

1 - zaterdag 19 april 2025

19/4/2025 - 13:00

Programmanr. 1
19/4/2025 - 13:00

800m vrije slag

2013 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Gebjr 2011 - 2013, Jongens								
1.	Stan Nijhuis	O Z & P C	10:36.80	201100191	9:59.46			
	100m: 1:10.08	1:10.08	300m: 3:40.93	1:15.81	500m: 6:11.12	1:15.06	700m: 8:44.43	1:16.25
	200m: 2:25.12	1:15.04	400m: 4:56.06	1:15.13	600m: 7:28.18	1:17.06	800m: 9:59.46	1:15.03
2.	Amor van der Veen	Dedemsvaart-AC	11:28.58	201100197	10:25.84			
	100m: 1:12.51	1:12.51	300m: 3:51.08	1:20.10	500m: 6:30.47	1:19.73	700m: 9:09.11	1:18.56
	200m: 2:30.98	1:18.47	400m: 5:10.74	1:19.66	600m: 7:50.55	1:20.08	800m: 10:25.84	1:16.73
3.	Dewin Volker	O Z & P C	10:55.93	201101935	10:28.52			
	100m: 1:12.50	1:12.50	300m: 3:48.52	1:18.90	500m: 6:29.56	1:20.75	700m: 9:09.54	1:18.59
	200m: 2:29.62	1:17.12	400m: 5:08.81	1:20.29	600m: 7:50.95	1:21.39	800m: 10:28.52	1:18.98
4.	Jurre de Jonge	De Grunte	NT	201300791	12:09.02			
	100m: 1:22.11	1:22.11	300m: 4:27.16	1:33.69	500m: 7:36.59	1:35.06	700m: 10:44.85	1:32.92
	200m: 2:53.47	1:31.36	400m: 6:01.53	1:34.37	600m: 9:11.93	1:35.34	800m: 12:09.02	1:24.17
5.	Koen Hultink	De Grunte	13:52.24	201200577	13:51.21			
	100m: 1:30.78	1:30.78	300m: 4:57.56	1:44.86	500m: 8:33.93	1:48.90	700m: 12:10.57	1:45.83
	200m: 3:12.70	1:41.92	400m: 6:45.03	1:47.47	600m: 10:24.74	1:50.81	800m: 13:51.21	1:40.64
6.	Robin van den Berg	Swol 1894	13:31.28	201200355	14:08.66			
	100m: 1:35.12	1:35.12	300m: 5:10.89	1:48.72	500m: 8:51.87	1:50.82	700m: 12:29.38	1:49.47
	200m: 3:22.17	1:47.05	400m: 7:01.05	1:50.16	600m: 10:39.91	1:48.04	800m: 14:08.66	1:39.28

Gebjr 2009 - 2010, Jongens

1.	Ruben Kragt	Dedemsvaart-AC	10:05.01	201000007	9:55.45			
	100m: 1:10.85	1:10.85	300m: 3:41.41	1:15.28	500m: 6:12.43	1:16.05	700m: 8:42.90	1:15.11
	200m: 2:26.13	1:15.28	400m: 4:56.38	1:14.97	600m: 7:27.79	1:15.36	800m: 9:55.45	1:12.55
2.	Guus van Duinen	Dedemsvaart-AC	10:18.16	200901107	10:01.60			
	100m: 1:09.52	1:09.52	300m: 3:42.02	1:17.09	500m: 6:17.72	1:17.99	700m: 8:50.59	1:15.45
	200m: 2:24.93	1:15.41	400m: 4:59.73	1:17.71	600m: 7:35.14	1:17.42	800m: 10:01.60	1:11.01
3.	Dani Yefimov	O Z & P C	10:06.97	200901305	10:04.86			
	100m: 1:09.30	1:09.30	300m: 3:42.14	1:16.61	500m: 6:16.90	1:17.46	700m: 8:51.34	1:16.97
	200m: 2:25.53	1:16.23	400m: 4:59.44	1:17.30	600m: 7:34.37	1:17.47	800m: 10:04.86	1:13.52
4.	Noud Assinck	Zignea	10:14.39	200900047	10:16.60			
	100m: 1:10.26	1:10.26	300m: 3:46.70	1:19.20	500m: 6:24.41	1:19.08	700m: 9:01.53	1:19.42
	200m: 2:27.50	1:17.24	400m: 5:05.33	1:18.63	600m: 7:42.11	1:17.70	800m: 10:16.60	1:15.07
5.	Daan Vinke	Deltasteur	10:36.59	201001039	10:31.95			
	100m: 1:11.68	1:11.68	300m: 3:52.14	1:20.94	500m: 6:35.03	1:21.88	700m: 9:14.70	1:18.83
	200m: 2:31.20	1:19.52	400m: 5:13.15	1:21.01	600m: 7:55.87	1:20.84	800m: 10:31.95	1:17.25
6.	Gerco van Dijk	Olympia	10:43.20	201000997	10:38.87			
	100m: 1:14.37	1:14.37	300m: 3:54.85	1:21.03	500m: 6:38.60	1:21.71	700m: 9:24.16	1:22.68
	200m: 2:33.82	1:19.45	400m: 5:16.89	1:22.04	600m: 8:01.48	1:22.88	800m: 10:38.87	1:14.71
7.	Gijs Nooter	Dedemsvaart-AC	11:19.55	201000725	10:42.17			
	100m: 1:13.25	1:13.25	300m: 3:59.42	1:23.70	500m: 6:45.56	1:22.17	700m: 9:25.81	1:19.61
	200m: 2:35.72	1:22.47	400m: 5:23.39	1:23.97	600m: 8:06.20	1:20.64	800m: 10:42.17	1:16.36
8.	Thijmen Holterman	ZPC De Hof	11:07.31	201000005	11:07.89			
	100m: 1:04.85	1:04.85	300m: 3:35.67	1:16.66	500m: 6:36.08	1:43.19	700m: 9:37.45	1:29.90
	200m: 2:19.01	1:14.16	400m: 4:52.89	1:17.22	600m: 8:07.55	1:31.47	800m: 11:07.89	1:30.44
AFGEM	Joas Norden	De Grunte	NT	200902705				

Gebjr 2007 - 2008, Jongens

1.	Milan Veelders	O Z & P C	8:52.28	200800279	9:04.45			
	100m: 1:05.13	1:05.13	300m: 3:24.28	1:09.85	500m: 5:42.45	1:08.95	700m: 7:59.45	1:08.63
	200m: 2:14.43	1:09.30	400m: 4:33.50	1:09.22	600m: 6:50.82	1:08.37	800m: 9:04.45	1:05.00
2.	Siem de Zeeuw	O Z & P C	8:53.57	200800013	9:05.49			
	100m: 1:02.64	1:02.64	300m: 3:21.56	1:09.70	500m: 5:41.47	1:09.52	700m: 7:59.93	1:08.50
	200m: 2:11.86	1:09.22	400m: 4:31.95	1:10.39	600m: 6:51.43	1:09.96	800m: 9:05.49	1:05.56
3.	Melle van Veen	Dedemsvaart-AC	9:08.01	200700661	9:12.98			
	100m: 1:04.21	1:04.21	300m: 3:23.68	1:10.52	500m: 5:44.63	1:10.09	700m: 8:05.42	1:10.63
	200m: 2:13.16	1:08.95	400m: 4:34.54	1:10.86	600m: 6:54.79	1:10.16	800m: 9:12.98	1:07.56
4.	Emiel de Bruijn	Dedemsvaart-AC	9:13.11	200700953	9:17.74			
	100m: 1:02.96	1:02.96	300m: 3:23.47	1:10.61	500m: 5:46.26	1:11.61	700m: 8:09.42	1:11.60
	200m: 2:12.86	1:09.90	400m: 4:34.65	1:11.18	600m: 6:57.82	1:11.56	800m: 9:17.74	1:08.32

Programmanr. 1, Jongens, 800m vrije slag, Gebjr 2007 - 2008

rang	naam	vereniging	intijd	tijd	RT
5.	Tim Zuurman	Dedemsvaart-AC	9:28.80	200700131	9:26.90
	100m: 1:06.77	1:06.77 300m: 3:29.83	1:11.99	500m: 5:54.57	1:12.46
	200m: 2:17.84	1:11.07 400m: 4:42.11	1:12.28	600m: 7:07.16	1:12.59
				700m: 8:18.60	1:11.44
				800m: 9:26.90	1:08.30
6.	Thijs Poll	Deltasteur	9:35.64	200700203	9:58.80
	100m: 1:07.78	1:07.78 300m: 3:37.98	1:15.98	500m: 6:12.91	1:17.82
	200m: 2:22.00	1:14.22 400m: 4:55.09	1:17.11	600m: 7:29.13	1:16.22
				700m: 8:45.83	1:16.70
				800m: 9:58.80	1:12.97
7.	Thomas van Velzen	Deltasteur	10:20.73	200703189	10:49.45
	100m: 1:13.02	1:13.02 300m: 3:57.48	1:22.72	500m: 6:44.91	1:24.17
	200m: 2:34.76	1:21.74 400m: 5:20.74	1:23.26	600m: 8:09.71	1:24.80
				700m: 9:33.79	1:24.08
				800m: 10:49.45	1:15.66

Gebjr 2005 - 2006, Heren

1.	Lars Haytink	WS Twente	9:32.82	200601815	10:10.99
	100m: 1:10.12	1:10.12 300m: 3:42.23	1:16.48	500m: 6:17.67	1:17.81
	200m: 2:25.75	1:15.63 400m: 4:59.86	1:17.63	600m: 7:36.00	1:18.33
				700m: 8:53.94	1:17.94
				800m: 10:10.99	1:17.05

Gebjr 2011 - 2013, Meisjes

1.	Isabel Amelink	Deltasteur	10:34.02	201100196	10:37.28
	100m: 1:12.22	1:12.22 300m: 3:53.60	1:20.80	500m: 6:37.07	1:22.41
	200m: 2:32.80	1:20.58 400m: 5:14.66	1:21.06	600m: 7:59.85	1:22.78
				700m: 9:20.81	1:20.96
				800m: 10:37.28	1:16.47
2.	Imke Oude Engberink	De Dinkel	10:58.97	201100818	11:26.16
	100m: 1:16.71	1:16.71 300m: 4:14.97	1:31.60	500m: 7:14.40	1:30.45
	200m: 2:43.37	1:26.66 400m: 5:43.95	1:28.98	600m: 8:41.86	1:27.46
				700m: 10:06.34	1:24.48
				800m: 11:26.16	1:19.82
3.	Annefleur Schraa	Swol 1894	11:02.60	201100044	11:31.36
	100m: 1:17.08	1:17.08 300m: 4:10.17	1:27.05	500m: 7:06.10	1:28.26
	200m: 2:43.12	1:26.04 400m: 5:37.84	1:27.67	600m: 8:35.69	1:29.59
				700m: 10:04.11	1:28.42
				800m: 11:31.36	1:27.25
4.	Sophie Kortenschijl	WS Twente	11:18.39	201100672	11:57.44
	100m: 1:22.09	1:22.09 300m: 4:25.45	1:31.69	500m: 7:29.70	1:32.33
	200m: 2:53.76	1:31.67 400m: 5:57.37	1:31.92	600m: 9:02.55	1:32.85
				700m: 10:31.64	1:29.09
				800m: 11:57.44	1:25.80
5.	Dagmar Bos	Deltasteur	12:00.21	201202438	11:58.42
	100m: 1:24.64	1:24.64 300m: 4:27.68	1:32.34	500m: 7:31.38	1:32.20
	200m: 2:55.34	1:30.70 400m: 5:59.18	1:31.50	600m: 9:01.50	1:30.12
				700m: 10:32.07	1:30.57
				800m: 11:58.42	1:26.35

Gebjr 2009 - 2010, Meisjes

1.	Daphne Dijsselhof	Dedemsvaart-AC	10:32.36	200901690	10:31.14
	100m: 1:13.30	1:13.30 300m: 3:53.13	1:19.75	500m: 6:34.65	1:21.53
	200m: 2:33.38	1:20.08 400m: 5:13.12	1:19.99	600m: 7:55.45	1:20.80
				700m: 9:16.20	1:20.75
				800m: 10:31.14	1:14.94
2.	Emma Steenbrink	O Z & P C	10:07.55	200901376	10:33.52
	100m: 1:12.68	1:12.68 300m: 3:53.92	1:20.70	500m: 6:37.72	1:21.81
	200m: 2:33.22	1:20.54 400m: 5:15.91	1:21.99	600m: 7:58.47	1:20.75
				700m: 9:16.85	1:18.38
				800m: 10:33.52	1:16.67
3.	Tessa Zevenbergen	Aquapoldro	11:03.06	201002662	11:01.41
	100m: 1:13.65	1:13.65 300m: 4:00.56	1:23.77	500m: 6:51.20	1:25.61
	200m: 2:36.79	1:23.14 400m: 5:25.59	1:25.03	600m: 8:16.95	1:25.75
				700m: 9:41.35	1:24.40
				800m: 11:01.41	1:20.06
4.	Mila Soethof	De Dinkel	10:44.87	200900482	11:07.93
	100m: 1:16.09	1:16.09 300m: 4:04.33	1:25.12	500m: 6:55.62	1:26.09
	200m: 2:39.21	1:23.12 400m: 5:29.53	1:25.20	600m: 8:22.21	1:26.59
				700m: 9:47.34	1:25.13
				800m: 11:07.93	1:20.59
5.	Jesmé Haytink	WS Twente	10:56.14	201000382	11:14.52
	100m: 1:19.16	1:19.16 300m: 4:10.88	1:25.66	500m: 7:03.03	1:25.55
	200m: 2:45.22	1:26.06 400m: 5:37.48	1:26.60	600m: 8:29.39	1:26.36
				700m: 9:52.68	1:23.29
				800m: 11:14.52	1:21.84
6.	Eva Eikelboom	SG Octopus - ZVV	11:39.94	200903718	11:25.81
	100m: 1:18.52	1:18.52 300m: 4:11.95	1:26.56	500m: 7:06.41	1:28.37
	200m: 2:45.39	1:26.87 400m: 5:38.04	1:26.09	600m: 8:35.45	1:29.04
				700m: 10:03.15	1:27.70
				800m: 11:25.81	1:22.66
7.	Lisa van Velzen	Swol 1894	12:41.29	200901062	12:31.06
	100m: 1:19.76	1:19.76 300m: 4:29.32	1:36.17	500m: 7:45.05	1:38.43
	200m: 2:53.15	1:33.39 400m: 6:06.62	1:37.30	600m: 9:23.45	1:38.40
				700m: 10:59.72	1:36.27
				800m: 12:31.06	1:31.34
8.	Meike Hultink	De Grunte	11:29.90	201001686	12:40.94
	100m: 1:19.71	1:19.71 300m: 4:27.04	1:36.66	500m: 7:46.24	1:38.81
	200m: 2:50.38	1:30.67 400m: 6:07.43	1:40.39	600m: 9:28.00	1:41.76
				700m: 11:06.48	1:38.48
				800m: 12:40.94	1:34.46

Programmanr. 1, 800m vrije slag

Gebjr 2007 - 2008, Meisjes

1.	Barbara Broekhuis	De Dinkel	10:04.03	200700880	9:56.28
	100m: 1:08.18	1:08.18	300m: 3:37.78	1:15.15	500m: 6:09.56
	200m: 2:22.63	1:14.45	400m: 4:53.22	1:15.44	600m: 7:25.89
				1:16.34	700m: 8:42.30
				1:16.33	800m: 9:56.28
					1:16.41
2.	Hannah Markovinovic	ZPC De Hof	NT	200803266	10:27.29
	100m: 1:11.37	1:11.37	300m: 3:47.46	1:18.52	500m: 6:27.74
	200m: 2:28.94	1:17.57	400m: 5:06.96	1:19.50	600m: 7:48.82
				1:20.78	700m: 9:08.91
				1:21.08	800m: 10:27.29
					1:20.09
3.	Leyona Lichtendonk	Dedemsvaart-AC	10:15.38	200700010	10:47.93
	100m: 1:12.96	1:12.96	300m: 3:53.86	1:22.12	500m: 6:40.01
	200m: 2:31.74	1:18.78	400m: 5:16.71	1:22.85	600m: 8:05.37
				1:23.30	700m: 9:27.75
				1:25.36	800m: 10:47.93
					1:22.38
4.	Esmee Nieuwenhuis	ZPC De Hof	11:04.95	200701444	10:51.99
	100m: 1:17.03	1:17.03	300m: 4:05.03	1:23.70	500m: 6:53.65
	200m: 2:41.33	1:24.30	400m: 5:28.88	1:23.85	600m: 8:18.22
				1:24.77	700m: 9:36.44
				1:24.57	800m: 10:51.99
					1:15.55
5.	Aukje Markerink	ZPC De Hof	11:35.81	200802196	11:38.34
	100m: 1:20.14	1:20.14	300m: 4:17.15	1:28.59	500m: 7:14.36
	200m: 2:48.56	1:28.42	400m: 5:45.54	1:28.39	600m: 8:43.49
				1:28.82	700m: 10:12.25
				1:29.13	800m: 11:38.34
					1:28.76
6.	Nynke van Leeuwen	De Berkelduikers	12:02.70	200701272	11:40.23
	100m: 1:15.31	1:15.31	300m: 4:12.51	1:29.41	500m: 7:14.78
	200m: 2:43.10	1:27.79	400m: 5:44.17	1:31.66	600m: 8:45.14
				1:30.61	700m: 10:14.57
				1:30.36	800m: 11:40.23
					1:29.43
7.	Meyke Haytink	WS Twente	10:34.18	200801188	12:13.53
	100m: 1:25.36	1:25.36	300m: 4:28.10	1:32.53	500m: 7:35.01
	200m: 2:55.57	1:30.21	400m: 6:01.10	1:33.00	600m: 9:09.60
				1:33.91	700m: 10:43.72
				1:34.59	800m: 12:13.53
					1:29.81

Gebjr 2005 - 2006, Dames

1.	Marlies Dijsselhof	Dedemsvaart-AC	10:27.00	200601046	10:30.36
	100m: 1:09.47	1:09.47	300m: 3:48.98	1:20.98	500m: 6:31.57
	200m: 2:28.00	1:18.53	400m: 5:11.04	1:22.06	600m: 7:52.12
				1:20.53	700m: 9:11.56
				1:20.55	800m: 10:30.36
					1:19.44
2.	Jessica Dekkinga	Steenwijk 1934	12:01.54	200600180	11:53.49
	100m: 1:19.31	1:19.31	300m: 4:17.87	1:30.22	500m: 7:21.64
	200m: 2:47.65	1:28.34	400m: 5:49.96	1:32.09	600m: 8:52.86
				1:31.68	700m: 10:23.92
				1:31.22	800m: 11:53.49
					1:31.06

2004 en ouder, Dames

1.	Ismay Lichtendonk	Dedemsvaart-AC	9:24.37	200400622	9:44.02
	100m: 1:05.48	1:05.48	300m: 3:28.74	1:12.29	500m: 5:57.69
	200m: 2:16.45	1:10.97	400m: 4:42.02	1:13.28	600m: 7:14.30
				1:15.67	700m: 8:29.70
				1:16.61	800m: 9:44.02
					1:14.32
2.	Michelle van Wijk	WWW Winterswijk	NT	200204746	10:08.24
	100m: 1:10.17	1:10.17	300m: 3:43.22	1:16.65	500m: 6:18.24
	200m: 2:26.57	1:16.40	400m: 5:00.66	1:17.44	600m: 7:35.94
				1:17.58	700m: 8:53.27
				1:17.70	800m: 10:08.24
					1:17.33
3.	Alessia Sluis	Dedemsvaart-AC	NT	200300896	10:30.24
	100m: 1:12.71	1:12.71	300m: 3:52.64	1:20.20	500m: 6:33.45
	200m: 2:32.44	1:19.73	400m: 5:13.46	1:20.82	600m: 7:54.25
				1:19.99	700m: 9:13.63
				1:20.80	800m: 10:30.24
					1:19.38
4.	Claire Bosch	De Dinkel	10:23.73	200401480	10:43.38
	100m: 1:13.58	1:13.58	300m: 3:55.97	1:21.88	500m: 6:39.11
	200m: 2:34.09	1:20.51	400m: 5:18.12	1:22.15	600m: 8:00.58
				1:20.99	700m: 9:22.46
				1:21.47	800m: 10:43.38
					1:21.88
5.	Romée Beverdam	WS Twente	11:06.67	200100158	11:26.93
	100m: 1:18.45	1:18.45	300m: 4:11.04	1:26.94	500m: 7:06.84
	200m: 2:44.10	1:25.65	400m: 5:38.25	1:27.21	600m: 8:34.62
				1:28.59	700m: 10:02.50
				1:27.78	800m: 11:26.93
					1:27.88
6.	Marjan Rikken	SG Octopus - ZVV	12:13.22	199206114	12:59.30
	100m: 1:25.68	1:25.68	300m: 4:40.48	1:38.72	500m: 8:01.01
	200m: 3:01.76	1:36.08	400m: 6:20.84	1:40.36	600m: 9:41.35
				1:40.17	700m: 11:22.07
				1:40.34	800m: 12:59.30
					1:40.72
AFGEM	Romée Jabben	Dedemsvaart-AC	11:36.97	200404426	

Programmanr. 2
19/4/2025 - 14:40

1500m vrije slag

2013 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Gebjr 2011 - 2013, Jongens					
1.	Matthijs van Velzen	Deltasteur	17:39.75	201100435	18:22.43
	100m: 1:06.43	1:06.43	500m: 6:05.26	1:15.65	900m: 11:02.66
	200m: 2:20.11	1:13.68	600m: 7:19.47	1:14.21	1000m: 12:17.37
	300m: 3:34.35	1:14.24	700m: 8:33.66	1:14.19	1100m: 13:32.01
	400m: 4:49.61	1:15.26	800m: 9:48.14	1:14.48	1200m: 14:46.74
				1:14.52	1300m: 16:00.81
				1:14.71	1400m: 17:13.60
				1:14.64	1500m: 18:22.43
				1:14.73	1:08.83

Programmanr. 2, Jongens, 1500m vrije slag, Gebjr 2011 - 2013

rang	naam	vereniging	intijd	tijd	RT			
2.	Rutger Donker	Ndd	19:56.73	201200361	20:14.07			
	100m: 1:13.89	1:13.89	500m: 6:40.29	1:21.60	900m: 12:08.21	1:21.71	1300m: 17:35.69	1:21.44
	200m: 2:34.45	1:20.56	600m: 8:01.77	1:21.48	1000m: 13:30.95	1:22.74	1400m: 18:56.40	1:20.71
	300m: 3:56.29	1:21.84	700m: 9:24.15	1:22.38	1100m: 14:52.73	1:21.78	1500m: 20:14.07	1:17.67
	400m: 5:18.69	1:22.40	800m: 10:46.50	1:22.35	1200m: 16:14.25	1:21.52		
3.	Tim Slagers	Aquapoldro	20:01.48	201200263	20:19.01			
	100m: 1:11.49	1:11.49	500m: 6:38.29	1:21.51	900m: 12:06.29	1:22.28	1300m: 17:38.14	1:23.50
	200m: 2:31.57	1:20.08	600m: 7:59.73	1:21.44	1000m: 13:29.74	1:23.45	1400m: 18:59.76	1:21.62
	300m: 3:54.01	1:22.44	700m: 9:21.65	1:21.92	1100m: 14:51.78	1:22.04	1500m: 20:19.01	1:19.25
	400m: 5:16.78	1:22.77	800m: 10:44.01	1:22.36	1200m: 16:14.64	1:22.86		
4.	Milan Eikenaar	Swol 1894	20:08.78	201100599	20:26.80			
	100m: 1:14.75	1:14.75	500m: 6:43.32	1:21.88	900m: 12:16.38	1:24.15	1300m: 17:49.18	1:23.23
	200m: 2:35.92	1:21.17	600m: 8:05.91	1:22.59	1000m: 13:38.60	1:22.22	1400m: 19:09.94	1:20.76
	300m: 3:58.01	1:22.09	700m: 9:29.04	1:23.13	1100m: 15:02.49	1:23.89	1500m: 20:26.80	1:16.86
	400m: 5:21.44	1:23.43	800m: 10:52.23	1:23.19	1200m: 16:25.95	1:23.46		
5.	Lars Thül	Swol 1894	19:30.09	201200119	20:31.96			
	100m: 1:16.65	1:16.65	500m: 6:45.87	1:22.21	900m: 12:16.72	1:22.90	1300m: 17:49.32	1:24.18
	200m: 2:38.63	1:21.98	600m: 8:07.61	1:21.74	1000m: 13:39.01	1:22.29	1400m: 19:10.96	1:21.64
	300m: 4:00.64	1:22.01	700m: 9:30.96	1:23.35	1100m: 15:01.95	1:22.94	1500m: 20:31.96	1:21.00
	400m: 5:23.66	1:23.02	800m: 10:53.82	1:22.86	1200m: 16:25.14	1:23.19		
6.	Milan van den Berg	Swol 1894	21:06.65	201100253	21:09.12			
	100m: 1:18.69	1:18.69	500m: 6:57.24	1:25.27	900m: 12:36.27	1:23.80	1300m: 18:18.84	1:26.11
	200m: 2:42.81	1:24.12	600m: 8:22.28	1:25.04	1000m: 14:01.09	1:24.82	1400m: 19:45.32	1:26.48
	300m: 4:07.31	1:24.50	700m: 9:47.57	1:25.29	1100m: 15:26.77	1:25.68	1500m: 21:09.12	1:23.80
	400m: 5:31.97	1:24.66	800m: 11:12.47	1:24.90	1200m: 16:52.73	1:25.96		
7.	Mats van der Kamp	Deltasteur	21:13.45	201200113	21:38.43			
	100m: 1:22.20	1:22.20	500m: 7:13.88	1:25.87	900m: 13:11.14	1:31.49	1300m: 18:56.04	1:25.01
	200m: 2:51.10	1:28.90	600m: 8:42.08	1:28.20	1000m: 14:40.22	1:29.08	1400m: 20:19.96	1:23.92
	300m: 4:20.99	1:29.89	700m: 10:11.85	1:29.77	1100m: 16:07.02	1:26.80	1500m: 21:38.43	1:18.47
	400m: 5:48.01	1:27.02	800m: 11:39.65	1:27.80	1200m: 17:31.03	1:24.01		
8.	Hugo Hulstijn	CWW Swimteam	20:44.36	201100297	21:54.00			
	100m: 1:21.88	1:21.88	500m: 7:12.97	1:30.12	900m: 13:09.39	1:28.78	1300m: 19:05.33	1:29.25
	200m: 2:49.50	1:27.62	600m: 8:42.24	1:29.27	1000m: 14:38.54	1:29.15	1400m: 20:32.30	1:26.97
	300m: 4:15.90	1:26.40	700m: 10:11.62	1:29.38	1100m: 16:07.27	1:28.73	1500m: 21:54.00	1:21.70
	400m: 5:42.85	1:26.95	800m: 11:40.61	1:28.99	1200m: 17:36.08	1:28.81		
9.	Maarten de Leeuw	Deltasteur	20:10.78	201200241	21:55.43			
	100m: 1:20.96	1:20.96	500m: 7:11.00	1:27.48	900m: 13:05.20	1:28.50	1300m: 19:01.41	1:28.73
	200m: 2:48.11	1:27.15	600m: 8:39.02	1:28.02	1000m: 14:34.99	1:29.79	1400m: 20:29.88	1:28.47
	300m: 4:15.60	1:27.49	700m: 10:07.36	1:28.34	1100m: 16:04.36	1:29.37	1500m: 21:55.43	1:25.55
	400m: 5:43.52	1:27.92	800m: 11:36.70	1:29.34	1200m: 17:32.68	1:28.32		
10.	Hidde de Jonge	De Grunte	23:24.91	201101213	22:05.40			
	100m: 1:19.98	1:19.98	500m: 7:12.56	1:28.35	900m: 13:07.77	1:28.21	1300m: 19:11.56	1:31.75
	200m: 2:47.34	1:27.36	600m: 8:42.24	1:29.68	1000m: 14:38.47	1:30.70	1400m: 20:42.01	1:30.45
	300m: 4:15.78	1:28.44	700m: 10:10.62	1:28.38	1100m: 16:08.48	1:30.01	1500m: 22:05.40	1:23.39
	400m: 5:44.21	1:28.43	800m: 11:39.56	1:28.94	1200m: 17:39.81	1:31.33		
11.	Luuk ten Asbroek	Het Ravijn	22:29.58	201200601	22:36.01			
	100m: 1:22.41	1:22.41	500m: 7:24.51	1:31.40	900m: 13:35.00	1:33.26	1300m: 19:42.79	1:30.12
	200m: 2:51.55	1:29.14	600m: 8:56.03	1:31.52	1000m: 15:07.03	1:32.03	1400m: 21:13.70	1:30.91
	300m: 4:21.92	1:30.37	700m: 10:28.95	1:32.92	1100m: 16:40.00	1:32.97	1500m: 22:36.01	1:22.31
	400m: 5:53.11	1:31.19	800m: 12:01.74	1:32.79	1200m: 18:12.67	1:32.67		
12.	Fido Hulstijn	CWW Swimteam	22:02.95	201300775	22:42.26			
	100m: 1:21.36	1:21.36	500m: 7:28.99	1:32.79	900m: 13:35.99	1:32.41	1300m: 19:47.46	1:32.51
	200m: 2:52.14	1:30.78	600m: 9:01.50	1:32.51	1000m: 15:09.14	1:33.15	1400m: 21:16.60	1:29.14
	300m: 4:24.30	1:32.16	700m: 10:31.39	1:29.89	1100m: 16:41.93	1:32.79	1500m: 22:42.26	1:25.66
	400m: 5:56.20	1:31.90	800m: 12:03.58	1:32.19	1200m: 18:14.95	1:33.02		
13.	Thiemo Bruin	Swol 1894	22:18.16	201200477	23:04.71			
	100m: 1:25.46	1:25.46	500m: 7:42.13	1:34.84	900m: 13:56.53	1:33.64	1300m: 20:09.48	1:32.69
	200m: 2:58.42	1:32.96	600m: 9:15.51	1:33.38	1000m: 15:29.79	1:33.26	1400m: 21:40.69	1:31.21
	300m: 4:32.80	1:34.38	700m: 10:49.72	1:34.21	1100m: 17:02.64	1:32.85	1500m: 23:04.71	1:24.02
	400m: 6:07.29	1:34.49	800m: 12:22.89	1:33.17	1200m: 18:36.79	1:34.15		
AFGEM	Amor van der Veen	Dedemsvaart-AC	21:54.48	201100197				

Gebjr 2009 - 2010, Jongens

1.	Finn Stamsnieder	O Z & P C	17:57.52	200900225	18:15.98			
	100m: 1:08.22	1:08.22	500m: 6:03.38	1:14.07	900m: 10:59.70	1:14.07	1300m: 15:54.39	1:14.03
	200m: 2:21.49	1:13.27	600m: 7:17.65	1:14.27	1000m: 12:13.90	1:14.20	1400m: 17:05.15	1:10.76
	300m: 3:35.40	1:13.91	700m: 8:31.77	1:14.12	1100m: 13:27.61	1:13.71	1500m: 18:15.98	1:10.83
	400m: 4:49.31	1:13.91	800m: 9:45.63	1:13.86	1200m: 14:40.36	1:12.75		
2.	Ruben Kragt	Dedemsvaart-AC	19:06.17	201000007	18:38.82			
	100m: 1:09.18	1:09.18	500m: 6:12.00	1:14.59	900m: 11:12.76	1:15.96	1300m: 16:12.61	1:14.21
	200m: 2:25.02	1:15.84	600m: 7:26.82	1:14.82	1000m: 12:28.01	1:15.25	1400m: 17:26.78	1:14.17
	300m: 3:41.77	1:16.75	700m: 8:41.56	1:14.74	1100m: 13:43.52	1:15.51	1500m: 18:38.82	1:12.04
	400m: 4:57.41	1:15.64	800m: 9:56.80	1:15.24	1200m: 14:58.40	1:14.88		

Programmanr. 2, Jongens, 1500m vrije slag, Gebjr 2009 - 2010

rang	naam	vereniging	intijd	tijd	RT			
3.	Dyon Scholten	Steenwijk 1934	19:11.02	200900095	18:44.32			
	100m: 1:08.50	1:08.50	500m: 6:09.51	1:16.20	900m: 11:14.77	1:15.39	1300m: 16:15.86	1:14.94
	200m: 2:22.58	1:14.08	600m: 7:26.42	1:16.91	1000m: 12:30.99	1:16.22	1400m: 17:30.41	1:14.55
	300m: 3:37.60	1:15.02	700m: 8:41.54	1:15.12	1100m: 13:46.24	1:15.25	1500m: 18:44.32	1:13.91
	400m: 4:53.31	1:15.71	800m: 9:59.38	1:17.84	1200m: 15:00.92	1:14.68		
4.	Tristan Meijers	Swol 1894	18:31.66	201000089	18:47.92			
	100m: 1:09.85	1:09.85	500m: 6:11.07	1:15.11	900m: 11:14.63	1:16.64	1300m: 16:19.94	1:16.34
	200m: 2:25.54	1:15.69	600m: 7:26.57	1:15.50	1000m: 12:30.61	1:15.98	1400m: 17:35.91	1:15.97
	300m: 3:40.89	1:15.35	700m: 8:42.50	1:15.93	1100m: 13:47.02	1:16.41	1500m: 18:47.92	1:12.01
	400m: 4:55.96	1:15.07	800m: 9:57.99	1:15.49	1200m: 15:03.60	1:16.58		
5.	Milan Bottenberg	Deltasteur	19:54.11	200900153	18:56.04			
	100m: 1:09.35	1:09.35	500m: 6:17.45	1:17.07	900m: 11:22.31	1:15.24	1300m: 16:26.42	1:16.07
	200m: 2:26.10	1:16.75	600m: 7:33.91	1:16.46	1000m: 12:38.10	1:15.79	1400m: 17:41.25	1:14.83
	300m: 3:43.51	1:17.41	700m: 8:50.63	1:16.72	1100m: 13:53.90	1:15.80	1500m: 18:56.04	1:14.79
	400m: 5:00.38	1:16.87	800m: 10:07.07	1:16.44	1200m: 15:10.35	1:16.45		
6.	Roan van der Stege	Swol 1894	18:23.73	200900107	19:13.36			
	100m: 1:08.58	1:08.58	500m: 6:09.09	1:16.34	900m: 11:22.59	1:18.53	1300m: 16:37.70	1:19.07
	200m: 2:21.53	1:12.95	600m: 7:26.85	1:17.76	1000m: 12:41.79	1:19.20	1400m: 17:56.03	1:18.33
	300m: 3:36.84	1:15.31	700m: 8:45.29	1:18.44	1100m: 14:00.20	1:18.41	1500m: 19:13.36	1:17.33
	400m: 4:52.75	1:15.91	800m: 10:04.06	1:18.77	1200m: 15:18.63	1:18.43		
7.	Niek Endeman	Deltasteur	19:28.59	200902567	19:38.78			
	100m: 1:11.77	1:11.77	500m: 6:28.48	1:19.67	900m: 11:42.57	1:18.64	1300m: 17:00.85	1:20.17
	200m: 2:29.22	1:17.45	600m: 7:47.15	1:18.67	1000m: 13:01.89	1:19.32	1400m: 18:20.88	1:20.03
	300m: 3:48.56	1:19.34	700m: 9:05.22	1:18.07	1100m: 14:21.33	1:19.44	1500m: 19:38.78	1:17.90
	400m: 5:08.81	1:20.25	800m: 10:23.93	1:18.71	1200m: 15:40.68	1:19.35		
8.	Robbin Eijkelkamp	ZPC De Hof	21:04.00	200900031	20:00.17			
	100m: 1:11.74	1:11.74	500m: 6:33.87	1:21.27	900m: 11:59.09	1:20.71	1300m: 17:24.60	1:21.45
	200m: 2:30.45	1:18.71	600m: 7:55.10	1:21.23	1000m: 13:19.97	1:20.88	1400m: 18:43.97	1:19.37
	300m: 3:51.38	1:20.93	700m: 9:17.15	1:22.05	1100m: 14:41.27	1:21.30	1500m: 20:00.17	1:16.20
	400m: 5:12.60	1:21.22	800m: 10:38.38	1:21.23	1200m: 16:03.15	1:21.88		
9.	Rinse de Jonge	De Grunte	19:41.37	200900705	20:15.06			
	100m: 1:13.79	1:13.79	500m: 6:42.55	1:22.58	900m: 12:10.78	1:22.03	1300m: 17:38.09	1:21.78
	200m: 2:34.23	1:20.44	600m: 8:04.78	1:22.23	1000m: 13:33.00	1:22.22	1400m: 18:58.02	1:19.93
	300m: 3:57.66	1:23.43	700m: 9:27.26	1:22.48	1100m: 14:55.37	1:22.37	1500m: 20:15.06	1:17.04
	400m: 5:19.97	1:22.31	800m: 10:48.75	1:21.49	1200m: 16:16.31	1:20.94		
10.	Jelmer Kruijt	Olympia	20:36.02	200900525	20:16.71			
	100m: 1:09.69	1:09.69	500m: 6:36.77	1:23.32	900m: 12:08.55	1:22.54	1300m: 17:39.61	1:22.76
	200m: 2:29.04	1:19.35	600m: 8:00.32	1:23.55	1000m: 13:31.18	1:22.63	1400m: 19:00.61	1:21.00
	300m: 3:50.47	1:21.43	700m: 9:23.56	1:23.24	1100m: 14:53.60	1:22.42	1500m: 20:16.71	1:16.10
	400m: 5:13.45	1:22.98	800m: 10:46.01	1:22.45	1200m: 16:16.85	1:23.25		
11.	Giano Spoor	Aquapoldro	20:18.23	200900655	20:31.15			
	100m: 1:10.89	1:10.89	500m: 6:39.97	1:23.28	900m: 12:17.08	1:23.37	1300m: 17:50.30	1:22.76
	200m: 2:30.95	1:20.06	600m: 8:04.18	1:24.21	1000m: 13:41.52	1:24.44	1400m: 19:11.47	1:21.17
	300m: 3:53.57	1:22.62	700m: 9:28.92	1:24.74	1100m: 15:04.82	1:23.30	1500m: 20:31.15	1:19.68
	400m: 5:16.69	1:23.12	800m: 10:53.71	1:24.79	1200m: 16:27.54	1:22.72		
12.	Dhamin Ouali	Swol 1894	NT	200902771	20:34.63			
	100m: 1:15.28	1:15.28	500m: 6:49.38	1:24.81	900m: 12:24.17	1:22.11	1300m: 17:56.75	1:23.55
	200m: 2:39.03	1:23.75	600m: 8:13.42	1:24.04	1000m: 13:47.59	1:23.42	1400m: 19:19.44	1:22.69
	300m: 4:00.58	1:21.55	700m: 9:37.69	1:24.27	1100m: 15:09.41	1:21.82	1500m: 20:34.63	1:15.19
	400m: 5:24.57	1:23.99	800m: 11:02.06	1:24.37	1200m: 16:33.20	1:23.79		
13.	Gijs Nooter	Dedemsvaart-AC	21:54.15	201000725	20:46.03			
	100m: 1:15.60	1:15.60	500m: 6:48.07	1:23.57	900m: 12:21.69	1:24.01	1300m: 18:00.62	1:24.62
	200m: 2:36.80	1:21.20	600m: 8:10.02	1:21.95	1000m: 13:47.13	1:25.44	1400m: 19:24.86	1:24.24
	300m: 4:00.48	1:23.68	700m: 9:34.16	1:24.14	1100m: 15:11.00	1:23.87	1500m: 20:46.03	1:21.17
	400m: 5:24.50	1:24.02	800m: 10:57.68	1:23.52	1200m: 16:36.00	1:25.00		
14.	Jesse Jolink	ENC Arnhem	22:23.23	201000401	21:06.53			
	100m: 1:18.89	1:18.89	500m: 7:02.42	1:26.84	900m: 12:45.38	1:24.95	1300m: 18:24.28	1:24.63
	200m: 2:43.78	1:24.89	600m: 8:28.39	1:25.97	1000m: 14:09.63	1:24.25	1400m: 19:48.11	1:23.83
	300m: 4:09.29	1:25.51	700m: 9:54.67	1:26.28	1100m: 15:34.91	1:25.28	1500m: 21:06.53	1:18.42
	400m: 5:35.58	1:26.29	800m: 11:20.43	1:25.76	1200m: 16:59.65	1:24.74		
15.	Thijmen Holterman	ZPC De Hof	21:00.51	201000005	21:35.58			
	100m: 1:16.04	1:16.04	500m: 7:01.29	1:27.92	900m: 12:50.94	1:28.00	1300m: 18:44.88	1:28.75
	200m: 2:41.98	1:25.94	600m: 8:27.91	1:26.62	1000m: 14:18.96	1:28.02	1400m: 20:12.70	1:27.82
	300m: 4:06.88	1:24.90	700m: 9:55.74	1:27.83	1100m: 15:48.19	1:29.23	1500m: 21:35.58	1:22.88
	400m: 5:33.37	1:26.49	800m: 11:22.94	1:27.20	1200m: 17:16.13	1:27.94		
16.	Timo Bottenberg	Deltasteur	NT	200900151	22:11.23			
	100m: 1:19.89	1:19.89	500m: 7:16.40	1:29.73	900m: 13:18.95	1:30.56	1300m: 19:19.17	1:30.69
	200m: 2:46.59	1:26.70	600m: 8:45.69	1:29.29	1000m: 14:48.16	1:29.21	1400m: 20:46.80	1:27.63
	300m: 4:16.49	1:29.90	700m: 10:17.34	1:31.65	1100m: 16:18.73	1:30.57	1500m: 22:11.23	1:24.43
	400m: 5:46.67	1:30.18	800m: 11:48.39	1:31.05	1200m: 17:48.48	1:29.75		

Programmanr. 2, 1500m vrije slag

Gebjr 2007 - 2008, Jongens

1. Emiel de Bruijn	Dedemsvaart-AC	17:38.86	200700953	17:54.67
100m: 1:05.79	1:05.79	500m: 5:58.95	1:13.69	900m: 10:49.63
200m: 2:17.86	1:12.07	600m: 7:11.80	1:12.85	1000m: 12:01.45
300m: 3:31.43	1:13.57	700m: 8:24.60	1:12.80	1100m: 13:14.24
400m: 4:45.26	1:13.83	800m: 9:37.11	1:12.51	1200m: 14:26.61
				1:12.52
				1300m: 15:37.61
				1400m: 16:48.35
				1500m: 17:54.67
				1:12.93
				1:06.32
2. Jasper Thijert	WS Twente	17:31.77	200700321	17:57.67
100m: 1:05.69	1:05.69	500m: 5:54.16	1:12.35	900m: 10:48.28
200m: 2:17.16	1:11.47	600m: 7:07.61	1:13.45	1000m: 12:01.06
300m: 3:29.65	1:12.49	700m: 8:21.31	1:13.70	1100m: 13:13.86
400m: 4:41.81	1:12.16	800m: 9:34.61	1:13.30	1200m: 14:25.85
				1:13.67
				1300m: 15:37.94
				1400m: 16:50.87
				1500m: 17:57.67
				1:12.09
				1:06.80
3. Rian Schoneveld	De Berkelduikers	17:22.95	200801789	17:58.17
100m: 1:01.82	1:01.82	500m: 5:50.21	1:12.83	900m: 10:41.37
200m: 2:12.96	1:11.14	600m: 7:03.63	1:13.42	1000m: 11:55.00
300m: 3:24.92	1:11.96	700m: 8:16.26	1:12.63	1100m: 13:08.14
400m: 4:37.38	1:12.46	800m: 9:29.37	1:13.11	1200m: 14:21.31
				1:12.00
				1300m: 15:35.15
				1400m: 16:47.51
				1500m: 17:58.17
				1:13.84
				1:12.36
				1:10.66
4. Julian Zwarthoff	Swol 1894	18:57.00	200800945	19:18.21
100m: 1:11.32	1:11.32	500m: 6:19.34	1:18.21	900m: 11:31.97
200m: 2:26.47	1:15.15	600m: 7:37.67	1:18.33	1000m: 12:50.56
300m: 3:43.06	1:16.59	700m: 8:55.39	1:17.72	1100m: 14:09.63
400m: 5:01.13	1:18.07	800m: 10:13.63	1:18.24	1200m: 15:29.52
				1:18.34
				1300m: 16:47.66
				1400m: 18:04.95
				1500m: 19:18.21
				1:17.29
				1:13.26
5. Bjorn Scholten	O Z & P C	19:22.62	200801143	19:53.29
100m: 1:12.73	1:12.73	500m: 6:35.18	1:21.76	900m: 11:59.90
200m: 2:31.89	1:19.16	600m: 7:57.51	1:22.33	1000m: 13:20.92
300m: 3:52.13	1:20.24	700m: 9:19.60	1:22.09	1100m: 14:40.99
400m: 5:13.42	1:21.29	800m: 10:39.46	1:19.86	1200m: 16:00.64
				1:20.44
				1300m: 17:19.82
				1400m: 18:39.14
				1500m: 19:53.29
				1:19.32
				1:14.15

Gebjr 2005 - 2006, Heren

1. Kjetil van Gasteren	Olympia	NT	200600405	20:49.60
100m: 1:13.62	1:13.62	500m: 6:55.97	1:25.60	900m: 12:32.53
200m: 2:38.28	1:24.66	600m: 8:20.24	1:24.27	1000m: 13:56.07
300m: 4:05.00	1:26.72	700m: 9:44.90	1:24.66	1100m: 15:19.98
400m: 5:30.37	1:25.37	800m: 11:08.64	1:23.74	1200m: 16:43.74
				1:23.89
				1300m: 18:06.80
				1400m: 19:29.44
				1500m: 20:49.60
				1:23.06
				1:22.64
				1:20.16

2004 en ouder, Heren

1. Jorim Hebbink	De Berkelduikers	21:16.58	200401957	20:58.30
100m: 1:14.62	1:14.62	500m: 6:53.31	1:25.68	900m: 12:34.90
200m: 2:37.68	1:23.06	600m: 8:17.93	1:24.62	1000m: 14:01.31
300m: 4:02.14	1:24.46	700m: 9:43.71	1:25.78	1100m: 15:26.91
400m: 5:27.63	1:25.49	800m: 11:09.59	1:25.88	1200m: 16:52.20
				1:25.31
				1300m: 18:16.91
				1400m: 19:39.47
				1500m: 20:58.30
				1:24.71
				1:22.56
				1:18.83
2. Rolf Veldboom	WWV Winterswijk	NT	200302231	21:15.86
100m: 1:17.18	1:17.18	500m: 6:58.61	1:26.82	900m: 12:44.79
200m: 2:41.46	1:24.28	600m: 8:24.89	1:26.28	1000m: 14:11.16
300m: 4:06.02	1:24.56	700m: 9:51.97	1:27.08	1100m: 15:38.35
400m: 5:31.79	1:25.77	800m: 11:17.72	1:25.75	1200m: 17:04.92
				1:27.07
				1300m: 18:30.07
				1400m: 19:53.46
				1500m: 21:15.86
				1:23.39
				1:22.40
3. Luc Aveskamp	De Dinkel	19:26.55	200300337	21:18.40
100m: 1:16.75	1:16.75	500m: 6:53.59	1:25.55	900m: 12:39.33
200m: 2:39.48	1:22.73	600m: 8:19.40	1:25.81	1000m: 14:06.18
300m: 4:03.39	1:23.91	700m: 9:46.13	1:26.73	1100m: 15:33.42
400m: 5:28.04	1:24.65	800m: 11:12.53	1:26.40	1200m: 17:01.35
				1:26.80
				1300m: 18:29.35
				1400m: 19:56.44
				1500m: 21:18.40
				1:28.00
				1:27.09
				1:21.96
4. Chris Kouwenhoven	De Grunte	21:13.62	197101669	21:47.75
100m: 1:21.46	1:21.46	500m: 7:13.32	1:27.86	900m: 13:05.15
200m: 2:49.44	1:27.98	600m: 8:41.17	1:27.85	1000m: 14:33.09
300m: 4:17.86	1:28.42	700m: 10:09.30	1:28.13	1100m: 16:00.91
400m: 5:45.46	1:27.60	800m: 11:37.32	1:28.02	1200m: 17:28.13
				1:27.83
				1300m: 18:56.89
				1400m: 20:23.72
				1500m: 21:47.75
				1:28.76
				1:26.83
				1:24.03
5. Harm Jan Otter	Het Ravijn	21:04.65	198101283	21:50.89
100m: 1:15.41	1:15.41	500m: 7:01.74	1:28.82	900m: 12:58.43
200m: 2:39.25	1:23.84	600m: 8:31.72	1:29.98	1000m: 14:27.34
300m: 4:05.41	1:26.16	700m: 10:01.40	1:29.68	1100m: 15:56.45
400m: 5:32.92	1:27.51	800m: 11:30.00	1:28.60	1200m: 17:25.50
				1:28.43
				1300m: 18:54.63
				1400m: 20:24.98
				1500m: 21:50.89
				1:29.13
				1:30.35
				1:25.91

AFGEM Wessel Everloo WS Twente 18:44.22 198906597 S14

Gebjr 2011 - 2013, Meisjes

1. Maurieke Frijstein	Deltasteur	22:20.52	201100198	20:53.08
100m: 1:14.93	1:14.93	500m: 6:52.08	1:25.69	900m: 12:32.09
200m: 2:37.32	1:22.39	600m: 8:17.09	1:25.01	1000m: 13:56.65
300m: 4:01.72	1:24.40	700m: 9:42.79	1:25.70	1100m: 15:21.85
400m: 5:26.39	1:24.67	800m: 11:07.80	1:25.01	1200m: 16:46.49
				1:24.29
				1300m: 18:10.31
				1400m: 19:33.20
				1500m: 20:53.08
				1:23.82
				1:22.89
				1:19.88
2. Lisa Boogaard	Deltasteur	NT	201100990	20:56.82
100m: 1:15.36	1:15.36	500m: 6:48.32	1:24.57	900m: 12:26.44
200m: 2:37.40	1:22.04	600m: 8:13.11	1:24.79	1000m: 13:50.90
300m: 4:00.36	1:22.96	700m: 9:37.68	1:24.57	1100m: 15:15.26
400m: 5:23.75	1:23.39	800m: 11:02.00	1:24.32	1200m: 16:41.11
				1:24.44
				1300m: 18:07.70
				1400m: 19:33.39
				1500m: 20:56.82
				1:26.59
				1:25.69
				1:23.43

Programmanr. 2, Meisjes, 1500m vrije slag, Gebjr 2011 - 2013

rang	naam	vereniging	intijd	tijd	RT
3.	Jinthe Kuiper	Swol 1894	20:54.74	201200688	21:14.87
	100m: 1:17.39	1:17.39 500m: 6:52.84	1:25.17	900m: 12:36.76	1:26.24
	200m: 2:40.22	1:22.83 600m: 8:18.87	1:26.03	1000m: 14:01.94	1:25.18
	300m: 4:03.84	1:23.62 700m: 9:45.07	1:26.20	1100m: 15:29.16	1:27.22
	400m: 5:27.67	1:23.83 800m: 11:10.52	1:25.45	1200m: 16:58.66	1:29.50
				1300m: 18:25.90	1:27.24
				1400m: 19:51.77	1:25.87
				1500m: 21:14.87	1:23.10
4.	Ribanna Damm	Sg - E Z C L	21:57.80	201100304	21:45.14
	100m: 1:15.95	1:15.95 500m: 7:07.95	1:40.97	900m: 13:06.80	1:29.35
	200m: 2:41.05	1:25.10 600m: 8:37.77	1:29.82	1000m: 14:36.00	1:29.20
	300m: 4:08.82	1:27.77 700m: 10:08.13	1:30.36	1100m: 16:03.11	1:27.11
	400m: 5:26.98	1:18.16 800m: 11:37.45	1:29.32	1200m: 17:32.17	1:29.06
				1300m: 18:59.95	1:27.78
				1400m: 20:25.36	1:25.41
				1500m: 21:45.14	1:19.78

Gebjr 2009 - 2010, Meisjes

1.	Florien Pot	O Z & P C	18:49.44	201000768	19:24.25
	100m: 1:11.66	1:11.66 500m: 6:24.34	1:18.26	900m: 11:37.49	1:18.49
	200m: 2:29.16	1:17.50 600m: 7:43.44	1:19.10	1000m: 12:55.57	1:18.08
	300m: 3:47.39	1:18.23 700m: 9:01.77	1:18.33	1100m: 14:14.18	1:18.61
	400m: 5:06.08	1:18.69 800m: 10:19.00	1:17.23	1200m: 15:32.28	1:18.10
				1300m: 16:50.95	1:18.67
				1400m: 18:08.32	1:17.37
				1500m: 19:24.25	1:15.93
2.	Kayleigh van Doeselaar	WS Twente	21:26.13	201000478	20:50.29
	100m: 1:16.19	1:16.19 500m: 6:51.12	1:22.67	900m: 12:26.27	1:24.37
	200m: 2:39.16	1:22.97 600m: 8:15.45	1:24.33	1000m: 13:51.75	1:25.48
	300m: 4:03.04	1:23.88 700m: 9:39.02	1:23.57	1100m: 15:17.46	1:25.71
	400m: 5:28.45	1:25.41 800m: 11:01.90	1:22.88	1200m: 16:42.73	1:25.27
				1300m: 18:07.75	1:25.02
				1400m: 19:31.79	1:24.04
				1500m: 20:50.29	1:18.50
3.	Nienke Bulter	De Dinkel	20:09.25	200902188	20:53.43
	100m: 1:16.73	1:16.73 500m: 6:49.50	1:23.59	900m: 12:28.83	1:25.73
	200m: 2:39.29	1:22.56 600m: 8:13.93	1:24.43	1000m: 13:54.34	1:25.51
	300m: 4:02.71	1:23.42 700m: 9:38.78	1:24.85	1100m: 15:19.77	1:25.43
	400m: 5:25.91	1:23.20 800m: 11:03.10	1:24.32	1200m: 16:44.67	1:24.90
				1300m: 18:09.30	1:24.63
				1400m: 19:33.36	1:24.06
				1500m: 20:53.43	1:20.07
4.	Jente van t Hul	Deltasteur	NT	201000186	21:00.41
	100m: 1:17.18	1:17.18 500m: 6:56.82	1:25.25	900m: 12:37.01	1:25.18
	200m: 2:41.03	1:23.85 600m: 8:21.95	1:25.13	1000m: 14:01.72	1:24.71
	300m: 4:05.92	1:24.89 700m: 9:46.46	1:24.51	1100m: 15:27.38	1:25.66
	400m: 5:31.57	1:25.65 800m: 11:11.83	1:25.37	1200m: 16:51.86	1:24.48
				1300m: 18:17.61	1:25.75
				1400m: 19:41.29	1:23.68
				1500m: 21:00.41	1:19.12
5.	Karina van de Wetering	Deltasteur	NT	201000972	21:47.51
	100m: 1:19.02	1:19.02 500m: 7:09.20	1:27.03	900m: 13:02.34	1:28.81
	200m: 2:46.42	1:27.40 600m: 8:37.04	1:27.84	1000m: 14:31.67	1:29.33
	300m: 4:14.23	1:27.81 700m: 10:05.08	1:28.04	1100m: 16:00.49	1:28.82
	400m: 5:42.17	1:27.94 800m: 11:33.53	1:28.45	1200m: 17:29.34	1:28.85
				1300m: 18:57.36	1:28.02
				1400m: 20:24.77	1:27.41
				1500m: 21:47.51	1:22.74
6.	Lenore Donker	Ndd	21:33.75	201000080	22:37.78
	100m: 1:20.82	1:20.82 500m: 7:34.26	1:32.99	900m: 13:43.45	1:32.52
	200m: 2:54.23	1:33.41 600m: 9:07.51	1:33.25	1000m: 15:14.70	1:31.25
	300m: 4:28.07	1:33.84 700m: 10:38.96	1:31.45	1100m: 16:45.19	1:30.49
	400m: 6:01.27	1:33.20 800m: 12:10.93	1:31.97	1200m: 18:15.24	1:30.05
				1300m: 19:45.68	1:30.44
				1400m: 21:14.09	1:28.41
				1500m: 22:37.78	1:23.69
7.	Gwen Schuur	De Grunte	23:12.26	201000698	24:29.94
	100m: 1:22.52	1:22.52 500m: 7:53.82	1:40.55	900m: 14:34.22	1:40.99
	200m: 2:55.15	1:32.63 600m: 9:33.07	1:39.25	1000m: 16:15.03	1:40.81
	300m: 4:32.90	1:37.75 700m: 11:13.31	1:40.24	1100m: 17:55.34	1:40.31
	400m: 6:13.27	1:40.37 800m: 12:53.23	1:39.92	1200m: 19:35.20	1:39.86
				1300m: 21:13.03	1:37.83
				1400m: 22:52.13	1:39.10
				1500m: 24:29.94	1:37.81
8.	Froukje van Leeuwen	De Berkelduikers	24:09.03	200901208	24:30.35
	100m: 1:24.82	1:24.82 500m: 7:56.04	1:37.67	900m: 14:39.71	1:40.84
	200m: 3:01.36	1:36.54 600m: 9:37.32	1:41.28	1000m: 16:19.29	1:39.58
	300m: 4:39.32	1:37.96 700m: 11:18.25	1:40.93	1100m: 18:00.81	1:41.52
	400m: 6:18.37	1:39.05 800m: 12:58.87	1:40.62	1200m: 19:40.61	1:39.80
				1300m: 21:20.10	1:39.49
				1400m: 22:58.02	1:37.92
				1500m: 24:30.35	1:32.33

Gebjr 2007 - 2008, Meisjes

1.	Barbara Broekhuis	De Dinkel	18:47.56	200700880	19:12.14
	100m: 1:10.75	1:10.75 500m: 6:18.49	1:17.76	900m: 11:29.35	1:16.93
	200m: 2:26.66	1:15.91 600m: 7:36.41	1:17.92	1000m: 12:47.01	1:17.66
	300m: 3:43.40	1:16.74 700m: 8:54.41	1:18.00	1100m: 14:04.97	1:17.96
	400m: 5:00.73	1:17.33 800m: 10:12.42	1:18.01	1200m: 15:23.09	1:18.12
				1300m: 16:41.01	1:17.92
				1400m: 18:01.35	1:20.34
				1500m: 19:12.14	1:10.79
2.	Lyke Bellert	SG Octopus - ZVV	19:09.72	200701424	19:53.44
	100m: 1:13.38	1:13.38 500m: 6:38.00	1:22.09	900m: 12:00.48	1:20.34
	200m: 2:33.84	1:20.46 600m: 7:58.74	1:20.74	1000m: 13:20.05	1:19.57
	300m: 3:54.50	1:20.66 700m: 9:20.44	1:21.70	1100m: 14:41.34	1:21.29
	400m: 5:15.91	1:21.41 800m: 10:40.14	1:19.70	1200m: 16:01.62	1:20.28
				1300m: 17:21.58	1:19.96
				1400m: 18:40.10	1:18.52
				1500m: 19:53.44	1:13.34
3.	Marlouke Weijland	Deltasteur	20:53.47	200800152	20:46.72
	100m: 1:17.27	1:17.27 500m: 6:53.72	1:24.09	900m: 12:28.37	1:23.57
	200m: 2:40.88	1:23.61 600m: 8:17.59	1:23.87	1000m: 13:51.44	1:23.07
	300m: 4:05.26	1:24.38 700m: 9:41.26	1:23.67	1100m: 15:14.67	1:23.23
	400m: 5:29.63	1:24.37 800m: 11:04.80	1:23.54	1200m: 16:38.64	1:23.97
				1300m: 18:02.68	1:24.04
				1400m: 19:26.63	1:23.95
				1500m: 20:46.72	1:20.09
4.	Anique Polinder	Dedemsvaart-AC	21:45.45	200800008	20:51.82
	100m: 1:15.68	1:15.68 500m: 6:52.03	1:24.41	900m: 12:29.83	1:24.30
	200m: 2:38.82	1:23.14 600m: 8:16.62	1:24.59	1000m: 13:54.79	1:24.96
	300m: 4:02.43	1:23.61 700m: 9:41.05	1:24.43	1100m: 15:19.43	1:24.64
	400m: 5:27.62	1:25.19 800m: 11:05.53	1:24.48	1200m: 16:44.68	1:25.25
				1300m: 18:08.34	1:23.66
				1400m: 19:32.73	1:24.39
				1500m: 20:51.82	1:19.09

Programmanr. 2, Meisjes, 1500m vrije slag, Gebjr 2007 - 2008

rang	naam	vereniging	intijd	tijd	RT			
5.	Sofie Kragt	Dedemsvaart-AC	21:25.12	200701020	21:16.81			
	100m: 1:19.02	1:19.02	500m: 7:02.92	1:26.32	900m: 12:47.76	1:26.13	1300m: 18:30.71	1:25.62
	200m: 2:45.18	1:26.16	600m: 8:29.35	1:26.43	1000m: 14:14.35	1:26.59	1400m: 19:55.78	1:25.07
	300m: 4:11.33	1:26.15	700m: 9:55.73	1:26.38	1100m: 15:40.19	1:25.84	1500m: 21:16.81	1:21.03
	400m: 5:36.60	1:25.27	800m: 11:21.63	1:25.90	1200m: 17:05.09	1:24.90		
6.	Leyona Lichtendonk	Dedemsvaart-AC	19:57.63	200700010	22:03.59			
	100m: 1:18.30	1:18.30	500m: 6:57.03	1:26.38	900m: 12:50.87	1:30.14	1300m: 19:30.50	1:34.39
	200m: 2:41.67	1:23.37	600m: 8:25.63	1:28.60	1000m: 14:20.94	1:30.07	1400m: 20:33.44	1:32.94
	300m: 4:06.75	1:25.08	700m: 9:54.43	1:28.80	1100m: 15:53.32	1:32.38	1500m: 22:03.59	1:30.15
	400m: 5:30.65	1:23.90	800m: 11:20.73	1:26.30	1200m: 17:26.11	1:32.79		
7.	Elise van der Wielen	Olympia	22:17.76	200700346	23:11.22			
	100m: 1:26.32	1:26.32	500m: 7:51.87	1:36.57	900m: 14:14.26	1:35.08	1300m: 20:21.68	1:29.22
	200m: 3:01.34	1:35.02	600m: 9:28.35	1:36.48	1000m: 15:49.75	1:35.49	1400m: 21:49.18	1:27.50
	300m: 4:38.43	1:37.09	700m: 11:04.38	1:36.03	1100m: 17:22.20	1:32.45	1500m: 23:11.22	1:22.04
	400m: 6:15.30	1:36.87	800m: 12:39.18	1:34.80	1200m: 18:52.46	1:30.26		
8.	Eliina Hendriks	De Grunte	25:40.35	200801178	26:55.68			
	100m: 1:29.40	1:29.40	500m: 8:34.17	1:49.49	900m: 15:56.03	1:52.26	1300m: 23:20.52	1:50.25
	200m: 3:11.72	1:42.32	600m: 10:24.87	1:50.70	1000m: 17:48.33	1:52.30	1400m: 25:12.70	1:52.18
	300m: 4:57.13	1:45.41	700m: 12:13.42	1:48.55	1100m: 19:38.78	1:50.45	1500m: 26:55.68	1:42.98
	400m: 6:44.68	1:47.55	800m: 14:03.77	1:50.35	1200m: 21:30.27	1:51.49		

Gebjr 2005 - 2006, Dames

1.	Marlies Dijsselhof	Dedemsvaart-AC	20:18.96	200601046	20:40.36			
	100m: 1:13.63	1:13.63	500m: 6:51.82	1:24.27	900m: 12:26.67	1:23.38	1300m: 17:58.33	1:23.23
	200m: 2:37.26	1:23.63	600m: 8:15.41	1:23.59	1000m: 13:49.10	1:22.43	1400m: 19:19.36	1:21.03
	300m: 4:02.20	1:24.94	700m: 9:39.67	1:24.26	1100m: 15:11.92	1:22.82	1500m: 20:40.36	1:21.00
	400m: 5:27.55	1:25.35	800m: 11:03.29	1:23.62	1200m: 16:35.10	1:23.18		
2.	Feline Slijkhuis	SG Octopus - ZVV	19:28.60	200501042	20:49.09			
	100m: 1:14.78	1:14.78	500m: 6:47.13	1:23.84	900m: 12:24.79	1:24.55	1300m: 18:06.21	1:24.62
	200m: 2:37.07	1:22.29	600m: 8:11.03	1:23.90	1000m: 13:50.08	1:25.29	1400m: 19:30.47	1:24.26
	300m: 3:59.85	1:22.78	700m: 9:35.67	1:24.64	1100m: 15:16.07	1:25.99	1500m: 20:49.09	1:18.62
	400m: 5:23.29	1:23.44	800m: 11:00.24	1:24.57	1200m: 16:41.59	1:25.52		
3.	Pien Ooijman	WS Twente	21:12.62	200504500	22:30.75			
	100m: 1:20.53	1:20.53	500m: 7:21.78	1:31.39	900m: 13:24.74	1:31.60	1300m: 19:32.16	1:31.34
	200m: 2:48.95	1:28.42	600m: 8:52.70	1:30.92	1000m: 14:56.51	1:31.77	1400m: 21:02.62	1:30.46
	300m: 4:18.80	1:29.85	700m: 10:21.69	1:28.99	1100m: 16:28.94	1:32.43	1500m: 22:30.75	1:28.13
	400m: 5:50.39	1:31.59	800m: 11:53.14	1:31.45	1200m: 18:00.82	1:31.88		
4.	Eline Pullen	De Grunte	23:55.82	200500630	24:40.54			
	100m: 1:26.13	1:26.13	500m: 8:00.79	1:39.77	900m: 14:44.14	1:40.83	1300m: 21:30.71	1:41.06
	200m: 3:03.13	1:37.00	600m: 9:42.10	1:41.31	1000m: 16:25.55	1:41.41	1400m: 23:08.24	1:37.53
	300m: 4:41.35	1:38.22	700m: 11:22.52	1:40.42	1100m: 18:07.57	1:42.02	1500m: 24:40.54	1:32.30
	400m: 6:21.02	1:39.67	800m: 13:03.31	1:40.79	1200m: 19:49.65	1:42.08		

2004 en ouder, Dames

1.	Ismay Lichtendonk	Dedemsvaart-AC	18:46.91	200400622	18:52.78			
	100m: 1:10.03	1:10.03	500m: 6:07.77	1:14.77	900m: 11:15.53	1:16.53	1300m: 16:23.51	1:15.25
	200m: 2:24.80	1:14.77	600m: 7:23.55	1:15.78	1000m: 12:33.32	1:17.79	1400m: 17:40.76	1:17.25
	300m: 3:38.89	1:14.09	700m: 8:41.19	1:17.64	1100m: 13:48.81	1:15.49	1500m: 18:52.78	1:12.02
	400m: 4:53.00	1:14.11	800m: 9:59.00	1:17.81	1200m: 15:08.26	1:19.45		
2.	Cynthia Koolman	Steenwijk 1934	19:59.01	200300232	20:02.21			
	100m: 1:13.04	1:13.04	500m: 6:32.67	1:20.26	900m: 11:56.03	1:20.96	1300m: 17:20.91	1:21.22
	200m: 2:31.83	1:18.79	600m: 7:53.32	1:20.65	1000m: 13:16.79	1:20.76	1400m: 18:42.91	1:22.00
	300m: 3:52.14	1:20.31	700m: 9:14.56	1:21.24	1100m: 14:38.29	1:21.50	1500m: 20:02.21	1:19.30
	400m: 5:12.41	1:20.27	800m: 10:35.07	1:20.51	1200m: 15:59.69	1:21.40		
3.	Nienke Verploeg	Olympia	20:29.12	200000438	21:22.38			
	100m: 1:18.11	1:18.11	500m: 6:54.38	1:24.62	900m: 12:39.80	1:27.02	1300m: 18:31.17	1:27.63
	200m: 2:41.55	1:23.44	600m: 8:20.11	1:25.73	1000m: 14:06.54	1:26.74	1400m: 19:58.67	1:27.50
	300m: 4:05.65	1:24.10	700m: 9:45.96	1:25.85	1100m: 15:35.25	1:28.71	1500m: 21:22.38	1:23.71
	400m: 5:29.76	1:24.11	800m: 11:12.78	1:26.82	1200m: 17:03.54	1:28.29		
4.	Manou Blokhorst	WWV Winterswijk	NT	200402554	21:23.31			
	100m: 1:16.22	1:16.22	500m: 6:56.62	1:26.11	900m: 12:45.14	1:27.76	1300m: 18:34.11	1:27.91
	200m: 2:40.30	1:24.08	600m: 8:22.97	1:26.35	1000m: 14:14.19	1:29.05	1400m: 20:00.64	1:26.53
	300m: 4:05.05	1:24.75	700m: 9:49.96	1:26.99	1100m: 15:38.90	1:24.71	1500m: 21:23.31	1:22.67
	400m: 5:30.51	1:25.46	800m: 11:17.38	1:27.42	1200m: 17:06.20	1:27.30		
5.	Laura ter Stege	CWW Swimteam	23:15.71	199602364	23:06.10			
	100m: 1:18.76	1:18.76	500m: 7:24.14	1:32.52	900m: 13:41.35	1:34.75	1300m: 20:03.66	1:35.31
	200m: 2:47.66	1:28.90	600m: 8:58.17	1:34.03	1000m: 15:17.38	1:36.03	1400m: 21:37.38	1:33.72
	300m: 4:18.81	1:31.15	700m: 10:32.26	1:34.09	1100m: 16:52.83	1:35.45	1500m: 23:06.10	1:28.72
	400m: 5:51.62	1:32.81	800m: 12:06.60	1:34.34	1200m: 18:28.35	1:35.52		
6.	Anna Lauxen	Steenwijk 1934	23:27.65	199108154	24:42.21			
	100m: 1:27.54	1:27.54	500m: 8:07.91	1:40.99	900m: 14:51.17	1:41.03	1300m: 21:29.46	1:39.27
	200m: 3:05.37	1:37.83	600m: 9:49.23	1:41.32	1000m: 16:31.30	1:40.13	1400m: 23:07.61	1:38.15
	300m: 4:46.26	1:40.89	700m: 11:29.27	1:40.04	1100m: 18:11.77	1:40.47	1500m: 24:42.21	1:34.60
	400m: 6:26.92	1:40.66	800m: 13:10.14	1:40.87	1200m: 19:50.19	1:38.42		

Programmanr. 2, Dames, 1500m vrije slag, 2004 en ouder

rang	naam	vereniging	intijd	RT
7.	L. Friskes-van Kesteren	De Berkelduikers	27:06.59	196700768
	100m: 1:38.46	1:38.46	500m: 9:09.41	1:53.99
	200m: 3:29.65	1:51.19	600m: 11:02.72	1:54.53
	300m: 5:22.82	1:53.17	700m: 12:57.18	1:53.25
	400m: 7:15.42	1:52.60	800m: 14:50.78	1:54.36
			900m: 16:45.27	1:54.49
			1000m: 18:39.80	1:54.53
			1100m: 20:33.05	1:53.25
			1200m: 22:27.41	1:54.36
			1300m: 24:21.77	1:54.36
			1400m: 26:14.90	1:53.13
			1500m: 28:06.79	1:51.89
			28:06.79	
AFGEM	Irmgard van Weeghel	ENC Arnhem	21:38.75	199204834
AFGEM	Britt Biemans	Olympia	21:06.35	200400080