

Lange Afstands Circuit
Nijkerk, 25-11-2017

Programmanr. 1
25-11-2017

Meisjes, 200m wisselslag

Meisjes Minioren 5 Junioren 1
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|----------------------|---------------|---------|-----------|----------------|-----|
| 1. | Kim van der Stege | Octopus | 2:56.13 | 200600004 | 2:57.35 | 360 |
| | 50m: 38.26 | 200m: 2:57.35 | | | | |
| 2. | Melody van de Biezen | Flevo | NT | 200601720 | 3:30.76 | 214 |
| | 50m: 46.69 | 200m: 3:30.76 | | | | |
| 3. | Ezra Doornwaard | Noord-Veluwe | 4:13.07 | 200700914 | 3:47.20 | 171 |
| | 50m: 59.09 | 200m: 3:47.20 | | | | |

Programmanr. 2
25-11-2017

Jongens, 200m wisselslag

Jongens Minioren 5 en 6
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|---------------|-------------------|---------|-----------|----------------|-----|
| 1. | Mike Tjepkema | Vzv | 3:40.00 | 200603029 | 3:20.17 | 185 |
| | 50m: 42.54 | 200m: 3:20.17 | | | | |
| 2. | Gijs Vesseur | Zuiderzeezwemmers | NT | 200700277 | 3:46.82 | 127 |

Programmanr. 3
25-11-2017

Meisjes, 200m wisselslag

Meisjes Junioren 2 en 3
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|-------|-----------------------|-------------------|---------|-----------|----------------|-----|
| 1. | Larissa de Vos | Aquapoldro | 3:01.42 | 200502728 | 2:49.61 | 411 |
| 2. | Maureen Reichardt | Flevo | 3:01.32 | 200400112 | 2:57.88 | 356 |
| | 50m: 40.88 | 200m: 2:57.88 | | | | |
| 3. | Ilse Tonkens | Zuiderzeezwemmers | 3:14.12 | 200403024 | 3:07.72 | 303 |
| | 50m: 40.99 | 200m: 3:07.72 | | | | |
| 4. | Dione Buitenhuis | Aquapoldro | 3:23.04 | 200404132 | 3:12.89 | 280 |
| 5. | Mandy Hagting | Zuiderzeezwemmers | 4:15.85 | 200500608 | 3:21.67 | 245 |
| | 50m: 47.44 | 200m: 3:21.67 | | | | |
| 6. | Marjolein Kloosterman | Noord-Veluwe | 3:50.98 | 200403994 | 3:30.90 | 214 |
| AFGEM | Romi Jekel | Flevo | 3:42.08 | 200400864 | | |

Programmanr. 4
25-11-2017

Jongens, 200m wisselslag

Jongens Junioren 1 en 2
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|-------------------|---------------|---------|-----------|----------------|-----|
| 1. | Bart de Waard | Vzv | 2:52.00 | 200403969 | 2:51.50 | 294 |
| | 50m: 38.05 | 200m: 2:51.50 | | | | |
| 2. | Jacco Rook | Flevo | 3:15.11 | 200402141 | 2:56.62 | 269 |
| | 50m: 37.53 | 200m: 2:56.62 | | | | |
| 3. | Abram Korevaar | Noord-Veluwe | 3:10.43 | 200401459 | 2:57.40 | 265 |
| 4. | Sebastiaan Wagner | Noord-Veluwe | 3:27.09 | 200401375 | 3:11.97 | 209 |

Programmanr. 5
25-11-2017

Dames, 1500m vrije slag

Dames Senioren Open
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|--------------------|-------------------|---------------|---------------|-----------------|-----------------|
| 1. | Grith Sigsgaard | Zpch | 18:54.52 | 197200772 | 18:48.29 | 552 |
| | 50m: 33.51 | 100m: 1:10.29 | 200m: 2:24.54 | 400m: 4:52.92 | 800m: 9:53.80 | 1500m: 18:48.29 |
| 2. | Lisanne Andeweg | Zuiderzeezwemmers | 18:23.46 | 198800092 | 18:52.30 | 546 |
| | 50m: 33.33 | 100m: 1:09.20 | 200m: 2:23.43 | 400m: 4:53.23 | 800m: 9:56.05 | 1500m: 18:52.30 |
| 3. | Kirsten Opmeer | Octopus | 20:40.14 | 199800014 | 19:55.08 | 464 |
| | 50m: 33.52 | 100m: 1:10.91 | 200m: 2:30.11 | 400m: 5:10.34 | 800m: 10:31.22 | 1500m: 19:55.08 |
| 4. | Elisah Velgersdijk | Aquapoldro | 20:44.01 | 200102436 | 20:20.34 | 436 |
| | 50m: 35.79 | 100m: 1:15.65 | 200m: 2:36.26 | 400m: 5:19.76 | 800m: 10:47.31 | 1500m: 20:20.34 |

Lange Afstands Circuit
Nijkerk, 25-11-2017

Programmanr. 5, Dames, 1500m vrije slag, Dames Senioren Open

| rang | naam | vereniging | intijd | tijd | RT |
|-------|--|---|---|---|--------------|
| 5. | Zoë Ulkeman 50m: 35.60 | De Berkelduikers | 20:12.81 100m: 1:15.06 200m: 2:35.97 400m: 5:18.63 800m: | 200200682 20:23.15 10:47.26 1500m: | 20:23.15 433 |
| 6. | Hilde Jonkman 50m: 34.69 | Zuiderzeezwemmers | 21:52.57 100m: 1:13.47 200m: 2:34.85 400m: 5:21.22 800m: | 200300442 20:41.52 10:56.35 1500m: | 20:41.52 414 |
| 7. | Mylène Veldhuis 50m: 35.41 | Aquapoldro | 21:53.75 100m: 1:13.85 200m: 2:35.00 400m: 5:21.14 800m: | 199902708 20:42.98 10:56.12 1500m: | 20:42.98 413 |
| 8. | Ilse Hallie 50m: 36.07 | Octopus | 21:28.96 100m: 1:15.96 200m: 2:37.11 400m: 5:23.54 800m: | 200200128 20:49.34 11:01.33 1500m: | 20:49.34 406 |
| 9. | Welmoed Doornbos 50m: 35.04 | De IJsselmeeuwen | 21:16.26 100m: 1:16.73 200m: 2:40.82 400m: 5:33.42 800m: | 200203352 21:21.48 11:20.92 1500m: | 21:21.48 377 |
| 10. | Dagmar Kruik 50m: 38.70 | Zuiderzeezwemmers | 21:04.44 100m: 1:18.17 200m: 2:41.23 400m: 5:33.81 800m: | 199800008 21:21.75 11:22.07 1500m: | 21:21.75 376 |
| 11. | Julia Vrolijk 50m: 37.78 | De IJsselmeeuwen | 21:47.14 100m: 1:18.95 200m: 2:44.80 400m: 5:40.23 800m: | 200302330 21:41.03 11:31.46 1500m: | 21:41.03 360 |
| 12. | Sofie van Eck 50m: 36.09 | De IJsselmeeuwen | 21:31.98 100m: 1:16.13 200m: 2:38.98 400m: 5:34.91 800m: | 200102908 21:55.85 11:28.16 1500m: | 21:55.85 348 |
| 13. | Irene Hanse 50m: 37.65 | Zuiderzeezwemmers | 21:23.78 100m: 1:18.96 200m: 2:45.87 400m: 5:44.13 800m: | 199801496 21:56.61 11:40.53 1500m: | 21:56.61 347 |
| 14. | Marieke Haafkes 50m: 36.40 | Aquapoldro | 23:58.03 100m: 1:18.54 200m: 2:46.53 400m: 5:44.64 800m: | 200104348 22:05.69 11:41.15 1500m: | 22:05.69 340 |
| 15. | Aniek Garritsen 50m: 37.79 | De IJsselmeeuwen | 21:46.56 100m: 1:19.33 200m: 2:47.56 400m: 5:49.41 800m: | 199504290 22:15.12 11:54.02 1500m: | 22:15.12 333 |
| 16. | Mare Heite 50m: 37.06 | De IJsselmeeuwen | 23:24.05 100m: 1:19.15 200m: 2:46.66 400m: 5:46.23 800m: | 200302986 22:31.98 11:51.06 1500m: | 22:31.98 321 |
| 17. | Femke Panjer 50m: 36.74 | Aquapoldro | 22:04.62 100m: 1:18.21 200m: 2:44.70 400m: 5:44.04 800m: | 200102438 22:43.79 11:52.77 1500m: | 22:43.79 313 |
| 18. | Sharon de Jong 50m: 40.34 | De Berkelduikers | 21:56.74 100m: 1:24.70 200m: 2:55.76 400m: 6:01.14 800m: | 200102940 23:10.69 12:17.36 1500m: | 23:10.69 295 |
| 19. | Charlotte Brinkman 50m: 37.77 | Zuiderzeezwemmers | 22:18.62 100m: 1:14.87 200m: 2:48.69 400m: 5:54.96 800m: | 199806178 23:14.80 12:20.02 1500m: | 23:14.80 292 |
| 20. | Anne Rüwen 50m: 42.51 | Aquapoldro | 25:01.08 100m: 1:27.88 200m: 3:02.73 400m: 6:14.19 800m: | 200104914 23:50.32 12:40.95 1500m: | 23:50.32 271 |
| 21. | Elke van Keulen 50m: 37.84 | Noord-Veluwe | 22:02.95 100m: 1:20.71 200m: 2:50.21 400m: 5:54.78 800m: | 200101818 23:54.28 12:19.00 1500m: | 23:54.28 269 |
| 22. | Frederique Bootsveld 50m: 40.40 | De IJsselmeeuwen | 23:38.18 100m: 1:25.93 200m: 3:00.78 400m: 6:13.85 800m: | 200102910 24:02.82 12:43.08 1500m: | 24:02.82 264 |
| 23. | Dorien van de Berg 50m: 41.29 | Flevo | 21:44.75 100m: 1:28.07 200m: 3:04.65 400m: 6:20.48 800m: | 198600262 24:24.07 12:56.10 1500m: | 24:24.07 253 |
| 24. | Rachel Jonker 50m: 42.87 | Aquapoldro | 27:18.56 100m: 1:28.87 200m: 3:08.33 400m: 6:32.20 800m: | 200304552 25:17.57 13:22.49 1500m: | 25:17.57 227 |
| 25. | Chantal Veldhuis 50m: 49.34 | Aquapoldro | 27:59.42 100m: 1:39.66 200m: 3:23.24 400m: 6:56.45 800m: | 200102434 26:21.05 14:02.44 1500m: | 26:21.05 201 |
| 26. | Angélique Rotteveel 50m: 44.23 | Aquapoldro | 24:58.16 100m: 1:32.67 200m: 3:15.23 400m: 6:48.45 800m: | 198402090 26:22.54 13:56.02 1500m: | 26:22.54 200 |
| 27. | José Hagting 50m: 47.60 | Zuiderzeezwemmers | 29:24.48 100m: 1:41.20 200m: 3:35.47 400m: 7:37.43 800m: | 200301504 29:55.12 15:43.70 1500m: | 29:55.12 137 |
| 28. | Betsie Klompmaker-Mulder 50m: 51.54 | Noord-Veluwe | 30:11.51 100m: 1:50.50 200m: 3:52.48 400m: 7:53.68 800m: | 195900200 30:19.61 16:00.99 1500m: | 30:19.61 132 |
| DIS | Rianne van Rijssen 50m: 37.32 | Z&PC Hatto-Heim <i>AF - De aangegeven afstand niet uitgezwommen.</i> | 21:47.42 100m: 1:18.36 200m: 2:44.36 400m: 5:44.80 | 199702360 | |
| AFGEM | Ellis van der Stege | Octopus | 23:03.02 | 200300620 | |

Lange Afstands Circuit
Nijkerk, 25-11-2017

Programmanr. 6
25-11-2017

Heren, 1500m vrije slag

Heren Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|-------|-----------------------------------|-------------------|--|------------------------------|-----|
| 1. | Sven Elfferich 50m: 30.27 | De Dolfijn | 19:13.01 100m: 1:03.10 200m: 2:11.05 400m: 4:28.50 800m: 9:04.76 1500m: 17:06.94 | 200100529 17:06.94 | 610 |
| 2. | Gjalt Panjer 50m: 32.14 | Aquapoldro | 19:11.20 100m: 1:08.73 200m: 2:21.70 400m: 4:45.86 800m: 9:42.01 1500m: 18:14.78 | 200201943 18:14.78 | 504 |
| 3. | Ilmar Stoop 50m: 31.71 | Zuiderzeezwemmers | NT 100m: 1:06.44 200m: 2:19.90 400m: 4:48.37 800m: 9:44.98 1500m: 18:28.61 | 200100871 18:28.61 | 485 |
| 4. | Tenzin Tieman 50m: 32.56 | Vzv | 18:30.00 100m: 1:08.21 200m: 2:23.41 400m: 4:53.01 800m: 9:55.71 1500m: 18:51.80 | 200005549 18:51.80 | 456 |
| 5. | Bob de Vries 50m: 31.96 | Aquapoldro | 18:10.09 100m: 1:08.58 200m: 2:22.58 400m: 4:52.33 800m: 9:56.10 1500m: 19:00.26 | 196601101 19:00.26 | 446 |
| 6. | Friso Ron 50m: 31.04 | De IJsselmeeuwen | 19:52.44 100m: 1:08.08 200m: 2:24.68 400m: 4:58.27 800m: 10:10.34 1500m: 19:14.30 | 200102631 19:14.30 | 430 |
| 7. | Ted Ruiter 50m: 33.70 | Zuiderzeezwemmers | 20:05.25 100m: 1:10.61 200m: 2:28.48 400m: 5:08.11 800m: 10:23.04 1500m: 19:29.94 | 200000047 19:29.94 | 413 |
| 8. | Steven van der Weij 50m: 33.63 | Aquapoldro | 19:39.86 100m: 1:10.98 200m: 2:28.69 400m: 5:08.99 800m: 10:37.09 1500m: 20:10.54 | 198906847 20:10.54 | 373 |
| 9. | Andy Luijendijk 50m: 38.03 | Batavia Swim | 22:00.00 100m: 1:19.73 200m: 2:42.62 400m: 5:28.40 800m: 10:59.93 1500m: 20:32.20 | 200104217 20:32.20 | 353 |
| 10. | Patrick Kip 50m: 33.44 | Zuiderzeezwemmers | 20:06.70 100m: 1:10.45 200m: 2:38.54 400m: 5:08.55 800m: 10:40.02 1500m: 20:43.06 | 200001705 20:43.06 | 344 |
| 11. | Martijn de Vries 50m: 35.07 | De IJsselmeeuwen | 20:46.16 100m: 1:12.83 200m: 2:32.83 400m: 5:21.50 800m: 10:58.48 1500m: 20:55.67 | 200003557 20:55.67 | 334 |
| 12. | Bart Giezeman 50m: 36.89 | Aquapoldro | 21:58.37 100m: 1:18.33 200m: 2:44.34 400m: 5:38.20 800m: 11:26.68 1500m: 21:20.73 | 200104713 21:20.73 | 315 |
| 13. | Lucas Boevink 50m: 36.23 | De IJsselmeeuwen | 21:28.49 100m: 1:16.19 200m: 2:41.64 400m: 5:35.98 800m: 11:23.59 1500m: 21:21.70 | 200302411 21:21.70 | 314 |
| 14. | Frank Versprille 50m: 37.62 | Noord-Veluwe | 21:22.81 100m: 1:18.21 200m: 2:42.50 400m: 5:35.24 800m: 11:29.28 1500m: 21:30.95 | 199901073 21:30.95 | 307 |
| 15. | Gerko Versluis 50m: 39.17 | Zuiderzeezwemmers | 21:20.45 100m: 1:20.76 200m: 2:47.60 400m: 5:43.55 800m: 11:37.30 1500m: 21:45.12 | 196901439 21:45.12 | 297 |
| 16. | Jurjen Gobas 50m: 37.27 | Aquapoldro | 24:43.20 100m: 1:19.09 200m: 2:45.50 400m: 5:45.59 800m: 11:44.19 1500m: 21:57.16 | 200204081 21:57.16 | 289 |
| 17. | Niels Calès 50m: 37.29 | Aquapoldro | NT 100m: 1:19.51 200m: 2:49.02 400m: 5:51.07 800m: 11:57.70 1500m: 22:39.07 | 200304475 22:39.07 | 263 |
| 18. | Felix Vrolijk 50m: 38.26 | De IJsselmeeuwen | 23:26.22 100m: 1:21.39 200m: 2:54.61 400m: 6:05.80 800m: 12:21.76 1500m: 23:00.88 | 200301865 23:00.88 | 251 |
| 19. | Martijn Kip 50m: 37.35 | Zuiderzeezwemmers | 23:54.26 100m: 1:19.32 200m: 2:46.73 400m: 5:44.47 800m: 11:57.84 1500m: 23:04.66 | 200202171 23:04.66 | 249 |
| 20. | Paul van der Voort 50m: 37.29 | De Zwoer | 22:43.24 100m: 1:19.17 200m: 2:49.82 400m: 5:59.52 800m: 12:23.89 1500m: 23:43.77 | 196200715 23:43.77 | 229 |
| 21. | Frans de Lange 50m: 39.65 | Flevo | 23:57.30 100m: 1:23.49 200m: 2:55.53 400m: 6:12.50 800m: 12:46.01 1500m: 24:00.24 | 199206249 24:00.24 | 221 |
| 22. | Renzo Meester 50m: 44.86 | Flevo | 26:11.87 100m: 1:34.06 200m: 3:11.00 400m: 6:33.62 800m: 13:22.74 1500m: 25:07.90 | 200202897 25:07.90 | 193 |
| 23. | Tijn Kooijman 50m: 43.36 | Flevo | NT 100m: 1:29.44 200m: 3:07.51 400m: 6:33.30 800m: 13:22.05 1500m: 25:10.57 | 200303443 25:10.57 | 192 |
| 24. | Bart Rook 50m: 44.76 | Flevo | 25:57.89 100m: 1:32.73 200m: 3:10.07 400m: 6:33.78 800m: 13:23.98 1500m: 25:10.98 | 199802265 25:10.98 | 192 |
| 25. | Adri Pasman 50m: 45.37 | Zuiderzeezwemmers | 24:39.49 100m: 1:34.53 200m: 3:16.66 400m: 6:43.66 800m: 13:36.43 1500m: 25:43.17 | 196400573 25:43.17 | 180 |
| AFGEM | Jan Peter Swager | Zuiderzeezwemmers | 24:12.78 | 199503297 | |
| AFGEM | Jarmo van den Blink | Batavia Swim | 17:57.29 | 200100585 | |
| AFGEM | Mike van de Streek | Noord-Veluwe | 20:29.73 | 199500577 | |