

Limietwedstrijd 1500 en 800 meter  
Papendrecht, 6-12-2025

Programmanr. 1  
6-12-2025 - 13:30

Dames, 1500m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Hadewych Forschelen	MNC Dordrecht	19:37.36	200903572	<b>18:56.25</b>	
	50m: 32.72	100m: 1:09.28	200m: 2:23.75	400m: 4:55.86	800m: 10:01.53	1500m: 18:56.25
2.	Cynthia Koolman	Steenwijk 1934	18:47.91	200300232	<b>19:07.34</b>	
	50m: 32.96	100m: 1:09.13	200m: 2:22.89	400m: 4:53.16	800m: 10:02.34	1500m: 19:07.34
3.	Sanne Pruntel	ZV Vlaardingen-Schiedam	21:33.94	200802010	<b>20:39.88</b>	
	50m: 33.93	100m: 1:12.17	200m: 2:31.27	400m: 5:12.08	800m: 10:46.50	1500m: 20:39.88
4.	Laura Booij	Zob'66	21:12.19	200801292	<b>20:45.75</b>	
	50m: 33.24	100m: 1:11.07	200m: 2:31.33	400m: 5:17.59	800m: 10:57.67	1500m: 20:45.75
5.	Femke Sonneveld	Poseidon'56	23:55.63	200902802	<b>21:04.38</b>	
	50m: 36.35	100m: 1:17.36	200m: 2:40.77	400m: 5:30.22	800m: 11:12.35	1500m: 21:04.38
6.	Nanda van Heteren	Psv	21:13.52	198901728	<b>21:16.90</b>	
	50m: 36.37	100m: 1:17.86	200m: 2:43.77	400m: 5:37.93	800m: 11:24.74	1500m: 21:16.90
7.	Linde Troch	ZZ&PC De Devel	26:00.00	200603130	<b>23:14.23</b>	
	50m: 40.11	100m: 1:23.80	200m: 2:53.98	400m: 6:00.28	800m: 12:17.48	1500m: 23:14.23
8.	Else de Rooij	MNC Dordrecht	26:00.00	198202560	<b>24:51.64</b>	
	50m: 43.85	100m: 1:30.81	200m: 3:07.95	400m: 6:26.99	800m: 13:09.56	1500m: 24:51.64

Programmanr. 2  
6-12-2025 - 13:55

Heren, 1500m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Kris Westerhout	ZZ&PC De Devel	18:35.53	201000883	<b>18:08.16</b>	
	50m: 31.58	100m: 1:07.10	200m: 2:20.58	400m: 4:49.60	800m: 9:45.90	1500m: 18:08.16
2.	Mees Otto	ZPC Woerden	20:08.73	201001319	<b>18:35.25</b>	
	50m: 32.50	100m: 1:07.71	200m: 2:21.73	400m: 4:51.60	800m: 9:53.28	1500m: 18:35.25
3.	Finn Ostermann	Azc	19:15.00	201301059	<b>18:43.82</b>	
	50m: 32.99	100m: 1:09.43	200m: 2:24.28	400m: 4:54.25	800m: 9:58.57	1500m: 18:43.82
4.	Sébastien Nell	De Geul	20:57.55	200802225	<b>19:09.35</b>	
	50m: 32.46	100m: 1:08.73	200m: 2:24.67	400m: 4:59.81	800m: 10:12.31	1500m: 19:09.35
5.	John Smit	Poseidon'56	19:10.51	199500613	<b>19:15.72</b>	
	50m: 31.75	100m: 1:08.58	200m: 2:24.15	400m: 4:55.58	800m: 10:05.75	1500m: 19:15.72
6.	Lucas Bongers	Zob'66	21:00.00	200800903	<b>19:18.61</b>	
	50m: 33.78	100m: 1:11.18	200m: 2:27.21	400m: 5:06.18	800m: 10:24.78	1500m: 19:18.61
7.	Jan Brink	Z & PC De Zeeuwse Kust	19:45.82	196200091	<b>19:37.67</b>	
	50m: 35.09	100m: 1:14.25	200m: 2:33.29	400m: 5:09.06	800m: 10:23.76	1500m: 19:37.67
8.	Tygo van Berkel	De Geul	19:35.25	201000327	<b>19:42.44</b>	
	50m: 33.49	100m: 1:11.24	200m: 2:29.88	400m: 5:10.43	800m: 10:31.93	1500m: 19:42.44
9.	Thijs Hoogeveen	ZPC Woerden	21:00.00	201100503	<b>19:51.38</b>	
	50m: 34.54	100m: 1:13.23	200m: 2:32.27	400m: 5:13.14	800m: 10:35.69	1500m: 19:51.38
10.	Noah Abdulsada	ZZ&PC De Devel	21:00.00	201002411	<b>19:53.87</b>	
	50m: 33.93	100m: 1:11.76	200m: 2:30.58	400m: 5:11.99	800m: 10:35.60	1500m: 19:53.87
11.	Rens van der Es	De Geul	19:59.34	201000583	<b>20:49.41</b>	
	50m: 34.82	100m: 1:13.16	200m: 2:33.65	400m: 5:19.04	800m: 11:02.92	1500m: 20:49.41
12.	Boaz Troost	Zob'66	21:20.93	200100371	<b>21:20.67</b>	
	50m: 35.17	100m: 1:14.77	200m: 2:39.73	400m: 5:31.70	800m: 11:20.55	1500m: 21:20.67
13.	Thomas Zondag	MNC Dordrecht	23:00.00	200800063	<b>21:25.55</b>	
	50m: 35.12	100m: 1:15.63	200m: 2:40.22	400m: 5:34.17	800m: 11:21.02	1500m: 21:25.55
14.	Pim Vogel	ZZ&PC De Devel	22:00.00	196000885	<b>21:28.11</b>	
	50m: 36.19	100m: 1:16.56	200m: 2:40.44	400m: 5:33.65	800m: 11:23.02	1500m: 21:28.11
15.	Jeroen Hoeksel	ZV Vlaardingen-Schiedam	NT	197401533	<b>24:41.40</b>	
	50m: 41.52	100m: 1:27.58	200m: 3:03.93	400m: 6:19.80	800m: 12:57.78	1500m: 24:41.40

Limietwedstrijd 1500 en 800 meter  
Papendrecht, 6-12-2025

Programmanr. 3  
6-12-2025 - 14:40

Dames, 800m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Lieselot Penning 50m: 34.11	ZZ&PC De Devel	10:34.48 100m: 1:12.33 200m: 2:29.02 400m: 5:01.79 800m: 10:01.13	201200052 <b>10:01.13</b>	
2.	Carice Forschelen 50m: 34.55	MNC Dordrecht	10:30.00 100m: 1:12.83 200m: 2:32.00 400m: 5:13.92 800m: 10:35.56	200804338 <b>10:35.56</b>	FJ 1
3.	Britte Lodder 50m: 35.02	ZZ&PC De Devel	10:24.55 100m: 1:15.26 200m: 2:38.16 400m: 5:23.07 800m: 10:35.56	200702290 <b>10:35.56</b>	FJ 2
4.	Jet van Oudheusden 50m: 33.35	Zob'66	10:34.14 100m: 1:11.76 200m: 2:33.20 400m: 5:19.35 800m: 10:55.46	200401012 <b>10:55.46</b>	
5.	Ilyv Lodder 50m: 36.08	ZZ&PC De Devel	11:43.19 100m: 1:16.83 200m: 2:40.34 400m: 5:29.46 800m: 10:55.79	201100012 <b>10:55.79</b>	
6.	Esmée van Sliedregt 50m: 35.69	Zob'66	11:30.00 100m: 1:16.32 200m: 2:40.93 400m: 5:30.56 800m: 10:57.59	200902608 <b>10:57.59</b>	
7.	Pip Verhoeven 50m: 37.75	ZZ&PC De Devel	11:38.02 100m: 1:19.79 200m: 2:45.11 400m: 5:39.36 800m: 11:24.63	201200544 <b>11:24.63</b>	
8.	Rianne Voet 50m: 37.36	ZV Westland	12:00.00 100m: 1:19.98 200m: 2:49.65 400m: 5:49.26 800m: 11:40.49	201103088 <b>11:40.49</b>	
9.	Nina Dolphijn 50m: 37.54	Poseidon'56	12:58.64 100m: 1:19.57 200m: 2:48.43 400m: 5:49.43 800m: 11:52.29	201200504 <b>11:52.29</b>	
10.	Eline van Berkel 50m: 37.70	De Geul	12:13.58 100m: 1:21.76 200m: 2:52.67 400m: 5:57.08 800m: 11:59.42	201200232 <b>11:59.42</b>	
11.	Janine Droogendijk 50m: 41.38	ZZ&PC De Devel	12:59.71 100m: 1:28.01 200m: 3:00.84 400m: 6:04.67 800m: 12:12.19	200701778 <b>12:12.19</b>	
12.	Elyn de Vos 50m: 38.93	Zob'66	12:15.00 100m: 1:23.51 200m: 2:57.33 400m: 6:09.41 800m: 12:23.56	201202318 <b>12:23.56</b>	
13.	Lois Brussé 50m: 38.04	Poseidon'56	14:13.84 100m: 1:21.16 200m: 2:53.95 400m: 6:03.79 800m: 12:24.04	201202310 <b>12:24.04</b>	
14.	Lieve van den Berg 50m: 38.47	Zob'66	12:30.00 100m: 1:23.10 200m: 2:58.03 400m: 6:09.19 800m: 12:28.84	200900970 <b>12:28.84</b>	
AFGEM	Jazz Hollander	ZZ&PC De Devel	11:45.00	201300528	

Programmanr. 4  
6-12-2025 - 15:20

Heren, 800m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Stijn Koole 50m: 29.89	Z & PC De Zeeuwse Kust	8:59.43 100m: 1:03.19 200m: 2:10.42 400m: 4:26.12 800m: 8:57.41	200601031 <b>8:57.41</b>	
2.	David van der Valk 50m: 31.49	Wiekslag	9:40.27 100m: 1:06.43 200m: 2:18.18 400m: 4:44.24 800m: 9:36.02	201100519 <b>9:36.02</b>	
3.	Julian Mes 50m: 30.36	Zob'66	11:00.00 100m: 1:04.97 200m: 2:17.14 400m: 4:45.91 800m: 9:55.31	200103755 <b>9:55.31</b>	
4.	Sander de Bruin 50m: 31.01	ZZ&PC De Devel	10:50.00 100m: 1:06.21 200m: 2:20.87 400m: 4:59.79 800m: 10:21.11	201100617 <b>10:21.11</b>	
5.	Luuk van Staalduinen 50m: 34.45	ZV Westland	11:00.00 100m: 1:12.61 200m: 2:34.81 400m: 5:26.15 800m: 11:07.67	200604429 <b>11:07.67</b>	
6.	Rick van Rijn 50m: 34.95	ZV Westland	11:00.00 100m: 1:15.60 200m: 2:40.09 400m: 5:33.03 800m: 11:09.99	201102961 <b>11:09.99</b>	
7.	Amir Mohammad A. 50m: 36.01	ZV Westland	11:00.00 100m: 1:19.42 200m: 2:55.88 400m: 6:26.25 800m: 13:24.62	201203051 <b>13:24.62</b>	