

Programmanr. 1
9-4-2022 - 13:00

Dames, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2					
1.	Elin Das	NDD	11:34.23	200901036	11:19.09
	100m: 1:16.47	1:16.47	300m:	500m:	700m:
	200m: 2:42.81	1:26.34	400m: 5:35.53	600m:	800m: 11:19.09
2.	Lynn Rozendal	NDD	12:48.33	200901038	11:45.81
	100m: 1:19.29	1:19.29	300m:	500m:	700m:
	200m: 2:47.99	1:28.70	400m: 5:49.77	600m:	800m: 11:45.81
3.	Sofie Kleissen	O Z & P C	12:27.87	200901134	11:55.77
	100m: 1:22.45	1:22.45	300m:	500m:	700m:
	200m: 2:54.36	1:31.91	400m: 5:57.11	600m:	800m: 11:55.77
4.	Nienke Bulter	De Dinkel	13:41.49	200902188	12:24.17
	100m: 1:28.26	1:28.26	300m:	500m:	700m:
	200m: 3:03.40	1:35.14	400m: 6:12.61	600m:	800m: 12:24.17
5.	Isabel Eemstra	SG Octopus - ZVV	12:22.25	200900042	12:27.67
	100m: 1:22.07	1:22.07	300m:	500m:	700m:
	200m: 2:56.42	1:34.35	400m: 6:06.48	600m:	800m: 12:27.67
6.	Yasmine Guebli	RZC	12:12.24	201000268	12:31.61
	100m: 1:25.72	1:25.72	300m:	500m:	700m:
	200m: 2:59.16	1:33.44	400m: 6:10.66	600m:	800m: 12:31.61
7.	Eva Oude Egbrink	O Z & P C	12:55.87	200900242	12:49.45
	100m: 1:26.51	1:26.51	300m:	500m:	700m:
	200m: 3:04.35	1:37.84	400m: 6:24.88	600m:	800m: 12:49.45
8.	Juno Nijhuis	RZC	13:12.26	200900294	12:51.78
	100m: 1:30.53	1:30.53	300m:	500m:	700m:
	200m: 3:09.41	1:38.88	400m: 6:28.35	600m:	800m: 12:51.78
9.	Nikki Groot Rouwen	O Z & P C	13:14.82	200900106	12:53.10
	100m: 1:30.20	1:30.20	300m:	500m:	700m:
	200m: 3:08.89	1:38.69	400m: 6:28.76	600m:	800m: 12:53.10
10.	Lisa Menger	De Dinkel	14:21.41	200901220	13:23.26
	100m: 1:36.77	1:36.77	300m:	500m:	700m:
	200m: 3:21.97	1:45.20	400m: 6:43.17	600m:	800m: 13:23.26
11.	Simone Kragt	Dedemsvaart-AC	13:06.10	200901088	13:27.35
	100m: 1:35.62	1:35.62	300m:	500m:	700m:
	200m: 3:17.88	1:42.26	400m: 6:44.25	600m:	800m: 13:27.35
12.	Joëlle van Schooten	De Grunte	13:22.55	200901930	13:50.48
	100m: 1:31.60	1:31.60	300m:	500m:	700m:
	200m: 3:17.13	1:45.53	400m: 6:50.28	600m:	800m: 13:50.48
13.	Eloise Kwakkel	RZC	NT	200900630	15:38.54
	100m: 1:41.40	1:41.40	300m:	500m:	700m:
	200m: 3:35.76	1:54.36	400m: 7:34.34	600m:	800m: 15:38.54
AFGEM	Phoebe Langlands	RZC	12:48.95	201003032	
AFGEM	Desiree Dreschler	De Grunte	14:31.58	200901400	

Junioren 3 en 4

1.	Féline Sam	ZV 44	10:01.57	200700018	10:15.90
	100m: 1:12.13	1:12.13	300m:	500m:	700m:
	200m: 2:31.75	1:19.62	400m: 5:09.60	600m:	800m: 10:15.90
2.	Laurien Gliese-Slooijs	De Dinkel	10:26.73	200700636	10:49.83
	100m: 1:14.70	1:14.70	300m:	500m:	700m:
	200m: 2:37.20	1:22.50	400m: 5:22.07	600m:	800m: 10:49.83
3.	Lyke Bellert	SG Octopus - ZVV	10:33.89	200701424	10:50.89
	100m: 1:16.48	1:16.48	300m:	500m:	700m:
	200m: 2:41.86	1:25.38	400m: 5:29.16	600m:	800m: 10:50.89
4.	Felice Baris	NDD	10:15.12	200701822	10:55.09
	100m: 1:14.32	1:14.32	300m:	500m:	700m:
	200m: 2:35.57	1:21.25	400m: 5:21.93	600m:	800m: 10:55.09
5.	Sofie Kragt	Dedemsvaart-AC	12:35.50	200701020	11:26.16
	100m: 1:17.95	1:17.95	300m:	500m:	700m:
	200m: 2:44.89	1:26.94	400m: 5:40.32	600m:	800m: 11:26.16
6.	Lily Zandstra	Dedemsvaart-AC	11:26.32	200701418	11:27.54
	100m: 1:16.82	1:16.82	300m:	500m:	700m:
	200m: 2:42.64	1:25.82	400m: 5:38.07	600m:	800m: 11:27.54
7.	Esther Dijsselhof	Dedemsvaart-AC	11:08.72	200800784	11:41.97
	100m: 1:21.62	1:21.62	300m:	500m:	700m:
	200m: 2:51.01	1:29.39	400m: 5:51.29	600m:	800m: 11:41.97

Programmanr. 1, Meisjes, 800m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
8.	Feline Piek	ESCA Zwemmen	11:54.79	200701322	11:57.88
	100m: 1:22.25	1:22.25 300m:		500m: 700m:	
	200m: 2:53.44	1:31.19 400m: 5:57.17		600m: 800m: 11:57.88	
9.	Imke Riefel	NDD	11:52.53	200801994	12:11.74
	100m: 1:21.66	1:21.66 300m:		500m: 700m:	
	200m: 2:52.99	1:31.33 400m: 6:00.93		600m: 800m: 12:11.74	
10.	Veerie Westenbroek	O Z & P C	12:00.55	200800128	12:14.08
	100m: 1:24.73	1:24.73 300m:		500m: 700m:	
	200m: 2:56.53	1:31.80 400m: 6:01.38		600m: 800m: 12:14.08	
11.	Karlijn Bredenoort	Dedemsvaart-AC	12:06.57	200800340	12:16.58
	100m: 1:21.35	1:21.35 300m:		500m: 700m:	
	200m: 2:53.32	1:31.97 400m: 6:00.47		600m: 800m: 12:16.58	
12.	Marlies Jansen	WWV Winterswijk	11:37.49	200701904	12:20.11
	100m: 1:25.75	1:25.75 300m:		500m: 700m:	
	200m: 3:00.37	1:34.62 400m: 6:09.98		600m: 800m: 12:20.11	
13.	Femke Budde	WS Twente	11:38.35	200801460	12:24.07
	100m: 1:24.70	1:24.70 300m:		500m: 700m:	
	200m: 2:57.57	1:32.87 400m: 6:07.42		600m: 800m: 12:24.07	
14.	Amber Lenters	De Grunte	12:04.45	200800700	12:38.55
	100m: 1:25.14	1:25.14 300m:		500m: 700m:	
	200m: 2:59.09	1:33.95 400m: 6:14.52		600m: 800m: 12:38.55	
15.	Eeke van der Straaten	RZC	12:04.18	200800250	12:44.27
	100m: 1:21.13	1:21.13 300m:		500m: 700m:	
	200m: 2:56.64	1:35.51 400m: 6:10.63		600m: 800m: 12:44.27	
16.	Jorien Hogebrug	WS Twente	13:52.63	200702260	13:51.81
	100m: 1:32.53	1:32.53 300m:		500m: 700m:	
	200m: 3:17.25	1:44.72 400m: 6:52.69		600m: 800m: 13:51.81	
AFGEM	Kaylen Schonewille	Steenwijk 1934	12:00.00	200700500	
AFGEM	Elien Groothuismink	Swol 1894	NT	200800920	
AFGEM	Valérie Sakkers	ZV 44	10:41.77	200800080	
AFGEM	Barbara Broekhuis	De Dinkel	9:49.55	200700880	

Jeugd 1 en 2

1.	Feline Slijkhuis	SG Octopus - ZVV	10:08.19	200501042	10:40.89
	100m: 1:12.73	1:12.73 300m:		500m: 700m:	
	200m: 2:32.54	1:19.81 400m: 5:15.80		600m: 800m: 10:40.89	
2.	Azra Guler	NDD	10:45.47	200503054	11:15.49
	100m: 1:16.12	1:16.12 300m:		500m: 700m:	
	200m: 2:41.25	1:25.13 400m: 5:34.91		600m: 800m: 11:15.49	
3.	Sarah ten Dam	ZPC De Hof	10:42.74	200600052	11:21.44
	100m: 1:16.48	1:16.48 300m:		500m: 700m:	
	200m: 2:41.36	1:24.88 400m: 5:35.70		600m: 800m: 11:21.44	
4.	Renske Oude Egbrink	O Z & P C	11:03.56	200600040	11:24.42
	100m: 1:19.04	1:19.04 300m:		500m: 700m:	
	200m: 2:45.04	1:26.00 400m: 5:40.86		600m: 800m: 11:24.42	
5.	Isa Wiggers	O Z & P C	11:26.69	200500978	11:31.03
	100m: 1:20.80	1:20.80 300m:		500m: 700m:	
	200m: 2:50.23	1:29.43 400m: 5:47.66		600m: 800m: 11:31.03	
6.	Delphine van Putten	TZC Vahalis	11:12.80	200501588	11:31.45
	100m: 1:22.60	1:22.60 300m:		500m: 700m:	
	200m: 2:51.92	1:29.32 400m: 5:50.02		600m: 800m: 11:31.45	
7.	Fien de Zeeuw	O Z & P C	11:30.28	200600130	11:32.10
	100m: 1:21.24	1:21.24 300m:		500m: 700m:	
	200m: 2:49.68	1:28.44 400m: 5:47.11		600m: 800m: 11:32.10	
8.	Suzanne Vesseur	Zuiderzeezwimmers	11:29.92	200500740	11:39.70
	100m: 1:16.92	1:16.92 300m:		500m: 700m:	
	200m: 2:42.60	1:25.68 400m: 5:42.05		600m: 800m: 11:39.70	
9.	Lotte Aufderhaar	De Grunte	11:16.30	200601662	11:45.71
	100m: 1:20.70	1:20.70 300m:		500m: 700m:	
	200m: 2:51.28	1:30.58 400m: 5:52.26		600m: 800m: 11:45.71	
10.	Bloem Muijaert	SG Octopus - ZVV	11:13.57	200602754	11:50.31
	100m: 1:20.91	1:20.91 300m:		500m: 700m:	
	200m: 2:49.91	1:29.00 400m: 5:50.73		600m: 800m: 11:50.31	
11.	Iris Sportel	Dedemsvaart-AC	11:48.83	200601048	11:53.40
	100m: 1:21.61	1:21.61 300m:		500m: 700m:	
	200m: 2:51.90	1:30.29 400m: 5:51.22		600m: 800m: 11:53.40	
12.	Kim Holterman	ZPC De Hof	11:22.82	200603488	11:56.21
	100m: 1:24.40	1:24.40 300m:		500m: 700m:	
	200m: 2:54.85	1:30.45 400m: 5:56.74		600m: 800m: 11:56.21	

Programmanr. 1, Meisjes, 800m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
13.	Christel Manuela	SG Octopus - ZVV	11:20.07	200602154	12:00.88
	100m: 1:21.49	1:21.49 300m:	500m:	700m:	
	200m: 2:52.15	1:30.66 400m: 5:57.25	600m:	800m: 12:00.88	
14.	Eva Havelaar	De Grunte	11:59.67	200601660	12:29.01
	100m: 1:27.71	1:27.71 300m:	500m:	700m:	
	200m: 3:05.48	1:37.77 400m: 6:18.93	600m:	800m: 12:29.01	
15.	Luna Al Bana	TZC Vahalis	12:38.57	200503280	12:42.19
	100m: 1:22.84	1:22.84 300m:	500m:	700m:	
	200m: 2:56.84	1:34.00 400m: 6:13.87	600m:	800m: 12:42.19	
16.	Eline Pullen	De Grunte	11:52.04	200500630	12:44.35
	100m: 1:26.24	1:26.24 300m:	500m:	700m:	
	200m: 3:02.02	1:35.78 400m: 6:17.62	600m:	800m: 12:44.35	
17.	Alyssa Eilander	De Grunte	11:31.39	200501982	12:59.35
	100m: 1:25.91	1:25.91 300m:	500m:	700m:	
	200m: 3:03.26	1:37.35 400m: 6:22.73	600m:	800m: 12:59.35	
AFGEM	Jessica Dekkinga	Steenwijk 1934	12:53.36	200600180	

Senioren 1 en 2

1.	Daniëlle Meinema	Swol 1894	9:37.68	200300534	9:53.82
	100m: 1:04.73	1:04.73 300m:	500m:	700m:	
	200m: 2:17.16	1:12.43 400m: 4:46.36	600m:	800m: 9:53.82	
2.	Alessia Sluis	Dedemsvaart-AC	10:18.48	200300896	10:24.65
	100m: 1:09.96	1:09.96 300m:	500m:	700m:	
	200m: 2:28.54	1:18.58 400m: 5:09.47	600m:	800m: 10:24.65	
3.	Cynthia Koolman	Swol 1894	10:36.73	200300232	10:47.89
	100m: 1:12.47	1:12.47 300m:	500m:	700m:	
	200m: 2:32.16	1:19.69 400m: 5:17.34	600m:	800m: 10:47.89	
4.	Femke van Wijk	WWV Winterswijk	10:30.16	200403434	10:50.13
	100m: 1:15.28	1:15.28 300m:	500m:	700m:	
	200m: 2:38.24	1:22.96 400m: 5:24.26	600m:	800m: 10:50.13	

Senioren

1.	Michelle Zomerdijk	Dedemsvaart-AC	10:14.24	200003196	10:14.50
	100m: 1:08.81	1:08.81 300m:	500m:	700m:	
	200m: 2:24.46	1:15.65 400m: 5:01.21	600m:	800m: 10:14.50	
2.	Renée Duenk	WWV Winterswijk	11:01.14	200201368	10:57.79
	100m: 1:16.16	1:16.16 300m:	500m:	700m:	
	200m: 2:40.11	1:23.95 400m: 5:28.07	600m:	800m: 10:57.79	
3.	Wilna Heijman	Steenwijk 1934	11:34.97	196400506	11:28.64
	100m: 1:20.82	1:20.82 300m:	500m:	700m:	
	200m: 2:46.76	1:25.94 400m: 5:40.32	600m:	800m: 11:28.64	
4.	Marloes Rebel	WS Twente	13:28.75	198403474	13:31.67
	100m: 1:29.10	1:29.10 300m:	500m:	700m:	
	200m: 3:09.95	1:40.85 400m: 6:39.54	600m:	800m: 13:31.67	
AFGEM	Sanne Arendsen	NDD	11:19.92	200103544	

Programmanr. 2
9-4-2022 - 14:45

Heren, 1500m vrije slag

Juniores 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Juniores 1 en 2					
1.	Milan Veelders	De Dinkel	17:50.37	200800279	18:07.51
	100m: 1:08.67	1:08.67 500m:	900m:	1300m:	
	200m: 2:21.70	1:13.03 600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 18:07.51	
	400m: 4:48.02	800m: 9:40.54	1200m:		
2.	Youp Stuifzand	ZV 44	19:07.97	200800521	19:04.46
	100m: 1:07.37	1:07.37 500m:	900m:	1300m:	
	200m: 2:24.48	1:17.11 600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 19:04.46	
	400m: 4:59.04	800m: 10:09.33	1200m:		

Programmanr. 2, Jongens, 1500m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT
3.	Bjorn Scholten	WS Twente	19:47.20	200801143	20:30.90
	100m: 1:16.58	1:16.58	500m: 900m:	1300m:	
	200m: 2:38.82	1:22.24	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 20:30.90		
	400m: 5:24.37	800m: 10:54.00	1200m:		
4.	Teun van Weeren	WS Twente	20:06.19	200801145	20:59.77
	100m: 1:16.73	1:16.73	500m: 900m:	1300m:	
	200m: 2:40.14	1:23.41	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 20:59.77		
	400m: 5:28.27	800m: 11:08.74	1200m:		
5.	Noud Assinck	Zignea	23:14.88	200900047	23:03.96
	100m: 1:24.28	1:24.28	500m: 900m:	1300m:	
	200m: 2:58.02	1:33.74	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 23:03.96		
	400m: 6:05.93	800m: 12:21.88	1200m:		
6.	Rinse de Jonge	De Grunte	23:55.12	200900705	23:48.98
	100m: 1:24.16	1:24.16	500m: 900m:	1300m:	
	200m: 2:47.95	1:23.79	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 23:48.98		
	400m: 6:18.81	800m: 12:45.82	1200m:		
7.	Siem Faber	Batavia Swim	25:09.71	200900065	25:52.12
	100m: 1:35.40	1:35.40	500m: 900m:	1300m:	
	200m: 3:20.47	1:45.07	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 25:52.12		
	400m: 6:48.99	800m: 13:45.90	1200m:		
AFGEM	Jaydey Schonewille	Steenwijk 1934	NT	200800025	

Junioren 3 en 4

1.	Lars ten Katen	Batavia Swim	18:52.34	200600959	19:10.80
	100m: 1:08.10	1:08.10	500m: 900m:	1300m:	
	200m: 2:24.06	1:15.96	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 19:10.80		
	400m: 4:59.38	800m: 10:09.86	1200m:		
2.	Storm Tolsma	Zignea	19:55.11	200600277	19:20.92
	100m: 1:06.64	1:06.64	500m: 900m:	1300m:	
	200m: 2:21.56	1:14.92	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 19:20.92		
	400m: 4:55.80	800m: 10:08.98	1200m:		
3.	Luca Gerringa	Batavia Swim	22:37.71	200700555	20:21.75
	100m: 1:12.99	1:12.99	500m: 900m:	1300m:	
	200m: 2:34.36	1:21.37	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 20:21.75		
	400m: 5:19.31	800m: 10:51.53	1200m:		
4.	Jort Siebelt	O Z & P C	20:36.01	200700083	20:36.42
	100m: 1:15.64	1:15.64	500m: 900m:	1300m:	
	200m: 2:37.13	1:21.49	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 20:36.42		
	400m: 5:21.48	800m: 10:53.89	1200m:		
5.	Thijs Poll	ZV 44	21:37.68	200700203	21:19.98
	100m: 1:13.34	1:13.34	500m: 900m:	1300m:	
	200m: 2:37.41	1:24.07	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 21:19.98		
	400m: 5:28.53	800m: 11:17.48	1200m:		
6.	Arie Brussaard	Batavia Swim	21:40.77	200700781	22:38.85
	100m: 1:19.41	1:19.41	500m: 900m:	1300m:	
	200m: 2:49.29	1:29.88	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 22:38.85		
	400m: 5:50.38	800m: 11:59.52	1200m:		
NG	Efe Ozkan	WS Twente	20:42.76	200604097	

Jeugd 1 en 2

1.	Robin van den Berg	ZV 44	17:28.52	200400699	18:02.86
	100m: 1:04.48	1:04.48	500m: 900m:	1300m:	
	200m: 2:14.04	1:09.56	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 18:02.86		
	400m: 4:35.94	800m: 9:27.15	1200m:		
2.	William Kragt	ZV 44	18:38.66	200503133	19:05.94
	100m: 1:07.35	1:07.35	500m: 900m:	1300m:	
	200m: 2:23.44	1:16.09	600m: 1000m:	1400m:	
	300m: 4:00.00	700m: 1100m:	1500m: 19:05.94		
	400m: 4:58.75	800m: 10:08.62	1200m:		

Programmanr. 2, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
3.	Dennis Mosterman	Dedemsvaart-AC	20:42.50	200501283	19:41.54
	100m: 1:09.35	1:09.35	500m: 900m:	1300m:	
	200m: 2:26.62	1:17.27	600m: 1000m:	1400m:	
	300m: 5:05.29	700m: 1100m:	1500m: 19:41.54		
	400m: 10:30.76	800m: 1200m:			
4.	Oscar Jansen	O Z & P C	20:34.33	200501953	20:04.28
	100m: 1:08.84	1:08.84	500m: 900m:	1300m:	
	200m: 2:24.61	1:15.77	600m: 1000m:	1400m:	
	300m: 5:03.65	700m: 1100m:	1500m: 20:04.28		
	400m: 10:31.90	800m: 1200m:			
5.	Pomme Werner	RZC	19:05.05	200400963	20:14.33
	100m: 1:12.23	1:12.23	500m: 900m:	1300m:	
	200m: 2:31.00	1:18.77	600m: 1000m:	1400m:	
	300m: 5:13.77	700m: 1100m:	1500m: 20:14.33		
	400m: 10:41.83	800m: 1200m:			
6.	Kay van Sleen	Steenwijk 1934	NT	200400083	20:49.04
	100m: 1:13.65	1:13.65	500m: 900m:	1300m:	
	200m: 2:35.52	1:21.87	600m: 1000m:	1400m:	
	300m: 5:21.09	700m: 1100m:	1500m: 20:49.04		
	400m: 10:56.28	800m: 1200m:			
7.	Tom Schotkamp	De Grunte	NT	200501337	25:10.41
	100m: 1:27.37	1:27.37	500m: 900m:	1300m:	
	200m: 3:06.49	1:39.12	600m: 1000m:	1400m:	
	300m: 6:31.98	700m: 1100m:	1500m: 25:10.41		
	400m: 13:25.91	800m: 1200m:			

Senioren 1 en 2

1.	Kevin Lucas	De Dinkel	17:16.21	200300545	18:10.29
	100m: 1:06.76	1:06.76	500m: 900m:	1300m:	
	200m: 2:18.70	1:11.94	600m: 1000m:	1400m:	
	300m: 4:45.48	700m: 1100m:	1500m: 18:10.29		
	400m: 9:39.32	800m: 1200m:			
2.	Niels Kragt	Dedemsvaart-AC	18:40.74	200300155	19:05.44
	100m: 1:07.06	1:07.06	500m: 900m:	1300m:	
	200m: 2:22.89	1:15.83	600m: 1000m:	1400m:	
	300m: 4:57.98	700m: 1100m:	1500m: 19:05.44		
	400m: 10:10.69	800m: 1200m:			
AFGEM	Ruben Hoeve	ZV 44	NT	200302179	

Senioren

1.	Arjan Prins	Dedemsvaart-AC	19:03.23	198201383	19:25.14
	100m: 1:07.96	1:07.96	500m: 900m:	1300m:	
	200m: 2:24.83	1:16.87	600m: 1000m:	1400m:	
	300m: 5:01.58	700m: 1100m:	1500m: 19:25.14		
	400m: 10:16.48	800m: 1200m:			
DIS	Wessel Everloo	WS Twente	18:19.86	198906597	S14
	AA - Gestart voor het startsignaal (en wel gezwommen).				

Programmanr. 3
9-4-2022 - 16:35

Dames, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2					
1.	Elin Das	NDD	NT	200901036	22:33.00
	100m: 1:19.78	1:19.78	500m: 900m:	1300m:	
	200m: 2:46.89	1:27.11	600m: 1000m:	1400m:	
	300m: 5:47.43	700m: 1100m:	1500m: 22:33.00		
	400m: 11:49.25	800m: 1200m:			
2.	Emma Steenbrink	WS Twente	23:07.83	200901376	23:03.84
	100m: 1:17.82	1:17.82	500m: 900m:	1300m:	
	200m: 2:48.46	1:30.64	600m: 1000m:	1400m:	
	300m: 5:55.50	700m: 1100m:	1500m: 23:03.84		
	400m: 12:10.41	800m: 1200m:			
3.	Vera Schijffelen	WS Twente	28:18.52	200903394	27:29.56
	100m: 1:36.93	1:36.93	500m: 900m:	1300m:	
	200m: 3:27.64	1:50.71	600m: 1000m:	1400m:	
	300m: 7:11.92	700m: 1100m:	1500m: 27:29.56		
	400m: 14:39.54	800m: 1200m:			

Programmanr. 3, Dames, 1500m vrije slag

Junioren 3 en 4

1. Hannah Markovinovic	WS Twente	19:08.76	200803266	20:09.77
100m: 1:11.43	1:11.43 500m:		900m:	1300m:
200m: 2:30.45	1:19.02 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 20:09.77
400m: 5:11.35	800m: 10:36.70		1200m:	
2. Leyona Lichtendonk	Dedemsvaart-AC	22:19.29	200700010	20:13.59
100m: 1:14.71	1:14.71 500m:		900m:	1300m:
200m: 2:35.09	1:20.38 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 20:13.59
400m: 5:17.24	800m: 10:45.49		1200m:	
3. Marlouke Frijstein	ZV 44	23:42.41	200800152	20:52.50
100m: 1:15.99	1:15.99 500m:		900m:	1300m:
200m: 2:39.51	1:23.52 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 20:52.50
400m: 5:26.58	800m: 11:04.08		1200m:	
4. Anique Polinder	ZV 44	24:38.35	200800008	22:08.45
100m: 1:19.73	1:19.73 500m:		900m:	1300m:
200m: 2:48.04	1:28.31 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 22:08.45
400m: 5:47.53	800m: 11:48.01		1200m:	
5. Lieve Faber	Batavia Swim	23:03.12	200800016	23:35.80
100m: 1:21.99	1:21.99 500m:		900m:	1300m:
200m: 2:54.84	1:32.85 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 23:35.80
400m: 6:05.43	800m: 12:29.33		1200m:	
6. Mirte Boswinkel	WS Twente	22:24.55	200700434	24:19.89
100m: 1:22.19	1:22.19 500m:		900m:	1300m:
200m: 2:58.07	1:35.88 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 24:19.89
400m: 6:14.82	800m: 12:52.67		1200m:	
7. Iris Boswinkel	WS Twente	24:03.75	200801306	25:46.29
100m: 1:25.76	1:25.76 500m:		900m:	1300m:
200m: 3:04.48	1:38.72 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 25:46.29
400m: 6:27.07	800m: 13:30.16		1200m:	
AFGEM Kaylen Schonewille	Steenwijk 1934	23:24.16	200700500	
AFGEM Amber Lenters	De Grunte	24:02.24	200800700	

Jeugd 1 en 2

1. Myrthe Dam	Zuiderzeewimmers	20:58.53	200602336	19:50.44
100m: 1:10.13	1:10.13 500m:		900m:	1300m:
200m: 2:27.43	1:17.30 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 19:50.44
400m: 5:07.04	800m: 10:29.61		1200m:	
2. Feline Slijkhuis	SG Octopus - ZVV	19:54.55	200501042	20:41.67
100m: 1:12.51	1:12.51 500m:		900m:	1300m:
200m: 2:33.00	1:20.49 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 20:41.67
400m: 5:18.32	800m: 10:54.05		1200m:	
3. Marlies Dijsselhof	Dedemsvaart-AC	21:22.03	200601046	20:50.45
100m: 1:13.33	1:13.33 500m:		900m:	1300m:
200m: 2:36.19	1:22.86 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 20:50.45
400m: 5:20.74	800m: 10:56.42		1200m:	
4. Bloem Muijlaert	SG Octopus - ZVV	21:19.99	200602754	22:24.44
100m: 1:21.27	1:21.27 500m:		900m:	1300m:
200m: 2:51.72	1:30.45 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 22:24.44
400m: 5:51.43	800m: 11:56.07		1200m:	
5. Jessica Dekkinga	Steenwijk 1934	24:22.89	200600180	23:16.42
100m: 1:22.07	1:22.07 500m:		900m:	1300m:
200m: 2:54.08	1:32.01 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 23:16.42
400m: 6:00.31	800m: 12:15.24		1200m:	
6. Joelle Kagenaar	Zignea	23:55.06	200600070	23:51.03
100m: 1:22.07	1:22.07 500m:		900m:	1300m:
200m: 2:54.32	1:32.25 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 23:51.03
400m: 6:01.55	800m: 12:23.48		1200m:	
7. Alyssa Eilander	De Grunte	22:42.56	200501982	25:12.71
100m: 1:25.59	1:25.59 500m:		900m:	1300m:
200m: 3:02.03	1:36.44 600m:		1000m:	1400m:
300m:	700m:		1100m:	1500m: 25:12.71
400m: 6:21.57	800m: 13:08.62		1200m:	

Programmanr. 3, Dames, 1500m vrije slag

Senioren 1 en 2

1. Daniëlle Meinema	Swol 1894	18:23.36	200300534	18:45.05
100m: 1:08.33	1:08.33	500m:	900m:	1300m:
200m: 2:22.75	1:14.42	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 18:45.05
400m: 4:53.20		800m: 9:54.21	1200m:	
2. Cynthia Koolman	Swol 1894	20:05.11	200300232	20:48.02
100m: 1:17.67	1:17.67	500m:	900m:	1300m:
200m: 2:41.54	1:23.87	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 20:48.02
400m: 5:30.07		800m: 11:03.48	1200m:	
3. Romée Jabben	Dedemsvaart-AC	23:02.96	200404426	23:10.27
100m: 1:24.19	1:24.19	500m:	900m:	1300m:
200m: 2:56.31	1:32.12	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 23:10.27
400m: 6:04.18		800m: 12:18.18	1200m:	

Senioren

1. Laura ter Stege	RZC	22:42.68	199602364	24:26.99
100m: 1:28.42	1:28.42	500m:	900m:	1300m:
200m: 2:53.13	1:24.71	600m:	1000m:	1400m:
300m:		700m:	1100m:	1500m: 24:26.99
400m: 6:10.91		800m: 12:48.83	1200m:	

Programmanr. 4
9-4-2022 - 17:55

Heren, 800m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
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Junioren 1 en 2

1. Mart Tempelman	Dedemsvaart-AC	11:55.92	200801075	10:54.98
100m: 1:15.69	1:15.69	300m:	500m:	700m:
200m: 2:37.26	1:21.57	400m: 5:23.98	600m:	800m: 10:54.98
2. Jelle van Mullekom	RZC	11:30.32	200801267	11:23.35
100m: 1:15.16	1:15.16	300m:	500m:	700m:
200m: 2:42.96	1:27.80	400m: 5:40.74	600m:	800m: 11:23.35
3. Duuk Harms	Dedemsvaart-AC	11:30.95	200900201	11:46.08
100m: 1:21.56	1:21.56	300m:	500m:	700m:
200m: 2:50.87	1:29.31	400m: 5:49.80	600m:	800m: 11:46.08
4. Dani Yefimov	WS Twente	12:03.71	200901305	12:02.88
100m: 1:20.24	1:20.24	300m:	500m:	700m:
200m: 2:51.37	1:31.13	400m: 5:58.22	600m:	800m: 12:02.88
5. Wessel Mous	WWV Winterswijk	11:41.78	200802477	12:05.86
100m: 1:21.17	1:21.17	300m:	500m:	700m:
200m: 2:53.13	1:31.96	400m: 6:00.54	600m:	800m: 12:05.86
6. Damiän van den Anker	RZC	NT	200802079	12:28.07
100m: 1:23.60	1:23.60	300m:	500m:	700m:
200m: 2:57.55	1:33.95	400m: 6:13.41	600m:	800m: 12:28.07
7. Rinse de Jonge	De Grunte	12:34.13	200900705	12:47.86
100m: 1:28.32	1:28.32	300m:	500m:	700m:
200m: 3:06.31	1:37.99	400m: 6:26.44	600m:	800m: 12:47.86
8. Niek Eijnsink	De Grunte	NT	200801827	12:48.57
100m: 1:20.27	1:20.27	300m:	500m:	700m:
200m: 2:55.27	1:35.00	400m: 6:19.62	600m:	800m: 12:48.57

AFGEM	Jaydey Schonewille	Steenwijk 1934	NT	200800025	
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Junioren 3 en 4

1. Lars ten Katen	Batavia Swim	9:52.19	200600959	9:55.04
100m: 1:08.10	1:08.10	300m:	500m:	700m:
200m: 2:23.80	1:15.70	400m: 4:57.39	600m:	800m: 9:55.04
2. Niek Vreeling	O Z & P C	9:51.98	200604211	10:13.20
100m: 1:08.61	1:08.61	300m:	500m:	700m:
200m: 2:24.80	1:16.19	400m: 5:00.11	600m:	800m: 10:13.20
3. Wessel Jansen	WWV Winterswijk	9:59.80	200603579	10:28.44
100m: 1:10.31	1:10.31	300m:	500m:	700m:
200m: 2:27.28	1:16.97	400m: 5:03.15	600m:	800m: 10:28.44

Programmanr. 4, Jongens, 800m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
4.	Lias IJzerman	Dedemsvaart-AC	10:28.52	200703145	10:32.88
	100m: 1:13.07	1:13.07	300m: 5:18.67	500m: 7:00m:	800m: 10:32.88
	200m: 2:35.29	1:22.22	400m: 5:18.67	600m: 800m:	
5.	Gijs Vesseur	Zuiderzeezwemmers	11:12.23	200700277	10:50.16
	100m: 1:11.77	1:11.77	300m: 5:18.93	500m: 7:00m:	800m: 10:50.16
	200m: 2:32.80	1:21.03	400m: 5:18.93	600m: 800m:	
6.	Emiel de Bruijn	Dedemsvaart-AC	11:30.65	200700953	10:50.18
	100m: 1:15.42	1:15.42	300m: 5:28.51	500m: 7:00m:	800m: 10:50.18
	200m: 2:38.86	1:23.44	400m: 5:28.51	600m: 800m:	
7.	Arie Brussaard	Batavia Swim	11:22.55	200700781	11:34.58
	100m: 1:16.79	1:16.79	300m: 5:45.50	500m: 7:00m:	800m: 11:34.58
	200m: 2:45.37	1:28.58	400m: 5:45.50	600m: 800m:	
8.	Syb van der Schouw	NDD	12:32.35	200702951	12:20.16
	100m: 1:23.15	1:23.15	300m: 6:08.75	500m: 7:00m:	800m: 12:20.16
	200m: 2:57.98	1:34.83	400m: 6:08.75	600m: 800m:	
9.	Niek Evers	O Z & P C	12:03.53	200700079	12:25.48
	100m: 1:27.29	1:27.29	300m: 6:11.48	500m: 7:00m:	800m: 12:25.48
	200m: 3:00.45	1:33.16	400m: 6:11.48	600m: 800m:	
10.	Kay Lubbers	WS Twente	12:47.17	200600987	13:04.17
	100m: 1:22.85	1:22.85	300m: 6:17.46	500m: 7:00m:	800m: 13:04.17
	200m: 2:58.59	1:35.74	400m: 6:17.46	600m: 800m:	
11.	Finn van Sleen	Steenwijk 1934	NT	200600005	13:55.22
	100m: 1:29.62	1:29.62	300m: 6:48.33	500m: 7:00m:	800m: 13:55.22
	200m: 3:12.58	1:42.96	400m: 6:48.33	600m: 800m:	
AFGEM	Luuk Tangenberg	De Grunte	NT	200601183	

Jeugd 1 en 2

1.	Stan Tibben	Dedemsvaart-AC	NT	200503591	10:06.09
	100m: 1:11.00	1:11.00	300m: 5:08.90	500m: 7:00m:	800m: 10:06.09
	200m: 2:30.67	1:19.67	400m: 5:08.90	600m: 800m:	
2.	Pomme Werner	RZC	10:08.38	200400963	10:39.66
	100m: 1:12.29	1:12.29	300m: 5:18.02	500m: 7:00m:	800m: 10:39.66
	200m: 2:34.07	1:21.78	400m: 5:18.02	600m: 800m:	
3.	Cassian Janssen	RZC	10:41.76	200500331	11:07.60
	100m: 1:15.96	1:15.96	300m: 5:25.35	500m: 7:00m:	800m: 11:07.60
	200m: 2:39.67	1:23.71	400m: 5:25.35	600m: 800m:	
4.	Luuk Jansen	WWV Winterswijk	11:06.25	200402111	11:41.62
	100m: 1:16.72	1:16.72	300m: 5:45.38	500m: 7:00m:	800m: 11:41.62
	200m: 2:44.53	1:27.81	400m: 5:45.38	600m: 800m:	
5.	Joost Brugmans	RZC	11:57.31	200500391	12:57.65
	100m: 1:17.77	1:17.77	300m: 6:09.79	500m: 7:00m:	800m: 12:57.65
	200m: 2:49.65	1:31.88	400m: 6:09.79	600m: 800m:	
6.	Tom Schotkamp	De Grunte	12:05.09	200501337	13:05.28
	100m: 1:28.46	1:28.46	300m: 6:29.05	500m: 7:00m:	800m: 13:05.28
	200m: 3:08.09	1:39.63	400m: 6:29.05	600m: 800m:	
7.	Daan Tangenberg	De Grunte	12:31.82	200401643	13:09.27
	100m: 1:24.17	1:24.17	300m: 6:23.77	500m: 7:00m:	800m: 13:09.27
	200m: 3:01.84	1:37.67	400m: 6:23.77	600m: 800m:	
AFGEM	Kay van Sleen	Steenwijk 1934	NT	200400083	

Senioren 1 en 2

1.	Niels Kragt	Dedemsvaart-AC	9:41.90	200300155	9:58.93
	100m: 1:06.92	1:06.92	300m: 4:58.31	500m: 7:00m:	800m: 9:58.93
	200m: 2:23.64	1:16.72	400m: 4:58.31	600m: 800m:	

Senioren

1.	Arjan Prins	Dedemsvaart-AC	9:50.03	198201383	10:17.03
	100m: 1:07.58	1:07.58	300m: 5:02.35	500m: 7:00m:	800m: 10:17.03
	200m: 2:24.87	1:17.29	400m: 5:02.35	600m: 800m:	
2.	Adri Pasman	Zuiderzeezwemmers	13:48.59	196400573	16:16.04
	100m: 2:32.49	2:32.49	300m: 8:19.49	500m: 7:00m:	800m: 16:16.04
	200m: 4:26.24	1:53.75	400m: 8:19.49	600m: 800m:	