

LAC Deel 4
Hengelo, 13-1-2023

Programmanr. 1
13-1-2023

Dames, 200m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Cynthia Koolman 50m: 36.58	Steenwijk 1934 100m: 150m:	2:39.03 200300232 2:42.73	2:42.73	
2.	Ann Hietbrink 50m: 33.83	ZPC De Hof 100m: 150m:	2:48.48 200902444 2:45.24	2:45.24	
3.	Imke Temmink 50m: 36.07	De Berkelduikers 100m: 150m:	2:40.30 200601668 2:49.83	2:49.83	
4.	Iris Boswinkel 50m: 37.83	WS Twente 100m: 150m:	3:13.04 200801306 3:11.35	3:11.35	
5.	Vera Schijffelen 50m: 51.15	WS Twente 100m: 150m:	3:25.03 200903394 3:23.82	3:23.82	
6.	Eline Jonker 50m: 46.75	Z.C. Haren 100m: 150m:	3:43.80 200500806 3:27.64	3:27.64	
AFGEM	Dana Eelderink	De Berkelduikers	2:57.91 200803086		

Programmanr. 2
13-1-2023

Heren, 200m wisselslag

Juniores 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Dago Hofmeijer 50m: 33.49	WS Twente 100m: 150m:	2:51.94 200600121 2:45.39	2:45.39	
2.	Fabian Pol 50m: 50.04	WS Twente 100m: 150m:	3:27.77 201001179 3:22.47	3:22.47	
3.	Jan Willem Heuten 50m: 43.47	WS Twente 100m: 150m:	3:10.92 196000883 3:41.94	3:41.94	

Programmanr. 3
13-1-2023

Meisjes, 200m vrije slag

Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Zoë Richardson 50m: 39.72	WS Twente 100m: 1:29.92 150m:	NT 201300560 3:10.10	3:10.10	
2.	Sanne Reuver 50m: 44.48	ZC Polaris 100m: 1:36.51 150m:	NT 201300168 3:13.18	3:13.18	
3.	Puck Hoekman 50m: 43.89	WS Twente 100m: 1:36.91 150m:	3:33.25 201300574 3:24.19	3:24.19	

Programmanr. 4
13-1-2023

Jongens, 200m vrije slag

Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Teun Broshuis 50m: 41.21	WS Twente 100m: 1:32.80 150m:	3:10.46 201300033 3:11.38	3:11.38	
2.	Daan van Weeren 50m: 47.28	WS Twente 100m: 1:42.69 150m:	3:22.21 201300059 3:23.56	3:23.56	
3.	Ronan Timmer 50m: 54.63	WS Twente 100m: 2:00.81 150m:	4:16.96 201400167 4:17.70	4:17.70	

1905 

LAC Deel 4
Hengelo, 13-1-2023

Programmanr. 5
13-1-2023

Meisjes, 400m vrije slag

Miniores 5
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Feline Bruns	ZC Polaris	NT 201200730	6:20.95	
	50m: 42.33	150m:	250m:	350m:	
	100m: 1:30.40	200m: 3:09.35	300m:	400m: 6:20.95	
2.	Vera Arling	ZC Polaris	6:43.17 201200944	6:39.15	
	50m: 42.68	150m:	250m:	350m:	
	100m: 1:31.87	200m: 3:14.17	300m:	400m: 6:39.15	

Programmanr. 6
13-1-2023

Jongens, 400m vrije slag

Miniores 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Kjelt de Wit	WS Twente	7:28.30 201201099	7:30.88	
	50m: 47.29	150m:	250m:	350m:	
	100m: 1:41.91	200m: 3:37.09	300m:	400m: 7:30.88	
2.	Jarno Timmer	WS Twente	7:38.14 201200509	7:37.71	
	50m: 47.55	150m:	250m:	350m:	
	100m: 1:43.46	200m: 3:42.68	300m:	400m: 7:37.71	

19.50

LAC Deel 4
Hengelo, 13-1-2023

Programmanr. 7
13-1-2023

Dames, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Esmee Nieuwenhuis 50m: 33.42 100m: 1:11.03 150m:	ZPC De Hof 200m: 2:34.00 250m: 300m:	10:33.08 350m: 400m: 5:15.78 450m:	200701444 500m: 550m: 600m:	10:28.28 650m: 700m: 750m: 800m: 10:28.28
2.	Emma Steenbrink 50m: 35.14 100m: 1:14.97 150m:	WS Twente 200m: 2:39.28 250m: 300m:	11:11.78 350m: 400m: 5:30.13 450m:	200901376 500m: 550m: 600m:	11:06.85 650m: 700m: 750m: 800m: 11:06.85
3.	Aukje Markerink 50m: 36.63 100m: 1:17.70 150m:	ZPC De Hof 200m: 2:42.77 250m: 300m:	11:37.49 350m: 400m: 5:36.36 450m:	200802196 500m: 550m: 600m:	11:20.37 650m: 700m: 750m: 800m: 11:20.37
4.	Kim Holterman 50m: 38.83 100m: 1:21.75 150m:	ZPC De Hof 200m: 2:49.59 250m: 300m:	11:22.82 350m: 400m: 5:43.85 450m:	200603488 500m: 550m: 600m:	11:25.36 650m: 700m: 750m: 800m: 11:25.36
5.	Jesmé Haytink 50m: 40.63 100m: 1:25.54 150m:	WS Twente 200m: 2:55.14 250m: 300m:	12:10.11 350m: 400m: 5:55.19 450m:	201000382 500m: 550m: 600m:	11:44.25 650m: 700m: 750m: 800m: 11:44.25
6.	Lotte Aufderhaar 50m: 36.35 100m: 1:18.18 150m:	De Grunte 200m: 2:47.21 250m: 300m:	11:16.30 350m: 400m: 5:50.21 450m:	200601662 500m: 550m: 600m:	11:45.09 650m: 700m: 750m: 800m: 11:45.09
7.	Florien Pot 50m: 41.48 100m: 1:26.99 150m:	WS Twente 200m: 2:58.47 250m: 300m:	12:00.90 350m: 400m: 6:00.59 450m:	201000768 500m: 550m: 600m:	11:45.64 650m: 700m: 750m: 800m: 11:45.64
8.	Amber Lenters 50m: 38.42 100m: 1:21.28 150m:	De Grunte 200m: 2:50.56 250m: 300m:	11:43.85 350m: 400m: 5:56.25 450m:	200800700 500m: 550m: 600m:	11:54.71 650m: 700m: 750m: 800m: 11:54.71
9.	Karin van Dijk 50m: 38.53 100m: 1:21.74 150m:	Thor 200m: 2:52.42 250m: 300m:	11:29.94 350m: 400m: 5:55.67 450m:	197601066 500m: 550m: 600m:	11:58.92 650m: 700m: 750m: 800m: 11:58.92
10.	Esmee Reuver 50m: 42.54 100m: 1:28.87 150m:	ZC Polaris 200m: 3:02.50 250m: 300m:	12:03.53 350m: 400m: 6:11.52 450m:	201100846 500m: 550m: 600m:	12:10.88 650m: 700m: 750m: 800m: 12:10.88
11.	Anouk Arfman 50m: 39.96 100m: 1:24.93 150m:	De Berkelduikers 200m: 2:58.99 250m: 300m:	12:33.96 350m: 400m: 6:11.01 450m:	201001126 500m: 550m: 600m:	12:34.55 650m: 700m: 750m: 800m: 12:34.55
12.	Riny Zeijpveld-Meuleman 50m: 42.81 100m: 1:29.85 150m:	De Berkelduikers 200m: 3:07.86 250m: 300m:	14:00.00 350m: 400m: 6:26.62 450m:	196000204 500m: 550m: 600m:	13:01.70 650m: 700m: 750m: 800m: 13:01.70
13.	Eline Jonker 50m: 43.85 100m: 1:31.22 150m:	Z.C. Haren 200m: 3:10.06 250m: 300m:	13:08.73 350m: 400m: 6:36.71 450m:	200500806 500m: 550m: 600m:	13:26.58 650m: 700m: 750m: 800m: 13:26.58
14.	Ima van der Molen 50m: 43.73 100m: 1:35.30 150m:	WS Twente 200m: 3:21.83 250m: 300m:	12:42.07 350m: 400m: 6:55.95 450m:	196900938 500m: 550m: 600m:	14:03.70 650m: 700m: 750m: 800m: 14:03.70
AFGEM	Joëlle van Schooten	De Grunte	12:36.09	200901930	
AFGEM	Mirte Boswinkel	WS Twente	11:35.88	200700434	

1950

LAC Deel 4
Hengelo, 13-1-2023

Programmanr. 8
13-1-2023

Heren, 800m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Bjorn Scholten	WS Twente	10:05.06 200801143	9:55.00	
	50m: 31.35	200m: 2:22.17	350m: 500m:	800m: 9:55.00	
	100m: 1:06.89	250m: 400m: 4:54.82	550m: 700m:		
	150m:	300m: 450m: 600m: 750m:			
2.	Teun van Weeren	WS Twente	10:07.45 200801145	9:55.42	
	50m: 33.00	200m: 2:23.17	350m: 500m:	800m: 9:55.42	
	100m: 1:08.45	250m: 400m: 4:55.48	550m: 700m:		
	150m:	300m: 450m: 600m: 750m:			
3.	Lars Haytink	WS Twente	10:15.11 200601815	10:14.38	
	50m: 32.28	200m: 2:23.60	350m: 500m:	800m: 10:14.38	
	100m: 1:07.98	250m: 400m: 4:57.58	550m: 700m:		
	150m:	300m: 450m: 600m: 750m:			
4.	Finn Ooijman	De Berkelduikers	10:15.29 200603161	10:39.22	
	50m: 32.00	200m: 2:21.77	350m: 500m:	800m: 10:39.22	
	100m: 1:07.28	250m: 400m: 4:58.21	550m: 700m:		
	150m:	300m: 450m: 600m: 750m:			
5.	Otto Zeijpveld	De Berkelduikers	12:00.00 195800497	11:24.83	
	50m: 37.01	200m: 2:45.32	350m: 500m:	800m: 11:24.83	
	100m: 1:18.87	250m: 400m: 5:39.49	550m: 700m:		
	150m:	300m: 450m: 600m: 750m:			
6.	Jack Barends	WS Twente	12:38.65 196201011	13:21.89	
	50m: 42.25	200m: 3:07.32	350m: 500m:	800m: 13:21.89	
	100m: 1:29.44	250m: 400m: 6:31.05	550m: 700m:		
	150m:	300m: 450m: 600m: 750m:			
AFGEM	Niek Eijssink	De Grunte	12:03.08 200801827		

19.50 

LAC Deel 4
Hengelo, 13-1-2023

Programmanr. 9
13-1-2023

Dames, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Cynthia Koolman	Steenwijk 1934	19:06.13 200300232	19:37.78	
	50m:	300m: 3:41.78	550m: 6:58.15	800m: 10:15.57	1050m: 13:36.17
	100m: 1:10.37	350m: 4:20.68	600m: 7:37.55	850m: 10:55.58	1100m: 14:16.00
	150m:	400m: 5:00.01	650m: 8:16.72	900m: 11:35.39	1150m: 14:56.27
	200m: 2:24.94	450m: 5:39.51	700m: 8:56.01	950m: 12:15.53	1200m: 15:36.57
	250m: 3:03.15	500m: 6:18.60	750m: 9:35.64	1000m: 12:55.77	1250m: 16:17.51
2.	Sarah ten Dam	ZPC De Hof	20:51.66 200600052	20:14.23	
	50m: 35.99	300m:	550m: 800m: 10:46.60	1050m: 1300m:	
	100m: 1:15.50	350m:	600m: 850m:	1100m: 1350m:	
	150m: 1:56.25	400m: 5:20.26	650m: 900m:	1150m: 1400m:	
	200m: 2:37.35	450m:	700m: 950m:	1200m: 1450m:	
	250m:	500m:	750m: 1000m:	1250m: 1500m:	20:14.23
3.	Puck Kuipers	WS Twente	19:34.05 200603794	21:29.51	
	50m: 36.06	300m:	550m: 800m: 11:19.82	1050m: 1300m:	
	100m: 1:17.43	350m:	600m: 850m:	1100m: 1350m:	
	150m:	400m: 5:34.28	650m: 900m:	1150m: 1400m:	
	200m: 2:42.70	450m:	700m: 950m:	1200m: 1450m:	
	250m:	500m:	750m: 1000m:	1250m: 1500m:	21:29.51
4.	Meyke Haytink	WS Twente	22:16.34 200801188	22:01.96	
	50m: 38.40	300m:	550m: 800m: 11:44.65	1050m: 1300m:	
	100m: 1:20.43	350m:	600m: 850m:	1100m: 1350m:	
	150m:	400m: 5:45.56	650m: 900m:	1150m: 1400m:	
	200m: 2:47.60	450m:	700m: 950m:	1200m: 1450m:	
	250m:	500m:	750m: 1000m:	1250m: 1500m:	22:01.96
5.	Pien Ooijman	De Berkelduikers	22:56.27 200504500	22:19.23	
	50m: 37.89	300m:	550m: 800m: 11:46.53	1050m: 1300m:	
	100m: 1:19.85	350m:	600m: 850m:	1100m: 1350m:	
	150m:	400m: 5:46.29	650m: 900m:	1150m: 1400m:	
	200m: 2:47.88	450m:	700m: 950m:	1200m: 1450m:	
	250m:	500m:	750m: 1000m:	1250m: 1500m:	22:19.23
6.	Ashley Nijveld	De Grunte	23:01.27 200700384	23:13.94	
	50m: 38.62	300m:	550m: 800m: 12:20.53	1050m: 1300m:	
	100m: 1:21.20	350m:	600m: 850m:	1100m: 1350m:	
	150m:	400m: 5:58.67	650m: 900m:	1150m: 1400m:	
	200m: 2:51.64	450m:	700m: 950m:	1200m: 1450m:	
	250m:	500m:	750m: 1000m:	1250m: 1500m:	23:13.94
7.	Eline Pullen	De Grunte	23:23.55 200500630	23:37.01	
	50m: 40.67	300m:	550m: 800m: 12:34.42	1050m: 1300m:	
	100m: 1:25.02	350m:	600m: 850m:	1100m: 1350m:	
	150m:	400m: 6:10.02	650m: 900m:	1150m: 1400m:	
	200m: 2:57.92	450m:	700m: 950m:	1200m: 1450m:	
	250m:	500m:	750m: 1000m:	1250m: 1500m:	23:37.01
8.	Eva Havelaar	De Grunte	23:47.94 200601660	23:40.59	
	50m: 40.52	300m:	550m: 800m: 12:40.39	1050m: 1300m:	
	100m: 1:27.17	350m:	600m: 850m:	1100m: 1350m:	
	150m:	400m: 6:15.63	650m: 900m:	1150m: 1400m:	
	200m: 3:02.44	450m:	700m: 950m:	1200m: 1450m:	
	250m:	500m:	750m: 1000m:	1250m: 1500m:	23:40.59
9.	Gwen Schuur	De Grunte	NT 201000698	26:10.43	
	50m: 43.57	300m:	550m: 800m: 13:42.37	1050m: 1300m:	
	100m: 1:32.85	350m:	600m: 850m:	1100m: 1350m:	
	150m:	400m: 6:40.54	650m: 900m:	1150m: 1400m:	
	200m: 3:12.90	450m:	700m: 950m:	1200m: 1450m:	
	250m:	500m:	750m: 1000m:	1250m: 1500m:	26:10.43
10.	Desiree Dreschler	De Grunte	NT 200901400	27:45.07	
	50m: 46.13	300m:	550m: 800m: 14:45.57	1050m: 1300m:	
	100m: 1:38.55	350m:	600m: 850m:	1100m: 1350m:	
	150m:	400m: 7:13.65	650m: 900m:	1150m: 1400m:	
	200m: 3:28.28	450m:	700m: 950m:	1200m: 1450m:	
	250m:	500m:	750m: 1000m:	1250m: 1500m:	27:45.07
11.	Lisabel Friskes-van Kesteren	De Berkelduikers	29:46.91 196700768	29:20.25	
	50m: 49.51	300m:	550m: 800m: 15:29.32	1050m: 1300m:	
	100m: 1:44.62	350m:	600m: 850m:	1100m: 1350m:	
	150m:	400m: 7:34.31	650m: 900m:	1150m: 1400m:	
	200m: 3:40.50	450m:	700m: 950m:	1200m: 1450m:	
	250m:	500m:	750m: 1000m:	1250m: 1500m:	29:20.25
AFGEM	Hannah Markovinovic	WS Twente	19:08.76 200803266		

20.55

LAC Deel 4
Hengelo, 13-1-2023

Programmanr. 10
13-1-2023

Heren, 1500m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Wessel Everloo	WS Twente	18:19.86	198906597 S14	18:38.71 772
	50m: 32.93	300m:	550m:	800m: 9:46.17	1050m: 1300m:
	100m: 1:08.80	350m:	600m:	850m:	1100m: 1350m:
	150m:	400m: 4:49.28	650m:	900m:	1150m: 1400m:
	200m: 2:22.47	450m:	700m:	950m:	1200m: 1450m:
	250m:	500m:	750m:	1000m:	1250m: 1500m: 18:38.71
2.	Rian Schoneveld	De Berkelduikers	20:00.00	200801789	18:54.89
	50m: 31.58	300m:	550m:	800m: 10:05.51	1050m: 1300m:
	100m: 1:07.39	350m:	600m:	850m: 10:43.63	1100m: 1350m:
	150m:	400m: 4:56.25	650m:	900m:	1150m: 1400m:
	200m: 2:21.95	450m:	700m:	950m:	1200m: 1450m:
	250m:	500m:	750m:	1000m:	1250m: 1500m: 18:54.89
3.	Marcel Reefhuis	WS Twente	19:32.46	198101381	19:08.66
	50m: 32.75	300m:	550m:	800m: 10:04.79	1050m: 1300m:
	100m: 1:09.30	350m:	600m:	850m:	1100m: 1350m:
	150m:	400m: 4:46.50	650m:	900m:	1150m: 1400m:
	200m: 2:23.90	450m:	700m:	950m:	1200m: 1450m:
	250m:	500m:	750m:	1000m:	1250m: 1500m: 19:08.66
4.	Mattijn Thijert	WS Twente	20:45.52	200501921	20:30.57
	50m: 33.08	300m:	550m:	800m: 10:49.22	1050m: 1300m:
	100m: 1:10.94	350m:	600m:	850m:	1100m: 1350m:
	150m:	400m: 5:15.77	650m:	900m:	1150m: 1400m:
	200m: 2:31.32	450m:	700m:	950m:	1200m: 1450m:
	250m:	500m:	750m:	1000m:	1250m: 1500m: 20:30.57
5.	Chris Kouwenhoven	De Grunte	20:54.42	197101669	21:37.58
	50m: 37.44	300m:	550m:	800m: 11:28.91	1050m: 1300m:
	100m: 1:19.59	350m:	600m:	850m:	1100m: 1350m:
	150m:	400m: 5:39.15	650m:	900m:	1150m: 1400m:
	200m: 2:44.86	450m:	700m:	950m:	1200m: 1450m:
	250m:	500m:	750m:	1000m:	1250m: 1500m: 21:37.58
6.	Rinse de Jonge	De Grunte	23:55.12	200900705	22:57.87
	50m: 37.97	300m:	550m:	800m: 12:10.65	1050m: 1300m:
	100m: 1:22.92	350m:	600m:	850m:	1100m: 1350m:
	150m:	400m: 5:58.26	650m:	900m:	1150m: 1400m:
	200m: 2:54.50	450m:	700m:	950m:	1200m: 1450m:
	250m:	500m:	750m:	1000m:	1250m: 1500m: 22:57.87
7.	Thijmen Holterman	ZPC De Hof	24:54.19	201000005	23:41.98
	50m: 41.89	300m:	550m:	800m: 12:50.32	1050m: 1300m:
	100m: 1:30.27	350m:	600m:	850m:	1100m: 1350m:
	150m:	400m: 6:23.53	650m:	900m:	1150m: 1400m:
	200m: 3:07.57	450m:	700m:	950m:	1200m: 1450m:
	250m:	500m:	750m:	1000m:	1250m: 1500m: 23:41.98
8.	Viktor Post	WS Twente	24:53.50	200802201	24:32.69
	50m: 40.19	300m:	550m:	800m: 12:49.45	1050m: 1300m:
	100m: 1:24.71	350m:	600m:	850m:	1100m: 1350m:
	150m:	400m: 6:13.57	650m:	900m:	1150m: 1400m:
	200m: 2:58.14	450m:	700m:	950m:	1200m: 1450m:
	250m:	500m:	750m:	1000m:	1250m: 1500m: 24:32.69
9.	Kay Lubbers	WS Twente	23:59.58	200600987	24:34.87
	50m: 38.16	300m:	550m:	800m: 12:49.68	1050m: 1300m:
	100m: 1:21.21	350m:	600m:	850m:	1100m: 1350m:
	150m:	400m: 6:07.41	650m:	900m:	1150m: 1400m:
	200m: 2:54.19	450m:	700m:	950m:	1200m: 1450m:
	250m:	500m:	750m:	1000m:	1250m: 1500m: 24:34.87
10.	Jur Hoekman	WS Twente	23:22.26	200600801	25:29.09
	50m: 35.44	300m:	550m:	800m: 13:06.92	1050m: 1300m:
	100m: 1:18.45	350m:	600m:	850m:	1100m: 1350m:
	150m:	400m: 6:13.72	650m:	900m:	1150m: 1400m:
	200m: 2:53.30	450m:	700m:	950m:	1200m: 1450m:
	250m:	500m:	750m:	1000m:	1250m: 1500m: 25:29.09
11.	Bart van Calker	WS Twente	NT	196100067	25:48.31
	50m: 43.22	300m:	550m:	800m: 13:37.22	1050m: 1300m:
	100m: 1:30.96	350m:	600m:	850m:	1100m: 1350m:
	150m:	400m: 6:37.67	650m:	900m:	1150m: 1400m:
	200m: 3:12.69	450m:	700m:	950m:	1200m: 1450m:
	250m:	500m:	750m:	1000m:	1250m: 1500m: 25:48.31

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