

Lac Deel 5
Hengelo, 10-4-2026

Programmanr. 13
10-4-2026 - 21:05

Dames, 2000m vrije slag

2011 en ouder
Resultaten

rang	naam	vereniging	intijd	intijd	tijd	RT
1.	Ilse Siemerink	WS Twente	29:18.51	200502512	29:35.74	
	100m: 1:19.16	1:19.16	600m: 8:40.53	1:29.70	1100m: 16:05.84	1:29.72
	200m: 2:45.74	1:26.58	700m: 10:09.06	1:28.53	1200m: 17:35.99	1:30.15
	300m: 4:13.85	1:28.11	800m: 11:37.47	1:28.41	1300m: 19:07.07	1:31.08
	400m: 5:41.51	1:27.66	900m: 13:07.05	1:29.58	1400m: 20:37.92	1:30.85
	500m: 7:10.83	1:29.32	1000m: 14:36.12	1:29.07	1500m: 22:08.88	1:30.96
					1600m: 23:37.98	1:29.10
					1700m: 25:09.07	1:31.09
					1800m: 26:39.81	1:30.74
					1900m: 28:10.21	1:30.40
					2000m: 29:35.74	1:25.53
2.	Gwen Schuur	De Grunte	30:59.37	201000698	32:14.29	
	100m: 1:23.73	1:23.73	600m: 9:16.74	1:36.35	1100m: 17:26.13	1:37.25
	200m: 2:54.11	1:30.38	700m: 10:53.99	1:37.25	1200m: 19:06.13	1:40.00
	300m: 4:28.08	1:33.97	800m: 12:31.72	1:37.73	1300m: 20:45.69	1:39.56
	400m: 6:03.66	1:35.58	900m: 14:10.63	1:38.91	1400m: 22:27.43	1:41.74
	500m: 7:40.39	1:36.73	1000m: 15:48.88	1:38.25	1500m: 24:08.33	1:40.90
					1600m: 25:47.41	1:39.08
					1700m: 27:24.02	1:36.61
					1800m: 29:02.30	1:38.28
					1900m: 30:40.31	1:38.01
					2000m: 32:14.29	1:33.98
3.	Silke van den Berg	Sg - E Z C L	30:27.31	201000752	32:18.61	
	100m: 1:25.04	1:25.04	600m: 9:26.38	1:40.50	1100m: 17:48.47	1:41.34
	200m: 2:56.61	1:31.57	700m: 11:05.26	1:38.88	1200m: 19:27.98	1:39.51
	300m: 4:31.09	1:34.48	800m: 12:44.94	1:39.68	1300m: 21:09.59	1:41.61
	400m: 6:07.93	1:36.84	900m: 14:26.46	1:41.52	1400m: 22:51.10	1:41.51
	500m: 7:45.88	1:37.95	1000m: 16:07.13	1:40.67	1500m: 24:32.29	1:41.19
					1600m: 26:09.81	1:37.52
					1700m: 27:47.04	1:37.23
					1800m: 29:22.23	1:35.19
					1900m: 30:52.35	1:30.12
					2000m: 32:18.61	1:26.26
4.	Britt van der Aa	ZPC De Hof	36:49.54	201002626	35:27.10	
	100m: 1:34.75	1:34.75	600m: 10:30.38	1:47.57	1100m: 19:29.19	1:48.92
	200m: 3:20.24	1:45.49	700m: 12:17.35	1:46.97	1200m: 21:18.56	1:49.37
	300m: 5:06.86	1:46.62	800m: 14:05.15	1:47.80	1300m: 23:08.99	1:50.43
	400m: 6:54.45	1:47.59	900m: 15:53.21	1:48.06	1400m: 24:57.40	1:48.41
	500m: 8:42.81	1:48.36	1000m: 17:40.27	1:47.06	1500m: 26:45.15	1:47.75
					1600m: 28:31.89	1:46.74
					1700m: 30:18.53	1:46.64
					1800m: 32:04.65	1:46.12
					1900m: 33:49.73	1:45.08
					2000m: 35:27.10	1:37.37