

LAC deel 1 zvorca 04102020



ZV Orca

leeuwarden 4-10-2020

Nummer: 1 - zondag 4 oktober 2020 om 14:30u (25 m)

Aanvangstijd juryvergadering: 14:00u

1. 200m wisselslag - Dames

10 - 11 jaar (Minioren 5 en Junioren 1)

- | | |
|----------------------------------------------------|----------|
| 1. Fay Boxum (Swol 1894, 200900060) | 02:43.63 |
| 50m 00:36.08 36,08 | |
| 2. Marre van der Wal (HZ&PC Heerenveen, 201000046) | 03:10.19 |
| 50m 00:44.26 44,26 | |
| 3. Marjolie Spelde (Thor, 200900266) | 03:13.59 |
| 50m 00:42.76 42,76 | |
| 4. Joleen Noordenbos (Orca, 200900884) | 03:22.12 |
| 50m 00:45.10 45,10 | |
| 5. Ilse Jongepier (Thor, 201000006) | 03:27.97 |
| 50m 00:48.43 48,43 | |
| 6. Lana Schiphof (Orca, 201000654) | 03:30.58 |
| 50m 00:49.41 49,41 | |
| 7. Isa Segenhout (Orca, 201000128) | 03:31.93 |
| 50m 00:45.25 45,25 | |
| 8. Silke van der Ploeg (Orca, 201000052) | 03:44.53 |
| 50m 00:53.38 53,38 | |

2. 200m wisselslag - Heren

10 - 11 jaar (Minioren 5 en 6)

- | | |
|----------------------------------------------------|----------|
| 1. Yorre van der Wal (HZ&PC Heerenveen, 201000017) | 03:22.57 |
| 50m 00:51.60 51,60 | |

3. 200m wisselslag - Dames

vanaf 12 jaar (Junioren 2 en ouder)

- | | |
|---------------------------------------------------|----------|
| 1. Marte Hieke van der Kamp (Orca, 200500218) | 02:32.22 |
| 50m 00:32.02 32,02 | |
| 2. Esmée Mulder (Swol 1894, 200800038) | 02:38.24 |
| 50m 00:34.01 34,01 | |
| 3. Anneke vd Laan (Orca, 200201154) | 02:38.40 |
| 50m 00:33.91 33,91 | |
| 4. Amélie Wortel (Orca, 200500814) | 02:40.70 |
| 50m 00:34.86 34,86 | |
| 5. Nynke van der Zee (Orca, 200700604) | 02:44.48 |
| 50m 00:36.51 36,51 | |
| 6. Cynthia Koolman (Swol 1894, 200300232) | 02:46.11 |
| 50m 00:37.25 37,25 | |
| 7. Liselotte Schaap (HZ&PC Heerenveen, 200603016) | 02:47.21 |
| 50m 00:34.06 34,06 | |
| 8. Maud Koehoorn (HZ&PC Heerenveen, 200501418) | 02:47.52 |
| 50m 00:38.88 38,88 | |
| 9. Maud Roffel (HZ&PC Heerenveen, 200700840) | 02:50.93 |

	50m 00:38.44 38,44		
10. Ilana Gentile (Orca, 200801558)	50m 00:38.63 38,63		02:51.62
11. Linde Fortuin (Orca, 200801530)	50m 00:37.66 37,66		02:52.10
12. Celine Helder (Orca, 200602426)	50m 00:36.20 36,20		02:57.71
13. Yke Spelde (Thor, 200700208)	50m 00:46.68 46,68		03:10.90
14. Amke Kersten (Orca, 200802816)	50m 00:46.13 46,13		03:15.18
15. Mare Meerman (Orca, 200804084)	50m 00:48.62 48,62		03:38.01
4. 200m wisselslag - Heren <i>vanaf 12 jaar (Junioren 1 en ouder)</i>			
1. Domingo Kuipers (Orca, 200501787)	50m 00:28.81 28,81		02:14.08
2. David Kuipers (Orca, 200003633)	50m 00:28.25 28,25		02:15.05
3. Jip Bakker (Orca, 200600287)	50m 00:30.78 30,78		02:19.93
4. Djurre van der Wal (HZ&PC Heerenveen, 200500301)	50m 00:31.21 31,21		02:29.12
5. Storm Boxum (Swol 1894, 200700421)	50m 00:32.59 32,59		02:30.64
6. Diede Veld (Swol 1894, 200800011)	50m 00:35.95 35,95		02:40.41
7. Daan van de Belt (MZ&PC De Reest, 200601221)	50m 00:34.05 34,05		02:44.78
8. Koen de Vries (MZ&PC De Reest, 200802379)	50m 00:43.28 43,28		03:01.59
9. Rens de Boer (MZ&PC De Reest, 200700711)	50m 00:43.97 43,97		03:03.95
10. Jasper Dijks (Orca, 200500109)	50m 00:43.45 43,45		03:05.71
11. Daniël Malda (Orca, 200700281)	50m 00:43.03 43,03		03:10.03
12. Yannick Dijks (Orca, 200700923)	50m 00:50.65 50,65		03:31.21
5. 400m vrije slag - Dames <i>10 - 11 jaar (Minioren 5 en Junioren 1)</i>			
1. Marre van der Wal (HZ&PC Heerenveen, 201000046)	50m 00:38.96 38,96	100m 01:23.14 44,18	200m 02:54.05 90,91
2. Ilse Jongepier (Thor, 201000006)	50m 00:41.22 41,22	100m 01:29.43 48,21	200m 03:09.48 100,05
3. Isa Segenhout (Orca, 201000128)	50m 00:43.83 43,83	100m 01:35.51 51,68	200m 03:22.52 107,01
4. Lana Schiphof (Orca, 201000654)	50m 00:43.26 43,26	100m 01:33.26 50,00	200m 03:18.63 105,37

5. Silke van der Ploeg (Orca, 201000052)				07:01.39
	50m 00:45.08 45,08	100m 01:37.50 52,42	200m 03:25.87 108,37	
6. 400m vrije slag - Heren				
10 - 11 jaar (Minioren 5 en 6)				
1. Yorre van der Wal (HZ&PC Heerenveen, 201000017)				06:23.38
	50m 00:43.65 43,65	100m 01:32.27 48,62	250m 03:11.94 99,67	
7. 800m vrije slag - Dames				
vanaf 11 jaar (Senioren Open)				
1. Marte Hieke van der Kamp (Orca, 200500218)				09:26.23
	50m 00:31.29 31,29	100m 01:05.79 34,50	200m 02:16.96 71,17	400m 04:40.35 143,39
2. Fleur Bos (Orca, 200500674)				09:56.21
	50m 00:32.37 32,37	100m 01:08.43 36,06	200m 02:24.51 76,08	400m 04:56.99 152,48
3. Isabelle Meinema (Swol 1894, 200500216)				10:20.32
	50m 00:34.82 34,82	100m 01:12.73 37,91	200m 02:30.15 77,42	400m 05:04.46 154,31
4. Amélie Wortel (Orca, 200500814)				10:29.43
	50m 00:33.56 33,56	100m 01:11.62 38,06	200m 02:28.66 77,04	400m 05:06.85 158,19
5. Esmée Mulder (Swol 1894, 200800038)				10:36.65
	50m 00:32.70 32,70	100m 01:10.04 37,34	200m 02:27.89 77,85	400m 05:06.71 158,82
6. Cynthia Koolman (Swol 1894, 200300232)				10:49.12
	50m 00:34.97 34,97	100m 01:13.60 38,63	200m 02:34.26 80,66	400m 05:19.39 165,13
7. Fay Boxum (Swol 1894, 200900060)				10:49.76
	50m 00:35.00 35,00	100m 01:14.80 39,80	200m 02:37.77 82,97	400m 05:23.19 165,42
8. Nynke van der Zee (Orca, 200700604)				10:50.35
	50m 00:35.08 35,08	100m 01:15.83 40,75	200m 02:39.77 83,94	400m 05:27.95 168,18
9. Anneke vd Laan (Orca, 200201154)				10:50.73
	50m 00:35.12 35,12	100m 01:15.70 40,58	200m 02:39.43 83,73	400m 05:26.09 166,66
10. Maud Roffel (HZ&PC Heerenveen, 200700840)				10:56.37
	50m 00:36.43 36,43	100m 01:17.61 41,18	200m 02:40.08 82,47	400m 05:24.17 164,09
11. Linde Fortuin (Orca, 200801530)				11:01.23
	50m 00:35.65 35,65	100m 01:16.51 40,86	200m 02:41.12 84,61	400m 05:28.50 167,38
12. Esther Roele (HZ&PC Heerenveen, 200001056)				11:07.94
	50m 00:37.42 37,42	100m 01:19.01 41,59	200m 02:42.75 83,74	400m 05:33.19 170,44
13. Silke Koehoorn (HZ&PC Heerenveen, 200300968)				11:12.94
	50m 00:36.59 36,59	100m 01:17.18 40,59	200m 02:40.47 83,29	400m 05:31.72 171,25
14. Ilana Gentile (Orca, 200801558)				11:29.05
	50m 00:36.43 36,43	100m 01:18.66 42,23	200m 02:46.10 87,44	400m 05:42.41 176,31
15. Heleen Spelde Fransens (Thor, 197901358)				11:45.41
	50m 00:36.15 36,15	100m 01:16.92 40,77	200m 02:43.73 86,81	400m 05:43.94 180,21
16. Laura van Etten (HZ&PC Heerenveen, 200800264)				11:57.61
	50m 00:36.72 36,72	100m 01:20.56 43,84	200m 02:51.69 91,13	400m 05:53.55 181,86
17. Marjolie Spelde (Thor, 200900266)				12:19.96
	50m 00:39.25 39,25	100m 01:23.53 44,28	200m 02:56.89 93,36	400m 06:04.16 187,27
18. Yke Spelde (Thor, 200700208)				12:38.30
	50m 00:40.07 40,07	100m 01:25.80 45,73	200m 03:00.02 94,22	400m 06:14.27 194,25
19. Joleen Noordenbos (Orca, 200900884)				12:49.20
	50m 00:40.70 40,70	100m 01:27.89 47,19	200m 03:06.38 98,49	400m 06:25.04 198,66
20. Amke Kersten (Orca, 200802816)				12:49.87
	50m 00:39.68 39,68	100m 01:26.67 46,99	200m 03:04.40 97,73	400m 06:23.56 199,16
21. Sanne Norder (Z&PC de Inktvis, 199102300)				12:59.23
	50m 00:40.30 40,30	100m 01:25.45 45,15	200m 03:01.91 96,46	400m 06:21.40 199,49

22. Louise Anema (Orca, 200403816)	50m 00:42.70	100m 01:32.09	200m 03:18.13	400m 06:56.77	14:07.18
	42,70	49,39	106,04	218,64	
23. Mare Meerman (Orca, 200804084)	50m 00:43.82	100m 01:36.42	200m 03:25.90	400m 07:07.03	14:24.22
	43,82	52,60	109,48	221,13	
DIS. Liselotte Schaap (HZ&PC Heerenveen, 200603016)					00:00.00
8. 800m vrije slag - Heren					
<i>vanaf 12 jaar (Junioren 1 en ouder)</i>					
1. David Kuipers (Orca, 200003633)	50m 00:29.78	100m 01:02.42	200m 02:08.66	400m 04:23.42	08:52.93
	29,78	32,64	66,24	134,76	
2. Domingo Kuipers (Orca, 200501787)	50m 00:30.48	100m 01:04.20	200m 02:13.27	400m 04:32.84	09:13.28
	48,30	33,72	69,07	139,57	
3. Jip Bakker (Orca, 200600287)	50m 00:29.85	100m 01:04.00	200m 02:16.03	400m 04:41.41	09:28.43
	29,85	34,15	72,03	145,38	
4. Storm Boxum (Swol 1894, 200700421)	50m 00:31.34	100m 01:06.81	200m 02:20.05	400m 04:46.00	09:38.94
	34,34	35,47	73,24	145,95	
5. Djurre van der Wal (HZ&PC Heerenveen, 200500301)	50m 00:31.04	100m 01:06.07	200m 02:20.74	400m 04:49.60	09:50.12
	31,04	35,03	74,67	148,86	
6. Diede Veld (Swol 1894, 200800011)	50m 00:31.78	100m 01:08.81	200m 02:24.96	400m 05:00.29	10:10.23
	31,78	37,03	76,15	155,33	
7. Gijs Koehoorn (HZ&PC Heerenveen, 200800275)	50m 00:33.35	100m 01:12.09	200m 02:31.12	400m 05:10.76	10:31.27
	33,35	38,74	79,03	159,64	
8. Daan van de Belt (MZ&PC De Reest, 200601221)	50m 00:32.35	100m 01:08.73	200m 02:27.82	400m 05:14.09	10:49.10
	32,35	36,38	79,09	166,27	
9. Jeroen Grinwis (Z&PC de Inktvis, 198906813)	50m 00:36.21	100m 01:15.56	200m 02:38.19	400m 05:31.20	11:26.63
	21,21	39,35	82,63	173,01	
10. Koen de Vries (MZ&PC De Reest, 200802379)	50m 00:36.89	100m 01:19.01	200m 02:44.81	400m 05:42.47	11:31.82
	36,89	42,12	85,80	177,66	
11. Jasper Dijks (Orca, 200500109)	50m 00:35.60	100m 01:17.08	200m 02:44.47	400m 05:42.70	11:33.37
	35,60	41,48	87,39	178,23	
12. Rens de Boer (MZ&PC De Reest, 200700711)	50m 00:35.18	100m 01:17.09	200m 02:45.58	400m 05:44.75	11:37.36
	18,18	41,91	88,49	179,17	
13. Lars van Zessen (HZ&PC Heerenveen, 200603045)	50m 00:36.53	100m 01:19.50	200m 02:47.84	400m 05:50.31	11:55.03
	53,53	42,97	88,34	182,47	
14. Daniël Malda (Orca, 200700281)	50m 00:38.51	100m 01:23.05	200m 02:55.34	400m 06:03.13	12:08.53
	38,51	44,54	92,29	187,79	
15. Yannick Dijks (Orca, 200700923)	50m 00:44.50	100m 01:33.31	200m 03:14.48	400m 06:37.35	13:17.10
	44,50	48,81	101,17	202,87	