

A-Limietwedstrijd LB deel 1
Hengelo, 18-1-2020

Programmanr. 1
18-1-2020

Heren, 1500m vrije slag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | |
|------|-----------------------------------|------------|----------------|-----------|-----------------|---------|
| 1. | Maquinho Vorst | De Dinkel | 18:47.94 | 200204179 | 17:12.31 +0,66 | |
| | 100m: 1:03.89 | 1:03.89 | 500m: 5:40.79 | 1:09.38 | 900m: 10:17.47 | 1:09.67 |
| | 200m: 2:13.58 | 1:09.69 | 600m: 6:49.90 | 1:09.11 | 1000m: 11:26.74 | 1:09.27 |
| | 300m: 3:22.25 | 1:08.67 | 700m: 7:59.16 | 1:09.26 | 1100m: 12:36.20 | 1:09.46 |
| | 400m: 4:31.41 | 1:09.16 | 800m: 9:08.03 | 1:08.87 | 1200m: 13:45.89 | 1:09.69 |
| 2. | Matias Jansen | Zignea | 18:37.98 | 200300199 | 19:35.63 +0,70 | |
| | 100m: 1:10.80 | 1:10.80 | 500m: 6:28.91 | 1:19.99 | 900m: 11:47.80 | 1:19.91 |
| | 200m: 2:28.71 | 1:17.91 | 600m: 7:48.58 | 1:19.67 | 1000m: 13:07.02 | 1:19.22 |
| | 300m: 3:48.30 | 1:19.59 | 700m: 9:08.11 | 1:19.53 | 1100m: 14:25.50 | 1:18.48 |
| | 400m: 5:08.92 | 1:20.62 | 800m: 10:27.89 | 1:19.78 | 1200m: 15:43.75 | 1:18.25 |
| 3. | Thijs Goossens | Zignea | 20:46.23 | 200204401 | 21:23.34 +0,76 | |
| | <i>*850m *1150m *1250m *1350m</i> | | | | | |
| | 100m: 1:15.49 | 1:15.49 | 500m: 6:55.64 | 1:26.08 | 900m: 12:43.64 | 1:27.68 |
| | 200m: 2:39.25 | 1:23.76 | 600m: 8:23.28 | 1:27.64 | 1000m: 14:10.45 | 1:26.81 |
| | 300m: 4:03.96 | 1:24.71 | 700m: 9:49.64 | 1:26.36 | 1100m: 15:37.97 | 1:27.52 |
| | 400m: 5:29.56 | 1:25.60 | 800m: 11:15.96 | 1:26.32 | 1200m: 17:04.05 | 1:26.08 |

Programmanr. 2
18-1-2020

Dames, 400m wisselslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | |
|------|----------------------|--------------|---------------|-----------|---------------|---------|
| 1. | Lonne Dijkhuis | De Dinkel | 5:16.50 | 199400030 | 5:28.26 +0,74 | |
| | 50m: 32.50 | 32.50 | 150m: 1:58.65 | 45.49 | 250m: 3:28.23 | 44.75 |
| | 100m: 1:13.16 | 40.66 | 200m: 2:43.48 | 44.83 | 300m: 4:13.71 | 45.48 |
| 2. | Lieke Oude Lenferink | WS Twente 1 | 5:42.36 | 200200068 | 5:29.54 +0,70 | |
| | 50m: 31.74 | 31.74 | 150m: 1:50.77 | 41.04 | 250m: 3:19.69 | 48.35 |
| | 100m: 1:09.73 | 37.99 | 200m: 2:31.34 | 40.57 | 300m: 4:10.40 | 50.71 |
| 3. | Naomi Polinder | Zv 44 | 5:30.17 | 200300020 | 5:47.91 +0,57 | |
| | 50m: 34.38 | 34.38 | 150m: 2:04.27 | 46.41 | 250m: 3:38.16 | 49.93 |
| | 100m: 1:17.86 | 43.48 | 200m: 2:48.23 | 43.96 | 300m: 4:29.27 | 51.11 |
| 4. | Kyonne Maas | Sg - E Z C L | 7:23.87 | 200200434 | 7:44.12 +0,66 | |
| | 50m: 48.22 | 48.22 | 150m: 2:49.62 | 59.34 | 250m: 4:52.06 | 1:05.87 |
| | 100m: 1:50.28 | 1:02.06 | 200m: 3:46.19 | 56.57 | 300m: 5:57.78 | 1:05.72 |
| | | | | | 350m: 6:50.31 | 52.53 |
| | | | | | 400m: 7:44.12 | 53.81 |

Programmanr. 3
18-1-2020

Heren, 400m wisselslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | |
|------|---------------|------------|---------------|-----------|---------------|-------|
| 1. | Storm Boxum | Zv 44 | 5:43.35 | 200700421 | 5:57.62 | |
| | 50m: 36.28 | 36.28 | 150m: 2:08.99 | 48.57 | 250m: 3:44.01 | 48.16 |
| | 100m: 1:20.42 | 44.14 | 200m: 2:55.85 | 46.86 | 300m: 4:34.08 | 50.07 |
| | | | | | 350m: 5:17.07 | 42.99 |
| | | | | | 400m: 5:57.62 | 40.55 |

A-Limietwedstrijd LB deel 1
Hengelo, 18-1-2020

Programmanr. 4
18-1-2020

Dames, 50m rugslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|-------------------|----------------|--------|-----------|----------------|-------|
| 1. | Ismay Lichtendonk | Dedemsvaart-AC | 30.19 | 200400622 | 30.30 | +0,63 |
| 2. | Yke Groener | De Dinkel | 32.99 | 200500772 | 31.96 | +0,63 |
| 3. | Merel Marskamp | WS Twente 1 | 32.81 | 200400990 | 33.34 | +0,67 |
| 4. | Puck Koopman | De Dinkel | 33.41 | 200400038 | 33.89 | +0,67 |
| 5. | Kim Westerink | Zv 44 | 32.21 | 200501078 | 34.32 | +0,58 |
| 6. | Puk Lubbers | Zv 44 | 33.61 | 200600832 | 34.34 | +0,69 |
| 7. | Hannah Markovinic | WS Twente 1 | 37.59 | 200803266 | 34.67 | +0,72 |
| 8. | Nike Tolsma | Zignea | 34.23 | 200300336 | 35.44 | +0,66 |
| 9. | Esmée de Mink | Hera'11 | 34.16 | 200600290 | 35.73 | +0,67 |
| 10. | Kim Schraa | ZVZwartsluis | 35.12 | 200600298 | 36.27 | +0,59 |
| 11. | Neomi Koetsier | WS Twente 1 | 35.45 | 200502144 | 36.28 * | +0,58 |
| 12. | Laura Dekker | De Grunte | 34.50 | 200301650 | 36.78 | +0,66 |
| 13. | Eline Lutters | De Dinkel | 37.49 | 200600322 | 37.23 | +0,70 |
| 14. | Lieke van der Wal | Zignea | 37.13 | 200501428 | 37.74 | +0,71 |
| 15. | Zoé van den Berg | WS Twente 1 | 38.75 | 200501638 | 38.05 | +0,79 |
| 16. | Wendy Marsman | V Z & P C | 39.37 | 200401904 | 38.54 | +0,73 |
| 17. | Anniko Maas | Sg - E Z C L | 37.99 | 200000356 | 40.05 | +0,82 |
| 18. | Alyssa Eilander | De Grunte | 40.79 | 200501982 | 40.39 | +0,71 |
| 19. | Valerie Beuker | V Z & P C | 46.98 | 200800158 | 42.59 | +0,76 |
| 20. | Iris Boswinkel | WS Twente 1 | 46.96 | 200801306 | 47.75 * | +0,76 |

Programmanr. 5
18-1-2020

Heren, 50m rugslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|--------------------|--------------|--------|-----------|----------------|-------|
| 1. | Leon van der Geest | De Dinkel | 27.09 | 200201005 | 27.46 | +0,64 |
| 2. | Dennis Kamps | De Dinkel | 27.92 | 200000191 | 28.14 | +0,71 |
| 3. | Lukas Binnekamp | De Dinkel | 28.81 | 200300107 | 29.41 | +0,65 |
| 4. | Jort van der Vlag | WS Twente 1 | 29.76 | 200400335 | 29.43 | +0,63 |
| 5. | Vince van der Pal | Zv 44 | 28.25 | 200401869 | 29.81 | +0,70 |
| 6. | Omar Markovinic | WS Twente 1 | 31.91 | 200304877 | 31.31 * | +0,61 |
| 7. | Bart Kooiker | De Dinkel | 31.66 | 200100705 | 31.62 | +0,79 |
| 8. | Taco Hengstman | De Grunte | 31.31 | 200304601 | 32.68 | +0,82 |
| 9. | Maarten Eertink | Hera'11 | 34.39 | 200501149 | 34.26 | +0,66 |
| 10. | Niek Vreeling | Sg - E Z C L | 37.22 | 200600217 | 35.31 | +0,82 |
| 11. | Ruben Dijkstra | De Grunte | 35.88 | 200502685 | 36.87 | +0,75 |
| 12. | Keanu Hawtin | Hera'11 | 36.30 | 200503619 | 36.92 | +0,72 |
| 13. | Teun van Weeren | WS Twente 1 | 48.27 | 200801145 | 44.61 | +0,66 |

A-Limietwedstrijd LB deel 1
Hengelo, 18-1-2020

Programmanr. 6
18-1-2020

Dames, 100m schoolslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|------|------------------------|--------------|---------|-----------|----------------|-------|-------|-------|
| 1. | Anouk Knippers | De Dinkel | 1:13.05 | 199700602 | 1:15.07 | +0,70 | 34.63 | 40.44 |
| 2. | Lotte Pieterman | Zv 44 | 1:14.13 | 200301838 | 1:19.53 | +0,57 | 36.43 | 43.10 |
| 3. | Myrna Schasfoort | De Dinkel | 1:17.05 | 199300668 | 1:20.62 | | 37.96 | 42.66 |
| 4. | Nora Weerman | Zv 44 | 1:17.20 | 200400620 | 1:20.65 | +0,74 | 37.07 | 43.58 |
| 5. | Tilita Knol | V Z & P C | 1:26.45 | 200600558 | 1:21.09 | +0,51 | 36.92 | 44.17 |
| 6. | Soraya Rakers | De Dinkel | 1:21.05 | 200300818 | 1:21.40 | +0,65 | 37.95 | 43.45 |
| 7. | Luna Hofmeijer | WS Twente 1 | 1:19.34 | 200400006 | 1:22.29 | +0,57 | 37.83 | 44.46 |
| 8. | Myrthe Dorgelo | ZVZwartsluis | 1:20.44 | 200500068 | 1:23.55 | | 40.13 | 43.42 |
| 9. | Carlijn Hansté | WS Twente 1 | 1:23.89 | 200201082 | 1:25.06 | | 40.10 | 44.96 |
| 10. | Roos Arnold | Zv 44 | 1:18.03 | 200500060 | 1:25.70 | +0,58 | 40.52 | 45.18 |
| 11. | Demi Rothe | De Dinkel | 1:31.60 | 199703388 | 1:26.46 | +0,74 | 40.23 | 46.23 |
| 12. | Daniëlle van der Voort | WS Twente 1 | 1:21.85 | 200402100 | 1:26.48 | | 39.91 | 46.57 |
| 13. | Barbara Broekhuis | De Dinkel | 1:30.96 | 200700880 | 1:27.41 | | 40.74 | 46.67 |
| 14. | Claire Bosch | De Dinkel | 1:30.06 | 200401480 | 1:29.80 | +0,66 | 41.27 | 48.53 |
| 15. | Abri Wiersma | Zignea | 1:25.43 | 200403854 | 1:30.93 | +0,71 | 43.22 | 47.71 |
| 16. | Veerle Riezebos | Zv 44 | 1:21.44 | 200600712 | 1:31.03 | +0,77 | 41.17 | 49.86 |
| 17. | Tess Wolbert | De Dinkel | 1:24.65 | 200400538 | 1:31.28 | +0,70 | 40.66 | 50.62 |
| 18. | Emmelen Smelt | ZVZwartsluis | 1:27.44 | 200800012 | 1:31.54 | | 42.79 | 48.75 |
| 19. | Mirte Boswinkel | WS Twente 1 | 1:34.70 | 200700434 | 1:32.50 | | 43.11 | 49.39 |
| 20. | Esmee ter Braak | V Z & P C | 1:30.47 | 200403660 | 1:33.17 | +0,65 | 43.54 | 49.63 |
| 21. | Eline Pullen | De Grunte | 1:28.10 | 200500630 | 1:33.23 | | 43.86 | 49.37 |
| 22. | Mayke van Tintelen | O Z & P C | 1:33.20 | 200200688 | 1:35.17 | | 45.13 | 50.04 |
| 23. | Pien Hemmelder | De Dinkel | 1:36.89 | 200800278 | 1:36.57 | +0,63 | 46.23 | 50.34 |
| 24. | Heleen Broshuis | WS Twente 1 | 1:35.70 | 200701510 | 1:36.77 | | 45.38 | 51.39 |
| 25. | Ashley Nijveld | V Z & P C | 1:39.61 | 200700384 | 1:37.01 | | 46.14 | 50.87 |
| 26. | Annakey Willcox | Sg - E Z C L | 1:36.68 | 200401050 | 1:38.75 | | 47.06 | 51.69 |
| 27. | Femke Budde | WS Twente 1 | 1:39.77 | 200801460 | 1:40.20 | | 47.09 | 53.11 |

Programmanr. 7
18-1-2020

Heren, 100m schoolslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|------|--------------------|-------------|---------|-----------|----------------|-------|-------|-------|
| 1. | Jesper Bos | WS Twente 1 | 1:12.01 | 200401017 | 1:11.51 | +0,59 | 33.27 | 38.24 |
| 2. | Karst Boersma | De Dinkel | 1:12.54 | 199600849 | 1:11.74 | +0,68 | 33.97 | 37.77 |
| 3. | Robin van den Berg | Zv 44 | 1:11.64 | 200400699 | 1:12.16 | +0,68 | 33.81 | 38.35 |
| 4. | Kevin Lucas | De Dinkel | 1:13.90 | 200300545 | 1:13.61 | +0,71 | 34.57 | 39.04 |
| 5. | Bart Balstra | WS Twente 1 | 1:18.58 | 200400103 | 1:13.82 | +0,58 | 33.95 | 39.87 |
| 6. | Ruben Hoeve | Zv 44 | 1:14.16 | 200302179 | 1:14.47 | +0,76 | 33.95 | 40.52 |
| 7. | Luuk Einhaus | WS Twente 1 | 1:15.86 | 200200537 | 1:16.23 | +0,62 | 34.64 | 41.59 |
| 8. | Jelle ten Hove | De Dinkel | 1:16.77 | 200101373 | 1:17.54 | +0,57 | 35.08 | 42.46 |
| 9. | Milan Lucas | De Dinkel | 1:24.16 | 200500085 | 1:18.49 | | 37.07 | 41.42 |
| 10. | Harm-Jan Otter | V Z & P C | 1:21.67 | 198101283 | 1:20.48 | +0,94 | 37.63 | 42.85 |
| 11. | Mick Mulder | WS Twente 1 | 1:26.42 | 200502519 | 1:21.08 | | 37.11 | 43.97 |
| 12. | Wout Koops | WS Twente 1 | 1:28.32 | 200601543 | 1:21.84 | +0,61 | 38.35 | 43.49 |
| 13. | Thijmen Pieffers | V Z & P C | 1:19.29 | 200400673 | 1:22.40 | +0,72 | 38.57 | 43.83 |
| 14. | Tom van der Vlag | WS Twente 1 | 1:27.81 | 200200391 | 1:26.15 | +0,70 | 39.17 | 46.98 |
| 15. | William Kragt | Zv 44 | 1:22.43 | 200503133 | 1:26.16 | | 39.37 | 46.79 |
| 16. | Tamas Tolsma | Zignea | 1:24.18 | 200500075 | 1:29.03 | +0,76 | 41.38 | 47.65 |
| 17. | Tom Schotkamp | De Grunte | 1:27.28 | 200501337 | 1:29.61 | +0,80 | 42.60 | 47.01 |
| 18. | Daniël Hardziyenka | Zv 44 | 1:26.66 | 200701773 | 1:32.89 | | 43.64 | 49.25 |



A-Limietwedstrijd LB deel 1
Hengelo, 18-1-2020

Programmanr. 8 Dames, 200m wisselslag Senioren Open
18-1-2020 Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|----------------------|-------------|-------------------|----------------|-------|-------|-------|-------|-------|
| 1. Danielle Meinema | Zv 44 | 2:24.83 200300534 | 2:30.42 | | 31.45 | 38.83 | 44.15 | 35.99 |
| 2. Jolijn Liezen | Zv 44 | 2:33.20 200500518 | 2:40.24 | +0,55 | 32.89 | 42.23 | 47.61 | 37.51 |
| 3. Puck Kuipers | WS Twente 1 | 2:49.09 200603794 | 2:43.73 | | 35.68 | 44.24 | 46.59 | 37.22 |
| 4. Carlein Polinder | Zv 44 | 2:37.81 200600128 | 2:45.79 | | 33.88 | 43.59 | 49.12 | 39.20 |
| 5. Esmée Mulder | Zv 44 | 2:46.57 200800038 | 2:48.27 | +0,60 | 36.82 | 43.06 | 49.28 | 39.11 |
| 6. Sanne Temmen | De Dinkel | 2:42.86 200400682 | 2:49.08 | | 35.08 | 44.13 | 50.19 | 39.68 |
| 7. Chiméne Rakers | De Dinkel | 2:46.14 200101778 | 2:49.18 | +0,78 | 33.00 | 45.53 | 52.11 | 38.54 |
| 8. Elle Wassink | De Dinkel | 3:02.14 200700644 | 2:55.59 | | 38.76 | 45.40 | 54.45 | 36.98 |
| 9. Lotte Aufderhaar | De Grunte | 2:53.67 200601662 | 2:57.72 | +0,46 | 37.06 | 44.26 | 54.16 | 42.24 |
| 10. Mette Stoelhorst | V Z & P C | 2:55.40 200600222 | 2:57.73 | | 38.23 | 46.51 | 50.11 | 42.88 |
| 11. Eva Havelaar | De Grunte | 3:16.38 200601660 | 3:14.57 | | 42.61 | 52.11 | 57.22 | 42.63 |
| 12. Noëlle Smit | WS Twente 1 | 3:17.20 200701938 | 3:15.35 | | 42.04 | 49.70 | 59.24 | 44.37 |

Programmanr. 9 Heren, 200m wisselslag Senioren Open
18-1-2020 Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|--------------------|-------------|-------------------|----------------|-------|-------|-------|---------|-------|
| 1. Thomas de Lange | De Dinkel | 2:22.64 199701475 | 2:18.17 | +0,70 | 28.94 | 40.19 | 37.01 | 32.03 |
| 2. Tiede Groener | De Dinkel | 2:53.39 200700155 | 2:31.60 | | 30.84 | 38.45 | 46.98 | 35.33 |
| 3. Luuk Ruinemans | De Dinkel | 2:38.74 200301085 | 2:39.40 | | 32.14 | 41.58 | 48.53 | 37.15 |
| 4. Storm Tolsma | Zignea | 2:38.26 200600277 | 2:42.13 | | 35.16 | 42.24 | 47.08 | 37.65 |
| 5. Teun van Weeren | WS Twente 1 | 3:33.69 200801145 | 3:21.08 | | 45.97 | 50.24 | 1:02.43 | 42.44 |
| DIS Jan Julkowski | Zignea | 2:54.55 200500275 | | | | | | |

RH - Het eindpunt niet in rugligging aangeraakt.

Programmanr. 10 Dames, 100m vlinderslag Senioren Open
18-1-2020 Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m |
|----------------------|--------------|-------------------|----------------|-------|-------|-------|
| 1. Eefje Slootweg | De Dinkel | 1:08.11 199800218 | 1:09.18 | | 31.88 | 37.30 |
| 2. Loes Sotthewes | WS Twente 1 | 1:11.60 200401792 | 1:13.49 | +0,61 | 33.37 | 40.12 |
| 3. Neomi Koetsier | WS Twente 1 | 1:13.90 200502144 | 1:14.85 | | 34.47 | 40.38 |
| 4. Naomi Polinder | Zv 44 | 1:09.65 200300020 | 1:17.34 | +0,57 | 34.82 | 42.52 |
| 5. Emmelien Smelt | ZVZwartsluis | 1:16.98 200800012 | 1:18.61 | | 35.76 | 42.85 |
| 6. Hannah Markovinic | WS Twente 1 | 1:19.55 200803266 | 1:18.91 | | 36.57 | 42.34 |
| 7. Féline Sam | Zv 44 | 1:15.83 200700018 | 1:21.25 | +0,60 | 36.35 | 44.90 |
| 8. Annejèn Smelt | ZVZwartsluis | 1:21.57 200400442 | 1:23.35 | | 36.43 | 46.92 |

Programmanr. 11 Heren, 100m vlinderslag Senioren Open
18-1-2020 Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m |
|-----------------------|-------------|-------------------|----------------|-------|-------|-------|
| 1. Leon van der Geest | De Dinkel | 58.58 200201005 | 58.84 | +0,64 | 26.89 | 31.95 |
| 2. Jort van der Vlag | WS Twente 1 | 1:02.44 200400335 | 1:02.07 | +0,70 | 28.28 | 33.79 |
| 3. Luuk Bos | De Dinkel | 1:01.55 200300151 | 1:02.49 | +0,57 | 27.60 | 34.89 |
| 4. Omar Markovinic | WS Twente 1 | 1:01.89 200304877 | 1:04.82 | +0,41 | 29.86 | 34.96 |
| 5. Sven Klink | Zv 44 | 1:01.66 200500349 | 1:05.24 | +0,53 | 29.33 | 35.91 |
| 6. Hugo Lamtink | Zv 44 | 1:14.76 200502759 | 1:16.39 | +0,69 | 33.51 | 42.88 |
| 7. Luca Aufderhaar | De Grunte | 1:25.89 200603375 | 1:29.29 | +0,61 | 37.62 | 51.67 |
| 8. Efe Ozkan | WS Twente 1 | NT 200604097 | 1:37.01 | | 42.38 | 54.63 |

A-Limietwedstrijd LB deel 1
Hengelo, 18-1-2020

Programmanr. 12
18-1-2020

Dames, 50m schoolslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|--------------------|--------------|--------|-----------|--------------|-------|
| 1. | Myrna Schasfoort | De Dinkel | 34.31 | 199300668 | 35.53 | +0,65 |
| 2. | Isabelle Elsweier | WS Twente 1 | 35.90 | 200303614 | 35.59 | |
| 3. | Nora Weerman | Zv 44 | 34.74 | 200400620 | 36.45 | +0,68 |
| 4. | Luna Hofmeijer | WS Twente 1 | 36.32 | 200400006 | 37.44 | +0,71 |
| 5. | Kim Westerink | Zv 44 | 36.66 | 200501078 | 38.13 | +0,53 |
| 6. | Quinty Setlight | De Dinkel | 37.20 | 200201018 | 38.80 | +0,50 |
| 7. | Myrthe Dorgelo | ZVZwartsluis | 37.07 | 200500068 | 39.16 | |
| 8. | Nike Tolsma | Zignea | 38.82 | 200300336 | 39.43 | |
| 9. | Roos Arnold | Zv 44 | 35.78 | 200500060 | 39.85 | +0,55 |
| 10. | Esmee ter Braak | V Z & P C | 40.66 | 200403660 | 40.82 | +0,61 |
| 11. | Mette Stoelhorst | V Z & P C | 42.62 | 200600222 | 42.18 | |
| 12. | Zoé van den Berg | WS Twente 1 | 42.37 | 200501638 | 42.43 | |
| 13. | Eline Pullen | De Grunte | 40.82 | 200500630 | 43.21 | +0,74 |
| 14. | Annakey Willcox | Sg - E Z C L | 41.80 | 200401050 | 44.00 | +0,84 |
| 15. | Mirte Boswinkel | WS Twente 1 | 42.42 | 200700434 | 44.07 | |
| 16. | Kyonne Maas | Sg - E Z C L | 43.35 | 200200434 | 44.72 | +0,66 |
| 17. | Lieke van der Wal | Zignea | 41.63 | 200501428 | 44.74 | |
| 18. | Ashley Nijveld | V Z & P C | 45.21 | 200700384 | 45.00 | |
| 19. | Valerie Beuker | V Z & P C | 50.34 | 200800158 | 45.03 | +0,79 |
| 20. | Mayke van Tintelen | O Z & P C | 42.21 | 200200688 | 45.13 | |
| 21. | Femke Budde | WS Twente 1 | 46.53 | 200801460 | 46.24 | +0,97 |

Programmanr. 13
18-1-2020

Heren, 50m schoolslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT |
|------|-------------------|--------------|--------|-----------|--------------|-------|
| 1. | Bart Balstra | WS Twente 1 | 35.22 | 200400103 | 32.89 | +0,68 |
| 2. | Jesper Bos | WS Twente 1 | 33.11 | 200401017 | 33.06 | +0,60 |
| 3. | Ruben Hoeve | Zv 44 | 33.90 | 200302179 | 33.15 | +0,73 |
| 4. | Luuk Einhaus | WS Twente 1 | 33.95 | 200200537 | 33.45 | +0,51 |
| 5. | Lukas Binnekamp | De Dinkel | 34.31 | 200300107 | 33.89 | +0,68 |
| 6. | Julian Hansman | ZVZwartsluis | 33.34 | 200000029 | 35.29 | +0,63 |
| 7. | Harm-Jan Otter | V Z & P C | 36.07 | 198101283 | 36.07 | +0,88 |
| 8. | Thijmen Pieffers | V Z & P C | 37.28 | 200400673 | 36.31 | +0,70 |
| 9. | Stefan Kagenaar | Zignea | 35.06 | 200101391 | 38.04 | +0,73 |
| 10. | Tom van der Vlag | WS Twente 1 | NT | 200200391 | 39.43 | +0,73 |
| 11. | Tom Schotkamp | De Grunte | 39.07 | 200501337 | 40.22 | +0,74 |
| 12. | Nils van der Vlag | WS Twente 1 | 45.29 | 200700239 | 41.15 | |

Programmanr. 14
18-1-2020

Dames, 100m rugslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|------|-------------------|--------------|---------|-----------|----------------|-------|-------|-------|
| 1. | Demi Rothe | De Dinkel | 1:15.20 | 199703388 | 1:14.47 | +0,69 | 36.09 | 38.38 |
| 2. | Merel Marskamp | WS Twente 1 | 1:12.33 | 200400990 | 1:14.64 | +0,67 | 34.79 | 39.85 |
| 3. | Puck Koopman | De Dinkel | 1:11.69 | 200400038 | 1:14.74 | +0,74 | 36.73 | 38.01 |
| 4. | Tilita Knol | V Z & P C | 1:20.02 | 200600558 | 1:14.91 | +0,68 | 34.87 | 40.04 |
| 5. | Carlein Polinder | Zv 44 | 1:09.92 | 200600128 | 1:17.42 | +0,64 | 37.72 | 39.70 |
| 6. | Pien Hemmelder | De Dinkel | 1:22.44 | 200800278 | 1:19.00 | +0,73 | 38.67 | 40.33 |
| 7. | Kim Schraa | ZVZwartsluis | 1:15.19 | 200600298 | 1:20.33 | +0,57 | 38.87 | 41.46 |
| 8. | Veerle Riezebos | Zv 44 | 1:13.88 | 200600712 | 1:21.09 | +0,82 | 39.23 | 41.86 |
| 9. | Barbara Broekhuis | De Dinkel | 1:24.71 | 200700880 | 1:21.28 | +0,69 | 40.05 | 41.23 |
| 10. | Elle Wassink | De Dinkel | 1:25.06 | 200700644 | 1:22.33 | +0,87 | 40.77 | 41.56 |
| 11. | Sanne Temmen | De Dinkel | 1:18.69 | 200400682 | 1:22.85 | +0,87 | 40.06 | 42.79 |
| 12. | Tess Wolbert | De Dinkel | 1:20.97 | 200400538 | 1:22.89 | +0,74 | 40.03 | 42.86 |
| 13. | Chiméne Rakers | De Dinkel | 1:20.37 | 200101778 | 1:24.08 | +0,69 | 41.19 | 42.89 |
| 14. | Claire Bosch | De Dinkel | 1:21.82 | 200401480 | 1:24.29 | +0,84 | 40.26 | 44.03 |
| 15. | Laura Dekker | De Grunte | 1:15.94 | 200301650 | 1:25.69 | +0,72 | 40.82 | 44.87 |
| 16. | Wendy Marsman | V Z & P C | 1:25.65 | 200401904 | 1:25.70 | +0,68 | 41.04 | 44.66 |
| 17. | Iris Boswinkel | WS Twente 1 | 1:47.81 | 200801306 | 1:52.16 | +0,84 | 54.11 | 58.05 |

A-Limietwedstrijd LB deel 1
Hengelo, 18-1-2020

Programmanr. 15
18-1-2020

Heren, 100m rugslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | | tijd | RT | 50m | 100m |
|------|--------------------|--------------|---------|-----------|----------------|-------|-------|-------|
| 1. | Dennis Kamps | De Dinkel | 58.52 | 200000191 | 59.24 | +0,77 | 29.25 | 29.99 |
| 2. | Niek Hamans | WS Twente 1 | 1:09.95 | 200401763 | 1:05.98 | +0,61 | 31.75 | 34.23 |
| 3. | Tiede Groener | De Dinkel | 1:13.01 | 200700155 | 1:11.40 | +0,74 | 34.51 | 36.89 |
| 4. | Luuk Ruinemans | De Dinkel | 1:11.67 | 200301085 | 1:13.52 | +0,82 | 34.70 | 38.82 |
| 5. | Niek Vreeling | Sg - E Z C L | 1:19.89 | 200600217 | 1:17.74 | +0,72 | 37.80 | 39.94 |
| 6. | Mick Mulder | WS Twente 1 | 1:14.24 | 200502519 | 1:18.12 | +0,77 | 38.01 | 40.11 |
| 7. | Daniël Hardziyenka | Zv 44 | 1:17.11 | 200701773 | 1:20.38 | +0,73 | 39.25 | 41.13 |

A-Limietwedstrijd LB deel 1
Hengelo, 18-1-2020

Programmanr. 16
18-1-2020

Dames, 200m vrije slag

Senioren Open
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-------------------------|----------------|-------------------|----------------|-------|-------|-------|-------|-------|
| 1. Ismay Lichtendonk | Dedemsvaart-AC | 2:15.22 200400622 | 2:13.68 | +0,62 | 31.19 | 34.17 | 33.98 | 34.34 |
| 2. Yke Groener | De Dinkel | 2:15.82 200500772 | 2:15.15 | +0,58 | 31.31 | 34.43 | 35.10 | 34.31 |
| 3. Lieke Oude Lenferink | WS Twente 1 | 2:17.32 200200068 | 2:17.29 | | 31.43 | 35.18 | 35.83 | 34.85 |
| 4. Lonne Dijkhuis | De Dinkel | 2:17.07 199400030 | 2:18.93 | +0,73 | 31.62 | 35.31 | 35.61 | 36.39 |
| 5. Kiki Koopman | De Dinkel | 2:17.69 200200232 | 2:19.23 | +0,75 | 31.72 | 35.76 | 35.57 | 36.18 |
| 6. Soraya Rakers | De Dinkel | 2:21.01 200300818 | 2:24.53 | +0,68 | 32.76 | 36.71 | 37.91 | 37.15 |
| 7. Eline Lutters | De Dinkel | 2:29.24 200600322 | 2:25.25 | | 33.15 | 37.31 | 37.87 | 36.92 |
| 8. Puck Kuipers | WS Twente 1 | 2:28.96 200603794 | 2:27.30 | | 33.82 | 37.50 | 38.28 | 37.70 |
| 9. Lotte Aufderhaar | De Grunte | 2:31.46 200601662 | 2:37.33 | +0,62 | 35.72 | 41.36 | 40.13 | 40.12 |
| 10. Heleen Broshuis | WS Twente 1 | 2:45.12 200701510 | 2:42.98 | | 36.72 | 42.34 | 42.46 | 41.46 |
| 11. Joelle Kagenaar | Zignea | 2:45.76 200600070 | 2:48.88 | | 39.11 | 44.62 | 45.15 | 40.00 |
| 12. Lieke van der Wal | Zignea | 2:43.05 200501428 | 2:49.62 | +0,78 | 37.96 | 43.33 | 44.41 | 43.92 |
| 13. Eva Havelaar | De Grunte | 2:50.53 200601660 | 2:56.88 | | 38.73 | 46.89 | 47.91 | 43.35 |

Programmanr. 17
18-1-2020

Heren, 200m vrije slag

Senioren Open
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-----------------------|-------------|-------------------|----------------|-------|-------|-------|-------|-------|
| 1. Karst Boersma | De Dinkel | 1:55.20 199600849 | 2:00.99 | +0,70 | 27.62 | 30.93 | 31.36 | 31.08 |
| 2. Leon van der Geest | De Dinkel | 2:03.50 200201005 | 2:01.65 | +0,57 | 28.00 | 32.36 | 32.25 | 29.04 |
| 3. Robin van den Berg | Zv 44 | 1:58.02 200400699 | 2:01.73 | +0,68 | 28.46 | 31.13 | 32.22 | 29.92 |
| 4. Kevin Lucas | De Dinkel | 2:12.23 200300545 | 2:11.57 | +0,90 | 30.14 | 34.66 | 33.59 | 33.18 |
| 5. Bart Kooiker | De Dinkel | 2:08.68 200100705 | 2:11.98 | +0,56 | 28.46 | 33.33 | 35.78 | 34.41 |
| 6. Jelle ten Hove | De Dinkel | 2:12.33 200101373 | 2:13.63 | +0,65 | 29.42 | 33.50 | 35.70 | 35.01 |
| 7. Taco Hengstman | De Grunte | 2:13.35 200304601 | 2:19.64 | +0,60 | 30.38 | 35.22 | 36.98 | 37.06 |
| 8. Milan Lucas | De Dinkel | 2:26.57 200500085 | 2:21.68 | +0,69 | 32.37 | 36.96 | 36.96 | 35.39 |
| 9. Stefan Kagenaar | Zignea | 2:17.06 200101391 | 2:21.90 | +0,67 | 31.00 | 34.32 | 37.98 | 38.60 |
| 10. Lars Koopman | Zignea | 2:20.41 200202131 | 2:28.25 | +0,87 | 32.47 | 37.46 | 39.33 | 38.99 |
| 11. Storm Boxum | Zv 44 | 2:15.83 200700421 | 2:28.82 | | 33.12 | 38.43 | 39.85 | 37.42 |
| 12. Luca Aufderhaar | De Grunte | 2:25.49 200603375 | 2:32.98 | +0,58 | 34.03 | 38.40 | 40.02 | 40.53 |
| 13. Julian Demming | WS Twente 1 | 2:48.18 200700509 | 2:35.25 | +0,52 | 34.91 | 39.28 | 41.96 | 39.10 |
| 14. Bjorn Scholten | WS Twente 1 | 2:48.36 200801143 | 2:45.48 | | 36.90 | 43.20 | 44.83 | 40.55 |

Programmanr. 18
18-1-2020

Dames, 50m vlinderslag

Senioren Open
Resultaten

| rang naam | vereniging | intijd | tijd | RT |
|---------------------------|--------------|-----------------|--------------|-------|
| 1. Quinty Setlight | De Dinkel | 29.87 200201018 | 30.10 | +0,64 |
| 2. Carlijn Hansté | WS Twente 1 | 30.64 200201082 | 30.80 | +0,54 |
| 3. Anouk Knippers | De Dinkel | 30.95 199700602 | 30.91 | +0,71 |
| 4. Isabelle Elsweier | WS Twente 1 | 30.82 200303614 | 30.96 | |
| 5. Eefje Slootweg | De Dinkel | 30.50 199800218 | 31.42 | |
| 6. Jolijn Liezen | Zv 44 | 30.93 200500518 | 31.46 | +0,64 |
| 7. Daniëlle van der Voort | WS Twente 1 | 32.64 200402100 | 32.71 | |
| 8. Abri Wiersma | Zignea | 33.70 200403854 | 33.29 | +0,70 |
| 9. Fiona Wormeester | Sg - E Z C L | 35.06 200400674 | 33.46 | |
| 10. Zoé van den Berg | WS Twente 1 | 35.32 200501638 | 34.75 | +0,76 |
| 11. Christa Valk | Hera'11 | 35.98 200600066 | 35.32 | |
| 12. Kim Schraa | ZVZwartsluis | 32.12 200600298 | 35.42 | |
| 13. Anniko Maas | Sg - E Z C L | 33.16 200000356 | 36.81 | +0,72 |
| 14. Mette Stoelhorst | V Z & P C | 34.95 200600222 | 37.29 | |
| 15. Femke Budde | WS Twente 1 | 41.43 200801460 | 38.34 | |
| 16. Maaïke Bosman | Zignea | 38.09 200700624 | 40.01 | |
| 17. Aleyna Davranmaz | Zignea | 50.26 200801868 | 45.83 | |
| DIS Noëlle Smit | WS Twente 1 | 45.46 200701938 | | |

AA - Gestart voor het startsignaal (en wel gezwommen).

A-Limietwedstrijd LB deel 1
Hengelo, 18-1-2020

Programmanr. 19
18-1-2020

Heren, 50m vlinderslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|-------------------|-------------|--------|-----------|--------------------|
| 1. | Dennis Kamps | De Dinkel | 25.47 | 200000191 | 25.82 +0,71 |
| 2. | Bart Balstra | WS Twente 1 | 28.26 | 200400103 | 27.31 +0,70 |
| 3. | Lukas Binnekamp | De Dinkel | 28.21 | 200300107 | 28.50 +0,52 |
| 4. | Matias Jansen | Zignea | 27.37 | 200300199 | 28.71 +0,64 |
| 5. | Omar Markovinovic | WS Twente 1 | 27.63 | 200304877 | 29.44 +0,51 |
| 6. | Storm Tolsma | Zignea | 34.15 | 200600277 | 33.15 |
| 7. | Harm-Jan Otter | V Z & P C | 32.27 | 198101283 | 33.42 +0,91 |
| 8. | Dirk Zwaneveld | Zignea | 38.43 | 200601041 | 36.35 |
| 9. | Tamas Tolsma | Zignea | 35.46 | 200500075 | 36.42 +0,56 |
| 10. | Keanu Hawtin | Hera'11 | 34.87 | 200503619 | 36.78 |
| 11. | Julian Demming | WS Twente 1 | 35.87 | 200700509 | 39.78 +0,61 |

Programmanr. 20
18-1-2020

Dames, 200m rugslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|------|---------------------|-------------|---------|-----------|----------------------|-------|-------|-------|-------|
| 1. | Hannah Markovinovic | WS Twente 1 | 2:38.69 | 200803266 | 2:37.79 +0,73 | 37.20 | 41.56 | 40.35 | 38.68 |
| 2. | Loes Sotthewes | WS Twente 1 | 2:40.83 | 200401792 | 2:43.11 +0,86 | 39.32 | 41.03 | 42.17 | 40.59 |
| 3. | Kim Westerink | Zv 44 | 2:31.38 | 200501078 | 2:44.50 +0,60 | 37.55 | 42.79 | 43.20 | 40.96 |
| 4. | Féline Sam | Zv 44 | 2:36.97 | 200700018 | 2:46.15 +0,65 | 40.00 | 43.06 | 43.41 | 39.68 |
| 5. | Esmée de Mink | Hera'11 | 2:50.65 | 200600290 | 2:51.66 +0,61 | 39.40 | 43.13 | 45.00 | 44.13 |
| 6. | Alyssa Eilander | De Grunte | 2:59.14 | 200501982 | 3:06.29 +0,66 | 43.35 | 47.51 | 47.08 | 48.35 |
| 7. | Eline Pullen | De Grunte | 3:12.20 | 200500630 | 3:12.85 +0,76 | 45.86 | 49.27 | 49.92 | 47.80 |

Programmanr. 21
18-1-2020

Heren, 200m rugslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|------|----------------|------------|---------|-----------|----------------------|-------|-------|-------|-------|
| 1. | Luuk Bos | De Dinkel | 2:21.25 | 200300151 | 2:17.81 +0,56 | 32.33 | 35.38 | 36.37 | 33.73 |
| 2. | Maquinho Vorst | De Dinkel | 2:24.98 | 200204179 | 2:18.81 +0,64 | 31.44 | 35.29 | 36.44 | 35.64 |
| 3. | Sven Klink | Zv 44 | 2:14.73 | 200500349 | 2:22.31 +0,72 | 33.67 | 36.35 | 36.71 | 35.58 |

A-Limietwedstrijd LB deel 1
Hengelo, 18-1-2020

Programmanr. 22
18-1-2020

Dames, 100m vrije slag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|------|------------------|--------------|---------|-----------|------------------|-------|-------|-------|
| 1. | Lotte Pieterman | Zv 44 | 57.80 | 200301838 | 1:01.48 | +0,52 | 29.22 | 32.26 |
| 2. | Kiki Koopman | De Dinkel | 1:02.31 | 200200232 | 1:02.24 | +0,70 | 29.73 | 32.51 |
| 3. | Danielle Meinema | Zv 44 | 1:00.21 | 200300534 | 1:02.37 | +0,63 | 30.21 | 32.16 |
| 4. | Yke Groener | De Dinkel | 1:02.70 | 200500772 | 1:02.75 | +0,58 | 30.27 | 32.48 |
| 5. | Puck Koopman | De Dinkel | 1:01.61 | 200400038 | 1:04.76 | +0,56 | 30.33 | 34.43 |
| 6. | Puk Lubbers | Zv 44 | 1:04.86 | 200600832 | 1:05.46 | +0,68 | 31.14 | 34.32 |
| 7. | Quinty Setlight | De Dinkel | 1:04.49 | 200201018 | 1:05.78 | | 31.19 | 34.59 |
| 8. | Neomi Koetsier | WS Twente 1 | 1:03.26 | 200502144 | 1:05.80 * | | 31.12 | 34.68 |
| 9. | Roos Arnold | Zv 44 | 1:03.61 | 200500060 | 1:05.93 | +0,56 | 31.29 | 34.64 |
| 10. | Carlein Polinder | Zv 44 | 1:02.24 | 200600128 | 1:06.09 | | 31.49 | 34.60 |
| 11. | Esmée Mulder | Zv 44 | 1:04.38 | 200800038 | 1:06.41 | | 31.96 | 34.45 |
| 12. | Tilita Knol | V Z & P C | 1:09.86 | 200600558 | 1:06.93 | +0,61 | 31.00 | 35.93 |
| 13. | Luna Hofmeijer | WS Twente 1 | 1:04.30 | 200400006 | 1:07.06 | +0,59 | 31.78 | 35.28 |
| 14. | Sanne Temmen | De Dinkel | 1:03.50 | 200400682 | 1:07.12 | | 31.57 | 35.55 |
| 15. | Demi Rothe | De Dinkel | 1:09.16 | 199703388 | 1:07.37 | | 32.92 | 34.45 |
| 16. | Elle Wassink | De Dinkel | 1:11.58 | 200700644 | 1:09.27 | | 32.91 | 36.36 |
| 17. | Veerle Riezebos | Zv 44 | 1:05.27 | 200600712 | 1:09.47 | +0,74 | 32.72 | 36.75 |
| 18. | Emmelien Smelt | ZVZwartsluis | 1:06.75 | 200800012 | 1:10.20 | | 34.00 | 36.20 |
| 19. | Claire Bosch | De Dinkel | 1:09.24 | 200401480 | 1:10.21 | +0,67 | 33.40 | 36.81 |
| 20. | Fiona Wormeester | Sg - E Z C L | 1:11.47 | 200400674 | 1:10.80 | | 33.86 | 36.94 |
| 21. | Pien Hemmelder | De Dinkel | 1:15.30 | 200800278 | 1:10.94 | +0,72 | 34.36 | 36.58 |
| 22. | Nienke Koopman | Zignea | 1:08.25 | 200403852 | 1:11.19 | | 33.40 | 37.79 |
| 23. | Annejèn Smelt | ZVZwartsluis | 1:08.99 | 200400442 | 1:11.26 | | 34.72 | 36.54 |
| 24. | Chimène Rakers | De Dinkel | 1:06.63 | 200101778 | 1:11.44 | | 34.10 | 37.34 |
| 25. | Mirte Boswinkel | WS Twente 1 | 1:16.57 | 200700434 | 1:12.98 | | 35.04 | 37.94 |
| 26. | Tess Wolbert | De Dinkel | 1:08.88 | 200400538 | 1:13.14 | +0,61 | 34.50 | 38.64 |
| 27. | Joelle Kagenaar | Zignea | 1:12.35 | 200600070 | 1:16.02 | +0,61 | 36.54 | 39.48 |
| 28. | Mette Stoelhorst | V Z & P C | 1:14.79 | 200600222 | 1:16.90 | | 36.35 | 40.55 |
| 29. | Valerie Beuker | V Z & P C | 1:20.67 | 200800158 | 1:17.47 | +0,87 | 36.89 | 40.58 |
| 30. | Wendy Marsman | V Z & P C | 1:13.32 | 200401904 | 1:17.74 | +0,58 | 34.84 | 42.90 |
| 31. | Annakey Willcox | Sg - E Z C L | 1:18.46 | 200401050 | 1:18.57 | | 37.52 | 41.05 |
| 32. | Iris Boswinkel | WS Twente 1 | 1:28.05 | 200801306 | 1:24.26 | | 38.88 | 45.38 |
| DIS | Noëlle Smit | WS Twente 1 | 1:20.38 | 200701938 | | | | |

AA - Gestart voor het startsignaal (en wel gezwommen).

Programmanr. 23
18-1-2020

Heren, 100m vrije slag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | 50m | 100m | |
|------|--------------------|--------------|---------|-----------|----------------|-------|-------|-------|
| 1. | Karst Boersma | De Dinkel | 52.92 | 199600849 | 54.25 | +0,66 | 26.29 | 27.96 |
| 2. | Vince van der Pal | Zv 44 | 52.79 | 200401869 | 56.16 | +0,74 | 27.04 | 29.12 |
| 3. | Thomas de Lange | De Dinkel | 56.69 | 199701475 | 56.53 | +0,72 | 27.40 | 29.13 |
| 4. | Bart Kooiker | De Dinkel | 55.71 | 200100705 | 56.68 | +0,58 | 27.21 | 29.47 |
| 5. | Luuk Einhaus | WS Twente 1 | 55.64 | 200200537 | 57.70 | +0,60 | 27.25 | 30.45 |
| 6. | Stefan Kagenaar | Zignea | 58.14 | 200101391 | 1:01.10 | +0,74 | 29.27 | 31.83 |
| 7. | Julian Hansman | ZVZwartsluis | 58.23 | 200000029 | 1:02.84 | +0,54 | 29.16 | 33.68 |
| 8. | Wout Koops | WS Twente 1 | 1:03.78 | 200601543 | 1:03.38 | +0,56 | 30.12 | 33.26 |
| 9. | Hugo Lamtink | Zv 44 | 1:01.76 | 200502759 | 1:05.93 | | 31.03 | 34.90 |
| 10. | Jan Julkowski | Zignea | 1:07.02 | 200500275 | 1:06.25 | | 31.19 | 35.06 |
| 11. | William Kragt | Zv 44 | 1:03.32 | 200503133 | 1:06.67 | | 31.49 | 35.18 |
| 12. | Niek Vreeling | Sg - E Z C L | 1:11.26 | 200600217 | 1:07.37 | | 31.92 | 35.45 |
| 13. | Mick Mulder | WS Twente 1 | 1:06.39 | 200502519 | 1:07.57 | | 32.14 | 35.43 |
| 14. | Nick Slaat | V Z & P C | 1:10.65 | 200503757 | 1:08.92 | | 32.85 | 36.07 |
| 15. | Daniël Hardziyenka | Zv 44 | 1:08.13 | 200701773 | 1:10.70 | +0,62 | 33.33 | 37.37 |
| 16. | Dirk Zwaneveld | Zignea | 1:09.40 | 200601041 | 1:11.22 | | 32.81 | 38.41 |
| 17. | Julian Demming | WS Twente 1 | 1:16.12 | 200700509 | 1:12.13 | +0,57 | 33.75 | 38.38 |
| 18. | Efe Ozkan | WS Twente 1 | NT | 200604097 | 1:17.43 | | 36.72 | 40.71 |

A-Limietwedstrijd LB deel 1
Hengelo, 18-1-2020

Programmanr. 24
18-1-2020

Dames, 200m schoolslag

Senioren Open
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|----------------------|------------|-------------------|----------------|-------|-------|-------|-------|-------|
| 1. Lonne Dijkhuis | De Dinkel | 2:43.42 199400030 | 2:47.65 | +0,72 | 37.66 | 43.57 | 43.56 | 42.86 |
| 2. Nora Weerman | Zv 44 | 2:44.30 200400620 | 2:57.53 | +0,56 | 39.74 | 45.22 | 46.58 | 45.99 |
| 3. Barbara Broekhuis | De Dinkel | 3:15.53 200700880 | 3:15.26 | +0,59 | 42.46 | 50.39 | 50.74 | 51.67 |
| 4. Ashley Nijveld | V Z & P C | 3:31.83 200700384 | 3:28.95 | | 47.06 | 53.17 | 55.44 | 53.28 |

Programmanr. 25
18-1-2020

Heren, 200m schoolslag

Senioren Open
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|---------------------|-------------|-------------------|----------------|-------|-------|---------|---------|---------|
| 1. Jesper Bos | WS Twente 1 | 2:40.34 200401017 | 2:38.99 | +0,60 | 35.34 | 40.52 | 40.86 | 42.27 |
| 2. Ruben Hoeve | Zv 44 | 2:41.43 200302179 | 2:46.88 | +0,75 | 37.28 | 43.89 | 43.68 | 42.03 |
| 3. Thijmen Pieffers | V Z & P C | 2:57.98 200400673 | 3:09.47 | +0,69 | 41.99 | 50.23 | 49.05 | 48.20 |
| 4. Bjorn Scholten | WS Twente 1 | NT 200801143 | 4:07.76 | +0,63 | 56.83 | 1:04.68 | 1:02.61 | 1:03.64 |

Programmanr. 26
18-1-2020

Dames, 200m vlinderslag

Senioren Open
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|-------------------------------|----------------|-------------------|------------------|-------|-------|-------|-------|-------|
| 1. Ismay Lichtendonk *150m | Dedemsvaart-AC | 2:40.58 200400622 | 2:42.25 * | +0,61 | 33.27 | 42.57 | 42.71 | 43.70 |
| 2. Myrthe Dorgelo | ZVZwartsluis | 2:47.40 200500068 | 2:50.74 | +0,66 | 35.94 | 43.24 | 45.51 | 46.05 |

Programmanr. 27
18-1-2020

Heren, 200m vlinderslag

Senioren Open
Resultaten

| rang naam | vereniging | intijd | tijd | RT | 50m | 100m | 150m | 200m |
|---------------|-------------|--------------|----------------|----|-------|-------|-------|-------|
| 1. Wout Koops | WS Twente 1 | NT 200601543 | 3:09.60 | | 37.80 | 48.46 | 53.55 | 49.79 |

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A-Limietwedstrijd LB deel 1
Hengelo, 18-1-2020

Programmanr. 28
18-1-2020

Dames, 50m vrije slag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | |
|------|------------------------|--------------|--------|-----------|-------|-------|
| 1. | Lotte Pieterman | Zv 44 | 26.51 | 200301838 | 27.73 | +0,52 |
| 2. | Anouk Knippers | De Dinkel | 27.41 | 199700602 | 28.24 | +0,61 |
| 3. | Isabelle Elsweier | WS Twente 1 | 28.48 | 200303614 | 28.41 | +0,82 |
| 4. | Kiki Koopman | De Dinkel | 28.45 | 200200232 | 28.84 | |
| 5. | Merel Marskamp | WS Twente 1 | 29.25 | 200400990 | 29.60 | +0,59 |
| 6. | Tilita Knol | V Z & P C | 31.18 | 200600558 | 29.71 | +0,53 |
| 7. | Nike Tolsma | Zignea | 29.10 | 200300336 | 29.76 | |
| 8. | Puk Lubbers | Zv 44 | 28.78 | 200600832 | 30.00 | +0,54 |
| 9. | Eefje Slootweg | De Dinkel | 29.54 | 199800218 | 30.03 | |
| 10. | Jolijn Liezen | Zv 44 | 28.86 | 200500518 | 30.08 | |
| | Esmée Mulder | Zv 44 | 30.02 | 200800038 | 30.08 | +0,70 |
| 12. | Soraya Rakers | De Dinkel | 30.28 | 200300818 | 30.28 | +0,63 |
| 13. | Eline Lutters | De Dinkel | 31.96 | 200600322 | 30.66 | |
| 14. | Laura Dekker | De Grunte | 29.04 | 200301650 | 30.78 | |
| 15. | Daniëlle van der Voort | WS Twente 1 | 30.80 | 200402100 | 30.83 | +0,54 |
| 16. | Hannah Markovinic | WS Twente 1 | 33.62 | 200803266 | 30.85 | |
| 17. | Féline Sam | Zv 44 | 30.61 | 200700018 | 31.14 | |
| 18. | Abri Wiersma | Zignea | 30.31 | 200403854 | 31.38 | |
| 19. | Puck Kuipers | WS Twente 1 | 32.02 | 200603794 | 31.50 | |
| 20. | Loes Sothwes | WS Twente 1 | 31.95 | 200401792 | 31.82 | +0,55 |
| 21. | Nienke Koopman | Zignea | 30.32 | 200403852 | 31.87 | |
| 22. | Lotte Aufderhaar | De Grunte | 31.28 | 200601662 | 32.13 | +0,45 |
| 23. | Fiona Wormeester | Sg - E Z C L | 31.82 | 200400674 | 32.33 | |
| 24. | Heleen Broshuis | WS Twente 1 | 31.39 | 200701510 | 32.39 | +0,82 |
| 25. | Mirte Boswinkel | WS Twente 1 | 32.68 | 200700434 | 32.60 | |
| 26. | Annejèn Smelt | ZVZwartsluis | 31.75 | 200400442 | 33.39 | |
| 27. | Alyssa Eilander | De Grunte | 32.12 | 200501982 | 33.43 | +0,71 |
| 28. | Joelle Kagenaar | Zignea | 31.65 | 200600070 | 33.87 | +0,64 |
| 29. | Wendy Marsman | V Z & P C | 32.99 | 200401904 | 34.08 | +0,60 |
| 30. | Christa Valk | Hera'11 | 32.44 | 200600066 | 34.31 | |
| 31. | Lieke van der Wal | Zignea | 32.02 | 200501428 | 34.62 | |
| 32. | Kyonne Maas | Sg - E Z C L | 33.26 | 200200434 | 34.73 | +0,64 |
| 33. | Femke Budde | WS Twente 1 | 34.37 | 200801460 | 34.75 | |
| 34. | Valerie Beuker | V Z & P C | 37.30 | 200800158 | 34.86 | +0,76 |
| 35. | Eva Havelaar | De Grunte | 33.68 | 200601660 | 34.97 | |
| 36. | Maaïke Bosman | Zignea | 34.02 | 200700624 | 35.24 | +0,64 |
| 37. | Iris Boswinkel | WS Twente 1 | 37.02 | 200801306 | 35.99 | |
| 38. | Aleyna Davranmaz | Zignea | 36.20 | 200801868 | 36.19 | |
| 39. | Esmee ter Braak | V Z & P C | 35.36 | 200403660 | 36.67 | |
| 40. | Ashley Nijveld | V Z & P C | 38.60 | 200700384 | 38.61 | |

Programmanr. 29
18-1-2020

Heren, 50m vrije slag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | |
|------|--------------------|--------------|--------|-----------|-------|-------|
| 1. | Leon van der Geest | De Dinkel | 23.75 | 200201005 | 23.71 | +0,52 |
| 2. | Luuk Bos | De Dinkel | 24.75 | 200300151 | 25.05 | +0,43 |
| 3. | Vince van der Pal | Zv 44 | 23.97 | 200401869 | 25.41 | +0,69 |
| 4. | Bart Balstra | WS Twente 1 | 25.85 | 200400103 | 25.58 | +0,62 |
| 5. | Thomas de Lange | De Dinkel | 25.41 | 199701475 | 25.59 | +0,66 |
| 6. | Niek Hamans | WS Twente 1 | 27.69 | 200401763 | 26.05 | +0,69 |
| 7. | Matias Jansen | Zignea | 24.87 | 200300199 | 26.08 | +0,64 |
| 8. | Jort van der Vlag | WS Twente 1 | 26.12 | 200400335 | 26.25 | +0,57 |
| 9. | Robin van den Berg | Zv 44 | 24.65 | 200400699 | 26.28 | +0,72 |
| 10. | Luuk Einhaus | WS Twente 1 | 25.87 | 200200537 | 26.37 | +0,53 |
| 11. | Omar Markovinic | WS Twente 1 | 26.17 | 200304877 | 26.63 | +0,57 |
| 12. | Sven Klink | Zv 44 | 26.13 | 200500349 | 26.80 | +0,53 |
| 13. | Lukas Binnekamp | De Dinkel | 26.96 | 200300107 | 27.00 | +0,56 |
| 14. | Taco Hengstman | De Grunte | 26.67 | 200304601 | 27.15 | +0,76 |
| 15. | Jelle ten Hove | De Dinkel | 26.82 | 200101373 | 27.57 | +0,66 |
| 16. | Julian Hansman | ZVZwartsluis | 26.37 | 200000029 | 27.75 | |
| 17. | Kevin Lucas | De Dinkel | 27.55 | 200300545 | 27.76 | +0,87 |
| 18. | Thijs Goossens | Zignea | 27.38 | 200204401 | 27.94 | +0,76 |
| 19. | Maarten Eertink | Hera'11 | 27.25 | 200501149 | 28.08 | +0,58 |
| 20. | Harm-Jan Otter | V Z & P C | 29.48 | 198101283 | 28.55 | +0,86 |

A-Limietwedstrijd LB deel 1
Hengelo, 18-1-2020

Programmanr. 29, Heren, 50m vrije slag, Senioren Open

| rang | naam | vereniging | intijd | | tijd | RT |
|------|-------------------|-------------|--------|-----------|--------------|-------|
| 21. | Storm Tolisma | Zignea | 28.02 | 200600277 | 28.65 | +0,75 |
| 22. | Tiede Groener | De Dinkel | 33.40 | 200700155 | 28.89 | |
| 23. | Hugo Lamtink | Zv 44 | 27.98 | 200502759 | 29.05 | |
| 24. | Luuk Ruinemans | De Dinkel | 29.11 | 200301085 | 29.23 | |
| 25. | Jan Julkowski | Zignea | 28.10 | 200500275 | 29.35 | +0,56 |
| 26. | Lars Koopman | Zignea | 29.12 | 200202131 | 29.61 | +0,83 |
| 27. | Tamas Tolisma | Zignea | 29.22 | 200500075 | 29.86 | +0,58 |
| 28. | Milan Lucas | De Dinkel | 30.32 | 200500085 | 29.93 | |
| 29. | Nils van der Vlag | WS Twente 1 | 32.49 | 200700239 | 30.60 | +0,63 |
| 30. | Storm Boxum | Zv 44 | 29.28 | 200700421 | 30.86 | |
| 31. | Keanu Hawtin | Hera'11 | 29.39 | 200503619 | 30.97 | |
| 32. | Nick Slaat | V Z & P C | 32.26 | 200503757 | 31.01 | |
| 33. | William Kragt | Zv 44 | 29.73 | 200503133 | 31.20 | +0,60 |
| 34. | Luca Aufderhaar | De Grunte | 31.17 | 200603375 | 31.45 | +0,47 |
| 35. | Julian Demming | WS Twente 1 | 30.23 | 200700509 | 31.76 | |
| 36. | Ruben Dijkstra | De Grunte | 32.03 | 200502685 | 32.42 | |
| 37. | Teun van Weeren | WS Twente 1 | 35.39 | 200801145 | 34.70 | |
| 38. | Tom Schotkamp | De Grunte | 37.38 | 200501337 | 37.38 | +0,52 |
| DIS | Dirk Zwaneveld | Zignea | 30.60 | 200601041 | | |

AA - Gestart voor het startsignaal (en wel gezwommen).