

Programmanr. 1
 19/4/2025 - 13:00

800m vrije slag

2013 en ouder
 Resultaten

rang	naam	vereniging				intijd		tijd		RT
Gebjr 2011 - 2013, Jongens										
1.	Stan Nijhuis	O Z & P C				10:36.80		201100191		9:59.46
	100m: 1:10.08	1:10.08	300m: 3:40.93	1:15.81	500m: 6:11.12	1:15.06	700m: 8:44.43	1:16.25		
	200m: 2:25.12	1:15.04	400m: 4:56.06	1:15.13	600m: 7:28.18	1:17.06	800m: 9:59.46	1:15.03		
2.	Amor van der Veen	Dedemsvaart-AC				11:28.58		201100197		10:25.84
	100m: 1:12.51	1:12.51	300m: 3:51.08	1:20.10	500m: 6:30.47	1:19.73	700m: 9:09.11	1:18.56		
	200m: 2:30.98	1:18.47	400m: 5:10.74	1:19.66	600m: 7:50.55	1:20.08	800m: 10:25.84	1:16.73		
3.	Dewin Volker	O Z & P C				10:55.93		201101935		10:28.52
	100m: 1:12.50	1:12.50	300m: 3:48.52	1:18.90	500m: 6:29.56	1:20.75	700m: 9:09.54	1:18.59		
	200m: 2:29.62	1:17.12	400m: 5:08.81	1:20.29	600m: 7:50.95	1:21.39	800m: 10:28.52	1:18.98		
4.	Jurre de Jonge	De Grunte				NT		201300791		12:09.02
	100m: 1:22.11	1:22.11	300m: 4:27.16	1:33.69	500m: 7:36.59	1:35.06	700m: 10:44.85	1:32.92		
	200m: 2:53.47	1:31.36	400m: 6:01.53	1:34.37	600m: 9:11.93	1:35.34	800m: 12:09.02	1:24.17		
5.	Koen Hultink	De Grunte				13:52.24		201200577		13:51.21
	100m: 1:30.78	1:30.78	300m: 4:57.56	1:44.86	500m: 8:33.93	1:48.90	700m: 12:10.57	1:45.83		
	200m: 3:12.70	1:41.92	400m: 6:45.03	1:47.47	600m: 10:24.74	1:50.81	800m: 13:51.21	1:40.64		
6.	Robin van den Berg	Swol 1894				13:31.28		201200355		14:08.66
	100m: 1:35.12	1:35.12	300m: 5:10.89	1:48.72	500m: 8:51.87	1:50.82	700m: 12:29.38	1:49.47		
	200m: 3:22.17	1:47.05	400m: 7:01.05	1:50.16	600m: 10:39.91	1:48.04	800m: 14:08.66	1:39.28		

Gebjr 2009 - 2010, Jongens

1.	Ruben Kragt	Dedemsvaart-AC				10:05.01		201000007		9:55.45
	100m: 1:10.85	1:10.85	300m: 3:41.41	1:15.28	500m: 6:12.43	1:16.05	700m: 8:42.90	1:15.11		
	200m: 2:26.13	1:15.28	400m: 4:56.38	1:14.97	600m: 7:27.79	1:15.36	800m: 9:55.45	1:12.55		
2.	Guus van Duinen	Dedemsvaart-AC				10:18.16		200901107		10:01.60
	100m: 1:09.52	1:09.52	300m: 3:42.02	1:17.09	500m: 6:17.72	1:17.99	700m: 8:50.59	1:15.45		
	200m: 2:24.93	1:15.41	400m: 4:59.73	1:17.71	600m: 7:35.14	1:17.42	800m: 10:01.60	1:11.01		
3.	Dani Yefimov	O Z & P C				10:06.97		200901305		10:04.86
	100m: 1:09.30	1:09.30	300m: 3:42.14	1:16.61	500m: 6:16.90	1:17.46	700m: 8:51.34	1:16.97		
	200m: 2:25.53	1:16.23	400m: 4:59.44	1:17.30	600m: 7:34.37	1:17.47	800m: 10:04.86	1:13.52		
4.	Noud Assinck	Zignea				10:14.39		200900047		10:16.60
	100m: 1:10.26	1:10.26	300m: 3:46.70	1:19.20	500m: 6:24.41	1:19.08	700m: 9:01.53	1:19.42		
	200m: 2:27.50	1:17.24	400m: 5:05.33	1:18.63	600m: 7:42.11	1:17.70	800m: 10:16.60	1:15.07		
5.	Daan Vinke	Deltasteur				10:36.59		201001039		10:31.95
	100m: 1:11.68	1:11.68	300m: 3:52.14	1:20.94	500m: 6:35.03	1:21.88	700m: 9:14.70	1:18.83		
	200m: 2:31.20	1:19.52	400m: 5:13.15	1:21.01	600m: 7:55.87	1:20.84	800m: 10:31.95	1:17.25		
6.	Gerco van Dijk	Olympia				10:43.20		201000997		10:38.87
	100m: 1:14.37	1:14.37	300m: 3:54.85	1:21.03	500m: 6:38.60	1:21.71	700m: 9:24.16	1:22.68		
	200m: 2:33.82	1:19.45	400m: 5:16.89	1:22.04	600m: 8:01.48	1:22.88	800m: 10:38.87	1:14.71		
7.	Gijs Nooter	Dedemsvaart-AC				11:19.55		201000725		10:42.17
	100m: 1:13.25	1:13.25	300m: 3:59.42	1:23.70	500m: 6:45.56	1:22.17	700m: 9:25.81	1:19.61		
	200m: 2:35.72	1:22.47	400m: 5:23.39	1:23.97	600m: 8:06.20	1:20.64	800m: 10:42.17	1:16.36		
8.	Thijmen Holterman	ZPC De Hof				11:07.31		201000005		11:07.89
	100m: 1:04.85	1:04.85	300m: 3:35.67	1:16.66	500m: 6:36.08	1:43.19	700m: 9:37.45	1:29.90		
	200m: 2:19.01	1:14.16	400m: 4:52.89	1:17.22	600m: 8:07.55	1:31.47	800m: 11:07.89	1:30.44		

Gebjr 2007 - 2008, Jongens

1.	Milan Veelders	O Z & P C				8:52.28		200800279		9:04.45
	100m: 1:05.13	1:05.13	300m: 3:24.28	1:09.85	500m: 5:42.45	1:08.95	700m: 7:59.45	1:08.63		
	200m: 2:14.43	1:09.30	400m: 4:33.50	1:09.22	600m: 6:50.82	1:08.37	800m: 9:04.45	1:05.00		
2.	Siem de Zeeuw	O Z & P C				8:53.57		200800013		9:05.49
	100m: 1:02.64	1:02.64	300m: 3:21.56	1:09.70	500m: 5:41.47	1:09.52	700m: 7:59.93	1:08.50		
	200m: 2:11.86	1:09.22	400m: 4:31.95	1:10.39	600m: 6:51.43	1:09.96	800m: 9:05.49	1:05.56		
3.	Melle van Veen	Dedemsvaart-AC				9:08.01		200700661		9:12.98
	100m: 1:04.21	1:04.21	300m: 3:23.68	1:10.52	500m: 5:44.63	1:10.09	700m: 8:05.42	1:10.63		
	200m: 2:13.16	1:08.95	400m: 4:34.54	1:10.86	600m: 6:54.79	1:10.16	800m: 9:12.98	1:07.56		
4.	Emiel de Bruijn	Dedemsvaart-AC				9:13.11		200700953		9:17.74
	100m: 1:02.96	1:02.96	300m: 3:23.47	1:10.61	500m: 5:46.26	1:11.61	700m: 8:09.42	1:11.60		
	200m: 2:12.86	1:09.90	400m: 4:34.65	1:11.18	600m: 6:57.82	1:11.56	800m: 9:17.74	1:08.32		
5.	Tim Zuurman	Dedemsvaart-AC				9:28.80		200700131		9:26.90
	100m: 1:06.77	1:06.77	300m: 3:29.83	1:11.99	500m: 5:54.57	1:12.46	700m: 8:18.60	1:11.44		
	200m: 2:17.84	1:11.07	400m: 4:42.11	1:12.28	600m: 7:07.16	1:12.59	800m: 9:26.90	1:08.30		

Programmanr. 1, Jongens, 800m vrije slag, Gebjr 2007 - 2008

rang	naam	vereniging		intijd		tijd		RT	
6.	Thijs Poll	Deltasteur		9:35.64		200700203		9:58.80	
	100m:	1:07.78	1:07.78	300m:	3:37.98	1:15.98	500m:	6:12.91	1:17.82
	200m:	2:22.00	1:14.22	400m:	4:55.09	1:17.11	600m:	7:29.13	1:16.22
							700m:	8:45.83	1:16.70
							800m:	9:58.80	1:12.97
7.	Thomas van Velzen	Deltasteur		10:20.73		200703189		10:49.45	
	100m:	1:13.02	1:13.02	300m:	3:57.48	1:22.72	500m:	6:44.91	1:24.17
	200m:	2:34.76	1:21.74	400m:	5:20.74	1:23.26	600m:	8:09.71	1:24.80
							700m:	9:33.79	1:24.08
							800m:	10:49.45	1:15.66

Gebjr 2005 - 2006, Heren

1.	Lars Haytink	WS Twente		9:32.82		200601815		10:10.99	
	100m:	1:10.12	1:10.12	300m:	3:42.23	1:16.48	500m:	6:17.67	1:17.81
	200m:	2:25.75	1:15.63	400m:	4:59.86	1:17.63	600m:	7:36.00	1:18.33
							700m:	8:53.94	1:17.94
							800m:	10:10.99	1:17.05

Gebjr 2011 - 2013, Meisjes

1.	Isabel Amelink	Deltasteur		10:34.02		201100196		10:37.28	
	100m:	1:12.22	1:12.22	300m:	3:53.60	1:20.80	500m:	6:37.07	1:22.41
	200m:	2:32.80	1:20.58	400m:	5:14.66	1:21.06	600m:	7:59.85	1:22.78
							700m:	9:20.81	1:20.96
							800m:	10:37.28	1:16.47
2.	Imke Oude Engberink	De Dinkel		10:58.97		201100818		11:26.16	
	100m:	1:16.71	1:16.71	300m:	4:14.97	1:31.60	500m:	7:14.40	1:30.45
	200m:	2:43.37	1:26.66	400m:	5:43.95	1:28.98	600m:	8:41.86	1:27.46
							700m:	10:06.34	1:24.48
							800m:	11:26.16	1:19.82
3.	Annefleur Schraa	Swol 1894		11:02.60		201100044		11:31.36	
	100m:	1:17.08	1:17.08	300m:	4:10.17	1:27.05	500m:	7:06.10	1:28.26
	200m:	2:43.12	1:26.04	400m:	5:37.84	1:27.67	600m:	8:35.69	1:29.59
							700m:	10:04.11	1:28.42
							800m:	11:31.36	1:27.25
4.	Sophie Kortenschijl	WS Twente		11:18.39		201100672		11:57.44	
	100m:	1:22.09	1:22.09	300m:	4:25.45	1:31.69	500m:	7:29.70	1:32.33
	200m:	2:53.76	1:31.67	400m:	5:57.37	1:31.92	600m:	9:02.55	1:32.85
							700m:	10:31.64	1:29.09
							800m:	11:57.44	1:25.80
5.	Dagmar Bos	Deltasteur		12:00.21		201202438		11:58.42	
	100m:	1:24.64	1:24.64	300m:	4:27.68	1:32.34	500m:	7:31.38	1:32.20
	200m:	2:55.34	1:30.70	400m:	5:59.18	1:31.50	600m:	9:01.50	1:30.12
							700m:	10:32.07	1:30.57
							800m:	11:58.42	1:26.35

Gebjr 2009 - 2010, Meisjes

1.	Daphne Dijsselhof	Dedemsvaart-AC		10:32.36		200901690		10:31.14	
	100m:	1:13.30	1:13.30	300m:	3:53.13	1:19.75	500m:	6:34.65	1:21.53
	200m:	2:33.38	1:20.08	400m:	5:13.12	1:19.99	600m:	7:55.45	1:20.80
							700m:	9:16.20	1:20.75
							800m:	10:31.14	1:14.94
2.	Emma Steenbrink	O Z & P C		10:07.55		200901376		10:33.52	
	100m:	1:12.68	1:12.68	300m:	3:53.92	1:20.70	500m:	6:37.72	1:21.81
	200m:	2:33.22	1:20.54	400m:	5:15.91	1:21.99	600m:	7:58.47	1:20.75
							700m:	9:16.85	1:18.38
							800m:	10:33.52	1:16.67
3.	Tessa Zevenbergen	Aquapoldro		11:03.06		201002662		11:01.41	
	100m:	1:13.65	1:13.65	300m:	4:00.56	1:23.77	500m:	6:51.20	1:25.61
	200m:	2:36.79	1:23.14	400m:	5:25.59	1:25.03	600m:	8:16.95	1:25.75
							700m:	9:41.35	1:24.40
							800m:	11:01.41	1:20.06
4.	Mila Soethof	De Dinkel		10:44.87		200900482		11:07.93	
	100m:	1:16.09	1:16.09	300m:	4:04.33	1:25.12	500m:	6:55.62	1:26.09
	200m:	2:39.21	1:23.12	400m:	5:29.53	1:25.20	600m:	8:22.21	1:26.59
							700m:	9:47.34	1:25.13
							800m:	11:07.93	1:20.59
5.	Jesmé Haytink	WS Twente		10:56.14		201000382		11:14.52	
	100m:	1:19.16	1:19.16	300m:	4:10.88	1:25.66	500m:	7:03.03	1:25.55
	200m:	2:45.22	1:26.06	400m:	5:37.48	1:26.60	600m:	8:29.39	1:26.36
							700m:	9:52.68	1:23.29
							800m:	11:14.52	1:21.84
6.	Eva Eikelboom	SG Octopus - ZVV		11:39.94		200903718		11:25.81	
	100m:	1:18.52	1:18.52	300m:	4:11.95	1:26.56	500m:	7:06.41	1:28.37
	200m:	2:45.39	1:26.87	400m:	5:38.04	1:26.09	600m:	8:35.45	1:29.04
							700m:	10:03.15	1:27.70
							800m:	11:25.81	1:22.66
7.	Lisa van Velzen	Swol 1894		12:41.29		200901062		12:31.06	
	100m:	1:19.76	1:19.76	300m:	4:29.32	1:36.17	500m:	7:45.05	1:38.43
	200m:	2:53.15	1:33.39	400m:	6:06.62	1:37.30	600m:	9:23.45	1:38.40
							700m:	10:59.72	1:36.27
							800m:	12:31.06	1:31.34
8.	Meike Hultink	De Grunte		11:29.90		201001686		12:40.94	
	100m:	1:19.71	1:19.71	300m:	4:27.04	1:36.66	500m:	7:46.24	1:38.81
	200m:	2:50.38	1:30.67	400m:	6:07.43	1:40.39	600m:	9:28.00	1:41.76
							700m:	11:06.48	1:38.48
							800m:	12:40.94	1:34.46

Gebjr 2007 - 2008, Meisjes

1.	Barbara Broekhuis	De Dinkel		10:04.03		200700880		9:56.28	
	100m:	1:08.18	1:08.18	300m:	3:37.78	1:15.15	500m:	6:09.56	1:16.34
	200m:	2:22.63	1:14.45	400m:	4:53.22	1:15.44	600m:	7:25.89	1:16.33
							700m:	8:42.30	1:16.41
							800m:	9:56.28	1:13.98
2.	Hannah Markovinovic	ZPC De Hof		NT		200803266		10:27.29	
	100m:	1:11.37	1:11.37	300m:	3:47.46	1:18.52	500m:	6:27.74	1:20.78
	200m:	2:28.94	1:17.57	400m:	5:06.96	1:19.50	600m:	7:48.82	1:21.08
							700m:	9:08.91	1:20.09
							800m:	10:27.29	1:18.38
3.	Leyona Lichtendonk	Dedemsvaart-AC		10:15.38		200700010		10:47.93	
	100m:	1:12.96	1:12.96	300m:	3:53.86	1:22.12	500m:	6:40.01	1:23.30
	200m:	2:31.74	1:18.78	400m:	5:16.71	1:22.85	600m:	8:05.37	1:25.36
							700m:	9:27.75	1:22.38
							800m:	10:47.93	1:20.18

Programmanr. 1, Meisjes, 800m vrije slag, Gebjr 2007 - 2008

rang	naam	vereniging	intijd	tijd	RT
4.	Esmee Nieuwenhuis	ZPC De Hof	11:04.95	200701444	10:51.99
	100m: 1:17.03	1:17.03 300m: 4:05.03	1:23.70 500m: 6:53.65	1:24.77 700m: 9:36.44	1:18.22
	200m: 2:41.33	1:24.30 400m: 5:28.88	1:23.85 600m: 8:18.22	1:24.57 800m: 10:51.99	1:15.55
5.	Aukje Markerink	ZPC De Hof	11:35.81	200802196	11:38.34
	100m: 1:20.14	1:20.14 300m: 4:17.15	1:28.59 500m: 7:14.36	1:28.82 700m: 10:12.25	1:28.76
	200m: 2:48.56	1:28.42 400m: 5:45.54	1:28.39 600m: 8:43.49	1:29.13 800m: 11:38.34	1:26.09
6.	Nynke van Leeuwen	De Berkelduikers	12:02.70	200701272	11:40.23
	100m: 1:15.31	1:15.31 300m: 4:12.51	1:29.41 500m: 7:14.78	1:30.61 700m: 10:14.57	1:29.43
	200m: 2:43.10	1:27.79 400m: 5:44.17	1:31.66 600m: 8:45.14	1:30.36 800m: 11:40.23	1:25.66
7.	Meyke Haytink	WS Twente	10:34.18	200801188	12:13.53
	100m: 1:25.36	1:25.36 300m: 4:28.10	1:32.53 500m: 7:35.01	1:33.91 700m: 10:43.72	1:34.12
	200m: 2:55.57	1:30.21 400m: 6:01.10	1:33.00 600m: 9:09.60	1:34.59 800m: 12:13.53	1:29.81

Gebjr 2005 - 2006, Dames

1.	Marlies Dijsselhof	Dedemsvaart-AC	10:27.00	200601046	10:30.36
	100m: 1:09.47	1:09.47 300m: 3:48.98	1:20.98 500m: 6:31.57	1:20.53 700m: 9:11.56	1:19.44
	200m: 2:28.00	1:18.53 400m: 5:11.04	1:22.06 600m: 7:52.12	1:20.55 800m: 10:30.36	1:18.80
2.	Jessica Dekkinga	Steenwijk 1934	12:01.54	200600180	11:53.49
	100m: 1:19.31	1:19.31 300m: 4:17.87	1:30.22 500m: 7:21.64	1:31.68 700m: 10:23.92	1:31.06
	200m: 2:47.65	1:28.34 400m: 5:49.96	1:32.09 600m: 8:52.86	1:31.22 800m: 11:53.49	1:29.57

2004 en ouder, Dames

1.	Ismay Lichtendonk	Dedemsvaart-AC	9:24.37	200400622	9:44.02
	100m: 1:05.48	1:05.48 300m: 3:28.74	1:12.29 500m: 5:57.69	1:15.67 700m: 8:29.70	1:15.40
	200m: 2:16.45	1:10.97 400m: 4:42.02	1:13.28 600m: 7:14.30	1:16.61 800m: 9:44.02	1:14.32
2.	Michelle van Wijk	WWV Winterswijk	NT	200204746	10:08.24
	100m: 1:10.17	1:10.17 300m: 3:43.22	1:16.65 500m: 6:18.24	1:17.58 700m: 8:53.27	1:17.33
	200m: 2:26.57	1:16.40 400m: 5:00.66	1:17.44 600m: 7:35.94	1:17.70 800m: 10:08.24	1:14.97
3.	Alessia Sluis	Dedemsvaart-AC	NT	200300896	10:30.24
	100m: 1:12.71	1:12.71 300m: 3:52.64	1:20.20 500m: 6:33.45	1:19.99 700m: 9:13.63	1:19.38
	200m: 2:32.44	1:19.73 400m: 5:13.46	1:20.82 600m: 7:54.25	1:20.80 800m: 10:30.24	1:16.61
4.	Claire Bosch	De Dinkel	10:23.73	200401480	10:43.38
	100m: 1:13.58	1:13.58 300m: 3:55.97	1:21.88 500m: 6:39.11	1:20.99 700m: 9:22.46	1:21.88
	200m: 2:34.09	1:20.51 400m: 5:18.12	1:22.15 600m: 8:00.58	1:21.47 800m: 10:43.38	1:20.92
5.	Romée Beverdam	WS Twente	11:06.67	200100158	11:26.93
	100m: 1:18.45	1:18.45 300m: 4:11.04	1:26.94 500m: 7:06.84	1:28.59 700m: 10:02.50	1:27.88
	200m: 2:44.10	1:25.65 400m: 5:38.25	1:27.21 600m: 8:34.62	1:27.78 800m: 11:26.93	1:24.43
6.	Marjan Rikken	SG Octopus - ZVV	12:13.22	199206114	12:59.30
	100m: 1:25.68	1:25.68 300m: 4:40.48	1:38.72 500m: 8:01.01	1:40.17 700m: 11:22.07	1:40.72
	200m: 3:01.76	1:36.08 400m: 6:20.84	1:40.36 600m: 9:41.35	1:40.34 800m: 12:59.30	1:37.23