

**Uitslag LAC Racing Club**  
**30-10-2011 te 's-Gravenzande (25m baan)**

Afstand:	Naam:		100m	200m	400m	600m	800m	1500m
800	VRIJ	Janniek Duisenberg	(12) 1.24.48	2.56.57	6.06.14*	9.19.72	12.28.46	
50m: 0.41.06, 100m: 1.24.48, 150m: 2.10.70, 200m: 2.56.57, 250m: 3.42.40, 300m: 4.30.50, 350m: 5.17.61, 400m: 6.06.14, 450m: 6.53.34, 500m: 7.42.64, 550m: 8.31.97, 600m: 9.19.72, 650m: 10.07.42, 700m: 10.54.85, 750m: 11.44.15								
1500	VRIJ	Patrick Wyrdeman	(17) 1.11.95	2.30.13	5.11.26		10.56.29*	21.01.45*
50m: 0.34.17, 100m: 1.11.95, 150m: 1.50.50, 200m: 2.30.13, 250m: 3.09.95, 300m: 3.50.45, 350m: 4.30.46, 400m: 5.11.26, 450m: 5.52.95, 500m: 6.34.99, 550m: 7.17.88, 600m: 8.00.84, 650m: 8.44.13, 700m: 9.27.96, 750m: 10.12.21, 800m: 10.56.29, 850m: 11.39.30, 900m: 12.23.63, 950m: 13.07.08, 1000m: 13.50.55, 1050m: 14.33.90, 1100m: 15.17.76, 1150m: 16.01.73, 1200m: 16.46.02, 1250m: 17.29.66, 1300m: 18.13.86, 1350m: 18.56.67, 1400m: 19.39.86, 1450m: 20.21.94								
1500	VRIJ	Alex Boer	(19) 1.16.82	2.43.76	5.49.63*		12.07.94	22.49.94*
50m: 0.35.33, 100m: 1.16.82, 150m: 2.00.10, 200m: 2.43.76, 250m: 3.29.38, 300m: 4.16.11, 350m: 5.03.07, 400m: 5.49.63, 450m: 6.37.20, 500m: 7.25.30, 550m: 8.12.82, 600m: 9.01.14, 650m: 9.48.26, 700m: 10.33.63, 750m: 11.20.94, 800m: 12.07.94, 850m: 12.55.07, 900m: 13.41.50, 950m: 14.28.06, 1000m: 15.14.93, 1050m: 16.00.00, 1100m: 16.47.17, 1150m: 17.33.99, 1200m: 18.21.06, 1250m: 19.06.72, 1300m: 19.51.79, 1350m: 20.37.44, 1400m: 21.21.82, 1450m: 22.06.07								

Persoonlijke Records			Nieuw	Verb.	Oud		
1500	VRIJ	Alex Boer	22.49.94	-89,65	24.19.59	27-02-2011	Den Haag 25m
1500	VRIJ	Patrick Wyrdeman	21.01.45	-36,75	21.38.20	27-02-2011	Den Haag 25m
400	VRIJ	Janniek Duisenberg	6.06.14	-22,64	6.28.78	08-01-2011	's Gravenzande 25m
800	VRIJ	Patrick Wyrdeman	10.56.29	-22,25	11.18.54	27-02-2011	Den Haag 25m
400	VRIJ	Alex Boer	5.49.63	-18,60	6.08.23	21-10-2011	's-Gravenzande 25m
300	VRIJ	Janniek Duisenberg	4.30.50	-17,59	4.48.09	08-01-2011	's Gravenzande 25m
300	VRIJ	Patrick Wyrdeman	3.50.45	-9,79	4.00.24	29-05-2010	's Gravenzande 25m