

LAC Periode 1
Dokkum, 17.10.2010

1 - LAC Periode 1

17-10-2010 - 17:00

Programmanr. 1
17-10-2010

Meisjes, 200m wisselslag

Meisjes Minioren 5 Junioren 1
Resultaten

Rang			In.tijd		Tijd
1.	Myrthe Offenga	de Granaet	3:09.63	9901874	3:05.16
2.	Danieke van der Kooi	de Granaet	3:08.58	0000552	3:10.96
3.	Eva Koster	Wetterwille	3:20.84	0000728	3:14.36
4.	Fardau van der Meulen	Wetterwille	3:27.02	0000408	3:27.24
DIS	Amarens Wilbers	de Granaet	NT	0002000	3:54.37

RH - Het eindpunt niet in rugligging aangeraakt.

Programmanr. 2
17-10-2010

Jongens, 200m wisselslag

Jongens Minioren 5 en 6
Resultaten

Rang			In.tijd		Tijd
1.	Hugo Jan Bosscher	Wetterwille	NT	0000185	3:24.36
2.	Noah Vincent Stavorinus	Zpd	NT	0000359	3:41.01
3.	Bas Koster	Wetterwille	NT	0000415	3:49.19

Programmanr. 3
17-10-2010

Meisjes, 200m wisselslag

Meisjes Junioren 2 en 3
Resultaten

Rang			In.tijd		Tijd
1.	Nynke Ytsma	Wetterwille	2:59.91	9700792	3:00.07
2.	Marike de Boer	de Granaet	3:08.30	9705302	3:05.36
3.	Brigitte van der Veen	de Granaet	3:09.77	9802600	3:06.30
4.	Kira Savannah Stavorinus	Zpd	3:10.40	9704122	3:06.70
5.	Silke Bil	de Granaet	3:27.02	9703942	3:20.55

Programmanr. 3
17-10-2010

Meisjes, 200m wisselslag

Meisjes Jeugd 1 en 2
Resultaten

Rang			In.tijd		Tijd
1.	Maayke de Boer	de Granaet	2:48.42	9505906	2:45.45
2.	Rixt Wilbers	de Granaet	2:44.23	9503480	2:45.88
3.	Annemiek Meulenbeld	de Granaet	3:05.45	9506230	3:10.64
4.	Eline Dammer	de Granaet	3:10.51	9504242	3:13.00

Programmanr. 3
17-10-2010

Dames, 200m wisselslag

Dames Senioren Open
Resultaten

Rang			In.tijd		Tijd
1.	Marissa Lindemulder	de Granaet	2:46.05	9306392	2:49.62
AFGEM	Ilse Dammer	de Granaet	2:54.67	9403130	
NG	Jeldau Andringa	de Granaet	3:21.07	9405722	

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Programmanr. 3, Dames, 200m wisselslag

Programmanr. 3 Dames, 200m wisselslag Prgrammanummer 3 Overall
17-10-2010 Resultaten

Rang			In.tijd		Tijd
1.	Maayke de Boer	de Granaet	2:48.42	9505906	2:45.45
2.	Rixt Wilbers	de Granaet	2:44.23	9503480	2:45.88
3.	Marissa Lindemulder	de Granaet	2:46.05	9306392	2:49.62
4.	Nynke Ytsma	Wetterwille	2:59.91	9700792	3:00.07
5.	Marike de Boer	de Granaet	3:08.30	9705302	3:05.36
6.	Brigitte van der Veen	de Granaet	3:09.77	9802600	3:06.30
7.	Kira Savannah Stavorinus	Zpd	3:10.40	9704122	3:06.70
8.	Annemiek Meulenbeld	de Granaet	3:05.45	9506230	3:10.64
9.	Eline Dammer	de Granaet	3:10.51	9504242	3:13.00
10.	Silke Bil	de Granaet	3:27.02	9703942	3:20.55
AFGEM	Ilse Dammer	de Granaet	2:54.67	9403130	
NG	Jeldau Andringa	de Granaet	3:21.07	9405722	

Programmanr. 4 Jongens, 200m wisselslag Jongens Junioren 1 en 2
17-10-2010 Resultaten

Rang			In.tijd		Tijd
1.	Mirko van Ligtenberg	Wetterwille	2:51.62	9800735	2:46.96
2.	Bart Weiland	Wetterwille	3:14.37	9700777	2:54.03
3.	Kevin de Joode	de Granaet	2:58.69	9800371	3:00.69
4.	Jacko Korporaal	Zpd	3:13.20	9802247	3:08.89

Programmanr. 4 Jongens, 200m wisselslag Jongens Junioren 3 en 4
17-10-2010 Resultaten

Rang			In.tijd		Tijd
1.	Robin de Joode	de Granaet	2:36.57	9601371	2:33.42
2.	Lennart van Ligtenberg	Wetterwille	2:48.25	9501951	2:43.43
3.	Eric Offenga	de Granaet	NT	9604473	3:08.89

Programmanr. 4 Jongens, 200m wisselslag Jongens Jeugd 1 en 2
17-10-2010 Resultaten

Rang			In.tijd		Tijd
1.	Henk-Jan Verkaik	de Granaet	2:24.93	9305447	2:34.71

Programmanr. 4 Heren, 200m wisselslag Heren Senioren Open
17-10-2010 Resultaten

Rang			In.tijd		Tijd
1.	Hendrik Ben v/d Boon	Zpd	2:26.13	8804761	2:29.42
2.	Thomas Veltman	de Granaet	2:22.89	9201355	2:42.33
3.	Sybe van Hijum	de Granaet	2:56.29	9206437	2:54.08

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Programmanr. 4, Heren, 200m wisselslag

Programmanr. 4 Heren, 200m wisselslag Prgrammanummer 4 Overall
17-10-2010 Resultaten

Rang			In.tijd		Tijd
1.	Hendrik Ben v/d Boon	Zpd	2:26.13	8804761	2:29.42
2.	Robin de Joode	de Granaet	2:36.57	9601371	2:33.42
3.	Henk-Jan Verkaik	de Granaet	2:24.93	9305447	2:34.71
4.	Thomas Veltman	de Granaet	2:22.89	9201355	2:42.33
5.	Lennart van Ligtenberg	Wetterwille	2:48.25	9501951	2:43.43
6.	Mirko van Ligtenberg	Wetterwille	2:51.62	9800735	2:46.96
7.	Bart Weiland	Wetterwille	3:14.37	9700777	2:54.03
8.	Sybe van Hijum	de Granaet	2:56.29	9206437	2:54.08
9.	Kevin de Joode	de Granaet	2:58.69	9800371	3:00.69
10.	Jacko Korporaal	Zpd	3:13.20	9802247	3:08.89 FJ 1
11.	Eric Offenga	de Granaet	NT	9604473	3:08.89 FJ 2

Programmanr. 5 Alle, 200m vrije slag Mix Minioren 3 en 4
17-10-2010 Resultaten

Rang			In.tijd		Tijd
1.	Marcel Delfstra	de Granaet	3:15.64	0100037	3:02.56
	50m: 41.36 41.36	100m: 1:29.23 47.87	150m: 2:16.96 47.73	200m: 3:02.56	45.60
2.	Janneke Weiland	Wetterwille	NT	0100128	3:14.14
	50m: 42.90 42.90	100m: 1:33.86 50.96	150m: 2:26.01 52.15	200m: 3:14.14	48.13
3.	Eva Willebrands	de Granaet	NT	0101510	3:26.12
	50m: 43.84 43.84	100m: 1:37.87 54.03	150m: 2:35.37 57.50	200m: 3:26.12	50.75
4.	Ingrid de Vries	de Granaet	NT	0100500	3:39.06
	50m: 48.07 48.07	100m: 1:45.70 57.63	150m: 2:42.16 56.46	200m: 3:39.06	56.90

Programmanr. 6 Meisjes, 400m vrije slag Meisjes Minioren 5 Junioren 1
17-10-2010 Resultaten

Rang			In.tijd		Tijd
1.	Danieke van der Kooi	de Granaet	5:57.61	0000552	5:53.60
	50m: 39.18 39.18	150m: 2:10.75 46.27	250m: 3:43.50 46.52	350m: 5:10.88	43.10
	100m: 1:24.48 45.30	200m: 2:56.98 46.23	300m: 4:27.78 44.28	400m: 5:53.60	42.72
2.	Myrthe Offenga	de Granaet	6:02.36	9901874	5:54.12
	50m: 40.46 40.46	150m: 2:12.62 47.00	250m: 3:44.84 46.32	350m: 5:14.59	43.94
	100m: 1:25.62 45.16	200m: 2:58.52 45.90	300m: 4:30.65 45.81	400m: 5:54.12	39.53
3.	Eva Koster	Wetterwille	NT	0000728	6:36.32
	50m: 43.47 43.47	150m: 2:23.31 52.24	250m: 4:04.97 51.59	350m: 5:51.64	53.10
	100m: 1:31.07 47.60	200m: 3:13.38 50.07	300m: 4:58.54 53.57	400m: 6:36.32	44.68
4.	Fardau van der Meulen	Wetterwille	NT	0000408	7:00.57
	50m: 43.76 43.76	150m: 2:29.67 54.26	250m: 4:20.39 56.16	350m: 6:09.70	54.88
	100m: 1:35.41 51.65	200m: 3:24.23 54.56	300m: 5:14.82 54.43	400m: 7:00.57	50.87
5.	Amarens Wilbers	de Granaet	NT	0002000	8:02.56
	50m: 53.27 53.27	150m: 2:56.02 1:02.00	250m: 5:00.70 1:02.68	350m: 7:05.14	1:00.87
	100m: 1:54.02 1:00.75	200m: 3:58.02 1:02.00	300m: 6:04.27 1:03.57	400m: 8:02.56	57.42

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Programmanr. 7
17-10-2010

Jongens, 400m vrije slag

Jongens Minioren 5 en 6
Resultaten

Rang					In.tijd	Tijd				
1.	Hugo Jan Bosscher				Wetterwille	NT	0000185	6:31.57		
	50m:	43.20	43.20	150m:	2:22.95	50.15	350m:	5:47.26	51.44	
	100m:	1:32.16	48.96	200m:	3:14.36	51.41	400m:	6:31.57	44.31	
2.	Noah Vincent Stavorinus				Zpd	NT	0000359	7:17.11		
	50m:	45.80	45.80	150m:	2:38.61	57.59	350m:	6:22.90	54.97	
	100m:	1:41.02	55.22	200m:	3:33.71	55.10	400m:	7:17.11	54.21	
3.	Bas Koster				Wetterwille	NT	0000415	7:20.30		
	50m:	46.09	46.09	150m:	2:38.06	55.98	350m:	6:26.12	57.60	
	100m:	1:42.08	55.99	200m:	3:34.70	56.64	400m:	7:20.30	54.18	

Programmanr. 8
17-10-2010

Meisjes, 800m vrije slag

Meisjes Junioren 2 en 3
Resultaten

Rang					In.tijd	Tijd				
1.	Nynke Ytsma				Wetterwille	NT	9700792	12:10.25		
	50m:	40.74	40.74	250m:	3:46.90	47.19	650m:	10:03.03	46.66	
	100m:	1:26.71	45.97	300m:	4:33.81	46.91	700m:	10:49.12	46.09	
	150m:	2:13.37	46.66	350m:	5:20.90	47.09	750m:	11:33.56	44.44	
	200m:	2:59.71	46.34	400m:	6:08.12	47.22	800m:	12:10.25	36.69	
2.	MARIKE DE BOER				de Granaet	12:10.75	9705302	12:15.40		
	50m:	39.77	39.77	250m:	3:47.96	47.03	650m:	10:02.15	44.81	
	100m:	1:26.43	46.66	300m:	4:35.37	47.41	700m:	10:47.90	45.75	
	150m:	2:13.43	47.00	350m:	5:22.27	46.90	750m:	11:30.27	42.37	
	200m:	3:00.93	47.50	400m:	6:09.55	47.28	800m:	12:15.40	45.13	
3.	BRIGITTE VAN DER VEEN				de Granaet	12:33.02	9802600	12:32.72		
	50m:	41.67	41.67	250m:	3:52.48	48.00	650m:	10:16.26	47.78	
	100m:	1:29.14	47.47	300m:	4:40.46	47.98	700m:	11:03.42	47.16	
	150m:	2:16.62	47.48	350m:	5:28.29	47.83	750m:	11:49.79	46.37	
	200m:	3:04.48	47.86	400m:	6:16.19	47.90	800m:	12:32.72	42.93	
4.	SILKE BIL				de Granaet	13:23.56	9703942	13:14.21		
	50m:	43.15	43.15	250m:	3:57.24	47.69	650m:	10:47.12	51.85	
	100m:	1:30.34	47.19	300m:	4:47.52	50.28	700m:	11:38.21	51.09	
	150m:	2:18.74	48.40	350m:	5:38.15	50.63	750m:	12:26.73	48.52	
	200m:	3:09.55	50.81	400m:	6:29.05	50.90	800m:	13:14.21	47.48	

Programmanr. 8
17-10-2010

Meisjes, 800m vrije slag

Meisjes Jeugd 1 en 2
Resultaten

Rang					In.tijd	Tijd				
1.	Rixt Wilbers				de Granaet	10:39.76	9503480	10:30.06		
	50m:	33.84	33.84	250m:	3:14.06	40.69	700m:	9:13.95	39.41	
	100m:	1:12.59	38.75	300m:	3:54.99	40.93	750m:	9:53.12	39.17	
	150m:	1:53.14	40.55	350m:	4:35.34	40.35	800m:	10:30.06	36.94	
	200m:	2:33.37	40.23	400m:	5:16.06	40.72	650m:	8:34.54	39.72	
2.	Maayke de Boer				de Granaet	10:43.49	9505906	10:49.11		
	50m:	35.49	35.49	250m:	3:17.15	41.04	650m:	8:48.24	41.28	
	100m:	1:14.36	38.87	300m:	3:58.65	41.50	700m:	9:29.77	41.53	
	150m:	1:54.83	40.47	350m:	4:40.65	42.00	750m:	10:10.90	41.13	
	200m:	2:36.11	41.28	400m:	5:21.90	41.25	800m:	10:49.11	38.21	
3.	Annemiek Meulenbeld				de Granaet	12:05.56	9506230	12:01.79		
	50m:	35.88	35.88	250m:	3:29.59	45.63	650m:	9:45.26	48.00	
	100m:	1:16.02	40.14	300m:	4:15.96	46.37	700m:	10:32.30	47.04	
	150m:	1:59.14	43.12	350m:	5:02.54	46.58	750m:	11:18.78	46.48	
	200m:	2:43.96	44.82	400m:	5:49.53	46.99	800m:	12:01.79	43.01	

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Programmanr. 8, Meisjes, 800m vrije slag, Meisjes Jeugd 1 en 2

Rang									In.tijd	Tijd		
4.	Eline Dammer de Granaet								13:16.01	9504242	12:53.36	
	50m:	41.32	41.32	250m:	3:53.51	48.65	450m:	7:09.86	49.41	650m:	10:27.51	49.28
	100m:	1:28.01	46.69	300m:	4:42.16	48.65	500m:	7:59.29	49.43	700m:	11:16.84	49.33
	150m:	2:16.23	48.22	350m:	5:31.23	49.07	550m:	8:48.29	49.00	750m:	12:06.26	49.42
	200m:	3:04.86	48.63	400m:	6:20.45	49.22	600m:	9:38.23	49.94	800m:	12:53.36	47.10

Programmanr. 8 Dames, 800m vrije slag Dames Senioren Open
17-10-2010 Resultaten

Rang									In.tijd	Tijd		
1.	Marissa Lindemulder de Granaet								NT	9306392	11:05.20	
	50m:	35.16	35.16	250m:	3:17.92	41.56	450m:	6:07.48	42.84	650m:	8:59.92	43.10
	100m:	1:14.39	39.23	300m:	3:59.89	41.97	500m:	6:50.45	42.97	700m:	9:42.09	42.17
	150m:	1:54.80	40.41	350m:	4:42.36	42.47	550m:	7:33.51	43.06	800m:	11:05.20	1:23.11
	200m:	2:36.36	41.56	400m:	5:24.64	42.28	600m:	8:16.82	43.31			
AFGEM	Ilse Dammer de Granaet								11:30.80	9403130		
NG	Jeldau Andringa de Granaet								NT	9405722		

Programmanr. 8 Dames, 800m vrije slag Programmanummer 8 Overall
17-10-2010 Resultaten

Rang									In.tijd	Tijd		
1.	Rixt Wilbers de Granaet								10:39.76	9503480	10:30.06	
	50m:	33.84	33.84	250m:	3:14.06	40.69	450m:	6:35.24	1:19.18	700m:	9:13.95	39.41
	100m:	1:12.59	38.75	300m:	3:54.99	40.93	550m:	7:14.52	39.28	750m:	9:53.12	39.17
	150m:	1:53.14	40.55	350m:	4:35.34	40.35	600m:	7:54.82	40.30	800m:	10:30.06	36.94
	200m:	2:33.37	40.23	400m:	5:16.06	40.72	650m:	8:34.54	39.72			
2.	Maayke de Boer de Granaet								10:43.49	9505906	10:49.11	
	50m:	35.49	35.49	250m:	3:17.15	41.04	450m:	6:03.43	41.53	650m:	8:48.24	41.28
	100m:	1:14.36	38.87	300m:	3:58.65	41.50	500m:	6:44.71	41.28	700m:	9:29.77	41.53
	150m:	1:54.83	40.47	350m:	4:40.65	42.00	550m:	7:25.71	41.00	750m:	10:10.90	41.13
	200m:	2:36.11	41.28	400m:	5:21.90	41.25	600m:	8:06.96	41.25	800m:	10:49.11	38.21
3.	Marissa Lindemulder de Granaet								NT	9306392	11:05.20	
	50m:	35.16	35.16	250m:	3:17.92	41.56	450m:	6:07.48	42.84	650m:	8:59.92	43.10
	100m:	1:14.39	39.23	300m:	3:59.89	41.97	500m:	6:50.45	42.97	700m:	9:42.09	42.17
	150m:	1:54.80	40.41	350m:	4:42.36	42.47	550m:	7:33.51	43.06	800m:	11:05.20	1:23.11
	200m:	2:36.36	41.56	400m:	5:24.64	42.28	600m:	8:16.82	43.31			
4.	Annemiek Meulenbeld de Granaet								12:05.56	9506230	12:01.79	
	50m:	35.88	35.88	250m:	3:29.59	45.63	450m:	6:36.38	46.85	650m:	9:45.26	48.00
	100m:	1:16.02	40.14	300m:	4:15.96	46.37	500m:	7:22.97	46.59	700m:	10:32.30	47.04
	150m:	1:59.14	43.12	350m:	5:02.54	46.58	550m:	8:10.42	47.45	750m:	11:18.78	46.48
	200m:	2:43.96	44.82	400m:	5:49.53	46.99	600m:	8:57.26	46.84	800m:	12:01.79	43.01
5.	Nynke Ytsma Wetterwille								NT	9700792	12:10.25	
	50m:	40.74	40.74	250m:	3:46.90	47.19	450m:	6:55.30	47.18	650m:	10:03.03	46.66
	100m:	1:26.71	45.97	300m:	4:33.81	46.91	500m:	7:43.65	48.35	700m:	10:49.12	46.09
	150m:	2:13.37	46.66	350m:	5:20.90	47.09	550m:	8:30.18	46.53	750m:	11:33.56	44.44
	200m:	2:59.71	46.34	400m:	6:08.12	47.22	600m:	9:16.37	46.19	800m:	12:10.25	36.69
6.	Marike de Boer de Granaet								12:10.75	9705302	12:15.40	
	50m:	39.77	39.77	250m:	3:47.96	47.03	450m:	6:57.46	47.91	650m:	10:02.15	44.81
	100m:	1:26.43	46.66	300m:	4:35.37	47.41	500m:	7:44.12	46.66	700m:	10:47.90	45.75
	150m:	2:13.43	47.00	350m:	5:22.27	46.90	550m:	8:30.15	46.03	750m:	11:30.27	42.37
	200m:	3:00.93	47.50	400m:	6:09.55	47.28	600m:	9:17.34	47.19	800m:	12:15.40	45.13
7.	Brigitte van der Veen de Granaet								12:33.02	9802600	12:32.72	
	50m:	41.67	41.67	250m:	3:52.48	48.00	450m:	7:03.92	47.73	650m:	10:16.26	47.78
	100m:	1:29.14	47.47	300m:	4:40.46	47.98	500m:	7:53.29	49.37	700m:	11:03.42	47.16
	150m:	2:16.62	47.48	350m:	5:28.29	47.83	550m:	8:39.96	46.67	750m:	11:49.79	46.37
	200m:	3:04.48	47.86	400m:	6:16.19	47.90	600m:	9:28.48	48.52	800m:	12:32.72	42.93

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Programmanr. 8, Dames, 800m vrije slag, Programmanummer 8 Overall

Rang					In.tijd		Tijd	
8.	Eline Dammer		de Granaet		13:16.01		9504242	12:53.36
	50m:	41.32 41.32	250m:	3:53.51 48.65	450m:	7:09.86 49.41	650m:	10:27.51 49.28
	100m:	1:28.01 46.69	300m:	4:42.16 48.65	500m:	7:59.29 49.43	700m:	11:16.84 49.33
	150m:	2:16.23 48.22	350m:	5:31.23 49.07	550m:	8:48.29 49.00	750m:	12:06.26 49.42
	200m:	3:04.86 48.63	400m:	6:20.45 49.22	600m:	9:38.23 49.94	800m:	12:53.36 47.10
9.	Silke Bil		de Granaet		13:23.56		9703942	13:14.21
	50m:	43.15 43.15	250m:	3:57.24 47.69	450m:	7:20.34 51.29	650m:	10:47.12 51.85
	100m:	1:30.34 47.19	300m:	4:47.52 50.28	500m:	8:12.30 51.96	700m:	11:38.21 51.09
	150m:	2:18.74 48.40	350m:	5:38.15 50.63	550m:	9:04.24 51.94	750m:	12:26.73 48.52
	200m:	3:09.55 50.81	400m:	6:29.05 50.90	600m:	9:55.27 51.03	800m:	13:14.21 47.48
AFGEM	Ilse Dammer		de Granaet		11:30.80		9403130	
NG	Jeldau Andringa		de Granaet		NT		9405722	

Programmanr. 9
17-10-2010

Jongens, 800m vrije slag

Jongens Junioren 1 en 2
Resultaten

Rang					In.tijd		Tijd	
1.	Mirko van Ligtenberg		Wetterwille		NT		9800735	10:55.42
	50m:	34.36 34.36	250m:	3:21.54 42.59	450m:	6:11.67 43.10	650m:	8:57.41 39.90
	100m:	1:15.32 40.96	300m:	4:04.11 42.57	500m:	6:53.11 41.44	700m:	9:38.06 40.65
	150m:	1:57.09 41.77	350m:	4:45.99 41.88	550m:	7:35.80 42.69	750m:	10:19.51 41.45
	200m:	2:38.95 41.86	400m:	5:28.57 42.58	600m:	8:17.51 41.71	800m:	10:55.42 35.91
2.	Bart Weiland		Wetterwille		NT		9700777	11:21.63
	50m:	36.09 36.09	250m:	3:29.84 44.54	450m:	6:24.06 43.38	650m:	9:17.40 43.19
	100m:	1:18.40 42.31	300m:	4:13.90 44.06	500m:	7:07.97 43.91	700m:	10:00.84 43.44
	150m:	2:01.59 43.19	350m:	4:57.09 43.19	550m:	7:51.40 43.43	750m:	10:42.47 41.63
	200m:	2:45.30 43.71	400m:	5:40.68 43.59	600m:	8:34.21 42.81	800m:	11:21.63 39.16
3.	Kevin de Joode		de Granaet		12:12.58		9800371	11:50.83
	50m:	38.88 38.88	250m:	3:38.44 45.35	450m:	6:40.51 45.43	650m:	9:40.88 45.23
	100m:	1:22.67 43.79	300m:	4:23.74 45.30	500m:	7:25.74 45.23	700m:	10:25.76 44.88
	150m:	2:08.52 45.85	350m:	5:09.98 46.24	550m:	8:11.14 45.40	750m:	11:10.68 44.92
	200m:	2:53.09 44.57	400m:	5:55.08 45.10	600m:	8:55.65 44.51	800m:	11:50.83 40.15

Programmanr. 9
17-10-2010

Jongens, 800m vrije slag

Jongens Junioren 3 en 4
Resultaten

Rang					In.tijd		Tijd	
1.	Robin de Joode		de Granaet		10:11.62		9601371	10:36.13
	50m:	34.50 34.50	250m:	3:11.88 39.62	450m:	5:55.81 40.61	650m:	8:37.88 40.09
	100m:	1:13.28 38.78	300m:	3:53.41 41.53	500m:	6:36.65 40.84	700m:	9:18.95 41.07
	150m:	1:53.28 40.00	350m:	4:34.33 40.92	550m:	7:16.73 40.08	750m:	9:58.47 39.52
	200m:	2:32.26 38.98	400m:	5:15.20 40.87	600m:	7:57.79 41.06	800m:	10:36.13 37.66
2.	Lennart van Ligtenberg		Wetterwille		NT		9501951	11:40.95
	50m:	34.55 34.55	250m:	3:17.92 43.06	450m:	6:23.64 46.28	650m:	9:30.45 46.71
	100m:	1:13.80 39.25	300m:	4:03.77 45.85	500m:	7:11.33 47.69	700m:	10:15.08 44.63
	150m:	1:54.30 40.50	350m:	4:50.58 46.81	550m:	7:57.70 46.37	750m:	10:59.02 43.94
	200m:	2:34.86 40.56	400m:	5:37.36 46.78	600m:	8:43.74 46.04	800m:	11:40.95 41.93
3.	Eric Offenga		de Granaet		NT		9604473	12:12.92
	50m:	41.17 41.17	350m:	5:15.02 46.41	550m:	8:21.27 46.07	750m:	11:27.20 46.65
	200m:	2:56.36 2:15.19	400m:	6:01.95 46.93	600m:	9:07.64 46.37	800m:	12:12.92 45.72
	250m:	3:41.98 45.62	450m:	6:48.83 46.88	650m:	9:54.70 47.06		
	300m:	4:28.61 46.63	500m:	7:35.20 46.37	700m:	10:40.55 45.85		

LAC Periode 1
Dokkum, 17.10.2010

Programmanr. 9, Heren, 800m vrije slag

Programmanr. 9 Jongens, 800m vrije slag Jongens Jeugd 1 en 2
17-10-2010 Resultaten

Rang					In.tijd	Tijd						
1.	Henk-Jan Verkaik				de Granaet	10:19.42	9305447	10:12.73				
	50m:	32.62	32.62	250m:	3:04.59	38.72	450m:	5:42.09	39.88	650m:	8:19.71	39.24
	100m:	1:09.59	36.97	300m:	3:44.03	39.44	500m:	6:21.59	39.50	700m:	8:58.65	38.94
	150m:	1:47.33	37.74	350m:	4:23.24	39.21	550m:	7:00.87	39.28	750m:	9:38.09	39.44
	200m:	2:25.87	38.54	400m:	5:02.21	38.97	600m:	7:40.47	39.60	800m:	10:12.73	34.64

Programmanr. 9 Heren, 800m vrije slag Heren Senioren Open
17-10-2010 Resultaten

Rang					In.tijd	Tijd						
1.	Hendrik Ben v/d Boon				Zpd	9:53.68	8804761	9:50.77				
	50m:	31.11	31.11	250m:	2:56.77	37.31	450m:	5:26.27	37.44	650m:	7:58.36	37.93
	100m:	1:06.27	35.16	300m:	3:33.99	37.22	500m:	6:04.21	37.94	700m:	8:36.43	38.07
	150m:	1:42.58	36.31	350m:	4:11.58	37.59	550m:	6:42.46	38.25	750m:	9:14.36	37.93
	200m:	2:19.46	36.88	400m:	4:48.83	37.25	600m:	7:20.43	37.97	800m:	9:50.77	36.41
2.	Thomas Veltman				de Granaet	9:44.12	9201355	9:58.11				
	50m:	30.52	30.52	250m:	2:56.82	37.34	450m:	5:30.52	38.57	650m:	8:03.55	37.89
	100m:	1:05.61	35.09	300m:	3:35.20	38.38	500m:	6:08.72	38.20	700m:	8:41.78	38.23
	150m:	1:42.28	36.67	350m:	4:13.58	38.38	550m:	6:47.18	38.46	750m:	9:19.82	38.04
	200m:	2:19.48	37.20	400m:	4:51.95	38.37	600m:	7:25.66	38.48	800m:	9:58.11	38.29
3.	Johnny Westra				Zpd	9:57.26	7601017	10:06.89				
	50m:	32.48	32.48	250m:	3:01.86	38.22	450m:	5:36.36	38.82	650m:	8:12.32	38.93
	100m:	1:08.36	35.88	300m:	3:40.20	38.34	500m:	6:15.51	39.15	700m:	8:51.07	38.75
	150m:	1:45.61	37.25	350m:	4:18.82	38.62	550m:	6:54.57	39.06	750m:	9:30.16	39.09
	200m:	2:23.64	38.03	400m:	4:57.54	38.72	600m:	7:33.39	38.82	800m:	10:06.89	36.73
4.	Sybe van Hijum				de Granaet	12:15.58	9206437	11:55.65				
	50m:	40.05	40.05	250m:	3:40.27	46.15	450m:	6:42.71	44.53	650m:	9:42.12	45.04
	100m:	1:23.68	43.63	300m:	4:25.93	45.66	500m:	7:27.37	44.66	700m:	10:27.43	45.31
	150m:	2:08.77	45.09	350m:	5:11.87	45.94	550m:	8:12.02	44.65	750m:	11:12.77	45.34
	200m:	2:54.12	45.35	400m:	5:58.18	46.31	600m:	8:57.08	45.06	800m:	11:55.65	42.88

Programmanr. 9 Heren, 800m vrije slag Programmanummer 9 Overall
17-10-2010 Resultaten

Rang					In.tijd	Tijd						
1.	Hendrik Ben v/d Boon				Zpd	9:53.68	8804761	9:50.77				
	50m:	31.11	31.11	250m:	2:56.77	37.31	450m:	5:26.27	37.44	650m:	7:58.36	37.93
	100m:	1:06.27	35.16	300m:	3:33.99	37.22	500m:	6:04.21	37.94	700m:	8:36.43	38.07
	150m:	1:42.58	36.31	350m:	4:11.58	37.59	550m:	6:42.46	38.25	750m:	9:14.36	37.93
	200m:	2:19.46	36.88	400m:	4:48.83	37.25	600m:	7:20.43	37.97	800m:	9:50.77	36.41
2.	Thomas Veltman				de Granaet	9:44.12	9201355	9:58.11				
	50m:	30.52	30.52	250m:	2:56.82	37.34	450m:	5:30.52	38.57	650m:	8:03.55	37.89
	100m:	1:05.61	35.09	300m:	3:35.20	38.38	500m:	6:08.72	38.20	700m:	8:41.78	38.23
	150m:	1:42.28	36.67	350m:	4:13.58	38.38	550m:	6:47.18	38.46	750m:	9:19.82	38.04
	200m:	2:19.48	37.20	400m:	4:51.95	38.37	600m:	7:25.66	38.48	800m:	9:58.11	38.29
3.	Johnny Westra				Zpd	9:57.26	7601017	10:06.89				
	50m:	32.48	32.48	250m:	3:01.86	38.22	450m:	5:36.36	38.82	650m:	8:12.32	38.93
	100m:	1:08.36	35.88	300m:	3:40.20	38.34	500m:	6:15.51	39.15	700m:	8:51.07	38.75
	150m:	1:45.61	37.25	350m:	4:18.82	38.62	550m:	6:54.57	39.06	750m:	9:30.16	39.09
	200m:	2:23.64	38.03	400m:	4:57.54	38.72	600m:	7:33.39	38.82	800m:	10:06.89	36.73
4.	Henk-Jan Verkaik				de Granaet	10:19.42	9305447	10:12.73				
	50m:	32.62	32.62	250m:	3:04.59	38.72	450m:	5:42.09	39.88	650m:	8:19.71	39.24
	100m:	1:09.59	36.97	300m:	3:44.03	39.44	500m:	6:21.59	39.50	700m:	8:58.65	38.94
	150m:	1:47.33	37.74	350m:	4:23.24	39.21	550m:	7:00.87	39.28	750m:	9:38.09	39.44
	200m:	2:25.87	38.54	400m:	5:02.21	38.97	600m:	7:40.47	39.60	800m:	10:12.73	34.64

LAC Periode 1
Dokkum, 17.10.2010

Programmanr. 9, Heren, 800m vrije slag, Programmanummer 9 Overall

Rang					In.tijd	Tijd						
5.	Robin de Joode				de Granaet	10:11.62	9601371	10:36.13				
	50m:	34.50	34.50	250m:	3:11.88	39.62	450m:	5:55.81	40.61	650m:	8:37.88	40.09
	100m:	1:13.28	38.78	300m:	3:53.41	41.53	500m:	6:36.65	40.84	700m:	9:18.95	41.07
	150m:	1:53.28	40.00	350m:	4:34.33	40.92	550m:	7:16.73	40.08	750m:	9:58.47	39.52
	200m:	2:32.26	38.98	400m:	5:15.20	40.87	600m:	7:57.79	41.06	800m:	10:36.13	37.66
6.	Mirko van Ligtenberg				Wetterwille	NT	9800735	10:55.42				
	50m:	34.36	34.36	250m:	3:21.54	42.59	450m:	6:11.67	43.10	650m:	8:57.41	39.90
	100m:	1:15.32	40.96	300m:	4:04.11	42.57	500m:	6:53.11	41.44	700m:	9:38.06	40.65
	150m:	1:57.09	41.77	350m:	4:45.99	41.88	550m:	7:35.80	42.69	750m:	10:19.51	41.45
	200m:	2:38.95	41.86	400m:	5:28.57	42.58	600m:	8:17.51	41.71	800m:	10:55.42	35.91
7.	Bart Weiland				Wetterwille	NT	9700777	11:21.63				
	50m:	36.09	36.09	250m:	3:29.84	44.54	450m:	6:24.06	43.38	650m:	9:17.40	43.19
	100m:	1:18.40	42.31	300m:	4:13.90	44.06	500m:	7:07.97	43.91	700m:	10:00.84	43.44
	150m:	2:01.59	43.19	350m:	4:57.09	43.19	550m:	7:51.40	43.43	750m:	10:42.47	41.63
	200m:	2:45.30	43.71	400m:	5:40.68	43.59	600m:	8:34.21	42.81	800m:	11:21.63	39.16
8.	Lennart van Ligtenberg				Wetterwille	NT	9501951	11:40.95				
	50m:	34.55	34.55	250m:	3:17.92	43.06	450m:	6:23.64	46.28	650m:	9:30.45	46.71
	100m:	1:13.80	39.25	300m:	4:03.77	45.85	500m:	7:11.33	47.69	700m:	10:15.08	44.63
	150m:	1:54.30	40.50	350m:	4:50.58	46.81	550m:	7:57.70	46.37	750m:	10:59.02	43.94
	200m:	2:34.86	40.56	400m:	5:37.36	46.78	600m:	8:43.74	46.04	800m:	11:40.95	41.93
9.	Kevin de Joode				de Granaet	12:12.58	9800371	11:50.83				
	50m:	38.88	38.88	250m:	3:38.44	45.35	450m:	6:40.51	45.43	650m:	9:40.88	45.23
	100m:	1:22.67	43.79	300m:	4:23.74	45.30	500m:	7:25.74	45.23	700m:	10:25.76	44.88
	150m:	2:08.52	45.85	350m:	5:09.98	46.24	550m:	8:11.14	45.40	750m:	11:10.68	44.92
	200m:	2:53.09	44.57	400m:	5:55.08	45.10	600m:	8:55.65	44.51	800m:	11:50.83	40.15
10.	Sybe van Hijum				de Granaet	12:15.58	9206437	11:55.65				
	50m:	40.05	40.05	250m:	3:40.27	46.15	450m:	6:42.71	44.53	650m:	9:42.12	45.04
	100m:	1:23.68	43.63	300m:	4:25.93	45.66	500m:	7:27.37	44.66	700m:	10:27.43	45.31
	150m:	2:08.77	45.09	350m:	5:11.87	45.94	550m:	8:12.02	44.65	750m:	11:12.77	45.34
	200m:	2:54.12	45.35	400m:	5:58.18	46.31	600m:	8:57.08	45.06	800m:	11:55.65	42.88
11.	Eric Offenga				de Granaet	NT	9604473	12:12.92				
	50m:	41.17	41.17	350m:	5:15.02	46.41	550m:	8:21.27	46.07	750m:	11:27.20	46.65
	200m:	2:56.36	2:15.19	400m:	6:01.95	46.93	600m:	9:07.64	46.37	800m:	12:12.92	45.72
	250m:	3:41.98	45.62	450m:	6:48.83	46.88	650m:	9:54.70	47.06			
	300m:	4:28.61	46.63	500m:	7:35.20	46.37	700m:	10:40.55	45.85			