



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



Programmanr. 201
18/5/2025 - 14:00

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Onder 14					
1.	Matthijs van Velzen	Deltasteur	4:27.86	201100435	4:35.77
	50m: 29.01	29.01 150m: 1:38.42	35.17 250m: 2:50.41	36.17 350m: 4:01.89	35.40
	100m: 1:03.25	34.24 200m: 2:14.24	35.82 300m: 3:26.49	36.08 400m: 4:35.77	33.88
2.	Amor van der Veen	Dedemsvaart-AC	5:10.74	201100197	4:48.05
	50m: 31.92	31.92 150m: 1:43.75	36.25 250m: 2:57.82	36.92 350m: 4:12.17	37.08
	100m: 1:07.50	35.58 200m: 2:20.90	37.15 300m: 3:35.09	37.27 400m: 4:48.05	35.88
3.	Stan Nijhuis	OZ&PC	4:56.06	201100191	4:48.65
	50m: 31.72	31.72 150m: 1:43.65	36.45 250m: 2:57.60	36.78 350m: 4:12.47	36.95
	100m: 1:07.20	35.48 200m: 2:20.82	37.17 300m: 3:35.52	37.92 400m: 4:48.65	36.18
4.	Daan Overmars	OZ&PC	4:54.65	201100027	4:48.68
	50m: 31.91	31.91 150m: 1:43.68	36.06 250m: 2:58.70	37.39 350m: 4:13.65	37.05
	100m: 1:07.62	35.71 200m: 2:21.31	37.63 300m: 3:36.60	37.90 400m: 4:48.68	35.03
5.	Milan Eikenaar	SWOL 1894	5:12.59	201100599	5:06.30
	50m: 32.48	32.48 150m: 1:47.77	38.27 250m: 3:07.73	40.23 350m: 4:27.61	38.72
	100m: 1:09.50	37.02 200m: 2:27.50	39.73 300m: 3:48.89	41.16 400m: 5:06.30	38.69
6.	Lars Thül	SWOL 1894	5:23.66	201200119	5:09.85
	50m: 34.67	34.67 150m: 1:52.54	38.86 250m: 3:11.57	39.24 350m: 4:31.26	39.81
	100m: 1:13.68	39.01 200m: 2:32.33	39.79 300m: 3:51.45	39.88 400m: 5:09.85	38.59
7.	Erik School	Deltasteur	5:02.23	201100139	5:10.62
	50m: 34.24	34.24 150m: 1:53.20	39.88 250m: 3:14.32	40.89 350m: 4:34.00	39.68
	100m: 1:13.32	39.08 200m: 2:33.43	40.23 300m: 3:54.32	40.00 400m: 5:10.62	36.62
8.	Metz Agema	Deltasteur	5:08.53	201200929	5:14.99
	50m: 34.32	34.32 150m: 1:53.37	40.14 250m: 3:14.52	40.90 350m: 4:36.17	40.95
	100m: 1:13.23	38.91 200m: 2:33.62	40.25 300m: 3:55.22	40.70 400m: 5:14.99	38.82
9.	Floris Meijers	SWOL 1894	5:41.17	201300015	5:19.50
	50m: 34.54	34.54 150m: 1:56.21	41.06 250m: 3:18.72	41.04 350m: 4:41.32	40.90
	100m: 1:15.15	40.61 200m: 2:37.68	41.47 300m: 4:00.42	41.70 400m: 5:19.50	38.18
10.	Maarten de Leeuw	Deltasteur	5:03.30	201200241	5:19.77
	50m: 34.73	34.73 150m: 1:57.06	41.16 250m: 3:19.70	40.42 350m: 4:39.87	39.95
	100m: 1:15.90	41.17 200m: 2:39.28	42.22 300m: 3:59.92	40.22 400m: 5:19.77	39.90
11.	Mats van der Kamp	Deltasteur	5:14.46	201200113	5:26.42
	50m: 35.74	35.74 150m: 1:58.04	41.62 250m: 3:21.71	42.26 350m: 4:45.66	42.25
	100m: 1:16.42	40.68 200m: 2:39.45	41.41 300m: 4:03.41	41.70 400m: 5:26.42	40.76
12.	Luuk ten Asbroek	Het Ravijn	5:34.25	201200601	5:33.75
	50m: 36.53	36.53 150m: 1:59.81	42.25 250m: 3:25.70	43.60 350m: 4:52.28	42.99
	100m: 1:17.56	41.03 200m: 2:42.10	42.29 300m: 4:09.29	43.59 400m: 5:33.75	41.47
13.	Thiemo Bruin	SWOL 1894	5:37.43	201200477	5:49.14
	50m: 37.78	37.78 150m: 2:05.39	44.13 250m: 3:36.48	45.96 350m: 5:07.25	44.85
	100m: 1:21.26	43.48 200m: 2:50.52	45.13 300m: 4:22.40	45.92 400m: 5:49.14	41.89
Onder 16					
1.	Finn Stamsnieder	OZ&PC	4:49.31	200900225	4:33.45
	50m: 30.63	30.63 150m: 1:41.05	35.24 250m: 2:51.53	35.30 350m: 4:00.63	34.47
	100m: 1:05.81	35.18 200m: 2:16.23	35.18 300m: 3:26.16	34.63 400m: 4:33.45	32.82
2.	Ruben Nooter	Dedemsvaart-AC	4:48.12	200901577	4:37.83
	50m: 30.52	30.52 150m: 1:40.71	35.16 250m: 2:52.05	35.72 350m: 4:03.64	35.89
	100m: 1:05.55	35.03 200m: 2:16.33	35.62 300m: 3:27.75	35.70 400m: 4:37.83	34.19
3.	Roan van der Stege	SWOL 1894	4:47.24	200900107	4:37.84
	50m: 30.35	30.35 150m: 1:38.99	34.65 250m: 2:49.84	35.67 350m: 4:02.59	36.27
	100m: 1:04.34	33.99 200m: 2:14.17	35.18 300m: 3:26.32	36.48 400m: 4:37.84	35.25
4.	Dyon Scholten	Steenwijk 1934	4:32.95	200900095	4:40.14
	50m: 31.09	31.09 150m: 1:41.53	35.83 250m: 2:53.66	35.75 350m: 4:06.07	36.01
	100m: 1:05.70	34.61 200m: 2:17.91	36.38 300m: 3:30.06	36.40 400m: 4:40.14	34.07
5.	Ruben Kragt	Dedemsvaart-AC	4:42.82	201000007	4:42.11
	50m: 31.59	31.59 150m: 1:43.30	36.53 250m: 2:56.45	36.51 350m: 4:09.12	36.02
	100m: 1:06.77	35.18 200m: 2:19.94	36.64 300m: 3:33.10	36.65 400m: 4:42.11	32.99
6.	Tristan Meijers	SWOL 1894	4:48.38	201000089	4:42.30
	50m: 31.65	31.65 150m: 1:43.28	35.84 250m: 2:56.12	36.51 350m: 4:08.11	35.79
	100m: 1:07.44	35.79 200m: 2:19.61	36.33 300m: 3:32.32	36.20 400m: 4:42.30	34.19
7.	Guus van Duinen	Dedemsvaart-AC	4:32.85	200901107	4:42.41
	50m: 30.81	30.81 150m: 1:41.13	35.94 250m: 2:55.04	37.56 350m: 4:08.51	36.72
	100m: 1:05.19	34.38 200m: 2:17.48	36.35 300m: 3:31.79	36.75 400m: 4:42.41	33.90



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Programmanr. 201, Jongens, 400m vrije slag, Onder 16

rang	naam	vereniging	intijd	tijd	RT
8.	Thijmen Holterman	ZPC De Hof	5:00.54	201000005	4:48.71
	50m: 31.90	31.90 150m: 1:44.50	36.55 250m: 2:59.18	37.01 350m: 4:13.84	36.42
	100m: 1:07.95	36.05 200m: 2:22.17	37.67 300m: 3:37.42	38.24 400m: 4:48.71	34.87
9.	Duuk Harms	Dedemsvaart-AC	4:31.60	200900201	4:49.18
	50m: 32.44	32.44 150m: 1:45.09	36.83 250m: 2:58.67	36.46 350m: 4:12.80	37.00
	100m: 1:08.26	35.82 200m: 2:22.21	37.12 300m: 3:35.80	37.13 400m: 4:49.18	36.38
10.	Kick Germers	SWOL 1894	4:51.39	201000185	4:51.34
	50m: 32.37	32.37 150m: 1:45.35	37.50 250m: 3:00.92	37.12 350m: 4:16.10	37.58
	100m: 1:07.85	35.48 200m: 2:23.80	38.45 300m: 3:38.52	37.60 400m: 4:51.34	35.24
11.	Rafael Agterbos	OZ&PC	5:04.49	201000171	4:51.46
	50m: 33.49	33.49 150m: 1:47.37	37.43 250m: 3:02.52	37.30 350m: 4:16.53	36.40
	100m: 1:09.94	36.45 200m: 2:25.22	37.85 300m: 3:40.13	37.61 400m: 4:51.46	34.93
12.	Arthur Alberts	ZVZwartsluis	4:40.48	200900239	4:55.91
	50m: 31.55	31.55 150m: 1:44.71	37.01 250m: 3:00.03	37.77 350m: 4:17.95	39.01
	100m: 1:07.70	36.15 200m: 2:22.26	37.55 300m: 3:38.94	38.91 400m: 4:55.91	37.96
13.	Dhamin Ouali	SWOL 1894	4:50.94	200902771	4:57.46
	50m: 32.05	32.05 150m: 1:46.17	38.02 250m: 3:03.64	38.47 350m: 4:19.50	38.24
	100m: 1:08.15	36.10 200m: 2:25.17	39.00 300m: 3:41.26	37.62 400m: 4:57.46	37.96
14.	Daan Vinke	Deltasteur	4:57.66	201001039	4:58.66
	50m: 31.46	31.46 150m: 1:46.32	38.10 250m: 3:03.99	38.51 350m: 4:21.41	38.17
	100m: 1:08.22	36.76 200m: 2:25.48	39.16 300m: 3:43.24	39.25 400m: 4:58.66	37.25
15.	Daan Alink	ZPC De Hof	4:44.79	201000241	5:00.80
	50m: 33.60	33.60 150m: 1:49.53	38.60 250m: 3:07.87	38.92 350m: 4:24.81	37.69
	100m: 1:10.93	37.33 200m: 2:28.95	39.42 300m: 3:47.12	39.25 400m: 5:00.80	35.99

Onder 18

1.	Milan Veelders	OZ&PC	4:14.56	200800279	4:19.25
	50m: 29.99	29.99 150m: 1:37.66	33.75 250m: 2:44.12	32.53 350m: 3:48.36	32.02
	100m: 1:03.91	33.92 200m: 2:11.59	33.93 300m: 3:16.34	32.22 400m: 4:19.25	30.89
2.	Siem de Zeeuw	OZ&PC	4:20.01	200800013	4:25.44
	50m: 29.92	29.92 150m: 1:37.94	34.20 250m: 2:45.54	33.26 350m: 3:52.44	33.30
	100m: 1:03.74	33.82 200m: 2:12.28	34.34 300m: 3:19.14	33.60 400m: 4:25.44	33.00
3.	Jort Siebelt	OZ&PC	4:31.20	200700083	4:26.76
	50m: 29.25	29.25 150m: 1:36.16	33.84 250m: 2:44.84	34.44 350m: 3:54.30	34.66
	100m: 1:02.32	33.07 200m: 2:10.40	34.24 300m: 3:19.64	34.80 400m: 4:26.76	32.46
4.	Bram ter Braak	De Dinkel	4:20.08	200800281	4:29.02
	50m: 30.52	30.52 150m: 1:38.91	34.19 250m: 2:47.16	33.48 350m: 3:55.95	34.35
	100m: 1:04.72	34.20 200m: 2:13.68	34.77 300m: 3:21.60	34.44 400m: 4:29.02	33.07
5.	Jasper Thijert	WS Twente	4:27.68	200700321	4:29.91
	50m: 29.05	29.05 150m: 1:34.54	33.47 250m: 2:44.95	35.76 350m: 3:56.55	36.18
	100m: 1:01.07	32.02 200m: 2:09.19	34.65 300m: 3:20.37	35.42 400m: 4:29.91	33.36
6.	Teun van Weeren	OZ&PC	4:35.24	200801145	4:32.05
	50m: 30.75	30.75 150m: 1:38.03	34.39 250m: 2:47.33	34.78 350m: 3:57.63	35.22
	100m: 1:03.64	32.89 200m: 2:12.55	34.52 300m: 3:22.41	35.08 400m: 4:32.05	34.42
7.	Youp Stuifzand	Deltasteur	4:22.45	200800521	4:32.19
	50m: 30.04	30.04 150m: 1:40.04	35.85 250m: 2:49.87	34.80 350m: 4:00.27	35.66
	100m: 1:04.19	34.15 200m: 2:15.07	35.03 300m: 3:24.61	34.74 400m: 4:32.19	31.92
8.	Emiel de Bruijn	Dedemsvaart-AC	4:34.41	200700953	4:32.22
	50m: 29.87	29.87 150m: 1:38.19	34.49 250m: 2:48.27	35.16 350m: 3:58.97	34.88
	100m: 1:03.70	33.83 200m: 2:13.11	34.92 300m: 3:24.09	35.82 400m: 4:32.22	33.25
9.	Tim Zuurman	Dedemsvaart-AC	4:28.22	200700131	4:32.53
	50m: 31.03	31.03 150m: 1:39.91	34.92 250m: 2:49.89	35.14 350m: 4:00.73	35.44
	100m: 1:04.99	33.96 200m: 2:14.75	34.84 300m: 3:25.29	35.40 400m: 4:32.53	31.80
10.	Thijs Poll	Deltasteur	4:27.76	200700203	4:38.17
	50m: 31.62	31.62 150m: 1:41.46	34.97 250m: 2:51.93	34.92 350m: 4:02.99	35.36
	100m: 1:06.49	34.87 200m: 2:17.01	35.55 300m: 3:27.63	35.70 400m: 4:38.17	35.18
11.	Bjorn Scholten	OZ&PC	4:32.49	200801143	4:46.22
	50m: 30.05	30.05 150m: 1:40.36	35.89 250m: 2:53.06	35.94 350m: 4:09.07	38.07
	100m: 1:04.47	34.42 200m: 2:17.12	36.76 300m: 3:31.00	37.94 400m: 4:46.22	37.15

Onder 20

1.	Dennis Mosterman	Dedemsvaart-AC	4:32.55	200501283	4:36.76
	50m: 30.75	30.75 150m: 1:40.54	34.78 250m: 2:50.99	35.10 350m: 4:01.94	34.89
	100m: 1:05.76	35.01 200m: 2:15.89	35.35 300m: 3:27.05	36.06 400m: 4:36.76	34.82
2.	Rick Smelt	ZVZwartsluis	4:40.25	200600051	4:51.98
	50m: 30.90	30.90 150m: 1:43.29	36.64 250m: 2:58.74	38.01 350m: 4:15.34	38.31
	100m: 1:06.65	35.75 200m: 2:20.73	37.44 300m: 3:37.03	38.29 400m: 4:51.98	36.64



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Hengelo, 17 - 25/5/2025



Programmanr. 201, Heren, 400m vrije slag, Onder 20

rang	naam	vereniging		intijd		tijd		RT
3.	Ruben Overbeek	de IJssel		4:43.34	200502887	4:55.24		
	50m: 31.33	31.33	150m: 1:45.97	37.74	250m: 3:02.02	38.00	350m: 4:18.15	37.71
	100m: 1:08.23	36.90	200m: 2:24.02	38.05	300m: 3:40.44	38.42	400m: 4:55.24	37.09

Senioren

1.	Luuk Ruinemans	De Dinkel		4:14.83	200301085	4:23.30		
	50m: 28.88	28.88	150m: 1:35.19	33.25	250m: 2:42.56	33.69	350m: 3:50.05	33.63
	100m: 1:01.94	33.06	200m: 2:08.87	33.68	300m: 3:16.42	33.86	400m: 4:23.30	33.25
2.	Kevin Lucas	De Dinkel		4:26.16	200300545	4:43.47		
	50m: 30.60	30.60	150m: 1:40.71	35.60	250m: 2:53.74	36.93	350m: 4:07.81	36.90
	100m: 1:05.11	34.51	200m: 2:16.81	36.10	300m: 3:30.91	37.17	400m: 4:43.47	35.66
3.	Kay van Sleen	Steenwijk 1934		4:30.34	200400083	5:00.62		
	50m: 30.93	30.93	150m: 1:43.51	37.35	250m: 3:01.21	39.36	350m: 4:21.62	40.45
	100m: 1:06.16	35.23	200m: 2:21.85	38.34	300m: 3:41.17	39.96	400m: 5:00.62	39.00