

Regionale Minioren Finale 2019
Heerenveen, 1- - 2-6-2019

Programmanr. 18
2-6-2019 - 14:15

Meisjes, 400m vrije slag

Minioren 5
Resultaten

Rang	Naam	Vereniging				Intijd	Startnummer	Eindtijd	Info
1.	Frouke Ludwig	Dz&Pc				5:22.98	200800112	5:08.66	
	50m: 34.60	34.60	150m: 1:53.28	40.00	250m: 3:13.21	39.80	350m: 4:31.67	38.27	
	100m: 1:13.28	38.68	200m: 2:33.41	40.13	300m: 3:53.40	40.19	400m: 5:08.66	36.99	
2.	Sofie Vos	ZPC Hoogeveen				5:32.25	200800804	5:30.55	
	50m: 35.96	35.96	150m: 1:59.32	42.46	250m: 3:25.64	43.13	350m: 4:51.23	42.28	
	100m: 1:16.86	40.90	200m: 2:42.51	43.19	300m: 4:08.95	43.31	400m: 5:30.55	39.32	
3.	Dachen Haaijer	ZPC Hoogeveen				5:39.62	200800380	5:32.74	
	50m: 36.11	36.11	150m: 2:01.13	43.41	250m: 3:28.26	43.73	350m: 4:54.10	42.39	
	100m: 1:17.72	41.61	200m: 2:44.53	43.40	300m: 4:11.71	43.45	400m: 5:32.74	38.64	
4.	Julia Agricola	HZ&PC Heerenveen				5:43.29	200800266	5:33.64	
	50m: 34.66	34.66	150m: 1:57.54	42.61	250m: 3:25.08	43.71	350m: 4:52.79	43.78	
	100m: 1:14.93	40.27	200m: 2:41.37	43.83	300m: 4:09.01	43.93	400m: 5:33.64	40.85	
5.	Indy Hof	Dz&Pc				5:45.07	200800630	5:39.68	
	50m: 37.57	37.57	150m: 2:03.91	43.54	250m: 3:32.99	44.60	350m: 5:01.43	43.19	
	100m: 1:20.37	42.80	200m: 2:48.39	44.48	300m: 4:18.24	45.25	400m: 5:39.68	38.25	
6.	Esmee van der Tuuk	ZPC Hoogeveen				5:32.85	200800682	5:45.24	
	50m: 38.64	38.64	150m: 2:06.45	44.53	250m: 3:35.63	44.97	350m: 5:04.86	43.95	
	100m: 1:21.92	43.28	200m: 2:50.66	44.21	300m: 4:20.91	45.28	400m: 5:45.24	40.38	
7.	Linde Fortuin	Orca				6:00.89	200801530	5:49.55	
	50m: 38.28	38.28	150m: 2:06.17	45.07	250m: 3:36.13	45.12	350m: 5:07.14	44.67	
	100m: 1:21.10	42.82	200m: 2:51.01	44.84	300m: 4:22.47	46.34	400m: 5:49.55	42.41	
8.	Cinta Jacobs	Orca				5:44.59	200800494	5:51.62	
	50m: 37.23	37.23	150m: 2:04.71	45.55	250m: 3:37.60	47.04	350m: 5:10.84	46.47	
	100m: 1:19.16	41.93	200m: 2:50.56	45.85	300m: 4:24.37	46.77	400m: 5:51.62	40.78	
9.	Lynn Oving	TriVia				5:50.32	200800074	5:56.96	
	50m: 40.79	40.79	150m: 2:11.04	46.15	250m: 3:43.49	46.30	350m: 5:15.24	44.97	
	100m: 1:24.89	44.10	200m: 2:57.19	46.15	300m: 4:30.27	46.78	400m: 5:56.96	41.72	
10.	Zeineb Bigri	TriVia				6:02.66	200802184	6:02.14	
	50m: 38.80	38.80	150m: 2:10.06	46.79	250m: 3:44.39	47.32	350m: 5:18.13	46.28	
	100m: 1:23.27	44.47	200m: 2:57.07	47.01	300m: 4:31.85	47.46	400m: 6:02.14	44.01	
11.	Laura van Etten	HZ&PC Heerenveen				6:04.59	200800264	6:02.52	
	50m: 39.82	39.82	150m: 2:12.88	47.36	250m: 3:46.74	47.17	350m: 5:17.81	43.17	
	100m: 1:25.52	45.70	200m: 2:59.57	46.69	300m: 4:34.64	47.90	400m: 6:02.52	44.71	
12.	Anniek Brinkman	Borger				6:17.18	200800076	6:07.37	
	50m: 40.53	40.53	150m: 2:13.04	46.68	250m: 3:48.10	47.69	350m: 5:23.52	47.37	
	100m: 1:26.36	45.83	200m: 3:00.41	47.37	300m: 4:36.15	48.05	400m: 6:07.37	43.85	
13.	Lieke Brinkman	Borger				6:16.20	200800072	6:08.87	
	50m: 41.74	41.74	150m: 2:15.71	47.87	250m: 3:51.78	48.14	350m: 5:27.36	47.11	
	100m: 1:27.84	46.10	200m: 3:03.64	47.93	300m: 4:40.25	48.47	400m: 6:08.87	41.51	
14.	Joy ten Hoove	ZPC Hoogeveen				6:43.23	200802370	6:10.04	
	50m: 42.30	42.30	150m: 2:17.20	47.85	250m: 3:52.55	47.64	350m: 5:28.09	46.93	
	100m: 1:29.35	47.05	200m: 3:04.91	47.71	300m: 4:41.16	48.61	400m: 6:10.04	41.95	
15.	Jenthe Visser	Dz&Pc				6:41.55	200800604	6:10.52	
	50m: 41.19	41.19	150m: 2:16.70	48.65	250m: 3:52.59	47.57	350m: 5:28.23	46.50	
	100m: 1:28.05	46.86	200m: 3:05.02	48.32	300m: 4:41.73	49.14	400m: 6:10.52	42.29	
16.	Annick van Eeuwijk	Wetterwille				6:21.93	200801798	6:15.25	
	50m: 43.66	43.66	150m: 2:18.47	47.43	250m: 3:55.25	48.15	350m: 5:32.45	47.64	
	100m: 1:31.04	47.38	200m: 3:07.10	48.63	300m: 4:44.81	49.56	400m: 6:15.25	42.80	
17.	Vienna Maura Delea	FZC'54-De Vikings (SG)				6:16.82	200800962	6:17.15	
	50m: 43.09	43.09	150m: 2:18.48	47.87	250m: 3:56.02	49.11	350m: 5:32.69	47.27	
	100m: 1:30.61	47.52	200m: 3:06.91	48.43	300m: 4:45.42	49.40	400m: 6:17.15	44.46	

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Rang	Naam	Vereniging				Intijd	Startnummer	Eindtijd	Info			
18.	Femke Smilde	HZ&PC Heerenveen				6:14.54	200801826	6:18.63				
	50m:	41.03	41.03	150m:	2:17.61	49.30	250m:	3:56.77	50.16	350m:	5:33.53	47.55
	100m:	1:28.31	47.28	200m:	3:06.61	49.00	300m:	4:45.98	49.21	400m:	6:18.63	45.10
19.	Jildou van der Hoek	Dz&Pc				6:39.08	200801654	6:23.22				
	50m:	41.41	41.41	150m:	2:17.02	48.50	250m:	3:56.42	50.30	350m:	5:35.47	49.74
	100m:	1:28.52	47.11	200m:	3:06.12	49.10	300m:	4:45.73	49.31	400m:	6:23.22	47.75
20.	Sabine Oostingh	Ksn (Sg)				6:32.66	200800254	6:27.08				
	50m:	42.47	42.47	150m:	2:22.62	51.29	250m:	4:03.95	50.47	350m:	5:44.72	50.18
	100m:	1:31.33	48.86	200m:	3:13.48	50.86	300m:	4:54.54	50.59	400m:	6:27.08	42.36
21.	Aimée Wolbersen	Aqua'68				6:38.94	200800346	6:30.72				
	50m:	42.10	42.10	150m:	2:22.91	50.76	250m:	4:04.59	51.18	350m:	5:44.50	49.86
	100m:	1:32.15	50.05	200m:	3:13.41	50.50	300m:	4:54.64	50.05	400m:	6:30.72	46.22
22.	Isa Kerpels	Moby Dick				6:46.81	200800880	6:41.79				
	50m:	42.45	42.45	150m:	2:24.31	51.56	250m:	4:09.03	52.94	350m:	5:52.73	51.56
	100m:	1:32.75	50.30	200m:	3:16.09	51.78	300m:	5:01.17	52.14	400m:	6:41.79	49.06
23.	Luka Wassink	ZPC Hoogeveen				6:41.64	200801032	6:48.47				
	50m:	46.30	46.30	150m:	2:29.97	51.66	250m:	4:17.63	53.73	350m:	6:02.61	50.83
	100m:	1:38.31	52.01	200m:	3:23.90	53.93	300m:	5:11.78	54.15	400m:	6:48.47	45.86
NG	Sophie Eloise Nienhuis	Wetterwille				6:45.27	200801514					