

Zeskamp deel 3
Borculo, 17-1-2015

Programmanr. 1
17-1-2015 - 14:30

200m wisselslag

Minioren 5 en later
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Aline Meuleman	Dos	3:35.49	200401136	3:16.39			
	50m: 45.67	45.67	100m: 1:34.87	49.20	150m: 2:32.73	57.86	200m: 3:16.39	43.66

Programmanr. 2
17-1-2015 - 14:35

400m vrije slag

Minioren 5 en later
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Luc McCarthy	ZV Overbetuwe	7:30.00	200401469	6:35.78			
	50m: 45.52	45.52	150m: 2:27.13	51.14	250m: 4:09.70	51.56	350m: 5:51.18	50.49
	100m: 1:35.99	50.47	200m: 3:18.14	51.01	300m: 5:00.69	50.99	400m: 6:35.78	44.60
2.	Heike Rougoor	Dos	7:21.30	200403100	6:35.97			
	50m: 45.04	45.04	150m: 2:27.27	51.66	250m: 4:10.82	52.46	350m: 5:51.35	49.35
	100m: 1:35.61	50.57	200m: 3:18.36	51.09	300m: 5:02.00	51.18	400m: 6:35.97	44.62
3.	Iris de Meij	ZV Overbetuwe	7:55.26	200500120	7:03.04			
	50m: 45.11	45.11	150m: 2:30.03	53.88	250m: 4:19.15	55.22	350m: 6:10.44	55.54
	100m: 1:36.15	51.04	200m: 3:23.93	53.90	300m: 5:14.90	55.75	400m: 7:03.04	52.60
4.	Lois Voors	ZV Overbetuwe	7:30.00	200402806	7:30.47			
	50m: 47.95	47.95	150m: 2:39.85	57.39	250m: 4:38.20	59.68	350m: 6:36.35	58.46
	100m: 1:42.46	54.51	200m: 3:38.52	58.67	300m: 5:37.89	59.69	400m: 7:30.47	54.12

Programmanr. 3
17-1-2015 - 14:39

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Silke Holkenborg	Montferland	4:47.54	200100292	4:45.05			
	50m: 31.51	31.51	150m: 1:42.41	36.19	250m: 2:56.34	37.27	350m: 4:10.33	36.76
	100m: 1:06.22	34.71	200m: 2:19.07	36.66	300m: 3:33.57	37.23	400m: 4:45.05	34.72
2.	Esli Brouwer	ZPC Livo	5:21.16	200001408	5:22.30			
	50m: 34.48	34.48	150m: 1:54.17	40.53	250m: 3:17.45	41.97	350m: 4:42.92	42.18
	100m: 1:13.64	39.16	200m: 2:35.48	41.31	300m: 4:00.74	43.29	400m: 5:22.30	39.38
3.	Marieke Berendsen	Montferland	5:54.82	200003858	5:39.61			
	50m: 37.55	37.55	150m: 2:02.92	43.47	250m: 3:30.13	43.62	350m: 4:54.94	40.96
	100m: 1:19.45	41.90	200m: 2:46.51	43.59	300m: 4:13.98	43.85	400m: 5:39.61	44.67
4.	Eline Vonhof	ZPC Livo	5:38.63	198904434	5:41.95			
	50m: 37.70	37.70	150m: 2:02.98	43.34	250m: 3:30.80	44.16	350m: 4:59.57	45.03
	100m: 1:19.64	41.94	200m: 2:46.64	43.66	300m: 4:14.54	43.74	400m: 5:41.95	42.38
5.	Esmee Kniest	Montferland	6:34.03	200105002	5:50.60			
	50m: 36.07	36.07	150m: 2:02.49	44.09	250m: 3:33.75	46.17	350m: 5:07.63	47.34
	100m: 1:18.40	42.33	200m: 2:47.58	45.09	300m: 4:20.29	46.54	400m: 5:50.60	42.97
6.	Daphne Kuiper	Montferland	6:03.70	200000558	5:51.19			
	50m: 38.47	38.47	150m: 2:06.47	44.90	250m: 3:37.80	46.11	350m: 5:08.88	45.78
	100m: 1:21.57	43.10	200m: 2:51.69	45.22	300m: 4:23.10	45.30	400m: 5:51.19	42.31
7.	Lisa ten Hoopen	Schuurman BZC	6:25.24	199503004	5:58.25 FJ 1			
	50m: 38.86	38.86	150m: 2:06.17	44.43	250m: 3:38.48	46.15	350m: 5:12.08	47.08
	100m: 1:21.74	42.88	200m: 2:52.33	46.16	300m: 4:25.00	46.52	400m: 5:58.25	46.17
	Indy te Molder	ZPC Livo	6:13.09	200301380	5:58.25 FJ 2			
	50m: 38.98	38.98	150m: 2:09.49	46.16	250m: 3:43.62	47.09	350m: 5:14.49	43.93
	100m: 1:23.33	44.35	200m: 2:56.53	47.04	300m: 4:30.56	46.94	400m: 5:58.25	43.76

Zeskamp deel 3
Borculo, 17-1-2015

Programmanr. 3, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging	intijd			tijd			RT
9.	Esther Blekkink	Schuurman BZC	6:09.74			199302988			6:00.85
	50m: 38.14	38.14	150m: 2:06.05	44.95	250m: 3:38.66	46.93	350m: 5:14.25	47.96	
	100m: 1:21.10	42.96	200m: 2:51.73	45.68	300m: 4:26.29	47.63	400m: 6:00.85	46.60	
10.	Lieze Heuvels	Dos	6:36.64			200204336			6:05.57
	50m: 39.45	39.45	150m: 2:12.57	47.65	250m: 3:47.64	47.28	350m: 5:21.20	46.38	
	100m: 1:24.92	45.47	200m: 3:00.36	47.79	300m: 4:34.82	47.18	400m: 6:05.57	44.37	
11.	Verena Schuurmans	Schuurman BZC	6:14.23			199902232			6:09.46
	50m: 40.28	40.28	150m: 2:11.10	45.93	250m: 3:47.00	48.27	350m: 5:22.76	47.92	
	100m: 1:25.17	44.89	200m: 2:58.73	47.63	300m: 4:34.84	47.84	400m: 6:09.46	46.70	
12.	Robin Foekens	ZV Overbetuwe	6:29.55			200103216			6:13.79
	50m: 41.59	41.59	150m: 2:16.94	49.11	250m: 3:51.89	48.64	350m: 5:26.19	47.15	
	100m: 1:27.83	46.24	200m: 3:03.25	46.31	300m: 4:39.04	47.15	400m: 6:13.79	47.60	
13.	Emma Klein Heerenbrink	Schuurman BZC	6:41.90			200301030			6:19.45
	50m: 40.17	40.17	150m: 2:15.13	48.74	250m: 3:53.22	49.27	350m: 5:31.09	49.11	
	100m: 1:26.39	46.22	200m: 3:03.95	48.82	300m: 4:41.98	48.76	400m: 6:19.45	48.36	
14.	Kajsa Hakvoort	Schuurman BZC	6:26.00			200302896			6:38.47
	50m: 41.92	41.92	150m: 2:18.42	50.38	250m: 4:04.38	53.99	350m: 5:48.30	50.30	
	100m: 1:28.04	46.12	200m: 3:10.39	51.97	300m: 4:58.00	53.62	400m: 6:38.47	50.17	
15.	Jennifer Kleinnibbelink	ZPC Livo	7:35.00			200002852			6:41.13
	50m: 42.04	42.04	150m: 2:21.26	51.10	250m: 4:05.20	52.31	350m: 5:51.60	52.50	
	100m: 1:30.16	48.12	200m: 3:12.89	51.63	300m: 4:59.10	53.90	400m: 6:41.13	49.53	
16.	Anouk van Beugen	ZV Overbetuwe	7:00.00			200303586			6:47.62
	50m: 41.92	41.92	150m: 2:24.85	52.94	250m: 4:11.50	53.95	350m: 5:58.14	53.19	
	100m: 1:31.91	49.99	200m: 3:17.55	52.70	300m: 5:04.95	53.45	400m: 6:47.62	49.48	
17.	Emma ter Woord	ZPC Livo	7:03.43			199901620			6:54.13
	50m: 43.46	43.46	150m: 2:26.94	53.16	250m: 4:14.87	54.12	350m: 6:04.20	55.10	
	100m: 1:33.78	50.32	200m: 3:20.75	53.81	300m: 5:09.10	54.23	400m: 6:54.13	49.93	
18.	Myrna Boer	Schuurman BZC	6:25.00			200303482			6:57.55
	50m: 43.27	43.27	150m: 2:29.06	54.35	250m: 4:19.18	56.32	350m: 6:07.05	53.96	
	100m: 1:34.71	51.44	200m: 3:22.86	53.80	300m: 5:13.09	53.91	400m: 6:57.55	50.50	
19.	Anke Martens	Dos	7:15.20			200105632			6:59.28
	50m: 44.37	44.37	150m: 2:25.46	51.78	250m: 4:14.55	54.77	350m: 6:06.64	56.86	
	100m: 1:33.68	49.31	200m: 3:19.78	54.32	300m: 5:09.78	55.23	400m: 6:59.28	52.64	
20.	Aileen Groot Obbink	Schuurman BZC	6:42.00			200200334			7:09.44
	50m: 43.48	43.48	150m: 2:33.97	58.16	250m: 4:26.03	55.92	350m: 6:21.54	58.21	
	100m: 1:35.81	52.33	200m: 3:30.11	56.14	300m: 5:23.33	57.30	400m: 7:09.44	47.90	
21.	Anna Weirath	Dos	7:06.12			200103914			7:09.53
	50m: 43.65	43.65	150m: 2:31.02	55.68	250m: 4:26.00	58.46	350m: 6:19.98	55.53	
	100m: 1:35.34	51.69	200m: 3:27.54	56.52	300m: 5:24.45	58.45	400m: 7:09.53	49.55	
22.	Demy Wolsink	Schuurman BZC	7:36.00			200302894			7:56.00
	50m: 47.70	47.70	150m: 2:49.12	1:02.50	250m: 4:54.88	1:03.04	350m: 6:57.63	1:01.12	
	100m: 1:46.62	58.92	200m: 3:51.84	1:02.72	300m: 5:56.51	1:01.63	400m: 7:56.00	58.37	
23.	Kyra Wullink	Schuurman BZC	6:50.00			200002658			7:57.74
	50m: 51.73	51.73	150m: 2:50.35	1:01.37	250m: 4:54.45	1:02.91	350m: 7:02.17	1:03.94	
	100m: 1:48.98	57.25	200m: 3:51.54	1:01.19	300m: 5:58.23	1:03.78	400m: 7:57.74	55.57	
24.	Anne Masselink	Dos	9:12.50			200303894			8:04.32
	50m: 52.12	52.12	150m: 2:51.47	1:01.26	250m: 4:59.00	1:04.11	350m: 7:05.19	1:03.70	
	100m: 1:50.21	58.09	200m: 3:54.89	1:03.42	300m: 6:01.49	1:02.49	400m: 8:04.32	59.13	

Zeskamp deel 3
Borculo, 17-1-2015

Programmanr. 4
17-1-2015 - 14:56

Heren, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Boudewijn Mol	Montferland	4:46.80	199702183	4:44.37 FJ 1
	50m: 29.01	29.01	150m: 1:38.50	35.98	250m: 2:54.60 38.00
	100m: 1:02.52	33.51	200m: 2:16.60	38.10	300m: 3:33.43 38.83
					350m: 4:09.74 36.31
					400m: 4:44.37 34.63
	Ruben Knufing	ZPC Livo	4:57.78	199902117	4:44.37 FJ 2
	50m: 31.64	31.64	150m: 1:43.67	36.00	250m: 2:57.13 36.84
	100m: 1:07.67	36.03	200m: 2:20.29	36.62	350m: 4:10.54 1:13.41
3.	Perry van der Meer	Montferland	5:02.84	199801941	5:01.48
	50m: 30.06	30.06	150m: 1:42.54	37.45	250m: 3:01.22 40.11
	100m: 1:05.09	35.03	200m: 2:21.11	38.57	300m: 3:41.70 40.48
					350m: 4:22.45 40.75
					400m: 5:01.48 39.03
4.	Ido Rutjes	Montferland	5:07.70	199705007	5:06.36
	50m: 34.50	34.50	150m: 1:48.39	37.76	250m: 3:06.48 39.44
	100m: 1:10.63	36.13	200m: 2:27.04	38.65	300m: 3:46.89 40.41
					350m: 4:26.94 40.05
					400m: 5:06.36 39.42
5.	Roman te Wildt	Montferland	5:09.68	200001819	5:09.86
	50m: 32.96	32.96	150m: 1:50.08	39.34	250m: 3:10.41 40.62
	100m: 1:10.74	37.78	200m: 2:29.79	39.71	300m: 3:50.55 40.14
					350m: 4:31.05 40.50
					400m: 5:09.86 38.81
6.	Roel Stopen	ZV Overbetuwe	5:25.16	200201313	5:22.50
	50m: 34.76	34.76	150m: 1:55.62	41.17	250m: 3:19.64 42.10
	100m: 1:14.45	39.69	200m: 2:37.54	41.92	300m: 4:01.69 42.05
					350m: 4:43.76 42.07
					400m: 5:22.50 38.74
7.	Stephan Willemse	ZV Overbetuwe	5:55.48	199903807	5:41.87
	50m: 35.45	35.45	150m: 1:59.33	42.80	250m: 3:28.55 44.50
	100m: 1:16.53	41.08	200m: 2:44.05	44.72	300m: 4:12.75 44.20
					350m: 4:57.64 44.89
					400m: 5:41.87 44.23
8.	Chris Bluemink	ZPC Livo	5:52.58	199801299	5:50.54
	50m: 36.50	36.50	150m: 2:01.59	44.09	250m: 3:33.83 46.30
	100m: 1:17.50	41.00	200m: 2:47.53	45.94	300m: 4:20.50 46.67
					350m: 5:06.98 46.48
					400m: 5:50.54 43.56
9.	Sam Pollmann	ZV Overbetuwe	8:00.00	200303081	7:29.98
	50m: 48.98	48.98	150m: 2:40.82	56.92	250m: 4:37.28 57.26
	100m: 1:43.90	54.92	200m: 3:40.02	59.20	300m: 5:37.60 1:00.32
					350m: 6:36.21 58.61
					400m: 7:29.98 53.77
AFGEM	Jesse Beerten	ZPC Livo	5:48.25	200002291	
AFGEM	Niels Bouwmeester	ZPC Livo	7:15.00	200303365	

Programmanr. 5
17-1-2015 - 15:05

Dames, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Marinka Oonk	ZPC Livo	12:04.07	199900284	11:39.11
	50m: 39.54	39.54	250m: 3:30.89	44.32	450m: 6:29.67 45.22
	100m: 1:21.23	41.69	300m: 4:15.39	44.50	500m: 7:15.16 45.49
	150m: 2:03.39	42.16	350m: 4:59.95	44.56	550m: 7:59.86 44.70
	200m: 2:46.57	43.18	400m: 5:44.45	44.50	600m: 8:44.67 44.81
					700m: 10:12.54 44.45
					800m: 11:39.11 42.47
2.	Amber Knufing	ZPC Livo	11:28.64	200001786	11:43.04
	50m: 38.78	38.78	250m: 3:29.84	44.43	450m: 6:30.90 46.06
	100m: 1:19.91	41.13	300m: 4:14.64	44.80	500m: 7:16.59 45.69
	150m: 2:02.18	42.27	350m: 4:59.82	45.18	550m: 8:02.12 45.53
	200m: 2:45.41	43.23	400m: 5:44.84	45.02	600m: 8:46.62 44.50
					700m: 10:15.45 44.96
					800m: 11:43.04 43.15
3.	Ilse van Kessel	Schuurman BZC	12:23.24	199801434	12:08.29
	50m: 37.23	37.23	250m: 3:34.61	46.73	450m: 6:44.81 47.29
	100m: 1:18.90	41.67	300m: 4:21.79	47.18	500m: 7:32.48 47.67
	150m: 2:02.69	43.79	350m: 5:09.40	47.61	550m: 8:19.40 46.92
	200m: 2:47.88	45.19	400m: 5:57.52	48.12	600m: 9:06.73 47.33
					700m: 10:42.27 47.79
					800m: 12:08.29 39.91

Zeskamp deel 3
Borculo, 17-1-2015

Programmanr. 5, Dames, 800m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
4.	Ellen Vrieze	Dos	12:07.16	199702826	12:17.58			
	50m: 40.31	40.31	250m: 3:38.71	45.07	450m: 6:46.66	47.43	650m: 9:57.77	48.22
	100m: 1:24.14	43.83	300m: 4:24.50	45.79	500m: 7:33.99	47.33	700m: 10:45.91	48.14
	150m: 2:08.23	44.09	350m: 5:12.04	47.54	550m: 8:21.48	47.49	750m: 11:33.45	47.54
	200m: 2:53.64	45.41	400m: 5:59.23	47.19	600m: 9:09.55	48.07	800m: 12:17.58	44.13
5.	Laura van den Belt	ZPC Livo	12:26.00	199900600	12:31.52			
	50m: 41.27	41.27	250m: 3:48.66	47.97	450m: 7:03.10	48.54	650m: 10:13.02	45.94
	100m: 1:26.52	45.25	300m: 4:37.25	48.59	500m: 7:51.44	48.34	700m: 10:59.46	46.44
	150m: 2:13.19	46.67	350m: 5:25.91	48.66	550m: 8:39.03	47.59	750m: 11:46.71	47.25
	200m: 3:00.69	47.50	400m: 6:14.56	48.65	600m: 9:27.08	48.05	800m: 12:31.52	44.81
6.	Coline Rougoor	Dos	12:26.62	199803538	12:34.97			
	50m: 41.47	41.47	250m: 3:50.08	48.12	450m: 7:04.61	48.28	650m: 10:19.27	48.39
	100m: 1:27.33	45.86	300m: 4:39.11	49.03	500m: 7:53.22	48.61	700m: 11:07.19	47.92
	150m: 2:14.77	47.44	350m: 5:27.45	48.34	550m: 8:42.00	48.78	750m: 11:52.65	45.46
	200m: 3:01.96	47.19	400m: 6:16.33	48.88	600m: 9:30.88	48.88	800m: 12:34.97	42.32
7.	Marjolein van Niersen	Dos	12:25.94	199702030	12:39.04			
	50m: 41.73	41.73	250m: 3:50.74	48.31	450m: 7:02.48	48.04	650m: 10:14.67	47.68
	100m: 1:27.76	46.03	300m: 4:38.60	47.86	500m: 7:50.86	48.38	700m: 11:03.05	48.38
	150m: 2:15.00	47.24	350m: 5:26.41	47.81	550m: 8:39.14	48.28	750m: 11:51.92	48.87
	200m: 3:02.43	47.43	400m: 6:14.44	48.03	600m: 9:26.99	47.85	800m: 12:39.04	47.12
8.	Ilonca Krabbenborg	Dos	12:32.25	199802992	12:58.45			
	50m: 41.96	41.96	250m: 3:52.95	49.20	450m: 7:12.55	50.27	650m: 10:33.33	50.41
	100m: 1:27.55	45.59	300m: 4:42.11	49.16	500m: 8:02.61	50.06	700m: 11:23.14	49.81
	150m: 2:15.23	47.68	350m: 5:32.34	50.23	550m: 8:52.84	50.23	750m: 12:12.64	49.50
	200m: 3:03.75	48.52	400m: 6:22.28	49.94	600m: 9:42.92	50.08	800m: 12:58.45	45.81
9.	Lisa ten Hoopen	Schuurman BZC	12:50.00	199503004	13:02.73			
	50m: 42.57	42.57	250m: 3:53.70	48.78	450m: 7:13.32	50.22	650m: 10:34.10	49.90
	100m: 1:28.82	46.25	300m: 4:42.89	49.19	500m: 8:03.51	50.19	700m: 11:25.02	50.92
	150m: 2:16.92	48.10	350m: 5:33.16	50.27	550m: 8:53.82	50.31	750m: 12:13.45	48.43
	200m: 3:04.92	48.00	400m: 6:23.10	49.94	600m: 9:44.20	50.38	800m: 13:02.73	49.28
10.	Eva Nijland	Schuurman BZC	14:00.76	199906016	13:16.71			
	50m: 41.38	41.38	250m: 3:54.53	50.29	450m: 7:19.22	51.61	650m: 10:45.10	51.44
	100m: 1:27.45	46.07	300m: 4:45.10	50.57	500m: 8:10.47	51.25	700m: 11:36.92	51.82
	150m: 2:15.53	48.08	350m: 5:35.94	50.84	550m: 9:01.88	51.41	750m: 12:27.16	50.24
	200m: 3:04.24	48.71	400m: 6:27.61	51.67	600m: 9:53.66	51.78	800m: 13:16.71	49.55
AFGEM	Rosalie van Hulst	ZV Overbetuwe	17:00.00	200202726				
AFGEM	Michelle Hoogendoorn	Schuurman BZC	9:32.00	199503718				

Programmanr. 6
17-1-2015 - 15:23

Heren, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Jason Browne	ZPC Livo	10:00.46	200000305	9:52.81			
	50m: 33.18	33.18	250m: 3:00.20	36.97	450m: 5:31.96	38.10	650m: 8:03.21	37.93
	100m: 1:09.13	35.95	300m: 3:37.87	37.67	500m: 6:10.28	38.32	700m: 8:40.99	37.78
	150m: 1:45.73	36.60	350m: 4:15.60	37.73	550m: 6:47.61	37.33	750m: 9:18.20	37.21
	200m: 2:23.23	37.50	400m: 4:53.86	38.26	600m: 7:25.28	37.67	800m: 9:52.81	34.61
2.	Ivar Visser	ZPC Livo	10:43.64	200000309	10:21.32			
	50m: 33.32	33.32	250m: 3:03.04	38.02	450m: 5:40.02	39.42	650m: 8:19.20	41.04
	100m: 1:09.67	36.35	300m: 3:42.10	39.06	500m: 6:19.36	39.34	700m: 9:00.42	41.22
	150m: 1:47.04	37.37	350m: 4:21.36	39.26	550m: 6:59.32	39.96	750m: 9:41.51	41.09
	200m: 2:25.02	37.98	400m: 5:00.60	39.24	600m: 7:38.16	38.84	800m: 10:21.32	39.81
3.	Timon Dekkers	ZPC Livo	10:55.09	199901023	10:38.36			
	50m: 33.98	33.98	250m: 3:13.67	41.31	450m: 5:56.54	41.32	650m: 8:39.70	40.75
	100m: 1:11.86	37.88	300m: 3:53.82	40.15	500m: 6:37.53	40.99	700m: 9:21.48	41.78
	150m: 1:51.86	40.00	350m: 4:35.01	41.19	550m: 7:18.08	40.55	750m: 10:02.67	41.19
	200m: 2:32.36	40.50	400m: 5:15.22	40.21	600m: 7:58.95	40.87	800m: 10:38.36	35.69

Zeskamp deel 3
Borculo, 17-1-2015

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

rang	naam	vereniging	intijd	intijd	tijd	RT		
4.	Mart Bluiminck	ZPC Livo	11:04.73	199900485	10:43.75			
	50m: 34.58	34.58	250m: 3:14.49	41.29	450m: 5:58.51	40.11	650m: 8:42.86	40.49
	100m: 1:12.86	38.28	300m: 3:55.97	41.48	500m: 6:39.86	41.35	700m: 9:23.95	41.09
	150m: 1:52.26	39.40	350m: 4:37.12	41.15	550m: 7:21.07	41.21	750m: 10:04.10	40.15
	200m: 2:33.20	40.94	400m: 5:18.40	41.28	600m: 8:02.37	41.30	800m: 10:43.75	39.65
5.	Jesse Baak	Schuurman BZC	11:46.10	199701983	11:08.53			
	50m: 35.89	35.89	250m: 3:22.26	42.24	450m: 6:17.28	43.28	650m: 9:08.54	42.60
	100m: 1:16.55	40.66	300m: 4:06.57	44.31	500m: 7:00.52	43.24	700m: 9:51.51	42.97
	150m: 1:58.18	41.63	350m: 4:50.04	43.47	550m: 7:43.17	42.65	750m: 10:33.75	42.24
	200m: 2:40.02	41.84	400m: 5:34.00	43.96	600m: 8:25.94	42.77	800m: 11:08.53	34.78
6.	Jelle van Lanen	ZV Overbetuwe	11:30.00	200101441	11:10.60			
	50m: 34.46	34.46	250m: 3:19.76	42.50	450m: 6:13.39	43.17	650m: 9:07.30	43.62
	100m: 1:13.88	39.42	300m: 4:02.95	43.19	500m: 6:56.86	43.47	700m: 9:50.46	43.16
	150m: 1:55.39	41.51	350m: 4:46.45	43.50	550m: 7:39.86	43.00	750m: 10:31.68	41.22
	200m: 2:37.26	41.87	400m: 5:30.22	43.77	600m: 8:23.68	43.82	800m: 11:10.60	38.92
7.	Victor Willemsse	ZV Overbetuwe	12:30.00	200201315	11:32.12			
	50m: 36.33	36.33	250m: 3:24.83	43.46	450m: 6:22.23	44.55	650m: 9:20.84	44.92
	100m: 1:16.18	39.85	300m: 4:08.73	43.90	500m: 7:06.75	44.52	750m: 10:50.05	1:29.21
	150m: 1:58.34	42.16	350m: 4:53.62	44.89	550m: 7:50.87	44.12	800m: 11:32.12	42.07
	200m: 2:41.37	43.03	400m: 5:37.68	44.06	600m: 8:35.92	45.05		
8.	Benjamin McCarthy	ZV Overbetuwe	13:00.00	200302055	12:14.97			
	50m: 40.10	40.10	250m: 3:47.27	46.69	450m: 6:55.57	46.45	650m: 10:03.80	46.56
	100m: 1:26.68	46.58	300m: 4:34.30	47.03	500m: 7:42.83	47.26	700m: 10:49.48	45.68
	150m: 2:13.20	46.52	350m: 5:21.41	47.11	550m: 8:29.41	46.58	750m: 11:34.44	44.96
	200m: 3:00.58	47.38	400m: 6:09.12	47.71	600m: 9:17.24	47.83	800m: 12:14.97	40.53
9.	Sander van den Belt	ZPC Livo	11:42.56	199702755	12:23.88			
	50m: 39.48	39.48	250m: 3:40.57	46.42	450m: 6:52.46	48.26	650m: 10:05.53	47.00
	100m: 1:22.91	43.43	300m: 4:28.42	47.85	500m: 7:40.63	48.17	700m: 10:52.76	47.23
	150m: 2:07.71	44.80	350m: 5:16.52	48.10	550m: 8:29.31	48.68	750m: 11:39.16	46.40
	200m: 2:54.15	46.44	400m: 6:04.20	47.68	600m: 9:18.53	49.22	800m: 12:23.88	44.72
10.	Kai van den Brink	ZV Overbetuwe	13:00.00	200301275	12:33.48			
	50m: 41.26	41.26	250m: 3:49.13	48.13	450m: 7:04.13	48.09	650m: 10:16.82	48.02
	100m: 1:26.36	45.10	300m: 4:37.92	48.79	500m: 7:53.26	49.13	700m: 11:04.70	47.88
	150m: 2:13.20	46.84	350m: 5:26.73	48.81	550m: 8:41.73	48.47	750m: 11:50.23	45.53
	200m: 3:01.00	47.80	400m: 6:16.04	49.31	600m: 9:28.80	47.07	800m: 12:33.48	43.25
AFGEM	Sander Cremers	ZV Overbetuwe	12:30.00	200001695				

Programmanr. 7
17-1-2015 - 15:40

800m vrije slag

Minioren 4 en 5
Resultaten

rang	naam	vereniging	intijd	intijd	tijd	RT		
1.	Rick Muller	ZV Overbetuwe	15:30.00	200402147	15:31.46			
	50m: 50.63	50.63	250m: 4:47.55	1:00.88	450m: 8:46.78	59.28	650m: 12:42.58	56.65
	100m: 1:47.64	57.01	300m: 5:47.21	59.66	500m: 9:47.48	1:00.70	700m: 13:39.99	57.41
	150m: 2:47.01	59.37	350m: 6:46.47	59.26	550m: 10:46.00	58.52	750m: 14:37.41	57.42
	200m: 3:46.67	59.66	400m: 7:47.50	1:01.03	600m: 11:45.93	59.93	800m: 15:31.46	54.05

Zeskamp deel 3
Borculo, 17-1-2015

Programmanr. 8
17-1-2015 - 15:55

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Daphne Kuiper	Montferland	6:25.20	200000558	6:08.60			
	50m: 38.56	38.56	150m: 2:15.78	51.16	250m: 3:52.39	48.83	350m: 5:28.05	45.12
	100m: 1:24.62	46.06	200m: 3:03.56	47.78	300m: 4:42.93	50.54	400m: 6:08.60	40.55
2.	Ilse van Kessel	Schuurman BZC	6:34.78	199801434	6:37.10			
	50m: 42.29	42.29	150m: 2:26.23	50.43	250m: 4:10.95	56.06	350m: 5:56.89	46.82
	100m: 1:35.80	53.51	200m: 3:14.89	48.66	300m: 5:10.07	59.12	400m: 6:37.10	40.21
3.	Geke Bakker	Schuurman BZC	6:29.00	200005596	6:51.02			
	50m: 41.90	41.90	150m: 2:29.00	54.30	250m: 4:19.70	59.50	350m: 6:07.36	48.72
	100m: 1:34.70	52.80	200m: 3:20.20	51.20	300m: 5:18.64	58.94	400m: 6:51.02	43.66
4.	Emma Klein Heerenbrink	Schuurman BZC	7:00.00	200301030	7:08.29			
	50m: 49.28	49.28	150m: 2:39.94	52.17	250m: 4:32.08	58.53	350m: 6:21.13	49.18
	100m: 1:47.77	58.49	200m: 3:33.55	53.61	300m: 5:31.95	59.87	400m: 7:08.29	47.16
5.	Robin Foekens	ZV Overbetuwe	7:30.00	200103216	7:18.80			
	50m: 46.89	46.89	150m: 2:42.86	54.82	250m: 4:38.70	1:01.41	350m: 6:29.76	49.74
	100m: 1:48.04	1:01.15	200m: 3:37.29	54.43	300m: 5:40.02	1:01.32	400m: 7:18.80	49.04
6.	Esmee Wolsink	Schuurman BZC	7:25.00	200104060	7:20.36			
	50m: 51.23	51.23	150m: 2:46.53	53.96	250m: 4:38.04	59.32	350m: 6:32.06	50.50
	100m: 1:52.57	1:01.34	200m: 3:38.72	52.19	300m: 5:41.56	1:03.52	400m: 7:20.36	48.30
AFGEM	Michelle Hoogendoorn	Schuurman BZC	5:12.00	199503718				
AFGEM	Isha Brouwer	ZPC Livo	6:51.00	200301610				

Programmanr. 9
17-1-2015 - 16:10

Heren, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Perry van der Meer	Montferland	5:23.93	199801941	5:24.54			
	50m: 33.10	33.10	150m: 1:54.73	41.60	250m: 3:22.02	46.10	350m: 4:48.92	39.38
	100m: 1:13.13	40.03	200m: 2:35.92	41.19	300m: 4:09.54	47.52	400m: 5:24.54	35.62
2.	Roman te Wildt	Montferland	5:45.26	200001819	5:47.18			
	100m: 1:19.74	1:19.74	200m: 2:48.25	44.10	300m: 4:30.00	51.41	400m: 5:47.18	37.99
	150m: 2:04.15	44.41	250m: 3:38.59	50.34	350m: 5:09.19	39.19		
3.	Ido Rutjes	Montferland	5:58.76	199705007	5:54.72 FJ 1			
	50m: 37.52	37.52	150m: 2:09.40	45.75	250m: 3:47.25	52.64	350m: 5:18.96	38.56
	100m: 1:23.65	46.13	200m: 2:54.61	45.21	300m: 4:40.40	53.15	400m: 5:54.72	35.76
4.	Jelle van Lanen	ZV Overbetuwe	6:20.00	200101441	5:54.72 FJ 2			
	50m: 37.83	37.83	150m: 2:11.57	46.34	250m: 3:45.32	50.16	350m: 5:15.80	40.29
	100m: 1:25.23	47.40	200m: 2:55.16	43.59	300m: 4:35.51	50.19	400m: 5:54.72	38.92
5.	Roel Stopen	ZV Overbetuwe	6:30.00	200201313	6:17.52			
	50m: 38.96	38.96	150m: 2:16.28	49.50	250m: 3:59.90	55.90	350m: 5:38.99	42.73
	100m: 1:26.78	47.82	200m: 3:04.00	47.72	300m: 4:56.26	56.36	400m: 6:17.52	38.53
6.	Stephan Willemse	ZV Overbetuwe	6:30.00	199903807	6:31.35			
	50m: 41.00	41.00	150m: 2:25.84	50.89	250m: 4:08.37	53.36	350m: 5:47.41	43.76
	100m: 1:34.95	53.95	200m: 3:15.01	49.17	300m: 5:03.65	55.28	400m: 6:31.35	43.94

Zeskamp deel 3
Borculo, 17-1-2015

Programmanr. 10
17-1-2015

Dames, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Jette Böning	Schuurman BZC	28:00.00	200003596	23:45.23	
	400m: 6:14.83	6:14.83	800m: 12:41.20	6:26.37	1500m: 23:45.23	11:04.03
2.	Eva Bouwmeester	Schuurman BZC	28:15.90	199903972	28:14.16	
	400m: 6:57.30	6:57.30	800m: 14:45.43	7:48.13	1500m: 28:14.16	13:28.73

Programmanr. 11
17-1-2015 - 16:17

Heren, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Dave Holweg	ZPC Livo	18:05.82	199701521	18:06.32	
	400m: 4:39.04	4:39.04	800m: 9:33.48	4:54.44	1500m: 18:06.32	8:32.84
2.	Rico Keizer	Montferland	19:45.00	199903491	18:28.96	
	400m: 4:47.83	4:47.83	800m: 9:45.32	4:57.49	1500m: 18:28.96	8:43.64
3.	Boudewijn Mol	Montferland	19:48.47	199702183	20:25.51	
	400m: 5:09.71	5:09.71	800m: 10:46.28	5:36.57	1500m: 20:25.51	9:39.23
4.	William de Meij	ZV Overbetuwe	23:00.00	200202069	21:12.10	
	400m: 5:26.23	5:26.23	800m: 11:16.16	5:49.93	1500m: 21:12.10	9:55.94
5.	Arthur vd Brink	ZV Overbetuwe	25:00.00	196801571	21:58.45	
	400m: 5:40.26	5:40.26	800m: 11:37.02	5:56.76	1500m: 21:58.45	10:21.43
6.	Tim Groot Obbink	Schuurman BZC	26:14.74	200100849	23:32.47	
	400m: 5:58.51	5:58.51	800m: 12:20.34	6:21.83	1500m: 23:32.47	11:12.13
7.	Stan Bauerhuit	Schuurman BZC	24:02.56	200001809	23:52.38	
	400m: 6:00.13	6:00.13	800m: 12:35.34	6:35.21	1500m: 23:52.38	11:17.04
8.	Kees Huitink	Schuurman BZC	26:45.45	200103519	24:15.06	
	400m: 6:03.03	6:03.03	800m: 12:40.51	6:37.48	1500m: 24:15.06	11:34.55
9.	Niels van Lanen	ZV Overbetuwe	27:00.00	200300539	24:38.95	
	400m: 6:19.92	6:19.92	800m: 13:07.82	6:47.90	1500m: 24:38.95	11:31.13