

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

Programmanr. 23  
23-11-2019 - 14:30

Dames, 800m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
<b>Junioren 1 en 2</b>								
1.	Frouke Ludwig	Dz&Pc	10:30.68	200800112	<b>10:28.67</b>			
	100m: 1:12.40	1:12.40	300m: 3:50.01	1:19.04	500m: 6:31.20	1:20.62	700m: 9:11.30	1:19.55
	200m: 2:30.97	1:18.57	400m: 5:10.58	1:20.57	600m: 7:51.75	1:20.55	800m: 10:28.67	1:17.37
2.	Sofie Vos	ZPC Hooogveen	11:17.49	200800804	<b>10:43.85</b>			
	100m: 1:15.99	1:15.99	300m: 3:59.99	1:22.12	500m: 6:44.41	1:22.28	700m: 9:26.56	1:21.52
	200m: 2:37.87	1:21.88	400m: 5:22.13	1:22.14	600m: 8:05.04	1:20.63	800m: 10:43.85	1:17.29
3.	Carljin Gruppen	ZPC Hooogveen	10:55.71	200700046	<b>10:45.10</b>	+0,75		
	100m: 1:14.76	1:14.76	300m: 3:59.41	1:23.02	500m: 6:45.05	1:22.01	700m: 9:28.33	1:21.12
	200m: 2:36.39	1:21.63	400m: 5:23.04	1:23.63	600m: 8:07.21	1:22.16	800m: 10:45.10	1:16.77
4.	Jasmijn Sterken	ZPC Hooogveen	11:04.56	200701196	<b>10:55.07</b>			
	100m: 1:14.45	1:14.45	300m: 3:59.68	1:23.39	500m: 6:46.97	1:23.69	700m: 9:34.46	1:23.06
	200m: 2:36.29	1:21.84	400m: 5:23.28	1:23.60	600m: 8:11.40	1:24.43	800m: 10:55.07	1:20.61
5.	Julia Agricola	Dz&Pc	11:02.19	200800266	<b>11:01.09</b>	+1,00		
	100m: 1:18.29	1:18.29	300m: 4:05.49	1:23.55	500m: 6:54.06	1:24.72	700m: 9:41.41	1:23.12
	200m: 2:41.94	1:23.65	400m: 5:29.34	1:23.85	600m: 8:18.29	1:24.23	800m: 11:01.09	1:19.68
6.	Indy Hof	Dz&Pc	11:06.59	200800630	<b>11:13.47</b>	+0,80		
	100m: 1:18.06	1:18.06	300m: 4:05.69	1:23.74	500m: 6:58.77	1:27.50	700m: 9:52.99	1:26.90
	200m: 2:41.95	1:23.89	400m: 5:31.27	1:25.58	600m: 8:26.09	1:27.32	800m: 11:13.47	1:20.48
7.	Dachen Haaijer	ZPC Hooogveen	11:35.82	200800380	<b>11:31.03</b>	+0,77		
	100m: 1:22.22	1:22.22	300m: 4:17.69	1:27.70	500m: 7:10.03	1:24.15	700m: 10:05.61	1:27.59
	200m: 2:49.99	1:27.77	400m: 5:45.88	1:28.19	600m: 8:38.02	1:27.99	800m: 11:31.03	1:25.42
8.	Esmee van der Tuuk	ZPC Hooogveen	11:36.95	200800682	<b>11:34.62</b>			
	100m: 1:20.57	1:20.57	300m: 4:15.68	1:28.00	500m: 7:11.55	1:27.72	700m: 10:09.35	1:27.99
	200m: 2:47.68	1:27.11	400m: 5:43.83	1:28.15	600m: 8:41.36	1:29.81	800m: 11:34.62	1:25.27

13 - 14 jaar

1.	Marte Hieke van der Kamp	Orca 1	9:17.75	200500218	<b>9:23.69</b>	+0,78		
	100m: 1:05.20	1:05.20	300m: 3:27.92	1:11.40	500m: 5:51.75	1:11.75	700m: 8:14.67	1:11.55
	200m: 2:16.52	1:11.32	400m: 4:40.00	1:12.08	600m: 7:03.12	1:11.37	800m: 9:23.69	1:09.02
2.	Fleur Bos	Orca 1	9:48.57	200500674	<b>9:55.42</b>	+0,84		
	100m: 1:08.80	1:08.80	300m: 3:36.81	1:14.28	500m: 6:07.92	1:16.83	700m: 8:41.66	1:17.06
	200m: 2:22.53	1:13.73	400m: 4:51.09	1:14.28	600m: 7:24.60	1:16.68	800m: 9:55.42	1:13.76
3.	Sara Korthuis	Apexswim	10:04.17	200600494	<b>9:56.58</b>	+0,89		
	100m: 1:08.97	1:08.97	300m: 3:39.66	1:16.01	500m: 6:12.66	1:16.56	700m: 8:44.41	1:15.39
	200m: 2:23.65	1:14.68	400m: 4:56.10	1:16.44	600m: 7:29.02	1:16.36	800m: 9:56.58	1:12.17
4.	Maud Dokter	HZ&PC Heerenveen	10:36.33	200601672	<b>10:12.85</b>	+0,66		
	100m: 1:11.79	1:11.79	300m: 3:46.88	1:18.13	500m: 6:22.18	1:17.88	700m: 8:59.57	1:19.01
	200m: 2:28.75	1:16.96	400m: 5:04.30	1:17.42	600m: 7:40.56	1:18.38	800m: 10:12.85	1:13.28
5.	Amélie Wortel	Orca 1	10:31.56	200500814	<b>10:15.61</b>	+0,77		
	100m: 1:11.06	1:11.06	300m: 3:45.00	1:16.97	500m: 6:20.76	1:18.29	700m: 8:59.01	1:19.08
	200m: 2:28.03	1:16.97	400m: 5:02.47	1:17.47	600m: 7:39.93	1:19.17	800m: 10:15.61	1:16.60
6.	Anna Mulder	ReVeLie Swim Team	10:28.93	200504646	<b>10:18.69</b>	+0,86		
	100m: 1:12.18	1:12.18	300m: 3:45.85	1:16.73	500m: 6:22.55	1:18.51	700m: 9:01.45	1:19.58
	200m: 2:29.12	1:16.94	400m: 5:04.04	1:18.19	600m: 7:41.87	1:19.32	800m: 10:18.69	1:17.24
7.	Aniek Ausema	Apexswim	10:33.62	200602084	<b>10:28.39</b>	+1,08		
	100m: 1:11.33	1:11.33	300m: 3:46.79	1:18.01	500m: 6:27.16	1:21.46	700m: 9:09.95	1:21.61
	200m: 2:28.78	1:17.45	400m: 5:05.70	1:18.91	600m: 7:48.34	1:21.18	800m: 10:28.39	1:18.44
8.	Riemke Tinnevelt	ZPC Hooogveen	10:35.96	200503018	<b>10:41.26</b>	+0,87		
	100m: 1:15.11	1:15.11	300m: 3:55.24	1:20.23	500m: 6:37.60	1:21.47	700m: 9:21.70	1:22.12
	200m: 2:35.01	1:19.90	400m: 5:16.13	1:20.89	600m: 7:59.58	1:21.98	800m: 10:41.26	1:19.56
9.	Imke Boontjes	Aqua 68	10:42.15	200600386	<b>10:47.01</b>	+0,94		
	100m: 1:13.63	1:13.63	300m: 3:54.69	1:21.06	500m: 6:39.73	1:23.13	700m: 9:27.51	1:23.21
	200m: 2:33.63	1:20.00	400m: 5:16.60	1:21.91	600m: 8:04.30	1:24.57	800m: 10:47.01	1:19.50

15 - 16 jaar

1.	Charlotte Wilbers	ZPC Hooogveen	9:28.86	200400312	<b>9:22.79</b>	+0,78		
	100m: 1:05.84	1:05.84	300m: 3:27.94	1:11.09	500m: 5:51.83	1:12.13	700m: 8:13.74	1:10.67
	200m: 2:16.85	1:11.01	400m: 4:39.70	1:11.76	600m: 7:03.07	1:11.24	800m: 9:22.79	1:09.05
2.	Mirthe Schenkel	ZPC Hooogveen	9:37.03	200300666	<b>9:23.04</b>	+0,88		
	100m: 1:06.47	1:06.47	300m: 3:28.22	1:10.54	500m: 5:51.34	1:11.83	700m: 8:13.48	1:10.95
	200m: 2:17.68	1:11.21	400m: 4:39.51	1:11.29	600m: 7:02.53	1:11.19	800m: 9:23.04	1:09.56

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Emmen, 16- - 24-11-2019

Programmanr. 23, Meisjes, 800m vrije slag, 15 - 16 jaar

rang	naam	vereniging	intijd	id	tijd	RT
3.	Dominique Dingshoff	ZPC Hoogeveen	9:43.11	200400804	<b>9:31.63</b>	+0,89
	100m: 1:05.80	1:05.80 300m: 3:29.69	1:12.45	500m: 5:57.04	1:13.87	700m: 8:21.65 1:12.87
	200m: 2:17.24	1:11.44 400m: 4:43.17	1:13.48	600m: 7:08.78	1:11.74	800m: 9:31.63 1:09.98
4.	Chantal Tiesinga	HZ&PC Heerenveen	9:59.68	200302452	<b>9:48.95</b>	+0,70
	100m: 1:08.08	1:08.08 300m: 3:35.65	1:13.99	500m: 6:04.22	1:14.17	700m: 8:33.83 1:14.99
	200m: 2:21.66	1:13.58 400m: 4:50.05	1:14.40	600m: 7:18.84	1:14.62	800m: 9:48.95 1:15.12
5.	Brenda Beijering	ZC Borger	10:06.15	200300352	<b>9:59.67</b>	+0,89
	100m: 1:08.36	1:08.36 300m: 3:37.46	1:15.20	500m: 6:11.41	1:17.51	700m: 8:45.64 1:16.70
	200m: 2:22.26	1:13.90 400m: 4:53.90	1:16.44	600m: 7:28.94	1:17.53	800m: 9:59.67 1:14.03

Senioren

1.	Alinda Dingshoff	ZPC Hoogeveen	9:18.59	200000928	<b>9:08.51</b>	+0,81
	100m: 1:05.20	1:05.20 300m: 3:19.55	1:07.40	500m: 5:35.57	1:08.30	700m: 7:56.62 1:11.16
	200m: 2:12.15	1:06.95 400m: 4:27.27	1:07.72	600m: 6:45.46	1:09.89	800m: 9:08.51 1:11.89
2.	Myrna van Duijven	Dz&Pc	9:31.02	199900252	<b>9:11.92</b>	+0,69
	100m: 1:05.19	1:05.19 300m: 3:22.72	1:08.81	500m: 5:42.85	1:09.97	700m: 8:03.72 1:10.45
	200m: 2:13.91	1:08.72 400m: 4:32.88	1:10.16	600m: 6:53.27	1:10.42	800m: 9:11.92 1:08.20
3.	Lize Janna de Vries	Orca 1	9:09.94	200101948	<b>9:16.11</b>	+0,77
	100m: 1:06.36	1:06.36 300m: 3:25.81	1:09.47	500m: 5:45.87	1:10.08	700m: 8:07.27 1:10.97
	200m: 2:16.34	1:09.98 400m: 4:35.79	1:09.98	600m: 6:56.30	1:10.43	800m: 9:16.11 1:08.84
4.	Wiktorija Redzimska	ZPC Hoogeveen	9:28.80	200106042	<b>9:24.26</b>	+0,82
	100m: 1:06.43	1:06.43 300m: 3:26.67	1:10.50	500m: 5:50.13	1:12.08	700m: 8:14.26 1:11.82
	200m: 2:16.17	1:09.74 400m: 4:38.05	1:11.38	600m: 7:02.44	1:12.31	800m: 9:24.26 1:10.00
5.	Amé Hulleman	ReVeLie Swim Team	9:22.98	200202794	<b>9:26.36</b>	+0,82
	100m: 1:05.25	1:05.25 300m: 3:27.08	1:11.07	500m: 5:49.95	1:12.10	700m: 8:15.35 1:12.54
	200m: 2:16.01	1:10.76 400m: 4:37.85	1:10.77	600m: 7:02.81	1:12.86	800m: 9:26.36 1:11.01