Barendregt	Van Vliet Barracuda	5:30.91	8600172	5:41.54		
	<i>SK - Niet met twee handen gelijktijdig keer- en/of eindpunt aangetikt.</i>						
	100m: 1:14.04	200m: 2:44.54	300m: 4:23.32	400m: 5:41.54			
DIS	Moniek Heemskerk	LZ 1886	5:51.21	9601964	6:03.76		
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>						
	100m: 1:26.51	200m: 3:00.16	300m: 4:39.54	400m: 6:03.76			
AFGEM	Andrea van Leeuwen	De Zijl LGB	5:57.54	8100904			
AFGEM	Giulia Rolloos	Van Vliet Barracuda	6:07.94	9500946			
AFGEM	Linda Hoogendam	d'ELFT	5:57.00	8300892			
AFGEM	Isabel Spit	Lac	6:01.82	9604712			
AFGEM	Marije Dinkelberg	ZV Vlaardingen	6:06.09	9703192			

Programmanr. 2
28.3.10 - 13:20

Heren, 1500m vrije slag

Junioren 1 en ouder
Resultaten

Rang					In.tijd		Tijd
Junioren 1 en 2							
1.	Timo van der Ende	Wvz	18:28.09	9601979	18:44.20		
	100m: 1:09.57	400m: 4:55.26	700m: 8:43.64	1000m: 12:31.32	1300m: 16:17.23		
	200m: 2:24.51	500m: 6:11.39	800m: 10:00.00	1100m: 13:46.45	1400m: 17:32.54		
	300m: 3:39.57	600m: 7:27.48	900m: 11:15.92	1200m: 15:02.02	1500m: 18:44.20		
2.	Krijn de Kievit	Racing Club	19:20.60	9700277	19:39.51		
	100m: 1:12.80	400m: 5:09.76	700m: 9:09.39	1000m: 13:08.70	1300m: 17:06.20		
	200m: 2:31.13	500m: 6:29.67	800m: 10:29.86	1100m: 14:28.54	1500m: 19:39.51		
	300m: 3:49.89	600m: 7:49.60	900m: 11:49.39	1200m: 15:47.57			
3.	Selim Barraho	Lac	20:17.72	9604249	20:41.53		
	100m: 1:14.65	400m: 5:19.09	700m: 9:33.40	1000m: 13:46.08	1300m: 17:59.66		
	200m: 2:34.64	500m: 6:43.98	800m: 10:57.25	1100m: 15:10.28	1400m: 19:24.00		
	300m: 3:56.38	600m: 8:08.60	900m: 12:20.84	1200m: 16:34.87	1500m: 20:41.53		
4.	Dion de Mooy	LZ 1886	20:14.92	9701803	20:42.10		
	100m: 1:14.76	400m: 5:28.42	700m: 9:43.00	1000m: 13:53.23	1300m: 18:03.70		
	200m: 2:38.36	500m: 6:54.00	800m: 11:06.32	1100m: 15:17.16	1400m: 19:26.20		
	300m: 4:03.42	600m: 8:18.07	900m: 12:29.32	1200m: 16:40.82	1500m: 20:42.10		
5.	Roberto Hogerwerf	de Devel	20:35.22	9701183	20:46.53		
	100m: 1:14.07	400m: 5:23.46	700m: 9:35.49	1000m: 13:45.44	1300m: 17:59.41		
	200m: 2:36.78	500m: 6:48.24	800m: 10:58.24	1100m: 15:09.64	1500m: 20:46.53		
	300m: 3:59.78	600m: 8:12.16	900m: 12:21.84	1200m: 16:34.69			
6.	Tim van der Steen	ZV Vlaardingen	20:24.07	9702961	21:12.35		
	100m: 1:15.99	400m: 5:27.53	700m: 9:44.95	1000m: 14:05.85	1300m: 18:24.90		
	200m: 2:38.80	500m: 6:53.18	800m: 11:11.94	1100m: 15:32.35	1400m: 19:50.65		
	300m: 4:02.49	600m: 8:19.43	900m: 12:38.68	1200m: 16:58.90	1500m: 21:12.35		
7.	Thom Paardekooper	Zoetermeer	21:20.64	9604259	21:23.29		
	100m: 1:15.26	400m: 5:34.26	700m: 9:57.51	1000m: 14:20.57	1300m: 18:41.73		
	200m: 2:40.16	500m: 7:01.80	800m: 11:25.57	1100m: 15:48.89	1400m: 20:06.35		
	300m: 4:07.20	600m: 8:29.80	900m: 12:53.10	1200m: 17:15.16	1500m: 21:23.29		
8.	Jeroen Oosthoek	De Columbiaan	21:08.28	9602547	21:57.00		
	100m: 1:16.67	400m: 5:39.00	700m: 10:08.73	1000m: 14:36.07	1300m: 19:02.67		
	200m: 2:42.32	500m: 7:09.36	800m: 11:37.67	1100m: 16:03.82	1400m: 20:33.45		
	300m: 4:09.95	600m: 8:39.02	900m: 13:07.73	1200m: 17:32.36	1500m: 21:57.00		

Districts Lange Afstand 2010
Dordrecht, 28.3.2010

Programmanr. 2, Heren, 1500m vrije slag

Junioren 3 en 4

1.	Lars Schoffelmeer	ZPCNumansdorp	17:42.08	9501907	17:55.60
	100m: 1:05.80	400m: 4:44.00	700m: 8:20.82	1000m: 11:57.60	1300m: 15:33.26
	200m: 2:18.00	500m: 5:55.92	800m: 9:33.60	1100m: 13:07.89	1400m: 16:45.64
	300m: 3:30.95	600m: 7:08.10	900m: 10:46.02	1200m: 14:20.92	1500m: 17:55.60
2.	Simon Stouten	De Zijl LGB	18:18.10	9400943	18:08.35
	100m: 1:07.96	400m: 4:49.84	700m: 8:31.44	1000m: 12:09.96	1300m: 15:48.84
	200m: 2:22.28	500m: 6:03.68	800m: 9:45.38	1100m: 13:22.35	1400m: 17:00.15
	300m: 3:36.16	600m: 7:17.14	900m: 10:58.08	1200m: 14:35.18	1500m: 18:08.35
3.	Ensgar Kotterink	Racing Club	17:15.24	9403391	18:17.54
	100m: 1:05.85	400m: 4:44.02	700m: 8:30.29	1000m: 12:17.48	1300m: 15:55.82
	200m: 2:16.86	500m: 5:58.39	800m: 9:45.26	1100m: 13:30.95	1400m: 17:07.29
	300m: 3:29.60	600m: 7:13.73	900m: 11:01.86	1200m: 14:43.23	1500m: 18:17.54
4.	Jeffrey Buddenberg	de Zeehond '73	17:19.41	9502289	18:24.21
	100m: 1:05.18	400m: 4:45.13	700m: 8:28.55	1000m: 12:11.34	1300m: 15:56.65
	200m: 2:17.58	500m: 5:59.73	800m: 9:42.44	1100m: 13:26.14	1400m: 17:11.50
	300m: 3:30.71	600m: 7:13.74	900m: 10:56.59	1200m: 14:41.74	1500m: 18:24.21
5.	Jeroen van der Giessen	ZV Westland Dijkglas	17:52.95	9404751	18:24.32
	100m: 1:06.26	400m: 4:48.64	700m: 8:32.42	1000m: 12:16.95	1300m: 15:59.16
	200m: 2:20.36	500m: 6:03.04	800m: 9:47.10	1100m: 13:31.00	1400m: 17:13.23
	300m: 3:34.36	600m: 7:17.45	900m: 11:02.16	1200m: 14:45.00	1500m: 18:24.32
6.	Melvin Prins	de Devel	18:02.09	9500201	18:25.20
	100m: 1:09.03	400m: 4:48.34	700m: 8:32.53	1000m: 12:17.34	1300m: 16:01.36
	200m: 2:21.68	500m: 6:02.71	800m: 9:47.47	1100m: 13:32.01	1400m: 17:14.94
	300m: 3:34.72	600m: 7:17.42	900m: 11:02.15	1200m: 14:46.84	1500m: 18:25.20
7.	Tim Muller	De Geul	19:06.16	9501019	19:09.44
	100m: 1:09.28	400m: 4:57.62	700m: 8:49.91	1000m: 12:44.08	1300m: 16:38.68
	200m: 2:24.07	500m: 6:15.78	800m: 10:07.24	1100m: 14:01.99	1400m: 17:55.25
	300m: 3:40.72	600m: 7:32.68	900m: 11:26.14	1200m: 15:21.53	1500m: 19:09.44
8.	Bas Perik	Electrolux AZC	18:50.07	9502209	19:26.03
	100m: 1:10.44	400m: 5:02.35	700m: 8:57.29	1000m: 12:51.88	1300m: 16:49.38
	200m: 2:27.59	500m: 6:20.47	800m: 10:15.35	1100m: 14:10.70	1400m: 18:09.65
	300m: 3:44.93	600m: 7:38.46	900m: 11:33.44	1200m: 15:29.94	1500m: 19:26.03
9.	Roy Bos	de Devel	19:38.82	9500241	19:40.76
	100m: 1:14.20	400m: 5:13.02	700m: 9:10.20	1000m: 13:08.16	1300m: 17:06.07
	200m: 2:33.76	500m: 6:32.32	800m: 10:29.54	1100m: 14:27.82	1400m: 18:24.16
	300m: 3:53.20	600m: 7:51.23	900m: 11:48.76	1200m: 15:47.04	1500m: 19:40.76
10.	Sander Asjes	Lac	19:33.82	9503787	19:43.10
	100m: 1:09.36	400m: 5:04.13	700m: 9:03.23	1000m: 13:06.51	1300m: 17:08.70
	200m: 2:26.26	500m: 6:24.16	800m: 10:24.13	1100m: 14:27.70	1400m: 18:29.04
	300m: 3:44.86	600m: 7:44.51	900m: 11:45.29	1200m: 15:48.42	1500m: 19:43.10
11.	Emiel van Beusekom	Van Vliet Barracuda	19:56.51	9403951	20:15.13
	100m: 1:14.48	400m: 5:20.36	700m: 9:28.89	1000m: 13:36.32	1300m: 17:42.36
	200m: 2:34.26	500m: 6:43.10	800m: 10:52.32	1100m: 14:59.00	1500m: 20:15.13
	300m: 3:57.00	600m: 8:05.82	900m: 12:14.76	1200m: 16:21.02	
AFGEM	Robin van der Voort	De Columbiaan	20:12.94	9501215	

Jeugd 1 en 2

1.	Timo Dinkelberg	ZV Vlaardingen	17:19.37	9300773	17:38.86
	100m: 1:05.42	400m: 4:37.56	700m: 8:11.61	1000m: 11:45.56	1300m: 15:20.82
	200m: 2:15.70	500m: 5:48.74	800m: 9:22.61	1100m: 12:57.05	1400m: 16:32.03
	300m: 3:26.55	600m: 7:00.21	900m: 10:34.05	1200m: 14:08.76	1500m: 17:38.86
2.	Menno van den Heuvel	Noordwijkerhout	17:18.95	9200519	17:43.02
	100m: 1:04.74	400m: 4:38.67	700m: 8:13.79	1000m: 11:50.46	1300m: 15:21.56
	200m: 2:16.09	500m: 5:50.34	800m: 9:25.71	1100m: 13:01.56	1400m: 16:33.61
	300m: 3:27.31	600m: 7:02.17	900m: 10:37.81	1200m: 14:11.80	1500m: 17:43.02

Districts Lange Afstand 2010
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Programmanr. 2, Jongens, 1500m vrije slag, Jeugd 1 en 2

Rang											In.tijd	Tijd
3.	Giovanni den Ouden		de Devel		16:57.98		9300877		17:53.60			
	100m:	1:05.32	400m:	4:38.07	700m:	8:12.60	1000m:	11:49.36	1300m:	15:28.73		
	200m:	2:15.23	500m:	5:49.39	800m:	9:24.42	1100m:	13:01.89	1400m:	16:43.50		
	300m:	3:26.70	600m:	7:00.64	900m:	10:37.16	1200m:	14:15.57	1500m:	17:53.60		
4.	Nick Duivenvoorden		Noordwijkerhout		17:20.25		9300731		18:10.32			
	100m:	1:05.32	400m:	4:33.36	700m:	8:26.13	1000m:	12:08.73	1300m:	15:48.82		
	200m:	2:17.00	500m:	5:57.60	800m:	9:40.23	1100m:	13:22.20	1400m:	17:01.48		
	300m:	3:29.57	600m:	7:11.95	900m:	10:54.67	1200m:	14:35.82	1500m:	18:10.32		
5.	Thomas Hansen		LZ 1886		17:57.38		9204327		18:21.87			
	100m:	1:08.63	400m:	4:51.00	700m:	8:31.68	1000m:	12:11.79	1300m:	15:54.52		
	200m:	2:22.92	500m:	6:04.45	800m:	9:45.40	1100m:	13:25.70	1400m:	17:09.65		
	300m:	3:36.85	600m:	7:11.59	900m:	10:58.60	1200m:	14:39.94	1500m:	18:21.87		
6.	Gianpaolo Gioia		ZC Ooievaar (SG)		18:45.26		9306457		18:58.92			
	100m:	1:11.70	400m:	5:01.54	700m:	8:53.77	1000m:	12:45.89	1300m:	16:32.23		
	200m:	2:28.11	500m:	6:17.74	800m:	10:13.14	1100m:	14:01.11	1400m:	17:48.58		
	300m:	3:44.89	600m:	7:34.95	900m:	11:29.51	1200m:	15:16.14	1500m:	18:58.92		
7.	Lennart Spaans		ZV Westland Dijkglas		19:44.86		9201237		19:52.13			
	100m:	1:10.76	400m:	5:06.67	700m:	9:10.26	1000m:	13:14.42	1300m:	17:15.67		
	200m:	2:27.73	500m:	6:28.02	800m:	10:32.29	1100m:	14:34.89	1400m:	18:35.95		
	300m:	3:46.82	600m:	7:48.86	900m:	11:53.73	1200m:	15:55.13	1500m:	19:52.13		
AFGEM	Jelmar Kluiwstra		LZ 1886		17:28.09		9204323					

Senioren 1 en ouder

1.	Kristiaan Lenos		LZ 1886		17:32.13		8301331		18:04.92	
	100m:	1:02.13	400m:	4:33.70	700m:	8:13.10	1000m:	11:56.00	1300m:	15:38.92
	200m:	2:11.82	500m:	5:46.10	800m:	9:27.45	1100m:	13:09.73	1400m:	16:53.39
	300m:	3:22.02	600m:	6:59.45	900m:	10:41.54	1200m:	14:24.07	1500m:	18:04.92
2.	Erik Simons		Wzk		17:08.83		8902845		18:11.67	
	100m:	1:05.00	400m:	4:43.67	700m:	8:26.67	1000m:	12:08.45	1300m:	15:49.04
	200m:	2:16.95	500m:	5:57.48	800m:	9:41.20	1100m:	13:22.20	1400m:	17:03.02
	300m:	3:29.76	600m:	7:12.39	900m:	10:54.89	1200m:	14:35.95	1500m:	18:11.67
3.	Dirkjan Beugelsdijk		De Zijl LGB		18:49.54		8100123		19:14.31	
	100m:	1:10.62	400m:	4:57.50	700m:	8:51.03	1000m:	12:45.90	1300m:	16:40.41
	200m:	2:25.29	500m:	6:14.62	800m:	10:08.79	1100m:	14:04.34	1400m:	17:58.54
	300m:	3:40.82	600m:	7:32.38	900m:	11:27.13	1200m:	15:22.34	1500m:	19:14.31
4.	Alex Vermeulen		Wzk		18:39.81		8905811		19:27.86	
	100m:	1:11.89	400m:	5:08.82	700m:	9:07.29	1000m:	13:03.76	1300m:	16:58.60
	200m:	2:29.73	500m:	6:28.45	800m:	10:26.48	1100m:	14:22.23	1400m:	18:15.13
	300m:	3:49.29	600m:	7:48.26	900m:	11:45.16	1200m:	15:40.89	1500m:	19:27.86
5.	Mark Lomax		KZV de Lansingh		19:47.39		8201095		20:03.26	
	100m:	1:09.23	400m:	5:07.07	700m:	9:10.07	1000m:	13:15.67	1300m:	17:22.57
	200m:	2:27.10	500m:	6:27.60	800m:	10:31.86	1100m:	14:37.10	1400m:	18:44.23
	300m:	3:47.00	600m:	7:48.51	900m:	11:53.70	1200m:	15:59.95	1500m:	20:03.26

Junioren 1 en ouder

1.	Timo Dinkelberg		ZV Vlaardingen		17:19.37		9300773		17:38.86	
	100m:	1:05.42	400m:	4:37.56	700m:	8:11.61	1000m:	11:45.56	1300m:	15:20.82
	200m:	2:15.70	500m:	5:48.74	800m:	9:22.61	1100m:	12:57.05	1400m:	16:32.03
	300m:	3:26.55	600m:	7:00.21	900m:	10:34.05	1200m:	14:08.76	1500m:	17:38.86
2.	Menno van den Heuvel		Noordwijkerhout		17:18.95		9200519		17:43.02	
	100m:	1:04.74	400m:	4:38.67	700m:	8:13.79	1000m:	11:50.46	1300m:	15:21.56
	200m:	2:16.09	500m:	5:50.34	800m:	9:25.71	1100m:	13:01.56	1400m:	16:33.61
	300m:	3:27.31	600m:	7:02.17	900m:	10:37.81	1200m:	14:11.80	1500m:	17:43.02

Districts Lange Afstand 2010
Dordrecht, 28.3.2010

Programmanr. 2, Heren, 1500m vrije slag, Junioren 1 en ouder

Rang											In.tijd	Tijd
3.	Giovanni den Ouden		de Devel		16:57.98	9300877					17:53.60	
	100m:	1:05.32	400m:	4:38.07	700m:	8:12.60	1000m:	11:49.36	1300m:	15:28.73		
	200m:	2:15.23	500m:	5:49.39	800m:	9:24.42	1100m:	13:01.89	1400m:	16:43.50		
	300m:	3:26.70	600m:	7:00.64	900m:	10:37.16	1200m:	14:15.57	1500m:	17:53.60		
4.	Lars Schoffelman		ZPCNumansdorp		17:42.08	9501907					17:55.60	
	100m:	1:05.80	400m:	4:44.00	700m:	8:20.82	1000m:	11:57.60	1300m:	15:33.26		
	200m:	2:18.00	500m:	5:55.92	800m:	9:33.60	1100m:	13:07.89	1400m:	16:45.64		
	300m:	3:30.95	600m:	7:08.10	900m:	10:46.02	1200m:	14:20.92	1500m:	17:55.60		
5.	Kristiaan Lenos		LZ 1886		17:32.13	8301331					18:04.92	
	100m:	1:02.13	400m:	4:33.70	700m:	8:13.10	1000m:	11:56.00	1300m:	15:38.92		
	200m:	2:11.82	500m:	5:46.10	800m:	9:27.45	1100m:	13:09.73	1400m:	16:53.39		
	300m:	3:22.02	600m:	6:59.45	900m:	10:41.54	1200m:	14:24.07	1500m:	18:04.92		
6.	Simon Stouten		De Zijl LGB		18:18.10	9400943					18:08.35	
	100m:	1:07.96	400m:	4:49.84	700m:	8:31.44	1000m:	12:09.96	1300m:	15:48.84		
	200m:	2:22.28	500m:	6:03.68	800m:	9:45.38	1100m:	13:22.35	1400m:	17:00.15		
	300m:	3:36.16	600m:	7:17.14	900m:	10:58.08	1200m:	14:35.18	1500m:	18:08.35		
7.	Nick Duivenvoorden		Noordwijkerhout		17:20.25	9300731					18:10.32	
	100m:	1:05.32	400m:	4:33.36	700m:	8:26.13	1000m:	12:08.73	1300m:	15:48.82		
	200m:	2:17.00	500m:	5:57.60	800m:	9:40.23	1100m:	13:22.20	1400m:	17:01.48		
	300m:	3:29.57	600m:	7:11.95	900m:	10:54.67	1200m:	14:35.82	1500m:	18:10.32		
8.	Erik Simons		Wzk		17:08.83	8902845					18:11.67	
	100m:	1:05.00	400m:	4:43.67	700m:	8:26.67	1000m:	12:08.45	1300m:	15:49.04		
	200m:	2:16.95	500m:	5:57.48	800m:	9:41.20	1100m:	13:22.20	1400m:	17:03.02		
	300m:	3:29.76	600m:	7:12.39	900m:	10:54.89	1200m:	14:35.95	1500m:	18:11.67		
9.	Ensger Kotterink		Racing Club		17:15.24	9403391					18:17.54	
	100m:	1:05.85	400m:	4:44.02	700m:	8:30.29	1000m:	12:17.48	1300m:	15:55.82		
	200m:	2:16.86	500m:	5:58.39	800m:	9:45.26	1100m:	13:30.95	1400m:	17:07.29		
	300m:	3:29.60	600m:	7:13.73	900m:	11:01.86	1200m:	14:43.23	1500m:	18:17.54		
10.	Thomas Hansen		LZ 1886		17:57.38	9204327					18:21.87	
	100m:	1:08.63	400m:	4:51.00	700m:	8:31.68	1000m:	12:11.79	1300m:	15:54.52		
	200m:	2:22.92	500m:	6:04.45	800m:	9:45.40	1100m:	13:25.70	1400m:	17:09.65		
	300m:	3:36.85	600m:	7:11.59	900m:	10:58.60	1200m:	14:39.94	1500m:	18:21.87		
11.	Jeffrey Buddenberg		de Zeehond '73		17:19.41	9502289					18:24.21	
	100m:	1:05.18	400m:	4:45.13	700m:	8:28.55	1000m:	12:11.34	1300m:	15:56.65		
	200m:	2:17.58	500m:	5:59.73	800m:	9:42.44	1100m:	13:26.14	1400m:	17:11.50		
	300m:	3:30.71	600m:	7:13.74	900m:	10:56.59	1200m:	14:41.74	1500m:	18:24.21		
12.	Jeroen van der Giessen		ZV Westland Dijkglas		17:52.95	9404751					18:24.32	
	100m:	1:06.26	400m:	4:48.64	700m:	8:32.42	1000m:	12:16.95	1300m:	15:59.16		
	200m:	2:20.36	500m:	6:03.04	800m:	9:47.10	1100m:	13:31.00	1400m:	17:13.23		
	300m:	3:34.36	600m:	7:17.45	900m:	11:02.16	1200m:	14:45.00	1500m:	18:24.32		
13.	Melvin Prins		de Devel		18:02.09	9500201					18:25.20	
	100m:	1:09.03	400m:	4:48.34	700m:	8:32.53	1000m:	12:17.34	1300m:	16:01.36		
	200m:	2:21.68	500m:	6:02.71	800m:	9:47.47	1100m:	13:32.01	1400m:	17:14.94		
	300m:	3:34.72	600m:	7:17.42	900m:	11:02.15	1200m:	14:46.84	1500m:	18:25.20		
14.	Timo van der Ende		Wvz		18:28.09	9601979					18:44.20	
	100m:	1:09.57	400m:	4:55.26	700m:	8:43.64	1000m:	12:31.32	1300m:	16:17.23		
	200m:	2:24.51	500m:	6:11.39	800m:	10:00.00	1100m:	13:46.45	1400m:	17:32.54		
	300m:	3:39.57	600m:	7:27.48	900m:	11:15.92	1200m:	15:02.02	1500m:	18:44.20		
15.	Gianpaolo Gioia		ZC Ooievaar (SG)		18:45.26	9306457					18:58.92	
	100m:	1:11.70	400m:	5:01.54	700m:	8:53.77	1000m:	12:45.89	1300m:	16:32.23		
	200m:	2:28.11	500m:	6:17.74	800m:	10:13.14	1100m:	14:01.11	1400m:	17:48.58		
	300m:	3:44.89	600m:	7:34.95	900m:	11:29.51	1200m:	15:16.14	1500m:	18:58.92		
16.	Tim Muller		De Geul		19:06.16	9501019					19:09.44	
	100m:	1:09.28	400m:	4:57.62	700m:	8:49.91	1000m:	12:44.08	1300m:	16:38.68		
	200m:	2:24.07	500m:	6:15.78	800m:	10:07.24	1100m:	14:01.99	1400m:	17:55.25		
	300m:	3:40.72	600m:	7:32.68	900m:	11:26.14	1200m:	15:21.53	1500m:	19:09.44		

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Dordrecht, 28.3.2010

Programmanr. 2, Heren, 1500m vrije slag, Junioren 1 en ouder

Rang											In.tijd	Tijd	
17.	Dirkjan Beugelsdijk					De Zijl LGB					18:49.54	8100123	19:14.31
	100m:	1:10.62	400m:	4:57.50	700m:	8:51.03	1000m:	12:45.90	1300m:	16:40.41			
	200m:	2:25.29	500m:	6:14.62	800m:	10:08.79	1100m:	14:04.34	1400m:	17:58.54			
	300m:	3:40.82	600m:	7:32.38	900m:	11:27.13	1200m:	15:22.34	1500m:	19:14.31			
18.	Bas Perik					Electrolux AZC					18:50.07	9502209	19:26.03
	100m:	1:10.44	400m:	5:02.35	700m:	8:57.29	1000m:	12:51.88	1300m:	16:49.38			
	200m:	2:27.59	500m:	6:20.47	800m:	10:15.35	1100m:	14:10.70	1400m:	18:09.65			
	300m:	3:44.93	600m:	7:38.46	900m:	11:33.44	1200m:	15:29.94	1500m:	19:26.03			
19.	Alex Vermeulen					Wzk					18:39.81	8905811	19:27.86
	100m:	1:11.89	400m:	5:08.82	700m:	9:07.29	1000m:	13:03.76	1300m:	16:58.60			
	200m:	2:29.73	500m:	6:28.45	800m:	10:26.48	1100m:	14:22.23	1400m:	18:15.13			
	300m:	3:49.29	600m:	7:48.26	900m:	11:45.16	1200m:	15:40.89	1500m:	19:27.86			
20.	Krijn de Kievit					Racing Club					19:20.60	9700277	19:39.51
	100m:	1:12.80	400m:	5:09.76	700m:	9:09.39	1000m:	13:08.70	1300m:	17:06.20			
	200m:	2:31.13	500m:	6:29.67	800m:	10:29.86	1100m:	14:28.54	1500m:	19:39.51			
	300m:	3:49.89	600m:	7:49.60	900m:	11:49.39	1200m:	15:47.57					
21.	Roy Bos					de Devel					19:38.82	9500241	19:40.76
	100m:	1:14.20	400m:	5:13.02	700m:	9:10.20	1000m:	13:08.16	1300m:	17:06.07			
	200m:	2:33.76	500m:	6:32.32	800m:	10:29.54	1100m:	14:27.82	1400m:	18:24.16			
	300m:	3:53.20	600m:	7:51.23	900m:	11:48.76	1200m:	15:47.04	1500m:	19:40.76			
22.	Sander Asjes					Lac					19:33.82	9503787	19:43.10
	100m:	1:09.36	400m:	5:04.13	700m:	9:03.23	1000m:	13:06.51	1300m:	17:08.70			
	200m:	2:26.26	500m:	6:24.16	800m:	10:24.13	1100m:	14:27.70	1400m:	18:29.04			
	300m:	3:44.86	600m:	7:44.51	900m:	11:45.29	1200m:	15:48.42	1500m:	19:43.10			
23.	Lennart Spaans					ZV Westland Dijkglas					19:44.86	9201237	19:52.13
	100m:	1:10.76	400m:	5:06.67	700m:	9:10.26	1000m:	13:14.42	1300m:	17:15.67			
	200m:	2:27.73	500m:	6:28.02	800m:	10:32.29	1100m:	14:34.89	1400m:	18:35.95			
	300m:	3:46.82	600m:	7:48.86	900m:	11:53.73	1200m:	15:55.13	1500m:	19:52.13			
24.	Mark Lomax					KZV de Lansingh					19:47.39	8201095	20:03.26
	100m:	1:09.23	400m:	5:07.07	700m:	9:10.07	1000m:	13:15.67	1300m:	17:22.57			
	200m:	2:27.10	500m:	6:27.60	800m:	10:31.86	1100m:	14:37.10	1400m:	18:44.23			
	300m:	3:47.00	600m:	7:48.51	900m:	11:53.70	1200m:	15:59.95	1500m:	20:03.26			
25.	Emiel van Beusekom					Van Vliet Barracuda					19:56.51	9403951	20:15.13
	100m:	1:14.48	400m:	5:20.36	700m:	9:28.89	1000m:	13:36.32	1300m:	17:42.36			
	200m:	2:34.26	500m:	6:43.10	800m:	10:52.32	1100m:	14:59.00	1500m:	20:15.13			
	300m:	3:57.00	600m:	8:05.82	900m:	12:14.76	1200m:	16:21.02					
26.	Selim Barraho					Lac					20:17.72	9604249	20:41.53
	100m:	1:14.65	400m:	5:19.09	700m:	9:33.40	1000m:	13:46.08	1300m:	17:59.66			
	200m:	2:34.64	500m:	6:43.98	800m:	10:57.25	1100m:	15:10.28	1400m:	19:24.00			
	300m:	3:56.38	600m:	8:08.60	900m:	12:20.84	1200m:	16:34.87	1500m:	20:41.53			
27.	Dion de Mooy					LZ 1886					20:14.92	9701803	20:42.10
	100m:	1:14.76	400m:	5:28.42	700m:	9:43.00	1000m:	13:53.23	1300m:	18:03.70			
	200m:	2:38.36	500m:	6:54.00	800m:	11:06.32	1100m:	15:17.16	1400m:	19:26.20			
	300m:	4:03.42	600m:	8:18.07	900m:	12:29.32	1200m:	16:40.82	1500m:	20:42.10			
28.	Roberto Hogerwerf					de Devel					20:35.22	9701183	20:46.53
	100m:	1:14.07	400m:	5:23.46	700m:	9:35.49	1000m:	13:45.44	1300m:	17:59.41			
	200m:	2:36.78	500m:	6:48.24	800m:	10:58.24	1100m:	15:09.64	1500m:	20:46.53			
	300m:	3:59.78	600m:	8:12.16	900m:	12:21.84	1200m:	16:34.69					
29.	Tim van der Steen					ZV Vlaardingen					20:24.07	9702961	21:12.35
	100m:	1:15.99	400m:	5:27.53	700m:	9:44.95	1000m:	14:05.85	1300m:	18:24.90			
	200m:	2:38.80	500m:	6:53.18	800m:	11:11.94	1100m:	15:32.35	1400m:	19:50.65			
	300m:	4:02.49	600m:	8:19.43	900m:	12:38.68	1200m:	16:58.90	1500m:	21:12.35			
30.	Thom Paardekooper					Zoetermeer					21:20.64	9604259	21:23.29
	100m:	1:15.26	400m:	5:34.26	700m:	9:57.51	1000m:	14:20.57	1300m:	18:41.73			
	200m:	2:40.16	500m:	7:01.80	800m:	11:25.57	1100m:	15:48.89	1400m:	20:06.35			
	300m:	4:07.20	600m:	8:29.80	900m:	12:53.10	1200m:	17:15.16	1500m:	21:23.29			

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Programmanr. 2, Heren, 1500m vrije slag, Junioren 1 en ouder

Rang						In.tijd		Tijd
31.	Jeroen Oosthoek			De Columbiaan		21:08.28	9602547	21:57.00
	100m: 1:16.67	400m: 5:39.00	700m: 10:08.73	1000m: 14:36.07	1300m: 19:02.67			
	200m: 2:42.32	500m: 7:09.36	800m: 11:37.67	1100m: 16:03.82	1400m: 20:33.45			
	300m: 4:09.95	600m: 8:39.02	900m: 13:07.73	1200m: 17:32.36	1500m: 21:57.00			
AFGEM	Jelmar Kluiwstra			LZ 1886		17:28.09	9204323	
AFGEM	Robin van der Voort			De Columbiaan		20:12.94	9501215	

Programmanr. 3
28.3.10 - 14:45

Jongens, 400m vrije slag

Minioren 3 en 4
Resultaten

Rang						In.tijd		Tijd
1.	Bernard Rivard			Wvz		6:09.64	0000045	6:59.64
	100m: 1:22.64	200m: 2:51.86	300m: 4:22.11	400m: 5:59.64				
2.	Doran Paap			Racing Club		6:10.38	0000301	6:01.55
	100m: 1:21.31	200m: 2:53.29	300m: 4:28.90	400m: 6:01.55				
3.	Thomas Jansen			Wvz		6:09.32	0100143	6:05.51
	100m: 1:23.89	200m: 2:57.00	300m: 4:28.42	400m: 6:05.51				
4.	Otto Pranger			de Zeehond '73		6:10.24	0000007	6:06.13
	100m: 1:22.42	200m: 2:55.73	300m: 4:27.80	400m: 6:06.13				
5.	Mark de Jongh			de Devel		6:37.76	0001325	6:20.02
	100m: 1:30.13	200m: 3:09.26	300m: 4:49.57	400m: 6:20.02				
6.	Oussama Sahi			LZ 1886		6:32.40	0000367	6:29.22
	100m: 1:30.51	200m: 3:10.65	300m: 4:49.66	400m: 6:29.22				
7.	Ricardo van der Steen			ZV Vlaardingen		6:24.02	0000625	6:29.37
	100m: 1:26.44	200m: 3:04.96	300m: 4:50.19	400m: 6:29.37				
8.	Robin Waas			de Devel		6:34.41	0100135	6:42.76
	100m: 1:30.95	200m: 3:15.60	300m: 5:01.54	400m: 6:42.76				
AFGEM	Luke Verburg			ZV Vlaardingen		7:11.71	0100047	
AFGEM	Luke Boom			de Devel		6:37.87	0000637	

Programmanr. 4
28.3.10 - 14:50

Meisjes, 400m vrije slag

Minioren 3 en 4
Resultaten

Rang						In.tijd		Tijd
1.	Jasmijn Boon			Electrolux AZC		6:19.17	0001280	6:08.64
	100m: 1:24.40	200m: 3:01.42	300m: 4:40.21	400m: 6:08.64				
2.	Inge Vieveen			Wvz		6:13.00	0100024	6:15.39
	100m: 1:23.51	200m: 2:59.26	300m: 4:35.89	400m: 6:15.39				
3.	Ingeborg Uyttenbroek			Lac		6:15.56	0001976	6:17.12
	100m: 1:25.69	200m: 3:05.18	300m: 4:44.85	400m: 6:17.12				
4.	Jasmin Entezar			Electrolux AZC		6:25.13	0001826	6:24.76
	100m: 1:26.72	200m: 3:08.34	300m: 4:49.11	400m: 6:24.76				
5.	Maartje Braam			LZ 1886		6:26.80	0000910	6:34.48
	100m: 1:30.00	200m: 3:12.16	300m: 4:56.60	400m: 6:34.48				
DIS	Naomi Knetemann			de Devel		6:28.00	0000594	
	<i>AA - Te vroeg weg of bewogen bij start. (geen tijd noteren)</i>							

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Programmanr. 4, Meisjes, 400m vrije slag, Minioren 3 en 4

Rang			In.tijd	Tijd
DIS	Marieke van der Meer	De Columbiaan	6:08.55	0000162
	<i>AF - Niet de aangegeven afstand gezwommen. (geen tijden noteren)</i>			
DIS	Sanne Heemskerk	LZ 1886	6:03.11	0100600
	<i>AA - Te vroeg weg of bewogen bij start. (geen tijd noteren)</i>			
AFGEM	Door van Eeden	LZ 1886	6:51.23	0002244
AFGEM	Loulou Janssen	De Columbiaan	6:31.60	0100132

Programmanr. 5
28.3.10 - 15:30

Jongens, 800m vrije slag

Minioren 5 en 6
Resultaten

Rang			In.tijd	Tijd
1.	Remco van Velzen	de Zeehond '73	10:28.88	9800011
	100m: 1:10.93 300m: 3:49.89	500m: 6:30.32 800m: 10:27.13		10:27.13
	200m: 2:29.51 400m: 5:10.02	600m: 7:52.02		
2.	Floris Kotterink	Racing Club	10:47.67	9800199
	100m: 1:16.32 300m: 4:01.28	500m: 6:43.19 700m: 9:23.53		10:40.30
	200m: 2:38.72 400m: 5:22.71	600m: 8:03.56 800m: 10:40.30		
3.	Jordy v. Oel	ZC Ooievaar (SG)	11:06.27	9802003
	100m: 1:17.80 300m: 4:08.25	500m: 7:01.72 800m: 11:13.14		11:13.14
	200m: 2:42.76 400m: 5:34.89	600m: 8:27.68		
4.	Rick van den Eng	Wvz	11:24.98	9800755
	100m: 1:19.05 300m: 4:08.78	500m: 7:01.35 700m: 9:53.12		11:14.16
	200m: 2:43.59 400m: 5:35.21	600m: 8:27.70 800m: 11:14.16		
5.	Linguendo van der Klooster	Zpb H&I	11:41.14	9801361
	100m: 1:22.37 300m: 4:22.75	500m: 7:20.99 700m: 10:16.11		11:37.06
	200m: 2:52.29 400m: 5:52.05	600m: 8:49.33 800m: 11:37.06		
6.	Moukhlis Sahi	LZ 1886	11:12.63	9800061
	100m: 1:19.48 300m: 4:17.33	500m: 7:17.66 700m: 10:15.64		11:41.26
	200m: 2:47.36 400m: 5:48.22	600m: 8:47.50 800m: 11:41.26		
7.	Wouter Arnoldus	Wvz	11:54.60	9800581
	100m: 1:24.41 300m: 4:27.36	500m: 7:30.31 700m: 10:31.88		11:57.43
	200m: 2:55.68 400m: 5:58.82	600m: 9:00.93 800m: 11:57.43		
8.	Enrico Strik	LZ 1886	12:08.54	9800747
	100m: 1:24.06 300m: 4:25.59	500m: 7:30.98 700m: 10:34.66		12:04.03
	200m: 2:53.53 400m: 5:57.88	600m: 9:05.31 800m: 12:04.03		
AFGEM	Ben Muller	De Geul	12:14.66	9801281
AFGEM	Mitchell van der Tak	KZV de Lansingh	12:10.77	9801373

Programmanr. 6
28.3.10 - 15:40

Meisjes, 800m vrije slag

Minioren 5 en Junioren 1
Resultaten

Rang			In.tijd	Tijd
1.	Sanne Advocaat	MNC Dordrecht	10:24.89	9801320
	100m: 1:16.95 300m: 3:58.29	500m: 6:39.92 700m: 9:17.60		10:33.42
	200m: 2:38.36 400m: 5:19.07	600m: 7:59.73 800m: 10:33.42		
2.	Raiesha Sardar	ZC Ooievaar (SG)	10:24.96	9800604
	100m: 1:17.79 300m: 3:59.15	500m: 6:41.31 700m: 9:28.15		10:47.77
	200m: 2:38.67 400m: 5:20.43	600m: 8:04.05 800m: 10:47.77		

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Programmanr. 6, Meisjes, 800m vrije slag, Minioren 5 en Junioren 1

Rang						In.tijd		Tijd
3.	Valerie van Roon			d'ELFT		11:08.23	9802326	10:49.48
	100m:	1:18.20	300m:	4:00.85	500m:	6:47.79	700m:	9:33.91
	200m:	2:39.62	400m:	5:24.00	600m:	8:11.23	800m:	10:49.48
4.	Myrthe Vreeswijk			LZ 1886		11:16.33	9800078	11:33.54
	100m:	1:21.00	300m:	4:14.45	500m:	7:12.12	700m:	10:09.69
	200m:	2:46.69	400m:	5:42.45	600m:	8:41.23	800m:	11:33.54
5.	Charlotte Eijkelenboom			Poseidon'56		11:15.01	9800956	11:38.18
	100m:	1:18.70	300m:	4:12.39	500m:	7:10.18	700m:	10:10.75
	200m:	2:44.84	400m:	5:41.03	600m:	8:40.59	800m:	11:38.18
6.	Lara Bink			LZ 1886		11:22.14	9800076	11:38.22
	100m:	1:21.72	300m:	4:18.73	500m:	7:16.54	700m:	10:14.82
	200m:	2:50.19	400m:	5:47.36	600m:	8:45.82	800m:	11:38.22
7.	Nikita Vos			LZ 1886		11:22.51	9900356	12:17.98
	100m:	1:23.19	300m:	4:27.95	500m:	7:36.41	700m:	10:45.88
	200m:	2:55.00	400m:	6:01.94	600m:	9:11.38	800m:	12:17.98
DIS	Marja Esmeijer			Zoetermeer		10:58.42	9800776	
	<i>VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel. (geen tijd noteren)</i>							
AFGEM	Brighid van Uffelen			Racing Club		11:30.14	9800310	

Programmanr. 7
28.3.10 - 15:55

Dames, 800m vrije slag

Junioren 2 en ouder
Resultaten

Rang						In.tijd		Tijd
Junioren 2 en 3								
1.	Elisabeth Rivard			Wvz		9:50.70	9600244	9:57.47
	100m:	1:10.04	300m:	3:41.87	500m:	6:14.08	700m:	8:45.05
	200m:	2:26.26	400m:	4:58.11	600m:	7:29.80	800m:	9:57.47
2.	Asmara Ritmeijer			ZV Vlaardingen		10:07.38	9600790	10:15.16
	100m:	1:11.41	300m:	3:46.84	500m:	6:25.70	700m:	9:02.00
	200m:	2:28.72	400m:	5:05.93	600m:	7:44.44	800m:	10:15.16
3.	Carina Klees			Wvz		10:12.55	9602680	10:18.57
	100m:	1:12.34	300m:	3:49.34	500m:	6:27.51	700m:	9:03.90
	200m:	2:30.67	400m:	5:08.25	600m:	7:45.87	800m:	10:18.57
4.	Anouk van der Vlies			Zoetermeer		10:25.94	9603226	10:20.50
	100m:	1:10.22	300m:	3:45.81	500m:	6:23.63	700m:	9:04.33
	200m:	2:27.05	400m:	5:04.33	600m:	7:43.47	800m:	10:20.50
5.	Amber de Kroon			Wvz		9:59.13	9601098	10:27.63
	100m:	1:10.10	300m:	3:45.32	500m:	6:25.50	700m:	9:08.31
	200m:	2:26.82	400m:	5:05.40	600m:	7:46.16	800m:	10:27.63
6.	Tamara van der Steen			ZV Vlaardingen		10:28.15	9605156	10:42.06
	100m:	1:15.59	300m:	3:57.82	500m:	6:42.04	700m:	9:26.09
	200m:	2:36.33	400m:	5:20.14	600m:	8:04.00	800m:	10:42.06
7.	Jasmijn Bink			LZ 1886		10:27.66	9700332	10:50.47
	100m:	1:13.03	300m:	3:56.27	500m:	6:42.43	700m:	9:30.56
	200m:	2:33.38	400m:	5:18.74	600m:	8:07.15	800m:	10:50.47
8.	Eef Hollander			ZC Ooievaar (SG)		10:32.89	9602074	10:59.95
	100m:	1:16.45	300m:	4:02.64	500m:	6:50.04	700m:	9:39.23
	200m:	2:38.95	400m:	5:25.45	600m:	8:14.67	800m:	10:59.95
AFGEM	Kelly de Jonge			Poseidon'56		10:50.49	9701210	
AFGEM	Marije Dinkelberg			ZV Vlaardingen		10:50.35	9703192	
AFGEM	Lisa Postma			De Zijl LGB		11:04.51	9701588	

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Jeugd 1 en 2

1.	Astrid van Nieuwkerk	ZV Westland Dijkglas	9:52.45	9402904	9:48.84
	100m: 1:08.79 300m: 3:36.28	500m: 6:04.89 700m: 8:35.49			
	200m: 2:21.78 400m: 4:50.52	600m: 7:20.16 800m: 9:48.84			
2.	Danielle Grootes	De Columbiaan	10:08.05	9501278	10:03.50
	100m: 1:11.02 300m: 3:42.33	500m: 6:15.97 700m: 8:49.83			
	200m: 2:26.29 400m: 4:58.96	600m: 7:32.85 800m: 10:03.50			
3.	Seline Koek	LZ 1886	9:58.54	9400622	10:05.13
	100m: 1:09.25 300m: 3:42.52	500m: 6:17.39 700m: 8:50.52			
	200m: 2:25.52 400m: 5:00.14	600m: 7:34.68 800m: 10:05.13			
4.	Amber Reijm	Van Vliet Barracuda	10:32.02	9405434	10:15.35
	100m: 1:11.04 300m: 3:48.45	500m: 6:23.52 700m: 9:01.81			
	200m: 2:30.00 400m: 5:05.81	600m: 7:42.92 800m: 10:15.35			
5.	Jaimy Lee Taskin	Noordwijkerhout	9:59.86	9403364	10:15.70
	100m: 1:11.13 300m: 3:45.07	500m: 6:23.04 700m: 9:01.36			
	200m: 2:27.73 400m: 5:03.60	600m: 7:42.04 800m: 10:15.70			
6.	Kelly Wigleven	Poseidon'56	9:48.86	9500058	10:17.51
	100m: 1:10.87 300m: 3:44.69	500m: 6:20.50 700m: 8:59.43			
	200m: 2:27.54 400m: 5:02.17	600m: 7:39.80 800m: 10:17.51			
7.	Sabine Koudijs	Wvz	10:14.40	9500024	10:18.67
	100m: 1:12.25 300m: 3:49.37	500m: 6:27.03 700m: 9:04.18			
	200m: 2:30.80 400m: 5:08.29	600m: 7:45.64 800m: 10:18.67			
8.	Maud Hoofs	Racing Club	10:09.35	9501206	10:26.50
	100m: 1:11.99 300m: 3:49.24	500m: 6:28.15 700m: 9:08.30			
	200m: 2:30.51 400m: 5:08.37	600m: 7:48.28 800m: 10:26.50			
9.	Anouk Kuijlaars	MNC Dordrecht	10:33.99	9401700	10:44.59
	100m: 1:15.76 300m: 4:00.91	500m: 6:42.56 700m: 9:25.89			
	200m: 2:37.90 400m: 5:21.65	600m: 8:04.29 800m: 10:44.59			
10.	Lisa Witvliet	Racing Club	10:29.44	9403980	10:57.24
	100m: 1:08.94 300m: 3:51.59	500m: 6:43.44 700m: 9:35.18			
	200m: 2:28.61 400m: 5:18.02	600m: 8:10.14 800m: 10:57.24			
AFGEM	Alinda Damsteegt	Wiekslag	10:42.36	9400222	
AFGEM	Laura van Daalen	De Columbiaan	10:48.28	9503474	
AFGEM	Saskia Kommers	Van Vliet Barracuda	10:57.22	9502846	
AFGEM	Giulia Rolloos	Van Vliet Barracuda	10:56.97	9500946	

Senioren 1 en 2

1.	Isabelle Grootes	De Columbiaan	9:52.16	9303030	10:28.31
	100m: 1:11.93 300m: 3:47.67	500m: 6:28.42 700m: 9:09.31			
	200m: 2:29.20 400m: 5:07.59	600m: 7:49.25 800m: 10:28.31			
2.	Ellen Hengst	ZV Vlaardingen	10:30.62	9305850	10:48.32
	100m: 1:14.91 300m: 3:58.75	500m: 6:42.97 700m: 9:28.44			
	200m: 2:36.62 400m: 5:20.64	600m: 8:05.78 800m: 10:48.32			
3.	Karliën Veldscholte	Zpb H&I	10:35.25	9305880	11:05.05
	100m: 1:25.68 300m: 4:09.61	500m: 6:59.33 800m: 11:05.05			
	200m: 2:44.05 400m: 5:34.36	600m: 8:24.59			
4.	Esther Radder	Zhm	11:14.37	9303620	11:21.94
	100m: 1:20.34 300m: 4:15.19	500m: 7:09.31 700m: 1:00.94			
	200m: 2:47.54 400m: 5:42.91	600m: 8:35.74 800m: 11:21.94			
5.	Marjolein van Kleef	De Zijl LGB	10:56.25	9301398	11:23.65
	100m: 1:19.89 300m: 4:14.55	500m: 7:08.34 700m: 10:01.03			
	200m: 2:47.10 400m: 5:41.64	600m: 8:35.20 800m: 11:23.65			

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Programmanr. 7, Dames, 800m vrije slag, Senioren 1 en 2

Rang							In.tijd		Tijd	
6.	Zarife Gela						KZV de Lansingh	11:11.51	9200584	11:44.98
	100m:	1:17.82	300m:	4:15.66	500m:	7:17.21	700m:	10:20.41		
	200m:	2:45.75	400m:	5:47.03	600m:	8:48.80	800m:	11:44.98		

Senioren

1.	Merel Barendregt						Van Vliet Barracuda	9:31.02	9100118	9:37.51
	100m:	1:06.64	300m:	3:30.42	500m:	5:57.60	700m:	8:25.54		
	200m:	2:17.54	400m:	4:44.02	600m:	7:11.51	800m:	9:37.51		
2.	Rosanne de Boer						LZ 1886	9:31.08	9104060	9:50.70
	100m:	1:08.28	300m:	3:37.08	500m:	6:07.32	700m:	8:37.50		
	200m:	2:22.36	400m:	4:52.21	600m:	7:22.55	800m:	9:50.70		
3.	Karin Stein						ZV Vlaardingen	10:11.17	7100554	10:18.37
	100m:	1:13.12	300m:	3:49.00	500m:	6:25.28	700m:	9:02.46		
	200m:	2:30.85	400m:	5:07.29	600m:	7:43.83	800m:	10:18.37		
4.	Lieve Hengst						Lac	10:21.48	9108048	10:45.48
	100m:	1:15.74	300m:	4:00.74	500m:	6:47.30	700m:	9:29.45		
	200m:	2:37.48	400m:	5:24.00	600m:	8:09.11	800m:	10:45.48		
5.	Linda Hoogendam						d'ELFT	10:17.54	8300892	10:46.72
	100m:	1:12.78	300m:	3:55.00	500m:	6:40.75	700m:	9:27.40		
	200m:	2:33.10	400m:	5:18.06	600m:	8:04.42	800m:	10:46.72		
6.	Andrea van Leeuwen						De Zijl LGB	10:55.23	8100904	11:04.68
	100m:	1:18.75	300m:	4:09.41	500m:	6:59.15	700m:	9:45.60		
	200m:	2:44.20	400m:	5:34.43	600m:	8:22.68	800m:	11:04.68		
7.	Kimberly de Pater						KZV de Lansingh	10:44.34	8903218	11:10.50
	100m:	1:18.31	300m:	4:09.01	500m:	7:00.08	700m:	9:50.49		
	200m:	2:43.57	400m:	5:34.59	600m:	8:24.81	800m:	11:10.50		
8.	Tamara Hoogenboom						Wzk	10:26.61	9001560	11:32.79
	100m:	1:15.29	300m:	4:04.05	500m:	7:02.67	700m:	10:02.84		
	200m:	2:37.93	400m:	5:32.90	600m:	8:33.94	800m:	11:32.79		

AFGEM Sunanda van Heteren Pcg 11:22.07 8901728

Junioren 2 en ouder

1.	Merel Barendregt						Van Vliet Barracuda	9:31.02	9100118	9:37.51
	100m:	1:06.64	300m:	3:30.42	500m:	5:57.60	700m:	8:25.54		
	200m:	2:17.54	400m:	4:44.02	600m:	7:11.51	800m:	9:37.51		
2.	Astrid van Nieuwkerk						ZV Westland Dijkglas	9:52.45	9402904	9:48.84
	100m:	1:08.79	300m:	3:36.28	500m:	6:04.89	700m:	8:35.49		
	200m:	2:21.78	400m:	4:50.52	600m:	7:20.16	800m:	9:48.84		
3.	Rosanne de Boer						LZ 1886	9:31.08	9104060	9:50.70
	100m:	1:08.28	300m:	3:37.08	500m:	6:07.32	700m:	8:37.50		
	200m:	2:22.36	400m:	4:52.21	600m:	7:22.55	800m:	9:50.70		
4.	Elisabeth Rivard						Wvz	9:50.70	9600244	9:57.47
	100m:	1:10.04	300m:	3:41.87	500m:	6:14.08	700m:	8:45.05		
	200m:	2:26.26	400m:	4:58.11	600m:	7:29.80	800m:	9:57.47		
5.	Danielle Grootes						De Columbiaan	10:08.05	9501278	10:03.50
	100m:	1:11.02	300m:	3:42.33	500m:	6:15.97	700m:	8:49.83		
	200m:	2:26.29	400m:	4:58.96	600m:	7:32.85	800m:	10:03.50		
6.	Seline Koek						LZ 1886	9:58.54	9400622	10:05.13
	100m:	1:09.25	300m:	3:42.52	500m:	6:17.39	700m:	8:50.52		
	200m:	2:25.52	400m:	5:00.14	600m:	7:34.68	800m:	10:05.13		
7.	Asmara Ritmeijer						ZV Vlaardingen	10:07.38	9600790	10:15.16
	100m:	1:11.41	300m:	3:46.84	500m:	6:25.70	700m:	9:02.00		
	200m:	2:28.72	400m:	5:05.93	600m:	7:44.44	800m:	10:15.16		

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Programmanr. 7, Dames, 800m vrije slag, Junioren 2 en ouder

Rang							In.tijd		Tijd
8.	Amber Reijm						10:32.02	9405434	10:15.35
	100m:	1:11.04	300m:	3:48.45	500m:	6:23.52	700m:	9:01.81	
	200m:	2:30.00	400m:	5:05.81	600m:	7:42.92	800m:	10:15.35	
9.	Jaimy Lee Taskin						9:59.86	9403364	10:15.70
	100m:	1:11.13	300m:	3:45.07	500m:	6:23.04	700m:	9:01.36	
	200m:	2:27.73	400m:	5:03.60	600m:	7:42.04	800m:	10:15.70	
10.	Kelly Wigleven						9:48.86	9500058	10:17.51
	100m:	1:10.87	300m:	3:44.69	500m:	6:20.50	700m:	8:59.43	
	200m:	2:27.54	400m:	5:02.17	600m:	7:39.80	800m:	10:17.51	
11.	Karin Stein						10:11.17	7100554	10:18.37
	100m:	1:13.12	300m:	3:49.00	500m:	6:25.28	700m:	9:02.46	
	200m:	2:30.85	400m:	5:07.29	600m:	7:43.83	800m:	10:18.37	
12.	Carina Klees						10:12.55	9602680	10:18.57
	100m:	1:12.34	300m:	3:49.34	500m:	6:27.51	700m:	9:03.90	
	200m:	2:30.67	400m:	5:08.25	600m:	7:45.87	800m:	10:18.57	
13.	Sabine Koudijs						10:14.40	9500024	10:18.67
	100m:	1:12.25	300m:	3:49.37	500m:	6:27.03	700m:	9:04.18	
	200m:	2:30.80	400m:	5:08.29	600m:	7:45.64	800m:	10:18.67	
14.	Anouk van der Vlies						10:25.94	9603226	10:20.50
	100m:	1:10.22	300m:	3:45.81	500m:	6:23.63	700m:	9:04.33	
	200m:	2:27.05	400m:	5:04.33	600m:	7:43.47	800m:	10:20.50	
15.	Maud Hoofs						10:09.35	9501206	10:26.50
	100m:	1:11.99	300m:	3:49.24	500m:	6:28.15	700m:	9:08.30	
	200m:	2:30.51	400m:	5:08.37	600m:	7:48.28	800m:	10:26.50	
16.	Amber de Kroon						9:59.13	9601098	10:27.63
	100m:	1:10.10	300m:	3:45.32	500m:	6:25.50	700m:	9:08.31	
	200m:	2:26.82	400m:	5:05.40	600m:	7:46.16	800m:	10:27.63	
17.	Isabelle Grootes						9:52.16	9303030	10:28.31
	100m:	1:11.93	300m:	3:47.67	500m:	6:28.42	700m:	9:09.31	
	200m:	2:29.20	400m:	5:07.59	600m:	7:49.25	800m:	10:28.31	
18.	Tamara van der Steen						10:28.15	9605156	10:42.06
	100m:	1:15.59	300m:	3:57.82	500m:	6:42.04	700m:	9:26.09	
	200m:	2:36.33	400m:	5:20.14	600m:	8:04.00	800m:	10:42.06	
19.	Anouk Kuijlaars						10:33.99	9401700	10:44.59
	100m:	1:15.76	300m:	4:00.91	500m:	6:42.56	700m:	9:25.89	
	200m:	2:37.90	400m:	5:21.65	600m:	8:04.29	800m:	10:44.59	
20.	Lieke Hengst						10:21.48	9108048	10:45.48
	100m:	1:15.74	300m:	4:00.74	500m:	6:47.30	700m:	9:29.45	
	200m:	2:37.48	400m:	5:24.00	600m:	8:09.11	800m:	10:45.48	
21.	Linda Hoogendam						10:17.54	8300892	10:46.72
	100m:	1:12.78	300m:	3:55.00	500m:	6:40.75	700m:	9:27.40	
	200m:	2:33.10	400m:	5:18.06	600m:	8:04.42	800m:	10:46.72	
22.	Ellen Hengst						10:30.62	9305850	10:48.32
	100m:	1:14.91	300m:	3:58.75	500m:	6:42.97	700m:	9:28.44	
	200m:	2:36.62	400m:	5:20.64	600m:	8:05.78	800m:	10:48.32	
23.	Jasmijn Bink						10:27.66	9700332	10:50.47
	100m:	1:13.03	300m:	3:56.27	500m:	6:42.43	700m:	9:30.56	
	200m:	2:33.38	400m:	5:18.74	600m:	8:07.15	800m:	10:50.47	
24.	Lisa Witvliet						10:29.44	9403980	10:57.24
	100m:	1:08.94	300m:	3:51.59	500m:	6:43.44	700m:	9:35.18	
	200m:	2:28.61	400m:	5:18.02	600m:	8:10.14	800m:	10:57.24	
25.	Eef Hollander						10:32.89	9602074	10:59.95
	100m:	1:16.45	300m:	4:02.64	500m:	6:50.04	700m:	9:39.23	
	200m:	2:38.95	400m:	5:25.45	600m:	8:14.67	800m:	10:59.95	

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Programmanr. 7, Dames, 800m vrije slag, Junioren 2 en ouder

Rang					In.tijd		Tijd
26.	Andrea van Leeuwen			De Zijl LGB	10:55.23	8100904	11:04.68
	100m: 1:18.75	300m: 4:09.41	500m: 6:59.15	700m: 9:45.60			
	200m: 2:44.20	400m: 5:34.43	600m: 8:22.68	800m: 11:04.68			
27.	Karliën Veldscholte			Zpb H&I	10:35.25	9305880	11:05.05
	100m: 1:25.68	300m: 4:09.61	500m: 6:59.33	800m: 11:05.05			
	200m: 2:44.05	400m: 5:34.36	600m: 8:24.59				
28.	Kimberly de Pater			KZV de Lansingh	10:44.34	8903218	11:10.50
	100m: 1:18.31	300m: 4:09.01	500m: 7:00.08	700m: 9:50.49			
	200m: 2:43.57	400m: 5:34.59	600m: 8:24.81	800m: 11:10.50			
29.	Esther Radder			Zhm	11:14.37	9303620	11:21.94
	100m: 1:20.34	300m: 4:15.19	500m: 7:09.31	700m: 1:00.94			
	200m: 2:47.54	400m: 5:42.91	600m: 8:35.74	800m: 11:21.94			
30.	Marjolein van Kleef			De Zijl LGB	10:56.25	9301398	11:23.65
	100m: 1:19.89	300m: 4:14.55	500m: 7:08.34	700m: 10:01.03			
	200m: 2:47.10	400m: 5:41.64	600m: 8:35.20	800m: 11:23.65			
31.	Tamara Hoogenboom			Wzk	10:26.61	9001560	11:32.79
	100m: 1:15.29	300m: 4:04.05	500m: 7:02.67	700m: 10:02.84			
	200m: 2:37.93	400m: 5:32.90	600m: 8:33.94	800m: 11:32.79			
32.	Zarife Gela			KZV de Lansingh	11:11.51	9200584	11:44.98
	100m: 1:17.82	300m: 4:15.66	500m: 7:17.21	700m: 10:20.41			
	200m: 2:45.75	400m: 5:47.03	600m: 8:48.80	800m: 11:44.98			
AFGEM	Laura van Daalen			De Columbiaan	10:48.28	9503474	
AFGEM	Alinda Damsteegt			Wiekslag	10:42.36	9400222	
AFGEM	Kelly de Jonge			Poseidon'56	10:50.49	9701210	
AFGEM	Marije Dinkelberg			ZV Vlaardingen	10:50.35	9703192	
AFGEM	Sunanda van Heteren			Pcg	11:22.07	8901728	
AFGEM	Saskia Kommers			Van Vliet Barracuda	10:57.22	9502846	
AFGEM	Giulia Rolloos			Van Vliet Barracuda	10:56.97	9500946	
AFGEM	Lisa Postma			De Zijl LGB	11:04.51	9701588	

Programmanr. 8
28.3.10 - 16:45

Heren, 400m wisselslag

Junioren 1 en ouder
Resultaten

Rang					In.tijd		Tijd
Junioren 1 en 2							
1.	Jesse de Win			De Geul	5:18.07	9600191	5:35.57
	100m: 1:19.48	200m: 2:46.19	300m: 4:22.29	400m: 5:35.57			
2.	Stanley Klerks			Wvz	5:29.88	9600809	5:39.27
	100m: 1:19.44	200m: 2:44.10	300m: 4:25.25	400m: 5:39.27			
3.	Wimar Lindenberg			MNC Dordrecht	5:43.25	9601857	5:43.00
	100m: 1:23.85	200m: 2:54.56	300m: 4:32.97	400m: 5:43.00			
4.	Krijn de Kievit			Racing Club	5:43.30	9700277	6:00.48
	100m: 1:26.89	200m: 2:56.82	300m: 4:43.53	400m: 6:00.48			
5.	Selim Barraho			Lac	5:57.54	9604249	6:01.35
	100m: 1:30.03	200m: 2:56.37	300m: 4:43.21	400m: 6:01.35			
6.	Tim van der Steen			ZV Vlaardingen	5:51.90	9702961	6:10.64
	100m: 1:25.61	200m: 3:00.75	300m: 4:48.18	400m: 6:10.64			

Districts Lange Afstand 2010
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Programmanr. 8, Jongens, 400m wisselslag, Junioren 1 en 2

Rang						In.tijd		Tijd
7.	Thomas de Jager			LZ 1886		6:01.14	9602373	6:16.07
	100m:	1:34.92	200m:	3:07.99	300m:	4:52.55	400m:	6:16.07
8.	Jeroen Oosthoek			De Columbiaan		6:13.98	9602547	6:37.25
	100m:	1:36.60	200m:	3:14.09	300m:	5:09.84	400m:	6:37.25
DIS	Gijs Ruijgrok			LZ 1886		5:59.01	9600863	5:57.82
	<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te</i>							
	100m:	1:23.82	200m:	2:57.83	300m:	4:41.21	400m:	5:57.82

Junioren 3 en 4

1.	Ensger Kotterink			Racing Club		4:39.76	9403391	5:01.36
	100m:	1:02.48	200m:	2:18.42	300m:	3:47.17	400m:	5:01.36
2.	Alex Catsburg			KZV de Lansingh		4:52.48	9404753	5:12.50
	100m:	1:07.13	200m:	2:29.69	300m:	3:58.35	400m:	5:12.50
3.	Bas Perik			Electrolux AZC		5:07.62	9502209	5:18.11
	100m:	1:12.92	200m:	2:32.61	300m:	4:06.15	400m:	5:18.11
4.	Sander Asjes			Lac		5:19.75	9503787	5:18.85 FJ 1
	100m:	1:11.12	200m:	2:36.22	300m:	4:05.52	400m:	5:18.85
5.	Lars Schoffelmeer			ZPCNumansdorp		5:17.14	9501907	5:18.85 FJ 2
	100m:	1:07.16	200m:	2:09.48	300m:	4:08.10	400m:	5:18.85
6.	Rowan Stobbart			LZ 1886		5:07.34	9406045	5:24.34
	100m:	1:11.86	200m:	2:33.56	300m:	4:10.13	400m:	5:24.34
7.	Simon Stouten			De Zijl LGB		5:17.92	9400943	5:30.91
	100m:	1:12.24	200m:	2:39.20	300m:	4:21.91	400m:	5:30.91
8.	Mike Bravenboer			Poseidon'56		5:08.78	9500299	5:32.73
	100m:	1:13.50	200m:	2:33.21	300m:	4:12.72	400m:	5:32.73
9.	Jelmar Hillebrink			MNC Dordrecht		5:36.00	9500401	5:48.34
	100m:	1:19.62	200m:	2:46.94	300m:	4:31.68	400m:	5:48.34
10.	Martijn van den Hul			Lac		5:45.26	9404981	5:58.34
	100m:	1:17.38	200m:	2:50.19	300m:	4:36.50	400m:	5:58.34
AFGEM	Richard Bestebreur			ZPCNumansdorp		5:15.51	9404797	
AFGEM	Oscar van den Heuvel			Noordwijkerhout		5:19.65	9500803	
AFGEM	Patrick de Jong			ZV Westland Dijkglas		5:55.96	9403007	

Jeugd 1 en 2

1.	Menno van den Heuvel			Noordwijkerhout		4:50.11	9200519	5:01.54
	100m:	1:08.08	200m:	2:28.97	300m:	3:52.81	400m:	5:01.54
2.	Timo Dinkelberg			ZV Vlaardingen		4:51.98	9300773	5:05.20
	100m:	1:05.74	200m:	2:25.05	300m:	3:55.48	400m:	5:05.20
3.	Nick Duivenvoorden			Noordwijkerhout		5:04.72	9300731	5:17.45
	100m:	1:12.87	200m:	2:33.87	300m:	4:08.23	400m:	5:17.45
4.	Stefan Verheul			Hoogenboom Tours BZ&PC		5:10.36	9302983	5:32.91
	100m:	1:08.27	200m:	2:37.44	300m:	4:15.60	400m:	5:32.91
5.	Stefan Grudelbach			ZV Vlaardingen		5:09.56	9202073	5:35.47
	100m:	1:10.91	200m:	2:40.92	300m:	4:18.66	400m:	5:35.47
AFGEM	Jelmar Kluiwstra			LZ 1886		5:07.62	9204323	
AFGEM	Tim Verwest			ZV Vlaardingen		5:31.75	9204675	
AFGEM	Eduard Bremmer			De Columbiaan		5:16.05	9200145	

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Dordrecht, 28.3.2010

Programmanr. 8, Heren, 400m wisselslag

Senioren 1 en ouder

1.	Kristiaan Lenos			LZ 1886		4:54.50	8301331	5:04.09
	100m:	1:05.93	200m:	2:25.91	300m:	3:54.74	400m:	5:04.09
2.	Alex Vermeulen			Wzk		5:09.74	8905811	5:16.12
	100m:	1:12.78	200m:	2:36.68	300m:	4:05.06	400m:	5:16.12
3.	Hans van Wijk			Hoogenboom Tours BZ&PC		5:04.49	8903605	5:20.60
	100m:	1:07.83	200m:	2:34.91	300m:	4:05.94	400m:	5:20.60
4.	Dirkjan Beugelsdijk			De Zijl LGB		5:17.78	8100123	5:27.89
	100m:	1:13.26	200m:	2:40.26	300m:	4:14.68	400m:	5:27.89
5.	Mark Lomax			KZV de Lansingh		5:36.05	8201095	5:45.02
	100m:	1:24.26	200m:	2:56.02	300m:	4:29.16	400m:	5:45.02

Junioren 1 en ouder

1.	Ensger Kotterink			Racing Club		4:39.76	9403391	5:01.36
	100m:	1:02.48	200m:	2:18.42	300m:	3:47.17	400m:	5:01.36
2.	Menno van den Heuvel			Noordwijkerhout		4:50.11	9200519	5:01.54
	100m:	1:08.08	200m:	2:28.97	300m:	3:52.81	400m:	5:01.54
3.	Kristiaan Lenos			LZ 1886		4:54.50	8301331	5:04.09
	100m:	1:05.93	200m:	2:25.91	300m:	3:54.74	400m:	5:04.09
4.	Timo Dinkelberg			ZV Vlaardingen		4:51.98	9300773	5:05.20
	100m:	1:05.74	200m:	2:25.05	300m:	3:55.48	400m:	5:05.20
5.	Alex Catsburg			KZV de Lansingh		4:52.48	9404753	5:12.50
	100m:	1:07.13	200m:	2:29.69	300m:	3:58.35	400m:	5:12.50
6.	Alex Vermeulen			Wzk		5:09.74	8905811	5:16.12
	100m:	1:12.78	200m:	2:36.68	300m:	4:05.06	400m:	5:16.12
7.	Nick Duivenvoorden			Noordwijkerhout		5:04.72	9300731	5:17.45
	100m:	1:12.87	200m:	2:33.87	300m:	4:08.23	400m:	5:17.45
8.	Bas Perik			Electrolux AZC		5:07.62	9502209	5:18.11
	100m:	1:12.92	200m:	2:32.61	300m:	4:06.15	400m:	5:18.11
9.	Sander Asjes			Lac		5:19.75	9503787	5:18.85FJ 1
	100m:	1:11.12	200m:	2:36.22	300m:	4:05.52	400m:	5:18.85
10.	Lars Schoffelmeer			ZPCNumansdorp		5:17.14	9501907	5:18.85FJ 2
	100m:	1:07.16	200m:	2:09.48	300m:	4:08.10	400m:	5:18.85
11.	Hans van Wijk			Hoogenboom Tours BZ&PC		5:04.49	8903605	5:20.60
	100m:	1:07.83	200m:	2:34.91	300m:	4:05.94	400m:	5:20.60
12.	Rowan Stobbart			LZ 1886		5:07.34	9406045	5:24.34
	100m:	1:11.86	200m:	2:33.56	300m:	4:10.13	400m:	5:24.34
13.	Dirkjan Beugelsdijk			De Zijl LGB		5:17.78	8100123	5:27.89
	100m:	1:13.26	200m:	2:40.26	300m:	4:14.68	400m:	5:27.89
14.	Simon Stouten			De Zijl LGB		5:17.92	9400943	5:30.91
	100m:	1:12.24	200m:	2:39.20	300m:	4:21.91	400m:	5:30.91
15.	Mike Bravenboer			Poseidon'56		5:08.78	9500299	5:32.73
	100m:	1:13.50	200m:	2:33.21	300m:	4:12.72	400m:	5:32.73
16.	Stefan Verheul			Hoogenboom Tours BZ&PC		5:10.36	9302983	5:32.91
	100m:	1:08.27	200m:	2:37.44	300m:	4:15.60	400m:	5:32.91
17.	Stefan Grudelbach			ZV Vlaardingen		5:09.56	9202073	5:35.47
	100m:	1:10.91	200m:	2:40.92	300m:	4:18.66	400m:	5:35.47
18.	Jesse de Win			De Geul		5:18.07	9600191	5:35.57
	100m:	1:19.48	200m:	2:46.19	300m:	4:22.29	400m:	5:35.57

Districts Lange Afstand 2010
Dordrecht, 28.3.2010

Programmanr. 8, Heren, 400m wisselslag, Junioren 1 en ouder

Rang					In.tijd		Tijd
19.	Stanley Klerks		Wvz		5:29.88	9600809	5:39.27
	100m: 1:19.44	200m: 2:44.10	300m: 4:25.25	400m: 5:39.27			
20.	Wimar Lindenberg		MNC Dordrecht		5:43.25	9601857	5:43.00
	100m: 1:23.85	200m: 2:54.56	300m: 4:32.97	400m: 5:43.00			
21.	Mark Lomax		KZV de Lansingh		5:36.05	8201095	5:45.02
	100m: 1:24.26	200m: 2:56.02	300m: 4:29.16	400m: 5:45.02			
22.	Jelmar Hillebrink		MNC Dordrecht		5:36.00	9500401	5:48.34
	100m: 1:19.62	200m: 2:46.94	300m: 4:31.68	400m: 5:48.34			
23.	Martijn van den Hul		Lac		5:45.26	9404981	5:58.34
	100m: 1:17.38	200m: 2:50.19	300m: 4:36.50	400m: 5:58.34			
24.	Krijn de Kievit		Racing Club		5:43.30	9700277	6:00.48
	100m: 1:26.89	200m: 2:56.82	300m: 4:43.53	400m: 6:00.48			
25.	Selim Barraho		Lac		5:57.54	9604249	6:01.35
	100m: 1:30.03	200m: 2:56.37	300m: 4:43.21	400m: 6:01.35			
26.	Tim van der Steen		ZV Vlaardingen		5:51.90	9702961	6:10.64
	100m: 1:25.61	200m: 3:00.75	300m: 4:48.18	400m: 6:10.64			
27.	Thomas de Jager		LZ 1886		6:01.14	9602373	6:16.07
	100m: 1:34.92	200m: 3:07.99	300m: 4:52.55	400m: 6:16.07			
28.	Jeroen Oosthoek		De Columbiaan		6:13.98	9602547	6:37.25
	100m: 1:36.60	200m: 3:14.09	300m: 5:09.84	400m: 6:37.25			
DIS	Gijs Ruijgrok		LZ 1886		5:59.01	9600863	5:57.82
	<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te</i>						
	100m: 1:23.82	200m: 2:57.83	300m: 4:41.21	400m: 5:57.82			
AFGEM	Jelmar Kluiwstra		LZ 1886		5:07.62	9204323	
AFGEM	Richard Bestebreur		ZPCNumansdorp		5:15.51	9404797	
AFGEM	Oscar van den Heuvel		Noordwijkerhout		5:19.65	9500803	
AFGEM	Tim Verwest		ZV Vlaardingen		5:31.75	9204675	
AFGEM	Eduard Bremmer		De Columbiaan		5:16.05	9200145	
AFGEM	Patrick de Jong		ZV Westland Dijkglas		5:55.96	9403007	