

KNZB Lange Afstand Circuit 2011-2012 Periode 2 Deel 1
Vlaardingen, 20-11-2011

Programmanr. 5
20-11-2011

1500m vrije slag

Senioren Open
Resultaten

Rang					In.tijd					Tijd
Jongens Junioren 3 en 4, Jongens										
1.	Martijn Houweling				NT	199600893	19:20.53			
	50m:	32.55	100m:	1:09.80	200m:	2:26.21	400m:	4:59.65	800m:	10:12.20 1500m: 19:20.53
2.	Tim van der Steen				18:41.70	199702961	19:45.02			
	50m:	31.59	100m:	1:08.22	200m:	2:23.84	400m:	5:00.88	800m:	10:24.80 1500m: 19:45.02
3.	Sander van Broekhoven				NT	199605047	19:59.44			
	50m:	33.38	100m:	1:10.30	200m:	2:27.66	400m:	5:07.94	800m:	10:33.07 1500m: 19:59.44
4.	Michael Vermoen				21:12.42	199604897	20:30.98			
	50m:	33.82	100m:	1:12.28	200m:	2:32.57	400m:	5:17.67	800m:	10:51.94 1500m: 20:30.98
5.	Yvo Bulham				NT	199701073	20:49.09			
	50m:	35.96	100m:	1:15.18	200m:	2:38.11	400m:	5:22.58	800m:	11:01.28 1500m: 20:49.09
6.	Johan Speksnijder				NT	199700649	21:02.47			
	50m:	36.16	100m:	1:16.20	200m:	2:37.44	400m:	5:24.23	800m:	11:07.11 1500m: 21:02.47

Meisjes Jeugd 1 en 2, Meisjes

1.	Amy van Lier				19:43.76	199603022	18:55.17			
	50m:	33.34	100m:	1:09.63	200m:	2:24.37	400m:	4:55.92	800m:	10:01.05 1500m: 18:55.17
2.	Tamara van der Steen				18:53.52	199605156	19:56.81			
	50m:	33.06	100m:	1:10.30	200m:	2:27.47	400m:	5:05.20	800m:	10:33.95 1500m: 19:56.81
3.	Marije Dinkelberg				21:09.92	199703192	20:05.29			
	50m:	35.51	100m:	1:15.42	200m:	2:37.10	400m:	5:18.10	800m:	10:44.01 1500m: 20:05.29
4.	Carina Spronk				NT	199702382	21:29.07			
	50m:	36.19	100m:	1:15.66	200m:	2:38.47	400m:	5:28.44	800m:	11:19.16 1500m: 21:29.07
5.	Anne Petersen				22:29.36	199700454	22:18.20			
	50m:	36.57	100m:	1:16.73	200m:	2:41.50	400m:	5:34.29	800m:	11:39.14 1500m: 22:18.20
6.	Eva Cornelisse				22:51.58	199701336	22:33.44			
	50m:	38.37	100m:	1:20.85	200m:	2:49.13	400m:	5:50.15	800m:	11:57.73 1500m: 22:33.44
DIS	Manon in 't Groen				23:13.21	199704272				
	<i>AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).</i>									

Jongens Jeugd 1 en 2, Jongens

1.	Lars Schoffelmeer				17:05.58	199501907	17:00.80			
	50m:	28.22	100m:	1:00.88	200m:	2:09.32	400m:	4:25.71	800m:	9:02.64 1500m: 17:00.80
2.	Nick Cleintuar				18:38.87	199503781	17:54.88			
	50m:	30.84	100m:	1:02.05	200m:	2:16.73	400m:	4:41.09	800m:	9:32.50 1500m: 17:54.88
3.	Jordi 't Mannetje				18:17.23	199502775	17:55.75			
	50m:	30.85	100m:	1:05.07	200m:	2:16.28	400m:	4:40.37	800m:	9:31.53 1500m: 17:55.75
4.	Alex in 't Groen				18:18.02	199502683	18:29.91			
	50m:	30.38	100m:	1:04.94	200m:	2:18.29	400m:	4:48.86	800m:	9:46.41 1500m: 18:29.91
5.	Koen Roobol				19:46.46	199403209	19:58.47			
	50m:	32.57	100m:	1:10.27	200m:	2:29.76	400m:	5:07.79	800m:	10:37.01 1500m: 19:58.47
6.	Bram van Ginneken				21:34.00	199501385	21:03.16			
	50m:	35.34	100m:	1:15.91	200m:	2:41.06	400m:	5:32.28	800m:	11:14.75 1500m: 21:03.16
7.	Thomas Grudelbach				21:48.63	199500355	21:51.27			
	50m:	38.34	100m:	1:20.63	200m:	2:47.53	400m:	5:45.10	800m:	11:44.63 1500m: 21:51.27

AFGEM Sander Asjes

Wz010

19:33.82

199503787

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Programmanr. 5, Jongens, 1500m vrije slag, Jongens Jeugd 1 en 2

Rang	In.tijd	Tijd
AFGEM Youri Kool	ZPB H&L Productions NT 199505765	

Dames Senioren Open, Dames

1.	Karin Stein	ZV Vlaardingen-Schiedam	18:52.30	197100554	18:55.34
	50m: 35.17 100m: 1:12.65	200m: 2:27.46 400m: 4:58.46	800m: 10:02.39	1500m: 18:55.34	
2.	Liza Hummel	De Kempvis	19:05.53	199501910	19:50.86
	50m: 33.00 100m: 1:09.36	200m: 2:26.20 400m: 5:04.84	800m: 10:27.73	1500m: 19:50.86	
3.	Lieke Hengst	Wz010	19:41.14	199108048	20:42.08
	50m: 35.04 100m: 1:13.56	200m: 2:33.84 400m: 5:17.42	800m: 10:45.42	1500m: 20:42.08	
4.	Emily van Erk	ACZ	21:45.27	199502574	21:38.08
	50m: 34.47 100m: 1:13.41	200m: 2:32.47 400m: 5:37.36	800m: 11:28.41	1500m: 21:38.08	
5.	Diana Dijkstra	ZV Vlaardingen-Schiedam	NT	198600866	26:19.37
	50m: 42.33 100m: 1:30.97	200m: 3:12.03 400m: 6:40.27	800m: 13:43.83	1500m: 26:19.37	
6.	Kimberley Breederland	ZPB H&L Productions	27:28.02	199203632	26:56.47
	50m: 43.31 100m: 1:33.31	200m: 3:19.23 400m: 6:55.72	800m: 14:15.36	1500m: 26:56.47	
AFGEM	Melanie Breederland	ZPB H&L Productions	25:06.71	198700572	

Heren Senioren Open, Heren

1.	Timo Dinkelberg	ZV Vlaardingen-Schiedam	17:19.25	199300773	17:01.60
	50m: 30.35 100m: 1:02.60	200m: 2:09.51 400m: 4:26.85	800m: 9:03.07	1500m: 17:01.60	
2.	Joost Mulder	zv De Vennen	19:09.39	198602153	18:52.10
	50m: 33.08 100m: 1:09.51	200m: 2:24.85 400m: 4:58.26	800m: 10:04.29	1500m: 18:52.10	
3.	Emiel van Elderen	ZV Vlaardingen-Schiedam	22:03.49	195600383	22:02.00
	50m: 38.81 100m: 1:20.52	200m: 2:46.85 400m: 5:43.71	800m: 11:42.10	1500m: 22:02.00	