

LAC
Sommelsdijk, 10-1-2026

Programmanr. 5
10-1-26 - 14:00

800m vrije slag

12 jaar en ouder
Resultaten

rang	naam	vereniging	intijd		tijd		RT
Senioren Open, Heren							
1.	Laurens Kalle	z.c De Schotejil	8:55.70		200600161		9:26.15
	100m: 1:00.41	1:00.41	300m: 3:20.33	1:10.39	500m: 5:45.58	1:12.68	700m: 8:14.41 1:15.00
	200m: 2:09.94	1:09.53	400m: 4:32.90	1:12.57	600m: 6:59.41	1:13.83	800m: 9:26.15 1:11.74
2.	Sem Jongejan	z.c De Schotejil	11:19.16		200901269		10:00.26
	100m: 1:08.23	1:08.23	300m: 3:42.16	1:17.31	500m: 6:16.83	1:16.86	700m: 8:49.40 1:15.77
	200m: 2:24.85	1:16.62	400m: 4:59.97	1:17.81	600m: 7:33.63	1:16.80	800m: 10:00.26 1:10.86
3.	Huib Sijsma	z.c De Schotejil	12:53.12		201100461		11:22.75
	100m: 1:18.48	1:18.48	300m: 4:10.47	1:26.13	500m: 7:06.17	1:28.47	700m: 10:01.58 1:27.84
	200m: 2:44.34	1:25.86	400m: 5:37.70	1:27.23	600m: 8:33.74	1:27.57	800m: 11:22.75 1:21.17
4.	J. (John) Albrechts	z.c De Schotejil	12:30.00		196000007		12:40.83
	100m: 1:22.62	1:22.62	300m: 4:32.37	1:36.21	500m: 7:48.55	1:38.16	700m: 11:04.46 1:38.06
	200m: 2:56.16	1:33.54	400m: 6:10.39	1:38.02	600m: 9:26.40	1:37.85	800m: 12:40.83 1:36.37
5.	Jenth van Druningen	De Gooye	NT		201301983		12:47.31
	100m: 1:27.21	1:27.21	300m: 4:40.81	1:37.97	500m: 8:01.24	1:40.25	700m: 11:17.24 1:36.60
	200m: 3:02.84	1:35.63	400m: 6:20.99	1:40.18	600m: 9:40.64	1:39.40	800m: 12:47.31 1:30.07
Senioren Open, Dames							
1.	Meyke v. Nimwegen	z.c De Schotejil	9:39.34		200800106		9:41.16
	100m: 1:08.30	1:08.30	300m: 3:34.93	1:13.53	500m: 6:01.61	1:13.30	700m: 8:27.92 1:13.50
	200m: 2:21.40	1:13.10	400m: 4:48.31	1:13.38	600m: 7:14.42	1:12.81	800m: 9:41.16 1:13.24
2.	Abya Buscop	z.c De Schotejil	11:10.34		201100056		10:27.00
	100m: 1:12.23	1:12.23	300m: 5:08.05	1:21.69	500m: 6:28.82	1:20.77	700m: 9:10.41 1:21.26
	200m: 2:30.40	1:18.17	400m: 5:08.05	1:20.33	600m: 7:49.15	1:20.33	800m: 10:27.00 1:16.59
3.	Nienke v. Weenen	z.c De Schotejil	10:40.85		201000282		10:37.70
	100m: 1:14.59	1:14.59	300m: 3:57.87	1:21.69	500m: 6:39.10	1:19.39	700m: 9:20.18 1:20.66
	200m: 2:36.18	1:21.59	400m: 5:19.71	1:21.84	600m: 7:59.52	1:20.42	800m: 10:37.70 1:17.52
4.	Evy v. Nimwegen	z.c De Schotejil	11:20.02		201100168		10:37.91
	100m: 1:11.09	1:11.09	300m: 3:48.69	1:19.25	500m: 6:32.02	1:22.47	700m: 9:17.02 1:22.76
	200m: 2:29.44	1:18.35	400m: 5:09.55	1:20.86	600m: 7:54.26	1:22.24	800m: 10:37.91 1:20.89
5.	Fenna Bogerman	z.c De Schotejil	NT		201301596		11:57.45
	100m: 1:24.90	1:24.90	300m: 4:27.69	1:30.85	500m: 7:30.71	1:32.49	700m: 10:32.66 1:30.38
	200m: 2:56.84	1:31.94	400m: 5:58.22	1:30.53	600m: 9:02.28	1:31.57	800m: 11:57.45 1:24.79
6.	Maud v.d. Slik	z.c De Schotejil	13:46.02		201000624		12:05.97
	100m: 1:24.07	1:24.07	300m: 4:26.66	1:32.12	500m: 7:33.64	1:33.40	700m: 10:39.80 1:32.42
	200m: 2:54.54	1:30.47	400m: 6:00.24	1:33.58	600m: 9:07.38	1:33.74	800m: 12:05.97 1:26.17
7.	Laura Jongejan	z.c De Schotejil	NT		201302408		12:57.49
	100m: 1:33.31	1:33.31	300m: 4:56.51	1:41.45	500m: 8:18.26	1:39.69	700m: 11:33.62 1:36.85
	200m: 3:15.06	1:41.75	400m: 6:38.57	1:42.06	600m: 9:56.77	1:38.51	800m: 12:57.49 1:23.87
8.	Johanna van Papeveld	z.c De Schotejil	NT		201203106		13:29.05
	100m: 1:30.90	1:30.90	300m: 4:56.09	1:44.74	500m: 8:23.82	1:44.17	700m: 11:53.96 1:43.03
	200m: 3:11.35	1:40.45	400m: 6:39.65	1:43.56	600m: 10:10.93	1:47.11	800m: 13:29.05 1:35.09
9.	Evy van Kempen	De Stelle	14:41.01		201200660		16:52.73
	100m: 1:32.38	1:32.38	300m: 5:49.59	2:14.68	500m: 10:27.23	2:20.89	700m: 14:57.66 2:13.75
	200m: 3:34.91	2:02.53	400m: 8:06.34	2:16.75	600m: 12:43.91	2:16.68	800m: 16:52.73 1:55.07
AFGEM	Famke Franzen	z.c De Schotejil	10:18.33		201000058		