

LAC
Sommelsdijk, 10-1-2026

Programmanr. 6
10-1-26 - 15:05

1500m vrije slag

12 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Senioren Open, Heren						
1.	Jacob Mackloet	z.c De Schotejil	17:11.54	200001171	18:10.74	
	100m: 1:04.09	1:04.09	500m: 5:51.22	1:12.45	900m: 10:44.93	1:14.53
	200m: 2:14.83	1:10.74	600m: 7:03.93	1:12.71	1000m: 12:00.16	1:15.23
	300m: 3:26.44	1:11.61	700m: 8:16.89	1:12.96	1100m: 13:15.36	1:15.20
	400m: 4:38.77	1:12.33	800m: 9:30.40	1:13.51	1200m: 14:30.22	1:14.86
1300m:	15:44.70					1:14.48
1400m:	16:59.39					1:14.69
1500m:	18:10.74					1:11.35
2.	Rufus Zorge	De Gooye	20:48.82	201000443	20:04.36	
	100m: 1:11.28	1:11.28	500m: 6:34.50	1:21.85	900m: 12:00.64	1:21.61
	200m: 2:30.15	1:18.87	600m: 7:55.65	1:21.15	1000m: 13:22.57	1:21.93
	300m: 3:50.75	1:20.60	700m: 9:17.53	1:21.88	1100m: 14:43.97	1:21.40
	400m: 5:12.65	1:21.90	800m: 10:39.03	1:21.50	1200m: 16:06.15	1:22.18
1300m:	17:26.40					1:20.25
1400m:	18:47.50					1:21.10
1500m:	20:04.36					1:16.86
3.	Leander Jongejan	z.c De Schotejil	NT	198701589	20:19.86	
	100m: 1:11.90	1:11.90	500m: 6:42.53	1:23.17	900m: 12:11.68	1:21.46
	200m: 2:34.25	1:22.35	600m: 8:05.43	1:22.90	1000m: 13:33.78	1:22.10
	300m: 3:56.53	1:22.28	700m: 9:28.28	1:22.85	1100m: 14:55.50	1:21.72
	400m: 5:19.36	1:22.83	800m: 10:50.22	1:21.94	1200m: 16:17.50	1:22.00
1300m:	17:39.43					1:21.93
1400m:	19:01.75					1:22.32
1500m:	20:19.86					1:18.11
4.	Nico Paasse	z.c De Schotejil	NT	196501463	20:40.96	
	100m: 1:15.24	1:15.24	500m: 6:50.31	1:23.71	900m: 12:25.21	1:22.82
	200m: 2:38.25	1:23.01	600m: 8:13.89	1:23.58	1000m: 13:49.06	1:23.85
	300m: 4:02.47	1:24.22	700m: 9:38.71	1:24.82	1100m: 15:11.07	1:22.01
	400m: 5:26.60	1:24.13	800m: 11:02.39	1:23.68	1200m: 16:34.04	1:22.97
1300m:	17:57.11					1:23.07
1400m:	19:19.85					1:22.74
1500m:	20:40.96					1:21.11
5.	Dj Nobel	De Gooye	22:18.10	200901539	22:51.91	
	100m: 1:19.95	1:19.95	500m: 7:30.02	1:34.08	900m: 13:46.48	1:34.38
	200m: 2:50.12	1:30.17	600m: 9:03.74	1:33.72	1000m: 15:20.43	1:33.95
	300m: 4:22.96	1:32.84	700m: 10:37.85	1:34.11	1100m: 16:54.85	1:34.42
	400m: 5:55.94	1:32.98	800m: 12:12.10	1:34.25	1200m: 18:28.54	1:33.69
1300m:	20:00.91					1:32.37
1400m:	21:30.11					1:29.20
1500m:	22:51.91					1:21.80

Senioren Open, Dames

1.	Mélanie Sonder	z.c De Schotejil	23:45.85	200900478	22:57.74	
	100m: 1:18.15	1:18.15	500m: 7:31.52	1:34.79	900m: 13:46.82	1:33.69
	200m: 2:48.30	1:30.15	600m: 9:06.27	1:34.75	1000m: 15:20.25	1:33.43
	300m: 4:21.55	1:33.25	700m: 10:40.45	1:34.18	1100m: 16:54.58	1:34.33
	400m: 5:56.73	1:35.18	800m: 12:13.13	1:32.68	1200m: 18:28.58	1:34.00
1300m:	20:01.67					1:33.09
1400m:	21:31.89					1:30.22
1500m:	22:57.74					1:25.85