

Lac 2017-2018 deel 1
Terneuzen, 23-12-2017

Programmanr. 1
23-12-2017 - 15:30

Meisjes, 200m wisselslag

Meisjes Minioren 5 Junioren 1
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
1. Shanna Joppe	Z & PC De Zeeuwse Kl	2:56.20	200601186	2:51.97	+0,85	394	39.50	1:23.08	2:13.36	2:51.97
2. Yara Mels	TRB-RES	2:57.61	200700232	2:55.25	+0,77	373	40.41	1:25.91	2:15.46	2:55.25
3. Félinn van Lienden	Hieronymus	3:04.39	200602038	3:01.05	+0,72	338	39.28	1:24.05	2:19.52	3:01.05
4. Maud Sutin	De Schelde	3:19.91	200700230	3:12.15		283	46.69	1:30.95	2:28.06	3:12.15
5. Sam Albicher	De Schelde	3:14.67	200600936	3:13.90	+0,79	275	45.05	1:33.31	2:30.52	3:13.90
6. Fenna Theunissen	De Bevelanders	3:14.21	200600532	3:14.17	+0,96	274	42.76	1:31.51	2:28.13	3:14.17
7. Alyssa van der Heijden	Hieronymus	3:33.64	200603508	3:15.10		270	44.87	1:30.36	2:32.29	3:15.10
8. Emma de Voogd	Z & PC De Zeeuwse Kl	3:23.02	200700146	3:21.31	+0,80	246	48.43	1:39.50	2:40.05	3:21.31
9. Evy de Rot	AquaDream	3:48.76	200700786	3:34.86	+0,73	202	50.82	1:42.89	2:48.01	3:34.86
10. Emma Bos	De Schelde	3:52.68	200701568	3:41.05		186	52.80	1:50.08	2:52.70	3:41.05
DIS Bo Peeters	Z & PC De Zeeuwse Kl	3:19.86	200700828							

AA - Gestart voor het startsignaal (en wel gezwommen).

AFGEM Lieke Duijnkerke Z & PC De Zeeuwse Kl 3:33.98 200700468

Programmanr. 2
23-12-2017 - 15:38

Jongens, 200m wisselslag

Jongens Minioren 5 en 6
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
1. Joeri Harreman	De Schelde	2:46.50	200600469	2:44.86	+0,63	331	38.66	1:19.74	2:07.98	2:44.86
2. Kylian Oosterveen	Z & PC De Zeeuwse Kl	2:46.74	200600651	2:46.63	+0,86	320	38.21	1:20.18	2:10.99	2:46.63
3. Jelle Fermont	De Schelde	2:58.18	200600395	3:00.46	+0,68	252	38.64	1:26.54	2:19.60	3:00.46
4. Erekle Papunashvili	Z & PC De Zeeuwse Kust NT	200701007		3:16.88	+0,70	194	45.46	1:35.46	2:33.94	3:16.88
5. Xander de Pooter	De Schelde	3:47.97	200601019	3:35.11		149	55.69	1:51.09	2:50.13	3:35.11
6. Kimi-Njordr Jonkman	Z & PC De Zeeuwse Kl	3:34.60	200700149	3:36.03	+0,82	147	53.93	1:45.30	2:46.07	3:36.03
7. Sem de Ridder	Zwemclub Koewacht	4:00.48	200600631	3:40.40		138	52.03	1:51.44	2:55.61	3:40.40

Programmanr. 3
23-12-2017 - 15:43

Dames, 200m wisselslag

Dames Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m		
Meisjes Junioren 2 en 3										
1. Evy van Laarhoven	AquaDream	2:43.06	200500712	2:41.34	+0,80	478	35.01	1:16.42	2:03.87	2:41.34
2. Manouk Maas	Z & PC De Zeeuwse Kl	2:50.30	200502952	2:46.31	+0,73	436	36.22	1:19.43	2:08.81	2:46.31
3. Indy Mels	TRB-RES	2:48.75	200501354	2:55.69	+0,84	370	37.97	1:20.92	2:14.06	2:55.69
4. Britt Sutin	De Schelde	3:02.89	200401318	2:57.88	+0,57	356	40.28	1:23.09	2:16.80	2:57.88
5. Anouk Bijl	De Schelde	NT	200503768	3:17.91	+0,62	259	44.00	1:37.15	2:35.87	3:17.91

Meisjes Jeugd 1 en 2

1. Aniek Harreman	De Schelde	3:00.74	200301172	3:00.24	+0,68	343	39.11	1:23.62	2:15.35	3:00.24
2. Indy Kaijser	Zwemclub Koewacht	3:22.36	200301846	3:18.33	+0,92	257	41.49	1:34.94	2:33.35	3:18.33

Dames Senioren Open

1. Isabella Castelijns	Hieronymus	2:51.29	200105962	2:46.93	+0,75	431	34.55	1:17.29	2:09.08	2:46.93
2. Manon van Geersdaele	De Schelde	2:53.26	199206908	2:53.37	+0,67	385	35.72	1:22.26	2:13.32	2:53.37
3. Paulien Koster	De Bevelanders	3:02.76	200005398	3:05.92	+0,88	312	39.80	1:25.98	2:23.05	3:05.92

Lac 2017-2018 deel 1
Terneuzen, 23-12-2017

Programmanr. 4
23-12-2017 - 15:50

Heren, 200m wisselslag

Heren Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
Jongens Junioren 1 en 2									
1. Devid Amiryen	De Schelde	3:08.85	200404199	2:59.79	255	40.97	1:24.58	2:15.20	2:59.79
AFGEM Dylan Brizee	Z&PC De Ganze	3:03.43	200402993						

Jongens Junioren 3 en 4

1. Stijn de Rechter	Zwemclub Koewacht	3:10.33	200202989	2:36.54	386	31.11	1:09.40	1:58.12	2:36.54
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Heren Senioren Open

1. Teun de Pooter	De Schelde	2:48.05	199901715	2:48.92	307	35.74	1:17.63	2:09.73	2:48.92
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Programmanr. 5
23-12-2017 - 15:53

Meisjes, 200m vrije slag

Meisjes Minioren 3 en 4
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Elske van der Ven	TRB-RES	NT 200800904	3:09.77	211	43.37	1:31.49	2:21.78	3:09.77
2. Marith Ewijk	TRB-RES	NT 200801414	3:17.18	+0,70 188	41.84	1:33.25	2:25.71	3:17.18
3. Narkeasha Peterson	Z & PC De Zeeuwse Kust	NT 200800576	3:33.75	148	45.33	1:41.58	2:39.80	3:33.75
4. Noor Ruitenbeek	Zwemclub Koewacht	NT 200900250	3:35.00	145	45.59	1:42.95	2:41.81	3:35.00
5. Vianne Goeree	Z & PC De Zeeuwse Kust	NT 200800574	3:39.25	+1,06 137	47.42	1:44.57	2:44.16	3:39.25
6. Elena Lunsingh	TRB-RES	NT 200802228	3:39.80	136	45.59	1:41.87	2:41.79	3:39.80
7. Jip Peeters	Z & PC De Zeeuwse Kust	NT 200900160	3:55.44	111	50.72	1:52.71	2:55.43	3:55.44
8. Jenna Bogaert	Zwemclub Koewacht	NT 200900156	3:58.51	106	51.54	1:54.19	2:58.34	3:58.51

Programmanr. 6
23-12-2017 - 15:56

Jongens, 200m vrije slag

Jongens Minioren 4 en later
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
BM Marco de Bat	De Schelde	2:42.70	197101467	2:40.71	+0,84 256	36.80	1:17.68	2:00.43	2:40.71
BM Robert Martens	De Schelde	NT 197301463	2:40.99	+0,95 254	34.18	1:14.22	1:59.75	2:40.99	

Programmanr. 7
23-12-2017 - 15:59

Meisjes, 400m vrije slag

Meisjes Minioren 5 Junioren 1
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
1. Shanna Joppe	Z & PC De Zeeuwse Kust	5:31.09	200601186		5:21.33	+0,83	408	
50m: 37.18	37.18	150m: 1:58.47	40.83	250m: 3:20.74	41.35	350m: 4:42.93	40.73	
100m: 1:17.64	40.46	200m: 2:39.39	40.92	300m: 4:02.20	41.46	400m: 5:21.33	38.40	
2. Yara Mels	TRB-RES	5:37.34	200700232		5:26.91	+0,75	388	
50m: 37.65	37.65	150m: 2:00.36	41.84	250m: 3:23.91	42.20	350m: 4:49.21	43.11	
100m: 1:18.52	40.87	200m: 2:41.71	41.35	300m: 4:06.10	42.19	400m: 5:26.91	37.70	
3. Félinn van Lienden	Hieronymus	5:38.52	200602038		5:33.98		364	
50m: 38.14	38.14	150m: 2:01.97	42.25	250m: 3:26.47	42.30	350m: 4:52.21	42.95	
100m: 1:19.72	41.58	200m: 2:44.17	42.20	300m: 4:09.26	42.79	400m: 5:33.98	41.77	
4. Maud Sutin	De Schelde	6:35.29	200700230		6:03.77		281	
50m: 41.70	41.70	150m: 2:12.12	46.27	250m: 3:45.95	47.12	350m: 5:20.28	47.23	
100m: 1:25.85	44.15	200m: 2:58.83	46.71	300m: 4:33.05	47.10	400m: 6:03.77	43.49	
5. Merel Hommers	De Schelde	6:10.42	200600926		6:08.68	+0,55	270	
50m: 40.18	40.18	150m: 2:14.73	48.20	250m: 3:50.71	48.43	350m: 5:24.98	46.99	
100m: 1:26.53	46.35	200m: 3:02.28	47.55	300m: 4:37.99	47.28	400m: 6:08.68	43.70	
6. Emma de Voogd	Z & PC De Zeeuwse Kust	6:24.15	200700146		6:11.99	+1,03	263	
50m: 43.55	43.55	150m: 2:19.25	47.83	250m: 3:54.72	48.30	350m: 5:29.36	46.69	
100m: 1:31.42	47.87	200m: 3:06.42	47.17	300m: 4:42.67	47.95	400m: 6:11.99	42.63	
7. Floortje Bartels	Hieronymus	6:48.82	200601486		6:14.25	+0,80	258	
50m: 40.62	40.62	150m: 2:14.23	47.58	250m: 3:50.81	48.06	350m: 5:28.89	48.55	
100m: 1:26.65	46.03	200m: 3:02.75	48.52	300m: 4:40.34	49.53	400m: 6:14.25	45.36	

Lac 2017-2018 deel 1
Terneuzen, 23-12-2017

Programmanr. 7, Meisjes, 400m vrije slag, Meisjes Minioren 5 Junioren 1

rang	naam	vereniging	intijd	tijd	RT
8.	Bo Peeters	Z & PC De Zeeuwse Kust	6:27.59	200700828	6:17.84 +0,93 251
	50m: 42.59	42.59 150m: 2:17.59	48.65	250m: 3:54.90	48.93
	100m: 1:28.94	46.35 200m: 3:05.97	48.38	300m: 4:44.21	49.31
				350m: 5:32.32	48.11
				400m: 6:17.84	45.52
9.	Alyssa van der Heijden	Hieronymus	6:41.18	200603508	6:17.90 +0,64 251
	50m: 43.46	43.46 150m: 2:18.29	48.03	250m: 3:54.93	48.89
	100m: 1:30.26	46.80 200m: 3:06.04	47.75	300m: 4:43.81	48.88
				350m: 5:32.01	48.20
				400m: 6:17.90	45.89
10.	Sam Albicher	De Schelde	6:20.06	200600936	6:24.10 +0,85 239
	50m: 43.40	43.40 150m: 2:18.86	47.64	250m: 3:57.63	49.52
	100m: 1:31.22	47.82 200m: 3:08.11	49.25	300m: 4:46.85	49.22
				350m: 5:36.36	49.51
				400m: 6:24.10	47.74
11.	Fenna Theunissen	De Bevelanders	6:20.48	200600532	6:26.59 234
	50m: 45.02	45.02 150m: 2:26.95	50.51	250m: 4:07.88	50.39
	100m: 1:36.44	51.42 200m: 3:17.49	50.54	300m: 4:55.96	48.08
				350m: 5:44.56	48.60
				400m: 6:26.59	42.03
12.	Wies Ruitenbeek	Zwemclub Koewacht	6:45.78	200700234	6:36.13 +0,80 218
	50m: 45.26	45.26 150m: 2:26.49	51.26	250m: 4:08.69	50.87
	100m: 1:35.23	49.97 200m: 3:17.82	51.33	300m: 4:58.24	49.55
				350m: 5:49.51	51.27
				400m: 6:36.13	46.62
13.	Lieke Duijnkerke	Z & PC De Zeeuwse Kust	6:38.77	200700468	6:36.77 217
	50m: 44.79	44.79 150m: 2:26.60	51.20	250m: 4:08.61	51.11
	100m: 1:35.40	50.61 200m: 3:17.50	50.90	300m: 4:59.00	50.39
				350m: 5:50.27	51.27
				400m: 6:36.77	46.50
14.	Evy de Rot	AquaDream	6:56.25	200700786	6:49.51 197
	50m: 45.40	45.40 150m: 2:30.14	53.15	250m: 4:17.35	53.67
	100m: 1:36.99	51.59 200m: 3:23.68	53.54	300m: 5:11.76	54.41
				350m: 6:03.28	51.52
				400m: 6:49.51	46.23
15.	Emma Bos	De Schelde	7:08.19	200701568	7:02.53 180
	50m: 46.27	46.27 150m: 2:32.71	53.35	250m: 4:21.23	53.49
	100m: 1:39.36	53.09 200m: 3:27.74	55.03	300m: 5:16.57	55.34
				350m: 6:11.80	55.23
				400m: 7:02.53	50.73
BM	Indy Kaijser	Zwemclub Koewacht	NT	200301846	6:05.54 +0,95 277
	50m: 40.84	40.84 150m: 2:13.12	47.42	250m: 3:48.57	47.88
	100m: 1:25.70	44.86 200m: 3:00.69	47.57	300m: 4:36.36	47.79
				350m: 5:23.00	46.64
				400m: 6:05.54	42.54

Programmanr. 8
23-12-2017 - 16:14

Jongens, 400m vrije slag

Jongens Minioren 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Kylian Oosterveen	Z & PC De Zeeuwse Kust	5:11.97	200600651	5:20.67 +0,86 323
	50m: 36.75	36.75 150m: 1:59.42	42.01	250m: 3:22.77	41.58
	100m: 1:17.41	40.66 200m: 2:41.19	41.77	300m: 4:04.20	41.43
				350m: 4:45.62	41.42
				400m: 5:20.67	35.05
2.	Joeri Harreman	De Schelde	5:19.32	200600469	5:22.95 +0,72 316
	50m: 36.54	36.54 150m: 1:59.39	41.97	250m: 3:23.68	42.06
	100m: 1:17.42	40.88 200m: 2:41.62	42.23	300m: 4:05.80	42.12
				350m: 4:47.01	41.21
				400m: 5:22.95	35.94
3.	Jelle Fermont	De Schelde	6:02.52	200600395	5:54.42 +0,63 239
	50m: 39.30	39.30 150m: 2:08.00	45.10	250m: 3:39.34	45.93
	100m: 1:22.90	43.60 200m: 2:53.41	45.41	300m: 4:26.29	46.95
				350m: 5:11.49	45.20
				400m: 5:54.42	42.93
4.	Erekle Papanashvili	Z & PC De Zeeuwse Kust	NT	200701007	6:03.35 222
	50m: 42.34	42.34 150m: 2:13.64	45.99	250m: 3:48.54	47.85
	100m: 1:27.65	45.31 200m: 3:00.69	47.05	300m: 4:36.27	47.73
				350m: 5:22.24	45.97
				400m: 6:03.35	41.11
5.	Xander de Pooter	De Schelde	7:12.17	200601019	6:46.73 +0,69 158
	50m: 46.50	46.50 150m: 2:31.00	52.65	250m: 4:16.21	52.78
	100m: 1:38.35	51.85 200m: 3:23.43	52.43	300m: 5:09.21	53.00
				350m: 6:00.31	51.10
				400m: 6:46.73	46.42
6.	Kimi-Njodr Jonkman	Z & PC De Zeeuwse Kust	NT	200700149	6:55.10 +0,96 149
	50m: 45.66	45.66 150m: 2:31.27	53.52	250m: 4:19.50	54.95
	100m: 1:37.75	52.09 200m: 3:24.55	53.28	300m: 5:13.89	54.39
				350m: 6:06.64	52.75
				400m: 6:55.10	48.46
BM	Stijn de Rechter	Zwemclub Koewacht	NT	200202989	4:58.91 +1,08 399
	50m: 33.09	33.09 150m: 1:48.36	38.12	250m: 3:05.56	39.09
	100m: 1:10.24	37.15 200m: 2:26.47	38.11	300m: 3:43.69	38.13
				350m: 4:21.69	38.00
				400m: 4:58.91	37.22

Lac 2017-2018 deel 1
Terneuzen, 23-12-2017

Programmanr. 9
23-12-2017 - 16:31

Dames, 800m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
Meisjes Junioren 2 en 3							
1.	Luka de Neef	AquaDream	10:40.00	200401824	9:40.86 +0,49 591		
	100m: 1:08.58	1:08.58 300m: 3:36.34	1:14.01	500m: 6:03.57	1:12.85	700m: 8:29.09	1:12.59
	200m: 2:22.33	1:13.75 400m: 4:50.72	1:14.38	600m: 7:16.50	1:12.93	800m: 9:40.86	1:11.77
2.	Indy van Laarhoven	AquaDream	NT	200500710	10:28.99 465		
	100m: 1:14.70	1:14.70 300m: 3:55.82	1:20.94	500m: 6:35.14	1:19.22	700m: 9:12.94	1:18.24
	200m: 2:34.88	1:20.18 400m: 5:15.92	1:20.10	600m: 7:54.70	1:19.56	800m: 10:28.99	1:16.05
3.	Lien Fermont	De Schelde	NT	200500506	10:51.05 +0,60 420		
	100m: 1:13.29	1:13.29 300m: 3:55.83	1:22.13	500m: 6:42.25	1:24.46	700m: 9:30.37	1:23.26
	200m: 2:33.70	1:20.41 400m: 5:17.79	1:21.96	600m: 8:07.11	1:24.86	800m: 10:51.05	1:20.68
4.	Bibi de Jong	Hieronymus	10:46.35	200401164	10:51.35 +0,78 419		
	100m: 1:13.54	1:13.54 300m: 3:56.51	1:22.31	500m: 6:43.32	1:23.97	700m: 9:30.84	1:23.74
	200m: 2:34.20	1:20.66 400m: 5:19.35	1:22.84	600m: 8:07.10	1:23.78	800m: 10:51.35	1:20.51
5.	Tessa Roovers	De Schelde	NT	200405206	10:53.75 +0,82 414		
	100m: 1:17.08	1:17.08 300m: 4:01.95	1:22.69	500m: 6:48.24	1:23.10	700m: 9:34.55	1:23.08
	200m: 2:39.26	1:22.18 400m: 5:25.14	1:23.19	600m: 8:11.47	1:23.23	800m: 10:53.75	1:19.20
6.	Mirthe Vlegels	Hieronymus	10:58.14	200503486	10:55.15 +0,55 412		
	100m: 1:13.57	1:13.57 300m: 3:58.47	1:22.43	500m: 6:46.06	1:23.60	700m: 9:33.85	1:23.76
	200m: 2:36.04	1:22.47 400m: 5:22.46	1:23.99	600m: 8:10.09	1:24.03	800m: 10:55.15	1:21.30
7.	Esmee de Volder	Hieronymus	NT	200404362	11:20.67 +0,82 367		
	100m: 1:17.55	1:17.55 300m: 4:09.64	1:25.60	500m: 7:04.55	1:28.08	700m: 9:59.70	1:26.50
	200m: 2:44.04	1:26.49 400m: 5:36.47	1:26.83	600m: 8:33.20	1:28.65	800m: 11:20.67	1:20.97
8.	Luna van Tilburg	De Krabben	11:26.53	200502160	11:39.06 +0,50 339		
	100m: 1:15.38	1:15.38 300m: 4:13.43	1:30.47	500m: 7:17.83	1:32.72	700m: 10:17.81	1:29.28
	200m: 2:42.96	1:27.58 400m: 5:45.11	1:31.68	600m: 8:48.53	1:30.70	800m: 11:39.06	1:21.25
9.	Indy Mels	TRB-RES	NT	200501354	11:40.21 +0,86 337		
	100m: 1:21.50	1:21.50 300m: 4:18.10	1:29.62	500m: 7:18.13	1:30.33	700m: 10:17.18	1:28.76
	200m: 2:48.48	1:26.98 400m: 5:47.80	1:29.70	600m: 8:48.42	1:30.29	800m: 11:40.21	1:23.03
10.	Britt Sutin	De Schelde	NT	200401318	11:58.46 +0,60 312		
	100m: 1:22.47	1:22.47 300m: 4:24.16	1:31.14	500m: 7:29.35	1:33.01	700m: 10:31.85	1:30.00
	200m: 2:53.02	1:30.55 400m: 5:56.34	1:32.18	600m: 9:01.85	1:32.50	800m: 11:58.46	1:26.61
11.	Maud Ruitenbeek	Zwemclub Koewacht	12:02.54	200501894	12:03.65 +0,59 306		
	100m: 1:21.96	1:21.96 300m: 4:24.00	1:31.58	500m: 7:28.55	1:31.76	700m: 10:34.37	1:32.67
	200m: 2:52.42	1:30.46 400m: 5:56.79	1:32.79	600m: 9:01.70	1:33.15	800m: 12:03.65	1:29.28
12.	Luca Levens	TRB-RES	NT	200402672	12:15.53 +0,74 291		
	100m: 1:26.19	1:26.19 300m: 4:32.32	1:33.22	500m: 7:42.74	1:36.50	700m: 10:47.66	1:31.97
	200m: 2:59.10	1:32.91 400m: 6:06.24	1:33.92	600m: 9:15.69	1:32.95	800m: 12:15.53	1:27.87
13.	Maaïke Meulblok	Z & PC De Zeeuwse Kust	NT	200500104	12:15.60 291		
	100m: 1:23.99	1:23.99 300m: 4:30.91	1:33.84	500m: 7:41.43	1:35.07	700m: 10:48.73	1:32.95
	200m: 2:57.07	1:33.08 400m: 6:06.36	1:35.45	600m: 9:15.78	1:34.35	800m: 12:15.60	1:26.87
14.	Floor de Pooter	De Schelde	12:23.41	200501120	12:23.23 +0,66 282		
	100m: 1:23.14	1:23.14 300m: 4:32.08	1:34.57	500m: 7:39.84	1:33.75	700m: 10:50.20	1:35.59
	200m: 2:57.51	1:34.37 400m: 6:06.09	1:34.01	600m: 9:14.61	1:34.77	800m: 12:23.23	1:33.03
15.	Fleur de Ridder	Zwemclub Koewacht	NT	200402052	13:01.58 +1,03 242		
	100m: 1:27.92	1:27.92 300m: 4:48.34	1:40.75	500m: 8:06.54	1:39.38	700m: 11:29.05	1:42.18
	200m: 3:07.59	1:39.67 400m: 6:27.16	1:38.82	600m: 9:46.87	1:40.33	800m: 13:01.58	1:32.53
16.	Anouk Bijl	De Schelde	NT	200503768	13:05.04 +0,71 239		
	100m: 1:28.16	1:28.16 300m: 4:47.84	1:40.65	500m: 8:08.68	1:39.94	700m: 11:31.04	1:41.32
	200m: 3:07.19	1:39.03 400m: 6:28.74	1:40.90	600m: 9:49.72	1:41.04	800m: 13:05.04	1:34.00
17.	Evie Meerveld	De Schelde	NT	200501978	13:23.39 +0,92 223		
	100m: 1:29.69	1:29.69 300m: 4:53.15	1:41.98	500m: 8:18.98	1:43.11	700m: 11:45.64	1:44.08
	200m: 3:11.17	1:41.48 400m: 6:35.87	1:42.72	600m: 10:01.56	1:42.58	800m: 13:23.39	1:37.75
AFGEM	Romy Steenpoorte	Z & PC De Zeeuwse Kust	NT	200501552			
Meisjes Jeugd 1 en 2							
1.	Anastasia Renssen	TRB-RES	NT	200202588	9:56.33 +0,67 546		
	100m: 1:08.37	1:08.37 300m: 3:39.42	1:16.15	500m: 6:13.54	1:17.25	700m: 8:45.17	1:15.79
	200m: 2:23.27	1:14.90 400m: 4:56.29	1:16.87	600m: 7:29.38	1:15.84	800m: 9:56.33	1:11.16
2.	Daphne Vonk	Zwemclub Koewacht	NT	200202216	12:12.20 +0,65 295		
	100m: 1:21.45	1:21.45 300m: 4:23.10	1:31.64	500m: 7:32.33	1:35.65	700m: 10:42.05	1:34.04
	200m: 2:51.46	1:30.01 400m: 5:56.68	1:33.58	600m: 9:08.01	1:35.68	800m: 12:12.20	1:30.15

Lac 2017-2018 deel 1
Terneuzen, 23-12-2017

Programmanr. 9, Dames, 800m vrije slag

Dames Senioren Open

rang	naam	vereniging	intijd	200001358	9:49.78	+0,87	564
1.	Kirsten Walraven	Z & PC De Zeeuwse Kust	9:44.65	200001358	9:49.78	+0,87	564
	100m: 1:05.80	1:05.80 300m: 3:31.06	1:12.89	500m: 6:00.00	1:14.83	700m: 8:32.95	1:16.69
	200m: 2:18.17	1:12.37 400m: 4:45.17	1:14.11	600m: 7:16.26	1:16.26	800m: 9:49.78	1:16.83
2.	Laura Nieuwland	Z & PC De Zeeuwse Kust	9:40.98	200001834	10:18.30	+0,56	490
	100m: 1:08.96	1:08.96 300m: 3:42.54	1:17.82	500m: 6:21.41	1:19.67	700m: 9:01.10	1:19.34
	200m: 2:24.72	1:15.76 400m: 5:01.74	1:19.20	600m: 7:41.76	1:20.35	800m: 10:18.30	1:17.20
3.	Paulien Koster	De Bevelanders	11:45.11	200005398	12:05.11	+0,90	304
	100m: 1:16.37	1:16.37 300m: 4:13.54	1:30.67	500m: 7:22.21	1:35.00	700m: 10:32.00	1:35.07
	200m: 2:42.87	1:26.50 400m: 5:47.21	1:33.67	600m: 8:56.93	1:34.72	800m: 12:05.11	1:33.11

Programmanr. 10
23-12-2017 - 17:09

Heren, 800m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Jongens Junioren 1 en 2					
1.	Sem Lazeroms	Hieronymus	10:31.70	200402921	10:03.01 +0,84 421
	100m: 1:06.74	1:06.74 300m: 3:39.12	1:16.69	500m: 6:14.20	1:17.27
	200m: 2:22.43	1:15.69 400m: 4:56.93	1:17.81	600m: 7:31.57	1:17.37
					700m: 8:48.86
					800m: 10:03.01
2.	Sven ten Hove	Hieronymus	NT	200500273	10:16.56 +0,66 394
	100m: 1:13.92	1:13.92 300m: 3:49.29	1:16.68	500m: 6:24.76	1:18.23
	200m: 2:32.61	1:18.69 400m: 5:06.53	1:17.24	600m: 7:43.05	1:18.29
					700m: 9:02.14
					800m: 10:16.56
3.	Sigsten Jonkman	Z & PC De Zeeuwse Kust	NT	200500523	10:40.98 +0,52 351
	100m: 1:12.86	1:12.86 300m: 3:52.54	1:20.17	500m: 6:37.93	1:23.05
	200m: 2:32.37	1:19.51 400m: 5:14.88	1:22.34	600m: 8:00.50	1:22.57
					700m: 9:22.65
					800m: 10:40.98
4.	Steyn Mosterd	Z & PC De Zeeuwse Kust	NT	200402289	10:47.35 +0,72 341
	100m: 1:13.72	1:13.72 300m: 3:55.85	1:21.86	500m: 6:42.40	1:23.73
	200m: 2:33.99	1:20.27 400m: 5:18.67	1:22.82	600m: 8:06.12	1:23.72
					700m: 9:29.25
					800m: 10:47.35
5.	Wouter Provoost	Zwemclub Koewacht	11:40.40	200500703	11:30.76 +0,91 280
	100m: 1:16.81	1:16.81 300m: 4:11.60	1:28.25	500m: 7:10.93	1:29.18
	200m: 2:43.35	1:26.54 400m: 5:41.75	1:30.15	600m: 8:38.94	1:28.01
					700m: 10:07.05
					800m: 11:30.76
AFGEM	Dylan Brizee	Z&PC De Ganze	12:32.13	200402993	

Jongens Junioren 3 en 4

1.	Sander Provoost	Zwemclub Koewacht	10:24.85	200302121	10:26.48 +0,92 376
	100m: 1:11.41	1:11.41 300m: 3:49.52	1:19.84	500m: 6:32.57	1:21.85
	200m: 2:29.68	1:18.27 400m: 5:10.72	1:21.20	600m: 7:51.83	1:19.26
					700m: 9:09.40
					800m: 10:26.48

Heren Senioren Open

1.	Andy van Akkeren	Hieronymus	9:24.15	199505381	9:59.38 +0,62 429
	100m: 1:06.10	1:06.10 300m: 3:34.59	1:15.37	500m: 6:09.40	1:18.28
	200m: 2:19.22	1:13.12 400m: 4:51.12	1:16.53	600m: 7:26.26	1:16.86
					700m: 8:44.69
					800m: 9:59.38
2.	Tom van Gils	Sg ZOC	10:16.15	199501799	10:34.23 +0,72 362
	100m: 1:05.75	1:05.75 300m: 3:34.90	1:16.39	500m: 6:19.71	1:24.85
	200m: 2:18.51	1:12.76 400m: 4:54.86	1:19.96	600m: 7:45.87	1:26.16
					700m: 9:11.42
					800m: 10:34.23
3.	Arjan Dekker	Zwemclub Koewacht	14:44.14	196900225	13:22.40 +1,01 179
	100m: 1:23.40	1:23.40 300m: 4:45.46	1:43.45	500m: 8:16.08	1:46.16
	200m: 3:02.01	1:38.61 400m: 6:29.92	1:44.46	600m: 10:01.32	1:45.24
					700m: 11:46.37
					800m: 13:22.40

Programmanr. 11
23-12-2017 - 17:40

Dames, 1500m vrije slag

Dames Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Meisjes Jeugd 1 en 2					
1.	Roos Englebert	Hieronymus	19:20.25	200200606	19:09.29 +0,92 522
	100m: 1:10.86	1:10.86 500m: 6:14.42	1:16.32	900m: 11:22.85	1:17.48
	200m: 2:26.41	1:15.55 600m: 7:30.30	1:15.88	1000m: 12:40.57	1:17.72
	300m: 3:42.29	1:15.88 700m: 8:47.45	1:17.15	1100m: 13:58.61	1:18.04
	400m: 4:58.10	1:15.81 800m: 10:05.37	1:17.92	1200m: 15:16.89	1:18.28
					1300m: 16:35.63
					1400m: 17:53.56
					1500m: 19:09.29

Lac 2017-2018 deel 1
Terneuzen, 23-12-2017

Programmanr. 11, Meisjes, 1500m vrije slag, Meisjes Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
2.	Elte van Goethem	De Honte	NT	200300432	21:51.76 +0,89 351			
	100m: 1:17.60	1:17.60	500m: 7:05.63	1:29.05	900m: 13:00.93	1:29.41	1300m: 18:58.83	1:28.44
	200m: 2:43.31	1:25.71	600m: 8:33.18	1:27.55	1000m: 14:29.89	1:28.96	1400m: 20:28.02	1:29.19
	300m: 4:09.91	1:26.60	700m: 10:02.36	1:29.18	1100m: 15:58.93	1:29.04	1500m: 21:51.76	1:23.74
	400m: 5:36.58	1:26.67	800m: 11:31.52	1:29.16	1200m: 17:30.39	1:31.46		
3.	Nasca van Dijk	Zwemclub Koewacht	24:25.23	200300816	22:48.78 +0,77 309			
	100m: 1:18.65	1:18.65	500m: 7:25.69	1:33.03	900m: 13:41.76	1:34.57	1300m: 19:51.82	1:31.14
	200m: 2:48.88	1:30.23	600m: 8:58.91	1:33.22	1000m: 15:13.91	1:32.15	1400m: 21:22.95	1:31.13
	300m: 4:20.08	1:31.20	700m: 10:32.83	1:33.92	1100m: 16:47.29	1:33.38	1500m: 22:48.78	1:25.83
	400m: 5:52.66	1:32.58	800m: 12:07.19	1:34.36	1200m: 18:20.68	1:33.39		

Dames Senioren Open

1.	Isabella Castelijns	Hieronymus	22:01.60	200105962	21:12.53 +0,76 385			
	100m: 1:13.83	1:13.83	500m: 6:52.56	1:27.11	900m: 12:37.53	1:25.46	1300m: 18:25.50	1:26.74
	200m: 2:36.16	1:22.33	600m: 8:18.99	1:26.43	1000m: 14:03.51	1:25.98	1400m: 19:51.73	1:26.23
	300m: 4:00.19	1:24.03	700m: 9:45.71	1:26.72	1100m: 15:30.65	1:27.14	1500m: 21:12.53	1:20.80
	400m: 5:25.45	1:25.26	800m: 11:12.07	1:26.36	1200m: 16:58.76	1:28.11		
2.	Kayleigh Kloet	Sg ZOC	NT	199802860	22:20.91 +0,80 329			
	100m: 1:16.80	1:16.80	500m: 7:01.88	1:27.77	900m: 12:58.96	1:30.22	1300m: 19:09.39	1:37.74
	200m: 2:41.14	1:24.34	600m: 8:30.01	1:28.13	1000m: 14:29.25	1:30.29	1400m: 20:45.18	1:35.79
	300m: 4:07.32	1:26.18	700m: 9:58.97	1:28.96	1100m: 15:58.14	1:28.89	1500m: 22:20.91	1:35.73
	400m: 5:34.11	1:26.79	800m: 11:28.74	1:29.77	1200m: 17:31.65	1:33.51		
3.	Ingeborg speelman Hamelink	Zwemclub Koewacht	22:57.17	197601028	23:20.21 +0,89 289			
	100m: 1:23.79	1:23.79	500m: 7:34.32	1:33.32	900m: 13:50.46	1:33.88	1300m: 20:10.21	1:35.04
	200m: 2:55.26	1:31.47	600m: 9:08.66	1:34.34	1000m: 15:24.89	1:34.43	1400m: 21:46.20	1:35.99
	300m: 4:27.42	1:32.16	700m: 10:43.13	1:34.47	1100m: 16:59.64	1:34.75	1500m: 23:20.21	1:34.01
	400m: 6:01.00	1:33.58	800m: 12:16.58	1:33.45	1200m: 18:35.17	1:35.53		

Programmanr. 12
23-12-2017 - 18:05

Heren, 1500m vrije slag

Heren Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Jongens Junioren 3 en 4								
1.	Tristan Kloet	Sg ZOC	19:01.38	200200063	18:42.62 +0,77 467			
	100m: 1:06.41	1:06.41	500m: 6:05.39	1:15.86	900m: 11:08.74	1:16.23	1300m: 16:14.97	1:16.44
	200m: 2:19.94	1:13.53	600m: 7:20.93	1:15.54	1000m: 12:24.78	1:16.04	1400m: 17:30.65	1:15.68
	300m: 3:34.30	1:14.36	700m: 8:36.68	1:15.75	1100m: 13:41.66	1:16.88	1500m: 18:42.62	1:11.97
	400m: 4:49.53	1:15.23	800m: 9:52.51	1:15.83	1200m: 14:58.53	1:16.87		
2.	Freek Gabriels	TRB-RES	NT	200301407	18:48.47 +0,73 460			
	100m: 1:07.10	1:07.10	500m: 6:08.83	1:17.11	900m: 11:15.64	1:16.49	1300m: 16:22.46	1:16.12
	200m: 2:21.14	1:14.04	600m: 7:26.26	1:17.43	1000m: 12:32.12	1:16.48	1400m: 17:37.87	1:15.41
	300m: 3:36.36	1:15.22	700m: 8:42.49	1:16.23	1100m: 13:49.34	1:17.22	1500m: 18:48.47	1:10.60
	400m: 4:51.72	1:15.36	800m: 9:59.15	1:16.66	1200m: 15:06.34	1:17.00		
3.	Gijs de Pooter	De Schelde	20:45.65	200301113	19:55.07 +0,49 387			
	100m: 1:15.11	1:15.11	500m: 6:34.02	1:20.59	900m: 11:55.30	1:19.33	1300m: 17:19.77	1:20.53
	200m: 2:33.78	1:18.67	600m: 7:54.41	1:20.39	1000m: 13:16.66	1:21.36	1400m: 18:39.81	1:20.04
	300m: 3:53.59	1:19.81	700m: 9:15.25	1:20.84	1100m: 14:38.53	1:21.87	1500m: 19:55.07	1:15.26
	400m: 5:13.43	1:19.84	800m: 10:35.97	1:20.72	1200m: 15:59.24	1:20.71		
4.	Kyan Levens	TRB-RES	NT	200202869	21:20.94 +0,78 314			
	100m: 1:14.47	1:14.47	500m: 6:54.23	1:26.81	900m: 12:43.05	1:26.80	1300m: 18:31.65	1:27.57
	200m: 2:36.64	1:22.17	600m: 8:21.72	1:27.49	1000m: 14:09.83	1:26.78	1400m: 19:59.26	1:27.61
	300m: 4:01.35	1:24.71	700m: 9:49.66	1:27.94	1100m: 15:36.82	1:26.99	1500m: 21:20.94	1:21.68
	400m: 5:27.42	1:26.07	800m: 11:16.25	1:26.59	1200m: 17:04.08	1:27.26		

Jongens Jeugd 1 en 2

1.	Chiel de Pooter	De Schelde	18:18.50	200101355	17:50.45 +0,77 539			
	100m: 1:03.26	1:03.26	500m: 5:49.56	1:13.14	900m: 10:41.65	1:12.43	1300m: 15:30.22	1:12.72
	200m: 2:13.17	1:09.91	600m: 7:03.05	1:13.49	1000m: 11:53.94	1:12.29	1400m: 16:42.91	1:12.69
	300m: 3:24.37	1:11.20	700m: 8:16.15	1:13.10	1100m: 13:05.81	1:11.87	1500m: 17:50.45	1:07.54
	400m: 4:36.42	1:12.05	800m: 9:29.22	1:13.07	1200m: 14:17.50	1:11.69		
2.	Casper Bolkenbaas	TRB-RES	17:50.90	200002591	17:50.64 +0,75 538			
	100m: 1:02.77	1:02.77	500m: 5:47.69	1:12.43	900m: 10:39.57	1:13.15	1300m: 15:30.04	1:13.02
	200m: 2:12.42	1:09.65	600m: 7:00.39	1:12.70	1000m: 11:52.18	1:12.61	1400m: 16:43.06	1:13.02
	300m: 3:23.50	1:11.08	700m: 8:13.05	1:12.66	1100m: 13:04.80	1:12.62	1500m: 17:50.64	1:07.58
	400m: 4:35.26	1:11.76	800m: 9:26.42	1:13.37	1200m: 14:17.02	1:12.22		
3.	Rinke Hiel	Zwemclub Koewacht	18:27.54	200102131	18:01.56 +0,77 522			
	100m: 1:07.32	1:07.32	500m: 5:58.87	1:13.39	900m: 10:50.89	1:13.11	1300m: 15:42.73	1:12.22
	200m: 2:20.55	1:13.23	600m: 7:10.91	1:12.04	1000m: 12:03.51	1:12.62	1400m: 16:53.80	1:11.07
	300m: 3:33.23	1:12.68	700m: 8:24.84	1:13.93	1100m: 13:16.91	1:13.40	1500m: 18:01.56	1:07.76
	400m: 4:45.48	1:12.25	800m: 9:37.78	1:12.94	1200m: 14:30.51	1:13.60		

Lac 2017-2018 deel 1
Terneuzen, 23-12-2017

Programmanr. 12, Heren, 1500m vrije slag

Heren Senioren Open

1.	Vincent Dermaux	AquaDream	17:36.72	199600599	17:50.36	+0,70	539	
	100m: 1:03.48	1:03.48	500m: 5:47.80	1:12.63	900m: 10:39.69	1:13.10	1300m: 15:30.66	1:12.60
	200m: 2:12.85	1:09.37	600m: 7:00.74	1:12.94	1000m: 11:52.49	1:12.80	1400m: 16:43.19	1:12.53
	300m: 3:23.53	1:10.68	700m: 8:13.40	1:12.66	1100m: 13:05.58	1:13.09	1500m: 17:50.36	1:07.17
	400m: 4:35.17	1:11.64	800m: 9:26.59	1:13.19	1200m: 14:18.06	1:12.48		
2.	Bob de Vries	Aquapoldro	18:10.09	196601101	18:41.99	+0,81	468	
	100m: 1:07.14	1:07.14	500m: 6:01.74	1:14.45	900m: 11:04.86	1:16.23	1300m: 16:11.36	1:16.79
	200m: 2:20.66	1:13.52	600m: 7:16.99	1:15.25	1000m: 12:21.52	1:16.66	1400m: 17:28.29	1:16.93
	300m: 3:33.75	1:13.09	700m: 8:33.01	1:16.02	1100m: 13:37.81	1:16.29	1500m: 18:41.99	1:13.70
	400m: 4:47.29	1:13.54	800m: 9:48.63	1:15.62	1200m: 14:54.57	1:16.76		
3.	Jordi van Akkeren	Hieronymus	19:46.08	199604705	19:29.45	+0,88	413	
	100m: 1:10.81	1:10.81	500m: 6:20.76	1:18.88	900m: 11:35.76	1:19.47	1300m: 16:53.88	1:20.06
	200m: 2:26.98	1:16.17	600m: 7:38.89	1:18.13	1000m: 12:54.42	1:18.66	1400m: 18:12.93	1:19.05
	300m: 3:43.87	1:16.89	700m: 8:57.82	1:18.93	1100m: 14:14.62	1:20.20	1500m: 19:29.45	1:16.52
	400m: 5:01.88	1:18.01	800m: 10:16.29	1:18.47	1200m: 15:33.82	1:19.20		
4.	Peter Claes	De Schelde	NT	196701669	20:31.46	+0,98	354	
	100m: 1:15.04	1:15.04	500m: 6:44.03	1:22.50	900m: 12:15.91	1:23.47	1300m: 17:48.82	1:23.51
	200m: 2:36.31	1:21.27	600m: 8:07.25	1:23.22	1000m: 13:39.58	1:23.67	1400m: 19:11.48	1:22.66
	300m: 3:59.10	1:22.79	700m: 9:29.49	1:22.24	1100m: 15:02.50	1:22.92	1500m: 20:31.46	1:19.98
	400m: 5:21.53	1:22.43	800m: 10:52.44	1:22.95	1200m: 16:25.31	1:22.81		
5.	Matthijs Ruitenbeek	Zwemclub Koewacht	NT	197201615	24:32.45	+1,15	207	
	100m: 1:27.45	1:27.45	500m: 8:02.22	1:38.48	900m: 14:39.47	1:39.57	1300m: 21:16.56	1:39.42
	200m: 3:05.63	1:38.18	600m: 9:41.06	1:38.84	1000m: 16:17.30	1:37.83	1400m: 22:56.09	1:39.53
	300m: 4:44.58	1:38.95	700m: 11:21.14	1:40.08	1100m: 17:56.91	1:39.61	1500m: 24:32.45	1:36.36
	400m: 6:23.74	1:39.16	800m: 12:59.90	1:38.76	1200m: 19:37.14	1:40.23		
AFGEM	Sander van Akkeren	Hieronymus	20:37.18	199902475				
BM	Sem Bonte	Z & PC De Zeeuwse Kust	20:54.16	200400427	20:34.14	+0,55	352	
	100m: 1:12.39	1:12.39	500m: 6:44.17	1:23.49	900m: 12:17.33	1:22.69	1300m: 17:53.55	1:24.17
	200m: 2:34.15	1:21.76	600m: 8:07.64	1:23.47	1000m: 13:41.18	1:23.85	1400m: 19:17.64	1:24.09
	300m: 3:57.66	1:23.51	700m: 9:30.86	1:23.22	1100m: 15:05.39	1:24.21	1500m: 20:34.14	1:16.50
	400m: 5:20.68	1:23.02	800m: 10:54.64	1:23.78	1200m: 16:29.38	1:23.99		