

Regionale A winterkampioenschappen  
Heerenveen, 17- - 25-11-2018

Programmanr. 1  
17-11-2018 - 13:15

Dames, 800m vrije slag

Senioren Open  
Resultaten

Rang	Geb.	In.tijd	punten	Tijd
<b>Junioren 1</b>				
1. Jasmijn Sterken	07 ZPC Hoogeveen	11:57.28		<b>11:35.74</b>
100m: 1:17.17	1:17.17	300m: 4:12.06	1:27.59	500m: 7:12.26
200m: 2:44.47	1:27.30	400m: 5:41.72	1:29.66	600m: 8:42.47
				1:30.54
				1:30.21
				700m: 10:11.22
				1:28.75
				800m: 11:35.74
				1:24.52
<b>Junioren 2</b>				
1. Charley Blide	06 ZPC Hoogeveen	10:35.39		<b>10:28.63</b>
100m: 1:12.34	1:12.34	300m: 3:51.86	1:20.47	500m: 6:32.81
200m: 2:31.39	1:19.05	400m: 5:11.86	1:20.00	600m: 7:52.38
				1:19.57
				700m: 9:11.63
				1:19.25
				800m: 10:28.63
				1:17.00
2. Aniek Ausema	06 De Hardenberg	10:38.27		<b>10:35.55</b>
100m: 1:13.17	1:13.17	300m: 3:52.32	1:20.47	500m: 6:33.78
200m: 2:31.85	1:18.68	400m: 5:12.07	1:19.75	600m: 7:55.06
				1:21.71
				1:21.28
				700m: 9:16.23
				1:21.17
				800m: 10:35.55
				1:19.32
3. Imke Boontjes	06 Aqua 68 1	11:04.59		<b>10:42.15</b>
100m: 1:14.76	1:14.76	300m: 3:56.76	1:21.47	500m: 6:41.90
200m: 2:35.29	1:20.53	400m: 5:19.28	1:22.52	600m: 8:05.18
				1:22.62
				1:23.28
				700m: 9:26.29
				1:21.11
				800m: 10:42.15
				1:15.86
<b>Junioren 3</b>				
1. Marte Hieke van der Kamp	05 SG FZC54-De Viking	9:35.52		<b>9:44.98</b>
100m: 1:08.18	1:08.18	300m: 3:36.63	1:14.58	500m: 6:06.32
200m: 2:22.05	1:13.87	400m: 4:51.30	1:14.67	600m: 7:20.39
				1:15.02
				1:14.07
				700m: 8:33.89
				1:13.50
				800m: 9:44.98
				1:11.09
2. Fleur Bos	05 Orca 1	10:16.19		<b>10:07.29</b>
100m: 1:12.17	1:12.17	300m: 3:43.53	1:16.10	500m: 6:18.00
200m: 2:27.43	1:15.26	400m: 5:00.18	1:16.65	600m: 7:34.85
				1:17.82
				1:16.85
				700m: 8:52.12
				1:17.27
				800m: 10:07.29
				1:15.17
3. Amélie Wortel	05 Orca 1	10:43.96		<b>10:34.33</b>
100m: 1:12.68	1:12.68	300m: 3:52.00	1:20.05	500m: 6:33.70
200m: 2:31.95	1:19.27	400m: 5:12.41	1:20.41	600m: 7:55.12
				1:21.29
				1:21.42
				700m: 9:15.68
				1:20.56
				800m: 10:34.33
				1:18.65
4. Anna Mulder	05 ReVeLie Swim Tear	10:44.39		<b>10:39.33</b>
100m: 1:13.83	1:13.83	300m: 3:54.80	1:20.75	500m: 6:37.38
200m: 2:34.05	1:20.22	400m: 5:15.33	1:20.53	600m: 7:58.14
				1:22.05
				1:20.76
				700m: 9:21.03
				1:22.89
				800m: 10:39.33
				1:18.30
<b>Jeugd 1 en 2</b>				
1. Janna van Kooten	04 TriVia	9:43.69		<b>9:19.12</b>
100m: 1:05.67	1:05.67	300m: 3:27.61	1:11.32	500m: 5:49.98
200m: 2:16.29	1:10.62	400m: 4:39.27	1:11.66	600m: 7:00.54
				1:10.71
				1:10.56
				700m: 8:11.07
				1:10.53
				800m: 9:19.12
				1:08.05
2. Charlotte Wilbers	04 ZPC Hoogeveen	9:40.72		<b>9:33.13</b>
100m: 1:07.16	1:07.16	300m: 3:29.86	1:11.56	500m: 5:56.30
200m: 2:18.30	1:11.14	400m: 4:42.55	1:12.69	600m: 7:09.47
				1:13.75
				1:13.17
				700m: 8:22.61
				1:13.14
				800m: 9:33.13
				1:10.52
3. Suze Kuipers	03 Orca 1	9:33.41		<b>9:35.66</b>
100m: 1:07.07	1:07.07	300m: 3:31.89	1:13.03	500m: 5:56.00
200m: 2:18.86	1:11.79	400m: 4:44.85	1:12.96	600m: 7:09.08
				1:11.15
				1:13.08
				700m: 8:22.90
				1:13.82
				800m: 9:35.66
				1:12.76
4. Mirthe Schenkel	03 ZPC Hoogeveen	9:46.82		<b>9:37.41</b>
100m: 1:06.98	1:06.98	300m: 3:31.39	1:12.68	500m: 5:58.04
200m: 2:18.71	1:11.73	400m: 4:44.56	1:13.17	600m: 7:11.60
				1:13.48
				1:13.56
				700m: 8:25.04
				1:13.44
				800m: 9:37.41
				1:12.37
5. Dominique Dingshoff	04 ZPC Hoogeveen	10:01.98		<b>9:51.64</b>
100m: 1:07.80	1:07.80	300m: 3:35.92	1:14.75	500m: 6:08.93
200m: 2:21.17	1:13.37	400m: 4:52.35	1:16.43	600m: 7:23.68
				1:16.58
				1:14.75
				700m: 8:38.79
				1:15.11
				800m: 9:51.64
				1:12.85
6. Roos van Duin	04 ReVeLie Swim Tear	10:02.62		<b>9:57.73</b>
100m: 1:07.08	1:07.08	300m: 3:36.97	1:15.43	500m: 6:10.72
200m: 2:21.54	1:14.46	400m: 4:53.17	1:16.20	600m: 7:26.78
				1:17.55
				1:16.06
				700m: 8:43.41
				1:16.63
				800m: 9:57.73
				1:14.32

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Programmanr. 1, Meisjes, 800m vrije slag, Jeugd 1 en 2

Rang	Geb.	In.tijd	punten	Tijd
7.	Chantal Tiesinga	03 TriVia	10:00.82	<b>9:59.68</b>
	100m: 1:10.29 1:10.29	300m: 3:41.28 1:15.73	500m: 6:12.51 1:14.74	700m: 8:44.84 1:16.53
	200m: 2:25.55 1:15.26	400m: 4:57.77 1:16.49	600m: 7:28.31 1:15.80	800m: 9:59.68 1:14.84
8.	Merle Stavorinus	04 de Granaet	10:26.66	<b>10:10.78</b>
	100m: 1:10.65 1:10.65	300m: 3:45.15 1:17.78	500m: 6:21.09 1:18.18	700m: 8:56.66 1:17.68
	200m: 2:27.37 1:16.72	400m: 5:02.91 1:17.76	600m: 7:38.98 1:17.89	800m: 10:10.78 1:14.12
9.	Senna van der Veen	04 ZPC Hoogeveen	10:33.46	<b>10:19.10</b>
	100m: 1:12.30 1:12.30	300m: 3:45.21 1:17.16	500m: 6:23.75 1:19.64	700m: 9:01.60 1:18.96
	200m: 2:28.05 1:15.75	400m: 5:04.11 1:18.90	600m: 7:42.64 1:18.89	800m: 10:19.10 1:17.50
DIS	Myrthe Natzijl	04 TriVia	9:43.39	
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>			

Senioren 1 en ouder

1.	Laura Setz	00 ZPC Nova	8:33.49	<b>8:45.12</b>
	100m: 1:00.89 1:00.89	300m: 3:12.68 1:05.87	500m: 5:25.43 1:06.13	700m: 7:39.11 1:06.78
	200m: 2:06.81 1:05.92	400m: 4:19.30 1:06.62	600m: 6:32.33 1:06.90	800m: 8:45.12 1:06.01
2.	Lize Janna de Vries	01 Orca 1	9:17.92	<b>9:09.94</b>
	100m: 1:06.05 1:06.05	300m: 3:23.37 1:08.64	500m: 5:42.48 1:09.44	700m: 8:02.57 1:10.48
	200m: 2:14.73 1:08.68	400m: 4:33.04 1:09.67	600m: 6:52.09 1:09.61	800m: 9:09.94 1:07.37
3.	Wiktorija Redzimska	01 ZPC Hoogeveen	9:36.81	<b>9:34.15</b>
	100m: 1:06.61 1:06.61	300m: 3:30.22 1:11.94	500m: 5:56.40 1:13.07	700m: 8:22.93 1:13.53
	200m: 2:18.28 1:11.67	400m: 4:43.33 1:13.11	600m: 7:09.40 1:13.00	800m: 9:34.15 1:11.22
4.	Amé Hulleman	02 ReVeLie Swim Team	9:41.94	<b>9:43.74</b>
	100m: 1:06.84 1:06.84	300m: 3:32.60 1:13.79	500m: 6:01.01 1:14.33	700m: 8:30.26 1:14.82
	200m: 2:18.81 1:11.97	400m: 4:46.68 1:14.08	600m: 7:15.44 1:14.43	800m: 9:43.74 1:13.48