

OWZ Merwedekanaal 2019  
Vianen, 13-7-2019

Programmanr. 2  
13-7-2019 - 10:32

Dames, 5000m vrije slag  
vsd/j

Senioren Open  
Resultaten

Baanrecord dames senioren 1:04:31.32 Serena Stel NED Vianen 25-6-2016

| Rang             | startnr           | Vereniging | CAP                     | Tijd                         |
|------------------|-------------------|------------|-------------------------|------------------------------|
| Jeugd 1 en later |                   |            |                         |                              |
| 1.               | Jonna Muntjewerff | 200402396  | The Hague Swimming (SG) | 1:00:01.66 <b>1:14:52.10</b> |
|                  | 100m:             | 1400m:     | 2700m:                  | 4000m:                       |
|                  | 200m:             | 1500m:     | 2800m:                  | 4100m:                       |
|                  | 300m:             | 1600m:     | 2900m:                  | 4200m:                       |
|                  | 400m:             | 1700m:     | 3000m:                  | 4300m:                       |
|                  | 500m:             | 1800m:     | 3100m:                  | 4400m:                       |
|                  | 600m:             | 1900m:     | 3200m:                  | 4500m:                       |
|                  | 700m:             | 2000m:     | 3300m:                  | 4600m:                       |
|                  | 800m:             | 2100m:     | 3400m:                  | 4700m:                       |
|                  | 900m:             | 2200m:     | 3500m:                  | 4800m:                       |
|                  | 1000m:            | 2300m:     | 3600m:                  | 4900m:                       |
|                  | 1100m:            | 2400m:     | 3700m:                  | 5000m: 1:14:52.10            |
|                  | 1200m:            | 2500m:     | 3800m:                  |                              |
|                  | 1300m:            | 2600m:     | 3900m:                  |                              |
| 2.               | Jessie Bodden     | 200401650  | Kimbria                 | 1:00:04.54 <b>1:17:37.17</b> |
|                  | 100m:             | 1400m:     | 2700m:                  | 4000m:                       |
|                  | 200m:             | 1500m:     | 2800m:                  | 4100m:                       |
|                  | 300m:             | 1600m:     | 2900m:                  | 4200m:                       |
|                  | 400m:             | 1700m:     | 3000m:                  | 4300m:                       |
|                  | 500m:             | 1800m:     | 3100m:                  | 4400m:                       |
|                  | 600m:             | 1900m:     | 3200m:                  | 4500m:                       |
|                  | 700m:             | 2000m:     | 3300m:                  | 4600m:                       |
|                  | 800m:             | 2100m:     | 3400m:                  | 4700m:                       |
|                  | 900m:             | 2200m:     | 3500m:                  | 4800m:                       |
|                  | 1000m:            | 2300m:     | 3600m:                  | 4900m:                       |
|                  | 1100m:            | 2400m:     | 3700m:                  | 5000m: 1:17:37.17            |
|                  | 1200m:            | 2500m:     | 3800m:                  |                              |
|                  | 1300m:            | 2600m:     | 3900m:                  |                              |
| 3.               | Marieke Lenderink | 200400778  | Oz&Pc                   | 1:00:04.32 <b>1:20:29.54</b> |
|                  | 100m:             | 1400m:     | 2700m:                  | 4000m:                       |
|                  | 200m:             | 1500m:     | 2800m:                  | 4100m:                       |
|                  | 300m:             | 1600m:     | 2900m:                  | 4200m:                       |
|                  | 400m:             | 1700m:     | 3000m:                  | 4300m:                       |
|                  | 500m:             | 1800m:     | 3100m:                  | 4400m:                       |
|                  | 600m:             | 1900m:     | 3200m:                  | 4500m:                       |
|                  | 700m:             | 2000m:     | 3300m:                  | 4600m:                       |
|                  | 800m:             | 2100m:     | 3400m:                  | 4700m:                       |
|                  | 900m:             | 2200m:     | 3500m:                  | 4800m:                       |
|                  | 1000m:            | 2300m:     | 3600m:                  | 4900m:                       |
|                  | 1100m:            | 2400m:     | 3700m:                  | 5000m: 1:20:29.54            |
|                  | 1200m:            | 2500m:     | 3800m:                  |                              |
|                  | 1300m:            | 2600m:     | 3900m:                  |                              |
| 4.               | Sarah Berger      | 200402272  | Zwemsport Parkstad      | 1:00:04.33 <b>1:31:23.07</b> |
|                  | 100m:             | 1400m:     | 2700m:                  | 4000m:                       |
|                  | 200m:             | 1500m:     | 2800m:                  | 4100m:                       |
|                  | 300m:             | 1600m:     | 2900m:                  | 4200m:                       |
|                  | 400m:             | 1700m:     | 3000m:                  | 4300m:                       |
|                  | 500m:             | 1800m:     | 3100m:                  | 4400m:                       |
|                  | 600m:             | 1900m:     | 3200m:                  | 4500m:                       |
|                  | 700m:             | 2000m:     | 3300m:                  | 4600m:                       |
|                  | 800m:             | 2100m:     | 3400m:                  | 4700m:                       |
|                  | 900m:             | 2200m:     | 3500m:                  | 4800m:                       |
|                  | 1000m:            | 2300m:     | 3600m:                  | 4900m:                       |
|                  | 1100m:            | 2400m:     | 3700m:                  | 5000m: 1:31:23.07            |
|                  | 1200m:            | 2500m:     | 3800m:                  |                              |
|                  | 1300m:            | 2600m:     | 3900m:                  |                              |

OWZ Merwedekanaal 2019  
Vianen, 13-7-2019

Programmanr. 2, Meisjes, 5000m vrije slag, Jeugd 1 en later

| Rang               | startnr   | Vereniging | CAP        | Tijd              |
|--------------------|-----------|------------|------------|-------------------|
| 5. Fleur de Ridder | 200402052 | Koewacht   | 1:00:04.37 | <b>1:31:45.95</b> |
| 100m:              | 1400m:    | 2700m:     | 4000m:     |                   |
| 200m:              | 1500m:    | 2800m:     | 4100m:     |                   |
| 300m:              | 1600m:    | 2900m:     | 4200m:     |                   |
| 400m:              | 1700m:    | 3000m:     | 4300m:     |                   |
| 500m:              | 1800m:    | 3100m:     | 4400m:     |                   |
| 600m:              | 1900m:    | 3200m:     | 4500m:     |                   |
| 700m:              | 2000m:    | 3300m:     | 4600m:     |                   |
| 800m:              | 2100m:    | 3400m:     | 4700m:     |                   |
| 900m:              | 2200m:    | 3500m:     | 4800m:     |                   |
| 1000m:             | 2300m:    | 3600m:     | 4900m:     |                   |
| 1100m:             | 2400m:    | 3700m:     | 5000m:     | 1:31:45.95        |
| 1200m:             | 2500m:    | 3800m:     |            |                   |
| 1300m:             | 2600m:    | 3900m:     |            |                   |

Jeugd 2

|                 |           |        |            |                   |
|-----------------|-----------|--------|------------|-------------------|
| 1. Suze Kuipers | 200301714 | Orca   | 1:00:01.70 | <b>1:06:48.39</b> |
| 100m:           | 1400m:    | 2700m: | 4000m:     |                   |
| 200m:           | 1500m:    | 2800m: | 4100m:     |                   |
| 300m:           | 1600m:    | 2900m: | 4200m:     |                   |
| 400m:           | 1700m:    | 3000m: | 4300m:     |                   |
| 500m:           | 1800m:    | 3100m: | 4400m:     |                   |
| 600m:           | 1900m:    | 3200m: | 4500m:     |                   |
| 700m:           | 2000m:    | 3300m: | 4600m:     |                   |
| 800m:           | 2100m:    | 3400m: | 4700m:     |                   |
| 900m:           | 2200m:    | 3500m: | 4800m:     |                   |
| 1000m:          | 2300m:    | 3600m: | 4900m:     |                   |
| 1100m:          | 2400m:    | 3700m: | 5000m:     | 1:06:48.39        |
| 1200m:          | 2500m:    | 3800m: |            |                   |
| 1300m:          | 2600m:    | 3900m: |            |                   |

|                    |           |                  |            |                   |
|--------------------|-----------|------------------|------------|-------------------|
| 2. Cynthia koolman | 200300232 | Zuiderzeewemmers | 1:00:05.27 | <b>1:17:47.00</b> |
| 100m:              | 1400m:    | 2700m:           | 4000m:     |                   |
| 200m:              | 1500m:    | 2800m:           | 4100m:     |                   |
| 300m:              | 1600m:    | 2900m:           | 4200m:     |                   |
| 400m:              | 1700m:    | 3000m:           | 4300m:     |                   |
| 500m:              | 1800m:    | 3100m:           | 4400m:     |                   |
| 600m:              | 1900m:    | 3200m:           | 4500m:     |                   |
| 700m:              | 2000m:    | 3300m:           | 4600m:     |                   |
| 800m:              | 2100m:    | 3400m:           | 4700m:     |                   |
| 900m:              | 2200m:    | 3500m:           | 4800m:     |                   |
| 1000m:             | 2300m:    | 3600m:           | 4900m:     |                   |
| 1100m:             | 2400m:    | 3700m:           | 5000m:     | 1:17:47.00        |
| 1200m:             | 2500m:    | 3800m:           |            |                   |
| 1300m:             | 2600m:    | 3900m:           |            |                   |

|                   |           |          |            |                   |
|-------------------|-----------|----------|------------|-------------------|
| 3. Nasca van Dijk | 200300816 | Koewacht | 1:00:04.20 | <b>1:19:12.11</b> |
| 100m:             | 1400m:    | 2700m:   | 4000m:     |                   |
| 200m:             | 1500m:    | 2800m:   | 4100m:     |                   |
| 300m:             | 1600m:    | 2900m:   | 4200m:     |                   |
| 400m:             | 1700m:    | 3000m:   | 4300m:     |                   |
| 500m:             | 1800m:    | 3100m:   | 4400m:     |                   |
| 600m:             | 1900m:    | 3200m:   | 4500m:     |                   |
| 700m:             | 2000m:    | 3300m:   | 4600m:     |                   |
| 800m:             | 2100m:    | 3400m:   | 4700m:     |                   |
| 900m:             | 2200m:    | 3500m:   | 4800m:     |                   |
| 1000m:            | 2300m:    | 3600m:   | 4900m:     |                   |
| 1100m:            | 2400m:    | 3700m:   | 5000m:     | 1:19:12.11        |
| 1200m:            | 2500m:    | 3800m:   |            |                   |
| 1300m:            | 2600m:    | 3900m:   |            |                   |

OWZ Merwedekanaal 2019  
Vianen, 13-7-2019

Programmanr. 2, Dames, 5000m vrije slag

Senioren 1 en ouder

|                            |                  |            |                   |                   |
|----------------------------|------------------|------------|-------------------|-------------------|
| <b>1. Leonie van Noort</b> | <b>199301752</b> | <b>Wvz</b> | <b>1:00:00.19</b> | <b>1:02:02.17</b> |
| 100m:                      | 1400m:           | 2700m:     | 4000m:            |                   |
| 200m:                      | 1500m:           | 2800m:     | 4100m:            |                   |
| 300m:                      | 1600m:           | 2900m:     | 4200m:            |                   |
| 400m:                      | 1700m:           | 3000m:     | 4300m:            |                   |
| 500m:                      | 1800m:           | 3100m:     | 4400m:            |                   |
| 600m:                      | 1900m:           | 3200m:     | 4500m:            |                   |
| 700m:                      | 2000m:           | 3300m:     | 4600m:            |                   |
| 800m:                      | 2100m:           | 3400m:     | 4700m:            |                   |
| 900m:                      | 2200m:           | 3500m:     | 4800m:            |                   |
| 1000m:                     | 2300m:           | 3600m:     | 4900m:            |                   |
| 1100m:                     | 2400m:           | 3700m:     | 5000m:            | 1:02:02.17        |
| 1200m:                     | 2500m:           | 3800m:     |                   |                   |
| 1300m:                     | 2600m:           | 3900m:     |                   |                   |

|                     |                  |              |                   |                   |
|---------------------|------------------|--------------|-------------------|-------------------|
| <b>2. Anne Noom</b> | <b>199800062</b> | <b>Het Y</b> | <b>1:00:01.93</b> | <b>1:02:32.79</b> |
| 100m:               | 1400m:           | 2700m:       | 4000m:            |                   |
| 200m:               | 1500m:           | 2800m:       | 4100m:            |                   |
| 300m:               | 1600m:           | 2900m:       | 4200m:            |                   |
| 400m:               | 1700m:           | 3000m:       | 4300m:            |                   |
| 500m:               | 1800m:           | 3100m:       | 4400m:            |                   |
| 600m:               | 1900m:           | 3200m:       | 4500m:            |                   |
| 700m:               | 2000m:           | 3300m:       | 4600m:            |                   |
| 800m:               | 2100m:           | 3400m:       | 4700m:            |                   |
| 900m:               | 2200m:           | 3500m:       | 4800m:            |                   |
| 1000m:              | 2300m:           | 3600m:       | 4900m:            |                   |
| 1100m:              | 2400m:           | 3700m:       | 5000m:            | 1:02:32.79        |
| 1200m:              | 2500m:           | 3800m:       |                   |                   |
| 1300m:              | 2600m:           | 3900m:       |                   |                   |

|                               |                  |             |                   |                   |
|-------------------------------|------------------|-------------|-------------------|-------------------|
| <b>3. Lize Janna de Vries</b> | <b>200101948</b> | <b>Orca</b> | <b>1:00:03.13</b> | <b>1:05:21.05</b> |
| 100m:                         | 1400m:           | 2700m:      | 4000m:            |                   |
| 200m:                         | 1500m:           | 2800m:      | 4100m:            |                   |
| 300m:                         | 1600m:           | 2900m:      | 4200m:            |                   |
| 400m:                         | 1700m:           | 3000m:      | 4300m:            |                   |
| 500m:                         | 1800m:           | 3100m:      | 4400m:            |                   |
| 600m:                         | 1900m:           | 3200m:      | 4500m:            |                   |
| 700m:                         | 2000m:           | 3300m:      | 4600m:            |                   |
| 800m:                         | 2100m:           | 3400m:      | 4700m:            |                   |
| 900m:                         | 2200m:           | 3500m:      | 4800m:            |                   |
| 1000m:                        | 2300m:           | 3600m:      | 4900m:            |                   |
| 1100m:                        | 2400m:           | 3700m:      | 5000m:            | 1:05:21.05        |
| 1200m:                        | 2500m:           | 3800m:      |                   |                   |
| 1300m:                        | 2600m:           | 3900m:      |                   |                   |

|                        |                  |                   |                   |                   |
|------------------------|------------------|-------------------|-------------------|-------------------|
| <b>4. Amy van Lier</b> | <b>199603022</b> | <b>De Warande</b> | <b>1:00:00.57</b> | <b>1:08:11.88</b> |
| 100m:                  | 1400m:           | 2700m:            | 4000m:            |                   |
| 200m:                  | 1500m:           | 2800m:            | 4100m:            |                   |
| 300m:                  | 1600m:           | 2900m:            | 4200m:            |                   |
| 400m:                  | 1700m:           | 3000m:            | 4300m:            |                   |
| 500m:                  | 1800m:           | 3100m:            | 4400m:            |                   |
| 600m:                  | 1900m:           | 3200m:            | 4500m:            |                   |
| 700m:                  | 2000m:           | 3300m:            | 4600m:            |                   |
| 800m:                  | 2100m:           | 3400m:            | 4700m:            |                   |
| 900m:                  | 2200m:           | 3500m:            | 4800m:            |                   |
| 1000m:                 | 2300m:           | 3600m:            | 4900m:            |                   |
| 1100m:                 | 2400m:           | 3700m:            | 5000m:            | 1:08:11.88        |
| 1200m:                 | 2500m:           | 3800m:            |                   |                   |
| 1300m:                 | 2600m:           | 3900m:            |                   |                   |

OWZ Merwedekanaal 2019  
Vianen, 13-7-2019

Programmanr. 2, Dames, 5000m vrije slag, Senioren 1 en ouder

| Rang      | startnr | Vereniging          | CAP                               | Tijd                         |
|-----------|---------|---------------------|-----------------------------------|------------------------------|
| <b>5.</b> |         | <b>ROSC/21014/9</b> | <b>Royal Ostend Swimming Club</b> | <b>1:00:01.71 1:08:21.84</b> |
|           | 100m:   | 1400m:              | 2700m:                            | 4000m:                       |
|           | 200m:   | 1500m:              | 2800m:                            | 4100m:                       |
|           | 300m:   | 1600m:              | 2900m:                            | 4200m:                       |
|           | 400m:   | 1700m:              | 3000m:                            | 4300m:                       |
|           | 500m:   | 1800m:              | 3100m:                            | 4400m:                       |
|           | 600m:   | 1900m:              | 3200m:                            | 4500m:                       |
|           | 700m:   | 2000m:              | 3300m:                            | 4600m:                       |
|           | 800m:   | 2100m:              | 3400m:                            | 4700m:                       |
|           | 900m:   | 2200m:              | 3500m:                            | 4800m:                       |
|           | 1000m:  | 2300m:              | 3600m:                            | 4900m:                       |
|           | 1100m:  | 2400m:              | 3700m:                            | 5000m: 1:08:21.84            |
|           | 1200m:  | 2500m:              | 3800m:                            |                              |
|           | 1300m:  | 2600m:              | 3900m:                            |                              |
| <b>6.</b> |         | <b>200001358</b>    | <b>Z &amp; PC De Zeeuwse Kust</b> | <b>1:00:03.50 1:10:30.57</b> |
|           | 100m:   | 1400m:              | 2700m:                            | 4000m:                       |
|           | 200m:   | 1500m:              | 2800m:                            | 4100m:                       |
|           | 300m:   | 1600m:              | 2900m:                            | 4200m:                       |
|           | 400m:   | 1700m:              | 3000m:                            | 4300m:                       |
|           | 500m:   | 1800m:              | 3100m:                            | 4400m:                       |
|           | 600m:   | 1900m:              | 3200m:                            | 4500m:                       |
|           | 700m:   | 2000m:              | 3300m:                            | 4600m:                       |
|           | 800m:   | 2100m:              | 3400m:                            | 4700m:                       |
|           | 900m:   | 2200m:              | 3500m:                            | 4800m:                       |
|           | 1000m:  | 2300m:              | 3600m:                            | 4900m:                       |
|           | 1100m:  | 2400m:              | 3700m:                            | 5000m: 1:10:30.57            |
|           | 1200m:  | 2500m:              | 3800m:                            |                              |
|           | 1300m:  | 2600m:              | 3900m:                            |                              |
| <b>7.</b> |         | <b>199703192</b>    | <b>Albion</b>                     | <b>1:00:01.03 1:11:34.32</b> |
|           | 100m:   | 1400m:              | 2700m:                            | 4000m:                       |
|           | 200m:   | 1500m:              | 2800m:                            | 4100m:                       |
|           | 300m:   | 1600m:              | 2900m:                            | 4200m:                       |
|           | 400m:   | 1700m:              | 3000m:                            | 4300m:                       |
|           | 500m:   | 1800m:              | 3100m:                            | 4400m:                       |
|           | 600m:   | 1900m:              | 3200m:                            | 4500m:                       |
|           | 700m:   | 2000m:              | 3300m:                            | 4600m:                       |
|           | 800m:   | 2100m:              | 3400m:                            | 4700m:                       |
|           | 900m:   | 2200m:              | 3500m:                            | 4800m:                       |
|           | 1000m:  | 2300m:              | 3600m:                            | 4900m:                       |
|           | 1100m:  | 2400m:              | 3700m:                            | 5000m: 1:11:34.32            |
|           | 1200m:  | 2500m:              | 3800m:                            |                              |
|           | 1300m:  | 2600m:              | 3900m:                            |                              |
| <b>8.</b> |         | <b>200201188</b>    | <b>Het Y</b>                      | <b>1:00:02.58 1:11:44.49</b> |
|           | 100m:   | 1400m:              | 2700m:                            | 4000m:                       |
|           | 200m:   | 1500m:              | 2800m:                            | 4100m:                       |
|           | 300m:   | 1600m:              | 2900m:                            | 4200m:                       |
|           | 400m:   | 1700m:              | 3000m:                            | 4300m:                       |
|           | 500m:   | 1800m:              | 3100m:                            | 4400m:                       |
|           | 600m:   | 1900m:              | 3200m:                            | 4500m:                       |
|           | 700m:   | 2000m:              | 3300m:                            | 4600m:                       |
|           | 800m:   | 2100m:              | 3400m:                            | 4700m:                       |
|           | 900m:   | 2200m:              | 3500m:                            | 4800m:                       |
|           | 1000m:  | 2300m:              | 3600m:                            | 4900m:                       |
|           | 1100m:  | 2400m:              | 3700m:                            | 5000m: 1:11:44.49            |
|           | 1200m:  | 2500m:              | 3800m:                            |                              |
|           | 1300m:  | 2600m:              | 3900m:                            |                              |

OWZ Merwedekanaal 2019  
Vianen, 13-7-2019

Programmanr. 2, Dames, 5000m vrije slag, Senioren 1 en ouder

| Rang                       | startnr          | Vereniging                     | CAP               | Tijd              |
|----------------------------|------------------|--------------------------------|-------------------|-------------------|
| <b>9. Liselotte Joling</b> | <b>197500268</b> | <b>Psv</b>                     | <b>1:00:00.45</b> | <b>1:15:01.01</b> |
| 100m:                      | 1400m:           | 2700m:                         | 4000m:            |                   |
| 200m:                      | 1500m:           | 2800m:                         | 4100m:            |                   |
| 300m:                      | 1600m:           | 2900m:                         | 4200m:            |                   |
| 400m:                      | 1700m:           | 3000m:                         | 4300m:            |                   |
| 500m:                      | 1800m:           | 3100m:                         | 4400m:            |                   |
| 600m:                      | 1900m:           | 3200m:                         | 4500m:            |                   |
| 700m:                      | 2000m:           | 3300m:                         | 4600m:            |                   |
| 800m:                      | 2100m:           | 3400m:                         | 4700m:            |                   |
| 900m:                      | 2200m:           | 3500m:                         | 4800m:            |                   |
| 1000m:                     | 2300m:           | 3600m:                         | 4900m:            |                   |
| 1100m:                     | 2400m:           | 3700m:                         | 5000m:            | 1:15:01.01        |
| 1200m:                     | 2500m:           | 3800m:                         |                   |                   |
| 1300m:                     | 2600m:           | 3900m:                         |                   |                   |
| <b>10. Wendy de Groot</b>  | <b>198901456</b> | <b>Bzc</b>                     | <b>1:00:03.39</b> | <b>1:18:54.40</b> |
| 100m:                      | 1400m:           | 2700m:                         | 4000m:            |                   |
| 200m:                      | 1500m:           | 2800m:                         | 4100m:            |                   |
| 300m:                      | 1600m:           | 2900m:                         | 4200m:            |                   |
| 400m:                      | 1700m:           | 3000m:                         | 4300m:            |                   |
| 500m:                      | 1800m:           | 3100m:                         | 4400m:            |                   |
| 600m:                      | 1900m:           | 3200m:                         | 4500m:            |                   |
| 700m:                      | 2000m:           | 3300m:                         | 4600m:            |                   |
| 800m:                      | 2100m:           | 3400m:                         | 4700m:            |                   |
| 900m:                      | 2200m:           | 3500m:                         | 4800m:            |                   |
| 1000m:                     | 2300m:           | 3600m:                         | 4900m:            |                   |
| 1100m:                     | 2400m:           | 3700m:                         | 5000m:            | 1:18:54.40        |
| 1200m:                     | 2500m:           | 3800m:                         |                   |                   |
| 1300m:                     | 2600m:           | 3900m:                         |                   |                   |
| <b>11. Jenny Schouten</b>  | <b>198703674</b> | <b>Zwemsport Parkstad</b>      | <b>1:00:02.56</b> | <b>1:19:03.02</b> |
| 100m:                      | 1400m:           | 2700m:                         | 4000m:            |                   |
| 200m:                      | 1500m:           | 2800m:                         | 4100m:            |                   |
| 300m:                      | 1600m:           | 2900m:                         | 4200m:            |                   |
| 400m:                      | 1700m:           | 3000m:                         | 4300m:            |                   |
| 500m:                      | 1800m:           | 3100m:                         | 4400m:            |                   |
| 600m:                      | 1900m:           | 3200m:                         | 4500m:            |                   |
| 700m:                      | 2000m:           | 3300m:                         | 4600m:            |                   |
| 800m:                      | 2100m:           | 3400m:                         | 4700m:            |                   |
| 900m:                      | 2200m:           | 3500m:                         | 4800m:            |                   |
| 1000m:                     | 2300m:           | 3600m:                         | 4900m:            |                   |
| 1100m:                     | 2400m:           | 3700m:                         | 5000m:            | 1:19:03.02        |
| 1200m:                     | 2500m:           | 3800m:                         |                   |                   |
| 1300m:                     | 2600m:           | 3900m:                         |                   |                   |
| <b>12. Lotte Coenen</b>    | <b>199301518</b> | <b>The Hague Swimming (SG)</b> | <b>1:00:01.67</b> | <b>1:21:26.04</b> |
| 100m:                      | 1400m:           | 2700m:                         | 4000m:            |                   |
| 200m:                      | 1500m:           | 2800m:                         | 4100m:            |                   |
| 300m:                      | 1600m:           | 2900m:                         | 4200m:            |                   |
| 400m:                      | 1700m:           | 3000m:                         | 4300m:            |                   |
| 500m:                      | 1800m:           | 3100m:                         | 4400m:            |                   |
| 600m:                      | 1900m:           | 3200m:                         | 4500m:            |                   |
| 700m:                      | 2000m:           | 3300m:                         | 4600m:            |                   |
| 800m:                      | 2100m:           | 3400m:                         | 4700m:            |                   |
| 900m:                      | 2200m:           | 3500m:                         | 4800m:            |                   |
| 1000m:                     | 2300m:           | 3600m:                         | 4900m:            |                   |
| 1100m:                     | 2400m:           | 3700m:                         | 5000m:            | 1:21:26.04        |
| 1200m:                     | 2500m:           | 3800m:                         |                   |                   |
| 1300m:                     | 2600m:           | 3900m:                         |                   |                   |

OWZ Merwedekanaal 2019  
Vianen, 13-7-2019

Programmanr. 2, Dames, 5000m vrije slag, Senioren 1 en ouder

| Rang                      | startnr   | Vereniging      | CAP        | Tijd              |
|---------------------------|-----------|-----------------|------------|-------------------|
| 13. Linda Hoogendam       | 198300892 | Wvz             | 1:00:00.60 | <b>1:23:35.33</b> |
| 100m:                     | 1400m:    | 2700m:          | 4000m:     |                   |
| 200m:                     | 1500m:    | 2800m:          | 4100m:     |                   |
| 300m:                     | 1600m:    | 2900m:          | 4200m:     |                   |
| 400m:                     | 1700m:    | 3000m:          | 4300m:     |                   |
| 500m:                     | 1800m:    | 3100m:          | 4400m:     |                   |
| 600m:                     | 1900m:    | 3200m:          | 4500m:     |                   |
| 700m:                     | 2000m:    | 3300m:          | 4600m:     |                   |
| 800m:                     | 2100m:    | 3400m:          | 4700m:     |                   |
| 900m:                     | 2200m:    | 3500m:          | 4800m:     |                   |
| 1000m:                    | 2300m:    | 3600m:          | 4900m:     |                   |
| 1100m:                    | 2400m:    | 3700m:          | 5000m:     | 1:23:35.33        |
| 1200m:                    | 2500m:    | 3800m:          |            |                   |
| 1300m:                    | 2600m:    | 3900m:          |            |                   |
| 14. Jasmijn Coenen        | 199400954 | ENC Arnhem (SG) | 1:00:01.64 | <b>1:25:18.12</b> |
| 100m:                     | 1400m:    | 2700m:          | 4000m:     |                   |
| 200m:                     | 1500m:    | 2800m:          | 4100m:     |                   |
| 300m:                     | 1600m:    | 2900m:          | 4200m:     |                   |
| 400m:                     | 1700m:    | 3000m:          | 4300m:     |                   |
| 500m:                     | 1800m:    | 3100m:          | 4400m:     |                   |
| 600m:                     | 1900m:    | 3200m:          | 4500m:     |                   |
| 700m:                     | 2000m:    | 3300m:          | 4600m:     |                   |
| 800m:                     | 2100m:    | 3400m:          | 4700m:     |                   |
| 900m:                     | 2200m:    | 3500m:          | 4800m:     |                   |
| 1000m:                    | 2300m:    | 3600m:          | 4900m:     |                   |
| 1100m:                    | 2400m:    | 3700m:          | 5000m:     | 1:25:18.12        |
| 1200m:                    | 2500m:    | 3800m:          |            |                   |
| 1300m:                    | 2600m:    | 3900m:          |            |                   |
| 15. Frouke Verberk        |           | unattached      | 1:00:02.75 | <b>1:38:28.23</b> |
| 100m:                     | 1400m:    | 2700m:          | 4000m:     |                   |
| 200m:                     | 1500m:    | 2800m:          | 4100m:     |                   |
| 300m:                     | 1600m:    | 2900m:          | 4200m:     |                   |
| 400m:                     | 1700m:    | 3000m:          | 4300m:     |                   |
| 500m:                     | 1800m:    | 3100m:          | 4400m:     |                   |
| 600m:                     | 1900m:    | 3200m:          | 4500m:     |                   |
| 700m:                     | 2000m:    | 3300m:          | 4600m:     |                   |
| 800m:                     | 2100m:    | 3400m:          | 4700m:     |                   |
| 900m:                     | 2200m:    | 3500m:          | 4800m:     |                   |
| 1000m:                    | 2300m:    | 3600m:          | 4900m:     |                   |
| 1100m:                    | 2400m:    | 3700m:          | 5000m:     | 1:38:28.23        |
| 1200m:                    | 2500m:    | 3800m:          |            |                   |
| 1300m:                    | 2600m:    | 3900m:          |            |                   |
| 16. Suzanne den Hollander | 198001806 | NTB             | 1:00:01.68 | <b>1:58:34.39</b> |
| 100m:                     | 1400m:    | 2700m:          | 4000m:     |                   |
| 200m:                     | 1500m:    | 2800m:          | 4100m:     |                   |
| 300m:                     | 1600m:    | 2900m:          | 4200m:     |                   |
| 400m:                     | 1700m:    | 3000m:          | 4300m:     |                   |
| 500m:                     | 1800m:    | 3100m:          | 4400m:     |                   |
| 600m:                     | 1900m:    | 3200m:          | 4500m:     |                   |
| 700m:                     | 2000m:    | 3300m:          | 4600m:     |                   |
| 800m:                     | 2100m:    | 3400m:          | 4700m:     |                   |
| 900m:                     | 2200m:    | 3500m:          | 4800m:     |                   |
| 1000m:                    | 2300m:    | 3600m:          | 4900m:     |                   |
| 1100m:                    | 2400m:    | 3700m:          | 5000m:     | 1:58:34.39        |
| 1200m:                    | 2500m:    | 3800m:          |            |                   |
| 1300m:                    | 2600m:    | 3900m:          |            |                   |