

2018-10-30 LAC 200 m wisselslag
Leiden, 30-10-2018



Programmanr. 1 Meisjes, 200m vrije slag Minioren 3 en 4
30-10-2018 - 18:45 Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|---------------------|------------|--------------|----------------|----|-------|---------|------|---------|
| 1. Tessa Sliedrecht | ZVL-1886 | NT 200901520 | 4:19.13 | | 50.66 | 1:56.69 | | 4:19.13 |

Programmanr. 2 Jongens, 200m vrije slag Minioren 3 en 4
30-10-2018 - 18:50 Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-------------------------|------------|-------------------|----------------|----|-------|---------|------|---------|
| 1. Sverre van der Zwaan | ZVL-1886 | 3:31.98 200900737 | 3:11.36 | | 47.89 | 1:32.85 | | 3:11.36 |
| 2. Mike Lens | ZVL-1886 | 4:03.07 200900635 | 3:56.79 | | 50.10 | 1:52.76 | | 3:56.79 |

Programmanr. 4 Meisjes, 200m wisselslag Minioren 5
30-10-2018 - 18:55 Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-----------------------|------------|-------------------|----------------|----|---------|------|------|---------|
| 1. Audrey Van Der Nat | ZVL-1886 | 4:33.17 200802590 | 4:40.53 | | 1:03.37 | | | 4:40.53 |

Programmanr. 5 Dames, 200m wisselslag Senioren Open
30-10-2018 - 19:00 Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-----------------------|------------|-------------------|----------------|----|-------|------|------|---------|
| 1. Moniek Heemskerck | ZVL-1886 | 2:38.49 199601964 | 2:46.41 | | 34.94 | | | 2:46.41 |
| 2. Babet van Andel | ZVL-1886 | 2:53.87 200304308 | 2:53.84 | | 38.06 | | | 2:53.84 |
| 3. Natasha Wassink | ZVL-1886 | 2:57.13 200404798 | 3:01.19 | | 35.07 | | | 3:01.19 |
| 4. Daniek Wijnen | ZVL-1886 | 3:07.81 200701280 | 3:04.81 | | 36.34 | | | 3:04.81 |
| 5. Fieke Hoogduin | ZVL-1886 | 3:05.39 200600836 | 3:05.01 | | 41.36 | | | 3:05.01 |
| 6. Soumaya Boulahri | ZVL-1886 | 3:14.19 200601658 | 3:11.08 | | 41.83 | | | 3:11.08 |
| 7. Meike Bakker | ZVL-1886 | 3:07.36 200603828 | 3:12.70 | | 43.20 | | | 3:12.70 |
| 8. Esmee Koppenaal | ZVL-1886 | 3:21.57 200601840 | 3:19.66 | | 47.65 | | | 3:19.66 |
| 9. Anne Roos Blokhuis | ZVL-1886 | 3:20.64 200600716 | 3:22.15 | | 47.97 | | | 3:22.15 |
| 10. Rachel Sliedrecht | ZVL-1886 | 3:26.72 200604264 | 3:27.42 | | 43.89 | | | 3:27.42 |
| 11. Elena Gerstel | ZVL-1886 | 3:28.52 200700946 | 3:29.93 | | 49.04 | | | 3:29.93 |
| 12. Cidra Fakhani | ZVL-1886 | NT 200603704 | 3:39.84 | | 52.53 | | | 3:39.84 |

Programmanr. 6 Jongens, 200m wisselslag Minioren 5 en 6
30-10-2018 - 19:10 Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-----------------------|------------|-------------------|----------------|----|-------|------|------|---------|
| 1. Gijs Hartwijk | ZVL-1886 | 3:11.00 200800573 | 3:04.94 | | 39.71 | | | 3:04.94 |
| 2. Winston van Berkel | ZVL-1886 | NT 200700313 | 3:10.47 | | 44.29 | | | 3:10.47 |
| 3. Wout Koppers | ZVL-1886 | 3:46.65 200801141 | 3:33.40 | | 48.67 | | | 3:33.40 |

Programmanr. 7 Heren, 200m wisselslag Senioren Open
30-10-2018 - 19:15 Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|------------------------|------------|-------------------|----------------|----|-------|------|------|---------|
| 1. Guus Hoogduin | ZVL-1886 | 2:18.35 200201069 | 2:17.90 | | 28.77 | | | 2:17.90 |
| 2. Chris Vogelaar | ZVL-1886 | 2:34.56 200302241 | 2:33.71 | | 32.07 | | | 2:33.71 |
| 3. Jeroen de Mooij | ZVL-1886 | 2:38.52 200100723 | 2:36.93 | | 32.30 | | | 2:36.93 |
| 4. Victor van Dam | ZVL-1886 | 2:41.55 200103703 | 2:39.19 | | 32.15 | | | 2:39.19 |
| 5. Guus Geelen | ZVL-1886 | 2:50.59 200401183 | 2:45.30 | | 35.18 | | | 2:45.30 |
| 6. Mike van Asch | ZVL-1886 | NT 200600779 | 3:18.12 | | 51.98 | | | 3:18.12 |
| DIS Jesse van der Meij | ZVL-1886 | 3:28.05 200600841 | | | | | | |

VP - Met handen over elkaar keerpunt of eindpunt aangetikt.