

LAC 2024-2025 Deel2
nijkerk, 7-12-2024

1 - zaterdag 7 december 2024

7-12-2024 - 15:00

Programmanr. 1
7-12-2024 - 15:00

400m vrije slag

Gebjr 2013 - 2018
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Madeé Boezen	ZIGNEA	NT 201300782	5:44.86	
	50m: 37.82	37.82 150m: 2:05.62	44.70 250m: 3:35.38	44.82 350m: 5:04.09	43.88
	100m: 1:20.92	43.10 200m: 2:50.56	44.94 300m: 4:20.21	44.83 400m: 5:44.86	40.77
2.	Elbrich Damoiseaux	Swol 1894	6:03.59 201301614	5:55.57	
	50m: 37.68	37.68 150m: 2:07.87	45.42 250m: 3:40.32	45.54 350m: 5:12.26	45.44
	100m: 1:22.45	44.77 200m: 2:54.78	46.91 300m: 4:26.82	46.50 400m: 5:55.57	43.31
3.	Fleur Aaldenberg	Swol 1894	6:25.05 201300572	6:00.04	
	50m: 39.03	39.03 150m: 2:10.49	46.79 250m: 3:43.55	46.93 350m: 5:16.97	46.38
	100m: 1:23.70	44.67 200m: 2:56.62	46.13 300m: 4:30.59	47.04 400m: 6:00.04	43.07
4.	Niels Brinks	ZIGNEA	6:57.39 201300677	6:09.68	
	50m: 41.44	41.44 150m: 2:16.16	47.71 250m: 3:52.29	48.14 350m: 5:28.36	47.23
	100m: 1:28.45	47.01 200m: 3:04.15	47.99 300m: 4:41.13	48.84 400m: 6:09.68	41.32
5.	Jip Westendorp	Swol 1894	NT 201400379	6:13.03	
	50m: 39.06	39.06 150m: 2:10.86	47.08 250m: 3:48.88	49.07 350m: 5:25.29	48.34
	100m: 1:23.78	44.72 200m: 2:59.81	48.95 300m: 4:36.95	48.07 400m: 6:13.03	47.74
6.	Noa Brands	Swol 1894	8:02.98 201500386	6:49.69	
	50m: 41.42	41.42 150m: 2:21.28	50.86 250m: 4:05.52	53.12 350m: 5:46.01	49.75
	100m: 1:30.42	49.00 200m: 3:12.40	51.12 300m: 4:56.26	50.74 400m: 6:49.69	1:03.68
7.	Jaro Schuurman	Swol 1894	7:21.91 201400161	6:49.90	
	50m: 41.59	41.59 150m: 2:27.95	53.93 250m: 4:16.78	54.33 350m: 6:04.15	53.57
	100m: 1:34.02	52.43 200m: 3:22.45	54.50 300m: 5:10.58	53.80 400m: 6:49.90	45.75
8.	Moreno Broenink	Batavia Swim	7:02.28 201300941	6:52.06	
	50m: 46.83	46.83 150m: 2:31.38	52.63 250m: 4:18.85	53.71 350m: 6:04.76	52.36
	100m: 1:38.75	51.92 200m: 3:25.14	53.76 300m: 5:12.40	53.55 400m: 6:52.06	47.30
9.	Jasmijn Akkerman	Swol 1894	7:08.86 201300456	7:07.61	
	50m: 44.72	44.72 150m: 2:31.71	55.67 250m: 4:24.05	56.33 350m: 6:16.38	56.33
	100m: 1:36.04	51.32 200m: 3:27.72	56.01 300m: 5:20.05	56.00 400m: 7:07.61	51.23
10.	Maeven Boezen	ZIGNEA	NT 201500085	7:26.58	
	50m: 44.60	44.60 150m: 2:36.10	57.58 250m: 4:33.25	59.24 350m: 6:33.31	1:00.56
	100m: 1:38.52	53.92 200m: 3:34.01	57.91 300m: 5:32.75	59.50 400m: 7:26.58	53.27
11.	Emma Buitelaar	Flevo	8:14.20 201300204	7:30.53	
	50m: 53.57	53.57 150m: 2:48.21	57.76 250m: 4:43.37	56.80 350m: 6:39.16	57.70
	100m: 1:50.45	56.88 200m: 3:46.57	58.36 300m: 5:41.46	58.09 400m: 7:30.53	51.37
12.	Lotte van den Berg	Swol 1894	8:22.73 201500010	8:23.87	
	50m: 51.46	51.46 150m: 2:52.82	1:02.49 250m: 5:04.75	1:06.25 350m: 7:18.76	1:08.80
	100m: 1:50.33	58.87 200m: 3:58.50	1:05.68 300m: 6:09.96	1:05.21 400m: 8:23.87	1:05.11
13.	Chris van Dijk	Flevo	8:47.95 201500163	8:37.47	
	50m: 56.53	56.53 150m: 3:04.33	1:05.21 250m: 5:19.42	1:08.31 350m: 7:33.68	1:06.33
	100m: 1:59.12	1:02.59 200m: 4:11.11	1:06.78 300m: 6:27.35	1:07.93 400m: 8:37.47	1:03.79
14.	Victor van der Horst	Flevo	NT 201600009	8:50.78	
	50m: 56.75	56.75 150m: 3:16.68	1:09.97 250m: 5:32.78	1:09.00 350m: 7:49.39	1:08.29
	100m: 2:06.71	1:09.96 200m: 4:23.78	1:07.10 300m: 6:41.10	1:08.32 400m: 8:50.78	1:01.39
15.	Feline Bosch	Flevo	NT 201500120	8:55.71	
	50m: 1:02.07	1:02.07 150m: 3:21.11	1:09.78 250m: 5:40.05	1:09.49 350m: 7:57.64	1:08.92
	100m: 2:11.33	1:09.26 200m: 4:30.56	1:09.45 300m: 6:48.72	1:08.67 400m: 8:55.71	58.07

Programmanr. 2
7-12-2024 - 15:27

Meisjes, 800m vrije slag

Gebjr 2011 - 2012
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Liza van Ginkel	VZC	12:45.34 201200680	11:02.51	
	100m: 1:19.16	1:19.16 300m: 4:06.97	1:24.15 500m: 6:55.85	1:24.03 700m: 9:42.95	1:23.17
	200m: 2:42.82	1:23.66 400m: 5:31.82	1:24.85 600m: 8:19.78	1:23.93 800m: 11:02.51	1:19.56
2.	Jinthe Kuiper	Swol 1894	12:17.65 201200688	11:30.60	
	100m: 1:20.77	1:20.77 300m: 4:15.51	1:27.69 500m: 7:14.73	1:30.15 700m: 10:09.38	1:26.43
	200m: 2:47.82	1:27.05 400m: 5:44.58	1:29.07 600m: 8:42.95	1:28.22 800m: 11:30.60	1:21.22
3.	Femke Mandema	Flevo	13:06.96 201100396	11:35.82	
	100m: 1:21.74	1:21.74 300m: 4:16.99	1:28.22 500m: 7:15.06	1:28.68 700m: 10:12.01	1:27.90
	200m: 2:48.77	1:27.03 400m: 5:46.38	1:29.39 600m: 8:44.11	1:29.05 800m: 11:35.82	1:23.81

LAC 2024-2025 Deel2
nijkerk, 7-12-2024

Programmanr. 2, Meisjes, 800m vrije slag, Gebjr 2011 - 2012

rang	naam	vereniging	intijd	tijd	RT			
4.	Massa Dahan	VZC	13:10.58	201202204	12:01.27			
	100m: 1:24.08	1:24.08	300m: 4:26.35	1:32.59	500m: 7:29.30	1:32.81	700m: 10:34.82	1:32.83
	200m: 2:53.76	1:29.68	400m: 5:56.49	1:30.14	600m: 9:01.99	1:32.69	800m: 12:01.27	1:26.45
5.	Floor Flikweert	VZC	11:54.29	201101576	12:02.78			
	100m: 1:21.17	1:21.17	300m: 4:21.92	1:30.82	500m: 7:26.18	1:32.44	700m: 10:31.37	1:32.95
	200m: 2:51.10	1:29.93	400m: 5:53.74	1:31.82	600m: 8:58.42	1:32.24	800m: 12:02.78	1:31.41
6.	Meila Broenink	Batavia Swim	12:07.06	201102332	12:06.31			
	100m: 1:27.91	1:27.91	300m: 4:30.26	1:33.45	500m: 7:35.73	1:33.92	700m: 10:41.41	1:32.60
	200m: 2:56.81	1:28.90	400m: 6:01.81	1:31.55	600m: 9:08.81	1:33.08	800m: 12:06.31	1:24.90
7.	Nadie Schuurman	Swol 1894	NT	201201232	12:12.34			
	100m: 1:21.65	1:21.65	300m: 4:22.84	1:31.26	500m: 7:29.25	1:33.42	700m: 10:37.12	1:34.84
	200m: 2:51.58	1:29.93	400m: 5:55.83	1:32.99	600m: 9:02.28	1:33.03	800m: 12:12.34	1:35.22
8.	Roos Flikweert	VZC	11:38.37	201101578	12:17.17			
	100m: 1:24.24	1:24.24	300m: 4:32.40	1:33.95	500m: 7:38.47	1:35.80	700m: 10:49.10	1:36.46
	200m: 2:58.45	1:34.21	400m: 6:02.67	1:30.27	600m: 9:12.64	1:34.17	800m: 12:17.17	1:28.07
9.	Sophia de Dood	ZIGNEA	14:06.11	201102152	12:48.77			
	100m: 1:24.65	1:24.65	300m: 4:38.74	1:38.73	500m: 7:57.52	1:39.24	700m: 11:16.87	1:40.17
	200m: 3:00.01	1:35.36	400m: 6:18.28	1:39.54	600m: 9:36.70	1:39.18	800m: 12:48.77	1:31.90
10.	Zeyneb Boundati	ZIGNEA	NT	201201150	14:39.34			
	100m: 1:36.66	1:36.66	300m: 5:18.76	1:51.57	500m: 9:02.66	1:50.53	700m: 12:49.94	1:54.75
	200m: 3:27.19	1:50.53	400m: 7:12.13	1:53.37	600m: 10:55.19	1:52.53	800m: 14:39.34	1:49.40
AFGEM	Mia Garritsen	ZIGNEA	NT	201100748				
AFGEM	Nikki Kannegieter	ZIGNEA	12:53.93	201100750				

Programmanr. 3
7-12-2024 - 16:09

Jongens, 800m vrije slag

Gebjr 2011 - 2012
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Thiemo Bruin	Swol 1894	12:11.94	201200477	11:37.28			
	100m: 1:23.50	1:23.50	300m: 4:20.70	1:28.73	500m: 7:17.77	1:28.33	700m: 10:14.64	1:28.25
	200m: 2:51.97	1:28.47	400m: 5:49.44	1:28.74	600m: 8:46.39	1:28.62	800m: 11:37.28	1:22.64
2.	Hayo Hoogervorst	VZC	13:00.00	201200893	11:44.30			
	100m: 1:23.35	1:23.35	300m: 4:21.68	1:28.98	500m: 7:19.90	1:29.21	700m: 10:18.21	1:29.86
	200m: 2:52.70	1:29.35	400m: 5:50.69	1:29.01	600m: 8:48.35	1:28.45	800m: 11:44.30	1:26.09
3.	Vince Al	ZIGNEA	13:52.28	201101813	12:37.13			
	100m: 1:26.86	1:26.86	300m: 4:37.83	1:36.86	500m: 7:52.55	1:37.06	700m: 11:06.44	1:37.29
	200m: 3:00.97	1:34.11	400m: 6:15.49	1:37.66	600m: 9:29.15	1:36.60	800m: 12:37.13	1:30.69
4.	Erik Hovhannisyan	VZC	14:00.00	201201355	12:38.44			
	100m: 1:27.31	1:27.31	300m: 4:38.14	1:36.67	500m: 7:52.06	1:37.21	700m: 11:07.17	1:37.48
	200m: 3:01.47	1:34.16	400m: 6:14.85	1:36.71	600m: 9:29.69	1:37.63	800m: 12:38.44	1:31.27
5.	Robin van den Berg	Swol 1894	14:44.87	201200355	14:25.19			
	100m: 1:34.55	1:34.55	300m: 5:13.01	1:50.02	500m: 8:57.73	1:52.35	700m: 12:42.61	1:52.41
	200m: 3:22.99	1:48.44	400m: 7:05.38	1:52.37	600m: 10:50.20	1:52.47	800m: 14:25.19	1:42.58
AFGEM	Deem Vink	VZC	14:00.00	201202353				
AFGEM	Lars de Vries	ZIGNEA	NT	201200457				

Programmanr. 4
7-12-2024 - 16:54

100m wisselslag

Gebjr 2013 - 2018
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
1.	Madeé Boezen	ZIGNEA	1:23.48	201300782	1:24.18		
2.	Elbrich Damoiseaux	Swol 1894	1:27.95	201301614	1:27.54	40.24	1:27.54
3.	Fleur Aaldenberg	Swol 1894	1:45.10	201300572	1:35.14	44.98	1:35.14
4.	Niels Brinks	ZIGNEA	1:39.54	201300677	1:37.97	45.59	1:37.97
5.	Jaro Schuurman	Swol 1894	1:37.26	201400161	1:38.09	48.28	1:38.09
6.	Noa Brands	Swol 1894	1:43.47	201500386	1:38.94	47.04	1:38.94
7.	Jip Westendorp	Swol 1894	1:38.95	201400379	1:39.38	44.83	1:39.38
8.	Jasmijn Akkerman	Swol 1894	1:42.50	201300456	1:41.35		1:41.35
9.	Maeven Boezen	ZIGNEA	1:46.82	201500085	1:43.19	48.38	1:43.19
10.	Moreno Broenink	Batavia Swim	1:41.32	201300941	1:47.61	52.69	1:47.61
11.	Emma Buitelaar	Flevo	2:16.03	201300204	1:53.58		1:53.58
12.	Lotte van den Berg	Swol 1894	1:56.28	201500010	1:57.95	57.13	1:57.95
13.	Chris van Dijk	Flevo	NT	201500163	2:08.58	1:04.06	2:08.58

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Programmanr. 4, Alle, 100m wisselslag, Gebjr 2013 - 2018

rang	naam	vereniging	intijd	tijd	RT	50m	100m
14.	Feline Bosch	Flevo	NT 201500120	2:11.08		1:01.30	2:11.08
15.	Julia Buitelaar	Flevo	NT 201500070	2:29.13		1:10.65	2:29.13
DIS	Victor van der Horst	Flevo	2:10.42 201600009	2:12.39		1:02.74	2:12.39
<i>VO - De armen niet gedurende de gehele race over het water naar voren gebracht (meerdere beenslagen achter elkaar zonder armslag).</i>							
AFGEM	Tieme Bakker	Flevo	NT 201500847				
AFGEM	Roos Aaldenberg	Swol 1894	NT 201500042				

Programmanr. 5
7-12-2024 - 17:02

Dames, 1500m vrije slag

2011 en eerder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	50m	100m
1.	Myrthe Dam	Zuiderzeezwimmers	19:08.12 200602336	19:23.27		1300m: 1400m: 1500m: 19:23.27	
	100m: 1:10.38 200m: 2:25.78 300m: 400m: 5:00.49	1:10.38 500m: 1:15.40 600m: 700m: 800m: 10:13.63	900m: 1000m: 1100m: 1200m:				
2.	Feline Slijkhuis	SG Octopus - ZVV	19:28.60 200501042	19:53.77		1300m: 1400m: 1500m: 19:53.77	
	100m: 1:11.93 200m: 2:29.10 300m: 400m: 5:08.13	1:11.93 500m: 1:17.17 600m: 700m: 800m: 9:49.12	900m: 1000m: 1100m: 1200m:				
3.	Kirsten Opmeer	Zpc Amersfoort	19:55.08 199800014	20:06.53		1300m: 1400m: 1500m: 20:06.53	
	100m: 1:13.78 200m: 2:33.78 300m: 400m: 5:15.53	1:13.78 500m: 1:20.00 600m: 700m: 800m: 10:39.79	900m: 1000m: 1100m: 1200m:				
4.	Cato Tulen	Swol 1894	NT 200701946	20:52.91		1300m: 1400m: 1500m: 20:52.91	
	100m: 1:14.76 200m: 2:36.63 300m: 3:58.77 400m: 5:22.37	1:14.76 500m: 1:21.87 600m: 1:22.14 700m: 1:23.60 800m: 11:01.25	900m: 1000m: 1100m: 1200m:				
5.	Ilse Hallie	SG Octopus - ZVV	20:49.34 200200128	21:18.94		1300m: 1400m: 1500m: 21:18.94	
	100m: 1:15.34 200m: 2:38.16 300m: 400m: 5:28.62	1:15.34 500m: 1:22.82 600m: 700m: 800m: 11:12.53	900m: 1000m: 1100m: 1200m:				
6.	Nynke Jansen	Batavia Swim	21:42.79 200404914	21:32.25		1300m: 1400m: 1500m: 21:32.25	
	100m: 1:20.07 200m: 2:44.22 300m: 400m: 5:35.88	1:20.07 500m: 1:24.15 600m: 700m: 800m: 11:26.77	900m: 1000m: 1100m: 1200m:				
7.	Licianne Jungeling	Zuiderzeezwimmers	NT 200801404	22:43.95		1300m: 1400m: 1500m: 22:43.95	
	100m: 1:19.46 200m: 300m: 400m: 5:55.55	1:19.46 500m: 600m: 700m: 800m: 12:10.85	900m: 1000m: 1100m: 1200m:				
8.	Sophie van der Horst	Flevo	25:39.92 201000246	23:44.91		1300m: 1400m: 1500m: 23:44.91	
	100m: 1:24.61 200m: 2:58.84 300m: 400m: 6:11.27	1:24.61 500m: 1:34.23 600m: 700m: 800m: 12:39.52	900m: 1000m: 1100m: 1200m:				
9.	Lisa van Velzen	Swol 1894	NT 200901062	24:03.25		1300m: 1400m: 1500m: 24:03.25	
	100m: 1:20.53 200m: 2:51.56 300m: 400m: 6:02.38	1:20.53 500m: 1:31.03 600m: 700m: 800m: 12:38.28	900m: 1000m: 1100m: 1200m:				
10.	Danique de Man	VZC	25:00.00 201001972	24:42.13		1300m: 1400m: 1500m: 24:42.13	
	100m: 1:32.60 200m: 3:11.27 300m: 400m: 6:29.93	1:32.60 500m: 1:38.67 600m: 700m: 800m: 13:09.88	900m: 1000m: 1100m: 1200m:				
11.	Keysha Kasima	Batavia Swim	NT 201101158	25:02.95		1300m: 1400m: 1500m: 25:02.95	
	100m: 1:30.62 200m: 3:08.02 300m: 400m: 6:30.26	1:30.62 500m: 1:37.40 600m: 700m: 800m: 13:16.35	900m: 1000m: 1100m: 1200m:				
12.	Evi de Wit	Flevo	27:26.61 200804326	27:14.22		1300m: 1400m: 1500m: 27:14.22	
	100m: 1:28.86 200m: 3:11.61 300m: 400m: 6:49.54	1:28.86 500m: 1:42.75 600m: 700m: 800m: 14:12.21	900m: 1000m: 1100m: 1200m:				

LAC 2024-2025 Deel2
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Programmanr. 5, Dames, 1500m vrije slag, 2011 en eerder

rang	naam	vereniging	intijd	tijd	RT
13.	Robyn Ippel	ZIGNEA	27:44.66	201001534	28:21.68
	100m: 1:39.84	1:39.84	500m:	900m:	1300m:
	200m: 3:31.54	1:51.70	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	28:21.68
	400m: 7:23.74	800m: 15:07.02	1200m:		
14.	Lieke Mandema	Flevo	28:12.34	200803138	28:54.27
	100m: 1:38.49	1:38.49	500m:	900m:	1300m:
	200m: 3:31.66	1:53.17	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	28:54.27
	400m: 7:20.43	800m: 15:09.17	1200m:		
15.	Annemieke Visch	Zuiderzeezwemmers	30:48.69	198302762 S14	33:45.49
	100m: 1:57.07	1:57.07	500m:	900m:	1300m:
	200m: 4:07.05	2:09.98	600m:	1000m:	1400m:
	300m:	700m: 17:39.44	1100m:	1500m:	33:45.49
	400m: 8:33.91	800m:	1200m:		

Programmanr. 6
7-12-2024 - 18:31

Heren, 1500m vrije slag

2011 en eerder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Julian Zwarthoff	Swol 1894	18:59.91	200800945	18:57.00
	100m: 1:10.29	1:10.29	500m:	900m:	1300m:
	200m: 2:23.93	1:13.64	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	18:57.00
	400m: 4:53.63	800m: 9:59.97	1200m:		
2.	Noud Assinck	ZIGNEA	20:57.91	200900047	19:45.34
	100m: 1:13.06	1:13.06	500m:	900m:	1300m:
	200m: 2:31.61	1:18.55	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	19:45.34
	400m: 5:13.15	800m: 10:35.44	1200m:		
3.	Yannick Bruintjes	ZIGNEA	20:56.80	200304831	20:16.17
	100m: 1:09.97	1:09.97	500m:	900m:	1300m:
	200m: 2:27.07	1:17.10	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	20:16.17
	400m: 5:05.03	800m: 10:31.92	1200m:		
4.	Djulian Versteeg	ZIGNEA	24:00.87	201002655	20:25.14
	100m: 1:07.93	1:07.93	500m:	900m:	1300m:
	200m: 2:28.18	1:20.25	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	20:25.14
	400m: 5:09.56	800m: 10:45.78	1200m:		
5.	Evan Havenaar	VZC	19:00.00	201102101	20:34.62
	100m: 1:16.14	1:16.14	500m:	900m:	1300m:
	200m: 2:38.00	1:21.86	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	20:34.62
	400m: 5:23.32	800m: 10:56.58	1200m:		
6.	Renzo Meester	Flevo	20:52.64	200202897	21:03.57
	100m: 1:13.42	1:13.42	500m:	900m:	1300m:
	200m: 2:33.80	1:20.38	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	21:03.57
	400m: 5:28.05	800m: 11:13.72	1200m:		
7.	Danny Hemelrijk	ZIGNEA	23:19.54	200902785	21:06.75
	100m: 1:17.22	1:17.22	500m:	900m:	1300m:
	200m: 2:42.10	1:24.88	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	21:06.75
	400m: 5:33.00	800m: 11:13.95	1200m:		
8.	Lukas van Veen	Flevo	28:05.07	201002395	22:01.15
	100m: 1:15.48	1:15.48	500m:	900m:	1300m:
	200m: 2:41.19	1:25.71	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	22:01.15
	400m: 5:36.27	800m: 11:33.88	1200m:		
9.	Milan van den Berg	Swol 1894	23:11.41	201100253	22:32.69
	100m: 1:22.11	1:22.11	500m:	900m:	1300m:
	200m: 2:51.06	1:28.95	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	22:32.69
	400m: 5:49.82	800m: 11:49.60	1200m:		
10.	Bert Hagting	Zuiderzeezwemmers	22:51.19	200701121	22:49.05
	100m: 1:20.07	1:20.07	500m:	900m:	1300m:
	200m: 2:47.64	1:27.57	600m:	1000m:	1400m:
	300m:	700m:	1100m:	1500m:	22:49.05
	400m: 5:49.02	800m: 12:01.08	1200m:		

LAC 2024-2025 Deel2
nijkerk, 7-12-2024

Programmanr. 6, Heren, 1500m vrije slag, 2011 en eerder

rang	naam	vereniging		intijd		tijd	RT
11.	Frans de Lange	Flevo		23:57.30	199206249	24:13.32	
	100m:	1:23.37	1:23.37	500m:	900m:	1300m:	
	200m:	2:55.59	1:32.22	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	24:13.32
	400m:	6:09.42		800m:	1200m:		
12.	Ruud Boele	Flevo		NT	196601677	31:14.55	
	100m:	1:40.46	1:40.46	500m:	900m:	1300m:	
	200m:	3:37.67	1:57.21	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	31:14.55
	400m:	7:50.17		800m:	1200m:		
AFGEM	Daniël Deuling	ZIGNEA		NT	200801251		