



Overijsselse B-Sprintkampioenschappen  
Nijverdal, 4- - 5-2-2023



Programmanr. 8  
4-2-2023 - 12:30

Gemengd, 4 x 50m vrije slag

Senioren Open  
Resultaten

| rang  |                   | vereniging     | intijd  | tijd           | RT          |
|-------|-------------------|----------------|---------|----------------|-------------|
| 1.    | Swol 1894 2       | Swol 1894      | 1:50.22 | <b>1:49.11</b> |             |
|       | Ian van der Pal   | 02             | 25.92   | 00             | 29.35       |
|       | Lieke van Essen   | 95             | 28.72   | 01             | 25.12       |
| 2.    | ZPC De Hof 1      | ZPC De Hof     | 1:52.10 | <b>1:51.40</b> |             |
|       | Aymé Groot        | 06             | 27.53   | 99             | +0.31 29.33 |
|       | Naomi Klein       | 99             | 28.18   | 83             | +0.22 26.36 |
| 3.    | WS Twente 1       | WS Twente      | 1:58.48 | <b>1:57.46</b> |             |
|       | Zoë van den Berg  | 05             | 31.10   | 05             | 27.57       |
|       | Mirte Boswinkel   | 07             | 30.13   | 06             | 28.66       |
| 4.    | Het Ravijn 1      | Het Ravijn     | 2:00.60 | <b>1:58.74</b> |             |
|       | Noa Boerma        | 02             | 32.59   | 99             | 31.43       |
|       | William Kruithof  | 80             | 26.96   | 04             | 27.76       |
| 5.    | Dedemsvaart-AC 1  | Dedemsvaart-AC | 2:03.81 | <b>2:00.35</b> |             |
|       | Finmar Rijnkels   | 06             | 26.97   | 06             | +0.15 30.10 |
|       | Johan Schaafsma   | 08             | 32.34   | 07             | +0.20 30.94 |
| 6.    | WS Twente 2       | WS Twente      | 2:02.35 | <b>2:00.60</b> |             |
|       | Romée Beverdam    | 01             | 31.03   | 04             | 27.19       |
|       | Ilse Siemerink    | 05             | 32.77   | 06             | 29.61       |
| 7.    | Swol 1894 3       | Swol 1894      | 2:02.15 | <b>2:00.80</b> |             |
|       | Guus Stijf        | 04             | 30.00   | 07             | 30.77       |
|       | Jildou Cleveringa | 00             | 32.14   | 05             | 27.89       |
| 8.    | ZVZ 1             | ZVZ            | 2:03.71 | <b>2:02.73</b> |             |
|       | Cas Kleinpenning  | 07             | 29.84   | 06             | 34.30       |
|       | Rosa Visscher     | 08             | 31.14   | 06             | 27.45       |
| AFGEM | De Grunte 1       | De Grunte      | 2:03.39 |                |             |
| AFGEM | Oz&Pc 1           | O Z & P C      | 1:55.56 |                |             |

Programmanr. 3  
4-2-2023 - 12:35

Dames, 100m wisselslag

Senioren Open  
Resultaten

| rang                                             | naam                | vereniging     | intijd  | tijd      | RT             | 50m   | 100m    |
|--------------------------------------------------|---------------------|----------------|---------|-----------|----------------|-------|---------|
| Junioren 1 en 2                                  |                     |                |         |           |                |       |         |
| 1.                                               | Ine-Joy Tilburg     | Z&PV de Veene  | 1:41.89 | 201002036 | <b>1:25.77</b> | 38.90 | 1:25.77 |
| 2.                                               | Manoah Dekker       | Deltasteur     | 1:46.35 | 201100656 | <b>1:28.31</b> | 44.38 | 1:28.31 |
| 3.                                               | K. van de Wetering  | Deltasteur     | 1:47.28 | 201000972 | <b>1:33.62</b> | 44.17 | 1:33.62 |
| 4.                                               | Nikki Kannegieter   | Zignea         | 1:50.90 | 201100750 | <b>1:33.82</b> | 44.86 | 1:33.82 |
| 5.                                               | Silke van den Berg  | Sg - E Z C L   | 1:43.34 | 201000752 | <b>1:35.30</b> | 44.60 | 1:35.30 |
| 6.                                               | Elise Pruijssen     | Z&PV de Veene  | 1:41.40 | 201003418 | <b>1:36.46</b> | 46.73 | 1:36.46 |
| 7.                                               | Matthanja Krol      | Z&PV de Veene  | 1:39.16 | 201000878 | <b>1:38.43</b> | 45.95 | 1:38.43 |
| 8.                                               | Rosalina Dolstra    | ZVZ            | 1:46.13 | 201102080 | <b>1:40.57</b> | 47.15 | 1:40.57 |
| 9.                                               | Kyara Rensen        | O Z & P C      | 1:50.65 | 201102038 | <b>1:42.78</b> | 51.96 | 1:42.78 |
| DIS                                              | Robyn Ippel         | Zignea         | 1:40.56 | 201001534 |                |       |         |
| RH - Het eindpunt niet in rugligging aangeraakt. |                     |                |         |           |                |       |         |
| DIS                                              | Britt van der Aa    | ZPC De Hof     | 1:47.35 | 201002626 |                |       |         |
| RH - Het eindpunt niet in rugligging aangeraakt. |                     |                |         |           |                |       |         |
| Junioren 3 en 4                                  |                     |                |         |           |                |       |         |
| 1.                                               | Karlijn Bredenoort  | Dedemsvaart-AC | 1:22.80 | 200800340 | <b>1:20.71</b> | 36.14 | 1:20.71 |
| 2.                                               | Ilse Lebbink        | Zignea         | 1:24.25 | 200800088 | <b>1:21.82</b> | 39.79 | 1:21.82 |
| 3.                                               | Elien Groothuismink | Swol 1894      | 1:22.94 | 200800920 | <b>1:22.20</b> | 37.99 | 1:22.20 |
| 4.                                               | Bente Verweg        | V Z & P C      | 1:31.25 | 200804204 | <b>1:24.58</b> | 41.32 | 1:24.58 |
| 5.                                               | Veerle Westenbroek  | O Z & P C      | 1:26.31 | 200800128 | <b>1:25.22</b> | 39.36 | 1:25.22 |
| 6.                                               | Tess Wielens        | Sg - E Z C L   | 1:28.20 | 200801252 | <b>1:25.93</b> | 39.32 | 1:25.93 |
| 7.                                               | Marije Overberg     | Dedemsvaart-AC | 1:25.68 | 200900616 | <b>1:27.24</b> | 40.34 | 1:27.24 |
| 8.                                               | Simone Kragt        | Dedemsvaart-AC | 1:29.27 | 200901088 | <b>1:27.31</b> | 41.05 | 1:27.31 |
| 9.                                               | Leonore Heerschop   | Steenwijk 1934 | 1:28.67 | 200801310 | <b>1:27.41</b> | 38.39 | 1:27.41 |
| 10.                                              | Esmee Koning        | Swol 1894      | 1:32.45 | 200903234 | <b>1:27.63</b> | 41.56 | 1:27.63 |
| 11.                                              | Liselot Stoter      | Deltasteur     | 1:27.75 | 200900708 | <b>1:27.86</b> | 41.66 | 1:27.86 |
| 12.                                              | Iris Boswinkel      | WS Twente      | 1:27.75 | 200801306 | <b>1:28.40</b> | 40.24 | 1:28.40 |
| 13.                                              | Amber Admiraal      | Swol 1894      | 1:32.14 | 200900698 | <b>1:29.40</b> | 42.49 | 1:29.40 |

Programmanr. 3, Meisjes, 100m wisselslag, Junioren 3 en 4

| rang  | naam                | vereniging     | intijd  | tijd      | RT             | 50m   | 100m    |
|-------|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 14.   | Joëlle van Schooten | De Grunte      | 1:27.53 | 200901930 | <b>1:30.06</b> | 40.61 | 1:30.06 |
| 15.   | Ilse Eijsink        | De Grunte      | 1:36.98 | 200903438 | <b>1:31.20</b> | 42.38 | 1:31.20 |
| 16.   | Elina Hendriks      | De Grunte      | 1:34.11 | 200801178 | <b>1:34.02</b> | 44.27 | 1:34.02 |
| 17.   | Tess Bokhove        | V Z & P C      | 1:44.85 | 200900890 | <b>1:39.86</b> | 48.34 | 1:39.86 |
| 18.   | Iris van Dijk       | Het Ravijn     | 1:47.40 | 200903480 | <b>1:40.03</b> | 47.00 | 1:40.03 |
| 19.   | Lynn Overmars       | Het Ravijn     | 1:56.88 | 200804504 | <b>1:46.15</b> | 50.65 | 1:46.15 |
| 20.   | S. van Dorsselaer   | Zignea         | 1:57.61 | 200903996 | <b>1:47.68</b> | 53.77 | 1:47.68 |
| AFGEM | Desiree Dreschler   | De Grunte      | 1:35.70 | 200901400 |                |       |         |
| AFGEM | Imke Hazewinkel     | Z&PV de Veene  | 1:31.73 | 200902568 |                |       |         |
| AFGEM | Eva Oude Egbrink    | O Z & P C      | 1:27.44 | 200900242 |                |       |         |
| NG    | Robbin Hauer        | Dedemsvaart-AC | 1:37.75 | 200803766 |                |       |         |
| NG    | Valerie Beuker      | V Z & P C      | 1:23.66 | 200800158 |                |       |         |

Jeugd 1 en 2

|                                                         |                     |                |         |           |                |       |         |
|---------------------------------------------------------|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.                                                      | Nouk Achterhuis     | O Z & P C      | 1:16.60 | 200600120 | <b>1:13.70</b> | 33.68 | 1:13.70 |
| 2.                                                      | Esmee Nieuwenhuis   | ZPC De Hof     | 1:17.54 | 200701444 | <b>1:14.23</b> | 33.15 | 1:14.23 |
| 3.                                                      | Monica van der Meer | Deltasteur     | 1:17.57 | 200704288 | <b>1:14.36</b> | 34.69 | 1:14.36 |
| 4.                                                      | Esmée de Mink       | Hera'11        | 1:16.71 | 200600290 | <b>1:15.62</b> | 34.04 | 1:15.62 |
| 5.                                                      | Lotte Aufderhaar    | De Grunte      | 1:15.92 | 200601662 | <b>1:15.68</b> | 33.54 | 1:15.68 |
| 6.                                                      | Cato Tulen          | Swol 1894      | 1:18.08 | 200701946 | <b>1:16.04</b> | 34.51 | 1:16.04 |
| 7.                                                      | Sofie Kragt         | Dedemsvaart-AC | 1:17.64 | 200701020 | <b>1:17.25</b> | 34.08 | 1:17.25 |
| 8.                                                      | Joelle Kagenaar     | Zignea         | 1:18.72 | 200600070 | <b>1:17.63</b> | 35.92 | 1:17.63 |
| 9.                                                      | Kaylen Schonewille  | Steenwijk 1934 | 1:19.09 | 200700500 | <b>1:18.21</b> | 36.60 | 1:18.21 |
| 10.                                                     | Christa Valk        | Hera'11        | 1:21.59 | 200600066 | <b>1:19.09</b> | 36.46 | 1:19.09 |
| 11.                                                     | Ashley Nijveld      | De Grunte      | 1:22.57 | 200700384 | <b>1:19.67</b> | 38.27 | 1:19.67 |
| 12.                                                     | C. van der Meer     | Deltasteur     | 1:30.11 | 200704478 | <b>1:20.50</b> | 38.23 | 1:20.50 |
| 13.                                                     | Fien de Zeeuw       | O Z & P C      | 1:18.52 | 200600130 | <b>1:20.97</b> | 38.67 | 1:20.97 |
| 14.                                                     | Noor Heinekamp      | ZPC De Hof     | 1:20.14 | 200701420 | <b>1:21.79</b> | 36.79 | 1:21.79 |
| 15.                                                     | Eva Havelaar        | De Grunte      | 1:25.51 | 200601660 | <b>1:24.23</b> | 38.73 | 1:24.23 |
| 16.                                                     | Lieke Kamphuis      | Sg - E Z C L   | 1:27.89 | 200701448 | <b>1:26.71</b> | 40.66 | 1:26.71 |
| 17.                                                     | Jildou de Jong      | Dedemsvaart-AC | 1:32.32 | 200604232 | <b>1:32.45</b> | 42.61 | 1:32.45 |
| DIS                                                     | Ilse van Eijk       | Zignea         | 1:27.28 | 200601930 |                |       |         |
| <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> |                     |                |         |           |                |       |         |
| AFGEM                                                   | Floor Rietman       | ZVZ            | 1:24.16 | 200603168 |                |       |         |

Senioren 1 en 2

|       |                      |              |         |           |                |       |         |
|-------|----------------------|--------------|---------|-----------|----------------|-------|---------|
| 1.    | Iris Timmermans      | Het Ravijn   | 1:15.91 | 200500172 | <b>1:15.07</b> | 33.85 | 1:15.07 |
| 2.    | Fiona Wormeester     | Sg - E Z C L | 1:20.33 | 200400674 | <b>1:16.69</b> | 34.78 | 1:16.69 |
| 3.    | Zoë van den Berg     | WS Twente    | 1:19.86 | 200501638 | <b>1:17.95</b> | 35.09 | 1:17.95 |
| 4.    | Isa Wiggers          | O Z & P C    | 1:19.60 | 200500978 | <b>1:18.94</b> | 35.08 | 1:18.94 |
| 5.    | Lieke van der Wal    | Zignea       | 1:18.99 | 200501428 | <b>1:19.22</b> | 36.45 | 1:19.22 |
| 6.    | Yoni van der Gronde  | Swol 1894    | 1:21.65 | 200504858 | <b>1:20.84</b> | 38.21 | 1:20.84 |
| 7.    | Femke Bollema        | Deltasteur   | 1:23.78 | 200500264 | <b>1:22.18</b> | 37.88 | 1:22.18 |
| 8.    | Jolieke van den Berg | Het Ravijn   | 1:27.85 | 200400810 | <b>1:24.22</b> | 37.19 | 1:24.22 |
| 9.    | Eline Pullen         | De Grunte    | 1:22.17 | 200500630 | <b>1:28.35</b> | 40.83 | 1:28.35 |
| AFGEM | Alyssa Eilander      | De Grunte    | 1:29.67 | 200501982 |                |       |         |
| AFGEM | Marinka Mulder       | De Grunte    | 1:28.15 | 200405634 |                |       |         |

Senioren

|     |                     |                |         |           |                |       |         |
|-----|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.  | Jacyntha Plat       | Steenwijk 1934 | 1:11.58 | 199002956 | <b>1:11.01</b> | 33.36 | 1:11.01 |
| 2.  | Lianne Roescher     | ZPC De Hof     | 1:17.10 | 199900248 | <b>1:14.27</b> | 34.15 | 1:14.27 |
| 3.  | Lieke van Essen     | Swol 1894      | 1:13.98 | 199502814 | <b>1:14.43</b> | 35.53 | 1:14.43 |
| 4.  | Cynthia Koolman     | Steenwijk 1934 | 1:14.20 | 200300232 | <b>1:14.72</b> | 34.29 | 1:14.72 |
| 5.  | Linde Haverkate     | ZPC De Hof     | 1:14.39 | 199900244 | <b>1:15.13</b> | 34.51 | 1:15.13 |
| 6.  | Melissa de Lang     | Swol 1894      | 1:15.38 | 200001186 | <b>1:15.86</b> | 36.18 | 1:15.86 |
| 7.  | Naomi Klein         | ZPC De Hof     | 1:15.07 | 199902086 | <b>1:16.64</b> | 33.49 | 1:16.64 |
| 8.  | Tessa Maat          | Deltasteur     | 1:16.95 | 200201826 | <b>1:17.02</b> | 35.48 | 1:17.02 |
| 9.  | Romée Beverdam      | WS Twente      | 1:16.76 | 200100158 | <b>1:18.18</b> | 35.05 | 1:18.18 |
| 10. | Maud Heldoorn       | Deltasteur     | 1:16.57 | 200000564 | <b>1:18.31</b> | 35.93 | 1:18.31 |
| 11. | Esmée van der Tweel | Deltasteur     | 1:18.15 | 200202870 | <b>1:19.19</b> | 35.55 | 1:19.19 |
| 12. | Sabine Lageweg      | Steenwijk 1934 | 1:17.23 | 199900926 | <b>1:19.57</b> | 36.16 | 1:19.57 |
| 13. | Ilon Schuurman      | O Z & P C      | 1:21.92 | 200304766 | <b>1:20.48</b> | 38.06 | 1:20.48 |
| 14. | Iris Zandvoort      | Z&PV de Veene  | 1:19.54 | 200202274 | <b>1:21.34</b> | 38.17 | 1:21.34 |
| 15. | Noa Boerma          | Het Ravijn     | 1:23.56 | 200202736 | <b>1:22.91</b> | 37.53 | 1:22.91 |
| 16. | Leonie Smit         | Sg - E Z C L   | 1:25.22 | 200301978 | <b>1:23.04</b> | 38.87 | 1:23.04 |

Programmanr. 3, Dames, 100m wisselslag, Senioren

| rang | naam              | vereniging | intijd  | tijd      | RT             | 50m   | 100m    |
|------|-------------------|------------|---------|-----------|----------------|-------|---------|
| 17.  | Jildou Cleveringa | Swol 1894  | 1:26.07 | 200006754 | <b>1:24.28</b> | 41.39 | 1:24.28 |
| 18.  | Yasmine Wilms     | Hera'11    | 1:24.95 | 200301062 | <b>1:24.84</b> | 37.78 | 1:24.84 |
| 19.  | Lotte de Vente    | Het Ravijn | 1:32.06 | 199905814 | <b>1:26.69</b> | 43.58 | 1:26.69 |
| 20.  | Jolene Bekhuis    | O Z & P C  | 1:28.21 | 200300248 | <b>1:27.61</b> | 41.72 | 1:27.61 |
| 21.  | Marit Gerritsen   | WS Twente  | 1:29.31 | 200200664 | <b>1:32.65</b> | 43.22 | 1:32.65 |

Programmanr. 4  
4-2-2023 - 12:55

Heren, 100m schoolslag

Junioren 1 en ouder  
Resultaten

| rang                   | naam           | vereniging | intijd  | tijd      | RT             | 50m   | 100m    |
|------------------------|----------------|------------|---------|-----------|----------------|-------|---------|
| <b>Junioren 1 en 2</b> |                |            |         |           |                |       |         |
| 1.                     | Simon Vahl     | Deltasteur | 1:45.36 | 200900161 | <b>1:32.87</b> | 43.25 | 1:32.87 |
| 2.                     | Björn van Veen | Zignea     | 1:47.06 | 201000157 | <b>1:37.22</b> | 45.71 | 1:37.22 |
| 3.                     | Rinse de Jonge | De Grunte  | 1:44.23 | 200900705 | <b>1:40.07</b> | 46.61 | 1:40.07 |
| 4.                     | Hugo Harwig    | Deltasteur | 1:56.57 | 201002533 | <b>1:41.02</b> | 48.47 | 1:41.02 |
| 5.                     | Daan Emming    | Swol 1894  | 1:52.65 | 201003115 | <b>1:49.71</b> | 52.24 | 1:49.71 |
| DIS                    | Bouke Jansen   | De Grunte  | 1:50.06 | 200902265 |                |       |         |

SD - De bewegingen van de benen met afwisselende bewegingen en/of niet te allen tijde gelijktijdig uitgevoerd.

|                                                                                                                |                  |           |         |           |  |  |  |
|----------------------------------------------------------------------------------------------------------------|------------------|-----------|---------|-----------|--|--|--|
| DIS                                                                                                            | Milan Roeloffzen | V Z & P C | 1:56.98 | 201001753 |  |  |  |
| SD - De bewegingen van de benen met afwisselende bewegingen en/of niet te allen tijde gelijktijdig uitgevoerd. |                  |           |         |           |  |  |  |

Junioren 3 en 4

|                                                                 |                     |                |         |           |                |       |         |
|-----------------------------------------------------------------|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.                                                              | Mano Messchendorp   | Zignea         | 1:26.07 | 200802777 | <b>1:23.52</b> | 39.46 | 1:23.52 |
| 2.                                                              | Bjorn Scholten      | WS Twente      | 1:27.35 | 200801143 | <b>1:23.82</b> | 39.25 | 1:23.82 |
| 3.                                                              | Viktor Post         | WS Twente      | 1:25.67 | 200802201 | <b>1:25.64</b> | 39.25 | 1:25.64 |
| 4.                                                              | Silvio Overbeeke    | Z&PV de Veene  | 1:34.39 | 200801889 | <b>1:31.94</b> | 43.68 | 1:31.94 |
| 5.                                                              | Dylan van Doeselaar | Sg - E Z C L   | 1:32.95 | 200700477 | <b>1:32.41</b> | 43.99 | 1:32.41 |
| 6.                                                              | Cas Kleinpenning    | ZVZ            | 1:41.52 | 200702499 | <b>1:36.08</b> | 43.40 | 1:36.08 |
| 7.                                                              | Johan Schaafsma     | Dedemsvaart-AC | 1:49.60 | 200800517 | <b>1:38.18</b> | 44.98 | 1:38.18 |
| 8.                                                              | Jarrod Kanselaar    | Z&PV de Veene  | 1:42.72 | 200701895 | <b>1:40.45</b> | 47.54 | 1:40.45 |
| DIS                                                             | Jan Kemkes          | De Grunte      | 1:33.66 | 200801419 |                |       |         |
| AA - De start ingezet voor het startsignaal (en wel gezwommen). |                     |                |         |           |                |       |         |
| AFGEM                                                           | Jort Siebelt        | O Z & P C      | 1:22.64 | 200700083 |                |       |         |

Jeugd 1 en 2

|       |                 |                |         |           |                |       |         |
|-------|-----------------|----------------|---------|-----------|----------------|-------|---------|
| 1.    | Wes Velthuis    | O Z & P C      | 1:19.63 | 200602217 | <b>1:18.47</b> | 35.79 | 1:18.47 |
| 2.    | Aymé Groot      | ZPC De Hof     | 1:18.28 | 200600117 | <b>1:18.53</b> | 36.55 | 1:18.53 |
| 3.    | Lars Haytink    | WS Twente      | 1:21.92 | 200601815 | <b>1:21.68</b> | 38.04 | 1:21.68 |
| 4.    | Quinten Tuitert | WS Twente      | 1:21.68 | 200600447 | <b>1:21.93</b> | 38.59 | 1:21.93 |
| AFGEM | Tom Schotkamp   | De Grunte      | 1:20.39 | 200501337 |                |       |         |
| AFGEM | Luuk Tangenberg | De Grunte      | 1:34.83 | 200601183 |                |       |         |
| AFGEM | Floris Bol      | Dedemsvaart-AC | 1:32.78 | 200504457 |                |       |         |

Senioren 1 en 2

|    |              |            |         |           |                |       |         |
|----|--------------|------------|---------|-----------|----------------|-------|---------|
| 1. | Lasse Ophuis | WS Twente  | 1:17.37 | 200400027 | <b>1:15.62</b> | 35.36 | 1:15.62 |
| 2. | Guus Stijf   | Swol 1894  | 1:19.62 | 200404309 | <b>1:20.16</b> | 37.56 | 1:20.16 |
| 3. | Lanco Manaf  | Het Ravijn | 1:27.08 | 200402715 | <b>1:24.74</b> | 39.70 | 1:24.74 |

Senioren

|    |                     |                |         |           |                |       |         |
|----|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Pieter Pickhardt    | ZPC De Hof     | 1:15.77 | 198301657 | <b>1:13.44</b> | 34.74 | 1:13.44 |
| 2. | Harm-Jan Otter      | V Z & P C      | 1:14.62 | 198101283 | <b>1:14.48</b> | 34.70 | 1:14.48 |
| 3. | Thomas van Scheepen | Steenwijk 1934 | 1:18.79 | 200001387 | <b>1:19.19</b> | 30.60 | 1:19.19 |
| 4. | Martijn Voortman    | de IJssel      | 1:18.45 | 198604395 | <b>1:19.99</b> | 36.77 | 1:19.99 |
| 5. | William Kruithof    | Het Ravijn     | 1:22.68 | 198000857 | <b>1:20.35</b> | 37.09 | 1:20.35 |
| 6. | Marijn Heetkamp     | Het Ravijn     | 1:20.32 | 199903407 | <b>1:22.40</b> | 38.19 | 1:22.40 |
| 7. | Roy Swinkels        | Z&PV de Veene  | 1:27.34 | 200201625 | <b>1:28.04</b> | 40.40 | 1:28.04 |



Overijsselse B-Sprintkampioenschappen  
Nijverdal, 4- - 5-2-2023



Programmanr. 4, Heren, 100m schoolslag, Senioren

| rang | naam          | vereniging | intijd  | tijd      | RT             | 50m   | 100m    |
|------|---------------|------------|---------|-----------|----------------|-------|---------|
| 8.   | Wout Oldenhof | Het Ravijn | 1:39.00 | 200104317 | <b>1:37.29</b> | 44.86 | 1:37.29 |

Programmanr. 5  
4-2-2023 - 13:10

Dames, 50m schoolslag

Senioren Open  
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------|------------|--------|------|----|
|------|------|------------|--------|------|----|

Junioren 1 en 2

|       |                        |                |       |           |              |
|-------|------------------------|----------------|-------|-----------|--------------|
| 1.    | Annemiek Back          | De Grunte      | 47.86 | 201000700 | <b>45.14</b> |
| 2.    | Kayleigh van Doeselaar | Sg - E Z C L   | 46.88 | 201000478 | <b>45.73</b> |
| 3.    | Nikki Kannegieter      | Zignea         | 50.96 | 201100750 | <b>47.77</b> |
| 4.    | Ine-Joy Tilburg        | Z&PV de Veene  | 49.28 | 201002036 | <b>47.79</b> |
| 5.    | Elise Pruijssen        | Z&PV de Veene  | 48.16 | 201003418 | <b>48.24</b> |
| 6.    | Robyn Ippel            | Zignea         | 50.23 | 201001534 | <b>48.33</b> |
| 7.    | Yves Bruinenberg       | Sg - E Z C L   | 52.65 | 201001720 | <b>48.34</b> |
| 8.    | Lisa Boogaard          | Deltasteur     | 52.80 | 201100990 | <b>48.93</b> |
| 9.    | Gianna Mastroianni     | Sg - E Z C L   | 52.06 | 201002212 | <b>48.97</b> |
| 10.   | Charlotte Smelt        | ZVZ            | 50.67 | 201000100 | <b>49.35</b> |
| 11.   | Lise Visscher          | ZVZ            | 51.49 | 201101764 | <b>50.14</b> |
| 12.   | Jill Goeree            | Sg - E Z C L   | 53.26 | 201101248 | <b>50.15</b> |
| 13.   | Britt van der Aa       | ZPC De Hof     | 51.15 | 201002626 | <b>51.45</b> |
| 14.   | Benthe Boersma         | Deltasteur     | 53.95 | 201100994 | <b>51.91</b> |
| 15.   | Rosalina Dolstra       | ZVZ            | 54.14 | 201102080 | <b>52.01</b> |
| 16.   | Nora van den Berg      | Het Ravijn     | 59.94 | 201101666 | <b>52.86</b> |
| 17.   | Kyara Rensen           | O Z & P C      | 53.95 | 201102038 | <b>54.33</b> |
| 18.   | Matthanja Krol         | Z&PV de Veene  | 53.11 | 201000878 | <b>55.04</b> |
| AFGEM | Silke van den Berg     | Sg - E Z C L   | 54.65 | 201000752 |              |
| AFGEM | Sanna Spijksma         | ZPC De Hof     | 47.86 | 201000356 |              |
| NG    | Mieke Jansen           | Dedemsvaart-AC | 51.74 | 201101950 |              |

Junioren 3 en 4

|                                                                                             |                         |                |       |           |              |
|---------------------------------------------------------------------------------------------|-------------------------|----------------|-------|-----------|--------------|
| 1.                                                                                          | Rosa Visscher           | ZVZ            | 42.04 | 200800706 | <b>40.44</b> |
| 2.                                                                                          | Flore Blok              | de IJssel      | 42.21 | 200804348 | <b>40.68</b> |
| 3.                                                                                          | Bente Verweg            | V Z & P C      | 44.32 | 200804204 | <b>41.77</b> |
| 4.                                                                                          | Amber Lenters           | De Grunte      | 43.08 | 200800700 | <b>43.02</b> |
| 5.                                                                                          | Imke Hazewinkel         | Z&PV de Veene  | 44.98 | 200902568 | <b>43.31</b> |
| 6.                                                                                          | Marije Overberg         | Dedemsvaart-AC | 43.63 | 200900616 | <b>44.47</b> |
| 7.                                                                                          | Myrthe te Winkel        | Swol 1894      | 46.22 | 200804336 | <b>44.50</b> |
| 8.                                                                                          | Tess Bokhove            | V Z & P C      | 46.18 | 200900890 | <b>44.70</b> |
| 9.                                                                                          | Esmee Koning            | Swol 1894      | 45.27 | 200903234 | <b>45.79</b> |
| 10.                                                                                         | Veerle Westenbroek      | O Z & P C      | 46.90 | 200800128 | <b>45.80</b> |
| 11.                                                                                         | Lynn Zandbelt           | Swol 1894      | 47.97 | 200901288 | <b>45.84</b> |
| 12.                                                                                         | Amber Admiraal          | Swol 1894      | 47.16 | 200900698 | <b>46.61</b> |
| 13.                                                                                         | Joëlle van Schooten     | De Grunte      | 45.18 | 200901930 | <b>46.66</b> |
| 14.                                                                                         | Rosalie Journee         | Z&PV de Veene  | 49.30 | 200904268 | <b>47.45</b> |
| 15.                                                                                         | Tess Wielens            | Sg - E Z C L   | 48.77 | 200801252 | <b>47.74</b> |
| 16.                                                                                         | Elina Hendriks          | De Grunte      | 50.02 | 200801178 | <b>49.07</b> |
| DIS                                                                                         | Stephany van Dorsselaer | Zignea         | 59.76 | 200903996 |              |
| <i>SR - Meer dan 1 vlinderbeenslag gemaakt voordat de 1e schoolslagbeenslag is gemaakt.</i> |                         |                |       |           |              |
| DIS                                                                                         | Lynn Overmars           | Het Ravijn     | 56.77 | 200804504 |              |
| <i>AF - De aangegeven afstand niet uitgezwommen.</i>                                        |                         |                |       |           |              |
| AFGEM                                                                                       | Desiree Dreschler       | De Grunte      | 43.68 | 200901400 |              |
| AFGEM                                                                                       | Ilse Eijnsink           | De Grunte      | 48.97 | 200903438 |              |
| NG                                                                                          | Valerie Beuker          | V Z & P C      | 42.49 | 200800158 |              |

Jeugd 1 en 2

|    |                        |                |       |           |              |
|----|------------------------|----------------|-------|-----------|--------------|
| 1. | Mirte Boswinkel        | WS Twente      | 38.89 | 200700434 | <b>38.41</b> |
| 2. | Monica van der Meer    | Deltasteur     | 39.89 | 200704288 | <b>38.61</b> |
| 3. | Lotte Aufderhaar       | De Grunte      | 39.08 | 200601662 | <b>39.02</b> |
| 4. | Cato Tulen             | Swol 1894      | 40.67 | 200701946 | <b>39.73</b> |
| 5. | Sofie Kragt            | Dedemsvaart-AC | 40.41 | 200701020 | <b>39.97</b> |
| 6. | Nouk Achterhuis        | O Z & P C      | 41.60 | 200600120 | <b>40.49</b> |
| 7. | Charlotte van der Meer | Deltasteur     | 42.22 | 200704478 | <b>40.80</b> |
| 8. | Esmee Nieuwenhuis      | ZPC De Hof     | 42.17 | 200701444 | <b>41.91</b> |

Programmanr. 5, Meisjes, 50m schoolslag, Jeugd 1 en 2

| rang | naam           | vereniging     | intijd |           | tijd         | RT |
|------|----------------|----------------|--------|-----------|--------------|----|
| 9.   | Christa Valk   | Hera'11        | 41.76  | 200600066 | <b>42.03</b> |    |
| 10.  | Floor Rietman  | ZVZ            | 43.17  | 200603168 | <b>42.80</b> |    |
| 11.  | Lily Zandstra  | Dedemsvaart-AC | 42.86  | 200701418 | <b>42.99</b> |    |
| 12.  | Lieke Kamphuis | Sg - E Z C L   | 45.52  | 200701448 | <b>45.13</b> |    |
| 13.  | Ilse van Eijk  | Zignea         | 43.62  | 200601930 | <b>45.21</b> |    |
| 14.  | Lotte Becker   | Dedemsvaart-AC | 51.94  | 200701256 | <b>50.66</b> |    |

Senioren 1 en 2

|       |                    |                |       |           |              |  |
|-------|--------------------|----------------|-------|-----------|--------------|--|
| 1.    | Yoni van der Gonde | Swol 1894      | 39.22 | 200504858 | <b>38.55</b> |  |
| 2.    | Zoë van den Berg   | WS Twente      | 40.60 | 200501638 | <b>40.34</b> |  |
| 3.    | Romée Jabben       | Dedemsvaart-AC | 42.54 | 200404426 | <b>41.71</b> |  |
| 4.    | Femke Bollema      | Deltasteur     | 43.89 | 200500264 | <b>43.33</b> |  |
| 5.    | Isa Wiggers        | O Z & P C      | 44.76 | 200500978 | <b>44.04</b> |  |
| 6.    | Eline Pullen       | De Grunte      | 41.99 | 200500630 | <b>44.15</b> |  |
| 7.    | Alyssa Eilander    | De Grunte      | 46.60 | 200501982 | <b>46.89</b> |  |
| AFGEM | Marinka Mulder     | De Grunte      | 44.48 | 200405634 |              |  |

Senioren

|     |                   |                |       |           |              |  |
|-----|-------------------|----------------|-------|-----------|--------------|--|
| 1.  | Melissa de Lang   | Swol 1894      | 36.64 | 200001186 | <b>37.13</b> |  |
| 2.  | Cynthia Koolman   | Steenwijk 1934 | 38.52 | 200300232 | <b>38.93</b> |  |
| 3.  | Iris Zandvoort    | Z&PV de Veene  | 40.26 | 200202274 | <b>39.65</b> |  |
| 4.  | Jildou Cleveringa | Swol 1894      | 40.86 | 200006754 | <b>39.99</b> |  |
| 5.  | Deborah Wissink   | ZPC De Hof     | 40.20 | 199503484 | <b>40.29</b> |  |
| 6.  | Ilon Schuurman    | O Z & P C      | 40.90 | 200304766 | <b>40.65</b> |  |
| 7.  | Linde Haverkate   | ZPC De Hof     | 40.52 | 199900244 | <b>41.08</b> |  |
| 8.  | Romée Beverdam    | WS Twente      | 42.48 | 200100158 | <b>41.86</b> |  |
| 9.  | Leonie Smit       | Sg - E Z C L   | 42.47 | 200301978 | <b>42.60</b> |  |
| 10. | Kyonne Maas       | Sg - E Z C L   | 42.07 | 200200434 | <b>42.61</b> |  |
| 11. | Sabine Lageweg    | Steenwijk 1934 | 41.17 | 199900926 | <b>42.72</b> |  |
| 12. | Lotte de Vente    | Het Ravijn     | 40.58 | 199905814 | <b>43.31</b> |  |
| 13. | Benice Flietstra  | Z&PV de Veene  | 42.90 | 199702264 | <b>45.73</b> |  |
| 14. | Rosa Huntjens     | Sg - E Z C L   | 48.57 | 200301402 | <b>46.29</b> |  |
| 15. | Jolene Bekhuis    | O Z & P C      | 46.06 | 200300248 | <b>46.60</b> |  |

Programmanr. 6  
4-2-2023 - 13:25

Heren, 50m rugslag

Junioren 1 en ouder  
Resultaten

| rang                   | naam                    | vereniging     | intijd |           | tijd           | RT |
|------------------------|-------------------------|----------------|--------|-----------|----------------|----|
| <b>Junioren 1 en 2</b> |                         |                |        |           |                |    |
| 1.                     | Twan Felix              | Deltasteur     | 43.74  | 201000123 | <b>39.46</b>   |    |
| 2.                     | Nathanaël van der Stege | Deltasteur     | 43.29  | 201000503 | <b>40.33</b> * |    |
| 3.                     | Daan Emming             | Swol 1894      | 42.58  | 201003115 | <b>40.41</b>   |    |
| 4.                     | Hugo Harwig             | Deltasteur     | 43.29  | 201002533 | <b>41.26</b>   |    |
| 5.                     | Timo Bottenberg         | Deltasteur     | 42.21  | 200900151 | <b>41.67</b>   |    |
| 6.                     | Björn van Veen          | Zignea         | 45.21  | 201000157 | <b>42.40</b>   |    |
| 7.                     | Bouke Jansen            | De Grunte      | 44.38  | 200902265 | <b>42.73</b>   |    |
| 8.                     | Milan Roeloffzen        | V Z & P C      | 46.36  | 201001753 | <b>43.09</b>   |    |
| 9.                     | Hidde Huiberts          | Dedemsvaart-AC | 50.76  | 201002949 | <b>48.59</b>   |    |
| NG                     | Joep van Nijen          | Z&PV de Veene  | 45.02  | 201000545 |                |    |

Junioren 3 en 4

|       |                     |                |       |           |                |  |
|-------|---------------------|----------------|-------|-----------|----------------|--|
| 1.    | Ivan Vuist          | Steenwijk 1934 | 36.03 | 200802067 | <b>34.05</b>   |  |
| 2.    | Mano Messchendorp   | Zignea         | 35.36 | 200802777 | <b>34.26</b>   |  |
| 3.    | Teun van Weeren     | WS Twente      | 35.42 | 200801145 | <b>34.74</b>   |  |
| 4.    | Jan Kemkes          | De Grunte      | 35.68 | 200801419 | <b>35.25</b>   |  |
| 5.    | Mart Vugteveen      | Z&PV de Veene  | 38.85 | 200700111 | <b>36.16</b>   |  |
| 6.    | Dylan van Doeselaar | Sg - E Z C L   | 36.02 | 200700477 | <b>36.18</b>   |  |
| 7.    | Silvio Overbeeke    | Z&PV de Veene  | 36.46 | 200801889 | <b>36.36</b>   |  |
| 8.    | Cas Kleinpenning    | ZVZ            | 36.40 | 200702499 | <b>37.16</b>   |  |
| 9.    | Julian Zwarthoff    | Swol 1894      | 38.08 | 200800945 | <b>37.62</b> * |  |
| 10.   | Jarrod Kanselaar    | Z&PV de Veene  | 41.45 | 200701895 | <b>38.08</b>   |  |
| AFGEM | Maarten Bol         | Dedemsvaart-AC | 43.48 | 200803731 |                |  |
| AFGEM | Jort Siebelt        | O Z & P C      | 34.82 | 200700083 |                |  |

Programmanr. 6, Heren, 50m rugslag

Jeugd 1 en 2

|       |                   |                |       |           |              |
|-------|-------------------|----------------|-------|-----------|--------------|
| 1.    | Finmar Rijnkels   | Dedemsvaart-AC | 31.98 | 200604219 | <b>31.16</b> |
| 2.    | Ian Huntink       | de IJssel      | 32.72 | 200603473 | <b>31.73</b> |
| 3.    | Rick Smelt        | ZVZ            | 32.68 | 200600051 | <b>33.03</b> |
| 4.    | Thijmen Vugteveen | Z&PV de Veene  | 32.90 | 200500139 | <b>33.09</b> |
| 5.    | Lars Haytink      | WS Twente      | 34.13 | 200601815 | <b>33.99</b> |
| 6.    | Mattijn Thijert   | WS Twente      | 35.38 | 200501921 | <b>34.13</b> |
| 7.    | Luuk Tangenberg   | De Grunte      | 34.52 | 200601183 | <b>35.17</b> |
| 8.    | Wes Velthuis      | O Z & P C      | 36.53 | 200602217 | <b>36.26</b> |
| AFGEM | Tom Schotkamp     | De Grunte      | 37.41 | 200501337 |              |
| AFGEM | Floris Bol        | Dedemsvaart-AC | 38.75 | 200504457 |              |

Senioren 1 en 2

|    |                   |            |       |           |              |
|----|-------------------|------------|-------|-----------|--------------|
| 1. | Yannick Bruintjes | Zignea     | 34.02 | 200304831 | <b>33.50</b> |
| 2. | Quinten de Theije | Zignea     | 35.12 | 200402129 | <b>35.08</b> |
| 3. | Lanco Manaf       | Het Ravijn | 38.37 | 200402715 | <b>35.34</b> |
| 4. | Lasse Ophuis      | WS Twente  | 35.47 | 200400027 | <b>35.66</b> |

Senioren

|     |                   |               |       |           |              |
|-----|-------------------|---------------|-------|-----------|--------------|
| 1.  | Daan Rienties     | Swol 1894     | 31.23 | 200103369 | <b>29.96</b> |
| 2.  | Gideon Teeuw      | Z&PV de Veene | 30.91 | 199801237 | <b>30.91</b> |
| 3.  | Ian van der Pal   | Swol 1894     | 31.29 | 200203645 | <b>31.11</b> |
| 4.  | Robert Nijendijk  | de IJssel     | 32.79 | 200102791 | <b>32.88</b> |
| 5.  | Stefan Kagenaar   | Zignea        | 32.87 | 200101391 | <b>34.06</b> |
| 6.  | Robert Toeter     | Hera'11       | 34.66 | 200101779 | <b>34.10</b> |
| 7.  | William Kruithof  | Het Ravijn    | 35.79 | 198000857 | <b>34.19</b> |
| 8.  | Harm-Jan Otter    | V Z & P C     | 35.98 | 198101283 | <b>36.11</b> |
| 9.  | Nick Swinkels     | Z&PV de Veene | 35.90 | 200201619 | <b>36.43</b> |
| 10. | Wout Oldenhof     | Het Ravijn    | 41.03 | 200104317 | <b>42.36</b> |
| 11. | Christiaan Matser | Sg - E Z C L  | 50.09 | 200105573 | <b>49.60</b> |

Programmanr. 7  
4-2-2023 - 13:35

Dames, 100m rugslag

Senioren Open  
Resultaten

| rang                                                                              | naam               | vereniging    | intijd  | tijd      | RT               | 50m   | 100m    |
|-----------------------------------------------------------------------------------|--------------------|---------------|---------|-----------|------------------|-------|---------|
| <b>Junioren 1 en 2</b>                                                            |                    |               |         |           |                  |       |         |
| 1.                                                                                | Amber Spronk       | Deltasteur    | 1:33.83 | 201000970 | <b>1:28.17</b>   | 43.48 | 1:28.17 |
| 2.                                                                                | Charlotte Smelt    | ZVZ           | 1:33.70 | 201000100 | <b>1:31.56</b>   | 43.79 | 1:31.56 |
| 3.                                                                                | Meike Hultink      | De Grunte     | 1:35.95 | 201001686 | <b>1:32.97</b>   | 46.05 | 1:32.97 |
| 4.                                                                                | Manoah Dekker      | Deltasteur    | 1:40.23 | 201100656 | <b>1:32.99</b>   | 46.47 | 1:32.99 |
| 5.                                                                                | Olivia Boschloo    | de IJssel     | 1:43.80 | 201102398 | <b>1:34.45 *</b> | 46.31 | 1:34.45 |
| 6.                                                                                | Lisa Boogaard      | Deltasteur    | 1:41.94 | 201100990 | <b>1:34.48</b>   | 46.42 | 1:34.48 |
| 7.                                                                                | Matthanja Krol     | Z&PV de Veene | 1:41.89 | 201000878 | <b>1:37.23</b>   | 46.93 | 1:37.23 |
| 8.                                                                                | Silke van den Berg | Sg - E Z C L  | 1:43.54 | 201000752 | <b>1:37.47</b>   | 46.69 | 1:37.47 |
| 9.                                                                                | Gianna Mastroianni | Sg - E Z C L  | 1:45.12 | 201002212 | <b>1:39.64</b>   | 47.18 | 1:39.64 |
| 10.                                                                               | Jill Goeree        | Sg - E Z C L  | 1:45.64 | 201101248 | <b>1:39.79</b>   | 48.45 | 1:39.79 |
| 11.                                                                               | Kyara Rensen       | O Z & P C     | 1:40.50 | 201102038 | <b>1:40.12 *</b> | 48.17 | 1:40.12 |
| 12.                                                                               | Veerle Vugteveen   | Z&PV de Veene | 1:47.80 | 201000490 | <b>1:42.51</b>   | 49.57 | 1:42.51 |
| DIS                                                                               | Yves Bruinenberg   | Sg - E Z C L  | 1:49.48 | 201001720 |                  |       |         |
| <i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i> |                    |               |         |           |                  |       |         |

|       |                |            |         |           |  |  |  |
|-------|----------------|------------|---------|-----------|--|--|--|
| AFGEM | Sanna Spijksma | ZPC De Hof | 1:33.38 | 201000356 |  |  |  |
|-------|----------------|------------|---------|-----------|--|--|--|

Junioren 3 en 4

|    |                   |                |         |           |                |       |         |
|----|-------------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Flore Blok        | de IJssel      | 1:21.92 | 200804348 | <b>1:19.21</b> | 38.24 | 1:19.21 |
| 2. | Myrthe te Winkel  | Swol 1894      | 1:23.99 | 200804336 | <b>1:20.30</b> | 40.01 | 1:20.30 |
| 3. | Jente Nijsingh    | Dedemsvaart-AC | 1:21.87 | 200801594 | <b>1:20.65</b> | 39.31 | 1:20.65 |
| 4. | Leonore Heerschop | Steenwijk 1934 | 1:22.18 | 200801310 | <b>1:22.00</b> | 39.46 | 1:22.00 |
| 5. | Amber Lenters     | De Grunte      | 1:22.34 | 200800700 | <b>1:23.45</b> | 40.56 | 1:23.45 |
| 6. | Meyke Haytink     | WS Twente      | 1:22.52 | 200801188 | <b>1:24.34</b> | 41.01 | 1:24.34 |
| 7. | Marloes Overbeek  | de IJssel      | 1:30.81 | 200903232 | <b>1:26.64</b> | 42.30 | 1:26.64 |
| 8. | Lola Kieft        | de IJssel      | 1:30.48 | 200803622 | <b>1:27.30</b> | 42.75 | 1:27.30 |
| 9. | Amber Admiraal    | Swol 1894      | 1:38.26 | 200900698 | <b>1:27.91</b> | 43.34 | 1:27.91 |

Programmanr. 7, Meisjes, 100m rugslag, Junioren 3 en 4

| rang  | naam                | vereniging     | intijd  | tijd      | RT               | 50m   | 100m    |
|-------|---------------------|----------------|---------|-----------|------------------|-------|---------|
| 10.   | Imke Hazewinkel     | Z&PV de Veene  | 1:28.14 | 200902568 | <b>1:28.97</b>   | 42.75 | 1:28.97 |
| 11.   | Simone Kragt        | Dedemsvaart-AC | 1:28.59 | 200901088 | <b>1:30.07</b>   | 43.97 | 1:30.07 |
| 12.   | Esmee Koning        | Swol 1894      | 1:27.47 | 200903234 | <b>1:34.43</b>   | 47.45 | 1:34.43 |
| 13.   | Bente Verweg        | V Z & P C      | 1:47.80 | 200804204 | <b>1:34.75</b>   | 46.83 | 1:34.75 |
| 14.   | Ilse Eijssink       | De Grunte      | 1:35.16 | 200903438 | <b>1:34.88</b>   | 47.88 | 1:34.88 |
| 15.   | Joëlle van Schooten | De Grunte      | 1:32.48 | 200901930 | <b>1:35.27</b>   | 46.09 | 1:35.27 |
| 16.   | Lynn Zandbelt       | Swol 1894      | 1:39.34 | 200901288 | <b>1:36.80</b>   | 49.96 | 1:36.80 |
| 17.   | Tess Bokhove        | V Z & P C      | 1:50.58 | 200900890 | <b>1:47.76 *</b> | 51.57 | 1:47.76 |
| AFGEM | Desiree Dreschler   | De Grunte      | 1:41.11 | 200901400 |                  |       |         |
| AFGEM | Elina Hendriks      | De Grunte      | 1:38.65 | 200801178 |                  |       |         |
| AFGEM | Eva Oude Egbrink    | O Z & P C      | 1:24.88 | 200900242 |                  |       |         |
| NG    | Robbin Hauer        | Dedemsvaart-AC | 1:39.20 | 200803766 |                  |       |         |
| NG    | Valerie Beuker      | V Z & P C      | 1:21.49 | 200800158 |                  |       |         |

Jeugd 1 en 2

|       |                    |                |         |           |                |       |         |
|-------|--------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.    | Esmée de Mink      | Hera'11        | 1:12.75 | 200600290 | <b>1:12.47</b> | 34.73 | 1:12.47 |
| 2.    | Nouk Achterhuis    | O Z & P C      | 1:15.12 | 200600120 | <b>1:14.65</b> | 36.50 | 1:14.65 |
| 3.    | Esmee Nieuwenhuis  | ZPC De Hof     | 1:14.63 | 200701444 | <b>1:15.12</b> | 36.89 | 1:15.12 |
| 4.    | Cato Tulen         | Swol 1894      | 1:14.76 | 200701946 | <b>1:15.18</b> | 36.51 | 1:15.18 |
| 5.    | Lotte Aufderhaar   | De Grunte      | 1:13.66 | 200601662 | <b>1:15.35</b> | 37.13 | 1:15.35 |
| 6.    | Iris Sportel       | Dedemsvaart-AC | 1:18.87 | 200601048 | <b>1:16.20</b> | 36.89 | 1:16.20 |
| 7.    | Mirte Boswinkel    | WS Twente      | 1:19.31 | 200700434 | <b>1:17.66</b> | 37.77 | 1:17.66 |
| 8.    | Kaylen Schonewille | Steenwijk 1934 | 1:15.45 | 200700500 | <b>1:17.70</b> | 37.99 | 1:17.70 |
| 9.    | Lianne Spaan       | Dedemsvaart-AC | 1:17.22 | 200600216 | <b>1:17.98</b> | 37.62 | 1:17.98 |
| 10.   | Krista Veehof      | Deltasteur     | 1:18.51 | 200700140 | <b>1:18.09</b> | 38.24 | 1:18.09 |
| 11.   | Lily Zandstra      | Dedemsvaart-AC | 1:17.02 | 200701418 | <b>1:18.27</b> | 38.15 | 1:18.27 |
| 12.   | Sofie Kragt        | Dedemsvaart-AC | 1:18.04 | 200701020 | <b>1:19.53</b> | 38.60 | 1:19.53 |
| 13.   | Fien de Zeeuw      | O Z & P C      | 1:21.07 | 200600130 | <b>1:22.67</b> | 40.04 | 1:22.67 |
| 14.   | Ashley Nijveld     | De Grunte      | 1:25.35 | 200700384 | <b>1:25.89</b> | 42.05 | 1:25.89 |
| 15.   | Eva Havelaar       | De Grunte      | 1:24.99 | 200601660 | <b>1:27.30</b> | 42.33 | 1:27.30 |
| 16.   | Isabel Post        | WS Twente      | 1:28.72 | 200604582 | <b>1:28.21</b> | 43.27 | 1:28.21 |
| AFGEM | Jildou de Jong     | Dedemsvaart-AC | 1:37.39 | 200604232 |                |       |         |

Senioren 1 en 2

|       |                     |                |         |           |                |       |         |
|-------|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.    | Isa Wiggers         | O Z & P C      | 1:14.17 | 200500978 | <b>1:15.98</b> | 36.64 | 1:15.98 |
| 2.    | Iris Timmermans     | Het Ravijn     | 1:17.43 | 200500172 | <b>1:16.21</b> | 36.91 | 1:16.21 |
| 3.    | Lieke van der Wal   | Zignea         | 1:15.74 | 200501428 | <b>1:19.27</b> | 38.70 | 1:19.27 |
| 4.    | Zoë van den Berg    | WS Twente      | 1:20.12 | 200501638 | <b>1:20.98</b> | 39.47 | 1:20.98 |
| 5.    | Romée Jabben        | Dedemsvaart-AC | 1:20.59 | 200404426 | <b>1:21.25</b> | 39.81 | 1:21.25 |
| 6.    | Alyssa Eilander     | De Grunte      | 1:27.94 | 200501982 | <b>1:24.74</b> | 41.71 | 1:24.74 |
| 7.    | Ilse Siemerink      | WS Twente      | 1:25.51 | 200502512 | <b>1:25.48</b> | 41.82 | 1:25.48 |
| 8.    | Yoni van der Gronde | Swol 1894      | 1:23.74 | 200504858 | <b>1:25.56</b> | 41.40 | 1:25.56 |
| 9.    | Eline Pullen        | De Grunte      | 1:22.65 | 200500630 | <b>1:28.07</b> | 42.33 | 1:28.07 |
| AFGEM | Marinka Mulder      | De Grunte      | 1:26.19 | 200405634 |                |       |         |

Senioren

|       |                   |                |         |           |                |       |         |
|-------|-------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.    | Jacynta Plat      | Steenwijk 1934 | 1:12.58 | 199002956 | <b>1:11.08</b> | 34.27 | 1:11.08 |
| 2.    | Cynthia Koolman   | Steenwijk 1934 | 1:11.83 | 200300232 | <b>1:12.94</b> | 36.16 | 1:12.94 |
| 3.    | Lianne Roescher   | ZPC De Hof     | 1:11.64 | 199900248 | <b>1:13.39</b> | 34.96 | 1:13.39 |
| 4.    | Melissa de Lang   | Swol 1894      | 1:17.29 | 200001186 | <b>1:18.36</b> | 37.84 | 1:18.36 |
| 5.    | Romée Beverdam    | WS Twente      | 1:17.55 | 200100158 | <b>1:18.80</b> | 37.38 | 1:18.80 |
| 6.    | Mia de Vente      | Het Ravijn     | 1:22.14 | 200300518 | <b>1:20.24</b> | 38.62 | 1:20.24 |
| 7.    | Leonie Smit       | Sg - E Z C L   | 1:23.55 | 200301978 | <b>1:24.35</b> | 41.18 | 1:24.35 |
| 8.    | Ilon Schuurman    | O Z & P C      | 1:25.65 | 200304766 | <b>1:25.18</b> | 41.44 | 1:25.18 |
| 9.    | Yasmine Wilms     | Hera'11        | 1:24.81 | 200301062 | <b>1:25.37</b> | 41.85 | 1:25.37 |
| 10.   | Kyonne Maas       | Sg - E Z C L   | 1:22.74 | 200200434 | <b>1:27.12</b> | 42.09 | 1:27.12 |
| 11.   | Rosa Huntjens     | Sg - E Z C L   | 1:27.16 | 200301402 | <b>1:27.29</b> | 42.19 | 1:27.29 |
| 12.   | Jolene Bekhuis    | O Z & P C      | 1:27.54 | 200300248 | <b>1:30.87</b> | 43.93 | 1:30.87 |
| AFGEM | Jildou Cleveringa | Swol 1894      | 1:35.68 | 200006754 |                |       |         |

Programmanr. 2  
4-2-2023 - 13:55

Jongens, 4 x 50m vrije slag

Junioren  
Resultaten

Programmanr. 1  
4-2-2023 - 13:55

Meisjes, 4 x 50m wisselslag

Junioren 4 en jonger  
Resultaten

| rang | vereniging                                               | intijd      | tijd                      | RT          |
|------|----------------------------------------------------------|-------------|---------------------------|-------------|
| 1.   | Dedemsvaart-AC 1<br>50m*                                 | 2:45.04     | <b>2:35.74</b>            |             |
|      | Simone Kragt 09                                          | 43.24       | Karlijn Bredenoort 08     | 37.27       |
|      | Marije Overberg 09                                       | 43.04       | Jente Nijsingh 08         | 32.19       |
| 2.   | de IJssel 1                                              | 2:44.98     | <b>2:37.82</b>            |             |
|      | Hanna Heller 11                                          | 42.77       | Lola Kieft 08             | 40.57       |
|      | Flore Blok 08                                            | +0.36 41.17 | Marloes Overbeek 09       | +0.60 33.31 |
| 3.   | Swol 1894 1                                              | 2:35.87     | <b>2:39.02</b>            |             |
|      | Amber Admiraal 09                                        | 39.61       | Myrthe te Winkel 08       | 45.30       |
|      | Esmee Koning 09                                          | 43.32       | Elien Groothuismink 08    | 30.79       |
| 4.   | De Grunte 1                                              | 2:40.82     | <b>2:39.92</b>            |             |
|      | Meike Hultink 10                                         | 42.06       | Amber Lenters 08          | +0.66 36.53 |
|      | Joëlle van Schooten 09                                   | +0.13 46.70 | Elina Hendriks 08         | +0.66 34.63 |
| 5.   | Deltasteur 1                                             | 3:09.20     | <b>2:53.67</b>            |             |
|      | Manoah Dekker 11                                         | 42.09       | Lisa Boogaard 11          | 43.92       |
|      | Benthe Boersma 11                                        | 51.66       | Karina van de Wetering 10 | 36.00       |
| DIS  | Sg - E Z C L 1<br>EA - Te vroeg overgenomen., 4e zwemmer | 2:56.34     |                           |             |
|      | Silke van den Berg 10                                    | 47.04       | Yves Bruinenberg 10       | 51.40       |
|      | Gianna Mastroianni 10                                    | 49.04       | Jill Goeree 11            |             |

Programmanr. 9  
4-2-2023 - 14:15

Heren, 100m vlinderslag

Junioren 1 en ouder  
Resultaten

| rang | naam                                                                                 | vereniging    | intijd  | tijd      | RT             | 50m   | 100m    |
|------|--------------------------------------------------------------------------------------|---------------|---------|-----------|----------------|-------|---------|
| 1.   | Simon Vahl                                                                           | Deltasteur    | 1:43.50 | 200900161 | <b>1:36.96</b> | 41.77 | 1:36.96 |
| 2.   | Danny Hemelrijk                                                                      | Zignea        | 1:52.16 | 200902785 | <b>1:40.76</b> | 47.14 | 1:40.76 |
| 3.   | Bouke Jansen                                                                         | De Grunte     | 1:44.66 | 200902265 | <b>1:46.71</b> | 48.35 | 1:46.71 |
| DIS  | Hugo Harwig                                                                          | Deltasteur    | 1:45.18 | 201002533 |                |       |         |
|      | VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt. |               |         |           |                |       |         |
| NG   | Joep van Nijen                                                                       | Z&PV de Veene | 1:41.63 | 201000545 |                |       |         |

Junioren 3 en 4

|    |                     |                |         |           |                |       |         |
|----|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Mano Messchendorp   | Zignea         | 1:23.80 | 200802777 | <b>1:16.29</b> | 35.04 | 1:16.29 |
| 2. | Teun van Weeren     | WS Twente      | 1:19.78 | 200801145 | <b>1:16.41</b> | 33.98 | 1:16.41 |
| 3. | Niek Eijssink       | De Grunte      | 1:16.95 | 200801827 | <b>1:17.86</b> | 34.95 | 1:17.86 |
| 4. | Julian Zwarthoff    | Swol 1894      | 1:21.70 | 200800945 | <b>1:20.46</b> | 38.46 | 1:20.46 |
| 5. | Ivan Vuist          | Steenwijk 1934 | 1:30.15 | 200802067 | <b>1:26.28</b> | 38.22 | 1:26.28 |
| 6. | Cas Kleinpenning    | ZVZ            | 1:27.80 | 200702499 | <b>1:27.03</b> | 37.44 | 1:27.03 |
| 7. | Dylan van Doeselaar | Sg - E Z C L   | 1:24.46 | 200700477 | <b>1:27.45</b> | 37.68 | 1:27.45 |
| 8. | Silvio Overbeeke    | Z&PV de Veene  | 1:35.84 | 200801889 | <b>1:37.84</b> | 41.68 | 1:37.84 |
| 9. | Jarrod Kanselaar    | Z&PV de Veene  | 1:39.18 | 200701895 | <b>1:45.07</b> | 46.29 | 1:45.07 |

Jeugd 1 en 2

|       |                   |               |         |           |                |       |         |
|-------|-------------------|---------------|---------|-----------|----------------|-------|---------|
| 1.    | Mattijn Thijert   | WS Twente     | 1:14.91 | 200501921 | <b>1:10.31</b> | 31.72 | 1:10.31 |
| 2.    | Rick Smelt        | ZVZ           | 1:12.33 | 200600051 | <b>1:10.34</b> | 32.34 | 1:10.34 |
| 3.    | Wes Velthuis      | O Z & P C     | 1:19.12 | 200602217 | <b>1:13.25</b> | 32.35 | 1:13.25 |
| 4.    | Ruben Overbeek    | de IJssel     | 1:15.69 | 200502887 | <b>1:13.68</b> | 33.60 | 1:13.68 |
| 5.    | Thijmen Vugteveen | Z&PV de Veene | 1:11.51 | 200500139 | <b>1:16.28</b> | 35.03 | 1:16.28 |
| 6.    | Quinten Tuitert   | WS Twente     | 1:19.71 | 200600447 | <b>1:25.00</b> | 37.64 | 1:25.00 |
| AFGEM | Tom Schotkamp     | De Grunte     | 1:17.98 | 200501337 |                |       |         |
| AFGEM | Luuk Tangenberg   | De Grunte     | 1:23.54 | 200601183 |                |       |         |

Programmanr. 9, Heren, 100m vlinderslag

Senioren 1 en 2

|    |                   |           |         |           |                |       |         |
|----|-------------------|-----------|---------|-----------|----------------|-------|---------|
| 1. | Yannick Bruintjes | Zignea    | 1:10.97 | 200304831 | <b>1:10.08</b> | 31.41 | 1:10.08 |
| 2. | Lasse Ophuis      | WS Twente | 1:16.58 | 200400027 | <b>1:15.30</b> | 33.98 | 1:15.30 |
| 3. | Quinten de Theije | Zignea    | 1:20.00 | 200402129 | <b>1:20.48</b> | 35.86 | 1:20.48 |

Senioren

|    |                  |               |         |           |                |       |         |
|----|------------------|---------------|---------|-----------|----------------|-------|---------|
| 1. | Gideon Teeuw     | Z&PV de Veene | 1:04.03 | 199801237 | <b>1:04.40</b> | 29.42 | 1:04.40 |
| 2. | Ian van der Pal  | Swol 1894     | 1:04.62 | 200203645 | <b>1:05.16</b> | 30.11 | 1:05.16 |
| 3. | Sweeder Braakman | de IJssel     | 1:06.16 | 200200397 | <b>1:05.67</b> | 30.18 | 1:05.67 |
| 4. | Pieter Pickhardt | ZPC De Hof    | 1:07.72 | 198301657 | <b>1:06.23</b> | 31.09 | 1:06.23 |
| 5. | Marijn Heetkamp  | Het Ravijn    | 1:11.73 | 199903407 | <b>1:14.17</b> | 33.39 | 1:14.17 |
| 6. | Harm-Jan Otter   | V Z & P C     | 1:17.78 | 198101283 | <b>1:18.25</b> | 34.48 | 1:18.25 |

Programmanr. 10  
4-2-2023 - 14:30

Dames, 50m vlinderslag

Senioren Open  
Resultaten

| rang            | naam                   | vereniging    | intijd  | tijd      | RT             |
|-----------------|------------------------|---------------|---------|-----------|----------------|
| Junioren 1 en 2 |                        |               |         |           |                |
| 1.              | Ine-Joy Tilburg        | Z&PV de Veene | 43.83   | 201002036 | <b>39.81</b>   |
| 2.              | Olivia Boschloo        | de IJssel     | 51.54   | 201102398 | <b>40.76</b>   |
| 3.              | Karina van de Wetering | Deltasteur    | 44.45   | 201000972 | <b>42.53</b>   |
| 4.              | Charlotte Smelt        | ZVZ           | 42.58   | 201000100 | <b>42.79</b>   |
| 5.              | Hanna Heller           | de IJssel     | 48.67   | 201102730 | <b>44.40</b>   |
| 6.              | Jill Goeree            | Sg - E Z C L  | 1:01.20 | 201101248 | <b>44.54</b>   |
| 7.              | Lisa Boogaard          | Deltasteur    | 49.16   | 201100990 | <b>45.81</b>   |
| 8.              | Amber Spronk           | Deltasteur    | 46.14   | 201000970 | <b>46.04</b>   |
| 9.              | Nikki Kannegieter      | Zignea        | 53.13   | 201100750 | <b>48.92</b>   |
| 10.             | Meike Hultink          | De Grunte     | 46.84   | 201001686 | <b>49.54</b>   |
| 11.             | Lise Visscher          | ZVZ           | 50.26   | 201101764 | <b>50.55</b>   |
| 12.             | Veerle Vugteveen       | Z&PV de Veene | 56.68   | 201000490 | <b>51.53</b>   |
| 13.             | Rosalina Dolstra       | ZVZ           | 51.38   | 201102080 | <b>51.62</b>   |
| 14.             | Yves Bruinenberg       | Sg - E Z C L  | 49.33   | 201001720 | <b>52.42</b>   |
| 15.             | Matthanja Krol         | Z&PV de Veene | 51.17   | 201000878 | <b>54.05</b>   |
| 16.             | Kyara Rensen           | O Z & P C     | 55.42   | 201102038 | <b>59.23 *</b> |
| AFGEM           | Silke van den Berg     | Sg - E Z C L  | 53.54   | 201000752 |                |
| AFGEM           | Lincey Stappenbeld     | Sg - E Z C L  | 53.21   | 201002978 |                |
| AFGEM           | Sara ten Broeke        | V Z & P C     | 57.11   | 201100178 |                |
| AFGEM           | Sanna Spijksma         | ZPC De Hof    | 46.44   | 201000356 |                |

Junioren 3 en 4

|       |                     |               |       |           |              |
|-------|---------------------|---------------|-------|-----------|--------------|
| 1.    | Amber Lenters       | De Grunte     | 36.13 | 200800700 | <b>35.63</b> |
| 2.    | Ilse Lebbink        | Zignea        | 37.14 | 200800088 | <b>36.64</b> |
| 3.    | Tess Wielens        | Sg - E Z C L  | 37.30 | 200801252 | <b>36.85</b> |
| 4.    | Iris Boswinkel      | WS Twente     | 36.43 | 200801306 | <b>38.16</b> |
| 5.    | Bente Verweg        | V Z & P C     | 39.92 | 200804204 | <b>39.92</b> |
| 6.    | Elien Groothuismink | Swol 1894     | 40.09 | 200800920 | <b>40.02</b> |
| 7.    | Veerle Westenbroek  | O Z & P C     | 40.11 | 200800128 | <b>41.29</b> |
| 8.    | Ilse Eijnsink       | De Grunte     | 41.43 | 200903438 | <b>42.69</b> |
| 9.    | Esmee Koning        | Swol 1894     | 44.44 | 200903234 | <b>42.81</b> |
| 10.   | Amber Admiraal      | Swol 1894     | 48.31 | 200900698 | <b>43.68</b> |
| 11.   | Joëlle van Schooten | De Grunte     | 42.20 | 200901930 | <b>44.55</b> |
| 12.   | Elina Hendriks      | De Grunte     | 43.75 | 200801178 | <b>44.70</b> |
| 13.   | Imke Hazewinkel     | Z&PV de Veene | 45.82 | 200902568 | <b>45.29</b> |
| 14.   | Iris van Dijk       | Het Ravijn    | 56.12 | 200903480 | <b>49.71</b> |
| 15.   | Tess Bokhove        | V Z & P C     | 58.02 | 200900890 | <b>51.72</b> |
| 16.   | Rosalie Journee     | Z&PV de Veene | 59.81 | 200904268 | <b>55.44</b> |
| AFGEM | Desiree Dreschler   | De Grunte     | 48.31 | 200901400 |              |
| AFGEM | Eva Oude Egbrink    | O Z & P C     | 44.13 | 200900242 |              |
| NG    | Valerie Beuker      | V Z & P C     | 36.95 | 200800158 |              |

Programmanr. 10, Dames, 50m vlinderslag

Jeugd 1 en 2

|       |                        |                |       |           |              |
|-------|------------------------|----------------|-------|-----------|--------------|
| 1.    | Nouk Achterhuis        | O Z & P C      | 32.67 | 200600120 | <b>32.45</b> |
| 2.    | Noor Heinekamp         | ZPC De Hof     | 34.23 | 200701420 | <b>33.66</b> |
| 3.    | Christa Valk           | Hera'11        | 34.93 | 200600066 | <b>34.62</b> |
|       | Cato Tulen             | Swol 1894      | 33.17 | 200701946 | <b>34.62</b> |
| 5.    | Charlotte van der Meer | Deltasteur     | 36.50 | 200704478 | <b>35.17</b> |
| 6.    | Joelle Kagenaar        | Zignea         | 35.32 | 200600070 | <b>35.50</b> |
| 7.    | Renske Willemsen       | Hera'11        | 35.96 | 200600292 | <b>35.71</b> |
| 8.    | Lily Zandstra          | Dedemsvaart-AC | 35.75 | 200701418 | <b>35.72</b> |
| 9.    | Lotte Aufderhaar       | De Grunte      | 34.41 | 200601662 | <b>35.92</b> |
| 10.   | Kaylen Schonewille     | Steenwijk 1934 | 35.14 | 200700500 | <b>36.47</b> |
| 11.   | Maaïke Bosman          | Zignea         | 36.85 | 200700624 | <b>37.00</b> |
| 12.   | Lianne Spaan           | Dedemsvaart-AC | 36.32 | 200600216 | <b>38.51</b> |
| 13.   | Lieke Kamphuis         | Sg - E Z C L   | 41.03 | 200701448 | <b>38.95</b> |
| 14.   | Ashley Nijveld         | De Grunte      | 36.61 | 200700384 | <b>39.24</b> |
| 15.   | Eva Havelaar           | De Grunte      | 38.63 | 200601660 | <b>39.38</b> |
| 16.   | Fien de Zeeuw          | O Z & P C      | 38.34 | 200600130 | <b>39.58</b> |
| 17.   | Ilse van Eijk          | Zignea         | 40.69 | 200601930 | <b>40.74</b> |
| 18.   | Iris Sportel           | Dedemsvaart-AC | 43.23 | 200601048 | <b>41.74</b> |
| AFGEM | Floor Rietman          | ZVZ            | 38.29 | 200603168 |              |

Senioren 1 en 2

|       |                      |                |       |           |              |
|-------|----------------------|----------------|-------|-----------|--------------|
| 1.    | Fiona Wormeester     | Sg - E Z C L   | 33.31 | 200400674 | <b>31.75</b> |
| 2.    | Zoë van den Berg     | WS Twente      | 33.66 | 200501638 | <b>33.41</b> |
| 3.    | Iris Timmermans      | Het Ravijn     | 33.16 | 200500172 | <b>34.32</b> |
| 4.    | Jolieke van den Berg | Het Ravijn     | 35.15 | 200400810 | <b>34.68</b> |
| 5.    | Lieke van der Wal    | Zignea         | 35.48 | 200501428 | <b>35.16</b> |
| 6.    | Femke Bollema        | Deltasteur     | 35.22 | 200500264 | <b>36.22</b> |
| 7.    | Isa Wiggers          | O Z & P C      | 34.86 | 200500978 | <b>36.59</b> |
| 8.    | Ilse Siemerink       | WS Twente      | 36.42 | 200502512 | <b>36.96</b> |
| 9.    | Romée Jabben         | Dedemsvaart-AC | 36.05 | 200404426 | <b>37.51</b> |
| 10.   | Yoni van der Gronde  | Swol 1894      | 38.19 | 200504858 | <b>40.20</b> |
| AFGEM | Alyssa Eilander      | De Grunte      | 40.64 | 200501982 |              |
| AFGEM | Marinka Mulder       | De Grunte      | 47.39 | 200405634 |              |
| AFGEM | Eline Pullen         | De Grunte      | 39.73 | 200500630 |              |

Senioren

|       |                         |                |       |           |              |
|-------|-------------------------|----------------|-------|-----------|--------------|
| 1.    | Daphne Robijn-Jongedijk | Sg - E Z C L   | 31.55 | 198903520 | <b>31.16</b> |
| 2.    | Jacyntha Plat           | Steenwijk 1934 | 31.71 | 199002956 | <b>31.56</b> |
| 3.    | Romée Beverdam          | WS Twente      | 34.17 | 200100158 | <b>33.23</b> |
| 4.    | Melissa de Lang         | Swol 1894      | 33.44 | 200001186 | <b>34.41</b> |
| 5.    | Maud Heldoorn           | Deltasteur     | 33.67 | 200000564 | <b>34.47</b> |
| 6.    | Rosa Huntjens           | Sg - E Z C L   | 34.99 | 200301402 | <b>34.59</b> |
|       | Lieke Stoker            | WS Twente      | 34.05 | 200301412 | <b>34.59</b> |
| 8.    | Noa Boerma              | Het Ravijn     | 35.05 | 200202736 | <b>35.08</b> |
| 9.    | Sabine Lageweg          | Steenwijk 1934 | 33.21 | 199900926 | <b>35.12</b> |
| 10.   | Iris Zandvoort          | Z&PV de Veene  | 34.32 | 200202274 | <b>35.42</b> |
| 11.   | Mia de Vente            | Het Ravijn     | 36.47 | 200300518 | <b>36.05</b> |
| 12.   | Cynthia Koolman         | Steenwijk 1934 | 35.36 | 200300232 | <b>36.23</b> |
| 13.   | Ilon Schuurman          | O Z & P C      | 36.91 | 200304766 | <b>37.14</b> |
| 14.   | Kyonne Maas             | Sg - E Z C L   | 42.02 | 200200434 | <b>38.54</b> |
| 15.   | Jolene Bekhuis          | O Z & P C      | 40.55 | 200300248 | <b>40.86</b> |
| 16.   | Leonie Smit             | Sg - E Z C L   | 41.62 | 200301978 | <b>42.19</b> |
| AFGEM | Jildou Cleveringa       | Swol 1894      | 41.53 | 200006754 |              |

Programmanr. 11  
4-2-2023 - 14:45

Heren, 50m vrije slag

Junioren 1 en ouder  
Resultaten

| rang                   | naam                    | vereniging     | intijd | tijd      | RT           |
|------------------------|-------------------------|----------------|--------|-----------|--------------|
| <b>Junioren 1 en 2</b> |                         |                |        |           |              |
| 1.                     | Milan Bottenberg        | Deltasteur     | 33.83  | 200900153 | <b>32.95</b> |
| 2.                     | Daan Emming             | Swol 1894      | 37.20  | 201003115 | <b>34.04</b> |
| 3.                     | Danny Hemelrijk         | Zignea         | 36.32  | 200902785 | <b>34.70</b> |
| 4.                     | Hugo Harwig             | Deltasteur     | 36.73  | 201002533 | <b>35.83</b> |
| 5.                     | Bouke Jansen            | De Grunte      | 36.19  | 200902265 | <b>36.44</b> |
| 6.                     | Nathanaël van der Stege | Deltasteur     | 39.37  | 201000503 | <b>37.92</b> |
| 7.                     | Timo Bottenberg         | Deltasteur     | 37.89  | 200900151 | <b>38.13</b> |
| 8.                     | Milan Roeloffzen        | V Z & P C      | 40.10  | 201001753 | <b>38.59</b> |
| 9.                     | Hidde Huiberts          | Dedemsvaart-AC | 41.68  | 201002949 | <b>41.09</b> |
| NG                     | Joep van Nijen          | Z&PV de Veene  | 36.80  | 201000545 |              |

#### Junioren 3 en 4

|       |                     |                |       |           |                |
|-------|---------------------|----------------|-------|-----------|----------------|
| 1.    | Teun van Weeren     | WS Twente      | 29.98 | 200801145 | <b>29.17</b>   |
| 2.    | Mart Vugteveen      | Z&PV de Veene  | 32.02 | 200700111 | <b>29.19</b>   |
| 3.    | Cas Kleinpenning    | ZVZ            | 29.95 | 200702499 | <b>29.21</b>   |
| 4.    | Julian Zwarthoff    | Swol 1894      | 31.39 | 200800945 | <b>31.43 *</b> |
| 5.    | Silvio Overbeeke    | Z&PV de Veene  | 32.11 | 200801889 | <b>31.44</b>   |
| 6.    | Dylan van Doeselaar | Sg - E Z C L   | 31.57 | 200700477 | <b>31.75</b>   |
| 7.    | Viktor Post         | WS Twente      | 32.28 | 200802201 | <b>32.47</b>   |
| 8.    | Johan Schaafsma     | Dedemsvaart-AC | 35.27 | 200800517 | <b>33.13</b>   |
| 9.    | Jarrod Kanselaar    | Z&PV de Veene  | 34.61 | 200701895 | <b>34.81</b>   |
| AFGEM | Maarten Bol         | Dedemsvaart-AC | 34.23 | 200803731 |                |
| AFGEM | Jort Siebelt        | O Z & P C      | 28.70 | 200700083 |                |

#### Jeugd 1 en 2

|       |                   |                |       |           |              |
|-------|-------------------|----------------|-------|-----------|--------------|
| 1.    | Finmar Rijnkels   | Dedemsvaart-AC | 28.42 | 200604219 | <b>26.76</b> |
| 2.    | Wes Velthuis      | O Z & P C      | 26.74 | 200602217 | <b>26.83</b> |
| 3.    | Rick Smelt        | ZVZ            | 27.98 | 200600051 | <b>27.39</b> |
| 4.    | Aymé Groot        | ZPC De Hof     | 27.47 | 200600117 | <b>27.43</b> |
| 5.    | Ian Huntink       | de IJssel      | 27.86 | 200603473 | <b>27.54</b> |
| 6.    | Thijmen Vugteveen | Z&PV de Veene  | 27.87 | 200500139 | <b>27.69</b> |
| 7.    | Luuk Tangenberg   | De Grunte      | 28.29 | 200601183 | <b>28.16</b> |
| 8.    | Mees Rienties     | Swol 1894      | 28.33 | 200500059 | <b>28.39</b> |
| 9.    | Lars Haytink      | WS Twente      | 28.50 | 200601815 | <b>29.18</b> |
| AFGEM | Tom Schotkamp     | De Grunte      | 32.30 | 200501337 |              |
| AFGEM | Floris Bol        | Dedemsvaart-AC | 31.86 | 200504457 |              |

#### Senioren 1 en 2

|    |                   |            |       |           |              |
|----|-------------------|------------|-------|-----------|--------------|
| 1. | Yannick Bruintjes | Zignea     | 26.74 | 200304831 | <b>27.24</b> |
| 2. | Lasse Ophuis      | WS Twente  | 28.31 | 200400027 | <b>27.91</b> |
| 3. | Quinten de Theije | Zignea     | 27.12 | 200402129 | <b>27.96</b> |
| 4. | Lanco Manaf       | Het Ravijn | 28.95 | 200402715 | <b>28.15</b> |
| 5. | Guus Stijf        | Swol 1894  | 29.76 | 200404309 | <b>29.91</b> |

#### Senioren

|     |                     |                |       |           |              |
|-----|---------------------|----------------|-------|-----------|--------------|
| 1.  | Daan Rienties       | Swol 1894      | 25.45 | 200103369 | <b>25.66</b> |
| 2.  | Gideon Teeuw        | Z&PV de Veene  | 26.11 | 199801237 | <b>26.15</b> |
| 3.  | Ian van der Pal     | Swol 1894      | 26.02 | 200203645 | <b>26.27</b> |
| 4.  | William Kruihof     | Het Ravijn     | 27.68 | 198000857 | <b>27.64</b> |
| 5.  | Robert Nijendijk    | de IJssel      | 27.35 | 200102791 | <b>27.91</b> |
| 6.  | Stefan Kagenaar     | Zignea         | 26.55 | 200101391 | <b>27.95</b> |
|     | Thomas van Scheepen | Steenwijk 1934 | 27.59 | 200001387 | <b>27.95</b> |
| 8.  | Marijn Heetkamp     | Het Ravijn     | 27.52 | 199903407 | <b>28.17</b> |
| 9.  | Harm-Jan Otter      | V Z & P C      | 28.06 | 198101283 | <b>28.30</b> |
| 10. | Martijn Voortman    | de IJssel      | 27.32 | 198604395 | <b>29.00</b> |
| 11. | Roy Swinkels        | Z&PV de Veene  | 28.79 | 200201625 | <b>29.32</b> |
| 12. | Nick Swinkels       | Z&PV de Veene  | 29.02 | 200201619 | <b>29.91</b> |
| 13. | Mathijs Krieger     | Sg - E Z C L   | 34.93 | 199905361 | <b>33.11</b> |
| 14. | Wout Oldenhof       | Het Ravijn     | 34.33 | 200104317 | <b>34.39</b> |
| 15. | Christiaan Matser   | Sg - E Z C L   | 40.82 | 200105573 | <b>38.14</b> |

Programmanr. 12  
4-2-2023 - 14:55

Dames, 100m vrije slag

Senioren Open  
Resultaten

| rang                   | naam                                                            | vereniging     | intijd  | tijd      | RT             | 50m   | 100m    |
|------------------------|-----------------------------------------------------------------|----------------|---------|-----------|----------------|-------|---------|
| <b>Junioren 1 en 2</b> |                                                                 |                |         |           |                |       |         |
| 1.                     | Gwen Schuur                                                     | De Grunte      | 1:19.45 | 201000698 | <b>1:16.22</b> | 37.75 | 1:16.22 |
| 2.                     | Ine-Joy Tilburg                                                 | Z&PV de Veene  | 1:22.54 | 201002036 | <b>1:17.86</b> | 37.46 | 1:17.86 |
|                        | 50mtr *                                                         |                |         |           |                |       |         |
| 3.                     | Annemiek Back                                                   | De Grunte      | 1:20.41 | 201000700 | <b>1:19.18</b> | 38.59 | 1:19.18 |
| 4.                     | Meike Hultink                                                   | De Grunte      | 1:22.27 | 201001686 | <b>1:19.57</b> | 39.02 | 1:19.57 |
| 5.                     | Charlotte Smelt                                                 | ZVZ            | 1:23.02 | 201000100 | <b>1:22.30</b> | 38.38 | 1:22.30 |
| 6.                     | Yves Bruinenberg                                                | Sg - E Z C L   | 1:28.99 | 201001720 | <b>1:24.80</b> | 39.11 | 1:24.80 |
| 7.                     | Olivia Boschloo                                                 | de IJssel      | 1:33.42 | 201102398 | <b>1:25.34</b> | 40.55 | 1:25.34 |
| 8.                     | Hanna Heller                                                    | de IJssel      | 1:29.50 | 201102730 | <b>1:25.87</b> | 38.90 | 1:25.87 |
| 9.                     | Lisa Boogaard                                                   | Deltasteur     | 1:29.13 | 201100990 | <b>1:26.21</b> | 41.09 | 1:26.21 |
| 10.                    | Robyn Ippel                                                     | Zignea         | 1:23.78 | 201001534 | <b>1:26.62</b> | 39.29 | 1:26.62 |
| 11.                    | Gianna Mastroianni                                              | Sg - E Z C L   | 1:37.88 | 201002212 | <b>1:27.36</b> | 40.47 | 1:27.36 |
| 12.                    | Silke van den Berg                                              | Sg - E Z C L   | 1:31.16 | 201000752 | <b>1:28.18</b> | 42.07 | 1:28.18 |
| 13.                    | Elise Pruijsen                                                  | Z&PV de Veene  | 1:32.18 | 201003418 | <b>1:28.70</b> | 40.53 | 1:28.70 |
| 14.                    | Matthanja Krol                                                  | Z&PV de Veene  | 1:29.42 | 201000878 | <b>1:29.54</b> | 43.71 | 1:29.54 |
| 15.                    | Nora van den Berg                                               | Het Ravijn     | 1:40.78 | 201101666 | <b>1:29.71</b> | 41.09 | 1:29.71 |
| 16.                    | Benthe Boersma                                                  | Deltasteur     | 1:29.43 | 201100994 | <b>1:30.32</b> | 42.13 | 1:30.32 |
| 17.                    | Britt van der Aa                                                | ZPC De Hof     | 1:34.07 | 201002626 | <b>1:33.26</b> | 43.71 | 1:33.26 |
| 18.                    | Veerle Vugteveen                                                | Z&PV de Veene  | 1:43.84 | 201000490 | <b>1:39.29</b> | 45.34 | 1:39.29 |
|                        | 50mtr *                                                         |                |         |           |                |       |         |
| DIS                    | Nikki Kannegieter                                               | Zignea         | 1:28.54 | 201100750 |                |       |         |
|                        | AA - De start ingezet voor het startsignaal (en wel gezwommen). |                |         |           |                |       |         |
| AFGEM                  | Sara ten Broeke                                                 | V Z & P C      | 1:45.64 | 201100178 |                |       |         |
| NG                     | Mieke Jansen                                                    | Dedemsvaart-AC | 1:38.00 | 201101950 |                |       |         |
| <b>Junioren 3 en 4</b> |                                                                 |                |         |           |                |       |         |
| 1.                     | Aukje Markerink                                                 | ZPC De Hof     | 1:08.93 | 200802196 | <b>1:07.68</b> | 31.87 | 1:07.68 |
| 2.                     | Femke Budde                                                     | WS Twente      | 1:09.78 | 200801460 | <b>1:07.73</b> | 32.72 | 1:07.73 |
| 3.                     | Rosa Visscher                                                   | ZVZ            | 1:10.57 | 200800706 | <b>1:08.57</b> | 33.04 | 1:08.57 |
| 4.                     | Flore Blok                                                      | de IJssel      | 1:10.26 | 200804348 | <b>1:09.14</b> | 33.53 | 1:09.14 |
| 5.                     | Jente Nijsingh                                                  | Dedemsvaart-AC | 1:10.64 | 200801594 | <b>1:10.86</b> | 33.99 | 1:10.86 |
| 6.                     | Karlijn Bredenoort                                              | Dedemsvaart-AC | 1:12.13 | 200800340 | <b>1:11.33</b> | 33.82 | 1:11.33 |
| 7.                     | Elien Groothuismink                                             | Swol 1894      | 1:10.52 | 200800920 | <b>1:11.74</b> | 34.25 | 1:11.74 |
| 8.                     | Ilse Lebbink                                                    | Zignea         | 1:12.00 | 200800088 | <b>1:12.28</b> | 34.90 | 1:12.28 |
| 9.                     | Iris Boswinkel                                                  | WS Twente      | 1:10.03 | 200801306 | <b>1:13.39</b> | 35.03 | 1:13.39 |
| 10.                    | Veerle Westenbroek                                              | O Z & P C      | 1:13.61 | 200800128 | <b>1:14.95</b> | 35.54 | 1:14.95 |
| 11.                    | Simone Kragt                                                    | Dedemsvaart-AC | 1:16.95 | 200901088 | <b>1:15.28</b> | 36.88 | 1:15.28 |
| 12.                    | Liselot Stoter                                                  | Deltasteur     | 1:15.95 | 200900708 | <b>1:15.54</b> | 36.78 | 1:15.54 |
| 13.                    | Bente Verweg                                                    | V Z & P C      | 1:19.84 | 200804204 | <b>1:15.97</b> | 37.34 | 1:15.97 |
| 14.                    | Marloes Overbeek                                                | de IJssel      | 1:19.05 | 200903232 | <b>1:16.26</b> | 36.64 | 1:16.26 |
| 15.                    | Imke Hazewinkel                                                 | Z&PV de Veene  | 1:25.43 | 200902568 | <b>1:17.31</b> | 36.19 | 1:17.31 |
| 16.                    | Esmee Koning                                                    | Swol 1894      | 1:20.20 | 200903234 | <b>1:18.80</b> | 39.15 | 1:18.80 |
| 17.                    | Marije Overberg                                                 | Dedemsvaart-AC | 1:17.74 | 200900616 | <b>1:19.82</b> | 37.27 | 1:19.82 |
| 18.                    | Myrthe te Winkel                                                | Swol 1894      | 1:16.59 | 200804336 | <b>1:20.15</b> | 38.12 | 1:20.15 |
| 19.                    | Joëlle van Schooten                                             | De Grunte      | 1:17.81 | 200901930 | <b>1:20.37</b> | 38.15 | 1:20.37 |
| 20.                    | Amber Admiraal                                                  | Swol 1894      | 1:27.48 | 200900698 | <b>1:21.53</b> | 39.12 | 1:21.53 |
| 21.                    | Ilse Eijnsink                                                   | De Grunte      | 1:21.88 | 200903438 | <b>1:21.97</b> | 39.57 | 1:21.97 |
| 22.                    | Elina Hendriks                                                  | De Grunte      | 1:20.20 | 200801178 | <b>1:22.42</b> | 39.29 | 1:22.42 |
| 23.                    | Lynn Overmars                                                   | Het Ravijn     | 1:32.94 | 200804504 | <b>1:31.63</b> | 43.55 | 1:31.63 |
| 24.                    | Iris van Dijk                                                   | Het Ravijn     | 1:28.64 | 200903480 | <b>1:31.75</b> | 44.01 | 1:31.75 |
| 25.                    | S. van Dorsselaer                                               | Zignea         | 1:58.25 | 200903996 | <b>1:32.00</b> | 43.06 | 1:32.00 |
| 26.                    | Lynn Zandbelt                                                   | Swol 1894      | 1:31.32 | 200901288 | <b>1:33.13</b> | 45.11 | 1:33.13 |
|                        | 50 mtr *                                                        |                |         |           |                |       |         |
| 27.                    | Tess Bokhove                                                    | V Z & P C      | 1:38.68 | 200900890 | <b>1:36.21</b> | 43.89 | 1:36.21 |
| AFGEM                  | Desiree Dreschler                                               | De Grunte      | 1:23.02 | 200901400 |                |       |         |
| AFGEM                  | Eva Oude Egbrink                                                | O Z & P C      | 1:13.81 | 200900242 |                |       |         |
| NG                     | Robbin Hauer                                                    | Dedemsvaart-AC | 1:21.11 | 200803766 |                |       |         |
| NG                     | Valerie Beuker                                                  | V Z & P C      | 1:12.45 | 200800158 |                |       |         |

Programmanr. 12, Dames, 100m vrije slag

Jeugd 1 en 2

|     |                     |                |         |           |                |       |         |
|-----|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.  | Sofie Kragt         | Dedemsvaart-AC | 1:05.32 | 200701020 | <b>1:04.97</b> | 31.00 | 1:04.97 |
| 2.  | Monica van der Meer | Deltasteur     | 1:05.58 | 200704288 | <b>1:05.73</b> | 32.25 | 1:05.73 |
| 3.  | Lotte Aufderhaar    | De Grunte      | 1:04.70 | 200601662 | <b>1:07.07</b> | 32.24 | 1:07.07 |
| 4.  | Joelle Kagenaar     | Zignea         | 1:06.74 | 200600070 | <b>1:07.52</b> | 32.15 | 1:07.52 |
| 5.  | Cato Tulen          | Swol 1894      | 1:07.00 | 200701946 | <b>1:07.59</b> | 32.22 | 1:07.59 |
| 6.  | Esmée de Mink       | Hera'11        | 1:08.15 | 200600290 | <b>1:07.66</b> | 32.05 | 1:07.66 |
| 7.  | Lianne Spaan        | Dedemsvaart-AC | 1:07.43 | 200600216 | <b>1:08.07</b> | 31.92 | 1:08.07 |
| 8.  | Fien de Zeeuw       | O Z & P C      | 1:07.18 | 200600130 | <b>1:08.46</b> | 32.94 | 1:08.46 |
| 9.  | Mirte Boswinkel     | WS Twente      | 1:08.09 | 200700434 | <b>1:08.56</b> | 32.66 | 1:08.56 |
| 10. | Lily Zandstra       | Dedemsvaart-AC | 1:07.53 | 200701418 | <b>1:09.28</b> | 33.67 | 1:09.28 |
| 11. | Noor Heinekamp      | ZPC De Hof     | 1:07.85 | 200701420 | <b>1:09.46</b> | 33.77 | 1:09.46 |
| 12. | Iris Sportel        | Dedemsvaart-AC | 1:12.93 | 200601048 | <b>1:10.71</b> | 33.77 | 1:10.71 |
| 13. | C. van der Meer     | Deltasteur     | 1:14.45 | 200704478 | <b>1:10.81</b> | 34.25 | 1:10.81 |
| 14. | Ashley Nijveld      | De Grunte      | 1:14.09 | 200700384 | <b>1:13.76</b> | 35.56 | 1:13.76 |
| 15. | Eva Havelaar        | De Grunte      | 1:13.88 | 200601660 | <b>1:13.98</b> | 35.34 | 1:13.98 |
| 16. | Maaïke Bosman       | Zignea         | 1:12.91 | 200700624 | <b>1:14.37</b> | 35.35 | 1:14.37 |
| 17. | Lieke Kamphuis      | Sg - E Z C L   | 1:15.48 | 200701448 | <b>1:16.96</b> | 36.12 | 1:16.96 |
| 18. | Ilse van Eijk       | Zignea         | 1:20.04 | 200601930 | <b>1:17.00</b> | 38.13 | 1:17.00 |
| 19. | Floor Rietman       | ZVZ            | 1:16.39 | 200603168 | <b>1:18.28</b> | 36.20 | 1:18.28 |
| 20. | Renske Willemsen    | Hera'11        | 1:17.62 | 200600292 | <b>1:18.94</b> | 36.97 | 1:18.94 |
| 21. | Isabel Post         | WS Twente      | 1:19.74 | 200604582 | <b>1:20.15</b> | 38.52 | 1:20.15 |
| 22. | Jildou de Jong      | Dedemsvaart-AC | 1:20.36 | 200604232 | <b>1:21.15</b> | 38.44 | 1:21.15 |

Senioren 1 en 2

|       |                      |                |         |           |                |       |         |
|-------|----------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.    | Lieke van der Wal    | Zignea         | 1:08.47 | 200501428 | <b>1:07.24</b> | 31.96 | 1:07.24 |
| 2.    | Isa Wiggers          | O Z & P C      | 1:05.00 | 200500978 | <b>1:07.36</b> | 32.21 | 1:07.36 |
| 3.    | Romée Jabben         | Dedemsvaart-AC | 1:09.96 | 200404426 | <b>1:09.53</b> | 33.12 | 1:09.53 |
| 4.    | Ilse Siemerink       | WS Twente      | 1:10.61 | 200502512 | <b>1:12.06</b> | 34.15 | 1:12.06 |
| 5.    | Yoni van der Gronde  | Swol 1894      | 1:12.45 | 200504858 | <b>1:13.27</b> | 34.31 | 1:13.27 |
| 6.    | Jolieke van den Berg | Het Ravijn     | 1:14.86 | 200400810 | <b>1:15.26</b> | 35.00 | 1:15.26 |
| 7.    | Alyssa Eilander      | De Grunte      | 1:13.19 | 200501982 | <b>1:17.47</b> | 35.95 | 1:17.47 |
| 8.    | Eline Pullen         | De Grunte      | 1:12.80 | 200500630 | <b>1:25.47</b> | 40.24 | 1:25.47 |
| AFGEM | Marinka Mulder       | De Grunte      | 1:19.50 | 200405634 |                |       |         |

Senioren

|     |                     |                |         |           |                |       |         |
|-----|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.  | Naomi Klein         | ZPC De Hof     | 1:01.54 | 199902086 | <b>1:01.83</b> | 29.36 | 1:01.83 |
| 2.  | Lieke van Essen     | Swol 1894      | 1:03.17 | 199502814 | <b>1:03.09</b> | 30.54 | 1:03.09 |
| 3.  | D. Robijn-Jongedijk | Sg - E Z C L   | 1:06.59 | 198903520 | <b>1:05.36</b> | 31.66 | 1:05.36 |
| 4.  | Deborah Wissink     | ZPC De Hof     | 1:05.66 | 199503484 | <b>1:05.62</b> | 31.43 | 1:05.62 |
| 5.  | Linde Haverkate     | ZPC De Hof     | 1:03.91 | 199900244 | <b>1:05.93</b> | 31.81 | 1:05.93 |
| 6.  | Cynthia Koolman     | Steenwijk 1934 | 1:04.89 | 200300232 | <b>1:06.40</b> | 32.38 | 1:06.40 |
| 7.  | Melissa de Lang     | Swol 1894      | 1:05.73 | 200001186 | <b>1:06.65</b> | 31.91 | 1:06.65 |
| 8.  | Lianne Roescher     | ZPC De Hof     | 1:09.30 | 199900248 | <b>1:06.85</b> | 32.02 | 1:06.85 |
| 9.  | Tessa Maat          | Deltasteur     | 1:07.07 | 200201826 | <b>1:07.06</b> | 32.20 | 1:07.06 |
| 10. | Esmée van der Tweel | Deltasteur     | 1:07.12 | 200202870 | <b>1:07.66</b> | 32.49 | 1:07.66 |
| 11. | Romée Beverdam      | WS Twente      | 1:07.50 | 200100158 | <b>1:08.03</b> | 32.86 | 1:08.03 |
| 12. | Ilon Schuurman      | O Z & P C      | 1:08.83 | 200304766 | <b>1:09.03</b> | 32.74 | 1:09.03 |
| 13. | Maud Heldoorn       | Deltasteur     | 1:06.46 | 200000564 | <b>1:09.66</b> | 33.06 | 1:09.66 |
| 14. | Lieke Stoker        | WS Twente      | 1:08.59 | 200301412 | <b>1:10.63</b> | 32.79 | 1:10.63 |
| 15. | Sabine Lageweg      | Steenwijk 1934 | 1:05.83 | 199900926 | <b>1:10.94</b> | 33.42 | 1:10.94 |
| 16. | Rosa Huntjens       | Sg - E Z C L   | 1:12.02 | 200301402 | <b>1:11.17</b> | 34.51 | 1:11.17 |
| 17. | Mia de Vente        | Het Ravijn     | 1:13.03 | 200300518 | <b>1:11.54</b> | 34.34 | 1:11.54 |
| 18. | Iris Zandvoort      | Z&PV de Veene  | 1:09.69 | 200202274 | <b>1:11.65</b> | 33.73 | 1:11.65 |
| 19. | Lotte de Vente      | Het Ravijn     | 1:10.73 | 199905814 | <b>1:11.92</b> | 33.99 | 1:11.92 |
| 20. | Jildou Cleveringa   | Swol 1894      | 1:14.33 | 200006754 | <b>1:12.97</b> | 35.03 | 1:12.97 |
| 21. | Yasmine Wilms       | Hera'11        | 1:14.23 | 200301062 | <b>1:13.86</b> | 34.26 | 1:13.86 |
| 22. | Kyonne Maas         | Sg - E Z C L   | 1:11.85 | 200200434 | <b>1:15.34</b> | 35.30 | 1:15.34 |
| 23. | Benice Flietstra    | Z&PV de Veene  | 1:13.86 | 199702264 | <b>1:15.42</b> | 36.28 | 1:15.42 |
| 24. | Noa Boerma          | Het Ravijn     | 1:13.91 | 200202736 | <b>1:15.51</b> | 35.57 | 1:15.51 |
| 25. | Leonie Smit         | Sg - E Z C L   | 1:14.08 | 200301978 | <b>1:15.74</b> | 36.63 | 1:15.74 |
| 26. | Jolene Bekhuis      | O Z & P C      | 1:14.91 | 200300248 | <b>1:16.16</b> | 36.70 | 1:16.16 |
| 27. | Marit Gerritsen     | WS Twente      | 1:20.02 | 200200664 | <b>1:21.44</b> | 37.41 | 1:21.44 |



Overijsselse B-Sprintkampioenschappen  
Nijverdal, 4- - 5-2-2023



Programmanr. 13  
4-2-2023 - 15:30

Heren, 4 x 50m wisselslag

Senioren Open  
Resultaten

| rang                                                                                                    | vereniging                | intijd  | tijd           | RT    |
|---------------------------------------------------------------------------------------------------------|---------------------------|---------|----------------|-------|
| 1.                                                                                                      | Swol 1894 4               | 2:04.43 | <b>2:02.16</b> |       |
|                                                                                                         | Ian van der Pal 02        | 31.07   | 01             | 27.08 |
|                                                                                                         | Guus Stijf 04             | 36.32   | 05             | 27.69 |
| 2.                                                                                                      | de IJssel                 | 2:08.84 | <b>2:04.67</b> |       |
|                                                                                                         | Ian Huntink 06            | 31.65   | 02 +0.47       | 29.09 |
|                                                                                                         | Martijn Voortman 86 +0.42 | 36.49   | 01 +0.19       | 27.44 |
| 3.                                                                                                      | WS Twente 1               | 2:12.45 | <b>2:11.89</b> |       |
|                                                                                                         | Mattijn Thijert 05        | 34.25   | 06             | 30.30 |
|                                                                                                         | Lasse Ophuis 04           | 34.18   | 08             | 33.16 |
| 4.                                                                                                      | De Grunte 1               | 2:33.90 | <b>2:29.29</b> |       |
|                                                                                                         | Luuk Tangenberg 06        | 34.05   | 09             |       |
|                                                                                                         | Jan Kemkes 08             |         | 09             | 37.02 |
| DIS                                                                                                     | de Veene 1                | 2:09.96 |                |       |
| AL - Tijdens het water verlaten een zwemmer gehinderd die de race nog niet heeft beëindigd., 2e zwemmer |                           |         |                |       |
|                                                                                                         | Nick Swinkels 02          | 35.66   | 02             |       |
|                                                                                                         | Gideon Teeuw 98           |         | 05             |       |
| AFGEM                                                                                                   | Dedemsvaart-AC 1          | 2:28.36 |                |       |

Programmanr. 14  
4-2-2023 - 15:35

Dames, 4 x 50m vrije slag

Senioren Open  
Resultaten

| rang | vereniging                   | intijd  | tijd           | RT    |
|------|------------------------------|---------|----------------|-------|
| 1.   | ZPC De Hof 1                 | 1:57.97 | <b>1:59.85</b> |       |
|      | Naomi Klein 99               | 29.30   | 99             | 30.13 |
|      | Noor Heinekamp 07            | 30.92   | 99             | 29.50 |
| 2.   | Deltasteur 1                 | 1:59.47 | <b>1:59.89</b> |       |
|      | Monica van der Meer 07       | 30.39   | 00             | 30.10 |
|      | Esmée van der Tweel 02 +0.13 | 29.71   | 02             | 29.69 |
| 3.   | Swol 1894 5                  | 2:00.31 | <b>2:02.68</b> |       |
|      | Melissa de Lang 00           | 30.52   | 07             | 30.83 |
|      | Ellen Groothuismink 08       | 32.65   | 95             | 28.68 |
| 4.   | WS Twente 2                  | 2:03.59 | <b>2:04.40</b> |       |
|      | Romée Beverdam 01            | 31.14   | 07             | 30.34 |
|      | Zoë van den Berg 05          | 30.95   | 08             | 31.97 |
| 5.   | Sg - E Z C L 1               | 2:03.27 | <b>2:05.11</b> |       |
|      | Daphne Robijn-Jongedijk 89   | 30.43   | 03             | 32.14 |
|      | Kyonne Maas 02               | 33.04   | 04             | 29.50 |
| 6.   | Dedemsvaart-AC 1             | 2:05.88 | <b>2:05.78</b> |       |
|      | Lily Zandstra 07             | 31.75   | 06             | 32.17 |
|      | Romée Jabben 04              | 32.18   | 06             | 29.68 |
| 7.   | De Grunte 2                  | 2:09.36 | <b>2:09.80</b> |       |
|      | Lotte Aufderhaar 06          | 30.26   | 07             | 32.74 |
|      | Eva Havelaar 06              | 33.44   | 05             | 33.36 |
| 8.   | Oz&Pc 1                      | 2:13.31 | <b>2:10.65</b> |       |
|      | Isa Wiggers 05               | 30.77   | 03             | 33.52 |
|      | Kyara Rensen 11              | 35.81   | 03             | 30.55 |
| 9.   | WS Twente 1                  | 2:14.63 | <b>2:14.85</b> |       |
|      | Femke Budde 08               | 31.28   | 06             | 36.21 |
|      | Marit Gerritsen 02           | 34.53   | 05             | 32.83 |
| 10.  | Swol 1894 6                  | 2:16.94 | <b>2:15.48</b> |       |
|      | Yoni van der Gronde 05       | 32.45   | 08 +0.50       | 36.20 |
|      | Jildou Cleveringa 00 +0.28   | 33.40   | 09 +0.36       | 33.43 |



Overijsselse B-Sprintkampioenschappen  
Nijverdal, 4- - 5-2-2023



Programmanr. 22  
5-2-2023 - 12:30

Gemengd, 4 x 50m wisselslag

Senioren Open  
Resultaten

| rang  | vereniging           | intijd  | tijd    | RT          |
|-------|----------------------|---------|---------|-------------|
| 1.    | De Dinkel 1          | 2:07.39 | 2:06.59 |             |
|       | Mika Heskamp 03      | 30.62   | 01      | 27.15       |
|       | Claire Bosch 04      | 37.37   | 09      | 31.45       |
| 2.    | ZPC De Hof           | 2:10.73 | 2:09.07 |             |
|       | Esmee Nieuwenhuis 07 | 35.77   | 04      | +0.40 27.75 |
|       | Aymé Groot 06        | 34.89   | 08      | +0.49 30.66 |
| 3.    | Dedemsvaart-AC 1     | 2:15.85 | 2:10.91 |             |
|       | Sofie Kragt 07       | 34.66   | 03      | 29.17       |
|       | Romée Jabben 04      | 41.25   | 06      | 25.83       |
| 4.    | WS Twente 1          | 2:13.58 | 2:11.22 |             |
|       | Romée Beverdam 01    | 36.08   | 04      | 32.19       |
|       | Lasse Ophuis 04      | 33.39   | 07      | 29.56       |
| 5.    | De Dinkel 2          | 2:16.37 | 2:14.50 |             |
|       | Nienke Bulter 09     | 38.76   | 07      | 35.91       |
|       | Jelle ten Hove 01    | 32.15   | 03      | 27.68       |
| 6.    | Het Ravijn 1         | 2:16.84 | 2:15.59 |             |
|       | Mia de Vente 03      | 36.83   | 02      | 34.71       |
|       | Marijn Heetkamp 99   | 36.16   | 04      | 27.89       |
| 7.    | Swol 1894 7          | 2:13.64 | 2:16.04 |             |
|       | Anna Klomp 06        | 35.55   | 07      | 33.77       |
|       | Mees Rienties 05     | 36.02   | 08      | 30.70       |
| 8.    | De Grunte 2          | 2:20.83 | 2:18.87 |             |
|       | Jan Kemkes 08        | 33.93   | 06      | +0.39 33.37 |
|       | Lotte Aufferhaar 06  | 38.47   | 05      | +0.25 33.10 |
| 9.    | WS Twente 2          | 2:28.98 | 2:26.48 |             |
|       | Zoë van den Berg 05  | 36.42   | 07      | 37.21       |
|       | Kay Lubbers 06       | 39.17   | 05      | 33.68       |
| AFGEM | Oz&Pc 1              | 2:16.79 |         |             |
|       | O Z & P C            |         |         |             |

Programmanr. 17  
5-2-2023 - 12:35

Heren, 100m wisselslag

Junioren 1 en ouder  
Resultaten

| rang                                             | naam                | vereniging     | intijd  | tijd      | RT      | 50m   | 100m    |
|--------------------------------------------------|---------------------|----------------|---------|-----------|---------|-------|---------|
| Junioren 1 en 2                                  |                     |                |         |           |         |       |         |
| 1.                                               | Niek Endeman        | Deltasteur     | 1:27.53 | 200902567 | 1:20.77 | 39.15 | 1:20.77 |
| 2.                                               | Simon Vahl          | Deltasteur     | 1:31.36 | 200900161 | 1:24.62 | 40.48 | 1:24.62 |
| 3.                                               | Daniël Scheppink    | Swol 1894      | 1:29.72 | 200902769 | 1:24.80 | 41.06 | 1:24.80 |
| 4.                                               | Mick Leferink       | De Dinkel      | 1:29.80 | 200902227 | 1:26.76 | 39.21 | 1:26.76 |
| 5.                                               | Twan Felix          | Deltasteur     | 1:40.25 | 201000123 | 1:30.35 | 43.69 | 1:30.35 |
| 6.                                               | Alex Spijker        | Dedemsvaart-AC | 1:39.95 | 201002457 | 1:31.13 | 44.14 | 1:31.13 |
| 7.                                               | Timo Bottenberg     | Deltasteur     | 1:40.12 | 200900151 | 1:34.13 | 43.56 | 1:34.13 |
| 8.                                               | Fabian Pol          | WS Twente      | 1:52.17 | 201001179 | 1:36.04 | 47.87 | 1:36.04 |
| 9.                                               | Guus ter Braak      | De Dinkel      | 1:45.69 | 201000459 | 1:36.09 | 46.26 | 1:36.09 |
| DIS                                              | Jens Rikhof         | De Dinkel      | 1:44.83 | 201001239 |         |       |         |
| RH - Het eindpunt niet in rugligging aangeraakt. |                     |                |         |           |         |       |         |
| Junioren 3 en 4                                  |                     |                |         |           |         |       |         |
| 1.                                               | Arnoud Bult         | De Dinkel      | 1:13.24 | 200701387 | 1:11.96 | 33.02 | 1:11.96 |
| 2.                                               | Niek Evers          | O Z & P C      | 1:14.83 | 200700079 | 1:13.67 | 34.05 | 1:13.67 |
| 3.                                               | Mano Messchendorp   | Zignea         | 1:14.69 | 200802777 | 1:14.20 | 34.81 | 1:14.20 |
| 4.                                               | Teun van Weeren     | WS Twente      | 1:16.07 | 200801145 | 1:14.39 | 35.26 | 1:14.39 |
| 5.                                               | Jan Kemkes          | De Grunte      | 1:21.22 | 200801419 | 1:15.15 | 33.96 | 1:15.15 |
| 6.                                               | Jasper Thijert      | WS Twente      | 1:18.70 | 200700321 | 1:16.51 | 37.09 | 1:16.51 |
| 7.                                               | Ivan Vuist          | Steenwijk 1934 | 1:19.42 | 200802067 | 1:17.61 | 34.58 | 1:17.61 |
| 8.                                               | Niek Eijssink       | De Grunte      | 1:17.09 | 200801827 | 1:17.62 | 32.68 | 1:17.62 |
| 9.                                               | Dylan van Doeselaar | Sg - E Z C L   | 1:19.07 | 200700477 | 1:18.16 | 35.10 | 1:18.16 |
| 10.                                              | Silvio Overbeeke    | Z&PV de Veene  | 1:22.07 | 200801889 | 1:18.88 | 36.24 | 1:18.88 |
| 11.                                              | Julian Zwarthoff    | Swol 1894      | 1:23.70 | 200800945 | 1:24.16 | 40.03 | 1:24.16 |
| 12.                                              | Johan Schaafsma     | Dedemsvaart-AC | 1:27.44 | 200800517 | 1:24.61 | 41.16 | 1:24.61 |
| AFGEM                                            | Maarten Bol         | Dedemsvaart-AC | 1:31.11 | 200803731 |         |       |         |

Programmanr. 17, Heren, 100m wisselslag

Jeugd 1 en 2

|       |                 |                |         |           |                |       |         |
|-------|-----------------|----------------|---------|-----------|----------------|-------|---------|
| 1.    | Wes Velthuis    | O Z & P C      | 1:11.23 | 200602217 | <b>1:08.18</b> | 31.64 | 1:08.18 |
| 2.    | Ian Huntink     | de IJssel      | 1:10.34 | 200603473 | <b>1:08.74</b> | 30.97 | 1:08.74 |
| 3.    | Mattijn Thijert | WS Twente      | 1:13.67 | 200501921 | <b>1:09.74</b> | 31.78 | 1:09.74 |
| 4.    | Rick Smelt      | ZVZ            | 1:12.95 | 200600051 | <b>1:09.91</b> | 32.52 | 1:09.91 |
| 5.    | Finmar Rijnkels | Dedemsvaart-AC | 1:12.24 | 200604219 | <b>1:10.16</b> | 32.31 | 1:10.16 |
| 6.    | Lars Haytink    | WS Twente      | 1:13.75 | 200601815 | <b>1:12.11</b> | 33.01 | 1:12.11 |
| 7.    | Luuk Tangenberg | De Grunte      | 1:16.84 | 200601183 | <b>1:15.94</b> | 34.15 | 1:15.94 |
| 8.    | Cas Veelders    | De Dinkel      | 1:16.90 | 200500593 | <b>1:20.10</b> | 35.70 | 1:20.10 |
| 9.    | Kay Lubbers     | WS Twente      | 1:17.39 | 200600987 | <b>1:20.92</b> | 35.76 | 1:20.92 |
| AFGEM | Tom Schotkamp   | De Grunte      | 1:19.27 | 200501337 |                |       |         |
| AFGEM | Floris Bol      | Dedemsvaart-AC | 1:24.82 | 200504457 |                |       |         |

Senioren 1 en 2

|    |                   |                |         |           |                |       |         |
|----|-------------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Mika Heskamp      | De Dinkel      | 1:06.83 | 200300339 | <b>1:05.97</b> | 30.71 | 1:05.97 |
| 2. | Quinten ten Dam   | ZPC De Hof     | 1:07.07 | 200400075 | <b>1:06.25</b> | 30.80 | 1:06.25 |
| 3. | Chiel Kootstra    | Dedemsvaart-AC | 1:07.08 | 200301463 | <b>1:07.33</b> | 30.96 | 1:07.33 |
| 4. | Luc Aveskamp      | De Dinkel      | 1:11.14 | 200300337 | <b>1:10.81</b> | 32.78 | 1:10.81 |
| 5. | Lasse Ophuis      | WS Twente      | 1:11.59 | 200400027 | <b>1:10.95</b> | 35.02 | 1:10.95 |
| 6. | Quinten de Theije | Zignea         | 1:13.55 | 200402129 | <b>1:13.51</b> | 33.30 | 1:13.51 |
| 7. | Lanco Manaf       | Het Ravijn     | 1:16.32 | 200402715 | <b>1:16.60</b> | 36.41 | 1:16.60 |
| 8. | Johan Nijeboer    | WS Twente      | 1:13.16 | 200402417 | <b>1:17.84</b> | 35.39 | 1:17.84 |

Senioren

|    |                     |                |         |           |                |       |         |
|----|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Stefan Kagenaar     | Zignea         | 1:08.84 | 200101391 | <b>1:09.37</b> | 31.71 | 1:09.37 |
| 2. | Martijn Lageweg     | Steenwijk 1934 | 1:14.46 | 199701323 | <b>1:09.55</b> | 31.85 | 1:09.55 |
| 3. | Harm-Jan Otter      | V Z & P C      | 1:10.39 | 198101283 | <b>1:10.66</b> | 33.95 | 1:10.66 |
| 4. | Robert Toeter       | Hera'11        | 1:12.60 | 200101779 | <b>1:11.62</b> | 32.45 | 1:11.62 |
| 5. | William Kruithof    | Het Ravijn     | 1:14.05 | 198000857 | <b>1:12.61</b> | 32.84 | 1:12.61 |
| 6. | Thomas van Scheepen | Steenwijk 1934 | 1:14.36 | 200001387 | <b>1:13.18</b> | 34.56 | 1:13.18 |
| 7. | Roy Swinkels        | Z&PV de Veene  | 1:16.20 | 200201625 | <b>1:16.91</b> | 33.66 | 1:16.91 |

Programmanr. 18  
5-2-2023 - 12:50

Dames, 100m schoolslag

Senioren Open  
Resultaten

| rang            | naam                | vereniging    | intijd  | tijd      | RT               | 50m   | 100m    |
|-----------------|---------------------|---------------|---------|-----------|------------------|-------|---------|
| Junioren 1 en 2 |                     |               |         |           |                  |       |         |
| 1.              | Annemiek Back       | De Grunte     | 1:44.33 | 201000700 | <b>1:35.85</b>   | 45.66 | 1:35.85 |
| 2.              | Ine-Joy Tilburg     | Z&PV de Veene | 1:44.62 | 201002036 | <b>1:41.27</b>   | 47.77 | 1:41.27 |
| 3.              | Wiep Huttenhuis     | De Dinkel     | 1:48.65 | 201002282 | <b>1:42.63</b>   | 48.03 | 1:42.63 |
| 4.              | Gianna Mastroianni  | Sg - E Z C L  | 1:50.22 | 201002212 | <b>1:47.38</b>   | 51.48 | 1:47.38 |
| 5.              | Imke Oude Engberink | De Dinkel     | 1:57.13 | 201100818 | <b>1:48.29</b>   | 51.45 | 1:48.29 |
| 6.              | Jill Goeree         | Sg - E Z C L  | 1:53.74 | 201101248 | <b>1:49.81</b>   | 52.60 | 1:49.81 |
| 7.              | Lise Visscher       | ZVZ           | 1:52.52 | 201101764 | <b>1:50.27</b>   | 51.89 | 1:50.27 |
| 8.              | Lieke Boers         | De Dinkel     | 1:52.76 | 201000644 | <b>1:51.27</b>   | 52.10 | 1:51.27 |
| 9.              | Silke van den Berg  | Sg - E Z C L  | 1:56.05 | 201000752 | <b>1:51.34</b>   | 52.54 | 1:51.34 |
| 10.             | Kyara Rensen        | O Z & P C     | 2:00.21 | 201102038 | <b>1:54.52</b>   | 53.81 | 1:54.52 |
| 11.             | Benthe Boersma      | Deltasteur    | 1:57.38 | 201100994 | <b>1:55.44</b>   | 54.45 | 1:55.44 |
| 12.             | Jinte Kamphuis      | De Dinkel     | 2:05.50 | 201101242 | <b>1:59.32</b>   | 56.71 | 1:59.32 |
| 13.             | Matthanja Krol      | Z&PV de Veene | 1:52.19 | 201000878 | <b>2:01.52 *</b> | 59.10 | 2:01.52 |
| NG.ZA           | Sara ten Broeke     | V Z & P C     | 1:58.39 | 201100178 |                  |       |         |
| AFGEM           | Charlotte Smelt     | ZVZ           | 1:55.74 | 201000100 |                  |       |         |

Junioren 3 en 4

|    |                  |                |         |           |                |       |         |
|----|------------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | Rosa Visscher    | ZVZ            | 1:29.51 | 200800706 | <b>1:26.63</b> | 41.00 | 1:26.63 |
| 2. | Jente Nijsingh   | Dedemsvaart-AC | 1:29.53 | 200801594 | <b>1:26.81</b> | 41.11 | 1:26.81 |
| 3. | Ilse Lebbink     | Zignea         | 1:32.06 | 200800088 | <b>1:28.36</b> | 41.75 | 1:28.36 |
| 4. | Esmee van Dijk   | Het Ravijn     | 1:33.34 | 200803180 | <b>1:29.45</b> | 42.31 | 1:29.45 |
| 5. | Flore Blok       | de IJssel      | 1:33.85 | 200804348 | <b>1:29.98</b> | 42.53 | 1:29.98 |
| 6. | Britt Huttenhuis | Sg - E Z C L   | 1:32.61 | 200802446 | <b>1:30.79</b> | 42.33 | 1:30.79 |
| 7. | Femke Budde      | WS Twente      | 1:36.56 | 200801460 | <b>1:30.93</b> | 43.16 | 1:30.93 |
| 8. | Amber Lenters    | De Grunte      | 1:35.85 | 200800700 | <b>1:32.13</b> | 43.05 | 1:32.13 |

Programmanr. 18, Meisjes, 100m schoolslag, Junioren 3 en 4

| rang                                          | naam                | vereniging     | intijd  | tijd      | RT             | 50m   | 100m    |
|-----------------------------------------------|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 9.                                            | Marlinde ter Maat   | De Dinkel      | 1:34.26 | 200900346 | <b>1:32.50</b> | 44.18 | 1:32.50 |
| 10.                                           | Valerie Beuker      | V Z & P C      | 1:36.04 | 200800158 | <b>1:34.08</b> | 43.75 | 1:34.08 |
| 11.                                           | Emma Jansen         | Dedemsvaart-AC | 1:36.41 | 200902408 | <b>1:35.69</b> | 45.35 | 1:35.69 |
| 12.                                           | Esmee Koning        | Swol 1894      | 1:37.85 | 200903234 | <b>1:36.06</b> | 45.68 | 1:36.06 |
| 13.                                           | Imke Hazewinkel     | Z&PV de Veene  | 1:37.95 | 200902568 | <b>1:36.46</b> | 45.88 | 1:36.46 |
| 14.                                           | Nienke Bulter       | De Dinkel      | 1:41.23 | 200902188 | <b>1:38.33</b> | 47.13 | 1:38.33 |
| 15.                                           | Amber Admiraal      | Swol 1894      | 1:46.13 | 200900698 | <b>1:40.84</b> | 47.64 | 1:40.84 |
| 16.                                           | Joëlle van Schooten | De Grunte      | 1:42.60 | 200901930 | <b>1:41.26</b> | 46.81 | 1:41.26 |
| 17.                                           | Veerle Westenbroek  | O Z & P C      | 1:38.02 | 200800128 | <b>1:41.50</b> | 47.56 | 1:41.50 |
| 18.                                           | Jet Wolkotte        | De Dinkel      | 1:46.48 | 200900894 | <b>1:44.12</b> | 48.61 | 1:44.12 |
| 19.                                           | Bridget Nijland     | O Z & P C      | 1:46.92 | 200901870 | <b>1:46.75</b> | 50.21 | 1:46.75 |
| 20.                                           | Robbin Hauer        | Dedemsvaart-AC | 1:43.97 | 200803766 | <b>1:46.83</b> | 49.59 | 1:46.83 |
| 21.                                           | Elina Hendriks      | De Grunte      | 1:49.50 | 200801178 | <b>1:47.32</b> | 49.79 | 1:47.32 |
| 22.                                           | Iris van Dijk       | Het Ravijn     | 2:03.00 | 200903480 | <b>1:55.30</b> | 51.81 | 1:55.30 |
| DIS                                           | Lynn Overmars       | Het Ravijn     | 2:25.87 | 200804504 |                |       |         |
| AF - De aangegeven afstand niet uitgezwommen. |                     |                |         |           |                |       |         |
| AFGEM                                         | Ilse Eijssink       | De Grunte      | 1:51.66 | 200903438 |                |       |         |
| AFGEM                                         | Marije Overberg     | Dedemsvaart-AC | 1:36.57 | 200900616 |                |       |         |

Jeugd 1 en 2

|       |                     |                |         |           |                |       |         |
|-------|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.    | Monica van der Meer | Deltasteur     | 1:27.45 | 200704288 | <b>1:23.62</b> | 39.41 | 1:23.62 |
| 2.    | Dieuwke Cleveringa  | Swol 1894      | 1:25.77 | 200700708 | <b>1:25.11</b> | 39.79 | 1:25.11 |
| 3.    | Mirte Boswinkel     | WS Twente      | 1:27.30 | 200700434 | <b>1:25.76</b> | 39.70 | 1:25.76 |
| 4.    | Cato Tulen          | Swol 1894      | 1:26.47 | 200701946 | <b>1:27.92</b> | 40.55 | 1:27.92 |
| 5.    | C. van der Meer     | Deltasteur     | 1:31.55 | 200704478 | <b>1:29.06</b> | 42.15 | 1:29.06 |
| 6.    | Nouk Achterhuis     | O Z & P C      | 1:32.80 | 200600120 | <b>1:29.78</b> | 41.80 | 1:29.78 |
| 7.    | Esmee Nieuwenhuis   | ZPC De Hof     | 1:32.22 | 200701444 | <b>1:31.95</b> | 42.92 | 1:31.95 |
| 8.    | Lily Zandstra       | Dedemsvaart-AC | 1:32.95 | 200701418 | <b>1:32.90</b> | 43.16 | 1:32.90 |
| 9.    | Floor Rietman       | ZVZ            | 1:35.07 | 200603168 | <b>1:32.96</b> | 43.41 | 1:32.96 |
| 10.   | Sofie Kragt         | Dedemsvaart-AC | 1:28.42 | 200701020 | <b>1:32.98</b> | 43.29 | 1:32.98 |
| 11.   | Jessica Dekkinga    | Steenwijk 1934 | 1:31.77 | 200600180 | <b>1:33.24</b> | 43.41 | 1:33.24 |
| 12.   | Ilse van Eijk       | Zignea         | 1:37.76 | 200601930 | <b>1:36.39</b> | 45.44 | 1:36.39 |
| 13.   | Noor Heinekamp      | ZPC De Hof     | 1:37.98 | 200701420 | <b>1:40.30</b> | 47.36 | 1:40.30 |
| 14.   | Lotte Becker        | Dedemsvaart-AC | 1:57.10 | 200701256 | <b>1:53.76</b> | 50.64 | 1:53.76 |
| AFGEM | Lotte Aufderhaar    | De Grunte      | 1:29.31 | 200601662 |                |       |         |
| AFGEM | Jildou de Jong      | Dedemsvaart-AC | 1:49.44 | 200604232 |                |       |         |
| NG    | Senna Soethof       | De Dinkel      | 1:36.67 | 200701986 |                |       |         |

Senioren 1 en 2

|    |                     |           |         |           |                |       |         |
|----|---------------------|-----------|---------|-----------|----------------|-------|---------|
| 1. | Yoni van der Gronde | Swol 1894 | 1:24.97 | 200504858 | <b>1:24.24</b> | 39.34 | 1:24.24 |
| 2. | Zoë van den Berg    | WS Twente | 1:27.98 | 200501638 | <b>1:28.52</b> | 40.63 | 1:28.52 |
| 3. | Lieke van der Wal   | Zignea    | 1:31.11 | 200501428 | <b>1:29.45</b> | 40.96 | 1:29.45 |
| 4. | Eline Pullen        | De Grunte | 1:30.59 | 200500630 | <b>1:36.90</b> | 45.29 | 1:36.90 |
| 5. | Isa Wiggers         | O Z & P C | 1:35.29 | 200500978 | <b>1:40.14</b> | 46.10 | 1:40.14 |
| 6. | Alyssa Eilander     | De Grunte | 1:43.73 | 200501982 | <b>1:47.21</b> | 49.75 | 1:47.21 |

Senioren

|     |                     |                |         |           |                |       |         |
|-----|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.  | Melissa de Lang     | Swol 1894      | 1:21.09 | 200001186 | <b>1:21.71</b> | 38.30 | 1:21.71 |
| 2.  | Lindy Elkerbout     | Z&PV de Veene  | 1:21.62 | 200000604 | <b>1:21.89</b> | 38.17 | 1:21.89 |
| 3.  | Meike Cleveringa    | Swol 1894      | 1:23.36 | 200206096 | <b>1:22.22</b> | 37.95 | 1:22.22 |
| 4.  | Lieke van Essen     | Swol 1894      | 1:23.67 | 199502814 | <b>1:24.16</b> | 39.96 | 1:24.16 |
| 5.  | Cynthia Koolman     | Steenwijk 1934 | 1:25.07 | 200300232 | <b>1:25.26</b> | 39.70 | 1:25.26 |
| 6.  | Tessa Maat          | Deltasteur     | 1:27.37 | 200201826 | <b>1:27.45</b> | 41.55 | 1:27.45 |
| 7.  | Iris Zandvoort      | Z&PV de Veene  | 1:29.29 | 200202274 | <b>1:27.75</b> | 40.99 | 1:27.75 |
| 8.  | Esmée van der Tweel | Deltasteur     | 1:28.68 | 200202870 | <b>1:28.13</b> | 40.78 | 1:28.13 |
| 9.  | Romée Beverdam      | WS Twente      | 1:29.36 | 200100158 | <b>1:29.15</b> | 42.27 | 1:29.15 |
| 10. | Ilon Schuurman      | O Z & P C      | 1:29.03 | 200304766 | <b>1:32.19</b> | 42.57 | 1:32.19 |
| 11. | Leonie Smit         | Sg - E Z C L   | 1:33.74 | 200301978 | <b>1:34.66</b> | 44.04 | 1:34.66 |
| 12. | Rosa Huntjens       | Sg - E Z C L   | 1:48.72 | 200301402 | <b>1:37.86</b> | 46.47 | 1:37.86 |
| 13. | Kyonne Maas         | Sg - E Z C L   | 1:31.54 | 200200434 | <b>1:40.89</b> | 46.13 | 1:40.89 |
| DIS | Lotte de Vente      | Het Ravijn     | 1:29.88 | 199905814 |                |       |         |

AF - De aangegeven afstand niet uitgezwommen.

Programmanr. 19  
5-2-2023 - 13:15

Heren, 50m schoolslag

Junioren 1 en ouder  
Resultaten

| rang                   | naam                | vereniging     | intijd | tijd      | RT             |
|------------------------|---------------------|----------------|--------|-----------|----------------|
| <b>Junioren 1 en 2</b> |                     |                |        |           |                |
| 1.                     | Jasper Tanner       | Sg - E Z C L   | 47.89  | 200901109 | <b>43.38</b>   |
| 2.                     | Milan Bottenberg    | Deltasteur     | 45.39  | 200900153 | <b>43.74</b>   |
| 3.                     | Rinse de Jonge      | De Grunte      | 47.57  | 200900705 | <b>45.03</b>   |
| 4.                     | Daan Emming         | Swol 1894      | 49.63  | 201003115 | <b>47.40</b>   |
| 5.                     | Fabian Pol          | WS Twente      | 52.44  | 201001179 | <b>48.42</b>   |
| 6.                     | Guus ter Braak      | De Dinkel      | 49.03  | 201000459 | <b>48.47</b>   |
| 7.                     | Jens Rikhof         | De Dinkel      | 50.28  | 201001239 | <b>49.76 *</b> |
| 8.                     | Milan Roeloffzen    | V Z & P C      | 53.57  | 201001753 | <b>50.59</b>   |
| 9.                     | Hidde Huijberts     | Dedemsvaart-AC | 53.31  | 201002949 | <b>51.62</b>   |
| 10.                    | Mick Leferink       | De Dinkel      | 52.28  | 200902227 | <b>51.70</b>   |
| AFGEM                  | Hugo Harwig         | Deltasteur     | 53.81  | 201002533 |                |
| NG                     | Joris Visser        | Sg - E Z C L   | 54.75  | 201003073 |                |
| <b>Junioren 3 en 4</b> |                     |                |        |           |                |
| 1.                     | Bjorn Scholten      | WS Twente      | 39.94  | 200801143 | <b>38.11</b>   |
| 2.                     | Mano Messchendorp   | Zignea         | 38.87  | 200802777 | <b>38.97</b>   |
| 3.                     | Jan Kemkes          | De Grunte      | 43.09  | 200801419 | <b>39.80</b>   |
| 4.                     | Dylan van Doeselaar | Sg - E Z C L   | 42.22  | 200700477 | <b>42.06</b>   |
| 5.                     | Arnoud Bult         | De Dinkel      | 42.22  | 200701387 | <b>42.11</b>   |
| 6.                     | Niek Eijnsink       | De Grunte      | 44.29  | 200801827 | <b>42.28</b>   |
| 7.                     | Silvio Overbeeke    | Z&PV de Veene  | 44.39  | 200801889 | <b>42.93</b>   |
| 8.                     | Jarrod Kanselaar    | Z&PV de Veene  | 48.34  | 200701895 | <b>47.02</b>   |
| AFGEM                  | Jort Siebelt        | O Z & P C      | 39.69  | 200700083 |                |
| <b>Jeugd 1 en 2</b>    |                     |                |        |           |                |
| 1.                     | Aymé Groot          | ZPC De Hof     | 35.36  | 200600117 | <b>35.23</b>   |
| 2.                     | Mees Rienties       | Swol 1894      | 34.60  | 200500059 | <b>35.75</b>   |
| 3.                     | Wes Velthuis        | O Z & P C      | 36.30  | 200602217 | <b>35.79</b>   |
| 4.                     | Lars Haytink        | WS Twente      | 37.14  | 200601815 | <b>36.52</b>   |
| 5.                     | Quinten Tuitert     | WS Twente      | 36.27  | 200600447 | <b>37.52</b>   |
| 6.                     | Jelmer van der Lijn | Sg - E Z C L   | 39.37  | 200503081 | <b>38.65</b>   |
| 7.                     | Luuk Tangenberg     | De Grunte      | 44.39  | 200601183 | <b>42.60</b>   |
| 8.                     | Cas Veelders        | De Dinkel      | 42.38  | 200500593 | <b>43.58</b>   |
| AFGEM                  | Tom Schotkamp       | De Grunte      | 36.38  | 200501337 |                |
| AFGEM                  | Floris Bol          | Dedemsvaart-AC | 40.39  | 200504457 |                |
| <b>Senioren 1 en 2</b> |                     |                |        |           |                |
| 1.                     | Quinten ten Dam     | ZPC De Hof     | 33.07  | 200400075 | <b>32.98</b>   |
| 2.                     | Kay van Sleen       | Steenwijk 1934 | 33.13  | 200400083 | <b>33.48</b>   |
| 3.                     | Lasse Ophuis        | WS Twente      | 34.92  | 200400027 | <b>34.51</b>   |
| 4.                     | Mika Heskamp        | De Dinkel      | 35.34  | 200300339 | <b>34.91</b>   |
| 5.                     | Luc Aveskamp        | De Dinkel      | 37.44  | 200300337 | <b>38.87</b>   |
| 6.                     | Lanco Manaf         | Het Ravijn     | 39.84  | 200402715 | <b>40.53</b>   |
| AFGEM                  | Bart Oude Egbrink   | O Z & P C      | 33.06  | 200300491 |                |
| <b>Senioren</b>        |                     |                |        |           |                |
| 1.                     | Harm-Jan Otter      | V Z & P C      | 33.83  | 198101283 | <b>34.28</b>   |
| 2.                     | Simon Bloem         | Hera'11        | 34.65  | 200200033 | <b>34.55</b>   |
| 3.                     | Thomas van Scheepen | Steenwijk 1934 | 36.23  | 200001387 | <b>36.28</b>   |
| 4.                     | Marijn Heetkamp     | Het Ravijn     | 36.15  | 199903407 | <b>36.83</b>   |
| 5.                     | William Kruithof    | Het Ravijn     | 37.68  | 198000857 | <b>36.92</b>   |
| 6.                     | Stefan Kagenaar     | Zignea         | 35.28  | 200101391 | <b>37.24</b>   |
| 7.                     | Mathijs Krieger     | Sg - E Z C L   | 39.89  | 199905361 | <b>37.81</b>   |
| 8.                     | Roy Swinkels        | Z&PV de Veene  | 39.48  | 200201625 | <b>40.06</b>   |
| 9.                     | Christiaan Matser   | Sg - E Z C L   | 48.75  | 200105573 | <b>45.79</b>   |

Programmanr. 20  
5-2-2023 - 13:20

Dames, 50m rugslag

Senioren Open  
Resultaten

| rang                   | naam                   | vereniging    | intijd  | tijd      | RT             |
|------------------------|------------------------|---------------|---------|-----------|----------------|
| <b>Junioren 1 en 2</b> |                        |               |         |           |                |
| 1.                     | Kayleigh van Doeselaar | Sg - E Z C L  | 42.30   | 201000478 | <b>38.66</b>   |
| 2.                     | Ine-Joy Tilburg        | Z&PV de Veene | 42.57   | 201002036 | <b>40.60</b>   |
| 3.                     | Manoah Dekker          | Deltasteur    | 46.95   | 201100656 | <b>41.81</b>   |
| 4.                     | Amber Spronk           | Deltasteur    | 43.68   | 201000970 | <b>41.88</b>   |
| 5.                     | Olivia Boschloo        | de IJssel     | 50.27   | 201102398 | <b>42.29 *</b> |
| 6.                     | Hanna Heller           | de IJssel     | 45.79   | 201102730 | <b>42.41</b>   |
| 7.                     | Meike Hultink          | De Grunte     | 43.89   | 201001686 | <b>43.04</b>   |
| 8.                     | Silke van den Berg     | Sg - E Z C L  | 45.67   | 201000752 | <b>43.09</b>   |
| 9.                     | Gianna Mastroianni     | Sg - E Z C L  | 47.24   | 201002212 | <b>45.39</b>   |
| 10.                    | Matthanja Krol         | Z&PV de Veene | 45.76   | 201000878 | <b>45.61</b>   |
| 11.                    | Yves Bruinenberg       | Sg - E Z C L  | 46.70   | 201001720 | <b>45.92</b>   |
| 12.                    | Kyara Rensen           | O Z & P C     | 46.14   | 201102038 | <b>46.95</b>   |
| 13.                    | Nora van den Berg      | Het Ravijn    | 55.43   | 201101666 | <b>47.61</b>   |
| 14.                    | Lincey Stappenbeld     | Sg - E Z C L  | 50.41   | 201002978 | <b>47.86</b>   |
| 15.                    | Jill Goeree            | Sg - E Z C L  | 47.08   | 201101248 | <b>47.96</b>   |
| 16.                    | Jinte Kamphuis         | De Dinkel     | 49.93   | 201101242 | <b>52.07</b>   |
| 17.                    | Dycke Braakhuis        | De Dinkel     | 1:03.74 | 201101378 | <b>1:04.40</b> |
| NG.ZA                  | Sara ten Broeke        | V Z & P C     | 49.40   | 201100178 |                |
| AFGEM                  | Charlotte Smelt        | ZVZ           | 42.69   | 201000100 |                |
| NG                     | Bente Groener          | De Dinkel     | 45.91   | 201101706 |                |

#### Junioren 3 en 4

|                                                                                                                   |                     |                |       |           |                |
|-------------------------------------------------------------------------------------------------------------------|---------------------|----------------|-------|-----------|----------------|
| 1.                                                                                                                | Leonore Heerschop   | Steenwijk 1934 | 37.47 | 200801310 | <b>36.77</b>   |
| 2.                                                                                                                | Meyke Haytink       | WS Twente      | 38.85 | 200801188 | <b>37.00 *</b> |
| 3.                                                                                                                | Valerie Beuker      | V Z & P C      | 37.52 | 200800158 | <b>38.12</b>   |
| 4.                                                                                                                | Femke Budde         | WS Twente      | 37.73 | 200801460 | <b>38.36</b>   |
| 5.                                                                                                                | Britt Huttenhuis    | Sg - E Z C L   | 38.92 | 200802446 | <b>38.51</b>   |
| 6.                                                                                                                | Jente Nijssingh     | Dedemsvaart-AC | 39.02 | 200801594 | <b>38.64</b>   |
| 7.                                                                                                                | Amber Lenters       | De Grunte      | 39.40 | 200800700 | <b>38.83</b>   |
| 8.                                                                                                                | Amber Admiraal      | Swol 1894      | 38.91 | 200900698 | <b>39.62</b>   |
| 9.                                                                                                                | Ilse Lebbink        | Zignea         | 39.02 | 200800088 | <b>39.88</b>   |
| 10.                                                                                                               | Lola Kieft          | de IJssel      | 43.16 | 200803622 | <b>40.08</b>   |
| 11.                                                                                                               | Nienke Bulter       | De Dinkel      | 39.83 | 200902188 | <b>40.10</b>   |
| 12.                                                                                                               | Tess Wielens        | Sg - E Z C L   | 40.42 | 200801252 | <b>40.54</b>   |
| 13.                                                                                                               | Marloes Overbeek    | de IJssel      | 41.87 | 200903232 | <b>40.69</b>   |
| 14.                                                                                                               | Jet Wolkotte        | De Dinkel      | 39.54 | 200900894 | <b>41.14</b>   |
| 15.                                                                                                               | Bridget Nijland     | O Z & P C      | 40.60 | 200901870 | <b>41.52</b>   |
| 16.                                                                                                               | Ilse Eijssink       | De Grunte      | 44.83 | 200903438 | <b>41.55</b>   |
| 17.                                                                                                               | Iris Boswinkel      | WS Twente      | 42.32 | 200801306 | <b>41.76</b>   |
| 18.                                                                                                               | Joëlle van Schooten | De Grunte      | 41.79 | 200901930 | <b>42.29</b>   |
| 19.                                                                                                               | Imke Hazewinkel     | Z&PV de Veene  | 41.59 | 200902568 | <b>42.49</b>   |
| 20.                                                                                                               | Simone Kragt        | Dedemsvaart-AC | 40.53 | 200901088 | <b>42.61</b>   |
| 21.                                                                                                               | Elina Hendriks      | De Grunte      | 44.96 | 200801178 | <b>45.38</b>   |
| 22.                                                                                                               | Iris van Dijk       | Het Ravijn     | 49.50 | 200903480 | <b>47.85</b>   |
| 23.                                                                                                               | Rosalie Journee     | Z&PV de Veene  | 52.77 | 200904268 | <b>48.54</b>   |
| 24.                                                                                                               | Lynn Overmars       | Het Ravijn     | 48.97 | 200804504 | <b>49.63</b>   |
| DIS                                                                                                               | Esmee Koning        | Swol 1894      | 41.02 | 200903234 |                |
| <i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i> |                     |                |       |           |                |
| AFGEM                                                                                                             | Eva Oude Egbrink    | O Z & P C      | 40.15 | 200900242 |                |
| AFGEM                                                                                                             | Vera Schijffelen    | WS Twente      | 44.16 | 200903394 |                |

#### Jeugd 1 en 2

|    |                     |                |       |           |              |
|----|---------------------|----------------|-------|-----------|--------------|
| 1. | Lotte Aufderhaar    | De Grunte      | 34.26 | 200601662 | <b>33.73</b> |
| 2. | Monica van der Meer | Deltasteur     | 35.42 | 200704288 | <b>34.24</b> |
| 3. | Sofie Kragt         | Dedemsvaart-AC | 35.09 | 200701020 | <b>35.11</b> |
| 4. | Joelle Kageenaar    | Zignea         | 36.07 | 200600070 | <b>35.56</b> |
|    | Cato Tulen          | Swol 1894      | 36.32 | 200701946 | <b>35.56</b> |
| 6. | Anna Klomp          | Swol 1894      | 34.48 | 200600006 | <b>35.62</b> |
| 7. | Esmee Nieuwenhuis   | ZPC De Hof     | 35.43 | 200701444 | <b>35.78</b> |
| 8. | Nouk Achterhuis     | O Z & P C      | 35.57 | 200600120 | <b>35.96</b> |
| 9. | Lianne Spaan        | Dedemsvaart-AC | 35.89 | 200600216 | <b>36.28</b> |

Programmanr. 20, Meisjes, 50m rugslag, Jeugd 1 en 2

| rang | naam                   | vereniging     | intijd |           | tijd         | RT |
|------|------------------------|----------------|--------|-----------|--------------|----|
| 10.  | Lily Zandstra          | Dedemsvaart-AC | 35.66  | 200701418 | <b>36.53</b> |    |
| 11.  | Krista Veehof          | Deltasteur     | 37.37  | 200700140 | <b>36.95</b> |    |
|      | Jessica Dekkinga       | Steenwijk 1934 | 36.91  | 200600180 | <b>36.95</b> |    |
| 13.  | Mirte Boswinkel        | WS Twente      | 37.06  | 200700434 | <b>37.30</b> |    |
| 14.  | Sanne ten Tije         | ZPC De Hof     | 36.73  | 200600324 | <b>37.53</b> |    |
| 15.  | Fien de Zeeuw          | O Z & P C      | 37.41  | 200600130 | <b>38.07</b> |    |
| 16.  | Noor Heinekamp         | ZPC De Hof     | 37.67  | 200701420 | <b>38.11</b> |    |
| 17.  | Charlotte van der Meer | Deltasteur     | 37.26  | 200704478 | <b>38.29</b> |    |
| 18.  | Ashley Nijveld         | De Grunte      | 39.11  | 200700384 | <b>38.77</b> |    |
| 19.  | Jorien Hogebrug        | WS Twente      | 42.06  | 200702260 | <b>39.95</b> |    |
| 20.  | Ank Wolbert            | De Dinkel      | 40.41  | 200701052 | <b>40.09</b> |    |
| 21.  | Isabel Post            | WS Twente      | 40.59  | 200604582 | <b>40.68</b> |    |
| 22.  | Floor Rietman          | ZVZ            | 41.23  | 200603168 | <b>40.71</b> |    |
| 23.  | Ilse van Eijk          | Zignea         | 40.65  | 200601930 | <b>41.45</b> |    |
| 24.  | Lotte Becker           | Dedemsvaart-AC | 45.84  | 200701256 | <b>46.35</b> |    |
| DIS  | Iris Sportel           | Dedemsvaart-AC | 37.05  | 200601048 |              |    |

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

|    |               |           |       |           |  |
|----|---------------|-----------|-------|-----------|--|
| NG | Senna Soethof | De Dinkel | 38.29 | 200701986 |  |
|----|---------------|-----------|-------|-----------|--|

Senioren 1 en 2

|       |     |                      |              |       |           |              |
|-------|-----|----------------------|--------------|-------|-----------|--------------|
|       | 1.  | Isa Wiggers          | O Z & P C    | 34.58 | 200500978 | <b>34.53</b> |
|       | 2.  | Fiona Wormeester     | Sg - E Z C L | 36.33 | 200400674 | <b>36.24</b> |
|       | 3.  | Lieke van der Wal    | Zignea       | 35.30 | 200501428 | <b>36.81</b> |
|       | 4.  | Zoë van den Berg     | WS Twente    | 36.57 | 200501638 | <b>36.93</b> |
|       | 5.  | Claire Bosch         | De Dinkel    | 37.09 | 200401480 | <b>37.62</b> |
|       | 6.  | Natalie Koole        | Zignea       | 39.22 | 200500882 | <b>38.82</b> |
|       | 7.  | Yoni van der Gronde  | Swol 1894    | 39.20 | 200504858 | <b>39.28</b> |
|       | 8.  | Jolieke van den Berg | Het Ravijn   | 40.46 | 200400810 | <b>39.76</b> |
|       | 9.  | Ilse Siemerink       | WS Twente    | 40.57 | 200502512 | <b>40.20</b> |
|       | 10. | Alyssa Eilander      | De Grunte    | 39.02 | 200501982 | <b>40.75</b> |
|       | 11. | Eline Pullen         | De Grunte    | 38.59 | 200500630 | <b>40.81</b> |
| AFGEM |     | Marinka Mulder       | De Grunte    | 43.24 | 200405634 |              |

Senioren

|     |     |                         |                |       |           |              |
|-----|-----|-------------------------|----------------|-------|-----------|--------------|
|     | 1.  | Lianne Roescher         | ZPC De Hof     | 33.82 | 199900248 | <b>33.04</b> |
|     | 2.  | Lindy Elkerbout         | Z&PV de Veene  | 34.06 | 200000604 | <b>33.80</b> |
|     | 3.  | Cynthia Koolman         | Steenwijk 1934 | 34.07 | 200300232 | <b>34.97</b> |
|     | 4.  | Daphne Robijn-Jongedijk | Sg - E Z C L   | 36.73 | 198903520 | <b>35.19</b> |
|     | 5.  | Romée Beverdam          | WS Twente      | 36.38 | 200100158 | <b>36.18</b> |
|     | 6.  | Mia de Vente            | Het Ravijn     | 37.67 | 200300518 | <b>36.87</b> |
|     |     | Lieke Stoker            | WS Twente      | 36.60 | 200301412 | <b>36.87</b> |
|     | 8.  | Melissa de Lang         | Swol 1894      | 36.32 | 200001186 | <b>37.03</b> |
|     | 9.  | Rosa Huntjens           | Sg - E Z C L   | 38.07 | 200301402 | <b>38.32</b> |
|     | 10. | Noa Boerma              | Het Ravijn     | 39.11 | 200202736 | <b>39.21</b> |
|     | 11. | Ilon Schuurman          | O Z & P C      | 41.02 | 200304766 | <b>40.35</b> |
|     | 12. | Kyonne Maas             | Sg - E Z C L   | 38.40 | 200200434 | <b>40.90</b> |
| DIS |     | Leonie Smit             | Sg - E Z C L   | 37.58 | 200301978 |              |

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

Programmanr. 21  
5-2-2023 - 13:40

Heren, 100m rugslag

Junioren 1 en ouder  
Resultaten

| rang                   | naam                        | vereniging     | intijd            | tijd             | RT | 50m   | 100m    |
|------------------------|-----------------------------|----------------|-------------------|------------------|----|-------|---------|
| <b>Junioren 1 en 2</b> |                             |                |                   |                  |    |       |         |
| 1.                     | Niek Endeman                | Deltasteur     | 1:28.21 200902567 | <b>1:22.57</b>   |    | 40.95 | 1:22.57 |
| 2.                     | Jasper Tanner               | Sg - E Z C L   | 1:28.43 200901109 | <b>1:24.67</b>   |    | 41.18 | 1:24.67 |
| 3.                     | Daniël Scheppink<br>50m*    | Swol 1894      | 1:28.98 200902769 | <b>1:26.38 *</b> |    | 43.03 | 1:26.38 |
| 4.                     | Björn van Veen<br>50m*      | Zignea         | 1:45.09 201000157 | <b>1:27.92</b>   |    | 42.72 | 1:27.92 |
| 5.                     | Timo Bottenberg             | Deltasteur     | 1:32.39 200900151 | <b>1:29.73</b>   |    | 45.56 | 1:29.73 |
| 6.                     | Milan Roeloffzen            | V Z & P C      | 1:45.09 201001753 | <b>1:32.98</b>   |    | 45.12 | 1:32.98 |
| 7.                     | Jens Rikhof                 | De Dinkel      | 1:34.91 201001239 | <b>1:33.08 *</b> |    | 45.32 | 1:33.08 |
| 8.                     | Alex Spijker<br>50mtr *     | Dedemsvaart-AC | 1:46.92 201002457 | <b>1:38.38</b>   |    | 48.97 | 1:38.38 |
| 9.                     | Guus ter Braak<br>50m*      | De Dinkel      | 1:42.31 201000459 | <b>1:43.75</b>   |    | 49.81 | 1:43.75 |
| NG                     | Joris Visser                | Sg - E Z C L   | 1:36.70 201003073 |                  |    |       |         |
| <b>Junioren 3 en 4</b> |                             |                |                   |                  |    |       |         |
| 1.                     | Mano Messchendorp           | Zignea         | 1:15.48 200802777 | <b>1:14.58</b>   |    | 36.94 | 1:14.58 |
| 2.                     | Teun van Weeren             | WS Twente      | 1:16.61 200801145 | <b>1:14.88</b>   |    | 37.27 | 1:14.88 |
| 3.                     | Ivan Vuist                  | Steenwijk 1934 | 1:16.39 200802067 | <b>1:16.03</b>   |    | 36.88 | 1:16.03 |
| 4.                     | Julian Zwarthoff            | Swol 1894      | 1:22.26 200800945 | <b>1:17.87 *</b> |    | 38.78 | 1:17.87 |
| 5.                     | Jan Kemkes<br>50m*          | De Grunte      | 1:17.82 200801419 | <b>1:18.41</b>   |    | 38.61 | 1:18.41 |
| 6.                     | Dylan van Doeselaar<br>50m* | Sg - E Z C L   | 1:18.75 200700477 | <b>1:19.66</b>   |    | 39.49 | 1:19.66 |
| 7.                     | Niek Evers                  | O Z & P C      | 1:19.01 200700079 | <b>1:22.62</b>   |    | 39.46 | 1:22.62 |
| 8.                     | Jarrod Kanselaar            | Z&PV de Veene  | 1:25.41 200701895 | <b>1:26.54</b>   |    | 41.52 | 1:26.54 |
| 9.                     | Johan Schaafsma             | Dedemsvaart-AC | 1:38.60 200800517 | <b>1:29.04</b>   |    | 43.28 | 1:29.04 |
| AFGEM                  | Maarten Bol                 | Dedemsvaart-AC | 1:50.54 200803731 |                  |    |       |         |
| <b>Jeugd 1 en 2</b>    |                             |                |                   |                  |    |       |         |
| 1.                     | Rick Smelt                  | ZVZ            | 1:12.48 200600051 | <b>1:10.66</b>   |    | 35.18 | 1:10.66 |
| 2.                     | Mattijn Thijert             | WS Twente      | 1:15.55 200501921 | <b>1:13.55</b>   |    | 35.60 | 1:13.55 |
| 3.                     | Luuk Tangenberg             | De Grunte      | 1:14.56 200601183 | <b>1:14.54</b>   |    | 35.85 | 1:14.54 |
| 4.                     | Wes Velthuis                | O Z & P C      | 1:22.04 200602217 | <b>1:18.28</b>   |    | 38.20 | 1:18.28 |
| 5.                     | Cas Veelders                | De Dinkel      | 1:14.57 200500593 | <b>1:18.60</b>   |    | 37.94 | 1:18.60 |
| 6.                     | Kay Lubbers                 | WS Twente      | 1:21.59 200600987 | <b>1:21.76</b>   |    | 39.30 | 1:21.76 |
| AFGEM                  | Tom Schotkamp               | De Grunte      | 1:25.29 200501337 |                  |    |       |         |
| <b>Senioren 1 en 2</b> |                             |                |                   |                  |    |       |         |
| 1.                     | Mika Heskamp                | De Dinkel      | 1:07.81 200300339 | <b>1:06.47</b>   |    | 32.24 | 1:06.47 |
| 2.                     | Quinten ten Dam             | ZPC De Hof     | 1:08.40 200400075 | <b>1:09.16</b>   |    | 32.92 | 1:09.16 |
| 3.                     | Luc Aveskamp                | De Dinkel      | 1:10.52 200300337 | <b>1:12.21</b>   |    | 35.21 | 1:12.21 |
| 4.                     | Quinten de Theije           | Zignea         | 1:16.86 200402129 | <b>1:16.24</b>   |    | 37.61 | 1:16.24 |
| 5.                     | Johan Nijeboer              | WS Twente      | 1:13.65 200402417 | <b>1:20.87</b>   |    | 38.99 | 1:20.87 |
| <b>Senioren</b>        |                             |                |                   |                  |    |       |         |
| 1.                     | Jelle ten Hove              | De Dinkel      | 1:06.15 200101373 | <b>1:07.10</b>   |    | 32.29 | 1:07.10 |
| 2.                     | Martijn Lageweg             | Steenwijk 1934 | 1:09.06 199701323 | <b>1:09.20</b>   |    | 33.28 | 1:09.20 |
| 3.                     | Robert Toeter               | Hera'11        | 1:14.36 200101779 | <b>1:14.11</b>   |    | 36.15 | 1:14.11 |
| 4.                     | Nick Swinkels               | Z&PV de Veene  | 1:15.89 200201619 | <b>1:16.19</b>   |    | 36.11 | 1:16.19 |
| 5.                     | Harm-Jan Otter              | V Z & P C      | 1:19.63 198101283 | <b>1:24.45</b>   |    | 41.01 | 1:24.45 |



Overijsselse B-Sprintkampioenschappen  
Nijverdal, 4- - 5-2-2023



Programmanr. 15  
5-2-2023 - 13:50

Meisjes, 4 x 50m vrije slag

Junioren 4 en jonger  
Resultaten

| rang | vereniging                | intijd  | tijd           | RT    |
|------|---------------------------|---------|----------------|-------|
| 1.   | Dedemsvaart-AC 1          | 2:15.51 | <b>2:11.62</b> |       |
|      | Jente Nijsingh 08         | 31.83   | 09             | 34.84 |
|      | Emma Jansen 09            | 33.73   | 08             | 31.22 |
| 2.   | De Grunte 3               | 2:23.06 | <b>2:20.78</b> |       |
|      | Elina Hendriks 08         | 35.69   | 10             | 35.24 |
|      | Ilse Eijnsink 09          | 34.85   | 09             | 35.00 |
| 3.   | Sg - E Z C L 1            | 2:29.36 | <b>2:21.61</b> |       |
|      | Britt Huttenhuis 08       | 31.66   | 10             | 38.98 |
|      | Kayleigh van Doeselaar 10 | 34.24   | 10             | 36.73 |
| NG   | De Dinkel 1               | 2:32.92 |                |       |

Programmanr. 16  
5-2-2023 - 13:55

Jongens, 4 x 50m wisselslag

Junioren  
Resultaten

| rang  | vereniging        | intijd  | tijd           | RT    |
|-------|-------------------|---------|----------------|-------|
| 1.    | WS Twente 1       | 2:35.50 | <b>2:28.86</b> |       |
|       | Fabian Pol 10     | 44.14   | 07 +0.20       | 37.21 |
|       | Bjorn Scholten 08 | 38.71   | 08 +0.37       | 28.80 |
| 2.    | De Dinkel 1       | 2:34.87 | <b>2:30.46</b> |       |
|       | Mick Leferink 09  | 38.64   | 07             | 32.53 |
|       | Guus ter Braak 10 | 46.35   | 10             | 32.94 |
| AFGEM | Dedemsvaart-AC 1  | 3:03.66 |                |       |

Programmanr. 23  
5-2-2023 - 14:20

Dames, 100m vlinderslag

Senioren Open  
Resultaten

| rang            | naam               | vereniging    | intijd  | tijd      | RT               | 50m     | 100m    |
|-----------------|--------------------|---------------|---------|-----------|------------------|---------|---------|
| Junioren 1 en 2 |                    |               |         |           |                  |         |         |
| 1.              | Ine-Joy Tilburg    | Z&PV de Veene | 1:44.71 | 201002036 | <b>1:38.34</b>   | 45.15   | 1:38.34 |
| 2.              | Manoah Dekker      | Deltasteur    | 2:00.36 | 201100656 | <b>1:51.76</b>   | 49.45   | 1:51.76 |
| 3.              | Meike Hultink      | De Grunte     | 1:47.00 | 201001686 | <b>1:52.96</b>   | 52.17   | 1:52.96 |
| 4.              | Silke van den Berg | Sg - E Z C L  | 2:02.69 | 201000752 | <b>1:53.17</b>   | 51.02   | 1:53.17 |
| 5.              | Lieke Boers        | De Dinkel     | 1:54.13 | 201000644 | <b>1:58.17</b>   | 51.47   | 1:58.17 |
| 6.              | Yves Bruinenberg   | Sg - E Z C L  | 1:51.60 | 201001720 | <b>1:58.58</b>   | 52.93   | 1:58.58 |
| 7.              | Matthanja Krol     | Z&PV de Veene | 1:51.80 | 201000878 | <b>1:59.47 *</b> | 54.93   | 1:59.47 |
|                 | 50 mtr*            |               |         |           |                  |         |         |
| 8.              | Jinte Kamphuis     | De Dinkel     | 2:43.13 | 201101242 | <b>2:19.22</b>   | 1:02.64 | 2:19.22 |
| NG.ZA           | Sara ten Broeke    | V Z & P C     | 2:07.86 | 201100178 |                  |         |         |
| AFGEM           | Wiep Huttenhuis    | De Dinkel     | 1:52.51 | 201002282 |                  |         |         |

Junioren 3 en 4

|       |                     |                |         |           |                  |       |         |
|-------|---------------------|----------------|---------|-----------|------------------|-------|---------|
| 1.    | Jente Nijsingh      | Dedemsvaart-AC | 1:25.71 | 200801594 | <b>1:24.88</b>   | 37.55 | 1:24.88 |
| 2.    | Tess Wielens        | Sg - E Z C L   | 1:36.83 | 200801252 | <b>1:26.78</b>   | 39.49 | 1:26.78 |
| 3.    | Amber Lenters       | De Grunte      | 1:25.62 | 200800700 | <b>1:27.18</b>   | 40.75 | 1:27.18 |
| 4.    | Veerle Westenbroek  | O Z & P C      | 1:34.21 | 200800128 | <b>1:33.51</b>   | 42.04 | 1:33.51 |
| 5.    | Elina Hendriks      | De Grunte      | 1:43.08 | 200801178 | <b>1:41.23</b>   | 45.36 | 1:41.23 |
| 6.    | Emma Jansen         | Dedemsvaart-AC | 1:38.72 | 200902408 | <b>1:41.25</b>   | 46.20 | 1:41.25 |
| 7.    | Ilse Eijnsink       | De Grunte      | 1:39.49 | 200903438 | <b>1:41.50</b>   | 45.35 | 1:41.50 |
| 8.    | Amber Admiraal      | Swol 1894      | 1:49.73 | 200900698 | <b>1:42.35</b>   | 45.91 | 1:42.35 |
| 9.    | Esmee Koning        | Swol 1894      | 1:41.82 | 200903234 | <b>1:43.59 *</b> | 47.07 | 1:43.59 |
| 10.   | Bridget Nijland     | O Z & P C      | 1:44.02 | 200901870 | <b>1:43.61</b>   | 48.02 | 1:43.61 |
| 11.   | Joëlle van Schooten | De Grunte      | 1:36.13 | 200901930 | <b>1:44.62 *</b> | 45.39 | 1:44.62 |
| AFGEM | Imke Hazewinkel     | Z&PV de Veene  | 1:45.88 | 200902568 |                  |       |         |
| AFGEM | Eva Oude Egbrink    | O Z & P C      | 1:38.28 | 200900242 |                  |       |         |

Programmanr. 23, Dames, 100m vlinderslag

Jeugd 1 en 2

|       |                   |                |         |           |                  |       |         |
|-------|-------------------|----------------|---------|-----------|------------------|-------|---------|
| 1.    | Esmee Nieuwenhuis | ZPC De Hof     | 1:16.57 | 200701444 | <b>1:15.37</b>   | 34.63 | 1:15.37 |
| 2.    | Anna Klomp        | Swol 1894      | 1:16.90 | 200600006 | <b>1:15.85</b>   | 34.03 | 1:15.85 |
| 3.    | Lily Zandstra     | Dedemsvaart-AC | 1:19.04 | 200701418 | <b>1:18.53</b>   | 36.17 | 1:18.53 |
| 4.    | Cato Tulen        | Swol 1894      | 1:22.09 | 200701946 | <b>1:20.90</b>   | 37.56 | 1:20.90 |
| 5.    | Sofie Kragt       | Dedemsvaart-AC | 1:19.48 | 200701020 | <b>1:22.47</b> * | 36.67 | 1:22.47 |
| 6.    | Joelle Kagenaar   | Zignea         | 1:22.78 | 200600070 | <b>1:23.57</b>   | 38.41 | 1:23.57 |
| 7.    | Ank Wolbert       | De Dinkel      | 1:28.98 | 200701052 | <b>1:23.85</b>   | 37.80 | 1:23.85 |
| 8.    | Fien de Zeeuw     | O Z & P C      | 1:33.81 | 200600130 | <b>1:31.89</b>   | 41.09 | 1:31.89 |
| 9.    | Renske Willemsen  | Hera'11        | 1:31.32 | 200600292 | <b>1:32.37</b>   | 41.55 | 1:32.37 |
| 10.   | Ashley Nijveld    | De Grunte      | 1:28.15 | 200700384 | <b>1:38.63</b>   | 40.08 | 1:38.63 |
| AFGEM | Lotte Aufderhaar  | De Grunte      | 1:18.70 | 200601662 |                  |       |         |
| NG    | Senna Soethof     | De Dinkel      | 1:39.29 | 200701986 |                  |       |         |

Senioren 1 en 2

|       |                      |                |         |           |                |       |         |
|-------|----------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.    | Zoë van den Berg     | WS Twente      | 1:16.45 | 200501638 | <b>1:16.99</b> | 34.64 | 1:16.99 |
| 2.    | Claire Bosch         | De Dinkel      | 1:20.06 | 200401480 | <b>1:23.69</b> | 35.89 | 1:23.69 |
| 3.    | Jolieke van den Berg | Het Ravijn     | 1:23.49 | 200400810 | <b>1:26.67</b> | 36.41 | 1:26.67 |
| 4.    | Isa Wiggers          | O Z & P C      | 1:23.40 | 200500978 | <b>1:26.85</b> | 38.27 | 1:26.85 |
| 5.    | Ilse Siemerink       | WS Twente      | 1:25.76 | 200502512 | <b>1:29.82</b> | 38.28 | 1:29.82 |
| 6.    | Romée Jabben         | Dedemsvaart-AC | 1:28.44 | 200404426 | <b>1:29.84</b> | 39.62 | 1:29.84 |
| 7.    | Yoni van der Gronde  | Swol 1894      | 1:26.16 | 200504858 | <b>1:30.12</b> | 40.22 | 1:30.12 |
| 8.    | Natalie Koole        | Zignea         | 1:36.23 | 200500882 | <b>1:39.68</b> | 43.03 | 1:39.68 |
| AFGEM | Alyssa Eilander      | De Grunte      | 1:38.36 | 200501982 |                |       |         |
| AFGEM | Eline Pullen         | De Grunte      | 1:27.83 | 200500630 |                |       |         |

Senioren

|    |                     |                |         |           |                |       |         |
|----|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1. | D. Robijn-Jongedijk | Sg - E Z C L   | 1:16.94 | 198903520 | <b>1:15.83</b> | 35.56 | 1:15.83 |
| 2. | Romée Beverdam      | WS Twente      | 1:16.03 | 200100158 | <b>1:15.89</b> | 35.08 | 1:15.89 |
| 3. | Melissa de Lang     | Swol 1894      | 1:16.20 | 200001186 | <b>1:15.94</b> | 35.12 | 1:15.94 |
| 4. | Mia de Vente        | Het Ravijn     | 1:28.42 | 200300518 | <b>1:21.54</b> | 37.39 | 1:21.54 |
| 5. | Noa Boerma          | Het Ravijn     | 1:20.29 | 200202736 | <b>1:24.11</b> | 38.02 | 1:24.11 |
| 6. | Cynthia Koolman     | Steenwijk 1934 | 1:21.63 | 200300232 | <b>1:27.48</b> | 39.86 | 1:27.48 |
| 7. | Ilon Schuurman      | O Z & P C      | 1:27.29 | 200304766 | <b>1:31.00</b> | 40.01 | 1:31.00 |

Programmanr. 24  
5-2-2023 - 14:35

Heren, 50m vlinderslag

Junioren 1 en ouder  
Resultaten

| rang            | naam             | vereniging | intijd | tijd      | RT             |
|-----------------|------------------|------------|--------|-----------|----------------|
| Junioren 1 en 2 |                  |            |        |           |                |
| 1.              | Simon Vahl       | Deltasteur | 43.40  | 200900161 | <b>38.43</b>   |
| 2.              | Rinse de Jonge   | De Grunte  | 40.10  | 200900705 | <b>39.08</b>   |
| 3.              | Milan Bottenberg | Deltasteur | 39.99  | 200900153 | <b>39.19</b>   |
| 4.              | Björn van Veen   | Zignea     | 47.80  | 201000157 | <b>39.37</b>   |
| 5.              | Niek Endeman     | Deltasteur | 40.98  | 200902567 | <b>39.54</b>   |
| 6.              | Daniël Scheppink | Swol 1894  | 45.80  | 200902769 | <b>41.21</b>   |
| 7.              | Daan Emming      | Swol 1894  | 46.31  | 201003115 | <b>41.61</b>   |
| 8.              | Mick Leferink    | De Dinkel  | 42.26  | 200902227 | <b>43.88</b>   |
| 9.              | Jens Rikhof      | De Dinkel  | 50.39  | 201001239 | <b>47.38</b> * |
| 10.             | Twan Felix       | Deltasteur | 52.23  | 201000123 | <b>49.03</b>   |
| 11.             | Fabian Pol       | WS Twente  | 51.84  | 201001179 | <b>49.42</b>   |
| 12.             | Guus ter Braak   | De Dinkel  | 51.61  | 201000459 | <b>54.61</b>   |

Junioren 3 en 4

|       |                     |                |       |           |              |
|-------|---------------------|----------------|-------|-----------|--------------|
| 1.    | Arnoud Bult         | De Dinkel      | 32.67 | 200701387 | <b>32.44</b> |
| 2.    | Mano Messchendorp   | Zignea         | 35.37 | 200802777 | <b>33.19</b> |
| 3.    | Dylan van Doeselaar | Sg - E Z C L   | 34.02 | 200700477 | <b>33.20</b> |
| 4.    | Ivan Vuist          | Steenwijk 1934 | 37.03 | 200802067 | <b>36.52</b> |
| 5.    | Silvio Overbeeke    | Z&PV de Veene  | 42.75 | 200801889 | <b>37.45</b> |
| 6.    | Julian Zwarthoff    | Swol 1894      | 38.42 | 200800945 | <b>38.15</b> |
| 7.    | Jarrod Kanselaar    | Z&PV de Veene  | 43.42 | 200701895 | <b>44.78</b> |
| AFGEM | Jort Siebelt        | O Z & P C      | 32.60 | 200700083 |              |

Programmanr. 24, Heren, 50m vlinderslag

Jeugd 1 en 2

|       |                 |                |       |           |              |
|-------|-----------------|----------------|-------|-----------|--------------|
| 1.    | Lars Haytink    | WS Twente      | 29.87 | 200601815 | <b>30.23</b> |
| 2.    | Rick Smelt      | ZVZ            | 31.50 | 200600051 | <b>30.72</b> |
| 3.    | Wes Velthuis    | O Z & P C      | 31.45 | 200602217 | <b>30.74</b> |
| 4.    | Jur Hoekman     | WS Twente      | 32.77 | 200600801 | <b>32.50</b> |
| 5.    | Luuk Tangenberg | De Grunte      | 33.23 | 200601183 | <b>33.19</b> |
| 6.    | Cas Veelders    | De Dinkel      | 33.16 | 200500593 | <b>33.95</b> |
| 7.    | Quinten Tuitert | WS Twente      | 34.00 | 200600447 | <b>34.43</b> |
| AFGEM | Tom Schotkamp   | De Grunte      | 35.45 | 200501337 |              |
| AFGEM | Floris Bol      | Dedemsvaart-AC | 33.89 | 200504457 |              |

Senioren 1 en 2

|       |                   |                |       |           |              |
|-------|-------------------|----------------|-------|-----------|--------------|
| 1.    | Quinten ten Dam   | ZPC De Hof     | 28.40 | 200400075 | <b>28.28</b> |
| 2.    | Mika Heskamp      | De Dinkel      | 29.07 | 200300339 | <b>29.07</b> |
| 3.    | Luc Aveskamp      | De Dinkel      | 29.13 | 200300337 | <b>29.75</b> |
| 4.    | Chiel Kootstra    | Dedemsvaart-AC | 29.80 | 200301463 | <b>29.89</b> |
| 5.    | Kay van Sleen     | Steenwijk 1934 | 31.27 | 200400083 | <b>31.88</b> |
| 6.    | Lasse Ophuis      | WS Twente      | 34.17 | 200400027 | <b>33.38</b> |
| 7.    | Johan Nijeboer    | WS Twente      | 32.27 | 200402417 | <b>34.62</b> |
| AFGEM | Bart Oude Egbrink | O Z & P C      | 29.14 | 200300491 |              |

Senioren

|    |                 |                |       |           |              |
|----|-----------------|----------------|-------|-----------|--------------|
| 1. | Bart Kooiker    | De Dinkel      | 27.09 | 200100705 | <b>28.17</b> |
| 2. | Jelle ten Hove  | De Dinkel      | 29.02 | 200101373 | <b>29.06</b> |
| 3. | Simon Bloem     | Hera'11        | 30.61 | 200200033 | <b>30.07</b> |
| 4. | Martijn Lageweg | Steenwijk 1934 | 30.72 | 199701323 | <b>30.86</b> |
| 5. | Marijn Heetkamp | Het Ravijn     | 31.46 | 199903407 | <b>32.10</b> |
| 6. | Nick Swinkels   | Z&PV de Veene  | 32.56 | 200201619 | <b>33.82</b> |
| 7. | Harm-Jan Otter  | V Z & P C      | 32.19 | 198101283 | <b>34.05</b> |

Programmanr. 25  
5-2-2023 - 14:40

Dames, 50m vrije slag

Senioren Open  
Resultaten

| rang                   | naam                   | vereniging     | intijd | tijd      | RT           |
|------------------------|------------------------|----------------|--------|-----------|--------------|
| <b>Junioren 1 en 2</b> |                        |                |        |           |              |
| 1.                     | Ine-Joy Tilburg        | Z&PV de Veene  | 36.56  | 201002036 | <b>33.96</b> |
| 2.                     | Kayleigh van Doeselaar | Sg - E Z C L   | 36.47  | 201000478 | <b>34.59</b> |
| 3.                     | Annemiek Back          | De Grunte      | 35.89  | 201000700 | <b>34.90</b> |
| 4.                     | Yves Bruinenberg       | Sg - E Z C L   | 40.67  | 201001720 | <b>37.38</b> |
| 5.                     | Amber Spronk           | Deltasteur     | 39.09  | 201000970 | <b>37.56</b> |
| 6.                     | Silke van den Berg     | Sg - E Z C L   | 38.89  | 201000752 | <b>37.60</b> |
| 7.                     | Lieke Boers            | De Dinkel      | 36.59  | 201000644 | <b>38.09</b> |
| 8.                     | Olivia Boschloo        | de IJssel      | 40.73  | 201102398 | <b>38.18</b> |
| 9.                     | Lise Visscher          | ZVZ            | 38.65  | 201101764 | <b>38.33</b> |
| 10.                    | Jill Goeree            | Sg - E Z C L   | 39.94  | 201101248 | <b>38.35</b> |
|                        | Benthe Boersma         | Deltasteur     | 38.95  | 201100994 | <b>38.35</b> |
| 12.                    | Gianna Mastroianni     | Sg - E Z C L   | 38.87  | 201002212 | <b>38.63</b> |
| 13.                    | Matthanja Krol         | Z&PV de Veene  | 38.76  | 201000878 | <b>39.03</b> |
| 14.                    | Lincey Stappenbeld     | Sg - E Z C L   | 43.62  | 201002978 | <b>39.87</b> |
| 15.                    | Nora van den Berg      | Het Ravijn     | 42.91  | 201101666 | <b>40.71</b> |
| 16.                    | Jinte Kamphuis         | De Dinkel      | 43.65  | 201101242 | <b>43.59</b> |
| 17.                    | Dycke Braakhuis        | De Dinkel      | 55.75  | 201101378 | <b>51.51</b> |
| NG.ZA                  | Sara ten Broeke        | V Z & P C      | 41.85  | 201100178 |              |
| NG                     | Mieke Jansen           | Dedemsvaart-AC | 40.22  | 201101950 |              |

Junioren 3 en 4

|    |                    |                |       |           |              |
|----|--------------------|----------------|-------|-----------|--------------|
| 1. | Rosa Visscher      | ZVZ            | 31.49 | 200800706 | <b>30.47</b> |
| 2. | Aukje Markerink    | ZPC De Hof     | 31.54 | 200802196 | <b>30.82</b> |
| 3. | Britt Huttenhuis   | Sg - E Z C L   | 31.66 | 200802446 | <b>30.96</b> |
| 4. | Femke Budde        | WS Twente      | 32.18 | 200801460 | <b>31.20</b> |
| 5. | Iris Boswinkel     | WS Twente      | 31.71 | 200801306 | <b>31.70</b> |
| 6. | Leonore Heerschop  | Steenwijk 1934 | 31.94 | 200801310 | <b>32.14</b> |
| 7. | Karlijn Bredenoort | Dedemsvaart-AC | 32.20 | 200800340 | <b>32.30</b> |

Programmanr. 25, Meisjes, 50m vrije slag, Junioren 3 en 4

| rang  | naam                | vereniging     | intijd |           | tijd         | RT |
|-------|---------------------|----------------|--------|-----------|--------------|----|
| 8.    | Jente Nijsingh      | Dedemsvaart-AC | 32.43  | 200801594 | <b>32.31</b> |    |
| 9.    | Ilse Lebbink        | Zignea         | 32.22  | 200800088 | <b>32.34</b> |    |
| 10.   | Valerie Beuker      | V Z & P C      | 32.39  | 200800158 | <b>32.85</b> |    |
| 11.   | Nienke Bulter       | De Dinkel      | 33.91  | 200902188 | <b>33.69</b> |    |
| 12.   | Marloes Overbeek    | de IJssel      | 35.62  | 200903232 | <b>34.27</b> |    |
| 13.   | Veerle Westenbroek  | O Z & P C      | 35.57  | 200800128 | <b>34.48</b> |    |
| 14.   | Esmee Koning        | Swol 1894      | 35.45  | 200903234 | <b>34.62</b> |    |
| 15.   | Simone Kragt        | Dedemsvaart-AC | 35.70  | 200901088 | <b>34.90</b> |    |
| 16.   | Imke Hazewinkel     | Z&PV de Veene  | 34.77  | 200902568 | <b>35.00</b> |    |
| 17.   | Elina Hendriks      | De Grunte      | 35.62  | 200801178 | <b>35.31</b> |    |
| 18.   | Bridget Nijland     | O Z & P C      | 35.07  | 200901870 | <b>35.89</b> |    |
| 19.   | Ilse Eijssink       | De Grunte      | 37.02  | 200903438 | <b>35.91</b> |    |
| 20.   | Joëlle van Schooten | De Grunte      | 34.53  | 200901930 | <b>36.41</b> |    |
| 21.   | Robbin Hauer        | Dedemsvaart-AC | 37.99  | 200803766 | <b>36.48</b> |    |
| 22.   | Rosalie Journee     | Z&PV de Veene  | 41.91  | 200904268 | <b>39.36</b> |    |
| 23.   | Iris van Dijk       | Het Ravijn     | 39.77  | 200903480 | <b>40.06</b> |    |
| 24.   | Lynn Overmars       | Het Ravijn     | 43.04  | 200804504 | <b>41.38</b> |    |
| AFGEM | Marije Overberg     | Dedemsvaart-AC | 37.43  | 200900616 |              |    |
| AFGEM | Eva Oude Egbrink    | O Z & P C      | 34.28  | 200900242 |              |    |
| AFGEM | Vera Schijffelen    | WS Twente      | 37.22  | 200903394 |              |    |

Jeugd 1 en 2

|     |                        |                |       |           |              |
|-----|------------------------|----------------|-------|-----------|--------------|
| 1.  | Lyanne Spaan           | Dedemsvaart-AC | 30.43 | 200600216 | <b>29.92</b> |
| 2.  | Monica van der Meer    | Deltasteur     | 29.75 | 200704288 | <b>29.95</b> |
| 3.  | Lotte Aufderhaar       | De Grunte      | 29.96 | 200601662 | <b>30.05</b> |
| 4.  | Dieuwke Cleveringa     | Swol 1894      | 30.16 | 200700708 | <b>30.36</b> |
| 5.  | Mirte Boswinkel        | WS Twente      | 30.54 | 200700434 | <b>30.58</b> |
| 6.  | Joelle Kagenaar        | Zignea         | 29.51 | 200600070 | <b>30.60</b> |
| 7.  | Cato Tulen             | Swol 1894      | 30.53 | 200701946 | <b>30.95</b> |
| 8.  | Sanne ten Tije         | ZPC De Hof     | 30.76 | 200600324 | <b>31.12</b> |
| 9.  | Lily Zandstra          | Dedemsvaart-AC | 31.19 | 200701418 | <b>31.38</b> |
| 10. | Charlotte van der Meer | Deltasteur     | 31.35 | 200704478 | <b>31.41</b> |
| 11. | Jessica Dekkinga       | Steenwijk 1934 | 31.26 | 200600180 | <b>31.68</b> |
| 12. | Fien de Zeeuw          | O Z & P C      | 31.54 | 200600130 | <b>31.77</b> |
| 13. | Ilse van Eijk          | Zignea         | 32.82 | 200601930 | <b>32.81</b> |
| 14. | Iris Sportel           | Dedemsvaart-AC | 32.68 | 200601048 | <b>32.82</b> |
| 15. | Lieke Kamphuis         | Sg - E Z C L   | 33.58 | 200701448 | <b>32.95</b> |
| 16. | Ashley Nijveld         | De Grunte      | 33.11 | 200700384 | <b>33.38</b> |
| 17. | Ank Wolbert            | De Dinkel      | 33.71 | 200701052 | <b>33.40</b> |
| 18. | Renske Willemsen       | Hera'11        | 34.57 | 200600292 | <b>34.13</b> |
| 19. | Jorien Hogebrug        | WS Twente      | 35.41 | 200702260 | <b>34.66</b> |
| 20. | Floor Rietman          | ZVZ            | 34.29 | 200603168 | <b>35.14</b> |
| 21. | Isabel Post            | WS Twente      | 35.77 | 200604582 | <b>35.20</b> |
| 22. | Jildou de Jong         | Dedemsvaart-AC | 35.43 | 200604232 | <b>35.29</b> |
| 23. | Lotte Becker           | Dedemsvaart-AC | 39.27 | 200701256 | <b>39.77</b> |
| DIS | Noor Heinekamp         | ZPC De Hof     | 30.98 | 200701420 | <b>31.32</b> |

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

|    |               |           |       |           |  |
|----|---------------|-----------|-------|-----------|--|
| NG | Senna Soethof | De Dinkel | 33.88 | 200701986 |  |
|----|---------------|-----------|-------|-----------|--|

Senioren 1 en 2

|       |                      |                |       |           |              |
|-------|----------------------|----------------|-------|-----------|--------------|
| 1.    | Fiona Wormeester     | Sg - E Z C L   | 30.05 | 200400674 | <b>29.83</b> |
| 2.    | Isa Wiggers          | O Z & P C      | 30.07 | 200500978 | <b>30.48</b> |
| 3.    | Claire Bosch         | De Dinkel      | 29.82 | 200401480 | <b>30.69</b> |
| 4.    | Lieke van der Wal    | Zignea         | 30.04 | 200501428 | <b>30.94</b> |
| 5.    | Zoë van den Berg     | WS Twente      | 31.11 | 200501638 | <b>31.81</b> |
| 6.    | Romée Jabben         | Dedemsvaart-AC | 31.58 | 200404426 | <b>32.23</b> |
| 7.    | Natalie Koole        | Zignea         | 31.29 | 200500882 | <b>32.59</b> |
| 8.    | Yoni van der Gronde  | Swol 1894      | 32.87 | 200504858 | <b>33.23</b> |
| 9.    | Jolieke van den Berg | Het Ravijn     | 33.14 | 200400810 | <b>33.52</b> |
| 10.   | Ilse Siemerink       | WS Twente      | 33.36 | 200502512 | <b>33.54</b> |
| 11.   | Alyssa Eilander      | De Grunte      | 32.84 | 200501982 | <b>34.03</b> |
| 12.   | Eline Pullen         | De Grunte      | 33.61 | 200500630 | <b>37.35</b> |
| AFGEM | Marinka Mulder       | De Grunte      | 37.52 | 200405634 |              |

Programmanr. 25, Dames, 50m vrije slag

Senioren

|     |                         |                |       |           |              |
|-----|-------------------------|----------------|-------|-----------|--------------|
| 1.  | Lieke van Essen         | Swol 1894      | 28.98 | 199502814 | <b>29.08</b> |
| 2.  | Lindy Elkerbout         | Z&PV de Veene  | 28.91 | 200000604 | <b>29.21</b> |
| 3.  | Lianne Roescher         | ZPC De Hof     | 30.13 | 199900248 | <b>30.05</b> |
| 4.  | Tessa Maat              | Deltasteur     | 30.03 | 200201826 | <b>30.08</b> |
| 5.  | Melissa de Lang         | Swol 1894      | 29.77 | 200001186 | <b>30.09</b> |
| 6.  | Esmée van der Tweel     | Deltasteur     | 30.28 | 200202870 | <b>30.25</b> |
| 7.  | Meike Cleveringa        | Swol 1894      | 30.69 | 200206096 | <b>30.33</b> |
| 8.  | Daphne Robijn-Jongedijk | Sg - E Z C L   | 29.68 | 198903520 | <b>30.42</b> |
| 9.  | Cynthia Koolman         | Steenwijk 1934 | 29.77 | 200300232 | <b>30.91</b> |
| 10. | Romée Beverdam          | WS Twente      | 30.76 | 200100158 | <b>31.13</b> |
| 11. | Ilon Schuurman          | O Z & P C      | 31.07 | 200304766 | <b>31.31</b> |
| 12. | Lieke Stoker            | WS Twente      | 30.57 | 200301412 | <b>31.71</b> |
| 13. | Iris Zandvoort          | Z&PV de Veene  | 31.37 | 200202274 | <b>31.74</b> |
| 14. | Rosa Huntjens           | Sg - E Z C L   | 32.18 | 200301402 | <b>32.13</b> |
| 15. | Lotte de Vente          | Het Ravijn     | 31.78 | 199905814 | <b>32.61</b> |
| 16. | Leonie Smit             | Sg - E Z C L   | 33.15 | 200301978 | <b>32.69</b> |
| 17. | Noa Boerma              | Het Ravijn     | 32.19 | 200202736 | <b>32.74</b> |
| 18. | Kyonne Maas             | Sg - E Z C L   | 33.65 | 200200434 | <b>33.24</b> |

Programmanr. 26  
5-2-2023 - 15:00

Heren, 100m vrije slag

Junioren 1 en ouder  
Resultaten

| rang                   | naam             | vereniging   | intijd  | tijd      | RT             | 50m   | 100m    |
|------------------------|------------------|--------------|---------|-----------|----------------|-------|---------|
| <b>Junioren 1 en 2</b> |                  |              |         |           |                |       |         |
| 1.                     | Milan Bottenberg | Deltasteur   | 1:14.04 | 200900153 | <b>1:12.04</b> | 34.66 | 1:12.04 |
| 2.                     | Björn van Veen   | Zignea       | 1:23.97 | 201000157 | <b>1:16.27</b> | 36.11 | 1:16.27 |
| 3.                     | Daan Emming      | Swol 1894    | 1:29.39 | 201003115 | <b>1:19.27</b> | 37.37 | 1:19.27 |
| 4.                     | Timo Bottenberg  | Deltasteur   | 1:24.03 | 200900151 | <b>1:24.40</b> | 40.87 | 1:24.40 |
| 5.                     | Milan Roeloffzen | V Z & P C    | 1:32.20 | 201001753 | <b>1:26.28</b> | 40.37 | 1:26.28 |
| 6.                     | Guus ter Braak   | De Dinkel    | 1:29.00 | 201000459 | <b>1:32.22</b> | 43.96 | 1:32.22 |
| NG                     | Joris Visser     | Sg - E Z C L | 1:28.86 | 201003073 |                |       |         |

Junioren 3 en 4

|       |                     |                |         |           |                |       |         |
|-------|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.    | Arnoud Bult         | De Dinkel      | 1:02.65 | 200701387 | <b>1:01.61</b> | 29.69 | 1:01.61 |
| 2.    | Silvio Overbeeke    | Z&PV de Veene  | 1:11.93 | 200801889 | <b>1:06.80</b> | 32.65 | 1:06.80 |
| 3.    | Jasper Thijert      | WS Twente      | 1:09.94 | 200700321 | <b>1:07.64</b> | 31.97 | 1:07.64 |
| 4.    | Julian Zwarthoff    | Swol 1894      | 1:11.26 | 200800945 | <b>1:07.89</b> | 33.32 | 1:07.89 |
| 5.    | Niek Evers          | O Z & P C      | 1:08.89 | 200700079 | <b>1:08.40</b> | 32.67 | 1:08.40 |
| 6.    | Dylan van Doeselaar | Sg - E Z C L   | 1:13.64 | 200700477 | <b>1:11.90</b> | 33.53 | 1:11.90 |
| 7.    | Johan Schaafsma     | Dedemsvaart-AC | 1:15.77 | 200800517 | <b>1:14.69</b> | 36.00 | 1:14.69 |
| 8.    | Jarrod Kanselaar    | Z&PV de Veene  | 1:19.80 | 200701895 | <b>1:16.77</b> | 36.08 | 1:16.77 |
| AFGEM | Maarten Bol         | Dedemsvaart-AC | 1:16.66 | 200803731 |                |       |         |

Jeugd 1 en 2

|         |                     |                |         |           |                |       |         |
|---------|---------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.      | Wes Velthuis        | O Z & P C      | 59.27   | 200602217 | <b>59.42</b>   | 28.56 | 59.42   |
| 50mtr * |                     |                |         |           |                |       |         |
| 2.      | Rick Smelt          | ZVZ            | 1:01.13 | 200600051 | <b>59.74</b>   | 28.71 | 59.74   |
| 3.      | Mattijn Thijert     | WS Twente      | 1:03.44 | 200501921 | <b>1:00.34</b> | 28.60 | 1:00.34 |
| 50m*    |                     |                |         |           |                |       |         |
| 4.      | Ruben Overbeek      | de IJssel      | 1:01.57 | 200502887 | <b>1:00.66</b> | 28.83 | 1:00.66 |
| 5.      | Finmar Rijnkels     | Dedemsvaart-AC | 1:03.22 | 200604219 | <b>1:00.69</b> | 28.90 | 1:00.69 |
| 6.      | Aymé Groot          | ZPC De Hof     | 1:00.72 | 200600117 | <b>1:01.03</b> | 28.94 | 1:01.03 |
| 7.      | Mees Rienties       | Swol 1894      | 1:01.83 | 200500059 | <b>1:01.52</b> | 29.30 | 1:01.52 |
| 8.      | Luuk Tangenberg     | De Grunte      | 1:02.16 | 200601183 | <b>1:01.62</b> | 29.69 | 1:01.62 |
| 9.      | Jur Hoekman         | WS Twente      | 1:02.36 | 200600801 | <b>1:02.55</b> | 29.38 | 1:02.55 |
| 10.     | Lars Haytink        | WS Twente      | 1:02.66 | 200601815 | <b>1:04.41</b> | 30.62 | 1:04.41 |
| 11.     | Jelmer van der Lijn | Sg - E Z C L   | 1:07.14 | 200503081 | <b>1:07.65</b> | 32.17 | 1:07.65 |
| 12.     | Cas Veelders        | De Dinkel      | 1:05.86 | 200500593 | <b>1:10.19</b> | 34.03 | 1:10.19 |
| AFGEM   | Tom Schotkamp       | De Grunte      | 1:11.58 | 200501337 |                |       |         |
| AFGEM   | Floris Bol          | Dedemsvaart-AC | 1:09.37 | 200504457 |                |       |         |

Programmanr. 26, Heren, 100m vrije slag

Senioren 1 en 2

|       |                   |                |         |           |                |       |         |
|-------|-------------------|----------------|---------|-----------|----------------|-------|---------|
| 1.    | Mika Heskamp      | De Dinkel      | 59.50   | 200300339 | <b>58.85</b>   | 28.20 | 58.85   |
| 2.    | Chiel Kootstra    | Dedemsvaart-AC | 59.90   | 200301463 | <b>59.74</b>   | 28.16 | 59.74   |
| 3.    | Lasse Ophuis      | WS Twente      | 1:01.58 | 200400027 | <b>1:01.41</b> | 28.89 | 1:01.41 |
| 4.    | Luc Aveskamp      | De Dinkel      | 1:01.06 | 200300337 | <b>1:01.49</b> | 29.65 | 1:01.49 |
| 5.    | Quinten de Theije | Zignea         | 1:00.99 | 200402129 | <b>1:01.66</b> | 29.15 | 1:01.66 |
| 6.    | Kay van Sleen     | Steenwijk 1934 | 1:03.18 | 200400083 | <b>1:02.64</b> | 29.54 | 1:02.64 |
| 7.    | Lanco Manaf       | Het Ravijn     | 1:03.36 | 200402715 | <b>1:02.75</b> | 30.04 | 1:02.75 |
| 8.    | Johan Nijeboer    | WS Twente      | 59.89   | 200402417 | <b>1:10.45</b> | 32.50 | 1:10.45 |
| AFGEM | Bart Oude Egbrink | O Z & P C      | 57.85   | 200300491 |                |       |         |

Senioren

|    |                  |               |         |           |                |       |         |
|----|------------------|---------------|---------|-----------|----------------|-------|---------|
| 1. | Jelle ten Hove   | De Dinkel     | 56.43   | 200101373 | <b>56.97</b>   | 27.76 | 56.97   |
| 2. | Stefan Kagenaar  | Zignea        | 59.65   | 200101391 | <b>1:01.02</b> | 29.35 | 1:01.02 |
| 3. | William Kruithof | Het Ravijn    | 1:03.39 | 198000857 | <b>1:02.52</b> | 29.10 | 1:02.52 |
| 4. | Robert Toeter    | Hera'11       | 1:03.18 | 200101779 | <b>1:03.45</b> | 30.62 | 1:03.45 |
| 5. | Marijn Heetkamp  | Het Ravijn    | 1:01.83 | 199903407 | <b>1:04.55</b> | 30.53 | 1:04.55 |
| 6. | Harm-Jan Otter   | V Z & P C     | 1:03.54 | 198101283 | <b>1:05.33</b> | 30.61 | 1:05.33 |
| 7. | Nick Swinkels    | Z&PV de Veene | 1:06.70 | 200201619 | <b>1:07.20</b> | 31.52 | 1:07.20 |
| 8. | Roy Swinkels     | Z&PV de Veene | 1:04.86 | 200201625 | <b>1:07.77</b> | 31.17 | 1:07.77 |
| 9. | Mathijs Krieger  | Sg - E Z C L  | 1:18.33 | 199905361 | <b>1:16.64</b> | 35.61 | 1:16.64 |

Programmanr. 27  
5-2-2023 - 15:20

Dames, 4 x 50m wisselslag

Senioren Open  
Resultaten

| rang | vereniging                                           | intijd                     | tijd                                                               | RT                                                 |
|------|------------------------------------------------------|----------------------------|--------------------------------------------------------------------|----------------------------------------------------|
| 1.   | Swol 1894 9<br>Melissa de Lang<br>Meike Cleveringa   | Swol 1894<br>00<br>02      | 2:15.83<br>36.28 Anna Klomp<br>36.82 Lieke van Essen               | <b>2:14.76</b><br>06 32.80<br>95 28.86             |
| 2.   | ZPC De Hof 1<br>Lianne Roescher<br>Kim Holterman     | ZPC De Hof<br>99<br>06     | 2:19.40<br>33.39 Noor Heinekamp<br>40.94 Sanne ten Tije            | <b>2:18.42</b><br>07 +0.72 34.12<br>06 +0.19 29.97 |
| 3.   | Deltasteur 1<br>Krista Veehof<br>Monica van der Meer | Deltasteur<br>07<br>07     | 2:21.82<br>36.86 Tessa Maat<br>38.50 Charlotte van der Meer        | <b>2:19.06</b><br>02 33.14<br>07 30.56             |
| 4.   | Sg - E Z C L 1<br>Fiona Wormeester<br>Leonie Smit    | Sg - E Z C L<br>04<br>03   | 2:23.16<br>36.46 Daphne Robijn-Jongedijk<br>42.20 Britt Huttenhuis | <b>2:22.37</b><br>89 32.33<br>08 31.38             |
| 5.   | Dedemsvaart-AC 1<br>Lily Zandstra<br>Sofie Kragt     | Dedemsvaart-AC<br>07<br>07 | 2:22.55<br>35.92 Romée Jabben<br>41.02 Lyanne Spaan                | <b>2:22.95</b><br>04 36.46<br>06 29.55             |
| 6.   | Swol 1894 10<br>Esmee Koning<br>Yoni van der Gonde   | Swol 1894<br>09<br>05      | 2:23.57<br>39.88 Cato Tulen<br>38.06 Dieuwke Cleveringa            | <b>2:23.05</b><br>07 34.50<br>07 30.61             |
| 7.   | De Grunte 4<br>Lotte Aufderhaar<br>Eline Pullen      | De Grunte<br>06<br>05      | 2:25.49<br>34.58 Amber Lenters<br>44.36 Ashley Nijveld             | <b>2:27.13</b><br>08 35.66<br>07 32.53             |
| 8.   | Het Ravijn 1<br>Mia de Vente<br>Lotte de Vente       | Het Ravijn<br>03<br>99     | 2:25.59<br>36.88 Jolieke van den Berg<br>42.34 Noa Boerma          | <b>2:27.34</b><br>04 +0.26 35.53<br>02 +0.45 32.59 |
| 9.   | WS Twente 1<br>Iris Boswinkel<br>Romée Beverdam      | WS Twente<br>08<br>01      | 2:28.86<br>42.05 Zoë van den Berg<br>42.06 Mirte Boswinkel         | <b>2:28.21</b><br>05 33.77<br>07 30.33             |
| 10.  | WS Twente 2<br>Meyke Haytink<br>Isabel Post          | WS Twente<br>08<br>06      | 2:35.79<br>37.46 Jorien Hogebrug<br>46.31 Femke Buddé              | <b>2:36.41</b><br>07 +0.30 41.49<br>08 +0.40 31.15 |
| 11.  | Oz&Pc 1<br>Isa Wiggers<br>Kyara Rensen               | O Z & P C<br>05<br>11      | 2:39.01<br>35.32 Ilon Schuurman<br>52.10 Bridget Nijland           | <b>2:37.18</b><br>03 35.79<br>09 33.97             |

Programmanr. 28  
5-2-2023 - 15:25

Heren, 4 x 50m vrije slag

Senioren Open  
Resultaten

| rang                | vereniging     | intijd  | tijd           | RT          |
|---------------------|----------------|---------|----------------|-------------|
| 1. De Dinkel 1      | De Dinkel      | 1:49.66 | <b>1:50.82</b> |             |
| Mika Heskamp        | 03             | 26.97   | 05             | 30.51       |
| Luc Aveskamp        | 03             | 27.85   | 01             | 25.49       |
| 2. WS Twente 1      | WS Twente      | 1:54.75 | <b>1:55.24</b> |             |
| Johan Nijeboer      | 04             | 28.06   | 06             | +0.12 28.83 |
| Jur Hoekman         | 06             | 28.86   | 06             | +0.44 29.49 |
| 3. WS Twente 2      | WS Twente      | 2:01.28 | <b>1:58.85</b> |             |
| Kay Lubbers         | 06             | 30.60   | 08             | 29.94       |
| Jasper Thijert      | 07             | 30.74   | 05             | 27.57       |
| 4. Swol 1894 8      | Swol 1894      | 2:10.97 | <b>2:06.72</b> |             |
| Daan Emming         | 10             | 34.12   | 08             | 30.74       |
| Daniël Scheppink    | 09             | 33.46   | 05             | 28.40       |
| 5. Dedemsvaart-AC 1 | Dedemsvaart-AC | 2:06.05 | <b>2:07.58</b> |             |
| Finmar Rijnkels     | 06             | 27.13   | 08             | 33.98       |
| Hidde Huiberts      | 10             | 39.92   | 03             | 26.55       |