

LAC Periode 2
Dokkum, 3.1.2010

Programmanr. 7 Heren, 300m wisselslag 14 jaar en ouder
3-1-2010 Resultaten

Rang			In.tijd		Tijd
1.	Thomas Veltman	de Granaet	3:47.55	9201355	3:51.97
2.	Henk-Jan Verkaik	de Granaet	NT	9305447	3:53.00
3.	Harm Rozenga	de Granaet	NT	8902685	4:00.41
4.	Hendrik Ben v/d Boon	Zpd	NT	8804761	4:13.13
5.	Sander Verkaik	de Granaet	NT	9404057	4:21.67
6.	Sybe van Hijum	de Granaet	NT	9206437	4:46.85

Programmanr. 8 300m vrije slag Minioren 3 en 4
3-1-2010 Resultaten

Rang			In.tijd		Tijd
1.	Danieke van der Kooi	de Granaet	NT	0000552	4:20.30
	50m: 38.30 38.30	150m: 2:08.66 46.26	300m: 4:20.30	1:26.40	
	100m: 1:22.40 44.10	200m: 2:53.90 45.24			
2.	Marcel Delfstra	de Granaet	NT	0100037	5:01.83
	50m: 42.39 42.39	150m: 2:24.07 51.91	250m: 4:10.39	52.69	
	100m: 1:32.16 49.77	200m: 3:17.70 53.63	300m: 5:01.83	51.44	

Programmanr. 9 Meisjes, 400m vrije slag Meisjes Minioren 5 en Junioren 1
3-1-2010 Resultaten

Rang			In.tijd		Tijd
1.	Brigitte van der Veen	de Granaet	6:21.52	9802600	6:15.36
	50m: 41.54 41.54	150m: 2:16.98 48.62	250m: 3:56.29	49.68	350m: 5:32.26 47.19
	100m: 1:28.36 46.82	200m: 3:06.61 49.63	300m: 4:45.07	48.78	400m: 6:15.36 43.10
2.	Myrthe Offenga	De Vikings	NT	9901874	6:26.42
	50m: 43.08 43.08	150m: 2:20.74 49.74	250m: 3:59.20	48.53	350m: 5:38.95 49.75
	100m: 1:31.00 47.92	200m: 3:10.67 49.93	300m: 4:49.20	50.00	400m: 6:26.42 47.47
3.	Rixt-Nynke Zijlstra	de Granaet	6:17.10	9801456	6:31.77
	50m: 45.99 45.99	150m: 2:26.79 51.02	250m: 4:07.70	49.85	350m: 5:43.72 48.01
	100m: 1:35.77 49.78	200m: 3:17.85 51.06	300m: 4:55.71	48.01	400m: 6:31.77 48.05

Programmanr. 10 Jongens, 400m vrije slag Jongens Minioren 5 en 6
3-1-2010 Resultaten

Rang			In.tijd		Tijd
1.	Kevin de Joode	de Granaet	6:04.50	9800371	6:00.35
	50m: 40.07 40.07	150m: 2:10.82 45.68	250m: 3:42.94	45.87	350m: 5:15.79 46.10
	100m: 1:25.14 45.07	200m: 2:57.07 46.25	300m: 4:29.69	46.75	400m: 6:00.35 44.56

LAC Periode 2
Dokkum, 3.1.2010

Programmanr. 11
3-1-2010

Meisjes, 800m vrije slag

Meisjes Junioren 2 en 3
Resultaten

Rang							In.tijd					Tijd
1.	Cynthia Verkaik						de Granaet	12:05.15	9601288	9:52.36		
	50m:	33.24	33.24	250m:	3:03.06	37.74	450m:	5:32.94	37.59	650m:	8:02.16	37.57
	100m:	1:10.53	37.29	300m:	3:40.74	37.68	500m:	6:10.22	37.28	700m:	8:39.32	37.16
	150m:	1:47.72	37.19	350m:	4:17.72	36.98	550m:	6:47.50	37.28	750m:	9:16.77	37.45
	200m:	2:25.32	37.60	400m:	4:55.35	37.63	600m:	7:24.59	37.09	800m:	9:52.36	35.59
2.	MARIKE DE BOER						de Granaet	12:39.94	9705302	12:38.80		
	50m:	39.86	39.86	250m:	3:52.64	48.07	450m:	7:09.23	49.41	650m:	10:22.45	47.50
	100m:	1:27.92	48.06	300m:	4:40.64	48.00	500m:	7:58.61	49.38	700m:	11:10.06	47.61
	150m:	2:16.70	48.78	350m:	5:30.39	49.75	550m:	8:46.09	47.48	800m:	12:38.80	1:28.74
	200m:	3:04.57	47.87	400m:	6:19.82	49.43	600m:	9:34.95	48.86			

Programmanr. 12
3-1-2010

Jongens, 800m vrije slag

Jongens Junioren 1 en 2
Resultaten

Rang							In.tijd					Tijd
1.	Robin de Joode						de Granaet	10:41.19	9601371	10:11.62		
	50m:	33.19	33.19	250m:	3:04.40	38.43	450m:	5:41.90	40.21	650m:	8:18.28	39.34
	100m:	1:09.76	36.57	300m:	3:43.49	39.09	500m:	6:19.76	37.86	700m:	8:57.12	38.84
	150m:	1:47.80	38.04	350m:	4:22.19	38.70	550m:	6:59.26	39.50	750m:	9:36.31	39.19
	200m:	2:25.97	38.17	400m:	5:01.69	39.50	600m:	7:38.94	39.68	800m:	10:11.62	35.31

Programmanr. 13
3-1-2010

Dames, 1500m vrije slag

14 jaar en ouder
Resultaten

Rang							In.tijd					Tijd
1.	Rixt Wilbers						de Granaet	23:58.89	9503480	20:48.57		
	50m:	37.28	37.28	450m:	6:20.27	43.70	850m:	12:02.33	42.58	1250m:	17:31.77	40.94
	100m:	1:19.51	42.23	500m:	7:03.79	43.52	900m:	12:43.61	41.28	1300m:	18:13.31	41.54
	150m:	2:00.94	41.43	550m:	7:46.73	42.94	950m:	13:23.77	40.16	1350m:	18:54.13	40.82
	200m:	2:43.41	42.47	600m:	8:29.59	42.86	1000m:	14:04.77	41.00	1400m:	19:34.03	39.90
	250m:	3:26.36	42.95	650m:	9:12.30	42.71	1050m:	14:46.44	41.67	1450m:	20:13.20	39.17
	300m:	4:09.48	43.12	700m:	9:54.70	42.40	1100m:	15:27.49	41.05	1500m:	20:48.57	35.37
	350m:	4:52.59	43.11	750m:	10:37.29	42.59	1150m:	16:09.09	41.60			
	400m:	5:36.57	43.98	800m:	11:19.75	42.46	1200m:	16:50.83	41.74			
2.	Maayke de Boer						de Granaet	21:29.91	9505906	21:02.11		
	50m:	37.45	37.45	450m:	6:18.98	43.78	850m:	12:00.57	42.59	1250m:	17:34.98	42.06
	100m:	1:18.41	40.96	500m:	7:02.09	43.11	900m:	12:42.32	41.75	1300m:	18:17.20	42.22
	150m:	2:00.16	41.75	550m:	7:45.20	43.11	950m:	13:24.09	41.77	1350m:	18:59.73	42.53
	200m:	2:42.86	42.70	600m:	8:28.09	42.89	1000m:	14:05.64	41.55	1400m:	19:41.80	42.07
	250m:	3:26.09	43.23	650m:	9:10.64	42.55	1050m:	14:47.54	41.90	1450m:	20:23.57	41.77
	300m:	4:08.92	42.83	700m:	9:52.95	42.31	1100m:	15:29.22	41.68	1500m:	21:02.11	38.54
	350m:	4:51.86	42.94	750m:	10:35.61	42.66	1150m:	16:10.89	41.67			
	400m:	5:35.20	43.34	800m:	11:17.98	42.37	1200m:	16:52.92	42.03			
3.	Ilse Dammer						de Granaet	22:37.50	9403130	22:27.04		
	50m:	37.92	37.92	500m:	7:17.17	45.50	900m:	13:21.33	45.66	1300m:	19:26.68	44.97
	100m:	1:20.36	42.44	550m:	8:02.89	45.72	950m:	14:06.61	45.28	1350m:	20:12.36	45.68
	150m:	2:03.67	43.31	600m:	8:48.51	45.62	1000m:	14:52.48	45.87	1400m:	20:58.36	46.00
	250m:	3:32.08	1:28.41	650m:	9:33.54	45.03	1050m:	15:38.58	46.10	1450m:	21:43.77	45.41
	300m:	4:16.45	44.37	700m:	10:19.58	46.04	1100m:	16:24.26	45.68	1500m:	22:27.04	43.27
	350m:	5:01.58	45.13	750m:	11:04.04	44.46	1150m:	17:10.67	46.41			
	400m:	5:47.20	45.62	800m:	11:49.67	45.63	1200m:	17:56.04	45.37			
	450m:	6:31.67	44.47	850m:	12:35.67	46.00	1250m:	18:41.71	45.67			

LAC Periode 2
Dokkum, 3.1.2010

Programmanr. 14
3-1-2010

Herren, 1500m vrije slag

14 jaar en ouder
Resultaten

Rang					In.tijd				Tijd
1.	Thomas Veltman		de Granaet		18:32.51		9201355	18:22.64	
	50m:	31.48 31.48	450m:	5:27.50 37.47	850m:	10:28.08 37.08	1250m:	15:25.43 35.04	
	100m:	1:06.00 34.52	500m:	6:05.43 37.93	900m:	11:06.26 38.18	1300m:	16:02.08 36.65	
	150m:	1:42.76 36.76	550m:	6:44.00 38.57	950m:	11:43.92 37.66	1350m:	16:37.32 35.24	
	200m:	2:20.49 37.73	600m:	7:21.58 37.58	1000m:	12:22.13 38.21	1400m:	17:13.08 35.76	
	250m:	2:58.28 37.79	650m:	7:58.96 37.38	1050m:	12:59.76 37.63	1450m:	17:48.26 35.18	
	300m:	3:35.54 37.26	700m:	8:37.24 38.28	1100m:	13:36.67 36.91	1500m:	18:22.64 34.38	
	350m:	4:12.32 36.78	750m:	9:15.20 37.96	1150m:	14:13.17 36.50			
	400m:	4:50.03 37.71	800m:	9:51.00 35.80	1200m:	14:50.39 37.22			
2.	Henk-Jan Verkaik		de Granaet		NT		9305447	18:25.51	
	50m:	32.57 32.57	450m:	5:31.73 37.75	850m:	10:28.86 37.04	1250m:	15:26.54 36.53	
	100m:	1:09.13 36.56	500m:	6:08.73 37.00	900m:	11:05.98 37.12	1300m:	16:03.32 36.78	
	150m:	1:46.13 37.00	550m:	6:46.09 37.36	950m:	11:43.57 37.59	1350m:	16:40.01 36.69	
	200m:	2:23.45 37.32	600m:	7:23.39 37.30	1000m:	12:20.89 37.32	1400m:	17:16.82 36.81	
	250m:	3:01.06 37.61	650m:	8:00.29 36.90	1050m:	12:58.01 37.12	1450m:	17:52.89 36.07	
	300m:	3:38.98 37.92	700m:	8:37.82 37.53	1100m:	13:35.32 37.31	1500m:	18:25.51 32.62	
	350m:	4:16.89 37.91	750m:	9:14.73 36.91	1150m:	14:12.57 37.25			
	400m:	4:53.98 37.09	800m:	9:51.82 37.09	1200m:	14:50.01 37.44			
3.	Hendrik Ben v/d Boon		Zpd		20:00.44		8804761	19:41.41	
	50m:	32.47 32.47	450m:	5:34.32 38.78	850m:	10:54.38 40.63	1250m:	16:21.94 40.87	
	100m:	1:07.65 35.18	500m:	6:13.79 39.47	900m:	11:34.28 39.90	1300m:	17:03.35 41.41	
	150m:	1:44.86 37.21	550m:	6:53.46 39.67	950m:	12:14.86 40.58	1350m:	17:42.84 39.49	
	200m:	2:22.63 37.77	600m:	7:32.86 39.40	1000m:	12:55.83 40.97	1400m:	18:21.75 38.91	
	250m:	3:00.26 37.63	650m:	8:12.65 39.79	1050m:	13:37.07 41.24	1450m:	19:03.15 41.40	
	300m:	3:38.42 38.16	700m:	8:52.94 40.29	1100m:	14:18.07 41.00	1500m:	19:41.41 38.26	
	350m:	4:16.73 38.31	750m:	9:33.42 40.48	1150m:	14:59.16 41.09			
	400m:	4:55.54 38.81	800m:	10:13.75 40.33	1200m:	15:41.07 41.91			
4.	Harm Rozenga		de Granaet		18:51.22		8902685	20:03.22	
	50m:	31.22 31.22	450m:	5:39.91 41.35	850m:	11:18.41 42.29	1250m:	16:43.16 39.37	
	100m:	1:05.69 34.47	500m:	6:21.85 41.94	900m:	12:00.50 42.09	1300m:	17:23.91 40.75	
	150m:	1:42.06 36.37	550m:	7:04.44 42.59	950m:	12:42.22 41.72	1350m:	18:05.82 41.91	
	200m:	2:19.60 37.54	600m:	7:46.72 42.28	1000m:	13:22.79 40.57	1400m:	18:45.28 39.46	
	250m:	2:58.35 38.75	650m:	8:29.28 42.56	1050m:	14:04.19 41.40	1450m:	19:24.60 39.32	
	300m:	3:38.06 39.71	700m:	9:12.60 43.32	1100m:	14:45.10 40.91	1500m:	20:03.22 38.62	
	350m:	4:18.06 40.00	750m:	9:54.69 42.09	1150m:	15:26.85 41.75			
	400m:	4:58.56 40.50	800m:	10:36.12 41.43	1200m:	16:03.79 36.94			
5.	Sander Verkaik		de Granaet		NT		9404057	20:39.76	
	50m:	34.54 34.54	450m:	6:03.86 41.35	850m:	11:41.13 42.21	1250m:	17:15.29 41.93	
	100m:	1:14.60 40.06	500m:	6:45.82 41.96	900m:	12:22.92 41.79	1300m:	17:56.32 41.03	
	150m:	1:55.23 40.63	550m:	7:28.02 42.20	950m:	13:04.51 41.59	1350m:	18:37.50 41.18	
	200m:	2:36.51 41.28	600m:	8:09.54 41.52	1000m:	13:46.51 42.00	1400m:	19:19.60 42.10	
	250m:	3:17.48 40.97	650m:	8:51.36 41.82	1050m:	14:28.07 41.56	1450m:	20:00.82 41.22	
	300m:	3:58.57 41.09	700m:	9:34.02 42.66	1100m:	15:10.02 41.95	1500m:	20:39.76 38.94	
	350m:	4:40.29 41.72	750m:	10:16.67 42.65	1150m:	15:51.86 41.84			
	400m:	5:22.51 42.22	800m:	10:58.92 42.25	1200m:	16:33.36 41.50			
6.	Sybe van Hijum		de Granaet		NT		9206437	23:08.66	
	50m:	39.84 39.84	450m:	6:42.11 46.18	850m:	12:57.43 48.13	1250m:	19:17.43 47.47	
	100m:	1:23.24 43.40	500m:	7:28.58 46.47	900m:	13:44.36 46.93	1300m:	20:04.93 47.50	
	150m:	2:07.52 44.28	550m:	8:14.96 46.38	950m:	14:31.84 47.48	1350m:	20:51.82 46.89	
	200m:	2:51.93 44.41	600m:	9:01.91 46.95	1000m:	15:19.91 48.07	1400m:	21:38.84 47.02	
	250m:	3:37.34 45.41	650m:	9:48.30 46.39	1050m:	16:07.06 47.15	1450m:	22:25.66 46.82	
	300m:	4:23.18 45.84	700m:	10:34.93 46.63	1100m:	16:54.32 47.26	1500m:	23:08.66 43.00	
	350m:	5:09.22 46.04	750m:	11:22.22 47.29	1150m:	17:41.48 47.16			
	400m:	5:55.93 46.71	800m:	12:09.30 47.08	1200m:	18:29.96 48.48			