

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 21
25-05-2013

Heren, 50m vlinderslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd | |
|---------------|--------------------|----------------|-------------|-----------|--------------|------|
| Senioren Open | | | | | | |
| 1. | Yoran Klos | De Dinkel | 25.57 | 199600481 | 26.04 | |
| 2. | Filipp Müller | Piranha | 26.08 | 198604633 | 26.06 | |
| 3. | Michiel Jorink | ZVZwartsluis | 26.91 | 198701613 | 27.26 | |
| 4. | Tom Laarhuis | De Dinkel | 27.25 | 199800309 | 27.34 | |
| 5. | Rutger Kooistra | Het Ravijn | 27.80 | 199206257 | 28.02 | |
| 6. | Justin Doldersum | Deltasteur | 27.82 | 199700493 | 28.07 | |
| 7. | Stef Heijnekamp | WS Twente | 27.01 | 199401665 | 28.10 | |
| 8. | Rense Loohuis | De Dinkel | 28.47 | 199101477 | 28.20 | |
| 9. | Michiel Beemster | WS Twente | 27.79 | 198000063 | 28.25 | |
| 10. | Jari Hofsink | Deltasteur | 28.03 | 199700535 | 28.32 | |
| 11. | Wouter Oversteegen | Swol 1894 | 28.31 | 199505589 | 28.46 | FJ 1 |
| 12. | Hans-Jan Westerhof | WS Twente | 28.23 | 199701481 | 28.46 | FJ 2 |
| 13. | Jesper Kloek | Dedemsvaart-AC | 28.07 | 199001585 | 28.67 | |
| 14. | Teun Groeneweg | Piranha | 27.31 | 198701133 | 28.73 | |
| 15. | Daniël de Wagt | Zignea | 28.75 | 199601339 | 28.86 | |
| 16. | Frank Meier | De Grunte | 28.34 | 198802355 | 28.89 | |
| 17. | Jauke Hamstra | Deltasteur | 28.92 | 198601089 | 29.07 | FJ 1 |
| 18. | Dinand Schutte | Deltasteur | 28.88 | 199600335 | 29.07 | FJ 2 |
| 19. | Kelvin Bergsma | Dedemsvaart-AC | 28.74 | 198602133 | 29.10 | |
| 20. | Willem-Jan Huisman | Steenwijk 1934 | 27.93 | 199402125 | 29.26 | |
| 21. | Jorden Theijink | WS Twente | 27.67 | 199400323 | 30.07 | |

Programmanr. 22
25-05-2013

Dames, 50m rugslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd | |
|---------------|---------------------------------------|----------------|-------------|-----------|--------------|------|
| Senioren Open | | | | | | |
| 1. | Iris Tjonk <i>KRINGRECORD</i> | WS Twente | 30.57 | 200004066 | 30.39 | |
| 2. | Sterre Mooiweer <i>KRINGRECORD</i> | ZPC De Hof | 31.23 | 199800236 | 31.51 | |
| 3. | Anouk Rekers | Z&PV de Veene | 31.40 | 199703416 | 32.07 | FJ 1 |
| 4. | Michelle Hoogendoorn | WS Twente | 30.37 | 199503718 | 32.07 | FJ 2 |
| 5. | Marit Boxum | ZVZwartsluis | 32.36 | 200000068 | 32.48 | |
| 6. | Silke Oude Weernink | De Dinkel | 30.29 | 199002854 | 32.70 | |
| 7. | Inge Menzo | Dedemsvaart-AC | 32.58 | 198802994 | 33.09 | |
| 8. | Demi Rothe | De Dinkel | 32.15 | 199703388 | 33.14 | |
| 9. | Eefje Slootweg | De Dinkel | 32.92 | 199800218 | 33.23 | |
| 10. | Maaïke Doornwaard | Deltasteur | 33.20 | 199800264 | 33.54 | |
| 11. | Laura Boessenkool | Dedemsvaart-AC | 33.30 | 199402604 | 33.59 | |
| 12. | Lonne Dijkhuis | De Dinkel | 32.24 | 199400030 | 33.71 | |
| 13. | Joyce Mennink | Dedemsvaart-AC | 32.37 | 199601180 | 33.80 | |
| 14. | Yvon Versteeg | Z&PV de Veene | 31.64 | 199201864 | 33.83 | |
| 15. | Laurette van der Woning | De Dinkel | 32.70 | 199900974 | 33.93 | |
| 16. | Veronique van der Velde | WS Twente | 33.15 | 199601740 | 34.48 | |

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Kampen, 25-5- - 2-6-2013

Programmanr. 22, Dames, 50m rugslag, Senioren Open

| Rang | | | inschr.tijd | | eindtijd |
|------|----------------------|---------------|-------------|-----------|-------------------|
| 17. | Merel Kraaijenhof | WS Twente | 33.32 | 199901428 | 34.92 |
| 18. | Vera Kraijer | Swol 1894 | 33.35 | 199206688 | 35.14 FJ 1 |
| 19. | Iris Riezebos | Deltasteur | 33.67 | 199400114 | 35.14 FJ 2 |
| 20. | Paula van den Hoeven | Z&PV de Veene | 33.00 | 199303128 | 35.73 |

Programmanr. 23
25-05-2013

Heren, 4 x 100m vrije slag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|----------------------|-----------------------------|----------------|-------------|---------------------|----------------|
| Senioren Open | | | | | |
| 1. | De Dinkel 1 | De Dinkel | 3:33.57 | | 3:42.10 |
| | Yoran Klos | 96 | 54.39 | Jacques Journée | 94 |
| | Damon Peperkamp | 95 | | Karst Boersma | 96 |
| 2. | Piranha 1 | Piranha | 3:42.00 | | 3:44.57 |
| | Teun Groeneweg | 87 | 58.76 | Filipp Müller | 86 |
| | Bart Arendshorst | 93 | | Tjerk van der Kieft | 90 |
| 3. | Deltasteur 1 | Deltasteur | 3:44.09 | | 3:47.80 |
| | Jari Hofsink | 97 | 58.45 | Justin Doldersum | 97 |
| | Max de Ceuninck van Capelle | 97 | | Henri Kragt | 87 |
| 4. | Dedemsvaart-AC 1 | Dedemsvaart-AC | 3:45.94 | | 3:50.88 |
| | Sander Zoer | 83 | 57.46 | Jesper Kloek | 90 |
| | Kelvin Bergsma | 86 | | Peter de Boer | 92 |
| 5. | ZPC De Hof 1 | ZPC De Hof | 3:46.79 | | 3:51.91 |
| | Martijn Wissink | 97 | 59.46 | Emiel Huisken | 85 |
| | Jasper de Boer | 93 | | Richard Huisken | 85 |
| 6. | WS Twente 1 | WS Twente | 3:40.71 | | 3:55.39 |
| | Jorden Theijink | 94 | 56.44 | Michiel Beemster | 80 |
| | Tristan Wiegmann | 96 | | Stef Heijnekamp | 94 |
| 7. | de Veene 1 | Z&PV de Veene | 3:56.06 | | 4:04.46 |
| | Dennis Hoogstraten | 93 | 1:01.43 | Mark Arendshorst | 94 |
| | Wessel Everloo | 89 | | Tiemen Maris | 94 |

Programmanr. 24
25-05-2013

Dames, 200m vlinderslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|-------------------|----------------|---------------|-------------|-----------|----------------|
| Junioren 2 | | | | | |
| 1. | Iris Tjonk | WS Twente | 2:51.79 | 200004066 | 2:59.48 |
| | 100m: 1:18.16 | 200m: 2:59.48 | | | |
| Junioren 3 | | | | | |
| 1. | Isabel Nibourg | De Dinkel | 2:47.93 | 199900220 | 2:59.48 |
| | 100m: 1:15.86 | 200m: 2:59.48 | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 24, Dames, 200m vlinderslag

Jeugd 1

| | | | | | |
|----|-----------------------|---------------|---------|-----------|----------------|
| 1. | Laurie Aarninkhof | De Dinkel | 2:46.27 | 199800822 | 2:47.95 |
| | 100m: 1:16.63 | 200m: 2:47.95 | | | |
| 2. | Annick van der Kraats | De Dinkel | 2:52.00 | 199800808 | 2:53.09 |
| | 100m: 1:18.75 | 200m: 2:53.09 | | | |

Senioren Open

| | | | | | |
|----|---------------------|---------------|---------|-----------|----------------|
| 1. | Silke Oude Weernink | De Dinkel | 2:22.02 | 199002854 | 2:32.60 |
| | 100m: 1:11.52 | 200m: 2:32.60 | | | |
| 2. | Yvon Versteeg | Z&PV de Veene | 2:29.24 | 199201864 | 2:46.83 |
| | 100m: 1:17.60 | 200m: 2:46.83 | | | |

Programmanr. 25
25-05-2013

Heren, 100m rugslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|------------|---------------------|----------------|-------------|-----------|----------------|
| Junioren 1 | | | | | |
| 1. | Niels Hofmeijer | WS Twente | 1:12.48 | 200000699 | 1:11.80 |
| 2. | Rico Rüdiger | WS Twente | 1:15.47 | 200001357 | 1:14.73 |
| 3. | Django Klos | De Dinkel | 1:14.73 | 200000595 | 1:16.94 |
| Junioren 2 | | | | | |
| 1. | Koen Brummelaar | ZPC De Hof | 1:04.56 | 199900047 | 1:06.90 |
| 2. | Erik van der Linden | ZVZwartsluis | 1:07.34 | 199900311 | 1:09.27 |
| 3. | Ron Teunis | Dedemsvaart-AC | 1:08.60 | 199901459 | 1:09.67 |
| 4. | Stef Poolman | WS Twente | 1:11.74 | 199900803 | 1:11.86 |
| 5. | Pascal Bloemen | De Dinkel | 1:10.80 | 199900135 | 1:14.58 |
| Junioren 3 | | | | | |
| 1. | Tom Laarhuis | De Dinkel | 58.34 | 199800309 | 1:02.49 |
| 2. | Twan Eenkhoom | WS Twente | 1:08.10 | 199801629 | 1:09.44 |
| 3. | Mart Kortman | De Dinkel | 1:08.82 | 199800357 | 1:11.46 |
| Junioren 4 | | | | | |
| 1. | Jari Hofsink | Deltasteur | 1:03.86 | 199700535 | 1:07.06 |
| 2. | Hans-Jan Westerhof | WS Twente | 1:05.76 | 199701481 | 1:07.12 |
| 3. | Sepp Kalter | Dedemsvaart-AC | 1:05.21 | 199704327 | 1:07.95 |
| 4. | Justin Doldersum | Deltasteur | 1:03.01 | 199700493 | 1:08.81 |
| 5. | Martijn Wissink | ZPC De Hof | 1:04.56 | 199701147 | 1:11.45 |
| 6. | Kars Veldkamp | WS Twente | 1:07.62 | 199700747 | 1:11.76 |
| Jeugd 1 | | | | | |
| 1. | Karst Boersma | De Dinkel | 1:03.57 | 199600849 | 1:06.00 |
| 2. | Yoran Klos | De Dinkel | 1:01.36 | 199600481 | 1:09.10 |
| 3. | Daniël de Wagt | Zignea | 1:05.61 | 199601339 | 1:12.48 |

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Programmanr. 25, Heren, 100m rugslag

Jeugd 2

| | | | | | |
|----|--------------------|-----------|---------|-----------|----------------|
| 1. | Damon Peperkamp | De Dinkel | 1:04.24 | 199501101 | 1:08.72 |
| 2. | Wouter Oversteegen | Swol 1894 | 1:05.92 | 199505589 | 1:11.10 |

Senioren 1

| | | | | | |
|----|--------------------|----------------|---------|-----------|----------------|
| 1. | Willem-Jan Huisman | Steenwijk 1934 | 1:01.96 | 199402125 | 1:07.36 |
| 2. | Jacques Journée | De Dinkel | 1:02.62 | 199400513 | 1:08.56 |

Senioren Open

| | | | | | |
|----|------------------|--------------|---------|-----------|----------------|
| 1. | Rense Loohuis | De Dinkel | 59.73 | 199101477 | 1:02.84 |
| 2. | Filipp Müller | Piranha | 1:02.65 | 198604633 | 1:05.51 |
| 3. | Michiel Jorink | ZVZwartsluis | 1:02.67 | 198701613 | 1:08.49 |
| 4. | Bart Arendshorst | Piranha | 1:02.92 | 199300005 | 1:10.33 |
| 5. | Rutger Kooistra | Het Ravijn | 1:04.48 | 199206257 | 1:11.53 |

Programmanr. 26
25-05-2013

Dames, 100m vrije slag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|------------|--|-----------------|-------------|-----------|----------------|
| Junioren 1 | | | | | |
| 1. | Eline Brok | ZPC De Hof | 1:05.24 | 200100186 | 1:06.75 |
| 2. | Mathilde Stolmeijer | ZPC De Hof | 1:08.51 | 200100590 | 1:08.66 |
| 3. | Janneke Lenderink | De Dinkel | 1:08.03 | 200100328 | 1:08.79 |
| 4. | Manon Post | Zignea | 1:08.67 | 200101824 | 1:11.36 |
| 5. | Brit Brandsma | Zignea | 1:09.47 | 200100026 | 1:12.86 |
| 6. | Manon Compagner | Dedemsvaart-AC | 1:12.96 | 200101710 | 1:13.48 |
| 7. | Zoë Slinkman | De Mors | 1:13.53 | 200100062 | 1:13.86 |
| 8. | Lianne Plas | De Grunte | 1:13.73 | 200101214 | 1:13.93 |
| 9. | Romée Beverdam | WS Twente | 1:12.98 | 200100158 | 1:14.05 |
| 10. | Nienke Kroeze | Deltasteur | 1:13.78 | 200100488 | 1:14.13 |
| 11. | Rosanne Kuilder | Z&PV de Veene | 1:14.01 | 200100074 | 1:15.70 |
| 12. | Chiméne Rakers | De Dinkel | 1:12.80 | 200101778 | 1:16.54 |
| DIS | Julia Nibourg | De Dinkel | 1:12.59 | 200101776 | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | |
| DIS | Loreen Oddo | Zwemclub Losser | 1:13.86 | 200100264 | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | |
| Junioren 2 | | | | | |
| 1. | Iris Tjonk | WS Twente | 1:00.16 | 200004066 | 1:01.89 |
| 2. | Marit Boxum | ZVZwartsluis | 1:04.58 | 200000068 | 1:05.97 |
| 3. | Naomi Tjon-asoi | Dedemsvaart-AC | 1:06.26 | 200000394 | 1:06.89 |
| 4. | Romée Spin | De Dinkel | 1:02.51 | 200000724 | 1:06.95 |
| 5. | Myrthe Meier | De Grunte | 1:05.66 | 200001830 | 1:07.05 |
| 6. | Lotte Breukelman | De Grunte | 1:08.08 | 200001828 | 1:08.20 |
| 7. | Marlin Klarenbeek | ZPC De Hof | 1:05.80 | 200000106 | 1:08.42 |
| 8. | Lotte Rougoor | Dedemsvaart-AC | 1:09.09 | 200000774 | 1:09.82 |
| 9. | Lindy Elkerbout | Z&PV de Veene | 1:08.45 | 200000604 | 1:11.71 |
| DIS | Michelle Zomerdijk | Dedemsvaart-AC | 1:09.00 | 200003196 | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 26, Dames, 100m vrije slag

Junioren 3

| | | | | | |
|-----|-------------------------|----------------|---------|-----------|----------------|
| 1. | Gabriëlle Bolk | Swol 1894 | 1:01.77 | 199900344 | 1:02.73 |
| 2. | Laura Stegge | De Dinkel | 1:01.62 | 199900262 | 1:03.61 |
| 3. | Laura Rolink | De Dinkel | 1:04.07 | 199902018 | 1:05.01 |
| 4. | Naomi Klein | ZPC De Hof | 1:06.11 | 199902086 | 1:05.26 |
| 5. | Isabel Nibourg | De Dinkel | 1:03.70 | 199900220 | 1:06.35 |
| 6. | Laurette van der Woning | De Dinkel | 1:05.07 | 199900974 | 1:07.26 |
| 7. | Alies Wagter | Steenwijk 1934 | 1:06.13 | 199900840 | 1:07.43 |
| 8. | Merel Visser | O Z & P C | 1:05.60 | 199904398 | 1:07.45 |
| 9. | Linde Haverkate | ZPC De Hof | 1:07.19 | 199900244 | 1:07.51 |
| 10. | Lianne Roescher | ZPC De Hof | 1:07.70 | 199900248 | 1:08.78 |
| 11. | Merel Kraaijenhof | WS Twente | 1:05.51 | 199901428 | 1:08.91 |
| 12. | Lauri Lesscher | Z&PV de Veene | 1:05.58 | 199900318 | 1:08.92 |
| 13. | Danique Smit | Z&PV de Veene | 1:05.90 | 199903514 | 1:09.10 |
| 14. | Marjon Kuilder | Z&PV de Veene | 1:07.33 | 199901160 | 1:09.20 |

Jeugd 1

| | | | | | |
|-----|-----------------------|----------------|---------|-----------|----------------|
| 1. | Sterre Mooiweer | ZPC De Hof | 59.70 | 199800236 | 1:01.44 |
| 2. | Elles Tijink | De Dinkel | 1:02.86 | 199800408 | 1:03.93 |
| 3. | Maaïke Doornwaard | Deltasteur | 1:03.25 | 199800264 | 1:04.36 |
| 4. | Mirjam de Raad | Deltasteur | 1:03.45 | 199800794 | 1:05.23 |
| 5. | Laurie Aarninkhof | De Dinkel | 1:03.77 | 199800822 | 1:06.08 |
| 6. | Julia Weustink | De Dinkel | 1:04.95 | 199801180 | 1:06.33 |
| 7. | Emma Weustink | De Dinkel | 1:03.02 | 199801184 | 1:06.66 |
| 8. | Eva Hagreis | WS Twente | 1:06.33 | 199800290 | 1:06.76 |
| 9. | Kirsten Bies | Dedemsvaart-AC | 1:04.57 | 199800516 | 1:06.78 |
| 10. | Annick van der Kraats | De Dinkel | 1:03.80 | 199800808 | 1:07.12 |
| 11. | Judith Voortman | Dedemsvaart-AC | 1:06.44 | 199803656 | 1:09.46 |
| DIS | Rosan Hans | Dedemsvaart-AC | 1:06.16 | 199803200 | |

AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.

Jeugd 2

| | | | | | |
|-----|--------------------|----------------|---------|-----------|----------------|
| 1. | Lindy Nijhuis | WS Twente | 1:01.49 | 199700010 | 1:02.51 |
| 2. | Anouk Rekers | Z&PV de Veene | 1:01.60 | 199703416 | 1:04.02 |
| 3. | Laura van der Neut | ZPC De Hof | 1:02.17 | 199700326 | 1:04.08 |
| 4. | Demi Rothe | De Dinkel | 1:01.82 | 199703388 | 1:04.43 |
| 5. | Anouk Knippers | De Dinkel | 1:05.51 | 199700602 | 1:04.75 |
| 6. | Marije Dankelman | Dedemsvaart-AC | 1:03.57 | 199701502 | 1:05.42 |
| 7. | Marlijn Dijkhuis | De Dinkel | 1:03.28 | 199700600 | 1:06.30 |
| 8. | Esmee Heijnekamp | WS Twente | 1:04.86 | 199701148 | 1:06.75 |
| 9. | Ayla Berg | Dedemsvaart-AC | 1:05.84 | 199703480 | 1:06.79 |
| 10. | Kitty Schasfoort | De Dinkel | 1:04.39 | 199700404 | 1:07.51 |
| 11. | Lauren Bijen | O Z & P C | 1:05.20 | 199701362 | 1:08.25 |
| 12. | Loek ten Broeke | Het Ravijn | 1:05.22 | 199704754 | 1:08.52 |

Senioren 1

| | | | | | |
|----|--------------------|----------------|---------|-----------|----------------|
| 1. | Laura Hagreis | WS Twente | 1:00.44 | 199600548 | 1:03.73 |
| 2. | Joyce Mennink | Dedemsvaart-AC | 1:04.08 | 199601180 | 1:06.23 |
| 3. | Janneke ten Brinke | ZPC De Hof | 1:03.67 | 199601334 | 1:06.78 |
| 4. | Wivineke Bolk | Swol 1894 | 1:03.76 | 199603752 | 1:07.24 |

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Kampen, 25-5- - 2-6-2013

Programmanr. 26, Dames, 100m vrije slag

Senioren Open

| | | | | | |
|-----|----------------------|----------------|---------|-----------|----------------|
| 1. | Silke Oude Weernink | De Dinkel | 58.36 | 199002854 | 1:00.95 |
| 2. | Naomi Hofsink | Deltasteur | 1:00.83 | 199402508 | 1:01.85 |
| 3. | Yvon Versteeg | Z&PV de Veene | 58.93 | 199201864 | 1:04.14 |
| 4. | Annet van Stratum | Deltasteur | 1:02.74 | 199003640 | 1:04.59 |
| 5. | Inge Menzo | Dedemsvaart-AC | 1:03.45 | 198802994 | 1:05.65 |
| 6. | Lonne Dijkhuis | De Dinkel | 1:02.74 | 199400030 | 1:06.13 |
| 7. | Michelle Hoogendoorn | WS Twente | 1:00.20 | 199503718 | 1:06.62 |
| 8. | Kimberley Kranenberg | ZPC De Hof | 1:03.05 | 199400292 | 1:06.66 |
| 9. | Iris Riezebos | Deltasteur | 1:02.35 | 199400114 | 1:06.78 |
| 10. | Paula van den Hoeven | Z&PV de Veene | 1:02.10 | 199303128 | 1:07.27 |

Programmanr. 27
25-05-2013

Heren, 200m vrije slag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | | eindtijd |
|-------------------|---------------------|----------------|-------------|-----------|----------------|----------|
| Junioren 1 | | | | | | |
| 1. | Niels Hofmeijer | WS Twente | 2:17.34 | 200000699 | 2:21.05 | |
| | 100m: 1:08.77 | 200m: 2:21.05 | | | | |
| 2. | Dennis Kamps | O Z & P C | 2:30.36 | 200000191 | 2:22.39 | |
| | 100m: 1:09.80 | 200m: 2:22.39 | | | | |
| 3. | Django Klos | De Dinkel | 2:24.53 | 200000595 | 2:25.89 | |
| | 100m: 1:10.60 | 200m: 2:25.89 | | | | |
| 4. | Joost Padberg | O Z & P C | 2:23.20 | 200002451 | 2:26.14 | |
| | 100m: 1:09.89 | 200m: 2:26.14 | | | | |
| Junioren 2 | | | | | | |
| 1. | Koen Brummelaar | ZPC De Hof | 2:10.65 | 199900047 | 2:11.35 | |
| | 100m: 1:04.09 | 200m: 2:11.35 | | | | |
| 2. | Stef Poolman | WS Twente | 2:08.32 | 199900803 | 2:12.87 | |
| | 100m: 1:02.94 | 200m: 2:12.87 | | | | |
| 3. | Ron Teunis | Dedemsvaart-AC | 2:15.80 | 199901459 | 2:20.16 | |
| 4. | Erik van der Linden | ZVZwartsluis | 2:17.76 | 199900311 | 2:22.23 | |
| | 100m: 1:06.60 | 200m: 2:22.23 | | | | |
| 5. | Pascal Bloemen | De Dinkel | 2:17.82 | 199900135 | 2:24.01 | |
| | 100m: 1:09.16 | 200m: 2:24.01 | | | | |
| 6. | Lennart Muijzer | WS Twente | 2:24.36 | 199903587 | 2:25.35 | |
| | 100m: 1:09.79 | 200m: 2:25.35 | | | | |
| 7. | Jelte Veldkamp | ZPC De Hof | 2:24.73 | 199900051 | 2:25.68 | |
| | 100m: 1:09.37 | 200m: 2:25.68 | | | | |

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Programmanr. 27, Heren, 200m vrije slag

Junioren 3

| | | | | | |
|----|------------------------|-------------------|---------|-----------|----------------|
| 1. | Tom Laarhuis | De Dinkel | 1:59.83 | 199800309 | 2:02.70 |
| | 100m: 1:00.23 | 200m: 2:02.70 | | | |
| 2. | Mart Kortman | De Dinkel | 2:05.57 | 199800357 | 2:12.05 |
| | 100m: 1:03.31 | 200m: 2:12.05 | | | |
| 3. | Luc van Dijk | Hera'11 | 2:12.30 | 199802097 | 2:15.26 |
| | 100m: 1:04.23 | 200m: 2:15.26 | | | |
| 4. | Mathieu Boers | WS Twente | 2:14.95 | 199800187 | 2:18.40 |
| | 100m: 1:05.44 | 200m: 2:18.40 | | | |
| 5. | Jeroen Boessenkool | Dedemsvaart-AC | 2:14.77 | 199800295 | 2:19.68 |
| | 100m: 1:06.79 | 200m: 2:19.68 | | | |
| 6. | Luc Nieuwenhuis | Het Ravijn | 2:13.29 | 199802185 | 2:20.75 |
| | 100m: 1:06.92 | 200m: 2:20.75 | | | |
| 7. | Wilco Nijenhuis | DZ & PC de IJssel | 2:15.33 | 199802463 | 2:24.83 |
| | 100m: 1:06.26 | 200m: 2:24.83 | | | |
| 8. | Albert Jan van Slooten | Zignea | 2:13.51 | 199800049 | 2:28.76 |
| | 100m: 1:08.54 | 200m: 2:28.76 | | | |

Junioren 4

| | | | | | |
|-----|--|---------------|---------|-----------|---------------------|
| 1. | Justin Doldersum | Deltasteur | 2:01.06 | 199700493 | 2:07.91 |
| | 100m: 1:01.60 | 200m: 2:07.91 | | | |
| 2. | Michael Bolk | Swol 1894 | 2:06.80 | 199701599 | 2:09.60 |
| | 100m: 1:04.70 | 200m: 2:09.60 | | | |
| 3. | Max de Ceuninck van Capelle | Deltasteur | 2:06.52 | 199701203 | 2:10.76 |
| | 100m: 1:03.05 | 200m: 2:10.76 | | | |
| 4. | Jari Hofsink | Deltasteur | 2:08.13 | 199700535 | 2:11.09 |
| | 100m: 1:02.84 | 200m: 2:11.09 | | | |
| 5. | Hans-Jan Westerhof | WS Twente | 2:11.35 | 199701481 | 2:11.34 |
| | 100m: 1:04.20 | 200m: 2:11.34 | | | |
| 6. | Kars Veldkamp | WS Twente | 2:04.96 | 199700747 | 2:11.45 FJ 1 |
| | 100m: 1:03.30 | 200m: 2:11.45 | | | |
| 7. | Fedde Beukers | De Dinkel | 2:06.51 | 199701007 | 2:11.45 FJ 2 |
| | 100m: 1:03.60 | 200m: 2:11.45 | | | |
| DIS | Jesse Derk van Schravendijk | WS Twente | 2:12.02 | 199701479 | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | |

Jeugd 1

| | | | | | |
|----|------------------|---------------|---------|-----------|---------------------|
| 1. | Yoran Klos | De Dinkel | 1:55.67 | 199600481 | 2:02.68 FJ 1 |
| | 100m: 59.04 | 200m: 2:02.68 | | | |
| 2. | Karst Boersma | De Dinkel | 2:00.52 | 199600849 | 2:02.68 FJ 2 |
| | 100m: 59.58 | 200m: 2:02.68 | | | |
| 3. | Tristan Wiegmann | WS Twente | 2:09.04 | 199600055 | 2:14.37 |
| | 100m: 1:05.04 | 200m: 2:14.37 | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 27, Heren, 200m vrije slag

Jeugd 2

| | | | | | | |
|----|-----------------|---------------|-----------|---------|-----------|----------------|
| 1. | Damon Peperkamp | | De Dinkel | 1:58.23 | 199501101 | 2:08.79 |
| | 100m: 1:00.88 | 200m: 2:08.79 | | | | |

Senioren 1

| | | | | | | |
|----|-----------------|---------------|-----------|---------|-----------|----------------|
| 1. | Jacques Journée | | De Dinkel | 2:04.64 | 199400513 | 2:07.86 |
| | 100m: 1:01.11 | 200m: 2:07.86 | | | | |
| 2. | Jorden Theijink | | WS Twente | 2:01.07 | 199400323 | 2:16.63 |
| | 100m: 1:06.18 | 200m: 2:16.63 | | | | |

Senioren Open

| | | | | | | |
|----|------------------|---------------|----------------|---------|-----------|----------------|
| 1. | Emiel Huisken | | ZPC De Hof | 2:01.77 | 198501139 | 2:04.38 |
| | 100m: 59.63 | 200m: 2:04.38 | | | | |
| 2. | Richard Huisken | | ZPC De Hof | 2:00.32 | 198501141 | 2:06.36 |
| | 100m: 1:00.98 | 200m: 2:06.36 | | | | |
| 3. | Peter de Boer | | Dedemsvaart-AC | 2:01.73 | 199206199 | 2:10.18 |
| | 100m: 1:02.40 | 200m: 2:10.18 | | | | |
| 4. | Michiel Beemster | | WS Twente | 2:02.26 | 198000063 | 2:12.45 |
| | 100m: 1:02.57 | 200m: 2:12.45 | | | | |
| 5. | Marcel Reefhuis | | WS Twente | 2:06.83 | 198101381 | 2:13.62 |
| | 100m: 1:03.10 | 200m: 2:13.62 | | | | |
| 6. | Michiel Jorink | | ZVZwartsluis | 2:03.43 | 198701613 | 2:17.42 |
| | 100m: 1:03.54 | 200m: 2:17.42 | | | | |

Programmanr. 28
25-05-2013

Dames, 200m rugslag

Senioren Open
Resultaten

| Rang | | | | inschr.tijd | | eindtijd |
|-------------------|---------------------|---------------|----------------|-------------|-----------|----------------|
| Junioren 1 | | | | | | |
| 1. | Mathilde Stolmeijer | | ZPC De Hof | 2:43.57 | 200100590 | 2:45.69 |
| | 100m: 1:22.62 | 200m: 2:45.69 | | | | |
| 2. | Manon Compagner | | Dedemsvaart-AC | 2:54.33 | 200101710 | 2:55.55 |
| | 100m: 1:26.83 | 200m: 2:55.55 | | | | |
| 3. | Kyra Montijn | | Dedemsvaart-AC | 2:53.51 | 200101270 | 2:59.00 |
| | 100m: 1:28.63 | 200m: 2:59.00 | | | | |
| 4. | Tessa van de Belt | | Dedemsvaart-AC | 2:58.36 | 200102056 | 2:59.83 |
| | 100m: 1:29.50 | 200m: 2:59.83 | | | | |
| 5. | Brit Brandsma | | Zignea | 2:51.26 | 200100026 | 3:01.01 |
| | 100m: 1:26.95 | 200m: 3:01.01 | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 28, Dames, 200m rugslag

Junioren 2

| | | | | | |
|-----|---------------------|----------------|---------|-----------|----------------|
| 1. | Iris Tjonk | WS Twente | 2:25.49 | 200004066 | 2:25.38 |
| | <i>KRINGRECORD</i> | | | | |
| | 100m: 1:10.61 | 200m: 2:25.38 | | | |
| 2. | Marit Boxum | ZVZwartsluis | 2:31.08 | 200000068 | 2:35.94 |
| | 100m: 1:16.61 | 200m: 2:35.94 | | | |
| 3. | Lotte Rougoor | Dedemsvaart-AC | 2:44.09 | 200000774 | 2:44.81 |
| | 100m: 1:21.37 | 200m: 2:44.81 | | | |
| 4. | Myrthe Meier | De Grunte | 2:45.03 | 200001830 | 2:51.64 |
| | 100m: 1:23.83 | 200m: 2:51.64 | | | |
| 5. | Romée Spin | De Dinkel | 2:48.64 | 200000724 | 2:52.74 |
| | 100m: 1:24.26 | 200m: 2:52.74 | | | |
| 6. | Lindy Elkerbout | Z&PV de Veene | 2:48.15 | 200000604 | 2:53.02 |
| | 100m: 1:24.79 | 200m: 2:53.02 | | | |
| 7. | Jitske Boomars | O Z & P C | 2:53.30 | 200000374 | 2:53.98 |
| | 100m: 1:23.45 | 200m: 2:53.98 | | | |
| 8. | Kayleigh Westenberg | Z&PV de Veene | 2:50.16 | 200004064 | 2:54.12 |
| | 100m: 1:25.03 | 200m: 2:54.12 | | | |
| 9. | Lotte Breukelman | De Grunte | 2:47.23 | 200001828 | 2:55.34 |
| | 100m: 1:26.99 | 200m: 2:55.34 | | | |
| 10. | Esmee Hankamp | Dedemsvaart-AC | 2:53.26 | 200004132 | 2:59.65 |
| | 100m: 1:27.51 | 200m: 2:59.65 | | | |

Junioren 3

| | | | | | |
|-----|-------------------------|---------------|---------|-----------|----------------|
| 1. | Laurette van der Woning | De Dinkel | 2:32.41 | 199900974 | 2:37.82 |
| | 100m: 1:17.07 | 200m: 2:37.82 | | | |
| 2. | Laura Rolink | De Dinkel | 2:39.29 | 199902018 | 2:40.51 |
| | 100m: 1:19.06 | 200m: 2:40.51 | | | |
| 3. | Laura Stegge | De Dinkel | 2:39.99 | 199900262 | 2:44.70 |
| | 100m: 1:21.08 | 200m: 2:44.70 | | | |
| 4. | Merel Kraaijenhof | WS Twente | 2:43.45 | 199901428 | 2:46.11 |
| | 100m: 1:22.26 | 200m: 2:46.11 | | | |
| 5. | Marjon Kuilder | Z&PV de Veene | 2:42.36 | 199901160 | 2:47.26 |
| | 100m: 1:21.50 | 200m: 2:47.26 | | | |
| 6. | Lauri Lesscher | Z&PV de Veene | 2:42.02 | 199900318 | 2:47.45 |
| | 100m: 1:21.48 | 200m: 2:47.45 | | | |
| 7. | Naomi Klein | ZPC De Hof | 2:48.53 | 199902086 | 2:48.06 |
| | 100m: 1:22.89 | 200m: 2:48.06 | | | |
| 8. | Linde Haverkate | ZPC De Hof | 2:43.62 | 199900244 | 2:51.80 |
| | 100m: 1:22.76 | 200m: 2:51.80 | | | |
| 9. | Lianne Roescher | ZPC De Hof | 2:47.60 | 199900248 | 2:52.07 |
| | 100m: 1:25.30 | 200m: 2:52.07 | | | |
| 10. | Danique Smit | Z&PV de Veene | 2:44.23 | 199903514 | 2:52.25 |
| | 100m: 1:23.71 | 200m: 2:52.25 | | | |
| 11. | Merel Visser | O Z & P C | 2:46.46 | 199904398 | 2:53.19 |
| | 100m: 1:26.42 | 200m: 2:53.19 | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 28, Meisjes, 200m rugslag, Junioren 3

| Rang | | | | inschr.tijd | | eindtijd |
|------|--------------------|---------------|----------------|-------------|-----------|----------------|
| 12. | Lise Klein Ganseij | | Dedemsvaart-AC | 2:44.93 | 199902024 | 2:54.54 |
| | 100m: 1:24.91 | 200m: 2:54.54 | | | | |

Jeugd 1

| | | | | | | |
|-----|--------------------|---------------|----------------|---------|-----------|----------------|
| 1. | Sterre Mooiweer | | ZPC De Hof | 2:20.25 | 199800236 | 2:24.23 |
| | <i>KRINGRECORD</i> | | | | | |
| | 100m: 1:09.90 | 200m: 2:24.23 | | | | |
| 2. | Eefje Slootweg | | De Dinkel | 2:33.85 | 199800218 | 2:40.25 |
| | 100m: 1:18.19 | 200m: 2:40.25 | | | | |
| 3. | Maaïke Doornwaard | | Deltasteur | 2:36.14 | 199800264 | 2:41.32 |
| | 100m: 1:17.96 | 200m: 2:41.32 | | | | |
| 4. | Julia Weustink | | De Dinkel | 2:40.50 | 199801180 | 2:43.99 |
| | 100m: 1:20.87 | 200m: 2:43.99 | | | | |
| 5. | Elles Tijink | | De Dinkel | 2:37.32 | 199800408 | 2:44.11 |
| | 100m: 1:20.34 | 200m: 2:44.11 | | | | |
| 6. | Kirsten Bies | | Dedemsvaart-AC | 2:38.23 | 199800516 | 2:45.56 |
| | 100m: 1:21.85 | 200m: 2:45.56 | | | | |
| 7. | Laura Compagner | | Dedemsvaart-AC | 2:44.71 | 199804602 | 2:47.64 |
| | 100m: 1:22.05 | 200m: 2:47.64 | | | | |
| 8. | Rosan Hans | | Dedemsvaart-AC | 2:43.86 | 199803200 | 2:52.25 |
| | 100m: 1:25.71 | 200m: 2:52.25 | | | | |
| 9. | Elles Leusink | | ZPC De Hof | 2:44.47 | 199803804 | 2:52.65 |
| | 100m: 1:23.57 | 200m: 2:52.65 | | | | |
| 10. | Annelies Brinkman | | Dedemsvaart-AC | 2:45.53 | 199801772 | 2:53.67 |
| | 100m: 1:25.26 | 200m: 2:53.67 | | | | |
| 11. | Karin Meinders | | Zignea | 2:45.33 | 199800758 | 2:54.96 |
| | 100m: 1:25.66 | 200m: 2:54.96 | | | | |
| 12. | Emma Weustink | | De Dinkel | 2:44.80 | 199801184 | 2:58.04 |
| | 100m: 1:27.02 | 200m: 2:58.04 | | | | |

Jeugd 2

| | | | | | | |
|----|-----------------|---------------|----------------|---------|-----------|----------------|
| 1. | Anouk Rekers | | Z&PV de Veene | 2:30.56 | 199703416 | 2:33.62 |
| | 100m: 1:14.44 | 200m: 2:33.62 | | | | |
| 2. | Anouk Knippers | | De Dinkel | 2:39.36 | 199700602 | 2:43.79 |
| | 100m: 1:20.20 | 200m: 2:43.79 | | | | |
| 3. | Lindy Nijhuis | | WS Twente | 2:29.23 | 199700010 | 2:43.86 |
| | 100m: 1:18.26 | 200m: 2:43.86 | | | | |
| 4. | Ayla Berg | | Dedemsvaart-AC | 2:41.52 | 199703480 | 2:45.31 |
| | 100m: 1:19.46 | 200m: 2:45.31 | | | | |
| 5. | Loek ten Broeke | | Het Ravijn | 2:43.45 | 199704754 | 2:46.89 |
| | 100m: 1:22.36 | 200m: 2:46.89 | | | | |
| 6. | Lisa Leusink | | ZPC De Hof | 2:44.29 | 199700064 | 2:48.66 |
| | 100m: 1:22.20 | 200m: 2:48.66 | | | | |
| 7. | Susan de Vries | | Z&PV de Veene | 2:42.95 | 199700390 | 2:51.10 |
| | 100m: 1:22.76 | 200m: 2:51.10 | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5 - 2-6-2013

Programmanr. 28, Dames, 200m rugslag

Senioren 1

| | | | | | | |
|----|-------------------------|---------------|----------------|---------|-----------|----------------|
| 1. | Joyce Mennink | | Dedemsvaart-AC | 2:28.04 | 199601180 | 2:36.51 |
| | 100m: 1:16.03 | 200m: 2:36.51 | | | | |
| 2. | Femke Pleizier | | Het Ravijn | 2:40.65 | 199605646 | 2:43.58 |
| | 100m: 1:20.47 | 200m: 2:43.58 | | | | |
| 3. | Veronique van der Velde | | WS Twente | 2:39.25 | 199601740 | 2:43.79 |
| | 100m: 1:18.82 | 200m: 2:43.79 | | | | |
| 4. | Laura Hagreis | | WS Twente | 2:32.31 | 199600548 | 2:44.54 |
| | 100m: 1:19.64 | 200m: 2:44.54 | | | | |
| 5. | Amber IJzebrink | | Dedemsvaart-AC | 2:38.55 | 199602258 | 2:48.68 |
| | 100m: 1:23.67 | 200m: 2:48.68 | | | | |
| 6. | Suzan Bos | | De Dinkel | 2:40.58 | 199600706 | 2:49.01 |
| | 100m: 1:22.14 | 200m: 2:49.01 | | | | |

Senioren Open

| | | | | | | |
|----|----------------------|---------------|----------------|---------|-----------|----------------|
| 1. | Silke Oude Weernink | | De Dinkel | 2:20.75 | 199002854 | 2:34.02 |
| | 100m: 1:14.39 | 200m: 2:34.02 | | | | |
| 2. | Naomi Hofsink | | Deltasteur | 2:31.11 | 199402508 | 2:39.78 |
| | 100m: 1:15.92 | 200m: 2:39.78 | | | | |
| 3. | Inge Menzo | | Dedemsvaart-AC | 2:33.76 | 198802994 | 2:39.95 |
| | 100m: 1:17.73 | 200m: 2:39.95 | | | | |
| 4. | Laura Boessenkool | | Dedemsvaart-AC | 2:37.51 | 199402604 | 2:40.25 |
| | 100m: 1:17.49 | 200m: 2:40.25 | | | | |
| 5. | Yvon Versteeg | | Z&PV de Veene | 2:27.44 | 199201864 | 2:42.44 |
| | 100m: 1:18.37 | 200m: 2:42.44 | | | | |
| 6. | Kimberley Kranenberg | | ZPC De Hof | 2:38.19 | 199400292 | 2:49.84 |
| | 100m: 1:22.38 | 200m: 2:49.84 | | | | |
| 7. | Paula van den Hoeven | | Z&PV de Veene | 2:35.43 | 199303128 | 2:51.87 |
| | 100m: 1:22.20 | 200m: 2:51.87 | | | | |

Programmanr. 29
25-05-2013

Jongens, 4 x 100m wisselslag

Junioren 4 en later
Resultaten

| Rang | | | | | inschr.tijd | eindtijd |
|---------------------|-----------------------------|----|------------|--------------------|-------------|----------------|
| Junioren 4 en later | | | | | | |
| 1. | De Dinkel 1 | | De Dinkel | 4:22.44 | | 4:25.48 |
| | Tom Laarhuis | 98 | 1:02.47 | Fedde Beukers | 97 | |
| | Mart Kortman | 98 | | Pascal Bloemen | 99 | |
| 2. | WS Twente 1 | | WS Twente | 4:24.96 | | 4:25.77 |
| | Twan Eenkhoorn | 98 | 1:09.87 | Hans-Jan Westerhof | 97 | |
| | Jesse Derk van Schravendijk | 97 | | Kars Veldkamp | 97 | |
| 3. | ZPC De Hof 1 | | ZPC De Hof | 4:39.47 | | 4:46.76 |
| | Koen Brummelaar | 99 | 1:08.73 | Martijn Wissink | 97 | |
| | Ties Traanman | 98 | | Bart Katier | 97 | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 29, Jongens, 4 x 100m wisselslag, Junioren 4 en later

| Rang | | | inschr.tijd | | | eindtijd |
|------|-----------------------------------|----------------|-------------|---------------|----|----------|
| DIS | Dedemsvaart-AC 1 | Dedemsvaart-AC | 4:33.92 | | | |
| | <i>EA - Te vroeg overgenomen.</i> | | | | | |
| | Jeroen Boessenkool | 98 | 1:15.70 | Ron Teunis | 99 | |
| | Rodger van de Velde | 98 | | Andy Vermanen | 97 | |

Programmanr. 30
25-05-2013

Meisjes, 4 x 200m vrije slag

Junioren 3 en later
Resultaten

| Rang | | | inschr.tijd | | | eindtijd |
|---------------------|-------------------------|----------------|-------------|---------|--|-----------------|
| Junioren 3 en later | | | | | | |
| 1. | De Dinkel 1 | De Dinkel | 9:43.45 | | | 9:39.91 |
| | Irem Tijhuis | 99 | 1:09.20 | 2:27.02 | | 2:27.02 |
| | Isabel Nibourg | 99 | | | | |
| | Laura Rolink | 99 | | | | |
| | Laura Stegge | 99 | | | | |
| 2. | ZPC De Hof 1 | ZPC De Hof | 9:47.07 | | | 10:05.93 |
| | Naomi Klein | 99 | 1:11.82 | 2:32.51 | | 2:32.51 |
| | Eline Brok | 01 | | | | |
| | Lianne Roescher | 99 | | | | |
| | Marlin Klarenbeek | 00 | | | | |
| 3. | Swol 1894 1 | Swol 1894 | 9:57.44 | | | 10:07.08 |
| | Gabriëlle Bolk | 99 | 1:07.02 | 2:18.67 | | 2:18.67 |
| | Nian Vervoort | 99 | | | | |
| | Djamilla Gerner | 99 | | | | |
| | Myrthe Nijkamp | 99 | | | | |
| 4. | De Dinkel 2 | De Dinkel | 9:40.83 | | | 10:15.35 |
| | Julia Nibourg | 01 | 1:17.43 | 2:43.04 | | 2:43.04 |
| | Romée Spin | 00 | | | | |
| | Laurette van der Woning | 99 | | | | |
| | Janneke Lenderink | 01 | | | | |
| 5. | Dedemsvaart-AC 1 | Dedemsvaart-AC | 9:58.98 | | | 10:22.36 |
| | Naomi Tjon-asoi | 00 | 1:09.95 | 2:25.64 | | 2:25.64 |
| | Esmee Hankamp | 00 | | | | |
| | Michelle Zomerdijk | 00 | | | | |
| | Lise Klein Ganseij | 99 | | | | |
| 6. | de Veene 2 | Z&PV de Veene | 9:45.83 | | | 10:26.51 |
| | Lauri Lesscher | 99 | 1:13.02 | 2:34.63 | | 2:34.63 |
| | Marjon Kuilder | 99 | | | | |
| | Lindy Elkerbout | 00 | | | | |
| | Danique Smit | 99 | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 31
26-05-2013

Dames, 50m vrije slag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd | |
|--------------------|-------------------------|----------------|-------------|-----------|--------------|------|
| Senioren Open | | | | | | |
| 1. | Sterre Mooiweer | ZPC De Hof | 27.72 | 199800236 | 27.85 | |
| 2. | Iris Tjonk | WS Twente | 28.17 | 200004066 | 27.96 | |
| <i>KRINGRECORD</i> | | | | | | |
| 3. | Michelle Hoogendoorn | WS Twente | 27.61 | 199503718 | 28.32 | FJ 1 |
| 4. | Linda van der Hout | Piranha | 28.13 | 199300344 | 28.32 | FJ 2 |
| 5. | Annet van Stratum | Deltasteur | 28.52 | 199003640 | 28.54 | FJ 1 |
| 6. | Gabriëlle Bolk | Swol 1894 | 28.52 | 199900344 | 28.54 | FJ 2 |
| 7. | Naomi Hofsink | Deltasteur | 27.95 | 199402508 | 28.60 | |
| 8. | Laura Stegge | De Dinkel | 28.14 | 199900262 | 28.73 | |
| 9. | Lindy Nijhuis | WS Twente | 28.42 | 199700010 | 28.77 | FJ 1 |
| 10. | Anouk Rekers | Z&PV de Veene | 28.45 | 199703416 | 28.77 | FJ 2 |
| 11. | Lonne Dijkhuis | De Dinkel | 28.28 | 199400030 | 29.07 | |
| 12. | Myrthe Meier | De Grunte | 28.78 | 200001830 | 29.16 | |
| 13. | Laura Hagreis | WS Twente | 27.92 | 199600548 | 29.20 | |
| 14. | Iris Riezebos | Deltasteur | 28.36 | 199400114 | 29.27 | |
| 15. | Laura van der Neut | ZPC De Hof | 28.37 | 199700326 | 29.30 | |
| 16. | Demi Rothe | De Dinkel | 28.28 | 199703388 | 29.49 | |
| | Maren Kuipers | ZPC De Hof | 28.55 | 199600062 | 29.49 | |
| 18. | Marit Boxum | ZVZwartsuis | 29.73 | 200000068 | 29.50 | |
| 19. | Merel Kraaijenhof | WS Twente | 29.74 | 199901428 | 29.56 | |
| 20. | Janneke ten Brinke | ZPC De Hof | 28.23 | 199601334 | 29.67 | |
| 21. | Janine Kosse | Dedemsvaart-AC | 28.64 | 198702326 | 29.75 | FJ 1 |
| 22. | Alies Wagter | Steenwijk 1934 | 28.83 | 199900840 | 29.75 | FJ 2 |
| 23. | Laura Rolink | De Dinkel | 28.97 | 199902018 | 29.78 | |
| 24. | Marlijn Dijkhuis | De Dinkel | 29.03 | 199700600 | 29.84 | |
| 25. | Laurie Aarninkhof | De Dinkel | 28.68 | 199800822 | 29.85 | |
| 26. | Lotte Breukelman | De Grunte | 30.29 | 200001828 | 30.02 | FJ 1 |
| 27. | Naomi Klein | ZPC De Hof | 30.00 | 199902086 | 30.02 | FJ 2 |
| 28. | Joyce Mennink | Dedemsvaart-AC | 28.81 | 199601180 | 30.11 | |
| 29. | Lotte Rougoor | Dedemsvaart-AC | 32.03 | 200000774 | 30.14 | |
| 30. | Laurette van der Woning | De Dinkel | 29.07 | 199900974 | 30.23 | |
| 31. | Emma Weustink | De Dinkel | 29.20 | 199801184 | 30.29 | |
| 32. | Romée Spin | De Dinkel | 29.06 | 200000724 | 30.33 | |
| | Inge Menzo | Dedemsvaart-AC | 28.97 | 198802994 | 30.33 | |
| 34. | Linde Haverkate | ZPC De Hof | 30.60 | 199900244 | 30.52 | |
| 35. | Isabel Nibourg | De Dinkel | 29.41 | 199900220 | 30.72 | |
| 36. | Naomi Tjon-asoï | Dedemsvaart-AC | 30.75 | 200000394 | 30.95 | |
| 37. | Lianne Roescher | ZPC De Hof | 31.31 | 199900248 | 31.08 | |
| | Merel Visser | O Z & P C | 30.43 | 199904398 | 31.08 | |
| 39. | Marlin Klarenbeek | ZPC De Hof | 30.63 | 200000106 | 31.22 | |
| 40. | Lauri Lesscher | Z&PV de Veene | 30.21 | 199900318 | 31.29 | |
| 41. | Lindy Elkerbout | Z&PV de Veene | 32.01 | 200000604 | 31.80 | |
| 42. | Michelle Zomerdijk | Dedemsvaart-AC | 31.53 | 200003196 | 31.93 | |
| 43. | Esmee Hankamp | Dedemsvaart-AC | 31.67 | 200004132 | 32.04 | |
| 44. | Marjon Kuilder | Z&PV de Veene | 31.34 | 199901160 | 32.68 | |
| 45. | Ilse Valk | Hera'11 | 32.17 | 200000172 | 32.78 | |
| 46. | Elma Leusink | Deltasteur | 31.39 | 200001394 | 33.03 | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 31, Dames, 50m vrije slag

Junioren 2 en 3

| | | | | | | |
|-----|----------------------------------|----------------|-------|-----------|--------------|------|
| 1. | Iris Tjonk <i>KRINGRECORD</i> | WS Twente | 28.17 | 200004066 | 27.96 | |
| 2. | Gabriëlle Bolk | Swol 1894 | 28.52 | 199900344 | 28.54 | |
| 3. | Laura Stegge | De Dinkel | 28.14 | 199900262 | 28.73 | |
| 4. | Myrthe Meier | De Grunte | 28.78 | 200001830 | 29.16 | |
| 5. | Marit Boxum | ZVZwartsluis | 29.73 | 200000068 | 29.50 | |
| 6. | Merel Kraaijenhof | WS Twente | 29.74 | 199901428 | 29.56 | |
| 7. | Alies Wagter | Steenwijk 1934 | 28.83 | 199900840 | 29.75 | |
| 8. | Laura Rolink | De Dinkel | 28.97 | 199902018 | 29.78 | |
| 9. | Lotte Breukelman | De Grunte | 30.29 | 200001828 | 30.02 | FJ 1 |
| 10. | Naomi Klein | ZPC De Hof | 30.00 | 199902086 | 30.02 | FJ 2 |
| 11. | Lotte Rougoor | Dedemsvaart-AC | 32.03 | 200000774 | 30.14 | |
| 12. | Laurette van der Woning | De Dinkel | 29.07 | 199900974 | 30.23 | |
| 13. | Romée Spin | De Dinkel | 29.06 | 200000724 | 30.33 | |
| 14. | Linde Haverkate | ZPC De Hof | 30.60 | 199900244 | 30.52 | |
| 15. | Isabel Nibourg | De Dinkel | 29.41 | 199900220 | 30.72 | |
| 16. | Naomi Tjon-asoi | Dedemsvaart-AC | 30.75 | 200000394 | 30.95 | |
| 17. | Lianne Roescher | ZPC De Hof | 31.31 | 199900248 | 31.08 | |
| | Merel Visser | O Z & P C | 30.43 | 199904398 | 31.08 | |
| 19. | Marlin Klarenbeek | ZPC De Hof | 30.63 | 200000106 | 31.22 | |
| 20. | Lauri Lesscher | Z&PV de Veene | 30.21 | 199900318 | 31.29 | |
| 21. | Lindy Elkerbout | Z&PV de Veene | 32.01 | 200000604 | 31.80 | |
| 22. | Michelle Zomerdijk | Dedemsvaart-AC | 31.53 | 200003196 | 31.93 | |
| 23. | Esmee Hankamp | Dedemsvaart-AC | 31.67 | 200004132 | 32.04 | |
| 24. | Marjon Kuilder | Z&PV de Veene | 31.34 | 199901160 | 32.68 | |
| 25. | Ilse Valk | Hera'11 | 32.17 | 200000172 | 32.78 | |
| 26. | Elma Leusink | Deltasteur | 31.39 | 200001394 | 33.03 | |

Programmanr. 32
26-05-2013

Heren, 50m schoolslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd | |
|---------------|------------------|------------|-------------|-----------|--------------|------|
| Senioren Open | | | | | | |
| 1. | Niels Kemperink | WS Twente | 30.58 | 199600005 | 32.02 | |
| 2. | Teun Groeneweg | Piranha | 31.45 | 198701133 | 32.66 | |
| 3. | Thomas de Lange | WS Twente | 32.77 | 199701475 | 32.70 | |
| 4. | Mart Kortman | De Dinkel | 32.39 | 199800357 | 33.02 | FJ 1 |
| 5. | Daniël de Wagt | Zignea | 31.56 | 199601339 | 33.02 | FJ 2 |
| 6. | Fedde Beukers | De Dinkel | 32.86 | 199701007 | 33.45 | |
| 7. | Damon Peperkamp | De Dinkel | 32.69 | 199501101 | 33.54 | |
| 8. | Jorden Theijink | WS Twente | 32.49 | 199400323 | 33.87 | |
| 9. | Pieter Pickhardt | ZPC De Hof | 32.94 | 198301657 | 34.04 | |
| 10. | Luc Nieuwenhuis | Het Ravijn | 32.64 | 199802185 | 34.92 | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5 - 2-6-2013

Programmanr. 33
26-05-2013

Dames, 4 x 200m vrije slag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|----------------------|-------------------------|-----------------------|-----------------|---------|-----------------|
| Senioren Open | | | | | |
| 1. | WS Twente 1 | WS Twente | 8:59.32 | | 9:25.64 |
| | Laura Hagreis | 96 | 1:06.77 | | |
| | Eva Hagreis | 98 | | | |
| | Michelle Hoogendoorn | 95 | | | |
| | Lindy Nijhuis | 97 | | | |
| 2. | Dedemsvaart-AC 1 | Dedemsvaart-AC | 9:05.92 | | 9:27.60 |
| | Kirsten Bies | 98 | 1:09.06 | 2:22.35 | 2:22.35 |
| | Marije Dankelman | 97 | | | |
| | Janine Kosse | 87 | | | |
| | Inge Menzo | 88 | | | |
| 3. | De Dinkel 1 | De Dinkel | 9:19.31 | | 10:02.26 |
| | Marlijn Dijkhuis | 97 | 1:11.58 | 2:29.83 | 2:29.83 |
| | Isabel Nibourg | 99 | | | |
| | Laura Stegge | 99 | | | |
| | Emma Weustink | 98 | | | |
| 4. | Het Ravijn 1 | Het Ravijn | 10:00.10 | | 10:40.73 |
| | Romee Nijboer | 98 | 1:19.76 | 2:43.07 | 2:43.07 |
| | Iris Bolink | 98 | | | |
| | Loek ten Broeke | 97 | | | |
| | Marieke Nijland | 99 | | | |

Programmanr. 34
26-05-2013

Heren, 100m vlinderslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|-------------------|-------------------------------|--------------------------|----------------|-----------|----------------|
| Junioren 1 | | | | | |
| 1. | Niels Hofmeijer | WS Twente | 1:17.00 | 200000699 | 1:14.91 |
| 2. | Dennis Kamps | O Z & P C | 1:14.34 | 200000191 | 1:15.02 |
| Junioren 2 | | | | | |
| 1. | Koen Brummelaar | ZPC De Hof | 1:09.29 | 199900047 | 1:09.18 |
| 2. | Stef Poolman | WS Twente | 1:11.36 | 199900803 | 1:11.02 |
| 3. | Ron Teunis | Dedemsvaart-AC | 1:11.02 | 199901459 | 1:13.29 |
| Junioren 3 | | | | | |
| 1. | Tom Laarhuis | De Dinkel | 1:02.02 | 199800309 | 1:01.89 |
| 2. | Albert Jan van Slooten | Zignea | 1:08.29 | 199800049 | 1:09.91 |
| 3. | Marc den Oudsten | WS Twente | 1:09.04 | 199800597 | 1:11.51 |
| 4. | Gideon Teeuw | Z&PV de Veene | 1:09.78 | 199801237 | 1:12.80 |
| 5. | Luc Nieuwenhuis | Het Ravijn | 1:07.32 | 199802185 | 1:13.73 |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 34, Heren, 100m vlinderslag

Junioren 4

| | | | | | |
|----|-----------------------------|----------------|---------|-----------|----------------|
| 1. | Hans-Jan Westerhof | WS Twente | 1:03.76 | 199701481 | 1:02.20 |
| 2. | Justin Doldersum | Deltasteur | 1:03.54 | 199700493 | 1:02.95 |
| 3. | Sepp Kalter | Dedemsvaart-AC | 1:00.89 | 199704327 | 1:03.54 |
| 4. | Jari Hofsink | Deltasteur | 1:03.88 | 199700535 | 1:05.24 |
| 5. | Jesse Derk van Schravendijk | WS Twente | 1:05.90 | 199701479 | 1:06.68 |
| 6. | Bart Kors | Deltasteur | 1:07.60 | 199700865 | 1:09.36 |
| 7. | Martijn Wissink | ZPC De Hof | 1:06.45 | 199701147 | 1:10.86 |

Jeugd 1

| | | | | | |
|----|-----------------|------------|---------|-----------|----------------|
| 1. | Yoran Klos | De Dinkel | 57.92 | 199600481 | 59.90 |
| 2. | Niels Kemperink | WS Twente | 1:00.58 | 199600005 | 1:01.39 |
| 3. | Dinand Schutte | Deltasteur | 1:07.06 | 199600335 | 1:10.57 |

Jeugd 2

| | | | | | |
|----|-----------------|-----------|---------|-----------|----------------|
| 1. | Damon Peperkamp | De Dinkel | 1:02.17 | 199501101 | 1:03.80 |
|----|-----------------|-----------|---------|-----------|----------------|

Senioren 1

| | | | | | |
|----|--------------------|----------------|---------|-----------|----------------|
| 1. | Stef Heijnekamp | WS Twente | 1:00.15 | 199401665 | 1:03.91 |
| 2. | Willem-Jan Huisman | Steenwijk 1934 | 1:03.47 | 199402125 | 1:08.10 |

Senioren Open

| | | | | | |
|----|--------------------|--------------|---------|-----------|----------------|
| 1. | Filipp Müller | Piranha | 57.70 | 198604633 | 58.48 |
| 2. | Michiel Jorink | ZVZwartsluis | 1:00.13 | 198701613 | 1:03.91 |
| 3. | Christian Karkdijk | Het Ravijn | 1:02.67 | 199202523 | 1:08.33 |

Programmanr. 35
26-05-2013

Dames, 200m schoolslag

Senioren Open
Resultaten

| Rang | | | | | inschr.tijd | | | eindtijd |
|------------|--|----------------|---------|-----------|-------------|--|----------------|----------|
| Junioren 1 | | | | | | | | |
| 1. | Janneke Lenderink | De Dinkel | 3:14.18 | 200100328 | | | 3:16.70 | |
| | 100m: 1:35.08 | 200m: 3:16.70 | | | | | | |
| DIS | Brit Brandsma | Zignea | 3:17.82 | 200100026 | | | | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | | | | |
| DIS | Sarah Kits | WS Twente | 3:19.57 | 200101024 | | | | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | | | | |
| Junioren 2 | | | | | | | | |
| 1. | Iris Tjonk | WS Twente | 2:52.00 | 200004066 | | | 2:58.86 | |
| | 100m: 1:25.32 | 200m: 2:58.86 | | | | | | |
| 2. | Madelijne Schothans | Z&PV de Veene | 3:02.54 | 200002416 | | | 3:10.35 | |
| | 100m: 1:32.71 | 200m: 3:10.35 | | | | | | |
| 3. | Naomi Tjon-asoi | Dedemsvaart-AC | 3:07.51 | 200000394 | | | 3:12.75 | |
| | 100m: 1:31.72 | 200m: 3:12.75 | | | | | | |
| 4. | Marit Boxum | ZVZwartsluis | 3:12.71 | 200000068 | | | 3:14.86 | |
| | 100m: 1:30.89 | 200m: 3:14.86 | | | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 35, Meisjes, 200m schoolslag, Junioren 2

| Rang | | | | inschr.tijd | | eindtijd |
|------|-----------------------|----------------|--|-------------|-----------|----------------|
| 5. | Lindy Elkerbout | Z&PV de Veene | | 3:12.18 | 200000604 | 3:15.64 |
| | 100m: 1:34.86 | 200m: 3:15.64 | | | | |
| 6. | Elma Leusink | Deltasteur | | 3:13.42 | 200001394 | 3:17.04 |
| | 100m: 1:35.61 | 200m: 3:17.04 | | | | |
| 7. | Lotte Rougoor | Dedemsvaart-AC | | 3:11.70 | 200000774 | 3:20.10 |
| | 100m: 1:35.89 | 200m: 3:20.10 | | | | |
| 8. | Michelle van der Neut | ZPC De Hof | | 3:12.50 | 200000260 | 3:24.22 |
| | 100m: 1:37.39 | 200m: 3:24.22 | | | | |

Junioren 3

| | | | | | | |
|----|----------------|---------------|--|---------|-----------|----------------|
| 1. | Ageeth de Haan | 't Tolhekke | | 2:58.72 | 199901022 | 3:05.43 |
| | 100m: 1:30.32 | 200m: 3:05.43 | | | | |
| 2. | Gabriëlle Bolk | Swol 1894 | | 2:59.39 | 199900344 | 3:08.60 |
| | 100m: 1:30.36 | 200m: 3:08.60 | | | | |
| 3. | Laura Rolink | De Dinkel | | 3:08.16 | 199902018 | 3:17.42 |
| | 100m: 1:36.02 | 200m: 3:17.42 | | | | |

Jeugd 1

| | | | | | | |
|----|-----------------------|----------------|--|---------|-----------|----------------|
| 1. | Annick van der Kraats | De Dinkel | | 2:47.83 | 199800808 | 2:52.51 |
| | 100m: 1:23.54 | 200m: 2:52.51 | | | | |
| 2. | Kirsten Bies | Dedemsvaart-AC | | 2:47.08 | 199800516 | 2:57.22 |
| | 100m: 1:26.26 | 200m: 2:57.22 | | | | |
| 3. | Laurie Aarninkhof | De Dinkel | | 3:03.94 | 199800822 | 2:59.20 |
| | 100m: 1:26.42 | 200m: 2:59.20 | | | | |
| 4. | Eva Hagreis | WS Twente | | 3:02.39 | 199800290 | 3:01.73 |
| | 100m: 1:25.82 | 200m: 3:01.73 | | | | |
| 5. | Julia Weustink | De Dinkel | | 3:04.33 | 199801180 | 3:14.07 |
| | 100m: 1:33.42 | 200m: 3:14.07 | | | | |

Jeugd 2

| | | | | | | |
|----|----------------|----------------|--|---------|-----------|----------------|
| 1. | Demi Rothe | De Dinkel | | 2:51.42 | 199703388 | 3:02.67 |
| | 100m: 1:25.73 | 200m: 3:02.67 | | | | |
| 2. | Anouk Knippers | De Dinkel | | 2:56.12 | 199700602 | 3:03.28 |
| | 100m: 1:27.99 | 200m: 3:03.28 | | | | |
| 3. | Marleen Welten | Deltasteur | | 3:02.06 | 199701526 | 3:09.45 |
| | 100m: 1:30.64 | 200m: 3:09.45 | | | | |
| 4. | Ayla Berg | Dedemsvaart-AC | | 3:06.25 | 199703480 | 3:24.26 |
| | 100m: 1:33.00 | 200m: 3:24.26 | | | | |

Senioren 1

| | | | | | | |
|----|---------------|---------------|--|---------|-----------|----------------|
| 1. | Maren Kuipers | ZPC De Hof | | 2:51.82 | 199600062 | 2:56.54 |
| | 100m: 1:25.32 | 200m: 2:56.54 | | | | |

Overijssels A-Kampioenschappen 2013
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Programmanr. 35, Dames, 200m schoolslag

Senioren Open

| | | | | | | |
|----|------------------|---------------|----------------|---------|-----------|----------------|
| 1. | Myrna Schasfoort | | De Dinkel | 2:51.89 | 199300668 | 2:53.75 |
| | 100m: 1:22.06 | 200m: 2:53.75 | | | | |
| 2. | Janine Kosse | | Dedemsvaart-AC | 2:46.94 | 198702326 | 2:56.16 |
| | 100m: 1:25.02 | 200m: 2:56.16 | | | | |
| 3. | Lonne Dijkhuis | | De Dinkel | 2:53.92 | 199400030 | 2:59.79 |
| | 100m: 1:26.01 | 200m: 2:59.79 | | | | |

Programmanr. 36

Heren, 100m schoolslag

Senioren Open

26-05-2013

Resultaten

| Rang | | | | inschr.tijd | | eindtijd |
|------------|-----------------------------|--|-------------------|-------------|-----------|----------------|
| Junioren 1 | | | | | | |
| 1. | Joost Padberg | | O Z & P C | 1:23.14 | 200002451 | 1:25.64 |
| 2. | Joost Davina | | O Z & P C | 1:26.81 | 200000205 | 1:26.54 |
| 3. | Rico Rüdiger | | WS Twente | 1:23.48 | 200001357 | 1:29.01 |
| Junioren 2 | | | | | | |
| 1. | Nick van Scherrenburg | | Zignea | 1:19.25 | 199902173 | 1:18.76 |
| 2. | Stef Poolman | | WS Twente | 1:16.16 | 199900803 | 1:19.63 |
| 3. | Ron Teunis | | Dedemsvaart-AC | 1:21.60 | 199901459 | 1:25.42 |
| 4. | Erik van der Linden | | ZVZwartsluis | 1:22.99 | 199900311 | 1:25.68 |
| Junioren 3 | | | | | | |
| 1. | Tom Laarhuis | | De Dinkel | 1:11.50 | 199800309 | 1:12.87 |
| 2. | Mart Kortman | | De Dinkel | 1:10.93 | 199800357 | 1:14.27 |
| 3. | Marc den Oudsten | | WS Twente | 1:14.15 | 199800597 | 1:17.89 |
| 4. | Luc Nieuwenhuis | | Het Ravijn | 1:11.86 | 199802185 | 1:20.17 |
| 5. | Gideon Teeuw | | Z&PV de Veene | 1:16.28 | 199801237 | 1:21.69 |
| 6. | Pepijn Hillenius | | DZ & PC de IJssel | 1:19.89 | 199800379 | 1:22.32 |
| 7. | Albert Jan van Slooten | | Zignea | 1:17.20 | 199800049 | 1:25.02 |
| Junioren 4 | | | | | | |
| 1. | Thomas de Lange | | WS Twente | 1:12.51 | 199701475 | 1:13.57 |
| 2. | Michael Bolk | | Swol 1894 | 1:15.57 | 199701599 | 1:14.95 |
| 3. | Fedde Beukers | | De Dinkel | 1:13.45 | 199701007 | 1:15.13 |
| 4. | Jesse Derk van Schravendijk | | WS Twente | 1:13.77 | 199701479 | 1:16.60 |
| 5. | Jari Hofsink | | Deltasteur | 1:13.64 | 199700535 | 1:16.92 |
| 6. | Max de Ceuninck van Capelle | | Deltasteur | 1:15.95 | 199701203 | 1:18.76 |
| Jeugd 1 | | | | | | |
| 1. | Dinand Schutte | | Deltasteur | 1:14.45 | 199600335 | 1:18.95 |
| 2. | Daniël de Wagt | | Zignea | 1:10.60 | 199601339 | 1:20.77 |
| 3. | Tristan Wiegmann | | WS Twente | 1:15.74 | 199600055 | 1:21.92 |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5 - 2-6-2013

Programmanr. 36, Heren, 100m schoolslag

Jeugd 2

| | | | | | |
|----|-----------------|------------|---------|-----------|----------------|
| 1. | Damon Peperkamp | De Dinkel | 1:12.15 | 199501101 | 1:15.95 |
| 2. | Joey Nijboer | Het Ravijn | 1:15.57 | 199504659 | 1:21.00 |

Senioren 1

| | | | | | |
|----|-----------------|-----------|---------|-----------|----------------|
| 1. | Jorden Theijink | WS Twente | 1:11.36 | 199400323 | 1:18.11 |
|----|-----------------|-----------|---------|-----------|----------------|

Senioren Open

| | | | | | |
|----|------------------|------------|---------|-----------|----------------|
| 1. | Roger Gerrits | Swol 1894 | 1:11.15 | 198900961 | 1:12.32 |
| 2. | Teun Groeneweg | Piranha | 1:11.19 | 198701133 | 1:13.73 |
| 3. | Pieter Pickhardt | ZPC De Hof | 1:11.74 | 198301657 | 1:15.60 |

Programmanr. 37
26-05-2013

Dames, 400m vrije slag

Senioren Open
Resultaten

| Rang | | | | | inschr.tijd | | eindtijd | |
|-------------------|--|----------------|---------------|--|-------------|-----------|----------------|------|
| Junioren 1 | | | | | | | | |
| 1. | Eline Brok | ZPC De Hof | | | 5:02.10 | 200100186 | 5:08.04 | |
| | 100m: 1:13.67 | 200m: 2:33.26 | 400m: 5:08.04 | | | | | |
| 2. | Mathilde Stolmeijer | ZPC De Hof | | | 5:22.70 | 200100590 | 5:11.68 | |
| | 100m: 1:12.11 | 200m: 2:32.92 | 400m: 5:11.68 | | | | | |
| 3. | Janneke Lenderink | De Dinkel | | | 5:37.62 | 200100328 | 5:32.23 | |
| | 100m: 1:18.13 | 200m: 2:42.82 | 400m: 5:32.23 | | | | | |
| Junioren 2 | | | | | | | | |
| 1. | Iris Tjonk | WS Twente | | | 4:53.79 | 200004066 | 4:52.60 | |
| | 100m: 1:07.67 | 200m: 2:23.07 | 400m: 4:52.60 | | | | | |
| 2. | Naomi Tjon-asoi | Dedemsvaart-AC | | | 5:01.12 | 200000394 | 5:07.73 | FJ 1 |
| | 100m: 1:12.15 | 200m: 2:32.59 | 400m: 5:07.73 | | | | | |
| 3. | Romée Spin | De Dinkel | | | 5:01.20 | 200000724 | 5:07.73 | FJ 2 |
| | 100m: 1:12.76 | 200m: 2:32.98 | 400m: 5:07.73 | | | | | |
| DIS | Marlin Klarenbeek | ZPC De Hof | | | 5:13.16 | 200000106 | | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | | | | |
| Junioren 3 | | | | | | | | |
| 1. | Gabriëlle Bolk | Swol 1894 | | | 4:48.45 | 199900344 | 4:50.18 | |
| | 100m: 1:09.13 | 200m: 2:23.61 | 400m: 4:50.18 | | | | | |
| 2. | Isabel Nibourg | De Dinkel | | | 5:04.70 | 199900220 | 5:03.86 | |
| | 100m: 1:12.16 | 200m: 2:29.92 | 400m: 5:03.86 | | | | | |
| 3. | Laura Rolink | De Dinkel | | | 5:01.81 | 199902018 | 5:04.82 | |
| | 100m: 1:13.36 | 200m: 2:32.42 | 400m: 5:04.82 | | | | | |
| 4. | Laura Stegge | De Dinkel | | | 5:00.86 | 199900262 | 5:10.75 | |
| | 100m: 1:11.50 | 200m: 2:31.88 | 400m: 5:10.75 | | | | | |
| 5. | Lauri Lesscher | Z&PV de Veene | | | 5:00.89 | 199900318 | 5:13.30 | |
| | 100m: 1:12.86 | 200m: 2:33.26 | 400m: 5:13.30 | | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 37, Dames, 400m vrije slag

Jeugd 1

| | | | | | |
|----|-----------------------|----------------|---------------|-----------|----------------|
| 1. | Sterre Mooiweer | ZPC De Hof | 4:51.10 | 199800236 | 4:44.37 |
| | 100m: 1:05.81 | 200m: 2:19.59 | 400m: 4:44.37 | | |
| 2. | Mirjam de Raad | Deltasteur | 5:01.07 | 199800794 | 5:01.89 |
| | 100m: 1:08.10 | 200m: 2:24.82 | 400m: 5:01.89 | | |
| 3. | Kirsten Bies | Dedemsvaart-AC | 4:58.91 | 199800516 | 5:03.20 |
| | 100m: 1:11.89 | 200m: 2:29.97 | 400m: 5:03.20 | | |
| 4. | Julia Weustink | De Dinkel | 5:02.68 | 199801180 | 5:09.61 |
| | 100m: 1:13.47 | 200m: 2:32.57 | 400m: 5:09.61 | | |
| 5. | Laurie Aarninkhof | De Dinkel | 4:59.42 | 199800822 | 5:09.70 |
| | 100m: 1:12.20 | 200m: 2:32.00 | 400m: 5:09.70 | | |
| 6. | Annick van der Kraats | De Dinkel | 4:55.43 | 199800808 | 5:10.00 |
| | 100m: 1:13.16 | 200m: 2:32.89 | 400m: 5:10.00 | | |

Jeugd 2

| | | | | | |
|----|--------------------|----------------|---------------|-----------|----------------|
| 1. | Lindy Nijhuis | WS Twente | 4:31.78 | 199700010 | 4:48.99 |
| | 100m: 1:07.04 | 200m: 2:19.92 | 400m: 4:48.99 | | |
| 2. | Demi Rothe | De Dinkel | 4:48.91 | 199703388 | 4:58.13 |
| | 100m: 1:08.57 | 200m: 2:24.73 | 400m: 4:58.13 | | |
| 3. | Marije Dankelman | Dedemsvaart-AC | 4:52.29 | 199701502 | 5:03.23 |
| | 100m: 1:10.41 | 200m: 2:27.57 | 400m: 5:03.23 | | |
| 4. | Laura van der Neut | ZPC De Hof | 4:59.39 | 199700326 | 5:04.16 |
| | 100m: 1:08.84 | 200m: 2:25.38 | 400m: 5:04.16 | | |
| 5. | Marlijn Dijkhuis | De Dinkel | 4:52.18 | 199700600 | 5:21.49 |
| | 100m: 1:13.79 | 200m: 2:34.58 | 400m: 5:21.49 | | |

Senioren 1

| | | | | | |
|----|---------------|----------------|---------------|-----------|----------------|
| 1. | Laura Hagreis | WS Twente | 4:47.12 | 199600548 | 4:54.20 |
| | 100m: 1:08.02 | 200m: 2:22.64 | 400m: 4:54.20 | | |
| 2. | Maren Kuipers | ZPC De Hof | 4:46.26 | 199600062 | 4:54.35 |
| | 100m: 1:09.44 | 200m: 2:24.68 | 400m: 4:54.35 | | |
| 3. | Joyce Mennink | Dedemsvaart-AC | 4:55.37 | 199601180 | 5:22.51 |
| | 100m: 1:14.48 | 200m: 2:36.52 | 400m: 5:22.51 | | |

Senioren Open

| | | | | | |
|----|---------------|---------------|---------------|-----------|----------------|
| 1. | Naomi Hofsink | Deltasteur | 4:50.33 | 199402508 | 4:55.95 |
| | 100m: 1:08.10 | 200m: 2:23.45 | 400m: 4:55.95 | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 38
26-05-2013

Heren, 200m wisselslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|-------------------|--|----------------|-------------|-----------|---------------------|
| Junioren 1 | | | | | |
| 1. | Niels Hofmeijer | WS Twente | 2:43.87 | 200000699 | 2:40.42 |
| 2. | Dennis Kamps | O Z & P C | 2:49.89 | 200000191 | 2:45.41 |
| 3. | Joost Padberg | O Z & P C | 2:45.00 | 200002451 | 2:46.01 |
| DIS | Joost Davina | O Z & P C | 2:48.17 | 200000205 | |
| | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> | | | | |
| Junioren 2 | | | | | |
| 1. | Stef Poolman | WS Twente | 2:31.58 | 199900803 | 2:29.60 |
| 2. | Koen Brummelaar | ZPC De Hof | 2:33.45 | 199900047 | 2:32.38 |
| 3. | Ron Teunis | Dedemsvaart-AC | 2:30.45 | 199901459 | 2:37.14 |
| 4. | Pascal Bloemen | De Dinkel | 2:41.28 | 199900135 | 2:40.94 |
| 5. | Erik van der Linden | ZVZwartsluis | 2:36.64 | 199900311 | 2:44.72 |
| Junioren 3 | | | | | |
| 1. | Tom Laarhuis | De Dinkel | 2:08.85 | 199800309 | 2:16.11 |
| 2. | Mart Kortman | De Dinkel | 2:26.13 | 199800357 | 2:31.76 |
| 3. | Twan Eenkhoom | WS Twente | 2:34.25 | 199801629 | 2:33.17 |
| 4. | Bas Neef | O Z & P C | 2:33.19 | 199800019 | 2:34.54 |
| 5. | Marc den Oudsten | WS Twente | 2:32.57 | 199800597 | 2:37.14 |
| 6. | Luc Nieuwenhuis | Het Ravijn | 2:30.01 | 199802185 | 2:37.78 |
| 7. | Gideon Teeuw | Z&PV de Veene | 2:31.30 | 199801237 | 2:37.92 |
| DIS | Albert Jan van Slooten | Zignea | 2:30.70 | 199800049 | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | |
| Junioren 4 | | | | | |
| 1. | Justin Doldersum | Deltasteur | 2:20.86 | 199700493 | 2:22.42 |
| 2. | Hans-Jan Westerhof | WS Twente | 2:25.16 | 199701481 | 2:23.76 |
| 3. | Michael Bolk | Swol 1894 | 2:28.37 | 199701599 | 2:27.41 FJ 1 |
| 4. | Fedde Beukers | De Dinkel | 2:27.82 | 199701007 | 2:27.41 FJ 2 |
| 5. | Max de Ceuninck van Capelle | Deltasteur | 2:23.45 | 199701203 | 2:30.43 |
| 6. | Jesse Derk van Schravendijk | WS Twente | 2:23.47 | 199701479 | 2:30.48 |
| 7. | Jari Hofsink | Deltasteur | 2:24.31 | 199700535 | 2:39.48 |
| Jeugd 1 | | | | | |
| 1. | Yoran Klos | De Dinkel | 2:12.51 | 199600481 | 2:18.70 |
| Jeugd 2 | | | | | |
| 1. | Damon Peperkamp | De Dinkel | 2:14.24 | 199501101 | 2:23.34 |
| Senioren 1 | | | | | |
| 1. | Willem-Jan Huisman | Steenwijk 1934 | 2:21.64 | 199402125 | 2:32.56 |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 38, Heren, 200m wisselslag

Senioren Open

| | | | | | |
|----|------------------|--------------|---------|-----------|----------------|
| 1. | Michiel Jorink | ZVZwartsluis | 2:21.24 | 198701613 | 2:27.02 |
| 2. | Emiel Huisken | ZPC De Hof | 2:23.31 | 198501139 | 2:27.16 |
| 3. | Roger Gerrits | Swol 1894 | 2:21.46 | 198900961 | 2:28.01 |
| 4. | Pieter Pickhardt | ZPC De Hof | 2:20.98 | 198301657 | 2:29.82 |

Programmanr. 39
26-05-2013

Meisjes, 4 x 100m vrije slag

Junioren 3 en later
Resultaten

| Rang | | | inschr.tijd | | | eindtijd |
|----------------------------|-------------------------|----------------|-------------|---------------------|----|----------------|
| Junioren 3 en later | | | | | | |
| 1. | ZPC De Hof 1 | ZPC De Hof | 4:24.34 | | | 4:26.48 |
| | Linde Haverkate | 99 | 1:06.94 | Marlin Klarenbeek | 00 | |
| | Naomi Klein | 99 | | Eline Brok | 01 | |
| 2. | De Dinkel 2 | De Dinkel | 4:22.37 | | | 4:27.87 |
| | Irem Tijhuis | 99 | 1:07.62 | Romée Spin | 00 | |
| | Janneke Lenderink | 01 | | Isabel Nibourg | 99 | |
| 3. | De Dinkel 1 | De Dinkel | 4:23.35 | | | 4:31.94 |
| | Julia Nibourg | 01 | 1:14.60 | Laura Rolink | 99 | |
| | Laurette van der Woning | 99 | | Laura Stegge | 99 | |
| 4. | de Veene 2 | Z&PV de Veene | 4:33.11 | | | 4:36.04 |
| | Lindy Elkerbout | 00 | 1:10.20 | Lauri Lesscher | 99 | |
| | Marjon Kuilder | 99 | | Kayleigh Westenberg | 00 | |
| 5. | Dedemsvaart-AC 1 | Dedemsvaart-AC | 4:34.08 | | | 4:41.49 |
| | Naomi Tjon-asoi | 00 | 1:10.34 | Michelle Zomerdijk | 00 | |
| | Lise Klein Ganseij | 99 | | Lotte Rougoor | 00 | |

Programmanr. 40
26-05-2013

Heren, 4 x 100m wisselslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | | eindtijd |
|----------------------|------------------|------------|-------------|-----------------------------|----|----------------|
| Senioren Open | | | | | | |
| 1. | Piranha 1 | Piranha | 4:10.00 | | | 4:10.87 |
| | Bart Arendshorst | 93 | 1:03.67 | Filipp Müller | 86 | |
| | Teun Groeneweg | 87 | | Tjerk van der Kieft | 90 | |
| 2. | WS Twente 1 | WS Twente | 4:31.88 | | | 4:15.36 |
| | Niels Kemperink | 96 | 1:02.16 | Stef Heijnekamp | 94 | |
| | Thomas de Lange | 97 | | Jorden Theijink | 94 | |
| 3. | De Dinkel 1 | De Dinkel | 3:59.14 | | | 4:17.30 |
| | Tom Laarhuis | 98 | 1:03.70 | Yoran Klos | 96 | |
| | Mart Kortman | 98 | | Damon Peperkamp | 95 | |
| 4. | Deltasteur 1 | Deltasteur | 4:16.80 | | | 4:27.00 |
| | Jari Hofsink | 97 | 1:04.67 | Justin Doldersum | 97 | |
| | Henri Kragt | 87 | | Max de Ceuninck van Capelle | 97 | |
| 5. | Het Ravijn 1 | Het Ravijn | 4:13.68 | | | 4:30.32 |
| | Rutger Kooistra | 92 | 1:06.07 | Christian Karkdijk | 92 | |
| | Luc Nieuwenhuis | 98 | | Joey Nijboer | 95 | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5 - 2-6-2013

Programmanr. 40, Heren, 4 x 100m wisselslag, Senioren Open

| Rang | | | inschr.tijd | eindtijd |
|------|------------------|------------|--------------------|----------------|
| 6. | ZPC De Hof 1 | ZPC De Hof | 4:16.43 | 4:33.89 |
| | Jasper de Boer | 93 1:06.97 | Martijn Wissink | 97 |
| | Pieter Pickhardt | 83 | Emiel Huisken | 85 |
| 7. | Swol 1894 1 | Swol 1894 | 4:29.06 | 4:43.11 |
| | Michael Bolk | 97 1:13.77 | Wouter Oversteegen | 95 |
| | Roger Gerrits | 89 | Berend Schenk | 92 |

Programmanr. 41
01-06-2013

Heren, 50m rugslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | eindtijd | |
|---------------|--------------------|----------------|-------------|-----------|--------------|
| Senioren Open | | | | | |
| 1. | Tom Laarhuis | De Dinkel | 27.86 | 199800309 | 28.92 |
| | <i>KRINGRECORD</i> | | | | |
| 2. | Michiel Jorink | ZVZwartsluis | 28.60 | 198701613 | 29.70 |
| 3. | Rutger Kooistra | Het Ravijn | 28.89 | 199206257 | 29.73 |
| 4. | Jari Hofsink | Deltasteur | 29.73 | 199700535 | 29.76 |
| 5. | Willem-Jan Huisman | Steenwijk 1934 | 29.01 | 199402125 | 30.60 |
| 6. | Justin Doldersum | Deltasteur | 29.55 | 199700493 | 30.76 |
| 7. | Damon Peperkamp | De Dinkel | 29.57 | 199501101 | 31.26 |

Programmanr. 42
01-06-2013

Dames, 50m schoolslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | eindtijd | |
|---------------|--|----------------|-------------|-----------|-------------------|
| Senioren Open | | | | | |
| 1. | Yvon Versteeg | Z&PV de Veene | 34.63 | 199201864 | 35.14 |
| 2. | Myrna Schasfoort | De Dinkel | 35.04 | 199300668 | 35.46 |
| 3. | Lonne Dijkhuis | De Dinkel | 34.11 | 199400030 | 35.67 |
| 4. | Demi Rothe | De Dinkel | 35.02 | 199703388 | 37.02 |
| 5. | Anouk Knippers | De Dinkel | 36.75 | 199700602 | 37.26 FJ 1 |
| 6. | Iris Tjonk | WS Twente | 36.02 | 200004066 | 37.26 FJ 2 |
| 7. | Michelle Hoogendoorn | WS Twente | 36.79 | 199503718 | 37.30 |
| 8. | Laurie Aarninkhof | De Dinkel | 36.64 | 199800822 | 37.60 |
| 9. | Désirée Hulsmeijer | Het Ravijn | 37.26 | 199001656 | 37.86 |
| 10. | Eva Visscher | Deltasteur | 37.12 | 199402722 | 38.06 |
| 11. | Annick van der Kraats | De Dinkel | 36.96 | 199800808 | 38.20 |
| | Sietske Veldkamp | ZPC De Hof | 35.68 | 199501628 | 38.20 |
| 13. | Laura van der Neut | ZPC De Hof | 37.95 | 199700326 | 38.32 |
| 14. | Maaik Fikkert | Deltasteur | 38.09 | 199100942 | 39.13 |
| 15. | Ayla Berg | Dedemsvaart-AC | 37.58 | 199703480 | 39.16 |
| 16. | Joyce Mennink | Dedemsvaart-AC | 37.10 | 199601180 | 39.29 |
| 17. | Iris Riezebos | Deltasteur | 37.77 | 199400114 | 40.54 |
| DIS | Maren Kuipers | ZPC De Hof | 34.80 | 199600062 | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 43 Heren, 4 x 200m vrije slag Senioren Open
01-06-2013 Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|----------------------|--|------------------------------------|--------------------|---------|---------------------------|
| Senioren Open | | | | | |
| 1. | ZPC De Hof 1 Pieter Pickhardt Jasper de Boer Emiel Huisken Richard Huisken | ZPC De Hof 83 93 85 85 | 8:13.31 1:04.23 | 2:09.88 | 8:34.62 2:09.88 |
| 2. | Deltasteur 1 Justin Doldersum Henri Kragt Jari Hofsink Max de Ceuninck van Capelle | Deltasteur 97 87 97 97 | 8:24.78 1:04.23 | 2:15.74 | 8:53.51 2:15.74 |
| 3. | WS Twente 1 Kars Veldkamp Marc den Oudsten Niels Hofmeijer Hans-Jan Westerhof | WS Twente 97 98 00 97 | 8:41.97 1:02.16 | 2:10.64 | 9:01.45 2:10.64 |

Programmanr. 44 Dames, 100m vlinderslag Senioren Open
01-06-2013 Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|--|-------------------|----------------|-------------|-----------|----------------|
| Junioren 1 | | | | | |
| 1. | Eline Brok | ZPC De Hof | 1:16.97 | 200100186 | 1:17.93 |
| 2. | Brit Brandsma | Zignea | 1:24.42 | 200100026 | 1:30.63 |
| Junioren 2 | | | | | |
| 1. | Iris Tjonk | WS Twente | 1:11.98 | 200004066 | 1:11.57 |
| 2. | Marit Boxum | ZVZwartsluis | 1:18.91 | 200000068 | 1:16.48 |
| 3. | Romée Spin | De Dinkel | 1:18.43 | 200000724 | 1:20.95 |
| 4. | Marlin Klarenbeek | ZPC De Hof | 1:19.24 | 200000106 | 1:26.73 |
| DIS | Lotte Rougoor | Dedemsvaart-AC | 1:18.60 | 200000774 | |
| <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | | |
| Junioren 3 | | | | | |
| 1. | Isabel Nibourg | De Dinkel | 1:10.59 | 199900220 | 1:12.45 |
| 2. | Laura Stegge | De Dinkel | 1:13.65 | 199900262 | 1:14.50 |
| 3. | Marjon Kuilder | Z&PV de Veene | 1:18.26 | 199901160 | 1:19.67 |
| DIS | Gabriëlle Bolk | Swol 1894 | 1:13.88 | 199900344 | |
| <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | | |
| Jeugd 1 | | | | | |
| 1. | Laurie Aarninkhof | De Dinkel | 1:12.34 | 199800822 | 1:14.48 |
| 2. | Mirjam de Raad | Deltasteur | 1:12.36 | 199800794 | 1:14.52 |
| 3. | Eefje Slootweg | De Dinkel | 1:13.03 | 199800218 | 1:15.30 |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 44, Dames, 100m vlinderslag

Jeugd 2

| | | | | | |
|----|--------------------|---------------|---------|-----------|----------------|
| 1. | Anouk Rekers | Z&PV de Veene | 1:08.81 | 199703416 | 1:10.51 |
| 2. | Laura van der Neut | ZPC De Hof | 1:11.87 | 199700326 | 1:14.95 |
| 3. | Susan de Vries | Z&PV de Veene | 1:14.03 | 199700390 | 1:15.89 |
| 4. | Lauren Bijen | O Z & P C | 1:15.60 | 199701362 | 1:17.04 |
| 5. | Loek ten Broeke | Het Ravijn | 1:16.20 | 199704754 | 1:21.40 |

Senioren 1

| | | | | | |
|----|---------------|----------------|---------|-----------|----------------|
| 1. | Joyce Mennink | Dedemsvaart-AC | 1:12.09 | 199601180 | 1:12.21 |
| 2. | Laura Hagreis | WS Twente | 1:09.63 | 199600548 | 1:12.95 |

Senioren Open

| | | | | | |
|----|---------------------|----------------|---------|-----------|----------------|
| 1. | Silke Oude Weernink | De Dinkel | 1:05.03 | 199002854 | 1:06.98 |
| 2. | Yvon Versteeg | Z&PV de Veene | 1:07.29 | 199201864 | 1:09.35 |
| 3. | Janine Kosse | Dedemsvaart-AC | 1:09.05 | 198702326 | 1:11.04 |
| 4. | Laura van den Berg | Swol 1894 | 1:11.67 | 199100206 | 1:12.21 |

Programmanr. 45
01-06-2013

Heren, 200m schoolslag

Senioren Open
Resultaten

| Rang | | | | inschr.tijd | | eindtijd |
|-------------------|---|---------------|------------|-------------|-----------|----------------|
| Junioren 1 | | | | | | |
| 1. | Joost Padberg | | O Z & P C | 2:59.79 | 200002451 | 3:09.60 |
| | 100m: 1:31.10 | 200m: 3:09.60 | | | | |
| 2. | Rico Rüdiger | | WS Twente | 3:05.18 | 200001357 | 3:17.26 |
| | 100m: 1:31.67 | 200m: 3:17.26 | | | | |
| Junioren 2 | | | | | | |
| 1. | Stef Poolman | | WS Twente | 2:53.75 | 199900803 | 2:52.78 |
| | 100m: 1:22.92 | 200m: 2:52.78 | | | | |
| Junioren 3 | | | | | | |
| 1. | Tom Laarhuis | | De Dinkel | 2:28.24 | 199800309 | 2:36.93 |
| | <i>KRINGRECORD</i> | | | | | |
| | 100m: 1:15.40 | 200m: 2:36.93 | | | | |
| 2. | Luc Nieuwenhuis | | Het Ravijn | 2:42.51 | 199802185 | 2:53.80 |
| | 100m: 1:20.92 | 200m: 2:53.80 | | | | |
| 3. | Marc den Oudsten | | WS Twente | 2:44.64 | 199800597 | 2:54.64 |
| | 100m: 1:23.20 | 200m: 2:54.64 | | | | |
| DIS | Mart Kortman | | De Dinkel | 2:36.74 | 199800357 | |
| | <i>SC - De bewegingen van de armen niet te allen tijde gelijktijdig in hetzelfde horizontale vlak uitgevoerd.</i> | | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5 - 2-6-2013

Programmanr. 45, Heren, 200m schoolslag

Junioren 4

| | | | | | |
|----|--------------------|---------------|---------|-----------|----------------|
| 1. | Thomas de Lange | WS Twente | 2:40.69 | 199701475 | 2:40.82 |
| | 100m: 1:16.76 | 200m: 2:40.82 | | | |
| 2. | Michael Bolk | Swol 1894 | 2:43.60 | 199701599 | 2:44.73 |
| | 100m: 1:20.42 | 200m: 2:44.73 | | | |
| 3. | Hans-Jan Westerhof | WS Twente | 2:42.89 | 199701481 | 2:45.82 |
| | 100m: 1:23.00 | 200m: 2:45.82 | | | |
| 4. | Jari Hofsink | Deltasteur | 2:45.29 | 199700535 | 2:53.29 |
| | 100m: 1:23.38 | 200m: 2:53.29 | | | |
| 5. | Justin Doldersum | Deltasteur | 2:44.39 | 199700493 | 3:00.60 |
| | 100m: 1:26.54 | 200m: 3:00.60 | | | |

Senioren 1

| | | | | | |
|----|---------------|---------------|---------|-----------|----------------|
| 1. | Sjoerd Nijhof | ZPC De Hof | 2:39.16 | 199401117 | 2:49.36 |
| | 100m: 1:20.00 | 200m: 2:49.36 | | | |

Senioren Open

| | | | | | |
|----|------------------|---------------|---------|-----------|----------------|
| 1. | Pieter Pickhardt | ZPC De Hof | 2:35.09 | 198301657 | 2:40.78 |
| | 100m: 1:18.26 | 200m: 2:40.78 | | | |

Programmanr. 46
01-06-2013

Dames, 100m schoolslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|------------|--|------------------|-------------|-----------|----------------|
| Junioren 1 | | | | | |
| 1. | Janneke Lenderink | De Dinkel | 1:28.96 | 200100328 | 1:31.71 |
| 2. | Sarah Kits | WS Twente | 1:34.21 | 200101024 | 1:35.13 |
| 3. | Jasmin Oddo | Zwemclub Losser | 1:34.45 | 200100262 | 1:36.23 |
| 4. | Manon Post | Zignea | 1:34.45 | 200101824 | 1:36.67 |
| 5. | Brit Brandsma | Zignea | 1:30.73 | 200100026 | 1:37.08 |
| Junioren 2 | | | | | |
| 1. | Iris Tjonk | WS Twente | 1:19.35 | 200004066 | 1:23.62 |
| 2. | Naomi Tjon-asoï | Dedemsvaart-AC | 1:28.04 | 200000394 | 1:26.59 |
| 3. | Madelijne Schothans | Z&PV de Veene | 1:24.97 | 200002416 | 1:27.54 |
| 4. | Elma Leusink | Deltasteur | 1:30.54 | 200001394 | 1:30.64 |
| 5. | Myrthe Meier | De Grunte | 1:27.60 | 200001830 | 1:31.92 |
| 6. | Romée Spin | De Dinkel | 1:22.65 | 200000724 | 1:32.64 |
| 7. | Ilse Valk | Hera'11 | 1:29.80 | 200000172 | 1:33.36 |
| 8. | Lisa van der Struik | Swol 1894 | 1:30.48 | 200005102 | 1:34.02 |
| 9. | Lindy Elkerbout | Z&PV de Veene | 1:28.96 | 200000604 | 1:34.12 |
| 10. | Michelle van der Neut | ZPC De Hof | 1:30.70 | 200000260 | 1:36.26 |
| 11. | Janice Ramerman | DZ & PC de IJsel | 1:31.21 | 200002314 | 1:36.60 |
| DIS | Michelle Zomerdijk | Dedemsvaart-AC | 1:31.01 | 200003196 | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 46, Dames, 100m schoolslag

Junioren 3

| | | | | | |
|----|-------------------|----------------|---------|-----------|----------------|
| 1. | Ageeth de Haan | 't Tolhekke | 1:22.43 | 199901022 | 1:25.92 |
| 2. | Renske Daenen | V Z & P C | 1:27.08 | 199901792 | 1:28.41 |
| 3. | Merel Kraaijenhof | WS Twente | 1:24.11 | 199901428 | 1:29.23 |
| 4. | Lauri Lesscher | Z&PV de Veene | 1:27.83 | 199900318 | 1:29.80 |
| 5. | Gabriëlle Bolk | Swol 1894 | 1:26.89 | 199900344 | 1:29.85 |
| 6. | Nynke Wesselink | Dedemsvaart-AC | 1:27.48 | 199903424 | 1:30.02 |
| 7. | Marjon Kuilder | Z&PV de Veene | 1:28.32 | 199901160 | 1:32.16 |
| 8. | Marieke Nijland | Het Ravijn | 1:26.77 | 199903962 | 1:32.39 |
| 9. | Lianne Roescher | ZPC De Hof | 1:28.16 | 199900248 | 1:33.93 |

Jeugd 1

| | | | | | |
|-----|-----------------------|------------|---------|-----------|----------------|
| 1. | Annick van der Kraats | De Dinkel | 1:18.49 | 199800808 | 1:21.17 |
| 2. | Laurie Aarninkhof | De Dinkel | 1:20.98 | 199800822 | 1:23.64 |
| 3. | Eva Hagreis | WS Twente | 1:22.07 | 199800290 | 1:24.60 |
| 4. | Maaïke Doornwaard | Deltasteur | 1:25.29 | 199800264 | 1:29.08 |
| 5. | Julia Weustink | De Dinkel | 1:25.46 | 199801180 | 1:31.24 |
| 6. | Hadewig Curfs | Hera'11 | 1:27.29 | 199800492 | 1:31.39 |
| 7. | Lauri Weijkamp | Swol 1894 | 1:27.18 | 199804132 | 1:31.86 |
| DIS | Iris Bolink | Het Ravijn | 1:27.06 | 199801248 | |

AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.

Jeugd 2

| | | | | | |
|----|---------------------|------------------|---------|-----------|----------------|
| 1. | Demi Rothe | De Dinkel | 1:17.95 | 199703388 | 1:23.10 |
| 2. | Anouk Knippers | De Dinkel | 1:20.70 | 199700602 | 1:23.53 |
| 3. | Marleen Welten | Deltasteur | 1:24.11 | 199701526 | 1:26.89 |
| 4. | Lauren Bijen | O Z & P C | 1:27.23 | 199701362 | 1:28.32 |
| 5. | Nienke Griesen | ZV Scholtenhagen | 1:26.61 | 199701018 | 1:30.77 |
| 6. | Loek ten Broeke | Het Ravijn | 1:26.95 | 199704754 | 1:31.86 |
| 7. | Ayla Berg | Dedemsvaart-AC | 1:22.84 | 199703480 | 1:32.08 |
| 8. | Nienke van Scheepen | Steenwijk 1934 | 1:26.95 | 199704256 | 1:34.59 |

Senioren 1

| | | | | | |
|----|---------------|------------|---------|-----------|----------------|
| 1. | Maren Kuipers | ZPC De Hof | 1:18.84 | 199600062 | 1:22.56 |
|----|---------------|------------|---------|-----------|----------------|

Senioren Open

| | | | | | |
|----|--------------------|---------------|---------|-----------|----------------|
| 1. | Myrna Schasfoort | De Dinkel | 1:15.95 | 199300668 | 1:19.54 |
| 2. | Yvon Versteeg | Z&PV de Veene | 1:16.18 | 199201864 | 1:20.47 |
| 3. | Lonne Dijkhuis | De Dinkel | 1:16.45 | 199400030 | 1:21.77 |
| 4. | Désirée Hulsmeijer | Het Ravijn | 1:22.08 | 199001656 | 1:24.34 |
| 5. | Eva Visscher | Deltasteur | 1:21.68 | 199402722 | 1:24.68 |
| 6. | Iris Riezebos | Deltasteur | 1:21.76 | 199400114 | 1:25.66 |
| 7. | Chantal Meyerink | De Grunte | 1:23.20 | 199105212 | 1:25.94 |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 47
01-06-2013

Heren, 400m vrije slag

Senioren Open
Resultaten

| Rang | | | | | inschr.tijd | | eindtijd |
|-------------------|--|---------------|----------------|--|-------------|-----------|----------------|
| Junioren 1 | | | | | | | |
| 1. | Niels Hofmeijer | | WS Twente | | 4:48.88 | 200000699 | 4:52.17 |
| | 100m: 1:10.95 | 200m: 2:25.37 | 400m: 4:52.17 | | | | |
| 2. | Joost Padberg | | O Z & P C | | 5:10.92 | 200002451 | 5:09.73 |
| | 100m: 1:12.57 | 200m: 2:30.86 | 400m: 5:09.73 | | | | |
| 3. | Django Klos | | De Dinkel | | 5:09.71 | 200000595 | 5:24.29 |
| | 100m: 1:13.10 | 200m: 2:34.23 | 400m: 5:24.29 | | | | |
| DIS | Dennis Kamps | | O Z & P C | | 5:10.79 | 200000191 | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | | | |
| Junioren 2 | | | | | | | |
| 1. | Koen Brummelaar | | ZPC De Hof | | 4:37.86 | 199900047 | 4:37.95 |
| | 100m: 1:06.44 | 200m: 2:17.34 | 400m: 4:37.95 | | | | |
| 2. | Stef Poolman | | WS Twente | | 4:34.59 | 199900803 | 4:44.73 |
| | 100m: 1:06.04 | 200m: 2:19.42 | 400m: 4:44.73 | | | | |
| 3. | Pascal Bloemen | | De Dinkel | | 5:04.39 | 199900135 | 5:06.59 |
| | 100m: 1:09.73 | 200m: 2:24.34 | 400m: 5:06.59 | | | | |
| 4. | Laurens Spoelstra | | WS Twente | | 5:05.46 | 199901273 | 5:11.86 |
| | 100m: 1:12.16 | 200m: 2:31.64 | 400m: 5:11.86 | | | | |
| Junioren 3 | | | | | | | |
| 1. | Tom Laarhuis | | De Dinkel | | 4:12.59 | 199800309 | 4:24.78 |
| | 100m: 1:02.75 | 200m: 2:11.83 | 400m: 4:24.78 | | | | |
| 2. | Mart Kortman | | De Dinkel | | 4:32.07 | 199800357 | 4:37.36 |
| | 100m: 1:03.89 | 200m: 2:14.32 | 400m: 4:37.36 | | | | |
| 3. | Jeroen Boessenkool | | Dedemsvaart-AC | | 4:47.68 | 199800295 | 4:52.39 |
| | 100m: 1:07.32 | 200m: 2:21.20 | 400m: 4:52.39 | | | | |
| Junioren 4 | | | | | | | |
| 1. | Sepp Kalter | | Dedemsvaart-AC | | 4:33.12 | 199704327 | 4:37.10 |
| | 100m: 1:04.21 | 200m: 2:14.63 | 400m: 4:37.10 | | | | |
| 2. | Max de Ceuninck van Capelle | | Deltasteur | | 4:38.73 | 199701203 | 4:37.57 |
| | 100m: 1:06.20 | 200m: 2:18.10 | 400m: 4:37.57 | | | | |
| 3. | Michael Bolk | | Swol 1894 | | 4:35.60 | 199701599 | 4:39.47 |
| | 100m: 1:08.19 | 200m: 2:20.78 | 400m: 4:39.47 | | | | |
| 4. | Kars Veldkamp | | WS Twente | | 4:32.76 | 199700747 | 4:44.80 |
| | 100m: 1:06.11 | 200m: 2:19.45 | 400m: 4:44.80 | | | | |
| Jeugd 2 | | | | | | | |
| 1. | Damon Peperkamp | | De Dinkel | | 4:13.62 | 199501101 | 4:29.29 |
| | 100m: 1:02.00 | 200m: 2:09.36 | 400m: 4:29.29 | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 47, Heren, 400m vrije slag

Senioren 1

| | | | | | |
|----|-----------------|---------------|---------------|-----------|----------------|
| 1. | Jorden Theijink | WS Twente | 4:31.30 | 199400323 | 4:44.51 |
| | 100m: 1:05.29 | 200m: 2:17.54 | 400m: 4:44.51 | | |

Senioren Open

| | | | | | |
|----|------------------|----------------|---------------|-----------|----------------|
| 1. | Emiel Huisken | ZPC De Hof | 4:25.77 | 198501139 | 4:30.55 |
| | 100m: 1:01.60 | 200m: 2:10.47 | 400m: 4:30.55 | | |
| 2. | Richard Huisken | ZPC De Hof | 4:20.85 | 198501141 | 4:32.07 |
| | 100m: 1:01.86 | 200m: 2:10.02 | 400m: 4:32.07 | | |
| 3. | Pieter Pickhardt | ZPC De Hof | 4:24.89 | 198301657 | 4:36.06 |
| | 100m: 1:06.05 | 200m: 2:14.65 | 400m: 4:36.06 | | |
| 4. | Peter de Boer | Dedemsvaart-AC | 4:25.84 | 199206199 | 4:36.45 |
| | 100m: 1:03.70 | 200m: 2:14.80 | 400m: 4:36.45 | | |

Programmanr. 48
01-06-2013

Dames, 200m wisselslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|------------|---------------------|----------------|-------------|-----------|----------------|
| Junioren 1 | | | | | |
| 1. | Eline Brok | ZPC De Hof | 2:44.74 | 200100186 | 2:45.26 |
| 2. | Mathilde Stolmeijer | ZPC De Hof | 2:57.41 | 200100590 | 2:52.16 |
| 3. | Janneke Lenderink | De Dinkel | 2:51.98 | 200100328 | 2:54.00 |
| 4. | Kyra Montijn | Dedemsvaart-AC | 3:00.07 | 200101270 | 2:57.89 |
| 5. | Manon Post | Zignea | 2:52.44 | 200101824 | 2:58.64 |
| 6. | Brit Brandsma | Zignea | 2:52.42 | 200100026 | 2:59.39 |
| 7. | Tessa van de Belt | Dedemsvaart-AC | 3:01.42 | 200102056 | 3:01.86 |
| 8. | Manon Compagner | Dedemsvaart-AC | 3:02.96 | 200101710 | 3:01.93 |
| 9. | Julia Nibourg | De Dinkel | 2:58.67 | 200101776 | 3:02.72 |
| 10. | Chiméne Rakers | De Dinkel | 3:02.52 | 200101778 | 3:04.07 |
| 11. | Sarah Kits | WS Twente | 3:03.80 | 200101024 | 3:04.76 |
| 12. | Romée Beverdam | WS Twente | 2:58.15 | 200100158 | 3:07.29 |
| 13. | Zoè Slinkman | De Mors | 3:02.42 | 200100062 | 3:07.73 |
| Junioren 2 | | | | | |
| 1. | Iris Tjonk | WS Twente | 2:29.76 | 200004066 | 2:33.67 |
| 2. | Marit Boxum | ZVZwartsluis | 2:38.33 | 200000068 | 2:40.32 |
| 3. | Naomi Tjon-asoï | Dedemsvaart-AC | 2:50.02 | 200000394 | 2:47.64 |
| 4. | Romée Spin | De Dinkel | 2:43.60 | 200000724 | 2:48.70 |
| 5. | Myrthe Meier | De Grunte | 2:47.89 | 200001830 | 2:51.00 |
| 6. | Lindy Elkerbout | Z&PV de Veene | 2:49.41 | 200000604 | 2:53.51 |
| 7. | Esmee Hankamp | Dedemsvaart-AC | 2:48.51 | 200004132 | 2:55.00 |
| 8. | Lotte Rougoor | Dedemsvaart-AC | 2:48.29 | 200000774 | 2:55.67 |
| 9. | Lotte Breukelman | De Grunte | 2:50.88 | 200001828 | 2:57.20 |
| 10. | Marlin Klarenbeek | ZPC De Hof | 2:46.10 | 200000106 | 2:59.77 |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 48, Dames, 200m wisselslag

Junioren 3

| | | | | | |
|----|-------------------|---------------|---------|-----------|----------------|
| 1. | Gabriëlle Bolk | Swol 1894 | 2:37.16 | 199900344 | 2:38.48 |
| 2. | Laura Rolink | De Dinkel | 2:44.36 | 199902018 | 2:40.97 |
| 3. | Laura Stegge | De Dinkel | 2:42.45 | 199900262 | 2:46.61 |
| 4. | Lauri Lesscher | Z&PV de Veene | 2:44.11 | 199900318 | 2:49.78 |
| 5. | Marjon Kuilder | Z&PV de Veene | 2:46.82 | 199901160 | 2:50.72 |
| 6. | Merel Kraaijenhof | WS Twente | 2:46.20 | 199901428 | 2:58.92 |

Jeugd 1

| | | | | | |
|----|-----------------------|------------|---------|-----------|----------------|
| 1. | Sterre Mooiweer | ZPC De Hof | 2:29.07 | 199800236 | 2:32.20 |
| 2. | Laurie Aarninkhof | De Dinkel | 2:36.22 | 199800822 | 2:38.66 |
| 3. | Annick van der Kraats | De Dinkel | 2:38.79 | 199800808 | 2:42.32 |
| 4. | Mirjam de Raad | Deltasteur | 2:38.38 | 199800794 | 2:42.48 |
| 5. | Maaïke Doornwaard | Deltasteur | 2:41.69 | 199800264 | 2:43.08 |
| 6. | Julia Weustink | De Dinkel | 2:39.54 | 199801180 | 2:45.35 |
| 7. | Eva Hagreis | WS Twente | 2:40.18 | 199800290 | 2:47.70 |
| 8. | Eefje Slootweg | De Dinkel | 2:42.70 | 199800218 | 2:51.43 |

Jeugd 2

| | | | | | |
|----|--------------------|---------------|---------|-----------|----------------|
| 1. | Anouk Knippers | De Dinkel | 2:41.82 | 199700602 | 2:43.95 |
| 2. | Demi Rothe | De Dinkel | 2:36.42 | 199703388 | 2:44.15 |
| 3. | Anouk Rekers | Z&PV de Veene | 2:38.64 | 199703416 | 2:44.69 |
| 4. | Laura van der Neut | ZPC De Hof | 2:41.05 | 199700326 | 2:45.35 |
| 5. | Susan de Vries | Z&PV de Veene | 2:42.12 | 199700390 | 2:47.26 |

Senioren 1

| | | | | | |
|----|---------------|----------------|---------|-----------|----------------|
| 1. | Laura Hagreis | WS Twente | 2:33.85 | 199600548 | 2:37.80 |
| 2. | Joyce Mennink | Dedemsvaart-AC | 2:36.91 | 199601180 | 2:38.82 |
| 3. | Maren Kuipers | ZPC De Hof | 2:34.01 | 199600062 | 2:42.29 |

Senioren Open

| | | | | | |
|----|---------------------|-------------------|---------|-----------|----------------|
| 1. | Silke Oude Weernink | De Dinkel | 2:22.19 | 199002854 | 2:27.94 |
| 2. | Yvon Versteeg | Z&PV de Veene | 2:25.51 | 199201864 | 2:32.26 |
| 3. | Janine Kosse | Dedemsvaart-AC | 2:30.02 | 198702326 | 2:33.13 |
| 4. | Sietske Veldkamp | ZPC De Hof | 2:30.12 | 199501628 | 2:40.06 |
| 5. | Inge Menzo | Dedemsvaart-AC | 2:36.80 | 198802994 | 2:42.61 |
| 6. | Lonne Dijkhuis | De Dinkel | 2:34.77 | 199400030 | 2:48.67 |
| 7. | Martje Godschalk | DZ & PC de IJssel | 2:36.73 | 199001186 | 2:49.54 |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 49
01-06-2013

Jongens, 4 x 100m vrije slag

Junioren 4 en later
Resultaten

| Rang | | | inschr.tijd | | | eindtijd |
|----------------------------|---|----|-----------------------|--------------------|----------------|----------------|
| Junioren 4 en later | | | | | | |
| 1. | WS Twente 1 | | WS Twente | | 3:59.13 | 4:02.13 |
| | Niels Hofmeijer | 00 | 1:04.54 | Kars Veldkamp | 97 | |
| | Stef Poolman | 99 | | Hans-Jan Westerhof | 97 | |
| 2. | De Dinkel 1 | | De Dinkel | | 3:51.69 | 4:05.92 |
| | Mart Kortman | 98 | 59.23 | Tom Laarhuis | 98 | |
| | Django Klos | 00 | | Pascal Bloemen | 99 | |
| 3. | ZPC De Hof 1 | | ZPC De Hof | | 4:05.96 | 4:10.79 |
| | Jelte Veldkamp | 99 | 31.44 1:06.30 | Koen Brummelaar | 99 | |
| | Ties Traanman | 98 | | Martijn Wissink | 97 | |
| DIS | Dedemsvaart-AC 1 | | Dedemsvaart-AC | | 4:02.93 | |
| | <i>EA - Te vroeg overgenomen., dis 4e zwemmer</i> | | | | | |
| | Sepp Kalter | 97 | 58.67 | Andy Vermanen | 97 | |
| | Jeroen Boessenkool | 98 | | Lennard Bijker | 99 | |

Programmanr. 50
01-06-2013

Dames, 4 x 100m wisselslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | | eindtijd |
|----------------------|---|----|--------------------------|---------------------|----------------|----------------|
| Senioren Open | | | | | | |
| 1. | De Dinkel 1 | | De Dinkel | | 4:32.55 | 4:43.16 |
| | Laurette van der Woning | 99 | 1:12.29 | Silke Oude Weernink | 90 | |
| | Myrna Schasfoort | 93 | | Isabel Nibourg | 99 | |
| 2. | Dedemsvaart-AC 1 | | Dedemsvaart-AC | | 4:47.29 | 4:49.49 |
| | Laura Boessenkool | 94 | 1:12.68 | Joyce Mennink | 96 | |
| | Janine Kosse | 87 | | Inge Menzo | 88 | |
| 3. | ZPC De Hof 1 | | ZPC De Hof | | 4:37.09 | 4:49.80 |
| | Sterre Mooiweer | 98 | | Sietske Veldkamp | 95 | |
| | Maren Kuipers | 96 | | Laura van der Neut | 97 | |
| 4. | WS Twente 1 | | WS Twente | | 4:47.91 | 4:54.51 |
| | Iris Tjonk | 00 | 1:07.88 | Laura Hagreis | 96 | |
| | Michelle Hoogendoorn | 95 | | Merel Kraaijenhof | 99 | |
| 5. | Deltasteur 1 | | Deltasteur | | 4:48.19 | 4:57.82 |
| | Maike Doornwaard | 98 | 1:15.67 | Mirjam de Raad | 98 | |
| | Eva Visscher | 94 | | Naomi Hofsink | 94 | |
| 6. | de Veene 1 | | Z&PV de Veene | | 4:40.53 | 5:00.13 |
| | Anouk Rekers | 97 | | Susan de Vries | 97 | |
| | Yvon Versteeg | 92 | | Lauri Lesscher | 99 | |
| DIS | Het Ravijn 1 | | Het Ravijn | | 5:01.77 | |
| | <i>EA - Te vroeg overgenomen., dis 3e zwemmer</i> | | | | | |
| | Femke Pleizier, Marieke Nijland, Loek ten Broeke, Désirée Hulsmeyer | | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 51 Dames, 50m vlinderslag Senioren Open
02-06-2013 Resultaten

| Rang | | | inschr.tijd | | eindtijd | |
|---------------|----------------------|----------------|-------------|-----------|--------------|------|
| Senioren Open | | | | | | |
| 1. | Iris Tjonk | WS Twente | 31.59 | 200004066 | 30.21 | |
| 2. | Michelle Hoogendoorn | WS Twente | 31.30 | 199503718 | 30.44 | |
| 3. | Anouk Rekers | Z&PV de Veene | 31.07 | 199703416 | 30.61 | |
| 4. | Linda van der Hout | Piranha | 30.84 | 199300344 | 30.89 | |
| 5. | Laura van den Berg | Swol 1894 | 31.41 | 199100206 | 31.21 | |
| 6. | Isabel Nibourg | De Dinkel | 30.97 | 199900220 | 31.57 | FJ 1 |
| 7. | Laura Hagreis | WS Twente | 30.86 | 199600548 | 31.57 | FJ 2 |
| 8. | Joyce Mennink | Dedemsvaart-AC | 31.29 | 199601180 | 31.64 | FJ 1 |
| 9. | Iris Riezebos | Deltasteur | 31.42 | 199400114 | 31.64 | FJ 2 |
| 10. | Janine Kosse | Dedemsvaart-AC | 31.11 | 198702326 | 32.03 | FJ 1 |
| 11. | Maren Kuipers | ZPC De Hof | 30.70 | 199600062 | 32.03 | FJ 2 |
| 12. | Vera Kraijer | Swol 1894 | 31.76 | 199206688 | 32.22 | |

Programmanr. 52 Heren, 50m vrije slag Senioren Open
02-06-2013 Resultaten

| Rang | | | inschr.tijd | | eindtijd | |
|---------------|-----------------------------|----------------|-------------|-----------|--------------|------|
| Senioren Open | | | | | | |
| 1. | Tjerk van der Kieft | Piranha | 24.36 | 199001529 | 24.67 | |
| 2. | Peter de Boer | Dedemsvaart-AC | 24.57 | 199206199 | 25.30 | |
| 3. | Justin Doldersum | Deltasteur | 25.07 | 199700493 | 25.48 | |
| 4. | Stef Heijnekamp | WS Twente | 24.42 | 199401665 | 25.72 | |
| 5. | Jorden Theijink | WS Twente | 25.04 | 199400323 | 25.76 | |
| 6. | Emiel Huisken | ZPC De Hof | 26.08 | 198501139 | 25.82 | |
| 7. | Tom Laarhuis | De Dinkel | 24.68 | 199800309 | 25.86 | |
| | Michiel Jorink | ZVZwartsluis | 25.08 | 198701613 | 25.86 | |
| 9. | Karst Boersma | De Dinkel | 25.46 | 199600849 | 25.92 | |
| 10. | Henri Kragt | Deltasteur | 25.21 | 198701865 | 25.99 | |
| 11. | Jesper Kloek | Dedemsvaart-AC | 25.45 | 199001585 | 26.06 | |
| 12. | Rutger Kooistra | Het Ravijn | 25.20 | 199206257 | 26.11 | |
| 13. | Martijn Wissink | ZPC De Hof | 25.34 | 199701147 | 26.20 | |
| 14. | Lauren Vis | Steenwijk 1934 | 25.03 | 198201883 | 26.23 | |
| 15. | Willem-Jan Huisman | Steenwijk 1934 | 24.91 | 199402125 | 26.25 | |
| 16. | Damon Peperkamp | De Dinkel | 25.17 | 199501101 | 26.26 | |
| 17. | Max de Ceuninck van Capelle | Deltasteur | 25.93 | 199701203 | 26.46 | FJ 1 |
| 18. | Joey Nijboer | Het Ravijn | 25.86 | 199504659 | 26.46 | FJ 2 |
| 19. | Luc van Dijk | Hera'11 | 26.72 | 199802097 | 26.54 | |
| 20. | Jari Hofsink | Deltasteur | 26.29 | 199700535 | 26.59 | |
| 21. | Michael Bolk | Swol 1894 | 26.45 | 199701599 | 26.76 | |
| | Daniël de Wagt | Zignea | 25.80 | 199601339 | 26.76 | |
| | Wouter Oversteegen | Swol 1894 | 25.82 | 199505589 | 26.76 | |
| 24. | Rens van Amelsvoort | O Z & P C | 26.49 | 199700385 | 26.83 | |
| 25. | Mart Kortman | De Dinkel | 25.89 | 199800357 | 26.89 | |
| 26. | Albert Jan van Slooten | Zignea | 26.30 | 199800049 | 26.99 | |
| 27. | Kars Veldkamp | WS Twente | 26.51 | 199700747 | 27.07 | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 52, Heren, 50m vrije slag, Senioren Open

| Rang | | | inschr.tijd | | eindtijd | |
|------|--|------------------|-------------|-----------|--------------|------|
| 28. | Bas Neef | O Z & P C | 26.96 | 199800019 | 27.14 | |
| 29. | Wilco Nijenhuis | DZ & PC de IJsel | 26.06 | 199802463 | 27.26 | |
| 30. | Hans-Jan Westerhof | WS Twente | 27.57 | 199701481 | 27.34 | |
| 31. | Marc den Oudsten | WS Twente | 27.33 | 199800597 | 27.65 | |
| 32. | Stef Poolman | WS Twente | 27.52 | 199900803 | 27.76 | |
| 33. | Erik van der Linden | ZVZwartsuis | 27.32 | 199900311 | 27.94 | FJ 1 |
| 34. | Luc Nieuwenhuis | Het Ravijn | 26.82 | 199802185 | 27.94 | FJ 2 |
| 35. | Koen Brummelaar | ZPC De Hof | 27.58 | 199900047 | 28.30 | |
| 36. | Tobias Boers | WS Twente | 28.20 | 199800185 | 28.78 | |
| 37. | Niels Hofmeijer | WS Twente | 29.20 | 200000699 | 29.02 | |
| 38. | Pascal Bloemen | De Dinkel | 28.54 | 199900135 | 29.37 | |
| 39. | Lennart Muijzer | WS Twente | 30.23 | 199903587 | 29.45 | |
| 40. | Rico Rüdiger | WS Twente | 29.41 | 200001357 | 29.54 | |
| 41. | Dominique van Tolij | Dedemsvaart-AC | 29.26 | 199901719 | 30.08 | |
| 42. | Dennis Kamps | O Z & P C | 30.50 | 200000191 | 30.10 | |
| 43. | Timo de Vries | 't Tolhekke | 30.13 | 199900407 | 30.13 | |
| 44. | Tim Kampman | Hera'11 | 30.23 | 199900229 | 30.18 | FJ 1 |
| 45. | Nick van Scherrenburg | Zignea | 30.22 | 199902173 | 30.18 | FJ 2 |
| 46. | Joost Davina | O Z & P C | 31.49 | 200000205 | 30.30 | |
| 47. | Django Klos | De Dinkel | 29.68 | 200000595 | 30.38 | |
| 48. | Gerwin Eikenaar | De Dinkel | 30.67 | 200000689 | 30.63 | |
| 49. | Joost Padberg | O Z & P C | 30.37 | 200002451 | 30.79 | |
| 50. | Douwe Beunk | Zignea | 30.42 | 199903575 | 31.07 | |
| DIS | Lennard Bijker | Dedemsvaart-AC | 28.31 | 199901679 | | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | | |
| DIS | Rodger van de Velde | Dedemsvaart-AC | 27.85 | 199804155 | | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | | |

Junioren 1, 2, 3 en 4

| | | | | | | |
|-----|-----------------------------|------------------|-------|-----------|--------------|------|
| 1. | Justin Doldersum | Deltasteur | 25.07 | 199700493 | 25.48 | |
| 2. | Tom Laarhuis | De Dinkel | 24.68 | 199800309 | 25.86 | |
| 3. | Martijn Wissink | ZPC De Hof | 25.34 | 199701147 | 26.20 | |
| 4. | Max de Ceuninck van Capelle | Deltasteur | 25.93 | 199701203 | 26.46 | |
| 5. | Luc van Dijk | Hera'11 | 26.72 | 199802097 | 26.54 | |
| 6. | Jari Hofsink | Deltasteur | 26.29 | 199700535 | 26.59 | |
| 7. | Michael Bolk | Swol 1894 | 26.45 | 199701599 | 26.76 | |
| 8. | Rens van Amelsvoort | O Z & P C | 26.49 | 199700385 | 26.83 | |
| 9. | Mart Kortman | De Dinkel | 25.89 | 199800357 | 26.89 | |
| 10. | Albert Jan van Slooten | Zignea | 26.30 | 199800049 | 26.99 | |
| 11. | Kars Veldkamp | WS Twente | 26.51 | 199700747 | 27.07 | |
| 12. | Bas Neef | O Z & P C | 26.96 | 199800019 | 27.14 | |
| 13. | Wilco Nijenhuis | DZ & PC de IJsel | 26.06 | 199802463 | 27.26 | |
| 14. | Hans-Jan Westerhof | WS Twente | 27.57 | 199701481 | 27.34 | |
| 15. | Marc den Oudsten | WS Twente | 27.33 | 199800597 | 27.65 | |
| 16. | Stef Poolman | WS Twente | 27.52 | 199900803 | 27.76 | |
| 17. | Erik van der Linden | ZVZwartsuis | 27.32 | 199900311 | 27.94 | FJ 1 |
| 18. | Luc Nieuwenhuis | Het Ravijn | 26.82 | 199802185 | 27.94 | FJ 2 |
| 19. | Koen Brummelaar | ZPC De Hof | 27.58 | 199900047 | 28.30 | |
| 20. | Tobias Boers | WS Twente | 28.20 | 199800185 | 28.78 | |
| 21. | Niels Hofmeijer | WS Twente | 29.20 | 200000699 | 29.02 | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 52, Jongens, 50m vrije slag, Junioren 1, 2, 3 en 4

| Rang | | | inschr.tijd | | eindtijd |
|------|--|----------------|-------------|-----------|-------------------|
| 22. | Pascal Bloemen | De Dinkel | 28.54 | 199900135 | 29.37 |
| 23. | Lennart Muijzer | WS Twente | 30.23 | 199903587 | 29.45 |
| 24. | Rico Rüdiger | WS Twente | 29.41 | 200001357 | 29.54 |
| 25. | Dominique van Tolij | Dedemsvaart-AC | 29.26 | 199901719 | 30.08 |
| 26. | Dennis Kamps | O Z & P C | 30.50 | 200000191 | 30.10 |
| 27. | Timo de Vries | 't Tolhekke | 30.13 | 199900407 | 30.13 |
| 28. | Tim Kampman | Hera'11 | 30.23 | 199900229 | 30.18 FJ 1 |
| 29. | Nick van Scherrenburg | Zignea | 30.22 | 199902173 | 30.18 FJ 2 |
| 30. | Joost Davina | O Z & P C | 31.49 | 200000205 | 30.30 |
| 31. | Django Klos | De Dinkel | 29.68 | 200000595 | 30.38 |
| 32. | Gerwin Eikenaar | De Dinkel | 30.67 | 200000689 | 30.63 |
| 33. | Joost Padberg | O Z & P C | 30.37 | 200002451 | 30.79 |
| 34. | Douwe Beunk | Zignea | 30.42 | 199903575 | 31.07 |
| DIS | Lennard Bijker | Dedemsvaart-AC | 28.31 | 199901679 | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | |
| DIS | Rodger van de Velde | Dedemsvaart-AC | 27.85 | 199804155 | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | |

Programmanr. 53
02-06-2013

Dames, 4 x 100m vrije slag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|----------------------|-----------------------|----------------|-------------|----------------------|----------------|
| Senioren Open | | | | | |
| 1. | WS Twente 1 | WS Twente | 4:07.64 | | 4:13.23 |
| | Merel Kraaijenhof | 99 | 1:08.80 | Laura Hagreis | 96 |
| | Lindy Nijhuis | 97 | | Michelle Hoogendoorn | 95 |
| 2. | ZPC De Hof 1 | ZPC De Hof | 4:06.52 | | 4:14.39 |
| | Laura van der Neut | 97 | 1:05.20 | Maren Kuipers | 96 |
| | Kimberley Kranenberg | 94 | | Sterre Mooiweer | 98 |
| 3. | De Dinkel 1 | De Dinkel | 4:11.61 | | 4:17.20 |
| | Laurie Aarninkhof | 98 | 1:04.39 | Demi Rothe | 97 |
| | Laura Stegge | 99 | | Isabel Nibourg | 99 |
| 4. | Dedemsvaart-AC 1 | Dedemsvaart-AC | 4:14.02 | | 4:18.48 |
| | Laura Boessenkool | 94 | 1:06.13 | Janine Kosse | 87 |
| | Joyce Mennink | 96 | | Inge Menzo | 88 |
| 5. | Deltasteur 1 | Deltasteur | 4:14.98 | | 4:19.67 |
| | Mirjam de Raad | 98 | 1:03.97 | Maaïke Doornwaard | 98 |
| | Eva Visscher | 94 | | Naomi Hofsink | 94 |
| 6. | De Dinkel 2 | De Dinkel | 4:12.14 | | 4:21.45 |
| | Annick van der Kraats | 98 | 1:04.00 | Marlijn Dijkhuis | 97 |
| | Laura Rolink | 99 | | Emma Weustink | 98 |
| 7. | Het Ravijn 1 | Het Ravijn | 4:30.05 | | 4:38.74 |
| | Femke Pleizier | 96 | 1:11.64 | Désirée Hulsmeijer | 90 |
| | Romee Nijboer | 98 | | Loek ten Broeke | 97 |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 54
02-06-2013

Heren, 200m vlinderslag

Senioren Open
Resultaten

| Rang | | | | | inschr.tijd | | eindtijd |
|---------------|------------------|---------------|----------------|--|-------------|-----------|----------------|
| Junioren 2 | | | | | | | |
| 1. | Stef Poolman | | WS Twente | | 2:35.45 | 199900803 | 2:41.20 |
| | 100m: 1:12.45 | 200m: 2:41.20 | | | | | |
| Junioren 4 | | | | | | | |
| 1. | Sepp Kalter | | Dedemsvaart-AC | | 2:22.92 | 199704327 | 2:27.39 |
| | 100m: 1:08.51 | 200m: 2:27.39 | | | | | |
| Jeugd 2 | | | | | | | |
| 1. | Damon Peperkamp | | De Dinkel | | 2:22.13 | 199501101 | 2:26.96 |
| | 100m: 1:06.18 | 200m: 2:26.96 | | | | | |
| Senioren Open | | | | | | | |
| 1. | Pieter Pickhardt | | ZPC De Hof | | 2:23.45 | 198301657 | 2:26.60 |
| | 100m: 1:08.39 | 200m: 2:26.60 | | | | | |

Programmanr. 55
02-06-2013

Dames, 100m rugslag

Senioren Open
Resultaten

| Rang | | | | | inschr.tijd | | eindtijd |
|------------|---------------------|--|----------------|--|-------------|-----------|----------------|
| Junioren 1 | | | | | | | |
| 1. | Eline Brok | | ZPC De Hof | | 1:16.13 | 200100186 | 1:16.18 |
| 2. | Mathilde Stolmeijer | | ZPC De Hof | | 1:16.03 | 200100590 | 1:16.64 |
| 3. | Janneke Lenderink | | De Dinkel | | 1:22.02 | 200100328 | 1:20.55 |
| 4. | Manon Compagner | | Dedemsvaart-AC | | 1:21.42 | 200101710 | 1:21.56 |
| 5. | Brit Brandsma | | Zignea | | 1:19.46 | 200100026 | 1:23.07 |
| 6. | Manon Post | | Zignea | | 1:21.03 | 200101824 | 1:23.45 |
| Junioren 2 | | | | | | | |
| 1. | Iris Tjonk | | WS Twente | | 1:05.67 | 200004066 | 1:03.20 |
| | <i>KRINGRECORD</i> | | | | | | |
| 2. | Marit Boxum | | ZVZwartsluis | | 1:09.70 | 200000068 | 1:09.94 |
| 3. | Lotte Rougoor | | Dedemsvaart-AC | | 1:16.03 | 200000774 | 1:15.16 |
| 4. | Romée Spin | | De Dinkel | | 1:14.88 | 200000724 | 1:18.33 |
| 5. | Myrthe Meier | | De Grunte | | 1:17.23 | 200001830 | 1:19.32 |
| 6. | Lotte Breukelman | | De Grunte | | 1:19.56 | 200001828 | 1:20.63 |
| 7. | Lindy Elkerbout | | Z&PV de Veene | | 1:19.65 | 200000604 | 1:21.76 |
| 8. | Kayleigh Westenberg | | Z&PV de Veene | | 1:17.36 | 200004064 | 1:22.02 |
| 9. | Marlin Klarenbeek | | ZPC De Hof | | 1:18.90 | 200000106 | 1:22.39 |
| 10. | Melissa van Raalte | | Swol 1894 | | 1:18.48 | 200004158 | 1:22.96 |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 55, Dames, 100m rugslag

Junioren 3

| | | | | | |
|-----|-------------------------|---------------|---------|-----------|----------------|
| 1. | Laurette van der Woning | De Dinkel | 1:10.24 | 199900974 | 1:13.77 |
| 2. | Laura Rolink | De Dinkel | 1:14.39 | 199902018 | 1:14.64 |
| 3. | Naomi Klein | ZPC De Hof | 1:16.92 | 199902086 | 1:16.11 |
| 4. | Merel Kraaijenhof | WS Twente | 1:15.28 | 199901428 | 1:16.30 |
| 5. | Lianne Roescher | ZPC De Hof | 1:15.78 | 199900248 | 1:16.56 |
| 6. | Laura Stegge | De Dinkel | 1:10.68 | 199900262 | 1:16.73 |
| 7. | Lauri Lesscher | Z&PV de Veene | 1:13.49 | 199900318 | 1:16.89 |
| 8. | Gabriëlle Bolk | Swol 1894 | 1:17.26 | 199900344 | 1:17.82 |
| 9. | Linde Haverkate | ZPC De Hof | 1:13.80 | 199900244 | 1:18.48 |
| 10. | Marjon Kuilder | Z&PV de Veene | 1:16.58 | 199901160 | 1:18.66 |

Jeugd 1

| | | | | | |
|----|--------------------|----------------|---------|-----------|----------------|
| 1. | Sterre Mooiweer | ZPC De Hof | 1:05.51 | 199800236 | 1:07.80 |
| 2. | Maaïke Doornwaard | Deltasteur | 1:13.32 | 199800264 | 1:11.98 |
| 3. | Eefje Slootweg | De Dinkel | 1:11.32 | 199800218 | 1:12.85 |
| 4. | Julia Weustink | De Dinkel | 1:16.04 | 199801180 | 1:16.14 |
| 5. | Laura Compagner | Dedemsvaart-AC | 1:14.32 | 199804602 | 1:16.24 |
| 6. | Mirjam de Raad | Deltasteur | 1:13.91 | 199800794 | 1:18.02 |
| 7. | Geralda Woolderink | Z&PV de Veene | 1:15.60 | 199801696 | 1:19.67 |
| 8. | Rosan Hans | Dedemsvaart-AC | 1:15.80 | 199803200 | 1:20.16 |
| 9. | Annelies Brinkman | Dedemsvaart-AC | 1:16.05 | 199801772 | 1:20.30 |

Jeugd 2

| | | | | | |
|----|-----------------|----------------|---------|-----------|----------------|
| 1. | Anouk Rekers | Z&PV de Veene | 1:08.22 | 199703416 | 1:10.45 |
| 2. | Ayla Berg | Dedemsvaart-AC | 1:13.84 | 199703480 | 1:16.02 |
| 3. | Loek ten Broeke | Het Ravijn | 1:15.24 | 199704754 | 1:17.32 |
| 4. | Anouk Knippers | De Dinkel | 1:15.16 | 199700602 | 1:17.40 |
| 5. | Susan de Vries | Z&PV de Veene | 1:14.59 | 199700390 | 1:18.36 |

Senioren 1

| | | | | | |
|----|-------------------------|----------------|---------|-----------|----------------|
| 1. | Joyce Mennink | Dedemsvaart-AC | 1:09.36 | 199601180 | 1:11.82 |
| 2. | Veronique van der Velde | WS Twente | 1:10.73 | 199601740 | 1:15.70 |
| 3. | Femke Pleizier | Het Ravijn | 1:12.96 | 199605646 | 1:17.64 |
| 4. | Amber IJzebrink | Dedemsvaart-AC | 1:12.33 | 199602258 | 1:18.86 |

Senioren Open

| | | | | | |
|----|----------------------|----------------|---------|-----------|----------------|
| 1. | Naomi Hofsink | Deltasteur | 1:10.12 | 199402508 | 1:12.82 |
| 2. | Inge Menzo | Dedemsvaart-AC | 1:11.47 | 198802994 | 1:13.02 |
| 3. | Lianne Verhoef | ZPC De Hof | 1:12.46 | 199501004 | 1:15.04 |
| 4. | Vera Kraijer | Swol 1894 | 1:12.60 | 199206688 | 1:16.14 |
| 5. | Kimberley Kranenberg | ZPC De Hof | 1:12.64 | 199400292 | 1:17.36 |
| 6. | Iris Riezebos | Deltasteur | 1:12.48 | 199400114 | 1:18.86 |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 56
02-06-2013

Heren, 100m vrije slag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|--|-----------------------------|-------------------|-------------|-----------|----------------|
| Junioren 1 | | | | | |
| 1. | Niels Hofmeijer | WS Twente | 1:03.88 | 200000699 | 1:04.91 |
| 2. | Dennis Kamps | O Z & P C | 1:06.85 | 200000191 | 1:05.44 |
| 3. | Django Klos | De Dinkel | 1:04.96 | 200000595 | 1:06.33 |
| 4. | Joost Padberg | O Z & P C | 1:06.41 | 200002451 | 1:06.44 |
| 5. | Rico Rüdiger | WS Twente | 1:06.20 | 200001357 | 1:08.30 |
| Junioren 2 | | | | | |
| 1. | Koen Brummelaar | ZPC De Hof | 59.50 | 199900047 | 1:01.14 |
| 2. | Stef Poolman | WS Twente | 58.76 | 199900803 | 1:01.42 |
| 3. | Erik van der Linden | ZVZwartsluis | 59.27 | 199900311 | 1:03.07 |
| 4. | Pascal Bloemen | De Dinkel | 1:03.38 | 199900135 | 1:04.76 |
| 5. | Lennard Bijker | Dedemsvaart-AC | 1:05.12 | 199901679 | 1:05.98 |
| 6. | Lennart Muijzer | WS Twente | 1:05.67 | 199903587 | 1:06.42 |
| Junioren 3 | | | | | |
| 1. | Tom Laarhuis | De Dinkel | 53.71 | 199800309 | 56.43 |
| 2. | Mart Kortman | De Dinkel | 56.74 | 199800357 | 59.33 |
| 3. | Luc van Dijk | Hera'11 | 58.70 | 199802097 | 59.47 |
| 4. | Albert Jan van Slooten | Zignea | 58.13 | 199800049 | 1:00.08 |
| 5. | Bas Neef | O Z & P C | 59.49 | 199800019 | 1:00.36 |
| 6. | Luc Nieuwenhuis | Het Ravijn | 59.16 | 199802185 | 1:01.14 |
| 7. | Twan Eenkhoorn | WS Twente | 1:00.51 | 199801629 | 1:01.52 |
| 8. | Marc den Oudsten | WS Twente | 1:00.41 | 199800597 | 1:02.59 |
| 9. | Wilco Nijenhuis | DZ & PC de IJssel | 58.85 | 199802463 | 1:02.75 |
| Junioren 4 | | | | | |
| 1. | Justin Doldersum | Deltasteur | 54.95 | 199700493 | 56.53 |
| 2. | Jari Hofsink | Deltasteur | 57.67 | 199700535 | 58.13 |
| 3. | Max de Ceuninck van Capelle | Deltasteur | 56.08 | 199701203 | 58.39 |
| 4. | Michael Bolk | Swol 1894 | 58.02 | 199701599 | 58.48 |
| 5. | Martijn Wissink | ZPC De Hof | 57.70 | 199701147 | 58.89 |
| 6. | Kars Veldkamp | WS Twente | 57.01 | 199700747 | 59.07 |
| 7. | Jesse Derk van Schravendijk | WS Twente | 58.20 | 199701479 | 59.27 |
| 8. | Hans-Jan Westerhof | WS Twente | 59.48 | 199701481 | 1:00.10 |
| DIS | Sepp Kalter | Dedemsvaart-AC | 58.36 | 199704327 | |
| <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | | |
| Jeugd 1 | | | | | |
| 1. | Karst Boersma | De Dinkel | 55.25 | 199600849 | 56.13 |
| 2. | Tristan Wiegmann | WS Twente | 57.60 | 199600055 | 59.24 |
| 3. | Daniël de Wagt | Zignea | 56.74 | 199601339 | 1:00.89 |
| 4. | Dinand Schutte | Deltasteur | 58.88 | 199600335 | 1:01.86 |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 56, Heren, 100m vrije slag

Jeugd 2

| | | | | | |
|----|--------------------|------------|-------|-----------|----------------|
| 1. | Joey Nijboer | Het Ravijn | 57.45 | 199504659 | 59.80 |
| 2. | Coen Reukers | De Dinkel | 58.51 | 199500213 | 59.98 |
| 3. | Wouter Oversteegen | Swol 1894 | 57.74 | 199505589 | 1:00.07 |

Senioren 1

| | | | | | |
|----|--------------------|----------------|-------|-----------|--------------|
| 1. | Jorden Theijink | WS Twente | 53.88 | 199400323 | 55.71 |
| 2. | Stef Heijnekamp | WS Twente | 53.69 | 199401665 | 57.27 |
| 3. | Willem-Jan Huisman | Steenwijk 1934 | 56.50 | 199402125 | 59.26 |

Senioren Open

| | | | | | |
|----|---------------------|----------------|-------|-----------|--------------|
| 1. | Tjerk van der Kieft | Piranha | 55.52 | 199001529 | 55.86 |
| 2. | Peter de Boer | Dedemsvaart-AC | 55.23 | 199206199 | 56.44 |
| 3. | Michiel Jorink | ZVZwartsluis | 54.65 | 198701613 | 56.46 |
| 4. | Emiel Huisken | ZPC De Hof | 56.15 | 198501139 | 56.91 |
| 5. | Henri Kragt | Deltasteur | 55.39 | 198701865 | 57.20 |
| 6. | Lauren Vis | Steenwijk 1934 | 54.67 | 198201883 | 57.27 |
| 7. | Jesper Kloek | Dedemsvaart-AC | 56.52 | 199001585 | 58.62 |

Programmanr. 57
02-06-2013

Dames, 200m vrije slag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | | eindtijd |
|-------------------|--|----------------|-------------|-----------|----------------|----------|
| Junioren 1 | | | | | | |
| 1. | Mathilde Stolmeijer | ZPC De Hof | 2:32.07 | 200100590 | 2:29.89 | |
| | 100m: 1:12.51 | 200m: 2:29.89 | | | | |
| 2. | Janneke Lenderink | De Dinkel | 2:34.20 | 200100328 | 2:31.97 | |
| | 100m: 1:13.48 | 200m: 2:31.97 | | | | |
| 3. | Manon Compagner | Dedemsvaart-AC | 2:39.38 | 200101710 | 2:40.08 | |
| | 100m: 1:18.83 | 200m: 2:40.08 | | | | |
| 4. | Chiméne Rakers | De Dinkel | 2:40.49 | 200101778 | 2:40.67 | |
| | 100m: 1:18.92 | 200m: 2:40.67 | | | | |
| 5. | Julia Nibourg | De Dinkel | 2:37.09 | 200101776 | 2:41.12 | |
| | 100m: 1:19.26 | 200m: 2:41.12 | | | | |
| 6. | Romée Beverdam | WS Twente | 2:39.51 | 200100158 | 2:43.86 | |
| | 100m: 1:20.32 | 200m: 2:43.86 | | | | |
| 7. | Brit Brandsma | Zignea | 2:39.03 | 200100026 | 2:45.23 | |
| | 100m: 1:18.99 | 200m: 2:45.23 | | | | |
| DIS | Eline Brok | ZPC De Hof | 2:27.76 | 200100186 | | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 57, Dames, 200m vrije slag

Junioren 2

| | | | | | | |
|-----|--|---------------|----------------|---------|-----------|----------------|
| 1. | Iris Tjonk | | WS Twente | 2:13.07 | 200004066 | 2:17.64 |
| | 100m: 1:07.51 | 200m: 2:17.64 | | | | |
| 2. | Marit Boxum | | ZVZwartsluis | 2:26.02 | 200000068 | 2:24.29 |
| | 100m: 1:10.16 | 200m: 2:24.29 | | | | |
| 3. | Naomi Tjon-asoi | | Dedemsvaart-AC | 2:27.10 | 200000394 | 2:25.20 |
| | 100m: 1:10.02 | 200m: 2:25.20 | | | | |
| 4. | Romée Spin | | De Dinkel | 2:19.30 | 200000724 | 2:26.13 |
| | 100m: 1:11.10 | 200m: 2:26.13 | | | | |
| 5. | Myrthe Meier | | De Grunte | 2:30.32 | 200001830 | 2:27.40 |
| | 100m: 1:11.59 | 200m: 2:27.40 | | | | |
| 6. | Marlin Klarenbeek | | ZPC De Hof | 2:25.07 | 200000106 | 2:33.02 |
| | 100m: 1:12.21 | 200m: 2:33.02 | | | | |
| 7. | Lotte Breukelman | | De Grunte | 2:27.54 | 200001828 | 2:34.86 |
| | 100m: 1:15.29 | 200m: 2:34.86 | | | | |
| 8. | Esmee Hankamp | | Dedemsvaart-AC | 2:29.97 | 200004132 | 2:36.28 |
| | 100m: 1:15.15 | 200m: 2:36.28 | | | | |
| DIS | Michelle Zomerdijk | | Dedemsvaart-AC | 2:30.38 | 200003196 | |
| | <i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i> | | | | | |

Junioren 3

| | | | | | | |
|----|-------------------------|---------------|---------------|---------|-----------|----------------|
| 1. | Gabriëlle Bolk | | Swol 1894 | 2:14.65 | 199900344 | 2:15.30 |
| | 100m: 1:05.93 | 200m: 2:15.30 | | | | |
| 2. | Laura Rolink | | De Dinkel | 2:23.86 | 199902018 | 2:22.45 |
| | 100m: 1:09.45 | 200m: 2:22.45 | | | | |
| 3. | Laura Stegge | | De Dinkel | 2:18.61 | 199900262 | 2:26.81 |
| | 100m: 1:11.85 | 200m: 2:26.81 | | | | |
| 4. | Laurette van der Woning | | De Dinkel | 2:23.89 | 199900974 | 2:28.08 |
| | 100m: 1:09.87 | 200m: 2:28.08 | | | | |
| 5. | Merel Kraaijenhof | | WS Twente | 2:26.24 | 199901428 | 2:28.51 |
| | 100m: 1:13.86 | 200m: 2:28.51 | | | | |
| 6. | Lauri Lesscher | | Z&PV de Veene | 2:22.76 | 199900318 | 2:29.08 |
| | 100m: 1:11.47 | 200m: 2:29.08 | | | | |
| 7. | Isabel Nibourg | | De Dinkel | 2:20.06 | 199900220 | 2:30.78 |
| | 100m: 1:11.07 | 200m: 2:30.78 | | | | |
| 8. | Lianne Roescher | | ZPC De Hof | 2:25.65 | 199900248 | 2:33.99 |
| | 100m: 1:15.59 | 200m: 2:33.99 | | | | |

Jeugd 1

| | | | | | | |
|----|-----------------------|---------------|------------|---------|-----------|----------------|
| 1. | Sterre Mooiweer | | ZPC De Hof | 2:10.96 | 199800236 | 2:13.80 |
| | 100m: 1:05.24 | 200m: 2:13.80 | | | | |
| 2. | Annick van der Kraats | | De Dinkel | 2:22.66 | 199800808 | 2:22.07 |
| | 100m: 1:08.41 | 200m: 2:22.07 | | | | |
| 3. | Mirjam de Raad | | Deltasteur | 2:21.90 | 199800794 | 2:22.11 |
| | 100m: 1:08.71 | 200m: 2:22.11 | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5 - 2-6-2013

Programmanr. 57, Meisjes, 200m vrije slag, Jeugd 1

| Rang | | | | inschr.tijd | | eindtijd |
|------|-------------------|---------------|------------|-------------|-----------|----------------|
| 4. | Julia Weustink | | De Dinkel | 2:20.98 | 199801180 | 2:22.80 |
| | 100m: 1:09.45 | 200m: 2:22.80 | | | | |
| 5. | Maaïke Doornwaard | | Deltasteur | 2:20.20 | 199800264 | 2:23.27 |
| | 100m: 1:09.47 | 200m: 2:23.27 | | | | |
| 6. | Laurie Aarninkhof | | De Dinkel | 2:22.02 | 199800822 | 2:23.60 |
| | 100m: 1:09.45 | 200m: 2:23.60 | | | | |
| 7. | Emma Weustink | | De Dinkel | 2:21.69 | 199801184 | 2:27.98 |
| | 100m: 1:10.36 | 200m: 2:27.98 | | | | |

Jeugd 2

| | | | | | | |
|----|--------------------|---------------|---------------|---------|-----------|----------------|
| 1. | Lindy Nijhuis | | WS Twente | 2:12.23 | 199700010 | 2:15.93 |
| | 100m: 1:05.66 | 200m: 2:15.93 | | | | |
| 2. | Demi Rothe | | De Dinkel | 2:15.60 | 199703388 | 2:21.39 |
| | 100m: 1:08.55 | 200m: 2:21.39 | | | | |
| 3. | Anouk Rekers | | Z&PV de Veene | 2:18.48 | 199703416 | 2:22.79 |
| | 100m: 1:09.79 | 200m: 2:22.79 | | | | |
| 4. | Laura van der Neut | | ZPC De Hof | 2:17.36 | 199700326 | 2:23.33 |
| | 100m: 1:08.72 | 200m: 2:23.33 | | | | |
| 5. | Anouk Knippers | | De Dinkel | 2:20.01 | 199700602 | 2:24.53 |
| | 100m: 1:09.61 | 200m: 2:24.53 | | | | |
| 6. | Marlijn Dijkhuis | | De Dinkel | 2:18.95 | 199700600 | 2:33.94 |
| | 100m: 1:12.73 | 200m: 2:33.94 | | | | |

Senioren 1

| | | | | | | |
|----|--------------------|---------------|----------------|---------|-----------|----------------|
| 1. | Laura Hagreis | | WS Twente | 2:11.49 | 199600548 | 2:17.68 |
| | 100m: 1:06.63 | 200m: 2:17.68 | | | | |
| 2. | Maren Kuipers | | ZPC De Hof | 2:15.70 | 199600062 | 2:20.81 |
| | 100m: 1:09.08 | 200m: 2:20.81 | | | | |
| 3. | Joyce Mennink | | Dedemsvaart-AC | 2:20.96 | 199601180 | 2:24.86 |
| | 100m: 1:10.36 | 200m: 2:24.86 | | | | |
| 4. | Janneke ten Brinke | | ZPC De Hof | 2:20.38 | 199601334 | 2:25.70 |
| | 100m: 1:08.86 | 200m: 2:25.70 | | | | |

Senioren Open

| | | | | | | |
|----|--------------------|---------------|----------------|---------|-----------|----------------|
| 1. | Linda van der Hout | | Piranha | 2:14.39 | 199300344 | 2:16.64 |
| | 100m: 1:04.67 | 200m: 2:16.64 | | | | |
| 2. | Naomi Hofsink | | Deltasteur | 2:15.86 | 199402508 | 2:17.29 |
| | 100m: 1:05.54 | 200m: 2:17.29 | | | | |
| 3. | Janine Kosse | | Dedemsvaart-AC | 2:14.69 | 198702326 | 2:20.81 |
| | 100m: 1:08.62 | 200m: 2:20.81 | | | | |
| 4. | Inge Menzo | | Dedemsvaart-AC | 2:17.13 | 198802994 | 2:28.64 |
| | 100m: 1:10.45 | 200m: 2:28.64 | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 58
02-06-2013

Heren, 200m rugslag

Senioren Open
Resultaten

| Rang | | | | | inschr.tijd | | eindtijd |
|-------------------|-----------------------------|---------------|----------------|--|-------------|-----------|----------------|
| Junioren 1 | | | | | | | |
| 1. | Rico Rüdiger | | WS Twente | | 2:44.07 | 200001357 | 2:46.36 |
| | 100m: 1:24.64 | 200m: 2:46.36 | | | | | |
| 2. | Jurre ten Dam | | WS Twente | | 2:45.13 | 200003107 | 2:49.20 |
| | 100m: 1:23.70 | 200m: 2:49.20 | | | | | |
| 3. | Django Klos | | De Dinkel | | 2:42.82 | 200000595 | 2:50.35 |
| | 100m: 1:24.58 | 200m: 2:50.35 | | | | | |
| Junioren 2 | | | | | | | |
| 1. | Koen Brummelaar | | ZPC De Hof | | 2:17.95 | 199900047 | 2:25.62 |
| | 100m: 1:11.43 | 200m: 2:25.62 | | | | | |
| 2. | Stef Poolman | | WS Twente | | 2:35.42 | 199900803 | 2:34.89 |
| | 100m: 1:15.91 | 200m: 2:34.89 | | | | | |
| 3. | Erik van der Linden | | ZVZwartsluis | | 2:32.12 | 199900311 | 2:35.45 |
| | 100m: 1:17.65 | 200m: 2:35.45 | | | | | |
| 4. | Pascal Bloemen | | De Dinkel | | 2:34.28 | 199900135 | 2:42.54 |
| | 100m: 1:19.80 | 200m: 2:42.54 | | | | | |
| Junioren 3 | | | | | | | |
| 1. | Tom Laarhuis | | De Dinkel | | 2:05.52 | 199800309 | 2:18.23 |
| | 100m: 1:05.63 | 200m: 2:18.23 | | | | | |
| 2. | Twan Eenkhoorn | | WS Twente | | 2:29.01 | 199801629 | 2:29.41 |
| | 100m: 1:12.43 | 200m: 2:29.41 | | | | | |
| 3. | Robin Dekker | | De Grunte | | 2:32.78 | 199802689 | 2:35.04 |
| | 100m: 1:14.89 | 200m: 2:35.04 | | | | | |
| 4. | Mart Kortman | | De Dinkel | | 2:31.63 | 199800357 | 2:38.06 |
| | 100m: 1:17.84 | 200m: 2:38.06 | | | | | |
| Junioren 4 | | | | | | | |
| 1. | Jari Hofsink | | Deltasteur | | 2:19.04 | 199700535 | 2:22.43 |
| | 100m: 1:07.18 | 200m: 2:22.43 | | | | | |
| 2. | Justin Doldersum | | Deltasteur | | 2:17.76 | 199700493 | 2:25.32 |
| | 100m: 1:10.36 | 200m: 2:25.32 | | | | | |
| 3. | Sepp Kalter | | Dedemsvaart-AC | | 2:19.67 | 199704327 | 2:28.48 |
| | 100m: 1:12.02 | 200m: 2:28.48 | | | | | |
| 4. | Jesse Derk van Schravendijk | | WS Twente | | 2:24.96 | 199701479 | 2:36.02 |
| | 100m: 1:15.20 | 200m: 2:36.02 | | | | | |
| 5. | Kars Veldkamp | | WS Twente | | 2:28.13 | 199700747 | 2:38.78 |
| | 100m: 1:17.15 | 200m: 2:38.78 | | | | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 58, Heren, 200m rugslag

Jeugd 1

1. Karst Boersma De Dinkel 2:14.48 199600849 **2:22.76**
100m: 1:08.42 200m: 2:22.76

NG Daniël de Wagt Zignea 2:25.04 199601339

Jeugd 2

1. Damon Peperkamp De Dinkel 2:14.95 199501101 **2:25.61**
100m: 1:10.20 200m: 2:25.61

Senioren 1

1. Willem-Jan Huisman Steenwijk 1934 2:19.54 199402125 **2:27.13**
100m: 1:11.11 200m: 2:27.13

2. Sjoerd Nijhof ZPC De Hof 2:23.95 199401117 **2:30.45**
100m: 1:11.73 200m: 2:30.45

Senioren Open

1. Rense Loohuis De Dinkel 2:09.53 199101477 **2:16.96**
100m: 1:07.02 200m: 2:16.96

2. Wessel Everloo Z&PV de Veene 2:21.95 198906597 **2:24.16**
100m: 1:11.13 200m: 2:24.16

3. Bram Romkes Dedemsvaart-AC 2:22.12 198602595 **2:29.08**
100m: 1:10.78 200m: 2:29.08

Programmanr. 59
02-06-2013

Meisjes, 4 x 100m wisselslag

Junioren 3 en later
Resultaten

| Rang | | | inschr.tijd | | | eindtijd |
|----------------------------|-------------------------|----------------|-----------------|----|--|---------------------|
| Junioren 3 en later | | | | | | |
| 1. | De Dinkel 1 | De Dinkel | 5:06.68 | | | 5:01.46 |
| | Laurette van der Woning | 99 1:13.16 | Laura Stegge | 99 | | |
| | Romée Spin | 00 | Irem Tijhuis | 99 | | |
| 2. | de Veene 2 | Z&PV de Veene | 5:05.17 | | | 5:13.03 |
| | Lauri Lesscher | 99 1:18.81 | Marjon Kuilder | 99 | | |
| | Madelijne Schothans | 00 | Lindy Elkerbout | 00 | | |
| 3. | De Dinkel 2 | De Dinkel | 4:55.76 | | | 5:14.23 FJ 1 |
| | Laura Rolink | 99 1:14.60 | Isabel Nibourg | 99 | | |
| | Janneke Lenderink | 01 | Julia Nibourg | 01 | | |
| 4. | ZPC De Hof 1 | ZPC De Hof | 5:04.32 | | | 5:14.23 FJ 2 |
| | Linde Haverkate | 99 1:19.09 | Eline Brok | 01 | | |
| | Marlin Klarenbeek | 00 | Naomi Klein | 99 | | |
| 5. | Swol 1894 1 | Swol 1894 | 5:17.13 | | | 5:20.89 |
| | Djamilla Gerner | 99 1:18.36 | Gabriëlle Bolk | 99 | | |
| | Lisa van der Struik | 00 | Nian Vervoort | 99 | | |
| 6. | Dedemsvaart-AC 1 | Dedemsvaart-AC | 5:09.91 | | | 5:24.89 |
| | Lise Klein Ganseij | 99 1:21.26 | Lotte Rougoor | 00 | | |
| | Nynke Wesselink | 99 | Naomi Tjon-asoi | 00 | | |

Overijssels A-Kampioenschappen 2013
Kampen, 25-5- - 2-6-2013

Programmanr. 60
02-06-2013

Jongens, 4 x 200m vrije slag

Junioren 4 en later
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|---------------------|-----------------------------|----------------|-------------|---------|----------------|
| Junioren 4 en later | | | | | |
| 1. | WS Twente 1 | WS Twente | 8:36.65 | | 8:55.46 |
| | Jesse Derk van Schravendijk | 97 | 1:03.33 | 2:11.23 | 2:11.23 |
| | Hans-Jan Westerhof | 97 | | | |
| | Stef Poolman | 99 | | | |
| | Kars Veldkamp | 97 | | | |
| 2. | ZPC De Hof 1 | ZPC De Hof | 9:04.79 | | 9:07.67 |
| | Bart Katier | 97 | 1:07.54 | 2:24.36 | 2:24.36 |
| | Ties Traanman | 98 | | | |
| | Martijn Wissink | 97 | | | |
| | Koen Brummelaar | 99 | | | |
| 3. | De Dinkel 1 | De Dinkel | 8:29.73 | | 9:09.48 |
| | Mart Kortman | 98 | 1:03.68 | 2:11.91 | 2:11.91 |
| | Django Klos | 00 | | | |
| | Tom Laarhuis | 98 | | | |
| | Pascal Bloemen | 99 | | | |
| 4. | Dedemsvaart-AC 1 | Dedemsvaart-AC | 9:01.81 | | 9:23.45 |
| | Andy Vermanen | 97 | 1:07.14 | 2:19.74 | 2:19.74 |
| | Lennard Bijker | 99 | | | |
| | Jeroen Boessenkool | 98 | | | |
| | Sepp Kalter | 97 | | | |