

LAC Deel 1  
Hengelo, 31-10-2025

Programmanr. 10  
31-10-2025 - 21:20

Heren, 1500m vrije slag

14 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Jasper Thijert	WS Twente	17:31.77	200700321	<b>16:46.85</b>			
	100m: 1:01.29	1:01.29	500m: 5:28.32	1:08.20	900m: 10:01.09	1:08.40	1300m: 14:36.27	1:08.28
	200m: 2:06.71	1:05.42	600m: 6:35.82	1:07.50	1000m: 11:10.30	1:09.21	1400m: 15:43.46	1:07.19
	300m: 3:12.66	1:05.95	700m: 7:44.40	1:08.58	1100m: 12:19.11	1:08.81	1500m: 16:46.85	1:03.39
	400m: 4:20.12	1:07.46	800m: 8:52.69	1:08.29	1200m: 13:27.99	1:08.88		
2.	Rinse de Jonge	De Grunte	19:41.37	200900705	<b>19:14.97</b>			
	100m: 1:11.00	1:11.00	500m: 6:23.94	1:18.12	900m: 11:38.27	1:19.56	1300m: 16:49.27	1:16.01
	200m: 2:28.61	1:17.61	600m: 7:42.44	1:18.50	1000m: 12:57.76	1:19.49	1400m: 18:03.61	1:14.34
	300m: 3:46.68	1:18.07	700m: 9:00.81	1:18.37	1100m: 14:15.27	1:17.51	1500m: 19:14.97	1:11.36
	400m: 5:05.82	1:19.14	800m: 10:18.71	1:17.90	1200m: 15:33.26	1:17.99		
3.	Thijmen Holterman	ZPC De Hof	19:32.65	201000005	<b>19:15.26</b>			
	100m: 1:09.82	1:09.82	500m: 6:22.12	1:18.38	900m: 11:38.51	1:19.77	1300m: 16:51.91	1:15.56
	200m: 2:28.70	1:18.88	600m: 7:40.62	1:18.50	1000m: 12:57.12	1:18.61	1400m: 18:06.09	1:14.18
	300m: 3:46.76	1:18.06	700m: 8:59.00	1:18.38	1100m: 14:16.98	1:19.86	1500m: 19:15.26	1:09.17
	400m: 5:03.74	1:16.98	800m: 10:18.74	1:19.74	1200m: 15:36.35	1:19.37		
4.	Wessel Everloo	WS Twente	18:24.82	198906597	S14	<b>19:44.99</b>	471	
	100m: 1:12.75	1:12.75	500m: 6:22.34	1:19.43	900m: 11:38.26	1:18.59	1300m: 16:58.38	1:19.16
	200m: 2:29.99	1:17.24	600m: 7:40.30	1:17.96	1000m: 12:57.97	1:19.71	1400m: 18:20.16	1:21.78
	300m: 3:45.96	1:15.97	700m: 8:59.62	1:19.32	1100m: 14:17.96	1:19.99	1500m: 19:44.99	1:24.83
	400m: 5:02.91	1:16.95	800m: 10:19.67	1:20.05	1200m: 15:39.22	1:21.26		
5.	Justus van Asselt	de IJssel	20:32.45	200703599	<b>20:09.38</b>			
	100m: 1:14.27	1:14.27	500m: 6:35.86	1:20.94	900m: 12:00.16	1:21.33	1300m: 17:25.29	1:21.91
	200m: 2:34.22	1:19.95	600m: 7:56.39	1:20.53	1000m: 13:20.57	1:20.41	1400m: 18:48.67	1:23.38
	300m: 3:54.51	1:20.29	700m: 9:17.65	1:21.26	1100m: 14:41.42	1:20.85	1500m: 20:09.38	1:20.71
	400m: 5:14.92	1:20.41	800m: 10:38.83	1:21.18	1200m: 16:03.38	1:21.96		
6.	Hidde de Jonge	De Grunte	21:32.05	201101213	<b>21:13.18</b>			
	100m: 1:17.28	1:17.28	500m: 7:00.81	1:27.37	900m: 12:44.31	1:25.66	1300m: 18:31.07	1:25.74
	200m: 2:41.15	1:23.87	600m: 8:26.58	1:25.77	1000m: 14:10.60	1:26.29	1400m: 19:56.22	1:25.15
	300m: 4:07.14	1:25.99	700m: 9:52.87	1:26.29	1100m: 15:37.89	1:27.29	1500m: 21:13.18	1:16.96
	400m: 5:33.44	1:26.30	800m: 11:18.65	1:25.78	1200m: 17:05.33	1:27.44		
7.	Haiying Jacobs	WS Twente	21:19.33	200703299	<b>21:48.29</b>			
	100m: 1:21.33	1:21.33	500m: 7:08.83	1:27.66	900m: 13:14.05	1:32.52	1300m: 19:06.70	1:21.91
	200m: 2:45.57	1:24.24	600m: 8:39.11	1:30.28	1000m: 14:44.47	1:30.42	1400m: 20:31.02	1:24.32
	300m: 4:11.68	1:26.11	700m: 10:10.42	1:31.31	1100m: 16:15.86	1:31.39	1500m: 21:48.29	1:17.27
	400m: 5:41.17	1:29.49	800m: 11:41.53	1:31.11	1200m: 17:44.79	1:28.93		
AFGEM	Ruben Overbeek	de IJssel	18:39.58	200502887				
AFGEM	Erik Pape	de IJssel	NT	199601669				