

LAC Deel 3  
Hengelo, 1-12-2023

Programmanr. 10  
1-12-2023 - 21:18

Heren, 1500m vrije slag

Junioren 3 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Rian Schoneveld	De Berkelduikers	18:54.89	200801789	<b>18:24.32</b>	
	100m: 1:04.81	1:04.81	500m: 900m:	1300m:		
	200m: 2:18.17	1:13.36	600m: 1000m:	1400m:		
	300m: 4:49.20	700m: 9:54.36	800m: 1100m:	1500m: 18:24.32		
	400m: 4:49.20	800m: 9:54.36	1200m:			
2.	Leon Kloots	ZPC De Hof	18:11.89	200001363	<b>18:39.48</b>	
	100m: 1:06.65	1:06.65	500m: 900m:	1300m:		
	200m: 2:19.70	1:13.05	600m: 1000m:	1400m:		
	300m: 4:47.85	700m: 9:49.77	800m: 1100m:	1500m: 18:39.48		
	400m: 4:47.85	800m: 9:49.77	1200m:			
3.	Lars Haytink	WS Twente	19:28.31	200601815	<b>18:48.01</b>	
	100m: 1:07.34	1:07.34	500m: 900m:	1300m:		
	200m: 2:22.16	1:14.82	600m: 1000m:	1400m:		
	300m: 5:54.25	700m: 9:59.82	800m: 1100m:	1500m: 18:48.01		
	400m: 5:54.25	800m: 9:59.82	1200m:			
4.	Wessel Everloo	WS Twente	18:19.86	198906597	<b>19:05.64</b>	719
	100m: 1:10.95	1:10.95	500m: 900m:	1300m:		
	200m: 2:25.76	1:14.81	600m: 1000m:	1400m:		
	300m: 4:56.92	700m: 10:06.42	800m: 1100m:	1500m: 19:05.64		
	400m: 4:56.92	800m: 10:06.42	1200m:			
5.	Cristian Comendant	WS Twente	NT	200205149	<b>19:07.92</b>	
	100m: 1:05.60	1:05.60	500m: 900m:	1300m:		
	200m: 2:19.44	1:13.84	600m: 1000m:	1400m:		
	300m: 4:51.10	700m: 10:01.79	800m: 1100m:	1500m: 19:07.92		
	400m: 4:51.10	800m: 10:01.79	1200m:			
6.	Marcel Reefhuis	WS Twente	19:18.55	198101381	<b>19:18.82</b>	
	100m: 1:10.61	1:10.61	500m: 900m:	1300m:		
	200m: 2:27.39	1:16.78	600m: 1000m:	1400m:		
	300m: 5:02.81	700m: 10:15.63	800m: 1100m:	1500m: 19:18.82		
	400m: 5:02.81	800m: 10:15.63	1200m:			
7.	Niels Bent	WS Twente	NT	199400465	<b>20:19.53</b>	
	100m: 1:12.56	1:12.56	500m: 900m:	1300m:		
	200m: 2:31.85	1:19.29	600m: 1000m:	1400m:		
	300m: 5:11.26	700m: 10:36.64	800m: 1100m:	1500m: 20:19.53		
	400m: 5:11.26	800m: 10:36.64	1200m:			
8.	Sander Riezebos	WS Twente	20:18.20	199400467	<b>20:38.82</b>	
	100m: 1:13.23	1:13.23	500m: 900m:	1300m:		
	200m: 2:36.72	1:23.49	600m: 1000m:	1400m:		
	300m: 5:26.58	700m: 11:06.04	800m: 1100m:	1500m: 20:38.82		
	400m: 5:26.58	800m: 11:06.04	1200m:			
9.	Dago Hofmeijer	WS Twente	21:02.04	200600121	<b>20:42.62</b>	
	100m: 1:13.37	1:13.37	500m: 900m:	1300m:		
	200m: 2:36.95	1:23.58	600m: 1000m:	1400m:		
	300m: 5:25.43	700m: 11:04.37	800m: 1100m:	1500m: 20:42.62		
	400m: 5:25.43	800m: 11:04.37	1200m:			
10.	Lasse Ophuis	WS Twente	21:41.41	200400027	<b>21:13.67</b>	
	100m: 1:12.75	1:12.75	500m: 900m:	1300m:		
	200m: 2:33.36	1:20.61	600m: 1000m:	1400m:		
	300m: 5:22.65	700m: 11:10.49	800m: 1100m:	1500m: 21:13.67		
	400m: 5:22.65	800m: 11:10.49	1200m:			
11.	Johan Nijeboer	WS Twente	20:04.92	200402417	<b>21:29.32</b>	
	100m: 1:14.74	1:14.74	500m: 900m:	1300m:		
	200m: 2:38.08	1:23.34	600m: 1000m:	1400m:		
	300m: 5:29.88	700m: 11:23.92	800m: 1100m:	1500m: 21:29.32		
	400m: 5:29.88	800m: 11:23.92	1200m:			
12.	Rinse de Jonge	De Grunte	22:34.00	200900705	<b>21:36.07</b>	
	100m: 1:17.33	1:17.33	500m: 900m:	1300m:		
	200m: 2:41.57	1:24.24	600m: 1000m:	1400m:		
	300m: 5:36.99	700m: 11:29.57	800m: 1100m:	1500m: 21:36.07		
	400m: 5:36.99	800m: 11:29.57	1200m:			
13.	Eric Hoekman	WS Twente	21:54.03	197401531	<b>22:27.73</b>	
	100m: 1:11.23	1:11.23	500m: 900m:	1300m:		
	200m: 2:35.45	1:24.22	600m: 1000m:	1400m:		
	300m: 5:31.92	700m: 11:39.42	800m: 1100m:	1500m: 22:27.73		
	400m: 5:31.92	800m: 11:39.42	1200m:			
14.	Mees Elfring	WS Twente	23:39.84	200800009	<b>22:37.95</b>	
	100m: 1:19.28	1:19.28	500m: 900m:	1300m:		
	200m: 2:48.52	1:29.24	600m: 1000m:	1400m:		
	300m: 5:51.28	700m: 12:00.91	800m: 1100m:	1500m: 22:37.95		
	400m: 5:51.28	800m: 12:00.91	1200m:			

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Programmanr. 10, Heren, 1500m vrije slag, Junioren 3 en ouder

rang	naam	vereniging	intijd	tijd	RT
15.	Viktor Post	WS Twente	24:17.70	200802201	<b>23:17.86</b>
	100m:	1:23.99	500m:	900m:	1300m:
	200m:	2:55.91	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 23:17.86
	400m:	6:03.93	800m: 12:23.47	1200m:	
16.	Bart van Calker	WS Twente	25:48.31	196100067	<b>25:26.21</b>
	100m:	1:31.10	500m:	900m:	1300m:
	200m:	3:09.72	600m:	1000m:	1400m:
	300m:		700m:	1100m:	1500m: 25:26.21
	400m:	6:33.17	800m: 13:30.07	1200m:	