

Regio A kampioenschappen
Emmen, 16- - 24-11-2019

Programmanr. 15
17-11-2019 - 11:55

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT
Junioren 1 en 2														
1.	Carlijn Gruppen	ZPC Hoogeveen				5:59.40		200700046		5:53.03		+0,77		
	50m: 40.91	40.91	150m: 2:12.24	42.91	250m: 3:45.11	50.32	350m: 5:16.21	39.13						
	100m: 1:29.33	48.42	200m: 2:54.79	42.55	300m: 4:37.08	51.97	400m: 5:53.03	36.82						
2.	Jasmijn Sterken	ZPC Hoogeveen				6:06.84		200701196		6:05.61		+0,67		
	50m: 40.08	40.08	150m: 2:15.62	42.31	250m: 3:50.31	53.22	350m: 5:26.41	43.34						
	100m: 1:33.31	53.23	200m: 2:57.09	41.47	300m: 4:43.07	52.76	400m: 6:05.61	39.20						
13 - 14 jaar														
1.	Marte Hieke van der Kamp	Orca 1				5:30.86		200500218		5:19.67		+0,67		
	50m: 33.93	33.93	150m: 1:51.75	38.76	250m: 3:17.85	47.95	350m: 4:44.43	37.43						
	100m: 1:12.99	39.06	200m: 2:29.90	38.15	300m: 4:07.00	49.15	400m: 5:19.67	35.24						
2.	Fleur Bos	Orca 1				5:32.87		200500674		5:34.38		+0,88		
	50m: 36.23	36.23	150m: 2:01.60	41.53	250m: 3:29.83	47.41	350m: 4:56.95	39.12						
	100m: 1:20.07	43.84	200m: 2:42.42	40.82	300m: 4:17.83	48.00	400m: 5:34.38	37.43						
3.	Sara Korthuis	Apexswim				5:35.72		200600494		5:35.12		+0,84		
	50m: 34.68	34.68	150m: 2:01.34	43.06	250m: 3:33.70	49.82	350m: 4:59.93	36.20						
	100m: 1:18.28	43.60	200m: 2:43.88	42.54	300m: 4:23.73	50.03	400m: 5:35.12	35.19						
4.	Nienke Bakker	TriVia				5:38.76		200501178		5:43.42		+0,66		
	50m: 34.24	34.24	150m: 1:59.89	44.81	250m: 3:33.29	50.34	350m: 5:04.33	40.12						
	100m: 1:15.08	40.84	200m: 2:42.95	43.06	300m: 4:24.21	50.92	400m: 5:43.42	39.09						
5.	Riemke Tinnevelt	ZPC Hoogeveen				5:58.38		200503018		5:44.48		+0,78		
	50m: 38.29	38.29	150m: 2:11.02	46.70	250m: 3:41.03	44.43	350m: 5:06.49	40.78						
	100m: 1:24.32	46.03	200m: 2:56.60	45.58	300m: 4:25.71	44.68	400m: 5:44.48	37.99						
6.	Maike van der Heide	Apexswim				5:50.37		200500828		5:45.34		+0,62		
	50m: 35.55	35.55	150m: 2:03.35	44.76	250m: 3:35.87	49.16	350m: 5:09.23	41.24						
	100m: 1:18.59	43.04	200m: 2:46.71	43.36	300m: 4:27.99	52.12	400m: 5:45.34	36.11						
7.	Aniek Ausema	Apexswim				5:54.42		200602084		5:46.19		+1,13		
	50m: 38.13	38.13	150m: 2:07.71	43.84	250m: 3:40.07	49.89	350m: 5:09.78	39.98						
	100m: 1:23.87	45.74	200m: 2:50.18	42.47	300m: 4:29.80	49.73	400m: 5:46.19	36.41						
8.	Amélie Wortel	Orca 1				5:43.81		200500814		5:48.96		+0,77		
	50m: 36.54	36.54	150m: 2:04.87	44.86	250m: 3:38.70	49.79	350m: 5:10.53	40.28						
	100m: 1:20.01	43.47	200m: 2:48.91	44.04	300m: 4:30.25	51.55	400m: 5:48.96	38.43						
9.	Nora Baljé	ReVeLie Swim Team				5:57.08		200503228		5:59.52		+0,91		
	50m: 40.11	40.11	150m: 2:18.11	46.29	250m: 3:49.56	46.58	350m: 5:21.96	43.25						
	100m: 1:31.82	51.71	200m: 3:02.98	44.87	300m: 4:38.71	49.15	400m: 5:59.52	37.56						
10.	Suze Buikema	Wetterwille				6:10.00		200600872		5:59.67		+0,81		
	50m: 39.29	39.29	150m: 2:10.13	43.72	250m: 3:44.97	52.26	350m: 5:20.75	41.75						
	100m: 1:26.41	47.12	200m: 2:52.71	42.58	300m: 4:39.00	54.03	400m: 5:59.67	38.92						
11.	Annemarijn Damhoff	ReVeLie Swim Team				5:55.91		200501000		6:01.67		+0,91		
	50m: 35.62	35.62	150m: 2:04.68	47.33	250m: 3:45.28	53.88	350m: 5:21.85	42.91						
	100m: 1:17.35	41.73	200m: 2:51.40	46.72	300m: 4:38.94	53.66	400m: 6:01.67	39.82						
12.	Daniëlle Cosse	Bubble				5:59.73		200500448		6:03.45		+0,93		
	50m: 40.06	40.06	150m: 2:14.93	47.40	250m: 3:51.02	50.33	350m: 5:25.02	40.75						
	100m: 1:27.53	47.47	200m: 3:00.69	45.76	300m: 4:44.27	53.25	400m: 6:03.45	38.43						
13.	Monique Tienstra	ReVeLie Swim Team				5:53.08		200600354		6:11.43		+0,74		
	50m: 37.71	37.71	150m: 2:13.44	50.22	250m: 3:53.88	52.65	350m: 5:30.54	43.33						
	100m: 1:23.22	45.51	200m: 3:01.23	47.79	300m: 4:47.21	53.33	400m: 6:11.43	40.89						
15 - 16 jaar														
1.	Janna van Kooten	TriVia				5:11.04		200404584		5:01.25		+0,79		
	50m: 31.37	31.37	150m: 1:47.88	39.48	250m: 3:10.85	45.04	350m: 4:28.81	33.42						
	100m: 1:08.40	37.03	200m: 2:25.81	37.93	300m: 3:55.39	44.54	400m: 5:01.25	32.44						
2.	Veerle Nieborg	TriVia				5:06.81		200400428		5:14.50		+0,77		
	50m: 31.71	31.71	150m: 1:49.59	41.03	250m: 3:14.14	45.44	350m: 4:38.14	37.27						
	100m: 1:08.56	36.85	200m: 2:28.70	39.11	300m: 4:00.87	46.73	400m: 5:14.50	36.36						
3.	Charlotte Wilbers	ZPC Hoogeveen				5:20.50		200400312		5:14.73		+0,68		
	50m: 34.77	34.77	150m: 1:55.04	39.16	250m: 3:19.05	45.72	350m: 4:41.02	35.64						
	100m: 1:15.88	41.11	200m: 2:33.33	38.29	300m: 4:05.38	46.33	400m: 5:14.73	33.71						
4.	Emma Hofstee	TriVia				5:08.02		200401282		5:17.69		+0,78		
	50m: 32.24	32.24	150m: 1:52.40	41.99	250m: 3:17.59	44.07	350m: 4:40.57	38.11						
	100m: 1:10.41	38.17	200m: 2:33.52	41.12	300m: 4:02.46	44.87	400m: 5:17.69	37.12						

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Programmanr. 15, Meisjes, 400m wisselslag, 15 - 16 jaar

rang	naam	vereniging	intijd	tijd	RT
5.	Mirthe Schenkel	ZPC Hoogeveen	5:19.22	200300666	5:29.38 +0,87
	50m: 37.55	37.55 150m: 2:06.89	42.96 250m: 3:31.65	42.46 350m: 4:53.36	37.95
	100m: 1:23.93	46.38 200m: 2:49.19	42.30 300m: 4:15.41	43.76 400m: 5:29.38	36.02
6.	Chantal Tiesinga	HZ&PC Heerenveen	5:33.47	200302452	5:30.27 +0,85
	50m: 34.11	34.11 150m: 1:59.42	42.94 250m: 3:28.66	47.47 350m: 4:54.22	37.46
	100m: 1:16.48	42.37 200m: 2:41.19	41.77 300m: 4:16.76	48.10 400m: 5:30.27	36.05
7.	Brenda Beijering	ZC Borger	5:27.44	200300352	5:35.43 +0,84
	50m: 35.59	35.59 150m: 2:00.21	41.55 250m: 3:29.76	49.06 350m: 4:59.05	39.32
	100m: 1:18.66	43.07 200m: 2:40.70	40.49 300m: 4:19.73	49.97 400m: 5:35.43	36.38
8.	Senna van der Veen	ZPC Hoogeveen	5:42.15	200400072	5:36.60 +0,80
	50m: 35.17	35.17 150m: 1:57.08	40.02 250m: 3:28.83	52.33 350m: 4:59.92	38.25
	100m: 1:17.06	41.89 200m: 2:36.50	39.42 300m: 4:21.67	52.84 400m: 5:36.60	36.68
9.	Sarina Beuker	Orca 1	5:40.08	200303454	5:40.15 +0,78
	50m: 35.00	35.00 150m: 2:01.78	43.65 250m: 3:33.20	48.20 350m: 5:02.06	40.41
	100m: 1:18.13	43.13 200m: 2:45.00	43.22 300m: 4:21.65	48.45 400m: 5:40.15	38.09
10.	Merle Stavorinus	de Granaet	5:42.72	200400138	5:44.78 +0,76
	50m: 35.55	35.55 150m: 2:02.03	43.12 250m: 3:35.39	50.47 350m: 5:08.00	39.97
	100m: 1:18.91	43.36 200m: 2:44.92	42.89 300m: 4:28.03	52.64 400m: 5:44.78	36.78
11.	Megan Meinds	ZPC Nova	5:47.68	200400238	5:53.83 +0,74
	50m: 37.52	37.52 150m: 2:06.91	44.27 250m: 3:41.00	50.89 350m: 5:13.64	41.22
	100m: 1:22.64	45.12 200m: 2:50.11	43.20 300m: 4:32.42	51.42 400m: 5:53.83	40.19
12.	Lieke Visser	Apexswim	5:56.51	200400666	5:56.19 +0,78
	50m: 36.66	36.66 150m: 2:08.08	44.85 250m: 3:43.37	51.12 350m: 5:16.17	40.94
	100m: 1:23.23	46.57 200m: 2:52.25	44.17 300m: 4:35.23	51.86 400m: 5:56.19	40.02
13.	Rianne Beuker	Orca 1	5:59.49	200402560	5:57.93 +0,80
	50m: 37.20	37.20 150m: 2:09.22	46.68 250m: 3:45.36	50.22 350m: 5:18.62	42.00
	100m: 1:22.54	45.34 200m: 2:55.14	45.92 300m: 4:36.62	51.26 400m: 5:57.93	39.31
14.	Amber Boomsma	HZ&PC Heerenveen	5:52.44	200401416	5:59.58 +0,78
	50m: 36.48	36.48 150m: 2:13.48	47.33 250m: 3:49.92	50.67 350m: 5:22.11	41.13
	100m: 1:26.15	49.67 200m: 2:59.25	45.77 300m: 4:40.98	51.06 400m: 5:59.58	37.47
15.	Esmée Mulder	Orca 1	5:57.72	200402924	6:04.36 +0,73
	50m: 38.09	38.09 150m: 2:13.37	48.60 250m: 3:50.54	51.08 350m: 5:25.18	42.36
	100m: 1:24.77	46.68 200m: 2:59.46	46.09 300m: 4:42.82	52.28 400m: 6:04.36	39.18
16.	Tove Beltman	Orca 1	5:53.91	200301618	6:05.86 +0,84
	50m: 39.98	39.98 150m: 2:13.52	46.57 250m: 3:50.04	51.14 350m: 5:23.89	42.47
	100m: 1:26.95	46.97 200m: 2:58.90	45.38 300m: 4:41.42	51.38 400m: 6:05.86	41.97
AFGEM	Dyan Rothschild	ZC Borger	5:57.20	200300998	

Senioren

1.	Lize Janna de Vries	Orca 1	4:57.02	200101948	4:59.93 +0,77
	50m: 31.90	31.90 150m: 1:49.85	40.00 250m: 3:10.73	42.19 350m: 4:27.55	33.86
	100m: 1:09.85	37.95 200m: 2:28.54	38.69 300m: 3:53.69	42.96 400m: 4:59.93	32.38
2.	Alinda Dingshoff	ZPC Hoogeveen	4:56.95	200000928	5:00.25 +0,85
	50m: 32.22	32.22 150m: 1:45.72	37.52 250m: 3:06.55	44.09 350m: 4:27.52	35.72
	100m: 1:08.20	35.98 200m: 2:22.46	36.74 300m: 3:51.80	45.25 400m: 5:00.25	32.73
3.	Wiktorja Redzimska	ZPC Hoogeveen	5:03.99	200106042	5:06.74 +0,74
	50m: 33.91	33.91 150m: 1:51.10	37.56 250m: 3:12.30	43.47 350m: 4:32.35	36.11
	100m: 1:13.54	39.63 200m: 2:28.83	37.73 300m: 3:56.24	43.94 400m: 5:06.74	34.39
4.	Ilona Venema	ReVeLie Swim Team	5:08.24	200200050	5:09.49 +0,84
	50m: 32.00	32.00 150m: 1:47.54	38.89 250m: 3:11.91	46.00 350m: 4:34.32	36.39
	100m: 1:08.65	36.65 200m: 2:25.91	38.37 300m: 3:57.93	46.02 400m: 5:09.49	35.17
5.	Luca Ebbinge	Dz&Pc	5:26.40	199802406	5:28.47 +0,70
	50m: 33.41	33.41 150m: 1:56.95	43.86 250m: 3:26.89	46.84 350m: 4:52.41	38.14
	100m: 1:13.09	39.68 200m: 2:40.05	43.10 300m: 4:14.27	47.38 400m: 5:28.47	36.06
6.	Hilde Dekker	ReVeLie Swim Team	5:29.01	199901926	5:34.00 +0,97
	50m: 34.46	34.46 150m: 1:59.79	41.13 250m: 3:29.68	49.20 350m: 4:57.99	38.96
	100m: 1:18.66	44.20 200m: 2:40.48	40.69 300m: 4:19.03	49.35 400m: 5:34.00	36.01
7.	Esmee van Peer	TriVia	5:24.70	200201114	5:35.96 +0,79
	50m: 33.67	33.67 150m: 1:59.08	43.35 250m: 3:31.10	48.87 350m: 4:58.82	38.41
	100m: 1:15.73	42.06 200m: 2:42.23	43.15 300m: 4:20.41	49.31 400m: 5:35.96	37.14
DIS	Froukje Osinga	Orca 1	5:29.31	200003090	+0,76
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>				
	50m: 33.21	33.21 150m: 1:52.85	41.61 250m:	350m:	
	100m: 1:11.24	38.03 200m: 2:33.57	40.72 300m:	400m:	