

Tijdschema sessienr. 1 - ONMK 2010 lb sessie 1

07.05.2010 - 12:30

Inzwemmen: 12:00 tot 12:25

Juryvergadering: 11:30

12:30	1.	1500m vrije slag	Dames	series	Masters Open	1:19	4 Series
14:20		Pauze (15 min.)				0:15	
14:35	2.	1500m vrije slag	Heren	series	Masters Open	2:12	5 Series
16:47		Pauze (15 min.)				0:15	
17:02	3.	200m rugslag	Dames	series	Masters Open	0:23	5 Series
17:25	4.	200m rugslag	Heren	series	Masters Open	0:17	4 Series
17:42	5.	400m wisselslag	Dames	series	Masters Open	0:25	3 Series
18:07	6.	400m wisselslag	Heren	series	Masters Open	0:31	4 Series

18:38 Einde sessie Totale duur 6:08

Tijdschema sessienr. 2 - ONMK 2010 lb sessie 2

08.05.2010 - 9:00

Inzwemmen: 8:30 tot 8:55

Juryvergadering: 8:00

9:00	8.	400m vrije slag	Heren	series	Masters Open	0:49	7 Series
9:49	9.	400m vrije slag	Dames	series	Masters Open	0:46	6 Series
10:35		Pauze (15 min.)				0:15	
10:50	10.	200m schoolslag	Heren	series	Masters Open	0:26	6 Series
11:16	11.	200m schoolslag	Dames	series	Masters Open	0:25	5 Series
11:41	12.	100m rugslag	Heren	series	Masters Open	0:17	7 Series
11:58	13.	100m rugslag	Dames	series	Masters Open	0:21	8 Series
12:19	14.	4 x 50m wisselslag	Gemengd	series	Masters Open	0:11	3 Series

12:30 Einde sessie Totale duur 3:30

Tijdschema sessienr. 3 - ONMK 2010 lb sessie 3

08.05.2010 - 14:00

Inzwemmen: 12:30 tot 13:55

Juryvergadering: 13:00

14:00	16.	800m vrije slag	Heren	series	Masters Open	1:22	6 Series
15:22	17.	200m vrije slag	Dames	series	Masters Open	0:32	8 Series
15:54		Pauze (30 min.)				0:30	
16:24	18.	50m vrije slag	Heren	series	Masters Open	0:23	15 Series
16:47	19.	50m vrije slag	Dames	series	Masters Open	0:18	11 Series
17:05	20.	200m vlinderslag	Heren	series	Masters Open	0:12	3 Series
17:17	21.	200m vlinderslag	Dames	series	Masters Open	0:13	3 Series
17:30	22.	50m schoolslag	Heren	series	Masters Open	0:19	11 Series
17:49	23.	50m schoolslag	Dames	series	Masters Open	0:16	9 Series
18:05		Pauze (10 min.)				0:10	
18:15	24.	4 x 50m vrije slag	Heren	series	Masters Open	0:06	2 Series
18:21	25.	4 x 50m vrije slag	Dames	series	Masters Open	0:05	1 Serie

18:26 Einde sessie Totale duur 4:26

18:45 Mastersbuffet

Tijdschema sessienr. 4 - ONMK 2010 lb sessie 4

09.05.2010 - 9:00

Inzwemmen: 8:30 tot 8:55

Juryvergadering: 8:00

9:00	27.	800m vrije slag	Dames	series	Masters Open	1:10	5 Series
10:10	28.	200m vrije slag	Heren	series	Masters Open	0:26	7 Series
10:36		Pauze (15 min.)				0:15	
10:51	29.	100m schoolslag	Dames	series	Masters Open	0:21	7 Series
11:12	30.	100m schoolslag	Heren	series	Masters Open	0:17	7 Series
11:29	31.	100m vlinderslag	Dames	series	Masters Open	0:12	5 Series
11:41	32.	100m vlinderslag	Heren	series	Masters Open	0:09	4 Series
11:50	33.	4 x 100m vrije slag	Alle	series	Masters Open	0:18	3 Series

12:08 Einde sessie

Totale duur 3:08

Tijdschema sessienr. 5 - ONMK 2010 lb sessie 5

09.05.2010 - 14:00

Inzwemmen: 12:30 tot 13:55

Juryvergadering: 13:00

14:00	35.	50m vlinderslag	Dames	series	Masters Open	0:15	9 Series
14:15	36.	50m vlinderslag	Heren	series	Masters Open	0:13	8 Series
14:28	37.	4 x 50m wisselslag	Dames	series	Masters Open	0:03	1 Serie
14:31	38.	4 x 50m wisselslag	Heren	series	Masters Open	0:07	2 Series
14:38	39.	200m wisselslag	Dames	series	Masters Open	0:29	7 Series
15:07	40.	200m wisselslag	Heren	series	Masters Open	0:23	6 Series
15:30	41.	50m rugslag	Dames	series	Masters Open	0:10	5 Series
15:40	42.	50m rugslag	Heren	series	Masters Open	0:09	6 Series
15:49		Pauze (10 min.)				0:10	
15:59	43.	4 x 50m vrije slag	Gemengd	series	Masters Open	0:10	3 Series
16:09	45.	100m vrije slag	Dames	series	Masters Open	0:17	7 Series
16:26	46.	100m vrije slag	Heren	series	Masters Open	0:22	10 Series

16:48 Einde sessie

Totale duur 2:48