

Programmanr. 2
19/4/2025 - 14:40

1500m vrije slag

2013 en ouder
Resultaten

rang	naam	vereniging				intijd					tijd	RT
Gebjr 2011 - 2013, Jongens												
1.	Matthijs van Velzen	Deltasteur				17:39.75		201100435		18:22.43		
	100m: 1:06.43	1:06.43	500m: 6:05.26	1:15.65	900m: 11:02.66	1:14.52	1300m: 16:00.81	1:14.07				
	200m: 2:20.11	1:13.68	600m: 7:19.47	1:14.21	1000m: 12:17.37	1:14.71	1400m: 17:13.60	1:12.79				
	300m: 3:34.35	1:14.24	700m: 8:33.66	1:14.19	1100m: 13:32.01	1:14.64	1500m: 18:22.43	1:08.83				
	400m: 4:49.61	1:15.26	800m: 9:48.14	1:14.48	1200m: 14:46.74	1:14.73						
2.	Rutger Donker	Ndd				19:56.73		201200361		20:14.07		
	100m: 1:13.89	1:13.89	500m: 6:40.29	1:21.60	900m: 12:08.21	1:21.71	1300m: 17:35.69	1:21.44				
	200m: 2:34.45	1:20.56	600m: 8:01.77	1:21.48	1000m: 13:30.95	1:22.74	1400m: 18:56.40	1:20.71				
	300m: 3:56.29	1:21.84	700m: 9:24.15	1:22.38	1100m: 14:52.73	1:21.78	1500m: 20:14.07	1:17.67				
	400m: 5:18.69	1:22.40	800m: 10:46.50	1:22.35	1200m: 16:14.25	1:21.52						
3.	Tim Slagers	Aquapoldro				20:01.48		201200263		20:19.01		
	100m: 1:11.49	1:11.49	500m: 6:38.29	1:21.51	900m: 12:06.29	1:22.28	1300m: 17:38.14	1:23.50				
	200m: 2:31.57	1:20.08	600m: 7:59.73	1:21.44	1000m: 13:29.74	1:23.45	1400m: 18:59.76	1:21.62				
	300m: 3:54.01	1:22.44	700m: 9:21.65	1:21.92	1100m: 14:51.78	1:22.04	1500m: 20:19.01	1:19.25				
	400m: 5:16.78	1:22.77	800m: 10:44.01	1:22.36	1200m: 16:14.64	1:22.86						
4.	Milan Eikenaar	Swol 1894				20:08.78		201100599		20:26.80		
	100m: 1:14.75	1:14.75	500m: 6:43.32	1:21.88	900m: 12:16.38	1:24.15	1300m: 17:49.18	1:23.23				
	200m: 2:35.92	1:21.17	600m: 8:05.91	1:22.59	1000m: 13:38.60	1:22.22	1400m: 19:09.94	1:20.76				
	300m: 3:58.01	1:22.09	700m: 9:29.04	1:23.13	1100m: 15:02.49	1:23.89	1500m: 20:26.80	1:16.86				
	400m: 5:21.44	1:23.43	800m: 10:52.23	1:23.19	1200m: 16:25.95	1:23.46						
5.	Lars Thül	Swol 1894				19:30.09		201200119		20:31.96		
	100m: 1:16.65	1:16.65	500m: 6:45.87	1:22.21	900m: 12:16.72	1:22.90	1300m: 17:49.32	1:24.18				
	200m: 2:38.63	1:21.98	600m: 8:07.61	1:21.74	1000m: 13:39.01	1:22.29	1400m: 19:10.96	1:21.64				
	300m: 4:00.64	1:22.01	700m: 9:30.96	1:23.35	1100m: 15:01.95	1:22.94	1500m: 20:31.96	1:21.00				
	400m: 5:23.66	1:23.02	800m: 10:53.82	1:22.86	1200m: 16:25.14	1:23.19						
6.	Milan van den Berg	Swol 1894				21:06.65		201100253		21:09.12		
	100m: 1:18.69	1:18.69	500m: 6:57.24	1:25.27	900m: 12:36.27	1:23.80	1300m: 18:18.84	1:26.11				
	200m: 2:42.81	1:24.12	600m: 8:22.28	1:25.04	1000m: 14:01.09	1:24.82	1400m: 19:45.32	1:26.48				
	300m: 4:07.31	1:24.50	700m: 9:47.57	1:25.29	1100m: 15:26.77	1:25.68	1500m: 21:09.12	1:23.80				
	400m: 5:31.97	1:24.66	800m: 11:12.47	1:24.90	1200m: 16:52.73	1:25.96						
7.	Mats van der Kamp	Deltasteur				21:13.45		201200113		21:38.43		
	100m: 1:22.20	1:22.20	500m: 7:13.88	1:25.87	900m: 13:11.14	1:31.49	1300m: 18:56.04	1:25.01				
	200m: 2:51.10	1:28.90	600m: 8:42.08	1:28.20	1000m: 14:40.22	1:29.08	1400m: 20:19.96	1:23.92				
	300m: 4:20.99	1:29.89	700m: 10:11.85	1:29.77	1100m: 16:07.02	1:26.80	1500m: 21:38.43	1:18.47				
	400m: 5:48.01	1:27.02	800m: 11:39.65	1:27.80	1200m: 17:31.03	1:24.01						
8.	Hugo Hulstijn	CWW Swimteam				20:44.36		201100297		21:54.00		
	100m: 1:21.88	1:21.88	500m: 7:12.97	1:30.12	900m: 13:09.39	1:28.78	1300m: 19:05.33	1:29.25				
	200m: 2:49.50	1:27.62	600m: 8:42.24	1:29.27	1000m: 14:38.54	1:29.15	1400m: 20:32.30	1:26.97				
	300m: 4:15.90	1:26.40	700m: 10:11.62	1:29.38	1100m: 16:07.27	1:28.73	1500m: 21:54.00	1:21.70				
	400m: 5:42.85	1:26.95	800m: 11:40.61	1:28.99	1200m: 17:36.08	1:28.81						
9.	Maarten de Leeuw	Deltasteur				20:10.78		201200241		21:55.43		
	100m: 1:20.96	1:20.96	500m: 7:11.00	1:27.48	900m: 13:05.20	1:28.50	1300m: 19:01.41	1:28.73				
	200m: 2:48.11	1:27.15	600m: 8:39.02	1:28.02	1000m: 14:34.99	1:29.79	1400m: 20:29.88	1:28.47				
	300m: 4:15.60	1:27.49	700m: 10:07.36	1:28.34	1100m: 16:04.36	1:29.37	1500m: 21:55.43	1:25.55				
	400m: 5:43.52	1:27.92	800m: 11:36.70	1:29.34	1200m: 17:32.68	1:28.32						
10.	Hidde de Jonge	De Grunte				23:24.91		201101213		22:05.40		
	100m: 1:19.98	1:19.98	500m: 7:12.56	1:28.35	900m: 13:07.77	1:28.21	1300m: 19:11.56	1:31.75				
	200m: 2:47.34	1:27.36	600m: 8:42.24	1:29.68	1000m: 14:38.47	1:30.70	1400m: 20:42.01	1:30.45				
	300m: 4:15.78	1:28.44	700m: 10:10.62	1:28.38	1100m: 16:08.48	1:30.01	1500m: 22:05.40	1:23.39				
	400m: 5:44.21	1:28.43	800m: 11:39.56	1:28.94	1200m: 17:39.81	1:31.33						
11.	Luuk ten Asbroek	Het Ravijn				22:29.58		201200601		22:36.01		
	100m: 1:22.41	1:22.41	500m: 7:24.51	1:31.40	900m: 13:35.00	1:33.26	1300m: 19:42.79	1:30.12				
	200m: 2:51.55	1:29.14	600m: 8:56.03	1:31.52	1000m: 15:07.03	1:32.03	1400m: 21:13.70	1:30.91				
	300m: 4:21.92	1:30.37	700m: 10:28.95	1:32.92	1100m: 16:40.00	1:32.97	1500m: 22:36.01	1:22.31				
	400m: 5:53.11	1:31.19	800m: 12:01.74	1:32.79	1200m: 18:12.67	1:32.67						
12.	Fido Hulstijn	CWW Swimteam				22:02.95		201300775		22:42.26		
	100m: 1:21.36	1:21.36	500m: 7:28.99	1:32.79	900m: 13:35.99	1:32.41	1300m: 19:47.46	1:32.51				
	200m: 2:52.14	1:30.78	600m: 9:01.50	1:32.51	1000m: 15:09.14	1:33.15	1400m: 21:16.60	1:29.14				
	300m: 4:24.30	1:32.16	700m: 10:31.39	1:29.89	1100m: 16:41.93	1:32.79	1500m: 22:42.26	1:25.66				
	400m: 5:56.20	1:31.90	800m: 12:03.58	1:32.19	1200m: 18:14.95	1:33.02						
13.	Thiemo Bruin	Swol 1894				22:18.16		201200477		23:04.71		
	100m: 1:25.46	1:25.46	500m: 7:42.13	1:34.84	900m: 13:56.53	1:33.64	1300m: 20:09.48	1:32.69				
	200m: 2:58.42	1:32.96	600m: 9:15.51	1:33.38	1000m: 15:29.79	1:33.26	1400m: 21:40.69	1:31.21				
	300m: 4:32.80	1:34.38	700m: 10:49.72	1:34.21	1100m: 17:02.64	1:32.85	1500m: 23:04.71	1:24.02				
	400m: 6:07.29	1:34.49	800m: 12:22.89	1:33.17	1200m: 18:36.79	1:34.15						

Programmanr. 2, 1500m vrije slag

Gebj 2009 - 2010, Jongens

1.	Finn Stamsnieder	O Z & P C	17:57.52	200900225	18:15.98	
	100m: 1:08.22	1:08.22	500m: 6:03.38	1:14.07	900m: 10:59.70	1:14.07
	200m: 2:21.49	1:13.27	600m: 7:17.65	1:14.27	1000m: 12:13.90	1:14.20
	300m: 3:35.40	1:13.91	700m: 8:31.77	1:14.12	1100m: 13:27.61	1:13.71
	400m: 4:49.31	1:13.91	800m: 9:45.63	1:13.86	1200m: 14:40.36	1:12.75
1300m:						15:54.39
1400m:						17:05.15
1500m:						18:15.98
1:10.83						
2.	Ruben Kragt	Dedemsvaart-AC	19:06.17	201000007	18:38.82	
	100m: 1:09.18	1:09.18	500m: 6:12.00	1:14.59	900m: 11:12.76	1:15.96
	200m: 2:25.02	1:15.84	600m: 7:26.82	1:14.82	1000m: 12:28.01	1:15.25
	300m: 3:41.77	1:16.75	700m: 8:41.56	1:14.74	1100m: 13:43.52	1:15.51
	400m: 4:57.41	1:15.64	800m: 9:56.80	1:15.24	1200m: 14:58.40	1:14.88
1300m:						16:12.61
1400m:						17:26.78
1500m:						18:38.82
1:12.04						
3.	Dyon Scholten	Steenwijk 1934	19:11.02	200900095	18:44.32	
	100m: 1:08.50	1:08.50	500m: 6:09.51	1:16.20	900m: 11:14.77	1:15.39
	200m: 2:22.58	1:14.08	600m: 7:26.42	1:16.91	1000m: 12:30.99	1:16.22
	300m: 3:37.60	1:15.02	700m: 8:41.54	1:15.12	1100m: 13:46.24	1:15.25
	400m: 4:53.31	1:15.71	800m: 9:59.38	1:17.84	1200m: 15:00.92	1:14.68
1300m:						16:15.86
1400m:						17:30.41
1500m:						18:44.32
1:13.91						
4.	Tristan Meijers	Swol 1894	18:31.66	201000089	18:47.92	
	100m: 1:09.85	1:09.85	500m: 6:11.07	1:15.11	900m: 11:14.63	1:16.64
	200m: 2:25.54	1:15.69	600m: 7:26.57	1:15.50	1000m: 12:30.61	1:15.98
	300m: 3:40.89	1:15.35	700m: 8:42.50	1:15.93	1100m: 13:47.02	1:16.41
	400m: 4:55.96	1:15.07	800m: 9:57.99	1:15.49	1200m: 15:03.60	1:16.58
1300m:						16:19.94
1400m:						17:35.91
1500m:						18:47.92
1:12.01						
5.	Milan Bottenberg	Deltasteur	19:54.11	200900153	18:56.04	
	100m: 1:09.35	1:09.35	500m: 6:17.45	1:17.07	900m: 11:22.31	1:15.24
	200m: 2:26.10	1:16.75	600m: 7:33.91	1:16.46	1000m: 12:38.10	1:15.79
	300m: 3:43.51	1:17.41	700m: 8:50.63	1:16.72	1100m: 13:53.90	1:15.80
	400m: 5:00.38	1:16.87	800m: 10:07.07	1:16.44	1200m: 15:10.35	1:16.45
1300m:						16:26.42
1400m:						17:41.25
1500m:						18:56.04
1:14.79						
6.	Roan van der Stege	Swol 1894	18:23.73	200900107	19:13.36	
	100m: 1:08.58	1:08.58	500m: 6:09.09	1:16.34	900m: 11:22.59	1:18.53
	200m: 2:21.53	1:12.95	600m: 7:26.85	1:17.76	1000m: 12:41.79	1:19.20
	300m: 3:36.84	1:15.31	700m: 8:45.29	1:18.44	1100m: 14:00.20	1:18.41
	400m: 4:52.75	1:15.91	800m: 10:04.06	1:18.77	1200m: 15:18.63	1:18.43
1300m:						16:37.70
1400m:						17:56.03
1500m:						19:13.36
1:17.33						
7.	Niek Endeman	Deltasteur	19:28.59	200902567	19:38.78	
	100m: 1:11.77	1:11.77	500m: 6:28.48	1:19.67	900m: 11:42.57	1:18.64
	200m: 2:29.22	1:17.45	600m: 7:47.15	1:18.67	1000m: 13:01.89	1:19.32
	300m: 3:48.56	1:19.34	700m: 9:05.22	1:18.07	1100m: 14:21.33	1:19.44
	400m: 5:08.81	1:20.25	800m: 10:23.93	1:18.71	1200m: 15:40.68	1:19.35
1300m:						17:00.85
1400m:						18:20.88
1500m:						19:38.78
1:17.90						
8.	Robbin Eijkelkamp	ZPC De Hof	21:04.00	200900031	20:00.17	
	100m: 1:11.74	1:11.74	500m: 6:33.87	1:21.27	900m: 11:59.09	1:20.71
	200m: 2:30.45	1:18.71	600m: 7:55.10	1:21.23	1000m: 13:19.97	1:20.88
	300m: 3:51.38	1:20.93	700m: 9:17.15	1:22.05	1100m: 14:41.27	1:21.30
	400m: 5:12.60	1:21.22	800m: 10:38.38	1:21.23	1200m: 16:03.15	1:21.88
1300m:						17:24.60
1400m:						18:43.97
1500m:						20:00.17
1:16.20						
9.	Rinse de Jonge	De Grunte	19:41.37	200900705	20:15.06	
	100m: 1:13.79	1:13.79	500m: 6:42.55	1:22.58	900m: 12:10.78	1:22.03
	200m: 2:34.23	1:20.44	600m: 8:04.78	1:22.23	1000m: 13:33.00	1:22.22
	300m: 3:57.66	1:23.43	700m: 9:27.26	1:22.48	1100m: 14:55.37	1:22.37
	400m: 5:19.97	1:22.31	800m: 10:48.75	1:21.49	1200m: 16:16.31	1:20.94
1300m:						17:38.09
1400m:						18:58.02
1500m:						20:15.06
1:17.04						
10.	Jelmer Kruijt	Olympia	20:36.02	200900525	20:16.71	
	100m: 1:09.69	1:09.69	500m: 6:36.77	1:23.32	900m: 12:08.55	1:22.54
	200m: 2:29.04	1:19.35	600m: 8:00.32	1:23.55	1000m: 13:31.18	1:22.63
	300m: 3:50.47	1:21.43	700m: 9:23.56	1:23.24	1100m: 14:53.60	1:22.42
	400m: 5:13.45	1:22.98	800m: 10:46.01	1:22.45	1200m: 16:16.85	1:23.25
1300m:						17:39.61
1400m:						19:00.61
1500m:						20:16.71
1:16.10						
11.	Giano Spoor	Aquapoldro	20:18.23	200900655	20:31.15	
	100m: 1:10.89	1:10.89	500m: 6:39.97	1:23.28	900m: 12:17.08	1:23.37
	200m: 2:30.95	1:20.06	600m: 8:04.18	1:24.21	1000m: 13:41.52	1:24.44
	300m: 3:53.57	1:22.62	700m: 9:28.92	1:24.74	1100m: 15:04.82	1:23.30
	400m: 5:16.69	1:23.12	800m: 10:53.71	1:24.79	1200m: 16:27.54	1:22.72
1300m:						17:50.30
1400m:						19:11.47
1500m:						20:31.15
1:19.68						
12.	Dhamin Ouali	Swol 1894	NT	200902771	20:34.63	
	100m: 1:15.28	1:15.28	500m: 6:49.38	1:24.81	900m: 12:24.17	1:22.11
	200m: 2:39.03	1:23.75	600m: 8:13.42	1:24.04	1000m: 13:47.59	1:23.42
	300m: 4:00.58	1:21.55	700m: 9:37.69	1:24.27	1100m: 15:09.41	1:21.82
	400m: 5:24.57	1:23.99	800m: 11:02.06	1:24.37	1200m: 16:33.20	1:23.79
1300m:						17:56.75
1400m:						19:19.44
1500m:						20:34.63
1:15.19						
13.	Gijs Nooter	Dedemsvaart-AC	21:54.15	201000725	20:46.03	
	100m: 1:15.60	1:15.60	500m: 6:48.07	1:23.57	900m: 12:21.69	1:24.01
	200m: 2:36.80	1:21.20	600m: 8:10.02	1:21.95	1000m: 13:47.13	1:25.44
	300m: 4:00.48	1:23.68	700m: 9:34.16	1:24.14	1100m: 15:11.00	1:23.87
	400m: 5:24.50	1:24.02	800m: 10:57.68	1:23.52	1200m: 16:36.00	1:25.00
1300m:						18:00.62
1400m:						19:24.86
1500m:						20:46.03
1:21.17						
14.	Jesse Jolink	ENC Arnhem	22:23.23	201000401	21:06.53	
	100m: 1:18.89	1:18.89	500m: 7:02.42	1:26.84	900m: 12:45.38	1:24.95
	200m: 2:43.78	1:24.89	600m: 8:28.39	1:25.97	1000m: 14:09.63	1:24.25
	300m: 4:09.29	1:25.51	700m: 9:54.67	1:26.28	1100m: 15:34.91	1:25.28
	400m: 5:35.58	1:26.29	800m: 11:20.43	1:25.76	1200m: 16:59.65	1:24.74
1300m:						18:24.28
1400m:						19:48.11
1500m:						21:06.53
1:18.42						
15.	Thijmen Holterman	ZPC De Hof	21:00.51	201000005	21:35.58	
	100m: 1:16.04	1:16.04	500m: 7:01.29	1:27.92	900m: 12:50.94	1:28.00
	200m: 2:41.98	1:25.94	600m: 8:27.91	1:26.62	1000m: 14:18.96	1:28.02
	300m: 4:06.88	1:24.90	700m: 9:55.74	1:27.83	1100m: 15:48.19	1:29.23
	400m: 5:33.37	1:26.49	800m: 11:22.94	1:27.20	1200m: 17:16.13	1:27.94
1300m:						18:44.88
1400m:						20:12.70
1500m:						21:35.58
1:22.88						

Programmanr. 2, Jongens, 1500m vrije slag, Gebjr 2009 - 2010

rang	naam	vereniging		intijd		tijd		RT	
16.	Timo Bottenberg	Deltasteur		NT		200900151		22:11.23	
	100m:	1:19.89	1:19.89	500m:	7:16.40	1:29.73	900m:	13:18.95	1:30.56
	200m:	2:46.59	1:26.70	600m:	8:45.69	1:29.29	1000m:	14:48.16	1:29.21
	300m:	4:16.49	1:29.90	700m:	10:17.34	1:31.65	1100m:	16:18.73	1:30.57
	400m:	5:46.67	1:30.18	800m:	11:48.39	1:31.05	1200m:	17:48.48	1:29.75
								1300m:	19:19.17
								1400m:	20:46.80
								1500m:	22:11.23
									1:24.43

Gebjr 2007 - 2008, Jongens

1.	Emiel de Bruijn	Dedemsvaart-AC		17:38.86		200700953		17:54.67	
	100m:	1:05.79	1:05.79	500m:	5:58.95	1:13.69	900m:	10:49.63	1:12.52
	200m:	2:17.86	1:12.07	600m:	7:11.80	1:12.85	1000m:	12:01.45	1:11.82
	300m:	3:31.43	1:13.57	700m:	8:24.60	1:12.80	1100m:	13:14.24	1:12.79
	400m:	4:45.26	1:13.83	800m:	9:37.11	1:12.51	1200m:	14:26.61	1:12.37
2.	Jasper Thijert	WS Twente		17:31.77		200700321		17:57.67	
	100m:	1:05.69	1:05.69	500m:	5:54.16	1:12.35	900m:	10:48.28	1:13.67
	200m:	2:17.16	1:11.47	600m:	7:07.61	1:13.45	1000m:	12:01.06	1:12.78
	300m:	3:29.65	1:12.49	700m:	8:21.31	1:13.70	1100m:	13:13.86	1:12.80
	400m:	4:41.81	1:12.16	800m:	9:34.61	1:13.30	1200m:	14:25.85	1:11.99
3.	Rian Schoneveld	De Berkelduikers		17:22.95		200801789		17:58.17	
	100m:	1:01.82	1:01.82	500m:	5:50.21	1:12.83	900m:	10:41.37	1:12.00
	200m:	2:12.96	1:11.14	600m:	7:03.63	1:13.42	1000m:	11:55.00	1:13.63
	300m:	3:24.92	1:11.96	700m:	8:16.26	1:12.63	1100m:	13:08.14	1:13.14
	400m:	4:37.38	1:12.46	800m:	9:29.37	1:13.11	1200m:	14:21.31	1:13.17
4.	Julian Zwarthoff	Swol 1894		18:57.00		200800945		19:18.21	
	100m:	1:11.32	1:11.32	500m:	6:19.34	1:18.21	900m:	11:31.97	1:18.34
	200m:	2:26.47	1:15.15	600m:	7:37.67	1:18.33	1000m:	12:50.56	1:18.59
	300m:	3:43.06	1:16.59	700m:	8:55.39	1:17.72	1100m:	14:09.63	1:19.07
	400m:	5:01.13	1:18.07	800m:	10:13.63	1:18.24	1200m:	15:29.52	1:19.89
5.	Bjorn Scholten	O Z & P C		19:22.62		200801143		19:53.29	
	100m:	1:12.73	1:12.73	500m:	6:35.18	1:21.76	900m:	11:59.90	1:20.44
	200m:	2:31.89	1:19.16	600m:	7:57.51	1:22.33	1000m:	13:20.92	1:21.02
	300m:	3:52.13	1:20.24	700m:	9:19.60	1:22.09	1100m:	14:40.99	1:20.07
	400m:	5:13.42	1:21.29	800m:	10:39.46	1:19.86	1200m:	16:00.64	1:19.65

Gebjr 2005 - 2006, Heren

1.	Kjetil van Gasteren	Olympia		NT		200600405		20:49.60	
	100m:	1:13.62	1:13.62	500m:	6:55.97	1:25.60	900m:	12:32.53	1:23.89
	200m:	2:38.28	1:24.66	600m:	8:20.24	1:24.27	1000m:	13:56.07	1:23.54
	300m:	4:05.00	1:26.72	700m:	9:44.90	1:24.66	1100m:	15:19.98	1:23.91
	400m:	5:30.37	1:25.37	800m:	11:08.64	1:23.74	1200m:	16:43.74	1:23.76

2004 en ouder, Heren

1.	Jorim Hebbink	De Berkelduikers		21:16.58		200401957		20:58.30	
	100m:	1:14.62	1:14.62	500m:	6:53.31	1:25.68	900m:	12:34.90	1:25.31
	200m:	2:37.68	1:23.06	600m:	8:17.93	1:24.62	1000m:	14:01.31	1:26.41
	300m:	4:02.14	1:24.46	700m:	9:43.71	1:25.78	1100m:	15:26.91	1:25.60
	400m:	5:27.63	1:25.49	800m:	11:09.59	1:25.88	1200m:	16:52.20	1:25.29
2.	Rolf Veldboom	WWV Winterswijk		NT		200302231		21:15.86	
	100m:	1:17.18	1:17.18	500m:	6:58.61	1:26.82	900m:	12:44.79	1:27.07
	200m:	2:41.46	1:24.28	600m:	8:24.89	1:26.28	1000m:	14:11.16	1:26.37
	300m:	4:06.02	1:24.56	700m:	9:51.97	1:27.08	1100m:	15:38.35	1:27.19
	400m:	5:31.79	1:25.77	800m:	11:17.72	1:25.75	1200m:	17:04.92	1:26.57
3.	Luc Aveskamp	De Dinkel		19:26.55		200300337		21:18.40	
	100m:	1:16.75	1:16.75	500m:	6:53.59	1:25.55	900m:	12:39.33	1:26.80
	200m:	2:39.48	1:22.73	600m:	8:19.40	1:25.81	1000m:	14:06.18	1:26.85
	300m:	4:03.39	1:23.91	700m:	9:46.13	1:26.73	1100m:	15:33.42	1:27.24
	400m:	5:28.04	1:24.65	800m:	11:12.53	1:26.40	1200m:	17:01.35	1:27.93
4.	Chris Kouwenhoven	De Grunte		21:13.62		197101669		21:47.75	
	100m:	1:21.46	1:21.46	500m:	7:13.32	1:27.86	900m:	13:05.15	1:27.83
	200m:	2:49.44	1:27.98	600m:	8:41.17	1:27.85	1000m:	14:33.09	1:27.94
	300m:	4:17.86	1:28.42	700m:	10:09.30	1:28.13	1100m:	16:00.91	1:27.82
	400m:	5:45.46	1:27.60	800m:	11:37.32	1:28.02	1200m:	17:28.13	1:27.22
5.	Harm Jan Otter	Het Ravijn		21:04.65		198101283		21:50.89	
	100m:	1:15.41	1:15.41	500m:	7:01.74	1:28.82	900m:	12:58.43	1:28.43
	200m:	2:39.25	1:23.84	600m:	8:31.72	1:29.98	1000m:	14:27.34	1:28.91
	300m:	4:05.41	1:26.16	700m:	10:01.40	1:29.68	1100m:	15:56.45	1:29.11
	400m:	5:32.92	1:27.51	800m:	11:30.00	1:28.60	1200m:	17:25.50	1:29.05

Programmanr. 2, 1500m vrije slag

Gebjr 2011 - 2013, Meisjes

1. Maurieke Frijstein	Deltasteur				22:20.52	201100198	20:53.08				
100m:	1:14.93	1:14.93	500m:	6:52.08	1:25.69	900m:	12:32.09	1:24.29	1300m:	18:10.31	1:23.82
200m:	2:37.32	1:22.39	600m:	8:17.09	1:25.01	1000m:	13:56.65	1:24.56	1400m:	19:33.20	1:22.89
300m:	4:01.72	1:24.40	700m:	9:42.79	1:25.70	1100m:	15:21.85	1:25.20	1500m:	20:53.08	1:19.88
400m:	5:26.39	1:24.67	800m:	11:07.80	1:25.01	1200m:	16:46.49	1:24.64			
2. Lisa Boogaard	Deltasteur				NT	201100990	20:56.82				
100m:	1:15.36	1:15.36	500m:	6:48.32	1:24.57	900m:	12:26.44	1:24.44	1300m:	18:07.70	1:26.59
200m:	2:37.40	1:22.04	600m:	8:13.11	1:24.79	1000m:	13:50.90	1:24.46	1400m:	19:33.39	1:25.69
300m:	4:00.36	1:22.96	700m:	9:37.68	1:24.57	1100m:	15:15.26	1:24.36	1500m:	20:56.82	1:23.43
400m:	5:23.75	1:23.39	800m:	11:02.00	1:24.32	1200m:	16:41.11	1:25.85			
3. Jinthe Kuiper	Swol 1894				20:54.74	201200688	21:14.87				
100m:	1:17.39	1:17.39	500m:	6:52.84	1:25.17	900m:	12:36.76	1:26.24	1300m:	18:25.90	1:27.24
200m:	2:40.22	1:22.83	600m:	8:18.87	1:26.03	1000m:	14:01.94	1:25.18	1400m:	19:51.77	1:25.87
300m:	4:03.84	1:23.62	700m:	9:45.07	1:26.20	1100m:	15:29.16	1:27.22	1500m:	21:14.87	1:23.10
400m:	5:27.67	1:23.83	800m:	11:10.52	1:25.45	1200m:	16:58.66	1:29.50			
4. Ribanna Damm	Sg - E Z C L				21:57.80	201100304	21:45.14				
100m:	1:15.95	1:15.95	500m:	7:07.95	1:40.97	900m:	13:06.80	1:29.35	1300m:	18:59.95	1:27.78
200m:	2:41.05	1:25.10	600m:	8:37.77	1:29.82	1000m:	14:36.00	1:29.20	1400m:	20:25.36	1:25.41
300m:	4:08.82	1:27.77	700m:	10:08.13	1:30.36	1100m:	16:03.11	1:27.11	1500m:	21:45.14	1:19.78
400m:	5:26.98	1:18.16	800m:	11:37.45	1:29.32	1200m:	17:32.17	1:29.06			

Gebjr 2009 - 2010, Meisjes

1. Florien Pot	O Z & P C				18:49.44		201000768		19:24.25		
100m:	1:11.66	1:11.66	500m:	6:24.34	1:18.26	900m:	11:37.49	1:18.49	1300m:	16:50.95	1:18.67
200m:	2:29.16	1:17.50	600m:	7:43.44	1:19.10	1000m:	12:55.57	1:18.08	1400m:	18:08.32	1:17.37
300m:	3:47.39	1:18.23	700m:	9:01.77	1:18.33	1100m:	14:14.18	1:18.61	1500m:	19:24.25	1:15.93
400m:	5:06.08	1:18.69	800m:	10:19.00	1:17.23	1200m:	15:32.28	1:18.10			
2. Kayleigh van Doeselaar	WS Twente				21:26.13		201000478		20:50.29		
100m:	1:16.19	1:16.19	500m:	6:51.12	1:22.67	900m:	12:26.27	1:24.37	1300m:	18:07.75	1:25.02
200m:	2:39.16	1:22.97	600m:	8:15.45	1:24.33	1000m:	13:51.75	1:25.48	1400m:	19:31.79	1:24.04
300m:	4:03.04	1:23.88	700m:	9:39.02	1:23.57	1100m:	15:17.46	1:25.71	1500m:	20:50.29	1:18.50
400m:	5:28.45	1:25.41	800m:	11:01.90	1:22.88	1200m:	16:42.73	1:25.27			
3. Nienke Bulter	De Dinkel				20:09.25		200902188		20:53.43		
100m:	1:16.73	1:16.73	500m:	6:49.50	1:23.59	900m:	12:28.83	1:25.73	1300m:	18:09.30	1:24.63
200m:	2:39.29	1:22.56	600m:	8:13.93	1:24.43	1000m:	13:54.34	1:25.51	1400m:	19:33.36	1:24.06
300m:	4:02.71	1:23.42	700m:	9:38.78	1:24.85	1100m:	15:19.77	1:25.43	1500m:	20:53.43	1:20.07
400m:	5:25.91	1:23.20	800m:	11:03.10	1:24.32	1200m:	16:44.67	1:24.90			
4. Jente van t Hul	Deltasteur				NT		201000186		21:00.41		
100m:	1:17.18	1:17.18	500m:	6:56.82	1:25.25	900m:	12:37.01	1:25.18	1300m:	18:17.61	1:25.75
200m:	2:41.03	1:23.85	600m:	8:21.95	1:25.13	1000m:	14:01.72	1:24.71	1400m:	19:41.29	1:23.68
300m:	4:05.92	1:24.89	700m:	9:46.46	1:24.51	1100m:	15:27.38	1:25.66	1500m:	21:00.41	1:19.12
400m:	5:31.57	1:25.65	800m:	11:11.83	1:25.37	1200m:	16:51.86	1:24.48			
5. Karina van de Wetering	Deltasteur				NT		201000972		21:47.51		
100m:	1:19.02	1:19.02	500m:	7:09.20	1:27.03	900m:	13:02.34	1:28.81	1300m:	18:57.36	1:28.02
200m:	2:46.42	1:27.40	600m:	8:37.04	1:27.84	1000m:	14:31.67	1:29.33	1400m:	20:24.77	1:27.41
300m:	4:14.23	1:27.81	700m:	10:05.08	1:28.04	1100m:	16:00.49	1:28.82	1500m:	21:47.51	1:22.74
400m:	5:42.17	1:27.94	800m:	11:33.53	1:28.45	1200m:	17:29.34	1:28.85			
6. Lenore Donker	Ndd				21:33.75		201000080		22:37.78		
100m:	1:20.82	1:20.82	500m:	7:34.26	1:32.99	900m:	13:43.45	1:32.52	1300m:	19:45.68	1:30.44
200m:	2:54.23	1:33.41	600m:	9:07.51	1:33.25	1000m:	15:14.70	1:31.25	1400m:	21:14.09	1:28.41
300m:	4:28.07	1:33.84	700m:	10:38.96	1:31.45	1100m:	16:45.19	1:30.49	1500m:	22:37.78	1:23.69
400m:	6:01.27	1:33.20	800m:	12:10.93	1:31.97	1200m:	18:15.24	1:30.05			
7. Gwen Schuur	De Grunte				23:12.26		201000698		24:29.94		
100m:	1:22.52	1:22.52	500m:	7:53.82	1:40.55	900m:	14:34.22	1:40.99	1300m:	21:13.03	1:37.83
200m:	2:55.15	1:32.63	600m:	9:33.07	1:39.25	1000m:	16:15.03	1:40.81	1400m:	22:52.13	1:39.10
300m:	4:32.90	1:37.75	700m:	11:13.31	1:40.24	1100m:	17:55.34	1:40.31	1500m:	24:29.94	1:37.81
400m:	6:13.27	1:40.37	800m:	12:53.23	1:39.92	1200m:	19:35.20	1:39.86			
8. Froukje van Leeuwen	De Berkelduikers				24:09.03		200901208		24:30.35		
100m:	1:24.82	1:24.82	500m:	7:56.04	1:37.67	900m:	14:39.71	1:40.84	1300m:	21:20.10	1:39.49
200m:	3:01.36	1:36.54	600m:	9:37.32	1:41.28	1000m:	16:19.29	1:39.58	1400m:	22:58.02	1:37.92
300m:	4:39.32	1:37.96	700m:	11:18.25	1:40.93	1100m:	18:00.81	1:41.52	1500m:	24:30.35	1:32.33
400m:	6:18.37	1:39.05	800m:	12:58.87	1:40.62	1200m:	19:40.61	1:39.80			

Gebjr 2007 - 2008, Meisjes

1. Barbara Broekhuis	De Dinkel			18:47.56	200700880	19:12.14					
100m:	1:10.75	1:10.75	500m:	6:18.49	1:17.76	900m:	11:29.35	1:16.93	1300m:	16:41.01	1:17.92
200m:	2:26.66	1:15.91	600m:	7:36.41	1:17.92	1000m:	12:47.01	1:17.66	1400m:	18:01.35	1:20.34
300m:	3:43.40	1:16.74	700m:	8:54.41	1:18.00	1100m:	14:04.97	1:17.96	1500m:	19:12.14	1:10.79
400m:	5:00.73	1:17.33	800m:	10:12.42	1:18.01	1200m:	15:23.09	1:18.12			

Programmanr. 2, Meisjes, 1500m vrije slag, Gebjr 2007 - 2008

rang	naam	vereniging				intijd		tijd			RT	
2.	Lyke Bellert	SG Octopus - ZVV				19:09.72		200701424		19:53.44		
	100m:	1:13.38	1:13.38	500m:	6:38.00	1:22.09	900m:	12:00.48	1:20.34	1300m:	17:21.58	1:19.96
	200m:	2:33.84	1:20.46	600m:	7:58.74	1:20.74	1000m:	13:20.05	1:19.57	1400m:	18:40.10	1:18.52
	300m:	3:54.50	1:20.66	700m:	9:20.44	1:21.70	1100m:	14:41.34	1:21.29	1500m:	19:53.44	1:13.34
	400m:	5:15.91	1:21.41	800m:	10:40.14	1:19.70	1200m:	16:01.62	1:20.28			
3.	Marloue Weijland	Deltasteur				20:53.47		200800152		20:46.72		
	100m:	1:17.27	1:17.27	500m:	6:53.72	1:24.09	900m:	12:28.37	1:23.57	1300m:	18:02.68	1:24.04
	200m:	2:40.88	1:23.61	600m:	8:17.59	1:23.87	1000m:	13:51.44	1:23.07	1400m:	19:26.63	1:23.95
	300m:	4:05.26	1:24.38	700m:	9:41.26	1:23.67	1100m:	15:14.67	1:23.23	1500m:	20:46.72	1:20.09
	400m:	5:29.63	1:24.37	800m:	11:04.80	1:23.54	1200m:	16:38.64	1:23.97			
4.	Anique Polinder	Dedemsvaart-AC				21:45.45		200800008		20:51.82		
	100m:	1:15.68	1:15.68	500m:	6:52.03	1:24.41	900m:	12:29.83	1:24.30	1300m:	18:08.34	1:23.66
	200m:	2:38.82	1:23.14	600m:	8:16.62	1:24.59	1000m:	13:54.79	1:24.96	1400m:	19:32.73	1:24.39
	300m:	4:02.43	1:23.61	700m:	9:41.05	1:24.43	1100m:	15:19.43	1:24.64	1500m:	20:51.82	1:19.09
	400m:	5:27.62	1:25.19	800m:	11:05.53	1:24.48	1200m:	16:44.68	1:25.25			
5.	Sofie Kragt	Dedemsvaart-AC				21:25.12		200701020		21:16.81		
	100m:	1:19.02	1:19.02	500m:	7:02.92	1:26.32	900m:	12:47.76	1:26.13	1300m:	18:30.71	1:25.62
	200m:	2:45.18	1:26.16	600m:	8:29.35	1:26.43	1000m:	14:14.35	1:26.59	1400m:	19:55.78	1:25.07
	300m:	4:11.33	1:26.15	700m:	9:55.73	1:26.38	1100m:	15:40.19	1:25.84	1500m:	21:16.81	1:21.03
	400m:	5:36.60	1:25.27	800m:	11:21.63	1:25.90	1200m:	17:05.09	1:24.90			
6.	Leyona Lichtendonk	Dedemsvaart-AC				19:57.63		200700010		22:03.59		
	100m:	1:18.30	1:18.30	500m:	6:57.03	1:26.38	900m:	12:50.87	1:30.14	1300m:	19:00.50	1:34.39
	200m:	2:41.67	1:23.37	600m:	8:25.63	1:28.60	1000m:	14:20.94	1:30.07	1400m:	20:33.44	1:32.94
	300m:	4:06.75	1:25.08	700m:	9:54.43	1:28.80	1100m:	15:53.32	1:32.38	1500m:	22:03.59	1:30.15
	400m:	5:30.65	1:23.90	800m:	11:20.73	1:26.30	1200m:	17:26.11	1:32.79			
7.	Elise van der Wielen	Olympia				22:17.76		200700346		23:11.22		
	100m:	1:26.32	1:26.32	500m:	7:51.87	1:36.57	900m:	14:14.26	1:35.08	1300m:	20:21.68	1:29.22
	200m:	3:01.34	1:35.02	600m:	9:28.35	1:36.48	1000m:	15:49.75	1:35.49	1400m:	21:49.18	1:27.50
	300m:	4:38.43	1:37.09	700m:	11:04.38	1:36.03	1100m:	17:22.20	1:32.45	1500m:	23:11.22	1:22.04
	400m:	6:15.30	1:36.87	800m:	12:39.18	1:34.80	1200m:	18:52.46	1:30.26			
8.	Elina Hendriks	De Grunte				25:40.35		200801178		26:55.68		
	100m:	1:29.40	1:29.40	500m:	8:34.17	1:49.49	900m:	15:56.03	1:52.26	1300m:	23:20.52	1:50.25
	200m:	3:11.72	1:42.32	600m:	10:24.87	1:50.70	1000m:	17:48.33	1:52.30	1400m:	25:12.70	1:52.18
	300m:	4:57.13	1:45.41	700m:	12:13.42	1:48.55	1100m:	19:38.78	1:50.45	1500m:	26:55.68	1:42.98
	400m:	6:44.68	1:47.55	800m:	14:03.77	1:50.35	1200m:	21:30.27	1:51.49			

Gebjr 2005 - 2006, Dames

1.	Marlies Dijsselhof	Dedemsvaart-AC				20:18.96		200601046		20:40.36		
	100m:	1:13.63	1:13.63	500m:	6:51.82	1:24.27	900m:	12:26.67	1:23.38	1300m:	17:58.33	1:23.23
	200m:	2:37.26	1:23.63	600m:	8:15.41	1:23.59	1000m:	13:49.10	1:22.43	1400m:	19:19.36	1:21.03
	300m:	4:02.20	1:24.94	700m:	9:39.67	1:24.26	1100m:	15:11.92	1:22.82	1500m:	20:40.36	1:21.00
	400m:	5:27.55	1:25.35	800m:	11:03.29	1:23.62	1200m:	16:35.10	1:23.18			
2.	Feline Slijkhuis	SG Octopus - ZVV				19:28.60		200501042		20:49.09		
	100m:	1:14.78	1:14.78	500m:	6:47.13	1:23.84	900m:	12:24.79	1:24.55	1300m:	18:06.21	1:24.62
	200m:	2:37.07	1:22.29	600m:	8:11.03	1:23.90	1000m:	13:50.08	1:25.29	1400m:	19:30.47	1:24.26
	300m:	3:59.85	1:22.78	700m:	9:35.67	1:24.64	1100m:	15:16.07	1:25.99	1500m:	20:49.09	1:18.62
	400m:	5:23.29	1:23.44	800m:	11:00.24	1:24.57	1200m:	16:41.59	1:25.52			
3.	Pien Ooijman	WS Twente				21:12.62		200504500		22:30.75		
	100m:	1:20.53	1:20.53	500m:	7:21.78	1:31.39	900m:	13:24.74	1:31.60	1300m:	19:32.16	1:31.34
	200m:	2:48.95	1:28.42	600m:	8:52.70	1:30.92	1000m:	14:56.51	1:31.77	1400m:	21:02.62	1:30.46
	300m:	4:18.80	1:29.85	700m:	10:21.69	1:28.99	1100m:	16:28.94	1:32.43	1500m:	22:30.75	1:28.13
	400m:	5:50.39	1:31.59	800m:	11:53.14	1:31.45	1200m:	18:00.82	1:31.88			
4.	Eline Pullen	De Grunte				23:55.82		200500630		24:40.54		
	100m:	1:26.13	1:26.13	500m:	8:00.79	1:39.77	900m:	14:44.14	1:40.83	1300m:	21:30.71	1:41.06
	200m:	3:03.13	1:37.00	600m:	9:42.10	1:41.31	1000m:	16:25.55	1:41.41	1400m:	23:08.24	1:37.53
	300m:	4:41.35	1:38.22	700m:	11:22.52	1:40.42	1100m:	18:07.57	1:42.02	1500m:	24:40.54	1:32.30
	400m:	6:21.02	1:39.67	800m:	13:03.31	1:40.79	1200m:	19:49.65	1:42.08			

2004 en ouder, Dames

1.	Ismay Lichtendonk	Dedemsvaart-AC				18:46.91	200400622	18:52.78				
	100m:	1:10.03	1:10.03	500m:	6:07.77	1:14.77	900m:	11:15.53	1:16.53	1300m:	16:23.51	1:15.25
	200m:	2:24.80	1:14.77	600m:	7:23.55	1:15.78	1000m:	12:33.32	1:17.79	1400m:	17:40.76	1:17.25
	300m:	3:38.89	1:14.09	700m:	8:41.19	1:17.64	1100m:	13:48.81	1:15.49	1500m:	18:52.78	1:12.02
	400m:	4:53.00	1:14.11	800m:	9:59.00	1:17.81	1200m:	15:08.26	1:19.45			
2.	Cynthia Koolman	Steenwijk 1934				19:59.01	200300232	20:02.21				
	100m:	1:13.04	1:13.04	500m:	6:32.67	1:20.26	900m:	11:56.03	1:20.96	1300m:	17:20.91	1:21.22
	200m:	2:31.83	1:18.79	600m:	7:53.32	1:20.65	1000m:	13:16.79	1:20.76	1400m:	18:42.91	1:22.00
	300m:	3:52.14	1:20.31	700m:	9:14.56	1:21.24	1100m:	14:38.29	1:21.50	1500m:	20:02.21	1:19.30
	400m:	5:12.41	1:20.27	800m:	10:35.07	1:20.51	1200m:	15:59.69	1:21.40			
3.	Nienke Verploeg	Olympia				20:29.12	200000438	21:22.38				
	100m:	1:18.11	1:18.11	500m:	6:54.38	1:24.62	900m:	12:39.80	1:27.02	1300m:	18:31.17	1:27.63
	200m:	2:41.55	1:23.44	600m:	8:20.11	1:25.73	1000m:	14:06.54	1:26.74	1400m:	19:58.67	1:27.50
	300m:	4:05.65	1:24.10	700m:	9:45.96	1:25.85	1100m:	15:35.25	1:28.71	1500m:	21:22.38	1:23.71
	400m:	5:29.76	1:24.11	800m:	11:12.78	1:26.82	1200m:	17:03.54	1:28.29			

Programmanr. 2, Dames, 1500m vrije slag, 2004 en ouder

rang	naam	vereniging		intijd		tijd		RT				
4.	Manou Blokhorst	WWV Winterswijk		NT		200402554		21:23.31				
	100m:	1:16.22	1:16.22	500m:	6:56.62	1:26.11	900m:	12:45.14	1:27.76	1300m:	18:34.11	1:27.91
	200m:	2:40.30	1:24.08	600m:	8:22.97	1:26.35	1000m:	14:14.19	1:29.05	1400m:	20:00.64	1:26.53
	300m:	4:05.05	1:24.75	700m:	9:49.96	1:26.99	1100m:	15:38.90	1:24.71	1500m:	21:23.31	1:22.67
	400m:	5:30.51	1:25.46	800m:	11:17.38	1:27.42	1200m:	17:06.20	1:27.30			
5.	Laura ter Stege	CWW Swimteam		23:15.71		199602364		23:06.10				
	100m:	1:18.76	1:18.76	500m:	7:24.14	1:32.52	900m:	13:41.35	1:34.75	1300m:	20:03.66	1:35.31
	200m:	2:47.66	1:28.90	600m:	8:58.17	1:34.03	1000m:	15:17.38	1:36.03	1400m:	21:37.38	1:33.72
	300m:	4:18.81	1:31.15	700m:	10:32.26	1:34.09	1100m:	16:52.83	1:35.45	1500m:	23:06.10	1:28.72
	400m:	5:51.62	1:32.81	800m:	12:06.60	1:34.34	1200m:	18:28.35	1:35.52			
6.	Anna Lauxen	Steenwijk 1934		23:27.65		199108154		24:42.21				
	100m:	1:27.54	1:27.54	500m:	8:07.91	1:40.99	900m:	14:51.17	1:41.03	1300m:	21:29.46	1:39.27
	200m:	3:05.37	1:37.83	600m:	9:49.23	1:41.32	1000m:	16:31.30	1:40.13	1400m:	23:07.61	1:38.15
	300m:	4:46.26	1:40.89	700m:	11:29.27	1:40.04	1100m:	18:11.77	1:40.47	1500m:	24:42.21	1:34.60
	400m:	6:26.92	1:40.66	800m:	13:10.14	1:40.87	1200m:	19:50.19	1:38.42			
7.	L. Friskes-van Kesteren	De Berkelduikers		27:06.59		196700768		28:06.79				
	100m:	1:38.46	1:38.46	500m:	9:09.41	1:53.99	900m:	16:45.27	1:54.49	1300m:	24:21.77	1:54.36
	200m:	3:29.65	1:51.19	600m:	11:02.72	1:53.31	1000m:	18:39.80	1:54.53	1400m:	26:14.90	1:53.13
	300m:	5:22.82	1:53.17	700m:	12:57.18	1:54.46	1100m:	20:33.05	1:53.25	1500m:	28:06.79	1:51.89
	400m:	7:15.42	1:52.60	800m:	14:50.78	1:53.60	1200m:	22:27.41	1:54.36			