

LAC
Oldenzaal, 12-3-2025

Programmanr. 10
12-3-2025 - 20:20

Heren, 1500m vrije slag

2012 en ouder
Resultaten

| rang | naam | vereniging | | | | intijd | | tijd | RT |
|------|---------------|------------|---------|-------|----------|----------|-----------|-----------------|----|
| 1. | Kevin Lucas | De Dinkel | | | | 17:12.46 | 200300545 | 17:58.10 | |
| | 100m: | 1:05.36 | 1:05.36 | 500m: | | 900m: | 1300m: | | |
| | 200m: | 2:15.44 | 1:10.08 | 600m: | | 1000m: | 1400m: | | |
| | 300m: | | | 700m: | | 1100m: | 1500m: | 17:58.10 | |
| | 400m: | 4:38.00 | | 800m: | 9:28.99 | 1200m: | | | |
| 2. | Job Sportel | De Dinkel | | | | 18:00.96 | 200800429 | 18:23.84 | |
| | 100m: | 1:04.52 | 1:04.52 | 500m: | | 900m: | 1300m: | | |
| | 200m: | 2:16.06 | 1:11.54 | 600m: | | 1000m: | 1400m: | | |
| | 300m: | | | 700m: | | 1100m: | 1500m: | 18:23.84 | |
| | 400m: | 4:41.97 | | 800m: | 9:47.59 | 1200m: | | | |
| 3. | Mika Heskamp | De Dinkel | | | | 19:30.64 | 200300339 | 18:40.28 | |
| | 100m: | 1:06.13 | 1:06.13 | 500m: | | 900m: | 1300m: | | |
| | 200m: | 2:19.96 | 1:13.83 | 600m: | | 1000m: | 1400m: | | |
| | 300m: | | | 700m: | | 1100m: | 1500m: | 18:40.28 | |
| | 400m: | 4:48.29 | | 800m: | 9:50.99 | 1200m: | | | |
| 4. | Daan Overmars | O Z & P C | | | | NT | 201100027 | 19:36.09 | |
| | 100m: | 1:15.45 | 1:15.45 | 500m: | | 900m: | 1300m: | | |
| | 200m: | 2:35.30 | 1:19.85 | 600m: | | 1000m: | 1400m: | | |
| | 300m: | | | 700m: | | 1100m: | 1500m: | 19:36.09 | |
| | 400m: | 5:15.60 | | 800m: | 10:38.20 | 1200m: | | | |
| 5. | Mick Leferink | De Dinkel | | | | 20:46.80 | 200902227 | 20:13.21 | |
| | 100m: | 1:12.33 | 1:12.33 | 500m: | | 900m: | 1300m: | | |
| | 200m: | 2:31.03 | 1:18.70 | 600m: | | 1000m: | 1400m: | | |
| | 300m: | | | 700m: | | 1100m: | 1500m: | 20:13.21 | |
| | 400m: | 5:12.82 | | 800m: | 10:41.71 | 1200m: | | | |
| 6. | Jens Rikhof | De Dinkel | | | | 21:33.54 | 201001239 | 21:07.11 | |
| | 100m: | 1:14.23 | 1:14.23 | 500m: | | 900m: | 1300m: | | |
| | 200m: | 2:37.73 | 1:23.50 | 600m: | | 1000m: | 1400m: | | |
| | 300m: | | | 700m: | | 1100m: | 1500m: | 21:07.11 | |
| | 400m: | 5:28.06 | | 800m: | 11:15.34 | 1200m: | | | |