

Programmanr. 1  
11/5/2024 - 13:00

800m vrije slag

11 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 1 en 2, Meisjes</b>					
1.	Isabel Amelink	Deltasteur	10:48.16	201100196	<b>11:01.34</b>
	100m: 1:14.91	1:14.91 300m: 4:03.55	1:24.41	500m: 6:52.37	1:24.63
	200m: 2:39.14	1:24.23 400m: 5:27.90	1:24.35	600m: 8:16.94	1:19.77
2.	Lisa Boogaard	Deltasteur	11:40.13	201100990	<b>11:50.47</b>
	100m: 1:17.84	1:17.84 300m: 4:17.55	1:31.95	500m: 7:23.67	1:27.73
	200m: 2:45.60	1:27.76 400m: 5:52.06	1:34.51	600m: 8:54.65	1:28.09
3.	Sophie Kortenschijl	WS Twente	12:00.35	201100672	<b>11:54.97</b>
	100m: 1:20.93	1:20.93 300m: 4:24.84	1:32.54	500m: 7:28.63	1:29.14
	200m: 2:52.30	1:31.37 400m: 5:57.28	1:32.44	600m: 9:02.28	1:23.55
4.	Imke Oude Engberink	De Dinkel	11:50.25	201100818	<b>11:58.55</b>
	100m: 1:21.95	1:21.95 300m: 4:25.40	1:31.72	500m: 7:28.70	1:32.03
	200m: 2:53.68	1:31.73 400m: 5:57.81	1:32.41	600m: 9:01.13	1:25.39
5.	Nikita van den Berg	SG Octopus - ZVV	12:27.38	201102130	<b>12:13.53</b>
	100m: 1:26.71	1:26.71 300m: 4:30.81	1:32.37	500m: 7:38.61	1:30.86
	200m: 2:58.44	1:31.73 400m: 6:05.48	1:34.67	600m: 9:13.46	1:29.21
6.	Meila Broenink	Batavia Swim	12:07.06	201102332	<b>12:23.15</b>
	100m: 1:24.98	1:24.98 300m: 4:35.49	1:35.96	500m: 7:45.80	1:33.27
	200m: 2:59.53	1:34.55 400m: 6:11.38	1:35.89	600m: 9:19.33	1:30.55
7.	Ribanna Damm	Sg - E Z C L	12:11.61	201100304	<b>12:28.51</b>
	100m: 1:22.17	1:22.17 300m: 4:30.57	1:35.79	500m: 7:43.80	1:35.42
	200m: 2:54.78	1:32.61 400m: 6:06.69	1:36.12	600m: 9:21.24	1:31.85
8.	Yanaika Ido	Batavia Swim	12:29.69	201102764	<b>12:28.93</b>
	100m: 1:21.70	1:21.70 300m: 4:30.85	1:36.21	500m: 7:46.93	1:36.65
	200m: 2:54.64	1:32.94 400m: 6:08.36	1:37.51	600m: 9:25.69	1:26.59
9.	Jaurieke Morren	SG Octopus - ZVV	12:38.70	201200292	<b>12:34.58 *</b>
	100m: 1:27.49	1:27.49 300m: 4:40.60	1:37.01	500m: 7:53.89	1:34.05
	200m: 3:03.59	1:36.10 400m: 6:17.58	1:36.98	600m: 9:31.03	1:29.50
10.	Lara Heesterbeek	Sg - E Z C L	13:18.57	201200102	<b>14:17.62</b>
	100m: 1:34.50	1:34.50 300m: 5:11.58	1:51.87	500m: 8:58.43	1:44.17
	200m: 3:19.71	1:45.21 400m: 7:07.04	1:55.46	600m: 10:52.82	1:40.63
<b>Junioren 3 en 4, Meisjes</b>					
1.	Simone Faber	Deltasteur	10:19.69	200900710	<b>10:21.81</b>
	100m: 1:13.81	1:13.81 300m: 3:52.23	1:19.64	500m: 6:31.51	1:18.77
	200m: 2:32.59	1:18.78 400m: 5:12.14	1:19.91	600m: 7:51.17	1:11.87
2.	Daphne Dijsselhof	Dedemsvaart-AC	10:21.94	200901690	<b>10:44.97</b>
	100m: 1:15.20	1:15.20 300m: 3:59.48	1:22.77	500m: 6:44.18	1:22.00
	200m: 2:36.71	1:21.51 400m: 5:21.59	1:22.11	600m: 8:07.01	1:15.96
3.	Nienke Bulter	De Dinkel	10:29.29	200902188	<b>10:49.69</b>
	100m: 1:17.49	1:17.49 300m: 4:03.29	1:22.97	500m: 6:48.90	1:20.74
	200m: 2:40.32	1:22.83 400m: 5:26.06	1:22.77	600m: 8:11.08	1:17.87
4.	Denise Thül	Swol 1894	12:08.23	200902530	<b>11:46.90</b>
	100m: 1:21.75	1:21.75 300m: 4:22.41	1:30.98	500m: 7:23.27	1:30.26
	200m: 2:51.43	1:29.68 400m: 5:53.83	1:31.42	600m: 8:53.17	1:23.47
5.	Karina van de Wetering	Deltasteur	12:02.92	201000972	<b>11:58.93</b>
	100m: 1:25.11	1:25.11 300m: 4:30.01	1:32.58	500m: 7:33.50	1:29.52
	200m: 2:57.43	1:32.32 400m: 6:00.95	1:30.94	600m: 9:05.09	1:24.32
6.	Linde Kamman	Swol 1894	NT	201000742	<b>12:23.33</b>
	100m: 1:19.12	1:19.12 300m: 4:27.15	1:35.00	500m: 7:40.13	1:35.21
	200m: 2:52.15	1:33.03 400m: 6:03.08	1:35.93	600m: 9:18.04	1:30.08
7.	Gwen Schuur	De Grunte	12:55.93	201000698	<b>12:35.49</b>
	100m: 1:27.70	1:27.70 300m: 4:41.65	1:37.31	500m: 7:55.67	1:34.51
	200m: 3:04.34	1:36.64 400m: 6:19.43	1:37.78	600m: 9:31.97	1:29.01
8.	Lisa van Velzen	Swol 1894	NT	200901062	<b>12:41.29</b>
	100m: 1:23.98	1:23.98 300m: 4:36.05	1:37.53	500m: 7:54.48	1:38.47
	200m: 2:58.52	1:34.54 400m: 6:14.66	1:38.61	600m: 9:33.92	1:28.90
9.	Simone Kragt	Dedemsvaart-AC	12:32.45	200901088	<b>12:42.70</b>
	100m: 1:42.86	1:42.86 300m: 4:48.47	1:34.68	500m: 8:01.34	1:35.27
	200m: 3:13.79	1:30.93 400m: 6:25.43	1:36.96	600m: 9:36.65	1:30.78
10.	Lieke Kikstra	Batavia Swim	11:43.35	200900318	<b>12:53.23</b>
	100m: 1:31.80	1:31.80 300m: 4:50.56	1:39.84	500m: 8:09.72	1:36.57
	200m: 3:10.72	1:38.92 400m: 6:30.62	1:40.06	600m: 9:46.74	1:29.92

Programmanr. 1, 800m vrije slag

Jeugd 1 en 2, Meisjes

1.	Barbara Broekhuis	De Dinkel	9:43.62	200700880	<b>10:04.03</b>
	100m: 1:08.28	1:08.28 300m: 3:40.85	1:17.20	500m: 6:16.63	1:18.05
	200m: 2:23.65	1:15.37 400m: 4:58.58	1:17.73	600m: 7:34.01	1:17.38
					700m: 8:50.34 1:16.33
					800m: 10:04.03 1:13.69
2.	Leyona Lichtendonk	Dedemsvaart-AC	9:59.94	200700010	<b>10:15.38</b>
	100m: 1:10.49	1:10.49 300m: 3:43.50	1:17.42	500m: 6:21.85	1:19.16
	200m: 2:26.08	1:15.59 400m: 5:02.69	1:19.19	600m: 7:41.13	1:19.28
					700m: 9:00.24 1:19.11
					800m: 10:15.38 1:15.14
3.	Féline Sam	ZVZwartsluis	9:53.51	200700018	<b>10:20.33</b>
	100m: 1:11.18	1:11.18 300m: 3:49.99	1:20.13	500m: 6:29.01	1:19.69
	200m: 2:29.86	1:18.68 400m: 5:09.32	1:19.33	600m: 7:47.70	1:18.69
					700m: 9:05.34 1:17.64
					800m: 10:20.33 1:14.99
4.	Valérie Sakkers	Deltasteur	10:13.27	200800080	<b>10:34.72</b>
	100m: 1:11.18	1:11.18 300m: 3:51.68	1:20.59	500m: 6:34.68	1:21.81
	200m: 2:31.09	1:19.91 400m: 5:12.87	1:21.19	600m: 7:58.09	1:23.41
					700m: 9:19.74 1:21.65
					800m: 10:34.72 1:14.98
5.	Lois Waterham	Dedemsvaart-AC	10:13.70	200803726	<b>10:47.59</b>
	100m: 1:11.75	1:11.75 300m: 3:52.64	1:21.79	500m: 6:41.29	1:24.84
	200m: 2:30.85	1:19.10 400m: 5:16.45	1:23.81	600m: 8:05.33	1:24.04
					700m: 9:29.58 1:24.25
					800m: 10:47.59 1:18.01
6.	Sofie Kragt	Dedemsvaart-AC	10:42.55	200701020	<b>10:54.96</b>
	100m: 1:16.17	1:16.17 300m: 4:04.05	1:23.66	500m: 6:51.51	1:23.70
	200m: 2:40.39	1:24.22 400m: 5:27.81	1:23.76	600m: 8:14.21	1:22.70
					700m: 9:36.17 1:21.96
					800m: 10:54.96 1:18.79
7.	Cato Tulen	Swol 1894	11:06.14	200701946	<b>11:04.68</b>
	100m: 1:14.47	1:14.47 300m: 4:02.43	1:24.51	500m: 6:52.00	1:25.09
	200m: 2:37.92	1:23.45 400m: 5:26.91	1:24.48	600m: 8:17.64	1:25.64
					700m: 9:43.43 1:25.79
					800m: 11:04.68 1:21.25
8.	Esmee Nieuwenhuis	ZPC De Hof	10:10.95	200701444	<b>11:04.95</b>
	100m: 1:15.63	1:15.63 300m: 4:05.67	1:25.89	500m: 6:57.09	1:24.41
	200m: 2:39.78	1:24.15 400m: 5:32.68	1:27.01	600m: 8:21.31	1:24.22
					700m: 9:46.03 1:24.72
					800m: 11:04.95 1:18.92
9.	Monica van der Meer	Deltasteur	10:27.22	200704288	<b>11:14.39</b>
	100m: 1:17.21	1:17.21 300m: 4:10.04	1:26.79	500m: 7:02.58	1:25.91
	200m: 2:43.25	1:26.04 400m: 5:36.67	1:26.63	600m: 8:28.67	1:26.09
					700m: 9:54.14 1:25.47
					800m: 11:14.39 1:20.25
10.	Elien Groothuismink	Swol 1894	11:36.82	200800920	<b>11:16.13</b>
	100m: 1:18.09	1:18.09 300m: 4:07.26	1:24.44	500m: 6:58.75	1:25.70
	200m: 2:42.82	1:24.73 400m: 5:33.05	1:25.79	600m: 8:25.67	1:26.92
					700m: 9:51.12 1:25.45
					800m: 11:16.13 1:25.01
11.	Charlotte van der Meer	Deltasteur	11:06.10	200704478	<b>11:24.37</b>
	100m: 1:19.12	1:19.12 300m: 4:15.43	1:28.51	500m: 7:10.30	1:27.09
	200m: 2:46.92	1:27.80 400m: 5:43.21	1:27.78	600m: 8:38.11	1:27.81
					700m: 10:04.59 1:26.48
					800m: 11:24.37 1:19.78
12.	Britt Hopman	SG Octopus - ZVV	10:52.68	200702688	<b>11:32.07</b>
	100m: 1:20.89	1:20.89 300m: 4:16.92	1:27.69	500m: 7:13.97	1:28.11
	200m: 2:49.23	1:28.34 400m: 5:45.86	1:28.94	600m: 8:40.46	1:26.49
					700m: 10:07.02 1:26.56
					800m: 11:32.07 1:25.05
13.	Aukje Markerink	ZPC De Hof	11:16.69	200802196	<b>11:35.81</b>
	100m: 1:20.60	1:20.60 300m: 4:14.97	1:27.06	500m: 7:10.31	1:27.57
	200m: 2:47.91	1:27.31 400m: 5:42.74	1:27.77	600m: 8:38.75	1:28.44
					700m: 10:07.34 1:28.59
					800m: 11:35.81 1:28.47
14.	Femke Budde	WS Twente	11:09.69	200801460	<b>12:12.05</b>
	100m: 1:22.21	1:22.21 300m: 4:24.54	1:32.28	500m: 7:31.46	1:33.70
	200m: 2:52.26	1:30.05 400m: 5:57.76	1:33.22	600m: 9:05.23	1:33.77
					700m: 10:39.11 1:33.88
					800m: 12:12.05 1:32.94
15.	Myrthe te Winkel	Swol 1894	11:58.22	200804336	<b>12:26.00</b>
	100m: 1:27.13	1:27.13 300m: 4:39.72	1:36.72	500m: 7:47.96	1:33.32
	200m: 3:03.00	1:35.87 400m: 6:14.64	1:34.92	600m: 9:20.97	1:33.01
					700m: 10:55.59 1:34.62
					800m: 12:26.00 1:30.41
16.	Daphne van der Wielen	Olympia	12:15.51	200800220	<b>12:48.65</b>
	100m: 1:28.06	1:28.06 300m: 4:40.60	1:37.19	500m: 7:58.63	1:38.90
	200m: 3:03.41	1:35.35 400m: 6:19.73	1:39.13	600m: 9:39.08	1:40.45
					700m: 11:15.62 1:36.54
					800m: 12:48.65 1:33.03
17.	Mariëlle Jans	SG Octopus - ZVV	14:16.23	200703828	<b>14:43.51</b>
	100m: 1:39.43	1:39.43 300m: 5:26.86	1:56.60	500m: 9:19.65	1:55.58
	200m: 3:30.26	1:50.83 400m: 7:24.07	1:57.21	600m: 11:11.78	1:52.13
					700m: 13:08.78 1:57.00
					800m: 14:43.51 1:34.73

Senioren 1 en 2, Meisjes

1.	Marlies Dijsselhof 100*	Dedemsvaart-AC	10:25.23	200601046	<b>10:27.00</b>
	100m: 1:11.45	1:11.45 300m: 3:50.10	1:19.04	500m: 6:31.02	1:21.17
	200m: 2:31.06	1:19.61 400m: 5:09.85	1:19.75	600m: 7:51.40	1:20.38
					700m: 9:10.32 1:18.92
					800m: 10:27.00 1:16.68
2.	Delphine van Putten	WS Twente	10:21.23	200501588	<b>10:50.18</b>
	100m: 1:17.64	1:17.64 300m: 4:05.43	1:23.62	500m: 6:49.16	1:21.02
	200m: 2:41.81	1:24.17 400m: 5:28.14	1:22.71	600m: 8:11.31	1:22.15
					700m: 9:32.53 1:21.22
					800m: 10:50.18 1:17.65
3.	Bloem Muijlaert	SG Octopus - ZVV	11:22.35	200602754	<b>11:27.79</b>
	100m: 1:17.36	1:17.36 300m: 4:08.50	1:26.64	500m: 7:04.31	1:28.58
	200m: 2:41.86	1:24.50 400m: 5:35.73	1:27.23	600m: 8:33.02	1:28.71
					700m: 10:01.42 1:28.40
					800m: 11:27.79 1:26.37
4.	Jessica Dekkinga	Steenwijk 1934	11:04.75	200600180	<b>12:01.54</b>
	100m: 1:20.29	1:20.29 300m: 4:20.43	1:31.90	500m: 7:26.30	1:33.01
	200m: 2:48.53	1:28.24 400m: 5:53.29	1:32.86	600m: 8:59.13	1:32.83
					700m: 10:31.22 1:32.09
					800m: 12:01.54 1:30.32

Programmanr. 1, 800m vrije slag

Senioren, Dames

1.	Ismay Lichtendonk	Dedemsvaart-AC	9:18.86	200400622	<b>9:24.37</b>		
	100m: 1:05.43	1:05.43 300m: 3:25.55	1:10.34	500m: 5:49.82	1:12.50	700m: 8:15.36	1:13.12
	200m: 2:15.21	1:09.78 400m: 4:37.32	1:11.77	600m: 7:02.24	1:12.42	800m: 9:24.37	1:09.01
2.	Moniek van Langevelde	ESCA Zwemmen	10:04.56	199803160	<b>10:14.33</b>		
	100m: 1:11.14	1:11.14 300m: 3:44.54	1:16.83	500m: 6:21.23	1:18.51	700m: 8:59.48	1:18.99
	200m: 2:27.71	1:16.57 400m: 5:02.72	1:18.18	600m: 7:40.49	1:19.26	800m: 10:14.33	1:14.85
3.	Lotte Oude Lenferink	WS Twente	11:31.18	200000496	<b>11:32.12</b>		
	100m: 1:17.89	1:17.89 300m: 4:13.51	1:28.76	500m: 7:11.37	1:28.57	700m: 10:08.87	1:27.99
	200m: 2:44.75	1:26.86 400m: 5:42.80	1:29.29	600m: 8:40.88	1:29.51	800m: 11:32.12	1:23.25
4.	Romée Jabben	Dedemsvaart-AC	11:40.83	200404426	<b>11:36.97</b>		
	100m: 1:20.12	1:20.12 300m: 4:17.32	1:29.07	500m: 7:15.45	1:28.95	700m: 10:12.17	1:27.70
	200m: 2:48.25	1:28.13 400m: 5:46.50	1:29.18	600m: 8:44.47	1:29.02	800m: 11:36.97	1:24.80

Junioren 1 en 2, Jongens

1.	Ruben Kragt	Dedemsvaart-AC	10:43.72	201000007	<b>10:19.76</b>		
	100m: 1:10.08	1:10.08 300m: 3:46.52	1:18.98	500m: 6:25.48	1:19.60	700m: 9:03.97	1:19.18
	200m: 2:27.54	1:17.46 400m: 5:05.88	1:19.36	600m: 7:44.79	1:19.31	800m: 10:19.76	1:15.79
2.	Daan Overmars	O Z & P C	11:36.04	201100027	<b>10:25.13</b>		
	100m: 1:13.16	1:13.16 300m: 3:51.28	1:19.79	500m: 6:31.64	1:20.21	700m: 9:11.09	1:19.81
	200m: 2:31.49	1:18.33 400m: 5:11.43	1:20.15	600m: 7:51.28	1:19.64	800m: 10:25.13	1:14.04
3.	Dax Muijlaert	SG Octopus - ZVV	10:32.02	201100535	<b>10:35.33</b>		
	100m: 1:13.76	1:13.76 300m: 3:54.37	1:19.75	500m: 6:35.82	1:20.78	700m: 9:17.81	1:20.24
	200m: 2:34.62	1:20.86 400m: 5:15.04	1:20.67	600m: 7:57.57	1:21.75	800m: 10:35.33	1:17.52
4.	Daan Vinke	Deltasteur	NT	201001039	<b>11:00.93</b>		
	100m: 1:15.62	1:15.62 300m: 4:01.01	1:23.67	500m: 6:50.52	1:25.79	700m: 9:39.53	1:24.29
	200m: 2:37.34	1:21.72 400m: 5:24.73	1:23.72	600m: 8:15.24	1:24.72	800m: 11:00.93	1:21.40
5.	Roan Dijkstra	Dedemsvaart-AC	NT	201002791	<b>11:06.02</b>		
	100m: 1:15.37	1:15.37 300m: 4:04.40	1:25.07	500m: 6:54.67	1:25.39	700m: 9:45.49	1:25.00
	200m: 2:39.33	1:23.96 400m: 5:29.28	1:24.88	600m: 8:20.49	1:25.82	800m: 11:06.02	1:20.53
6.	Nils Bellert	SG Octopus - ZVV	11:02.49	201100347	<b>11:12.87</b>		
	100m: 1:17.03	1:17.03 300m: 4:11.61	1:28.01	500m: 7:03.36	1:24.02	700m: 9:55.63	1:24.75
	200m: 2:43.60	1:26.57 400m: 5:39.34	1:27.73	600m: 8:30.88	1:27.52	800m: 11:12.87	1:17.24
7.	Daniël Hofman	SG Octopus - ZVV	11:17.72	201000417	<b>11:17.34</b>		
	100m: 1:17.99	1:17.99 300m: 4:10.79	1:26.72	500m: 7:03.71	1:26.44	700m: 9:45.49	1:25.00
	200m: 2:44.07	1:26.08 400m: 5:37.27	1:26.48	600m: 8:30.50	1:26.79	800m: 11:17.34	1:20.53
8.	Gijs Nooter	Dedemsvaart-AC	12:22.78	201000725	<b>11:19.55</b>		
	100m: 1:18.38	1:18.38 300m: 4:12.14	1:27.41	500m: 7:05.64	1:27.30	700m: 9:58.81	1:25.64
	200m: 2:44.73	1:26.35 400m: 5:38.34	1:26.20	600m: 8:33.17	1:27.53	800m: 11:19.55	1:20.74
9.	Amor van der Veen	Dedemsvaart-AC	11:11.20	201100197	<b>11:28.58</b>		
	100m: 1:18.99	1:18.99 300m: 4:13.65	1:27.55	500m: 7:08.81	1:27.63	700m: 10:05.31	1:28.10
	200m: 2:46.10	1:27.11 400m: 5:41.18	1:27.53	600m: 8:37.21	1:28.40	800m: 11:28.58	1:23.27
10.	Abe Pasop	Dedemsvaart-AC	12:30.25	201000501	<b>11:31.41</b>		
	100m: 1:17.73	1:17.73 300m: 4:12.66	1:28.30	500m: 7:09.65	1:28.07	700m: 10:04.73	1:26.00
	200m: 2:44.36	1:26.63 400m: 5:41.58	1:28.92	600m: 8:38.73	1:29.08	800m: 11:31.41	1:26.68
11.	Hugo Hulstijn	Wijchen	11:52.22	201100297	<b>11:33.15</b>		
	100m: 1:22.44	1:22.44 300m: 4:22.69	1:30.03	500m: 7:17.50	1:27.83	700m: 10:10.27	1:25.93
	200m: 2:52.66	1:30.22 400m: 5:49.67	1:26.98	600m: 8:44.34	1:26.84	800m: 11:33.15	1:22.88
12.	Gerco van Dijk	Olympia	11:44.60	201000997	<b>11:35.60</b>		
	100m: 1:20.30	1:20.30 300m: 4:16.27	2:53.51	500m: 7:15.66	1:29.13	700m: 10:11.54	1:27.19
	200m: 1:22.76	2.46 400m: 5:46.53	1:30.26	600m: 8:44.35	1:28.69	800m: 11:35.60	1:24.06
13.	Ehor Poznyak	Wijchen	11:00.11	201003501	<b>11:45.16</b>		
	100m: 1:18.51	1:18.51 300m: 4:10.30	1:27.08	500m: 7:13.74	1:33.26	700m: 10:16.62	1:31.33
	200m: 2:43.22	1:24.71 400m: 5:40.48	1:30.18	600m: 8:45.29	1:31.55	800m: 11:45.16	1:28.54
14.	Dewin Volker	WS Twente	11:27.05	201101935	<b>11:58.45</b>		
	100m: 1:18.89	1:18.89 300m: 4:20.81	1:32.98	500m: 7:29.73	1:34.44	700m: 10:33.43	1:30.71
	200m: 2:47.83	1:28.94 400m: 5:55.29	1:34.48	600m: 9:02.72	1:32.99	800m: 11:58.45	1:25.02
15.	Milan van den Berg	Swol 1894	12:12.55	201100253	<b>12:01.26</b>		
	100m: 1:22.12	1:22.12 300m: 4:26.47	1:33.49	500m: 7:29.71	1:31.74	700m: 10:33.87	1:31.69
	200m: 2:52.98	1:30.86 400m: 5:57.97	1:31.50	600m: 9:02.18	1:32.47	800m: 12:01.26	1:27.39
16.	Sjors Pijl	Flevo	14:19.77	201100865	<b>14:40.40</b>		
	100m: 1:38.78	1:38.78 300m: 5:21.17	1:52.44	500m: 9:11.19	1:55.34	700m: 12:58.12	1:52.22
	200m: 3:28.73	1:49.95 400m: 7:15.85	1:54.68	600m: 11:05.90	1:54.71	800m: 14:40.40	1:42.28

Programmanr. 1, 800m vrije slag

Junioren 3 en 4, Jongens

1.	Siem de Zeeuw	O Z & P C	9:37.83	200800013	<b>9:16.34</b>			
	100m: 1:04.58	1:04.58 300m: 3:27.70	1:11.99	500m: 5:50.16	1:10.48	700m: 8:10.09	1:09.55	
	200m: 2:15.71	1:11.13 400m: 4:39.68	1:11.98	600m: 7:00.54	1:10.38	800m: 9:16.34	1:06.25	
2.	Rian Schoneveld	De Berkelduikers	9:23.30	200801789	<b>9:37.11</b>			
	100m: 1:04.86	1:04.86 300m: 3:29.55	1:13.15	500m: 5:58.34	1:14.36	700m: 8:27.73	1:14.46	
	200m: 2:16.40	1:11.54 400m: 4:43.98	1:14.43	600m: 7:13.27	1:14.93	800m: 9:37.11	1:09.38	
3.	Bjorn Scholten	O Z & P C	9:23.24	200801143	<b>9:37.93</b>			
	100m: 1:06.56	1:06.56 300m: 3:33.16	1:13.91	500m: 6:00.35	1:13.54	700m: 8:28.88	1:14.52	
	200m: 2:19.25	1:12.69 400m: 4:46.81	1:13.65	600m: 7:14.36	1:14.01	800m: 9:37.93	1:09.05	
4.	Dhamin Ouali	Swol 1894	NT	200902771	<b>10:21.37</b>			
	100m: 1:10.17	1:10.17 300m: 3:48.79	1:20.28	500m: 6:28.33	1:19.92	700m: 9:08.44	1:20.28	
	200m: 2:28.51	1:18.34 400m: 5:08.41	1:19.62	600m: 7:48.16	1:19.83	800m: 10:21.37	1:12.93	
5.	Dani Yefimov	WS Twente	10:29.94	200901305	<b>10:52.34</b>			
	100m: 1:16.86	1:16.86 300m: 4:05.17	1:24.09	500m: 6:50.80	1:22.36	700m: 9:33.92	1:21.04	
	200m: 2:41.08	1:24.22 400m: 5:28.44	1:23.27	600m: 8:12.88	1:22.08	800m: 10:52.34	1:18.42	
6.	Siem Faber	Batavia Swim	10:36.31	200900065	<b>11:15.98</b>			
	100m: 1:15.31	1:15.31 300m: 4:09.63	1:27.93	500m: 7:06.05	1:28.30	700m: 8:27.48	1:26.06	
	200m: 2:41.70	1:26.39 400m: 5:37.75	1:28.12	600m: 8:32.42	1:26.37	800m: 11:15.98	1:17.50	
7.	Mees Elfring	WS Twente	11:18.42	200800009	<b>12:10.82</b>			
	100m: 1:19.73	1:19.73 300m: 4:20.48	1:31.76	500m: 7:32.86	1:36.28	700m: 10:47.23	1:35.95	
	200m: 2:48.72	1:28.99 400m: 5:56.58	1:36.10	600m: 9:11.28	1:38.42	800m: 12:10.82	1:23.59	

Jeugd 1 en 2, Jongens

1.	Melle van Veen	Dedemsvaart-AC	8:53.95	200700661	<b>9:08.01</b>			
	100m: 1:02.64	1:02.64 300m: 3:20.64	1:09.00	500m: 5:41.66	1:10.51	700m: 8:01.00	1:09.56	
	200m: 2:11.64	1:09.00 400m: 4:31.15	1:10.51	600m: 6:51.44	1:09.78	800m: 9:08.01	1:07.01	
2.	Niek Vreeling	O Z & P C	9:19.35	200604211	<b>9:37.67</b>			
	100m: 1:06.58	1:06.58 300m: 3:33.34	1:14.03	500m: 5:59.98	1:12.97	700m: 8:27.68	1:14.40	
	200m: 2:19.31	1:12.73 400m: 4:47.01	1:13.67	600m: 7:13.28	1:13.30	800m: 9:37.67	1:09.99	
3.	Thijs Poll	Deltasteur	9:21.71	200700203	<b>9:48.87</b>			
	100m: 1:06.85	1:06.85 300m: 3:38.40	1:16.62	500m: 6:10.50	1:15.61	700m: 8:39.20	1:13.79	
	200m: 2:21.78	1:14.93 400m: 4:54.89	1:16.49	600m: 7:25.41	1:14.91	800m: 9:48.87	1:09.67	
4.	Emiel de Bruijn *700m	Dedemsvaart-AC	9:33.28	200700953	<b>9:53.20</b>			
	100m: 1:08.44	1:08.44 300m: 3:37.96	1:15.84	500m: 6:11.28	1:16.78	700m: 8:43.21	1:15.70	
	200m: 2:22.12	1:13.68 400m: 4:54.50	1:16.54	600m: 7:27.51	1:16.23	800m: 9:53.20	1:09.99	
5.	Lars ten Katen	Batavia Swim	9:10.09	200600959	<b>10:04.96</b>			
	100m: 1:04.73	1:04.73 300m: 3:32.82	1:15.36	500m: 6:08.70	1:19.24	700m: 8:49.34	1:19.64	
	200m: 2:17.46	1:12.73 400m: 4:49.46	1:16.64	600m: 7:29.70	1:21.00	800m: 10:04.96	1:15.62	
6.	Kaj Folkerts	De Rijn	9:43.94	200700067	<b>10:17.57</b>			
	100m: 1:09.91	1:09.91 300m: 3:45.32	1:18.45	500m: 6:24.75	1:19.47	700m: 9:02.52	1:19.10	
	200m: 2:28.87	1:16.96 400m: 5:05.28	1:19.96	600m: 7:43.42	1:18.67	800m: 10:17.57	1:15.05	
7.	Thomas van Velzen	Deltasteur	9:38.05	200703189	<b>10:28.95</b>			
	100m: 1:09.82	1:09.82 300m: 3:49.57	1:20.84	500m: 6:32.17	1:21.59	700m: 9:13.34	1:20.19	
	200m: 2:28.73	1:18.91 400m: 5:10.58	1:21.01	600m: 7:53.15	1:20.98	800m: 10:28.95	1:15.61	
8.	Rick Smelt	ZVZwartsluis	10:11.11	200600051	<b>10:31.17</b>			
	100m: 1:11.98	1:11.98 300m: 3:50.33	1:20.10	500m: 6:31.60	1:20.90	700m: 9:13.02	1:20.54	
	200m: 2:30.23	1:18.25 400m: 5:10.70	1:20.37	600m: 7:52.48	1:20.88	800m: 10:31.17	1:18.15	
9.	Finn Ooijman	WS Twente	9:39.19	200603161	<b>10:41.65</b>			
	100m: 1:08.18	1:08.18 300m: 3:41.96	1:18.77	500m: 6:27.15	1:23.54	700m: 9:15.75	1:25.17	
	200m: 2:23.19	1:15.01 400m: 5:03.61	1:21.65	600m: 7:50.58	1:23.43	800m: 10:41.65	1:25.90	

Senioren 1 en 2, Heren

1.	Stan Tibben	Dedemsvaart-AC	9:10.91	200503591	<b>9:24.50</b>			
	100m: 1:05.55	1:05.55 300m: 3:27.53	1:11.31	500m: 5:52.41	1:12.89	700m: 8:16.86	1:12.02	
	200m: 2:16.22	1:10.67 400m: 4:39.52	1:11.99	600m: 7:04.84	1:12.43	800m: 9:24.50	1:07.64	
2.	Dennis Mosterman	Dedemsvaart-AC	9:11.63	200501283	<b>9:35.61</b>			
	100m: 1:06.52	1:06.52 300m: 3:33.07	1:13.70	500m: 6:00.68	1:13.49	700m: 8:27.36	1:13.32	
	200m: 2:19.37	1:12.85 400m: 4:47.19	1:14.12	600m: 7:14.04	1:13.36	800m: 9:35.61	1:08.25	
3.	Lanco Manaf	Het Ravijn	10:25.93	200402715	<b>11:16.89</b>			
	100m: 1:14.76	1:14.76 300m: 4:05.02	1:26.15	500m: 7:03.33	1:29.90	700m: 9:55.84	1:24.06	
	200m: 2:38.87	1:24.11 400m: 5:33.43	1:28.41	600m: 8:31.78	1:28.45	800m: 11:16.89	1:21.05	
4.	Jesse Bruines	Batavia Swim	12:00.42	200402413	S9	<b>12:10.82</b>		502
	100m: 1:26.01	1:26.01 300m: 4:33.15	1:33.56	500m: 7:38.29	1:32.40	700m: 10:42.76	1:32.26	
	200m: 2:59.59	1:33.58 400m: 6:05.89	1:32.74	600m: 9:10.50	1:32.21	800m: 12:10.82	1:28.06	

Programmanr. 1, 800m vrije slag

Senioren, Heren

1.	Mike Schel	ESCA Zwemmen						9:42.03	199403279	<b>9:51.51</b>		
	100m:	1:08.61	1:08.61	300m:	3:36.22	1:14.20	500m:	6:06.21	1:14.98	700m:	8:37.88	1:15.92
	200m:	2:22.02	1:13.41	400m:	4:51.23	1:15.01	600m:	7:21.96	1:15.75	800m:	9:51.51	1:13.63
2.	Renzo Meester	Flevo						12:01.13	200202897	<b>11:25.32</b>		
	100m:	1:15.09	1:15.09	300m:	4:09.85	1:28.99	500m:	7:12.91	1:30.01	700m:	10:08.60	1:25.24
	200m:	2:40.86	1:25.77	400m:	5:42.90	1:33.05	600m:	8:43.36	1:30.45	800m:	11:25.32	1:16.72