

LAC Overbetuwe 2  
Elst, 10-6-2022

Programmanr. 1 Meisjes, 200m wisselslag Minioren 5  
10-6-2022 Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Mila Hof	ZV Overbetuwe	4:09.86	201100226	<b>3:53.56</b>
	50m: 54.93	54.93	100m: 1:51.30	56.37	150m: 2:54.82
					1:03.52
					200m: 3:53.56
					58.74

Programmanr. 2 Heren, 400m wisselslag Senioren Open  
10-6-2022 Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Sem Teunissen	ZV Overbetuwe	NT	200800077	<b>6:16.67</b>
	50m: 37.12	37.12	150m: 2:14.07	50.66	250m: 3:55.17
	100m: 1:23.21	46.29	200m: 3:01.24	47.17	300m: 4:48.90
					53.93
					350m: 5:32.98
					44.08
					400m: 6:16.67
					43.69

Programmanr. 3 Heren, 2000m vrije slag Senioren Open  
10-6-2022 Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Gyan Spaan	ZV Overbetuwe	NT	200701061	<b>32:04.25</b>
	50m: 39.86	39.86	550m: 8:28.07	47.43	1050m: 16:35.52
	100m: 1:23.21	43.35	600m: 9:15.79	47.72	1100m: 17:24.72
	150m: 2:08.51	45.30	650m: 10:04.02	48.23	1150m: 18:13.63
	200m: 2:53.95	45.44	700m: 10:52.67	48.65	1200m: 19:02.51
	250m: 3:40.39	46.44	750m: 11:41.29	48.62	1250m: 19:51.22
	300m: 4:27.68	47.29	800m: 12:30.24	48.95	1300m: 20:41.41
	350m: 5:14.91	47.23	850m: 13:19.09	48.85	1350m: 21:28.91
	400m: 6:03.25	48.34	900m: 14:08.17	49.08	1400m: 22:17.65
	450m: 6:51.93	48.68	950m: 14:58.07	49.90	1450m: 23:07.52
	500m: 7:40.64	48.71	1000m: 15:46.65	48.58	1500m: 23:56.46
					48.87
					1550m: 24:45.27
					48.81
					1600m: 25:34.03
					48.76
					1650m: 26:23.37
					49.34
					1700m: 27:12.77
					49.40
					1750m: 28:02.45
					49.68
					1800m: 28:51.97
					49.52
					1850m: 29:42.75
					50.78
					1900m: 30:32.57
					49.82
					1950m: 31:22.47
					49.90
					2000m: 32:04.25
					41.78

Programmanr. 4 Dames, 2000m vrije slag Senioren Open  
10-6-2022 Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Esmee Wilcke	ZV Overbetuwe	29:56.72	200302540	<b>31:00.16</b>
	50m: 35.00	35.00	550m: 8:11.12	46.55	1050m: 16:03.10
	100m: 1:16.04	41.04	600m: 8:56.93	45.81	1100m: 16:49.43
	150m: 1:59.38	43.34	650m: 9:43.99	47.06	1150m: 17:37.69
	200m: 2:44.83	45.45	700m: 10:30.74	46.75	1200m: 18:26.39
	250m: 3:30.79	45.96	750m: 11:18.93	48.19	1250m: 19:14.61
	300m: 4:17.51	46.72	800m: 12:05.80	46.87	1300m: 20:01.77
	350m: 5:04.52	47.01	850m: 12:53.04	47.24	1350m: 20:49.19
	400m: 5:51.55	47.03	900m: 13:41.31	48.27	1400m: 21:37.26
	450m: 6:38.23	46.68	950m: 14:28.46	47.15	1450m: 22:24.17
	500m: 7:24.57	46.34	1000m: 15:15.66	47.20	1500m: 23:11.63
					47.46
					1550m: 23:59.07
					47.44
					1600m: 24:46.90
					47.83
					1650m: 25:34.76
					47.86
					1700m: 26:23.33
					48.57
					1750m: 27:11.96
					48.63
					1800m: 27:59.04
					47.08
					1850m: 28:45.24
					46.20
					1900m: 29:31.70
					46.46
					1950m: 30:18.16
					46.20
					2000m: 31:00.16

Programmanr. 5 Dames, 1500m vrije slag Senioren Open  
10-6-2022 Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Isis Lamers	ZV Overbetuwe	NT	201000346	<b>31:15.95</b>
	50m: 48.98	48.98	450m: 8:47.56	1:01.60	850m: 17:15.66
	100m: 1:44.75	55.77	500m: 9:51.07	1:03.51	900m: 18:21.57
	150m: 2:42.57	57.82	550m: 10:53.07	1:02.00	950m: 19:28.93
	200m: 3:42.28	59.71	600m: 11:55.36	1:02.29	1000m: 20:36.94
	250m: 4:43.50	1:01.22	650m: 13:00.31	1:04.95	1050m: 21:40.90
	300m: 5:44.31	1:00.81	700m: 14:02.57	1:02.26	1100m: 22:47.32
	350m: 6:45.27	1:00.96	750m: 15:05.89	1:03.32	1150m: 23:52.92
	400m: 7:45.96	1:00.69	800m: 16:12.10	1:06.21	1200m: 24:58.77
					1:03.56
					1:05.91
					1:07.36
					1:08.01
					1:03.96
					1:06.42
					1:06.45
					1:03.96
					1:02.33
					1:06.42
					53.89

LAC Overbetuwe 2  
Elst, 10-6-2022

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

rang	naam	vereniging	intijd	tijd	RT			
2.	Sofie Bulsink	ZV Overbetuwe	NT	201001470	<b>31:24.41</b>			
	50m: 49.16	49.16	450m: 8:51.06	1:02.65	850m: 17:23.23	1:03.99	1250m: 26:05.07	1:04.49
	100m: 1:44.09	54.93	500m: 9:53.51	1:02.45	900m: 18:28.32	1:05.09	1300m: 27:08.90	1:03.83
	150m: 2:42.78	58.69	550m: 10:56.43	1:02.92	950m: 19:33.91	1:05.59	1350m: 28:14.37	1:05.47
	200m: 3:42.09	59.31	600m: 11:59.23	1:02.80	1000m: 20:38.96	1:05.05	1400m: 29:20.33	1:05.96
	250m: 4:43.88	1:01.79	650m: 13:03.81	1:04.58	1050m: 21:43.77	1:04.81	1450m: 30:25.92	1:05.59
	300m: 5:45.28	1:01.40	700m: 14:07.74	1:03.93	1100m: 22:48.98	1:05.21	1500m: 31:24.41	58.49
	350m: 6:47.38	1:02.10	750m: 15:13.73	1:05.99	1150m: 23:55.08	1:06.10		
	400m: 7:48.41	1:01.03	800m: 16:19.24	1:05.51	1200m: 25:00.58	1:05.50		

Programmanr. 6  
10-6-2022

Heren, 1500m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Enna Lamers	ZV Overbetuwe	NT	200800899	<b>22:45.17</b>			
	50m: 37.70	37.70	450m: 6:36.55	45.92	850m: 12:45.10	45.68	1250m: 19:00.97	46.74
	100m: 1:19.26	41.56	500m: 7:23.23	46.68	900m: 13:31.43	46.33	1300m: 19:50.13	49.16
	150m: 2:02.63	43.37	550m: 8:09.64	46.41	950m: 14:18.01	46.58	1350m: 20:38.04	47.91
	200m: 2:47.71	45.08	600m: 8:55.68	46.04	1000m: 15:05.80	47.79	1400m: 21:23.35	45.31
	250m: 3:33.25	45.54	650m: 9:41.58	45.90	1050m: 15:53.39	47.59	1450m: 22:08.31	44.96
	300m: 4:18.04	44.79	700m: 10:27.87	46.29	1100m: 16:40.33	46.94	1500m: 22:45.17	36.86
	350m: 5:04.18	46.14	750m: 11:13.92	46.05	1150m: 17:26.84	46.51		
	400m: 5:50.63	46.45	800m: 11:59.42	45.50	1200m: 18:14.23	47.39		
2.	Sem Teunissen	ZV Overbetuwe	NT	200800077	<b>24:30.87</b>			
	50m: 42.38	42.38	450m: 7:15.80	48.08	850m: 13:55.78	49.95	1250m: 20:34.15	48.85
	100m: 1:30.80	48.42	500m: 8:05.93	50.13	900m: 14:45.64	49.86	1300m: 21:23.63	49.48
	150m: 2:21.24	50.44	550m: 8:55.75	49.82	950m: 15:36.47	50.83	1350m: 22:13.18	49.55
	200m: 3:12.40	51.16	600m: 9:45.84	50.09	1000m: 16:25.41	48.94	1400m: 23:02.57	49.39
	250m: 4:01.31	48.91	650m: 10:36.54	50.70	1050m: 17:15.12	49.71	1450m: 23:47.43	44.86
	300m: 4:50.19	48.88	700m: 11:26.02	49.48	1100m: 18:05.83	50.71	1500m: 24:30.87	43.44
	350m: 5:39.59	49.40	750m: 12:15.71	49.69	1150m: 18:56.69	50.86		
	400m: 6:27.72	48.13	800m: 13:05.83	50.12	1200m: 19:45.30	48.61		