

Overijssels A-Kampioenschappen 2010
Kampen, 8. - 30.5.2010

Programmanr. 51 Dames, 50m vlinderslag Senioren Open
30-05-2010 - 14:45 Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|------|-----------------------|-----------------|-------------|---------|--------------|
| 1. | Christel Vinke | ZVZwartsluis | 28.82 | 9400152 | 28.68 |
| 2. | Kelly ter Doest | OZ&PC Oldenzaal | 29.20 | 9100750 | 29.45 |
| 3. | Ellen Maris | Z&PV de Veene | 29.80 | 9201168 | 29.64 |
| 4. | Lianne Molkenboer | E Z C | 31.07 | 9602034 | 30.36 |
| 5. | Karin Rijkelijkhuisen | Zignea | 31.15 | 9403358 | 30.67 |
| 6. | Maaïke van Veen | Dedemsvaart-AC | 31.50 | 9700292 | 30.92 |
| 7. | Sabine van den Hoeven | Z&PV de Veene | 30.16 | 9600014 | 31.26 |
| 8. | Iris Riezebos | Deltasteur | 30.82 | 9400114 | 31.48 |
| 9. | Marloes Giesselink | OZ&PC Oldenzaal | 30.77 | 9200612 | 32.04 |
| 10. | Leonie Oude Elferink | Zignea | 31.04 | 9401826 | 32.54 |
| 11. | Sarah Boerefijn | Zignea | 31.23 | 9200186 | 33.67 |

Programmanr. 52 Heren, 50m vrije slag Senioren Open
30-05-2010 - 14:50 Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|------|---------------------|-------------------|-------------|---------|-------------------|
| 1. | Tjerk van der Kieft | E Z C | 24.60 | 9001529 | 24.58 |
| 2. | Menno Manning | De Dinkel | 24.04 | 9300333 | 24.74 FJ 1 |
| 3. | Fabian Beimin | OZ&PC Oldenzaal | 24.02 | 9100087 | 24.74 FJ 2 |
| 4. | Rick Bruins | E Z C | 25.19 | 8905427 | 25.10 |
| 5. | Pieter Jan de Vries | ZVZwartsluis | 24.18 | 9003183 | 25.39 |
| 6. | Jasper Broens | Fysius Het Ravijn | 25.16 | 9303045 | 25.48 |
| 7. | Pascal Bruins | E Z C | 24.92 | 8905413 | 25.51 |
| | Stephan Lokhorst | Deltasteur | 24.57 | 9101469 | 25.51 |
| 9. | Jan Wicher de Vries | ZVZwartsluis | 24.82 | 9003173 | 25.60 |
| 10. | Jos van der Kamp | Deltasteur | 25.20 | 8100833 | 25.64 |
| 11. | Emiel Huisken | ZPC De Hof | 25.16 | 8501139 | 25.70 |
| 12. | Michiel Jorink | ZVZwartsluis | 24.53 | 8701613 | 25.71 |
| 13. | Stef Heijnekamp | OZ&PC Oldenzaal | 25.02 | 9401665 | 25.93 |
| 14. | Michiel Beemster | OZ&PC Oldenzaal | 24.68 | 8000063 | 26.10 |
| 15. | Bart Arendshorst | Z&PV de Veene | 24.60 | 9300005 | 26.17 |
| 16. | Ramon Grootelaar | OZ&PC Oldenzaal | 24.87 | 8300793 | 26.23 |
| 17. | Richard Huisken | ZPC De Hof | 24.89 | 8501141 | 26.29 |
| | Rutger Kooistra | Fysius Het Ravijn | 25.02 | 9206257 | 26.29 |
| 19. | Sander Zoer | Dedemsvaart-AC | 24.54 | 8302447 | 26.32 |
| 20. | Mike Dam | Zignea | 24.92 | 8805321 | 26.80 |
| 21. | Michel Tielbeke | SC Salland | 25.10 | 8102101 | 27.76 |
| DIS | Peter de Boer | Dedemsvaart-AC | 25.02 | 9206199 | |

AA - Te vroeg weg of bewogen bij start. (geen tijd noteren)

Programmanr. 53 Dames, 4 x 100m vrije slag Senioren Open
30-05-2010 - 14:50 Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|------|--|--|-------------|--|----------|
|------|--|--|-------------|--|----------|

Overijssels A-Kampioenschappen 2010
Kampen, 8. - 30.5.2010

Programmanr. 53, Dames, 4 x 100m vrije slag

| | | | | | | |
|----|----------------------|----|-----------------|------------------------|----|----------------|
| 1. | O Z & P C 1 | | OZ&PC Oldenzaal | 3:58.27 | | 4:11.00 |
| | Marieke Nijhuis | 92 | 1:01.95 | Evelien Kip | 92 | |
| | Marloes Giesselink | 92 | | Kelly ter Doest | 91 | |
| 2. | De Dinkel 1 | | De Dinkel | 4:04.67 | | 4:14.16 |
| | Lonne Dijkhuis | 94 | 1:06.07 | Carien van der Schaaf | 95 | |
| | Marleen Braakhuis | 93 | | Loes Westerhof | 95 | |
| 3. | De Veene 4 | | Z&PV de Veene | 4:04.50 | | 4:20.64 |
| | Annelette de Vries | 86 | 1:03.48 | Ellen Maris | 92 | |
| | Hannah Teeuw | 96 | | Paula van den Hoeven | 93 | |
| 4. | Dedemsvaart-AC 1 | | Dedemsvaart-AC | 4:11.19 | | 4:22.67 |
| | Inge Menzo | 88 | 1:06.07 | Stéphanie Bergsma | 92 | |
| | Lynde Hans | 94 | | Janine Kosse | 87 | |
| 5. | Zignea 1 | | Zignea | 4:17.83 | | 4:29.98 |
| | Leonie Oude Elferink | 94 | 1:06.29 | Karin Rijkelijkhuijzen | 94 | |
| | Sarah Boerefijn | 92 | | Carmen Kemper | 94 | |
| 6. | E Z C 1 | | E Z C | 4:28.04 | | 5:12.26 |
| | Lorraine Seliger | 95 | 1:13.89 | Laura Schoeman | 97 | |
| | Karla Westenbergh | 96 | | Lora Bosch | 96 | |

Programmanr. 54
30-05-2010 - 14:55

Heren, 200m vlinderslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|------------------------------------------------------------------------------------------------------|--------------------|-------------------|-------------|---------|----------------|
| Junioren 1 | | | | | |
| 1. | Jari Hofsink | Deltasteur | 2:58.60 | 9700535 | 2:50.89 |
| 2. | Justin Doldersum | Deltasteur | 2:42.04 | 9700493 | 2:57.13 |
| 3. | Hans-Jan Westerhof | WS Twente | 3:03.00 | 9701481 | 3:08.64 |
| DIS | Bart Kors | Deltasteur | 2:49.96 | 9700865 | 3:04.45 |
| <i>VO - De armen niet de GEHELE race over water voorwaarts en onder water achterwaarts gebracht.</i> | | | | | |
| Junioren 2 | | | | | |
| 1. | Niels Kemperink | OZ&PC Oldenzaal | 2:28.33 | 9600005 | 2:35.52 |
| 2. | Lorenzo Peperkamp | De Dinkel | 2:31.38 | 9600847 | 2:51.92 |
| 3. | Karst Boersma | De Dinkel | 3:02.02 | 9600849 | 3:11.92 |
| Junioren 3 | | | | | |
| 1. | Damon Peperkamp | De Dinkel | 2:30.71 | 9501101 | 2:33.29 |
| 2. | Floris Polman | Dedemsvaart-AC | 2:32.04 | 9500093 | 2:33.65 |
| 3. | Wietse Wiersma | Zignea | 2:42.95 | 9504299 | 2:43.14 |
| Junioren 4 | | | | | |
| 1. | Stef Heijnekamp | OZ&PC Oldenzaal | 2:20.19 | 9401665 | 2:26.66 |
| 2. | Jorden Theijink | ZPC De Hof | 2:29.67 | 9400323 | 2:33.65 |
| 3. | Joey ten Doeschot | OZ&PC Oldenzaal | 2:27.57 | 9400145 | 2:34.92 |
| Jeugd 1 | | | | | |
| 1. | Menno Manning | De Dinkel | 2:22.54 | 9300333 | 2:23.16 |
| 2. | Jeroen Gijsselaar | De Dinkel | 2:23.54 | 9300777 | 2:24.04 |
| 3. | Kasper Leeuw | De Dinkel | 2:15.74 | 9304435 | 2:24.23 |
| 4. | Huub Scholing | Fysius Het Ravijn | 2:21.04 | 9301179 | 2:36.42 |

Overijssels A-Kampioenschappen 2010
Kampen, 8. - 30.5.2010

Programmanr. 54, Heren, 200m vlinderslag

Jeugd 2

| | | | | | |
|----|--------------------|-------------------|---------|---------|----------------|
| 1. | Christian Karkdijk | Fysius Het Ravijn | 2:23.76 | 9202523 | 2:34.89 |
|----|--------------------|-------------------|---------|---------|----------------|

Senioren 1

| | | | | | |
|----|---------------|-----------------|---------|---------|----------------|
| 1. | Fabian Beimin | OZ&PC Oldenzaal | 2:03.06 | 9100087 | 2:11.57 |
|----|---------------|-----------------|---------|---------|----------------|

Senioren Open

| | | | | | |
|----|----------------|----------------|---------|---------|----------------|
| 1. | Rick Driezen | Steenwijk 1934 | 2:22.74 | 8600713 | 2:28.72 |
| 2. | Rick Bruins | E Z C | 2:25.16 | 8905427 | 2:33.02 |
| 3. | Michiel Jorink | ZVZwartsluis | 2:22.20 | 8701613 | 2:33.26 |
| 4. | Sander Zoer | Dedemsvaart-AC | 2:22.97 | 8302447 | 2:44.29 |

Programmanr. 55
30-05-2010 - 15:10

Dames, 100m rugslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|-------------------|--------------------------------------------------------------------|-------------------|-------------|---------|----------------|
| Junioren 1 | | | | | |
| 1. | Maaïke Doornwaard | Deltasteur | 1:19.90 | 9800264 | 1:21.32 |
| 2. | Sterre Mooiweer | ZPC De Hof | 1:22.57 | 9800236 | 1:22.29 |
| 3. | Kirsten Bies | Dedemsvaart-AC | 1:22.32 | 9800516 | 1:22.73 |
| 4. | Eefje Slootweg | OZ&PC Oldenzaal | 1:18.92 | 9800218 | 1:22.95 |
| 5. | Elles Tijink | De Dinkel | 1:20.45 | 9800408 | 1:24.26 |
| 6. | Julia Weustink | De Dinkel | 1:24.18 | 9801180 | 1:26.16 |
| 7. | Christa Markslag | Fysius Het Ravijn | 1:22.70 | 9800716 | 1:26.23 |
| 8. | Myrthe Kamerbeek | E Z C | 1:24.60 | 9804008 | 1:27.29 |
| 9. | Marleen Hof | WS Twente | 1:24.95 | 9802464 | 1:28.30 |
| 10. | Demi Moss | WS Twente | 1:25.29 | 9802274 | 1:28.61 |
| DIS | Mirjam de Raad | Deltasteur | 1:23.70 | 9800794 | |
| | <i>AA - Te vroeg weg of bewogen bij start. (geen tijd noteren)</i> | | | | |

Junioren 2

| | | | | | |
|-----|-----------------|-----------------|---------|---------|----------------|
| 1. | Maaïke van Veen | Dedemsvaart-AC | 1:08.92 | 9700292 | 1:12.04 |
| 2. | Babette Aubri | Z&PV de Veene | 1:12.88 | 9700986 | 1:15.47 |
| 3. | Anouk Rekers | E Z C | 1:19.10 | 9703416 | 1:18.77 |
| 4. | Demi Rothe | OZ&PC Oldenzaal | 1:16.70 | 9703388 | 1:19.04 |
| 5. | Iris Folbert | V Z & P C | 1:17.51 | 9700632 | 1:19.23 |
| 6. | Lindy Nijhuis | OZ&PC Oldenzaal | 1:17.21 | 9700010 | 1:19.39 |
| 7. | Danaé Kreuwel | Z&PV de Veene | 1:20.45 | 9700438 | 1:20.39 |
| 8. | Laura Schoeman | E Z C | 1:17.46 | 9702282 | 1:20.73 |
| 9. | Roos Eilers | ZVZwartsluis | 1:19.00 | 9700630 | 1:21.58 |
| 10. | Ayla Berg | Dedemsvaart-AC | 1:18.86 | 9703480 | 1:21.70 |

Junioren 3

| | | | | | |
|----|-------------------------|-----------------|---------|---------|----------------|
| 1. | Sabine van den Hoeven | Z&PV de Veene | 1:08.53 | 9600014 | 1:11.39 |
| 2. | Karla Westenberg | E Z C | 1:10.54 | 9601738 | 1:13.18 |
| 3. | Veronique van der Velde | De Dinkel | 1:09.98 | 9601740 | 1:14.92 |
| 4. | Lora Bosch | E Z C | 1:13.54 | 9601900 | 1:14.93 |
| 5. | Lianne Molkenboer | E Z C | 1:11.95 | 9602034 | 1:16.64 |
| 6. | Laura Hagreis | OZ&PC Oldenzaal | 1:14.83 | 9600548 | 1:16.98 |
| 7. | Joyce Mennink | Dedemsvaart-AC | 1:12.36 | 9601180 | 1:17.14 |

Overijssels A-Kampioenschappen 2010
Kampen, 8. - 30.5.2010

Programmanr. 55, Dames, 100m rugslag

Jeugd 1

| | | | | | |
|----|------------------------|------------|---------|---------|----------------|
| 1. | Michelle Hoogendoorn | ZPC De Hof | 1:06.53 | 9503718 | 1:11.14 |
| 2. | Noortje Timmerman | De Dinkel | 1:07.20 | 9501088 | 1:11.36 |
| 3. | Sietske Veldkamp | ZPC De Hof | 1:11.48 | 9501628 | 1:12.70 |
| 4. | Luciënne van der Linde | Zignea | NT | 9503452 | 1:17.02 |
| 5. | Loes Westerhof | De Dinkel | 1:11.17 | 9502752 | 1:18.98 |
| 6. | Aniek van Unen | Zignea | 1:13.86 | 9505016 | 1:19.54 |
| 7. | Carien van der Schaaf | De Dinkel | 1:13.74 | 9500168 | 1:26.02 |

Jeugd 2

| | | | | | |
|----|-----------------------|----------------|---------|---------|----------------|
| 1. | Christel Vinke | ZVZwartsluis | 1:11.26 | 9400152 | 1:13.07 |
| 2. | Beau de Bruijn | Dedemsvaart-AC | 1:11.39 | 9400608 | 1:14.13 |
| 3. | Naomi Hofsink | Deltasteur | 1:11.42 | 9402508 | 1:14.39 |
| 4. | Jasmijn Coenen | ZC Losser | 1:13.29 | 9400954 | 1:15.54 |
| 5. | Laura Boessenkool | Dedemsvaart-AC | 1:13.64 | 9402604 | 1:16.10 |
| 6. | Patricia Hof | 't Tolhekke | 1:13.40 | 9403264 | 1:16.29 |
| 7. | Lonne Dijkhuis | De Dinkel | 1:11.82 | 9400030 | 1:20.77 |
| 8. | Karin Rijkelijkhuisen | Zignea | 1:13.36 | 9403358 | 1:23.11 |

Senioren 1

| | | | | | |
|----|----------------------|---------------|---------|---------|----------------|
| 1. | Paula van den Hoeven | Z&PV de Veene | 1:11.38 | 9303128 | 1:16.42 |
|----|----------------------|---------------|---------|---------|----------------|

Senioren Open

| | | | | | |
|----|--------------------|-----------------|---------|---------|----------------|
| 1. | Marloes Giesselink | OZ&PC Oldenzaal | 1:05.89 | 9200612 | 1:09.77 |
| 2. | Kelly ter Doest | OZ&PC Oldenzaal | 1:08.08 | 9100750 | 1:11.51 |
| 3. | Inge Menzo | Dedemsvaart-AC | 1:08.16 | 8802994 | 1:15.45 |
| 4. | Ellen Maris | Z&PV de Veene | 1:10.70 | 9201168 | 1:16.20 |
| 5. | Stéphanie Bergsma | Dedemsvaart-AC | 1:10.66 | 9203374 | 1:17.60 |

Programmanr. 56
30-05-2010 - 15:25

Heren, 100m vrije slag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|------------|-----------------------------|-------------------|-------------|---------|----------------|
| Junioren 1 | | | | | |
| 1. | Max de Ceuninck-van Capelle | Deltasteur | 1:04.45 | 9701203 | 1:02.64 |
| 2. | Bart Kors | Deltasteur | 1:05.38 | 9700865 | 1:04.83 |
| 3. | Justin Doldersum | Deltasteur | 1:03.65 | 9700493 | 1:07.42 |
| 4. | Fedde Beukers | De Dinkel | 1:08.54 | 9701007 | 1:08.73 |
| 5. | Thomas de Lange | WS Twente | 1:09.07 | 9701475 | 1:09.39 |
| 6. | Jari Hofsink | Deltasteur | 1:08.26 | 9700535 | 1:09.54 |
| 7. | Kars Veldkamp | ZPC De Hof | 1:08.89 | 9700747 | 1:09.89 |
| 8. | Menno de Vries | Zignea | 1:10.10 | 9700517 | 1:09.95 |
| 9. | Jesse Derk van Schravendijk | WS Twente | 1:08.54 | 9701479 | 1:10.02 |
| 10. | Michael Bolk | De Grunte | 1:11.29 | 9701599 | 1:10.08 |
| 11. | Thimo Brand | Swol 1894 | 1:11.41 | 9702589 | 1:11.29 |
| 12. | Mika Smelt | WS Twente | 1:08.70 | 9700023 | 1:11.57 |
| 13. | Ferdinand Struis | DZ & PC de IJssel | 1:10.54 | 9702527 | 1:12.64 |
| 14. | Sjoerd Kraaijenhof | WS Twente | 1:11.80 | 9701473 | 1:12.70 |

Overijssels A-Kampioenschappen 2010
Kampen, 8. - 30.5.2010

Programmanr. 56, Heren, 100m vrije slag

Junioren 2

| | | | | | |
|-----|-------------------|-----------------|---------|---------|----------------|
| 1. | Yoran Klos | De Dinkel | 58.27 | 9600481 | 58.02 |
| 2. | Niels Kemperink | OZ&PC Oldenzaal | 57.96 | 9600005 | 59.48 |
| 3. | Daniël de Wagt | Zignea | 1:02.70 | 9601339 | 1:03.45 |
| 4. | Karst Boersma | De Dinkel | 1:01.89 | 9600849 | 1:03.76 |
| 5. | Dinand Schutte | Deltasteur | 1:03.34 | 9600335 | 1:03.82 |
| 6. | Thomas Vrooland | Deltasteur | 1:04.54 | 9600337 | 1:05.95 |
| 7. | Martijn Gerritsen | ZVZwartsluit | 1:05.20 | 9600465 | 1:06.11 |
| 8. | Lorenzo Peperkamp | De Dinkel | 1:01.89 | 9600847 | 1:06.32 |
| 9. | Twan Vinke | ZVZwartsluit | 1:06.54 | 9600153 | 1:07.29 |
| 10. | Teun Nijhof | ZPC De Hof | 1:07.19 | 9600291 | 1:07.89 |
| DIS | Tristan Wiegman | WS Twente | 1:06.02 | 9600055 | |

AA - Te vroeg weg of bewogen bij start. (geen tijd noteren)

Junioren 3

| | | | | | |
|-----|-------------------|-------------------|---------|---------|----------------|
| 1. | Mitchel Doldersum | Deltasteur | 56.25 | 9501167 | 57.16 |
| 2. | Dominique Sikkema | Zignea | 57.20 | 9500399 | 59.11 |
| 3. | Floris Polman | Dedemsvaart-AC | 57.00 | 9500093 | 59.30 |
| 4. | Damon Peperkamp | De Dinkel | 57.30 | 9501101 | 59.60 |
| 5. | Pim Teunis | Dedemsvaart-AC | 1:01.34 | 9504457 | 1:00.64 |
| 6. | Hein Rödel | OZ&PC Oldenzaal | 1:00.86 | 9500895 | 1:00.95 |
| 7. | Robert-Jan Homsma | Steenwijk 1934 | 1:00.16 | 9500027 | 1:01.90 |
| 8. | Sven Doldersum | Dedemsvaart-AC | 1:03.65 | 9500457 | 1:02.51 |
| 9. | Robin Schollink | OZ&PC Oldenzaal | 1:02.72 | 9500103 | 1:02.82 |
| 10. | Mirko Leandri | OZ&PC Oldenzaal | 1:03.45 | 9505391 | 1:03.11 |
| 11. | Tico Wind | Fysius Het Ravijn | 1:01.92 | 9502705 | 1:04.10 |
| 12. | Bryan Kortman | ZC Losser | 1:03.67 | 9503825 | 1:04.16 |
| 13. | Joey Nijboer | Dedemsvaart-AC | 1:03.97 | 9504659 | 1:04.26 |
| 14. | Maurits Laarman | ZC Losser | 1:02.30 | 9500793 | 1:05.47 |

Junioren 4

| | | | | | |
|----|--------------------|-------------------|-------|---------|----------------|
| 1. | Stef Heijnekamp | OZ&PC Oldenzaal | 53.96 | 9401665 | 57.61 |
| 2. | Jorden Theijink | ZPC De Hof | 55.57 | 9400323 | 58.42 |
| 3. | Jacques Journée | De Dinkel | 57.15 | 9400513 | 58.86 |
| 4. | Robert Ligtenberg | Fysius Het Ravijn | 58.34 | 9401561 | 1:00.10 |
| 5. | Mark Arendshorst | Z&PV de Veene | 59.02 | 9400303 | 1:01.90 |
| 6. | Joey ten Doeschot | OZ&PC Oldenzaal | 56.08 | 9400145 | 1:03.26 |
| 7. | Willem-Jan Huisman | Steenwijk 1934 | 58.67 | 9402125 | 1:07.70 |

Jeugd 1

| | | | | | |
|----|-------------------|-------------------|-------|---------|----------------|
| 1. | Menno Manning | De Dinkel | 52.57 | 9300333 | 55.53 |
| 2. | Jasper Broens | Fysius Het Ravijn | 57.24 | 9303045 | 56.92 |
| 3. | Jeroen Gijsselaar | De Dinkel | 54.38 | 9300777 | 56.95 |
| 4. | Jasper de Boer | ZPC De Hof | 57.76 | 9300051 | 59.48 |
| 5. | Huub Scholing | Fysius Het Ravijn | 57.32 | 9301179 | 1:00.98 |

Jeugd 2

| | | | | | |
|----|--------------------|-------------------|-------|---------|--------------|
| 1. | Peter de Boer | Dedemsvaart-AC | 55.95 | 9206199 | 58.20 |
| | Rutger Kooistra | Fysius Het Ravijn | 55.20 | 9206257 | 58.20 |
| 3. | Christian Karkdijk | Fysius Het Ravijn | 56.49 | 9202523 | 58.29 |
| 4. | Rick Cristen | OZ&PC Oldenzaal | 56.79 | 9200201 | 59.16 |

Overijssels A-Kampioenschappen 2010
Kampen, 8. - 30.5.2010

Programmanr. 56, Heren, 100m vrije slag

Senioren 1

| | | | | | |
|----|------------------|-----------------|-------|---------|--------------|
| 1. | Stephan Lokhorst | Deltasteur | 54.70 | 9101469 | 56.45 |
| 2. | Thomas Nijenhuis | OZ&PC Oldenzaal | 55.96 | 9105565 | 58.26 |

Senioren Open

| | | | | | | |
|-----|---------------------|-----------------|-------|---------|----------------|------|
| 1. | Tjerk van der Kieft | E Z C | 53.63 | 9001529 | 55.14 | FJ 1 |
| 2. | Pieter Jan de Vries | ZVZwartsluis | 52.67 | 9003183 | 55.14 | FJ 2 |
| 3. | Emiel Huisken | ZPC De Hof | 53.70 | 8501139 | 55.45 | |
| 4. | Pascal Bruins | E Z C | 53.84 | 8905413 | 55.76 | |
| 5. | Richard Huisken | ZPC De Hof | 54.45 | 8501141 | 56.73 | |
| 6. | Jos van der Kamp | Deltasteur | 54.07 | 8100833 | 56.80 | |
| 7. | Jan Wicher de Vries | ZVZwartsluis | 54.35 | 9003173 | 56.95 | |
| 8. | Gert van 't Oever | Deltasteur | 54.41 | 8702403 | 57.92 | |
| 9. | Rick Bruins | E Z C | 54.31 | 8905427 | 59.26 | |
| 10. | Sander Zoer | Dedemsvaart-AC | 54.36 | 8302447 | 1:00.45 | |
| 11. | Michiel Jorink | ZVZwartsluis | 53.57 | 8701613 | 1:01.67 | |
| DIS | Michiel Beemster | OZ&PC Oldenzaal | 53.47 | 8000063 | | |

AA - Te vroeg weg of bewogen bij start. (geen tijd noteren)

Programmanr. 57
30-05-2010 - 15:45

Dames, 200m vrije slag

Senioren Open
Resultaten

| Rang | | | inschr. tijd | | eindtijd |
|------------|-----------------------|-------------------|--------------|---------|----------------|
| Junioren 1 | | | | | |
| 1. | Sterre Mooiweer | ZPC De Hof | 2:29.17 | 9800236 | 2:29.67 |
| 2. | Kirsten Bies | Dedemsvaart-AC | 2:29.07 | 9800516 | 2:30.07 |
| 3. | Elles Tijink | De Dinkel | 2:30.89 | 9800408 | 2:34.57 |
| 4. | Mirjam de Raad | Deltasteur | 2:37.61 | 9800794 | 2:38.23 |
| 5. | Annick van der Kraats | De Dinkel | 2:39.98 | 9800808 | 2:40.02 |
| 6. | Emma Weustink | De Dinkel | 2:45.80 | 9801184 | 2:41.76 |
| 7. | Maaïke Doornwaard | Deltasteur | 2:38.72 | 9800264 | 2:42.84 |
| 8. | Eva Hagreis | OZ&PC Oldenzaal | 2:43.92 | 9800290 | 2:43.02 |
| 9. | Xanne Kamerbeek | E Z C | 2:44.76 | 9802814 | 2:44.57 |
| 10. | Julia Weustink | De Dinkel | 2:43.20 | 9801180 | 2:46.80 |
| 11. | Anouk Hof | WS Twente | 2:44.04 | 9802462 | 2:47.51 |
| 12. | Sharon Velthuis | Fysius Het Ravijn | 2:36.55 | 9800222 | 2:48.10 |
| 13. | Demi Moss | WS Twente | 2:41.82 | 9802274 | 2:50.57 |
| 14. | Christa Markslag | Fysius Het Ravijn | 2:44.33 | 9800716 | 2:51.70 |
| 15. | Eefje Slootweg | OZ&PC Oldenzaal | 2:41.88 | 9800218 | 2:55.36 |
| Junioren 2 | | | | | |
| 1. | Lindy Nijhuis | OZ&PC Oldenzaal | 2:17.89 | 9700010 | 2:24.45 |
| 2. | Demi Rothe | OZ&PC Oldenzaal | 2:20.89 | 9703388 | 2:27.54 |
| 3. | Maaïke van Veen | Dedemsvaart-AC | 2:21.68 | 9700292 | 2:27.70 |
| 4. | Babette Aubri | Z&PV de Veene | 2:26.32 | 9700986 | 2:33.44 |
| 5. | Roos Eilers | ZVZwartsluis | 2:29.56 | 9700630 | 2:36.58 |
| 6. | Danaé Kreuwel | Z&PV de Veene | 2:29.45 | 9700438 | 2:37.10 |
| 7. | Laura van der Neut | ZPC De Hof | 2:32.87 | 9700326 | 2:37.29 |
| 8. | Iris Folbert | V Z & P C | 2:30.27 | 9700632 | 2:39.23 |
| DIS | Esmée Heijnekamp | OZ&PC Oldenzaal | 2:27.05 | 9701148 | |

AA - Te vroeg weg of bewogen bij start. (geen tijd noteren)

Overijssels A-Kampioenschappen 2010
Kampen, 8. - 30.5.2010

Programmanr. 57, Dames, 200m vrije slag

Junioren 3

| | | | | | | |
|----|-------------------------|-----------------|---------|---------|----------------|------|
| 1. | Laura Hagreis | OZ&PC Oldenzaal | 2:19.67 | 9600548 | 2:21.39 | |
| 2. | Sabine van den Hoeven | Z&PV de Veene | 2:20.15 | 9600014 | 2:25.76 | |
| 3. | Maren Kuipers | ZPC De Hof | 2:23.96 | 9600062 | 2:26.48 | |
| 4. | Veronique van der Velde | De Dinkel | 2:20.21 | 9601740 | 2:27.80 | |
| 5. | Hannah Teeuw | Z&PV de Veene | 2:24.16 | 9601128 | 2:31.16 | |
| 6. | Lianne Molkenboer | E Z C | 2:22.45 | 9602034 | 2:32.49 | |
| 7. | Anique Aten | De Dinkel | 2:24.99 | 9602336 | 2:33.16 | FJ 1 |
| 8. | Karla Westenberg | E Z C | 2:24.26 | 9601738 | 2:33.16 | FJ 2 |

Jeugd 1

| | | | | | | |
|----|--------------------------|------------|---------|---------|----------------|--|
| 1. | Carien van der Schaaf | De Dinkel | 2:13.63 | 9500168 | 2:15.38 | |
| 2. | Loes Westerhof | De Dinkel | 2:17.30 | 9502752 | 2:18.60 | |
| 3. | Sietske Veldkamp | ZPC De Hof | 2:16.93 | 9501628 | 2:20.13 | |
| 4. | Michelle Hoogendoorn | ZPC De Hof | 2:16.39 | 9503718 | 2:25.00 | |
| | 50m: 28.64 200m: 2:25.00 | | | | | |
| 5. | Danique Wagenvoort | De Dinkel | 2:18.94 | 9502754 | 2:25.54 | |

Jeugd 2

| | | | | | | |
|-----|--------------------------------------------------------------------|--------------|---------|---------|----------------|--|
| 1. | Christel Vinke | ZVZwartsluis | 2:15.48 | 9400152 | 2:13.17 | |
| 2. | Naomi Hofsink | Deltasteur | 2:14.70 | 9402508 | 2:19.54 | |
| 3. | Iris Riezebos | Deltasteur | 2:15.30 | 9400114 | 2:25.60 | |
| 4. | Lonne Dijkhuis | De Dinkel | 2:14.76 | 9400030 | 2:26.64 | |
| DIS | Leonie Oude Elferink | Zignea | 2:11.57 | 9401826 | | |
| | <i>AA - Te vroeg weg of bewogen bij start. (geen tijd noteren)</i> | | | | | |

Senioren 1

| | | | | | | |
|----|----------------------|---------------|---------|---------|----------------|--|
| 1. | Marleen Braakhuis | De Dinkel | 2:13.01 | 9304850 | 2:23.04 | |
| 2. | Paula van den Hoeven | Z&PV de Veene | 2:15.92 | 9303128 | 2:23.51 | |

Senioren Open

| | | | | | | |
|----|--------------------|-----------------|---------|---------|----------------|--|
| 1. | Marieke Nijhuis | OZ&PC Oldenzaal | 2:01.77 | 9201296 | 2:14.26 | |
| 2. | Kelly ter Doest | OZ&PC Oldenzaal | 2:10.72 | 9100750 | 2:17.67 | |
| 3. | Janine Kosse | Dedemsvaart-AC | 2:14.72 | 8702326 | 2:22.17 | |
| 4. | Evelien Kip | OZ&PC Oldenzaal | 2:14.57 | 9200932 | 2:24.42 | |
| 5. | Marloes Giesselink | OZ&PC Oldenzaal | 2:13.80 | 9200612 | 2:34.04 | |

Programmanr. 58
30-05-2010 - 16:10

Heren, 200m rugslag

Senioren Open
Resultaten

| Rang | | | inschr.tijd | | eindtijd | |
|------------|-----------------------------|------------|-------------|---------|----------------|--|
| Junioren 1 | | | | | | |
| 1. | Justin Doldersum | Deltasteur | 2:31.95 | 9700493 | 2:46.02 | |
| 2. | Max de Ceuninck-van Capelle | Deltasteur | 2:35.23 | 9701203 | 2:46.51 | |
| 3. | Fedde Beukers | De Dinkel | 2:44.64 | 9701007 | 2:50.32 | |
| 4. | Jari Hofsink | Deltasteur | 2:44.45 | 9700535 | 2:51.51 | |
| 5. | Hans-Jan Westerhof | WS Twente | 2:44.42 | 9701481 | 2:51.95 | |
| 6. | Bart Kors | Deltasteur | 2:48.80 | 9700865 | 3:00.86 | |
| 7. | Kars Veldkamp | ZPC De Hof | 2:50.34 | 9700747 | 3:03.51 | |

Overijssels A-Kampioenschappen 2010
Kampen, 8. - 30.5.2010

Programmanr. 58, Heren, 200m rugslag

Junioren 2

| | | | | | |
|-----|-------------------|-----------------|---------|---------|----------------|
| 1. | Niels Kemperink | OZ&PC Oldenzaal | 2:19.26 | 9600005 | 2:27.70 |
| 2. | Yoran Klos | De Dinkel | 2:24.44 | 9600481 | 2:33.63 |
| 3. | Daniël de Wagt | Zignea | 2:43.73 | 9601339 | 2:41.36 |
| 4. | Karst Boersma | De Dinkel | 2:33.37 | 9600849 | 2:41.45 |
| 5. | Arnoud Mijnheer | Zignea | 2:42.25 | 9601311 | 2:48.15 |
| 6. | Dinand Schutte | Deltasteur | 2:43.23 | 9600335 | 2:49.02 |
| 7. | Martijn Gerritsen | ZVZwartsuis | 2:41.00 | 9600465 | 2:50.22 |
| 8. | Lorenzo Peperkamp | De Dinkel | 2:40.80 | 9600847 | 2:53.02 |
| DIS | Twan Vinke | ZVZwartsuis | 2:42.86 | 9600153 | |

AA - Te vroeg weg of bewogen bij start. (geen tijd noteren)

Junioren 3

| | | | | | |
|-----|--------------------|-------------------|---------|---------|----------------|
| 1. | Floris Polman | Dedemsvaart-AC | 2:18.08 | 9500093 | 2:24.31 |
| 2. | Damon Peperkamp | De Dinkel | 2:19.85 | 9501101 | 2:26.67 |
| 3. | Mitchel Doldersum | Deltasteur | 2:23.76 | 9501167 | 2:28.45 |
| 4. | Dominique Sikkema | Zignea | 2:24.48 | 9500399 | 2:32.82 |
| 5. | Hein Rödel | OZ&PC Oldenzaal | 2:34.23 | 9500895 | 2:35.02 |
| 6. | Tico Wind | Fysius Het Ravijn | 2:32.80 | 9502705 | 2:38.46 |
| 7. | Wouter Oversteegen | Swol 1894 | 2:34.20 | 9505589 | 2:42.64 |
| 8. | Bart Veurink | De Grunte | 2:37.80 | 9500809 | 2:42.70 |
| 9. | Wietse Wiersma | Zignea | 2:34.53 | 9504299 | 2:46.86 |
| 10. | Robin Schollink | OZ&PC Oldenzaal | 2:36.82 | 9500103 | 2:47.39 |

Junioren 4

| | | | | | |
|----|--------------------|-------------------|---------|---------|----------------|
| 1. | Jacques Journée | De Dinkel | 2:22.16 | 9400513 | 2:28.89 |
| 2. | Willem-Jan Huisman | Steenwijk 1934 | 2:24.32 | 9402125 | 2:29.13 |
| 3. | Joey ten Doeschot | OZ&PC Oldenzaal | 2:24.36 | 9400145 | 2:29.54 |
| 4. | Robert Ligtenberg | Fysius Het Ravijn | 2:22.02 | 9401561 | 2:29.91 |
| 5. | Jorden Theijink | ZPC De Hof | 2:27.39 | 9400323 | 2:33.11 |

Jeugd 1

| | | | | | |
|----|-------------------|---------------|---------|---------|----------------|
| 1. | Bart Arendshorst | Z&PV de Veene | 2:13.50 | 9300005 | 2:18.45 |
| 2. | Menno Manning | De Dinkel | 2:19.02 | 9300333 | 2:23.29 |
| 3. | Jeroen Gijsselaar | De Dinkel | 2:14.02 | 9300777 | 2:26.07 |
| 4. | Jasper de Boer | ZPC De Hof | 2:22.74 | 9300051 | 2:31.04 |

Jeugd 2

| | | | | | |
|----|-----------------|-------------------|---------|---------|----------------|
| 1. | Rutger Kooistra | Fysius Het Ravijn | 2:21.45 | 9206257 | 2:31.76 |
| 2. | Colin Siers | OZ&PC Oldenzaal | 2:26.16 | 9201195 | 2:36.45 |

Senioren 1

| | | | | | |
|----|------------------|-----------------|---------|---------|----------------|
| 1. | Fabian Beimin | OZ&PC Oldenzaal | 2:09.53 | 9100087 | 2:16.76 |
| 2. | Thomas Nijenhuis | OZ&PC Oldenzaal | 2:22.86 | 9105565 | 2:25.76 |

Senioren Open

| | | | | | | |
|----|---------------------|----------------|---------|---------|----------------|------|
| 1. | Tjerk van der Kieft | E Z C | 2:16.29 | 9001529 | 2:25.80 | FJ 1 |
| 2. | Richard Huisken | ZPC De Hof | 2:16.89 | 8501141 | 2:25.80 | FJ 2 |
| 3. | Arjan Dolstra | Dedemsvaart-AC | 2:20.92 | 7800255 | 2:27.64 | |
| 4. | Bram Romkes | Dedemsvaart-AC | 2:21.95 | 8602595 | 2:28.31 | |
| 5. | Emiel Huisken | ZPC De Hof | 2:20.80 | 8501139 | 2:29.04 | |
| 6. | Marcel Reefhuis | Z&PV de Veene | 2:18.73 | 8101381 | 2:30.16 | |

Overijssels A-Kampioenschappen 2010
Kampen, 8. - 30.5.2010

Programmanr. 58, Heren, 200m rugslag, Senioren Open

| Rang | | | inschr.tijd | | eindtijd |
|------|-------------------|----------------|-------------|---------|----------------|
| 7. | Sander Zoer | Dedemsvaart-AC | 2:20.51 | 8302447 | 2:30.80 |
| 8. | Robert Braad | Steenwijk 1934 | 2:20.98 | 8600407 | 2:30.92 |
| 9. | Gert van 't Oever | Deltasteur | 2:20.60 | 8702403 | 2:41.54 |

Programmanr. 59
30-05-2010 - 16:40

Meisjes, 4 x 100m wisselslag

Junioren 3 en later
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|------|-------------------------|-------------------|-------------|--------------------|----------------|
| 1. | De Veene 5 | Z&PV de Veene | 4:52.41 | | 5:02.04 |
| | Babette Aubri | 97 | 1:17.45 | Hannah Teeuw | 96 |
| | Sabine van den Hoeven | 96 | | Danaé Kreuwel | 97 |
| 2. | E Z C 1 | E Z C | 4:54.27 | | 5:05.39 |
| | Karla Westenberg | 96 | 1:15.04 | Lianne Molkenboer | 96 |
| | Laura Schoeman | 97 | | Lora Bosch | 96 |
| 3. | O Z & P C 1 | OZ&PC Oldenzaal | 5:00.37 | | 5:07.70 |
| | Lindy Nijhuis | 97 | 1:19.95 | Laura Hagreis | 96 |
| | Demi Rothe | 97 | | Esmée Heijnekamp | 97 |
| 4. | Dedemsvaart-AC 1 | Dedemsvaart-AC | 5:01.03 | | 5:11.57 |
| | Maaïke van Veen | 97 | 1:13.80 | Joyce Mennink | 96 |
| | Kirsten Bies | 98 | | Amber IJzebrink | 96 |
| 5. | ZPC De Hof 1 | ZPC De Hof | 5:17.55 | | 5:27.13 |
| | Sterre Mooiweer | 98 | 1:23.41 | Laura van der Neut | 97 |
| | Maren Kuipers | 96 | | Janneke ten Brinke | 96 |
| 6. | Steenwijk 1934 1 | Steenwijk 1934 | 5:19.79 | | 5:28.29 |
| | Roegina Ofrein | 96 | 1:28.45 | Stephanie Schmidt | 96 |
| | Iris van Marle | 96 | | Judith Ringnalda | 96 |
| 7. | De Dinkel 1 | De Dinkel | 5:14.68 | | 5:31.23 |
| | Veronique van der Velde | 96 | 1:19.42 | Julia Weustink | 98 |
| | Anique Aten | 96 | | Elles Tijink | 98 |
| 8. | Deltasteur 1 | Deltasteur | 5:41.77 | | 5:34.48 |
| | Maaïke Doornwaard | 98 | 1:22.13 | Mirjam de Raad | 98 |
| | Marleen Welten | 97 | | Rosanne Schrijer | 97 |
| 9. | Het Ravijn 1 | Fysius Het Ravijn | 5:47.66 | | 6:04.14 |
| | Iris Bolink | 98 | 1:29.92 | Christa Markslag | 98 |
| | Danique Voortman | 98 | | Sharon Velthuis | 98 |

Programmanr. 60
30-05-2010 - 16:50

Jongens, 4 x 200m vrije slag

Junioren 4 en later
Resultaten

| Rang | | | inschr.tijd | | eindtijd |
|------|-------------------|-----------------|-------------|---------|----------------|
| 1. | O Z & P C 1 | OZ&PC Oldenzaal | 8:16.83 | | 8:43.10 |
| | Niels Kemperink | 96 | | 2:13.39 | 2:13.39 |
| | Hein Rödel | 95 | | | |
| | Stef Heijnekamp | 94 | | | |
| | Joey ten Doeschot | 94 | | | |
| 2. | De Dinkel 1 | De Dinkel | 8:30.19 | | 8:45.64 |
| | Karst Boersma | 96 | | 2:17.26 | 2:17.26 |
| | Jacques Journée | 94 | | | |
| | Yoran Klos | 96 | | | |
| | Damon Peperkamp | 95 | | | |

Overijssels A-Kampioenschappen 2010
Kampen, 8. - 30.5.2010

Programmanr. 60, Jongens, 4 x 200m vrije slag, Junioren 4 en later

| Rang | | | inschr.tijd | | eindtijd |
|------|-----------------------------|--------------------------|----------------|---------|----------------|
| 3. | Deltasteur 1 | Deltasteur | 9:00.37 | | 9:22.04 |
| | Max de Ceuninck-van Capelle | 97 | | 2:22.64 | 2:22.64 |
| | Justin Doldersum | 97 | | | |
| | Bart Kors | 97 | | | |
| | Mitchel Doldersum | 95 | | | |
| 4. | Dedemsvaart-AC 1 | Dedemsvaart-AC | 9:27.33 | | 9:27.84 |
| | Floris Polman | 95 | | 2:16.97 | 2:16.97 |
| | Sven Doldersum | 95 | | | |
| | Arjan Francken | 94 | | | |
| | Pim Teunis | 95 | | | |
| 5. | De Veene 3 | Z&PV de Veene | 9:14.89 | | 9:38.82 |
| | Mark Arendshorst | 94 | | 2:24.00 | 2:24.00 |
| | Tiemen Maris | 94 | | | |
| | Jesper Heuver | 95 | | | |
| | Yorick Kreuwel | 94 | | | |