

Zeskamp deel 4
's Heerenberg, 2-2-2020

Programmanr. 1 200m vrije slag Minioren 5 en later Resultaten
2-2-2020

rang	naam	vereniging	inschrijftijd	tijd
1.	Ann Hietbrink	Schuurman BZC	3:59.16	200902444 3:01.50
	50m: 40.89 40.89	100m: 1:28.48 47.59	150m: 2:17.31 48.83	200m: 3:01.50 44.19
2.	Ilse Krabben	ZPC livo	3:55.00	200902304 3:09.41
	50m: 42.92 42.92	100m: 1:32.04 49.12	150m: 2:22.23 50.19	200m: 3:09.41 47.18
3.	Eva Groot Kormelink	ZPC livo	4:15.00	200902302 3:13.82
	50m: 44.82 44.82	100m: 1:35.64 50.82	150m: 2:25.89 50.25	200m: 3:13.82 47.93
4.	Lois Vels	ZPC livo	5:17.00	201001270 3:40.25
	50m: 47.17 47.17	100m: 1:44.97 57.80	150m: 2:44.33 59.36	200m: 3:40.25 55.92
5.	Stijn Hellwich	Montferland	4:02.45	200901117 3:52.09
	50m: 48.96 48.96	100m: 1:50.89 1:01.93	150m: 2:51.84 1:00.95	200m: 3:52.09 1:00.25
6.	Michael Reznichenka	PFC Rheden	NT	201100483 4:24.80
	50m: 55.71 55.71	100m: 2:05.93 1:10.22	150m: 3:19.35 1:13.42	200m: 4:24.80 1:05.45
AFGEM	Yze Hartelman	Montferland	4:41.69	200902834
AFGEM	Thijs Jeroen Berenschot	De Gendten	3:40.25	201100783
AFGEM	Juul Tempels	De Gendten	3:50.55	201002404
AFGEM	Gwen van der Heijden	De Gendten	3:50.55	201001968

Programmanr. 2 200m wisselslag Minioren 5 en later Resultaten
2-2-2020

rang	naam	vereniging	inschrijftijd	tijd
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Programmanr. 3 400m vrije slag Minioren 5 en later Resultaten
2-2-2020

rang	naam	vereniging	inschrijftijd	tijd
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Programmanr. 4 Dames, 400m vrije slag Senioren Open Resultaten
2-2-2020

rang	naam	vereniging	inschrijftijd	tijd
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1.	Marieke Berendsen	Montferland	5:21.37	200003858 5:32.69
	50m: 37.37 37.37	150m: 2:01.51 43.02	250m: 3:28.21 43.28	350m: 4:53.26 41.80
	100m: 1:18.49 41.12	200m: 2:44.93 43.42	300m: 4:11.46 43.25	400m: 5:32.69 39.43
2.	Senna te Molder	ZPC livo	5:32.02	200501912 5:37.80
	50m: 36.33 36.33	150m: 2:00.18 42.55	250m: 3:27.62 43.84	350m: 4:55.32 44.02
	100m: 1:17.63 41.30	200m: 2:43.78 43.60	300m: 4:11.30 43.68	400m: 5:37.80 42.48
3.	Esmee Nieuwenhuis	Schuurman BZC	6:35.22	200701444 5:45.17
	50m: 39.58 39.58	150m: 2:05.80 44.10	250m: 3:34.51 43.97	350m: 5:02.17 43.22
	100m: 1:21.70 42.12	200m: 2:50.54 44.74	300m: 4:18.95 44.44	400m: 5:45.17 43.00
4.	Romy ter Haar	ZPC livo	6:22.69	200402746 6:05.47
	50m: 40.86 40.86	150m: 2:14.43 47.29	250m: 3:49.58 47.89	350m: 5:24.50 47.16
	100m: 1:27.14 46.28	200m: 3:01.69 47.26	300m: 4:37.34 47.76	400m: 6:05.47 40.97
5.	Carolien van den Bergh	ZPC livo	6:30.00	200802544 6:08.42
	50m: 40.32 40.32	150m: 2:13.34 47.42	250m: 3:49.07 47.48	350m: 5:22.44 46.56
	100m: 1:25.92 45.60	200m: 3:01.59 48.25	300m: 4:35.88 46.81	400m: 6:08.42 45.98
6.	Emma Lukassen	Montferland	6:32.57	200803176 6:20.89
	50m: 43.67 43.67	150m: 2:18.32 48.12	250m: 3:57.54 50.34	350m: 5:36.16 49.43
	100m: 1:30.20 46.53	200m: 3:07.20 48.88	300m: 4:46.73 49.19	400m: 6:20.89 44.73

Zeskamp deel 4
's Heerenberg, 2-2-2020

Programmanr. 4, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd	tijd
7.	Iris Willemsen	De Gendten	7:45.85	200604492 6:29.04
	50m: 42.08 42.08	150m: 2:15.79 47.33	250m: 3:56.66 51.21	350m: 5:40.47 52.28
	100m: 1:28.46 46.38	200m: 3:05.45 49.66	300m: 4:48.19 51.53	400m: 6:29.04 48.57
8.	Veranique te Nahuis	Schuurman BZC	6:30.83	200504644 6:30.07
	50m: 40.32 40.32	150m: 2:14.40 48.62	250m: 3:56.58 52.19	350m: 5:40.38 52.50
	100m: 1:25.78 45.46	200m: 3:04.39 49.99	300m: 4:47.88 51.30	400m: 6:30.07 49.69
9.	Quinty Lukkassen	ZPC livo	6:44.61	200600944 6:30.66
	50m: 41.59 41.59	150m: 2:17.71 49.61	250m: 4:01.20 51.80	350m: 5:43.97 50.90
	100m: 1:28.10 46.51	200m: 3:09.40 51.69	300m: 4:53.07 51.87	400m: 6:30.66 46.69
10.	Aukje Markerink	Schuurman BZC	8:00.00	200802196 6:33.72
	50m: 44.21 44.21	150m: 2:24.42 51.14	250m: 4:06.54 51.19	350m: 5:49.13 51.24
	100m: 1:33.28 49.07	200m: 3:15.35 50.93	300m: 4:57.89 51.35	400m: 6:33.72 44.59
11.	Meike Helmers	Schuurman BZC	8:00.00	200702896 6:33.79
	50m: 44.80 44.80	150m: 2:24.46 50.57	250m: 4:07.07 51.48	350m: 5:49.15 50.79
	100m: 1:33.89 49.09	200m: 3:15.59 51.13	300m: 4:58.36 51.29	400m: 6:33.79 44.64
12.	Nora Nijhof	ZPC livo	6:55.00	200703200 6:36.26
	50m: 43.47 43.47	150m: 2:24.43 50.50	250m: 4:08.00 51.81	350m: 5:50.12 50.00
	100m: 1:33.93 50.46	200m: 3:16.19 51.76	300m: 5:00.12 52.12	400m: 6:36.26 46.14
13.	Dewi Sprenkeler	De Gendten	5:45.45	200303716 6:39.03
	50m: 41.64 41.64	150m: 2:16.71 48.82	250m: 3:59.41 51.71	350m: 5:48.59 55.12
	100m: 1:27.89 46.25	200m: 3:07.70 50.99	300m: 4:53.47 54.06	400m: 6:39.03 50.44
14.	Ava Hartelman	Montferland	7:29.96	200703406 6:43.86
	50m: 43.45 43.45	150m: 2:25.16 50.62	250m: 4:09.45 52.45	350m: 5:52.73 51.03
	100m: 1:34.54 51.09	200m: 3:17.00 51.84	300m: 5:01.70 52.25	400m: 6:43.86 51.13
15.	Lianne Dijkman	Schuurman BZC	6:47.20	200504642 6:51.86
	50m: 40.28 40.28	150m: 2:14.54 48.40	250m: 3:59.35 53.50	350m: 6:03.94 1:02.26
	100m: 1:26.14 45.86	200m: 3:05.85 51.31	300m: 5:01.68 1:02.33	400m: 6:51.86 47.92
16.	Jet Rötter	ZPC livo	8:18.00	200803192 6:56.11
	50m: 45.85 45.85	150m: 2:30.19 52.65	250m: 4:16.83 52.90	350m: 6:04.73 53.59
	100m: 1:37.54 51.69	200m: 3:23.93 53.74	300m: 5:11.14 54.31	400m: 6:56.11 51.38
17.	Anna Ripping	Schuurman BZC	8:00.00	200803752 7:02.06
	50m: 44.80 44.80	150m: 2:28.07 51.53	250m: 4:19.29 56.69	350m: 6:11.60 56.44
	100m: 1:36.54 51.74	200m: 3:22.60 54.53	300m: 5:15.16 55.87	400m: 7:02.06 50.46
18.	Janne Arendsen	Montferland	7:32.76	200701142 7:08.07
	50m: 47.55 47.55	150m: 2:33.52 54.34	250m: 4:24.22 55.47	350m: 6:14.14 54.93
	100m: 1:39.18 51.63	200m: 3:28.75 55.23	300m: 5:19.21 54.99	400m: 7:08.07 53.93
19.	Sophie Schuirink	ZPC livo	6:54.00	200802450 7:14.93
	50m: 44.36 44.36	150m: 2:27.49 53.30	250m: 4:19.71 56.80	350m: 6:15.99 58.88
	100m: 1:34.19 49.83	200m: 3:22.91 55.42	300m: 5:17.11 57.40	400m: 7:14.93 58.94
20.	Alisia Straub	De Gendten	7:50.45	200503216 7:24.69
	50m: 45.77 45.77	150m: 2:33.44 55.89	250m: 4:28.73 58.23	350m: 6:27.13 59.79
	100m: 1:37.55 51.78	200m: 3:30.50 57.06	300m: 5:27.34 58.61	400m: 7:24.69 57.56
21.	Babet Meijerman	De Gendten	7:47.23	200505162 7:28.08
	50m: 45.34 45.34	150m: 2:33.60 56.45	250m: 4:29.95 58.11	350m: 6:30.18 1:00.57
	100m: 1:37.15 51.81	200m: 3:31.84 58.24	300m: 5:29.61 59.66	400m: 7:28.08 57.90
22.	Anne Marjolijn Berenschot	De Gendten	7:50.65	200802304 7:47.20
	50m: 49.33 49.33	150m: 2:44.86 59.00	250m: 4:47.02 1:02.54	350m: 6:51.70 1:02.81
	100m: 1:45.86 56.53	200m: 3:44.48 59.62	300m: 5:48.89 1:01.87	400m: 7:47.20 55.50
23.	Sharell Coenen	DOS	8:57.56	200802984 7:50.93
	50m: 48.66 48.66	150m: 2:44.76 59.99	250m: 4:48.87 1:02.42	350m: 6:55.98 1:01.58
	100m: 1:44.77 56.11	200m: 3:46.45 1:01.69	300m: 5:54.40 1:05.53	400m: 7:50.93 54.95
AFGEM	Loes van Schriek	Montferland	5:42.20	200503372
AFGEM	Lynn Kummel	Schuurman BZC	6:54.25	200404530

Zeskamp deel 4
's Heerenberg, 2-2-2020

Programmanr. 5 Heren, 400m vrije slag Senioren Open Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Niels Bouwmeester	ZPC livo	5:14.05	200303365 5:20.39
	50m: 32.42 32.42	150m: 1:48.29 39.34	250m: 3:11.67 42.16	350m: 4:37.80 43.44
	100m: 1:08.95 36.53	200m: 2:29.51 41.22	300m: 3:54.36 42.69	400m: 5:20.39 42.59
2.	Kees Huitink	Schuurman BZC	6:03.03	200103519 5:36.29
	50m: 34.87 34.87	150m: 1:59.47 43.84	250m: 3:29.18 44.93	350m: 4:55.83 42.35
	100m: 1:15.63 40.76	200m: 2:44.25 44.78	300m: 4:13.48 44.30	400m: 5:36.29 40.46
3.	Alexander Reznichenka	PFC Rheden	6:35.44	200800673 6:15.60
	50m: 41.64 41.64	150m: 2:14.07 46.94	250m: 3:51.60 48.84	350m: 5:28.51 48.35
	100m: 1:27.13 45.49	200m: 3:02.76 48.69	300m: 4:40.16 48.56	400m: 6:15.60 47.09
4.	Bram Bussink	DOS	7:20.00	200303719 6:25.65
	50m: 40.44 40.44	150m: 2:15.01 48.35	250m: 3:54.04 49.43	350m: 5:35.68 50.88
	100m: 1:26.66 46.22	200m: 3:04.61 49.60	300m: 4:44.80 50.76	400m: 6:25.65 49.97
5.	Timo Berghuis	De Gendten	7:22.89	200801991 6:39.79
	50m: 43.64 43.64	150m: 2:22.70 50.70	250m: 4:06.00 52.17	350m: 5:51.71 51.83
	100m: 1:32.00 48.36	200m: 3:13.83 51.13	300m: 4:59.88 53.88	400m: 6:39.79 48.08

Programmanr. 6 Dames, 800m vrije slag Senioren Open Resultaten

rang	naam	vereniging	inschrijftijd	tijd
1.	Manou Blokhorst	GZV	10:46.83	200402554 10:41.58
	50m: 34.83 34.83	250m: 3:17.06 41.16	450m: 6:01.39 40.73	650m: 8:43.75 40.04
	100m: 1:13.59 38.76	300m: 3:58.40 41.34	500m: 6:42.02 40.63	700m: 9:24.03 40.28
	150m: 1:54.24 40.65	350m: 4:39.52 41.12	550m: 7:23.22 41.20	750m: 10:04.94 40.91
	200m: 2:35.90 41.66	400m: 5:20.66 41.14	600m: 8:03.71 40.49	800m: 10:41.58 36.64
2.	Demi de Vries	ZPC livo	12:16.04	200404674 11:41.57
	50m: 38.76 38.76	250m: 3:35.57 45.15	450m: 6:35.23 43.66	650m: 9:34.20 44.81
	100m: 1:21.10 42.34	300m: 4:19.95 44.38	500m: 7:19.95 44.72	700m: 10:19.07 44.87
	150m: 2:05.16 44.06	350m: 5:05.39 45.44	550m: 8:04.36 44.41	750m: 11:03.16 44.09
	200m: 2:50.42 45.26	400m: 5:51.57 46.18	600m: 8:49.39 45.03	800m: 11:41.57 38.41
3.	Jette Böning	Schuurman BZC	12:41.20	200003596 11:53.03
	50m: 37.09 37.09	250m: 3:33.33 45.34	450m: 6:35.80 45.76	650m: 9:39.74 45.62
	100m: 1:19.00 41.91	300m: 4:18.88 45.55	500m: 7:21.67 45.87	700m: 10:26.33 46.59
	150m: 2:03.20 44.20	350m: 5:04.18 45.30	550m: 8:08.49 46.82	750m: 11:11.69 45.36
	200m: 2:47.99 44.79	400m: 5:50.04 45.86	600m: 8:54.12 45.63	800m: 11:53.03 41.34
4.	Kelly Bockting	Montferland	12:03.23	199104050 12:01.03
	50m: 38.98 38.98	250m: 3:37.53 45.85	450m: 6:40.91 45.98	650m: 9:43.90 46.38
	100m: 1:22.03 43.05	300m: 4:23.13 45.60	500m: 7:26.54 45.63	700m: 10:29.78 45.88
	150m: 2:06.51 44.48	350m: 5:09.12 45.99	550m: 8:12.13 45.59	750m: 11:16.11 46.33
	200m: 2:51.68 45.17	400m: 5:54.93 45.81	600m: 8:57.52 45.39	800m: 12:01.03 44.92
5.	Esther van Maastrigt	Montferland	12:14.11	198802836 12:19.98
	50m: 40.98 40.98	250m: 3:43.59 46.24	450m: 6:52.68 46.97	650m: 10:00.56 47.26
	100m: 1:25.50 44.52	300m: 4:30.24 46.65	500m: 7:39.50 46.82	700m: 10:47.75 47.19
	150m: 2:11.18 45.68	350m: 5:18.24 48.00	550m: 8:26.80 47.30	750m: 11:34.15 46.40
	200m: 2:57.35 46.17	400m: 6:05.71 47.47	600m: 9:13.30 46.50	800m: 12:19.98 45.83
6.	Iris Papen	GZV	11:09.25	200802842 12:43.80
	50m: 42.33 42.33	250m: 3:57.35 48.86	450m: 7:13.79 49.59	650m: 10:28.97 48.83
	100m: 1:29.39 47.06	300m: 4:46.25 48.90	500m: 8:02.22 48.43	700m: 11:16.22 47.25
	150m: 2:18.87 49.48	350m: 5:35.17 48.92	550m: 8:51.03 48.81	750m: 12:03.14 46.92
	200m: 3:08.49 49.62	400m: 6:24.20 49.03	600m: 9:40.14 49.11	800m: 12:43.80 40.66

Zeskamp deel 4
's Heerenberg, 2-2-2020

Programmanr. 6, Dames, 800m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd		tijd			
7.	Kajsa Hakvoort	Schuurman BZC	15:00.00		200302896 12:54.54			
	50m: 41.86	41.86	250m: 3:55.10	48.94	450m: 7:16.07	51.50	650m: 10:33.92	49.66
	100m: 1:27.82	45.96	300m: 4:45.95	50.85	500m: 8:06.20	50.13	700m: 11:23.20	49.28
	150m: 2:16.57	48.75	350m: 5:36.00	50.05	550m: 8:57.13	50.93	750m: 12:09.48	46.28
	200m: 3:06.16	49.59	400m: 6:24.57	48.57	600m: 9:44.26	47.13	800m: 12:54.54	45.06
8.	Evi Hulshof	GZV	14:33.16		200701758 13:16.07			
	50m: 41.79	41.79	250m: 4:03.19	51.71	450m: 7:23.24	50.85	650m: 10:49.37	51.19
	100m: 1:29.18	47.39	300m: 4:53.86	50.67	500m: 8:15.11	51.87	700m: 11:39.87	50.50
	150m: 2:20.04	50.86	350m: 5:42.98	49.12	550m: 9:06.34	51.23	750m: 12:30.03	50.16
	200m: 3:11.48	51.44	400m: 6:32.39	49.41	600m: 9:58.18	51.84	800m: 13:16.07	46.04
9.	Charlotte Sturris	DOS	15:00.00		200700168 13:24.16			
	50m: 41.56	41.56	250m: 3:57.58	50.49	450m: 7:23.85	51.62	650m: 10:51.49	52.16
	100m: 1:27.98	46.42	300m: 4:48.58	51.00	500m: 8:15.58	51.73	700m: 11:43.71	52.22
	150m: 2:16.52	48.54	350m: 5:40.36	51.78	550m: 9:07.11	51.53	750m: 12:35.69	51.98
	200m: 3:07.09	50.57	400m: 6:32.23	51.87	600m: 9:59.33	52.22	800m: 13:24.16	48.47
10.	Rowie Ligtle	DOS	14:00.00		200502372 14:15.41			
	50m: 44.38	44.38	250m: 4:10.35	54.01	450m: 7:50.52	55.88	650m: 11:33.85	55.21
	100m: 1:32.81	48.43	300m: 5:04.98	54.63	500m: 8:46.71	56.19	700m: 12:29.34	55.49
	150m: 2:23.23	50.42	350m: 5:59.39	54.41	550m: 9:42.67	55.96	750m: 13:23.87	54.53
	200m: 3:16.34	53.11	400m: 6:54.64	55.25	600m: 10:38.64	55.97	800m: 14:15.41	51.54
11.	Nienke Reinders	GZV	12:22.31		200604500 14:34.73			
	50m: 47.57	47.57	250m: 4:24.16	55.74	450m: 8:10.42	56.29	650m: 11:56.23	55.87
	100m: 1:39.48	51.91	300m: 5:21.57	57.41	500m: 9:06.60	56.18	700m: 12:43.73	47.50
	150m: 2:33.20	53.72	350m: 6:17.36	55.79	550m: 10:04.20	57.60	750m: 13:43.63	59.90
	200m: 3:28.42	55.22	400m: 7:14.13	56.77	600m: 11:00.36	56.16	800m: 14:34.73	51.10
12.	Merle Vinkenvleugel	DOS	16:40.00		200802624 14:44.79			
	50m: 48.18	48.18	250m: 4:26.11	57.04	450m: 8:17.34	59.76	650m: 12:10.76	56.96
	100m: 1:38.81	50.63	300m: 5:22.38	56.27	500m: 9:16.10	58.76	700m: 13:05.96	55.20
	150m: 2:32.75	53.94	350m: 6:19.69	57.31	550m: 10:15.66	59.56	750m: 14:01.50	55.54
	200m: 3:29.07	56.32	400m: 7:17.58	57.89	600m: 11:13.80	58.14	800m: 14:44.79	43.29
13.	Liz Rusink	DOS	15:15.00		200403102 14:44.83			
	50m: 42.04	42.04	250m: 4:13.64	56.64	450m: 8:06.36	1:00.22	650m: 11:58.26	58.46
	100m: 1:30.70	48.66	300m: 5:11.39	57.75	500m: 9:03.54	57.18	700m: 12:56.26	58.00
	150m: 2:22.74	52.04	350m: 6:08.39	57.00	550m: 10:02.74	59.20	750m: 13:52.54	56.28
	200m: 3:17.00	54.26	400m: 7:06.14	57.75	600m: 10:59.80	57.06	800m: 14:44.83	52.29
14.	Relinde Fokkink	DOS	16:41.00		200802986 15:20.67			
	50m: 44.01	44.01	250m: 4:29.02	57.22	450m: 8:28.46	1:00.50	650m: 12:28.18	57.96
	100m: 1:37.45	53.44	300m: 5:27.60	58.58	500m: 9:29.34	1:00.88	700m: 13:27.23	59.05
	150m: 2:33.71	56.26	350m: 6:28.61	1:01.01	550m: 10:30.62	1:01.28	750m: 14:25.67	58.44
	200m: 3:31.80	58.09	400m: 7:27.96	59.35	600m: 11:30.22	59.60	800m: 15:20.67	55.00
AFGEM	Anne Masselink	DOS	17:00.00		200303894			
AFGEM	Mette Althoff	GZV	11:48.27		200702540			

Programmanr. 7
2-2-2020

Heren, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd		tijd			
1.	William Sturris	DOS	12:20.00		200203951 12:08.72			
	50m: 36.28	36.28	250m: 3:34.21	46.76	450m: 6:44.58	48.07	650m: 9:55.26	46.62
	100m: 1:17.18	40.90	300m: 4:21.22	47.01	500m: 7:32.73	48.15	700m: 10:42.25	46.99
	150m: 2:00.71	43.53	350m: 5:08.78	47.56	550m: 8:20.83	48.10	750m: 11:27.64	45.39
	200m: 2:47.45	46.74	400m: 5:56.51	47.73	600m: 9:08.64	47.81	800m: 12:08.72	41.08
2.	Yannick ter Horst	DOS	13:45.00		200501187 13:05.95			
	50m: 40.86	40.86	250m: 3:55.19	49.86	450m: 7:17.75	50.53	650m: 10:38.30	50.87
	100m: 1:27.06	46.20	300m: 4:45.19	50.00	500m: 8:07.46	49.71	700m: 11:26.80	48.50
	150m: 2:15.82	48.76	350m: 5:36.32	51.13	550m: 8:58.12	50.66	750m: 12:17.31	50.51
	200m: 3:05.33	49.51	400m: 6:27.22	50.90	600m: 9:47.43	49.31	800m: 13:05.95	48.64

Zeskamp deel 4
's Heerenberg, 2-2-2020

Programmanr. 7, Heren, 800m vrije slag, Senioren Open

rang	naam	vereniging				inschrijftijd				tijd		
3.	Cas Rusink	DOS				13:19.00				200404553	13:18.49	
	50m:	39.60	39.60	250m:	3:52.87	50.27	450m:	7:19.29	52.53	650m:	10:49.45	52.72
	100m:	1:25.55	45.95	300m:	4:43.64	50.77	500m:	8:11.85	52.56	700m:	11:41.30	51.85
	150m:	2:13.07	47.52	350m:	5:34.97	51.33	550m:	9:04.62	52.77	750m:	12:31.66	50.36
	200m:	3:02.60	49.53	400m:	6:26.76	51.79	600m:	9:56.73	52.11	800m:	13:18.49	46.83
4.	Huub Koster	DOS				14:44.00				200601635	13:42.45	
	50m:	42.29	42.29	250m:	3:57.83	50.23	450m:	7:28.29	53.30	650m:	10:59.91	53.24
	100m:	1:29.19	46.90	300m:	4:49.06	51.23	500m:	8:21.69	53.40	700m:	11:54.31	54.40
	150m:	2:17.62	48.43	350m:	5:41.80	52.74	550m:	9:14.37	52.68	750m:	12:49.31	55.00
	200m:	3:07.60	49.98	400m:	6:34.99	53.19	600m:	10:06.67	52.30	800m:	13:42.45	53.14
5.	Senna Engel	DOS				14:30.00				200502505	15:01.82	
	50m:	42.95	42.95	250m:	4:16.10	55.84	450m:	8:12.42	59.42	650m:	12:13.36	1:02.72
	100m:	1:31.73	48.78	300m:	5:14.60	58.50	500m:	9:14.32	1:01.90	700m:	13:11.13	57.77
	150m:	2:24.76	53.03	350m:	6:12.82	58.22	550m:	10:09.39	55.07	750m:	14:06.57	55.44
	200m:	3:20.26	55.50	400m:	7:13.00	1:00.18	600m:	11:10.64	1:01.25	800m:	15:01.82	55.25

Programmanr. 8
2-2-2020

Meisjes, 800m vrije slag

Minioren 4 en 5
Resultaten

rang	naam	vereniging				inschrijftijd				tijd		
1.	Kayleigh Heuvelink	GZV				16:34.89				201001438	14:55.15	
	50m:	47.24	47.24	250m:	4:28.48	57.46	450m:	8:22.04	57.90	650m:	12:15.04	57.11
	100m:	1:39.79	52.55	300m:	5:26.80	58.32	500m:	9:20.65	58.61	700m:	13:10.75	55.71
	150m:	2:35.20	55.41	350m:	6:24.70	57.90	550m:	10:20.20	59.55	750m:	14:02.77	52.02
	200m:	3:31.02	55.82	400m:	7:24.14	59.44	600m:	11:17.93	57.73	800m:	14:55.15	52.38

Programmanr. 9
2-2-2020

Jongens, 800m vrije slag

Minioren 4 en 5
Resultaten

rang	naam	vereniging				inschrijftijd				tijd		
1.	Aline Meuleman	ZPC livo				5:38.28				200401136	5:43.53	
	50m:	35.14	35.14	150m:	1:58.11	42.59	250m:	3:30.64	49.52	350m:	5:03.27	41.63
	100m:	1:15.52	40.38	200m:	2:41.12	43.01	300m:	4:21.64	51.00	400m:	5:43.53	40.26
2.	Mijntje Wopereis	ZPC livo				5:55.00				200501920	5:47.40	
	50m:	36.07	36.07	150m:	2:03.36	42.54	250m:	3:38.04	52.96	350m:	5:11.34	40.72
	100m:	1:20.82	44.75	200m:	2:45.08	41.72	300m:	4:30.62	52.58	400m:	5:47.40	36.06
3.	Isha Brouwer	ZPC livo				5:49.75				200301610	6:12.07	
	50m:	37.85	37.85	150m:	2:10.22	46.89	250m:	3:49.96	54.49	350m:	5:28.94	42.92
	100m:	1:23.33	45.48	200m:	2:55.47	45.25	300m:	4:46.02	56.06	400m:	6:12.07	43.13
DIS	Lynn Rötter	ZPC livo				6:21.02				200600950		

Programmanr. 10
2-2-2020

Dames, 400m wisselslag

Senioren Open
Resultaten

AFGEM	Caya Verbruggen	ZPC livo				6:30.00				200501918	
AFGEM	Loes van Schriek	Montferland				6:07.07				200503372	

Zeskamp deel 4
's Heerenberg, 2-2-2020

Programmanr. 11
2-2-2020

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	200503479	tijd			
1.	Daan in den Nieuwenkamp	Schuurman BZC	8:00.00		6:41.50			
	50m: 38.42	38.42	150m: 2:23.67	53.15	250m: 4:11.27	55.62	350m: 5:59.16	48.15
	100m: 1:30.52	52.10	200m: 3:15.65	51.98	300m: 5:11.01	59.74	400m: 6:41.50	42.34

Programmanr. 12
2-2-2020

Dames, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	200204746	tijd			
1.	Michelle van Wijk	GZV	19:47.69		19:34.48			
	50m: 34.02	34.02	450m: 5:42.34	39.37	850m: 11:00.48	39.84	1250m: 16:20.55	39.60
	100m: 1:10.88	36.86	500m: 6:21.85	39.51	900m: 11:40.60	40.12	1300m: 17:00.56	40.01
	150m: 1:48.35	37.47	550m: 7:01.42	39.57	950m: 12:20.28	39.68	1350m: 17:40.04	39.48
	200m: 2:26.56	38.21	600m: 7:41.41	39.99	1000m: 13:00.36	40.08	1400m: 18:19.53	39.49
	250m: 3:05.44	38.88	650m: 8:21.27	39.86	1050m: 13:40.29	39.93	1450m: 18:59.49	39.96
	300m: 3:44.56	39.12	700m: 9:01.18	39.91	1100m: 14:20.52	40.23	1500m: 19:34.48	34.99
	350m: 4:23.66	39.10	750m: 9:40.73	39.55	1150m: 15:00.83	40.31		
	400m: 5:02.97	39.31	800m: 10:20.64	39.91	1200m: 15:40.95	40.12		
2.	Iris Althoff	GZV	23:28.17		22:09.89			
	50m: 38.36	38.36	450m: 6:33.23	45.43	850m: 12:36.80	44.94	1250m: 18:38.29	44.43
	100m: 1:21.51	43.15	500m: 7:19.16	45.93	900m: 13:21.76	44.96	1300m: 19:22.76	44.47
	150m: 2:05.16	43.65	550m: 8:04.76	45.60	950m: 14:08.04	46.28	1350m: 20:06.89	44.13
	200m: 2:49.70	44.54	600m: 8:51.00	46.24	1000m: 14:52.51	44.47	1400m: 20:49.07	42.18
	250m: 3:34.36	44.66	650m: 9:35.86	44.86	1050m: 15:37.51	45.00	1450m: 21:32.54	43.47
	300m: 4:18.64	44.28	700m: 10:21.02	45.16	1100m: 16:22.82	45.31	1500m: 22:09.89	37.35
	350m: 5:03.86	45.22	750m: 11:06.73	45.71	1150m: 17:08.29	45.47		
	400m: 5:47.80	43.94	800m: 11:51.86	45.13	1200m: 17:53.86	45.57		
3.	Ruth Ambting	Montferland	NT		23:28.49			
	50m: 39.66	39.66	450m: 6:51.89	48.15	850m: 13:16.23	48.81	1250m: 19:39.29	48.02
	100m: 1:23.82	44.16	500m: 7:40.01	48.12	900m: 14:05.06	48.83	1300m: 20:26.00	46.71
	150m: 2:09.57	45.75	550m: 8:27.50	47.49	950m: 14:53.21	48.15	1350m: 21:13.28	47.28
	200m: 2:55.60	46.03	600m: 9:15.04	47.54	1000m: 15:41.44	48.23	1400m: 21:59.64	46.36
	250m: 3:42.61	47.01	650m: 10:03.60	48.56	1050m: 16:29.43	47.99	1450m: 22:44.79	45.15
	300m: 4:29.23	46.62	700m: 10:51.50	47.90	1100m: 17:16.77	47.34	1500m: 23:28.49	43.70
	350m: 5:16.55	47.32	750m: 11:39.14	47.64	1150m: 18:04.35	47.58		
	400m: 6:03.74	47.19	800m: 12:27.42	48.28	1200m: 18:51.27	46.92		
4.	Lisa ten Hoopen	Schuurman BZC	24:04.14		24:08.82			
	50m: 40.12	40.12	450m: 6:55.56	48.41	850m: 13:28.75	49.08	1250m: 20:03.42	49.34
	100m: 1:24.07	43.95	500m: 7:43.91	48.35	900m: 14:18.41	49.66	1300m: 20:52.89	49.47
	150m: 2:09.94	45.87	550m: 8:33.10	49.19	950m: 15:06.77	48.36	1350m: 21:42.51	49.62
	200m: 2:56.31	46.37	600m: 9:21.86	48.76	1000m: 15:56.44	49.67	1400m: 22:32.11	49.60
	250m: 3:43.42	47.11	650m: 10:11.30	49.44	1050m: 16:46.36	49.92	1450m: 23:22.23	50.12
	300m: 4:30.98	47.56	700m: 11:00.84	49.54	1100m: 17:35.28	48.92	1500m: 24:08.82	46.59
	350m: 5:18.69	47.71	750m: 11:50.59	49.75	1150m: 18:24.66	49.38		
	400m: 6:07.15	48.46	800m: 12:39.67	49.08	1200m: 19:14.08	49.42		
5.	Alyssa Heuvelink	GZV	23:58.69		24:16.04			
	50m: 40.04	40.04	450m: 6:52.86	47.78	850m: 13:26.33	49.25	1250m: 20:10.33	51.88
	100m: 1:24.17	44.13	500m: 7:41.74	48.88	900m: 14:15.83	49.50	1300m: 21:01.45	51.12
	150m: 2:09.64	45.47	550m: 8:29.64	47.90	950m: 15:06.11	50.28	1350m: 21:51.51	50.06
	200m: 2:55.54	45.90	600m: 9:19.11	49.47	1000m: 15:55.74	49.63	1400m: 22:42.77	51.26
	250m: 3:41.80	46.26	650m: 10:08.11	49.00	1050m: 16:45.83	50.09	1450m: 23:31.80	49.03
	300m: 4:29.26	47.46	700m: 10:57.58	49.47	1100m: 17:36.45	50.62	1500m: 24:16.04	44.24
	350m: 5:17.00	47.74	750m: 11:47.36	49.78	1150m: 18:27.54	51.09		
	400m: 6:05.08	48.08	800m: 12:37.08	49.72	1200m: 19:18.45	50.91		

Zeskamp deel 4
's Heerenberg, 2-2-2020

Programmanr. 12, Dames, 1500m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd	tijd				
6.	Eva Bouwmeester	Schuurman BZC	25:16.68	199903972	24:32.04			
	50m: 44.54	44.54	450m: 7:12.84	49.90	850m: 13:54.84	49.42	1250m: 20:39.11	49.73
	100m: 1:31.60	47.06	500m: 8:03.07	50.23	900m: 14:44.54	49.70	1300m: 21:28.89	49.78
	150m: 2:19.76	48.16	550m: 8:53.67	50.60	950m: 15:35.14	50.60	1350m: 22:16.63	47.74
	200m: 3:07.18	47.42	600m: 9:43.88	50.21	1000m: 16:25.48	50.34	1400m: 23:04.73	48.10
	250m: 3:55.13	47.95	650m: 10:34.88	51.00	1050m: 17:16.76	51.28	1450m: 23:51.42	46.69
	300m: 4:43.92	48.79	700m: 11:24.94	50.06	1100m: 18:07.88	51.12	1500m: 24:32.04	40.62
	350m: 5:33.07	49.15	750m: 12:15.94	51.00	1150m: 18:58.98	51.10		
	400m: 6:22.94	49.87	800m: 13:05.42	49.48	1200m: 19:49.38	50.40		
7.	Melissa Valk	De Gendten	23:05.35	200201314	25:04.82			
	50m: 42.88	42.88	450m: 7:24.13	50.91	850m: 14:16.58	51.95	1250m: 21:02.57	50.94
	100m: 1:31.13	48.25	500m: 8:16.33	52.20	900m: 15:07.38	50.80	1300m: 21:52.50	49.93
	150m: 2:21.27	50.14	550m: 9:08.57	52.24	950m: 15:57.60	50.22	1350m: 22:42.25	49.75
	200m: 3:10.69	49.42	600m: 9:59.27	50.70	1000m: 16:48.02	50.42	1400m: 23:32.44	50.19
	250m: 4:01.20	50.51	650m: 10:51.21	51.94	1050m: 17:39.10	51.08	1450m: 24:20.19	47.75
	300m: 4:51.51	50.31	700m: 11:42.01	50.80	1100m: 18:29.94	50.84	1500m: 25:04.82	44.63
	350m: 5:41.42	49.91	750m: 12:32.79	50.78	1150m: 19:20.76	50.82		
	400m: 6:33.22	51.80	800m: 13:24.63	51.84	1200m: 20:11.63	50.87		
AFGEM	Femke van Wijk	GZV	20:59.48	200403434				

Programmanr. 13
2-2-2020

Heren, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	tijd				
1.	Maik Steenkamp	Montferland	18:02.95	199103847	19:12.52			
	50m: 33.33	33.33	450m: 5:38.88	39.25	850m: 10:49.63	39.08	1250m: 16:02.75	38.97
	100m: 1:09.77	36.44	500m: 6:17.96	39.08	900m: 11:28.72	39.09	1300m: 16:41.47	38.72
	150m: 1:46.78	37.01	550m: 6:56.16	38.20	950m: 12:08.53	39.81	1350m: 17:19.51	38.04
	200m: 2:24.63	37.85	600m: 7:34.84	38.68	1000m: 12:47.55	39.02	1400m: 17:58.05	38.54
	250m: 3:02.98	38.35	650m: 8:13.80	38.96	1050m: 13:26.48	38.93	1450m: 18:36.19	38.14
	300m: 3:41.79	38.81	700m: 8:52.80	39.00	1100m: 14:05.53	39.05	1500m: 19:12.52	36.33
	350m: 4:20.51	38.72	750m: 9:31.89	39.09	1150m: 14:44.61	39.08		
	400m: 4:59.63	39.12	800m: 10:10.55	38.66	1200m: 15:23.78	39.17		
2.	Bowy Stroet	De Gendten	20:25.25	200403491	23:14.10			
	50m: 33.60	33.60	450m: 6:30.32	47.68	850m: 13:01.80	51.10	1250m: 19:36.32	47.40
	100m: 1:12.13	38.53	500m: 7:16.95	46.63	900m: 13:51.39	49.59	1300m: 20:22.36	46.04
	150m: 1:52.76	40.63	550m: 8:05.82	48.87	950m: 14:41.70	50.31	1350m: 21:08.64	46.28
	200m: 2:35.89	43.13	600m: 8:55.48	49.66	1000m: 15:13.86	32.16	1400m: 21:52.86	44.22
	250m: 3:21.48	45.59	650m: 9:44.23	48.75	1050m: 16:21.23	1:07.37	1450m: 22:35.45	42.59
	300m: 4:07.67	46.19	700m: 10:32.26	48.03	1100m: 17:11.32	50.09	1500m: 23:14.10	38.65
	350m: 4:54.54	46.87	750m: 11:21.48	49.22	1150m: 18:00.95	49.63		
	400m: 5:42.64	48.10	800m: 12:10.70	49.22	1200m: 18:48.92	47.97		
3.	Bas Kreeftenberg	DOS	27:15.00	200204233	24:29.59			
	50m: 43.80	43.80	450m: 7:17.56	51.05	850m: 13:58.70	50.86	1250m: 20:40.83	49.31
	100m: 1:30.45	46.65	500m: 8:07.38	49.82	900m: 14:49.20	50.50	1300m: 21:30.01	49.18
	150m: 2:19.21	48.76	550m: 8:57.35	49.97	950m: 15:39.90	50.70	1350m: 22:18.83	48.82
	200m: 3:08.02	48.81	600m: 9:48.54	51.19	1000m: 16:30.30	50.40	1400m: 23:06.78	47.95
	250m: 3:56.96	48.94	650m: 10:37.40	48.86	1050m: 17:20.36	50.06	1450m: 23:51.25	44.47
	300m: 4:46.67	49.71	700m: 11:28.26	50.86	1100m: 18:10.99	50.63	1500m: 24:29.59	38.34
	350m: 5:36.15	49.48	750m: 12:18.13	49.87	1150m: 19:01.13	50.14		
	400m: 6:26.51	50.36	800m: 13:07.84	49.71	1200m: 19:51.52	50.39		