

LAC 1-2 2024-2025  
Wageningen, 18-1-2025

Programmanr. 5  
18-01-2025 - 7:30

Dames, 1500m vrije slag

2010 en ouder  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Vivian Gravemaker	De Rijn	21:07.52	200400058	<b>21:21.82</b>	
	100m: 1:20.12	1:20.12	500m:	900m:	1300m:	
	200m: 2:45.79	1:25.67	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:21.82	
	400m: 5:38.96	800m: 11:29.12	1200m:			
2.	Laura ter Stege	CWW Swimteam	21:57.98	199602364	<b>21:51.99</b>	
	100m: 1:17.77	1:17.77	500m:	900m:	1300m:	
	200m: 2:43.86	1:26.09	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:51.99	
	400m: 5:38.46	800m: 11:29.83	1200m:			
3.	Judith Lanooij	De Rijn	21:55.04	199806646	<b>21:57.37</b>	
	100m: 1:20.86	1:20.86	500m:	900m:	1300m:	
	200m: 2:46.96	1:26.10	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	21:57.37	
	400m: 5:43.37	800m: 11:39.50	1200m:			
4.	Liss Wakker	De Rijn	22:05.31	201000140	<b>22:10.86</b>	
	100m: 1:23.14	1:23.14	500m:	900m:	1300m:	
	200m: 2:52.17	1:29.03	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	22:10.86	
	400m: 5:50.69	800m: 11:50.67	1200m:			
5.	Tess Wakker	De Rijn	22:57.05	200700154	<b>22:12.26</b>	
	100m: 1:23.08	1:23.08	500m:	900m:	1300m:	
	200m: 2:52.41	1:29.33	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	22:12.26	
	400m: 5:51.51	800m: 11:50.93	1200m:			
6.	Denise Ruijsch	De Rijn	22:05.41	199800708	<b>22:29.47</b>	
	100m: 1:20.27	1:20.27	500m:	900m:	1300m:	
	200m: 2:48.61	1:28.34	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	22:29.47	
	400m: 5:50.00	800m: 11:57.27	1200m:			
7.	Cecilia van Dam	De Rijn	23:13.36	200502110	<b>23:29.67</b>	
	100m: 1:23.64	1:23.64	500m:	900m:	1300m:	
	200m: 2:55.90	1:32.26	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	23:29.67	
	400m: 6:03.67	800m: 12:25.95	1200m:			
8.	Marieke van Helden	De Rijn	24:16.07	200800926	<b>23:57.89</b>	
	100m: 1:25.30	1:25.30	500m:	900m:	1300m:	
	200m: 3:00.49	1:35.19	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	23:57.89	
	400m: 6:14.16	800m: 12:43.03	1200m:			
9.	Alice Luking	De Rijn	NT	201003434	<b>26:37.47</b>	
	100m: 1:31.66	1:31.66	500m:	900m:	1300m:	
	200m: 3:15.54	1:43.88	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	26:37.47	
	400m: 6:45.89	800m: 14:01.06	1200m:			
10.	Renske van der Heide	De Rijn	NT	200900456	<b>27:33.40</b>	
	100m: 1:34.97	1:34.97	500m:	900m:	1300m:	
	200m: 3:20.78	1:45.81	600m:	1000m:	1400m:	
	300m:	700m:	1100m:	1500m:	27:33.40	
	400m: 7:01.00	800m: 14:28.40	1200m:			