

LAC deel 1  
Sommelsdijk, 2-11-2024

Programmanr. 3  
2-11-24 - 12:50

800m vrije slag

2013 en eerder  
Resultaten

| rang                        | naam          | vereniging            | intijd   | tijd          | RT                             |
|-----------------------------|---------------|-----------------------|----------|---------------|--------------------------------|
| <b>Senioren Open, Heren</b> |               |                       |          |               |                                |
| 1.                          | Jens Kooijman | De Schotejil          | 10:13.21 | 200200633     | <b>10:08.45</b>                |
|                             | 100m: 1:08.93 | 1:08.93 300m: 3:39.63 | 1:16.09  | 500m: 6:15.12 | 1:17.72 700m: 8:51.71 1:18.21  |
|                             | 200m: 2:23.54 | 1:14.61 400m: 4:57.40 | 1:17.77  | 600m: 7:33.50 | 1:18.38 800m: 10:08.45 1:16.74 |
| 2.                          | Syb Boerema   | De Schotejil          | 11:18.95 | 201000359     | <b>10:36.35</b>                |
|                             | 100m: 1:10.18 | 1:10.18 300m: 3:51.52 | 1:22.03  | 500m: 6:36.32 | 1:22.39 700m: 9:20.49 1:21.60  |
|                             | 200m: 2:29.49 | 1:19.31 400m: 5:13.93 | 1:22.41  | 600m: 7:58.89 | 1:22.57 800m: 10:36.35 1:15.86 |
| 3.                          | Sem Jongejan  | De Schotejil          | NT       | 200901269     | <b>11:19.16</b>                |
|                             | 100m: 1:15.98 | 1:15.98 300m: 3:57.09 |          | 500m: 7:05.38 | 1:28.29 700m: 10:00.03 1:26.75 |
|                             | 200m: 2:41.98 | 1:26.00 400m: 5:37.09 |          | 600m: 8:33.28 | 1:27.90 800m: 11:19.16 1:19.13 |
| 4.                          | Huib Sijsma   | De Schotejil          | NT       | 201100461     | <b>12:53.12</b>                |
|                             | 100m: 1:27.92 | 1:27.92 300m: 4:42.95 | 1:38.72  | 500m: 7:58.88 | 1:39.29 700m: 11:14.84 1:38.23 |
|                             | 200m: 3:04.23 | 1:36.31 400m: 6:19.59 | 1:36.64  | 600m: 9:36.61 | 1:37.73 800m: 12:53.12 1:38.28 |

**Senioren Open, Dames**

|     |                    |                       |          |                |                                |
|-----|--------------------|-----------------------|----------|----------------|--------------------------------|
| 1.  | Famke Franzen      | De Schotejil          | 10:26.57 | 201000058      | <b>10:18.33</b>                |
|     | 100m: 1:11.59      | 1:11.59 300m: 3:48.66 | 1:19.32  | 500m: 6:25.81  | 1:18.09 700m: 9:04.03 1:18.80  |
|     | 200m: 2:29.34      | 1:17.75 400m: 5:07.72 | 1:19.06  | 600m: 7:45.23  | 1:19.42 800m: 10:18.33 1:14.30 |
| 2.  | Aisha Nobels       | De Schotejil          | 10:01.70 | 200501710      | <b>10:26.89</b>                |
|     | 100m: 1:10.94      | 1:10.94 300m: 3:47.31 | 1:18.67  | 500m: 6:26.78  | 1:19.51 700m: 9:08.59 1:21.06  |
|     | 200m: 2:28.64      | 1:17.70 400m: 5:07.27 | 1:19.96  | 600m: 7:47.53  | 1:20.75 800m: 10:26.89 1:18.30 |
| 3.  | Dominique Overduin | De Schotejil          | 10:34.40 | 200700172      | <b>10:36.62</b>                |
|     | 100m: 1:12.57      | 1:12.57 300m: 3:51.65 | 1:19.88  | 500m: 6:33.48  | 1:21.01 700m: 9:17.69 1:22.42  |
|     | 200m: 2:31.77      | 1:19.20 400m: 5:12.47 | 1:20.82  | 600m: 7:55.27  | 1:21.79 800m: 10:36.62 1:18.93 |
| 4.  | Lyke Buscop        | De Schotejil          | 10:36.50 | 200500552      | <b>10:51.90</b>                |
|     | 100m: 1:13.53      | 1:13.53 300m: 3:54.29 | 1:21.36  | 500m: 6:39.67  | 1:22.93 700m: 9:28.15 1:24.49  |
|     | 200m: 2:32.93      | 1:19.40 400m: 5:16.74 | 1:22.45  | 600m: 8:03.66  | 1:23.99 800m: 10:51.90 1:23.75 |
| 5.  | Nienke v. Weenen   | De Schotejil          | NT       | 201000282      | <b>11:08.77</b>                |
|     | 100m: 1:18.11      | 1:18.11 300m: 4:08.42 | 1:25.39  | 500m: 7:00.41  | 1:25.92 700m: 9:49.67 1:24.04  |
|     | 200m: 2:43.03      | 1:24.92 400m: 5:34.49 | 1:26.07  | 600m: 8:25.63  | 1:25.22 800m: 11:08.77 1:19.10 |
| 6.  | Abya Buscop        | De Schotejil          | 11:43.87 | 201100056      | <b>11:10.34</b>                |
|     | 100m: 1:18.95      | 1:18.95 300m: 4:10.47 | 1:26.34  | 500m: 7:00.03  | 1:24.81 700m: 9:50.09 1:24.51  |
|     | 200m: 2:44.13      | 1:25.18 400m: 5:35.22 | 1:24.75  | 600m: 8:25.58  | 1:25.55 800m: 11:10.34 1:20.25 |
| 7.  | Evy v. Nimwegen    | De Schotejil          | 11:47.21 | 201100168      | <b>11:20.02</b>                |
|     | 100m: 1:17.88      | 1:17.88 300m: 4:08.95 | 1:26.26  | 500m: 7:01.69  | 1:26.76 700m: 9:56.76 1:27.37  |
|     | 200m: 2:42.69      | 1:24.81 400m: 5:34.93 | 1:25.98  | 600m: 8:29.39  | 1:27.70 800m: 11:20.02 1:23.26 |
| 8.  | Stella Offerhaus   | De Schotejil          | 11:32.28 | 200903926      | <b>11:26.89</b>                |
|     | 100m: 1:18.86      | 1:18.86 300m: 4:10.81 | 1:27.75  | 500m: 7:07.18  | 1:29.22 700m: 10:04.89 1:28.68 |
|     | 200m: 2:43.06      | 1:24.20 400m: 5:37.96 | 1:27.15  | 600m: 8:36.21  | 1:29.03 800m: 11:26.89 1:22.00 |
| 9.  | Fay het Jonk       | De Gooye              | NT       | 201200298      | <b>13:16.79</b>                |
|     | 100m: 1:35.33      | 1:35.33 300m: 4:52.11 | 1:39.12  | 500m: 8:17.08  | 1:42.29 700m: 11:41.16 1:41.51 |
|     | 200m: 3:12.99      | 1:37.66 400m: 6:34.79 | 1:42.68  | 600m: 9:59.65  | 1:42.57 800m: 13:16.79 1:35.63 |
| 10. | Evy van Kempen     | De Gooye              | NT       | 201200660      | <b>14:41.01</b>                |
|     | 100m: 1:36.41      | 1:36.41 300m: 5:25.22 | 1:54.92  | 500m: 9:12.26  | 1:54.94 700m: 13:01.47 1:53.49 |
|     | 200m: 3:30.30      | 1:53.89 400m: 7:17.32 | 1:52.10  | 600m: 11:07.98 | 1:55.72 800m: 14:41.01 1:39.54 |