

Programmanr. 1  
13-5-2023 - 13:00

Heren, 50m rugslag

All in  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Junioren 1 en 2</b>						
1.	Duuk Harms	Dedemsvaart-AC	32.27	200900201	<b>32.39</b>	+0.66
2.	Finn Stamsnieder	O Z & P C	35.52	200900225	<b>33.13</b>	+0.57
3.	Sven Casper Hageman 50 m*	Deltasteur	34.94	201000009	<b>33.29</b>	+0.57
4.	Ruben Nooter	ZV 44	34.22	200901577	<b>33.72</b>	+0.55
5.	Dhamin Ouali	SWOL 1894	35.64	200902771	<b>34.26</b>	+0.61
6.	Ruben Kragt	ZV 44	35.00	201000007	<b>36.04</b>	+0.62
7.	Bram Kulpe	Z&PV de Veene	36.23	200900329	<b>36.14</b>	+0.66
8.	Niek Endeman	Deltasteur	36.73	200902567	<b>36.16</b>	+0.80
9.	Dyon Scholten	Steenwijk 1934	36.83	200900095	<b>36.37</b>	+0.61
10.	Roan van der Stege	SWOL 1894	36.99	200900107	<b>37.02</b>	+0.69
11.	Noud Assinck 50 m*	ZIGNEA	39.13	200900047	<b>37.41</b>	+0.56
12.	Guus van Duinen	Dedemsvaart-AC	37.62	200901107	<b>37.42</b>	+0.76
13.	Kick Germers	SWOL 1894	38.64	201000185	<b>38.06</b>	+0.67
14.	Mick Leferink	De Dinkel	39.04	200902227	<b>38.13</b>	+0.68
15.	Robbin Eijkelkamp	ZPC De Hof	38.60	200900031	<b>38.19</b>	
16.	Daan Emming	SWOL 1894	42.44	201003115	<b>38.36</b>	+0.72
17.	Abe Pasop	De Grunte	39.22	201000501	<b>38.60</b>	+0.64
18.	Milan Bottenberg	Deltasteur	37.89	200900153	<b>38.62</b>	+0.65
19.	Tristan Meijers	SWOL 1894	39.83	201000089	<b>39.24</b>	+0.72
20.	Julian Flikweert	ZIGNEA	37.71	201001185	<b>39.27</b>	+0.66
21.	Daan Alink	ZPC De Hof	39.00	201000241	<b>39.33</b>	+0.76
22.	Rinse de Jonge	De Grunte	39.46	200900705	<b>39.79</b>	+0.93
23.	Thijs Boswinkel	ZPC De Hof	39.58	200900559	<b>40.05</b>	+0.81
24.	Twan Felix	Deltasteur	39.46	201000123	<b>40.06</b>	+0.57
25.	Jens Rikhof	De Dinkel	42.24	201001239	<b>40.50</b>	+0.59
26.	Gijs Nooter	ZV 44	43.49	201000725	<b>40.63</b>	+0.61
27.	Ryan Freriksen	SWOL 1894	39.62	201000301	<b>41.21</b>	+0.61
28.	Joep van Nijen	Z&PV de Veene	42.50	201000545	<b>41.72</b>	+0.72
<b>Junioren 3 en 4</b>						
1.	Siem de Zeeuw	O Z & P C	30.73	200800013	<b>30.05</b>	+0.61
2.	Jaydey Schonewille	Steenwijk 1934	30.77	200800025	<b>30.39</b>	+0.62
3.	Daniel Critchell	Deltasteur	31.05	200700439	<b>30.77</b>	+0.58
4.	Lias IJzerman	Dedemsvaart-AC	31.47	200703145	<b>30.94</b>	+0.68
5.	Tijs Kruithof	Het Ravijn	32.19	200701181	<b>31.23</b>	+0.67
6.	Job Sportel	VZ&PC	31.18	200800429	<b>31.38</b>	+0.55
7.	Bjorn Scholten	WS Twente	33.68	200801143	<b>31.63</b>	+0.72
8.	Mart Tempelman	Dedemsvaart-AC	32.90	200801075	<b>31.64</b>	+0.62
9.	Daan van Peet	De Dinkel	30.42	200700461	<b>31.65</b>	+0.70
10.	Gijs Vesseur	ZV 44	32.40	200700277	<b>31.94</b>	+0.68
11.	Hessel Penninkhof	Deltasteur	32.98	200800565	<b>32.27</b>	+0.74
12.	Thijs Poll	ZV 44	34.01	200700203	<b>32.41</b>	+0.61
13.	Melle van Veen 50 m*	Dedemsvaart-AC	33.37	200700661	<b>32.46</b>	+0.75
14.	Diede Veld	SWOL 1894	33.21	200800011	<b>32.59</b>	+0.63
	Arjan Boogaard	Deltasteur	33.36	200800093	<b>32.59</b>	+0.64
16.	Vasco Strampel	Steenwijk 1934	32.49	200702073	<b>32.63</b>	+0.54
17.	Teun Overmars	O Z & P C	32.78	200800103	<b>32.79</b>	+0.63
18.	Emiel de Bruijn	Dedemsvaart-AC	31.74	200700953	<b>32.81</b>	+0.54
19.	Bram ter Braak	De Dinkel	31.96	200800281	<b>33.18</b>	+0.64
20.	Niek Eijnsink	De Grunte	33.70	200801827	<b>33.71</b>	+0.63
21.	Ivan Vuist	Steenwijk 1934	34.76	200802067	<b>33.93</b>	+0.71
AFGEM	Dirk Hoogeveen	Dedemsvaart-AC	32.22	200702595		
NG	Sam Leferink	De Dinkel	34.80	200800833		

Programmanr. 1, Heren, 50m rugslag

Jeugd 1 en 2

1.	Gijs Vrieling	Dedemsvaart-AC	30.67	200503811	<b>29.97</b>	+0.57
2.	Niek Vreeling	O Z & P C	30.61	200604211	<b>30.11</b>	+0.64
3.	Finmar Rijnkels	Dedemsvaart-AC	31.16	200604219	<b>30.42</b>	+0.61
4.	Lars Heddemma	Steenwijk 1934	30.59	200603697	<b>30.70</b>	+0.69
5.	Finn Slinkman	ZPC De Hof	31.15	200500081	<b>31.12</b>	+0.62
6.	Mick Mulder	WS Twente	32.38	200502519	<b>31.76</b>	+0.57
7.	Hielke Jan Penninkhof	Deltasteur	32.10	200500569	<b>32.66</b>	+0.72
8.	Seb Pieterman	SWOL 1894	32.69	200600331	<b>32.83</b>	+0.61
9.	Dennis Mosterman	Dedemsvaart-AC	30.30	200501283	<b>33.27</b>	+0.64
DIS	Stan Tibben	Dedemsvaart-AC	30.61	200503591		+0.52

RA - Na start en/of keerpunt niet bij of voor de 15m met het hoofd het wateroppervlak doorbroken.

Senioren 1 en 2

1.	Abram Korevaar	ZV 44	28.57	200401459	<b>29.40</b>	+0.65
2.	Luuk Ruinemans	De Dinkel	29.58	200301085	<b>29.50</b>	+0.70
3.	Robin van den Berg	ZV 44	29.57	200400699	<b>29.70</b>	+0.78
4.	Bart Oude Egbrink	O Z & P C	30.90	200300491	<b>30.51</b>	+0.69
5.	Mika Heskamp	De Dinkel	32.44	200300339	<b>31.72</b>	+0.66

Senioren

1.	Bart Kooiker	De Dinkel	31.45	200100705	<b>32.43</b>	
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Programmanr. 2  
13-5-2023 - 13:17

Dames, 50m vlinderslag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 1 en 2</b>					
1.	Paula Spans	ZV 44	32.19	201000064	<b>32.09</b>
2.	Lynn ten Berge	De Dinkel	32.81	201000884	<b>32.76</b>
3.	Florien Pot	WS Twente	38.06	201000768	<b>35.28</b>
4.	Eline Eertink	Hera'11	36.39	201000158	<b>36.94</b>
	Sanne Keizer	Dedemsvaart-AC	39.47	201001348	<b>36.94</b>
	50 m*				
6.	Mattea Gliese-Sloojier	De Dinkel	37.17	201100008	<b>37.38</b>
7.	Olivia Boschloo	de IJsel	40.76	201102398	<b>38.66</b>
8.	Lisa Boogaard	Deltasteur	40.00	201100990	<b>38.84</b>
9.	Isabel Amelink	Deltasteur	42.84	201100196	<b>39.11</b>
10.	Aimee van Tongeren	WS Twente	39.52	201100214	<b>39.62</b>
11.	Hanna Heller	de IJsel	44.40	201102730	<b>40.47</b>
12.	Maudi Kamphuis	De Dinkel	38.32	201000646	<b>41.18</b>
13.	Linde Kamman	ZV 44	38.09	201000742	<b>41.20</b>
14.	Britt Haverkate	ZPC De Hof	40.15	201100032	<b>42.68</b>
15.	Sjors Werger	Dedemsvaart-AC	42.26	201100906	<b>43.25</b>
16.	Jill Goeree	EZCL (SG)	44.54	201101248	<b>43.88</b>
17.	Donna Groen	EZCL (SG)	43.13	201101342	<b>44.46</b>
18.	Elynn Fransz	SWOL 1894	44.50	201102114	<b>45.17</b>
DIS	Danique Krijgsman	ZPC De Hof	41.89	201100208	
	VB - Beide armen niet gelijktijdig naar voren en/of gelijktijdig achterwaarts gebracht.				
DIS	Imke Oude Engberink	De Dinkel	42.99	201100818	
	VB - Beide armen niet gelijktijdig naar voren en/of gelijktijdig achterwaarts gebracht.				
AFGEM	Maniek Bredenoort	Dedemsvaart-AC	36.19	201000122	

Programmanr. 2, Dames, 50m vlinderslag

Junioren 3 en 4

1.	Emmelien Smelt	ZVZwartsuis	29.81	200800012	<b>30.50</b>	
2.	Hannah Markovinovic	WS Twente	29.99	200803266	<b>30.75</b>	
3.	Valérie Sakkers	ZV 44	31.82	200800080	<b>31.99</b>	
4.	Karlijn Dijkshoorn	Steenwijk 1934	31.93	200803926	<b>32.07</b>	+0.74
5.	Ann Hietbrink	ZPC De Hof	31.71	200902444	<b>32.23</b>	
6.	Esmee van Dijk	Het Ravijn	32.58	200803180	<b>32.41</b>	
7.	Pien Hemmelder	De Dinkel	31.94	200800278	<b>32.42</b>	
8.	Annemijn Kragt	Deltasteur	32.62	200802710	<b>32.61</b>	+0.48
9.	Meyke Haytink	WS Twente	32.82	200801188	<b>32.74</b>	
10.	Simone Faber	Deltasteur	33.87	200900710	<b>33.18</b>	
11.	Licianne Jungeling	ZV 44	33.98	200801404	<b>33.49</b>	+0.72
12.	Yaell Elmerink	de IJsel	34.27	200900310	<b>33.89</b>	
13.	Esther Dijsselhof	Dedemsvaart-AC	33.94	200800784	<b>34.49</b>	
14.	Anne van der Kamp	Deltasteur	34.65	200900274	<b>34.63</b>	
15.	Mila Soethof	De Dinkel	33.40	200900482	<b>34.66</b>	
16.	Suus Hoogeveen	Dedemsvaart-AC	34.79	200900836	<b>34.95</b>	
17.	Daphne Dijsselhof	Dedemsvaart-AC	34.82	200901690	<b>35.58</b>	
18.	Esmé Sportel	Dedemsvaart-AC	35.38	200900682	<b>36.19</b>	
AFGEM	Flore Blok	de IJsel	33.51	200804348		

Jeugd 1 en 2

1.	Féline Sam	ZV 44	29.54	200700018	<b>30.61</b>	
2.	Carlein Polinder	ZV 44	30.35	200600128	<b>30.69</b>	+0.64
3.	Eline Lutters	De Dinkel	30.21	200600322	<b>30.83</b>	
4.	Jeslyn van Hilten	SWOL 1894	30.59	200602800	<b>31.17</b>	
5.	Puk Lubbers	Steenwijk 1934	31.41	200600832	<b>31.23</b>	+0.48
6.	Heleen Broshuis	WS Twente	31.74	200701510	<b>31.43</b>	+0.70
7.	Laurien Gliese-Slooijer	De Dinkel	30.64	200700636	<b>31.45</b>	+0.62
8.	Renske Oude Egbrink	O Z & P C	31.62	200600040	<b>31.55</b>	
9.	Maud Dokter	Steenwijk 1934	30.83	200601672	<b>31.78</b>	
10.	Barbara Broekhuis	De Dinkel	31.33	200700880	<b>31.94</b>	
11.	Rebecca Reurink	Dedemsvaart-AC	31.84	200602112	<b>32.14</b>	
12.	Leyona Lichtendonk	Dedemsvaart-AC	31.24	200700010	<b>32.35</b>	+0.54
13.	Vivian Nooter	ZV 44	31.30	200703614	<b>32.61</b>	
	Sofie Kragt	Dedemsvaart-AC	31.78	200701020	<b>32.61</b>	
15.	Esmee Nieuwenhuis	ZPC De Hof	31.76	200701444	<b>32.88</b>	
16.	Aniek Vuist	Steenwijk 1934	31.05	200600958	<b>32.96</b>	

Senioren 1 en 2

1.	Ismay Lichtendonk	Dedemsvaart-AC	28.53	200400622	<b>29.13</b>	
2.	Jolijn Liezen	Steenwijk 1934	28.86	200500518	<b>29.19</b>	

Senioren

1.	Linde Kolkman	Dedemsvaart-AC	28.90	200001114	<b>28.98</b>	
2.	Isabelle Elsweier	WS Twente	28.68	200303614	<b>29.22</b>	
3.	Marit Boxum	Deltasteur	28.91	200000068	<b>29.83</b>	+0.57
4.	Alessia Sluis	Dedemsvaart-AC	29.42	200300896	<b>30.75</b>	
5.	M. van den Hoofdakker	Steenwijk 1934	30.40	200302708	<b>31.03</b>	+0.76
6.	Mayke van Tintelen	O Z & P C	47.28	200200688	<b>48.76</b>	
AFGEM	Lotte Pieterman	SWOL 1894	29.75	200301838		S14 204
AFGEM	Lieke Oude Lenferink	WS Twente	28.17	200200068		

Programmanr. 3  
13-5-2023 - 13:49

Jongens, 4 x 100m wisselslag

Junioren  
Resultaten

rang	vereniging	intijd	tijd	RT
1.	ZV 44 1 Thijs Poll Youp Stuijzand	ZV 44 +0.64 33.03 +0.23 32.32	4:16.25 1:08.30 Collard Jungeling 1:10.90 Gijs Vesseur	<b>4:19.94</b> +0.41 28.33 +0.30 27.48 1:01.60 59.14
2.	Deltasteur 1 Hessel Penninkhof Daniel Critchell	Deltasteur +0.76 33.90 +0.27 32.93	4:26.28 1:09.72 Arjan Boogaard 1:12.96 Job Riezebos	<b>4:30.77</b> +0.35 30.86 +0.18 27.34 1:09.19 58.90
3.	Dedemsvaart-AC 1 Lias IJzerman Emiel de Bruijn	Dedemsvaart-AC +0.65 33.31 35.61	4:27.53 1:08.41 Mart Tempelman 1:17.03 Melle van Veen	<b>4:33.38</b> 31.63 27.80 1:09.72 58.22
4.	De Dinkel 1 Milan Veelders Bram ter Braak	De Dinkel +0.56 32.53 +0.51 37.78	4:26.09 1:07.00 Daan van Peet 1:21.87 Mick Leferink	<b>4:44.94</b> +0.48 28.92 34.02 1:04.49 1:11.58
5.	Oz&Pc 1 Finn Stamsnieder Teun Overmars	O Z & P C +0.63 36.36 38.54	4:50.37 1:14.82 Niek Evers 1:21.52 Siem de Zeeuw	<b>4:47.39</b> 32.43 28.04 1:11.76 59.29
6.	Steenwijk 1934 1 Dyon Scholten Vasco Strampel	Steenwijk 1934 +0.64 37.28 +0.18 36.60	4:43.73 1:18.05 Jaydey Schonewille 1:20.40 Ivan Vuist	<b>4:53.46</b> +0.35 30.80 +0.51 30.98 1:07.89 1:07.12
AFGEM	SWOL 1894 1	SWOL 1894	5:37.27	

Programmanr. 4  
13-5-2023 - 13:54

Dames, 200m wisselslag

All in  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
<b>Junioren 1 en 2</b>									
1.	Paula Spans	ZV 44	2:40.91 201000064	<b>2:40.71</b>	34.97	1:16.58	2:02.89	2:40.71	
2.	Lynn ten Berge 50 m*	De Dinkel	2:56.83 201000884	<b>2:54.82</b>	35.23	1:22.79	2:15.06	2:54.82	
3.	Jesmé Haytink	WS Twente	2:55.11 201000382	<b>2:54.99</b>	38.91	1:26.11	2:17.69	2:54.99	
4.	Florien Pot	WS Twente	2:56.58 201000768	<b>2:56.03</b>	37.41	1:23.45	2:16.99	2:56.03	
5.	M. Gliese-Slooijer	De Dinkel	2:50.89 201100008	<b>2:57.70</b>	41.39	1:26.61	2:18.60	2:57.70	
6.	Marit Weever	Deltasteur	2:57.02 201000150	<b>2:59.32</b>	+0.45	39.40	1:23.87	2:16.70	2:59.32
7.	Isabel Amelink	Deltasteur	3:01.75 201100196	<b>3:00.75</b>	41.23	1:28.48	2:21.88	3:00.75	
8.	K. van Doeselaar	EZCL (SG)	3:08.25 201000478	<b>3:02.73</b>	39.96	1:24.64	2:21.20	3:02.73	
9.	Annefleur Schraa	SWOL 1894	2:57.28 201100044	<b>3:04.14</b>	41.30	1:26.99	2:22.30	3:04.14	
10.	Sanne Keizer	Dedemsvaart-AC	3:10.35 201001348	<b>3:05.28</b>	43.97	1:31.40	2:23.81	3:05.28	
11.	Sjors Werger	Dedemsvaart-AC	3:12.85 201100906	<b>3:09.73</b>	+0.89	46.27	1:38.87	2:29.90	3:09.73
12.	Maurieke Frijstein	ZV 44	3:19.82 201100198	<b>3:12.41</b>	47.34	1:36.79	2:30.28	3:12.41	
13.	Wiep Huttenhuis	De Dinkel	3:21.48 201002282	<b>3:15.57</b>	45.78	1:33.68	2:33.76	3:15.57	
14.	Lisa Boogaard	Deltasteur	3:25.86 201100990	<b>3:15.68</b>	41.36	1:35.23	2:32.24	3:15.68	
15.	Linde Kamman	ZV 44	3:04.74 201000742	<b>3:17.73</b>	43.02	1:36.75	2:31.59	3:17.73	
16.	Anna Schuurman	ZV 44	3:21.58 201000076	<b>3:18.17</b>	46.30	1:35.49	2:35.06	3:18.17	
17.	Annemiek Back	De Grunte	3:19.85 201000700	<b>3:18.49</b>	45.08	1:35.24	2:32.75	3:18.49	
18.	Ribanna Damm	EZCL (SG)	3:20.20 201100304	<b>3:18.78</b>	47.41	1:37.22	2:35.29	3:18.78	
19.	Meike Hultink	De Grunte	3:13.70 201001686	<b>3:21.90</b>	49.08	1:42.72	2:32.76	3:21.90	
20.	K. van de Wetering	Deltasteur	3:21.44 201000972	<b>3:27.74</b>	+0.74	46.19	1:41.93	2:42.69	3:27.74
21.	Jill Goeree	EZCL (SG)	3:31.01 201101248	<b>3:29.71</b>	46.85	1:40.18	2:42.96	3:29.71	
22.	Romyrle ter Maat	De Dinkel	3:25.99 201100030	<b>3:29.73</b>	47.36	1:36.28	2:38.72	3:29.73	
DIS	Aimee van Tongeren	WS Twente	3:18.34 201100214						
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>								
NG	Manora Ponne	Steenwijk 1934	3:18.25 201102222						
<b>Junioren 3 en 4</b>									
1.	Emmelien Smelt	ZVZwartsluis	2:33.18 200800012	<b>2:32.97</b>	31.57	1:11.20	1:56.84	2:32.97	
2.	H. Markovinovic	WS Twente	2:37.54 200803266	<b>2:37.34</b>	32.95	1:13.17	2:01.96	2:37.34	
3.	Valérie Sakkers	ZV 44	2:38.92 200800080	<b>2:39.75</b>	34.59	1:16.50	2:02.91	2:39.75	
4.	Marlouke Frijstein	ZV 44	2:41.68 200800152	<b>2:42.50</b>	35.31	1:18.02	2:05.95	2:42.50	
5.	Lois Waterham	Dedemsvaart-AC	2:45.12 200803726	<b>2:45.14</b>	+0.70	35.90	1:17.95	2:08.28	2:45.14
6.	Pien Hemmelder	De Dinkel	2:48.40 200800278	<b>2:46.92</b>	35.05	1:18.50	2:10.66	2:46.92	
7.	Simone Faber	Deltasteur	2:49.96 200900710	<b>2:47.05</b>	35.95	1:18.62	2:09.34	2:47.05	

Programmanr. 4, Meisjes, 200m wisselslag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
8.	Aukje Markerink	ZPC De Hof	2:47.76	200802196	<b>2:48.48</b>	35.65	1:19.16	2:09.01	2:48.48	
9.	Esther Dijsselhof	Dedemsvaart-AC	2:49.33	200800784	<b>2:48.92</b>	36.96	1:23.37	2:09.75	2:48.92	
10.	Licianne Jungeling	ZV 44	2:45.17	200801404	<b>2:51.54</b>	+0.74	35.34	1:21.65	2:12.54	2:51.54
11.	Femke Budde	WS Twente	2:48.17	200801460	<b>2:51.79</b>	35.12	1:19.03	2:13.00	2:51.79	
12.	Anique Polinder	ZV 44	2:55.29	200800008	<b>2:53.06</b>	+0.55	36.38	1:22.28	2:12.88	2:53.06
13.	Emma Steenbrink	WS Twente	2:56.14	200901376	<b>2:53.81</b>	38.92	1:22.67	2:16.06	2:53.81	
14.	Esmé Sportel	Dedemsvaart-AC	2:48.10	200900682	<b>2:54.93</b>	39.29	1:24.41	2:16.73	2:54.93	
15.	Esmee van Dijk	Het Ravijn	2:46.78	200803180	<b>2:55.20</b>	34.09	1:20.02	2:14.12	2:55.20	
16.	Daphne Dijsselhof	Dedemsvaart-AC	2:57.13	200901690	<b>2:55.65</b>	39.16	1:24.12	2:18.33	2:55.65	
17.	Maud Stevens	Het Ravijn	2:48.46	200800774	<b>2:57.37</b>	38.16	1:23.14	2:15.82	2:57.37	
18.	Rosa Visscher	ZVZwartsluis	2:54.86	200800706	<b>2:57.51</b>	38.01	1:23.47	2:15.46	2:57.51	
19.	Ann Hietbrink	ZPC De Hof	2:45.33	200902444	<b>2:59.99</b>	35.14	1:19.94	2:18.27	2:59.99	
20.	Mila Soethof	De Dinkel	2:59.35	200900482	<b>3:00.81</b>	39.67	1:24.22	2:20.43	3:00.81	
21.	Marlinde ter Maat	De Dinkel	2:59.98	200900346	<b>3:02.04</b>	39.10	1:26.57	2:19.46	3:02.04	
22.	Nikki Groot Rouwen	O Z & P C	2:56.07	200900106	<b>3:04.30</b>	38.61	1:27.24	2:19.39	3:04.30	

Jeugd 1 en 2

1.	Renske Oude Egbrink	O Z & P C	2:29.61	200600040	<b>2:32.26</b>	32.78	1:12.54	1:55.08	2:32.26	
2.	Barbara Broekhuis	De Dinkel	2:30.92	200700880	<b>2:35.29</b>	33.96	1:15.37	2:00.16	2:35.29	
3.	Féline Sam	ZV 44	2:31.76	200700018	<b>2:37.45</b>	33.31	1:13.43	2:01.64	2:37.45	
4.	Marlies Dijsselhof	Dedemsvaart-AC	2:40.70	200601046	<b>2:38.66</b>	+0.73	34.24	1:13.56	1:59.69	2:38.66
5.	Elise Schaapveld	ZV 44	2:37.43	200703006	<b>2:40.63</b>	34.09	1:14.54	2:02.72	2:40.63	
6.	Julia van den Bosch	Deltasteur	2:32.68	200600232	<b>2:42.20</b>	34.97	1:16.83	2:05.85	2:42.20	
7.	Leyona Lichtendonk	Dedemsvaart-AC	2:37.08	200700010	<b>2:45.04</b>	33.74	1:15.93	2:07.39	2:45.04	
8.	Eline van Unen	Deltasteur	2:38.32	200600520	<b>2:45.25</b>	+0.50	36.87	1:19.04	2:05.97	2:45.25
9.	L. Gliese-Sloojer	De Dinkel	2:47.58	200700636	<b>2:49.64</b>	35.24	1:18.54	2:12.65	2:49.64	
10.	Esmee Nieuwenhuis	ZPC De Hof	2:41.43	200701444	<b>2:50.08</b>	34.02	1:16.51	2:15.82	2:50.08	
11.	Cato Tulen	SWOL 1894	2:47.07	200701946	<b>2:51.65</b>	34.65	1:18.96	2:11.20	2:51.65	
DIS		Monica van der Meer	Deltasteur	2:44.10	200704288					

RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen.

Senioren 1 en 2

1.	Ismay Lichtendonk	Dedemsvaart-AC	2:16.42	200400622	<b>2:22.29</b>	+0.52	30.22	1:05.36	1:48.58	2:22.29
2.	Jolijn Liezen	Steenwijk 1934	2:29.01	200500518	<b>2:35.03</b>		31.30	1:11.07	1:57.73	2:35.03

200 m\*

Senioren

1.	Isabelle Elsweier	WS Twente	2:27.10	200303614	<b>2:29.44</b>		30.17	1:11.07	1:53.82	2:29.44
2.	Michelle Zomerdijs	Dedemsvaart-AC	2:25.22	200003196	<b>2:30.96</b>	+0.56	32.81	1:13.15	1:56.31	2:30.96
3.	Alessia Sluis	Dedemsvaart-AC	2:28.58	200300896	<b>2:36.23</b>	+0.72	32.88	1:13.65	2:00.00	2:36.23
4.	Marit Boxum	Deltasteur	2:33.34	200000688	<b>2:37.67</b>		31.46	1:11.58	1:57.50	2:37.67
5.	Tessa van de Belt	Dedemsvaart-AC	2:32.05	200102056	<b>2:40.01</b>		33.13	1:14.01	1:59.73	2:40.01
6.	Djamilla Gerner	Deltasteur	2:37.88	199905606	<b>2:50.53</b>		36.18	1:22.04	2:08.98	2:50.53
7.	Mayke van Tintelen	O Z & P C	3:32.02	200200688 SM14	<b>3:26.88</b>	325	50.47	1:44.01	2:39.02	3:26.88

Programmanr. 5  
13-5-2023 - 14:31

Heren, 400m vrije slag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Junioren 1 en 2						
1.	Ruben Nooter	ZV 44	4:44.83	200901577	<b>4:52.12</b>	
	50m: 30.93	30.93	150m: 1:44.43	37.02	250m: 2:59.84	37.76
	100m: 1:07.41	36.48	200m: 2:22.08	37.65	300m: 3:38.19	38.35
					350m: 4:16.22	38.03
					400m: 4:52.12	35.90
2.	Duuk Harms	Dedemsvaart-AC	4:59.55	200900201	<b>5:00.83</b>	
	50m: 32.58	32.58	150m: 1:48.12	38.72	250m: 3:05.89	38.63
	100m: 1:09.40	36.82	200m: 2:27.26	39.14	300m: 3:43.86	37.97
					350m: 4:22.80	38.94
					400m: 5:00.83	38.03
3.	Ruben Kragt	ZV 44	4:55.44	201000007	<b>5:09.04</b>	
	50m: 32.69	32.69	150m: 1:49.22	39.29	250m: 3:09.10	40.12
	100m: 1:09.93	37.24	200m: 2:28.98	39.76	300m: 3:49.53	40.43
					350m: 4:29.81	40.28
					400m: 5:09.04	39.23
4.	Dani Yefimov	WS Twente	5:17.06	200901305	<b>5:13.49</b>	+0.70
	50m: 33.86	33.86	150m: 1:52.37	39.81	250m: 3:14.18	40.69
	100m: 1:12.56	38.70	200m: 2:33.49	41.12	300m: 3:55.48	41.30
					350m: 4:35.51	40.03
					400m: 5:13.49	37.98

## Programmanr. 5, Jongens, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT	
5.	Guus van Duinen	Dedemsvaart-AC	5:08.63	200901107	<b>5:14.03</b>	
	50m: 34.48	34.48 150m: 1:54.42	41.17	250m: 3:18.39	42.50 350m: 4:37.92	39.55
	100m: 1:13.25	38.77 200m: 2:35.89	41.47	300m: 3:58.37	39.98 400m: 5:14.03	36.11
6.	Dyon Scholten	Steenwijk 1934	5:11.74	200900095	<b>5:14.04</b>	
	50m: 34.53	34.53 150m: 1:53.81	39.81	250m: 3:15.44	40.73 350m: 4:36.82	40.00
	100m: 1:14.00	39.47 200m: 2:34.71	40.90	300m: 3:56.82	41.38 400m: 5:14.04	37.22
7.	Milan Bottenberg	Deltasteur	5:34.78	200900153	<b>5:15.05</b>	
	50m: 35.65	35.65 150m: 1:55.66	40.13	250m: 3:16.43	40.69 350m: 4:35.86	39.50
	100m: 1:15.53	39.88 200m: 2:35.74	40.08	300m: 3:56.36	39.93 400m: 5:15.05	39.19
8.	Bram Kulpe	Z&PV de Veene	5:23.28	200900329	<b>5:18.55</b>	
	50m: 34.51	34.51 150m: 1:53.50	40.89	250m: 3:16.19	41.40 350m: 4:39.18	41.64
	100m: 1:12.61	38.10 200m: 2:34.79	41.29	300m: 3:57.54	41.35 400m: 5:18.55	39.37
9.	Tristan Meijers	SWOL 1894	5:22.55	201000089	<b>5:21.65</b>	
	50m: 35.84	35.84 150m: 1:58.52	41.43	250m: 3:21.82	41.71 350m: 4:43.55	40.02
	100m: 1:17.09	41.25 200m: 2:40.11	41.59	300m: 4:03.53	41.71 400m: 5:21.65	38.10
10.	Robbin Eijkelkamp	ZPC De Hof	5:32.64	200900031	<b>5:21.90</b>	
	50m: 35.81	35.81 150m: 1:54.74	40.10	250m: 3:18.26	41.90 350m: 4:43.03	41.87
	100m: 1:14.64	38.83 200m: 2:36.36	41.62	300m: 4:01.16	42.90 400m: 5:21.90	38.87
11.	Finn Stamsnieder	O Z & P C	5:09.72	200900225	<b>5:24.15</b>	
	50m: 35.07	35.07 150m: 1:53.40	40.02	250m: 3:16.97	42.15 350m: 4:41.77	42.19
	100m: 1:13.38	38.31 200m: 2:34.82	41.42	300m: 3:59.58	42.61 400m: 5:24.15	42.38
12.	Noud Assinck	ZIGNEA	5:18.26	200900047	<b>5:26.59</b>	
	50m: 35.06	35.06 150m: 1:57.14	41.79	250m: 3:22.02	43.01 350m: 4:46.74	42.30
	100m: 1:15.35	40.29 200m: 2:39.01	41.87	300m: 4:04.44	42.42 400m: 5:26.59	39.85
13.	Rafaël Agterbos	O Z & P C	5:26.36	201000171	<b>5:28.86</b>	+0.61
	50m: 36.23	36.23 150m: 1:59.09	41.48	250m: 3:23.73	42.12 350m: 4:48.70	41.33
	100m: 1:17.61	41.38 200m: 2:41.61	42.52	300m: 4:07.37	43.64 400m: 5:28.86	40.16
14.	Arthur Alberts	ZVZwartsluis	5:19.91	200900239	<b>5:28.88</b>	
	50m: 35.30	35.30 150m: 1:59.80	42.48	250m: 3:25.27	43.32 350m: 4:49.31	42.49
	100m: 1:17.32	42.02 200m: 2:41.95	42.15	300m: 4:06.82	41.55 400m: 5:28.88	39.57
15.	Kick Germers	SWOL 1894	5:53.46	201000185	<b>5:39.71</b>	
	50m: 35.73	35.73 150m: 1:59.60	42.80	250m: 3:29.14	44.80 350m: 4:57.96	43.86
	100m: 1:16.80	41.07 200m: 2:44.34	44.74	300m: 4:14.10	44.96 400m: 5:39.71	41.75
16.	Joep van Nijen	Z&PV de Veene	5:57.93	201000545	<b>5:43.89</b>	
	50m: 35.50	35.50 150m: 1:59.00	42.41	250m: 3:29.36	44.79 350m: 5:00.03	44.73
	100m: 1:16.59	41.09 200m: 2:44.57	45.57	300m: 4:15.30	45.94 400m: 5:43.89	43.86
17.	Abe Pasop	De Grunte	5:54.42	201000501	<b>5:57.97</b>	
	50m: 37.12	37.12 150m: 2:05.47	45.58	250m: 3:39.27	48.12 350m: 5:14.88	48.15
	100m: 1:19.89	42.77 200m: 2:51.15	45.68	300m: 4:26.73	47.46 400m: 5:57.97	43.09
18.	Ryan Freriksen	SWOL 1894	5:46.91	201000301	<b>6:20.77</b>	
	200m *					
	50m: 41.09	41.09 150m: 2:15.55	48.80	250m: 3:55.44	50.87 350m: 5:34.02	49.20
	100m: 1:26.75	45.66 200m: 3:04.57	49.02	300m: 4:44.82	49.38 400m: 6:20.77	46.75

## Junioren 3 en 4

1.	Jaydey Schonewille	Steenwijk 1934	4:28.68	200800025	<b>4:25.19</b>	
	50m: 29.38	29.38 150m: 1:37.07	34.54	250m: 2:46.37	34.63 350m: 3:53.77	33.07
	100m: 1:02.53	33.15 200m: 2:11.74	34.67	300m: 3:20.70	34.33 400m: 4:25.19	31.42
2.	Milan Veelders	De Dinkel	4:22.55	200800279	<b>4:27.18</b>	
	50m: 27.63	27.63 150m: 1:34.01	34.48	250m: 2:42.65	33.66 350m: 3:52.70	35.54
	100m: 59.53	31.90 200m: 2:08.99	34.98	300m: 3:17.16	34.51 400m: 4:27.18	34.48
3.	Siem de Zeeuw	O Z & P C	4:31.29	200800013	<b>4:29.89</b>	+0.56
	50m: 29.22	29.22 150m: 1:38.29	35.37	250m: 2:47.09	33.12 350m: 3:56.52	34.58
	100m: 1:02.92	33.70 200m: 2:13.97	35.68	300m: 3:21.94	34.85 400m: 4:29.89	33.37
4.	Diede Veld	SWOL 1894	4:36.60	200800011	<b>4:30.74</b>	
	50m: 29.74	29.74 150m: 1:37.96	34.73	250m: 2:47.68	35.20 350m: 3:57.60	34.92
	100m: 1:03.23	33.49 200m: 2:12.48	34.52	300m: 3:22.68	35.00 400m: 4:30.74	33.14
5.	Melle van Veen	Dedemsvaart-AC	4:26.64	200700661	<b>4:34.31</b>	+0.80
	50m: 30.17	30.17 150m: 1:39.55	35.00	250m: 2:50.13	34.82 350m: 4:00.83	35.28
	100m: 1:04.55	34.38 200m: 2:15.31	35.76	300m: 3:25.55	35.42 400m: 4:34.31	33.48
6.	Bjorn Scholten	WS Twente	4:40.58	200801143	<b>4:36.66</b>	+0.58
	50m: 30.40	30.40 150m: 1:39.83	35.31	250m: 2:51.43	36.01 350m: 4:03.60	36.35
	100m: 1:04.52	34.12 200m: 2:15.42	35.59	300m: 3:27.25	35.82 400m: 4:36.66	33.06
7.	Bram ter Braak	De Dinkel	4:48.25	200800281	<b>4:37.18</b>	
	50m: 31.30	31.30 150m: 1:41.99	34.86	250m: 2:53.79	36.26 350m: 4:04.28	35.22
	100m: 1:07.13	35.83 200m: 2:17.53	35.54	300m: 3:29.06	35.27 400m: 4:37.18	32.90

Programmanr. 5, Jongens, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
8.	Collard Jungeling	ZV 44	4:39.90	200701831	<b>4:39.45</b> +0.44
	50m: 31.45	31.45 150m: 1:43.09	35.86	250m: 2:54.94	35.57
	100m: 1:07.23	35.78 200m: 2:19.37	36.28	300m: 3:30.37	35.43
				350m: 4:05.91	35.54
				400m: 4:39.45	33.54
9.	Youp Stuifzand	ZV 44	4:26.26	200800521	<b>4:40.97</b>
	50m: 31.50	31.50 150m: 1:43.31	36.71	250m: 2:56.26	36.25
	100m: 1:06.60	35.10 200m: 2:20.01	36.70	300m: 3:32.24	35.98
				350m: 4:06.66	34.42
				400m: 4:40.97	34.31
10.	Thijs Poll	ZV 44	4:29.83	200700203	<b>4:42.15</b>
	50m: 29.31	29.31 150m: 1:38.43	35.30	250m: 2:52.16	36.66
	100m: 1:03.13	33.82 200m: 2:15.50	37.07	300m: 3:29.07	36.91
				350m: 4:05.89	36.82
				400m: 4:42.15	36.26
11.	Teun van Weeren	WS Twente	4:42.25	200801145	<b>4:45.07</b>
	50m: 31.51	31.51 150m: 1:41.76	36.01	250m: 2:54.56	36.67
	100m: 1:05.75	34.24 200m: 2:17.89	36.13	300m: 3:31.43	36.87
				350m: 4:08.68	37.25
				400m: 4:45.07	36.39
12.	Gijs Vesseur	ZV 44	4:34.94	200700277	<b>4:48.54</b> +0.80
	50m: 30.82	30.82 150m: 1:44.65	37.44	250m: 2:58.55	36.92
	100m: 1:07.21	36.39 200m: 2:21.63	36.98	300m: 3:36.10	37.55
				350m: 4:12.77	36.67
				400m: 4:48.54	35.77
13.	Arjan Boogaard	Deltasteur	4:49.87	200800093	<b>4:51.26</b>
	50m: 32.22	32.22 150m: 1:47.09	37.68	250m: 3:03.92	37.69
	100m: 1:09.41	37.19 200m: 2:26.23	39.14	300m: 3:42.01	38.09
				350m: 4:18.61	36.60
				400m: 4:51.26	32.65
14.	Bram Wammes	Deltasteur	4:38.31	200700201	<b>4:59.55</b> +0.68
	50m: 31.38	31.38 150m: 1:44.09	37.44	250m: 3:00.59	38.79
	100m: 1:06.65	35.27 200m: 2:21.80	37.71	300m: 3:40.21	39.62
				350m: 4:20.26	40.05
				400m: 4:59.55	39.29
NG	Sam Leferink	De Dinkel	4:41.52	200800833	

Jeugd 1 en 2

1.	Stan Tibben	Dedemsvaart-AC	4:38.07	200503591	<b>4:33.96</b> +0.50
	50m: 30.90	30.90 150m: 1:40.56	34.94	250m: 2:50.89	34.92
	100m: 1:05.62	34.72 200m: 2:15.97	35.41	300m: 3:26.17	35.28
				350m: 4:00.93	34.76
				400m: 4:33.96	33.03
2.	Storm Tolsma	ZIGNEA	4:37.03	200600277	<b>4:37.25</b>
	50m: 30.28	30.28 150m: 1:39.14	34.76	250m: 2:50.25	35.79
	100m: 1:04.38	34.10 200m: 2:14.46	35.32	300m: 3:26.20	35.95
				350m: 4:01.94	35.74
				400m: 4:37.25	35.31
3.	Niek Vreeling	O Z & P C	4:30.66	200604211	<b>4:41.11</b>
	50m: 29.97	29.97 150m: 1:40.81	35.94	250m: 2:52.96	35.80
	100m: 1:04.87	34.90 200m: 2:17.16	36.35	300m: 3:28.78	35.82
				350m: 4:05.16	36.38
				400m: 4:41.11	35.95
4.	Dennis Mosterman	Dedemsvaart-AC	4:37.43	200501283	<b>4:41.27</b> +0.57
	50m: 31.05	31.05 150m: 1:41.36	35.68	250m: 2:54.30	36.47
	100m: 1:05.68	34.63 200m: 2:17.83	36.47	300m: 3:31.01	36.71
				350m: 4:08.02	37.01
				400m: 4:41.27	33.25
5.	Milan Lucas	De Dinkel	4:31.07	200500085	<b>4:52.23</b> +0.65
	50m: 31.51	31.51 150m: 1:44.08	36.46	250m: 2:58.84	36.93
	100m: 1:07.62	36.11 200m: 2:21.91	37.83	300m: 3:36.91	38.07
				350m: 4:14.52	37.61
				400m: 4:52.23	37.71

Senioren 1 en 2

1.	Robin van den Berg	ZV 44	4:14.96	200400699	<b>4:34.83</b> +0.55
	50m: 29.40	29.40 150m: 1:35.50	33.57	250m: 2:45.87	35.64
	100m: 1:01.93	32.53 200m: 2:10.23	34.73	300m: 3:22.06	36.19
				350m: 3:58.82	36.76
				400m: 4:34.83	36.01
2.	Niels Kragt	Dedemsvaart-AC	4:29.89	200300155	<b>4:52.12</b>
	50m: 30.62	30.62 150m: 1:43.51	37.55	250m: 2:59.28	38.40
	100m: 1:05.96	35.34 200m: 2:20.88	37.37	300m: 3:37.15	37.87
				350m: 4:15.89	38.74
				400m: 4:52.12	36.23

Senioren

1.	Maquinho Vorst	De Dinkel	4:25.42	200204179	<b>4:13.97</b>
	50m: 28.15	28.15 150m: 1:32.51	32.12	250m: 2:37.77	32.16
	100m: 1:00.39	32.24 200m: 2:05.61	33.10	300m: 3:10.51	32.74
				350m: 3:42.32	31.81
				400m: 4:13.97	31.65

Programmanr. 6  
13-5-2023 - 15:17

Dames, 4 x 100m wisselslag

All in  
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Dedemsvaart-AC 1 Ismay Lichtendonk Alessia Sluis	Dedemsvaart-AC +0.61 30.84 +0.23 37.44	4:22.64 1:03.23 Michelle Zomerdijk 1:21.49 Linde Kolkman	<b>4:36.21</b> +0.53 32.04 +0.19 28.39 1:09.82 1:01.67
2.	WS Twente 1 Lieke Oude Lenferink Mirte Boswinkel	WS Twente +0.60 30.59 +0.32 39.03	4:33.48 1:03.94 Isabelle Elsewier 1:28.14 Heleen Broshuis	<b>4:44.97</b> +0.25 29.94 30.94 1:06.44 1:06.45
3.	Steenwijk 1934 1 Michelle van den Hoofdakker Jolijn Liezen	Steenwijk 1934 +0.76 34.52 37.63	4:37.75 1:12.84 Maud Dokter 1:21.52 Puk Lubbers	<b>4:49.92</b> 33.31 29.34 1:12.67 1:02.89
4.	Dedemsvaart-AC 2 Tessa van de Belt Marlies Dijsselhof	Dedemsvaart-AC +0.65 34.83 +0.16 37.34	4:36.01 1:12.23 Leyona Lichtendonk 1:22.20 Rebecca Reurink	<b>4:51.29</b> +0.29 33.25 +0.32 28.71 1:15.75 1:01.11
5.	Deltasteur 1 Monica van der Meer Elina van Unen	Deltasteur +0.78 36.63 +0.10 36.41	4:42.17 1:16.24 Marit Boxum 1:21.53 Djamilia Gerner	<b>4:52.79</b> +0.67 30.49 +0.26 30.99 1:09.05 1:05.97
6.	Steenwijk 1934 2 400m *  Leonore Heerschop Cynthia Koolman	Steenwijk 1934 +0.63 42.34 45.23	5:14.15 1:27.27 Aniek Vuist 1:35.86 Karlijn Dijkshoorn	<b>5:35.50</b> 35.50 32.54 1:24.53 1:07.84
AFGEM	SWOL 1894 1	SWOL 1894	4:53.44	

Programmanr. 7  
13-5-2023 - 15:43

Gemengd, 4 x 100m wisselslag

Junioren  
Resultaten

rang	vereniging	intijd	tijd	RT
1.	ZV 44 1 Valérie Sakkers Paula Spans	ZV 44 +0.65 35.11 36.75	4:24.35 1:13.61 Collard Jungeling 1:19.39 Gijs Vesseur	<b>4:33.90</b> +0.10 28.34 +0.25 27.64 1:02.00 58.90
2.	ZV 44 2 Thijs Poll Youp Stuifzand	ZV 44 +0.65 33.69 33.26	4:38.46 1:08.98 Marlouke Frijstein 1:11.86 Anique Polinder	<b>4:43.78</b> 33.59 32.00 1:15.19 1:07.75
3.	Dedemsvaart-AC 1 Lias IJzerman Esther Dijsselhof	Dedemsvaart-AC +0.66 32.76 38.17	4:35.81 1:07.83 Mart Tempelman 1:22.32 Lois Waterham	<b>4:44.10</b> +0.18 31.34 30.73 1:09.30 1:04.65
4.	Dedemsvaart-AC 2 Esmé Sportel Melle van Veen	Dedemsvaart-AC +0.69 36.90 35.90	4:44.75 1:14.76 Emiel de Bruijn 1:17.92 Daphne Dijsselhof	<b>4:51.04</b> 31.84 31.72 1:11.95 1:06.41
5.	De Dinkel 1 Mila Soethof Bram ter Braak	De Dinkel +0.70 36.47 +0.43 37.66	4:36.58 1:18.36 Daan van Peet 1:22.23 Pien Hemmelder	<b>4:52.58</b> +0.42 29.05 +0.32 30.72 1:05.37 1:06.62
6.	Oz&Pc 1 Teun Overmars Eva Oude Egbrink	O Z & P C +0.63 34.14 43.47	5:14.88 1:09.59 Niek Evers 1:33.65 Nikki Groot Rouwen	<b>5:08.56</b> 33.97 33.58 1:14.07 1:11.25
7.	Steenwijk 1934 1 Vasco Strampel Karlijn Dijkshoorn	Steenwijk 1934 +0.59 33.59 44.94	5:01.20 1:10.29 Jaydey Schonewille 1:40.08 Leonore Heerschop	<b>5:11.37</b> +0.29 29.83 34.51 1:05.94 1:15.06
8.	De Dinkel 2 Milan Veelders Mattea Gliese-Sloojier	De Dinkel +0.60 33.14 +0.51 42.68	4:44.22 1:08.06 Lynn ten Berge 1:32.90 Mick Leferink	<b>5:16.20</b> +0.27 34.95 +0.52 35.08 1:22.59 1:12.65
9.	ZPC De Hof 1 Daan Alink Robbin Eijkelkamp	ZPC De Hof +0.76 40.50 41.22	5:18.88 1:23.55 Aukje Markerink 1:27.15 Ann Hietbrink	<b>5:23.29</b> 36.36 32.33 1:22.45 1:10.14
10.	SWOL 1894 1 Anneleur Schraa Kick Germers	SWOL 1894 +0.66 44.29 +0.09 43.31	5:43.60 1:31.12 Dhamin Ouali 1:30.45 Elynn Fransz	<b>6:07.37</b> +0.89 41.79 42.72 1:33.91 1:31.89



Programmanr. 8  
 13-5-2023 - 15:56

Dames, 200m vrije slag

 All in  
 Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
<b>Junioren 1 en 2</b>								
1. Paula Spans	ZV 44	2:20.42 201000064	<b>2:24.66</b>		32.94	1:09.94	1:47.89	2:24.66
2. M. Gliese-Slooijer	De Dinkel	2:28.91 201100008	<b>2:32.10</b>		33.91	1:12.76	1:52.96	2:32.10
3. Isabel Amelink	Deltasteur	2:34.51 201100196	<b>2:34.19</b>	+0.64	35.22	1:16.04	1:56.70	2:34.19
4. Florian Pot	WS Twente	2:30.87 201000768	<b>2:34.48</b>		34.40	1:14.35	1:55.09	2:34.48
5. Lynn ten Berge	De Dinkel	2:32.37 201000884	<b>2:37.14</b>		35.13	1:15.18	1:57.03	2:37.14
6. Eline Eertink	Hera'11	2:43.11 201000158	<b>2:43.83</b>		34.48	1:17.08	2:01.93	2:43.83
7. Wiep Huttenhuis	De Dinkel	2:47.14 201002282	<b>2:45.50</b>		37.25	1:19.03	2:03.21	2:45.50
8. Maurieke Frijstein	ZV 44	2:51.22 201100198	<b>2:49.22</b>		38.91	1:23.53	2:07.46	2:49.22
9. Britt Haverkate	ZPC De Hof	2:49.83 201100032	<b>2:49.82</b>		39.16	1:24.59	2:09.15	2:49.82
10. I. Oude Engberink	De Dinkel	2:49.62 201100818	<b>2:49.84</b>		36.91	1:20.77	2:06.62	2:49.84
11. K. van Doeselaar	EZCL (SG)	2:54.23 201000478	<b>2:50.42</b>		38.52	1:24.25	2:10.50	2:50.42
12. Maudi Kamphuis	De Dinkel	2:44.34 201000646	<b>2:52.57</b>		36.46	1:19.57	2:06.68	2:52.57
13. Lisa Boogaard	Deltasteur	2:47.89 201100990	<b>2:52.68</b>		42.49	1:28.79	2:13.25	2:52.68
14. Lieke Boers	De Dinkel	2:54.69 201000644	<b>2:52.70</b>		38.55	1:23.76	2:09.68	2:52.70
15. Anna Schuurman	ZV 44	2:46.47 201000076	<b>2:52.84</b>	+0.60	39.10	1:22.65	2:08.67	2:52.84
16. K. van de Wetering	Deltasteur	2:47.41 201000972	<b>2:53.01</b>		40.15	1:24.71	2:10.79	2:53.01
17. Sanna Spijksma	ZPC De Hof	3:00.82 201000356	<b>2:53.26</b>		39.79	1:24.85	2:11.79	2:53.26
18. Ribanna Damm	EZCL (SG)	2:54.19 201100304	<b>2:54.11</b>		38.55	1:24.87	2:10.72	2:54.11
19. Amber Spronk	Deltasteur	2:55.75 201000970	<b>2:57.27</b>		38.77	1:24.92	2:11.59	2:57.27
20. Nikki Kannegieter	ZIGNEA	2:54.28 201100750	<b>2:57.84</b>		40.83	1:27.49	2:14.24	2:57.84
21. Linde Kamman	ZV 44	2:55.43 201000742	<b>2:57.85</b>		38.38	1:24.50	2:12.75	2:57.85
22. Donna Groen	EZCL (SG)	2:56.22 201101342	<b>3:02.03</b>		40.44	1:27.57	2:16.36	3:02.03
23. Romyrle ter Maat	De Dinkel	3:03.10 201100030	<b>3:09.17</b>		40.79	1:29.47	2:20.37	3:09.17
NG Manora Ponne	Steenwijk 1934	2:51.75 201102222						
NG Bente Groener	De Dinkel	3:06.60 201101706						

**Junioren 3 en 4**

1. H. Markovinovic	WS Twente	2:15.85 200803266	<b>2:18.18</b>		31.51	1:06.50	1:42.74	2:18.18
2. Emmelien Smelt	ZVZwartsluis	2:13.81 200800012	<b>2:18.34</b>		32.02	1:08.23	1:44.65	2:18.34
3. Pien Hemmelder	De Dinkel	2:21.40 200800278	<b>2:22.10</b>	+0.66	33.05	1:09.30	1:45.92	2:22.10
4. Simone Faber	Deltasteur	2:24.89 200900710	<b>2:27.88</b>	+0.71	33.19	1:11.88	1:50.31	2:27.88
5. Meyke Haytink	WS Twente	2:32.34 200801188	<b>2:28.76</b>	+0.59	33.60	1:12.42	1:51.43	2:28.76
6. Emma Steenbrink	WS Twente	2:30.93 200901376	<b>2:29.90</b>		34.61	1:12.71	1:51.89	2:29.90
7. Marlouke Frijstein	ZV 44	2:21.12 200800152	<b>2:30.37</b>		34.61	1:12.42	1:52.31	2:30.37
8. Lois Waterham	Dedemsvaart-AC	2:22.42 200803726	<b>2:31.73</b>		35.51	1:14.42	1:54.34	2:31.73
9. Anne van der Kamp	Deltasteur	2:29.86 200900274	<b>2:32.03</b>		34.99	1:13.79	1:53.14	2:32.03
10. Daphne Dijsselhof	Dedemsvaart-AC	2:30.94 200901690	<b>2:32.04</b>		34.55	1:14.08	1:54.19	2:32.04
11. Esmee van Dijk	Het Ravijn	2:28.72 200803180	<b>2:33.24</b>		32.44	1:10.93	1:52.55	2:33.24
12. Anique Polinder	ZV 44	2:28.45 200800008	<b>2:34.06</b>	+0.65	34.03	1:13.45	1:54.50	2:34.06
13. Licianne Jungeling	ZV 44	2:28.77 200801404	<b>2:34.88</b>		34.61	1:15.74	1:57.12	2:34.88
14. Yaell Elmerink	de IJsel	2:29.70 200900310	<b>2:35.26</b>	+0.46	34.73	1:13.56	1:55.53	2:35.26
15. Aukje Markerink	ZPC De Hof	2:35.85 200802196	<b>2:35.83</b>		35.95	1:15.48	1:57.00	2:35.83
16. Nienke Bulter	De Dinkel	2:39.03 200902188	<b>2:36.92</b>		36.88	1:16.59	1:57.92	2:36.92
17. Mila Soethof	De Dinkel	2:35.16 200900482	<b>2:39.66</b>		35.82	1:17.26	1:58.94	2:39.66
18. Marlinda ter Maat	De Dinkel	2:41.15 200900346	<b>2:45.33</b>		35.57	1:17.45	2:01.66	2:45.33
19. Ann Hietbrink	ZPC De Hof	2:27.53 200902444	<b>2:45.92</b>		37.43	1:19.10	2:03.54	2:45.92

**Jeugd 1 en 2**

1. Barbara Broekhuis	De Dinkel	2:13.25 200700880	<b>2:14.46</b>		29.89	1:03.46	1:38.35	2:14.46
2. Carlein Polinder	ZV 44	2:11.67 200600128	<b>2:16.74</b>	+0.61	29.93	1:04.69	1:40.54	2:16.74
3. Rebecca Reurink	Dedemsvaart-AC	2:15.52 200602112	<b>2:16.83</b>		30.32	1:04.87	1:40.91	2:16.83
4. Eline Lutters	De Dinkel	2:14.45 200600322	<b>2:17.41</b>		31.54	1:06.43	1:43.07	2:17.41
5. Féline Sam	ZV 44	2:14.53 200700018	<b>2:17.45</b>	+0.70	31.31	1:06.56	1:42.74	2:17.45
6. Esmee Nieuwenhuis	ZPC De Hof	2:15.19 200701444	<b>2:20.35</b>		32.10	1:07.28	1:45.12	2:20.35
7. L. Gliese-Slooijer	De Dinkel	2:18.18 200700636	<b>2:21.05</b>		32.30	1:07.86	1:45.03	2:21.05
8. Maud Dokter	Steenwijk 1934	2:22.15 200601672	<b>2:24.11</b>	+0.52	32.84	1:09.98	1:47.38	2:24.11
9. Elise Schaapveld	ZV 44	2:18.53 200703006	<b>2:24.38</b>		33.28	1:10.81	1:48.83	2:24.38
10. Julia van den Bosch	Deltasteur	2:11.03 200600232	<b>2:25.15</b>		32.20	1:08.99	1:48.43	2:25.15
11. Puk Lubbers	Steenwijk 1934	2:23.24 200600832	<b>2:25.43</b>		31.32	1:07.45	1:47.26	2:25.43
12. Leyona Lichtendonk	Dedemsvaart-AC	2:15.04 200700010	<b>2:29.16</b>		33.81	1:11.90	1:50.71	2:29.16

Programmanr. 8, Dames, 200m vrije slag

Senioren 1 en 2

1. Ismay Lichtendonk	Dedemsvaart-AC	2:04.54	200400622	<b>2:10.14</b>		29.83	1:02.46	1:36.41	2:10.14
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Senioren

1. Michelle Zomerdijk	Dedemsvaart-AC	2:10.23	200003196	<b>2:15.08</b>	+0.55	30.24	1:04.58	1:39.82	2:15.08
2. Alessia Sluis	Dedemsvaart-AC	2:14.36	200300896	<b>2:22.85</b>		32.37	1:09.52	1:46.37	2:22.85
3. Cynthia Koolman	Steenwijk 1934	2:18.61	200300232	<b>2:28.11</b>		34.33	1:12.03	1:50.39	2:28.11
4. Mayke van Tintelen	O Z & P C	3:14.50	200200688	<b>3:08.17</b>		41.26	1:30.30	2:20.94	3:08.17
AFGEM Lieke Oude Lenferink	WS Twente	2:11.14	200200068						

Programmanr. 9  
13-5-2023 - 16:26

Heren, 100m vlinderslag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
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Junioren 1 en 2

1.	Ruben Kragt	ZV 44	1:10.51	201000007	<b>1:12.42</b>		32.75	1:12.42
2.	Duuk Harms	Dedemsvaart-AC	1:14.42	200900201	<b>1:13.60</b>		33.17	1:13.60
3.	Ruben Nooter	ZV 44	1:11.67	200901577	<b>1:14.11</b>		32.65	1:14.11
4.	Dani Yefimov	WS Twente	1:15.28	200901305	<b>1:14.71</b>		34.51	1:14.71
5.	Arthur Alberts	ZVZwartsluis	1:17.43	200900239	<b>1:19.39</b>		36.39	1:19.39
6.	Finn Stamsnieder	O Z & P C	1:16.47	200900225	<b>1:20.46</b>	+0.54	34.27	1:20.46
7.	Sven Casper Hageman	Deltasteur	1:20.62	201000009	<b>1:21.74</b>	+0.41	36.88	1:21.74
8.	Roan van der Stege	SWOL 1894	1:22.97	200900107	<b>1:22.70</b>	+0.69	37.28	1:22.70
9.	Dhamin Ouali	SWOL 1894	1:21.49	200902771	<b>1:23.18</b>		37.47	1:23.18
10.	Dyon Scholten	Steenwijk 1934	1:20.05	200900095	<b>1:23.86</b>		36.19	1:23.86
11.	Guus van Duinen	Dedemsvaart-AC	1:28.70	200901107	<b>1:29.46</b>		40.46	1:29.46
12.	Abe Pasop	De Grunte	1:38.65	2010000501	<b>1:30.20</b>		38.55	1:30.20
13.	Noud Assinck	ZIGNEA	1:31.61	200900047	<b>1:32.54</b>		41.32	1:32.54
14.	Milan Bottenberg	Deltasteur	1:32.13	200900153	<b>1:34.16</b>		43.61	1:34.16
15.	Daan Alink	ZPC De Hof	1:30.61	201000241	<b>1:35.18</b>		42.77	1:35.18
16.	Rafael Agterbos	O Z & P C	1:31.48	201000171	<b>1:35.24</b>		43.14	1:35.24
17.	Roan Dijkstra	Dedemsvaart-AC	1:36.77	201002791	<b>1:36.38</b>		43.39	1:36.38
18.	Tristan Meijers	SWOL 1894	1:31.59	201000089	<b>1:36.48</b>		44.69	1:36.48
19.	Daan Emming	SWOL 1894	1:38.13	201003115	<b>1:37.72</b>		42.73	1:37.72
DIS	Kick Germers	SWOL 1894	1:34.99	201000185		+0.66		

AF - De aangegeven afstand niet uitgezwommen.

DIS	Rinse de Jonge	De Grunte	1:29.20	200900705				
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VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.

Junioren 3 en 4

1.	Collard Jungeling	ZV 44	1:02.23	200701831	<b>1:01.42</b>	+0.42	28.53	1:01.42
2.	Daan van Peet	De Dinkel	1:01.44	200700461	<b>1:05.04</b>	+0.61	29.69	1:05.04
3.	Gijs Vesseur	ZV 44	1:02.92	200700277	<b>1:06.78</b>	+0.66	30.19	1:06.78
4.	Job Sportel	VZ&PC	1:06.67	200800429	<b>1:08.16</b>		30.03	1:08.16
5.	Thomas van Velzen	ZV 44	1:08.55	200703189	<b>1:08.98</b>		31.30	1:08.98
6.	Youp Stuifzand	ZV 44	1:05.67	200800521	<b>1:09.61</b>	+0.63	30.48	1:09.61
7.	Milan Veelders	De Dinkel	1:07.38	200800279	<b>1:10.06</b>		32.49	1:10.06
8.	Mart Tempelman	Dedemsvaart-AC	1:07.21	200801075	<b>1:10.18</b>		32.31	1:10.18
9.	Tijs Kruithof	Het Ravijn	1:07.02	200701181	<b>1:10.89</b>	+0.47	31.55	1:10.89
10.	Bram ter Braak	De Dinkel	1:08.40	200800281	<b>1:11.22</b>		32.79	1:11.22
11.	Arjan Boogaard	Deltasteur	1:07.90	200800093	<b>1:11.53</b>		32.26	1:11.53
12.	Bjorn Scholten	WS Twente	1:10.93	200801143	<b>1:11.76</b>	+0.64	32.93	1:11.76
13.	Siem de Zeeuw	O Z & P C	1:11.76	200800013	<b>1:11.77</b>	+0.74	31.88	1:11.77
14.	Emiel de Bruijn	Dedemsvaart-AC	1:13.20	200700953	<b>1:12.59</b>		33.44	1:12.59
15.	Niek Evers	O Z & P C	1:10.85	200700079	<b>1:13.29</b>		33.62	1:13.29
16.	Job Riezebos	Deltasteur	1:10.07	200700137	<b>1:13.78</b>		32.99	1:13.78
17.	Hessel Penninkhof	Deltasteur	1:10.73	200800565	<b>1:14.73</b>		34.04	1:14.73
18.	Bram Wammes	Deltasteur	1:08.42	200700201	<b>1:18.68</b>	+0.66	34.68	1:18.68
NG	Sam Leferink	De Dinkel	1:12.67	200800833				

Programmanr. 9, Heren, 100m vlinderslag

Jeugd 1 en 2

1.	Finn Slinkman	ZPC De Hof	1:01.88	200500081	<b>1:01.62</b>		28.27	1:01.62
2.	Stan Tibben	Dedemsvaart-AC	1:04.26	200503591	<b>1:03.44</b>	+0.48	28.91	1:03.44
3.	Storm Tolsma	ZIGNEA	1:04.24	200600277	<b>1:04.01</b>	+0.55	29.34	1:04.01
4.	Lars Haytink	WS Twente	1:08.07	200601815	<b>1:08.53</b>		31.60	1:08.53
5.	Seb Pieterman	SWOL 1894	1:08.32	200600331	<b>1:08.64</b>	+0.63	31.41	1:08.64

Senioren 1 en 2

1.	Robin van den Berg	ZV 44	1:01.44	200400699	<b>1:02.24</b>	+0.49	28.90	1:02.24
2.	Luuk Ruinemans	De Dinkel	1:03.81	200301085	<b>1:04.13</b>		29.05	1:04.13
3.	Niels Kragt	Dedemsvaart-AC	1:02.03	200300155	<b>1:04.36</b>	+0.55	29.61	1:04.36
4.	Jesper Bos	WS Twente	1:02.15	200401017	<b>1:05.53</b>	+0.52	29.05	1:05.53
5.	Bart Oude Egbrink	O Z & P C	1:03.92	200300491	<b>1:06.22</b>	+0.73	29.81	1:06.22
6.	Mika Heskamp	De Dinkel	1:05.82	200300339	<b>1:08.17</b>	+0.56	29.85	1:08.17

Senioren

1.	Lauren Vis	Steenwijk 1934	1:02.12	198201883	<b>1:04.76</b>		29.61	1:04.76
2.	Bart Kooiker	De Dinkel	1:03.16	200100705	<b>1:08.37</b>		29.28	1:08.37

Programmanr. 10  
13-5-2023 - 16:41

Dames, 100m schoolslag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
<b>Junioren 1 en 2</b>							
1.	Paula Spans	ZV 44	1:15.68	201000064	<b>1:19.78</b>		37.91 1:19.78
2.	Manoah Dekker	Deltasteur	1:27.96	201100656	<b>1:30.06</b>	+0.70	42.22 1:30.06
3.	Mattea Gliese-Slooijer	De Dinkel	1:27.09	201100008	<b>1:30.25</b>		42.42 1:30.25
4.	Meike Hultink	De Grunte	1:33.52	201001686	<b>1:30.54</b>		42.48 1:30.54
5.	Marit Weever	Deltasteur	1:26.49	201000150	<b>1:31.30</b>		42.97 1:31.30
6.	Sjors Werger	Dedemsvaart-AC	1:32.40	201100906	<b>1:31.36</b>	+0.86	43.83 1:31.36
7.	Sanne Keizer	Dedemsvaart-AC	1:27.27	201001348	<b>1:32.16</b>		44.06 1:32.16
8.	Britt Dekker	ZIGNEA	1:33.13	201003340	<b>1:34.70</b>		44.12 1:34.70
9.	Gwen Schuur	De Grunte	1:33.83	201000698	<b>1:35.69</b>		46.24 1:35.69
10.	Isabel Amelink	Deltasteur	1:31.52	201100196	<b>1:36.66</b>		45.97 1:36.66
11.	Lynn ten Berge	De Dinkel	1:31.87	201000884	<b>1:37.11</b>		46.03 1:37.11
12.	Maudi Kamphuis	De Dinkel	1:33.84	201000646	<b>1:37.62</b>		45.81 1:37.62
13.	Annefleur Schraa	SWOL 1894	1:32.50	201100044	<b>1:38.10</b>		47.00 1:38.10
	Jesmé Haytink	WS Twente	1:30.99	201000382	<b>1:38.10</b>		46.49 1:38.10
15.	Jente van 't Hul	Deltasteur	1:33.77	201000186	<b>1:38.30</b>		45.80 1:38.30
16.	Florien Pot	WS Twente	1:35.39	201000768	<b>1:40.07</b>		47.39 1:40.07
17.	Maurieke Frijstein	ZV 44	1:42.62	201100198	<b>1:40.09</b>		47.48 1:40.09
18.	Hanna Heller	de IJssel	1:43.19	201102730	<b>1:40.91</b>		47.39 1:40.91
19.	Linde Kamman	ZV 44	1:36.57	201000742	<b>1:41.13</b>		47.40 1:41.13
20.	Nikki Kannegieter	ZIGNEA	1:40.11	201100750	<b>1:41.30</b>		49.07 1:41.30
21.	Olivia Boschloo	de IJssel	1:41.20	201102398	<b>1:42.04</b>		48.62 1:42.04
22.	Lisa Anh Nguyen	ZIGNEA	1:46.05	201102552	<b>1:42.95</b>		49.86 1:42.95
23.	Liz Wiersma	De Grunte	1:42.87	201102566	<b>1:42.97</b>	+0.75	46.51 1:42.97
24.	Britt Haverkate	ZPC De Hof	1:35.20	201100032	<b>1:43.83</b>		48.91 1:43.83
25.	Danique Krijgsman	ZPC De Hof	1:41.31	201100208	<b>1:44.54</b>		49.49 1:44.54
26.	Annemiek Back	De Grunte	1:35.85	201000700	<b>1:45.44</b>	+0.78	49.76 1:45.44
27.	Donna Groen	EZCL (SG)	1:42.48	201101342	<b>1:49.92</b>		53.06 1:49.92
DIS	Aimee van Tongeren	WS Twente	1:38.17	201100214			

SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.

Junioren 3 en 4

1.	Emmelien Smelt	ZVZwartsluis	1:19.69	200800012	<b>1:22.53</b>		39.18 1:22.53
2.	Valérie Sakkers	ZV 44	1:19.42	200800080	<b>1:23.92</b>		38.92 1:23.92
3.	Esther Dijsselhof	Dedemsvaart-AC	1:20.38	200800784	<b>1:24.07</b>		40.07 1:24.07
4.	Aukje Markerink	ZPC De Hof	1:24.17	200802196	<b>1:26.19</b>	+0.68	39.82 1:26.19
5.	Suus Hoogeveen	Dedemsvaart-AC	1:23.50	200900836	<b>1:27.68</b>		41.44 1:27.68
6.	Elin Heeren	ZIGNEA	1:26.91	200900688	<b>1:30.11</b>		41.23 1:30.11
7.	Maud Stevens	Het Ravijn	1:26.22	200800774	<b>1:31.03</b>		42.56 1:31.03

Programmanr. 10, Meisjes, 100m schoolslag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT	50m	100m
8.	Emma Broekhuysen	ZV 44	1:27.75	200900560	<b>1:31.26</b>	41.09	1:31.26
9.	Jente Nijsingh	Dedemsvaart-AC	1:26.81	200801594	<b>1:31.30</b>	43.04	1:31.30
10.	Yaell Elmerink	de IJsel	1:28.77	200900310	<b>1:31.48</b>	44.70	1:31.48
11.	Annemijn Kragt	Deltasteur	1:27.45	200802710	<b>1:31.96</b>	43.20	1:31.96
12.	Nikki Groot Rouwen	O Z & P C	1:32.75	200900106	<b>1:32.69</b>	42.21	1:32.69
13.	Meyke Haytink	WS Twente	1:26.26	200801188	<b>1:32.84</b>	44.40	1:32.84
	Anique Polinder	ZV 44	1:27.87	200800008	<b>1:32.84</b>	43.26	1:32.84
15.	Rosa Visscher	ZVZwartsuis	1:26.63	200800706	<b>1:34.04</b>	43.37	1:34.04
16.	Eva Oude Egbrink	O Z & P C	1:30.62	200900242	<b>1:34.27</b>	44.90	1:34.27
17.	Esmé Sportel	Dedemsvaart-AC	1:31.84	200900682	<b>1:35.28</b>	45.39	1:35.28
18.	Simone Faber	Deltasteur	1:29.72	200900710	<b>1:35.57</b>	44.96	1:35.57
19.	Mila Soethof	De Dinkel	1:31.77	200900482	<b>1:36.75</b>	46.70	1:36.75
20.	Marlinde ter Maat	De Dinkel	1:34.10	200900346	<b>1:38.12</b>	46.02	1:38.12
21.	Emma Steenbrink	WS Twente	1:31.87	200901376	<b>1:38.80</b>	44.89	1:38.80

Jeugd 1 en 2

1.	Renske Oude Egbrink	O Z & P C	1:18.93	200600040	<b>1:18.45</b>	+0.50	36.65	1:18.45
2.	Eline van Unen	Deltasteur	1:16.42	200600520	<b>1:21.07</b>		36.97	1:21.07
3.	Marlies Dijsselhof	Dedemsvaart-AC	1:19.00	200601046	<b>1:22.23</b>		37.59	1:22.23
4.	Barbara Broekhuis	De Dinkel	1:18.14	200700880	<b>1:24.14</b>		39.21	1:24.14
5.	Jeslyn van Hilten	SWOL 1894	1:19.62	200602800	<b>1:24.60</b>	+0.69	38.05	1:24.60
6.	Carlein Polinder	ZV 44	1:19.87	200600128	<b>1:25.78</b>		40.04	1:25.78
7.	Vivian Nooter	ZV 44	1:25.49	200703614	<b>1:26.02</b>		40.30	1:26.02
8.	Monica van der Meer	Deltasteur	1:23.62	200704288	<b>1:27.46</b>		40.24	1:27.46
9.	Ashley Nijveld	De Grunte	1:24.52	200700384	<b>1:27.50</b>		40.99	1:27.50
10.	Elise Schaapveld	ZV 44	1:23.31	200703006	<b>1:28.65</b>		42.29	1:28.65
11.	Mirte Boswinkel	WS Twente	1:25.22	200700434	<b>1:29.11</b>		40.93	1:29.11
12.	Dieuwke Cleveringa	SWOL 1894	1:25.11	200700708	<b>1:29.61</b>		42.08	1:29.61
13.	Aniek Vuijt	Steenwijk 1934	1:25.38	200600958	<b>1:29.84</b>		43.05	1:29.84
14.	Fien de Zeeuw	O Z & P C	1:27.86	200600130	<b>1:33.84</b>	+0.78	43.42	1:33.84

Senioren 1 en 2

1.	Ismay Lichtendonk	Dedemsvaart-AC	1:13.27	200400622	<b>1:17.28</b>	+0.53	36.21	1:17.28
2.	Jolijn Liezen	Steenwijk 1934	1:16.72	200500518	<b>1:22.57</b>	+0.59	37.96	1:22.57
3.	Suzanne Vesseur	ZV 44	1:23.03	200500740	<b>1:29.44</b>	+0.60	41.29	1:29.44

Senioren

1.	Isabelle Elsweier	WS Twente	1:14.29	200303614	<b>1:16.38</b>		35.92	1:16.38
2.	Michelle Zomerdijk	Dedemsvaart-AC	1:17.18	200003196	<b>1:21.52</b>	+0.60	37.32	1:21.52
3.	Tessa van de Belt	Dedemsvaart-AC	1:19.36	200102056	<b>1:24.55</b>		40.36	1:24.55
4.	Djamilla Gerner	Deltasteur	1:14.55	199905606	<b>1:25.88</b>	+0.53	39.06	1:25.88
5.	Mayke van Tintelen	O Z & P C	1:35.91	200200688	<b>1:39.34</b>	+0.66 418	46.70	1:39.34
AFGEM	Lotte Pieterman	SWOL 1894	1:13.04	200301838				

Programmanr. 11  
13-5-2023 - 17:03

Heren, 4 x 100m vrije slag

All in  
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Oz&Pc 1	O Z & P C	3:54.17	<b>3:48.16</b>
	Bart Oude Egbrink	03 28.31	58.36 Niek Vreeling	06 26.58 56.49
	Teun Overmars	08 27.67	57.90 Siem de Zeeuw	08 26.80 55.41
2.	De Dinkel 1	De Dinkel	3:35.60	<b>3:49.53</b>
	Milan Lucas	+0.46 28.39	58.26 Milan Veelders	+0.24 27.36 57.38
	Bart Kooiker	+0.53 27.90	58.29 Luuk Ruinemans	26.65 55.60
3.	Dedemsvaart-AC 1	Dedemsvaart-AC	3:45.74	<b>3:54.70</b>
	Gijs Vrieling	+0.47 28.10	58.33 Melle van Veen	+0.37 28.20 59.12
	Dennis Mosterman	+0.34 28.11	59.22 Stan Tibben	+0.27 27.67 58.03
4.	WS Twente 1	WS Twente	3:53.13	<b>3:59.97</b>
	Mick Mulder	+0.58 27.99	59.94 Bjorn Scholten	+0.47 28.76 1:00.52
	Teun van Weeren	28.88	1:01.27 Jesper Bos	+0.38 27.67 58.24
5.	Steenwijk 1934 1	Steenwijk 1934	3:54.79	<b>4:04.78</b>
	Vasco Strampel	+0.63 29.23	1:02.66 Lars Heddema	+0.16 27.35 57.98
	Ivan Vuijt	+0.41 29.88	1:06.03 Lauren Vis	+0.32 27.60 58.11

Programmanr. 12  
14-5-2023 - 13:00

Dames, 50m vrije slag

All in  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Junioren 1 en 2</b>						
1.	Mattea Gliese-Sloojier	De Dinkel	29.92	201100008	<b>30.07</b>	
2.	Lynn ten Berge	De Dinkel	30.73	201000884	<b>30.42</b>	
3.	Isabel Amelink	Deltasteur	32.98	201100196	<b>31.59</b>	+0.59
4.	Eline Eertink	Hera'11	32.31	201000158	<b>31.72</b>	
5.	Jesmé Haytink	WS Twente	32.41	201000382	<b>31.84</b>	
6.	Sjors Werger	Dedemsvaart-AC	34.05	201100906	<b>32.17</b>	
7.	Florien Pot	WS Twente	32.29	201000768	<b>32.32</b>	
8.	Marit Weever	Deltasteur	33.67	201000150	<b>32.82</b>	
9.	Maudi Kamphuis	De Dinkel	33.12	201000646	<b>32.94</b>	
10.	Gwen Schuur	De Grunte	33.76	201000698	<b>33.12</b>	
11.	Manora Ponne	Steenwijk 1934	34.67	201102222	<b>33.44</b>	
	Jente van 't Hul	Deltasteur	32.90	201000186	<b>33.44</b>	
13.	Maniek Bredenoort	Dedemsvaart-AC	33.80	201000122	<b>33.71</b>	
14.	Ine-Joy Tilburg	Z&PV de Veene	34.37	201002036	<b>33.80</b>	
15.	Liz Wiersma	De Grunte	35.25	201102566	<b>33.88</b>	
16.	Donna Groen	EZCL (SG)	36.24	201101342	<b>34.19</b>	
	Sanna Spijksma	ZPC De Hof	34.91	201000356	<b>34.19</b>	
18.	Wiep Huttenhuis	De Dinkel	33.52	201002282	<b>34.28</b>	
19.	Sophie Kortenschijl	WS Twente	35.14	201100672	<b>34.60</b>	
20.	Ribanna Damm	EZCL (SG)	34.78	201100304	<b>34.62</b>	
21.	Aimee van Tongeren	WS Twente	34.57	201100214	<b>34.72</b>	
22.	Noreen Postma	EZCL (SG)	34.82	201103328	<b>35.02</b>	
23.	Jill Goeree	EZCL (SG)	36.35	201101248	<b>35.78</b>	
24.	Lisa Boogaard	Deltasteur	35.45	201100990	<b>35.85</b>	
25.	Imke Oude Engberink	De Dinkel	35.94	201100818	<b>35.86</b>	
26.	Maurieke Frijstein	ZV 44	35.67	201100198	<b>36.54</b>	
DIS	Britt Haverkate	ZPC De Hof	34.03	201100032		
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>					
DIS	Sanne Keizer	Dedemsvaart-AC	33.21	201001348		
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>					
NG	Bente Groener	De Dinkel	36.13	201101706		
<b>Junioren 3 en 4</b>						
1.	Emmelien Smelt	ZVZwartsluis	27.39	200800012	<b>27.95</b>	
2.	Pien Hemmeler	De Dinkel	28.90	200800278	<b>29.16</b>	+0.55
3.	Valérie Sakkers	ZV 44	28.91	200800080	<b>29.27</b>	
4.	Hannah Markovinovic	WS Twente	28.84	200803266	<b>29.33</b>	
5.	Karlijn Dijkshoorn	Steenwijk 1934	29.52	200803926	<b>29.53</b>	+0.72
6.	Esmee van Dijk	Het Ravijn	29.98	200803180	<b>29.64</b>	
7.	Lois Waterham	Dedemsvaart-AC	29.80	200803726	<b>29.76</b>	
8.	Annemijn Kragt	Deltasteur	29.84	200802710	<b>29.81</b>	
9.	Simone Faber	Deltasteur	30.92	200900710	<b>30.05</b>	
10.	Maud Stevens	Het Ravijn	30.09	200800774	<b>30.21</b>	
11.	Daphne Dijsselhof	Dedemsvaart-AC	30.61	200901690	<b>30.48</b>	
12.	Esther Dijsselhof	Dedemsvaart-AC	29.84	200800784	<b>30.49</b>	
13.	Ann Hietbrink	ZPC De Hof	30.16	200902444	<b>30.57</b>	
14.	Britt Huttenhuis	EZCL (SG)	30.80	200802446	<b>30.78</b>	
15.	Anne van der Kamp	Deltasteur	31.07	200900274	<b>30.90</b>	
16.	Esmé Sportel	Dedemsvaart-AC	31.06	200900682	<b>30.94</b>	+0.58
17.	Aukje Markerink	ZPC De Hof	31.45	200802196	<b>30.97</b>	
18.	Meyke Haytink	WS Twente	31.23	200801188	<b>31.02</b>	
19.	Emma Steenbrink	WS Twente	31.47	200901376	<b>31.16</b>	
20.	Yaell Elmerink	de IJsel	31.30	200900310	<b>31.22</b>	
21.	Rosa Visscher	ZVZwartsluis	30.47	200800706	<b>31.48</b>	
22.	Mila Soethof	De Dinkel	31.57	200900482	<b>31.88</b>	
23.	Elin Heeren	ZIGNEA	31.23	200900688	<b>32.01</b>	+0.75

Programmanr. 12, Dames, 50m vrije slag

Jeugd 1 en 2

1.	Rebecca Reurink	Dedemsvaart-AC	27.26	200602112	<b>28.03</b>	
2.	Puk Lubbers	Steenwijk 1934	27.47	200600832	<b>28.60</b>	+0.52
3.	Laurien Gliese-Slooijer	De Dinkel	28.82	200700636	<b>28.72</b>	+0.61
4.	Renske Oude Egbrink	O Z & P C	28.65	200600040	<b>28.87</b>	
5.	Barbara Broekhuis	De Dinkel	29.39	200700880	<b>29.09</b>	
6.	Féline Sam	ZV 44	27.74	200700018	<b>29.30</b>	
7.	Julia van den Bosch	Deltasteur	28.32	200600232	<b>29.32</b>	
8.	Esmee Nieuwenhuis	ZPC De Hof	29.23	200701444	<b>29.52</b>	
	Marlies Dijsselhof	Dedemsvaart-AC	29.76	200601046	<b>29.52</b>	
10.	Maud Dokter	Steenwijk 1934	29.60	200601672	<b>29.88</b>	
11.	Sofie Kragt	Dedemsvaart-AC	29.09	200701020	<b>29.96</b>	
12.	Heleen Broshuis	WS Twente	29.87	200701510	<b>30.08</b>	
13.	Jeslyn van Hilten	SWOL 1894	29.66	200602800	<b>30.15</b>	
14.	Elise Schaapveld	ZV 44	29.07	200703006	<b>30.21</b>	+0.69
AFGEM	Carlein Polinder	ZV 44	28.38	200600128		

Senioren 1 en 2

1.	Ismay Lichtendonk	Dedemsvaart-AC	27.74	200400622	<b>28.35</b>	
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Senioren

1.	Linde Kolkman	Dedemsvaart-AC	27.44	200001114	<b>27.45</b>	
2.	Michelle Zomerdijk	Dedemsvaart-AC	27.06	200003196	<b>27.47</b>	+0.52
3.	Marit Boxum	Deltasteur	28.31	200000068	<b>28.00</b>	
4.	Alessia Sluis	Dedemsvaart-AC	27.53	200300896	<b>28.67</b>	
5.	Mayke van Tintelen	O Z & P C	35.32	200200688	<b>36.51</b>	+0.69 415
AFGEM	Lieke Oude Lenferink	WS Twente	27.00	200200068		

Programmanr. 13  
14-5-2023 - 13:13

Heren, 50m schoolslag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Junioren 1 en 2</b>						
1.	Dani Yefimov	WS Twente	35.33	200901305	<b>34.57</b>	
2.	Ruben Nooter	ZV 44	35.96	200901577	<b>35.76</b>	
3.	Duuk Harms	Dedemsvaart-AC	37.83	200900201	<b>37.31</b>	+0.70
4.	Noud Assinck	ZIGNEA	37.44	200900047	<b>37.44</b>	
5.	Sven Casper Hageman	Deltasteur	36.04	201000009	<b>37.98</b>	
6.	Bram Kulpe	Z&PV de Veene	39.91	200900329	<b>39.22</b>	
7.	Abe Pasop	De Grunte	40.14	201000501	<b>40.30</b>	
8.	Ruben Kragt	ZV 44	39.59	201000007	<b>40.59</b>	
9.	Finn Stamsnieder	O Z & P C	40.34	200900225	<b>40.63</b>	
10.	Niek Endeman	Deltasteur	40.71	200902567	<b>40.73</b>	
11.	Joas Norden	De Grunte	39.84	200902705	<b>40.85</b>	
12.	Roan van der Stege	SWOL 1894	41.35	200900107	<b>40.86</b>	+0.56
13.	Robbin Eijkelkamp	ZPC De Hof	40.57	200900031	<b>40.96</b>	
14.	Danny Hemelrijk	ZIGNEA	41.61	200902785	<b>41.39</b>	
15.	Guus van Duinen	Dedemsvaart-AC	41.68	200901107	<b>42.99</b>	+0.78
16.	Joep van Nijen	Z&PV de Veene	42.48	201000545	<b>43.07</b>	
17.	Gerdian Leeftink	ZPC De Hof	43.16	201000091	<b>43.17</b>	
18.	Dhamin Ouali	SWOL 1894	43.17	200902771	<b>43.85</b>	
19.	Rafael Agterbos	O Z & P C	42.92	201000171	<b>44.53</b>	
20.	Tristan Meijers	SWOL 1894	43.71	201000089	<b>44.70</b>	
21.	Ryan Freriksen	SWOL 1894	42.03	201000301	<b>44.87</b>	
22.	Alex Spijker	Dedemsvaart-AC	45.08	201002457	<b>44.97</b>	50*
23.	Twan Felix	Deltasteur	47.01	201000123	<b>46.80</b>	
24.	Roan Dijkstra	Dedemsvaart-AC	45.51	201002791	<b>51.81</b>	
DIS	Gijs Nooter	ZV 44	45.85	201000725	<b>46.76</b>	

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Programmanr. 13, Heren, 50m schoolslag

Junioren 3 en 4

1.	Youp Stuifzand	ZV 44	32.82	200800521	<b>32.41</b>	+0.49
2.	Daniel Critchell	Deltasteur	33.04	200700439	<b>32.52</b>	+0.47
3.	Job Sportel	VZ&PC	32.08	200800429	<b>32.54</b>	
4.	Collard Jungeling	ZV 44	32.42	200701831	<b>33.21</b>	+0.60
5.	Emiel de Bruijn	Dedemsvaart-AC	33.82	200700953	<b>34.68</b>	
6.	Bram Wammes	Deltasteur	32.31	200700201	<b>35.51</b>	
7.	Melle van Veen	Dedemsvaart-AC	35.98	200700661	<b>35.64</b>	
8.	Arjan Boogaard	Deltasteur	36.58	200800093	<b>35.86</b>	
9.	Thijs Poll	ZV 44	35.74	200700203	<b>36.11</b>	
10.	Gijs Vesseur	ZV 44	33.65	200700277	<b>36.93</b>	
11.	Daan van Peet	De Dinkel	34.11	200700461	<b>38.03</b>	+0.59
12.	Mart Tempelman	Dedemsvaart-AC	37.11	200801075	<b>38.28</b>	+0.47
13.	Bram ter Braak	De Dinkel	37.83	200800281	<b>38.46</b>	+0.71
14.	Hessel Penninkhof	Deltasteur	37.20	200800565	<b>38.55</b>	
15.	Viktor Post	WS Twente	38.60	200802201	<b>39.12</b>	
DIS	Siem de Zeeuw	O Z & P C	35.82	200800013		+0.65

*SF - Tijdens de race de ellebogen niet onder het wateroppervlak gehouden.*

AFGEM	Tijs Kruithof	Het Ravijn	36.44	200701181		
AFGEM	Dirk Hoogeveen	Dedemsvaart-AC	36.19	200702595		
NG	Sam Leferink	De Dinkel	37.35	200800833		

Jeugd 1 en 2

1.	Milan Lucas	De Dinkel	30.46	200500085	<b>32.31</b>	+0.47
2.	Mick Mulder	WS Twente	33.05	200502519	<b>32.72</b>	+0.55
3.	Dennis Mosterman	Dedemsvaart-AC	33.12	200501283	<b>33.08</b>	
4.	Storm Tolsma	ZIGNEA	33.02	200600277	<b>33.16</b>	+0.58
5.	Niek Vreeling	O Z & P C	32.54	200604211	<b>34.82</b>	+0.71
6.	Wes Velthuis	O Z & P C	35.31	200602217	<b>35.34</b>	
7.	Gijs Vrieling	Dedemsvaart-AC	33.56	200503811	<b>35.98</b>	+0.41
8.	Geert Almekinders	ZV 44	34.17	200501097	<b>36.01</b>	+0.56
9.	Aymé Groot	ZPC De Hof	35.69	200600117	<b>36.34</b>	+0.60
10.	Maarten Eertink	Hera'11	35.42	200501149	<b>36.91</b>	+0.57
11.	Mees Rienties	SWOL 1894	34.60	200500059	<b>37.22</b>	
12.	Lars Haytink	WS Twente	35.71	200601815	<b>37.86</b>	+0.50

Senioren 1 en 2

1.	Kylian Heederik	SWOL 1894	30.30	200300353	<b>31.50</b>	
2.	Jesper Bos	WS Twente	31.46	200401017	<b>31.51</b>	+0.54
3.	Robin van den Berg	ZV 44	32.30	200400699	<b>32.19</b>	+0.67
4.	Chiel Kootstra	Dedemsvaart-AC	32.49	200301463	<b>34.33</b>	+0.75
5.	Kay van Sleen	Steenwijk 1934	33.74	200400083	<b>34.37</b>	
6.	Lasse Ophuis	WS Twente	34.41	200400027	<b>34.52</b>	
7.	Bart Oude Egbrink	O Z & P C	33.06	200300491	<b>34.65</b>	

Senioren

1.	Jelle ten Hove	De Dinkel	32.48	200101373	<b>33.56</b>	+0.49
2.	Kylian Kooijman	Steenwijk 1934	34.00	199900763	<b>34.08</b>	+0.68

Programmanr. 14  
14-5-2023 - 13:45

Meisjes, 4 x 100m vrije slag

Junioren  
Resultaten

rang	vereniging	intijd	tijd	RT
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Programmanr. 14, Meisjes, 4 x 100m vrije slag

1.	ZV 44 1	ZV 44	4:19.20	<b>4:23.56</b>	
	Valérie Sakkers	08	30.34	1:04.49	Anique Polinder
	Marlouke Frijstein	08	32.08	1:06.28	Paula Spans
				08	32.28
				10	30.64
					1:08.55
					1:04.24
2.	Dedemsvaart-AC 1	Dedemsvaart-AC	4:23.73	<b>4:26.06</b>	
	Daphne Dijsselhof	09	32.36	1:07.46	Esther Dijsselhof
	Esmé Sportel	09	32.99	1:08.12	Lois Waterham
				08	31.13
				08	30.31
					1:06.32
					1:04.16
3.	Deltasteur 1	Deltasteur	4:28.45	<b>4:30.84</b>	
	Annemijn Kragt	08	31.94	1:07.23	Anne van der Kamp
	Isabel Amelink	11	32.79	1:09.31	Simone Faber
				09	32.47
				09	31.71
					1:08.31
					1:05.99
4.	De Dinkel 1	De Dinkel	4:28.00	<b>4:31.68</b>	
	Mattea Gliese-Sloojer		31.94	1:08.27	Lynn ten Berge
	Mila Soethof		33.09	1:10.41	Pien Hemmelder
				+0.39	32.28
				+0.42	30.44
					1:09.00
					1:04.00
5.	WS Twente 1	WS Twente	4:45.60	<b>4:49.87</b>	
	Meyke Haytink	08	32.55	1:07.70	Jesmé Haytink
	Sophie Kortenschijl	11	36.83	1:19.53	Femke Budde
				10	33.37
				08	33.05
					1:11.25
					1:11.39
6.	Dedemsvaart-AC 2	Dedemsvaart-AC	4:44.52	<b>4:54.42</b>	+0.73
	Suus Hoogeveen	+0.73	34.72	1:12.67	Maniek Bredenoort
	Karlijn Bredenoort	+0.30	33.80	1:14.44	Jente Nijsingh
				+0.31	35.57
					33.35
					1:16.23
					1:11.08
7.	De Dinkel 2	De Dinkel	4:51.34	<b>4:56.16</b>	
	Nienke Bulter	09	35.75	1:14.01	Maudi Kamphuis
	Wiep Huttenhuis	10	35.43	1:16.40	Marlinde ter Maat
				10	34.19
				09	33.34
					1:14.02
					1:11.73

Programmanr. 15  
14-5-2023 - 13:51

Heren, 200m vlinderslag

All in  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
<b>Junioren 1 en 2</b>									
1.	Duuk Harms	Dedemsvaart-AC	2:58.66 200900201	<b>2:48.90</b>	36.12	1:18.92	2:05.24	2:48.90	
2.	Ruben Kragt	ZV 44	2:56.84 201000007	<b>2:49.18</b>	33.34	1:15.87	2:04.46	2:49.18	
3.	Ruben Nooter	ZV 44	3:16.65 200901577	<b>2:58.43</b>	33.85	1:21.99	2:11.84	2:58.43	
<b>Junioren 3 en 4</b>									
1.	Collard Jungeling	ZV 44	2:16.61 200701831	<b>2:25.65</b>	+0.42	32.07	1:09.72	1:48.58	2:25.65
2.	Milan Veelders	De Dinkel	2:28.61 200800279	<b>2:35.55</b>		32.68	1:11.34	1:52.84	2:35.55
3.	Thomas van Velzen	ZV 44	2:43.17 200703189	<b>2:35.88</b>	+0.49	31.50	1:12.73	1:56.47	2:35.88
4.	Arjan Boogaard	Deltasteur	2:43.69 200800093	<b>2:40.58</b>		34.29	1:13.73	1:55.81	2:40.58
5.	Bjorn Scholten	WS Twente	2:51.38 200801143	<b>2:42.31</b>		34.39	1:14.83	1:58.12	2:42.31
6.	Mart Tempelman	Dedemsvaart-AC	2:46.66 200801075	<b>2:45.83</b>	+0.46	33.35	1:15.05	1:58.81	2:45.83
7.	Jort Siebelt	O Z & P C	2:56.87 200700083	<b>2:46.61</b>		35.89	1:18.50	2:03.45	2:46.61
DIS	Teun van Weeren	WS Twente	2:50.34 200801145						
<i>AF - De aangegeven afstand niet uitgezwommen.</i>									
AFGEM	Tijs Kruithof	Het Ravijn	2:50.93 200701181						
<b>Jeugd 1 en 2</b>									
1.	Stan Tibben	Dedemsvaart-AC	2:23.92 200503591	<b>2:33.48</b>	+0.59	32.69	1:12.25	1:53.34	2:33.48
2.	Rick Smelt	ZVZwartsluis	2:47.76 200600051	<b>2:44.78</b>	+0.49	33.40	1:14.38	1:58.20	2:44.78
3.	Geert Almekinders	ZV 44	2:53.30 200501097	<b>3:07.00</b>	+0.52	34.82	1:22.04	2:13.97	3:07.00
<b>Senioren 1 en 2</b>									
1.	Mika Heskamp	De Dinkel	2:38.32 200300339	<b>2:33.88</b>		31.52	1:10.42	1:50.98	2:33.88
2.	Luc Aveskamp	De Dinkel	2:40.42 200300337	<b>2:35.51</b>		33.51	1:13.81	1:55.35	2:35.51
3.	Bart Oude Egbrink	O Z & P C	2:34.40 200300491	<b>2:37.38</b>		32.26	1:09.77	1:52.09	2:37.38



Programmanr. 16  
14-5-2023 - 14:05

Dames, 200m schoolslag

All in  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
<b>Junioren 1 en 2</b>								
1. Paula Spans	ZV 44	2:49.42 201000064	<b>2:54.10</b>		38.49	1:22.84	2:08.67	2:54.10
2. M. Gliese-Slooijer	De Dinkel	3:10.71 201100008	<b>3:18.81</b>		43.65	1:33.57	2:26.77	3:18.81
3. Annefleur Schraa	SWOL 1894	3:15.16 201100044	<b>3:19.25</b>		45.19	1:36.29	2:28.03	3:19.25
4. Sanne Keizer	Dedemsvaart-AC	3:17.83 201001348	<b>3:21.38</b>		46.36	1:39.36	2:31.94	3:21.38
5. Sjors Werger	Dedemsvaart-AC	3:22.14 201100906	<b>3:22.16</b>		47.90	1:39.30	2:32.17	3:22.16
6. Meike Hultink	De Grunte	3:31.65 201001686	<b>3:23.92</b>		45.61	1:38.39	2:33.01	3:23.92
7. Manoa Dekker	Deltasteur	3:16.49 201100656	<b>3:25.38</b>		45.09	1:37.80	2:32.87	3:25.38
8. Jesmé Haytink	WS Twente	3:16.81 201000382	<b>3:26.17</b>	+0.57	47.64	1:41.38	2:33.47	3:26.17
9. Isabel Amelink	Deltasteur	3:32.15 201100196	<b>3:28.30</b>		47.31	1:40.56	2:34.75	3:28.30
10. Maurieke Frijstein	ZV 44	3:45.05 201100198	<b>3:33.60</b>		48.44	1:43.61	2:40.32	3:33.60
11. Maudi Kamphuis	De Dinkel	3:32.52 201000646	<b>3:33.80</b>		48.70	1:43.86	2:40.43	3:33.80
12. Britt Haverkate	ZPC De Hof	3:31.18 201100032	<b>3:39.75</b>		49.19	1:46.97	2:44.54	3:39.75
13. Aimee van Tongeren	WS Twente	3:37.86 201100214	<b>3:43.71</b>		50.17	1:47.94	2:46.22	3:43.71
AFGEM Marit Weever	Deltasteur	3:23.38 201000150						
AFGEM Florian Pot	WS Twente	3:33.00 201000768						

**Junioren 3 en 4**

1. Emmelien Smelt	ZVZwartsluis	2:53.09 200800012	<b>2:57.61</b>		40.21	1:25.70	2:11.87	2:57.61
2. Valérie Sackers	ZV 44	2:55.52 200800080	<b>3:02.63</b>		41.40	1:28.50	2:16.03	3:02.63
3. Esther Dijsselhof	Dedemsvaart-AC	2:53.61 200800784	<b>3:02.97</b>		40.89	1:27.02	2:15.01	3:02.97
4. H. Markovinovic	WS Twente	2:58.66 200803266	<b>3:07.15</b>	+0.62	42.88	1:30.80	2:19.12	3:07.15
5. Aukje Markerink	ZPC De Hof	3:08.63 200802196	<b>3:07.90</b>		40.47	1:28.39	2:17.74	3:07.90
6. Suus Hoogeveen	Dedemsvaart-AC	2:58.16 200900836	<b>3:09.45</b>		44.46	1:32.26	2:20.63	3:09.45
7. Marlouke Frijstein	ZV 44	3:01.22 200800152	<b>3:09.68</b>		44.48	1:33.08	2:21.80	3:09.68
8. Emma Broekhuysen	ZV 44	3:03.73 200900560	<b>3:10.24</b>		42.97	1:31.81	2:21.58	3:10.24
9. Anique Polinder	ZV 44	3:06.75 200800008	<b>3:14.52</b>		44.24	1:35.69	2:27.34	3:14.52
10. Rosa Visscher	ZVZwartsluis	3:07.68 200800706	<b>3:15.66</b>		44.70	1:35.11	2:26.17	3:15.66
11. Elin Heeren	ZIGNEA	3:21.50 200900688	<b>3:16.11</b>		40.97	1:31.30	2:24.31	3:16.11
12. Meyke Haytink	WS Twente	3:07.56 200801188	<b>3:18.79</b>		45.85	1:38.03	2:30.41	3:18.79
13. Simone Faber	Deltasteur	3:12.93 200900710	<b>3:19.73</b>	+0.70	45.08	1:37.14	2:29.81	3:19.73
14. Nikki Groot Rouwen	O Z & P C	3:24.06 200900106	<b>3:22.87</b>		44.40	1:36.29	2:30.51	3:22.87
15. Emma Steenbrink	WS Twente	3:14.81 200901376	<b>3:28.32</b>		47.89	1:40.23	2:35.16	3:28.32
16. Marlinde ter Maat	De Dinkel	3:17.91 200900346	<b>3:30.72</b>		46.37	1:39.17	2:34.85	3:30.72
17. Lisa van Velzen	ZV 44	3:20.77 200901062	<b>3:33.40</b>		45.28	1:39.25	2:37.32	3:33.40

**Jeugd 1 en 2**

1. Renske Oude Egbrink	O Z & P C	2:45.39 200600040	<b>2:51.05</b>		37.78	1:21.42	2:05.91	2:51.05
2. Marlies Dijsselhof	Dedemsvaart-AC	2:53.34 200601046	<b>2:59.25</b>		38.21	1:23.43	2:11.33	2:59.25
3. Barbara Broekhuis	De Dinkel	2:54.07 200700880	<b>3:00.20</b>		41.20	1:27.13	2:13.87	3:00.20
4. Eline van Unen	Deltasteur	2:51.11 200600520	<b>3:00.34</b>	+0.46	40.63	1:26.56	2:14.20	3:00.34
5. Monica van der Meer	Deltasteur	3:05.02 200704288	<b>3:07.92</b>		42.19	1:29.88	2:19.97	3:07.92
6. Jeslyn van Hilten	SWOL 1894	2:59.59 200602800	<b>3:09.21</b>		41.58	1:30.43	2:20.39	3:09.21
7. Ashley Nijveld	De Grunte	3:01.74 200700384	<b>3:10.70</b>	+0.65	40.92	1:29.15	2:20.25	3:10.70

**Senioren 1 en 2**

1. Ismay Lichtendonk	Dedemsvaart-AC	2:37.75 200400622	<b>2:45.44</b>		37.46	1:19.38	2:02.83	2:45.44
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**Senioren**

1. Alessia Sluis	Dedemsvaart-AC	2:47.49 200300896	<b>2:58.57</b>		39.75	1:25.17	2:11.27	2:58.57
2. Tessa van de Belt	Dedemsvaart-AC	2:55.79 200102056	<b>3:00.70</b>		41.39	1:28.18	2:14.12	3:00.70
3. Djamilla Gerner	Deltasteur	2:48.91 199905606	<b>3:05.91</b>	+0.55	42.00	1:29.70	2:17.60	3:05.91

Programmanr. 17  
14-5-2023 - 14:32

Heren, 200m rugslag

All in  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
<b>Junioren 1 en 2</b>								
1. Duuk Harms	Dedemsvaart-AC	2:35.98 200900201	<b>2:33.72</b>	+0.66	35.50	1:14.46	1:54.79	2:33.72
2. Ruben Nooter	ZV 44	2:45.95 200901577	<b>2:41.05</b>	+0.58	36.08	1:18.08	2:01.07	2:41.05
3. Dani Yefimov	WS Twente	2:42.25 200901305	<b>2:42.11</b>	+0.61	38.73	1:20.46	2:02.57	2:42.11
4. Arthur Alberts	ZVZwartsluis	2:57.14 200900239	<b>2:42.47</b>	+0.70	37.88	1:19.74	2:02.87	2:42.47
5. Finn Stamsnieder	O Z & P C	2:50.39 200900225	<b>2:42.64</b>	+0.55	38.06	1:19.06	2:02.30	2:42.64
6. S. Hageman	Deltasteur	2:43.47 201000009	<b>2:43.60</b>	+0.68	38.29	1:19.67	2:02.23	2:43.60
7. Dyon Scholten	Steenwijk 1934	2:37.23 200900095	<b>2:43.81</b>	+0.64	38.51	1:20.36	2:03.24	2:43.81
8. Dhamin Ouali	SWOL 1894	2:42.23 200902771	<b>2:45.51</b>	+0.61	35.60	1:18.16	2:05.25	2:45.51
9. Ruben Kragt	ZV 44	2:45.87 201000007	<b>2:46.64</b>	+0.66	38.07	1:20.41	2:04.18	2:46.64
10. Milan Bottenberg	Deltasteur	2:49.83 200900153	<b>2:52.13</b>	+0.68	40.04	1:23.54	2:07.93	2:52.13
11. Bram Kulpe	Z&PV de Veene	2:52.64 200900329	<b>2:52.21</b>	+0.64	39.83	1:23.21	2:08.65	2:52.21
12. Tristan Meijers	SWOL 1894	2:55.05 201000089	<b>2:52.97</b>	+0.78	40.39	1:25.91	2:10.55	2:52.97
13. Noud Assinck	ZIGNEA	2:54.71 200900047	<b>2:55.70</b>	+0.60	41.90	1:27.00	2:12.17	2:55.70
14. Guus van Duinen	Dedemsvaart-AC	2:55.39 200901107	<b>2:56.38</b>	+0.79	40.55	1:25.01	2:11.96	2:56.38
15. Mick Leferink	De Dinkel	3:00.32 200902227	<b>2:57.02</b>	+0.71	41.18	1:27.43	2:12.91	2:57.02
16. Rafael Agterbos	O Z & P C	3:06.11 201000171	<b>2:58.96</b>	+0.69	43.83	1:29.74	2:16.02	2:58.96
17. Daan Alink 100*	ZPC De Hof	3:03.33 201000241	<b>3:00.18</b>	+0.76	40.47	1:24.62	2:14.47	3:00.18
18. Ryan Freriksen	SWOL 1894	2:58.55 201000301	<b>3:00.66</b>	+0.58	43.46	1:28.24	2:14.92	3:00.66
19. Twan Felix	Deltasteur	3:07.57 201000123	<b>3:02.36</b>	+0.58	42.39	1:29.37	2:16.92	3:02.36
20. Rinse de Jonge	De Grunte	2:55.41 200900705	<b>3:03.82</b>	+0.96	42.95	1:29.41	2:18.09	3:03.82
21. Abe Pasop	De Grunte	2:56.50 201000501	<b>3:05.87</b>	+0.69	41.85	1:28.49	2:17.48	3:05.87
22. Jens Rikhof 100*	De Dinkel	3:16.83 201001239	<b>3:05.88</b>	+0.58	43.47	1:31.79	2:19.61	3:05.88
23. Gijs Nooter	ZV 44	3:09.04 201000725	<b>3:07.58</b>	+0.64	45.06	1:33.50	2:21.54	3:07.58
24. Joep van Nijen	Z&PV de Veene	3:05.99 201000545	<b>3:10.75</b>	+0.74	45.75	1:33.13	2:22.59	3:10.75
<b>Junioren 3 en 4</b>								
1. Daniel Critchell	Deltasteur	2:25.35 200700439	<b>2:20.46</b>	+0.61	33.21	1:09.35	1:44.71	2:20.46
2. Siem de Zeeuw	O Z & P C	2:25.94 200800013	<b>2:20.95</b>	+0.62	33.70	1:09.60	1:45.94	2:20.95
3. Jaydey Schonewille	Steenwijk 1934	2:24.46 200800025	<b>2:22.34</b>	+0.64	34.40	1:11.46	1:48.15	2:22.34
4. Milan Veelders	De Dinkel	2:25.18 200800279	<b>2:24.29</b>	+0.61	33.62	1:10.53	1:48.17	2:24.29
5. Diede Veld	SWOL 1894	2:26.82 200800011	<b>2:24.74</b>	+0.64	34.18	1:11.03	1:47.86	2:24.74
6. Thijs Poll	ZV 44	2:18.65 200700203	<b>2:24.87</b>	+0.66	34.24	1:10.61	1:48.45	2:24.87
7. Job Sportel	VZ&PC	2:34.77 200800429	<b>2:24.95</b>	+0.59	33.67	1:10.68	1:48.00	2:24.95
8. Lias IJzerman	Dedemsvaart-AC	2:21.84 200703145	<b>2:28.25</b>	+0.73	34.35	1:11.18	1:50.33	2:28.25
9. Mart Tempelman	Dedemsvaart-AC	2:35.55 200801075	<b>2:30.68</b>	+0.62	35.39	1:13.62	1:52.84	2:30.68
10. Melle van Veen	Dedemsvaart-AC	2:30.11 200700661	<b>2:32.20</b>	+0.70	35.49	1:14.92	1:54.37	2:32.20
11. Gijs Vesseur	ZV 44	2:24.51 200700277	<b>2:32.83</b>	+0.70	35.57	1:14.81	1:54.75	2:32.83
12. Daan van Peet	De Dinkel	2:23.58 200700461	<b>2:33.74</b>	+0.71	35.10	1:13.90	1:53.96	2:33.74
13. Hessel Penninkhof	Deltasteur	2:37.77 200800565	<b>2:34.94</b>	+0.71	35.80	1:16.09	1:56.63	2:34.94
14. Bram ter Braak	De Dinkel	2:40.43 200800281	<b>2:38.28</b>	+0.70	36.36	1:16.39	1:58.41	2:38.28
<b>Jeugd 1 en 2</b>								
1. Gijs Vrieling	Dedemsvaart-AC	2:19.22 200503811	<b>2:18.80</b>	+0.60	32.34	1:07.28	1:43.24	2:18.80
2. Storm Tolsma	ZIGNEA	2:26.52 200600277	<b>2:27.66</b>	+0.59	34.07	1:11.51	1:49.36	2:27.66
3. Niek Vreeling	O Z & P C	2:14.09 200604211	<b>2:28.86</b>	+0.68	33.88	1:11.35	1:50.38	2:28.86
4. Mick Mulder	WS Twente	2:30.72 200502519	<b>2:35.13</b>	+0.57	34.90	1:14.03	1:54.95	2:35.13
<b>Senioren</b>								
1. Robert Braad	Steenwijk 1934	2:27.99 198600407	<b>2:28.87</b>		33.97	1:11.71	1:50.18	2:28.87

Programmanr. 18  
14-5-2023 - 15:19

Heren, 4 x 200m vrije slag

All in  
Resultaten

rang	vereniging	intijd	tijd	RT
<b>Junioren</b>				
1.	ZV 44	8:27.27	<b>8:47.08</b>	
	Thijs Poll	07	29.21	1:02.23
	Collard Jungeling	07	+0.28	28.85
	Gijs Vesseur	07	+0.19	29.18
	Youp Stuifzand	08	+0.08	27.58
2.	Deltasteur	8:41.85	<b>8:59.76</b>	
	Job Riezebos	07	29.50	1:02.85
	Arjan Boogaard	08	29.69	1:02.30
	Daniel Critchell	07	31.11	1:06.60
	Bram Wammes	07	+0.43	29.53
3.	Dedemsvaart-AC 2	8:51.26	<b>9:05.03</b>	
	Mart Tempelman	08	31.71	1:07.04
	Lias IJzerman	07	31.03	1:07.00
	Emiel de Bruijn	07	30.21	1:05.22
	Melle van Veen	07	+0.48	28.98
4.	De Dinkel 2	8:22.74	<b>9:10.37</b>	+0.73
	Bram ter Braak	08	+0.73	28.61
	Daan van Peet	07	+0.44	29.06
	Mick Leferink	09	+0.47	36.09
	Milan Veelders	08	+0.35	27.88

All in

1.	Dedemsvaart-AC 1	Dedemsvaart-AC	8:27.08	<b>8:51.16</b>	
	Gijs Vrieling	05	30.09	1:03.29	
	Stan Tibben	05	29.89	1:03.99	
	Chiel Kootstra	03	30.11	1:04.88	
	Dennis Mosterman	05	29.40	1:02.35	
2.	De Dinkel 1	De Dinkel	8:37.62	<b>8:59.89</b>	
	Mika Heskamp	03	29.34	1:02.96	
	Jelle ten Hove	01	+0.23	29.61	
	Luc Aveskamp	03	30.86	1:06.77	
	Milan Lucas	05	+0.46	29.80	
3.	WS Twente 1	WS Twente	9:06.04	<b>9:15.20</b>	
	Teun van Weeren	08	30.24	1:03.85	
	Lasse Ophuis	04	31.61	1:08.10	
	Lars Haytink	06	+0.14	31.57	
	Jesper Bos	04	+0.34	29.59	
4.	Steenwijk 1934 1	Steenwijk 1934	8:53.93	<b>9:22.21</b>	+0.69
	Kay van Sleen	04	+0.69	31.50	
	Kylian Kooijman	99	+0.54	30.01	
	Dyon Scholten	09	33.75	1:12.09	
	Jaydey Schonewille	08	+0.35	28.88	

Programmanr. 19  
14-5-2023 - 15:29

Dames, 400m wisselslag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 1 en 2</b>					
1.	Paula Spans	ZV 44	5:36.11	201000064	<b>5:50.78</b>
	50m: 36.71	36.71	150m: 2:08.79	46.28	250m: 3:42.74
	100m: 1:22.51	45.80	200m: 2:55.03	46.24	300m: 4:31.60
				47.71	350m: 5:12.43
				48.86	400m: 5:50.78
2.	Kayleigh van Doeselaar	EZCL (SG)	7:14.46	201000478	<b>6:32.98</b>
	50m: 42.76	42.76	150m: 2:21.82	49.29	250m: 4:08.73
	100m: 1:32.53	49.77	200m: 3:10.56	48.74	300m: 5:05.72
				58.17	350m: 5:52.03
				56.99	400m: 6:32.98
3.	Ine-Joy Tilburg	Z&PV de Veene	6:45.34	201002036	<b>6:45.11</b>
	50m: 42.38	42.38	150m: 2:28.70	52.10	250m: 4:19.44
	100m: 1:36.60	54.22	200m: 3:19.51	50.81	300m: 5:19.12
				59.93	350m: 6:03.58
				59.68	400m: 6:45.11
4.	Anna Schuurman	ZV 44	6:54.80	201000076	<b>6:59.86</b>
	50m: 47.18	47.18	150m: 2:35.57	52.23	250m: 4:28.00
	100m: 1:43.34	56.16	200m: 3:26.50	50.93	300m: 5:29.36
				1:01.50	350m: 6:15.24
				1:01.36	400m: 6:59.86
5.	Maurieke Frijstein	ZV 44	7:10.87	201100198	<b>7:03.93</b>
	50m: 51.20	51.20	150m: 2:50.64	53.31	250m: 4:37.68
	100m: 1:57.33	1:06.13	200m: 3:43.19	52.55	300m: 5:34.69
				54.49	350m: 6:19.60
				57.01	400m: 7:03.93

Programmanr. 19, Meisjes, 400m wisselslag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
6.	Ribanna Damm	EZCL (SG)	7:10.28	201100304	<b>7:07.67</b>			
	50m: 51.71	51.71	150m: 2:41.79	51.04	250m: 4:34.07	1:01.53	350m: 6:23.01	46.41
	100m: 1:50.75	59.04	200m: 3:32.54	50.75	300m: 5:36.60	1:02.53	400m: 7:07.67	44.66
7.	Wiep Huttenhuis 150*	De Dinkel	7:02.56	201002282	<b>7:09.51</b>			
	50m: 48.40	48.40	150m: 2:43.66	53.36	250m: 4:36.98	1:04.01	350m: 6:26.49	47.28
	100m: 1:50.30	1:01.90	200m: 3:32.97	49.31	300m: 5:39.21	1:02.23	400m: 7:09.51	43.02
8.	Lieke Boers	De Dinkel	7:10.20	201000644	<b>7:09.55</b>			
	50m: 47.49	47.49	150m: 2:41.78	51.63	250m: 4:32.56	1:00.78	350m: 6:22.68	47.90
	100m: 1:50.15	1:02.66	200m: 3:31.78	50.00	300m: 5:34.78	1:02.22	400m: 7:09.55	46.87
9.	Aimee van Tongeren	WS Twente	6:56.47	201100214	<b>7:12.10</b>			
	50m: 44.57	44.57	150m: 2:42.16	57.46	250m: 4:36.90	59.84	350m: 6:25.13	48.81
	100m: 1:44.70	1:00.13	200m: 3:37.06	54.90	300m: 5:36.32	59.42	400m: 7:12.10	46.97
10.	Silke van den Berg 100*	EZCL (SG)	7:09.51	201000752	<b>7:14.30</b>			
	50m: 48.77	48.77	150m: 2:42.91	52.95	250m: 4:39.47	1:03.08	350m: 6:29.22	46.62
	100m: 1:49.96	1:01.19	200m: 3:36.39	53.48	300m: 5:42.60	1:03.13	400m: 7:14.30	45.08
11.	Donna Groen	EZCL (SG)	7:16.26	201101342	<b>7:15.20</b>			
	50m: 52.55	52.55	150m: 2:50.22	57.17	250m: 4:46.97	1:00.06	350m: 6:32.54	47.42
	100m: 1:53.05	1:00.50	200m: 3:46.91	56.69	300m: 5:45.12	58.15	400m: 7:15.20	42.66
12.	Meike Hultink	De Grunte	6:58.04	201001686	<b>7:15.75</b>			
	50m: 49.98	49.98	150m: 2:54.12	1:00.13	250m: 4:40.78	53.14	350m: 6:27.86	51.80
	100m: 1:53.99	1:04.01	200m: 3:47.64	53.52	300m: 5:36.06	55.28	400m: 7:15.75	47.89
13.	Imke Oude Engberink	De Dinkel	7:23.73	201100818	<b>7:16.19</b>			
	50m: 46.50	46.50	150m: 2:40.83	58.89	250m: 4:41.82	1:01.76	350m: 6:31.82	45.70
	100m: 1:41.94	55.44	200m: 3:40.06	59.23	300m: 5:46.12	1:04.30	400m: 7:16.19	44.37
DIS	Florien Pot	WS Twente	6:14.54	201000768				
	<i>VG - Bij de laatste armslag voor keer- en/of eindpunt de armen niet over het water naar voren gebracht.</i>							
DIS	Mieke Jansen	Dedemsvaart-AC	7:28.97	201101950				
	<i>VD - Schoolslagbenen gezwommen.</i>							

Junioren 3 en 4

1.	Hannah Markovinovic	WS Twente	5:25.52	200803266	<b>5:35.14</b>			
	50m: 33.62	33.62	150m: 1:56.92	43.06	250m: 3:29.86	49.16	350m: 4:57.49	38.11
	100m: 1:13.86	40.24	200m: 2:40.70	43.78	300m: 4:19.38	49.52	400m: 5:35.14	37.65
2.	Marlouke Frijstein	ZV 44	5:31.57	200800152	<b>5:48.74</b>			
	50m: 36.20	36.20	150m: 2:07.84	45.52	250m: 3:40.95	48.64	350m: 5:10.55	39.82
	100m: 1:22.32	46.12	200m: 2:52.31	44.47	300m: 4:30.73	49.78	400m: 5:48.74	38.19
3.	Lois Waterham	Dedemsvaart-AC	5:42.64	200803726	<b>5:54.83</b>			
	50m: 38.38	38.38	150m: 2:10.93	45.98	250m: 3:46.07	50.28	350m: 5:16.53	38.52
	100m: 1:24.95	46.57	200m: 2:55.79	44.86	300m: 4:38.01	51.94	400m: 5:54.83	38.30
4.	Flore Blok	de IJssel	6:00.50	200804348	<b>6:06.60</b>			
	50m: 38.45	38.45	150m: 2:10.59	47.09	250m: 3:51.20	52.74	350m: 5:26.95	42.97
	100m: 1:23.50	45.05	200m: 2:58.46	47.87	300m: 4:43.98	52.78	400m: 6:06.60	39.65
5.	Esther Dijsselhof	Dedemsvaart-AC	5:58.38	200800784	<b>6:07.53</b>			
	50m: 38.73	38.73	150m: 2:16.44	50.81	250m: 3:54.91	50.08	350m: 5:26.78	42.22
	100m: 1:25.63	46.90	200m: 3:04.83	48.39	300m: 4:44.56	49.65	400m: 6:07.53	40.75
6.	Aukje Markerink	ZPC De Hof	6:01.06	200802196	<b>6:08.61</b>			
	50m: 38.62	38.62	150m: 2:15.08	49.14	250m: 3:54.44	52.15	350m: 5:29.48	43.14
	100m: 1:25.94	47.32	200m: 3:02.29	47.21	300m: 4:46.34	51.90	400m: 6:08.61	39.13
7.	Meyke Haytink	WS Twente	6:11.17	200801188	<b>6:10.36</b>			
	50m: 40.28	40.28	150m: 2:17.06	48.30	250m: 3:59.42	54.08	350m: 5:32.14	39.32
	100m: 1:28.76	48.48	200m: 3:05.34	48.28	300m: 4:52.82	53.40	400m: 6:10.36	38.22
8.	Daphne Dijsselhof	Dedemsvaart-AC	6:07.46	200901690	<b>6:10.74</b>			
	50m: 41.91	41.91	150m: 2:22.62	46.71	250m: 4:00.68	53.17	350m: 5:33.19	39.06
	100m: 1:35.91	54.00	200m: 3:07.51	44.89	300m: 4:54.13	53.45	400m: 6:10.74	37.55
9.	Pien Hemmelder	De Dinkel	5:48.62	200800278	<b>6:12.17</b>			
	50m: 38.06	38.06	150m: 2:12.88	48.38	250m: 3:55.87	55.59	350m: 5:33.10	41.70
	100m: 1:24.50	46.44	200m: 3:00.28	47.40	300m: 4:51.40	55.53	400m: 6:12.17	39.07
10.	Anique Polinder	ZV 44	6:02.71	200800008	<b>6:13.71</b>			
	50m: 41.34	41.34	150m: 2:22.37	48.34	250m: 4:01.23	50.81	350m: 5:34.76	40.05
	100m: 1:34.03	52.69	200m: 3:10.42	48.05	300m: 4:54.71	53.48	400m: 6:13.71	38.95
11.	Licianne Jungeling	ZV 44	6:01.33	200801404	<b>6:14.56</b>			
	50m: 36.52	36.52	150m: 2:16.38	49.13	250m: 3:57.04	54.47	350m: 5:34.70	42.55
	100m: 1:27.25	50.73	200m: 3:02.57	46.19	300m: 4:52.15	55.11	400m: 6:14.56	39.86

Programmanr. 19, Meisjes, 400m wisselslag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT		
12.	Femke Budde	WS Twente	6:01.21	200801460	<b>6:19.13</b>		
	50m: 37.54	37.54 150m: 2:13.42	48.41	250m: 3:55.28	54.30	350m: 5:35.25	44.65
	100m: 1:25.01	47.47 200m: 3:00.98	47.56	300m: 4:50.60	55.32	400m: 6:19.13	43.88
13.	Rosa Visscher	ZVZwartsluis	5:56.93	200800706	<b>6:21.25</b>		
	50m: 38.37	38.37 150m: 2:19.31	49.80	250m: 3:58.58	52.50	350m: 5:36.78	44.50
	100m: 1:29.51	51.14 200m: 3:06.08	46.77	300m: 4:52.28	53.70	400m: 6:21.25	44.47
14.	Elien Groothuismink	SWOL 1894	6:17.30	200800920	<b>6:24.29</b>		
	50m: 42.65	42.65 150m: 2:22.89	47.23	250m: 4:05.24	58.29	350m: 5:44.62	44.57
	100m: 1:35.66	53.01 200m: 3:06.95	44.06	300m: 5:00.05	54.81	400m: 6:24.29	39.67
15.	Britt Huttenhuis	EZCL (SG)	6:19.14	200802446	<b>6:24.78</b>		
	50m: 40.35	40.35 150m: 2:21.39	50.73	250m: 4:05.48	56.35	350m: 5:44.03	44.20
	100m: 1:30.66	50.31 200m: 3:09.13	47.74	300m: 4:59.83	54.35	400m: 6:24.78	40.75
16.	Mila Soethof	De Dinkel	6:08.67	200900482	<b>6:25.88</b>		
	50m: 40.81	40.81 150m: 2:23.69	47.68	250m: 4:06.39	56.13	350m: 5:46.29	42.38
	100m: 1:36.01	55.20 200m: 3:10.26	46.57	300m: 5:03.91	57.52	400m: 6:25.88	39.59
17.	Emma Jansen	Dedemsvaart-AC	6:26.54	200902408	<b>6:28.62</b>		
	50m: 42.81	42.81 150m: 2:24.96	47.12	250m: 4:04.67	52.89	350m: 5:44.00	45.00
	100m: 1:37.84	55.03 200m: 3:11.78	46.82	300m: 4:59.00	54.33	400m: 6:28.62	44.62
18.	Nienke Bulter	De Dinkel	6:08.05	200902188	<b>6:31.28</b>		
	50m: 39.67	39.67 150m: 2:22.05	51.63	250m: 4:07.53	57.65	350m: 5:49.97	44.71
	100m: 1:30.42	50.75 200m: 3:09.88	47.83	300m: 5:05.26	57.73	400m: 6:31.28	41.31
19.	Maud Stevens	Het Ravijn	6:03.94	200800774	<b>6:33.39</b>		
	50m: 41.29	41.29 150m: 2:24.35	51.16	250m: 4:08.82	55.36	350m: 5:49.49	46.80
	100m: 1:33.19	51.90 200m: 3:13.46	49.11	300m: 5:02.69	53.87	400m: 6:33.39	43.90
20.	Jente Nijsingh	Dedemsvaart-AC	6:12.43	200801594	<b>6:40.37</b>		
	50m: 39.71	39.71 150m: 2:23.14	53.07	250m: 4:08.26	54.13	350m: 5:54.13	49.81
	100m: 1:30.07	50.36 200m: 3:14.13	50.99	300m: 5:04.32	56.06	400m: 6:40.37	46.24
21.	Marlinde ter Maat	De Dinkel	6:18.86	200900346	<b>6:46.84</b>	+0.65	
	50m: 44.21	44.21 150m: 2:32.08	52.23	250m: 4:17.27	56.11	350m: 6:01.46	47.17
	100m: 1:39.85	55.64 200m: 3:21.16	49.08	300m: 5:14.29	57.02	400m: 6:46.84	45.38
DIS	Simone Faber	Deltasteur	5:55.29	200900710		+0.75	
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>						
DIS	Esmee van Dijk	Het Ravijn	5:55.69	200803180			
	<i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i>						

Jeugd 1 en 2

1.	Barbara Broekhuis	De Dinkel	5:56.73	200700880	<b>5:33.18</b>	+0.87	
	50m: 34.46	34.46 150m: 2:01.85	44.54	250m: 3:32.68	46.82	350m: 4:57.91	35.70
	100m: 1:17.31	42.85 200m: 2:45.86	44.01	300m: 4:22.21	49.53	400m: 5:33.18	35.27
2.	Féline Sam	ZV 44	5:20.10	200700018	<b>5:34.05</b>		
	50m: 32.29	32.29 150m: 1:56.07	43.08	250m: 3:27.92	49.00	350m: 4:57.82	38.41
	100m: 1:12.99	40.70 200m: 2:38.92	42.85	300m: 4:19.41	51.49	400m: 5:34.05	36.23
3.	Renske Oude Egbrink	O Z & P C	5:51.82	200600040	<b>5:39.30</b>		
	50m: 35.18	35.18 150m: 2:03.22	44.59	250m: 3:32.28	45.27	350m: 4:59.46	40.15
	100m: 1:18.63	43.45 200m: 2:47.01	43.79	300m: 4:19.31	47.03	400m: 5:39.30	39.84
4.	Eline van Unen	Deltasteur	5:36.15	200600520	<b>5:54.68</b>		
	50m: 37.88	37.88 150m: 2:09.42	44.93	250m: 3:42.56	48.60	350m: 5:14.76	41.81
	100m: 1:24.49	46.61 200m: 2:53.96	44.54	300m: 4:32.95	50.39	400m: 5:54.68	39.92
5.	Leyona Lichtendonk	Dedemsvaart-AC	5:45.88	200700010	<b>5:55.92</b>	+0.51	
	50m: 34.18	34.18 150m: 2:04.39	45.13	250m: 3:42.34	54.03	350m: 5:19.09	39.96
	100m: 1:19.26	45.08 200m: 2:48.31	43.92	300m: 4:39.13	56.79	400m: 5:55.92	36.83
6.	Monica van der Meer 400*	Deltasteur	5:58.96	200704288	<b>6:02.44</b>		
	50m: 37.62	37.62 150m: 2:17.18	49.50	250m: 3:52.66	51.31	350m: 5:25.38	42.89
	100m: 1:27.68	50.06 200m: 3:01.35	44.17	300m: 4:42.49	49.83	400m: 6:02.44	37.06
7.	Esmee Nieuwenhuis	ZPC De Hof	5:54.82	200701444	<b>6:10.02</b>		
	50m: 35.89	35.89 150m: 2:08.46	47.77	250m: 3:53.91	100.85	350m: 5:32.27	40.03
	100m: 1:20.69	44.80 200m: 2:53.06	44.60	300m: 4:52.24	58.33	400m: 6:10.02	37.75

Senioren 1 en 2

1.	Ismay Lichtendonk	Dedemsvaart-AC	5:05.34	200400622	<b>5:10.66</b>		
	50m: 31.69	31.69 150m: 1:49.72	39.92	250m: 3:14.46	45.75	350m: 4:36.95	35.57
	100m: 1:09.80	38.11 200m: 2:28.71	38.99	300m: 4:01.38	46.92	400m: 5:10.66	33.71

Programmanr. 19, Dames, 400m wisselslag

Senioren

1. Michelle Zomerdijk	Dedemsvaart-AC	5:13.28	200003196	<b>5:29.32</b>
50m: 34.04	34.04	150m: 1:59.63	44.93	250m: 3:28.40
100m: 1:14.70	40.66	200m: 2:43.90	44.27	300m: 4:15.40
				44.50
				350m: 4:52.74
				400m: 5:29.32
				37.34
2. Cynthia Koolman	Steenwijk 1934	5:49.61	200300232	<b>6:15.32</b>
50m: 43.47	43.47	150m: 2:22.89	45.52	250m: 4:02.42
100m: 1:37.37	53.90	200m: 3:07.61	44.72	300m: 4:56.62
				54.81
				350m: 5:36.88
				400m: 6:15.32
				40.26
				38.44

Programmanr. 20  
14-5-2023 - 16:25

Heren, 100m vrije slag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
<b>Junioren 1 en 2</b>							
1.	Ruben Nooter	ZV 44	1:03.64	200901577	<b>1:02.05</b>	29.32	1:02.05
2.	Sven Casper Hageman	Deltasteur	1:03.20	201000009	<b>1:03.01</b>	29.15	1:03.01
3.	Bram Kulpe	Z&PV de Veene	1:06.67	200900329	<b>1:04.34</b>	31.11	1:04.34
4.	Roan van der Stege	SWOL 1894	1:07.45	200900107	<b>1:04.91</b>	30.87	1:04.91
5.	Finn Stamnieder	O Z & P C	1:08.51	200900225	<b>1:05.79</b>	31.70	1:05.79
6.	Duuk Harms	Dedemsvaart-AC	1:05.38	200900201	<b>1:06.02</b>	31.27	1:06.02
7.	Dhamin Ouali	SWOL 1894	1:09.45	200902771	<b>1:07.02</b>	+0.70	31.05
8.	Guus van Duinen	Dedemsvaart-AC	1:04.14	200901107	<b>1:07.07</b>	+0.75	32.03
9.	Jasper Tanner	EZCL (SG)	1:08.82	200901109	<b>1:07.11</b>		30.65
10.	Dyon Scholten	Steenwijk 1934	1:08.59	200900095	<b>1:07.32</b>		31.26
11.	Dani Yefimov	WS Twente	1:08.92	200901305	<b>1:07.68</b>		32.41
12.	Ruben Kragt	ZV 44	1:04.24	201000007	<b>1:07.86</b>		32.33
13.	Noud Assinck	ZIGNEA	1:08.56	200900047	<b>1:08.72</b>		33.39
14.	Niek Endeman	Deltasteur	1:08.93	200902567	<b>1:08.98</b>		32.60
15.	Joep van Nijen	Z&PV de Veene	1:10.81	201000545	<b>1:09.15</b>		33.42
16.	Arthur Alberts	ZVZwartsluis	1:07.68	200900239	<b>1:09.42</b>		32.74
17.	Robbin Eijkelkamp	ZPC De Hof	1:09.18	200900031	<b>1:10.60</b>	+0.96	34.15
18.	Abe Pasop	De Grunte	1:08.72	201000501	<b>1:11.00</b>		33.45
19.	Mick Leferink	De Dinkel	1:12.32	200902227	<b>1:11.27</b>		34.41
20.	Rafael Agterbos	O Z & P C	1:11.43	201000171	<b>1:12.33</b>		34.53
21.	Daan Alink	ZPC De Hof	1:13.67	201000241	<b>1:12.72</b>		34.51
22.	Tristan Meijers	SWOL 1894	1:10.93	201000089	<b>1:12.78</b>		35.05
23.	Jens Rikhof	De Dinkel	1:15.25	201001239	<b>1:15.45</b>		35.27
24.	Gerdian Leeftink	ZPC De Hof	1:11.97	201000091	<b>1:15.58</b>		34.77
25.	Gijs Nooter	ZV 44	1:13.87	201000725	<b>1:18.76</b>		36.99
DIS	Ryan Freriksen	SWOL 1894	1:12.93	201000301			

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Junioren 3 en 4

1.	Siem de Zeeuw	O Z & P C	54.79	200800013	<b>55.47</b>	+0.51	26.58	55.47
2.	Milan Veelders	De Dinkel	58.07	200800279	<b>57.86</b>	+0.54	27.80	57.86
3.	Job Sportel	VZ&PC	58.66	200800429	<b>58.22</b>		28.09	58.22
4.	Jaydey Schonewille	Steenwijk 1934	57.98	200800025	<b>58.32</b>	+0.61	27.86	58.32
5.	Arjan Boogaard	Deltasteur	1:00.64	200800093	<b>58.63</b>	+0.47	27.91	58.63
6.	Thijs Poll	ZV 44	59.41	200700203	<b>58.96</b>		28.42	58.96
7.	Bram ter Braak	De Dinkel	59.09	200800281	<b>58.99</b>		28.48	58.99
8.	Daan van Peet	De Dinkel	58.16	200700461	<b>59.19</b>		28.04	59.19
9.	Gijs Vesseur	ZV 44	58.57	200700277	<b>59.34</b>		28.02	59.34
10.	Bjorn Scholten	WS Twente	1:00.10	200801143	<b>59.65</b>		28.83	59.65
11.	Job Riezebos	Deltasteur	59.92	200700137	<b>59.88</b>	+0.68	28.33	59.88
12.	Diede Veld	SWOL 1894	59.82	200800011	<b>59.95</b>		29.11	59.95
13.	Youp Stuifzand	ZV 44	58.35	200800521	<b>1:00.98</b>	+0.60	28.33	1:00.98
14.	Mart Tempelman	Dedemsvaart-AC	58.57	200801075	<b>1:01.43</b>		28.95	1:01.43
15.	Bram Wammes	Deltasteur	58.92	200700201	<b>1:02.40</b>	+0.60	29.72	1:02.40
NG	Sam Leferink	De Dinkel	1:00.30	200800833				

Programmanr. 20, Heren, 100m vrije slag

Jeugd 1 en 2

1.	Rolf ter Keurs	Z&PV de Veene	53.83	200500137	<b>54.53</b>	+0.58	26.13	54.53
2.	Finn Slinkman	ZPC De Hof	56.99	200500081	<b>57.37</b>	+0.59	26.33	57.37
3.	Milan Lucas	De Dinkel	54.79	200500085	<b>57.87</b>		28.24	57.87
4.	Gijs Vrieling	Dedemsvaart-AC	58.19	200503811	<b>57.93</b>		27.92	57.93
5.	Niek Vreeling	O Z & P C	54.38	200604211	<b>58.22</b>	+0.51	27.19	58.22
6.	Stan Tibben	Dedemsvaart-AC	55.52	200503591	<b>58.48</b>	+0.46	29.39	58.48
7.	Storm Tolsma	ZIGNEA	56.11	200600277	<b>59.12</b>	+0.57	28.43	59.12
8.	Wes Velthuis	O Z & P C	59.57	200602217	<b>59.50</b>	+0.60	27.98	59.50
9.	Dennis Mosterman	Dedemsvaart-AC	57.89	200501283	<b>1:01.59</b>	+0.76	28.98	1:01.59

Senioren 1 en 2

1.	Robin van den Berg	ZV 44	55.29	200400699	<b>55.21</b>	+0.63	26.60	55.21
2.	Kylian Heederik	SWOL 1894	55.54	200300353	<b>56.12</b>	+0.54	26.43	56.12
3.	Jacco Nijland	ZPC De Hof	56.82	200400081	<b>56.34</b>		27.10	56.34
4.	Jesper Bos	WS Twente	58.14	200401017	<b>58.50</b>		27.99	58.50
NG	Vince van der Pal	SWOL 1894	50.76	200401869				
NG	Senna van den Hoed	Steenwijk 1934	57.84	200400609				

Programmanr. 21  
14-5-2023 - 16:39

Dames, 100m rugslag

All in  
Resultaten

rang naam vereniging intijd tijd RT 50m 100m

Junioren 1 en 2

1.	Paula Spans	ZV 44	1:14.96	201000064	<b>1:14.71</b>	+0.78	36.86	1:14.71
2.	Mattea Gliese-Sloojier	De Dinkel	1:15.35	201100008	<b>1:17.08</b>	+0.71	37.28	1:17.08
3.	Eline Eertink	Hera'11	1:16.68	201000158	<b>1:19.02</b>	+0.63	36.90	1:19.02
4.	Annefleur Schraa	SWOL 1894	1:18.78	201100044	<b>1:22.72</b>	+0.66	41.31	1:22.72
5.	K. van Doeselaar	EZCL (SG)	1:23.54	201000478	<b>1:23.21</b>	+0.46	40.98	1:23.21
6.	Lynn ten Berge	De Dinkel	1:18.70	201000884	<b>1:23.28</b>	+0.67	38.89	1:23.28
7.	Maniek Bredenoort	Dedemsvaart-AC	1:21.13	201000122	<b>1:23.65</b>	+0.79	40.01	1:23.65
8.	Jesmé Haytink	WS Twente	1:25.28	201000382	<b>1:25.27</b>	+0.60	41.61	1:25.27
9.	Sanne Keizer	Dedemsvaart-AC	1:26.99	201001348	<b>1:25.80</b>	+0.79	41.91	1:25.80
10.	Florien Pot	WS Twente	1:22.40	201000768	<b>1:26.26</b>	+0.78	42.16	1:26.26
	Sjors Werger	Dedemsvaart-AC	1:27.99	201100906	<b>1:26.26</b>	+0.76	42.61	1:26.26
	50*, 100*							
12.	Isabel Amelink	Deltasteur	1:22.13	201100196	<b>1:26.48</b>	+0.81	42.48	1:26.48
13.	Annemiek Back	De Grunte	1:28.30	201000700	<b>1:27.01</b>	+0.79	43.77	1:27.01
14.	Ine-Joy Tilburg	Z&PV de Veene	1:26.40	201002036	<b>1:27.22</b>	+0.65	43.14	1:27.22
15.	Manora Ponne	Steenwijk 1934	1:28.89	201102222	<b>1:28.12</b>	+0.75	41.88	1:28.12
16.	Maudi Kamphuis	De Dinkel	1:25.64	201000646	<b>1:28.59</b>	+0.77	42.79	1:28.59
17.	Sophie Kortenschijl	WS Twente	1:27.25	201100672	<b>1:29.00</b>	+0.74	43.16	1:29.00
18.	Romyrle ter Maat	De Dinkel	1:30.42	201100030	<b>1:29.03</b>	+0.65	42.49	1:29.03
19.	Britt Haverkate	ZPC De Hof	1:26.75	201100032	<b>1:29.77</b>	+0.66	44.50	1:29.77
20.	Ribanna Damm	EZCL (SG)	1:27.21	201100304	<b>1:30.24</b>	+0.69	43.21	1:30.24
21.	Liz Wiersma	De Grunte	1:28.15	201102566	<b>1:30.39</b>	+0.68	42.91	1:30.39
22.	Manoah Dekker	Deltasteur	1:30.26	201100656	<b>1:30.40</b>	+0.70	44.29	1:30.40
23.	Lieke Boers	De Dinkel	1:25.84	201000644	<b>1:31.17</b>	+0.73	44.27	1:31.17
	50*, 100*							
AFGEM	Marit Weever	Deltasteur	1:22.96	201000150				

Junioren 3 en 4

1.	Emmelien Smelt	ZVZwartsluis	1:07.28	200800012	<b>1:10.71</b>	+0.63	33.96	1:10.71
2.	Valérie Sackers	ZV 44	1:09.35	200800080	<b>1:13.51</b>	+0.65	35.40	1:13.51
3.	Esmé Sportel	Dedemsvaart-AC	1:13.40	200900682	<b>1:15.16</b>	+0.60	37.24	1:15.16
4.	Annemijn Kragt	Deltasteur	1:14.83	200802710	<b>1:16.89</b>	+0.58	36.93	1:16.89
5.	Maud Stevens	Het Ravijn	1:12.45	200800774	<b>1:17.56</b>	+0.71	37.36	1:17.56
6.	Pien Hemmelerder	De Dinkel	1:13.91	200800278	<b>1:17.67</b>	+0.64	37.90	1:17.67
7.	Anne van der Kamp	Deltasteur	1:14.29	200900274	<b>1:17.98</b>	+0.73	38.54	1:17.98
8.	Emma Steenbrink	WS Twente	1:17.97	200901376	<b>1:18.71</b>	+0.80	39.00	1:18.71
9.	Lois Waterham	Dedemsvaart-AC	1:12.66	200803726	<b>1:19.18</b>	+0.69	37.88	1:19.18
10.	Ann Hietbrink	ZPC De Hof	1:12.63	200902444	<b>1:19.24</b>	+0.75	37.78	1:19.24

Programmanr. 21, Meisjes, 100m rugslag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
11.	Elien Groothuismink	SWOL 1894	1:17.44	200800920	<b>1:19.29</b>	+0.66	38.23	1:19.29
12.	Aukje Markerink	ZPC De Hof	1:18.82	200802196	<b>1:19.68</b>	+0.76	38.28	1:19.68
13.	Mila Soethof	De Dinkel	1:13.71	200900482	<b>1:20.64</b>	+0.73	38.61	1:20.64
14.	Yaell Elmerink	de IJsel	1:19.13	200900310	<b>1:20.98</b>	+0.75	39.98	1:20.98
15.	Karlijn Bredenoort	Dedemsvaart-AC	1:21.18	200800340	<b>1:22.43</b>	+0.73	39.79	1:22.43
16.	Esmee van Dijk	Het Ravijn	1:14.22	200803180	<b>1:22.63</b>	+0.69	38.45	1:22.63
17.	Suus Hoogeveen	Dedemsvaart-AC	1:17.45	200900836	<b>1:22.78</b>	+0.69	40.67	1:22.78
18.	Nienke Bulter	De Dinkel	1:21.10	200902188	<b>1:28.25</b>	+0.76	43.07	1:28.25

Jeugd 1 en 2

1.	Féline Sam	ZV 44	1:06.37	200700018	<b>1:10.02</b>	+0.70	34.26	1:10.02
2.	Elise Schaapveld	ZV 44	1:08.28	200703006	<b>1:11.08</b>	+0.65	34.48	1:11.08
3.	Marlies Dijsselhof	Dedemsvaart-AC	1:09.05	200601046	<b>1:11.59</b>	+0.72	34.35	1:11.59
4.	Renske Oude Egbrink	O Z & P C	1:09.15	200600040	<b>1:12.36</b>	+0.75	35.04	1:12.36
5.	Puk Lubbers	Steenwijk 1934	1:10.81	200600832	<b>1:13.47</b>	+0.78	33.84	1:13.47
100*								
6.	Julia van den Bosch	Deltasteur	1:08.68	200600232	<b>1:13.94</b>	+0.60	35.42	1:13.94
7.	Heleen Broshuis	WS Twente	1:15.83	200701510	<b>1:14.66</b>	+0.74	35.30	1:14.66
8.	Lotte Aufderhaar	De Grunte	1:13.16	200601662	<b>1:15.53</b>	+0.69	34.85	1:15.53
9.	Esmée de Mink	Hera'11	1:15.50	200600290	<b>1:15.91</b>	+0.60	36.30	1:15.91
10.	Rebecca Reurink	Dedemsvaart-AC	1:12.25	200602112	<b>1:16.29</b>		36.50	1:16.29
11.	Laurien Gliese-Slooiier	De Dinkel	1:13.20	200700636	<b>1:16.76</b>	+0.62	37.37	1:16.76
12.	Maud Dokter	Steenwijk 1934	1:10.20	200601672	<b>1:17.20</b>	+0.72	37.37	1:17.20
13.	Vivian Nooter	ZV 44	1:12.46	200703614	<b>1:18.28</b>	+0.62	37.50	1:18.28
14.	Leyona Lichtendonk	Dedemsvaart-AC	1:12.17	200700010	<b>1:19.76</b>	+0.66	39.26	1:19.76

Senioren 1 en 2

1.	Ismay Lichtendonk	Dedemsvaart-AC	1:00.34	200400622	<b>1:03.11</b>		31.07	1:03.11
2.	Yke Groener	De Dinkel	1:03.87	200500772	<b>1:05.46</b>		31.70	1:05.46

Senioren

1.	Lieke Oude Lenferink	WS Twente	58.89	200200068	<b>1:03.70</b>	+0.60	30.86	1:03.70
2.	Marit Boxum	Deltasteur	1:05.32	200000068	<b>1:10.34</b>	+0.74	33.32	1:10.34
3.	Isabelle Elsweier	WS Twente	1:06.47	200303614	<b>1:10.72</b>	+0.66	33.97	1:10.72
4.	M. van den Hoofdakker	Steenwijk 1934	1:10.18	200302708	<b>1:11.36</b>	+0.79	33.97	1:11.36
100*								
5.	Tessa van de Belt	Dedemsvaart-AC	1:07.38	200102056	<b>1:14.56</b>	+0.70	35.69	1:14.56
6.	Mayke van Tintelen	O Z & P C	1:27.12	200200688	<b>1:28.76</b>	+0.62	416	1:28.76

Programmanr. 22  
14-5-2023 - 17:01

Gemengd, 4 x 100m vrije slag

Junioren  
Resultaten

rang	vereniging	intijd	tijd	RT
1.	ZV 44 1	ZV 44	4:00.14	<b>4:09.56</b>
	Thijs Poll	28.82	1:01.00	31.13
	Gijs Vesseur	+0.07 27.80	59.23	29.66
			Paula Spans	1:05.51
			Valérie Sakkers	1:03.82
2.	De Dinkel 1	De Dinkel	4:03.13	<b>4:09.68</b>
	Daan van Peet	+0.61 27.68	58.36	31.78
	Milan Veelders	27.62	57.88	31.04
			Mattea Gliese-Slooiier	1:08.49
			Pien Hemmelder	1:04.95
			+0.26	
3.	Dedemsvaart-AC 1	Dedemsvaart-AC	4:05.56	<b>4:11.75</b>
	Lias IJzerman	+0.63 28.55	1:00.83	30.69
	Melle van Veen	+0.35 28.14	59.18	31.40
			Lois Waterham	1:05.47
			Daphne Dijsselhof	1:06.27
4.	WS Twente 1	WS Twente	4:10.20	<b>4:12.70</b>
	Teun van Weeren	+0.64 29.48	1:02.13	+0.42 30.48
	Meyke Haytink	+0.22 31.71	1:07.67	+0.56 27.84
			Hannah Markovinovic	1:04.40
			Bjorn Scholten	58.50
5.	ZV 44 2	ZV 44	4:08.12	<b>4:16.47</b>
	Collard Jungeling	07 28.47	1:00.67	08 32.93
	Marlouke Frijstein	08 32.19	1:07.15	08 27.55
			Anique Polinder	1:10.06
			Youp Stuifzand	58.59
6.	Dedemsvaart-AC 2	Dedemsvaart-AC	4:12.13	<b>4:18.35</b>
	Emiel de Bruijn	07 28.43	59.61	08 32.01
	Mart Tempelman	08 29.52	1:02.58	09 34.00
			Esther Dijsselhof	1:06.85
			Esmé Sportel	1:09.31



Programmanr. 22, Gemengd, 4 x 100m vrije slag, Junioren

rang	vereniging	intijd	tijd	RT
7.	Steenwijk 1934 1	4:22.92	<b>4:32.66</b>	
	Karijn Dijkshoorn	32.23	1:07.52	Manora Ponne
	Dyon Scholten	32.42	1:08.91	Jaydey Schonewille
			+0.42	35.84
				27.48
				1:17.11
				59.12
8.	De Dinkel 2	4:13.11	<b>4:33.35</b>	
	Bram ter Braak	08 29.15	59.87	Mick Leferink
	Lynn ten Berge	10 32.18	1:08.92	Mila Soethof
			09 34.23	
			09 34.22	
				1:12.30
				1:12.26
9.	ZPC De Hof 1	4:33.96	<b>4:40.63</b>	
	Robbin Eijkelkamp	09 33.88	1:10.45	Ann Hietbrink
	Aukje Markerink	08 32.91	1:08.84	Sven Keuper
			09 36.27	
			08 29.86	
				1:17.28
				1:04.06
10.	SWOL 1894 1	4:39.80	<b>4:45.47</b>	+0.48
	Dhamin Ouali	+0.48 31.70	1:08.08	Elien Groothuisink
	Annefleur Schraa	37.37	1:20.87	Roan van der Stege
				34.65
			+0.10	31.04
				1:12.45
				1:04.07

Programmanr. 23  
20-5-2023 - 13:00

Dames, 50m rugslag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 1 en 2</b>					
1.	Eline Eertink	Hera'11	36.87	201000158	<b>35.21</b>
2.	Mattea Gliese-Sloojer	De Dinkel	36.67	201100008	<b>35.93</b>
3.	Lynn ten Berge	De Dinkel	37.86	201000884	<b>37.32</b>
4.	Marit Weever	Deltasteur	39.70	201000150	<b>37.71</b>
5.	Maniek Bredenoort	Dedemsvaart-AC	35.85	201000122	<b>37.98</b>
6.	Florien Pot	WS Twente	39.30	201000768	<b>38.50</b>
7.	Annefleur Schraa	SWOL 1894	36.17	201100044	<b>38.57</b>
8.	Sjors Werger	Dedemsvaart-AC	38.17	201100906	<b>38.70</b>
9.	Kayleigh van Doeselaar 50 m*	EZCL (SG)	38.66	201000478	<b>38.79</b>
10.	Annemiek Back	De Grunte	41.34	201000700	<b>38.81</b>
	Jesmé Haytink	WS Twente	41.01	201000382	<b>38.81</b>
12.	Isabel Amelink	Deltasteur	41.21	201100196	<b>39.79</b>
13.	Manora Ponne	Steenwijk 1934	40.98	201102222	<b>40.06</b>
14.	Maudi Kamphuis	De Dinkel	40.17	201000646	<b>40.29</b>
15.	Sophie Kortenschijl	WS Twente	41.41	201100672	<b>40.58</b>
16.	Olivia Boschloo	de IJsel	41.46	201102398	<b>41.31</b>
17.	Liz Wiersma	De Grunte	42.05	201102566	<b>41.36</b>
18.	Ribanna Damm	EZCL (SG)	39.50	201100304	<b>41.51</b>
19.	Danique Krijgsman	ZPC De Hof	41.55	201100208	<b>41.58</b>
20.	Gwen Schuur 50 m*	De Grunte	42.56	201000698	<b>42.14</b>
21.	Aimee van Tongeren	WS Twente	43.07	201100214	<b>42.30</b>
22.	Romyrle ter Maat	De Dinkel	42.68	201100030	<b>42.38</b>
23.	Silke van den Berg	EZCL (SG)	42.43	201000752	<b>42.49</b>
24.	Britt Haverkate	ZPC De Hof	41.45	201100032	<b>42.52</b>
25.	Wiep Huttenhuis	De Dinkel	41.38	201002282	<b>42.65</b>
26.	Lisa Boogaard	Deltasteur	43.91	201100990	<b>42.91</b>
27.	Jill Goeree	EZCL (SG)	44.66	201101248	<b>43.66</b>
28.	Maurieke Frijstein	ZV 44	42.41	201100198	<b>43.68</b>

Junioren 3 en 4

1.	Emmelien Smelt	ZVZwartsuis	33.13	200800012	<b>31.71</b>
2.	Valérie Sackers	ZV 44	31.63	200800080	<b>33.12</b>
3.	Hannah Markovinovic	WS Twente	32.98	200803266	<b>33.35</b>
4.	Esmé Sportel	Dedemsvaart-AC	33.13	200900682	<b>33.46</b>
5.	Annemijn Kragt	Deltasteur	34.70	200802710	<b>34.18</b>
6.	Pien Hemmelder	De Dinkel	34.00	200800278	<b>34.65</b>
7.	Maud Stevens	Het Ravijn	35.01	200800774	<b>35.09</b>
8.	Anne van der Kamp	Deltasteur	35.99	200900274	<b>35.13</b>
9.	Esmee van Dijk	Het Ravijn	36.20	200803180	<b>35.17</b>
10.	Yaell Elmerink	de IJsel	35.07	200900310	<b>35.45</b>
11.	Aukje Markerink	ZPC De Hof	35.74	200802196	<b>35.88</b>
12.	Mila Soethof	De Dinkel	35.47	200900482	<b>35.94</b>
13.	Elien Groothuisink	SWOL 1894	36.52	200800920	<b>36.11</b>
14.	Ann Hietbrink	ZPC De Hof	33.40	200902444	<b>36.28</b>

Programmanr. 23, Meisjes, 50m rugslag, Junioren 3 en 4

rang	naam	vereniging	intijd		tijd	RT
15.	Lois Waterham	Dedemsvaart-AC	34.83	200803726	<b>36.29</b>	+0.69
16.	Daphne Dijsselhof	Dedemsvaart-AC	35.24	200901690	<b>36.50</b>	
17.	Emma Steenbrink	WS Twente	38.41	200901376	<b>36.70</b>	+0.67
18.	Simone Faber	Deltasteur	38.65	200900710	<b>36.76</b>	+0.74
19.	Rosa Visscher	ZVZwartsluis	35.29	200800706	<b>36.83</b>	+0.73
20.	Suus Hoogeveen	Dedemsvaart-AC	36.62	200900836	<b>36.98</b>	
21.	Esther Dijsselhof 50 m*	Dedemsvaart-AC	36.85	200800784	<b>38.22</b>	+0.84
22.	Karlijn Dijkshoorn	Steenwijk 1934	34.81	200803926	<b>39.08</b>	+0.74

Jeugd 1 en 2

1.	Renske Oude Egbrink	O Z & P C	32.57	200600040	<b>32.36</b>	+0.69
2.	Marlies Dijsselhof	Dedemsvaart-AC	33.74	200601046	<b>32.69</b>	+0.78
3.	Puk Lubbers	Steenwijk 1934	33.06	200600832	<b>32.80</b>	+0.77
4.	Féline Sam	ZV 44	32.57	200700018	<b>32.99</b>	+0.67
5.	Elise Schaapveld	ZV 44	34.30	200703006	<b>34.17</b>	+0.66
6.	Barbara Broekhuis	De Dinkel	32.50	200700880	<b>34.24</b>	+0.71
7.	Laurien Gliese-Slooijer	De Dinkel	35.22	200700636	<b>34.62</b>	+0.65
8.	Esmée de Mink	Hera'11	34.60	200600290	<b>34.63</b>	+0.58
9.	Monica van der Meer	Deltasteur	35.31	200704288	<b>34.73</b>	+0.78
10.	Heleen Broshuis	WS Twente	34.56	200701510	<b>34.80</b>	+0.70
11.	Julia van den Bosch	Deltasteur	32.37	200600232	<b>34.82</b>	+0.59
12.	Jeslyn van Hilten	SWOL 1894	35.33	200602800	<b>34.89</b>	+0.60
13.	Maud Dokter	Steenwijk 1934	34.48	200601672	<b>34.94</b>	+0.74
14.	Vivian Nooter	ZV 44	35.44	200703614	<b>35.47</b>	+0.62
15.	Anna Klomp	SWOL 1894	35.41	200600006	<b>36.21</b>	+0.75
16.	Aniek Vuist	Steenwijk 1934	35.60	200600958	<b>37.24</b>	+0.63

Senioren 1 en 2

1.	Ismay Lichtendonk	Dedemsvaart-AC	29.78	200400622	<b>29.45</b>	+0.66
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Senioren

1.	Lieke Oude Lenferink	WS Twente	28.81	200200068	<b>29.29</b>	+0.62	
2.	Marit Boxum	Deltasteur	31.43	200000068	<b>31.97</b>	+0.67	
3.	M. van den Hoofdakker	Steenwijk 1934	32.53	200302708	<b>32.09</b>	+0.75	
4.	Isabelle Elsweier	WS Twente	32.48	200303614	<b>32.32</b>	+0.63	
5.	Linde Kolkman	Dedemsvaart-AC	32.07	200001114	<b>32.42</b>	+0.64	
6.	Laura Compagner	Dedemsvaart-AC	33.04	199804602	<b>33.55</b>	+0.75	
7.	Nike Tolsma	ZIGNEA	33.92	200300336	<b>34.38</b>	+0.65	
8.	Mayke van Tintelen	O Z & P C	39.52	200200688	<b>40.39</b>	+0.64	451
DIS	Manon Compagner	Dedemsvaart-AC	29.69	200101710		+0.65	

RA - Na start en/of keerpunt niet bij of voor de 15m met het hoofd het wateroppervlak doorbroken.

Programmanr. 24  
20-5-2023 - 13:19

Heren, 50m vlinderslag

All in  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Junioren 1 en 2</b>						
1.	Ruben Nooter	ZV 44	33.17	200901577	<b>31.49</b>	
2.	Finn Stamsnieder	O Z & P C	32.45	200900225	<b>32.12</b>	
3.	Ruben Kragt	ZV 44	32.84	201000007	<b>32.16</b>	
4.	Dani Yefimov	WS Twente	33.14	200901305	<b>33.16</b>	
5.	Duuk Harms	Dedemsvaart-AC	34.43	200900201	<b>33.18</b>	
6.	Roan van der Stege	SWOL 1894	36.51	200900107	<b>34.53</b>	
7.	Dyon Scholten	Steenwijk 1934	35.03	200900095	<b>34.61</b>	+0.73
8.	Dhamin Ouali	SWOL 1894	37.51	200902771	<b>35.10</b>	
9.	Joas Norden	De Grunte	37.00	200902705	<b>36.92</b>	+0.84
10.	Guus van Duinen	Dedemsvaart-AC	37.29	200901107	<b>37.29</b>	
11.	Abe Pasop	De Grunte	39.58	201000501	<b>39.62</b>	
	Daan Alink	ZPC De Hof	39.52	201000241	<b>39.62</b>	
13.	Björn van Veen	ZIGNEA	39.37	201000157	<b>39.63</b>	
14.	Djulian Versteeg	ZIGNEA	39.49	201002655	<b>39.92</b>	

Programmanr. 24, Jongens, 50m vlinderslag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT
15.	Bram Kulpe	Z&PV de Veene	37.95	200900329	<b>39.99</b>	
16.	Rafael Agterbos	O Z & P C	38.60	201000171	<b>40.20</b>	
17.	Julian Flikweert	ZIGNEA	41.35	201001185	<b>40.50</b>	+0.53
18.	Kick Germers	SWOL 1894	39.76	201000185	<b>40.99</b>	
19.	Daan Emming	SWOL 1894	41.61	201003115	<b>42.66</b>	
20.	Tristan Meijers	SWOL 1894	41.62	201000089	<b>46.44</b>	
AFGEM	Jasper Tanner	EZCL (SG)	37.34	200901109		

Junioren 3 en 4

1.	Collard Jungeling	ZV 44	27.95	200701831	<b>27.48</b>	+0.45
2.	Gijs Vesseur	ZV 44	28.06	200700277	<b>27.60</b>	+0.57
3.	Daan van Peet	De Dinkel	27.94	200700461	<b>27.88</b>	+0.60
4.	Jaydey Schonewille	Steenwijk 1934	29.03	200800025	<b>28.17</b>	
5.	Job Sportel	VZ&PC	28.79	200800429	<b>28.86</b>	
6.	Siem de Zeeuw	O Z & P C	29.26	200800013	<b>29.03</b>	+0.50
7.	Arjan Boogaard	Deltasteur	31.00	200800093	<b>29.39</b>	
8.	Bram ter Braak	De Dinkel	29.13	200800281	<b>29.54</b>	+0.72
9.	Job Riezebos	Deltasteur	29.19	200700137	<b>29.67</b>	
10.	Youp Stuifzand	ZV 44	29.81	200800521	<b>29.69</b>	+0.49
11.	Thomas van Velzen	ZV 44	29.85	200703189	<b>30.35</b>	+0.49
12.	Emiel de Bruijn	Dedemsvaart-AC	30.60	200700953	<b>30.36</b>	
13.	Bjorn Scholten	WS Twente	31.62	200801143	<b>30.44</b>	+0.64
14.	Tijs Kruithof	Het Ravijn	29.56	200701181	<b>30.50</b>	
15.	Teun van Weeren	WS Twente	31.96	200801145	<b>31.03</b>	
16.	Mart Tempelman	Dedemsvaart-AC	30.69	200801075	<b>31.83</b>	
17.	Robin Floors	EZCL (SG)	32.07	200800303	<b>32.08</b>	+0.52
AFGEM	Jan Kemkes	De Grunte	31.43	200801419		
NG	Robin Schutrup	SWOL 1894	30.69	200701193		
NG	Bram Wammes	Deltasteur	30.68	200700201		

Jeugd 1 en 2

1.	Finn Slinkman	ZPC De Hof	27.22	200500081	<b>27.22</b>	
2.	Stan Tibben	Dedemsvaart-AC	27.91	200503591	<b>28.11</b>	+0.48
3.	Niek Vreeling	O Z & P C	28.76	200604211	<b>29.27</b>	
4.	Lars Heddema	Steenwijk 1934	29.47	200603697	<b>29.65</b>	+0.73
5.	Lars Haytink	WS Twente	29.44	200601815	<b>30.11</b>	+0.50
6.	Seb Pieterman	SWOL 1894	30.48	200600331	<b>30.44</b>	
7.	Geert Almekinders	ZV 44	30.13	200501097	<b>30.65</b>	+0.49

Senioren 1 en 2

1.	Senna van den Hoed	Steenwijk 1934	27.70	200400609	<b>28.46</b>	+0.53
	Robin van den Berg	ZV 44	27.27	200400699	<b>28.46</b>	+0.65
3.	Jesper Bos	WS Twente	27.71	200401017	<b>28.53</b>	
4.	Jacco Nijland	ZPC De Hof	28.06	200400081	<b>29.14</b>	+0.77
5.	Bart Oude Egbrink	O Z & P C	29.27	200300491	<b>29.26</b>	
6.	Mika Heskamp	De Dinkel	29.30	200300339	<b>29.55</b>	+0.52
7.	Ruben Hoeve	ZV 44	29.22	200302179	<b>29.56</b>	+0.64

Senioren

1.	Bart Kooiker	De Dinkel	27.87	200100705	<b>28.02</b>	+0.66
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Programmanr. 25  
20-5-2023 - 13:48

Meisjes, 4 x 100m wisselslag

Junioren  
Resultaten

rang	vereniging	intijd	tijd	RT
1.	ZV 44 1	ZV 44	4:46.43	<b>4:57.82</b> +0.68
	Valérie Sakkers +0.68 35.09	1:13.01	Marlouke Frijstein 34.62	1:17.40
	Paula Spans 36.66	1:19.16	Anique Polinder 31.96	1:08.25
2.	Dedemsvaart-AC 1	Dedemsvaart-AC	4:56.14	<b>5:00.05</b> +0.65
	Esmé Sportel +0.65 36.86	1:14.70	Lois Waterham 34.57	1:16.68
	Esther Dijsselhof 38.57	1:23.05	Daphne Dijsselhof 31.24	1:05.62
3.	Deltasteur 1	Deltasteur	5:03.96	<b>5:08.12</b> +0.74
	Anne van der Kamp +0.74 37.57	1:17.31	Annemijn Kragt 35.56	1:17.03
	Marit Weever 40.55	1:27.51	Simone Faber 31.40	1:06.27
4.	De Dinkel 1	De Dinkel	5:03.78	<b>5:18.69</b> +0.64
	Pien Hemmelder +0.64 35.90	1:15.65	Lynn ten Berge +0.30 36.15	1:22.37
	Mattea Gliese-Slooijer 41.69	1:30.11	Mila Soethof 33.17	1:10.56
5.	De Dinkel 2	De Dinkel	5:46.93	<b>5:59.80</b> +0.71
	Romyrle ter Maat +0.71 43.58	1:32.35	Nienke Bulter +0.61 38.98	1:27.15
	Maudi Kamphuis +0.66 49.02	1:44.35	Wiep Huttenhuis +0.36 34.70	1:15.95

Programmanr. 26  
20-5-2023 - 13:54

Heren, 200m wisselslag

All in  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
<b>Junioren 1 en 2</b>									
1.	Ruben Nooter	ZV 44	2:42.76	200901577	<b>2:36.68</b>	32.85	1:14.25	2:01.14	2:36.68
2.	Duuk Harms	Dedemsvaart-AC	2:41.93	200900201	<b>2:36.78</b>	35.47	1:14.11	2:01.73	2:36.78
3.	Ruben Kragt	ZV 44	2:38.52	201000007	<b>2:41.89</b>	33.69	1:16.41	2:04.94	2:41.89
4.	Dani Yefimov	WS Twente	2:44.08	200901305	<b>2:43.92</b>	35.15	1:19.01	2:05.26	2:43.92
5.	S. Hageman	Deltasteur	2:45.84	201000009	<b>2:45.11</b>	36.17	1:17.48	2:06.48	2:45.11
6.	Arthur Alberts	ZVZwartsluis	2:54.11	200900239	<b>2:45.74</b>	35.40	1:17.01	2:07.59	2:45.74
7.	Roan van der Stege	SWOL 1894	2:57.05	200900107	<b>2:48.14</b>	37.94	1:22.44	2:11.93	2:48.14
8.	Finn Stamsnieder	O Z & P C	2:50.03	200900225	<b>2:48.39</b>	35.64	1:18.61	2:08.80	2:48.39
9.	Dhamin Ouali	SWOL 1894	2:54.35	200902771	<b>2:52.22</b>	37.39	1:21.87	2:13.89	2:52.22
10.	Dyon Scholten	Steenwijk 1934	2:51.02	200900095	<b>2:52.70</b>	36.34	1:18.52	2:13.25	2:52.70
11.	Noud Assinck	ZIGNEA	2:55.09	200900047	<b>2:53.26</b>	41.18	1:26.16	2:14.54	2:53.26
12.	Niek Endeman	Deltasteur	3:01.30	200902567	<b>2:55.06</b>	36.89	1:21.69	2:12.55	2:55.06
13.	Robbin Eijkelkamp	ZPC De Hof	3:08.98	200900031	<b>2:56.54</b>	43.06	1:28.98	2:19.03	2:56.54
14.	Milan Bottenberg	Deltasteur	3:00.71	200900153	<b>2:57.61</b>	39.42	1:23.06	2:16.47	2:57.61
15.	Joep van Nijen	Z&PV de Veene	3:07.93	201000545	<b>2:59.01</b>	39.28	1:27.90	2:18.67	2:59.01
16.	Guus van Duinen	Dedemsvaart-AC	2:53.64	200901107	<b>2:59.31</b>	41.50	1:27.74	2:21.57	2:59.31
17.	Kick Germers	SWOL 1894	3:04.15	201000185	<b>2:59.97</b>	42.43	1:29.31	2:20.13	2:59.97
18.	Tristan Meijers	SWOL 1894	2:55.58	201000089	<b>3:02.07</b>	44.54	1:30.25	2:22.54	3:02.07
19.	Daniël Scheppink	SWOL 1894	3:06.91	200902769	<b>3:04.29</b>	42.86	1:30.48	2:24.06	3:04.29
20.	Abe Pasop	De Grunte	3:04.87	201000501	<b>3:05.27</b>	42.69	1:30.50	2:21.12	3:05.27
21.	Rinse de Jonge	De Grunte	3:05.12	200900705	<b>3:05.65</b>	40.74	1:26.70	2:27.09	3:05.65
22.	Daan Alink	ZPC De Hof	3:11.63	201000241	<b>3:06.82</b>	42.83	1:28.86	2:24.50	3:06.82
23.	Rafaël Agterbos	O Z & P C	3:05.14	201000171	<b>3:09.49</b>	46.91	1:35.67	2:29.99	3:09.49
24.	Djulian Versteeg	ZIGNEA	3:10.72	201002655	<b>3:09.56</b>	45.06	1:32.18	2:29.39	3:09.56
25.	Gijs Nooter	ZV 44	3:10.70	201000725	<b>3:12.80</b>	47.76	1:35.90	2:33.14	3:12.80
26.	Ryan Freriksen	SWOL 1894	3:10.83	201000301	<b>3:12.99</b>	43.55	1:32.25	2:29.60	3:12.99
27.	Roan Dijkstra	Dedemsvaart-AC	3:15.77	201002791	<b>3:15.46</b>	44.51	1:30.09	2:29.46	3:15.46
<b>Junioren 3 en 4</b>									
1.	Tiede Groener	De Dinkel	2:08.15	200700155	<b>2:17.01</b>	27.86	1:03.70	1:45.03	2:17.01
2.	Collard Jungeling	ZV 44	2:21.19	200701831	<b>2:22.81</b>	30.45	1:09.02	1:50.19	2:22.81
3.	Job Sportel	VZ&PC	2:26.21	200800429	<b>2:23.05</b>	30.35	1:06.97	1:48.84	2:23.05
4.	Daniel Critchell	Deltasteur	2:32.16	200700439	<b>2:24.73</b>	29.71	1:06.70	1:48.92	2:24.73
5.	Jaydey Schonewille	Steenwijk 1934	2:20.87	200800025	<b>2:25.35</b>	30.86	1:10.14	1:52.61	2:25.35
6.	Diede Veld	SWOL 1894	2:24.68	200800011	<b>2:25.88</b>	31.50	1:09.99	1:53.40	2:25.88
7.	Milan Veelders	De Dinkel	2:28.75	200800279	<b>2:27.16</b>	31.42	1:07.08	1:55.44	2:27.16
8.	Melle van Veen	Dedemsvaart-AC	2:32.02	200700661	<b>2:27.28</b>	30.52	1:09.37	1:52.93	2:27.28
9.	Emiel de Bruijn	Dedemsvaart-AC	2:30.64	200700953	<b>2:31.64</b>	32.53	1:12.83	1:56.86	2:31.64
10.	Daan van Peet	De Dinkel	2:25.26	200700461	<b>2:31.67</b>	29.82	1:08.81	1:56.15	2:31.67
11.	Gijs Vesseur	ZV 44	2:32.36	200700277	<b>2:32.03</b>	30.66	1:10.44	1:57.34	2:32.03
12.	Jort Siebelt	O Z & P C	2:29.48	200700083	<b>2:32.41</b>	33.49	1:13.41	1:59.36	2:32.41

## Programmanr. 26, Jongens, 200m wisselslag, Junioren 3 en 4

rang naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m
13. Bjorn Scholten	WS Twente	2:35.09	200801143	<b>2:33.51</b>		32.76	1:10.11	1:59.58	2:33.51
14. Youp Stuijzand	ZV 44	2:26.44	200800521	<b>2:35.31</b>	+0.47	32.10	1:15.92	1:58.29	2:35.31
15. Mart Tempelman	Dedemsvaart-AC	2:29.83	200801075	<b>2:35.41</b>		34.50	1:12.84	2:01.35	2:35.41
16. Bram ter Braak	De Dinkel	2:32.42	200800281	<b>2:35.71</b>		32.11	1:12.96	2:00.93	2:35.71
17. Teun van Weeren	WS Twente	2:39.12	200801145	<b>2:35.74</b>		33.27	1:14.69	2:02.52	2:35.74
18. Hessel Penninkhof	Deltasteur	2:40.32	200800565	<b>2:35.81</b>	+0.62	32.72	1:10.04	1:59.60	2:35.81
19. Thijs Poll	ZV 44	2:23.96	200700203	<b>2:37.33</b>		34.61	1:12.98	2:02.76	2:37.33
AFGEM Siem de Zeeuw	O Z & P C	2:26.77	200800013						
NG Robin Schutrup	SWOL 1894	2:36.94	200701193						

## Jeugd 1 en 2

1. Sven Klink	SWOL 1894	2:06.52	200500349	<b>2:10.59</b>	+0.60	27.25	1:00.54	1:39.99	2:10.59
2. Storm Tolsma	ZIGNEA	2:21.93	200600277	<b>2:22.10</b>	+0.56	29.34	1:07.20	1:48.25	2:22.10
3. Niek Vreeling	O Z & P C	2:17.77	200604211	<b>2:25.04</b>		30.87	1:07.66	1:51.92	2:25.04
4. Gijs Vrieling	Dedemsvaart-AC	2:22.39	200503811	<b>2:25.27</b>		31.63	1:07.28	1:52.55	2:25.27
5. Milan Lucas	De Dinkel	2:23.24	200500085	<b>2:27.17</b>	+0.66	30.35	1:11.50	1:51.97	2:27.17
6. Mick Mulder	WS Twente	2:24.95	200502519	<b>2:31.96</b>		32.49	1:14.19	1:56.74	2:31.96
7. Stan Tibben	Dedemsvaart-AC	2:27.37	200503591	<b>2:32.00</b>	+0.59	30.86	1:11.78	1:58.37	2:32.00
8. Seb Pieterman	SWOL 1894	2:31.88	200600331	<b>2:32.06</b>		32.43	1:12.67	1:57.88	2:32.06

## Senioren 1 en 2

1. Kylian Heederik	SWOL 1894	2:10.46	200300353	<b>2:16.76</b>	+0.55	29.14	1:03.84	1:41.78	2:16.76
2. Robin van den Berg	ZV 44	2:11.68	200400699	<b>2:20.89</b>	+0.61	30.50	1:05.61	1:47.69	2:20.89
3. Jesper Bos	WS Twente	2:23.38	200401017	<b>2:26.94</b>	+0.66	29.65	1:09.45	1:49.84	2:26.94
4. Mika Heskamp	De Dinkel	2:20.07	200300339	<b>2:29.44</b>		30.66	1:10.69	1:54.20	2:29.44
5. Kay van Sleen	Steenwijk 1934	2:30.68	200400083	<b>2:31.50</b>	+0.84	31.24	1:12.23	1:54.19	2:31.50
AFGEM Bart Oude Egbrink	O Z & P C	2:20.79	200300491						

 Programmanr. 27  
 20-5-2023 - 14:22

## Dames, 400m vrije slag

 All in  
 Resultaten

rang naam	vereniging	intijd		tijd	RT	50m	100m	150m	200m	250m	300m	350m	400m	
<b>Junioren 1 en 2</b>														
1. Paula Spans	ZV 44	4:56.19		201000064		<b>5:09.35</b>								
50m:	34.12	34.12	150m:	1:50.90	39.27	250m:	3:10.66	39.90	350m:	4:31.49	40.56	400m:	5:09.35	
100m:	1:11.63	37.51	200m:	2:30.76	39.86	300m:	3:50.93	40.27	400m:	5:09.35	37.86			
2. Mattea Gliese-Sloojier	De Dinkel	5:13.79		201100008		<b>5:22.84</b>								
50m:	34.16	34.16	150m:	1:55.63	41.47	250m:	3:20.32	41.85	350m:	4:43.57	41.13	400m:	5:22.84	
100m:	1:14.16	40.00	200m:	2:38.47	42.84	300m:	4:02.44	42.12	400m:	5:22.84	39.27			
3. Marit Weever	Deltasteur	5:40.34		201000150		<b>5:25.61</b>								
50m:	36.38	36.38	150m:	1:58.93	41.32	250m:	3:22.98	41.97	350m:	4:47.28	42.40	400m:	5:25.61	
100m:	1:17.61	41.23	200m:	2:41.01	42.08	300m:	4:04.88	41.90	400m:	5:25.61	38.33			
4. Isabel Amelink	Deltasteur	5:31.37		201100196		<b>5:25.75</b>								
50m:	37.28	37.28	150m:	2:00.06	41.94	250m:	3:25.01	42.68	350m:	4:48.89	41.49	400m:	5:25.75	
100m:	1:18.12	40.84	200m:	2:42.33	42.27	300m:	4:07.40	42.39	400m:	5:25.75	36.86			
5. Florian Pot	WS Twente	5:31.80		201000768		<b>5:30.93</b>								
50m:	36.85	36.85	150m:	2:00.60	42.51	250m:	3:26.76	43.06	350m:	4:51.79	41.61	400m:	5:30.93	
100m:	1:18.09	41.24	200m:	2:43.70	43.10	300m:	4:10.18	43.42	400m:	5:30.93	39.14			
6. Jesmé Haytink	WS Twente	5:29.74		201000382		<b>5:39.19</b>								
50m:	39.24	39.24	150m:	2:07.93	44.59	250m:	3:35.69	42.67	350m:	5:00.31	41.45	400m:	5:39.19	
100m:	1:23.34	44.10	200m:	2:53.02	45.09	300m:	4:18.86	43.17	400m:	5:39.19	38.88			
7. Lynn ten Berge	De Dinkel	5:23.02		201000884		<b>5:39.92</b>							+0.77	
50m:	36.40	36.40	150m:	2:03.64	44.59	250m:	3:33.16	44.25	350m:	4:59.70	42.39	400m:	5:39.92	
100m:	1:19.05	42.65	200m:	2:48.91	45.27	300m:	4:17.31	44.15	400m:	5:39.92	40.22			
8. Imke Oude Engberink	De Dinkel	6:34.18		201100818		<b>5:56.13</b>								
50m:	38.58	38.58	150m:	2:09.92	46.47	250m:	3:42.79	46.74	350m:	5:14.39	45.78	400m:	5:56.13	
100m:	1:23.45	44.87	200m:	2:56.05	46.13	300m:	4:28.61	45.82	400m:	5:56.13	41.74			
9. Anna Schuurman	ZV 44	5:55.38		201000076		<b>5:57.72</b>								
50m:	39.89	39.89	150m:	2:09.57	46.08	250m:	3:41.52	46.25	350m:	5:13.56	46.15	400m:	5:57.72	
100m:	1:23.49	43.60	200m:	2:55.27	45.70	300m:	4:27.41	45.89	400m:	5:57.72	44.16			
10. Ribanna Damm	EZCL (SG)	6:10.36		201100304		<b>6:01.58</b>								
50m:	39.11	39.11	150m:	2:13.64	47.51	250m:	3:48.52	47.01	350m:	5:19.07	43.41	400m:	6:01.58	
100m:	1:23.13	47.02	200m:	3:01.51	47.87	300m:	4:35.66	47.14	400m:	6:01.58	42.51			

## Programmanr. 27, Meisjes, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT		
11.	Maurieke Frijstein	ZV 44	5:56.72	201100198	<b>6:05.25</b>		
	50m: 38.61	38.61 150m: 2:10.34	46.43	250m: 3:45.66	47.47	350m: 5:19.81	47.03
	100m: 1:23.91	45.30 200m: 2:58.19	47.85	300m: 4:32.78	47.12	400m: 6:05.25	45.44
12.	Lisa Boogaard	Deltasteur	6:08.83	201100990	<b>6:09.02</b>		
	50m: 43.88	43.88 150m: 2:18.07	47.29	250m: 3:53.51	46.89	350m: 5:26.24	45.54
	100m: 1:30.78	46.90 200m: 3:06.62	48.55	300m: 4:40.70	47.19	400m: 6:09.02	42.78
13.	Manora Ponne	Steenwijk 1934	6:01.33	201102222	<b>6:25.74</b>		
	50m: 41.41	41.41 150m: 2:19.87	50.08	250m: 4:00.15	50.40	350m: 5:39.66	49.53
	100m: 1:29.79	48.38 200m: 3:09.75	49.88	300m: 4:50.13	49.98	400m: 6:25.74	46.08
14.	Sophie Kortenschijl	WS Twente	6:30.90	201100672	<b>6:27.61</b>		
	50m: 39.50	39.50 150m: 2:17.74	49.80	250m: 4:00.68	51.68	350m: 5:42.46	50.13
	100m: 1:27.94	48.44 200m: 3:09.00	51.26	300m: 4:52.33	51.65	400m: 6:27.61	45.15
15.	Romyrle ter Maat	De Dinkel	6:35.87	201100030	<b>6:37.71</b>	+0.68	
	50m: 41.73	41.73 150m: 2:23.53	51.27	250m: 4:06.98	51.79	350m: 5:49.56	50.25
	100m: 1:32.26	50.53 200m: 3:15.19	51.66	300m: 4:59.31	52.33	400m: 6:37.71	48.15
AFGEM	Maudi Kamphuis	De Dinkel	5:46.04	201000646			

## Junioren 3 en 4

1.	Hannah Markovinovic	WS Twente	4:44.79	200803266	<b>4:52.35</b>		
	50m: 32.22	32.22 150m: 1:45.40	37.19	250m: 3:00.45	37.64	350m: 4:16.15	37.80
	100m: 1:08.21	35.99 200m: 2:22.81	37.41	300m: 3:38.35	37.90	400m: 4:52.35	36.20
2.	Emmelien Smelt	ZVZwartsluis	4:47.76	200800012	<b>4:56.46</b>		
	50m: 33.21	33.21 150m: 1:48.52	38.24	250m: 3:04.61	37.86	350m: 4:20.90	37.96
	100m: 1:10.28	37.07 200m: 2:26.75	38.23	300m: 3:42.94	38.33	400m: 4:56.46	35.56
3.	Pien Hemmeler	De Dinkel	5:09.87	200800278	<b>5:03.65</b>		
	50m: 35.28	35.28 150m: 1:52.36	39.02	250m: 3:10.29	38.80	350m: 4:27.49	38.34
	100m: 1:13.34	38.06 200m: 2:31.49	39.13	300m: 3:49.15	38.86	400m: 5:03.65	36.16
4.	Simone Faber	Deltasteur	5:09.72	200900710	<b>5:06.16</b>		
	50m: 34.55	34.55 150m: 1:53.46	39.66	250m: 3:13.28	39.38	350m: 4:31.22	37.62
	100m: 1:13.80	39.25 200m: 2:33.90	40.44	300m: 3:53.60	40.32	400m: 5:06.16	34.94
5.	Marlouke Frijstein	ZV 44	4:54.82	200800152	<b>5:06.78</b>	+0.72	
	50m: 34.52	34.52 150m: 1:53.18	39.65	250m: 3:12.96	39.26	350m: 4:30.75	37.47
	100m: 1:13.53	39.01 200m: 2:33.70	40.52	300m: 3:53.28	40.32	400m: 5:06.78	36.03
6.	Daphne Dijsselhof	Dedemsvaart-AC	5:16.05	200901690	<b>5:13.13</b>		
	50m: 35.02	35.02 150m: 1:55.92	41.50	250m: 3:18.02	40.08	350m: 4:36.38	38.42
	100m: 1:14.42	39.40 200m: 2:37.94	42.02	300m: 3:57.96	39.94	400m: 5:13.13	36.75
7.	Emma Steenbrink	WS Twente	5:29.40	200901376	<b>5:20.95</b>		
	50m: 35.71	35.71 150m: 1:56.50	41.05	250m: 3:19.51	41.40	350m: 4:42.42	41.01
	100m: 1:15.45	39.74 200m: 2:38.11	41.61	300m: 4:01.41	41.90	400m: 5:20.95	38.53
8.	Esther Dijsselhof	Dedemsvaart-AC	5:16.27	200800784	<b>5:23.66</b>		
	50m: 34.41	34.41 150m: 1:56.32	41.84	250m: 3:20.49	42.01	350m: 4:44.33	41.76
	100m: 1:14.48	40.07 200m: 2:38.48	42.16	300m: 4:02.57	42.08	400m: 5:23.66	39.33
9.	Mila Soethof	De Dinkel	5:24.67	200900482	<b>5:24.72</b>		
	50m: 35.69	35.69 150m: 1:59.07	42.64	250m: 3:22.63	41.43	350m: 4:45.74	41.16
	100m: 1:16.43	40.74 200m: 2:41.20	42.13	300m: 4:04.58	41.95	400m: 5:24.72	38.98
10.	Licianne Jungeling	ZV 44	5:19.73	200801404	<b>5:32.73</b>		
	50m: 36.32	36.32 150m: 2:00.72	42.65	250m: 3:28.35	44.01	350m: 4:54.74	42.91
	100m: 1:18.07	41.75 200m: 2:44.34	43.62	300m: 4:11.83	43.48	400m: 5:32.73	37.99
11.	Nienke Bulter	De Dinkel	5:26.21	200902188	<b>5:33.01</b>		
	50m: 38.08	38.08 150m: 2:03.59	43.40	250m: 3:29.76	43.53	350m: 4:53.68	42.32
	100m: 1:20.19	42.11 200m: 2:46.23	42.64	300m: 4:11.36	41.60	400m: 5:33.01	39.33

## Jeugd 1 en 2

1.	Barbara Broekhuis	De Dinkel	4:34.81	200700880	<b>4:42.25</b>		
	50m: 31.33	31.33 150m: 1:41.85	35.88	250m: 2:54.75	36.50	350m: 4:06.81	35.46
	100m: 1:05.97	34.64 200m: 2:18.25	36.40	300m: 3:31.35	36.60	400m: 4:42.25	35.44
2.	Féline Sam	ZV 44	4:43.59	200700018	<b>4:49.88</b>		
	50m: 31.71	31.71 150m: 1:44.47	37.20	250m: 2:59.91	37.89	350m: 4:14.98	37.54
	100m: 1:07.27	35.56 200m: 2:22.02	37.55	300m: 3:37.44	37.53	400m: 4:49.88	34.90
3.	Leyona Lichtendonk	Dedemsvaart-AC	4:48.13	200700010	<b>4:55.79</b>		
	50m: 33.21	33.21 150m: 1:48.72	38.19	250m: 3:04.76	37.66	350m: 4:20.59	37.68
	100m: 1:10.53	37.32 200m: 2:27.10	38.38	300m: 3:42.91	38.15	400m: 4:55.79	35.20
4.	Carlein Polinder	ZV 44	4:48.11	200600128	<b>4:56.43</b>		
	50m: 31.49	31.49 150m: 1:45.48	37.77	250m: 3:03.05	38.72	350m: 4:20.40	37.96
	100m: 1:07.71	36.22 200m: 2:24.33	38.85	300m: 3:42.44	39.39	400m: 4:56.43	36.03
5.	Eline Lutters	De Dinkel	4:49.45	200600322	<b>4:56.60</b>		
	50m: 32.15	32.15 150m: 1:46.27	37.62	250m: 3:02.81	38.73	350m: 4:19.22	37.83
	100m: 1:08.65	36.50 200m: 2:24.08	37.81	300m: 3:41.39	38.58	400m: 4:56.60	37.38

Programmanr. 27, Meisjes, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT	
6.	Julia van den Bosch	Deltasteur	4:43.70	200600232	<b>5:02.03</b> +0.71	
	50m: 32.09	32.09	150m: 1:47.72	38.48	250m: 3:06.14	39.08
	100m: 1:09.24	37.15	200m: 2:27.06	39.34	300m: 3:45.98	39.84
					350m: 4:25.63	39.65
					400m: 5:02.03	36.40
7.	Laurien Gliese-Sloojier	De Dinkel	4:52.83	200700636	<b>5:04.11</b>	
	50m: 34.25	34.25	150m: 1:50.84	38.13	250m: 3:09.60	39.26
	100m: 1:12.71	38.46	200m: 2:30.34	39.50	300m: 3:48.70	39.10
					350m: 4:27.48	38.78
					400m: 5:04.11	36.63
8.	Esmee Nieuwenhuis	ZPC De Hof	4:50.90	200701444	<b>5:08.67</b>	
	50m: 32.68	32.68	150m: 1:52.82	40.93	250m: 3:13.53	40.18
	100m: 1:11.89	39.21	200m: 2:33.35	40.53	300m: 3:55.27	41.74
					350m: 4:33.59	38.32
					400m: 5:08.67	35.08

Senioren 1 en 2

1.	Ismay Lichtendonk	Dedemsvaart-AC	4:24.82	200400622	<b>4:33.35</b>	
	50m: 30.53	30.53	150m: 1:38.74	34.43	250m: 2:47.87	34.68
	100m: 1:04.31	33.78	200m: 2:13.19	34.45	300m: 3:23.88	36.01
					350m: 4:00.10	36.22
					400m: 4:33.35	33.25

Senioren

1.	Michelle Zomerdijk	Dedemsvaart-AC	4:38.17	200003196	<b>4:51.57</b> +0.59	
	50m: 31.10	31.10	150m: 1:42.47	35.97	250m: 2:57.29	37.82
	100m: 1:06.50	35.40	200m: 2:19.47	37.00	300m: 3:35.44	38.15
					350m: 4:14.23	38.79
					400m: 4:51.57	37.34
2.	Mayke van Tintelen	O Z & P C	6:53.44	200200688	<b>6:49.66</b> 311	
	50m: 43.56	43.56	150m: 2:27.81	52.72	250m: 4:14.16	52.51
	100m: 1:35.09	51.53	200m: 3:21.65	53.84	300m: 5:07.86	53.70
					350m: 6:00.84	52.98
					400m: 6:49.66	48.82

Programmanr. 28  
20-5-2023 - 14:54

Heren, 4 x 100m wisselslag

All in  
Resultaten

rang	vereniging	intijd	tijd	RT				
1.	De Dinkel 1	De Dinkel	3:54.76	<b>4:12.39</b> +0.73				
	Tiede Groener	+0.73	31.46	1:04.55	Maquinho Vorst	+0.40	26.67	57.95
	Milan Lucas	+0.34	33.59	1:12.45	Bart Kooiker	+0.30	26.94	57.44
2.	ZV 44 1	ZV 44	4:09.97	<b>4:16.14</b> +0.75				
	Robin van den Berg	+0.75	31.25	1:06.06	Collard Jungeling	+0.08	28.11	1:01.03
	Ruben Hoeve	+0.22	30.94	1:09.05	Stijn Jansen		28.36	1:00.00
3.	Dedemsvaart-AC 1	Dedemsvaart-AC	4:14.91	<b>4:24.72</b> +0.60				
	Gijs Vrieling	+0.60	31.89	1:04.92	Stan Tibben	+0.21	28.34	1:03.28
	Dennis Mosterman	+0.45	35.75	1:18.17	Melle van Veen	+0.33	27.96	58.35
4.	Steenwijk 1934 1	Steenwijk 1934	4:16.90	<b>4:27.97</b> +0.70				
	Lars Heddema	+0.70	32.43	1:07.06	Senna van den Hoed		29.11	1:08.65
	Kay van Sleen		34.99	1:14.28	Jaydey Schonewille		27.57	57.98
5.	Oz&Pc 1	O Z & P C	4:31.03	<b>4:28.07</b> +0.69				
	Niek Vreeling	+0.69	32.75	1:07.42	Bart Oude Egbrink	+0.14	30.19	1:07.13
	Wes Velthuis		35.59	1:18.93	Siem de Zeeuw		25.92	54.59
6.	WS Twente 1	WS Twente	4:23.15	<b>4:34.86</b> +0.61				
	Mick Mulder	+0.61	33.32	1:10.60	Lars Haytink	+0.07	31.63	1:10.12
	Jesper Bos	+0.37	32.11	1:11.78	Lasse Ophuis	+0.49	29.02	1:02.36
7.	SWOL 1894 1	SWOL 1894	4:56.65	<b>4:57.87</b> +0.65				
	Diede Veld	+0.65	33.56	1:09.00	Seb Pieterman		32.22	1:11.72
	Kick Germers		43.81	1:31.99	Roan van der Stege		31.47	1:05.16

Programmanr. 29  
20-5-2023 - 15:19

Gemengd, 4 x 100m vrije slag

All in  
Resultaten

rang	vereniging	intijd	tijd	RT
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Programmanr. 29, Gemengd, 4 x 100m vrije slag

1.	De Dinkel 1 Tiede Groener Maquinho Vorst	De Dinkel +0.33	27.38 26.17	3:45.28 56.23 54.30	Laurien Gliese-Slooijer Barbara Broekhuis	3:55.23 30.47 29.13	1:04.18 1:00.52
2.	Dedemsvaart-AC 1 Gijs Vrieling Stan Tibben	Dedemsvaart-AC +0.46 +0.30	28.04 27.66	3:47.17 58.56 57.84	Michelle Zomerdijk Ismay Lichtendonk	3:56.69 +0.35 +0.47	28.45 28.81 59.91
3.	Dedemsvaart-AC 2 Dennis Mosterman Melle van Veen	Dedemsvaart-AC 05 07	28.93 28.84	3:54.19 59.91 1:00.24	Linde Kolkman Marlies Dijsselhof	4:04.93 00 06	28.27 29.90 1:00.82 1:03.96
4.	WS Twente 1 Mick Mulder Heleen Broshuis	WS Twente 05 07	28.87 30.80	3:57.58 1:01.07 1:06.34	Isabelle Elsweier Jesper Bos	4:07.05 03 04	28.43 28.96 59.70 59.94
5.	ZV 44 1 Robin van den Berg Ruben Hoeve	ZV 44 +0.70 +0.43	27.53 28.56	3:49.72 57.20 1:02.87	Carlein Polinder Féline Sam	4:07.25 29.97 30.23	+0.70 1:03.78 1:03.40
6.	Steenwijk 1934 1 Jolijn Liezen Lars Heddema	Steenwijk 1934 +0.65 +0.16	29.24 28.62	3:55.51 1:02.63 1:00.81	Senna van den Hoed Michelle van den Hoofdakker	4:16.86 +0.56 +0.48	31.15 29.73 1:08.68 1:04.74
7.	SWOL 1894 1 Jeslyn van Hilten Mees Rienties	SWOL 1894 31.33 30.75	1:08.34 1:03.66	4:05.99 Anna Klomp Kylian Heederik	32.50 27.33	1:08.78 58.08	
8.	WS Twente 2 Lasse Ophuis Meyke Haytink	WS Twente 04 08	30.36 32.00	4:16.57 1:03.24 1:07.90	Mirte Boswinkel Teun van Weeren	4:19.50 07 08	31.56 28.64 1:07.75 1:00.61

Programmanr. 30  
20-5-2023 - 15:24

Heren, 200m vrije slag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
<b>Junioren 1 en 2</b>									
1.	Ruben Nooter	ZV 44	2:16.80	200901577	<b>2:19.06</b>	30.13	1:05.53	1:42.91	2:19.06
2.	Duuk Harms	Dedemsvaart-AC	2:24.91	200900201	<b>2:22.63</b>	32.45	1:08.76	1:46.32	2:22.63
3.	Bram Kulpe	Z&PV de Veene	2:23.55	200900329	<b>2:23.52</b>	32.63	1:09.13	1:46.82	2:23.52
4.	Finn Stamsnieder	O Z & P C	2:23.34	200900225	<b>2:26.97</b>	33.29	1:10.63	1:49.35	2:26.97
5.	Ruben Kragt	ZV 44	2:23.87	201000007	<b>2:28.49</b>	32.86	1:10.91	1:50.09	2:28.49
6.	Dyon Scholten	Steenwijk 1934	2:31.04	200900095	<b>2:30.03</b>	34.12	1:12.78	1:51.94	2:30.03
7.	Dhamin Ouali	SWOL 1894	2:30.18	200902771	<b>2:30.35</b>	32.91	1:13.54	1:53.94	2:30.35
8.	Arthur Alberts	ZVZwartsluis	2:34.78	200900239	<b>2:31.46</b>	34.89	1:13.76	1:54.15	2:31.46
9.	Milan Bottenberg	Deltasteur	2:28.00	200900153	<b>2:33.34</b>	35.26	1:14.20	1:54.33	2:33.34
10.	Robbin Eijkelkamp	ZPC De Hof	2:34.62	200900031	<b>2:33.55</b>	36.19	1:15.93	1:55.99	2:33.55
11.	Noud Assinck	ZIGNEA	2:27.38	200900047	<b>2:33.99</b>	34.48	1:13.81	1:54.85	2:33.99
12.	Tristan Meijers	SWOL 1894	2:32.19	201000089	<b>2:35.80</b>	36.50	1:16.84	1:57.30	2:35.80
13.	Guus van Duinen	Dedemsvaart-AC	2:29.54	200901107	<b>2:36.53</b>	35.48	1:15.15	1:57.25	2:36.53
14.	Niek Endeman	Deltasteur	2:36.80	200902567	<b>2:37.04</b>	36.42	1:16.85	1:57.76	2:37.04
15.	Joep van Nijen	Z&PV de Veene	2:32.97	201000545	<b>2:37.05</b>	34.57	1:14.13	1:55.22	2:37.05
16.	Rinse de Jonge	De Grunte	2:41.77	200900705	<b>2:40.88</b>	35.50	1:17.33	2:00.20	2:40.88
17.	Rafaël Agterbos	O Z & P C	2:32.14	201000171	<b>2:41.38</b>	37.00	1:20.03	2:01.81	2:41.38
18.	Daan Alink	ZPC De Hof	2:36.21	201000241	<b>2:43.87</b>	37.27	1:19.30	2:02.58	2:43.87
19.	Gijs Nooter	ZV 44	2:50.41	201000725	<b>2:45.87</b>	37.36	1:20.04	2:03.97	2:45.87
20.	Twan Felix	Deltasteur	2:40.55	201000123	<b>2:45.98</b>	37.23	1:19.91	2:04.10	2:45.98
21.	Daniël Scheppink	SWOL 1894	2:39.41	200902769	<b>2:46.52</b>	36.89	1:21.33	2:05.14	2:46.52
22.	Djullian Versteeg	ZIGNEA	2:43.30	201002655	<b>2:46.56</b>	37.56	1:22.51	2:07.46	2:46.56
23.	Björn van Veen	ZIGNEA	2:43.94	201000157	<b>2:48.43</b>	38.65	1:22.60	2:08.01	2:48.43
24.	Jens Rikhof	De Dinkel	2:54.62	201001239	<b>2:49.44</b>	36.47	1:20.99	2:06.60	2:49.44
25.	Daan Emming	SWOL 1894	2:49.95	201003115	<b>2:53.95</b>	37.99	1:23.35	2:10.99	2:53.95
26.	Ryan Freriksen	SWOL 1894	2:37.06	201000301	<b>2:54.33</b>	37.31	1:21.76	2:08.78	2:54.33
	AFGEM Hugo Harwig	Deltasteur	2:48.70	201002533					
<b>Junioren 3 en 4</b>									
1.	Jaydey Schonewille	Steenwijk 1934	2:02.80	200800025	<b>2:04.54</b>	28.66	1:00.71	1:33.35	2:04.54
2.	Milan Veelders	De Dinkel	1:59.81	200800279	<b>2:04.90</b>	28.19	1:00.10	1:32.32	2:04.90
3.	Job Sportel	VZ&PC	2:04.24	200800429	<b>2:06.82</b>	28.57	1:00.63	1:33.41	2:06.82
4.	Siem de Zeeuw	O Z & P C	2:00.76	200800013	<b>2:08.53</b>	28.52	1:00.76	1:34.29	2:08.53
5.	Diede Veld	SWOL 1894	2:06.50	200800011	<b>2:08.66</b>	29.38	1:01.68	1:35.43	2:08.66
6.	Arjan Boogaard	Deltasteur	2:08.19	200800093	<b>2:09.51</b>	28.89	1:01.53	1:35.65	2:09.51



Programmanr. 30, Jongens, 200m vrije slag, Junioren 3 en 4

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
7. Bjorn Scholten	WS Twente	2:11.39 200801143	<b>2:11.42</b>	+0.68	29.57	1:03.50	1:38.18	2:11.42
8. Bram ter Braak	De Dinkel	2:08.66 200800281	<b>2:12.62</b>		30.56	1:04.20	1:38.80	2:12.62
9. Daan van Peet	De Dinkel	2:04.79 200700461	<b>2:13.03</b>	+0.76	29.30	1:02.72	1:37.64	2:13.03
10. Thijs Poll	ZV 44	2:06.23 200700203	<b>2:13.98</b>		29.11	1:02.30	1:38.07	2:13.98
11. Gijs Vesseur	ZV 44	2:06.08 200700277	<b>2:14.83</b>	+0.55	30.45	1:04.96	1:40.33	2:14.83
12. Thomas van Velzen	ZV 44	2:10.91 200703189	<b>2:15.92</b>	+0.64	29.50	1:04.72	1:40.56	2:15.92
13. Emiel de Bruijn	Dedemsvaart-AC	2:15.48 200700953	<b>2:16.13</b>		30.52	1:05.11	1:40.94	2:16.13
14. Collard Jungeling	ZV 44	2:05.68 200701831	<b>2:18.40</b>	+0.44	31.72	1:07.36	1:43.71	2:18.40
15. Mart Tempelman	Dedemsvaart-AC	2:13.17 200801075	<b>2:19.36</b>		31.32	1:05.88	1:42.49	2:19.36

Jeugd 1 en 2

1. Sven Klink	SWOL 1894	1:53.34 200500349	<b>1:56.74</b>	+0.57	27.24	56.72	1:26.84	1:56.74
2. Rolf ter Keurs	Z&PV de Veene	1:56.46 200500137	<b>2:05.15</b>	+0.56	28.43	1:00.32	1:32.76	2:05.15
3. Gijs Vrieling	Dedemsvaart-AC	2:04.49 200503811	<b>2:10.16</b>	+0.68	29.80	1:03.36	1:38.01	2:10.16
4. Finn Slinkman	ZPC De Hof	2:06.06 200500081	<b>2:10.28</b>		27.64	59.64	1:35.06	2:10.28
5. Niek Vreeling	O Z & P C	2:02.09 200604211	<b>2:14.21</b>	+0.54	29.33	1:02.88	1:37.82	2:14.21
6. Stan Tibben	Dedemsvaart-AC	2:04.92 200503591	<b>2:15.05</b>	+0.44	31.81	1:06.07	1:41.93	2:15.05
7. Dennis Mosterman	Dedemsvaart-AC	2:04.21 200501283	<b>2:19.72</b>		31.32	1:06.08	1:43.33	2:19.72

Senioren 1 en 2

1. Jacco Nijland	ZPC De Hof	2:01.31 200400081	<b>2:05.48</b>	+0.73	29.55	1:02.43	1:34.94	2:05.48
2. Robin van den Berg	ZV 44	1:56.82 200400699	<b>2:06.09</b>	+0.62	28.97	1:00.69	1:34.11	2:06.09
3. Bart Oude Egbrink	O Z & P C	2:07.35 200300491	<b>2:12.77</b>	+0.80	30.36	1:03.71	1:38.19	2:12.77

Senioren

1. Maquinho Vorst	De Dinkel	1:54.25 200204179	<b>2:00.70</b>	+0.62	27.95	59.10	1:30.00	2:00.70
2. Stijn Jansen	ZV 44	2:05.75 199705727	<b>2:14.50</b>		31.14	1:04.79	1:39.31	2:14.50
3. Bart Kooiker	De Dinkel	2:08.02 200100705	<b>2:15.13</b>		29.82	1:03.57	1:39.82	2:15.13

Programmanr. 31  
20-5-2023 - 15:49

Dames, 100m vlinderslag

All in  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m
<b>Junioren 1 en 2</b>						
1. Paula Spans	ZV 44	1:14.23 201000064	<b>1:16.01</b>		34.82	1:16.01
2. Lynn ten Berge	De Dinkel	1:19.67 201000884	<b>1:21.75</b>		37.55	1:21.75
3. Jesmé Haytink	WS Twente	1:21.11 201000382	<b>1:25.09</b>		39.47	1:25.09
4. Eline Eertink	Hera'11	1:24.78 201000158	<b>1:27.35</b>	+0.79	37.11	1:27.35
5. K. van Doeselaar	EZCL (SG)	1:31.38 201000478	<b>1:30.36</b>		41.92	1:30.36
6. Florien Pot	WS Twente	1:26.15 201000768	<b>1:30.42</b>		40.56	1:30.42
7. Marit Weever	Deltasteur	1:32.48 201000150	<b>1:30.62</b>		41.10	1:30.62
8. Mattea Gliese-Slooijs	De Dinkel	1:31.65 201100008	<b>1:30.94</b>		41.30	1:30.94
9. Lisa Boogaard	Deltasteur	1:39.05 201100990	<b>1:31.73</b>		43.87	1:31.73
<i>50 m*</i>						
10. Isabel Amelink	Deltasteur	1:33.57 201100196	<b>1:31.75</b>		41.97	1:31.75
11. Olivia Boschloo	de IJssel	1:35.76 201102398	<b>1:32.80</b>		44.94	1:32.80
<i>100 m*</i>						
12. Annefleur Schraa	SWOL 1894	1:24.80 201100044	<b>1:32.96</b>		41.21	1:32.96
13. Manora Ponne	Steenwijk 1934	1:31.61 201102222	<b>1:35.33</b>		42.18	1:35.33
14. Hanna Heller	de IJssel	1:44.41 201102730	<b>1:36.40</b>		42.39	1:36.40
15. Aimee van Tongeren	WS Twente	1:34.85 201100214	<b>1:39.09</b>		41.41	1:39.09
16. Imke Oude Engberink	De Dinkel	1:47.16 201100818	<b>1:39.11</b>		44.45	1:39.11
17. Sjors Werger	Dedemsvaart-AC	1:42.91 201100906	<b>1:43.61</b>		47.72	1:43.61
<i>100 m*</i>						
18. Anna Schuurman	ZV 44	1:37.72 201000076	<b>1:43.72</b>		47.09	1:43.72
19. Britt Haverkate	ZPC De Hof	1:41.46 201100032	<b>1:45.82</b>		47.96	1:45.82
20. Romyrle ter Maat	De Dinkel	1:43.41 201100030	<b>1:48.72</b>		48.20	1:48.72
21. Danique Krijgsman	ZPC De Hof	1:39.71 201100208	<b>1:49.16</b>	+0.76	47.93	1:49.16
<i>50 m*</i>						

Programmanr. 31, Dames, 100m vlinderslag

Junioren 3 en 4

1.	Emmelien Smelt	ZVZwartsluis	1:07.41	200800012	<b>1:08.67</b>		31.15	1:08.67
2.	Hannah Markovinic	WS Twente	1:07.65	200803266	<b>1:09.31</b>		32.01	1:09.31
3.	Lois Waterham	Dedemsvaart-AC	1:18.17	200803726	<b>1:15.77</b>		34.93	1:15.77
4.	Pien Hemmelder	De Dinkel	1:15.65	200800278	<b>1:16.29</b>		35.54	1:16.29
5.	Esmee van Dijk	Het Ravijn	1:15.90	200803180	<b>1:16.98</b>	+0.56	34.50	1:16.98
6.	Annemijn Kragt	Deltasteur	1:17.26	200802710	<b>1:18.91</b>		36.50	1:18.91
7.	Ann Hietbrink	ZPC De Hof	1:12.86	200902444	<b>1:19.43</b>		35.70	1:19.43
8.	Flore Blok	de IJsel	1:18.51	200804348	<b>1:20.50</b>		37.85	1:20.50
9.	Meyke Haytink	WS Twente	1:17.47	200801188	<b>1:20.68</b>		37.12	1:20.68
10.	Yaell Elmerink	de IJsel	1:19.23	200900310	<b>1:21.83</b>		36.45	1:21.83
11.	Esmé Sportel	Dedemsvaart-AC	1:20.71	200900682	<b>1:24.49</b>		39.97	1:24.49
12.	Anne van der Kamp	Deltasteur	1:25.23	200900274	<b>1:24.64</b>		40.27	1:24.64
13.	Simone Faber	Deltasteur	1:26.03	200900710	<b>1:25.39</b>		36.90	1:25.39
14.	Licianne Jungeling	ZV 44	1:18.35	200801404	<b>1:25.74</b>	+0.72	36.41	1:25.74
15.	Daphne Dijsselhof	Dedemsvaart-AC	1:21.06	200901690	<b>1:26.74</b>		39.55	1:26.74
16.	Mila Soethof	De Dinkel	1:25.99	200900482	<b>1:27.57</b>		39.05	1:27.57
17.	Nienke Bulter	De Dinkel	1:26.97	200902188	<b>1:30.31</b>		40.35	1:30.31
18.	Emma Steenbrink	WS Twente	1:26.98	200901376	<b>1:31.54</b>	+0.69	40.67	1:31.54
AFGEM	Emma Broekhuysen	ZV 44	1:26.17	200900560				

Jeugd 1 en 2

1.	Eline Lutters	De Dinkel	1:08.64	200600322	<b>1:11.17</b>		33.16	1:11.17
2.	Féline Sam	ZV 44	1:07.51	200700018	<b>1:11.21</b>		32.74	1:11.21
3.	Barbara Broekhuis	De Dinkel	1:13.61	200700880	<b>1:12.09</b>		33.60	1:12.09
4.	Carlein Polinder	ZV 44	1:08.42	200600128	<b>1:12.60</b>		32.80	1:12.60
5.	Maud Dokter 100 m*	Steenwijk 1934	1:11.61	200601672	<b>1:13.45</b>		33.32	1:13.45
6.	Leyona Lichtendonk	Dedemsvaart-AC	1:09.83	200700010	<b>1:14.31</b>	+0.75	33.61	1:14.31
7.	Jeslyn van Hilten	SWOL 1894	1:09.84	200602800	<b>1:14.49</b>		33.00	1:14.49
8.	Laurien Gliese-Slooijer	De Dinkel	1:16.15	200700636	<b>1:18.14</b>		35.02	1:18.14
9.	Marlies Dijsselhof	Dedemsvaart-AC	1:15.73	200601046	<b>1:18.68</b>		35.30	1:18.68
10.	Anna Klomp	SWOL 1894	1:15.85	200600006	<b>1:19.24</b>		35.52	1:19.24
11.	Esmee Nieuwenhuis	ZPC De Hof	1:16.36	200701444	<b>1:20.62</b>		36.10	1:20.62
12.	Kim Schraa	ZVZwartsluis	1:15.89	200600298	<b>1:21.96</b>		35.60	1:21.96

Senioren 1 en 2

1.	Ismay Lichtendonk	Dedemsvaart-AC	1:03.38	200400622	<b>1:06.06</b>		31.16	1:06.06
2.	Jolijn Liezen	Steenwijk 1934	1:06.54	200500518	<b>1:08.77</b>		31.55	1:08.77

Senioren

1.	Isabelle Elsweier	WS Twente	1:05.21	200303614	<b>1:06.78</b>		30.14	1:06.78
2.	Marit Boxum	Deltasteur	1:06.08	200000068	<b>1:07.19</b>		30.63	1:07.19
3.	Michelle Zomerdijk	Dedemsvaart-AC	1:06.75	200003196	<b>1:11.35</b>	+0.74	32.78	1:11.35
AFGEM	Lieke Oude Lenferink	WS Twente	1:04.70	200200068				

Programmanr. 32  
20-5-2023 - 16:06

Heren, 100m schoolslag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
<b>Junioren 1 en 2</b>								
1.	Dani Yefimov	WS Twente	1:17.30	200901305	<b>1:19.90</b>	37.04	1:19.90	
2.	Ruben Nooter	ZV 44	1:19.53	200901577	<b>1:24.35</b>	38.46	1:24.35	
3.	Duuk Harms	Dedemsvaart-AC	1:20.68	200900201	<b>1:24.54</b>	39.71	1:24.54	
4.	Noud Assinck	ZIGNEA	1:23.14	200900047	<b>1:25.48</b>	+0.66	40.33	1:25.48
5.	Sven Casper Hageman	Deltasteur	1:22.41	201000009	<b>1:25.58</b>		39.03	1:25.58
6.	Bram Kulpe	Z&PV de Veene	1:24.73	200900329	<b>1:26.71</b>		40.80	1:26.71
7.	Roan van der Stege	SWOL 1894	1:25.61	200900107	<b>1:28.17</b>		41.80	1:28.17
8.	Joas Norden	De Grunte	1:26.32	200902705	<b>1:29.22</b>	+0.70	42.14	1:29.22
9.	Abe Pasop	De Grunte	1:26.09	201000501	<b>1:29.45</b>		42.25	1:29.45
10.	Ruben Kragt	ZV 44	1:25.29	201000007	<b>1:29.92</b>		41.46	1:29.92
11.	Robbin Eijkelkamp	ZPC De Hof	1:24.57	200900031	<b>1:30.02</b>		42.66	1:30.02

Programmanr. 32, Jongens, 100m schoolslag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
12.	Danny Hemelrijk	ZIGNEA	1:27.44	200902785	<b>1:30.64</b>	40.90	1:30.64	
13.	Joep van Nijen	Z&PV de Veene	1:29.48	201000545	<b>1:31.84</b>	+0.91	43.32	1:31.84
14.	Dhamin Ouali	SWOL 1894	1:32.12	200902771	<b>1:31.92</b>	44.13	1:31.92	
15.	Finn Stamsnieder	O Z & P C	1:25.76	200900225	<b>1:32.59</b>	+0.65	42.95	1:32.59
16.	Niek Endeman	Deltasteur	1:26.60	200902567	<b>1:32.65</b>	43.49	1:32.65	
17.	Kick Germers	SWOL 1894	1:26.26	201000185	<b>1:32.86</b>	45.60	1:32.86	
18.	Guus van Duinen	Dedemsvaart-AC	1:28.79	200901107	<b>1:36.44</b>	44.74	1:36.44	
19.	Rafael Agterbos	O Z & P C	1:30.95	201000171	<b>1:37.05</b>	46.29	1:37.05	
20.	Björn van Veen	ZIGNEA	1:33.90	201000157	<b>1:39.10</b>	46.55	1:39.10	
21.	Tristan Meijers	SWOL 1894	1:32.51	201000089	<b>1:39.60</b>	47.03	1:39.60	
22.	Julian Flikweert	ZIGNEA	1:33.07	201001185	<b>1:39.97</b>	46.00	1:39.97	
23.	Twan Felix	Deltasteur	1:36.25	201000123	<b>1:42.79</b>	48.12	1:42.79	
24.	Djulian Versteeg	ZIGNEA	1:35.43	201002655	<b>1:43.80</b>	49.18	1:43.80	
25.	Ryan Freriksen	SWOL 1894	1:33.46	201000301	<b>1:45.81</b>	+0.47	48.97	1:45.81
26.	Roan Dijkstra	Dedemsvaart-AC	1:37.20	201002791	<b>1:47.43</b>	51.25	1:47.43	
DIS	Gijs Nooter	ZV 44	1:36.09	201000725				

AA - De start ingezet voor het startsignaal (en wel gezwommen).

Junioren 3 en 4

1.	Youp Stuifzand	ZV 44	1:09.81	200800521	<b>1:10.22</b>	+0.51	32.64	1:10.22
2.	Daniel Critchell	Deltasteur	1:13.90	200700439	<b>1:11.56</b>		33.24	1:11.56
3.	Job Sportel	VZ&PC	1:07.97	200800429	<b>1:12.22</b>		33.07	1:12.22
4.	Collard Jungeling	ZV 44	1:10.18	200701831	<b>1:15.00</b>	+0.45	34.90	1:15.00
5.	Emiel de Bruijn	Dedemsvaart-AC	1:19.19	200700953	<b>1:16.24</b>		35.52	1:16.24
6.	Melle van Veen	Dedemsvaart-AC	1:16.21	200700661	<b>1:17.77</b>		36.71	1:17.77
7.	Tijs Kruithof	Het Ravijn	1:16.84	200701181	<b>1:18.70</b>	+0.56	36.18	1:18.70
8.	Arjan Boogaard	Deltasteur	1:18.85	200800093	<b>1:20.07</b>		38.23	1:20.07
9.	Daan van Peet	De Dinkel	1:16.50	200700461	<b>1:22.22</b>	+0.60	37.77	1:22.22
10.	Gijs Vesseur	ZV 44	1:13.17	200700277	<b>1:22.38</b>	+0.74	37.78	1:22.38
11.	Milan Veelders	De Dinkel	1:20.30	200800279	<b>1:23.71</b>		39.48	1:23.71
12.	Hessel Penninkhof	Deltasteur	1:20.67	200800565	<b>1:23.79</b>	+0.57	39.19	1:23.79
13.	Thijs Poll	ZV 44	1:18.34	200700203	<b>1:23.84</b>		37.55	1:23.84
14.	Bram ter Braak	De Dinkel	1:21.52	200800281	<b>1:26.88</b>	+0.62	40.60	1:26.88
AFGEM	Siem de Zeeuw	O Z & P C	1:17.35	200800013				

Jeugd 1 en 2

1.	Rolf ter Keurs	Z&PV de Veene	1:06.42	200500137	<b>1:09.65</b>	+0.57	32.38	1:09.65
2.	Milan Lucas	De Dinkel	1:06.60	200500085	<b>1:11.91</b>	+0.50	34.02	1:11.91
3.	Storm Tolsma	ZIGNEA	1:09.44	200600277	<b>1:13.00</b>	+0.55	34.12	1:13.00
4.	Mick Mulder	WS Twente	1:10.16	200502519	<b>1:14.22</b>		33.74	1:14.22
5.	Seb Pieterman	SWOL 1894	1:14.95	200600331	<b>1:17.54</b>		36.06	1:17.54
6.	Dennis Mosterman	Dedemsvaart-AC	1:12.29	200501283	<b>1:19.67</b>		36.78	1:19.67
7.	Niek Vreeling	O Z & P C	1:11.68	200604211	<b>1:19.84</b>	+0.72	37.30	1:19.84
8.	Fimmar Rijnkels	Dedemsvaart-AC	1:17.20	200604219	<b>1:20.19</b>		37.13	1:20.19
9.	Stan Tibben	Dedemsvaart-AC	1:16.81	200503591	<b>1:21.30</b>	+0.46	38.68	1:21.30
10.	Mees Rienties	SWOL 1894	1:17.20	200500059	<b>1:21.60</b>	+0.68	37.32	1:21.60
11.	Geert Almekinders	ZV 44	1:17.03	200501097	<b>1:21.78</b>	+0.53	36.89	1:21.78
12.	Maarten Eertink	Hera'11	1:17.29	200501149	<b>1:24.70</b>	+0.58	37.05	1:24.70

Senioren 1 en 2

1.	Kylian Heederik	SWOL 1894	1:04.00	200300353	<b>1:08.96</b>		32.55	1:08.96
2.	Ruben Hoeve	ZV 44	1:07.70	200302179	<b>1:09.95</b>	+0.50	31.51	1:09.95
3.	Jesper Bos	WS Twente	1:06.20	200401017	<b>1:11.29</b>	+0.54	32.73	1:11.29
4.	Kay van Sleen	Steenwijk 1934	1:13.89	200400083	<b>1:14.06</b>	+0.81	34.71	1:14.06
5.	Robin van den Berg	ZV 44	1:07.62	200400699	<b>1:15.68</b>	+0.68	34.57	1:15.68
6.	Lasse Ophuis	WS Twente	1:16.83	200400027	<b>1:17.16</b>		36.33	1:17.16
7.	Bart Oude Egbrink	O Z & P C	1:13.70	200300491	<b>1:19.95</b>		37.57	1:19.95

Senioren

1.	Gideon Teeuw	Z&PV de Veene	1:12.26	199801237	<b>1:15.97</b>	+0.71	35.49	1:15.97
2.	Bart Kooiker	De Dinkel	1:13.99	200100705	<b>1:17.76</b>	+0.65	36.24	1:17.76

Programmanr. 33  
20-5-2023 - 16:25

Dames, 4 x 100m vrije slag

All in  
Resultaten

rang	vereniging	intijd	tijd	RT
1.	Dedemsvaart-AC 1	3:55.62	<b>4:09.70</b>	+0.54
	Michelle Zomerdijk +0.54 28.92	1:01.55	Marlies Dijsselhof +0.19 30.18	1:05.71
	Linde Kolkman +0.22 28.54	1:01.81	Ismay Lichtendonk +0.39 29.12	1:00.63
2.	De Dinkel 1	4:07.04	<b>4:13.18</b>	
	Pien Hemmelder 08 31.31	1:04.56	Barbara Broekhuis 07 29.58	1:00.72
	Laurien Gliese-Sloojer 07 31.01	1:04.76	Eline Lutters 06 30.25	1:03.14
3.	WS Twente 1	4:07.00	<b>4:13.27</b>	+0.63
	Isabelle Elsweier +0.63 29.61	1:01.48	Heleen Broshuis 30.81	1:06.12
	Mirte Boswinkel +0.37 31.24	1:07.18	Lieke Oude Lenferink 58.49	
4.	Steenwijk 1934 1	4:06.23	<b>4:14.60</b>	+0.54
	Puk Lubbers +0.54 29.90	1:04.07	Maud Dokter +0.16 30.55	1:04.61
	Jolijn Liezen 30.03	1:03.11	Michelle van den Hoofdakker +0.38 29.58	1:02.81

Programmanr. 34  
21-5-2023 - 13:00

Heren, 50m vrije slag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 1 en 2</b>					
1.	Ruben Nooter	ZV 44	28.95	200901577	<b>28.17</b>
2.	Sven Casper Hageman	Deltasteur	28.89	201000009	<b>28.30</b>
3.	Finn Stamsnieder	O Z & P C	29.59	200900225	<b>29.13</b>
4.	Roan van der Stege	SWOL 1894	30.62	200900107	<b>29.18</b>
5.	Bram Kulpe	Z&PV de Veene	30.31	200900329	<b>29.83</b>
6.	Dhamin Ouali	SWOL 1894	30.97	200902771	<b>30.03</b>
7.	Ruben Kragt	ZV 44	29.55	201000007	<b>30.20</b>
8.	Dyon Scholten	Steenwijk 1934	30.62	200900095	<b>30.41</b>
9.	Niek Endeman	Deltasteur	30.59	200902567	<b>30.42</b>
10.	Duuk Harms	Dedemsvaart-AC	29.70	200900201	<b>30.46</b>
11.	Dani Yefimov	WS Twente	30.48	200901305	<b>30.74</b>
12.	Djulian Versteeg	ZIGNEA	32.44	201002655	<b>31.11</b>
13.	Noud Assinck	ZIGNEA	30.86	200900047	<b>31.20</b>
14.	Abe Pasop	De Grunte	31.52	201000501	<b>31.29</b>
15.	Guus van Duinen	Dedemsvaart-AC	31.73	200901107	<b>31.31</b>
16.	Ryan Freriksen	SWOL 1894	32.18	201000301	<b>31.56</b>
17.	Rinse de Jonge	De Grunte	32.03	200900705	<b>31.94</b>
18.	Kick Germers	SWOL 1894	32.24	201000185	<b>32.01</b>
19.	Joep van Nijen	Z&PV de Veene	33.40	201000545	<b>32.51</b>
20.	Rafael Agterbos	O Z & P C	32.92	201000171	<b>33.00</b>
21.	Alex Spijker	Dedemsvaart-AC	34.75	201002457	<b>33.05</b>
22.	Björn van Veen	ZIGNEA	34.23	201000157	<b>33.08</b>
23.	Jens Rikhof	De Dinkel	33.28	201001239	<b>33.29</b>
24.	Twan Felix	Deltasteur	33.62	201000123	<b>33.32</b>
25.	Gerdian Leeftink	ZPC De Hof	33.44	201000091	<b>33.48</b>
26.	Daan Alink	ZPC De Hof	34.34	201000241	<b>33.76</b>
27.	Tristan Meijers	SWOL 1894	32.59	201000089	<b>34.09</b>
28.	Daan Emming	SWOL 1894	33.86	201003115	<b>34.25</b>
29.	Gijs Nooter	ZV 44	33.50	201000725	<b>34.55</b>
30.	Julian Flikweert	ZIGNEA	33.52	201001185	<b>38.11</b>
NG	Jasper Tanner	EZCL (SG)	30.20	200901109	

**Junioren 3 en 4**

1.	Jaydey Schonewille	Steenwijk 1934	26.04	200800025	<b>26.03</b>
2.	Gijs Vesseur	ZV 44	26.29	200700277	<b>26.16</b>
3.	Tijs Kruihof	Het Ravijn	26.32	200701181	<b>26.21</b>
4.	Job Sportel	VZ&PC	26.48	200800429	<b>26.26</b>
5.	Daan van Peet	De Dinkel	26.32	200700461	<b>26.68</b>
6.	Emiel de Bruijn	Dedemsvaart-AC	26.96	200700953	<b>26.75</b>
7.	Thijs Poll	ZV 44	26.47	200700203	<b>26.86</b>
8.	Youp Stuifzand	ZV 44	26.43	200800521	<b>26.94</b>
9.	Milan Veelders	De Dinkel	25.85	200800279	<b>26.99</b>
10.	Bjorn Scholten	WS Twente	26.83	200801143	<b>27.07</b>
11.	Mart Tempelman	Dedemsvaart-AC	26.00	200801075	<b>27.11</b>
12.	Job Riezebos	Deltasteur	27.42	200700137	<b>27.12</b>

Programmanr. 34, Jongens, 50m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd		tijd	RT
13.	Lias IJzerman	Dedemsvaart-AC	26.69	200703145	<b>27.17</b>	
14.	Thomas van Velzen	ZV 44	26.99	200703189	<b>27.20</b>	+0.65
15.	Arjan Boogaard	Deltasteur	27.32	200800093	<b>27.27</b>	
16.	Daniel Critchell	Deltasteur	27.59	200700439	<b>27.60</b>	+0.61
17.	Diede Veld	SWOL 1894	28.59	200800011	<b>27.93</b>	
18.	Hessel Penninkhof	Deltasteur	28.52	200800565	<b>28.04</b>	
19.	Robin Schutrup	SWOL 1894	27.61	200701193	<b>28.27</b>	
NG	Vasco Strampel	Steenwijk 1934	27.78	200702073		
NG	Bram ter Braak	De Dinkel	26.80	200800281		

Jeugd 1 en 2

1.	Rolf ter Keurs	Z&PV de Veene	24.56	200500137	<b>25.15</b>	+0.63
2.	Finn Slinkman	ZPC De Hof	25.53	200500081	<b>25.75</b>	+0.63
3.	Stan Tibben	Dedemsvaart-AC	25.70	200503591	<b>26.28</b>	+0.43
4.	Gijs Vrieling	Dedemsvaart-AC	26.36	200503811	<b>26.41</b>	
5.	Niek Vreeling	O Z & P C	26.35	200604211	<b>26.54</b>	+0.57
6.	William Kragt	ZV 44	27.12	200503133	<b>26.74</b>	
7.	Milan Lucas	De Dinkel	25.70	200500085	<b>26.76</b>	+0.65
8.	Wes Velthuis	O Z & P C	27.02	200602217	<b>26.83</b>	
9.	Dennis Mosterman	Dedemsvaart-AC	27.26	200501283	<b>26.87</b>	+0.48
10.	Mick Mulder	WS Twente	27.02	200502519	<b>27.37</b>	+0.48
11.	Finmar Rijnkels	Dedemsvaart-AC	27.45	200604219	<b>27.59</b>	
12.	Hielke Jan Penninkhof	Deltasteur	26.36	200500569	<b>27.76</b>	+0.62

Senioren 1 en 2

1.	Vince van der Pal	SWOL 1894	22.83	200401869	<b>23.32</b>	+0.60
2.	Robin van den Berg	ZV 44	24.23	200400699	<b>25.49</b>	+0.65
3.	Kylian Heederik	SWOL 1894	25.25	200300353	<b>25.62</b>	+0.60
4.	Jacco Nijland	ZPC De Hof	25.81	200400081	<b>25.99</b>	
5.	Luuk Ruinemans	De Dinkel	25.22	200301085	<b>26.01</b>	
6.	Bart Oude Egbrink	O Z & P C	26.82	200300491	<b>26.98</b>	+0.51
7.	Jesper Bos	WS Twente	26.39	200401017	<b>27.14</b>	+0.55
8.	Ruben Hoeve	ZV 44	26.21	200302179	<b>27.19</b>	+0.66
NG	Senna van den Hoed	Steenwijk 1934	25.22	200400609		

Senioren

1.	Bart Kooiker	De Dinkel	25.92	200100705	<b>26.02</b>	+0.62
2.	Ian van der Pal	SWOL 1894	25.45	200203645	<b>27.05</b>	+0.56
NG	Jelle ten Hove	De Dinkel	25.46	200101373		

Programmanr. 35  
21-5-2023 - 13:12

Dames, 50m schoolslag

All in  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Junioren 1 en 2</b>						
1.	Paula Spans	ZV 44	35.20	201000064	<b>35.40</b>	
2.	Marit Weever	Deltasteur	40.58	201000150	<b>38.56</b>	
3.	Manoah Dekker	Deltasteur	39.22	201100656	<b>38.89</b>	
4.	Mattea Gliese-Slooijer	De Dinkel	40.90	201100008	<b>41.11</b>	
5.	Meike Hultink	De Grunte	41.38	201001686	<b>41.34</b>	
6.	Sjors Werger	Dedemsvaart-AC	42.32	201100906	<b>42.78</b>	+0.90
7.	Gwen Schuur	De Grunte	43.63	201000698	<b>43.40</b>	
8.	Isabel Amelink	Deltasteur	42.46	201100196	<b>43.75</b>	
9.	Lynn ten Berge	De Dinkel	42.88	201000884	<b>44.72</b>	
10.	Hanna Heller	de IJsel	46.46	201102730	<b>45.03</b>	
11.	Maniek Bredenoort	Dedemsvaart-AC	43.38	201000122	<b>45.33</b>	
12.	Maudi Kamphuis	De Dinkel	43.70	201000646	<b>45.51</b>	
13.	Jente van 't Hul	Deltasteur	44.03	201000186	<b>45.53</b>	+0.64
14.	Annefleur Schraa	SWOL 1894	44.19	201100044	<b>45.80</b>	
15.	Jesmé Haytink	WS Twente	42.83	201000382	<b>45.86</b>	
16.	Aimee van Tongeren	WS Twente	45.06	201100214	<b>45.91</b>	
17.	Olivia Boschloo	de IJsel	45.48	201102398	<b>46.08</b>	
18.	Britt Haverkate	ZPC De Hof	44.24	201100032	<b>46.11</b>	

Programmanr. 35, Meisjes, 50m schoolslag, Junioren 1 en 2

rang	naam	vereniging	intijd		tijd	RT
19.	Florien Pot	WS Twente	44.82	201000768	<b>46.48</b>	
20.	Maurieke Frijstein	ZV 44	45.38	201100198	<b>46.66</b>	
21.	Liz Wiersma	De Grunte	45.26	201102566	<b>47.48</b>	
22.	Donna Groen	EZCL (SG)	48.24	201101342	<b>47.70</b>	+0.61
23.	Danique Krijgsman	ZPC De Hof	47.20	201100208	<b>48.18</b>	
24.	Bregje van den Burg	WS Twente	47.28	201102318	<b>48.70</b>	
DIS	Jill Goeree	EZCL (SG)	47.61	201101248		

SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.

Junioren 3 en 4

1.	Esther Dijsselhof	Dedemsvaart-AC	35.89	200800784	<b>36.89</b>	
2.	Emmelien Smelt	ZVZwartsluis	36.42	200800012	<b>37.60</b>	
3.	Valérie Sackers	ZV 44	36.17	200800080	<b>37.63</b>	
4.	Aukje Markerink	ZPC De Hof	38.45	200802196	<b>38.92</b>	
5.	Annemijn Kragt	Deltasteur	38.41	200802710	<b>39.44</b>	+0.75
6.	Maud Stevens	Het Ravijn	38.49	200800774	<b>39.92</b>	
7.	Anique Polinder	ZV 44	39.76	200800008	<b>40.01</b>	
8.	Suus Hoogeveen	Dedemsvaart-AC	39.81	200900836	<b>40.26</b>	
9.	Simone Faber	Deltasteur	39.34	200900710	<b>40.83</b>	
10.	Ann Hietbrink	ZPC De Hof	39.79	200902444	<b>41.48</b>	
11.	Meyke Haytink	WS Twente	40.11	200801188	<b>41.50</b>	
12.	Licianne Jungeling	ZV 44	39.74	200801404	<b>41.55</b>	
13.	Daphne Dijsselhof	Dedemsvaart-AC	40.07	200901690	<b>41.70</b>	+0.78
14.	Nikki Groot Rouwen	O Z & P C	40.15	200900106	<b>41.77</b>	
15.	Esmé Sportel	Dedemsvaart-AC	40.98	200900682	<b>42.09</b>	
16.	Eva Oude Egbrink	O Z & P C	41.16	200900242	<b>42.24</b>	
17.	Pien Hemmeler	De Dinkel	41.36	200800278	<b>42.43</b>	+0.52
18.	Yaell Elmerink	de IJsel	40.54	200900310	<b>42.47</b>	
19.	Rosa Visscher	ZVZwartsluis	40.04	200800706	<b>42.88</b>	
20.	Lisa van Velzen	ZV 44	42.54	200901062	<b>43.34</b>	
21.	Lois Waterham	Dedemsvaart-AC	39.62	200803726	<b>43.56</b>	
22.	Emma Steenbrink	WS Twente	42.27	200901376	<b>43.85</b>	+0.63
NG	Emma Broekhuysen	ZV 44	40.42	200900560		

Jeugd 1 en 2

1.	Eline van Unen	Deltasteur	34.82	200600520	<b>34.86</b>	
2.	Marlies Dijsselhof	Dedemsvaart-AC	35.71	200601046	<b>36.33</b>	
3.	Barbara Broekhuis	De Dinkel	36.26	200700880	<b>36.56</b>	
4.	Renske Oude Egbrink	O Z & P C	35.59	200600040	<b>36.91</b>	
5.	Jeslyn van Hilten	SWOL 1894	38.76	200602800	<b>37.14</b>	
6.	Monica van der Meer	Deltasteur	38.78	200704288	<b>37.65</b>	+0.56
7.	Puck Kuipers	WS Twente	37.42	200603794	<b>38.40</b>	+0.83
8.	Ashley Nijveld	De Grunte	38.22	200700384	<b>39.09</b>	
9.	Mirte Boswinkel	WS Twente	39.25	200700434	<b>39.17</b>	
10.	Vivian Nooter	ZV 44	38.03	200703614	<b>39.78</b>	
11.	Féline Sam	ZV 44	38.37	200700018	<b>40.25</b>	
12.	Dieuwke Cleveringa	SWOL 1894	38.67	200700708	<b>40.71</b>	+0.71
13.	Fien de Zeeuw	O Z & P C	38.59	200600130	<b>40.93</b>	
14.	Laurien Gliese-Sloojier	De Dinkel	38.86	200700636	<b>41.29</b>	
15.	Leyona Lichtendonk	Dedemsvaart-AC	39.88	200700010	<b>42.28</b>	

Senioren 1 en 2

1.	Ismay Lichtendonk	Dedemsvaart-AC	33.73	200400622	<b>34.48</b>	+0.55
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Senioren

1.	Madelijne Schothans	De Dinkel	32.07	200002416	<b>32.65</b>	+0.58
2.	Michelle Zomerdijk	Dedemsvaart-AC	33.35	200003196	<b>35.25</b>	+0.55
3.	Marit Boxum	Deltasteur	35.89	200000068	<b>37.35</b>	
	Alessia Sluis	Dedemsvaart-AC	35.33	200300896	<b>37.35</b>	+0.74
5.	Djamilla Gerner	Deltasteur	33.78	199905606	<b>38.41</b>	

Programmanr. 36  
21-5-2023 - 13:44

Jongens, 4 x 100m vrije slag

Junioren  
Resultaten

rang	vereniging	intijd	tijd	RT	
1.	ZV 44 1	ZV 44	3:49.06	3:56.59	+0.47
	Thomas van Velzen	+0.47 28.29	59.87 Collard Jungeling	+0.06 27.54	58.37
	Youp Stuifzand	+0.21 27.97	1:00.13 Gijs Vesseeur	+0.35 27.48	58.22
2.	Dedemsvaart-AC 1	Dedemsvaart-AC	3:53.96	3:56.73	
	Lias IJzerman	07 28.60	59.78 Emiel de Bruijn	07 27.87	58.60
	Mart Tempelman	08 28.32	1:00.61 Melle van Veen	07 27.70	57.74
3.	Deltasteur 1	Deltasteur	3:52.10	4:00.88	
	Job Riezebos	28.27	59.50 Daniel Critchell	+0.32 28.67	1:00.83
	Hessel Penninkhof	+0.12 28.69	1:01.92 Arjan Boogaard	28.07	58.63
4.	SWOL 1894 1	SWOL 1894	4:16.47	4:15.97	
	Diede Veld	08 29.08	1:00.09 Roan van der Stege	09 30.95	1:04.75
	Dhamin Ouali	09 31.13	1:06.18 Robin Schutrurp	07 30.14	1:04.95
DIS	De Dinkel 1	De Dinkel	3:42.04		
	<i>EA - Te vroeg overgenomen., 4e zwemmer</i>				
	Tiede Groener	26.93	55.97 Milan Veelders	27.37	58.07
	Daan van Peet	+0.37 27.34	57.59 Amoud Bult	-0.04	
NG	Steenwijk 1934 1	Steenwijk 1934	4:04.92		
NG	Deltasteur 2	Deltasteur	4:39.97		

Programmanr. 37  
21-5-2023 - 13:49

Dames, 200m vlinderslag

All in  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m	
<b>Junioren 1 en 2</b>									
1.	K. van Doeselaar	EZCL (SG)	3:32.97 201000478	3:27.13	43.10	1:35.69	2:32.65	3:27.13	
2.	Lisa Boogaard	Deltasteur	3:56.78 201100990	3:47.51	49.37	1:47.33	2:48.06	3:47.51	
<b>Junioren 3 en 4</b>									
1.	Emmelien Smelt	ZVZwartsluis	2:31.64 200800012	2:38.37	33.61	1:14.02	1:55.48	2:38.37	
2.	H. Markovinovic	WS Twente	2:38.94 200803266	2:45.11	+0.70	34.33	1:14.99	1:58.91	2:45.11
3.	Marlouke Frijstein	ZV 44	2:51.86 200800152	2:57.75	36.43	1:21.20	2:09.67	2:57.75	
4.	Meyke Haytink	WS Twente	3:06.76 200801188	3:04.87	+0.64	39.71	1:29.70	2:20.76	3:04.87
5.	Anique Polinder	ZV 44	3:17.70 200800008	3:21.77	42.19	1:35.86	2:31.18	3:21.77	
6.	Licianne Jungeling	ZV 44	3:06.39 200801404	3:22.42	42.72	1:34.91	2:30.92	3:22.42	
7.	Rosa Visscher	ZVZwartsluis	3:15.50 200800706	3:25.56	38.03	1:29.09	2:26.65	3:25.56	
AFGEM	Daphne Dijsselhof	Dedemsvaart-AC	3:20.12 200901690						
AFGEM	Ilse Lebbink	ZIGNEA	3:13.40 200800088						
<b>Jeugd 1 en 2</b>									
1.	Eline Lutters	De Dinkel	2:33.38 200600322	2:42.64	33.66	1:13.61	1:57.72	2:42.64	
2.	Leyona Lichtendonk	Dedemsvaart-AC	2:54.59 200700010	2:54.60	35.49	1:19.99	2:06.83	2:54.60	
3.	Rebecca Reurink	Dedemsvaart-AC	2:48.55 200602112	2:54.64	34.77	1:16.77	2:04.65	2:54.64	
4.	Sofie Kragt	Dedemsvaart-AC	3:01.74 200701020	3:04.28	38.92	1:27.92	2:17.36	3:04.28	
5.	Lily Zandstra	Dedemsvaart-AC	3:00.81 200701418	3:15.57	+0.56	39.08	1:26.14	2:19.36	3:15.57
<b>Senioren 1 en 2</b>									
1.	Ismay Lichtendonk	Dedemsvaart-AC	2:21.53 200400622	2:30.21	+0.60	31.95	1:10.40	1:51.38	2:30.21
<b>Senioren</b>									
1.	Michelle Zomerdijk	Dedemsvaart-AC	2:29.94 200003196	2:38.80	+0.65	34.72	1:15.44	1:56.60	2:38.80
2.	Romée Beverdam	WS Twente	2:58.75 200100158	3:02.57		38.41	1:24.64	2:14.01	3:02.57

Programmanr. 38  
21-5-2023 - 14:01

Heren, 200m schoolslag

All in  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
<b>Junioren 1 en 2</b>								
1. Dani Yefimov	WS Twente	2:56.79 200901305	<b>2:56.99</b>		38.81	1:25.41	2:11.52	2:56.99
2. Duuk Harms	Dedemsvaart-AC	2:59.99 200900201	<b>2:57.24</b>		40.30	1:26.61	2:12.75	2:57.24
3. Ruben Nooter	ZV 44	3:10.23 200901577	<b>3:02.31</b>		39.84	1:27.18	2:16.36	3:02.31
4. Noud Assinck	ZIGNEA	3:10.70 200900047	<b>3:06.17</b>		41.69	1:29.07	2:18.90	3:06.17
5. Bram Kulpe	Z&PV de Veene	3:10.57 200900329	<b>3:06.55</b>	+0.80	42.00	1:29.70	2:17.82	3:06.55
6. Robbin Eijkelkamp	ZPC De Hof	3:00.07 200900031	<b>3:09.77</b>		42.63	1:30.47	2:19.72	3:09.77
7. S. Hageman	Deltasteur	3:15.24 201000009	<b>3:12.60</b>		42.57	1:31.75	2:22.22	3:12.60
8. Danny Hemelrijk	ZIGNEA	3:19.18 200902785	<b>3:14.62</b>		43.68	1:33.81	2:24.51	3:14.62
9. Ruben Kragt	ZV 44	3:11.46 201000007	<b>3:16.24</b>		43.64	1:34.05	2:25.88	3:16.24
10. Tristan Meijers	SWOL 1894	3:13.32 201000089	<b>3:17.52</b>		46.19	1:38.11	2:29.00	3:17.52
11. Joep van Nijen	Z&PV de Veene	3:12.11 201000545	<b>3:18.15</b>		44.02	1:34.54	2:26.55	3:18.15
12. Abe Pasop	De Grunte	3:21.82 201000501	<b>3:18.59</b>		44.37	1:34.07	2:25.67	3:18.59
13. Gerdian Leeftink	ZPC De Hof	3:25.67 201000091	<b>3:22.29</b>		45.15	1:37.22	2:30.67	3:22.29
14. Guus van Duinen	Dedemsvaart-AC	3:08.81 200901107	<b>3:23.75</b>		45.97	1:38.47	2:31.50	3:23.75
15. Joas Norden	De Grunte	3:18.00 200902705	<b>3:23.92</b>	+0.68	44.46	1:37.18	2:34.91	3:23.92
DIS Kick Germers	SWOL 1894	3:10.44 201000185		+0.62				

SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.

#### Junioren 3 en 4

1. Youp Stuifzand	ZV 44	2:38.71 200800521	<b>2:34.72</b>	+0.50	33.60	1:13.83	1:56.87	2:34.72
2. Job Sportel	VZ&PC	2:34.26 200800429	<b>2:39.59</b>		34.60	1:15.01	1:56.17	2:39.59
3. Collard Jungeling	ZV 44	2:32.08 200701831	<b>2:41.11</b>	+0.45	36.65	1:18.86	2:01.03	2:41.11
4. Melle van Veen	Dedemsvaart-AC	2:44.83 200700661	<b>2:45.00</b>		37.21	1:18.27	2:02.06	2:45.00
5. Emiel de Bruijn	Dedemsvaart-AC	2:44.22 200700953	<b>2:49.59</b>		37.18	1:19.86	2:05.06	2:49.59
6. Daniel Critchell	Deltasteur	2:40.68 200700439	<b>2:52.18</b>	+0.64	37.49	1:22.15	2:06.79	2:52.18
7. Thijs Poll	ZV 44	2:45.24 200700203	<b>2:57.78</b>		38.90	1:24.47	2:11.08	2:57.78
8. Arjan Boogaard	Deltasteur	2:59.51 200800093	<b>3:00.57</b>		40.74	1:27.12	2:15.16	3:00.57
9. Teun van Weeren	WS Twente	2:58.40 200801145	<b>3:03.16</b>		42.13	1:29.19	2:16.14	3:03.16
10. Daan van Peet	De Dinkel	2:48.27 200700461	<b>3:05.52</b>	+0.55	40.13	1:26.81	2:16.65	3:05.52

#### Jeugd 1 en 2

1. Sven Klink	SWOL 1894	2:27.45 200500349	<b>2:33.60</b>	+0.59	35.47	1:15.21	1:53.93	2:33.60
2. Storm Tolsma	ZIGNEA	2:36.39 200600277	<b>2:39.58</b>	+0.59	36.16	1:17.12	1:57.87	2:39.58
3. Milan Lucas	De Dinkel	2:28.20 200500085	<b>2:43.10</b>	+0.61	36.10	1:18.02	2:00.32	2:43.10
4. Mick Mulder	WS Twente	2:41.65 200502519	<b>2:45.09</b>	+0.69	35.32	1:18.00	2:01.23	2:45.09
5. Niek Vreeling	O Z & P C	2:39.95 200604211	<b>2:52.67</b>		38.20	1:22.03	2:08.48	2:52.67
6. Dennis Mosterman	Dedemsvaart-AC	2:42.57 200501283	<b>2:54.74</b>		38.73	1:23.25	2:09.79	2:54.74

#### Senioren 1 en 2

1. Kylian Heederik	SWOL 1894	2:23.06 200300353	<b>2:32.44</b>	+0.55	34.48	1:13.80	1:53.33	2:32.44
2. Kay van Sleen	Steenwijk 1934	2:42.50 200400083	<b>2:37.52</b>	+0.62	35.24	1:15.69	1:56.26	2:37.52
3. Ruben Hoeve	ZV 44	2:40.36 200302179	<b>2:38.06</b>	+0.68	34.80	1:16.50	1:58.03	2:38.06
4. Luuk Ruinemans	De Dinkel	2:42.89 200301085	<b>2:39.93</b>		35.36	1:15.29	1:57.30	2:39.93

Programmanr. 39  
21-5-2023 - 14:23

Dames, 200m rugslag

All in  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
<b>Junioren 1 en 2</b>								
1. Paula Spans	ZV 44	2:39.24 201000064	<b>2:39.54</b>	+0.72	36.86	1:17.51	1:58.58	2:39.54
2. M. Gliese-Slooijs	De Dinkel	2:44.16 201100008	<b>2:45.59</b>	+0.73	37.76	1:19.74	2:02.66	2:45.59
3. Eline Eertink	Hera'11	2:57.17 201000158	<b>2:49.54</b>	+0.62	37.65	1:20.85	2:06.65	2:49.54
4. Lynn ten Berge	De Dinkel	2:50.35 201000884	<b>2:55.74</b>	+0.72	41.63	1:27.21	2:11.94	2:55.74
5. Florian Pot	WS Twente	2:56.83 201000768	<b>2:58.26</b>	+0.70	41.74	1:27.59	2:14.17	2:58.26
6. Annefleur Schraa	SWOL 1894	2:58.89 201100044	<b>2:58.59</b>	+0.71	43.02	1:29.11	2:14.43	2:58.59
7. Maniek Bredenoort	Dedemsvaart-AC	2:55.99 201000122	<b>3:00.20</b>	+0.72	40.52	1:25.09	2:13.31	3:00.20
8. Jesmé Haytink	WS Twente	3:00.96 201000382	<b>3:02.78</b>	+0.60	44.74	1:31.71	2:18.72	3:02.78



Programmanr. 39, Meisjes, 200m rugslag, Junioren 1 en 2

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
9. Isabel Amelink	Deltasteur	3:18.12 201100196	<b>3:02.84</b>	+0.85	44.30	1:31.20	2:18.00	3:02.84
10. Lieke Boers	De Dinkel	3:14.23 201000644	<b>3:05.89</b>	+0.77	44.40	1:33.08	2:20.00	3:05.89
11. Amber Spronk	Deltasteur	3:16.32 201000970	<b>3:06.99</b>	+0.83	44.23	1:33.27	2:20.36	3:06.99
12. Romyrle ter Maat	De Dinkel	3:22.17 201100030	<b>3:08.47</b>	+0.64	44.90	1:33.42	2:22.93	3:08.47
13. Wiep Huttenhuis	De Dinkel	3:08.43 201002282	<b>3:09.49</b>	+0.64	44.45	1:32.57	2:22.68	3:09.49
14. Sophie Kortenschijl 150 m*	WS Twente	3:27.03 201100672	<b>3:10.64</b>		44.17	1:33.89	2:24.31	3:10.64
15. Manora Ponne	Steenwijk 1934	3:23.90 201102222	<b>3:11.04</b>	+0.66	43.93	1:33.97	2:24.39	3:11.04
16. Anna Schuurman	ZV 44	3:08.47 201000076	<b>3:13.02</b>	+0.89	44.88	1:33.69	2:24.06	3:13.02
17. Maurieke Frijstein	ZV 44	3:09.55 201100198	<b>3:14.97</b>	+0.94	45.85	1:36.20	2:26.73	3:14.97
18. Danique Krijgsman	ZPC De Hof	3:10.77 201100208	<b>3:17.22</b>	+0.72	45.32	1:36.78	2:28.10	3:17.22
19. Liz Wiersma	De Grunte	3:09.33 201102566	<b>3:17.80</b>	+0.70	45.35	1:34.99	2:26.48	3:17.80
20. Maudi Kamphuis 150 m*	De Dinkel	3:12.39 201000646	<b>3:18.78</b>	+0.72	46.11	1:35.61	2:27.62	3:18.78
AFGEM Annemiek Back	De Grunte	3:10.80 201000700						

Junioren 3 en 4

1. Valérie Sakkers	ZV 44	2:30.65 200800080	<b>2:38.06</b>	+0.65	36.06	1:16.80	1:57.93	2:38.06
2. Marlouke Frijstein	ZV 44	2:45.69 200800152	<b>2:43.92</b>	+0.69	39.20	1:20.59	2:02.53	2:43.92
3. Anne van der Kamp	Deltasteur	2:41.12 200900274	<b>2:45.23</b>	+0.74	39.22	1:21.28	2:03.68	2:45.23
4. Simone Faber	Deltasteur	2:45.51 200900710	<b>2:46.49</b>	+0.75	39.13	1:22.27	2:06.75	2:46.49
5. Maud Stevens	Het Ravijn	2:45.43 200800774	<b>2:46.92</b>	+0.69	38.25	1:21.48	2:04.89	2:46.92
6. Esmé Sportel	Dedemsvaart-AC	2:40.20 200900682	<b>2:48.71</b>	+0.74	40.94	1:25.26	2:07.75	2:48.71
7. Aukje Markerink	ZPC De Hof	2:50.03 200802196	<b>2:48.99</b>	+0.70	39.21	1:22.85	2:07.03	2:48.99
8. Karlijn Bredenoort	Dedemsvaart-AC	2:45.42 200800340	<b>2:49.40</b>	+0.73	39.41	1:21.75	2:06.94	2:49.40
9. Emma Steenbrink	WS Twente	2:48.32 200901376	<b>2:49.62</b>	+0.72	41.53	1:24.81	2:08.55	2:49.62
10. Daphne Dijsselhof	Dedemsvaart-AC	2:52.79 200901690	<b>2:49.85</b>	+0.72	40.22	1:24.56	2:08.08	2:49.85
11. Mila Soethof	De Dinkel	2:48.97 200900482	<b>2:50.12</b>	+0.61	39.02	1:23.13	2:07.68	2:50.12
12. Pien Hemmelder	De Dinkel	2:49.54 200800278	<b>2:52.74</b>	+0.69	40.71	1:24.76	2:09.73	2:52.74
13. Ann Hietbrink	ZPC De Hof	2:47.43 200902444	<b>2:58.77</b>	+0.74	41.66	1:28.28	2:15.53	2:58.77

Jeugd 1 en 2

1. Elise Schaapveld 200 m*	ZV 44	2:24.42 200703006	<b>2:31.60</b>	+0.79	35.15	1:13.64	1:53.12	2:31.60
2. Marlies Dijsselhof	Dedemsvaart-AC	2:27.27 200601046	<b>2:33.26</b>	+0.70	34.49	1:13.69	1:53.98	2:33.26
3. Féline Sam	ZV 44	2:34.32 200700018	<b>2:36.26</b>	+0.72	35.52	1:16.00	1:56.76	2:36.26
4. Carlein Polinder	ZV 44	2:32.86 200600128	<b>2:36.36</b>	+0.67	35.64	1:15.00	1:55.99	2:36.36
5. Renske Oude Egbrink	O Z & P C	2:31.34 200600040	<b>2:38.94</b>	+0.70	36.33	1:16.70	1:57.56	2:38.94
6. Julia van den Bosch	Deltasteur	2:29.43 200600232	<b>2:40.26</b>	+0.61	37.12	1:17.20	1:59.18	2:40.26
7. Maud Dokter	Steenwijk 1934	2:31.81 200601672	<b>2:44.53</b>	+0.74	38.19	1:18.75	2:02.04	2:44.53

Senioren 1 en 2

1. Ismay Lichtendonk	Dedemsvaart-AC	2:14.69 200400622	<b>2:20.82</b>	+0.60	33.04	1:10.60	1:46.38	2:20.82
2. Yke Groener	De Dinkel	2:12.93 200500772	<b>2:24.23</b>	+0.67	32.95	1:10.00	1:46.77	2:24.23

Senioren

1. Marit Boxum	Deltasteur	2:26.71 200000068	<b>2:39.89</b>	+0.77	36.96	1:19.04	1:58.53	2:39.89
AFGEM Lieke Oude Lenferink	WS Twente	2:09.61 200200068						

Programmanr. 40  
21-5-2023 - 15:12

Dames, 4 x 200m vrije slag

All in  
Resultaten

rang	vereniging	intijd	tijd	RT
<b>Junioren</b>				
1.	ZV 44	9:25.48	<b>9:41.67</b>	
	Valérie Sakkers	08 32.10	1:08.84 1:46.39 2:22.79	2:22.79
	Marlouke Frijstein	08 32.95	1:09.38 1:47.16 2:23.69	2:23.69
	Anique Polinder	08 33.17	1:11.99 1:53.33 2:32.85	2:32.85
	Paula Spans	10 31.61	1:06.96 1:45.24 2:22.34	2:22.34
2.	Dedemsvaart-AC 2	9:49.16	<b>9:58.14</b>	
	Esther Dijsselhof	08 33.26	1:11.28 1:50.88 2:30.17	2:30.17
	Esmé Sportel	09 37.20	1:18.80 2:02.08 2:39.98	2:39.98
	Daphne Dijsselhof	09 32.66	1:09.74 1:49.37 2:26.70	2:26.70
	Lois Waterham	08 31.68	1:07.35 1:45.22 2:21.29	2:21.29
3.	De Dinkel 2	9:55.72	<b>10:02.92</b>	
	Pien Hemmelder	08 32.62	1:08.95 1:46.91 2:23.64	2:23.64
	Mattea Gliese-Sloojier	11 32.62	1:10.96 1:51.21 2:31.11	2:31.11
	Lynn ten Berge	10 +0.17 33.02	1:12.39 1:53.93 2:34.78	2:34.78
	Mila Soethof	09 34.80	1:13.74 1:54.04 2:33.39	2:33.39
4.	De Dinkel 3	10:55.91	<b>11:15.07</b>	
	Marinde ter Maat	09 36.70	1:17.70 2:01.89 2:43.74	2:43.74
	Wiep Huttenhuis	10 38.41	1:22.06 2:06.93 2:48.05	2:48.05
	Imke Oude Engberink	11 36.11	1:18.49 2:04.73 2:48.59	2:48.59
	Lieke Boers	10 39.48	1:25.13 2:11.23 2:54.69	2:54.69

All in

1.	De Dinkel 1	De Dinkel	8:48.56	<b>9:06.56</b>	+0.73
	Yke Groener	05 +0.73 30.26	1:04.82 1:39.61 2:14.26	2:14.26	
	Eline Lutters	06 +0.11 30.49	1:05.79 1:41.57 2:18.40	2:18.40	
	Laurien Gliese-Sloojier	07 +0.33 31.16	1:07.15 1:44.37 2:21.75	2:21.75	
	Barbara Broekhuis	07 +0.47 29.87	1:02.85 1:37.31 2:12.15	2:12.15	
2.	Dedemsvaart-AC 1	Dedemsvaart-AC	8:44.17	<b>9:10.98</b>	+0.59
	Michelle Zomerdijk	00 +0.59 31.10	1:06.18 1:41.38 2:16.82	2:16.82	
	Alessia Sluis	03 +0.25 29.40	1:03.89 1:41.81 2:21.59	2:21.59	
	Leyona Lichtendonk	07 +0.30 32.00	1:08.02 1:45.05 2:21.58	2:21.58	
	Ismay Lichtendonk	04 +0.26 28.97	1:01.95 1:35.69 2:10.99	2:10.99	
3.	Steenwijk 1934 1	Steenwijk 1934	9:28.63	<b>9:37.95</b>	
	Maud Dokter	06 33.24	1:10.88 1:48.53 2:24.02	2:24.02	
	Karijnn Dijkshoorn	08 34.03	1:13.34 1:54.87 2:34.82	2:34.82	
	Puk Lubbers	06 +0.41 30.43	1:07.02 1:44.29 2:21.55	2:21.55	
	Jolijn Liezen	05 29.74	1:04.11 1:40.24 2:17.56	2:17.56	
4.	WS Twente 1	WS Twente	9:33.44	<b>9:49.72</b>	
	Heleen Broshuis	07 32.18	1:10.74 1:51.37 2:31.45	2:31.45	
	Meyke Haytink	08 33.06	1:11.82 1:51.37 2:30.15	2:30.15	
	Puck Kuipers	06 32.13	1:09.13 1:48.35 2:28.82	2:28.82	
	Hannah Markovinovic	08 31.34	1:07.12 1:43.55 2:19.30	2:19.30	

Programmanr. 41  
21-5-2023 - 15:23

Heren, 400m wisselslag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 1 en 2</b>					
1.	Duuk Harms	Dedemsvaart-AC	5:43.79	200900201	<b>5:34.80</b>
	50m: 36.37	36.37 150m: 2:02.53	41.42 250m: 3:32.43	48.68 350m: 4:59.47	37.72
	100m: 1:21.11	44.74 200m: 2:43.75	41.22 300m: 4:21.75	49.32 400m: 5:34.80	35.33
2.	Ruben Nooter	ZV 44	5:35.07	200901577	<b>5:35.13</b>
	50m: 32.76	32.76 150m: 2:04.07	43.75 250m: 3:33.71	47.11 350m: 5:00.46	38.14
	100m: 1:20.32	47.56 200m: 2:46.60	42.53 300m: 4:22.32	48.61 400m: 5:35.13	34.67
3.	Ruben Kragt	ZV 44	5:41.04	201000007	<b>5:49.13</b>
	50m: 34.04	34.04 150m: 2:03.23	45.07 250m: 3:37.13	50.07 350m: 5:10.18	40.65
	100m: 1:18.16	44.12 200m: 2:47.06	43.83 300m: 4:29.53	52.40 400m: 5:49.13	38.95
4.	Finn Stamnieder	O Z & P C	5:58.40	200900225	<b>6:04.54</b>
	50m: 38.51	38.51 150m: 2:11.89	44.01 250m: 3:48.16	52.49 350m: 5:23.22	40.89
	100m: 1:27.88	49.37 200m: 2:55.67	43.78 300m: 4:42.33	54.17 400m: 6:04.54	41.32
5.	Noud Assinck	ZIGNEA	5:58.17	200900047	<b>6:07.79</b>
	50m: 39.94	39.94 150m: 2:16.24	46.26 250m: 3:54.68	52.48 350m: 5:28.15	41.98
	100m: 1:29.98	50.04 200m: 3:02.20	45.96 300m: 4:46.17	51.49 400m: 6:07.79	39.64

Programmanr. 41, Jongens, 400m wisselslag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
6.	Guus van Duinen *150m	Dedemsvaart-AC	6:07.57	200901107	<b>6:11.95</b>			
	50m: 41.07	41.07	150m: 2:20.45	47.79	250m: 3:59.08	52.67	350m: 5:33.57	40.70
	100m: 1:32.66	51.59	200m: 3:06.41	45.96	300m: 4:52.87	53.79	400m: 6:11.95	38.38
7.	Tristan Meijers	SWOL 1894	6:02.89	201000089	<b>6:19.21</b>			
	50m: 47.75	47.75	150m: 2:31.16	47.29	250m: 4:08.92	52.54	350m: 5:41.17	40.96
	100m: 1:43.87	56.12	200m: 3:16.38	45.22	300m: 5:00.21	51.29	400m: 6:19.21	38.04
8.	Robbin Eijkelkamp	ZPC De Hof	6:29.84	200900031	<b>6:23.70</b>			
	50m: 47.95	47.95	150m: 2:30.68	49.57	250m: 4:11.06	51.60	350m: 5:45.17	42.01
	100m: 1:41.11	53.16	200m: 3:19.46	48.78	300m: 5:03.16	52.10	400m: 6:23.70	38.53
9.	Björn van Veen	ZIGNEA	6:35.36	201000157	<b>6:39.00</b>			
	50m: 45.14	45.14	150m: 2:31.60	50.81	250m: 4:15.71	56.27	350m: 5:57.00	45.92
	100m: 1:40.79	55.65	200m: 3:19.44	47.84	300m: 5:11.08	55.37	400m: 6:39.00	42.00
10.	Djulian Versteeg	ZIGNEA	6:33.62	201002655	<b>6:39.90</b>	+0.71		
	50m: 46.13	46.13	150m: 2:36.15	49.74	250m: 4:20.33	56.59	350m: 6:00.47	41.55
	100m: 1:46.41	1:00.28	200m: 3:23.74	47.59	300m: 5:18.92	58.59	400m: 6:39.90	39.43
11.	Gijs Nooter	ZV 44	6:50.13	201000725	<b>6:40.30</b>			
	50m: 47.30	47.30	150m: 2:37.26	49.09	250m: 4:21.85	55.96	350m: 5:59.26	42.94
	100m: 1:48.17	1:00.87	200m: 3:25.89	48.63	300m: 5:16.32	54.47	400m: 6:40.30	41.04
12.	Rinse de Jonge	De Grunte	6:22.36	200900705	<b>6:42.42</b>			
	50m: 43.33	43.33	150m: 2:28.62	50.61	250m: 4:17.41	1:01.15	350m: 6:02.49	42.51
	100m: 1:38.01	54.68	200m: 3:16.26	47.64	300m: 5:19.98	1:02.57	400m: 6:42.42	39.93
13.	Roan Dijkstra	Dedemsvaart-AC	6:45.02	201002791	<b>6:50.47</b>			
	50m: 45.08	45.08	150m: 2:28.87	48.28	250m: 4:17.29	1:01.01	350m: 6:05.49	47.20
	100m: 1:40.59	55.51	200m: 3:16.28	47.41	300m: 5:18.29	1:01.00	400m: 6:50.47	44.98
DIS	Rafaël Agterbos	O Z & P C	6:44.54	201000171				
	<i>VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.</i>							
DIS	Jens Rikhof	De Dinkel	6:56.93	201001239				
	<i>VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.</i>							
DIS	Danny Hemelrijk	ZIGNEA	6:25.03	200902785				
	<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten., RH</i>							

Junioren 3 en 4

1.	Tiede Groener	De Dinkel	4:43.40	200700155	<b>4:57.22</b>			
	50m: 29.66	29.66	150m: 1:46.09	40.45	250m: 3:06.52	40.99	350m: 4:24.57	35.00
	100m: 1:05.64	35.98	200m: 2:25.53	39.44	300m: 3:49.57	43.05	400m: 4:57.22	32.65
2.	Collard Jungeling	ZV 44	4:57.27	200701831	<b>5:06.85</b>	+0.44		
	50m: 30.78	30.78	150m: 1:50.07	41.86	250m: 3:12.73	42.16	350m: 4:32.41	36.53
	100m: 1:08.21	37.43	200m: 2:30.57	40.50	300m: 3:55.88	43.15	400m: 5:06.85	34.44
3.	Jaydey Schonewille	Steenwijk 1934	5:03.09	200800025	<b>5:10.60</b>	+0.83		
	50m: 32.14	32.14	150m: 1:55.69	41.99	250m: 3:17.83	42.16	350m: 4:36.94	35.47
	100m: 1:13.70	41.56	200m: 2:35.67	39.98	300m: 4:01.47	43.64	400m: 5:10.60	33.66
4.	Milan Veelders	De Dinkel	5:20.53	200800279	<b>5:12.38</b>			
	50m: 32.62	32.62	150m: 1:51.87	39.78	250m: 3:19.26	48.50	350m: 4:40.59	32.28
	100m: 1:12.09	39.47	200m: 2:30.76	38.89	300m: 4:08.31	49.05	400m: 5:12.38	31.79
5.	Melle van Veen	Dedemsvaart-AC	5:13.33	200700661	<b>5:22.40</b>			
	50m: 36.64	36.64	150m: 2:05.81	42.12	250m: 3:30.25	43.85	350m: 4:49.36	35.47
	100m: 1:23.69	47.05	200m: 2:46.40	40.59	300m: 4:13.89	43.64	400m: 5:22.40	33.04
6.	Mart Tempelman	Dedemsvaart-AC	5:14.46	200801075	<b>5:25.19</b>			
	50m: 33.38	33.38	150m: 1:55.90	42.66	250m: 3:22.59	47.02	350m: 4:48.61	37.65
	100m: 1:13.24	39.86	200m: 2:35.57	39.67	300m: 4:10.96	48.37	400m: 5:25.19	36.58
7.	Teun van Weeren	WS Twente	5:34.04	200801145	<b>5:28.60</b>			
	50m: 35.10	35.10	150m: 2:01.13	43.88	250m: 3:30.80	48.60	350m: 4:54.24	35.54
	100m: 1:17.45	42.35	200m: 2:42.20	41.07	300m: 4:18.70	47.90	400m: 5:28.60	34.36
8.	Thijs Poll	ZV 44	5:10.30	200700203	<b>5:30.27</b>			
	50m: 35.06	35.06	150m: 2:02.20	40.81	250m: 3:29.80	47.88	350m: 4:55.38	36.25
	100m: 1:21.39	46.33	200m: 2:41.92	39.72	300m: 4:19.13	49.33	400m: 5:30.27	34.89
9.	Jort Siebelt	O Z & P C	5:56.29	200700083	<b>5:33.27</b>			
	50m: 35.38	35.38	150m: 2:00.08	41.71	250m: 3:28.38	46.88	350m: 4:55.58	38.36
	100m: 1:18.37	42.99	200m: 2:41.50	41.42	300m: 4:17.22	48.84	400m: 5:33.27	37.69
10.	Arnoud Bult	De Dinkel	5:30.62	200701387	<b>5:34.57</b>	+0.78		
	50m: 32.95	32.95	150m: 1:56.60	43.94	250m: 3:30.81	51.76	350m: 4:59.40	36.14
	100m: 1:12.66	39.71	200m: 2:39.05	42.45	300m: 4:23.26	52.45	400m: 5:34.57	35.17

Programmanr. 41, Jongens, 400m wisselslag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
11.	Robin Schutrup	SWOL 1894	5:26.03	200701193	<b>5:35.03</b>
	50m: 34.24	34.24 150m: 1:59.35	43.52	250m: 3:29.25	48.25
	100m: 1:15.83	41.59 200m: 2:41.00	41.65	300m: 4:19.52	50.27
				350m: 4:57.05	37.53
				400m: 5:35.03	37.98
12.	Daan van Peet	De Dinkel	5:02.60	200700461	<b>5:36.70</b> +0.59
	50m: 30.59	30.59 150m: 1:54.79	45.75	250m: 3:31.19	52.00
	100m: 1:09.04	38.45 200m: 2:39.19	44.40	300m: 4:23.72	52.53
				350m: 5:01.42	37.70
				400m: 5:36.70	35.28
13.	Gijs Vesseur	ZV 44	5:18.00	200700277	<b>5:38.14</b> +0.65
	50m: 35.11	35.11 150m: 2:04.70	44.09	250m: 3:35.70	48.60
	100m: 1:20.61	45.50 200m: 2:47.10	42.40	300m: 4:25.39	49.69
				350m: 5:02.34	36.95
				400m: 5:38.14	35.80
14.	Tijs Kruithof	Het Ravijn	5:40.48	200701181	<b>5:38.67</b> +0.43
	50m: 34.08	34.08 150m: 2:01.14	45.39	250m: 3:32.88	49.78
	100m: 1:15.75	41.67 200m: 2:43.10	41.96	300m: 4:22.68	49.80
				350m: 5:02.78	40.10
				400m: 5:38.67	35.89
15.	Thomas van Velzen	ZV 44	5:37.76	200703189	<b>5:38.70</b>
	50m: 32.24	32.24 150m: 2:03.08	45.64	250m: 3:37.71	49.73
	100m: 1:17.44	45.20 200m: 2:47.98	44.90	300m: 4:27.39	49.68
				350m: 5:03.83	36.44
				400m: 5:38.70	34.87
16.	Youp Stuifzand	ZV 44	5:02.81	200800521	<b>5:38.74</b>
	50m: 31.63	31.63 150m: 2:04.21	49.11	250m: 3:32.27	40.87
	100m: 1:15.10	43.47 200m: 2:51.40	47.19	300m: 4:20.54	48.27
				350m: 4:59.61	39.07
				400m: 5:38.74	39.13
17.	Mano Messchendorp	ZIGNEA	5:44.42	200802777	<b>5:52.67</b>
	50m: 38.24	38.24 150m: 2:10.71	46.27	250m: 3:46.52	50.20
	100m: 1:24.44	46.20 200m: 2:56.32	45.61	300m: 4:36.44	49.92
				350m: 5:15.50	39.06
				400m: 5:52.67	37.17
AFGEM	Job Sportel	VZ&PC	5:36.66	200800429	
NG	Bram ter Braak	De Dinkel	5:20.98	200800281	

Jeugd 1 en 2

1.	Sven Klink	SWOL 1894	4:29.17	200500349	<b>4:43.83</b> +0.60
	50m: 28.67	28.67 150m: 1:37.94	35.96	250m: 2:56.39	42.65
	100m: 1:01.98	33.31 200m: 2:13.74	35.80	300m: 3:39.87	43.48
				350m: 4:12.88	33.01
				400m: 4:43.83	30.95
2.	Storm Tolsma	ZIGNEA	4:51.06	200600277	<b>5:07.55</b> +0.55
	50m: 30.42	30.42 150m: 1:49.72	41.95	250m: 3:11.71	42.43
	100m: 1:07.77	37.35 200m: 2:29.28	39.56	300m: 3:55.07	43.36
				350m: 4:32.69	37.62
				400m: 5:07.55	34.86
3.	Stan Tibben	Dedemsvaart-AC	5:13.10	200503591	<b>5:23.04</b>
	50m: 32.98	32.98 150m: 1:56.67	43.67	250m: 3:25.25	47.13
	100m: 1:13.00	40.02 200m: 2:38.12	41.45	300m: 4:13.10	47.85
				350m: 4:49.92	36.82
				400m: 5:23.04	33.12
4.	Niek Vreeling	O Z & P C	5:21.74	200604211	<b>5:24.67</b> +0.52
	50m: 32.19	32.19 150m: 1:58.85	43.92	250m: 3:28.02	46.79
	100m: 1:14.93	42.74 200m: 2:41.23	42.38	300m: 4:15.05	47.03
				350m: 4:50.34	35.29
				400m: 5:24.67	34.33
5.	Rick Smelt	ZVZwartsluis	5:23.17	200600051	<b>5:29.50</b> +0.63
	50m: 33.19	33.19 150m: 1:58.30	44.54	250m: 3:27.46	45.77
	100m: 1:13.76	40.57 200m: 2:41.69	43.39	300m: 4:15.30	47.84
				350m: 4:53.76	38.46
				400m: 5:29.50	35.74
6.	Mattijn Thijert	WS Twente	5:24.57	200501921	<b>5:30.48</b>
	50m: 33.85	33.85 150m: 2:00.82	45.38	250m: 3:29.81	46.53
	100m: 1:15.44	41.59 200m: 2:43.28	42.46	300m: 4:17.25	47.44
				350m: 4:55.64	38.39
				400m: 5:30.48	34.84
7.	Lars Haytink	WS Twente	5:24.01	200601815	<b>5:47.93</b>
	50m: 35.61	35.61 150m: 2:05.81	45.35	250m: 3:37.83	49.13
	100m: 1:20.46	44.85 200m: 2:48.70	42.89	300m: 4:28.26	50.43
				350m: 5:08.84	40.58
				400m: 5:47.93	39.09

Senioren 1 en 2

1.	Robin van den Berg	ZV 44	5:00.50	200400699	<b>5:06.47</b> +0.60
	50m: 30.41	30.41 150m: 1:46.15	39.28	250m: 3:09.08	43.24
	100m: 1:06.87	36.46 200m: 2:25.84	39.69	300m: 3:54.00	44.92
				350m: 4:30.54	36.54
				400m: 5:06.47	35.93
2.	Kay van Sleen	Steenwijk 1934	5:09.21	200400083	<b>5:21.45</b> +0.68
	50m: 33.35	33.35 150m: 1:57.26	43.78	250m: 3:22.82	42.58
	100m: 1:13.48	40.13 200m: 2:40.24	42.98	300m: 4:06.50	43.68
				350m: 4:44.97	38.47
				400m: 5:21.45	36.48
3.	Mika Heskamp	De Dinkel	5:02.36	200300339	<b>5:24.08</b> +0.59
	50m: 31.29	31.29 150m: 1:51.88	41.71	250m: 3:19.31	46.29
	100m: 1:10.17	38.88 200m: 2:33.02	41.14	300m: 4:08.06	48.75
				350m: 4:47.62	39.56
				400m: 5:24.08	36.46
4.	Ruben Hoeve	ZV 44	5:18.19	200302179	<b>5:35.69</b> +0.80
	50m: 35.34	35.34 150m: 2:04.56	44.82	250m: 3:30.54	41.81
	100m: 1:19.74	44.40 200m: 2:48.73	44.17	300m: 4:14.30	43.76
				350m: 4:55.30	41.00
				400m: 5:35.69	40.39
5.	Luc Aveskamp	De Dinkel	5:22.29	200300337	<b>5:44.97</b> +0.53
	50m: 31.89	31.89 150m: 1:56.76	45.18	250m: 3:33.59	52.29
	100m: 1:11.58	39.69 200m: 2:41.30	44.54	300m: 4:26.77	53.18
				350m: 5:06.13	39.36
				400m: 5:44.97	38.84

Programmanr. 41, Heren, 400m wisselslag

Senioren

1. Stijn Jansen	ZV 44	5:21.50	199705727	<b>5:18.64</b>	
50m: 33.40	33.40	150m: 1:52.86	42.05	250m: 3:20.95	48.07
100m: 1:10.81	37.41	200m: 2:32.88	40.02	300m: 4:09.08	48.13
				350m: 4:44.58	35.50
				400m: 5:18.64	34.06
2. Kylian Kooijman	Steenwijk 1934	5:14.15	199900763	<b>5:37.96</b>	+0.47
50m: 31.80	31.80	150m: 1:55.01	43.51	250m: 3:25.86	48.30
100m: 1:11.50	39.70	200m: 2:37.56	42.55	300m: 4:15.91	50.05
				350m: 4:57.35	41.44
				400m: 5:37.96	40.61

Programmanr. 42  
21-5-2023 - 16:10

Dames, 100m vrije slag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
<b>Junioren 1 en 2</b>							
1.	Paula Spans	ZV 44	1:04.16	201000064	<b>1:05.16</b>	31.40	1:05.16
2.	Mattea Gliese-Slooijer	De Dinkel	1:08.89	201100008	<b>1:07.65</b>	31.81	1:07.65
3.	Lynn ten Berge	De Dinkel	1:08.43	201000884	<b>1:08.00</b>	32.47	1:08.00
4.	Marit Weever	Deltasteur	1:13.22	201000150	<b>1:10.19</b>	34.14	1:10.19
5.	Isabel Amelink	Deltasteur	1:12.30	201100196	<b>1:10.31</b>	33.30	1:10.31
6.	Jesmé Haytink	WS Twente	1:10.17	201000382	<b>1:10.32</b>	34.09	1:10.32
7.	Florien Pot	WS Twente	1:12.58	201000768	<b>1:11.57</b>	34.20	1:11.57
8.	Sjors Werger	Dedemsvaart-AC	1:18.03	201100906	<b>1:13.56</b>	36.02	1:13.56
9.	Eline Eertink	Hera'11	1:12.69	201000158	<b>1:13.80</b>	33.61	1:13.80
10.	Aimee van Tongeren	WS Twente	1:19.55	201100214	<b>1:14.96</b>	34.89	1:14.96
11.	Jente van 't Hul	Deltasteur	1:15.75	201000186	<b>1:15.02</b>	35.50	1:15.02
12.	Gwen Schuur	De Grunte	1:15.60	201000698	<b>1:15.09</b>	36.14	1:15.09
13.	Manora Ponne	Steenwijk 1934	1:16.19	201102222	<b>1:16.12</b>	36.39	1:16.12
14.	Ribanna Damm	EZCL (SG)	1:14.57	201100304	<b>1:16.62</b>	35.82	1:16.62
15.	Imke Oude Engberink	De Dinkel	1:21.48	201100818	<b>1:17.44</b>	36.92	1:17.44
16.	Wiep Huttenhuis	De Dinkel	1:16.23	201002282	<b>1:17.60</b>	37.35	1:17.60
17.	Sophie Kortenschijl	WS Twente	1:19.13	201100672	<b>1:17.77</b>	36.80	1:17.77
18.	Maudi Kamphuis	De Dinkel	1:14.13	201000646	<b>1:17.93</b>	35.99	1:17.93
19.	Hanna Heller	de IJsel	1:19.42	201102730	<b>1:18.16</b>	37.36	1:18.16
20.	Britt Haverkate	ZPC De Hof	1:14.47	201100032	<b>1:18.32</b>	36.59	1:18.32
21.	Donna Groen	EZCL (SG)	1:21.54	201101342	<b>1:18.52</b>	38.09	1:18.52
22.	Manoah Dekker	Deltasteur	1:21.12	201100656	<b>1:19.02</b>	37.04	1:19.02
23.	Maurieke Frijstein	ZV 44	1:17.60	201100198	<b>1:19.66</b>	38.05	1:19.66
24.	Lisa Boogaard	Deltasteur	1:20.96	201100990	<b>1:19.79</b>	38.91	1:19.79
25.	Liz Wiersma	De Grunte	1:17.50	201102566	<b>1:19.94</b>	36.94	1:19.94

Junioren 3 en 4

1.	Emmelien Smelt	ZVZwartsluis	59.73	200800012	<b>1:00.98</b>	29.88	1:00.98
2.	Valérie Sackers	ZV 44	1:02.16	200800080	<b>1:03.66</b>	30.06	1:03.66
3.	Hannah Markovinovic	WS Twente	1:03.32	200803266	<b>1:03.82</b>	30.90	1:03.82
4.	Lois Waterham	Dedemsvaart-AC	1:04.96	200803726	<b>1:03.89</b>	30.43	1:03.89
5.	Pien Hemmelder	De Dinkel	1:04.42	200800278	<b>1:04.71</b>	31.26	1:04.71
6.	Annemijn Kragt	Deltasteur	1:05.98	200802710	<b>1:06.76</b>	32.53	1:06.76
7.	Esmee van Dijk	Het Ravijn	1:05.32	200803180	<b>1:06.79</b>	31.41	1:06.79
8.	Daphne Dijsselhof	Dedemsvaart-AC	1:07.64	200901690	<b>1:07.01</b>	32.81	1:07.01
9.	Maud Stevens	Het Ravijn	1:06.93	200800774	<b>1:07.06</b>	32.44	1:07.06
10.	Simone Faber	Deltasteur	1:05.92	200900710	<b>1:07.25</b>	32.22	1:07.25
11.	Britt Huttenhuis	EZCL (SG)	1:07.71	200802446	<b>1:07.31</b>	31.61	1:07.31
12.	Emma Steenbrink	WS Twente	1:08.57	200901376	<b>1:07.46</b>	32.57	1:07.46
13.	Karlijn Dijkshoorn	Steenwijk 1934	1:04.15	200803926	<b>1:07.48</b>	31.59	1:07.48
14.	Aukje Markerink	ZPC De Hof	1:08.98	200802196	<b>1:08.04</b>	32.76	1:08.04
15.	Esther Dijsselhof	Dedemsvaart-AC	1:08.52	200800784	<b>1:08.17</b>	32.55	1:08.17
16.	Mila Soethof	De Dinkel	1:10.51	200900482	<b>1:08.89</b>	32.87	1:08.89
17.	Esmé Sportel	Dedemsvaart-AC	1:06.45	200900682	<b>1:09.00</b>	33.25	1:09.00
18.	Anne van der Kamp	Deltasteur	1:09.28	200900274	<b>1:09.54</b>	34.15	1:09.54
19.	Ann Hietbrink	ZPC De Hof	1:04.82	200902444	<b>1:10.19</b>	33.19	1:10.19
20.	Anique Polinder	ZV 44	1:06.83	200800008	<b>1:10.94</b>	33.63	1:10.94
21.	Yaell Elmerink	de IJsel	1:08.39	200900310	<b>1:11.75</b>	33.98	1:11.75
22.	Suus Hoogeveen	Dedemsvaart-AC	1:10.00	200900836	<b>1:12.10</b>	34.14	1:12.10
23.	Marlinde ter Maat	De Dinkel	1:11.47	200900346	<b>1:12.16</b>	34.77	1:12.16

Programmanr. 42, Dames, 100m vrije slag

Jeugd 1 en 2

1.	Barbara Broekhuis	De Dinkel	59.98	200700880	<b>1:00.95</b>		29.67	1:00.95
2.	Carlein Polinder	ZV 44	59.77	200600128	<b>1:01.64</b>		29.34	1:01.64
3.	Rebecca Reurink	Dedemsvaart-AC	59.80	200602112	<b>1:01.83</b>	+0.51	29.37	1:01.83
4.	Féline Sam	ZV 44	1:00.48	200700018	<b>1:03.01</b>		29.94	1:03.01
5.	Puk Lubbers	Steenwijk 1934	1:02.11	200600832	<b>1:03.46</b>	+0.54	30.33	1:03.46
6.	Esmee Nieuwenhuis	ZPC De Hof	1:01.21	200701444	<b>1:03.54</b>		31.27	1:03.54
7.	Julia van den Bosch	Deltasteur	1:00.95	200600232	<b>1:03.70</b>		30.59	1:03.70
8.	Laurien Gliese-Slooijer	De Dinkel	1:01.16	200700636	<b>1:03.77</b>		30.65	1:03.77
9.	Renske Oude Egbrink	O Z & P C	1:01.71	200600040	<b>1:04.24</b>		30.53	1:04.24
10.	Eline Lutters	De Dinkel	1:02.66	200600322	<b>1:04.58</b>	+0.72	30.61	1:04.58
11.	Maud Dokter	Steenwijk 1934	1:01.97	200601672	<b>1:06.56</b>	+0.49	31.77	1:06.56
12.	Marlies Dijsselhof	Dedemsvaart-AC	1:02.32	200601046	<b>1:07.43</b>	+0.74	30.89	1:07.43
13.	Leyona Lichtendonk	Dedemsvaart-AC	1:04.13	200700010	<b>1:09.79</b>		33.40	1:09.79
AFGEM	Kaylen Schonewille	Steenwijk 1934	1:02.81	200700500				

Senioren 1 en 2

1.	Ismay Lichtendonk	Dedemsvaart-AC	57.71	200400622	<b>1:00.49</b>	+0.52	29.06	1:00.49
2.	Jolijn Liezen	Steenwijk 1934	1:01.36	200500518	<b>1:01.88</b>	+0.60	29.48	1:01.88

Senioren

1.	Marit Boxum	Deltasteur	59.93	200000068	<b>1:00.93</b>		29.36	1:00.93
2.	Michelle Zomerdijk	Dedemsvaart-AC	57.71	200003196	<b>1:00.94</b>	+0.56	29.28	1:00.94
3.	Madelijne Schothans	De Dinkel	58.79	200002416	<b>1:01.13</b>		29.35	1:01.13
4.	Alessia Sluis	Dedemsvaart-AC	59.81	200300896	<b>1:02.95</b>	+0.73	30.04	1:02.95
AFGEM	Lieke Oude Lenferink	WS Twente	57.18	200200068				

Programmanr. 43  
21-5-2023 - 16:27

Heren, 100m rugslag

All in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m	
<b>Junioren 1 en 2</b>								
1.	Duuk Harms	Dedemsvaart-AC	1:12.56	200900201	<b>1:10.13</b>	+0.66	34.20	1:10.13
2.	Sven Casper Hageman	Deltasteur	1:13.32	201000009	<b>1:13.12</b>	+0.55	34.89	1:13.12
3.	Ruben Nooter	ZV 44	1:12.21	200901577	<b>1:14.93</b>	+0.54	35.18	1:14.93
4.	Finn Stamsnieder	O Z & P C	1:16.57	200900225	<b>1:15.23</b>	+0.65	36.55	1:15.23
5.	Dani Yefimov	WS Twente	1:17.40	200901305	<b>1:15.28</b>	+0.74	37.14	1:15.28
6.	Roan van der Stege	SWOL 1894	1:18.86	200900107	<b>1:16.13</b>	+0.66	37.22	1:16.13
7.	Ruben Kragt	ZV 44	1:13.50	201000007	<b>1:17.32</b>	+0.64	37.33	1:17.32
8.	Bram Kulpe	Z&PV de Veene	1:19.70	200900329	<b>1:17.35</b>	+0.66	37.84	1:17.35
9.	Dhamin Ouali	SWOL 1894	1:16.19	200902771	<b>1:17.51</b>	+0.64	37.41	1:17.51
10.	Dyon Scholten	Steenwijk 1934	1:18.31	200900095	<b>1:18.70</b>	+0.64	37.45	1:18.70
11.	Milan Bottenberg	Deltasteur	1:22.37	200900153	<b>1:22.02</b>	+0.69	40.06	1:22.02
	<i>*100m</i>							
12.	Daan Alink	ZPC De Hof	1:27.08	201000241	<b>1:23.10</b>	+0.76	40.51	1:23.10
13.	Kick Germers	SWOL 1894	1:27.28	201000185	<b>1:23.15</b>	+0.71	41.14	1:23.15
14.	Noud Assinck	ZIGNEA	1:18.68	200900047	<b>1:23.24</b>	+0.60	41.58	1:23.24
15.	Tristan Meijers	SWOL 1894	1:19.02	201000089	<b>1:23.82</b>	+0.78	41.16	1:23.82
16.	Guus van Duinen	Dedemsvaart-AC	1:20.59	200901107	<b>1:24.22</b>	+0.79	40.80	1:24.22
17.	Robbin Eijkelkamp	ZPC De Hof	1:24.22	200900031	<b>1:24.61</b>	+0.63	41.32	1:24.61
18.	Rafaël Agterbos	O Z & P C	1:24.46	201000171	<b>1:24.63</b>	+0.72	41.07	1:24.63
19.	Ryan Freriksen	SWOL 1894	1:20.98	201000301	<b>1:25.90</b>	+0.63	41.46	1:25.90
20.	Daan Emming	SWOL 1894	1:28.06	2010003115	<b>1:25.92</b>	+0.71	40.67	1:25.92
21.	Rinse de Jonge	De Grunte	1:25.29	200900705	<b>1:25.99</b>	+0.89	42.12	1:25.99
22.	Julian Flikweert	ZIGNEA	1:26.10	201001185	<b>1:26.27</b>	+0.61	41.47	1:26.27
23.	Gijs Nooter	ZV 44	1:26.59	201000725	<b>1:26.65</b>	+0.64	43.20	1:26.65
24.	Abe Pasop	De Grunte	1:24.45	201000501	<b>1:27.73</b>	+0.69	42.63	1:27.73
25.	Björn van Veen	ZIGNEA	1:27.92	201000157	<b>1:28.61</b>	+0.73	43.36	1:28.61
26.	Gerdian Leeftink	ZPC De Hof	1:22.33	201000091	<b>1:30.98</b>	+0.66	43.91	1:30.98
27.	Jens Rikhof	De Dinkel	1:30.36	201001239	<b>1:31.05</b>	+0.63	44.28	1:31.05
28.	Joep van Nijen	Z&PV de Veene	1:28.96	201000545	<b>1:31.44</b>	+0.61	44.88	1:31.44
DIS	Twan Felix	Deltasteur	1:28.02	201000123		+0.55		

RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.

DIS Arthur Alberts ZVZwartsluis 1:17.22 200900239 +0.65  
 RL - Niet met ten minste één teen van elke voet in contact met de wand of met de aantikplaat indien er bij de start een rugslagvoetsteun is gebruikt.

AFGEM Hugo Harwig Deltasteur 1:27.29 201002533

#### Junioren 3 en 4

1.	Jaydey Schonewille	Steenwijk 1934	1:05.06	200800025	<b>1:05.69</b>	+0.70	32.34	1:05.69
2.	Daniel Critchell	Deltasteur	1:07.27	200700439	<b>1:05.75</b>	+0.51	31.93	1:05.75
3.	Lias IJzerman	Dedemsvaart-AC	1:07.18	200703145	<b>1:06.57</b>	+0.65	31.77	1:06.57
4.	Tijs Kruithof	Het Ravijn	1:08.10	200701181	<b>1:07.17</b>	+0.57	32.42	1:07.17
5.	Milan Veelders	De Dinkel	1:07.02	200800279	<b>1:07.50</b>	+0.59	32.66	1:07.50
6.	Bjorn Scholten	WS Twente	1:10.37	200801143	<b>1:07.52</b>	+0.69	32.63	1:07.52
7.	Job Sportel	VZ&PC	1:07.97	200800429	<b>1:08.07</b>	+0.55	32.85	1:08.07
8.	Mart Tempelman	Dedemsvaart-AC	1:10.79	200801075	<b>1:08.57</b>	+0.61	33.17	1:08.57
9.	Thijs Poll	ZV 44	1:09.59	200700203	<b>1:08.76</b>	+0.64	33.21	1:08.76
10.	Diede Veld	SWOL 1894	1:08.52	200800011	<b>1:08.91</b>	+0.63	33.63	1:08.91
11.	Hessel Penninkhof	Deltasteur	1:07.27	200800565	<b>1:10.40</b>	+0.65	34.46	1:10.40
12.	Gijs Vesseur	ZV 44	1:05.89	200700277	<b>1:11.09</b>	+0.68	34.03	1:11.09
13.	Emiel de Bruijn	Dedemsvaart-AC	1:08.06	200700953	<b>1:11.66</b>	+0.54	35.54	1:11.66
14.	Arjan Boogaard	Deltasteur	1:09.78	200800093	<b>1:12.64</b>	+0.59	35.32	1:12.64
15.	Robin Schutrup	SWOL 1894	1:12.21	200701193	<b>1:14.07</b>	+0.82	35.75	1:14.07
16.	Arnoud Bult	De Dinkel	1:08.15	200701387	<b>1:14.79</b>	+0.71	36.82	1:14.79
17.	Jort Siebelt	O Z & P C	1:12.70	200700083	<b>1:15.21</b>	+0.69	36.07	1:15.21
18.	Niek Eijsink	De Grunte	1:16.02	200801827	<b>1:15.39</b>	+0.70	36.71	1:15.39
19.	Daan van Peet	De Dinkel	1:06.01	200700461	<b>1:20.21</b>	+0.84	38.12	1:20.21
NG	Vasco Strampel	Steenwijk 1934	1:11.06	200702073				
NG	Bram ter Braak	De Dinkel	1:07.93	200800281				

#### Jeugd 1 en 2

1.	Gijs Vrieling	Dedemsvaart-AC	1:05.35	200503811	<b>1:04.57</b>	+0.60	31.44	1:04.57
2.	Lars Heddemma	Steenwijk 1934	1:08.22	200603697	<b>1:06.39</b>	+0.56	32.47	1:06.39
3.	Niek Vreeling	O Z & P C	1:01.75	200604211	<b>1:07.25</b>	+0.73	32.52	1:07.25
4.	Finn Slinkman	ZPC De Hof	1:10.45	200500081	<b>1:08.38</b>	+0.64	32.34	1:08.38
5.	Finmar Rijnkels	Dedemsvaart-AC	1:08.25	200604219	<b>1:08.54</b>	+0.64	32.39	1:08.54
6.	Storm Tolsma	ZIGNEA	1:07.72	200600277	<b>1:08.60</b>	+0.61	32.76	1:08.60
7.	Stan Tibben	Dedemsvaart-AC	1:06.55	200503591	<b>1:09.61</b>	+0.52	33.82	1:09.61
8.	Mick Mulder	WS Twente	1:10.35	200502519	<b>1:10.84</b>	+0.55	33.24	1:10.84
9.	Hielke Jan Penninkhof	Deltasteur	1:12.48	200500569	<b>1:11.63</b>	+0.71	34.39	1:11.63
10.	William Kragt	ZV 44	1:13.73	200503133	<b>1:12.94</b>	+0.67	34.77	1:12.94
11.	Rick Smelt	ZVZwartsluis	1:07.78	200600051	<b>1:13.93</b>	+0.63	36.01	1:13.93

#### Senioren 1 en 2

1.	Luuk Ruinemans	De Dinkel	1:06.38	200301085	<b>1:05.67</b>	+0.70	31.12	1:05.67
2.	Bart Oude Egbrink	O Z & P C	1:05.42	200300491	<b>1:08.49</b>	+0.62	33.07	1:08.49
3.	Chiel Kootstra	Dedemsvaart-AC	1:05.48	200301463	<b>1:09.56</b>	+0.69	33.28	1:09.56
4.	Mika Heskamp	De Dinkel	1:06.32	200300339	<b>1:11.84</b>	+0.63	35.33	1:11.84

#### Senioren

1.	Bart Kooiker	De Dinkel	1:05.20	200100705	<b>1:11.85</b>	+0.76	33.93	1:11.85
2.	Ian van der Pal	SWOL 1894	1:06.13	200203645	<b>1:16.64</b>	+0.67	36.05	1:16.64
NG	Jelle ten Hove	De Dinkel	1:05.05	200101373				

Programmanr. 44  
 21-5-2023 - 16:48

Gemengd, 4 x 100m wisselslag

All in  
 Resultaten

rang	vereniging	intijd	tijd	RT
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Programmanr. 44, Gemengd, 4 x 100m wisselslag

1.	De Dinkel 1 Tiede Groener Madelijne Schothans	De Dinkel +0.69 30.88 +0.32 33.68	4:08.59 1:04.27 1:11.58	Daan van Peet Barbara Broekhuis	<b>4:19.37</b> +0.29 28.35 +0.41 29.34	+0.69 1:02.99 1:00.53
2.	Dedemsvaart-AC 1 Ismay Lichtendonk Dennis Mosterman	Dedemsvaart-AC +0.57 30.71 +0.35 34.32	4:12.90 1:03.46 1:15.70	Stan Tibben Michelle Zomerdijk	<b>4:22.17</b> +0.19 28.67 +0.36 28.34	+0.57 1:02.54 1:00.47
3.	ZV 44 1 Féline Sam Ruben Hoeve	ZV 44 +0.71 34.01 +0.37 31.27	4:13.99 1:11.32 1:10.05	Collard Jungeling Carlein Polinder	<b>4:25.89</b> +0.08 28.58 29.29	+0.71 1:02.43 1:02.09
4.	SWOL 1894 1 Dieuwke Cleveringa Jeslyn van Hilten	SWOL 1894 +0.67 37.59 38.50	4:35.70 1:16.59 1:23.31	Sven Klink Vince van der Pal	<b>4:30.55</b> +0.24 26.76 25.47	+0.67 58.07 52.58
5.	Steenwijk 1934 1 Michelle van den Hoofdakker Kay van Sleen	Steenwijk 1934 +0.74 33.73 34.52	4:21.29 1:11.81 1:13.82	Jolijn Liezen Jaydey Schonewille	<b>4:31.60</b> 30.93 +0.26 27.79	+0.74 1:07.82 58.15
6.	WS Twente 1 Lieke Oude Lenferink Jesper Bos	WS Twente +0.61 30.99 32.26	4:18.68 1:03.51 1:11.47	Bjom Scholten Heleen Broshuis	<b>4:34.31</b> 33.54 30.34	+0.61 1:13.46 1:05.87
7.	Dedemsvaart-AC 2 Gijs Vrieling Chiel Kootstra	Dedemsvaart-AC +0.52 31.78 +0.53 36.58	4:21.03 1:06.75 1:23.46	Alessia Sluis Rebecca Reurink	<b>4:45.90</b> +0.07 33.38 +0.62 29.47	+0.52 1:13.35 1:02.34
8.	Steenwijk 1934 2 Lars Heddema Kylian Kooijman	Steenwijk 1934 +0.57 33.61 +0.38 34.92	4:30.77 1:10.18 1:17.62	Maud Dokter Puk Lubbers	<b>4:48.73</b> 33.09 30.33	+0.57 1:15.17 1:05.76
9.	Oz&Pc 1 Renske Oude Egbrink Fien de Zeeuw	O Z & P C +0.70 34.30 41.84	4:48.94 1:11.89 1:28.97	Bart Oude Egbrink Niek Vreeling	<b>4:53.12</b> +0.29 33.10 +0.50 27.99	+0.70 1:12.13 1:00.13
10.	WS Twente 2 Mick Mulder Puck Kuipers	WS Twente +0.55 36.29 37.49	4:41.72 1:16.86 1:23.64	Lars Haytink Mirte Boswinkel	<b>5:01.92</b> 33.54 31.31	+0.55 1:13.13 1:08.29