

Clubkampioenschappen deel 1 2024-2025
Steenwijk, 9-1-2025

1 - Clubkampioenschappen Steenwijk34 deel 1

9-1-2025 - 18:20

Programmanr. 1
9-1-2025 - 18:20

400m vrije slag

Gebjr 2015 - 2016
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Reinier Feitsma	MZ&PC De Reest	7:16.05	201500213	7:32.46
	50m: 47.18	47.18 150m:		250m:	350m:
	100m: 1:45.43	58.25 200m: 3:42.37		300m:	400m: 7:32.46
2.	Mark-Valentijn de Graaf	Steenwijk 1934	NT	201501027	9:41.79
	50m: 59.89	59.89 150m:		250m:	350m:
	100m: 2:13.20	1:13.31 200m: 4:47.56		300m:	400m: 9:41.79
3.	Jasmijne Doosje	Steenwijk 1934	14:31.46	201500952	10:23.54
	50m: 1:04.80	1:04.80 150m:		250m:	350m:
	100m: 2:21.40	1:16.60 200m: 5:00.72		300m:	400m: 10:23.54
4.	Rachel Vos	Steenwijk 1934	NT	201501012	11:02.75
	50m: 1:05.88	1:05.88 150m:		250m:	350m:
	100m: 2:22.78	1:16.90 200m: 5:05.17		300m:	400m: 11:02.75
AFGEM	Fedde Peters	Steenwijk 1934	NT	201600309	

Programmanr. 2
9-1-2025 - 18:35

400m vrije slag

Gebjr 2013 - 2014
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Marit Vuist	Steenwijk 1934	6:04.11	201300530	6:08.06
	50m: 40.02	40.02 150m:		250m:	350m:
	100m: 1:27.19	47.17 200m: 3:05.47		300m:	400m: 6:08.06
2.	Lisa Slijkhuis	MZ&PC De Reest	NT	201400332	6:13.78
	50m: 38.55	38.55 150m:		250m:	350m:
	100m: 1:22.08	43.53 200m: 2:58.87		300m:	400m: 6:13.78
3.	Jesse Last	Steenwijk 1934	7:58.43	201400383	6:46.73
	50m: 43.67	43.67 150m:		250m:	350m:
	100m: 1:33.51	49.84 200m: 3:18.84		300m:	400m: 6:46.73
4.	Lotte de Vries	Steenwijk 1934	6:40.83	201300226	6:59.04
	50m: 44.46	44.46 150m:		250m:	350m:
	100m: 1:35.49	51.03 200m: 3:24.15		300m:	400m: 6:59.04
5.	Isabel Feitsma	MZ&PC De Reest	8:02.95	201301210	7:08.76
	50m: 44.37	44.37 150m:		250m:	350m:
	100m: 1:38.67	54.30 200m: 3:30.47		300m:	400m: 7:08.76
6.	Marit Heijs	Steenwijk 1934	10:23.64	201402000	7:37.14
	50m: 49.83	49.83 150m:		250m:	350m:
	100m: 1:47.16	57.33 200m: 3:45.49		300m:	400m: 7:37.14
7.	Jelte Peters	Steenwijk 1934	12:42.44	201401529	8:39.75
	50m: 57.68	57.68 150m:		250m:	350m:
	100m: 2:04.29	1:06.61 200m: 4:18.33		300m:	400m: 8:39.75
8.	Yamilla de Jong	Steenwijk 1934	10:59.29	201301494	9:25.51
	50m: 55.03	55.03 150m:		250m:	350m:
	100m: 2:05.84	1:10.81 200m: 4:33.91		300m:	400m: 9:25.51
9.	Nathalie Zoer	Steenwijk 1934	NT	201303152	9:56.63
	50m: 1:06.41	1:06.41 150m:		250m:	350m:
	100m: 2:17.96	1:11.55 200m: 4:52.10		300m:	400m: 9:56.63

Programmanr. 3
9-1-2025 - 19:00

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
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Clubkampioenschappen deel 1 2024-2025
Steenwijk, 9-1-2025

Programmanr. 3, Heren, 400m vrije slag

1.	Jaydey Schonewille	Steenwijk 1934	4:14.71	200800025	4:19.98
	50m: 28.10	28.10 150m:		250m:	350m:
	100m: 59.44	31.34 200m: 2:06.54		300m:	400m: 4:19.98
2.	Dyon Scholten	Steenwijk 1934	4:34.33	200900095	4:32.95
	50m: 30.19	30.19 150m:		250m:	350m:
	100m: 1:03.73	33.54 200m: 2:12.15		300m:	400m: 4:32.95
3.	Kay van Sleen	Steenwijk 1934	4:30.34	200400083	4:51.63
	50m: 30.81	30.81 150m:		250m:	350m:
	100m: 1:05.18	34.37 200m: 2:17.53		300m:	400m: 4:51.63
4.	Kylian Kooijman	Steenwijk 1934	4:42.76	199900763	4:52.68
	50m: 31.81	31.81 150m:		250m:	350m:
	100m: 1:06.70	34.89 200m: 2:21.22		300m:	400m: 4:52.68
5.	Rick Driezen	Steenwijk 1934	5:00.94	198600713	4:59.52
	50m: 31.19	31.19 150m:		250m:	350m:
	100m: 1:05.79	34.60 200m: 2:18.07		300m:	400m: 4:59.52
6.	Rio Babic	Steenwijk 1934	5:39.60	201200867	5:44.75
	50m: 36.96	36.96 150m:		250m:	350m:
	100m: 1:19.41	42.45 200m: 2:48.94		300m:	400m: 5:44.75
7.	Johan de Vries	Steenwijk 1934	6:09.92	200305127	5:58.49
	50m: 36.19	36.19 150m:		250m:	350m:
	100m: 1:17.54	41.35 200m: 2:47.95		300m:	400m: 5:58.49
8.	Timo Vuist	Steenwijk 1934	6:14.07	201101245	6:04.57
	50m: 37.31	37.31 150m:		250m:	350m:
	100m: 1:21.76	44.45 200m: 2:53.30		300m:	400m: 6:04.57
9.	Jesper Heijs	Steenwijk 1934	NT	201202829	7:02.88
	50m: 48.58	48.58 150m:		250m:	350m:
	100m: 1:41.41	52.83 200m: 3:29.74		300m:	400m: 7:02.88

Programmanr. 4
9-1-2025 - 19:15

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Karlijn Dijkshoorn	Steenwijk 1934	5:00.86	200803926	5:02.26	
	50m: 31.17	31.17 150m:		250m:	350m:	
	100m: 1:07.41	36.24 200m: 2:24.74		300m:	400m: 5:02.26	
2.	Sterre van der Wal	Steenwijk 1934	5:04.89	200502356	5:12.84	
	50m: 33.32	33.32 150m:		250m:	350m:	
	100m: 1:10.41	37.09 200m: 2:29.68		300m:	400m: 5:12.84	
3.	Cynthia Koolman	Steenwijk 1934	4:46.58	200300232	5:14.47	
	50m: 34.81	34.81 150m:		250m:	350m:	
	100m: 1:12.81	38.00 200m: 2:32.13		300m:	400m: 5:14.47	
4.	Puk Lubbers	Steenwijk 1934	4:49.53	200600832	5:19.40	
	50m: 33.84	33.84 150m:		250m:	350m:	
	100m: 1:12.63	38.79 200m: 2:34.14		300m:	400m: 5:19.40	
5.	Maud Slijkhuis	MZ&PC De Reest	5:28.60	201101520	5:33.52	
	50m: 35.28	35.28 150m:		250m:	350m:	
	100m: 1:14.36	39.08 200m: 2:37.92		300m:	400m: 5:33.52	
6.	Jessica Dekkinga	Steenwijk 1934	5:25.08	200600180	5:42.93	
	50m: 34.81	34.81 150m:		250m:	350m:	
	100m: 1:15.57	40.76 200m: 2:41.69		300m:	400m: 5:42.93	
7.	Aniek Vuist	Steenwijk 1934	5:20.69	200600958	5:54.26	
	50m: 36.25	36.25 150m:		250m:	350m:	
	100m: 1:19.61	43.36 200m: 2:51.36		300m:	400m: 5:54.26	
8.	Joyce Wesselink	MZ&PC De Reest	6:43.00	201101904	6:13.53	
	50m: 41.22	41.22 150m:		250m:	350m:	
	100m: 1:27.48	46.26 200m: 3:02.99		300m:	400m: 6:13.53	
9.	Anna de Lange	Steenwijk 1934	6:25.15	200801762	6:32.86	
	50m: 41.27	41.27 150m:		250m:	350m:	
	100m: 1:29.12	47.85 200m: 3:08.99		300m:	400m: 6:32.86	

Clubkampioenschappen deel 1 2024-2025
Steenwijk, 9-1-2025

Programmanr. 5
9-1-2025 - 19:30

400m vrije slag

1999 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1999 en ouder, Heren						
1.	Guido Keutgen	Steenwijk 1934	5:15.21	196801551	5:30.93	
	50m: 34.70	34.70 150m:		250m:	350m:	
	100m: 1:14.66	39.96 200m: 2:39.03		300m:	400m: 5:30.93	
2.	Korstiaan de Boer	Steenwijk 1934	5:17.66	197101629	5:38.49	
	50m: 35.59	35.59 150m:		250m:	350m:	
	100m: 1:15.39	39.80 200m: 2:41.51		300m:	400m: 5:38.49	
3.	Huyb Stegeman	Steenwijk 1934	6:00.00	196701535	5:53.44	
	50m: 38.43	38.43 150m:		250m:	350m:	
	100m: 1:20.08	41.65 200m: 2:47.77		300m:	400m: 5:53.44	
1999 en ouder, Dames						
1.	Alies Wagter	Steenwijk 1934	5:01.71	199900840	5:16.67	
	50m: 35.07	35.07 150m:		250m:	350m:	
	100m: 1:13.34	38.27 200m: 2:33.15		300m:	400m: 5:16.67	
2.	Nanda Wobben-de Vries	Steenwijk 1934	5:23.43	199204328	5:20.09	
	50m: 35.07	35.07 150m:		250m:	350m:	
	100m: 1:14.25	39.18 200m: 2:35.49		300m:	400m: 5:20.09	
3.	Sabine Lageweg	Steenwijk 1934	5:22.84	199900926	5:32.31	
	50m: 36.23	36.23 150m:		250m:	350m:	
	100m: 1:16.56	40.33 200m: 2:40.01		300m:	400m: 5:32.31	
4.	Wilna Heijman	Steenwijk 1934	5:19.34	196400506	5:37.13	
	50m: 38.96	38.96 150m:		250m:	350m:	
	100m: 1:20.76	41.80 200m: 2:46.40		300m:	400m: 5:37.13	
5.	Astrid Wibbelink	Steenwijk 1934	6:19.81	199600006	5:54.86	
	50m: 37.60	37.60 150m:		250m:	350m:	
	100m: 1:19.71	42.11 200m: 2:48.75		300m:	400m: 5:54.86	
6.	Riekie Schra	Steenwijk 1934	9:14.82	196400404	11:03.52	
	50m: 1:09.97	1:09.97 150m:		250m:	350m:	
	100m: 2:32.56	1:22.59 200m: 5:22.81		300m:	400m: 11:03.52	
AFGEM	Leonie Scholten	Steenwijk 1934	6:15.01	197901560		