

5 - Zeeuwse Lange Afstand Kampioenschappen dag 1

22-5-2012 - 19:00

Programmanr. 65 Heren, 200m vlinderslag Senioren Open
22-5-2012 - 19:00 Resultaten

Rang			Tijd	100m	200m
1.	Diego De Meyer	199500467De Bruinvis	2:22.09	1:06.42	2:22.09
2.	Cas van Vorstenbos	199403241De Schelde	2:25.97	1:10.76	2:25.97
3.	Niek de Ridder	198802819SG De Zeeuwse Kust	2:29.96	1:10.10	2:29.96
4.	Alex Eversdijk	199000847De Bruinvis	2:30.12	1:09.66	2:30.12
5.	Sjoerd van de Poele	199500265ZCKoewacht	2:46.09	1:17.85	2:46.09
6.	Angelo De Meyer	199203501De Bruinvis	2:46.15	1:13.27	2:46.15
7.	Ruden de Ridder	200001587SG De Zeeuwse Kust	3:04.20 H	1:24.55	3:04.20
8.	Elliott Hayot	199307101ZCKoewacht	3:19.72	1:33.58	3:19.72
9.	Vincent Keijmel	199101169Scheldestroom	3:29.78	1:37.69	3:29.78
10.	Martijn Eggermont	198200395Scheldestroom	3:34.39	1:24.06	3:34.39

DIS Norbert de Maillie 198601997De Bruinvis
AE - De aangegeven zwems slag niet uitgevoerd. (meer dan twee slagen: geen tijden noteren)

BM Roel Dellaert 198400447De Bruinvis **2:53.00** 1:17.27 2:53.00

Programmanr. 66 Dames, 400m wisselslag Senioren Open
22-5-2012 - 19:00 Resultaten

Rang			Tijd	100m	200m	300m	400m
1.	Stephanie Rombout	198803695De Zeeuwse Kust	5:35.69	1:10.42	2:40.15	4:17.96	5:35.69
2.	Romy Hoogendijk	199603258De Zeeuwse Kust	5:36.80	1:15.65	2:41.81	4:19.10	5:36.80
3.	Manon Aerssens	199900299Schelde	5:44.88	1:18.93	2:50.94	4:27.14	5:44.88
4.	Manon Kloosterman	199702082Zeevelanders	5:58.51	1:20.09	2:55.92	4:37.00	5:58.51
5.	Charlotte Bral	199602258Koewacht	6:05.57	1:26.68	2:59.17	4:40.19	6:05.57
6.	Laura Hermans	199603658Scheldestroom	6:19.43	1:30.67	3:10.55	4:53.14	6:19.43
7.	Nicky Vanhijfte	199203806Scheldestroom	6:35.94	1:31.35	3:13.86	5:01.75	6:35.94
8.	Daphne Wiskerke	198702703De Bruinvis	6:56.30	1:32.40	3:20.49	5:13.72	6:56.30
9.	Marenne Huigh	199903852Scheldestroom	7:01.75	1:46.26	3:33.21	5:28.71	7:01.75
10.	Mirthe de Zeeuw	200003298Schelde	7:10.67	1:48.57	3:39.77	5:35.52	7:10.67
11.	Vanity de Roos	200002608De Bonte	7:31.06	1:52.57	3:50.77	5:50.46	7:31.06

Programmanr. 67 Heren, 1500m vrije slag Senioren Open
22-5-2012 - 19:24 Resultaten

Rang			In.tijd	Tijd
1.	Casper Zwier	SG De Zeeuwse Kust	17:17.94	199701355 17:39.89
	100m: 1:04.37 1:04.37	500m: 5:52.38 1:12.32	900m: 10:39.59 1:11.73	1300m: 15:24.72 1:12.17
	200m: 2:16.12 1:11.75	600m: 7:04.50 1:12.12	1000m: 11:51.56 1:11.97	1400m: 16:34.69 1:09.97
	300m: 3:27.75 1:11.63	700m: 8:16.24 1:11.74	1100m: 13:00.38 1:08.82	1500m: 17:39.89 1:05.20
	400m: 4:40.06 1:12.31	800m: 9:27.86 1:11.62	1200m: 14:12.55 1:12.17	
2.	Angelo De Meyer	De Bruinvis	18:46.43	199203501 19:48.30
	100m: 1:11.46 1:11.46	500m: 6:25.94 1:18.68	900m: 11:51.10 1:20.66	1300m: 17:15.14 1:22.35
	200m: 2:28.08 1:16.62	600m: 7:47.29 1:21.35	1000m: 13:06.59 1:15.49	1400m: 18:33.85 1:18.71
	300m: 3:46.39 1:18.31	700m: 9:08.40 1:21.11	1100m: 14:30.76 1:24.17	1500m: 19:48.30 1:14.45
	400m: 5:07.26 1:20.87	800m: 10:30.44 1:22.04	1200m: 15:52.79 1:22.03	
3.	Jan Brink	SG De Zeeuwse Kust	19:09.90	196200091 20:08.77
	100m: 1:12.85 1:12.85	500m: 6:34.11 1:20.90	900m: 11:56.73 1:20.58	1300m: 17:24.70 1:22.66
	200m: 2:31.77 1:18.92	600m: 7:54.93 1:20.82	1000m: 13:17.87 1:21.14	1400m: 18:47.60 1:22.90
	300m: 3:52.47 1:20.70	700m: 9:15.61 1:20.68	1100m: 14:40.08 1:22.21	1500m: 20:08.77 1:21.17
	400m: 5:13.21 1:20.74	800m: 10:36.15 1:20.54	1200m: 16:02.04 1:21.96	

Programmanr. 67, Heren, 1500m vrije slag, Senioren Open

Rang						In.tijd		Tijd
4.	Arco Wagenvoort		De Bevelanders			19:30.92	196500989	20:35.69
	100m: 1:11.17	1:11.17	500m: 6:31.44	1:21.59	900m: 12:05.67	1:24.78	1300m: 17:45.85	1:24.63
	200m: 2:29.01	1:17.84	600m: 7:54.46	1:23.02	1000m: 13:30.38	1:24.71	1400m: 19:10.94	1:25.09
	300m: 3:48.85	1:19.84	700m: 9:17.33	1:22.87	1100m: 14:55.60	1:25.22	1500m: 20:35.69	1:24.75
	400m: 5:09.85	1:21.00	800m: 10:40.89	1:23.56	1200m: 16:21.22	1:25.62		
5.	Sjoerd van de Poele		ZCKoewacht			20:12.53	199500265	20:41.42
	100m: 1:12.32	1:12.32	500m: 6:45.72	1:24.69	900m: 12:22.05	1:24.61	1300m: 17:59.26	1:24.53
	200m: 2:32.86	1:20.54	600m: 8:10.05	1:24.33	1000m: 13:46.58	1:24.53	1400m: 19:22.87	1:23.61
	300m: 3:56.43	1:23.57	700m: 9:33.55	1:23.50	1100m: 15:10.49	1:23.91	1500m: 20:41.42	1:18.55
	400m: 5:21.03	1:24.60	800m: 10:57.44	1:23.89	1200m: 16:34.73	1:24.24		
6.	Vincent Keijmel		Scheldestroom			19:44.16	199101169	20:41.70
	100m: 1:14.31	1:14.31	500m: 6:49.80	1:24.59	900m: 12:30.25	1:25.12	1300m: 18:03.77	1:22.27
	200m: 2:36.35	1:22.04	600m: 8:15.46	1:25.66	1000m: 13:54.03	1:23.78	1400m: 19:26.25	1:22.48
	300m: 4:00.80	1:24.45	700m: 9:41.30	1:25.84	1100m: 15:17.09	1:23.06	1500m: 20:41.70	1:15.45
	400m: 5:25.21	1:24.41	800m: 11:05.13	1:23.83	1200m: 16:41.50	1:24.41		
7.	Bas Raes		De Schelde			21:22.50	199504975	22:18.54
	100m: 1:18.35	1:18.35	500m: 7:15.17	1:30.53	900m: 13:17.76	1:30.80	1300m: 19:23.52	1:31.42
	200m: 2:46.31	1:27.96	600m: 8:45.81	1:30.64	1000m: 14:49.56	1:31.80	1400m: 20:54.95	1:31.43
	300m: 4:14.72	1:28.41	700m: 10:16.38	1:30.57	1100m: 16:20.82	1:31.26	1500m: 22:18.54	1:23.59
	400m: 5:44.64	1:29.92	800m: 11:46.96	1:30.58	1200m: 17:52.10	1:31.28		
8.	Norbert de Maillie		De Bruinvis			21:32.43	198601997	22:19.04
	100m: 1:13.79	1:13.79	500m: 7:11.48	1:32.03	900m: 13:18.75	1:31.57	1300m: 19:23.55	1:30.62
	200m: 2:38.84	1:25.05	600m: 8:43.18	1:31.70	1000m: 14:50.32	1:31.57	1400m: 20:54.24	1:30.69
	300m: 4:07.78	1:28.94	700m: 10:15.22	1:32.04	1100m: 16:21.76	1:31.44	1500m: 22:19.04	1:24.80
	400m: 5:39.45	1:31.67	800m: 11:47.18	1:31.96	1200m: 17:52.93	1:31.17		
9.	Thijmen van de Beek		ZCKoewacht			22:01.06	199901075	22:51.61
	100m: 1:18.64	1:18.64	500m: 7:15.68	1:31.70	900m: 13:32.38	1:36.11	1300m: 19:51.02	1:35.53
	200m: 2:45.29	1:26.65	600m: 8:47.65	1:31.97	1000m: 15:07.05	1:34.67	1400m: 21:25.90	1:34.88
	300m: 4:13.66	1:28.37	700m: 10:21.70	1:34.05	1100m: 16:39.73	1:32.68	1500m: 22:51.61	1:25.71
	400m: 5:43.98	1:30.32	800m: 11:56.27	1:34.57	1200m: 18:15.49	1:35.76		
10.	Maarten van Kalsbeek		SG De Zeeuwse Kust			21:21.80	199403973	23:19.86
	100m: 1:12.12	1:12.12	500m: 7:22.84	1:37.80	900m: 13:51.35	1:35.64	1300m: 20:15.29	1:35.32
	200m: 2:37.20	1:25.08	600m: 9:01.03	1:38.19	1000m: 15:28.24	1:36.89	1400m: 21:49.59	1:34.30
	300m: 4:09.76	1:32.56	700m: 10:38.46	1:37.43	1100m: 17:04.68	1:36.44	1500m: 23:19.86	1:30.27
	400m: 5:45.04	1:35.28	800m: 12:15.71	1:37.25	1200m: 18:39.97	1:35.29		
11.	Sven Ivens		De Bruinvis			22:05.66	199306165	24:25.70
	100m: 1:15.96	1:15.96	500m: 7:43.62	1:41.06	900m: 14:27.95	1:42.27	1300m: 21:17.16	1:45.23
	200m: 2:46.85	1:30.89	600m: 9:24.69	1:41.07	1000m: 16:05.24	1:37.29	1400m: 22:55.41	1:38.25
	300m: 4:24.10	1:37.25	700m: 11:07.34	1:42.65	1100m: 17:49.47	1:44.23	1500m: 24:25.70	1:30.29
	400m: 6:02.56	1:38.46	800m: 12:45.68	1:38.34	1200m: 19:31.93	1:42.46		
BM	Roel Dellaert		De Bruinvis			NT	198400447	21:49.24
	100m: 1:18.08	1:18.08	500m: 7:13.35	1:31.59	900m: 13:17.12	1:30.15	1300m: 19:07.39	1:23.39
	200m: 2:44.79	1:26.71	600m: 8:44.57	1:31.22	1000m: 14:49.15	1:32.03	1400m: 20:30.02	1:22.63
	300m: 4:12.49	1:27.70	700m: 10:15.91	1:31.34	1100m: 16:20.76	1:31.61	1500m: 21:49.24	1:19.22
	400m: 5:41.76	1:29.27	800m: 11:46.97	1:31.06	1200m: 17:44.00	1:23.24		

Programmanr. 68
22-5-2012 - 20:08

Dames, 800m vrije slag

Senioren Open
Resultaten

Rang					In.tijd				Tijd
1.	Romy Hoogendijk		SG De Zeeuwse Kust		10:12.81		199601258		10:21.43
	100m:	1:09.69	1:09.69	300m:	3:46.14	1:18.49	700m:	9:03.11	1:19.70
	200m:	2:27.38	1:17.69	400m:	5:05.54	1:19.38	800m:	10:21.43	1:18.32
2.	Stephanie Rombout		SG De Zeeuwse Kust		10:16.41		198803696		10:41.40
	100m:	1:10.01	1:10.01	300m:	3:45.77	1:21.87	700m:	9:19.15	1:26.28
	200m:	2:27.21	1:17.20	400m:	5:06.99	1:24.01	800m:	10:41.40	1:22.25
3.	Demi van der Werf		SG De Zeeuwse Kust		10:18.51		199701860		10:59.65
	100m:	1:13.32	1:13.32	300m:	3:57.37	1:25.31	700m:	9:39.25	1:25.94
	200m:	2:34.34	1:21.02	400m:	5:21.60	1:26.40	800m:	10:59.65	1:20.40
4.	Larissa Jansen		De Bevelanders		10:27.39		199500660		11:09.77
	100m:	1:14.83	1:14.83	300m:	4:01.75	1:26.04	700m:	9:45.75	1:26.11
	200m:	2:37.55	1:22.72	400m:	5:27.40	1:26.20	800m:	11:09.77	1:24.02
5.	Daphne de Jonge		SG De Zeeuwse Kust		10:49.56		199802690		11:18.67
	100m:	1:15.50	1:15.50	300m:	4:05.33	1:27.69	700m:	9:55.35	1:27.13
	200m:	2:39.39	1:23.89	400m:	5:32.63	1:27.90	800m:	11:18.67	1:23.32
6.	Marlinda Eggermont		Scheldestroom		11:15.22		198500804		11:24.41
	100m:	1:16.53	1:16.53	300m:	4:03.48	1:27.86	700m:	9:56.23	1:29.44
	200m:	2:39.32	1:22.79	400m:	5:29.53	1:29.40	800m:	11:24.41	1:28.18
7.	Mette Wagenvoort		De Bevelanders		11:21.83		199702532		11:33.20
	100m:	1:18.08	1:18.08	300m:	4:12.49	1:29.34	700m:	10:09.35	1:28.42
	200m:	2:44.79	1:26.71	400m:	5:42.06	1:29.53	800m:	11:33.20	1:23.85
8.	Britt Wolterman		SG De Zeeuwse Kust		12:02.26		199503840		12:05.14
	100m:	1:18.94	1:18.94	300m:	4:21.43	1:33.30	700m:	10:34.20	1:32.92
	200m:	2:48.57	1:29.63	400m:	5:54.16	1:33.82	800m:	12:05.14	1:30.94
9.	Céline Brink		SG De Zeeuwse Kust		12:43.29		200001836		12:17.45
	100m:	1:26.31	1:26.31	300m:	4:35.94	1:33.82	700m:	10:49.99	1:33.31
	200m:	2:59.82	1:33.51	400m:	6:08.84	1:34.02	800m:	12:17.45	1:27.46
10.	Laura Hermans		Scheldestroom		12:22.32		199600658		12:27.42
	100m:	1:24.51	1:24.51	300m:	4:34.40	1:38.42	700m:	11:02.97	1:35.42
	200m:	2:57.07	1:32.56	400m:	6:12.31	1:36.82	800m:	12:27.42	1:24.45
11.	Daphne Wiskerke		De Bruinvis		12:32.48		198704704		13:02.52
	100m:	1:26.96	1:26.96	300m:	4:42.69	1:39.49	700m:	11:23.74	1:41.20
	200m:	3:03.77	1:36.81	400m:	6:22.82	1:40.23	800m:	13:02.52	1:38.78
DIS	Jelitta van Esseveld		Z&PC de Ganze		12:35.85		199803234		
	<i>AA - Te vroeg bewogen bij start.(geen tijd noteren)</i>								
	100m:			300m:			700m:		
	200m:			400m:			800m:		