

Programmanr. 1
11/5/2024 - 13:00

800m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2, Meisjes					
1.	Isabel Amelink	Deltasteur	10:48.16	201100196	11:01.34
	100m: 1:14.91	1:14.91 300m: 4:03.55	1:24.41	500m: 6:52.37	1:24.63
	200m: 2:39.14	1:24.23 400m: 5:27.90	1:24.35	600m: 8:16.94	1:19.77
2.	Lisa Boogaard	Deltasteur	11:40.13	201100990	11:50.47
	100m: 1:17.84	1:17.84 300m: 4:17.55	1:31.95	500m: 7:23.67	1:27.73
	200m: 2:45.60	1:27.76 400m: 5:52.06	1:34.51	600m: 8:54.65	1:28.09
3.	Sophie Kortenschijl	WS Twente	12:00.35	201100672	11:54.97
	100m: 1:20.93	1:20.93 300m: 4:24.84	1:32.54	500m: 7:28.63	1:29.14
	200m: 2:52.30	1:31.37 400m: 5:57.28	1:32.44	600m: 9:02.28	1:23.55
4.	Imke Oude Engberink	De Dinkel	11:50.25	201100818	11:58.55
	100m: 1:21.95	1:21.95 300m: 4:25.40	1:31.72	500m: 7:28.70	1:32.03
	200m: 2:53.68	1:31.73 400m: 5:57.81	1:32.41	600m: 9:01.13	1:25.39
5.	Nikita van den Berg	SG Octopus - ZVV	12:27.38	201102130	12:13.53
	100m: 1:26.71	1:26.71 300m: 4:30.81	1:32.37	500m: 7:38.61	1:30.86
	200m: 2:58.44	1:31.73 400m: 6:05.48	1:34.67	600m: 9:13.46	1:29.21
6.	Meila Broenink	Batavia Swim	12:07.06	201102332	12:23.15
	100m: 1:24.98	1:24.98 300m: 4:35.49	1:35.96	500m: 7:45.80	1:33.27
	200m: 2:59.53	1:34.55 400m: 6:11.38	1:35.89	600m: 9:19.33	1:30.55
7.	Ribanna Damm	Sg - E Z C L	12:11.61	201100304	12:28.51
	100m: 1:22.17	1:22.17 300m: 4:30.57	1:35.79	500m: 7:43.80	1:35.42
	200m: 2:54.78	1:32.61 400m: 6:06.69	1:36.12	600m: 9:21.24	1:31.85
8.	Yanaika Ido	Batavia Swim	12:29.69	201102764	12:28.93
	100m: 1:21.70	1:21.70 300m: 4:30.85	1:36.21	500m: 7:46.93	1:36.65
	200m: 2:54.64	1:32.94 400m: 6:08.36	1:37.51	600m: 9:25.69	1:26.59
9.	Jaurieke Morren	SG Octopus - ZVV	12:38.70	201200292	12:34.58 *
	100m: 1:27.49	1:27.49 300m: 4:40.60	1:37.01	500m: 7:53.89	1:34.05
	200m: 3:03.59	1:36.10 400m: 6:17.58	1:36.98	600m: 9:31.03	1:29.50
10.	Lara Heesterbeek	Sg - E Z C L	13:18.57	201200102	14:17.62
	100m: 1:34.50	1:34.50 300m: 5:11.58	1:51.87	500m: 8:58.43	1:44.17
	200m: 3:19.71	1:45.21 400m: 7:07.04	1:55.46	600m: 10:52.82	1:40.63
AFGEM	Elynn Fransz	Swol 1894	6:41.08	201102114	
AFGEM	Sjors Werger	Dedemsvaart-AC	5:48.80	201100906	
Junioren 3 en 4, Meisjes					
1.	Simone Faber	Deltasteur	10:19.69	200900710	10:21.81
	100m: 1:13.81	1:13.81 300m: 3:52.23	1:19.64	500m: 6:31.51	1:18.77
	200m: 2:32.59	1:18.78 400m: 5:12.14	1:19.91	600m: 7:51.17	1:11.87
2.	Daphne Dijsselhof	Dedemsvaart-AC	10:21.94	200901690	10:44.97
	100m: 1:15.20	1:15.20 300m: 3:59.48	1:22.77	500m: 6:44.18	1:22.00
	200m: 2:36.71	1:21.51 400m: 5:21.59	1:22.11	600m: 8:07.01	1:15.96
3.	Nienke Bulter	De Dinkel	10:29.29	200902188	10:49.69
	100m: 1:17.49	1:17.49 300m: 4:03.29	1:22.97	500m: 6:48.90	1:20.74
	200m: 2:40.32	1:22.83 400m: 5:26.06	1:22.77	600m: 8:11.08	1:17.87
4.	Denise Thül	Swol 1894	12:08.23	200902530	11:46.90
	100m: 1:21.75	1:21.75 300m: 4:22.41	1:30.98	500m: 7:23.27	1:30.26
	200m: 2:51.43	1:29.68 400m: 5:53.83	1:31.42	600m: 8:53.17	1:23.47
5.	Karina van de Wetering	Deltasteur	12:02.92	201000972	11:58.93
	100m: 1:25.11	1:25.11 300m: 4:30.01	1:32.58	500m: 7:33.50	1:29.52
	200m: 2:57.43	1:32.32 400m: 6:00.95	1:30.94	600m: 9:05.09	1:24.32
6.	Linde Kamman	Swol 1894	NT	201000742	12:23.33
	100m: 1:19.12	1:19.12 300m: 4:27.15	1:35.00	500m: 7:40.13	1:35.21
	200m: 2:52.15	1:33.03 400m: 6:03.08	1:35.93	600m: 9:18.04	1:30.08
7.	Gwen Schuur	De Grunte	12:55.93	201000698	12:35.49
	100m: 1:27.70	1:27.70 300m: 4:41.65	1:37.31	500m: 7:55.67	1:34.51
	200m: 3:04.34	1:36.64 400m: 6:19.43	1:37.78	600m: 9:31.97	1:29.01
8.	Lisa van Velzen	Swol 1894	NT	200901062	12:41.29
	100m: 1:23.98	1:23.98 300m: 4:36.05	1:37.53	500m: 7:54.48	1:38.47
	200m: 2:58.52	1:34.54 400m: 6:14.66	1:38.61	600m: 9:33.92	1:28.90
9.	Simone Kragt	Dedemsvaart-AC	12:32.45	200901088	12:42.70
	100m: 1:42.86	1:42.86 300m: 4:48.47	1:34.68	500m: 8:01.34	1:35.27
	200m: 3:13.79	1:30.93 400m: 6:25.43	1:36.96	600m: 9:36.65	1:30.78
10.	Lieke Kikstra	Batavia Swim	11:43.35	200900318	12:53.23
	100m: 1:31.80	1:31.80 300m: 4:50.56	1:39.84	500m: 8:09.72	1:36.57
	200m: 3:10.72	1:38.92 400m: 6:30.62	1:40.06	600m: 9:46.74	1:29.92

Programmanr. 1, Meisjes, 800m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
AFGEM	Florien Pot	WS Twente	10:16.80	201000768	

Jeugd 1 en 2, Meisjes

1.	Barbara Broekhuis	De Dinkel	9:43.62	200700880	10:04.03
	100m: 1:08.28 200m: 2:23.65	1:08.28 300m: 3:40.85 1:15.37 400m: 4:58.58	1:17.20 500m: 6:16.63 1:17.73 600m: 7:34.01	1:18.05 700m: 8:50.34 1:17.38 800m: 10:04.03	1:16.33 1:13.69
2.	Leyona Lichtendonk	Dedemsvaart-AC	9:59.94	200700010	10:15.38
	100m: 1:10.49 200m: 2:26.08	1:10.49 300m: 3:43.50 1:15.59 400m: 5:02.69	1:17.42 500m: 6:21.85 1:19.19 600m: 7:41.13	1:19.16 700m: 9:00.24 1:19.28 800m: 10:15.38	1:19.11 1:15.14
3.	Féline Sam	ZVZwartsuis	9:53.51	200700018	10:20.33
	100m: 1:11.18 200m: 2:29.86	1:11.18 300m: 3:49.99 1:18.68 400m: 5:09.32	1:20.13 500m: 6:29.01 1:19.33 600m: 7:47.70	1:19.69 700m: 9:05.34 1:18.69 800m: 10:20.33	1:17.64 1:14.99
4.	Valérie Sakkers	Deltasteur	10:13.27	200800080	10:34.72
	100m: 1:11.18 200m: 2:31.09	1:11.18 300m: 3:51.68 1:19.91 400m: 5:12.87	1:20.59 500m: 6:34.68 1:21.19 600m: 7:58.09	1:21.81 700m: 9:19.74 1:23.41 800m: 10:34.72	1:21.65 1:14.98
5.	Lois Waterham	Dedemsvaart-AC	10:13.70	200803726	10:47.59
	100m: 1:11.75 200m: 2:30.85	1:11.75 300m: 3:52.64 1:19.10 400m: 5:16.45	1:21.79 500m: 6:41.29 1:23.81 600m: 8:05.33	1:24.84 700m: 9:29.58 1:24.04 800m: 10:47.59	1:24.25 1:18.01
6.	Sofie Kragt	Dedemsvaart-AC	10:42.55	200701020	10:54.96
	100m: 1:16.17 200m: 2:40.39	1:16.17 300m: 4:04.05 1:24.22 400m: 5:27.81	1:23.66 500m: 6:51.51 1:23.76 600m: 8:14.21	1:23.70 700m: 9:36.17 1:22.70 800m: 10:54.96	1:21.96 1:18.79
7.	Cato Tulen	Swol 1894	11:06.14	200701946	11:04.68
	100m: 1:14.47 200m: 2:37.92	1:14.47 300m: 4:02.43 1:23.45 400m: 5:26.91	1:24.51 500m: 6:52.00 1:24.48 600m: 8:17.64	1:25.09 700m: 9:43.43 1:25.64 800m: 11:04.68	1:25.79 1:21.25
8.	Esmee Nieuwenhuis	ZPC De Hof	10:10.95	200701444	11:04.95
	100m: 1:15.63 200m: 2:39.78	1:15.63 300m: 4:05.67 1:24.15 400m: 5:32.68	1:25.89 500m: 6:57.09 1:27.01 600m: 8:21.31	1:24.41 700m: 9:46.03 1:24.22 800m: 11:04.95	1:24.72 1:18.92
9.	Monica van der Meer	Deltasteur	10:27.22	200704288	11:14.39
	100m: 1:17.21 200m: 2:43.25	1:17.21 300m: 4:10.04 1:26.04 400m: 5:36.67	1:26.79 500m: 7:02.58 1:26.63 600m: 8:28.67	1:25.91 700m: 9:54.14 1:26.09 800m: 11:14.39	1:25.47 1:20.25
10.	Elien Groothuismink	Swol 1894	11:36.82	200800920	11:16.13
	100m: 1:18.09 200m: 2:42.82	1:18.09 300m: 4:07.26 1:24.73 400m: 5:33.05	1:24.44 500m: 6:58.75 1:25.79 600m: 8:25.67	1:25.70 700m: 9:51.12 1:26.92 800m: 11:16.13	1:25.45 1:25.01
11.	Charlotte van der Meer	Deltasteur	11:06.10	200704478	11:24.37
	100m: 1:19.12 200m: 2:46.92	1:19.12 300m: 4:15.43 1:27.80 400m: 5:43.21	1:28.51 500m: 7:10.30 1:27.78 600m: 8:38.11	1:27.09 700m: 10:04.59 1:27.81 800m: 11:24.37	1:26.48 1:19.78
12.	Britt Hopman	SG Octopus - ZVV	10:52.68	200702688	11:32.07
	100m: 1:20.89 200m: 2:49.23	1:20.89 300m: 4:16.92 1:28.34 400m: 5:45.86	1:27.69 500m: 7:13.97 1:28.94 600m: 8:40.46	1:28.11 700m: 10:07.02 1:26.49 800m: 11:32.07	1:26.56 1:25.05
13.	Aukje Markerink	ZPC De Hof	11:16.69	200802196	11:35.81
	100m: 1:20.60 200m: 2:47.91	1:20.60 300m: 4:14.97 1:27.31 400m: 5:42.74	1:27.06 500m: 7:10.31 1:27.77 600m: 8:38.75	1:27.57 700m: 10:07.34 1:28.44 800m: 11:35.81	1:28.59 1:28.47
14.	Femke Budde	WS Twente	11:09.69	200801460	12:12.05
	100m: 1:22.21 200m: 2:52.26	1:22.21 300m: 4:24.54 1:30.05 400m: 5:57.76	1:32.28 500m: 7:31.46 1:33.22 600m: 9:05.23	1:33.70 700m: 10:39.11 1:33.77 800m: 12:12.05	1:33.88 1:32.94
15.	Myrthe te Winkel	Swol 1894	11:58.22	200804336	12:26.00
	100m: 1:27.13 200m: 3:03.00	1:27.13 300m: 4:39.72 1:35.87 400m: 6:14.64	1:36.72 500m: 7:47.96 1:34.92 600m: 9:20.97	1:33.32 700m: 10:55.59 1:33.01 800m: 12:26.00	1:34.62 1:30.41
16.	Daphne van der Wielen	Olympia	12:15.51	200800220	12:48.65
	100m: 1:28.06 200m: 3:03.41	1:28.06 300m: 4:40.60 1:35.35 400m: 6:19.73	1:37.19 500m: 7:58.63 1:39.13 600m: 9:39.08	1:38.90 700m: 11:15.62 1:40.45 800m: 12:48.65	1:36.54 1:33.03
17.	Mariëlle Jans	SG Octopus - ZVV	14:16.23	200703828	14:43.51
	100m: 1:39.43 200m: 3:30.26	1:39.43 300m: 5:26.86 1:50.83 400m: 7:24.07	1:56.60 500m: 9:19.65 1:57.21 600m: 11:11.78	1:55.58 700m: 13:08.78 1:52.13 800m: 14:43.51	1:57.00 1:34.73

Senioren 1 en 2, Meisjes

1.	Marlies Dijsselhof 100*	Dedemsvaart-AC	10:25.23	200601046	10:27.00
	100m: 1:11.45 200m: 2:31.06	1:11.45 300m: 3:50.10 1:19.61 400m: 5:09.85	1:19.04 500m: 6:31.02 1:19.75 600m: 7:51.40	1:21.17 700m: 9:10.32 1:20.38 800m: 10:27.00	1:18.92 1:16.68
2.	Delphine van Putten	WS Twente	10:21.23	200501588	10:50.18
	100m: 1:17.64 200m: 2:41.81	1:17.64 300m: 4:05.43 1:24.17 400m: 5:28.14	1:23.62 500m: 6:49.16 1:22.71 600m: 8:11.31	1:21.02 700m: 9:32.53 1:22.15 800m: 10:50.18	1:21.22 1:17.65
3.	Bloem Muijlaert	SG Octopus - ZVV	11:22.35	200602754	11:27.79
	100m: 1:17.36 200m: 2:41.86	1:17.36 300m: 4:08.50 1:24.50 400m: 5:35.73	1:26.64 500m: 7:04.31 1:27.23 600m: 8:33.02	1:28.58 700m: 10:01.42 1:28.71 800m: 11:27.79	1:28.40 1:26.37

Programmanr. 1, Meisjes, 800m vrije slag, Senioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
4.	Jessica Dekkinga	Steenwijk 1934	11:04.75	200600180	12:01.54			
	100m: 1:20.29	1:20.29	300m: 4:20.43	1:31.90	500m: 7:26.30	1:33.01	700m: 10:31.22	1:32.09
	200m: 2:48.53	1:28.24	400m: 5:53.29	1:32.86	600m: 8:59.13	1:32.83	800m: 12:01.54	1:30.32

Senioren, Dames

1.	Ismay Lichtendonk	Dedemsvaart-AC	9:18.86	200400622	9:24.37			
	100m: 1:05.43	1:05.43	300m: 3:25.55	1:10.34	500m: 5:49.82	1:12.50	700m: 8:15.36	1:13.12
	200m: 2:15.21	1:09.78	400m: 4:37.32	1:11.77	600m: 7:02.24	1:12.42	800m: 9:24.37	1:09.01
2.	Moniek van Langevelde	ESCA Zwemmen	10:04.56	199803160	10:14.33			
	100m: 1:11.14	1:11.14	300m: 3:44.54	1:16.83	500m: 6:21.23	1:18.51	700m: 8:59.48	1:18.99
	200m: 2:27.71	1:16.57	400m: 5:02.72	1:18.18	600m: 7:40.49	1:19.26	800m: 10:14.33	1:14.85
3.	Lotte Oude Lenferink	WS Twente	11:31.18	200000496	11:32.12			
	100m: 1:17.89	1:17.89	300m: 4:13.51	1:28.76	500m: 7:11.37	1:28.57	700m: 10:08.87	1:27.99
	200m: 2:44.75	1:26.86	400m: 5:42.80	1:29.29	600m: 8:40.88	1:29.51	800m: 11:32.12	1:23.25
4.	Romée Jabben	Dedemsvaart-AC	11:40.83	200404426	11:36.97			
	100m: 1:20.12	1:20.12	300m: 4:17.32	1:29.07	500m: 7:15.45	1:28.95	700m: 10:12.17	1:27.70
	200m: 2:48.25	1:28.13	400m: 5:46.50	1:29.18	600m: 8:44.47	1:29.02	800m: 11:36.97	1:24.80

AFGEM Marjan Rikken SG Octopus - ZVV 12:16.92 199206114

Junioren 1 en 2, Jongens

1.	Ruben Kragt	Dedemsvaart-AC	10:43.72	201000007	10:19.76			
	100m: 1:10.08	1:10.08	300m: 3:46.52	1:18.98	500m: 6:25.48	1:19.60	700m: 9:03.97	1:19.18
	200m: 2:27.54	1:17.46	400m: 5:05.88	1:19.36	600m: 7:44.79	1:19.31	800m: 10:19.76	1:15.79
2.	Daan Overmars	O Z & P C	11:36.04	201100027	10:25.13			
	100m: 1:13.16	1:13.16	300m: 3:51.28	1:19.79	500m: 6:31.64	1:20.21	700m: 9:11.09	1:19.81
	200m: 2:31.49	1:18.33	400m: 5:11.43	1:20.15	600m: 7:51.28	1:19.64	800m: 10:25.13	1:14.04
3.	Dax Muijlaert	SG Octopus - ZVV	10:32.02	201100535	10:35.33			
	100m: 1:13.76	1:13.76	300m: 3:54.37	1:19.75	500m: 6:35.82	1:20.78	700m: 9:17.81	1:20.24
	200m: 2:34.62	1:20.86	400m: 5:15.04	1:20.67	600m: 7:57.57	1:21.75	800m: 10:35.33	1:17.52
4.	Daan Vinke	Deltasteur	NT	201001039	11:00.93			
	100m: 1:15.62	1:15.62	300m: 4:01.01	1:23.67	500m: 6:50.52	1:25.79	700m: 9:39.53	1:24.29
	200m: 2:37.34	1:21.72	400m: 5:24.73	1:23.72	600m: 8:15.24	1:24.72	800m: 11:00.93	1:21.40
5.	Roan Dijkstra	Dedemsvaart-AC	NT	201002791	11:06.02			
	100m: 1:15.37	1:15.37	300m: 4:04.40	1:25.07	500m: 6:54.67	1:25.39	700m: 9:45.49	1:25.00
	200m: 2:39.33	1:23.96	400m: 5:29.28	1:24.88	600m: 8:20.49	1:25.82	800m: 11:06.02	1:20.53
6.	Nils Bellert	SG Octopus - ZVV	11:02.49	201100347	11:12.87			
	100m: 1:17.03	1:17.03	300m: 4:11.61	1:28.01	500m: 7:03.36	1:24.02	700m: 9:55.63	1:24.75
	200m: 2:43.60	1:26.57	400m: 5:39.34	1:27.73	600m: 8:30.88	1:27.52	800m: 11:12.87	1:17.24
7.	Daniël Hofman	SG Octopus - ZVV	11:17.72	201000417	11:17.34			
	100m: 1:17.99	1:17.99	300m: 4:10.79	1:26.72	500m: 7:03.71	1:26.44	700m: 9:59.53	1:24.29
	200m: 2:44.07	1:26.08	400m: 5:37.27	1:26.48	600m: 8:30.50	1:26.79	800m: 11:17.34	1:21.40
8.	Gijs Nooter	Dedemsvaart-AC	12:22.78	201000725	11:19.55			
	100m: 1:18.38	1:18.38	300m: 4:12.14	1:27.41	500m: 7:05.64	1:27.30	700m: 9:58.81	1:25.64
	200m: 2:44.73	1:26.35	400m: 5:38.34	1:26.20	600m: 8:33.17	1:27.53	800m: 11:19.55	1:20.74
9.	Amor van der Veen	Dedemsvaart-AC	11:11.20	201100197	11:28.58			
	100m: 1:18.99	1:18.99	300m: 4:13.65	1:27.55	500m: 7:08.81	1:27.63	700m: 10:05.31	1:28.10
	200m: 2:46.10	1:27.11	400m: 5:41.18	1:27.53	600m: 8:37.21	1:28.40	800m: 11:28.58	1:23.27
10.	Abe Pasop	Dedemsvaart-AC	12:30.25	201000501	11:31.41			
	100m: 1:17.73	1:17.73	300m: 4:12.66	1:28.30	500m: 7:09.65	1:28.07	700m: 10:04.73	1:26.00
	200m: 2:44.36	1:26.63	400m: 5:41.58	1:28.92	600m: 8:38.73	1:29.08	800m: 11:31.41	1:26.68
11.	Hugo Hulstijn	Wijchen	11:52.22	201100297	11:33.15			
	100m: 1:22.44	1:22.44	300m: 4:22.69	1:30.03	500m: 7:17.50	1:27.83	700m: 10:10.27	1:25.93
	200m: 2:52.66	1:30.22	400m: 5:49.67	1:26.98	600m: 8:44.34	1:26.84	800m: 11:33.15	1:22.88
12.	Gerco van Dijk	Olympia	11:44.60	201000997	11:35.60			
	100m: 1:20.30	1:20.30	300m: 4:16.27	2:53.51	500m: 7:15.66	1:29.13	700m: 10:11.54	1:27.19
	200m: 1:22.76	2:46	400m: 5:46.53	1:30.26	600m: 8:44.35	1:28.69	800m: 11:35.60	1:24.06
13.	Ehor Poznyak	Wijchen	11:00.11	201003501	11:45.16			
	100m: 1:18.51	1:18.51	300m: 4:10.30	1:27.08	500m: 7:13.74	1:33.26	700m: 10:16.62	1:31.33
	200m: 2:43.22	1:24.71	400m: 5:40.48	1:30.18	600m: 8:45.29	1:31.55	800m: 11:45.16	1:28.54
14.	Dewin Volker	WS Twente	11:27.05	201101935	11:58.45			
	100m: 1:18.89	1:18.89	300m: 4:20.81	1:32.98	500m: 7:29.73	1:34.44	700m: 10:33.43	1:30.71
	200m: 2:47.83	1:28.94	400m: 5:55.29	1:34.48	600m: 9:02.72	1:32.99	800m: 11:58.45	1:25.02
15.	Milan van den Berg	Swol 1894	12:12.55	201100253	12:01.26			
	100m: 1:22.12	1:22.12	300m: 4:26.47	1:33.49	500m: 7:29.71	1:31.74	700m: 10:33.87	1:31.69
	200m: 2:52.98	1:30.86	400m: 5:57.97	1:31.50	600m: 9:02.18	1:32.47	800m: 12:01.26	1:27.39
16.	Sjors Pijl	Flevo	14:19.77	201100865	14:40.40			
	100m: 1:38.78	1:38.78	300m: 5:21.17	1:52.44	500m: 9:11.19	1:55.34	700m: 12:58.12	1:52.22
	200m: 3:28.73	1:49.95	400m: 7:15.85	1:54.68	600m: 11:05.90	1:54.71	800m: 14:40.40	1:42.28

Programmanr. 1, 800m vrije slag

Junioren 3 en 4, Jongens

1.	Siem de Zeeuw	O Z & P C	9:37.83	200800013	9:16.34			
	100m: 1:04.58	1:04.58 300m: 3:27.70	1:11.99	500m: 5:50.16	1:10.48	700m: 8:10.09	1:09.55	
	200m: 2:15.71	1:11.13 400m: 4:39.68	1:11.98	600m: 7:00.54	1:10.38	800m: 9:16.34	1:06.25	
2.	Rian Schoneveld	De Berkelduikers	9:23.30	200801789	9:37.11			
	100m: 1:04.86	1:04.86 300m: 3:29.55	1:13.15	500m: 5:58.34	1:14.36	700m: 8:27.73	1:14.46	
	200m: 2:16.40	1:11.54 400m: 4:43.98	1:14.43	600m: 7:13.27	1:14.93	800m: 9:37.11	1:09.38	
3.	Bjorn Scholten	O Z & P C	9:23.24	200801143	9:37.93			
	100m: 1:06.56	1:06.56 300m: 3:33.16	1:13.91	500m: 6:00.35	1:13.54	700m: 8:28.88	1:14.52	
	200m: 2:19.25	1:12.69 400m: 4:46.81	1:13.65	600m: 7:14.36	1:14.01	800m: 9:37.93	1:09.05	
4.	Dhamin Ouali	Swol 1894	NT	200902771	10:21.37			
	100m: 1:10.17	1:10.17 300m: 3:48.79	1:20.28	500m: 6:28.33	1:19.92	700m: 9:08.44	1:20.28	
	200m: 2:28.51	1:18.34 400m: 5:08.41	1:19.62	600m: 7:48.16	1:19.83	800m: 10:21.37	1:12.93	
5.	Dani Yefimov	WS Twente	10:29.94	200901305	10:52.34			
	100m: 1:16.86	1:16.86 300m: 4:05.17	1:24.09	500m: 6:50.80	1:22.36	700m: 9:33.92	1:21.04	
	200m: 2:41.08	1:24.22 400m: 5:28.44	1:23.27	600m: 8:12.88	1:22.08	800m: 10:52.34	1:18.42	
6.	Siem Faber	Batavia Swim	10:36.31	200900065	11:15.98			
	100m: 1:15.31	1:15.31 300m: 4:09.63	1:27.93	500m: 7:06.05	1:28.30	700m: 8:27.48	1:26.06	
	200m: 2:41.70	1:26.39 400m: 5:37.75	1:28.12	600m: 8:32.42	1:26.37	800m: 11:15.98	1:17.50	
7.	Mees Elfring	WS Twente	11:18.42	200800009	12:10.82			
	100m: 1:19.73	1:19.73 300m: 4:20.48	1:31.76	500m: 7:32.86	1:36.28	700m: 10:47.23	1:35.95	
	200m: 2:48.72	1:28.99 400m: 5:56.58	1:36.10	600m: 9:11.28	1:38.42	800m: 12:10.82	1:23.59	

Jeugd 1 en 2, Jongens

1.	Melle van Veen	Dedemsvaart-AC	8:53.95	200700661	9:08.01			
	100m: 1:02.64	1:02.64 300m: 3:20.64	1:09.00	500m: 5:41.66	1:10.51	700m: 8:01.00	1:09.56	
	200m: 2:11.64	1:09.00 400m: 4:31.15	1:10.51	600m: 6:51.44	1:09.78	800m: 9:08.01	1:07.01	
2.	Niek Vreeling	O Z & P C	9:19.35	200604211	9:37.67			
	100m: 1:06.58	1:06.58 300m: 3:33.34	1:14.03	500m: 5:59.98	1:12.97	700m: 8:27.68	1:14.40	
	200m: 2:19.31	1:12.73 400m: 4:47.01	1:13.67	600m: 7:13.28	1:13.30	800m: 9:37.67	1:09.99	
3.	Thijs Poll	Deltasteur	9:21.71	200700203	9:48.87			
	100m: 1:06.85	1:06.85 300m: 3:38.40	1:16.62	500m: 6:10.50	1:15.61	700m: 8:39.20	1:13.79	
	200m: 2:21.78	1:14.93 400m: 4:54.89	1:16.49	600m: 7:25.41	1:14.91	800m: 9:48.87	1:09.67	
4.	Emiel de Bruijn *700m	Dedemsvaart-AC	9:33.28	200700953	9:53.20			
	100m: 1:08.44	1:08.44 300m: 3:37.96	1:15.84	500m: 6:11.28	1:16.78	700m: 8:43.21	1:15.70	
	200m: 2:22.12	1:13.68 400m: 4:54.50	1:16.54	600m: 7:27.51	1:16.23	800m: 9:53.20	1:09.99	
5.	Lars ten Katen	Batavia Swim	9:10.09	200600959	10:04.96			
	100m: 1:04.73	1:04.73 300m: 3:32.82	1:15.36	500m: 6:08.70	1:19.24	700m: 8:49.34	1:19.64	
	200m: 2:17.46	1:12.73 400m: 4:49.46	1:16.64	600m: 7:29.70	1:21.00	800m: 10:04.96	1:15.62	
6.	Kaj Folkerts	De Rijn	9:43.94	200700067	10:17.57			
	100m: 1:09.91	1:09.91 300m: 3:45.32	1:18.45	500m: 6:24.75	1:19.47	700m: 9:02.52	1:19.10	
	200m: 2:28.87	1:16.96 400m: 5:05.28	1:19.96	600m: 7:43.42	1:18.67	800m: 10:17.57	1:15.05	
7.	Thomas van Velzen	Deltasteur	9:38.05	200703189	10:28.95			
	100m: 1:09.82	1:09.82 300m: 3:49.57	1:20.84	500m: 6:32.17	1:21.59	700m: 9:13.34	1:20.19	
	200m: 2:28.73	1:18.91 400m: 5:10.58	1:21.01	600m: 7:53.15	1:20.98	800m: 10:28.95	1:15.61	
8.	Rick Smelt	ZVZwartsluis	10:11.11	200600051	10:31.17			
	100m: 1:11.98	1:11.98 300m: 3:50.33	1:20.10	500m: 6:31.60	1:20.90	700m: 9:13.02	1:20.54	
	200m: 2:30.23	1:18.25 400m: 5:10.70	1:20.37	600m: 7:52.48	1:20.88	800m: 10:31.17	1:18.15	
9.	Finn Ooijman	WS Twente	9:39.19	200603161	10:41.65			
	100m: 1:08.18	1:08.18 300m: 3:41.96	1:18.77	500m: 6:27.15	1:23.54	700m: 9:15.75	1:25.17	
	200m: 2:23.19	1:15.01 400m: 5:03.61	1:21.65	600m: 7:50.58	1:23.43	800m: 10:41.65	1:25.90	

Senioren 1 en 2, Heren

1.	Stan Tibben	Dedemsvaart-AC	9:10.91	200503591	9:24.50			
	100m: 1:05.55	1:05.55 300m: 3:27.53	1:11.31	500m: 5:52.41	1:12.89	700m: 8:16.86	1:12.02	
	200m: 2:16.22	1:10.67 400m: 4:39.52	1:11.99	600m: 7:04.84	1:12.43	800m: 9:24.50	1:07.64	
2.	Dennis Mosterman	Dedemsvaart-AC	9:11.63	200501283	9:35.61			
	100m: 1:06.52	1:06.52 300m: 3:33.07	1:13.70	500m: 6:00.68	1:13.49	700m: 8:27.36	1:13.32	
	200m: 2:19.37	1:12.85 400m: 4:47.19	1:14.12	600m: 7:14.04	1:13.36	800m: 9:35.61	1:08.25	
3.	Lanco Manaf	Het Ravijn	10:25.93	200402715	11:16.89			
	100m: 1:14.76	1:14.76 300m: 4:05.02	1:26.15	500m: 7:03.33	1:29.90	700m: 9:55.84	1:24.06	
	200m: 2:38.87	1:24.11 400m: 5:33.43	1:28.41	600m: 8:31.78	1:28.45	800m: 11:16.89	1:21.05	
4.	Jesse Bruines	Batavia Swim	12:00.42	200402413	S9	12:10.82		502
	100m: 1:26.01	1:26.01 300m: 4:33.15	1:33.56	500m: 7:38.29	1:32.40	700m: 10:42.76	1:32.26	
	200m: 2:59.59	1:33.58 400m: 6:05.89	1:32.74	600m: 9:10.50	1:32.21	800m: 12:10.82	1:28.06	

Programmanr. 1, 800m vrije slag

Senioren, Heren

1. Mike Schel	ESCA Zwemmen	9:42.03	199403279	9:51.51
100m: 1:08.61	300m: 3:36.22	1:14.20	500m: 6:06.21	700m: 8:37.88
200m: 2:22.02	400m: 4:51.23	1:15.01	600m: 7:21.96	800m: 9:51.51
1:13.41	1:27.39	1:28.99	1:30.01	1:25.24
1:15.09	1:25.77	1:33.05	1:30.45	1:16.72
2. Renzo Meester	Flevo	12:01.13	200202897	11:25.32
100m: 1:15.09	300m: 4:09.85	1:28.99	500m: 7:12.91	700m: 10:08.60
200m: 2:40.86	400m: 5:42.90	1:33.05	600m: 8:43.36	800m: 11:25.32

Programmanr. 2
11/5/2024 - 14:40

1500m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Annefleur Schraa	Swol 1894	21:07.62	201100044	22:04.57	
	100m: 1:20.20	2:20.20	500m: 7:11.74	1:29.74	900m: 13:09.42	1:31.00
	200m: 2:45.69	1:25.49	600m: 8:40.99	1:29.25	1000m: 14:40.01	1:30.59
	300m: 4:13.08	1:27.39	700m: 10:10.28	1:29.29	1100m: 16:10.30	1:30.29
	400m: 5:42.00	1:28.92	800m: 11:38.42	1:28.14	1200m: 17:41.75	1:31.45
	1300m: 19:11.51					1:29.76
	1400m: 20:38.69					1:27.18
	1500m: 22:04.57					1:25.88
2.	Maurieke Frijstein	Deltasteur	24:36.86	201100198	22:20.52	
	100m: 1:17.93	1:17.93	500m: 7:15.16	1:31.60	900m: 13:21.23	1:31.47
	200m: 2:45.07	1:27.14	600m: 8:46.15	1:30.99	1000m: 14:52.80	1:31.57
	300m: 4:13.32	1:28.25	700m: 10:19.12	1:32.97	1100m: 16:24.47	1:31.67
	400m: 5:43.56	1:30.24	800m: 11:49.76	1:30.64	1200m: 17:56.64	1:32.17
	1300m: 19:28.04					1:31.40
	1400m: 20:56.68					1:28.64
	1500m: 22:20.52					1:23.84
3.	Meila Broenink	Batavia Swim	22:46.02	201102332	23:46.87	
	100m: 1:28.62	1:28.62	500m: 7:55.23	1:36.92	900m: 14:18.52	1:36.02
	200m: 3:04.19	1:35.57	600m: 9:31.45	1:36.22	1000m: 15:55.07	1:36.55
	300m: 4:41.17	1:36.98	700m: 11:07.71	1:36.26	1100m: 17:32.58	1:37.51
	400m: 6:18.31	1:37.14	800m: 12:42.50	1:34.79	1200m: 19:09.86	1:37.28
	1300m: 20:45.79					1:35.93
	1400m: 22:20.16					1:34.37
	1500m: 23:46.87					1:26.71
4.	Jinthe Kuiper	Swol 1894	23:11.83	201200688	24:29.62	
	100m: 1:28.43	1:28.43	500m: 8:01.89	1:39.86	900m: 14:38.42	1:39.69
	200m: 3:04.60	1:36.17	600m: 9:41.65	1:39.76	1000m: 16:17.58	1:39.16
	300m: 4:43.01	1:38.41	700m: 11:22.22	1:40.57	1100m: 17:57.83	1:40.25
	400m: 6:22.03	1:39.02	800m: 12:58.73	1:36.51	1200m: 19:36.18	1:38.35
	1300m: 21:16.49					1:40.31
	1400m: 22:53.35					1:36.86
	1500m: 24:29.62					1:36.27
5.	Ribanna Damm	Sg - E Z C L	23:25.99	201100304	24:34.98	
	100m: 1:27.21	1:27.21	500m: 8:00.40	1:39.68	900m: 14:44.10	1:41.91
	200m: 3:03.13	1:35.92	600m: 9:41.31	1:40.91	1000m: 16:25.11	1:41.01
	300m: 4:41.64	1:38.51	700m: 11:21.69	1:40.38	1100m: 18:05.37	1:40.26
	400m: 6:20.72	1:39.08	800m: 13:02.19	1:40.50	1200m: 19:46.01	1:40.64
	1300m: 21:25.78					1:39.77
	1400m: 23:04.32					1:38.54
	1500m: 24:34.98					1:30.66
6.	Femke Mandema	Flevo	24:44.58	201100396	25:09.15	
	100m: 1:34.84	1:34.84	500m: 8:31.55	1:44.18	900m: 15:18.55	1:40.16
	200m: 3:17.31	1:42.47	600m: 10:15.89	1:44.34	1000m: 16:57.90	1:39.35
	300m: 5:02.73	1:45.42	700m: 11:58.01	1:42.12	1100m: 18:36.63	1:38.73
	400m: 6:47.37	1:44.64	800m: 13:38.39	1:40.38	1200m: 20:15.62	1:38.99
	1300m: 21:55.67					1:40.05
	1400m: 23:33.31					1:37.64
	1500m: 25:09.15					1:35.84
DIS	Donna Groen	Sg - E Z C L	24:26.57	201101342		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					

Junioren 3 en 4, Meisjes

1. Florian Pot	WS Twente	19:33.69	201000768	19:54.24
100m: 1:13.72	500m: 6:38.04	1:20.97	900m: 11:58.24	1:19.98
200m: 2:35.35	600m: 7:58.03	1:19.99	1000m: 13:19.01	1:20.77
300m: 3:56.32	700m: 9:18.71	1:20.68	1100m: 14:39.23	1:20.22
400m: 5:17.07	800m: 10:38.26	1:19.55	1200m: 15:58.66	1:19.43
				1300m: 17:18.00
				1400m: 18:37.76
				1500m: 19:54.24
2. Emma Steenbrink	WS Twente	19:43.37	200901376	20:26.94
100m: 1:15.71	500m: 6:48.25	1:23.17	900m: 12:20.19	1:22.12
200m: 2:38.38	600m: 8:11.28	1:23.03	1000m: 13:42.20	1:22.01
300m: 4:01.87	700m: 9:35.04	1:23.76	1100m: 15:04.22	1:22.02
400m: 5:25.08	800m: 10:58.07	1:23.03	1200m: 16:26.06	1:21.84
				1300m: 17:48.18
				1400m: 19:08.58
				1500m: 20:26.94
3. Eva Eikelboom	SG Octopus - ZVV	22:15.03	200903718	22:43.74
*1100m				
100m: 1:21.49	500m: 7:24.49	1:32.66	900m: 13:34.25	1:32.79
200m: 2:51.16	600m: 8:57.20	1:32.71	1000m: 15:07.67	1:33.42
300m: 4:20.69	700m: 10:29.62	1:32.42	1100m: 16:40.48	1:32.81
400m: 5:51.83	800m: 12:01.46	1:31.84	1200m: 18:13.45	1:32.97
				1300m: 19:44.89
				1400m: 21:16.87
				1500m: 22:43.74
4. Hayleigh Onstwedder	Batavia Swim	22:56.31	201002902	22:57.49
100m: 1:24.03	500m: 7:39.69	1:33.14	900m: 13:47.18	1:32.01
200m: 2:57.49	600m: 9:11.62	1:31.93	1000m: 15:20.06	1:32.88
300m: 4:32.43	700m: 10:44.27	1:32.65	1100m: 16:53.19	1:33.13
400m: 6:06.55	800m: 12:15.17	1:30.90	1200m: 18:26.83	1:33.64
				1300m: 19:59.22
				1400m: 21:31.74
				1500m: 22:57.49

Programmanr. 2, Meisjes, 1500m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT			
5.	Liss Wakker	De Rijn	22:05.31	201000140	23:42.68			
	100m: 1:25.33	1:25.33	500m: 7:50.54	1:35.51	900m: 14:07.23	1:33.80	1300m: 20:33.83	1:36.41
	200m: 3:00.16	1:34.83	600m: 9:25.21	1:34.67	1000m: 15:43.46	1:36.23	1400m: 22:10.12	1:36.29
	300m: 4:37.97	1:37.81	700m: 10:59.92	1:34.71	1100m: 17:19.75	1:36.29	1500m: 23:42.68	1:32.56
	400m: 6:15.03	1:37.06	800m: 12:33.43	1:33.51	1200m: 18:57.42	1:37.67		
6.	Kayleigh van Doeselaar	Sg - E Z C L	22:36.08	201000478	23:54.78			
	100m: 1:24.13	1:24.13	500m: 7:41.92	1:38.13	900m: 14:17.02	1:41.41	1300m: 20:51.47	1:39.37
	200m: 2:55.10	1:30.97	600m: 9:18.27	1:36.35	1000m: 15:52.87	1:35.85	1400m: 22:25.38	1:33.91
	300m: 4:27.99	1:32.89	700m: 10:56.16	1:37.89	1100m: 17:32.86	1:39.99	1500m: 23:54.78	1:29.40
	400m: 6:03.79	1:35.80	800m: 12:35.61	1:39.45	1200m: 19:12.10	1:39.24		
7.	Froukje van Leeuwen	De Berkelduikers	23:54.00	200901208	24:09.03			
	100m: 1:25.42	1:25.42	500m: 7:52.22	1:40.01	900m: 14:26.76	1:36.11	1300m: 21:06.68	1:38.95
	200m: 2:59.20	1:33.78	600m: 9:32.12	1:39.90	1000m: 16:05.68	1:38.92	1400m: 22:41.98	1:35.30
	300m: 4:34.66	1:35.46	700m: 11:10.29	1:38.17	1100m: 17:46.90	1:41.22	1500m: 24:09.03	1:27.05
	400m: 6:12.21	1:37.55	800m: 12:50.65	1:40.36	1200m: 19:27.73	1:40.83		
8.	Silke van den Berg	Sg - E Z C L	23:25.38	201000752	24:34.87			
	100m: 1:27.90	1:27.90	500m: 8:00.99	1:39.56	900m: 14:46.23	1:41.77	1300m: 21:27.07	1:38.16
	200m: 3:03.59	1:35.69	600m: 9:41.25	1:40.26	1000m: 16:26.99	1:40.76	1400m: 23:05.10	1:38.03
	300m: 4:43.04	1:39.45	700m: 11:22.85	1:41.60	1100m: 18:07.80	1:40.81	1500m: 24:34.87	1:29.77
	400m: 6:21.43	1:38.39	800m: 13:04.46	1:41.61	1200m: 19:48.91	1:41.11		
9.	Lieke Kikstra	Batavia Swim	22:54.14	200900318	24:45.55			
	100m: 1:30.71	1:30.71	500m: 8:07.09	1:41.20	900m: 14:52.58	1:40.51	1300m: 21:36.29	1:37.17
	200m: 3:08.32	1:37.61	600m: 9:49.45	1:42.36	1000m: 16:35.58	1:43.00	1400m: 23:21.29	1:45.00
	300m: 4:46.60	1:38.28	700m: 11:32.04	1:42.59	1100m: 18:18.80	1:43.22	1500m: 24:45.55	1:24.26
	400m: 6:25.89	1:39.29	800m: 13:12.07	1:40.03	1200m: 19:59.12	1:40.32		

Jeugd 1 en 2, Meisjes

1.	Lyke Bellert	SG Octopus - ZVV	19:09.72	200701424	19:50.04			
	100m: 1:12.27	1:12.27	500m: 6:29.57	1:19.12	900m: 11:55.25	1:21.17	1300m: 17:16.08	1:20.78
	200m: 2:30.90	1:18.63	600m: 7:51.56	1:21.99	1000m: 13:15.46	1:20.21	1400m: 18:34.50	1:18.42
	300m: 3:49.94	1:19.04	700m: 9:13.40	1:21.84	1100m: 14:34.35	1:18.89	1500m: 19:50.04	1:15.54
	400m: 5:10.45	1:20.51	800m: 10:34.08	1:20.68	1200m: 15:55.30	1:20.95		
2.	Leyona Lichtendonk	Dedemsvaart-AC	18:56.45	200700010	20:09.15			
	100m: 1:11.95	1:11.95	500m: 6:26.94	1:19.88	900m: 11:53.93	1:22.29	1300m: 17:28.39	1:24.48
	200m: 2:29.24	1:17.29	600m: 7:48.56	1:21.62	1000m: 13:16.71	1:22.78	1400m: 18:50.72	1:22.33
	300m: 3:48.32	1:19.08	700m: 9:09.77	1:21.21	1100m: 14:40.28	1:23.57	1500m: 20:09.15	1:18.43
	400m: 5:07.06	1:18.74	800m: 10:31.64	1:21.87	1200m: 16:03.91	1:23.63		
3.	Marlouke Frijstein	Deltasteur	20:17.50	200800152	20:53.47			
	100m: 1:16.87	1:16.87	500m: 6:54.68	1:24.28	900m: 12:31.83	1:24.05	1300m: 18:10.97	1:24.88
	200m: 2:40.58	1:23.71	600m: 8:19.48	1:24.80	1000m: 13:55.92	1:24.09	1400m: 19:34.98	1:24.01
	300m: 4:05.33	1:24.75	700m: 9:43.35	1:23.87	1100m: 15:20.66	1:24.74	1500m: 20:53.47	1:18.49
	400m: 5:30.40	1:25.07	800m: 11:07.78	1:24.43	1200m: 16:46.09	1:25.43		
4.	Sofie Kragt	Dedemsvaart-AC	21:36.39	200701020	21:25.12			
	100m: 1:20.33	1:20.33	500m: 7:05.48	1:25.49	900m: 12:51.24	1:26.00	1300m: 18:39.25	1:26.62
	200m: 2:47.32	1:26.99	600m: 8:32.01	1:26.53	1000m: 14:19.07	1:27.83	1400m: 20:05.18	1:25.93
	300m: 4:13.60	1:26.28	700m: 9:57.86	1:25.85	1100m: 15:46.18	1:27.11	1500m: 21:25.12	1:19.94
	400m: 5:39.99	1:26.39	800m: 11:25.24	1:27.38	1200m: 17:12.63	1:26.45		
5.	Anique Polinder	Dedemsvaart-AC	20:24.32	200800008	21:45.45			
	100m: 1:16.75	1:16.75	500m: 7:06.10	1:27.97	900m: 13:00.40	1:29.55	1300m: 18:54.31	1:28.28
	200m: 2:43.02	1:26.27	600m: 8:33.54	1:27.44	1000m: 14:29.27	1:28.87	1400m: 20:22.47	1:28.16
	300m: 4:10.72	1:27.70	700m: 10:01.69	1:28.15	1100m: 15:57.82	1:28.55	1500m: 21:45.45	1:22.98
	400m: 5:38.13	1:27.41	800m: 11:30.85	1:29.16	1200m: 17:26.03	1:28.21		
6.	Heleen Broshuis	WS Twente	20:42.26	200701510	22:01.83			
	100m: 1:15.87	1:15.87	500m: 7:06.64	1:27.59	900m: 13:02.40	1:27.81	1300m: 19:04.70	1:30.44
	200m: 2:43.33	1:27.46	600m: 8:35.84	1:29.20	1000m: 14:34.83	1:32.43	1400m: 20:34.17	1:29.47
	300m: 4:10.83	1:27.50	700m: 10:03.75	1:27.91	1100m: 16:04.04	1:29.21	1500m: 22:01.83	1:27.66
	400m: 5:39.05	1:28.22	800m: 11:34.59	1:30.84	1200m: 17:34.26	1:30.22		
7.	Veerle Westenbroek	O Z & P C	22:27.02	200800128	23:02.51			
	100m: 1:24.53	1:24.53	500m: 7:29.65	1:32.02	900m: 13:44.15	1:33.61	1300m: 20:01.05	1:34.94
	200m: 2:55.02	1:30.49	600m: 9:03.07	1:33.42	1000m: 15:18.69	1:34.54	1400m: 21:34.24	1:33.19
	300m: 4:26.09	1:31.07	700m: 10:36.54	1:33.47	1100m: 16:51.61	1:32.92	1500m: 23:02.51	1:28.27
	400m: 5:57.63	1:31.54	800m: 12:10.54	1:34.00	1200m: 18:26.11	1:34.50		
8.	Nynke van Leeuwen	De Berkelduikers	21:53.81	200701272	23:07.08			
	100m: 1:16.06	1:16.06	500m: 7:19.58	1:32.28	900m: 13:39.18	1:36.48	1300m: 20:04.52	1:35.52
	200m: 2:44.79	1:28.73	600m: 8:52.70	1:33.12	1000m: 15:15.48	1:36.30	1400m: 21:40.25	1:35.73
	300m: 4:15.99	1:31.20	700m: 10:27.51	1:34.81	1100m: 16:52.68	1:37.20	1500m: 23:07.08	1:26.83
	400m: 5:47.30	1:31.31	800m: 12:02.70	1:35.19	1200m: 18:29.00	1:36.32		
9.	Elise van der Wielen	Olympia	23:14.45	200700346	24:53.48			
	100m: 1:30.52	1:30.52	500m: 8:15.94	1:41.45	900m: 15:01.92	1:40.36	1300m: 21:44.42	1:40.16
	200m: 3:10.69	1:40.17	600m: 9:58.29	1:42.35	1000m: 16:42.67	1:40.75	1400m: 23:22.44	1:38.02
	300m: 4:52.50	1:41.81	700m: 11:40.48	1:42.19	1100m: 18:23.10	1:40.43	1500m: 24:53.48	1:31.04
	400m: 6:34.49	1:41.99	800m: 13:21.56	1:41.08	1200m: 20:04.26	1:41.16		

Programmanr. 2, Meisjes, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
AFGEM	Hannah Markovinic	WS Twente	19:40.24	200803266	

Senioren 1 en 2, Meisjes

1.	Marlies Dijsselhof	Dedemsvaart-AC	19:59.91	200601046	20:18.96			
	100m: 1:14.71	1:14.71	500m: 6:43.46	1:22.04	900m: 12:12.35	1:22.64	1300m: 17:39.43	1:21.77
	200m: 2:36.85	1:22.14	600m: 8:05.34	1:21.88	1000m: 13:34.77	1:22.42	1400m: 19:06.37	1:26.94
	300m: 3:59.34	1:22.49	700m: 9:27.79	1:22.45	1100m: 14:56.43	1:21.66	1500m: 20:18.96	1:12.59
	400m: 5:21.42	1:22.08	800m: 10:49.71	1:21.92	1200m: 16:17.66	1:21.23		
2.	Feline Slijkhuus	SG Octopus - ZVV	19:28.60	200501042	20:42.95			
	100m: 1:13.14	1:13.14	500m: 6:41.04	1:22.93	900m: 12:17.65	1:24.70	1300m: 17:58.66	1:24.68
	200m: 2:33.30	1:20.16	600m: 8:04.65	1:23.61	1000m: 13:43.04	1:25.39	1400m: 19:23.09	1:24.43
	300m: 3:55.09	1:21.79	700m: 9:29.42	1:24.77	1100m: 15:09.58	1:26.54	1500m: 20:42.95	1:19.86
	400m: 5:18.11	1:23.02	800m: 10:52.95	1:23.53	1200m: 16:33.98	1:24.40		
3.	Pien Ooijman	De Berkelduikers	21:26.29	200504500	22:07.09			
	100m: 1:18.73	1:18.73	500m: 7:08.71	1:28.39	900m: 13:07.74	1:30.27	1300m: 19:08.02	1:30.18
	200m: 2:44.70	1:25.97	600m: 8:38.35	1:29.64	1000m: 14:37.89	1:30.15	1400m: 20:39.12	1:31.10
	300m: 4:12.13	1:27.43	700m: 10:07.66	1:29.31	1100m: 16:08.06	1:30.17	1500m: 22:07.09	1:27.97
	400m: 5:40.32	1:28.19	800m: 11:37.47	1:29.81	1200m: 17:37.84	1:29.78		
4.	Eva Havelaar * 100m, 200m	De Grunte	23:05.03	200601660	23:38.47			
	100m: 1:25.21	1:25.21	500m: 7:56.68	1:38.01	900m: 14:23.61	1:35.61	1300m: 20:41.90	1:33.80
	200m: 3:02.12	1:36.91	600m: 9:33.55	1:36.87	1000m: 15:59.53	1:35.92	1400m: 22:14.92	1:33.02
	300m: 4:39.91	1:37.79	700m: 11:10.53	1:36.98	1100m: 17:33.67	1:34.14	1500m: 23:38.47	1:23.55
	400m: 6:18.67	1:38.76	800m: 12:48.00	1:37.47	1200m: 19:08.10	1:34.43		

Senioren, Dames

1.	Ismay Lichtendonk	Dedemsvaart-AC	17:50.23	200400622	18:46.91			
	100m: 1:09.28	1:09.28	500m: 6:10.03	1:16.41	900m: 11:15.93	1:17.36	1300m: 16:21.56	1:15.60
	200m: 2:23.52	1:14.24	600m: 7:25.23	1:15.20	1000m: 12:32.43	1:16.50	1400m: 17:36.94	1:15.38
	300m: 3:27.08	1:03.56	700m: 8:41.88	1:16.65	1100m: 13:50.07	1:17.64	1500m: 18:46.91	1:09.97
	400m: 4:53.62	1:26.54	800m: 9:58.57	1:16.69	1200m: 15:05.96	1:15.89		
2.	Britt Biemans	Olympia	21:18.69	200400080	21:55.53			
	100m: 1:19.78	1:19.78	500m: 7:13.60	1:28.55	900m: 13:09.81	1:29.47	1300m: 19:05.06	1:27.55
	200m: 2:47.35	1:27.57	600m: 8:42.32	1:28.72	1000m: 14:40.04	1:30.23	1400m: 20:31.97	1:26.91
	300m: 4:16.09	1:28.74	700m: 10:11.16	1:28.84	1100m: 16:09.08	1:29.04	1500m: 21:55.53	1:23.56
	400m: 5:45.05	1:28.96	800m: 11:40.34	1:29.18	1200m: 17:37.51	1:28.43		
3.	Romée Beverdam	WS Twente	21:19.92	200100158	22:13.77			
	100m: 1:20.22	1:20.22	500m: 7:11.43	1:29.31	900m: 13:12.32	1:30.69	1300m: 19:14.85	1:32.36
	200m: 2:46.76	1:26.54	600m: 8:41.38	1:29.95	1000m: 14:42.29	1:29.97	1400m: 20:46.80	1:31.95
	300m: 4:14.03	1:27.27	700m: 10:11.36	1:29.98	1100m: 16:12.94	1:30.65	1500m: 22:13.77	1:26.97
	400m: 5:42.12	1:28.09	800m: 11:41.63	1:30.27	1200m: 17:42.49	1:29.55		

AFGEM	Romée Jabben	Dedemsvaart-AC	22:19.78	200404426	
AFGEM	Lotte Oude Lenferink	WS Twente	21:50.56	200000496	

Junioren 1 en 2, Jongens

1.	Ruben Kragt	Dedemsvaart-AC	18:34.60	201000007	19:30.10			
	100m: 1:11.27	1:11.27	500m: 6:24.13	1:18.80	900m: 11:40.25	1:19.54	1300m: 16:56.95	1:18.80
	200m: 2:28.93	1:17.66	600m: 7:42.80	1:18.67	1000m: 12:59.37	1:19.12	1400m: 18:14.75	1:17.80
	300m: 3:47.45	1:18.52	700m: 9:01.68	1:18.88	1100m: 14:18.64	1:19.27	1500m: 19:30.10	1:15.35
	400m: 5:05.33	1:17.88	800m: 10:20.71	1:19.03	1200m: 15:38.15	1:19.51		
2.	Douwe Enzerink	Deltasteur	20:59.50	201102657	19:37.06			
	100m: 1:12.56	1:12.56	500m: 6:33.01	1:20.21	900m: 11:48.78	1:17.67	1300m: 17:04.19	1:18.33
	200m: 2:31.74	1:19.18	600m: 7:52.92	1:19.91	1000m: 13:07.36	1:18.58	1400m: 18:23.01	1:18.82
	300m: 3:52.68	1:20.94	700m: 9:11.83	1:18.91	1100m: 14:26.56	1:19.20	1500m: 19:37.06	1:14.05
	400m: 5:12.80	1:20.12	800m: 10:31.11	1:19.28	1200m: 15:45.86	1:19.30		
3.	Matthijs van Velzen	Deltasteur	20:11.93	201100435	19:39.88			
	100m: 1:10.32	1:10.32	500m: 6:27.18	1:19.37	900m: 11:47.69	1:19.97	1300m: 17:07.46	1:19.72
	200m: 2:28.39	1:18.07	600m: 7:47.15	1:19.97	1000m: 13:07.63	1:19.94	1400m: 18:25.99	1:18.53
	300m: 3:47.19	1:18.80	700m: 9:07.35	1:20.20	1100m: 14:28.90	1:21.27	1500m: 19:39.88	1:13.89
	400m: 5:07.81	1:20.62	800m: 10:27.72	1:20.37	1200m: 15:47.74	1:18.84		
4.	Tristan Meijers	Swol 1894	20:11.97	201000089	19:53.32			
	100m: 1:13.31	1:13.31	500m: 6:34.53	1:19.42	900m: 11:54.27	1:19.94	1300m: 17:17.03	1:20.17
	200m: 2:33.20	1:19.89	600m: 7:54.11	1:19.58	1000m: 13:14.84	1:20.57	1400m: 18:37.08	1:20.05
	300m: 3:53.09	1:19.89	700m: 9:14.52	1:20.41	1100m: 14:36.34	1:21.50	1500m: 19:53.32	1:16.24
	400m: 5:15.11	1:22.02	800m: 10:34.33	1:19.81	1200m: 15:56.86	1:20.52		
5.	Rafaël Agterbos	O Z & P C	22:10.73	201000171	20:57.52			
	100m: 1:15.98	1:15.98	500m: 6:59.65	1:25.62	900m: 12:40.56	1:24.67	1300m: 18:17.49	1:23.85
	200m: 2:39.64	1:23.66	600m: 8:25.83	1:26.18	1000m: 14:05.15	1:24.59	1400m: 18:37.08	1:20.05
	300m: 4:06.57	1:26.93	700m: 9:51.03	1:25.20	1100m: 15:29.32	1:24.17	1500m: 20:57.52	
	400m: 5:34.03	1:27.46	800m: 11:15.89	1:24.86	1200m: 16:53.64	1:24.32		

Programmanr. 2, Jongens, 1500m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
6.	Kick Germers	Swol 1894	NT	201000185	20:59.09			
	100m: 1:16.25	1:16.25	500m: 6:56.98	1:25.21	900m: 12:36.15	1:24.32	1300m: 18:14.08	1:25.19
	200m: 2:40.25	1:24.00	600m: 8:22.56	1:25.58	1000m: 13:59.90	1:23.75	1400m: 19:37.95	1:23.87
	300m: 4:05.69	1:25.44	700m: 9:47.84	1:25.28	1100m: 15:23.77	1:23.87	1500m: 20:59.09	1:21.14
	400m: 5:31.77	1:26.08	800m: 11:11.83	1:23.99	1200m: 16:48.89	1:25.12		
7.	Thijmen Holterman	ZPC De Hof	20:54.26	201000005	21:00.51			
	100m: 1:14.98	1:14.98	500m: 6:50.66	1:22.63	900m: 12:35.09	1:27.78	1300m: 18:19.16	1:23.19
	200m: 2:38.83	1:23.85	600m: 8:14.02	1:23.36	1000m: 14:03.50	1:28.41	1400m: 19:40.78	1:21.62
	300m: 4:04.25	1:25.42	700m: 9:40.35	1:26.33	1100m: 15:27.48	1:23.98	1500m: 21:00.51	1:19.73
	400m: 5:28.03	1:23.78	800m: 11:07.31	1:26.96	1200m: 16:55.97	1:28.49		
8.	Stan Nijhuis	O Z & P C	NT	201100191	21:23.31			
	100m: 1:21.19	1:21.19	500m: 7:04.04	1:25.85	900m: 12:50.56	1:26.67	1300m: 18:37.89	1:28.73
	200m: 2:46.55	1:25.36	600m: 8:31.39	1:27.35	1000m: 14:17.18	1:26.62	1400m: 20:03.84	1:25.95
	300m: 4:12.63	1:26.08	700m: 9:57.65	1:26.26	1100m: 15:43.90	1:26.72	1500m: 21:23.31	1:19.47
	400m: 5:38.19	1:25.56	800m: 11:23.89	1:26.24	1200m: 17:09.16	1:25.26		
9.	Roan Dijkstra	Dedemsvaart-AC	NT	201002791	21:38.50			
	100m: 1:18.39	1:18.39	500m: 7:07.66	1:28.35	900m: 13:00.30	1:27.96	1300m: 18:48.80	1:27.81
	200m: 2:43.80	1:25.41	600m: 8:35.84	1:28.18	1000m: 14:28.13	1:27.83	1400m: 20:15.70	1:26.90
	300m: 4:11.22	1:27.42	700m: 10:04.19	1:28.35	1100m: 15:54.78	1:26.65	1500m: 21:38.50	1:22.80
	400m: 5:39.31	1:28.09	800m: 11:32.34	1:28.15	1200m: 17:20.99	1:26.21		
10.	Gijs Nooter	Dedemsvaart-AC	23:20.95	201000725	21:54.15			
	100m: 1:17.64	1:17.64	500m: 7:04.54	1:28.64	900m: 13:01.23	1:29.59	1300m: 19:01.38	1:29.10
	200m: 2:42.43	1:24.79	600m: 8:32.01	1:27.47	1000m: 14:31.02	1:29.79	1400m: 20:29.77	1:28.39
	300m: 4:07.67	1:25.24	700m: 10:02.07	1:30.06	1100m: 16:02.79	1:31.77	1500m: 21:54.15	1:24.38
	400m: 5:35.90	1:28.23	800m: 11:31.64	1:29.57	1200m: 17:32.28	1:29.49		
11.	Amor van der Veen	Dedemsvaart-AC	21:17.37	201100197	21:54.48			
	100m: 1:20.08	1:20.08	500m: 7:17.49	1:29.56	900m: 13:12.63	1:29.31	1300m: 19:06.50	1:27.42
	200m: 2:49.00	1:28.92	600m: 8:46.26	1:28.77	1000m: 14:42.16	1:29.53	1400m: 20:33.00	1:26.50
	300m: 4:18.50	1:29.50	700m: 10:15.05	1:28.79	1100m: 16:10.01	1:27.85	1500m: 21:54.48	1:21.48
	400m: 5:47.93	1:29.43	800m: 11:43.32	1:28.27	1200m: 17:39.08	1:29.07		
12.	Milan Eikenaar	Swol 1894	23:04.28	201100599	22:13.09			
	100m: 1:16.39	1:16.39	500m: 7:10.37	1:28.27	900m: 13:14.15	1:32.51	1300m: 19:20.15	1:31.68
	200m: 2:43.15	1:26.76	600m: 8:40.48	1:30.11	1000m: 14:45.99	1:31.84	1400m: 20:48.32	1:28.17
	300m: 4:12.06	1:28.91	700m: 10:11.39	1:30.91	1100m: 16:17.46	1:31.47	1500m: 22:13.09	1:24.77
	400m: 5:42.10	1:30.04	800m: 11:41.64	1:30.25	1200m: 17:48.47	1:31.01		
13.	Hugo Hulstijn	Wijchen	21:56.78	201100297	22:13.17			
	100m: 1:20.60	1:20.60	500m: 7:19.58	1:30.80	900m: 13:15.75	1:29.36	1300m: 19:17.11	1:29.25
	200m: 2:49.76	1:29.16	600m: 8:47.54	1:27.96	1000m: 14:45.67	1:29.92	1400m: 20:47.71	1:30.60
	300m: 4:19.33	1:29.57	700m: 10:18.45	1:30.91	1100m: 16:17.87	1:32.20	1500m: 22:13.17	1:25.46
	400m: 5:48.78	1:29.45	800m: 11:46.39	1:27.94	1200m: 17:47.86	1:29.99		
14.	Jesse Jolink	ESCA Zwemmen	22:36.72	201000401	22:23.23			
	100m: 1:23.94	1:23.94	500m: 7:20.03	1:29.10	900m: 13:23.63	1:31.41	1300m: 19:27.61	1:31.77
	200m: 2:52.15	1:28.21	600m: 8:51.06	1:31.03	1000m: 14:53.90	1:30.27	1400m: 20:59.53	1:31.92
	300m: 4:22.24	1:30.09	700m: 10:22.39	1:31.33	1100m: 16:24.59	1:30.69	1500m: 22:23.23	1:23.70
	400m: 5:50.93	1:28.69	800m: 11:52.22	1:29.83	1200m: 17:55.84	1:31.25		

Junioren 3 en 4, Jongens

1.	Milan Veelders	De Dinkel	16:38.28	200800279	17:24.16			
	100m: 1:05.86	1:05.86	500m: 5:43.46	1:09.32	900m: 10:22.79	1:09.98	1300m: 15:06.23	1:11.34
	200m: 2:15.24	1:09.38	600m: 6:52.88	1:09.42	1000m: 11:32.72	1:09.93	1400m: 16:16.67	1:10.44
	300m: 3:24.65	1:09.41	700m: 8:02.93	1:10.05	1100m: 12:43.82	1:11.10	1500m: 17:24.16	1:07.49
	400m: 4:34.14	1:09.49	800m: 9:12.81	1:09.88	1200m: 13:54.89	1:11.07		
2.	Teun van Weeren	WS Twente	17:35.96	200801145	18:21.59			
	100m: 1:07.79	1:07.79	500m: 6:02.35	1:14.50	900m: 10:58.68	1:14.18	1300m: 15:56.70	1:14.69
	200m: 2:20.46	1:12.67	600m: 7:16.17	1:13.82	1000m: 12:13.21	1:14.53	1400m: 17:09.85	1:13.15
	300m: 3:34.19	1:13.73	700m: 8:30.38	1:14.21	1100m: 13:27.51	1:14.30	1500m: 18:21.59	1:11.74
	400m: 4:47.85	1:13.66	800m: 9:44.50	1:14.12	1200m: 14:42.01	1:14.50		
3.	Dyon Scholten	Steenwijk 1934	18:40.64	200900095	19:37.37			
	100m: 1:08.27	1:08.27	500m: 6:24.71	1:19.81	900m: 11:46.12	1:21.04	1300m: 17:02.71	1:18.40
	200m: 2:26.27	1:18.00	600m: 7:44.96	1:20.25	1000m: 13:07.71	1:21.59	1400m: 18:21.28	1:18.57
	300m: 3:45.42	1:19.15	700m: 9:05.87	1:20.91	1100m: 14:23.68	1:15.97	1500m: 19:37.37	1:16.09
	400m: 5:04.90	1:19.48	800m: 10:25.08	1:19.21	1200m: 15:44.31	1:20.63		
4.	Finn Stamsnieder	O Z & P C	21:27.19	200900225	19:40.37			
	100m: 1:09.90	1:09.90	500m: 6:26.79	1:20.09	900m: 11:48.14	1:19.75	1300m: 17:06.43	1:19.73
	200m: 2:27.56	1:17.66	600m: 7:47.13	1:20.34	1000m: 13:07.84	1:19.70	1400m: 18:24.78	1:18.35
	300m: 3:47.03	1:19.47	700m: 9:08.08	1:20.95	1100m: 14:27.00	1:19.16	1500m: 19:40.37	1:15.59
	400m: 5:06.70	1:19.67	800m: 10:28.39	1:20.31	1200m: 15:46.70	1:19.70		
5.	Roan van der Stege	Swol 1894	NT	200900107	19:43.31			
	100m: 1:14.12	1:14.12	500m: 6:37.23	1:21.34	900m: 11:59.07	1:19.47	1300m: 17:11.88	1:17.90
	200m: 2:33.92	1:19.80	600m: 7:58.13	1:20.90	1000m: 13:19.37	1:20.30	1400m: 18:28.82	1:16.94
	300m: 3:56.75	1:22.83	700m: 9:19.32	1:21.19	1100m: 14:37.43	1:18.06	1500m: 19:43.31	1:14.49
	400m: 5:15.89	1:19.14	800m: 10:39.60	1:20.28	1200m: 15:53.98	1:16.55		

Programmanr. 2, Jongens, 1500m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT			
6.	Julian Zwarthoff	Swol 1894	18:59.91	200800945	19:47.51			
	100m: 1:11.37	1:11.37	500m: 6:26.23	1:20.34	900m: 11:48.75	1:21.02	1300m: 17:11.82	1:21.85
	200m: 2:28.79	1:17.42	600m: 7:46.48	1:20.25	1000m: 13:10.50	1:21.75	1400m: 18:31.70	1:19.88
	300m: 3:46.36	1:17.57	700m: 9:07.69	1:21.21	1100m: 14:28.29	1:17.79	1500m: 19:47.51	1:15.81
	400m: 5:05.89	1:19.53	800m: 10:27.73	1:20.04	1200m: 15:49.97	1:21.68		
7.	Milan Bottenberg	Deltasteur	20:05.34	200900153	19:54.11			
	100m: 1:12.72	1:12.72	500m: 6:35.51	1:21.36	900m: 11:57.68	1:20.72	1300m: 17:20.23	1:19.93
	200m: 2:32.40	1:19.68	600m: 7:55.97	1:20.46	1000m: 13:19.09	1:21.41	1400m: 18:38.60	1:18.37
	300m: 3:52.70	1:20.30	700m: 9:16.60	1:20.63	1100m: 14:39.36	1:20.27	1500m: 19:54.11	1:15.51
	400m: 5:14.15	1:21.45	800m: 10:36.96	1:20.36	1200m: 16:00.30	1:20.94		
8.	Guus van Duinen	Dedemsvaart-AC	21:18.41	200901107	20:31.56			
	100m: 1:14.66	1:14.66	500m: 6:48.90	1:24.24	900m: 12:25.05	1:23.94	1300m: 17:53.78	1:22.03
	200m: 2:37.21	1:22.55	600m: 8:13.31	1:24.41	1000m: 13:48.18	1:23.13	1400m: 19:15.34	1:21.56
	300m: 4:00.54	1:23.33	700m: 9:36.67	1:23.36	1100m: 15:10.42	1:22.24	1500m: 20:31.56	1:16.22
	400m: 5:24.66	1:24.12	800m: 11:01.11	1:24.44	1200m: 16:31.75	1:21.33		
9.	Rinse de Jonge	De Grunte	21:17.28	200900705	21:04.99			
	100m: 1:15.89	1:15.89	500m: 6:56.66	1:27.17	900m: 12:40.18	1:25.17	1300m: 18:21.07	1:24.89
	200m: 2:39.98	1:24.09	600m: 8:23.38	1:26.72	1000m: 14:05.13	1:24.95	1400m: 19:45.20	1:24.13
	300m: 4:04.29	1:24.31	700m: 9:49.39	1:26.01	1100m: 15:30.52	1:25.39	1500m: 21:04.99	1:19.79
	400m: 5:29.49	1:25.20	800m: 11:15.01	1:25.62	1200m: 16:56.18	1:25.66		
10.	Jelmer Kruijt	Olympia	22:04.21	200900525	22:13.77			
	100m: 1:16.24	1:16.24	500m: 7:19.56	1:32.37	900m: 13:27.90	1:30.47	1300m: 19:24.88	1:30.96
	200m: 2:44.45	1:28.21	600m: 8:52.53	1:32.97	1000m: 14:56.59	1:28.69	1400m: 20:51.36	1:26.48
	300m: 4:15.12	1:30.67	700m: 10:25.50	1:32.97	1100m: 16:25.93	1:29.34	1500m: 22:13.77	1:22.41
	400m: 5:47.19	1:32.07	800m: 11:57.43	1:31.93	1200m: 17:53.92	1:27.99		
11.	Guus Pijl	Flevo	23:50.25	200900691	23:46.69			
	100m: 1:24.14	1:24.14	500m: 7:43.84	1:37.14	900m: 14:13.97	1:38.24	1300m: 20:44.83	1:37.50
	200m: 2:55.97	1:31.83	600m: 9:21.71	1:37.87	1000m: 15:51.74	1:37.77	1400m: 22:18.47	1:33.64
	300m: 4:30.12	1:34.15	700m: 10:58.03	1:36.32	1100m: 17:29.26	1:37.52	1500m: 23:46.69	1:28.22
	400m: 6:06.70	1:36.58	800m: 12:35.73	1:37.70	1200m: 19:07.33	1:38.07		
12.	Jurre Wolff van Wulfing	TZ&PC Proteus	22:43.37	200902471	24:20.34			
	100m: 1:25.32	1:25.32	500m: 7:58.13	1:39.44	900m: 14:32.97	1:38.38	1300m: 21:07.30	1:40.63
	200m: 3:00.43	1:35.11	600m: 9:37.22	1:39.09	1000m: 16:10.84	1:37.87	1400m: 22:55.81	1:48.51
	300m: 4:40.47	1:40.04	700m: 11:16.02	1:38.80	1100m: 17:47.57	1:36.73	1500m: 24:20.34	1:24.53
	400m: 6:18.69	1:38.22	800m: 12:54.59	1:38.57	1200m: 19:26.67	1:39.10		

Jeugd 1 en 2, Jongens

1.	Tiamo van der Veen	Dedemsvaart-AC	17:12.38	200600033	17:59.07			
	100m: 1:06.39	1:06.39	500m: 5:54.69	1:12.49	900m: 10:43.41	1:12.31	1300m: 15:34.83	1:13.11
	200m: 2:18.15	1:11.76	600m: 7:07.11	1:12.42	1000m: 11:56.13	1:12.72	1400m: 16:48.59	1:13.76
	300m: 3:30.00	1:11.85	700m: 8:19.04	1:11.93	1100m: 13:08.74	1:12.61	1500m: 17:59.07	1:10.48
	400m: 4:42.20	1:12.20	800m: 9:31.10	1:12.06	1200m: 14:21.72	1:12.98		
2.	Arnoud Bult	De Dinkel	17:47.53	200701387	18:34.06			
	100m: 1:08.25	1:08.25	500m: 6:03.50	1:13.92	900m: 11:02.19	1:14.56	1300m: 16:02.55	1:15.79
	200m: 2:21.60	1:13.35	600m: 7:18.48	1:14.98	1000m: 12:16.98	1:14.79	1400m: 17:17.82	1:15.27
	300m: 3:35.40	1:13.80	700m: 8:34.05	1:15.57	1100m: 13:32.12	1:15.14	1500m: 18:34.06	1:16.24
	400m: 4:49.58	1:14.18	800m: 9:47.63	1:13.58	1200m: 14:46.76	1:14.64		
3.	Emiel de Bruijn	Dedemsvaart-AC	19:55.43	200700953	18:42.30			
	100m: 1:08.20	1:08.20	500m: 6:13.78	1:16.68	900m: 11:17.60	1:15.69	1300m: 16:18.39	1:14.83
	200m: 2:23.49	1:15.29	600m: 7:30.08	1:16.30	1000m: 12:33.12	1:15.52	1400m: 17:32.01	1:13.62
	300m: 3:39.94	1:16.45	700m: 8:45.61	1:15.53	1100m: 13:48.11	1:14.99	1500m: 18:42.30	1:10.29
	400m: 4:57.10	1:17.16	800m: 10:01.91	1:16.30	1200m: 15:03.56	1:15.45		
4.	Lars ten Katen	Batavia Swim	18:01.15	200600959	19:16.92			
	100m: 1:08.86	1:08.86	500m: 6:24.05	1:20.09	900m: 11:38.74	1:18.81	1300m: 16:50.14	1:18.10
	200m: 2:26.55	1:17.69	600m: 7:42.58	1:18.53	1000m: 12:55.95	1:17.21	1400m: 18:06.33	1:16.19
	300m: 3:44.95	1:18.40	700m: 9:01.14	1:18.56	1100m: 14:13.36	1:17.41	1500m: 19:16.92	1:10.59
	400m: 5:03.96	1:19.01	800m: 10:19.93	1:18.79	1200m: 15:32.04	1:18.68		
5.	Timo Bourgonje	SG Octopus - ZVV	18:59.42	200700599	19:19.96			
	100m: 1:10.70	1:10.70	500m: 6:24.47	1:18.55	900m: 11:37.73	1:16.73	1300m: 16:49.00	1:17.37
	200m: 2:28.49	1:17.79	600m: 7:43.40	1:18.93	1000m: 12:56.39	1:18.66	1400m: 18:05.88	1:16.88
	300m: 3:47.18	1:18.69	700m: 9:02.37	1:18.97	1100m: 14:14.34	1:17.95	1500m: 19:19.96	1:14.08
	400m: 5:05.92	1:18.74	800m: 10:21.00	1:18.63	1200m: 15:31.63	1:17.29		
6.	Tijs Kruijthof	Het Ravijn	19:30.51	200701181	20:21.56			
	100m: 1:15.05	1:15.05	500m: 6:47.77	1:22.87	900m: 12:19.52	1:22.40	1300m: 17:48.16	1:22.71
	200m: 2:37.92	1:22.87	600m: 8:13.07	1:25.30	1000m: 13:40.81	1:21.29	1400m: 19:06.94	1:18.78
	300m: 4:01.64	1:23.72	700m: 9:34.86	1:21.79	1100m: 15:03.23	1:22.42	1500m: 20:21.56	1:14.62
	400m: 5:24.90	1:23.26	800m: 10:57.12	1:22.26	1200m: 16:25.45	1:22.22		
7.	Rick Smelt	ZVZwartsuis	19:04.86	200600051	20:35.82			
	100m: 1:16.27	1:16.27	500m: 6:53.05	1:25.35	900m: 12:25.56	1:23.52	1300m: 17:54.43	1:21.68
	200m: 2:38.44	1:22.17	600m: 8:15.78	1:22.73	1000m: 13:48.68	1:23.12	1400m: 19:16.11	1:21.68
	300m: 4:02.84	1:24.40	700m: 9:38.57	1:22.79	1100m: 15:10.60	1:21.92	1500m: 20:35.82	1:19.71
	400m: 5:27.70	1:24.86	800m: 11:02.04	1:23.47	1200m: 16:32.75	1:22.15		

Programmanr. 2, Jongens, 1500m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
AFGEM	Thijs Pijl	Flevo	20:38.85	200601979	

Senioren 1 en 2, Heren

1.	Mattijn Thijert	WS Twente	17:23.58	200501921	18:13.51			
	100m: 1:07.18	1:07.18	500m: 6:04.79	1:15.01	900m: 11:00.68	1:13.34	1300m: 15:54.18	1:13.25
	200m: 2:21.36	1:14.18	600m: 7:19.81	1:15.02	1000m: 12:14.37	1:13.69	1400m: 17:06.29	1:12.11
	300m: 3:35.16	1:13.80	700m: 8:34.04	1:14.23	1100m: 13:26.97	1:12.60	1500m: 18:13.51	1:07.22
	400m: 4:49.78	1:14.62	800m: 9:47.34	1:13.30	1200m: 14:40.93	1:13.96		
2.	Stan Tibben	Dedemsvaart-AC	18:02.59	200503591	18:44.16			
	100m: 1:11.13	1:11.13	500m: 6:17.10	1:16.39	900m: 11:16.48	1:12.63	1300m: 16:17.60	1:14.94
	200m: 2:28.39	1:17.26	600m: 7:32.74	1:15.64	1000m: 12:31.83	1:15.35	1400m: 17:32.66	1:15.06
	300m: 3:44.90	1:16.51	700m: 8:48.61	1:15.87	1100m: 13:47.02	1:15.19	1500m: 18:44.16	1:11.50
	400m: 5:00.71	1:15.81	800m: 10:03.85	1:15.24	1200m: 15:02.66	1:15.64		
3.	Jorim Hebbink	De Berkelduikers	20:53.68	200401957	21:16.58			
	100m: 1:15.02	1:15.02	500m: 7:01.36	1:27.78	900m: 12:48.50	1:26.38	1300m: 18:31.24	1:24.49
	200m: 2:39.66	1:24.64	600m: 8:27.90	1:26.54	1000m: 14:14.52	1:26.02	1400m: 19:55.95	1:24.71
	300m: 4:06.38	1:26.72	700m: 9:55.44	1:27.54	1100m: 15:40.99	1:26.47	1500m: 21:16.58	1:20.63
	400m: 5:33.58	1:27.20	800m: 11:22.12	1:26.68	1200m: 17:06.75	1:25.76		
4.	Lasse Ophuis	WS Twente	21:13.67	200400027	21:43.40			
	100m: 1:13.48	1:13.48	500m: 7:00.45	1:30.08	900m: 12:54.82	1:28.84	1300m: 18:52.91	1:29.61
	200m: 2:35.57	1:22.09	600m: 8:29.22	1:28.77	1000m: 14:23.91	1:29.09	1400m: 20:22.33	1:29.42
	300m: 4:02.56	1:26.99	700m: 9:57.15	1:27.93	1100m: 15:53.03	1:29.12	1500m: 21:43.40	1:21.07
	400m: 5:30.37	1:27.81	800m: 11:25.98	1:28.83	1200m: 17:23.30	1:30.27		
5.	Jesse Bruines	Batavia Swim	22:30.81	200402413	S9	22:39.64	497	
	100m: 1:23.19	1:23.19	500m: 7:26.53	1:31.00	900m: 13:30.16	1:30.22	1300m: 19:39.07	1:32.62
	200m: 2:53.70	1:30.51	600m: 8:58.62	1:32.09	1000m: 15:02.17	1:32.01	1400m: 21:10.97	1:31.90
	300m: 4:24.50	1:30.80	700m: 10:29.14	1:30.52	1100m: 16:34.47	1:32.30	1500m: 22:39.64	1:28.67
	400m: 5:55.53	1:31.03	800m: 11:59.94	1:30.80	1200m: 18:06.45	1:31.98		

Senioren, Heren

1.	Mike Schel	ESCA Zwemmen	17:56.90	199403279	18:51.15			
	100m: 1:11.44	1:11.44	500m: 6:17.63	1:16.54	900m: 11:22.39	1:15.60	1300m: 16:25.49	1:16.01
	200m: 2:27.46	1:16.02	600m: 7:34.50	1:16.87	1000m: 12:38.34	1:15.95	1400m: 17:41.66	1:16.17
	300m: 3:44.24	1:16.78	700m: 8:50.87	1:16.37	1100m: 13:53.74	1:15.40	1500m: 18:51.15	1:09.49
	400m: 5:01.09	1:16.85	800m: 10:06.79	1:15.92	1200m: 15:09.48	1:15.74		
2.	Bart Oude Egbrink	O Z & P C	19:00.45	200300491	18:51.75			
	100m: 1:09.92	1:09.92	500m: 6:12.93	1:16.40	900m: 11:18.61	1:15.96	1300m: 16:22.34	1:15.48
	200m: 2:24.49	1:14.57	600m: 7:29.58	1:16.65	1000m: 12:35.07	1:16.46	1400m: 17:38.40	1:16.06
	300m: 3:40.35	1:15.86	700m: 8:45.75	1:16.17	1100m: 13:51.18	1:16.11	1500m: 18:51.75	1:13.35
	400m: 4:56.53	1:16.18	800m: 10:02.65	1:16.90	1200m: 15:06.86	1:15.68		
3.	Wessel Everloo	WS Twente	18:24.82	198906597	S14	19:23.37	686	
	100m: 1:12.76	1:12.76	500m: 6:24.66	1:17.52	900m: 11:36.02	1:19.16	1300m: 16:49.90	1:18.29
	200m: 2:30.94	1:18.18	600m: 7:41.09	1:16.43	1000m: 12:53.02	1:17.00	1400m: 18:08.32	1:18.42
	300m: 3:49.08	1:18.14	700m: 8:58.79	1:17.70	1100m: 14:11.99	1:18.97	1500m: 19:23.37	1:15.05
	400m: 5:07.14	1:18.06	800m: 10:16.86	1:18.07	1200m: 15:31.61	1:19.62		
4.	Chris Kouwenhoven	De Grunte	20:39.21	197101669	21:32.46			
	100m: 1:20.44	1:20.44	500m: 7:06.77	1:27.05	900m: 12:52.42	1:26.08	1300m: 18:40.08	1:27.27
	200m: 2:46.31	1:25.87	600m: 8:33.65	1:26.88	1000m: 14:18.97	1:26.55	1400m: 20:07.07	1:26.99
	300m: 4:13.05	1:26.74	700m: 10:00.33	1:26.68	1100m: 15:45.66	1:26.69	1500m: 21:32.46	1:25.39
	400m: 5:39.72	1:26.67	800m: 11:26.34	1:26.01	1200m: 17:12.81	1:27.15		
5.	Eric Hoekman	WS Twente	20:51.93	197401531	22:06.15			
	100m: 1:12.32	1:12.32	500m: 6:59.49	1:28.56	900m: 13:01.78	1:32.51	1300m: 19:06.63	1:29.73
	200m: 2:35.13	1:22.81	600m: 8:29.04	1:29.55	1000m: 14:33.44	1:31.66	1400m: 20:37.53	1:30.90
	300m: 4:02.39	1:27.26	700m: 9:58.92	1:29.88	1100m: 16:05.48	1:32.04	1500m: 22:06.15	1:28.62
	400m: 5:30.93	1:28.54	800m: 11:29.27	1:30.35	1200m: 17:36.90	1:31.42		