

LAC Periode 3 Sessie Vrije slag  
Dokkum, 14.3.2010

Programmanr. 1 Jongens, 400m wisselslag Jongens Junioren 1 en 2  
14-3-2010 Resultaten

Rang							In.tijd			Tijd
1.	Robin de Joode		de Granaet				5:51.13	9601371	<b>5:39.43</b>	
	100m:	1:19.45	1:19.45	400m:	5:39.43	4:19.98				

Programmanr. 2 400m vrije slag Mix Minioren 3 en 4  
14-3-2010 Resultaten

Rang							In.tijd			Tijd		
1.	Danieke van der Kooi		de Granaet				NT	0000552	<b>5:57.61</b>			
	50m:	38.97	38.97	150m:	2:10.03	45.85	250m:	3:41.84	46.44	350m:	5:13.74	45.41
	100m:	1:24.18	45.21	200m:	2:55.40	45.37	300m:	4:28.33	46.49	400m:	5:57.61	43.87
2.	Marcel Delfstra		de Granaet				NT	0100037	<b>6:38.67</b>			
	50m:	44.16	44.16	150m:	2:25.64	51.00	250m:	4:07.04	51.40	350m:	5:49.39	50.75
	100m:	1:34.64	50.48	200m:	3:15.64	50.00	300m:	4:58.64	51.60	400m:	6:38.67	49.28

Programmanr. 3 Meisjes, 800m vrije slag Meisjes Minioren 5 en Junioren 1  
14-3-2010 Resultaten

Rang							In.tijd			Tijd		
1.	Brigitte van der Veen		de Granaet				NT	9802600	<b>12:33.02</b>			
	50m:	42.10	42.10	250m:	3:51.86	48.29	450m:	7:03.13	48.06	650m:	10:16.32	48.65
	100m:	1:28.64	46.54	300m:	4:39.54	47.68	500m:	7:50.89	47.76	700m:	11:04.26	47.94
	150m:	2:16.29	47.65	350m:	5:27.45	47.91	550m:	8:38.95	48.06	750m:	11:51.95	47.69
	200m:	3:03.57	47.28	400m:	6:15.07	47.62	600m:	9:27.67	48.72	800m:	12:33.02	41.07
2.	Myrthe Offenga		De Vikings				NT	9901874	<b>12:46.82</b>			
	50m:	41.86	41.86	250m:	3:51.96	47.81	450m:	7:07.02	50.05	650m:	10:25.04	49.61
	100m:	1:28.60	46.74	300m:	4:40.32	48.36	500m:	7:56.93	49.91	700m:	11:14.43	49.39
	150m:	2:16.42	47.82	350m:	5:28.61	48.29	550m:	8:46.14	49.21	750m:	12:02.89	48.46
	200m:	3:04.15	47.73	400m:	6:16.97	48.36	600m:	9:35.43	49.29	800m:	12:46.82	43.93
3.	Rixt-Nynke Zijlstra		de Granaet				13:04.40	9801456	<b>13:49.86</b>			
	50m:	45.32	45.32	250m:	4:13.14	52.14	450m:	7:45.78	53.01	650m:	11:19.61	53.16
	100m:	1:37.80	52.48	300m:	5:06.78	53.64	500m:	8:39.78	54.00	700m:	12:12.79	53.18
	150m:	2:28.18	50.38	350m:	5:59.64	52.86	550m:	9:33.12	53.34	750m:	13:04.54	51.75
	200m:	3:21.00	52.82	400m:	6:52.77	53.13	600m:	10:26.45	53.33	800m:	13:49.86	45.32

Programmanr. 4 Jongens, 800m vrije slag Jongens Minioren 5 en 6  
14-3-2010 Resultaten

Rang							In.tijd			Tijd		
1.	Kevin de Joode		de Granaet				12:27.24	9800371	<b>12:12.58</b>			
	50m:	40.06	40.06	250m:	3:45.14	47.15	450m:	6:51.94	47.00	650m:	9:58.46	46.88
	100m:	1:25.15	45.09	300m:	4:31.49	46.35	500m:	7:38.47	46.53	700m:	10:44.99	46.53
	150m:	2:11.28	46.13	350m:	5:18.06	46.57	550m:	8:25.47	47.00	750m:	11:31.41	46.42
	200m:	2:57.99	46.71	400m:	6:04.94	46.88	600m:	9:11.58	46.11	800m:	12:12.58	41.17

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Programmanr. 5  
14-3-2010

Meisjes, 1500m vrije slag

Meisjes Junioren 2 en 3  
Resultaten

Rang							In.tijd	Tijd				
1.	Cynthia Verkaik						NT	9601288	<b>19:37.36</b>			
	50m:	35.08	35.08	450m:	5:53.86	40.16	850m:	11:06.39	39.56	1250m:	16:22.02	39.32
	100m:	1:14.36	39.28	500m:	6:33.17	39.31	900m:	11:45.95	39.56	1300m:	17:02.02	40.00
	150m:	1:54.17	39.81	550m:	7:11.00	37.83	950m:	12:25.64	39.69	1350m:	17:41.17	39.15
	200m:	2:34.33	40.16	600m:	7:50.02	39.02	1000m:	13:05.26	39.62	1400m:	18:20.04	38.87
	250m:	3:14.92	40.59	650m:	8:29.08	39.06	1050m:	13:44.51	39.25	1450m:	18:59.30	39.26
	300m:	3:54.36	39.44	700m:	9:08.45	39.37	1100m:	14:23.95	39.44	1500m:	19:37.36	38.06
	350m:	4:33.61	39.25	750m:	9:47.77	39.32	1150m:	15:03.00	39.05			
	400m:	5:13.70	40.09	800m:	10:26.83	39.06	1200m:	15:42.70	39.70			
2.	MARIKE DE BOER						NT	9705302	<b>22:58.25</b>			
	50m:	38.92	38.92	450m:	6:44.72	45.44	850m:	12:57.87	47.12	1250m:	19:13.32	47.65
	100m:	1:24.02	45.10	500m:	7:30.97	46.25	900m:	13:44.43	46.56	1300m:	19:59.60	46.28
	150m:	2:09.42	45.40	550m:	8:16.94	45.97	950m:	14:32.07	47.64	1350m:	20:45.94	46.34
	200m:	2:55.45	46.03	600m:	9:02.72	45.78	1000m:	15:19.75	47.68	1400m:	21:31.64	45.70
	250m:	3:40.89	45.44	650m:	9:48.96	46.24	1050m:	16:07.13	47.38	1450m:	22:15.24	43.60
	300m:	4:26.86	45.97	700m:	10:36.35	47.39	1100m:	16:53.11	45.98	1500m:	22:58.25	43.01
	350m:	5:13.61	46.75	750m:	11:23.28	46.93	1150m:	17:39.32	46.21			
	400m:	5:59.28	45.67	800m:	12:10.75	47.47	1200m:	18:25.67	46.35			

Programmanr. 6  
14-3-2010

Jongens, 1500m vrije slag

Jongens Junioren 1 en 2  
Resultaten

Rang							In.tijd	Tijd				
1.	Robin de Joode						19:51.19	9601371	<b>19:57.17</b>			
	50m:	34.91	34.91	450m:	5:53.19	40.23	850m:	11:14.94	40.46	1250m:	16:36.88	40.10
	100m:	1:14.28	39.37	500m:	6:33.16	39.97	900m:	11:55.36	40.42	1300m:	17:18.06	41.18
	150m:	1:54.08	39.80	550m:	7:12.95	39.79	950m:	12:34.99	39.63	1350m:	17:58.48	40.42
	200m:	2:34.10	40.02	600m:	7:53.17	40.22	1000m:	13:15.23	40.24	1400m:	18:38.57	40.09
	250m:	3:13.94	39.84	650m:	8:33.36	40.19	1050m:	13:55.47	40.24	1450m:	19:18.86	40.29
	300m:	3:53.42	39.48	700m:	9:14.08	40.72	1100m:	14:35.78	40.31	1500m:	19:57.17	38.31
	350m:	4:33.25	39.83	750m:	9:54.44	40.36	1150m:	15:16.59	40.81			
	400m:	5:12.96	39.71	800m:	10:34.48	40.04	1200m:	15:56.78	40.19			

Programmanr. 7  
14-3-2010

Dames, 2000m vrije slag

Dames Senioren Open  
Resultaten

Rang							In.tijd	Tijd				
1.	Rixt Wilbers						NT	9503480	<b>27:20.13</b>			
	50m:	33.94	33.94	550m:	7:24.57	41.60	1050m:	14:25.03	41.96	1550m:	21:19.25	40.59
	100m:	1:12.75	38.81	600m:	8:06.31	41.74	1100m:	15:07.28	42.25	1600m:	22:00.82	41.57
	150m:	1:53.03	40.28	650m:	8:47.85	41.54	1150m:	15:48.34	41.06	1650m:	22:42.66	41.84
	200m:	2:33.53	40.50	700m:	9:29.22	41.37	1200m:	16:30.07	41.73	1700m:	23:23.63	40.97
	250m:	3:14.78	41.25	750m:	10:10.78	41.56	1250m:	17:11.37	41.30	1750m:	24:04.66	41.03
	300m:	3:56.75	41.97	800m:	10:52.97	42.19	1300m:	17:52.69	41.32	1800m:	24:45.69	41.03
	350m:	4:38.66	41.91	850m:	11:35.41	42.44	1350m:	18:33.85	41.16	1850m:	25:24.91	39.22
	400m:	5:20.25	41.59	900m:	12:17.69	42.28	1400m:	19:15.53	41.68	1900m:	26:03.66	38.75
	450m:	6:01.66	41.41	950m:	12:59.75	42.06	1450m:	19:57.13	41.60	1950m:	26:42.69	39.03
	500m:	6:42.97	41.31	1000m:	13:43.07	43.32	1500m:	20:38.66	41.53	2000m:	27:20.13	37.44

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Programmanr. 7, Dames, 2000m vrije slag, Dames Senioren Open

Rang					In.tijd		Tijd					
<b>2.</b>	<b>Maayke de Boer</b>		<b>de Granaet</b>		<b>NT</b>	<b>9505906</b>	<b>27:56.42</b>					
	50m:	35.39	35.39	550m:	7:30.42	42.59	1050m:	14:32.48	42.06	1550m:	21:36.23	42.59
	100m:	1:14.48	39.09	600m:	8:12.26	41.84	1100m:	15:14.45	41.97	1600m:	22:18.77	42.54
	150m:	1:55.11	40.63	650m:	8:53.58	41.32	1150m:	15:56.83	42.38	1650m:	23:01.42	42.65
	200m:	2:36.14	41.03	700m:	9:35.74	42.16	1200m:	16:39.45	42.62	1700m:	23:44.33	42.91
	250m:	3:17.89	41.75	750m:	10:17.74	42.00	1250m:	17:21.33	41.88	1750m:	24:27.08	42.75
	300m:	4:00.04	42.15	800m:	11:00.23	42.49	1300m:	18:03.36	42.03	1800m:	25:10.11	43.03
	350m:	4:42.58	42.54	850m:	11:42.39	42.16	1350m:	18:45.54	42.18	1850m:	25:52.48	42.37
	400m:	5:24.08	41.50	900m:	12:25.23	42.84	1400m:	19:27.67	42.13	1900m:	26:34.83	42.35
	450m:	6:06.14	42.06	950m:	13:07.89	42.66	1450m:	20:10.67	43.00	1950m:	27:16.54	41.71
	500m:	6:47.83	41.69	1000m:	13:50.42	42.53	1500m:	20:53.64	42.97	2000m:	27:56.42	39.88
<b>3.</b>	<b>Ilse Dammer</b>		<b>de Granaet</b>		<b>31:15.74</b>	<b>9403130</b>	<b>29:52.97</b>					
	50m:	37.12	37.12	550m:	7:52.39	44.70	1050m:	15:19.23	44.95	1550m:	23:01.94	46.76
	100m:	1:18.45	41.33	600m:	8:36.87	44.48	1100m:	16:05.09	45.86	1600m:	23:48.89	46.95
	150m:	2:00.13	41.68	650m:	9:21.44	44.57	1150m:	16:50.88	45.79	1650m:	24:35.72	46.83
	200m:	2:42.69	42.56	700m:	10:05.64	44.20	1200m:	17:36.66	45.78	1700m:	25:21.87	46.15
	250m:	3:26.62	43.93	750m:	10:50.16	44.52	1250m:	18:23.11	46.45	1750m:	26:07.36	45.49
	300m:	4:10.70	44.08	800m:	11:35.41	45.25	1300m:	19:09.62	46.51	1800m:	26:53.13	45.77
	350m:	4:54.22	43.52	850m:	12:19.07	43.66	1350m:	19:55.19	45.57	1850m:	27:38.48	45.35
	400m:	5:38.88	44.66	900m:	13:04.55	45.48	1400m:	20:41.93	46.74	1900m:	28:24.24	45.76
	450m:	6:23.37	44.49	950m:	13:50.06	45.51	1450m:	21:28.31	46.38	1950m:	29:08.73	44.49
	500m:	7:07.69	44.32	1000m:	14:34.28	44.22	1500m:	22:15.18	46.87	2000m:	29:52.97	44.24

Programmanr. 8  
14-3-2010

Heren, 2000m vrije slag

Heren Senioren Open  
Resultaten

Rang					In.tijd		Tijd					
<b>1.</b>	<b>Thomas Veltman</b>		<b>de Granaet</b>		<b>24:56.99</b>	<b>9201355</b>	<b>24:30.47</b>					
	50m:	30.01	30.01	550m:	6:43.04	36.03	1050m:	12:49.01	36.41	1550m:	19:07.89	37.03
	100m:	1:05.29	35.28	600m:	7:19.83	36.79	1100m:	13:26.67	37.66	1600m:	19:44.83	36.94
	150m:	1:42.54	37.25	650m:	7:57.54	37.71	1150m:	14:04.73	38.06	1650m:	20:21.51	36.68
	200m:	2:20.17	37.63	700m:	8:34.26	36.72	1200m:	14:43.13	38.40	1700m:	20:58.23	36.72
	250m:	2:57.83	37.66	750m:	9:10.92	36.66	1250m:	15:20.29	37.16	1750m:	21:35.01	36.78
	300m:	3:35.86	38.03	800m:	9:47.79	36.87	1300m:	15:58.63	38.34	1800m:	22:11.29	36.28
	350m:	4:13.89	38.03	850m:	10:23.60	35.81	1350m:	16:36.17	37.54	1850m:	22:47.10	35.81
	400m:	4:52.29	38.40	900m:	10:59.48	35.88	1400m:	17:14.89	38.72	1900m:	23:22.89	35.79
	450m:	5:29.10	36.81	950m:	11:35.29	35.81	1450m:	17:52.83	37.94	1950m:	23:58.01	35.12
	500m:	6:07.01	37.91	1000m:	12:12.60	37.31	1500m:	18:30.86	38.03	2000m:	24:30.47	32.46
<b>2.</b>	<b>Henk-Jan Verkaik</b>		<b>de Granaet</b>		<b>NT</b>	<b>9305447</b>	<b>25:36.23</b>					
	50m:	34.02	34.02	550m:	7:03.60	39.60	1050m:	13:34.95	39.50	1550m:	20:03.92	37.82
	100m:	1:11.76	37.74	600m:	7:42.95	39.35	1100m:	14:14.73	39.78	1600m:	20:41.70	37.78
	150m:	1:50.04	38.28	650m:	8:21.42	38.47	1150m:	14:54.02	39.29	1650m:	21:19.26	37.56
	200m:	2:28.23	38.19	700m:	9:00.54	39.12	1200m:	15:33.04	39.02	1700m:	21:57.10	37.84
	250m:	3:07.02	38.79	750m:	9:40.32	39.78	1250m:	16:11.95	38.91	1750m:	22:34.16	37.06
	300m:	3:46.04	39.02	800m:	10:19.42	39.10	1300m:	16:51.00	39.05	1800m:	23:11.04	36.88
	350m:	4:25.39	39.35	850m:	10:59.13	39.71	1350m:	17:30.16	39.16	1850m:	23:48.76	37.72
	400m:	5:04.82	39.43	900m:	11:36.36	37.23	1400m:	18:08.86	38.70	1900m:	24:25.86	37.10
	450m:	5:44.29	39.47	950m:	12:16.10	39.74	1450m:	18:47.67	38.81	1950m:	25:02.42	36.56
	500m:	6:24.00	39.71	1000m:	12:55.45	39.35	1500m:	19:26.10	38.43	2000m:	25:36.23	33.81
<b>3.</b>	<b>Harm Rozenga</b>		<b>de Granaet</b>		<b>NT</b>	<b>8902685</b>	<b>26:02.09</b>					
	50m:	30.62	30.62	550m:	6:53.89	39.80	1050m:	13:29.35	39.16	1550m:	20:02.42	40.78
	100m:	1:06.26	35.64	600m:	7:33.68	39.79	1100m:	14:08.99	39.64	1600m:	20:43.26	40.84
	150m:	1:42.86	36.60	650m:	8:13.42	39.74	1150m:	14:48.76	39.77	1650m:	21:24.39	41.13
	200m:	2:20.79	37.93	700m:	8:52.83	39.41	1200m:	15:28.77	40.01	1700m:	22:05.66	41.27
	250m:	2:59.12	38.33	750m:	9:32.14	39.31	1250m:	16:07.74	38.97	1750m:	22:46.76	41.10
	300m:	3:36.80	37.68	800m:	10:11.62	39.48	1300m:	16:46.14	38.40	1800m:	23:23.08	36.32
	350m:	4:15.19	38.39	850m:	10:50.98	39.36	1350m:	17:24.35	38.21	1850m:	24:00.89	37.81
	400m:	4:54.54	39.35	900m:	11:30.42	39.44	1400m:	18:02.35	38.00	1900m:	24:41.79	40.90
	450m:	5:33.70	39.16	950m:	12:10.12	39.70	1450m:	18:41.74	39.39	1950m:	25:22.83	41.04
	500m:	6:14.09	40.39	1000m:	12:50.19	40.07	1500m:	19:21.64	39.90	2000m:	26:02.09	39.26

LAC Periode 3 Sessie Vrije slag  
Dokkum, 14.3.2010

Programmanr. 8, Heren, 2000m vrije slag, Heren Senioren Open

Rang					In.tijd	Tijd						
4.	Sander Verkaik				de Granaet	NT	9404057	<b>27:10.78</b>				
	50m:	35.01	35.01	550m:	7:18.21	40.70	1050m:	14:10.84	41.49	1550m:	21:05.25	41.50
	100m:	1:14.13	39.12	600m:	7:59.41	41.20	1100m:	14:52.11	41.27	1600m:	21:47.15	41.90
	150m:	1:53.59	39.46	650m:	8:40.36	40.95	1150m:	15:33.01	40.90	1650m:	22:28.45	41.30
	200m:	2:33.90	40.31	700m:	9:21.16	40.80	1200m:	16:13.93	40.92	1700m:	23:10.60	42.15
	250m:	3:14.43	40.53	750m:	10:02.44	41.28	1250m:	16:55.26	41.33	1750m:	23:51.24	40.64
	300m:	3:55.32	40.89	800m:	10:43.76	41.32	1300m:	17:36.42	41.16	1800m:	24:31.63	40.39
	350m:	4:35.95	40.63	850m:	11:25.08	41.32	1350m:	18:18.25	41.83	1850m:	25:12.43	40.80
	400m:	5:16.47	40.52	900m:	12:06.31	41.23	1400m:	19:00.26	42.01	1900m:	25:52.51	40.08
	450m:	5:57.11	40.64	950m:	12:48.01	41.70	1450m:	19:41.65	41.39	1950m:	26:31.98	39.47
	500m:	6:37.51	40.40	1000m:	13:29.35	41.34	1500m:	20:23.75	42.10	2000m:	27:10.78	38.80
5.	Sybe van Hijum				de Granaet	NT	9206437	<b>31:36.08</b>				
	50m:	40.00	40.00	550m:	8:23.75	47.87	1050m:	16:21.47	47.53	1550m:	24:26.14	48.86
	100m:	1:24.84	44.84	600m:	9:11.35	47.60	1100m:	17:10.30	48.83	1600m:	25:14.44	48.30
	150m:	2:10.44	45.60	650m:	9:58.44	47.09	1150m:	17:58.38	48.08	1650m:	26:02.99	48.55
	200m:	2:56.24	45.80	700m:	10:46.52	48.08	1200m:	18:46.87	48.49	1750m:	27:40.66	1:37.67
	250m:	3:41.55	45.31	750m:	11:34.72	48.20	1250m:	19:35.49	48.62	1800m:	28:29.46	48.80
	300m:	4:28.27	46.72	800m:	12:22.18	47.46	1300m:	20:24.12	48.63	1850m:	29:17.66	48.20
	350m:	5:15.06	46.79	850m:	13:10.32	48.14	1350m:	21:12.32	48.20	1900m:	30:06.06	48.40
	400m:	6:01.59	46.53	900m:	13:58.30	47.98	1400m:	22:00.85	48.53	1950m:	30:53.34	47.28
	450m:	6:48.22	46.63	950m:	14:45.99	47.69	1450m:	22:48.81	47.96	2000m:	31:36.08	42.74
	500m:	7:35.88	47.66	1000m:	15:33.94	47.95	1500m:	23:37.28	48.47			