



Overijsselse Kampioenschappen Lange Baan
Hengelo, 17 - 25/5/2025



Programmanr. 102
17/5/2025 - 14:20

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT
Onder 14														
1.	Isabel Amelink	Deltasteur				5:48.40				201100196				5:57.63
	50m: 36.82	36.82	150m:	2:09.92	48.84	250m:	3:48.05	51.57	350m:	5:18.54		38.31		
	100m: 1:21.08	44.26	200m:	2:56.48	46.56	300m:	4:40.23	52.18	400m:	5:57.63		39.09		
2.	Mattea Gliese-Sloojier	De Dinkel				5:48.91				201100008				6:00.00
	50m: 38.04	38.04	150m:	2:09.59	45.29	250m:	3:46.96	52.85	350m:	5:21.80		40.56		
	100m: 1:24.30	46.26	200m:	2:54.11	44.52	300m:	4:41.24	54.28	400m:	6:00.00		38.20		
3.	Annefleur Schraa	SWOL 1894				6:01.22				201100044				6:05.19
	50m: 38.91	38.91	150m:	2:13.94	45.87	250m:	3:48.81	51.48	350m:	5:23.16		42.16		
	100m: 1:28.07	49.16	200m:	2:57.33	43.39	300m:	4:41.00	52.19	400m:	6:05.19		42.03		
4.	Jinthe Kuiper	SWOL 1894				6:10.26				201200688				6:08.15
	50m: 37.36	37.36	150m:	2:10.71	47.28	250m:	3:50.85	53.19	350m:	5:27.35		43.18		
	100m: 1:23.43	46.07	200m:	2:57.66	46.95	300m:	4:44.17	53.32	400m:	6:08.15		40.80		
5.	Lisa Boogaard	Deltasteur				6:01.76				201100990				6:10.76
	50m: 37.84	37.84	150m:	2:15.69	49.20	250m:	3:55.28	51.16	350m:	5:30.32		41.79		
	100m: 1:26.49	48.65	200m:	3:04.12	48.43	300m:	4:48.53	53.25	400m:	6:10.76		40.44		
6.	Imke Oude Engberink *BT 150m	De Dinkel				6:05.03				201100818				6:14.13
	50m: 38.20	38.20	150m:	2:11.40	47.59	250m:	3:57.45	57.29	350m:	5:35.08		39.90		
	100m: 1:23.81	45.61	200m:	3:00.16	48.76	300m:	4:55.18	57.73	400m:	6:14.13		39.05		
7.	Ribanna Damm	EZCL (SG)				6:09.10				201100304				6:14.82
	50m: 37.86	37.86	150m:	2:15.77	49.00	250m:	3:56.60	54.54	350m:	5:35.56		43.47		
	100m: 1:26.77	48.91	200m:	3:02.06	46.29	300m:	4:52.09	55.49	400m:	6:14.82		39.26		
8.	Femke Keizer *BT 50m	Dedemsvaart-AC				6:52.93				201200272				6:17.34
	50m: 38.33	38.33	150m:	2:17.40	46.61	250m:	3:56.88	53.09	350m:	5:36.16		43.50		
	100m: 1:30.79	52.46	200m:	3:03.79	46.39	300m:	4:52.66	55.78	400m:	6:17.34		41.18		
9.	Mieke Jansen * BT 150m	Dedemsvaart-AC				6:10.78				201101950				6:20.97
	50m: 41.15	41.15	150m:	2:17.34	48.16	250m:	3:59.91	55.94	350m:	5:40.75		43.39		
	100m: 1:29.18	48.03	200m:	3:03.97	46.63	300m:	4:57.36	57.45	400m:	6:20.97		40.22		
10.	Maurieke Frijstein	Deltasteur				6:06.76				201100198				6:27.31
	50m: 40.67	40.67	150m:	2:24.97	50.59	250m:	4:05.26	51.19	350m:	5:42.87		44.26		
	100m: 1:34.38	53.71	200m:	3:14.07	49.10	300m:	4:58.61	53.35	400m:	6:27.31		44.44		
11.	Karlijn Siero	de IJssel				6:15.67				201201758				6:28.02
	50m: 42.94	42.94	150m:	2:26.16	52.02	250m:	4:10.62	54.53	350m:	5:49.50		43.86		
	100m: 1:34.14	51.20	200m:	3:16.09	49.93	300m:	5:05.64	55.02	400m:	6:28.02		38.52		
12.	Elynn Fransz *BT 400m	SWOL 1894				6:13.76				201102114				6:28.74
	50m: 38.47	38.47	150m:	2:18.99	46.12	250m:	4:02.52	56.14	350m:	5:45.60		45.54		
	100m: 1:32.87	54.40	200m:	3:06.38	47.39	300m:	5:00.06	57.54	400m:	6:28.74		43.14		
13.	Sophie Kortenschijl	WS Twente				6:20.18				201100672				6:30.67
	50m: 36.11	36.11	150m:	2:13.38	47.69	250m:	4:02.79	1:03.79	350m:	5:48.97		41.79		
	100m: 1:25.69	49.58	200m:	2:59.00	45.62	300m:	5:07.18	1:04.39	400m:	6:30.67		41.70		
14.	Lara Heesterbeek	EZCL (SG)				6:24.04				201200102				6:36.17
	50m: 40.93	40.93	150m:	2:24.76	50.19	250m:	4:08.24	54.04	350m:	5:51.76		45.40		
	100m: 1:34.57	53.64	200m:	3:14.20	49.44	300m:	5:06.36	58.12	400m:	6:36.17		44.41		
15.	Madeé Boezen Regio Jaargang Record	ZIGNEA				6:18.67				201300782				6:36.95
	50m: 43.52	43.52	150m:	2:30.82	49.54	250m:	4:16.58	56.59	350m:	5:54.91		41.11		
	100m: 1:41.28	57.76	200m:	3:19.99	49.17	300m:	5:13.80	57.22	400m:	6:36.95		42.04		
16.	Fayenne Hemmelder	WS Twente				6:37.26				201200538				6:52.09
	50m: 42.42	42.42	150m:	2:35.02	58.66	250m:	4:27.64	56.46	350m:	6:10.07		45.60		
	100m: 1:36.36	53.94	200m:	3:31.18	56.16	300m:	5:24.47	56.83	400m:	6:52.09		42.02		



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Programmanr. 102, Dames, 400m wisselslag

Onder 16

1.	Florien Pot	OZ&PC	5:44.39	201000768	5:37.94	
	50m: 35.11	35.11 150m: 2:02.48	44.55 250m: 3:34.42	49.45 350m: 5:01.99	37.87	
	100m: 1:17.93	42.82 200m: 2:44.97	42.49 300m: 4:24.12	49.70 400m: 5:37.94	35.95	
2.	Yaell Elmerink	ZPC De Hof	5:22.14	200900310	5:38.19	
	50m: 33.11	33.11 150m: 1:59.87	46.57 250m: 3:34.04	48.41 350m: 5:02.26	38.39	
	100m: 1:13.30	40.19 200m: 2:45.63	45.76 300m: 4:23.87	49.83 400m: 5:38.19	35.93	
3.	Nienke Bulter	De Dinkel	5:27.35	200902188	5:44.11	
	50m: 36.55	36.55 150m: 2:02.46	44.69 250m: 3:35.91	49.13 350m: 5:06.08	40.71	
	100m: 1:17.77	41.22 200m: 2:46.78	44.32 300m: 4:25.37	49.46 400m: 5:44.11	38.03	
4.	Simone Faber	Deltasteur	5:31.77	200900710	5:44.31	
	50m: 35.15	35.15 150m: 2:05.73	45.52 250m: 3:38.98	49.43 350m: 5:09.39	38.78	
	100m: 1:20.21	45.06 200m: 2:49.55	43.82 300m: 4:30.61	51.63 400m: 5:44.31	34.92	
5.	Daphne Dijksselhof	Dedemsvaart-AC	5:57.03	200901690	5:52.65	
	50m: 36.80	36.80 150m: 2:09.65	45.62 250m: 3:46.25	51.92 350m: 5:16.19	38.36	
	100m: 1:24.03	47.23 200m: 2:54.33	44.68 300m: 4:37.83	51.58 400m: 5:52.65	36.46	
6.	Sanne Keizer	Dedemsvaart-AC	5:43.24	201001348	6:02.73	
	50m: 35.86	35.86 150m: 2:15.74	50.14 250m: 3:50.20	47.48 350m: 5:22.52	42.18	
	100m: 1:25.60	49.74 200m: 3:02.72	46.98 300m: 4:40.34	50.14 400m: 6:02.73	40.21	
7.	Ann Hietbrink	ZPC De Hof	5:57.72	200902444	6:04.98	
	50m: 36.19	36.19 150m: 2:09.06	48.69 250m: 3:47.21	51.24 350m: 5:23.01	43.41	
	100m: 1:20.37	44.18 200m: 2:55.97	46.91 300m: 4:39.60	52.39 400m: 6:04.98	41.97	
8.	Kayleigh van Doeselaar	WS Twente	5:57.60	201000478	6:08.59	
	50m: 37.77	37.77 150m: 2:10.66	45.23 250m: 3:50.18	55.26 350m: 5:26.84	41.71	
	100m: 1:25.43	47.66 200m: 2:54.92	44.26 300m: 4:45.13	54.95 400m: 6:08.59	41.75	
9.	Suus Hoogeveen	Dedemsvaart-AC	5:58.75	200900836	6:13.74	
	50m: 40.09	40.09 150m: 2:21.04	48.19 250m: 3:56.93	49.06 350m: 5:31.57	44.10	
	100m: 1:32.85	52.76 200m: 3:07.87	46.83 300m: 4:47.47	50.54 400m: 6:13.74	42.17	
10.	Jesmé Haytink	WS Twente	5:43.04	201000382	6:16.35	
	50m: 37.71	37.71 150m: 2:14.80	49.86 250m: 3:54.14	51.50 350m: 5:31.84	44.98	
	100m: 1:24.94	47.23 200m: 3:02.64	47.84 300m: 4:46.86	52.72 400m: 6:16.35	44.51	
11.	Ine-Joy Tilburg	Z&PV de Veene	6:15.22	201002036	6:21.40	
	50m: 39.08	39.08 150m: 2:14.59	48.21 250m: 4:01.37	1:00.14 350m: 5:42.26	42.33	
	100m: 1:26.38	47.30 200m: 3:01.23	46.64 300m: 4:59.93	58.56 400m: 6:21.40	39.14	
12.	Jente van t Hul	Deltasteur	6:07.88	201000186	6:24.32	
	50m: 41.01	41.01 150m: 2:24.45	51.50 250m: 4:07.73	52.45 350m: 5:43.45	43.44	
	100m: 1:32.95	51.94 200m: 3:15.28	50.83 300m: 5:00.01	52.28 400m: 6:24.32	40.87	
13.	Amber Spronk	Deltasteur	6:26.58	201000970	6:38.96	
	50m: 40.34	40.34 150m: 2:20.29	49.16 250m: 4:09.44	1:02.57 350m: 5:53.85	44.39	
	100m: 1:31.13	50.79 200m: 3:06.87	46.58 300m: 5:09.46	1:00.02 400m: 6:38.96	45.11	

Onder 18

1.	Emmellen Smelt	ZVZwartsluis	5:13.23	200800012	5:23.60	
	50m: 31.97	31.97 150m: 1:52.06	41.10 250m: 3:19.90	46.98 350m: 4:46.59	38.77	
	100m: 1:10.96	38.99 200m: 2:32.92	40.86 300m: 4:07.82	47.92 400m: 5:23.60	37.01	
2.	Barbara Broekhuis	De Dinkel	5:20.30	200700880	5:31.23	
	50m: 36.41	36.41 150m: 2:02.94	42.87 250m: 3:30.91	45.13 350m: 4:54.77	37.62	
	100m: 1:20.07	43.66 200m: 2:45.78	42.84 300m: 4:17.15	46.24 400m: 5:31.23	36.46	
3.	Hannah Markovinov	ZPC De Hof	5:34.51	200803266	5:37.34	
	50m: 34.16	34.16 150m: 1:58.77	43.18 250m: 3:32.45	50.70 350m: 5:01.49	37.28	
	100m: 1:15.59	41.43 200m: 2:41.75	42.98 300m: 4:24.21	51.76 400m: 5:37.34	35.85	
4.	Marlouke Weijland	Deltasteur	5:28.84	200800152	5:38.60	
	50m: 37.11	37.11 150m: 2:06.46	44.31 250m: 3:36.00	47.06 350m: 5:02.58	38.63	
	100m: 1:22.15	45.04 200m: 2:48.94	42.48 300m: 4:23.95	47.95 400m: 5:38.60	36.02	
5.	Flore Blok	OZ&PC	5:45.93	200804348	5:43.71	
	50m: 35.03	35.03 150m: 2:01.35	45.49 250m: 3:33.55	47.89 350m: 5:04.42	42.14	
	100m: 1:15.86	40.83 200m: 2:45.66	44.31 300m: 4:22.28	48.73 400m: 5:43.71	39.29	
6.	Leyona Lichtendonk	Dedemsvaart-AC	5:36.52	200700010	5:51.55	
	50m: 33.84	33.84 150m: 1:59.17	44.27 250m: 3:35.20	52.62 350m: 5:12.66	40.85	
	100m: 1:14.90	41.06 200m: 2:42.58	43.41 300m: 4:31.81	56.61 400m: 5:51.55	38.89	
7.	Meyke Haytink	WS Twente	5:40.17	200801188	6:02.47	
	50m: 35.56	35.56 150m: 2:08.44	49.21 250m: 3:44.47	47.76 350m: 5:18.93	44.47	
	100m: 1:19.23	43.67 200m: 2:56.71	48.27 300m: 4:34.46	49.99 400m: 6:02.47	43.54	
8.	Anique Polinder	Dedemsvaart-AC	5:46.92	200800008	6:08.40	
	50m: 36.39	36.39 150m: 2:10.84	48.07 250m: 3:49.78	51.95 350m: 5:27.04	43.63	
	100m: 1:22.77	46.38 200m: 2:57.83	46.99 300m: 4:43.41	53.63 400m: 6:08.40	41.36	



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Onder 20

1. Renske Oude Egbrink	OZ&PC	5:27.73	200600040	5:28.52	
50m: 33.78	33.78 150m: 1:57.67	42.62 250m: 3:24.93	45.05	350m: 4:49.97	39.75
100m: 1:15.05	41.27 200m: 2:39.88	42.21 300m: 4:10.22	45.29	400m: 5:28.52	38.55
2. Marlies Dijsselhof	Dedemsvaart-AC	5:31.61	200601046	5:40.79	
50m: 33.26	33.26 150m: 1:56.84	41.83 250m: 3:26.96	48.04	350m: 4:58.16	42.49
100m: 1:15.01	41.75 200m: 2:38.92	42.08 300m: 4:15.67	48.71	400m: 5:40.79	42.63
3. Pien Ooijman	WS Twente	5:56.86	200504500	6:17.61	
50m: 39.29	39.29 150m: 2:16.32	46.57 250m: 3:55.30	54.04	350m: 5:34.25	44.23
100m: 1:29.75	50.46 200m: 3:01.26	44.94 300m: 4:50.02	54.72	400m: 6:17.61	43.36
4. Yoni van der Gonde	SWOL 1894	6:08.65	200504858	6:20.26	
50m: 40.05	40.05 150m: 2:20.64	51.63 250m: 4:00.42	49.34	350m: 5:37.35	47.02
100m: 1:29.01	48.96 200m: 3:11.08	50.44 300m: 4:50.33	49.91	400m: 6:20.26	42.91
5. Jessica Dekkinga	Steenwijk 1934	6:13.88	200600180	6:33.22	
50m: 45.29	45.29 150m: 2:30.08	47.16 250m: 4:09.32	52.43	350m: 5:47.98	44.96
100m: 1:42.92	57.63 200m: 3:16.89	46.81 300m: 5:03.02	53.70	400m: 6:33.22	45.24

Senioren

1. Ismay Lichtendonk	Dedemsvaart-AC	5:05.20	200400622	5:20.63	
50m: 31.64	31.64 150m: 1:50.77	39.65 250m: 3:15.76	44.97	350m: 4:42.58	38.73
100m: 1:11.12	39.48 200m: 2:30.79	40.02 300m: 4:03.85	48.09	400m: 5:20.63	38.05
2. Iris Lok	WS Twente	5:59.01	200301094	6:06.77	
50m: 36.43	36.43 150m: 2:07.99	45.67 250m: 3:45.89	52.57	350m: 5:24.47	44.24
100m: 1:22.32	45.89 200m: 2:53.32	45.33 300m: 4:40.23	54.34	400m: 6:06.77	42.30
3. Romée Beverdam	WS Twente	5:56.54	200100158	6:11.29	
50m: 37.71	37.71 150m: 2:10.60	46.66 250m: 3:52.25	54.74	350m: 5:29.52	42.70
100m: 1:23.94	46.23 200m: 2:57.51	46.91 300m: 4:46.82	54.57	400m: 6:11.29	41.77
4. Tess Wolbert	De Dinkel	6:06.20	200400538	6:22.12	
50m: 39.82	39.82 150m: 2:20.70	50.77 250m: 4:01.50	52.31	350m: 5:39.53	45.11
100m: 1:29.93	50.11 200m: 3:09.19	48.49 300m: 4:54.42	52.92	400m: 6:22.12	42.59