

LAC 2020  
Middelharnis, 29/2/2020

Programmanr. 1  
29/02/2020 - 14:00

400m vrije slag

Minioren 5 en later  
Resultaten

Punten: FINA 2019

Rang			Geb.							Tijd	Pnt	
<b>Minioren 5 en later, Meisjes</b>												
1.	Tylin Middelbos		09	De Schotejil						<b>6:26.55</b>	221	
	50m:	41.35	41.35	150m:	2:18.53	50.18	250m:	3:59.79	51.22	350m:	5:41.34	48.28
	100m:	1:28.35	47.00	200m:	3:08.57	50.04	300m:	4:53.06	53.27	400m:	6:26.55	45.21
2.	Abya Buscop		11	De Schotejil						<b>6:27.72</b>	219	
	50m:	41.34	41.34	150m:	2:16.76	49.15	250m:	3:58.76	50.89	350m:	5:39.56	48.96
	100m:	1:27.61	46.27	200m:	3:07.87	51.11	300m:	4:50.60	51.84	400m:	6:27.72	48.16
3.	Fleur Jelier		10	De Schotejil						<b>6:40.31</b>	199	
	50m:	44.10	44.10	150m:	2:27.79	52.42	250m:	4:13.18	52.46	350m:	5:53.98	47.99
	100m:	1:35.37	51.27	200m:	3:20.72	52.93	300m:	5:05.99	52.81	400m:	6:40.31	46.33
4.	Evy v. Nimwegen		11	De Schotejil						<b>7:07.71</b>	163	
	50m:	47.73	47.73	150m:	2:38.92	57.14	250m:	4:27.93	54.31	350m:	6:19.55	54.89
	100m:	1:41.78	54.05	200m:	3:33.62	54.70	300m:	5:24.66	56.73	400m:	7:07.71	48.16
5.	Lidia den Eerzamen		10	De Gooye						<b>8:16.84</b>	104	
	50m:	53.30	53.30	150m:	3:02.48	1:05.17	250m:	5:15.06	1:06.21	350m:	7:23.19	1:03.26
	100m:	1:57.31	1:04.01	200m:	4:08.85	1:06.37	300m:	6:19.93	1:04.87	400m:	8:16.84	53.65

Minioren 5 en later, Jongens

1.	Rufus Zorge		10	De Gooye						<b>6:48.43</b>	140	
	50m:	40.65	40.65	150m:	2:23.58	52.94	250m:	4:14.88	55.92	350m:	6:04.05	54.69
	100m:	1:30.64	49.99	200m:	3:18.96	55.38	300m:	5:09.36	54.48	400m:	6:48.43	44.38
2.	Tijn v.d. Voordt		10	De Schotejil						<b>7:20.16</b>	112	
	50m:	43.82	43.82	150m:	2:34.21	56.99	250m:	4:29.25	56.90	350m:	6:25.11	57.99
	100m:	1:37.22	53.40	200m:	3:32.35	58.14	300m:	5:27.12	57.87	400m:	7:20.16	55.05

Programmanr. 2  
29/02/2020 - 14:15

800m vrije slag

Meisjes Jun1 e.I, Jongens Min6 e.I  
Resultaten

Punten: FINA 2019

Rang			Geb.							Tijd	Pnt	
<b>Minioren 6 en later, Jongens</b>												
1.	Roan Klink		08	De Stelle						<b>13:42.78</b>	156	
	50m:	42.93	42.93	250m:	4:08.24	52.58	450m:	7:41.86	53.25	650m:	11:14.24	53.33
	100m:	1:32.14	49.21	300m:	5:01.44	53.20	500m:	8:34.58	52.72	700m:	12:07.32	53.08
	150m:	2:23.55	51.41	350m:	5:54.66	53.22	550m:	9:27.82	53.24	750m:	12:58.89	51.57
	200m:	3:15.66	52.11	400m:	6:48.61	53.95	600m:	10:20.91	53.09	800m:	13:42.78	43.89
2.	Erik Korpershoek		08	De Schotejil						<b>14:25.94</b>	134	
	50m:	43.79	43.79	250m:	4:20.94	56.22	450m:	8:02.88	56.36	650m:	11:46.59	55.92
	100m:	1:34.67	50.88	300m:	5:17.39	56.45	500m:	8:56.86	53.98	700m:	12:41.61	55.02
	150m:	2:28.82	54.15	350m:	6:10.90	53.51	550m:	9:54.79	57.93	750m:	13:35.33	53.72
	200m:	3:24.72	55.90	400m:	7:06.52	55.62	600m:	10:50.67	55.88	800m:	14:25.94	50.61
3.	Dj Nobel		09	De Gooye						<b>17:25.94</b>	76	
	50m:	55.19	55.19	250m:	5:17.41	1:05.96	450m:	9:49.08	1:08.27	650m:	14:19.38	1:07.64
	100m:	1:58.69	1:03.50	300m:	6:24.55	1:07.14	500m:	10:57.35	1:08.27	700m:	15:26.06	1:06.68
	150m:	3:04.20	1:05.51	350m:	7:31.43	1:06.88	550m:	12:03.42	1:06.07	750m:	16:30.39	1:04.33
	200m:	4:11.45	1:07.25	400m:	8:40.81	1:09.38	600m:	13:11.74	1:08.32	800m:	17:25.94	55.55

LAC 2020  
Middelharnis, 29/2/2020

Programmanr. 3  
29/02/2020 - 14:30

800m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2019

Rang			Geb.					Tijd	Pnt	
<b>Senioren Open, Dames</b>										
1.	Meyke v. Nimwegen		08	De Schotejil				<b>10:24.29</b>	452	
	50m:	34.05 34.05	250m:	3:09.12	39.24	450m:	5:46.84	39.42	650m:	8:26.13 39.24
	100m:	1:11.98 37.93	300m:	3:47.92	38.80	500m:	6:27.04	40.20	700m:	9:06.36 40.23
	150m:	1:51.34 39.36	350m:	4:28.14	40.22	550m:	7:06.51	39.47	750m:	9:45.21 38.85
	200m:	2:29.88 38.54	400m:	5:07.42	39.28	600m:	7:46.89	40.38	800m:	10:24.29 39.08
2.	Lyke Buscop		05	De Schotejil				<b>10:36.50</b>	427	
	50m:	35.07 35.07	250m:	3:16.09	40.70	450m:	5:57.68	40.25	650m:	8:39.09 39.88
	100m:	1:14.89 39.82	300m:	3:56.59	40.50	500m:	6:38.17	40.49	700m:	9:19.33 40.24
	150m:	1:55.40 40.51	350m:	4:37.09	40.50	550m:	7:18.73	40.56	750m:	9:58.54 39.21
	200m:	2:35.39 39.99	400m:	5:17.43	40.34	600m:	7:59.21	40.48	800m:	10:36.50 37.96
3.	Sanne Holleman		06	De Gooye				<b>12:26.02</b>	265	
	50m:	39.05 39.05	250m:	3:41.70	46.61	450m:	6:54.38	48.63	650m:	10:07.40 47.41
	100m:	1:23.41 44.36	300m:	4:29.00	47.30	500m:	7:42.79	48.41	700m:	10:55.62 48.22
	150m:	2:08.90 45.49	350m:	5:17.15	48.15	550m:	8:30.90	48.11	750m:	11:43.15 47.53
	200m:	2:55.09 46.19	400m:	6:05.75	48.60	600m:	9:19.99	49.09	800m:	12:26.02 42.87
4.	Femke Matsinger		06	De Gooye				<b>15:48.66</b>	129	
	50m:	45.91 45.91	250m:	4:34.90	1:00.20	450m:	8:42.04	1:03.56	650m:	12:47.21 1:01.88
	100m:	1:38.22 52.31	300m:	5:34.96	1:00.06	500m:	9:42.64	1:00.60	700m:	13:49.73 1:02.52
	150m:	2:32.27 54.05	350m:	6:36.99	1:02.03	550m:	10:44.29	1:01.65	750m:	14:50.08 1:00.35
	200m:	3:34.70 1:02.43	400m:	7:38.48	1:01.49	600m:	11:45.33	1:01.04	800m:	15:48.66 58.58

**Senioren Open, Heren**

1.	Laurens Kalle		06	De Schotejil				<b>9:50.35</b>	423	
	50m:	31.72 31.72	250m:	3:01.34	37.61	450m:	5:32.42	37.39	650m:	8:02.82 37.93
	100m:	1:08.57 36.85	300m:	3:39.17	37.83	500m:	6:10.49	38.07	700m:	8:39.73 36.91
	150m:	1:46.56 37.99	350m:	4:16.48	37.31	550m:	6:47.50	37.01	750m:	9:16.52 36.79
	200m:	2:23.73 37.17	400m:	4:55.03	38.55	600m:	7:24.89	37.39	800m:	9:50.35 33.83
2.	Jens Kooijman		02	De Schotejil				<b>10:13.21</b>	378	
	50m:	33.15 33.15	250m:	3:07.08	38.88	450m:	5:42.29	39.25	650m:	8:18.25 39.42
	100m:	1:10.63 37.48	300m:	3:45.69	38.61	500m:	6:20.69	38.40	700m:	8:57.83 39.58
	150m:	1:49.21 38.58	350m:	4:24.07	38.38	550m:	6:59.50	38.81	750m:	9:36.32 38.49
	200m:	2:28.20 38.99	400m:	5:03.04	38.97	600m:	7:38.83	39.33	800m:	10:13.21 36.89
3.	Rien Mackloet		06	De Schotejil				<b>11:38.43</b>	255	
	50m:	38.80 38.80	250m:	3:36.54	45.01	450m:	6:35.40	44.47	650m:	9:33.46 43.73
	100m:	1:22.47 43.67	300m:	4:21.45	44.91	500m:	7:20.29	44.89	700m:	10:16.25 42.79
	150m:	2:06.80 44.33	350m:	5:05.74	44.29	550m:	8:05.12	44.83	750m:	10:58.20 41.95
	200m:	2:51.53 44.73	400m:	5:50.93	45.19	600m:	8:49.73	44.61	800m:	11:38.43 40.23
4.	Dennis van der Bok		05	De Stelle				<b>13:09.06</b>	177	
	50m:	40.20 40.20	250m:	3:51.60	50.51	450m:	7:18.64	51.65	650m:	10:44.05 50.70
	100m:	1:24.82 44.62	300m:	4:42.71	51.11	500m:	8:09.87	51.23	700m:	11:34.99 50.94
	150m:	2:11.92 47.10	350m:	5:34.63	51.92	550m:	9:01.87	52.00	750m:	12:25.96 50.97
	200m:	3:01.09 49.17	400m:	6:26.99	52.36	600m:	9:53.35	51.48	800m:	13:09.06 43.10

LAC 2020  
Middelharnis, 29/2/2020

Programmanr. 4  
29/02/2020 - 15:00

1500m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2019

Rang			Geb.			Tijd	Pnt			
<b>Senioren Open, Dames</b>										
1.	Kiara Baert		03	MEGA-zwemteam		<b>19:22.45</b>	495			
	50m:	33.66	33.66	450m:	5:40.29	38.63	850m: 10:54.01	38.97	1250m: 16:09.86	39.30
	100m:	1:11.12	37.46	500m:	6:19.98	39.69	900m: 11:32.98	38.97	1300m: 16:49.61	39.75
	150m:	1:49.41	38.29	550m:	6:59.11	39.13	950m: 12:12.22	39.24	1350m: 17:28.83	39.22
	200m:	2:27.54	38.13	600m:	7:38.49	39.38	1000m: 12:51.07	38.85	1400m: 18:08.03	39.20
	250m:	3:05.66	38.12	650m:	8:17.89	39.40	1050m: 13:31.02	39.95	1450m: 18:46.00	37.97
	300m:	3:44.10	38.44	700m:	8:56.80	38.91	1100m: 14:10.92	39.90	1500m: 19:22.45	36.45
	350m:	4:22.66	38.56	750m:	9:36.04	39.24	1150m: 14:50.92	40.00		
	400m:	5:01.66	39.00	800m:	10:15.04	39.00	1200m: 15:30.56	39.64		
<b>DIS Lotte Middelbos</b>										
<b>99 De Schotejil</b>										
<i>AF - De aangegeven afstand niet uitgezwommen.</i>										
<b>Senioren Open, Heren</b>										
1.	Christian Kalle		04	De Schotejil		<b>18:26.94</b>	449			
	50m:	30.85	30.85	450m:	5:25.55	37.22	850m: 10:23.37	36.79	1250m: 15:26.46	38.30
	100m:	1:06.39	35.54	500m:	6:02.71	37.16	900m: 11:00.54	37.17	1300m: 16:04.53	38.07
	150m:	1:43.42	37.03	550m:	6:40.13	37.42	950m: 11:38.50	37.96	1350m: 16:42.57	38.04
	200m:	2:20.78	37.36	600m:	7:17.46	37.33	1000m: 12:16.39	37.89	1400m: 17:19.14	36.57
	250m:	2:57.67	36.89	650m:	7:54.10	36.64	1050m: 12:54.43	38.04	1450m: 17:54.44	35.30
	300m:	3:34.49	36.82	700m:	8:31.14	37.04	1100m: 13:31.95	37.52	1500m: 18:26.94	32.50
	350m:	4:11.61	37.12	750m:	9:08.61	37.47	1150m: 14:10.49	38.54		
	400m:	4:48.33	36.72	800m:	9:46.58	37.97	1200m: 14:48.16	37.67		
2.	Daniel 't Mannetje		04	De Schotejil		<b>18:40.40</b>	433			
	50m:	30.96	30.96	450m:	5:29.44	37.77	850m: 10:32.21	38.08	1250m: 15:35.92	38.05
	100m:	1:07.19	36.23	500m:	6:07.12	37.68	900m: 11:09.97	37.76	1300m: 16:13.65	37.73
	150m:	1:44.41	37.22	550m:	6:44.77	37.65	950m: 11:47.84	37.87	1350m: 16:51.37	37.72
	200m:	2:21.94	37.53	600m:	7:22.83	38.06	1000m: 12:25.04	37.20	1400m: 17:29.48	38.11
	250m:	2:59.20	37.26	650m:	8:00.40	37.57	1050m: 13:03.87	38.83	1450m: 18:06.23	36.75
	300m:	3:36.81	37.61	700m:	8:38.27	37.87	1100m: 13:41.80	37.93	1500m: 18:40.40	34.17
	350m:	4:14.25	37.44	750m:	9:16.32	38.05	1150m: 14:19.89	38.09		
	400m:	4:51.67	37.42	800m:	9:54.13	37.81	1200m: 14:57.87	37.98		
3.	Sybren Groenewegen		93	De Schotejil		<b>19:01.31</b>	410			
	50m:	34.34	34.34	450m:	5:40.75	38.70	850m: 10:54.95	39.41	1250m: 16:01.00	38.36
	100m:	1:11.14	36.80	500m:	6:19.91	39.16	900m: 11:34.10	39.15	1300m: 16:37.05	36.05
	150m:	1:49.71	38.57	550m:	6:59.23	39.32	950m: 12:12.80	38.70	1350m: 17:14.45	37.40
	200m:	2:28.28	38.57	600m:	7:38.59	39.36	1000m: 12:51.87	39.07	1400m: 17:51.02	36.57
	250m:	3:06.45	38.17	650m:	8:18.49	39.90	1050m: 13:28.85	36.98	1450m: 18:31.98	40.96
	300m:	3:44.85	38.40	700m:	8:57.45	38.96	1100m: 14:06.34	37.49	1500m: 19:01.31	29.33
	350m:	4:22.96	38.11	750m:	9:35.99	38.54	1150m: 14:44.45	38.11		
	400m:	5:02.05	39.09	800m:	10:15.54	39.55	1200m: 15:22.64	38.19		
4.	Jarno Klink		03	De Stelle		<b>20:01.87</b>	351			
	50m:	34.27	34.27	450m:	5:55.20	40.97	850m: 11:23.50	40.90	1250m: 16:48.32	40.28
	100m:	1:12.28	38.01	500m:	6:36.24	41.04	900m: 12:04.03	40.53	1300m: 17:28.42	40.10
	150m:	1:51.75	39.47	550m:	7:17.22	40.98	950m: 12:44.51	40.48	1350m: 18:08.59	40.17
	200m:	2:32.09	40.34	600m:	7:58.43	41.21	1000m: 13:25.25	40.74	1400m: 18:48.45	39.86
	250m:	3:12.35	40.26	650m:	8:39.70	41.27	1050m: 14:06.09	40.84	1450m: 19:26.60	38.15
	300m:	3:53.09	40.74	700m:	9:20.83	41.13	1100m: 14:46.87	40.78	1500m: 20:01.87	35.27
	350m:	4:33.56	40.47	750m:	10:01.64	40.81	1150m: 15:27.52	40.65		
	400m:	5:14.23	40.67	800m:	10:42.60	40.96	1200m: 16:08.04	40.52		
5.	Niels van der Mast		04	ZPC Numansdorp		<b>20:09.51</b>	344			
	50m:	32.32	32.32	450m:	5:36.36	38.89	850m: 11:02.86	41.47	1250m: 16:45.24	42.23
	100m:	1:08.61	36.29	500m:	6:16.53	40.17	900m: 11:45.47	42.61	1300m: 17:27.53	42.29
	150m:	1:46.38	37.77	550m:	6:56.58	40.05	950m: 12:28.50	43.03	1350m: 18:09.48	41.95
	200m:	2:24.43	38.05	600m:	7:37.13	40.55	1000m: 13:10.19	41.69	1400m: 18:51.71	42.23
	250m:	3:02.86	38.43	650m:	8:16.84	39.71	1050m: 13:52.36	42.17	1450m: 19:32.28	40.57
	300m:	3:40.61	37.75	700m:	8:57.59	40.75	1100m: 14:35.55	43.19	1500m: 20:09.51	37.23
	350m:	4:19.02	38.41	750m:	9:39.42	41.83	1150m: 15:19.96	44.41		
	400m:	4:57.47	38.45	800m:	10:21.39	41.97	1200m: 16:03.01	43.05		

LAC 2020  
Middelharnis, 29/2/2020

Programmanr. 4, Heren, 1500m vrije slag, Senioren Open

Rang			Geb.				Tijd	Pnt				
6.	Sven Dubbeld		96		De Schotejil		<b>22:28.89</b>	248				
	50m:	37.18	37.18	450m:	6:28.96	45.37	850m:	12:38.88	47.07	1250m:	18:49.62	45.21
	100m:	1:18.19	41.01	500m:	7:14.71	45.75	900m:	13:25.55	46.67	1300m:	19:35.49	45.87
	150m:	2:00.48	42.29	550m:	8:00.22	45.51	950m:	14:12.12	46.57	1350m:	20:20.76	45.27
	200m:	2:44.07	43.59	600m:	8:47.07	46.85	1000m:	14:58.67	46.55	1400m:	21:05.47	44.71
	250m:	3:28.04	43.97	650m:	9:33.52	46.45	1050m:	15:44.54	45.87	1450m:	21:49.16	43.69
	300m:	4:12.83	44.79	700m:	10:19.33	45.81	1100m:	16:31.55	47.01	1500m:	22:28.89	39.73
	350m:	4:58.16	45.33	750m:	11:06.02	46.69	1150m:	17:17.80	46.25			
	400m:	5:43.59	45.43	800m:	11:51.81	45.79	1200m:	18:04.41	46.61			

Programmanr. 5  
29/02/2020 - 15:40

2000m vrije slag

11 jaar en ouder  
Resultaten

Punten: FINA 2019

Rang			Geb.				Tijd	Pnt				
Senioren Open, Heren												
1.	Jacob Mackloet		00		De Schotejil		<b>23:18.70</b>	528				
	50m:	30.27	30.27	550m:	6:23.38	35.38	1050m:	12:17.38	35.14	1550m:	18:10.18	34.85
	100m:	1:04.30	34.03	600m:	6:58.98	35.60	1100m:	12:56.84	39.46	1600m:	18:44.79	34.61
	150m:	1:39.29	34.99	650m:	7:34.57	35.59	1150m:	13:28.12	31.28	1650m:	19:19.24	34.45
	200m:	2:14.57	35.28	700m:	8:10.21	35.64	1200m:	14:03.30	35.18	1700m:	19:54.30	35.06
	250m:	2:50.09	35.52	750m:	8:45.49	35.28	1250m:	14:38.73	35.43	1750m:	20:28.98	34.68
	300m:	3:25.88	35.79	800m:	9:21.09	35.60	1300m:	15:14.16	35.43	1800m:	21:03.79	34.81
	350m:	4:01.13	35.25	850m:	9:56.60	35.51	1350m:	15:49.60	35.44	1850m:	21:38.23	34.44
	400m:	4:36.91	35.78	900m:	10:31.90	35.30	1400m:	16:24.99	35.39	1900m:	22:12.87	34.64
	450m:	5:12.37	35.46	950m:	11:06.98	35.08	1450m:	17:00.32	35.33	1950m:		
	500m:	5:48.00	35.63	1000m:	11:42.24	35.26	1500m:	17:35.33	35.01	2000m:	23:18.70	
2.	Aron Paasse		00		De Schotejil		<b>24:20.77</b>	463				
	50m:	30.59	30.59	550m:	6:33.07	36.96	1050m:	12:39.77	36.50	1550m:	18:48.39	36.98
	100m:	1:05.32	34.73	600m:	7:09.65	36.58	1100m:	13:16.21	36.44	1600m:	19:25.73	37.34
	150m:	1:40.84	35.52	650m:	7:46.78	37.13	1150m:	13:52.95	36.74	1650m:	20:02.59	36.86
	200m:	2:16.82	35.98	700m:	8:23.43	36.65	1200m:	14:29.47	36.52	1700m:	20:39.73	37.14
	250m:	2:53.02	36.20	750m:	8:59.97	36.54	1250m:	15:06.31	36.84	1750m:	21:16.57	36.84
	300m:	3:29.33	36.31	800m:	9:36.51	36.54	1300m:	15:43.05	36.74	1800m:	21:53.81	37.24
	350m:	4:06.20	36.87	850m:	10:12.88	36.37	1350m:	16:20.03	36.98	1850m:	22:30.98	37.17
	400m:	4:42.71	36.51	900m:	10:49.70	36.82	1400m:	16:57.09	37.06	1900m:	23:08.38	37.40
	450m:	5:19.26	36.55	950m:	11:26.28	36.58	1450m:	17:34.26	37.17	1950m:	23:45.45	37.07
	500m:	5:56.11	36.85	1000m:	12:03.27	36.99	1500m:	18:11.41	37.15	2000m:	24:20.77	35.32
3.	David Kievit		99		De Schotejil		<b>24:52.83</b>	434				
	50m:	31.18	31.18	550m:	6:42.98	37.50	1050m:	12:59.46	37.42	1550m:	19:15.46	37.76
	100m:	1:06.54	35.36	600m:	7:20.73	37.75	1100m:	13:37.05	37.59	1600m:	19:53.38	37.92
	150m:	1:42.69	36.15	650m:	7:58.56	37.83	1150m:	14:14.40	37.35	1650m:	20:31.25	37.87
	200m:	2:19.91	37.22	700m:	8:36.25	37.69	1200m:	14:51.63	37.23	1700m:	21:09.62	38.37
	250m:	2:57.29	37.38	750m:	9:13.95	37.70	1250m:	15:29.33	37.70	1750m:	21:47.52	37.90
	300m:	3:34.66	37.37	800m:	9:51.68	37.73	1300m:	16:07.02	37.69	1800m:	22:25.43	37.91
	350m:	4:12.26	37.60	850m:	10:29.46	37.78	1350m:	16:44.72	37.70	1850m:	23:03.25	37.82
	400m:	4:49.98	37.72	900m:	11:06.79	37.33	1400m:	17:22.43	37.71	1900m:	23:40.74	37.49
	450m:	5:27.69	37.71	950m:	11:44.39	37.60	1450m:	17:59.86	37.43	1950m:	24:17.44	36.70
	500m:	6:05.48	37.79	1000m:	12:22.04	37.65	1500m:	18:37.70	37.84	2000m:	24:52.83	35.39
4.	Niels Albrechts		88		De Schotejil		<b>25:05.16</b>	423				
	50m:	34.39	34.39	550m:	6:43.32	37.41	1050m:	12:57.12	37.99	1550m:	19:21.73	37.59
	100m:	1:11.04	36.65	600m:	7:20.12	36.80	1100m:	13:35.41	38.29	1600m:	19:59.42	37.69
	150m:	1:48.65	37.61	650m:	7:57.36	37.24	1150m:	14:14.10	38.69	1650m:	20:37.73	38.31
	200m:	2:25.16	36.51	700m:	8:34.74	37.38	1200m:	14:53.04	38.94	1700m:	21:15.93	38.20
	250m:	3:02.07	36.91	750m:	9:12.07	37.33	1250m:	15:32.05	39.01	1750m:	21:55.01	39.08
	300m:	3:39.24	37.17	800m:	9:49.66	37.59	1300m:	16:11.05	39.00	1800m:	22:33.60	38.59
	350m:	4:15.37	36.13	850m:	10:26.52	36.86	1350m:	16:49.92	38.87	1850m:	23:11.48	37.88
	400m:	4:52.31	36.94	900m:	11:04.06	37.54	1400m:	17:28.34	38.42	1900m:	23:50.38	38.90
	450m:	5:28.83	36.52	950m:	11:42.01	37.95	1450m:	18:05.53	37.19	1950m:	24:29.66	39.28
	500m:	6:05.91	37.08	1000m:	12:19.13	37.12	1500m:	18:44.14	38.61	2000m:	25:05.16	35.50

LAC 2020  
Middelharnis, 29/2/2020

Programmanr. 5, Heren, 2000m vrije slag, Senioren Open

Rang			Geb.				Tijd	Pnt
5.	Frank v.d. Voordt		83	De Schotejil			<b>25:20.52</b>	411
	50m:	32.19 32.19	550m:	6:39.98 36.74	1050m:	12:56.74 38.32	1550m:	19:25.60 38.60
	100m:	1:07.87 35.68	600m:	7:17.09 37.11	1100m:	13:35.40 38.66	1600m:	20:04.36 38.76
	150m:	1:44.22 36.35	650m:	7:54.44 37.35	1150m:	14:14.18 38.78	1650m:	20:43.13 38.77
	200m:	2:20.73 36.51	700m:	8:32.00 37.56	1200m:	14:53.10 38.92	1700m:	21:21.90 38.77
	250m:	2:57.82 37.09	750m:	9:09.54 37.54	1250m:	15:32.09 38.99	1750m:	22:01.67 39.77
	300m:	3:34.62 36.80	800m:	9:47.03 37.49	1300m:	16:11.12 39.03	1800m:	22:41.34 39.67
	350m:	4:11.85 37.23	850m:	10:24.75 37.72	1350m:	16:50.34 39.22	1850m:	23:21.09 39.75
	400m:	4:49.18 37.33	900m:	11:02.52 37.77	1400m:	17:29.47 39.13	1900m:	24:00.90 39.81
	450m:	5:26.15 36.97	950m:	11:40.34 37.82	1450m:	18:08.45 38.98	1950m:	24:40.62 39.72
	500m:	6:03.24 37.09	1000m:	12:18.42 38.08	1500m:	18:47.00 38.55	2000m:	25:20.52 39.90
6.	Nico Paasse		65	De Schotejil			<b>26:27.43</b>	361
	50m:	34.58 34.58	550m:	7:12.79 40.07	1050m:	13:51.35 39.77	1550m:	20:29.28 39.75
	100m:	1:12.92 38.34	600m:	7:52.78 39.99	1100m:	14:31.21 39.86	1600m:	21:09.80 40.52
	150m:	1:52.72 39.80	650m:	8:32.63 39.85	1150m:	15:11.10 39.89	1650m:	21:49.75 39.95
	200m:	2:32.12 39.40	700m:	9:12.50 39.87	1200m:	15:50.74 39.64	1700m:	22:29.41 39.66
	250m:	3:12.14 40.02	750m:	9:52.18 39.68	1250m:	16:30.62 39.88	1750m:	23:09.11 39.70
	300m:	3:51.66 39.52	800m:	10:32.52 40.34	1300m:	17:10.42 39.80	1800m:	23:49.28 40.17
	350m:	4:32.39 40.73	850m:	11:12.24 39.72	1350m:	17:50.10 39.68	1850m:	24:29.32 40.04
	400m:	5:12.51 40.12	900m:	11:51.94 39.70	1400m:	18:30.08 39.98	1900m:	25:09.00 39.68
	450m:	5:52.51 40.00	950m:	12:31.79 39.85	1450m:	19:09.78 39.70	1950m:	25:48.85 39.85
	500m:	6:32.72 40.21	1000m:	13:11.58 39.79	1500m:	19:49.53 39.75	2000m:	26:27.43 38.58