

LAC Periode 2 sessie Vrije slag
Dokkum, 8-1-2012

Programmanr. 1 400m vrije slag Minioren 3 en 4
8-1-2012 - 17:00 Resultaten

rang	naam	vereniging	inschrijftijd	tijd	100m	200m	300m	400m
Meisjes Minioren 3 en 4, Meisjes								
1.	Nynke Zandstra	Wetterwille	7:33.00	200202044	6:48.83	1:40.35	3:27.12	5:15.99 6:48.83
Jongens Minioren 3 en 4, Jongens								
1.	Olaf Jan Bosscher	de Granaet	NT	200200037	6:59.89	1:41.02	3:27.45	5:15.82 6:59.89
2.	Jan Berend Sipma	de Granaet	NT	200201443	7:34.92	1:48.33	3:46.33	5:40.74 7:34.92
3.	Frederik Adema	de Granaet	NT	200300253	7:35.91	1:47.08	3:44.20	5:41.06 7:35.91

Programmanr. 2 Meisjes, 800m vrije slag Meisjes Minioren 5 en Junioren 1
8-1-2012 - 17:08 Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Danieke van der Kooi	de Granaet	11:31.44	200000552 11:25.28
	100m: 1:17.38	1:17.38	300m: 4:13.23	1:27.71
	200m: 2:45.52	1:28.14	400m: 5:39.23	1:26.00
			500m: 7:06.93	1:27.70
			600m: 8:35.14	1:28.21
			700m: 10:01.96	1:26.82
			800m: 11:25.28	1:23.32
2.	Eva Koster	Wetterwille	13:02.43	200000728 12:21.42
	100m: 1:20.92	1:20.92	300m: 4:26.20	1:33.72
	200m: 2:52.48	1:31.56	400m: 6:02.16	1:35.96
			500m: 7:38.02	1:35.86
			600m: 9:14.10	1:36.08
			700m: 10:51.13	1:37.03
			800m: 12:21.42	1:30.29
3.	Jamilah Louala	de Granaet	NT	200001402 12:38.64
	100m: 1:24.80	1:24.80	300m: 4:33.92	1:34.90
	200m: 2:59.02	1:34.22	400m: 6:11.16	1:37.24
			500m: 7:49.07	1:37.91
			600m: 9:29.02	1:39.95
			700m: 11:09.02	1:40.00
			800m: 12:38.64	1:29.62
4.	Janneke Weiland	Wetterwille	12:48.62	200100128 12:50.94
	100m: 1:25.81	1:25.81	300m: 4:40.06	1:37.59
	200m: 3:02.47	1:36.66	400m: 6:14.13	1:34.07
			500m: 7:56.04	1:41.91
			600m: 9:34.94	1:38.90
			700m: 11:14.91	1:39.97
			800m: 12:50.94	1:36.03
5.	Eva Willebrands	de Granaet	NT	200101510 13:05.70
	100m: 1:25.83	1:25.83	300m: 4:44.70	1:41.28
	200m: 3:03.42	1:37.59	400m: 6:27.58	1:42.88
			500m: 8:07.20	1:39.62
			600m: 9:48.86	1:41.66
			700m: 11:30.86	1:42.00
			800m: 13:05.70	1:34.84
6.	Fardau van der Meulen	Wetterwille	13:43.57	200000408 13:07.89
	100m: 1:28.05	1:28.05	300m: 4:43.48	1:37.96
	200m: 3:05.52	1:37.47	400m: 6:22.89	1:39.41
			500m: 8:02.48	1:39.59
			600m: 9:43.70	1:41.22
			700m: 11:27.33	1:43.63
			800m: 13:07.89	1:40.56
7.	Ingrid de Vries	de Granaet	NT	200100500 14:23.59
	100m: 1:32.19	1:32.19	300m: 5:07.08	1:49.63
	200m: 3:17.45	1:45.26	400m: 7:00.30	1:53.22
			500m: 8:54.40	1:54.10
			600m: 10:49.44	1:55.04
			700m: 12:42.35	1:52.91
			800m: 14:23.59	1:41.24
8.	Mallika Vries	Wetterwille	15:14.00	200003904 15:15.86
	100m: 1:38.40	1:38.40	300m: 5:32.06	1:56.72
	200m: 3:35.34	1:56.94	400m: 7:31.48	1:59.42
			500m: 9:30.82	1:59.34
			600m: 11:31.07	2:00.25
			700m: 13:29.09	1:58.02
			800m: 15:15.86	1:46.77
9.	Ineke van der Meer	Wetterwille	16:44.00	200100750 16:21.38
	100m: 1:44.25	1:44.25	300m: 5:47.81	2:05.28
	200m: 3:42.53	1:58.28	400m: 7:55.71	2:07.90
			500m: 10:04.44	2:08.73
			600m: 12:14.68	2:10.24
			700m: 14:21.68	2:07.00
			800m: 16:21.38	1:59.70

Programmanr. 3 Jongens, 800m vrije slag Jongens Minioren 5 en 6
8-1-2012 - 17:40 Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Hugo Jan Bosscher	de Granaet	12:04.47	200000185 11:49.74
	100m: 1:20.31	1:20.31	300m: 4:21.32	1:30.87
	200m: 2:50.45	1:30.14	400m: 5:52.82	1:31.50
			500m: 7:23.98	1:31.16
			600m: 8:55.18	1:31.20
			700m: 10:25.14	1:29.96
			800m: 11:49.74	1:24.60
2.	Marcel Delfstra	de Granaet	NT	200100037 12:02.82
	100m: 1:21.61	1:21.61	300m: 4:23.69	1:31.69
	200m: 2:52.00	1:30.39	400m: 5:57.87	1:34.18
			500m: 7:30.87	1:33.00
			600m: 9:03.22	1:32.35
			700m: 10:34.44	1:31.22
			800m: 12:02.82	1:28.38
3.	Daniel Dijk	de Granaet	NT	200101161 13:30.80
	100m: 1:34.70	1:34.70	300m: 5:01.92	1:43.74
	200m: 3:18.18	1:43.48	400m: 6:43.92	1:42.00
			500m: 8:27.13	1:43.21
			600m: 10:09.80	1:42.67
			700m: 11:52.82	1:43.02
			800m: 13:30.80	1:37.98
4.	Bas Koster	Wetterwille	14:51.77	200000415 14:01.30
	100m: 1:28.30	1:28.30	300m: 5:01.89	1:48.32
	200m: 3:13.57	1:45.27	400m: 6:50.35	1:48.46
			500m: 8:41.64	1:51.29
			600m: 10:30.57	1:48.93
			700m: 12:19.76	1:49.19
			800m: 14:01.30	1:41.54
AFGEM	Rutger Horsthuis	de Granaet	NT	200100419

LAC Periode 2 sessie Vrije slag
Dokkum, 8-1-2012

Programmanr. 4
8-1-2012 - 17:55

Meisjes, 800m vrije slag

Junioren 3 en later
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Vivianne Dortmund	De Pinquin	10:14.04	199801578 10:00.59
	100m: 1:08.16 1:08.16	300m: 3:39.88 1:16.54	500m: 6:13.82 1:18.09	700m: 8:47.88 1:16.82
	200m: 2:23.34 1:15.18	400m: 4:55.73 1:15.85	600m: 7:31.06 1:17.24	800m: 10:00.59 1:12.71
2.	Rebecca Jager	De Pinquin	10:20.63	199800402 10:28.98
	100m: 1:09.70 1:09.70	300m: 3:45.98 1:19.25	500m: 6:27.30 1:21.42	700m: 9:10.32 1:21.44
	200m: 2:26.73 1:17.03	400m: 5:05.88 1:19.90	600m: 7:48.88 1:21.58	800m: 10:28.98 1:18.66
3.	Brigitte van der Veen	de Granaet	12:14.72	199802600 12:20.93
	100m: 1:20.40 1:20.40	300m: 4:27.02 1:33.81	500m: 7:36.81 1:35.32	700m: 10:48.46 1:35.90
	200m: 2:53.21 1:32.81	400m: 6:01.49 1:34.47	600m: 9:12.56 1:35.75	800m: 12:20.93 1:32.47
4.	Marjolein van Harskamp	Wetterwille	14:39.57	199904206 14:29.47
	100m: 1:36.15 1:36.15	300m: 5:15.05 1:51.43	500m: 9:00.49 1:52.59	700m: 12:45.93 1:52.44
	200m: 3:23.62 1:47.47	400m: 7:07.90 1:52.85	600m: 10:53.49 1:53.00	800m: 14:29.47 1:43.54
BM	Johanna de Boer	Zpd	NT	199403944 11:09.16
	100m: 1:12.39 1:12.39	300m: 3:58.29 1:23.56	500m: 6:51.64 1:27.00	700m: 9:44.76 1:26.06
	200m: 2:34.73 1:22.34	400m: 5:24.64 1:26.35	600m: 8:18.70 1:27.06	800m: 11:09.16 1:24.40

Programmanr. 5
8-1-2012 - 18:10

Heren, 1500m vrije slag

1999 en eerder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd
Jongens Junioren 1 en 2				
1.	Mirko van Ligtenberg	Wetterwille	20:10.36	199800735 20:03.41
	100m: 1:08.17 1:08.17	500m: 6:30.39 1:21.84	900m: 11:57.70 1:22.47	1300m: 17:28.02 1:21.38
	200m: 2:26.52 1:18.35	600m: 7:50.55 1:20.16	1000m: 13:20.74 1:23.04	1400m: 18:49.78 1:22.76
	300m: 3:47.32 1:20.80	700m: 9:13.18 1:22.63	1100m: 14:44.23 1:23.49	1500m: 20:03.41 1:13.63
	400m: 5:08.55 1:21.23	800m: 10:35.23 1:22.05	1200m: 16:06.64 1:22.41	
2.	Kevin de Jooede	de Granaet	22:11.06	199800371 21:30.60
	100m: 1:19.80 1:19.80	500m: 7:08.48 1:27.53	900m: 13:06.57 1:28.06	1300m: 18:46.48 1:24.12
	200m: 2:46.51 1:26.71	600m: 8:37.29 1:28.81	1000m: 14:34.13 1:27.56	1400m: 20:11.76 1:25.28
	300m: 4:13.54 1:27.03	700m: 10:07.54 1:30.25	1100m: 15:58.23 1:24.10	1500m: 21:30.60 1:18.84
	400m: 5:40.95 1:27.41	800m: 11:38.51 1:30.97	1200m: 17:22.36 1:24.13	
Jongens Junioren 3 en 4				
1.	Bart Weiland	Wetterwille	20:40.57	199700777 20:10.07
	100m: 1:10.59 1:10.59	500m: 6:30.39 1:21.84	900m: 12:01.07 1:21.97	1300m: 17:31.94 1:22.39
	200m: 2:30.65 1:20.06	600m: 7:55.34 1:20.16	1000m: 13:23.88 1:22.81	1400m: 18:53.99 1:22.05
	300m: 3:51.53 1:20.88	700m: 9:17.42 1:22.08	1100m: 14:46.97 1:23.09	1500m: 20:10.07 1:16.08
	400m: 5:12.99 1:21.46	800m: 10:39.10 1:21.68	1200m: 16:09.55 1:22.58	
2.	Patrick de Roos	Zpd	NT	199702071 21:04.29
	100m: 1:14.26 1:14.26	500m: 6:42.30 1:23.42	900m: 12:22.81 1:25.77	1300m: 18:12.01 1:28.60
	200m: 2:35.69 1:21.43	600m: 8:06.32 1:24.02	1000m: 13:48.85 1:26.04	1400m: 19:39.64 1:27.63
	300m: 3:56.52 1:20.83	700m: 9:31.62 1:25.30	1100m: 15:16.03 1:27.18	1500m: 21:04.29 1:24.65
	400m: 5:18.88 1:22.36	800m: 10:57.04 1:25.42	1200m: 16:43.41 1:27.38	
Jongens Jeugd 1 en 2				
1.	Ramon Fredrik	Orca	17:58.66	199403933 17:02.06
	100m: 58.53 58.53	500m: 5:30.78 1:09.25	900m: 10:07.06 1:08.76	1300m: 14:44.47 1:08.83
	200m: 2:03.12 1:04.59	600m: 6:39.53 1:08.75	1000m: 11:16.68 1:09.62	1400m: 15:54.62 1:10.15
	300m: 3:12.55 1:09.43	700m: 7:48.60 1:09.07	1100m: 12:25.08 1:08.40	1500m: 17:02.06 1:07.44
	400m: 4:21.53 1:08.98	800m: 8:58.30 1:09.70	1200m: 13:35.64 1:10.56	
2.	David Scheffer	De Pinquin	19:54.57	199500175 19:18.15
	100m: 1:07.68 1:07.68	500m: 6:18.28 1:19.74	900m: 11:34.66 1:19.57	1300m: 16:47.31 1:18.19
	200m: 2:23.09 1:15.41	600m: 7:37.58 1:19.30	1000m: 12:52.59 1:17.93	1400m: 18:04.43 1:17.12
	300m: 3:39.72 1:16.63	700m: 8:56.59 1:19.01	1100m: 14:10.34 1:17.75	1500m: 19:18.15 1:13.72
	400m: 4:58.54 1:18.82	800m: 10:15.09 1:18.50	1200m: 15:29.12 1:18.78	
3.	Lennart van Ligtenberg	Wetterwille	20:52.97	199501951 21:56.89
	100m: 1:13.81 1:13.81	500m: 7:02.89 1:28.76	900m: 13:02.20 1:30.14	1300m: 19:04.28 1:30.84
	200m: 2:39.06 1:25.25	600m: 8:31.89 1:29.00	1000m: 14:33.28 1:31.08	1400m: 20:35.08 1:30.80
	300m: 4:05.79 1:26.73	700m: 10:01.89 1:30.00	1100m: 16:03.03 1:29.75	1500m: 21:56.89 1:21.81
	400m: 5:34.13 1:28.34	800m: 11:32.06 1:30.17	1200m: 17:33.44 1:30.41	

LAC Periode 2 sessie Vrije slag
Dokkum, 8-1-2012

Programmanr. 5, Heren, 1500m vrije slag

Heren Senioren Open

1.	Sietse Wijbenga		Zpd			18:51.35		199301967		18:45.48
	100m: 1:07.45	1:07.45	500m: 6:08.13	1:16.24	900m: 11:12.67	1:16.22	1300m: 16:17.86	1:15.94		
	200m: 2:21.64	1:14.19	600m: 7:24.45	1:16.32	1000m: 12:28.64	1:15.97	1400m: 17:33.82	1:15.96		
	300m: 3:36.04	1:14.40	700m: 8:40.29	1:15.84	1100m: 13:45.20	1:16.56	1500m: 18:45.48	1:11.66		
	400m: 4:51.89	1:15.85	800m: 9:56.45	1:16.16	1200m: 15:01.92	1:16.72				
2.	Bauke Ytsma		Wetterwille			20:33.48		199301311		19:36.81
	100m: 1:07.77	1:07.77	500m: 6:20.33	1:19.43	900m: 11:39.15	1:20.07	1300m: 17:00.74	1:20.53		
	200m: 2:23.52	1:15.75	600m: 7:40.52	1:20.19	1000m: 12:59.08	1:19.93	1400m: 18:19.52	1:18.78		
	300m: 3:41.58	1:18.06	700m: 9:00.27	1:19.75	1100m: 14:19.68	1:20.60	1500m: 19:36.81	1:17.29		
	400m: 5:00.90	1:19.32	800m: 10:19.08	1:18.81	1200m: 15:40.21	1:20.53				
3.	Henk Jan Verkaik		Orca			18:25.51		199305447		19:47.87
	100m: 1:09.74	1:09.74	500m: 6:26.39	1:19.65	900m: 11:50.64	1:21.28	1300m: 17:12.08	1:19.66		
	200m: 2:27.33	1:17.59	600m: 7:47.21	1:20.82	1000m: 13:11.49	1:20.85	1400m: 18:33.17	1:21.09		
	300m: 3:47.05	1:19.72	700m: 9:07.96	1:20.75	1100m: 14:33.24	1:21.75	1500m: 19:47.87	1:14.70		
	400m: 5:06.74	1:19.69	800m: 10:29.36	1:21.40	1200m: 15:52.42	1:19.18				
4.	Sybe van Hijum		de Granaet			22:58.49		199206437		22:45.36
	100m: 1:25.30	1:25.30	500m: 7:35.95	1:32.81	900m: 13:45.33	1:31.75	1300m: 19:49.58	1:31.06		
	200m: 2:56.70	1:31.40	600m: 9:08.61	1:32.66	1000m: 15:17.92	1:32.59	1400m: 21:19.55	1:29.97		
	300m: 4:30.30	1:33.60	700m: 10:41.42	1:32.81	1100m: 16:48.52	1:30.60	1500m: 22:45.36	1:25.81		
	400m: 6:03.14	1:32.84	800m: 12:13.58	1:32.16	1200m: 18:18.52	1:30.00				

Programmanr. 6
8-1-2012 - 18:55

Dames, 1500m vrije slag

1997 en eerder
Resultaten

rang	naam		vereniging			inschrijftijd				tijd
Meisjes Jeugd 1 en 2										
1.	Nynke Ytsma		Wetterwille			23:01.59		199700792		22:02.27
	100m: 1:21.71	1:21.71	500m: 7:15.02	1:28.94	900m: 13:15.49	1:31.66	1300m: 19:14.27	1:28.94		
	200m: 2:49.21	1:27.50	600m: 8:43.42	1:28.40	1000m: 14:46.39	1:30.90	1400m: 20:41.64	1:27.37		
	300m: 4:17.24	1:28.03	700m: 10:13.74	1:30.32	1100m: 16:15.86	1:29.47	1500m: 22:02.27	1:20.63		
	400m: 5:46.08	1:28.84	800m: 11:43.83	1:30.09	1200m: 17:45.33	1:29.47				
Dames Senioren Open										
1.	Ann Wanter		Orca			19:42.49		198202386		18:26.34
	100m: 1:08.60	1:08.60	500m: 6:05.19	1:14.65	900m: 11:03.82	1:14.31	1300m: 16:00.56	1:13.49		
	200m: 2:22.23	1:13.63	600m: 7:20.26	1:15.07	1000m: 14:46.39	1:30.90	1400m: 17:14.18	1:13.62		
	300m: 3:36.19	1:13.96	700m: 8:34.99	1:14.73	1100m: 13:33.26		1500m: 18:26.34	1:12.16		
	400m: 4:50.54	1:14.35	800m: 9:49.51	1:14.52	1200m: 14:47.07	1:13.81				
2.	Maayke de Boer		de Granaet			20:53.54		199505906		21:50.68
	100m: 1:14.98	1:14.98	500m: 7:03.86	1:29.80	900m: 12:57.54	1:28.12	1300m: 18:56.76	1:30.90		
	200m: 2:39.79	1:24.81	600m: 8:32.80	1:28.94	1000m: 14:26.12	1:28.58	1400m: 20:25.38	1:28.62		
	300m: 4:05.89	1:26.10	700m: 10:01.10	1:28.30	1100m: 15:55.20	1:29.08	1500m: 21:50.68	1:25.30		
	400m: 5:34.06	1:28.17	800m: 11:29.42	1:28.32	1200m: 17:25.86	1:30.66				
3.	Nynke Vlietstra		Wetterwille			23:56.00		198907110		22:49.76
	100m: 1:24.55	1:24.55	500m: 7:29.06	1:32.05	900m: 13:41.26	1:32.79	1300m: 19:53.01	1:33.45		
	200m: 2:54.54	1:29.99	600m: 9:02.89	1:33.83	1000m: 15:14.03	1:32.77	1400m: 21:23.50	1:30.49		
	300m: 4:25.71	1:31.17	700m: 10:36.73	1:33.84	1100m: 16:46.86	1:32.83	1500m: 22:49.76	1:26.26		
	400m: 5:57.01	1:31.30	800m: 12:08.47	1:31.74	1200m: 18:19.56	1:32.70				
4.	Annemiek Meulenbeld		de Granaet			23:22.68		199506230		22:59.06
	100m: 1:17.30	1:17.30	500m: 7:21.93	1:34.19	900m: 13:40.99	1:34.44	1300m: 19:59.49	1:33.78		
	200m: 2:43.80	1:26.50	600m: 8:57.14	1:35.21	1000m: 15:15.80	1:34.81	1400m: 21:32.71	1:33.22		
	300m: 4:13.36	1:29.56	700m: 10:31.89	1:34.75	1100m: 16:50.61	1:34.81	1500m: 22:59.06	1:26.35		
	400m: 5:47.74	1:34.38	800m: 12:06.55	1:34.66	1200m: 18:25.71	1:35.10				