

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

Programmanr. 9
16-11-2019 - 16:40

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1 en 2					
1.	Frouke Ludwig	Dz&Pc	5:07.46	200800112	5:05.64 +0,85
	50m: 33.89	33.89 150m: 1:50.84	39.26	250m: 3:09.17	38.94 350m: 4:27.47
	100m: 1:11.58	37.69 200m: 2:30.23	39.39	300m: 3:48.01	38.84 400m: 5:05.64
2.	Jasmijn Sterken	ZPC Hoogeveen	5:20.50	200701196	5:15.26 +0,72
	50m: 35.35	35.35 150m: 1:55.53	40.46	250m: 3:17.72	41.18 350m: 4:37.28
	100m: 1:15.07	39.72 200m: 2:36.54	41.01	300m: 3:57.68	39.96 400m: 5:15.26
3.	Indy Hof	Dz&Pc	5:39.68	200800630	5:19.71 +0,90
	50m: 35.50	35.50 150m: 1:56.65	41.07	250m: 3:19.62	41.33 350m: 4:38.33
	100m: 1:15.58	40.08 200m: 2:38.29	41.64	300m: 4:01.17	41.55 400m: 5:19.71
4.	Sofie Vos	ZPC Hoogeveen	5:30.55	200800804	5:20.95 +0,83
	50m: 36.54	36.54 150m: 1:59.68	41.52	250m: 3:22.36	41.09 350m: 4:43.49
	100m: 1:18.16	41.62 200m: 2:41.27	41.59	300m: 4:03.08	40.72 400m: 5:20.95
5.	Imre Bouwland	ZPC Hoogeveen	5:23.18	200700388	5:23.14 +0,74
	50m: 34.88	34.88 150m: 1:55.94	41.73	250m: 3:19.44	41.79 350m: 4:43.42
	100m: 1:14.21	39.33 200m: 2:37.65	41.71	300m: 4:01.91	42.47 400m: 5:23.14
6.	Julia Agricola	Dz&Pc	5:29.09	200800266	5:23.64 +0,75
	50m: 36.65	36.65 150m: 1:59.39	41.77	250m: 3:23.15	41.45 350m: 4:44.89
	100m: 1:17.62	40.97 200m: 2:41.70	42.31	300m: 4:04.71	41.56 400m: 5:23.64
7.	Esmee van der Tuuk	ZPC Hoogeveen	5:32.85	200800682	5:30.23 +0,87
	50m: 36.77	36.77 150m: 2:00.25	41.93	250m: 3:25.10	42.23 350m: 4:50.13
	100m: 1:18.32	41.55 200m: 2:42.87	42.62	300m: 4:08.08	42.98 400m: 5:30.23
8.	Dachen Haaijer	ZPC Hoogeveen	5:32.74	200800380	5:33.38 +0,87
	50m: 36.99	36.99 150m: 2:00.71	41.94	250m: 3:27.00	42.92 350m: 4:50.78
	100m: 1:18.77	41.78 200m: 2:44.08	43.37	300m: 4:09.48	42.48 400m: 5:33.38
9.	Linde Fortuin	Orca 1	5:45.68	200801530	5:41.92 +0,92
	50m: 38.09	38.09 150m: 2:04.22	43.27	250m: 3:32.55	43.98 350m: 5:01.14
	100m: 1:20.95	42.86 200m: 2:48.57	44.35	300m: 4:17.20	44.65 400m: 5:41.92
NG.ZA	Fenne de Jong	HZ&PC Heerenveen	7:30.93	200800532	S10
13 - 14 jaar					
1.	Marte Hieke van der Kamp	Orca 1	4:37.01	200500218	4:36.82 +0,83
	50m: 31.48	31.48 150m: 1:41.83	35.40	250m: 2:52.40	35.15 350m: 4:02.94
	100m: 1:06.43	34.95 200m: 2:17.25	35.42	300m: 3:27.99	35.59 400m: 4:36.82
2.	Charley Blide	TriVia	4:46.46	200600164	4:49.12 +0,79
	50m: 30.99	30.99 150m: 1:42.15	36.34	250m: 2:57.26	37.82 350m: 4:12.40
	100m: 1:05.81	34.82 200m: 2:19.44	37.29	300m: 3:35.02	37.76 400m: 4:49.12
3.	Sara Korthis	Apexswim	4:57.86	200600494	4:50.55 +0,81
	50m: 31.64	31.64 150m: 1:44.70	36.98	250m: 2:59.56	37.62 350m: 4:15.22
	100m: 1:07.72	36.08 200m: 2:21.94	37.24	300m: 3:37.18	37.62 400m: 4:50.55
4.	Fleur Bos	Orca 1	4:52.76	200500674	4:55.14 +0,92
	50m: 33.20	33.20 150m: 1:47.94	37.35	250m: 3:03.33	37.87 350m: 4:19.32
	100m: 1:10.59	37.39 200m: 2:25.46	37.52	300m: 3:41.15	37.82 400m: 4:55.14
5.	Amélie Wortel	Orca 1	5:01.38	200500814	4:57.01 +0,76
	50m: 33.29	33.29 150m: 1:48.18	37.77	250m: 3:04.50	38.37 350m: 4:20.74
	100m: 1:10.41	37.12 200m: 2:26.13	37.95	300m: 3:42.94	38.44 400m: 4:57.01
6.	Anna Mulder	ReVeLie Swim Team	5:01.72	200504646	4:57.72 +0,88
	50m: 33.75	33.75 150m: 1:49.06	37.39	250m: 3:05.77	38.49 350m: 4:22.03
	100m: 1:11.67	37.92 200m: 2:27.28	38.22	300m: 3:44.06	38.29 400m: 4:57.72
7.	Aniek Ausema	Apexswim	5:06.06	200602084	5:00.95 +1,22
	50m: 34.11	34.11 150m: 1:50.04	38.07	250m: 3:06.71	38.81 350m: 4:23.80
	100m: 1:11.97	37.86 200m: 2:27.90	37.86	300m: 3:45.20	38.49 400m: 5:00.95
8.	Julia Redzimska	ZPC Hoogeveen	5:01.53	200503384	5:01.15 +0,80
	50m: 33.88	33.88 150m: 1:49.69	38.47	250m: 3:06.79	38.48 350m: 4:23.66
	100m: 1:11.22	37.34 200m: 2:28.31	38.62	300m: 3:45.65	38.86 400m: 5:01.15
9.	Miron Schimmelpenning	ZPC Hoogeveen	5:01.13	200500426	5:01.96 +0,90
	50m: 33.45	33.45 150m: 1:49.52	38.74	250m: 3:06.58	38.73 350m: 4:23.99
	100m: 1:10.78	37.33 200m: 2:27.85	38.33	300m: 3:45.30	38.72 400m: 5:01.96

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

Programmanr. 9, Dames, 400m vrije slag

15 - 16 jaar

1.	Dominique Dingshoff	ZPC Hoogeveen	4:40.39	200400804	4:33.07	+1,01
	50m: 31.28	31.28 150m: 1:39.35	34.13	250m: 2:49.54	35.45	350m: 4:00.34
	100m: 1:05.22	33.94 200m: 2:14.09	34.74	300m: 3:25.13	35.59	400m: 4:33.07
2.	Charlotte Wilbers	ZPC Hoogeveen	4:34.14	200400312	4:33.86	+0,84
	50m: 31.61	31.61 150m: 1:41.10	34.27	250m: 2:50.49	34.64	350m: 4:00.08
	100m: 1:06.83	35.22 200m: 2:15.85	34.75	300m: 3:25.83	35.34	400m: 4:33.86
3.	Chantal Tiesinga	HZ&PC Heerenveen	4:41.77	200302452	4:39.35	+0,80
	50m: 31.44	31.44 150m: 1:40.87	34.98	250m: 2:51.78	35.67	350m: 4:03.49
	100m: 1:05.89	34.45 200m: 2:16.11	35.24	300m: 3:27.41	35.63	400m: 4:39.35
4.	Emma Hofstee	TriVia	4:34.65	200401282	4:41.05	+0,84
	50m: 31.90	31.90 150m: 1:42.49	35.59	250m: 2:53.82	35.65	350m: 4:05.55
	100m: 1:06.90	35.00 200m: 2:18.17	35.68	300m: 3:29.82	36.00	400m: 4:41.05
5.	Mirthe Schenkel	ZPC Hoogeveen	4:38.00	200300666	4:41.77	+0,72
	50m: 32.30	32.30 150m: 1:43.38	35.73	250m: 2:54.36	35.46	350m: 4:06.42
	100m: 1:07.65	35.35 200m: 2:18.90	35.52	300m: 3:30.35	35.99	400m: 4:41.77
6.	Brenda Beijering	ZC Borger	4:50.18	200300352	4:49.07	+0,75
	50m: 32.05	32.05 150m: 1:44.21	36.55	250m: 2:58.64	37.39	350m: 4:13.51
	100m: 1:07.66	35.61 200m: 2:21.25	37.04	300m: 3:36.01	37.37	400m: 4:49.07
7.	Senna van der Veen	ZPC Hoogeveen	4:52.98	200400072	4:50.38	+0,80
	50m: 33.44	33.44 150m: 1:46.82	36.97	250m: 3:00.90	36.93	350m: 4:14.76
	100m: 1:09.85	36.41 200m: 2:23.97	37.15	300m: 3:38.09	37.19	400m: 4:50.38
8.	Merle Stavorinus	de Granaet	4:57.00	200400138	4:54.92	+0,76
	50m: 32.91	32.91 150m: 1:47.68	37.93	250m: 3:03.81	38.36	350m: 4:19.96
	100m: 1:09.75	36.84 200m: 2:25.45	37.77	300m: 3:41.61	37.80	400m: 4:54.92

Senioren

1.	Laura Setz	ZPC Nova	4:10.89	200000130	4:12.05	+1,03
	50m: 28.81	28.81 150m: 1:31.20	31.65	250m: 2:35.15	31.85	350m: 3:39.94
	100m: 59.55	30.74 200m: 2:03.30	32.10	300m: 3:07.58	32.43	400m: 4:12.05
2.	Myrna van Duijven	Dz&Pc	4:26.58	199900252	4:26.03	+0,73
	50m: 30.63	30.63 150m: 1:37.91	34.11	250m: 2:46.45	34.36	350m: 3:54.50
	100m: 1:03.80	33.17 200m: 2:12.09	34.18	300m: 3:20.61	34.16	400m: 4:26.03
3.	Alinda Dingshoff	ZPC Hoogeveen	4:23.41	200000928	4:26.27	+0,84
	50m: 32.08	32.08 150m: 1:40.33	34.11	250m: 2:47.43	33.24	350m: 3:54.18
	100m: 1:06.22	34.14 200m: 2:14.19	33.86	300m: 3:20.93	33.50	400m: 4:26.27
4.	Lize Janna de Vries	Orca 1	4:26.17	200101948	4:29.74	+0,79
	50m: 32.07	32.07 150m: 1:41.74	34.94	250m: 2:50.12	33.89	350m: 3:57.30
	100m: 1:06.80	34.73 200m: 2:16.23	34.49	300m: 3:23.94	33.82	400m: 4:29.74
5.	Yara van Kalmthout	ZPC Nova	4:31.63	200200984	4:30.35	+0,87
	50m: 31.62	31.62 150m: 1:40.28	34.38	250m: 2:48.88	33.74	350m: 3:56.99
	100m: 1:05.90	34.28 200m: 2:15.14	34.86	300m: 3:22.81	33.93	400m: 4:30.35
6.	Wiktorja Redzimska	ZPC Hoogeveen	4:38.76	200106042	4:33.94	+0,79
	50m: 31.58	31.58 150m: 1:40.79	34.44	250m: 2:50.55	35.07	350m: 4:01.50
	100m: 1:06.35	34.77 200m: 2:15.48	34.69	300m: 3:26.30	35.75	400m: 4:33.94
7.	Amé Hulleman	ReVeLie Swim Team	4:34.24	200202794	4:34.16	+0,82
	50m: 30.50	30.50 150m: 1:38.96	34.61	250m: 2:48.80	34.97	350m: 3:59.26
	100m: 1:04.35	33.85 200m: 2:13.83	34.87	300m: 3:23.93	35.13	400m: 4:34.16
8.	Mariëlle Dolfijn	TriVia	4:30.98	200201640	4:37.22	+0,82
	50m: 32.30	32.30 150m: 1:41.90	34.81	250m: 2:51.83	35.07	350m: 4:02.06
	100m: 1:07.09	34.79 200m: 2:16.76	34.86	300m: 3:26.72	34.89	400m: 4:37.22
9.	Hilde Dekker	ReVeLie Swim Team	4:40.11	199901926	4:39.39	+1,01
	50m: 31.71	31.71 150m: 1:42.21	35.40	250m: 2:53.55	35.51	350m: 4:06.02
	100m: 1:06.81	35.10 200m: 2:18.04	35.83	300m: 3:29.97	36.42	400m: 4:39.39
10.	Marijke Drent	ZPC Nova	4:45.55	199906232	4:45.43	+0,81
	50m: 31.82	31.82 150m: 1:42.70	36.09	250m: 2:56.21	37.00	350m: 4:09.93
	100m: 1:06.61	34.79 200m: 2:19.21	36.51	300m: 3:33.13	36.92	400m: 4:45.43
11.	Inge Dekker	TriVia	4:41.53	200200476	4:48.41	+0,72
	50m: 31.49	31.49 150m: 1:42.94	35.91	250m: 2:56.53	37.07	350m: 4:11.37
	100m: 1:07.03	35.54 200m: 2:19.46	36.52	300m: 3:33.58	37.05	400m: 4:48.41
12.	Liesette Bruinsma	HZ&PC Heerenveen	5:02.60	200004346	5:14.44	+0,73
	50m: 34.10	34.10 150m: 1:51.75	40.19	250m: 3:11.57	39.78	350m: 4:34.41
	100m: 1:11.56	37.46 200m: 2:31.79	40.04	300m: 3:54.56	42.99	400m: 5:14.44
AFGEM	Joyce Kuipers	Orca 1	4:50.09	200103426	S11	920