

Programmanr. 1
7-5-2023 - 13:00

800m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging			intijd		tijd
Junioren 1 en 2, Jongens							
1.	Duuk Harms	Dedemsvaart-AC			11:30.95	200900201	10:39.53
	100m: 1:10.56	1:10.56	300m:		500m:		700m:
	200m: 2:29.50	1:18.94	400m: 5:11.44		600m:		800m: 10:39.53
2.	Ruben Kragt	ZV 44			10:41.82	201000007	10:43.72
	100m: 1:12.13	1:12.13	300m:		500m:		700m:
	200m: 2:32.78	1:20.65	400m: 5:16.97		600m:		800m: 10:43.72
3.	Dani Yefimov	WS Twente			11:23.98	200901305	11:07.42
	100m: 1:15.53	1:15.53	300m:		500m:		700m:
	200m: 2:40.46	1:24.93	400m: 5:32.27		600m:		800m: 11:07.42
4.	Rafael Agterbos	O Z & P C			11:36.24	201000171	11:43.47
	100m: 1:21.31	1:21.31	300m:		500m:		700m:
	200m: 2:51.12	1:29.81	400m: 5:51.64		600m:		800m: 11:43.47
5.	Guus van Duinen	Dedemsvaart-AC			11:17.00	200901107	11:45.10
	100m: 1:18.90	1:18.90	300m:		500m:		700m:
	200m: 2:47.02	1:28.12	400m: 5:48.85		600m:		800m: 11:45.10
6.	Siem Faber	Batavia Swim			12:00.86	200900065	12:05.22
	100m: 1:23.80	1:23.80	300m:		500m:		700m:
	200m: 2:56.82	1:33.02	400m: 6:05.98		600m:		800m: 12:05.22
7.	Rinse de Jonge	De Grunte			11:45.36	200900705	12:10.65
	100m: 1:18.85	1:18.85	300m:		500m:		700m:
	200m: 2:52.65	1:33.80	400m: 6:02.84		600m:		800m: 12:10.65
8.	Abe Pasop	De Grunte			12:00.97	201000501	12:30.25
	100m: 1:22.92	1:22.92	300m:		500m:		700m:
	200m: 2:56.64	1:33.72	400m: 6:10.54		600m:		800m: 12:30.25
9.	Jens Rikhof	De Dinkel			13:03.40	201001239	13:18.33
	100m: 1:32.21	1:32.21	300m:		500m:		700m:
	200m: 3:14.02	1:41.81	400m: 6:42.25		600m:		800m: 13:18.33
AFGEM	Thijmen Holterman	ZPC De Hof			12:37.23	201000005	
Junioren 3 en 4, Jongens							
1.	Arnoud Bult	De Dinkel			9:34.64	200701387	9:39.81
	100m: 1:06.48	1:06.48	300m:		500m:		700m:
	200m: 2:19.69	1:13.21	400m: 4:46.91		600m:		800m: 9:39.81
2.	Siem de Zeeuw	O Z & P C			9:37.83	200800013	9:41.72
	100m: 1:06.15	1:06.15	300m:		500m:		700m:
	200m: 2:19.90	1:13.75	400m: 4:48.92		600m:		800m: 9:41.72
3.	Thijs Poll	ZV 44			9:39.50	200700203	9:55.02
	100m: 1:06.63	1:06.63	300m:		500m:		700m:
	200m: 2:20.54	1:13.91	400m: 4:54.28		600m:		800m: 9:55.02
4.	Gijs Vesseur	ZV 44			9:37.90	200700277	10:04.19
	100m: 1:07.71	1:07.71	300m:		500m:		700m:
	200m: 2:22.12	1:14.41	400m: 4:56.30		600m:		800m: 10:04.19
5.	Lias IJzerman	Dedemsvaart-AC			10:32.88	200703145	10:11.34
	100m: 1:11.23	1:11.23	300m:		500m:		700m:
	200m: 2:29.98	1:18.75	400m: 5:06.73		600m:		800m: 10:11.34
6.	Rian Schoneveld	De Berkelduikers			9:38.48	200801789	10:14.77
	100m: 1:07.87	1:07.87	300m:		500m:		700m:
	200m: 2:24.38	1:16.51	400m: 5:01.10		600m:		800m: 10:14.77
7.	Emiel de Bruijn	Dedemsvaart-AC			10:50.18	200700953	10:21.13
	100m: 1:11.24	1:11.24	300m:		500m:		700m:
	200m: 2:30.68	1:19.44	400m: 5:08.97		600m:		800m: 10:21.13
8.	Julian Zwarthoff	Swol 1894			NT	200800945	10:52.33
	100m: 1:14.48	1:14.48	300m:		500m:		700m:
	200m: 2:36.05	1:21.57	400m: 5:22.68		600m:		800m: 10:52.33
9.	Jasper Thijert	WS Twente			11:46.13	200700321	11:39.16
	100m: 1:19.65	1:19.65	300m:		500m:		700m:
	200m: 2:49.27	1:29.62	400m: 5:52.42		600m:		800m: 11:39.16
10.	Daniël Bruntink	WWV Winterswijk			11:25.71	200702833	11:39.88
	100m: 1:19.20	1:19.20	300m:		500m:		700m:
	200m: 2:48.06	1:28.86	400m: 5:48.01		600m:		800m: 11:39.88
11.	Niek Eijsink	De Grunte			12:03.08	200801827	12:29.51
	100m: 1:21.56	1:21.56	300m:		500m:		700m:
	200m: 2:53.49	1:31.93	400m: 6:04.42		600m:		800m: 12:29.51

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

rang	naam	vereniging	intijd	tijd	RT
12.	Niek Evers	O Z & P C	11:47.43	200700079	12:41.85
	100m: 1:24.38	1:24.38	300m: 500m:	700m:	
	200m: 2:58.74	1:34.36	400m: 6:15.01	600m: 800m:	12:41.85
13.	Bert Hagting	Zuiderzeewimmers	12:16.17	200701121	12:43.99
	100m: 1:24.88	1:24.88	300m: 500m:	700m:	
	200m: 2:58.20	1:33.32	400m: 6:12.07	600m: 800m:	12:43.99
AFGEM	Bjorn Scholten	WS Twente	9:55.00	200801143	
AFGEM	Teun van Weeren	WS Twente	9:55.42	200801145	
AFGEM	Dirk Hoogveen	Dedemsvaart-AC	11:08.86	200702595	

Jeugd 1 en 2, Jongens

1.	Dennis Mosterman	Dedemsvaart-AC	10:15.57	200501283	9:48.98
	100m: 1:07.38	1:07.38	300m: 500m:	700m:	
	200m: 2:21.15	1:13.77	400m: 4:53.21	600m: 800m:	9:48.98
2.	Lars ten Katen	Batavia Swim	9:26.71	200600959	9:50.32
	100m: 1:05.45	1:05.45	300m: 500m:	700m:	
	200m: 2:17.50	1:12.05	400m: 4:48.18	600m: 800m:	9:50.32
3.	Lars Haytink	WS Twente	10:14.38	200601815	10:39.65
	100m: 1:13.56	1:13.56	300m: 500m:	700m:	
	200m: 2:34.43	1:20.87	400m: 5:15.42	600m: 800m:	10:39.65
4.	Finn Ooijman	De Berkelduikers	10:15.29	200603161	10:52.08
	100m: 1:15.39	1:15.39	300m: 500m:	700m:	
	200m: 2:38.92	1:23.53	400m: 5:28.49	600m: 800m:	10:52.08

Senioren 1 en 2, Heren

1.	Lanco Manaf	Het Ravijn	10:57.16	200402715	11:25.66
	100m: 1:10.61	1:10.61	300m: 500m:	700m:	
	200m: 2:34.82	1:24.21	400m: 5:28.97	600m: 800m:	11:25.66
2.	Luuk Jansen	WWW Winterswijk	10:54.33	200402111	11:41.86
	100m: 1:12.60	1:12.60	300m: 500m:	700m:	
	200m: 2:37.49	1:24.89	400m: 5:37.22	600m: 800m:	11:41.86

Senioren, Heren

1.	Mike Schel	ESCA Zwemmen	9:42.93	199403279	9:42.11
	100m: 1:07.11	1:07.11	300m: 500m:	700m:	
	200m: 2:20.25	1:13.14	400m: 4:48.36	600m: 800m:	9:42.11
2.	Sander Riezebos	WS Twente	11:04.47	199400467	11:17.90
	100m: 1:13.98	1:13.98	300m: 500m:	700m:	
	200m: 2:39.71	1:25.73	400m: 5:36.32	600m: 800m:	11:17.90
3.	Cars Wiegmann	WS Twente	NT	199401025	12:21.78
	100m: 1:18.50	1:18.50	300m: 500m:	700m:	
	200m: 2:49.28	1:30.78	400m: 5:59.47	600m: 800m:	12:21.78
4.	Adri Pasman	Zuiderzeewimmers	14:53.54	196400573	16:32.99
	100m: 1:50.59	1:50.59	300m: 500m:	700m:	
	200m: 3:55.44	2:04.85	400m: 8:09.42	600m: 800m:	16:32.99

Junioren 1 en 2, Meisjes

1.	Paula Spans	ZV 44	10:51.16	201000064	10:58.04
	100m: 1:14.10	1:14.10	300m: 500m:	700m:	
	200m: 2:35.99	1:21.89	400m: 5:23.09	600m: 800m:	10:58.04
2.	Florien Pot	WS Twente	11:13.18	201000768	11:19.13
	100m: 1:18.02	1:18.02	300m: 500m:	700m:	
	200m: 2:44.35	1:26.33	400m: 5:39.34	600m: 800m:	11:19.13
3.	Yanique Bax	Batavia Swim	12:05.36	201001428	11:52.71
	100m: 1:21.66	1:21.66	300m: 500m:	700m:	
	200m: 2:52.97	1:31.31	400m: 5:50.24	600m: 800m:	11:52.71
4.	Jesmé Haytink	WS Twente	11:44.25	201000382	12:03.46
	100m: 1:28.51	1:28.51	300m: 500m:	700m:	
	200m: 3:02.48	1:33.97	400m: 6:07.27	600m: 800m:	12:03.46
5.	Hayleigh Onstwedder	Batavia Swim	12:53.48	201002902	12:19.21
	100m: 1:24.63	1:24.63	300m: 500m:	700m:	
	200m: 2:58.34	1:33.71	400m: 6:06.76	600m: 800m:	12:19.21
6.	Annefleur Schraa	Swol 1894	NT	201100044	12:34.59
	100m: 1:27.27	1:27.27	300m: 500m:	700m:	
	200m: 3:01.14	1:33.87	400m: 6:12.94	600m: 800m:	12:34.59

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

rang	naam	vereniging				intijd		tijd	RT
7.	Sanne Keizer	Dedemsvaart-AC				NT	201001348	12:44.65	
	100m: 1:26.05	1:26.05	300m: 1:36.68	400m: 6:18.95		500m: 6:00m:		700m: 12:44.65	
8.	Lieke Boers	De Dinkel				13:35.50	201000644	13:06.78	
	100m: 1:33.36	1:33.36	300m: 1:40.25	400m: 6:38.47		500m: 6:00m:		700m: 13:06.78	
9.	Ribanna Damm	Sg - E Z C L				13:07.15	201100304	13:18.33	
	100m: 1:31.88	1:31.88	300m: 1:41.33	400m: 6:37.19		500m: 6:00m:		700m: 13:18.33	
10.	Manora Ponne	Steenwijk 1934				13:12.67	201102222	13:20.80	
	100m: 1:32.07	1:32.07	300m: 1:43.24	400m: 6:42.41		500m: 6:00m:		700m: 13:20.80	
11.	Gwen Schuur	De Grunte				13:14.63	201000698	13:24.73	
	100m: 1:30.85	1:30.85	300m: 1:42.42	400m: 6:45.46		500m: 6:00m:		700m: 13:24.73	
12.	Anouk Arfman	De Berkelduikers				12:33.96	201001126	13:28.92	
	100m: 1:34.12	1:34.12	300m: 1:42.02	400m: 6:43.71		500m: 6:00m:		700m: 13:28.92	
13.	Meila Broenink	Batavia Swim				14:09.11	201102332	13:31.81	
	100m: 1:38.40	1:38.40	300m: 1:43.52	400m: 6:51.15		500m: 6:00m:		700m: 13:31.81	
14.	Silke van den Berg	Sg - E Z C L				14:03.70	201000752	13:32.73	
	100m: 1:29.19	1:29.19	300m: 1:42.15	400m: 6:44.92		500m: 6:00m:		700m: 13:32.73	
15.	Donna Groen	Sg - E Z C L				13:41.04	201101342	13:34.23	
	100m: 1:29.97	1:29.97	300m: 1:42.08	400m: 6:41.66		500m: 6:00m:		700m: 13:34.23	
16.	Anouk Wullink	Ndd				13:15.23	201101286	13:51.86	
	100m: 1:34.64	1:34.64	300m: 1:43.19	400m: 6:49.66		500m: 6:00m:		700m: 13:51.86	
17.	Yanaika Ido	Batavia Swim				14:40.16	201102764	14:42.03	
	100m: 1:38.01	1:38.01	300m: 1:51.15	400m: 7:17.94		500m: 6:00m:		700m: 14:42.03	

Junioren 3 en 4, Meisjes

1.	Valérie Sackers	ZV 44				10:18.44	200800080	10:46.83	
	100m: 1:12.81	1:12.81	300m: 1:20.83	400m: 5:19.37		500m: 6:00m:		700m: 10:46.83	
2.	Marlouke Frijstein	ZV 44				10:17.00	200800152	10:47.24	
	100m: 1:13.65	1:13.65	300m: 1:21.15	400m: 5:18.39		500m: 6:00m:		700m: 10:47.24	
3.	Lois Waterham	Dedemsvaart-AC				10:48.89	200803726	11:00.35	
	100m: 1:13.32	1:13.32	300m: 1:22.04	400m: 5:25.45		500m: 6:00m:		700m: 11:00.35	
4.	Daphne Dijsselhof	Dedemsvaart-AC				11:03.19	200901690	11:02.29	
	100m: 1:17.46	1:17.46	300m: 1:24.23	400m: 5:32.27		500m: 6:00m:		700m: 11:02.29	
5.	Meyke Haytink	WS Twente				11:22.71	200801188	11:08.94	
	100m: 1:17.43	1:17.43	300m: 1:24.13	400m: 5:33.45		500m: 6:00m:		700m: 11:08.94	
6.	Esther Dijsselhof	Dedemsvaart-AC				11:41.97	200800784	11:20.86	
	100m: 1:17.88	1:17.88	300m: 1:25.01	400m: 5:36.99		500m: 6:00m:		700m: 11:20.86	
7.	Elin Das	Ndd				10:50.79	200901036	11:30.03	
	100m: 1:15.56	1:15.56	300m: 1:25.26	400m: 5:36.37		500m: 6:00m:		700m: 11:30.03	
8.	Elien Groothuismink	Swol 1894				NT	200800920	11:36.82	
	100m: 1:21.01	1:21.01	300m: 1:27.71	400m: 5:45.76		500m: 6:00m:		700m: 11:36.82	
9.	Roos Vrugink	WWV Winterswijk				11:25.43	200801040	11:39.64	
	100m: 1:22.15	1:22.15	300m: 1:28.15	400m: 5:47.38		500m: 6:00m:		700m: 11:39.64	
10.	Femke Budde	WS Twente				11:15.61	200801460	11:52.50	
	100m: 1:18.69	1:18.69	300m: 1:25.91	400m: 5:43.56		500m: 6:00m:		700m: 11:52.50	
11.	Imke Riefel	Ndd				11:17.99	200801994	12:02.38	
	100m: 1:17.58	1:17.58	300m: 1:29.64	400m: 5:51.82		500m: 6:00m:		700m: 12:02.38	

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

rang	naam	vereniging	intijd	tijd	RT
12.	Ann Hietbrink	ZPC De Hof	11:37.14	200902444	12:04.45
	100m: 1:20.21	1:20.21 300m:	500m:	700m:	
	200m: 2:50.96	1:30.75 400m: 5:55.97	600m:	800m: 12:04.45	
13.	Ninthe van der Zwaag	Steenwijk 1934	12:17.16	200801764	12:26.75
	100m: 1:23.50	1:23.50 300m:	500m:	700m:	
	200m: 2:57.34	1:33.84 400m: 6:09.41	600m:	800m: 12:26.75	
14.	Lieke Kikstra	Batavia Swim	12:25.91	200900318	12:27.38
	100m: 1:28.50	1:28.50 300m:	500m:	700m:	
	200m: 3:05.18	1:36.68 400m: 6:16.40	600m:	800m: 12:27.38	
15.	Dana Eelderink	De Berkelduikers	NT	200803086	12:33.64
	100m: 1:26.40	1:26.40 300m:	500m:	700m:	
	200m: 3:01.87	1:35.47 400m: 6:15.44	600m:	800m: 12:33.64	
16.	Froukje van Leeuwen	De Berkelduikers	11:56.24	200901208	12:34.06
	100m: 1:24.22	1:24.22 300m:	500m:	700m:	
	200m: 2:58.83	1:34.61 400m: 6:13.84	600m:	800m: 12:34.06	
17.	Nikki Groot Rouwen	O Z & P C	11:51.69	200900106	12:49.52
	100m: 1:22.28	1:22.28 300m:	500m:	700m:	
	200m: 2:56.07	1:33.79 400m: 6:13.29	600m:	800m: 12:49.52	
18.	Eva Oude Egbrink	O Z & P C	11:51.69	200900242	13:13.48
	100m: 1:27.37	1:27.37 300m:	500m:	700m:	
	200m: 3:06.20	1:38.83 400m: 6:30.38	600m:	800m: 13:13.48	
19.	Elina Hendriks	De Grunte	13:49.05	200801178	15:10.19
	100m: 1:39.47	1:39.47 300m:	500m:	700m:	
	200m: 3:31.01	1:51.54 400m: 7:22.85	600m:	800m: 15:10.19	
AFGEM	Joëlle van Schooten	De Grunte	12:36.09	200901930	
AFGEM	Iris Boswinkel	WS Twente	11:28.21	200801306	

Jeugd 1 en 2, Meisjes

1.	Barbara Broekhuis	De Dinkel	9:47.15	200700880	9:55.53
	100m: 1:06.30	1:06.30 300m:	500m:	700m:	
	200m: 2:20.16	1:13.86 400m: 4:50.56	600m:	800m: 9:55.53	
2.	Myrthe Dam	Zuiderzeewemmers	9:59.93	200602336	10:12.68
	100m: 1:08.73	1:08.73 300m:	500m:	700m:	
	200m: 2:25.50	1:16.77 400m: 5:02.64	600m:	800m: 10:12.68	
3.	Féline Sam	ZV 44	9:52.07	200700018	10:14.46
	100m: 1:10.16	1:10.16 300m:	500m:	700m:	
	200m: 2:28.84	1:18.68 400m: 5:06.57	600m:	800m: 10:14.46	
4.	Leyona Lichtendonk	Dedemsvaart-AC	10:35.54	200700010	10:34.72
	100m: 1:14.26	1:14.26 300m:	500m:	700m:	
	200m: 2:33.62	1:19.36 400m: 5:14.89	600m:	800m: 10:34.72	
5.	Marlies Dijsselhof	Dedemsvaart-AC	10:56.42	200601046	10:43.91
	100m: 1:10.30	1:10.30 300m:	500m:	700m:	
	200m: 2:29.67	1:19.37 400m: 5:13.36	600m:	800m: 10:43.91	
6.	Felice Baris	Ndd	10:28.62	200701822	11:02.98
	100m: 1:14.41	1:14.41 300m:	500m:	700m:	
	200m: 2:36.49	1:22.08 400m: 5:24.87	600m:	800m: 11:02.98	
7.	Sarah ten Dam	ZPC De Hof	11:05.71	200600052	11:03.69
	100m: 1:16.62	1:16.62 300m:	500m:	700m:	
	200m: 2:40.30	1:23.68 400m: 5:30.59	600m:	800m: 11:03.69	
8.	Cato Tulen	Swol 1894	NT	200701946	11:06.14
	100m: 1:17.76	1:17.76 300m:	500m:	700m:	
	200m: 2:43.94	1:26.18 400m: 5:34.11	600m:	800m: 11:06.14	
9.	Britt Hopman	SG Octopus - ZVV	11:42.71	200702688	11:28.84
	100m: 1:20.66	1:20.66 300m:	500m:	700m:	
	200m: 2:49.05	1:28.39 400m: 5:44.09	600m:	800m: 11:28.84	
10.	Iris Sportel	Dedemsvaart-AC	11:53.40	200601048	11:48.62
	100m: 1:19.56	1:19.56 300m:	500m:	700m:	
	200m: 2:49.28	1:29.72 400m: 5:49.69	600m:	800m: 11:48.62	
11.	Femke Bolink	De Berkelduikers	11:37.63	200602058	11:53.20
	100m: 1:18.92	1:18.92 300m:	500m:	700m:	
	200m: 2:49.61	1:30.69 400m: 5:53.53	600m:	800m: 11:53.20	
12.	Bloem Muijlaert	SG Octopus - ZVV	11:50.31	200602754	11:56.59
	100m: 1:19.68	1:19.68 300m:	500m:	700m:	
	200m: 2:48.21	1:28.53 400m: 5:51.03	600m:	800m: 11:56.59	
13.	Marlies Jansen	WWV Winterswijk	12:05.00	200701904	12:01.66
	100m: 1:22.46	1:22.46 300m:	500m:	700m:	
	200m: 2:53.15	1:30.69 400m: 5:58.15	600m:	800m: 12:01.66	

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

rang	naam	vereniging	intijd	tijd	RT
14.	Jessica Dekkinga	Steenwijk 1934	11:41.14	200600180	12:11.95
	100m: 1:19.96	1:19.96 300m:		500m:	700m:
	200m: 2:49.65	1:29.69 400m: 5:56.47		600m:	800m: 12:11.95
15.	Lotte Aufderhaar	De Grunte	11:16.30	200601662	12:13.55
	100m: 1:19.09	1:19.09 300m:		500m:	700m:
	200m: 2:48.59	1:29.50 400m: 5:55.26		600m:	800m: 12:13.55
16.	Ashley Nijveld	De Grunte	12:00.24	200700384	12:23.66
	100m: 1:22.53	1:22.53 300m:		500m:	700m:
	200m: 2:56.14	1:33.61 400m: 6:06.66		600m:	800m: 12:23.66
AFGEM	Mariëlle Jans	SG Octopus - ZVV	NT	200703828	
AFGEM	Eva Havelaar	De Grunte	11:56.39	200601660	

Senioren 1 en 2, Dames

1.	Isma Lichtendonk	Dedemsvaart-AC	9:28.56	200400622	9:27.67
	100m: 1:05.44	1:05.44 300m:		500m:	700m:
	200m: 2:15.58	1:10.14 400m: 4:38.19		600m:	800m: 9:27.67
2.	Femke van Wijk	WWV Winterswijk	10:50.13	200403434	10:30.31
	100m: 1:13.84	1:13.84 300m:		500m:	700m:
	200m: 2:33.96	1:20.12 400m: 5:13.72		600m:	800m: 10:30.31
3.	Manou Blokhorst	WWV Winterswijk	10:24.05	200402554	10:43.92
	100m: 1:13.30	1:13.30 300m:		500m:	700m:
	200m: 2:33.89	1:20.59 400m: 5:18.43		600m:	800m: 10:43.92
4.	Delphine van Putten	TZC Vahalis	10:54.83	200501588	10:56.70
	100m: 1:13.79	1:13.79 300m:		500m:	700m:
	200m: 2:38.43	1:24.64 400m: 5:26.82		600m:	800m: 10:56.70
5.	Feline Slijkhuis	SG Octopus - ZVV	10:40.89	200501042	11:03.02
	100m: 1:14.10	1:14.10 300m:		500m:	700m:
	200m: 2:36.90	1:22.80 400m: 5:25.99		600m:	800m: 11:03.02
6.	Azra Guler	Ndd	10:53.48	200503054	11:19.66
	100m: 1:16.53	1:16.53 300m:		500m:	700m:
	200m: 2:41.90	1:25.37 400m: 5:34.65		600m:	800m: 11:19.66
7.	Romée Jabben	Dedemsvaart-AC	12:18.18	200404426	11:45.89
	100m: 1:19.85	1:19.85 300m:		500m:	700m:
	200m: 2:48.35	1:28.50 400m: 5:48.26		600m:	800m: 11:45.89
8.	Eline Pullen	De Grunte	12:29.44	200500630	12:46.74
	100m: 1:27.07	1:27.07 300m:		500m:	700m:
	200m: 3:04.61	1:37.54 400m: 6:21.76		600m:	800m: 12:46.74
9.	Alyssa Eilander	De Grunte	12:28.25	200501982	13:52.28
	100m: 1:30.52	1:30.52 300m:		500m:	700m:
	200m: 3:13.42	1:42.90 400m: 6:45.09		600m:	800m: 13:52.28
10.	Jolieke van den Berg	Het Ravijn	12:54.90	200400810	13:53.20
	100m: 1:24.22	1:24.22 300m:		500m:	700m:
	200m: 3:06.77	1:42.55 400m: 6:43.32		600m:	800m: 13:53.20

Senioren, Dames

1.	Michelle Zomerdijk	Dedemsvaart-AC	10:14.50	200003196	10:09.26
	100m: 1:10.59	1:10.59 300m:		500m:	700m:
	200m: 2:26.33	1:15.74 400m: 5:00.12		600m:	800m: 10:09.26
2.	Michelle van Wijk	WWV Winterswijk	10:06.73	200204746	10:09.99
	100m: 1:09.65	1:09.65 300m:		500m:	700m:
	200m: 2:26.86	1:17.21 400m: 5:04.53		600m:	800m: 10:09.99
3.	Alessia Sluis	Dedemsvaart-AC	10:24.65	200300896	10:41.58
	100m: 1:13.30	1:13.30 300m:		500m:	700m:
	200m: 2:35.01	1:21.71 400m: 5:20.65		600m:	800m: 10:41.58
4.	Ilon Schuurman	O Z & P C	12:08.19	200304766	12:19.00
	100m: 1:21.50	1:21.50 300m:		500m:	700m:
	200m: 2:54.32	1:32.82 400m: 6:03.40		600m:	800m: 12:19.00
5.	Jolene Bekhuis	O Z & P C	12:52.62	200300248	12:47.04
	100m: 1:22.68	1:22.68 300m:		500m:	700m:
	200m: 2:57.70	1:35.02 400m: 6:15.35		600m:	800m: 12:47.04
AFGEM	Cynthia Koolman	Steenwijk 1934	10:06.78	200300232	

Programmanr. 2
7-5-2023 - 14:55

1500m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
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Junioren 1 en 2, Jongens

1.	Ruben Nooter	ZV 44	19:19.06	200901577	19:36.51
	100m: 1:08.95	1:08.95	500m:	900m:	1300m:
	200m: 2:26.35	1:17.40	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:36.51
	400m: 5:03.04		800m: 10:19.98	1200m:	
2.	Tariq van Laar	De Rijn	20:21.60	200900819	20:09.43
	100m: 1:11.46	1:11.46	500m:	900m:	1300m:
	200m: 2:32.09	1:20.63	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:09.43
	400m: 5:17.75		800m: 10:44.34	1200m:	
3.	Dyon Scholten	Steenwijk 1934	20:22.64	200900095	20:32.57
	100m: 1:16.52	1:16.52	500m:	900m:	1300m:
	200m: 2:41.53	1:25.01	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 20:32.57
	400m: 5:32.43		800m: 11:07.74	1200m:	
4.	Noud Assinck	Zignea	21:29.46	200900047	21:55.22
	100m: 1:17.31	1:17.31	500m:	900m:	1300m:
	200m: 2:45.55	1:28.24	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 21:55.22
	400m: 5:44.56		800m: 11:41.61	1200m:	
5.	Gijs Nooter	ZV 44	23:44.93	201000725	23:20.95
	100m: 1:20.58	1:20.58	500m:	900m:	1300m:
	200m: 2:52.83	1:32.25	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 23:20.95
	400m: 6:03.88		800m: 12:22.78	1200m:	
6.	Rinse de Jonge	De Grunte	22:34.00	200900705	23:27.88
	100m: 1:20.64	1:20.64	500m:	900m:	1300m:
	200m: 2:53.31	1:32.67	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 23:27.88
	400m: 6:03.35		800m: 12:25.92	1200m:	

Junioren 3 en 4, Jongens

1.	Diede Veld	Swol 1894	17:21.11	200800011	18:01.40
	100m: 1:05.83	1:05.83	500m:	900m:	1300m:
	200m: 2:17.32	1:11.49	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 18:01.40
	400m: 4:41.95		800m: 9:34.47	1200m:	
2.	Melle van Veen	Dedemsvaart-AC	NT	200700661	18:14.02
	100m: 1:07.82	1:07.82	500m:	900m:	1300m:
	200m: 2:19.08	1:11.26	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 18:14.02
	400m: 4:43.72		800m: 9:35.94	1200m:	
3.	Teun van Weeren	WS Twente	18:38.57	200801145	18:55.62
	100m: 1:08.25	1:08.25	500m:	900m:	1300m:
	200m: 2:23.56	1:15.31	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 18:55.62
	400m: 4:57.04		800m: 10:04.13	1200m:	
4.	Bjorn Scholten	WS Twente	18:44.73	200801143	19:20.46
	100m: 1:07.04	1:07.04	500m:	900m:	1300m:
	200m: 2:20.91	1:13.87	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:20.46
	400m: 4:56.42		800m: 10:10.70	1200m:	
5.	Youp Stuifzand	ZV 44	17:44.72	200800521	19:23.75
	100m: 1:05.98	1:05.98	500m:	900m:	1300m:
	200m: 2:19.52	1:13.54	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:23.75
	400m: 4:54.42		800m: 10:07.75	1200m:	
6.	Thomas van Velzen	ZV 44	19:20.62	200703189	19:46.55
	100m: 1:08.40	1:08.40	500m:	900m:	1300m:
	200m: 2:25.26	1:16.86	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:46.55
	400m: 5:02.67		800m: 10:26.55	1200m:	
7.	Emiel de Bruijn	Dedemsvaart-AC	19:10.43	200700953	19:55.43
	100m: 1:12.75	1:12.75	500m:	900m:	1300m:
	200m: 2:31.98	1:19.23	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 19:55.43
	400m: 5:12.60		800m: 10:35.98	1200m:	

Programmanr. 2, Jongens, 1500m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
8.	Kaj Folkerts	De Rijn	20:25.35	200700067	20:24.05
	100m: 1:09.51	1:09.51	500m: 900m:	1300m:	
	200m: 2:27.81	1:18.30	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 20:24.05	
	400m: 5:10.96	800m: 10:43.40	1200m:		
9.	Luca Gerringa	Batavia Swim	19:13.04	200700555	20:42.99
	100m: 1:12.09	1:12.09	500m: 900m:	1300m:	
	200m: 2:31.86	1:19.77	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 20:42.99	
	400m: 5:16.35	800m: 10:51.23	1200m:		
10.	Tijs Kruithof	Het Ravijn	NT	200701181	21:13.00
	100m: 1:10.68	1:10.68	500m: 900m:	1300m:	
	200m: 2:34.30	1:23.62	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 21:13.00	
	400m: 5:24.09	800m: 11:11.06	1200m:		
11.	Ivan Vuist	Steenwijk 1934	21:16.51	200802067	21:49.36
	100m: 1:17.53	1:17.53	500m: 900m:	1300m:	
	200m: 2:45.68	1:28.15	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 21:49.36	
	400m: 5:44.36	800m: 11:41.14	1200m:		
12.	Bert Hagting	Zuiderzeeswimmers	23:16.93	200701121	25:45.39
	100m: 1:30.09	1:30.09	500m: 900m:	1300m:	
	200m: 3:07.45	1:37.36	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 25:45.39	
	400m: 6:29.79	800m: 13:16.91	1200m:		
AFGEM	Mano Messchendorp	Zignea	20:16.08	200802777	
AFGEM	Dirk Hoogveen	Dedemsvaart-AC	21:18.55	200702595	

Jeugd 1 en 2, Jongens

1.	Lars ten Katen	Batavia Swim	18:01.15	200600959	19:05.78
	100m: 1:07.22	1:07.22	500m: 900m:	1300m:	
	200m: 2:21.91	1:14.69	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 19:05.78	
	400m: 4:57.18	800m: 10:08.93	1200m:		
2.	Niek Vreeling	O Z & P C	17:59.90	200604211	19:14.30
	100m: 1:08.00	1:08.00	500m: 900m:	1300m:	
	200m: 2:23.59	1:15.59	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 19:14.30	
	400m: 4:57.64	800m: 10:07.62	1200m:		
3.	Lars Heddema	Steenwijk 1934	19:51.45	200603697	19:29.31
	100m: 1:09.26	1:09.26	500m: 900m:	1300m:	
	200m: 2:25.12	1:15.86	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 19:29.31	
	400m: 5:00.91	800m: 10:16.48	1200m:		
4.	Mattijn Thijert	WS Twente	19:15.03	200501921	19:42.96
	100m: 1:10.23	1:10.23	500m: 900m:	1300m:	
	200m: 2:28.86	1:18.63	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 19:42.96	
	400m: 5:09.11	800m: 10:33.92	1200m:		
5.	Rick Smelt	ZVZwartsluis	19:04.86	200600051	19:47.99
	100m: 1:10.79	1:10.79	500m: 900m:	1300m:	
	200m: 2:28.69	1:17.90	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 19:47.99	
	400m: 5:08.07	800m: 10:30.38	1200m:		
6.	Dennis Mosterman	Dedemsvaart-AC	19:41.54	200501283	20:30.48
	100m: 1:09.23	1:09.23	500m: 900m:	1300m:	
	200m: 2:26.91	1:17.68	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 20:30.48	
	400m: 5:08.34	800m: 10:39.16	1200m:		
7.	Ryan Bleumink	De Berkelduikers	20:14.59	200601257	21:02.72
	100m: 1:12.88	1:12.88	500m: 900m:	1300m:	
	200m: 2:34.03	1:21.15	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 21:02.72	
	400m: 5:19.35	800m: 10:59.28	1200m:		
AFGEM	Geert Almekinders	ZV 44	NT	200501097	

Senioren 1 en 2, Heren

1.	Robin van den Berg	ZV 44	18:02.86	200400699	18:44.27
	100m: 1:04.27	1:04.27	500m: 900m:	1300m:	
	200m: 2:14.95	1:10.68	600m: 1000m:	1400m:	
	300m:	700m:	1100m:	1500m: 18:44.27	
	400m: 4:40.87	800m: 9:45.37	1200m:		

Programmanr. 2, Heren, 1500m vrije slag, Senioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT
2.	Bart Oude Egbrink	O Z & P C	19:00.45	200300491	19:19.89
	100m: 1:06.87	1:06.87	500m: 900m:	1300m:	
	200m: 2:21.30	1:14.43	600m: 1000m:	1400m:	
	300m: 4:56.06	700m: 1100m:	1500m: 19:19.89		
	400m: 10:10.44	800m: 1200m:			
3.	Niels Kragt	Dedemsvaart-AC	19:05.44	200300155	19:28.49
	100m: 1:06.78	1:06.78	500m: 900m:	1300m:	
	200m: 2:21.46	1:14.68	600m: 1000m:	1400m:	
	300m: 4:56.09	700m: 1100m:	1500m: 19:28.49		
	400m: 10:14.00	800m: 1200m:			
DIS	Lasse Ophuis	WS Twente	21:41.41	200400027	
	<i>Andere zwemmer gehinderd.</i>				

Junioren 1 en 2, Meisjes

1.	Hayleigh Onstwedder	Batavia Swim	23:57.21	201002902	23:24.74
	100m: 1:26.67	1:26.67	500m: 900m:	1300m:	
	200m: 2:58.35	1:31.68	600m: 1000m:	1400m:	
	300m: 6:05.23	700m: 1100m:	1500m: 23:24.74		
	400m: 12:23.93	800m: 1200m:			
2.	Liss Wakker	De Rijn	23:09.96	201000140	23:28.64
	100m: 1:24.57	1:24.57	500m: 900m:	1300m:	
	200m: 2:59.95	1:35.38	600m: 1000m:	1400m:	
	300m: 6:12.53	700m: 1100m:	1500m: 23:28.64		
	400m: 12:32.81	800m: 1200m:			
3.	Yanique Bax	Batavia Swim	22:56.10	201001428	23:49.18
	100m: 1:25.44	1:25.44	500m: 900m:	1300m:	
	200m: 3:00.66	1:35.22	600m: 1000m:	1400m:	
	300m: 6:13.94	700m: 1100m:	1500m: 23:49.18		
	400m: 12:36.92	800m: 1200m:			
4.	Meila Broenink	Batavia Swim	26:32.98	201102332	25:32.84
	100m: 1:36.95	1:36.95	500m: 900m:	1300m:	
	200m: 3:19.40	1:42.45	600m: 1000m:	1400m:	
	300m: 6:45.53	700m: 1100m:	1500m: 25:32.84		
	400m: 13:34.52	800m: 1200m:			
5.	Maurieke Frijstein	ZV 44	NT	201100198	25:33.14
	100m: 1:25.19	1:25.19	500m: 900m:	1300m:	
	200m: 3:02.71	1:37.52	600m: 1000m:	1400m:	
	300m: 6:26.08	700m: 1100m:	1500m: 25:33.14		
	400m: 13:22.63	800m: 1200m:			
DIS	Kayleigh van Doeselaar	Sg - E Z C L	24:28.13	201000478	
	<i>VRA - Het keer- en/of eindpunt niet aangeraakt met enig lichaamsdeel.</i>				
AFGEM	Gwen Schuur	De Grunte	26:10.43	201000698	

Junioren 3 en 4, Meisjes

1.	Hannah Markovinov	WS Twente	19:08.76	200803266	19:40.24
	100m: 1:09.95	1:09.95	500m: 900m:	1300m:	
	200m: 2:27.04	1:17.09	600m: 1000m:	1400m:	
	300m: 5:04.16	700m: 1100m:	1500m: 19:40.24		
	400m: 10:22.04	800m: 1200m:			
2.	Emma Steenbrink	WS Twente	21:21.63	200901376	20:46.65
	100m: 1:14.57	1:14.57	500m: 900m:	1300m:	
	200m: 2:37.39	1:22.82	600m: 1000m:	1400m:	
	300m: 5:24.15	700m: 1100m:	1500m: 20:46.65		
	400m: 10:57.78	800m: 1200m:			
3.	Anique Polinder	ZV 44	20:29.34	200800008	21:26.18
	100m: 1:18.28	1:18.28	500m: 900m:	1300m:	
	200m: 2:42.93	1:24.65	600m: 1000m:	1400m:	
	300m: 5:34.82	700m: 1100m:	1500m: 21:26.18		
	400m: 11:18.63	800m: 1200m:			
4.	Nienke Bulter	De Dinkel	20:58.66	200902188	21:27.09
	100m: 1:18.66	1:18.66	500m: 900m:	1300m:	
	200m: 2:43.95	1:25.29	600m: 1000m:	1400m:	
	300m: 5:36.11	700m: 1100m:	1500m: 21:27.09		
	400m: 11:21.62	800m: 1200m:			
5.	Aukje Markerink	ZPC De Hof	22:26.92	200802196	22:00.86
	100m: 1:22.13	1:22.13	500m: 900m:	1300m:	
	200m: 2:50.53	1:28.40	600m: 1000m:	1400m:	
	300m: 5:47.68	700m: 1100m:	1500m: 22:00.86		
	400m: 11:42.17	800m: 1200m:			

Programmanr. 2, Meisjes, 1500m vrije slag, Junioren 3 en 4

rang	naam	vereniging		intijd		tijd	RT
6.	Elin Das	Ndd		21:09.20	200901036	22:18.51	
	100m:	1:20.09	1:20.09	500m:	900m:	1300m:	
	200m:	2:49.94	1:29.85	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	22:18.51
	400m:	5:50.15		800m:	1200m:		
7.	Britt Huttenhuis	Sg - E Z C L		23:02.87	200802446	22:44.43	
	100m:	1:23.10	1:23.10	500m:	900m:	1300m:	
	200m:	2:53.45	1:30.35	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	22:44.43
	400m:	5:54.88		800m:	1200m:		
8.	Iris Boswinkel	WS Twente		22:34.82	200801306	23:00.94	
	100m:	1:22.66	1:22.66	500m:	900m:	1300m:	
	200m:	2:56.51	1:33.85	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	23:00.94
	400m:	6:04.20		800m:	1200m:		
9.	Esmee van Dijk	Het Ravijn		21:59.74	200803180	23:33.86	
	100m:	1:14.28	1:14.28	500m:	900m:	1300m:	
	200m:	2:43.93	1:29.65	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	23:33.86
	400m:	5:49.10		800m:	1200m:		
10.	Lieke Kikstra	Batavia Swim		23:31.02	200900318	23:34.11	
	100m:	1:30.20	1:30.20	500m:	900m:	1300m:	
	200m:	3:06.60	1:36.40	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	23:34.11
	400m:	6:18.02		800m:	1200m:		
11.	Lieve Faber	Batavia Swim		22:24.31	200800016	23:41.88	
	100m:	1:25.08	1:25.08	500m:	900m:	1300m:	
	200m:	2:59.92	1:34.84	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	23:41.88
	400m:	6:14.02		800m:	1200m:		
12.	Veerle Westenbroek	O Z & P C		22:27.02	200800128	24:12.48	
	100m:	1:27.16	1:27.16	500m:	900m:	1300m:	
	200m:	3:03.41	1:36.25	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	24:12.48
	400m:	6:13.84		800m:	1200m:		
13.	Vera Schijffelen	WS Twente		24:43.32	200903394	24:23.89	
	100m:	1:26.04	1:26.04	500m:	900m:	1300m:	
	200m:	3:01.78	1:35.74	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	24:23.89
	400m:	6:18.61		800m:	1200m:		
14.	Simone Kragt	Dedemsvaart-AC		24:05.14	200901088	24:26.46	
	100m:	1:25.64	1:25.64	500m:	900m:	1300m:	
	200m:	3:01.96	1:36.32	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	24:26.46
	400m:	6:17.73		800m:	1200m:		
15.	Joëlle van Schooten	De Grunte		24:35.04	200901930	26:19.85	
	100m:	1:25.73	1:25.73	500m:	900m:	1300m:	
	200m:	3:06.21	1:40.48	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	26:19.85
	400m:	6:36.41		800m:	1200m:		
AFGEM	Elina Hendriks	De Grunte		26:45.59	200801178		

Jeugd 1 en 2, Meisjes

1.	Leyona Lichtendonk	Dedemsvaart-AC		20:13.59	200700010	20:09.48	
	100m:	1:16.48	1:16.48	500m:	900m:	1300m:	
	200m:	2:38.30	1:21.82	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	20:09.48
	400m:	5:20.23		800m:	1200m:		
2.	Marlies Dijsselhof	Dedemsvaart-AC		20:50.45	200601046	20:24.40	
	100m:	1:13.10	1:13.10	500m:	900m:	1300m:	
	200m:	2:32.39	1:19.29	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	20:24.40
	400m:	5:14.77		800m:	1200m:		
3.	Myrthe Dam	Zuiderzeeswimmers		19:08.12	200602336	20:26.77	
	100m:	1:13.79	1:13.79	500m:	900m:	1300m:	
	200m:	2:34.43	1:20.64	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	20:26.77
	400m:	5:18.16		800m:	1200m:		
4.	Lyke Bellert	SG Octopus - ZVV		19:37.43	200701424	20:31.66	
	100m:	1:12.39	1:12.39	500m:	900m:	1300m:	
	200m:	2:31.72	1:19.33	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	20:31.66
	400m:	5:14.65		800m:	1200m:		

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

rang	naam	vereniging	intijd	tijd	RT
5.	Esmee Nieuwenhuis	ZPC De Hof	19:50.53	200701444	20:45.80
	100m: 1:12.40	1:12.40	500m: 900m:	1300m:	
	200m: 2:32.12	1:19.72	600m: 1000m:	1400m:	
	300m:	700m: 11:01.07	1100m:	1500m: 20:45.80	
	400m: 5:20.59	800m:	1200m:		
6.	Heleen Broshuis	WS Twente	NT	200701510	21:06.27
	100m: 1:13.79	1:13.79	500m: 900m:	1300m:	
	200m: 2:36.36	1:22.57	600m: 1000m:	1400m:	
	300m:	700m: 11:08.49	1100m:	1500m: 21:06.27	
	400m: 5:26.23	800m:	1200m:		
7.	Felice Baris	Ndd	20:10.67	200701822	21:21.69
	100m: 1:17.80	1:17.80	500m: 900m:	1300m:	
	200m: 2:42.08	1:24.28	600m: 1000m:	1400m:	
	300m:	700m: 11:18.12	1100m:	1500m: 21:21.69	
	400m: 5:32.56	800m:	1200m:		
8.	Carlijn Boltendal	Zuiderzeezwimmers	20:51.70	200700082	21:27.58
	100m: 1:14.10	1:14.10	500m: 900m:	1300m:	
	200m: 2:37.70	1:23.60	600m: 1000m:	1400m:	
	300m:	700m: 11:18.79	1100m:	1500m: 21:27.58	
	400m: 5:29.43	800m:	1200m:		
9.	Sofie Kragt	Dedemsvaart-AC	21:36.39	200701020	22:11.39
	100m: 1:19.66	1:19.66	500m: 900m:	1300m:	
	200m: 2:48.63	1:28.97	600m: 1000m:	1400m:	
	300m:	700m: 11:40.80	1100m:	1500m: 22:11.39	
	400m: 5:43.83	800m:	1200m:		
10.	Nynke van Leeuwen	De Berkelduikers	22:09.48	200701272	23:02.72
	100m: 1:16.80	1:16.80	500m: 900m:	1300m:	
	200m: 2:46.51	1:29.71	600m: 1000m:	1400m:	
	300m:	700m: 12:06.39	1100m:	1500m: 23:02.72	
	400m: 5:50.88	800m:	1200m:		
11.	Jessica Dekkinga	Steenwijk 1934	22:19.00	200600180	23:36.77
	100m: 1:20.65	1:20.65	500m: 900m:	1300m:	
	200m: 2:51.79	1:31.14	600m: 1000m:	1400m:	
	300m:	700m: 12:26.57	1100m:	1500m: 23:36.77	
	400m: 6:02.18	800m:	1200m:		
12.	Kim Holterman	ZPC De Hof	21:45.45	200603488	23:48.54
	100m: 1:26.58	1:26.58	500m: 900m:	1300m:	
	200m: 3:00.72	1:34.14	600m: 1000m:	1400m:	
	300m:	700m: 12:33.60	1100m:	1500m: 23:48.54	
	400m: 6:08.67	800m:	1200m:		
13.	Ashley Nijveld	De Grunte	23:01.27	200700384	24:18.00
	100m: 1:22.86	1:22.86	500m: 900m:	1300m:	
	200m: 2:57.67	1:34.81	600m: 1000m:	1400m:	
	300m:	700m: 12:43.76	1100m:	1500m: 24:18.00	
	400m: 6:10.37	800m:	1200m:		
14.	Eva Havelaar	De Grunte	23:40.59	200601660	24:38.30
	100m: 1:30.27	1:30.27	500m: 900m:	1300m:	
	200m: 3:09.74	1:39.47	600m: 1000m:	1400m:	
	300m:	700m: 13:13.41	1100m:	1500m: 24:38.30	
	400m: 6:31.92	800m:	1200m:		
AFGEM	Britt Hopman	SG Octopus - ZVV	22:30.17	200702688	

Senioren 1 en 2, Dames

1.	Ismay Lichtendonk	Dedemsvaart-AC	17:53.74	200400622	18:00.91
	100m: 1:07.90	1:07.90	500m: 900m:	1300m:	
	200m: 2:19.54	1:11.64	600m: 1000m:	1400m:	
	300m:	700m: 9:34.40	1100m:	1500m: 18:00.91	
	400m: 4:44.97	800m:	1200m:		
2.	Feline Slijkhuis	SG Octopus - ZVV	20:41.67	200501042	21:22.00
	100m: 1:14.92	1:14.92	500m: 900m:	1300m:	
	200m: 2:38.40	1:23.48	600m: 1000m:	1400m:	
	300m:	700m: 11:18.57	1100m:	1500m: 21:22.00	
	400m: 5:30.42	800m:	1200m:		
3.	Nynke Jansen	Batavia Swim	21:45.82	200404914	22:30.24
	100m: 1:21.09	1:21.09	500m: 900m:	1300m:	
	200m: 2:49.97	1:28.88	600m: 1000m:	1400m:	
	300m:	700m: 11:52.19	1100m:	1500m: 22:30.24	
	400m: 5:48.37	800m:	1200m:		
4.	Pien Ooijman	De Berkelduikers	22:19.23	200504500	22:32.17
	100m: 1:20.43	1:20.43	500m: 900m:	1300m:	
	200m: 2:49.81	1:29.38	600m: 1000m:	1400m:	
	300m:	700m: 11:58.81	1100m:	1500m: 22:32.17	
	400m: 5:53.10	800m:	1200m:		

Programmanr. 2, Dames, 1500m vrije slag, Senioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT
5.	Vivian Uijtenbogaart	Batavia Swim	22:23.34	200403642	22:40.97
	100m: 1:25.77	1:25.77	500m: 900m:	1300m:	
	200m: 2:57.85	1:32.08	600m: 1000m:	1400m:	
	300m:	700m: 1100m:	1500m: 22:40.97		
	400m: 6:03.28	800m: 12:09.51	1200m:		
6.	Myrthe Bosman	De Eerste Kolk	21:23.95	200500838	22:45.56
	100m: 1:15.48	1:15.48	500m: 900m:	1300m:	
	200m: 2:41.70	1:26.22	600m: 1000m:	1400m:	
	300m:	700m: 1100m:	1500m: 22:45.56		
	400m: 5:41.37	800m: 11:51.97	1200m:		
7.	Romée Jabben	Dedemsvaart-AC	23:10.27	200404426	23:04.18
	100m: 1:24.40	1:24.40	500m: 900m:	1300m:	
	200m: 2:54.86	1:30.46	600m: 1000m:	1400m:	
	300m:	700m: 1100m:	1500m: 23:04.18		
	400m: 5:57.71	800m: 12:13.04	1200m:		
AFGEM	Alyssa Eilander	De Grunte	25:12.71	200501982	
AFGEM	Eline Pullen	De Grunte	23:23.55	200500630	

Senioren, Dames

1.	Michelle Zomerdijk	Dedemsvaart-AC	18:20.21	200003196	19:41.76	
	100m: 1:11.34	1:11.34	500m: 900m:	1300m:		
	200m: 2:28.65	1:17.31	600m: 1000m:	1400m:		
	300m:	700m: 1100m:	1500m: 19:41.76			
	400m: 5:07.32	800m: 10:25.19	1200m:			
2.	Cynthia Koolman	Steenwijk 1934	19:06.13	200300232	20:22.78	
	100m: 1:13.53	1:13.53	500m: 900m:	1300m:		
	200m: 2:33.16	1:19.63	600m: 1000m:	1400m:		
	300m:	700m: 1100m:	1500m: 20:22.78			
	400m: 5:17.48	800m: 10:48.32	1200m:			
3.	Lotte Oude Lenferink	WS Twente	20:49.80	200000496	21:50.56	
	100m: 1:14.78	1:14.78	500m: 900m:	1300m:		
	200m: 2:41.02	1:26.24	600m: 1000m:	1400m:		
	300m:	700m: 1100m:	1500m: 21:50.56			
	400m: 5:37.69	800m: 11:31.18	1200m:			
4.	Romée Beverdam	WS Twente	22:07.61	200100158	22:39.36	
	100m: 1:18.83	1:18.83	500m: 900m:	1300m:		
	200m: 2:45.65	1:26.82	600m: 1000m:	1400m:		
	300m:	700m: 1100m:	1500m: 22:39.36			
	400m: 5:44.94	800m: 11:52.14	1200m:			
5.	Annemieke Visch	Zuiderzeeswimmers	30:48.69	198302762	31:12.93	202
	100m: 1:49.52	1:49.52	500m: 900m:	1300m:		
	200m: 3:51.79	2:02.27	600m: 1000m:	1400m:		
	300m:	700m: 1100m:	1500m: 31:12.93			
	400m: 7:59.56	800m: 16:23.58	1200m:			