

LAC-inhaal  
Nieuwerkerk ad IJssel, 7.1.2011

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| Programmanr. 1<br>7-1-2011 - 19:30 | Dames, 400m wisselslag | Senioren Open<br>Resultaten |
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| Rang  |  | In.tijd                              |                 | Tijd           |
|-------|--|--------------------------------------|-----------------|----------------|
| 1.    | Melissa van der Heijden<br>50m: 38.33 100m: 1:26.02          | Van Vliet Barracuda<br>400m: 6:09.30 | 6:32.00 9605226 | <b>6:09.30</b> |
| 2.    | Marieke van Bergen van der Grijp<br>50m: 39.53 100m: 1:26.62 | Van Vliet Barracuda<br>400m: 6:21.11 | 6:09.54 9504858 | <b>6:21.11</b> |
| AFGEM | Saskia Kommers   | Van Vliet Barracuda                  | 5:49.06 9502846 |                |
| AFGEM | Anne Petersen  | Van Vliet Barracuda                  | 6:34.29 9700454 |                |

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| Programmanr. 2<br>7-1-2011 - 19:40 | Heren, 400m wisselslag | Senioren Open<br>Resultaten |
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| Rang  |             | In.tijd             |            | Tijd |
|-------|-------------|---------------------|------------|------|
| AFGEM | Remco Lopez | Van Vliet Barracuda | NT 9406429 |      |

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| Programmanr. 3<br>7-1-2011 - 19:45 | Dames, 800m vrije slag | Senioren Open<br>Resultaten |
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| Rang  |               | In.tijd             |                  | Tijd |
|-------|---------------|---------------------|------------------|------|
| AFGEM | Anne Petersen | Van Vliet Barracuda | 11:45.29 9700454 |      |

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| Programmanr. 4<br>7-1-2011 - 19:55 | Dames, 1500m vrije slag | Senioren Open<br>Resultaten |
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| Rang  |   | In.tijd   |                  | Tijd            |
|-------|---|---|------------------|-----------------|
| 1.    | Saskia Kommers<br>100m: 1:17.36 200m: 2:41.29 | Van Vliet Barracuda<br>400m: 5:29.73 800m: 11:02.73 1500m: 20:32.32 | 20:38.23 9502846 | <b>20:32.32</b> |
| 2.    | Giulia Rolloos<br>100m: 1:17.60 200m: 2:41.29 | Van Vliet Barracuda<br>400m: 5:30.04 800m: 11:04.40 1500m: 20:57.43 | 20:41.07 9500946 | <b>20:57.43</b> |
| AFGEM | Marieke van Bergen van der Grijp              | Van Vliet Barracuda   | 22:45.26 9504858 |                 |

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| Programmanr. 5<br>7-1-2011 - 20:20 | Heren, 1500m vrije slag | Senioren Open<br>Resultaten |
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| Rang |   | In.tijd   |                  | Tijd            |
|------|---|---|------------------|-----------------|
| 1.   | Emiel van Beusekom<br>100m: 1:11.88 200m: 2:30.22 | Van Vliet Barracuda<br>400m: 5:08.43 800m: 10:27.52 1500m: 19:38.61 | 19:56.51 9403951 | <b>19:38.61</b> |
| 2.   | Edgar van Oosten<br>100m: 1:12.26 200m: 2:30.32   | Van Vliet Barracuda<br>400m: 5:08.70 800m: 10:26.54 1500m: 19:43.36 | 20:42.38 9104545 | <b>19:43.36</b> |
| 3.   | Kevin Slagmolen<br>100m: 1:30.74 200m: 3:11.55    | Van Vliet Barracuda<br>400m: 6:34.24 800m: 13:25.02 1500m: 25:44.88 | 24:52.87 9700291 | <b>25:44.88</b> |
| 4.   | Ids de Klerk<br>100m: 1:35.82 200m: 3:23.39       | Van Vliet Barracuda<br>400m: 7:01.80 800m: 14:30.76 1500m: 27:41.73 | NT 9803237       | <b>27:41.73</b> |