

LAC deel 2 sessie Vrije slag
Dokkum, 2.1.2011

Programmanr. 1
2-1-2011

400m vrije slag

Minioren 3 en 4
Resultaten

Rang					In.tijd					Tijd		
1.	Marcel Delfstra				de Granaet				6:38.67	0100037	6:30.92	
	50m:	42.86	42.86	150m:	2:22.74	50.23	250m:	4:02.74	49.57	350m:	5:41.74	49.74
	100m:	1:32.51	49.65	200m:	3:13.17	50.43	300m:	4:52.00	49.26	400m:	6:30.92	49.18
2.	Janneke Weiland				Wetterwille				7:10.00	0100128	6:56.77	
	50m:	44.39	44.39	150m:	2:29.73	52.72	250m:	4:16.36	53.66	350m:	6:05.13	53.52
	100m:	1:37.01	52.62	200m:	3:22.70	52.97	300m:	5:11.61	55.25	400m:	6:56.77	51.64
3.	Eva Willebrands				de Granaet				NT	0101510	7:26.37	
	50m:	47.55	47.55	150m:	2:37.37	56.97	250m:	4:34.12	59.16	350m:	6:33.46	59.75
	100m:	1:40.40	52.85	200m:	3:34.96	57.59	300m:	5:33.71	59.59	400m:	7:26.37	52.91
4.	Ingrid de Vries				de Granaet				NT	0100500	7:54.49	
	50m:	47.99	47.99	150m:	2:42.18	58.28	250m:	4:45.97	1:01.70	350m:	6:51.37	1:02.72
	100m:	1:43.90	55.91	200m:	3:44.27	1:02.09	300m:	5:48.65	1:02.68	400m:	7:54.49	1:03.12

Programmanr. 2
2-1-2011

Meisjes, 800m vrije slag

Meisjes Minioren 5 en Junioren 1
Resultaten

Rang					In.tijd					Tijd		
1.	Myrthe Offenga				de Granaet				12:46.82	9901874	11:40.04	
	50m:	38.17	38.17	250m:	3:33.67	44.47	450m:	6:33.20	44.94	650m:	9:32.74	45.16
	100m:	1:21.08	42.91	300m:	4:18.54	44.87	500m:	7:18.36	45.16	700m:	10:16.26	43.52
	150m:	2:04.86	43.78	350m:	5:03.51	44.97	550m:	8:03.30	44.94	750m:	10:59.74	43.48
	200m:	2:49.20	44.34	400m:	5:48.26	44.75	600m:	8:47.58	44.28	800m:	11:40.04	40.30
2.	Danieke van der Kooi				de Granaet				NT	0000552	12:07.09	
	50m:	39.24	39.24	250m:	3:43.21	46.91	450m:	6:49.84	45.75	650m:	9:54.09	46.50
	100m:	1:23.65	44.41	300m:	4:30.46	47.25	500m:	7:35.49	45.65	700m:	10:39.74	45.65
	150m:	2:09.12	45.47	350m:	5:17.09	46.63	550m:	8:22.49	47.00	750m:	11:24.30	44.56
	200m:	2:56.30	47.18	400m:	6:04.09	47.00	600m:	9:07.59	45.10	800m:	12:07.09	42.79
3.	Eva Koster				Wetterwille				14:32.00	0000728	13:31.82	
	50m:	39.95	39.95	250m:	4:01.95	52.28	450m:	7:30.41	51.87	650m:	11:00.10	52.40
	100m:	1:28.57	48.62	300m:	4:53.80	51.85	500m:	8:23.92	53.51	700m:	11:53.70	53.60
	150m:	2:18.67	50.10	350m:	5:44.73	50.93	550m:	9:15.61	51.69	750m:	12:47.22	53.52
	200m:	3:09.67	51.00	400m:	6:38.54	53.81	600m:	10:07.70	52.09	800m:	13:31.82	44.60
4.	Amarens Wilbers				de Granaet				NT	0002000	16:06.91	
	50m:	51.06	51.06	250m:	4:50.60	1:01.90	450m:	9:01.58	1:01.86	650m:	13:06.95	59.35
	100m:	1:48.21	57.15	300m:	5:54.37	1:03.77	500m:	10:03.97	1:02.39	700m:	14:08.12	1:01.17
	150m:	2:47.17	58.96	350m:	6:56.30	1:01.93	550m:	11:06.32	1:02.35	750m:	15:09.24	1:01.12
	200m:	3:48.70	1:01.53	400m:	7:59.72	1:03.42	600m:	12:07.60	1:01.28	800m:	16:06.91	57.67
AFGEM	Tabitha de Haan				de Granaet				NT	0000550		

Programmanr. 3
2-1-2011

Jongens, 800m vrije slag

Jongens Minioren 5 en 6
Resultaten

Rang					In.tijd					Tijd		
1.	Hugo Jan Bosscher				Wetterwille				14:26.00	0000185	13:12.35	
	50m:	43.67	43.67	250m:	4:01.17	50.51	450m:	7:21.56	50.25	650m:	10:44.69	51.69
	100m:	1:31.97	48.30	300m:	4:51.28	50.11	500m:	8:12.79	51.23	700m:	11:36.85	52.16
	150m:	2:20.96	48.99	350m:	5:41.56	50.28	550m:	9:02.52	49.73	750m:	12:24.91	48.06
	200m:	3:10.66	49.70	400m:	6:31.31	49.75	600m:	9:53.00	50.48	800m:	13:12.35	47.44
2.	Noah Vincent Stavorinus				Zpd				NT	0000359	14:23.84	
	50m:	46.43	46.43	250m:	4:20.56	54.16	450m:	8:04.81	56.25	650m:	11:46.65	54.72
	100m:	1:37.77	51.34	300m:	5:15.59	55.03	500m:	9:00.24	55.43	700m:	12:41.93	55.28
	150m:	2:31.24	53.47	350m:	6:12.37	56.78	550m:	9:55.59	55.35	750m:	13:36.43	54.50
	200m:	3:26.40	55.16	400m:	7:08.56	56.19	600m:	10:51.93	56.34	800m:	14:23.84	47.41

LAC deel 2 sessie Vrije slag
Dokkum, 2.1.2011

Programmanr. 4
2-1-2011

Meisjes, 800m vrije slag

Meisjes Junioren 2 en 3
Resultaten

Rang					In.tijd					Tijd		
1.	MARIKE DE BOER				de Granaet	12:10.75	9705302	11:42.09				
	50m:	39.46	39.46	250m:	3:35.99	44.69	450m:	6:34.30	44.28	650m:	9:32.89	45.09
	100m:	1:22.77	43.31	300m:	4:20.68	44.69	500m:	7:19.14	44.84	700m:	10:17.58	44.69
	150m:	2:07.05	44.28	350m:	5:05.24	44.56	550m:	8:03.71	44.57	750m:	11:01.39	43.81
	200m:	2:51.30	44.25	400m:	5:50.02	44.78	600m:	8:47.80	44.09	800m:	11:42.09	40.70
2.	Nynke Ytsma				Wetterwille	12:10.25	9700792	11:52.48				
	50m:	39.26	39.26	250m:	3:37.92	45.41	450m:	6:40.95	45.13	650m:	9:44.57	46.12
	100m:	1:22.64	43.38	300m:	4:23.51	45.59	500m:	7:26.54	45.59	700m:	10:30.16	45.59
	150m:	2:07.16	44.52	350m:	5:09.45	45.94	550m:	8:12.54	46.00	750m:	11:14.16	44.00
	200m:	2:52.51	45.35	400m:	5:55.82	46.37	600m:	8:58.45	45.91	800m:	11:52.48	38.32
3.	BRIGITTE VAN DER VEEN				de Granaet	12:32.72	9802600	12:32.48				
	50m:	38.37	38.37	250m:	3:44.36	47.88	450m:	6:57.42	48.26	650m:	10:11.02	48.63
	100m:	1:23.67	45.30	300m:	4:32.48	48.12	500m:	7:46.16	48.74	700m:	11:00.00	48.98
	150m:	2:09.73	46.06	350m:	5:20.45	47.97	550m:	8:34.02	47.86	750m:	11:48.02	48.02
	200m:	2:56.48	46.75	400m:	6:09.16	48.71	600m:	9:22.39	48.37	800m:	12:32.48	44.46
4.	Silke Bil				de Granaet	13:14.21	9703942	13:37.23				
	50m:	40.09	40.09	250m:	3:55.12	52.32	450m:	7:26.63	53.22	650m:	11:01.32	54.01
	100m:	1:25.23	45.14	300m:	4:47.14	52.02	500m:	8:20.47	53.84	700m:	11:54.63	53.31
	150m:	2:12.65	47.42	350m:	5:39.42	52.28	550m:	9:13.63	53.16	750m:	12:46.53	51.90
	200m:	3:02.80	50.15	400m:	6:33.41	53.99	600m:	10:07.31	53.68	800m:	13:37.23	50.70

Programmanr. 5
2-1-2011

Heren, 1500m vrije slag

1998 en eerder
Resultaten

Rang					In.tijd					Tijd		
1.	THOMAS VELTMAN				de Granaet	18:22.64	9201355	19:01.04				
	50m:	32.73	32.73	450m:	5:37.54	38.31	850m:	10:46.45	39.16	1250m:	15:55.57	38.62
	100m:	1:09.42	36.69	500m:	6:15.42	37.88	900m:	11:25.54	39.09	1300m:	16:33.51	37.94
	150m:	1:47.02	37.60	550m:	6:53.86	38.44	950m:	12:04.23	38.69	1350m:	17:12.02	38.51
	200m:	2:25.82	38.80	600m:	7:32.39	38.53	1000m:	12:42.89	38.66	1400m:	17:49.13	37.11
	250m:	3:03.86	38.04	650m:	8:10.60	38.21	1050m:	13:21.70	38.81	1450m:	18:26.13	37.00
	300m:	3:42.23	38.37	700m:	8:49.76	39.16	1100m:	14:00.48	38.78	1500m:	19:01.04	34.91
	350m:	4:21.13	38.90	750m:	9:28.86	39.10	1150m:	14:39.20	38.72			
	400m:	4:59.23	38.10	800m:	10:07.29	38.43	1200m:	15:16.95	37.75			
2.	HENK-JAN VERKAIK				de Granaet	18:25.51	9305447	19:01.82				
	50m:	33.09	33.09	450m:	5:35.82	38.25	850m:	10:45.32	38.40	1250m:	15:54.07	38.85
	100m:	1:09.51	36.42	500m:	6:13.92	38.10	900m:	11:24.09	38.77	1300m:	16:32.26	38.19
	150m:	1:47.01	37.50	550m:	6:52.80	38.88	950m:	12:02.39	38.30	1350m:	17:10.32	38.06
	200m:	2:25.36	38.35	600m:	7:31.29	38.49	1000m:	12:40.86	38.47	1400m:	17:47.80	37.48
	250m:	3:03.92	38.56	650m:	8:09.73	38.44	1050m:	13:19.70	38.84	1450m:	18:26.09	38.29
	300m:	3:41.67	37.75	700m:	8:48.95	39.22	1100m:	13:58.70	39.00	1500m:	19:01.82	35.73
	350m:	4:19.70	38.03	750m:	9:27.86	38.91	1150m:	14:36.70	38.00			
	400m:	4:57.57	37.87	800m:	10:06.92	39.06	1200m:	15:15.22	38.52			
3.	JOHNNY WESTRA				Zpd	18:59.73	7601017	19:31.89				
	50m:	33.27	33.27	450m:	5:41.77	39.00	850m:	10:57.80	39.19	1250m:	16:15.30	39.78
	100m:	1:09.74	36.47	500m:	6:20.64	38.87	900m:	11:37.05	39.25	1300m:	16:55.05	39.75
	150m:	1:47.86	38.12	550m:	7:00.42	39.78	950m:	12:16.77	39.72	1350m:	17:34.58	39.53
	200m:	2:26.27	38.41	600m:	7:39.96	39.54	1000m:	12:56.61	39.84	1400m:	18:14.42	39.84
	250m:	3:05.24	38.97	650m:	8:19.42	39.46	1050m:	13:36.42	39.81	1450m:	18:54.30	39.88
	300m:	3:44.02	38.78	700m:	8:58.74	39.32	1100m:	14:16.14	39.72	1500m:	19:31.89	37.59
	350m:	4:23.14	39.12	750m:	9:38.39	39.65	1150m:	14:55.99	39.85			
	400m:	5:02.77	39.63	800m:	10:18.61	40.22	1200m:	15:35.52	39.53			

LAC deel 2 sessie Vrije slag
Dokkum, 2.1.2011

Programmanr. 5, Heren, 1500m vrije slag, 1998 en eerder

Rang					In.tijd				Tijd
4.	Robin de Joode		de Granaet		19:51.19		9601371	20:13.61	
	50m:	34.64	34.64	450m:	5:55.93	40.53	850m:	11:23.61	41.65
	100m:	1:13.78	39.14	500m:	6:35.97	40.04	900m:	12:04.78	41.17
	150m:	1:53.59	39.81	550m:	7:17.40	41.43	950m:	12:45.78	41.00
	200m:	2:33.52	39.93	600m:	7:58.57	41.17	1000m:	13:26.59	40.81
	250m:	3:13.22	39.70	650m:	8:39.58	41.01	1050m:	14:07.75	41.16
	300m:	3:53.83	40.61	700m:	9:20.08	40.50	1100m:	14:48.88	41.13
	350m:	4:34.61	40.78	750m:	10:00.08	40.00	1150m:	15:30.30	41.42
	400m:	5:15.40	40.79	800m:	10:41.96	41.88	1200m:	16:12.06	41.76
5.	Bauke Ytsma		Wetterwille		21:20.00		9301131	20:33.48	
	50m:	33.74	33.74	450m:	5:53.38	41.32	850m:	11:30.33	42.27
	100m:	1:10.48	36.74	500m:	6:34.80	41.42	900m:	12:12.86	42.53
	150m:	1:49.14	38.66	550m:	7:16.46	41.66	950m:	12:55.32	42.46
	200m:	2:28.83	39.69	600m:	7:59.14	42.68	1000m:		
	250m:			650m:	8:41.14	42.00	1050m:	14:19.98	
	300m:	3:50.64		700m:	9:23.52	42.38	1100m:	15:02.62	42.64
	350m:	4:31.25	40.61	750m:	10:05.99	42.47	1150m:	15:44.46	41.84
	400m:	5:12.06	40.81	800m:	10:48.06	42.07	1200m:	16:27.06	42.60
6.	Lennart van Ligtenberg		Wetterwille		23:20.00		9501951	20:52.97	
	50m:	34.52	34.52	450m:	6:06.31	42.57	850m:	11:47.18	42.78
	100m:	1:13.24	38.72	500m:	6:48.99	42.68	900m:	12:29.74	42.56
	150m:	1:53.43	40.19	550m:	7:31.81	42.82	950m:	13:11.71	41.97
	200m:	2:34.77	41.34	600m:	8:14.49	42.68	1000m:	13:54.34	42.63
	250m:	3:16.68	41.91	650m:	8:56.74	42.25	1050m:	14:36.59	42.25
	300m:	3:58.46	41.78	700m:	9:39.62	42.88	1100m:	15:18.74	42.15
	350m:	4:41.31	42.85	750m:	10:21.52	41.90	1150m:	16:01.65	42.91
	400m:	5:23.74	42.43	800m:	11:04.40	42.88	1200m:	16:44.43	42.78
7.	Bart Weiland		Wetterwille		22:42.00		9700777	20:54.09	
	50m:	35.29	35.29	450m:	6:13.36	42.79	850m:	11:54.45	42.19
	100m:	1:15.78	40.49	500m:	6:56.41	43.05	900m:	12:37.20	42.75
	150m:	1:57.57	41.79	550m:	7:39.09	42.68	950m:	13:19.20	42.00
	200m:	2:40.54	42.97	600m:	8:21.76	42.67	1000m:	14:02.06	42.86
	250m:	3:23.41	42.87	650m:	9:04.51	42.75	1050m:	14:44.80	42.74
	300m:	4:06.20	42.79	700m:	9:47.26	42.75	1100m:	15:27.26	42.46
	350m:	4:48.16	41.96	750m:	10:29.80	42.54	1150m:	16:09.26	42.00
	400m:	5:30.57	42.41	800m:	11:12.26	42.46	1200m:	16:51.41	42.15
8.	Mirko van Ligtenberg		Wetterwille		21:50.00		9800735	20:54.11	
	50m:	33.42	33.42	450m:	6:10.64	42.56	850m:	11:52.95	42.00
	100m:	1:12.95	39.53	500m:	6:54.48	43.84	900m:	12:35.33	42.38
	150m:	1:55.11	42.16	550m:	7:36.30	41.82	950m:	13:17.45	42.12
	200m:	2:37.39	42.28	600m:	8:19.89	43.59	1000m:	14:00.08	42.63
	250m:	3:20.04	42.65	650m:	9:02.11	42.22	1050m:	14:42.45	42.37
	300m:	4:02.74	42.70	700m:	9:45.42	43.31	1100m:	15:25.14	42.69
	350m:	4:45.80	43.06	750m:	10:28.64	43.22	1150m:	16:08.08	42.94
	400m:	5:28.08	42.28	800m:	11:10.95	42.31	1200m:	16:49.70	41.62
9.	Sybe van Hijum		de Granaet		23:08.66		9206437	22:58.49	
	50m:	40.15	40.15	450m:	6:48.49	46.84	850m:	13:02.52	47.41
	100m:	1:24.33	44.18	500m:	7:35.52	47.03	900m:	13:50.43	47.91
	150m:	2:09.77	45.44	550m:	8:22.02	46.50	950m:	14:38.90	48.47
	200m:	2:55.30	45.53	600m:	9:08.40	46.38	1000m:	15:26.11	47.21
	250m:	3:41.33	46.03	650m:	9:55.05	46.65	1050m:	16:10.36	44.25
	300m:	4:28.15	46.82	700m:	10:41.30	46.25	1100m:	16:55.93	45.57
	350m:	5:14.90	46.75	750m:	11:28.08	46.78	1150m:	17:42.74	46.81
	400m:	6:01.65	46.75	800m:	12:15.11	47.03	1200m:	18:28.96	46.22
10.	Eric Offenga		de Granaet		NT		9604473	23:00.52	
	50m:	41.51	41.51	450m:	6:49.76	46.45	850m:	12:57.02	44.26
	100m:	1:26.85	45.34	500m:	7:36.93	47.17	900m:	13:44.45	47.43
	150m:	2:13.43	46.58	550m:	8:21.95	45.02	950m:	14:31.25	46.80
	200m:	2:59.19	45.76	600m:	9:09.08	47.13	1000m:	15:18.30	47.05
	250m:	3:45.26	46.07	650m:	9:54.56	45.48	1050m:	16:03.27	44.97
	300m:	4:30.51	45.25	700m:	10:39.83	45.27	1100m:	16:50.01	46.74
	350m:	5:16.68	46.17	750m:	11:25.90	46.07	1150m:	17:37.02	47.01
	400m:	6:03.31	46.63	800m:	12:12.76	46.86	1200m:	18:24.75	47.73

LAC deel 2 sessie Vrije slag
Dokkum, 2.1.2011

Programmanr. 5, Heren, 1500m vrije slag, 1998 en eerder

Rang					In.tijd	Tijd						
11.	Kevin de Joode				de Granaet	NT	9800371	23:39.85				
	50m:	41.70	41.70	450m:	7:01.44	47.80	850m:	13:20.96	47.61	1250m:	19:45.99	47.51
	100m:	1:28.64	46.94	500m:	7:49.70	48.26	900m:	14:09.21	48.25	1300m:	20:33.99	48.00
	150m:	2:15.39	46.75	550m:	8:36.36	46.66	950m:	14:57.64	48.43	1350m:	21:21.56	47.57
	200m:	3:03.62	48.23	600m:	9:23.83	47.47	1000m:	15:45.80	48.16	1400m:	22:08.09	46.53
	250m:	3:50.92	47.30	650m:	10:11.64	47.81	1050m:	16:34.14	48.34	1450m:	22:54.66	46.57
	300m:	4:38.52	47.60	700m:	10:58.62	46.98	1100m:	17:22.49	48.35	1500m:	23:39.85	45.19
	350m:	5:26.07	47.55	750m:	11:46.49	47.87	1150m:	18:10.81	48.32			
	400m:	6:13.64	47.57	800m:	12:33.35	46.86	1200m:	18:58.48	47.67			
DIS	Hendrik Ben v/d Boon				Zpd		19:41.41	8804761				
	<i>AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).</i>											
	50m:			450m:			850m:			1250m:		
	100m:			500m:			900m:			1300m:		
	150m:			550m:			950m:			1350m:		
	200m:			600m:			1000m:			1400m:		
	250m:			650m:			1050m:			1450m:		
	300m:			700m:			1100m:			1500m:		
	350m:			750m:			1150m:					
	400m:			800m:			1200m:					

Programmanr. 6
2-1-2011

Dames, 1500m vrije slag

1996 en eerder
Resultaten

Rang					In.tijd	Tijd						
1.	Rixt Wilbers				de Granaet	20:38.66	9503480	20:17.86				
	50m:	35.57	35.57	450m:	5:59.48	40.88	850m:	11:30.16	41.71	1250m:	16:58.73	40.37
	100m:	1:15.07	39.50	500m:	6:40.57	41.09	900m:	12:12.13	41.97	1300m:	17:39.26	40.53
	150m:	1:55.13	40.06	550m:	7:22.10	41.53	950m:	12:53.42	41.29	1350m:	18:19.51	40.25
	200m:	2:35.73	40.60	600m:	8:03.42	41.32	1000m:	13:34.51	41.09	1400m:	18:59.76	40.25
	250m:	3:16.20	40.47	650m:	8:44.70	41.28	1050m:	14:16.13	41.62	1450m:	19:40.16	40.40
	300m:	3:56.73	40.53	700m:	9:25.82	41.12	1100m:	14:56.32	40.19	1500m:	20:17.86	37.70
	350m:	4:37.23	40.50	750m:	10:07.20	41.38	1150m:	15:37.04	40.72			
	400m:	5:18.60	41.37	800m:	10:48.45	41.25	1200m:	16:18.36	41.32			
2.	Maayke de Boer				de Granaet	20:53.64	9505906	20:53.54				
	50m:	36.07	36.07	450m:	6:07.38	42.61	850m:	11:46.67	42.31	1250m:	17:26.80	43.16
	100m:	1:16.20	40.13	500m:	6:49.41	42.03	900m:	12:29.09	42.42	1300m:	18:09.80	43.00
	150m:	1:56.22	40.02	550m:	7:31.77	42.36	950m:	13:11.51	42.42	1350m:	18:51.45	41.65
	200m:	2:37.92	41.70	600m:	8:14.16	42.39	1000m:	13:53.80	42.29	1400m:	19:34.09	42.64
	250m:	3:19.26	41.34	650m:	8:56.54	42.38	1050m:	14:36.16	42.36	1450m:	20:15.57	41.48
	300m:	4:00.82	41.56	700m:	9:38.98	42.44	1100m:	15:18.67	42.51	1500m:	20:53.54	37.97
	350m:	4:42.57	41.75	750m:	10:21.39	42.41	1150m:	16:01.20	42.53			
	400m:	5:24.77	42.20	800m:	11:04.36	42.97	1200m:	16:43.64	42.44			
3.	Ilse Dammer				de Granaet	22:15.18	9403130	23:20.30				
	50m:	38.21	38.21	450m:	6:39.36	46.43	850m:	12:55.86	47.40	1250m:	19:21.18	48.50
	100m:			500m:	7:25.83	46.47	900m:	13:43.30	47.44	1300m:	20:09.96	48.78
	150m:			550m:	8:12.27	46.44	950m:	14:31.80	48.50	1350m:	20:58.89	48.93
	200m:	2:49.21		600m:	8:58.46	46.19	1000m:	15:19.14	47.34	1400m:	21:47.36	48.47
	250m:	3:35.05	45.84	650m:	9:45.86	47.40	1050m:	16:07.18	48.04	1450m:	22:34.93	47.57
	300m:	4:20.11	45.06	700m:	10:33.43	47.57	1100m:			1500m:	23:20.30	45.37
	350m:	5:06.36	46.25	750m:	11:20.93	47.50	1150m:	17:44.61				
	400m:	5:52.93	46.57	800m:	12:08.46	47.53	1200m:	18:32.68	48.07			
4.	Annemiek Meulenbeld				de Granaet	23:29.32	9506230	23:22.68				
	50m:	35.89	35.89	450m:	6:40.17	46.68	850m:	13:01.95	47.96	1250m:	19:29.08	49.00
	100m:	1:17.17	41.28	500m:			900m:	13:49.74	47.79	1300m:	20:17.95	48.87
	150m:	2:01.70	44.53	550m:	8:15.24		950m:	14:37.55	47.81	1350m:	21:06.58	48.63
	200m:	2:47.52	45.82	600m:	9:03.20	47.96	1000m:	15:25.39	47.84	1400m:	21:52.99	46.41
	250m:	3:33.52	46.00	650m:	9:51.80	48.60	1050m:	16:13.45	48.06	1450m:	22:42.30	49.31
	300m:	4:20.24	46.72	700m:	10:39.33	47.53	1100m:	17:01.39	47.94	1500m:	23:22.68	40.38
	350m:	5:06.77	46.53	750m:	11:26.64	47.31	1150m:	17:50.24	48.85			
	400m:	5:53.49	46.72	800m:	12:13.99	47.35	1200m:	18:40.08	49.84			

LAC deel 2 sessie Vrije slag
Dokkum, 2.1.2011

Programmanr. 6, Dames, 1500m vrije slag, 1996 en eerder

Rang						In.tijd			Tijd			
5.	Eline Dammer		de Granaet			25:11.91	9504242		26:17.08			
	50m:	41.15	41.15	450m:	7:17.26	50.07	850m:	14:16.59	53.94	1250m:	21:40.05	55.05
	100m:	1:27.33	46.18	500m:	8:09.21	51.95	900m:	15:11.21	54.62	1300m:	22:35.61	55.56
	150m:	2:15.64	48.31	550m:	9:00.06	50.85	950m:	16:06.58	55.37	1350m:	23:31.42	55.81
	200m:	3:04.40	48.76	600m:	9:52.21	52.15	1000m:	17:01.91	55.33	1400m:	24:27.08	55.66
	250m:	3:53.69	49.29	650m:	10:44.54	52.33	1050m:	17:57.38	55.47	1450m:	25:24.01	56.93
	300m:	4:44.20	50.51	700m:	11:36.11	51.57	1100m:	18:53.30	55.92	1500m:	26:17.08	53.07
	350m:	5:35.40	51.20	750m:	12:28.94	52.83	1150m:	19:49.06	55.76			
	400m:	6:27.19	51.79	800m:	13:22.65	53.71	1200m:	20:45.00	55.94			