

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

Programmanr. 40  
24-11-2019 - 13:30

Dames, 200m wisselslag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
<b>Junioren 1 en 2</b>								
1. Carlijn Gruppen	ZPC Hoogeveen	2:45.65 200700046	<b>2:43.85</b>		39.03	1:18.74	2:07.16	2:43.85
2. Frouke Ludwig	Dz&Pc	2:46.13 200800112	<b>2:45.46</b>	+0,79	36.15	1:16.93	2:07.83	2:45.46
3. Jasmijn Sterken	ZPC Hoogeveen	2:44.65 200701196	<b>2:49.21</b>	+0,81	40.33	1:20.33	2:10.95	2:49.21
4. Julia Agricola	Dz&Pc	2:52.17 200800266	<b>2:52.31</b>	+0,83	39.38	1:24.93	2:14.77	2:52.31
5. Esmee van der Tuuk	ZPC Hoogeveen	2:53.55 200800682	<b>2:52.45</b>		39.34	1:21.33	2:13.81	2:52.45
6. Sofie Vos	ZPC Hoogeveen	2:53.40 200800804	<b>2:52.60</b>	+0,88	39.73	1:22.57	2:14.27	2:52.60
7. Dachen Haaijer	ZPC Hoogeveen	2:49.17 200800380	<b>2:54.29</b>	+0,82	43.41	1:26.71	2:13.90	2:54.29
8. Joy ten Hoove	ZPC Hoogeveen	2:57.53 200802370	<b>2:57.52</b>	+0,79	41.30	1:23.99	2:17.25	2:57.52
9. Indy Hof	Dz&Pc	2:52.97 200800630	<b>2:59.13</b>	+0,72	42.75	1:28.94	2:19.99	2:59.13
10. Linde Fortuin	Orca 1	3:00.46 200801530	<b>3:00.00</b>		38.99	1:24.80	2:20.20	3:00.00
11. Jannoula Jaspers	SG FZC54-De Vikings	13:02.54 200800202	<b>3:02.30</b>	+0,66	42.85	1:30.35	2:21.73	3:02.30
12. Vienna Maura Delea	SG FZC54-De Vikings	13:05.90 200800962	<b>3:03.18</b>	+0,80	41.89	1:26.81	2:19.88	3:03.18
13. Isa Kerpels	ZPC Hoogeveen	3:06.05 200800880	<b>3:11.84</b>	+0,83	45.35	1:33.22	2:28.59	3:11.84

13 - 14 jaar

1. M. van der Kamp	Orca 1	2:30.49 200500218	<b>2:31.51</b>	+0,80	33.99	1:10.59	1:57.16	2:31.51
2. Fleur Bos	Orca 1	2:38.87 200500674	<b>2:35.61</b>	+0,82	35.01	1:16.37	1:59.79	2:35.61
3. Sara Korhuis	Apexswim	2:39.27 200600494	<b>2:39.23</b>		34.08	1:15.19	2:04.74	2:39.23
4. Linde Kasemir	ZPC Nova	2:42.81 200502446	<b>2:39.24</b>	+0,78	34.85	1:16.59	2:03.11	2:39.24
5. Ciska de Lugt	Aqua 68	2:41.60 200503302	<b>2:39.55</b>	+0,62	34.67	1:13.72	2:04.13	2:39.55
6. Miron Schimmelpenning	ZPC Hoogeveen	2:40.36 200500426	<b>2:39.76</b>	+0,91	38.05	1:17.20	2:02.31	2:39.76
7. Nora Baljé	ReVeLie Swim Team	2:43.20 200503228	<b>2:39.77</b>	+0,75	36.08	1:18.53	2:02.89	2:39.77
8. Julia Redzimska	ZPC Hoogeveen	2:42.69 200503384	<b>2:40.15</b>	+0,77	36.71	1:14.93	2:03.02	2:40.15
9. Robin Meide van der	ZC Polaris	2:44.32 200601778	<b>2:40.54</b>	+0,64	34.76	1:15.59	2:03.70	2:40.54
10. Kamina van Osch	Aqua 68	2:45.13 200603974	<b>2:42.93</b>	+0,80	35.07	1:16.35	2:06.93	2:42.93
11. Nienke Bakker	TriVia	2:40.54 200501178	<b>2:43.69</b>	+0,83	34.02	1:15.97	2:04.57	2:43.69
12. Amber Tiesinga	HZ&PC Heerenveen	2:42.69 200600782	<b>2:43.86</b>	+0,70	34.87	1:17.66	2:05.07	2:43.86
13. Riemke Tinnevelt	ZPC Hoogeveen	2:43.69 200503018	<b>2:43.95</b>	+0,81	37.82	1:21.48	2:05.02	2:43.95
14. Imke Boontjes	Aqua 68	2:44.98 200600386	<b>2:47.08</b>	+0,79	38.72	1:22.52	2:09.65	2:47.08
15. Daniëlle Cosse	Bubble	2:43.48 200500448	<b>2:47.52</b>	+0,83	36.07	1:19.88	2:09.27	2:47.52
16. Maike van der Heide	Apexswim	2:43.25 200500828	<b>2:51.09</b>	+0,76	36.38	1:20.15	2:11.53	2:51.09
AFGEM Noa Teuben	SG FZC54-De Vikings	12:34.68 200500254						

15 - 16 jaar

1. Silke Huisman	Orca 1	2:15.86 200301182	<b>2:22.61</b>	+0,74	31.16	1:08.60	1:48.96	2:22.61
2. Emma Hofstee	TriVia	2:25.93 200401282	<b>2:26.95</b>	+0,85	31.20	1:10.63	1:52.17	2:26.95
3. Charlotte Wilbers	ZPC Hoogeveen	2:30.30 200400312	<b>2:30.15</b>	+0,84	33.84	1:11.98	1:57.00	2:30.15
4. Mirthe Schenkel	ZPC Hoogeveen	2:28.56 200300666	<b>2:33.91</b>	+0,87	36.12	1:16.46	1:58.60	2:33.91
5. Iris Nieuwhof	TriVia	2:31.53 200401944	<b>2:34.46</b>	+0,80	34.85	1:15.85	1:57.72	2:34.46
6. Veerle Nieborg	TriVia	2:26.98 200400428	<b>2:34.66</b>	+0,78	31.17	1:10.76	1:56.50	2:34.66
7. Chantal Tiesinga	HZ&PC Heerenveen	2:35.43 200302452	<b>2:35.15</b>	+0,63	33.92	1:14.31	1:59.94	2:35.15
8. Brenda Beijering	ZC Borger	2:37.12 200300352	<b>2:36.47</b>	+0,72	34.39	1:13.21	2:00.65	2:36.47
9. Dominique Dingshoff	ZPC Hoogeveen	2:37.50 200400804	<b>2:42.13</b>	+0,86	36.47	1:15.52	2:06.99	2:42.13
10. Lieke Visser	Apexswim	2:41.23 200400666	<b>2:45.21</b>	+0,80	35.30	1:16.44	2:06.33	2:45.21
11. M. van den Hoofdakker	HZ&PC Heerenveen	2:38.92 200302708	<b>2:45.64</b>	+0,79	34.09	1:17.02	2:10.22	2:45.64
DIS Joline Koop	Aqua 68	2:35.44 200403174		+0,72				

AA - Gestart voor het startsignaal (en wel gezwommen).

Senioren

1. Alinda Dingshoff	ZPC Hoogeveen	2:19.66 200000928	<b>2:21.91</b>	+0,83	30.39	1:06.13	1:48.92	2:21.91
2. Myrna van Duijven	Dz&Pc	2:19.87 199900252	<b>2:22.65</b>	+0,62	30.65	1:07.83	1:49.85	2:22.65
3. Lize Janna de Vries	Orca 1	2:20.59 200101948	<b>2:23.58</b>	+0,79	30.86	1:08.00	1:49.81	2:23.58
4. Wiktorja Redzimska	ZPC Hoogeveen	2:25.46 200106042	<b>2:24.25</b>	+0,78	31.90	1:07.87	1:50.02	2:24.25
5. Ilona Venema	ReVeLie Swim Team	2:30.96 200200050	<b>2:26.06</b>	+0,78	31.23	1:06.96	1:52.03	2:26.06
6. Yara van Kalmthout	ZPC Nova	2:26.64 200200984	<b>2:26.14</b>	+0,82	31.46	1:07.74	1:52.40	2:26.14
7. Mariëlle Dolfijn	TriVia	2:29.98 200201640	<b>2:28.16</b>	+0,81	31.32	1:09.80	1:54.62	2:28.16
8. Hilde Dekker	ReVeLie Swim Team	2:36.67 199901926	<b>2:31.52</b>	+1,01	33.19	1:12.27	1:58.32	2:31.52
9. Leonie van Wier	HZ&PC Heerenveen	2:30.91 200200436	<b>2:32.65</b>	+0,80	33.49	1:13.87	1:59.32	2:32.65
10. Marijke Drent	ZPC Nova	2:36.03 199906232	<b>2:34.72</b>	+0,88	33.18	1:13.31	1:58.46	2:34.72
11. Lianne van Wier	HZ&PC Heerenveen	2:35.35 200200438	<b>2:34.98</b>	+0,73	32.08	1:11.73	2:00.16	2:34.98
12. Luca Ebbinge	Dz&Pc	2:30.00 199802406	<b>2:35.61</b>	+0,61	32.97	1:14.44	1:59.48	2:35.61

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Programmanr. 40, Dames, 200m wisselslag, Senioren

rang naam	vereniging	intijd	tijd	RT	50m	100m	150m	200m
13. Joyce Kuipers	Orca 1	2:33.45 200103426	<b>2:42.37</b>	+0,77	35.38	1:18.73	2:02.84	2:42.37