

# LAC 2-1

SCOM

Hoogvliet 17-1-2020



LAC Periode 2 - vrijdag 17 januari 2020 om 21:15u (25 m)

Aanvangstijd juryvergadering: 21:00u

1. 1500m vrije slag -  
vanaf 14 jaar

1. Jan Smalheer (Scom, 196400701)

23:19.54

50m	00:37.83	37,83	400m	05:59.70	46,34	750m	11:29.70	47,72	1100m	17:01.76	47,65
100m	01:22.48	44,65	450m	06:46.41	46,71	800m	12:16.95	47,25	1150m	17:49.39	47,63
150m	02:07.77	45,29	500m	07:33.89	47,48	850m	13:04.26	47,31	1200m	18:37.07	47,68
200m	02:54.09	46,32	550m	08:21.09	47,20	900m	13:51.32	47,06	1250m	19:24.67	47,60
250m	03:40.09	46,00	600m	09:08.54	47,45	950m	14:39.01	47,69	1300m	20:12.51	47,84
300m	04:26.73	46,64	650m	09:54.89	46,35	1000m	15:26.51	47,50	1350m	20:59.58	47,07
350m	05:13.36	46,63	700m	10:41.98	47,09	1050m	16:14.11	47,60	1400m	21:47.29	47,71

2. Hetty Smalheer (Scom, 196700352)

26:05.35

50m	00:44.47	44,47	450m	07:36.37	52,16	800m	13:44.87	52,41	1150m	19:56.76	54,35
100m	01:34.29	49,82	500m	08:28.96	52,59	850m	14:37.11	52,24	1200m	20:48.96	52,20
150m	02:25.81	51,52	550m	09:22.72	53,76	900m	15:30.24	53,13	1250m	21:42.64	53,68
200m	03:16.48	50,67	600m	10:15.28	52,56	950m	16:23.65	53,41	1300m	22:35.27	52,63
250m	04:08.36	51,88	650m	11:07.74	52,46	1000m	17:16.94	53,29	1350m	23:29.58	54,31
300m	04:59.87	51,51	700m	11:59.99	52,25	1050m	18:09.36	52,42	1400m	24:21.28	51,70
350m	05:51.49	51,62	750m	12:52.46	52,47	1100m	19:02.41	53,05	1450m	25:15.03	53,75
400m	06:44.21	52,72	800m	13:44.87	52,41	1150m	19:56.76	54,35			

3. Alfonso Verkerk (Scom, 197601665)

27:27.51

50m	00:41.39	41,39	450m	07:48.89	55,16	800m	14:25.98	60,09	1150m	21:05.98	58,34
100m	01:30.61	49,22	500m	08:43.89	55,00	850m	15:22.98	57,00	1200m	22:01.08	55,10
150m	02:22.76	52,15	550m	09:39.26	55,37	900m	16:24.01	61,03	1250m	22:57.67	56,59
200m	03:15.11	52,35	600m	10:35.89	56,63	950m	17:19.35	55,34	1300m	23:55.39	57,72
250m	04:08.95	53,84	650m	11:32.64	56,75	1000m	18:14.92	55,57	1350m	24:51.86	56,47
300m	05:03.51	54,56	700m	12:29.86	57,22	1050m	19:11.36	56,44	1400m	25:46.57	54,71
350m	05:59.07	55,56	750m	13:25.89	56,03	1100m	20:07.64	56,28	1450m	26:41.57	55,00
400m	06:53.73	54,66	800m	14:25.98	60,09	1150m	21:05.98	58,34			