

LAC 1-1 2025-2026
Wageningen, 11-10-2025

Programmanr. 5
11-10-2025 - 7:35

Dames, 1500m vrije slag

2011 en ouder
Resultaten

rang	naam	vereniging		intijd		tijd	RT
1.	Laura ter Stege	CWW Swimteam		21:51.99	199602364	21:38.90	
	100m:	1:15.94	1:15.94	500m:	900m:	1300m:	
	200m:	2:39.00	1:23.06	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	21:38.90
	400m:	5:31.35		800m:	1200m:		
			11:21.88				
2.	Denise Ruijsch	De Rijn		22:05.41	199800708	22:00.75	
	100m:	1:21.74	1:21.74	500m:	900m:	1300m:	
	200m:	2:49.87	1:28.13	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	22:00.75
	400m:	5:48.30		800m:	1200m:		
			11:42.94				
3.	Tess Wakker	De Rijn		22:12.26	200700154	22:16.58	
	100m:	1:18.83	1:18.83	500m:	900m:	1300m:	
	200m:	2:46.83	1:28.00	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	22:16.58
	400m:	5:44.06		800m:	1200m:		
			11:43.29				
4.	Judith Lanooij	De Rijn		21:55.04	199806646	22:37.94	
	100m:	1:22.11	1:22.11	500m:	900m:	1300m:	
	200m:	2:49.70	1:27.59	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	22:37.94
	400m:	5:50.51		800m:	1200m:		
			11:56.61				
5.	Cecilia van Dam	De Rijn		23:13.36	200502110	22:53.35	
	100m:	1:22.20	1:22.20	500m:	900m:	1300m:	
	200m:	2:52.11	1:29.91	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	22:53.35
	400m:	5:55.29		800m:	1200m:		
			12:07.13				
6.	Liss Wakker	De Rijn		22:05.31	201000140	23:19.45	
	100m:	1:25.09	1:25.09	500m:	900m:	1300m:	
	200m:	2:56.67	1:31.58	600m:	1000m:	1400m:	
	300m:			700m:	1100m:	1500m:	23:19.45
	400m:	6:04.01		800m:	1200m:		
			12:20.89				