

800/1500m wedstrijd - Deltasteur
Kampen, 8-5-2026

Programmanr. 4
8-5-2026

Dames, 1500m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging				intijd				tijd				RT	
1.	Lisa Boogaard	Deltasteur				20:56.82				201100990				19:13.95	
	100m:	1:09.18	1:09.18	500m:	6:16.20	1:17.32	900m:	11:28.61	1:18.38	1300m:	16:43.20	1:18.68			
	200m:	2:24.52	1:15.34	600m:	7:33.97	1:17.77	1000m:	12:47.45	1:18.84	1400m:	17:59.38	1:16.18			
	300m:	3:41.28	1:16.76	700m:	8:52.31	1:18.34	1100m:	14:05.67	1:18.22	1500m:	19:13.95	1:14.57			
	400m:	4:58.88	1:17.60	800m:	10:10.23	1:17.92	1200m:	15:24.52	1:18.85						
2.	Maurieke Frijstein	Deltasteur				20:53.08				201100198				19:54.45	
	100m:	1:12.70	1:12.70	500m:	6:26.42	1:20.66	900m:	11:48.45	1:19.85	1300m:	17:15.57	1:21.93			
	200m:	2:30.20	1:17.50	600m:	7:46.26	1:19.84	1000m:	13:10.60	1:22.15	1400m:	18:36.80	1:21.23			
	300m:	3:47.57	1:17.37	700m:	9:07.02	1:20.76	1100m:	14:32.45	1:21.85	1500m:	19:54.45	1:17.65			
	400m:	5:05.76	1:18.19	800m:	10:28.60	1:21.58	1200m:	15:53.64	1:21.19						
3.	Karina van de Wetering	Deltasteur				21:47.51				201000972				20:37.70	
	100m:	1:15.10	1:15.10	500m:	6:45.80	1:22.73	900m:	12:20.64	1:24.16	1300m:	17:53.64	1:23.88			
	200m:	2:37.00	1:21.90	600m:	8:08.95	1:23.15	1000m:	13:43.82	1:23.18	1400m:	19:17.23	1:23.59			
	300m:	3:59.92	1:22.92	700m:	9:32.95	1:24.00	1100m:	15:06.67	1:22.85	1500m:	20:37.70	1:20.47			
	400m:	5:23.07	1:23.15	800m:	10:56.48	1:23.53	1200m:	16:29.76	1:23.09						