

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

Programmanr. 12
18-11-2018 - 13:15

Dames, 400m wisselslag

Senioren Open
Resultaten

Rang	Geb.	In.tijd	punten	Tijd
Junioren 2				
1.	Sara Korthuis	06 Apexswim	6:01.01	5:42.51
	50m: 37.30 37.30	150m: 2:05.80 42.25	250m: 3:38.50 51.43	350m: 5:07.10 37.74
	100m: 1:23.55 46.25	200m: 2:47.07 41.27	300m: 4:29.36 50.86	400m: 5:42.51 35.41
2.	Charley Blide	06 ZPC Hoogeveen	5:53.09	5:51.30
	50m: 38.15 38.15	150m: 2:07.83 42.92	250m: 3:42.81 51.58	350m: 5:12.53 39.60
	100m: 1:24.91 46.76	200m: 2:51.23 43.40	300m: 4:32.93 50.12	400m: 5:51.30 38.77
3.	Monique Tienstra	06 ReVeLie Swim Team	5:53.08	5:56.30
	50m: 37.04 37.04	150m: 2:07.80 47.40	250m: 3:44.43 51.63	350m: 5:18.18 41.15
	100m: 1:20.40 43.36	200m: 2:52.80 45.00	300m: 4:37.03 52.60	400m: 5:56.30 38.12
Junioren 3				
1.	Marte Hieke van der Kamp	05 SG FZC54-De Viking	5:38.20	5:35.40
	50m: 35.64 35.64	150m: 1:59.95 40.17	250m: 3:31.75 52.12	350m: 5:01.08 36.37
	100m: 1:19.78 44.14	200m: 2:39.63 39.68	300m: 4:24.71 52.96	400m: 5:35.40 34.32
2.	Fleur Bos	05 Orca 1	5:50.19	5:36.95
	50m: 38.97 38.97	150m: 2:06.33 40.95	250m: 3:32.87 45.19	350m: 4:59.69 39.10
	100m: 1:25.38 46.41	200m: 2:47.68 41.35	300m: 4:20.59 47.72	400m: 5:36.95 37.26
3.	Miron Schimmelpenning	05 ZPC Hoogeveen	5:55.03	5:45.10
	50m: 39.09 39.09	150m: 2:08.09 42.70	250m: 3:37.83 46.06	350m: 5:06.97 39.71
	100m: 1:25.39 46.30	200m: 2:51.77 43.68	300m: 4:27.26 49.43	400m: 5:45.10 38.13
4.	Nienke Bakker	05 TriVia	5:45.92	5:46.29
	50m: 35.40 35.40	150m: 2:01.73 44.44	250m: 3:34.68 48.93	350m: 5:05.81 40.26
	100m: 1:17.29 41.89	200m: 2:45.75 44.02	300m: 4:25.55 50.87	400m: 5:46.29 40.48
5.	Maike van der Heide	05 de Granaet	6:07.97	5:50.37
	50m: 35.55 35.55	150m: 2:04.99 45.28	250m: 3:39.92 51.32	350m: 5:13.32 40.96
	100m: 1:19.71 44.16	200m: 2:48.60 43.61	300m: 4:32.36 52.44	400m: 5:50.37 37.05
6.	Julia Redzimska	05 ZPC Hoogeveen	5:52.32	5:50.40
	50m: 39.47 39.47	150m: 2:08.75 42.16	250m: 3:40.20 50.37	350m: 5:10.65 39.81
	100m: 1:26.59 47.12	200m: 2:49.83 41.08	300m: 4:30.84 50.64	400m: 5:50.40 39.75
7.	Annemarijn Damhoff	05 TriVia	6:04.18	5:55.91
	50m: 36.13 36.13	150m: 2:04.11 45.12	250m: 3:40.43 52.08	350m: 5:15.18 41.71
	100m: 1:18.99 42.86	200m: 2:48.35 44.24	300m: 4:33.47 53.04	400m: 5:55.91 40.73
8.	Daniëlle Cosse	05 Bubble	6:01.84	5:59.73
	50m: 38.66 38.66	150m: 2:12.17 48.50	250m: 3:48.66 49.58	350m: 5:20.86 41.51
	100m: 1:23.67 45.01	200m: 2:59.08 46.91	300m: 4:39.35 50.69	400m: 5:59.73 38.87
Jeugd 1 en 2				
1.	Silke Huisman	03 Orca 1	5:05.18	5:00.07
	50m: 31.75 31.75	150m: 1:47.46 38.89	250m: 3:08.23 42.23	350m: 4:27.17 36.23
	100m: 1:08.57 36.82	200m: 2:26.00 38.54	300m: 3:50.94 42.71	400m: 5:00.07 32.90
2.	Veerle Nieborg	04 TriVia	5:14.04	5:13.03
	50m: 32.44 32.44	150m: 1:50.62 40.36	250m: 3:14.87 44.80	350m: 4:37.55 37.39
	100m: 1:10.26 37.82	200m: 2:30.07 39.45	300m: 4:00.16 45.29	400m: 5:13.03 35.48
3.	Suze Kuipers	03 Orca 1	5:28.81	5:20.26
	50m: 34.51 34.51	150m: 1:54.50 39.36	250m: 3:20.62 47.97	350m: 4:45.61 36.02
	100m: 1:15.14 40.63	200m: 2:32.65 38.15	300m: 4:09.59 48.97	400m: 5:20.26 34.65
4.	Charlotte Wilbers	04 ZPC Hoogeveen	5:26.31	5:20.50
	50m: 34.16 34.16	150m: 1:55.84 39.65	250m: 3:22.53 47.84	350m: 4:47.30 36.33
	100m: 1:16.19 42.03	200m: 2:34.69 38.85	300m: 4:10.97 48.44	400m: 5:20.50 33.20

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Programmanr. 12, Meisjes, 400m wisselslag, Jeugd 1 en 2

Rang	Geb.	In.tijd	punten	Tijd
5.	Mirthe Schenkel 03 ZPC Hoogeveen	5:20.79		5:20.63
	50m: 37.15 37.15 150m: 2:02.47 40.64 250m: 3:24.59 42.85 350m: 4:44.89 37.29 100m: 1:21.83 44.68 200m: 2:41.74 39.27 300m: 4:07.60 43.01 400m: 5:20.63 35.74			
6.	Sterre-Marit Drok 04 Bubble	5:30.04		5:28.96
	50m: 32.82 32.82 150m: 1:57.05 44.48 250m: 3:27.26 47.94 350m: 4:52.36 37.16 100m: 1:12.57 39.75 200m: 2:39.32 42.27 300m: 4:15.20 47.94 400m: 5:28.96 36.60			
7.	Sarina Beuker 03 SG FZC54-De Viking	5:45.92		5:40.08
	50m: 34.83 34.83 150m: 2:02.67 44.33 250m: 3:33.39 47.66 350m: 5:02.03 39.65 100m: 1:18.34 43.51 200m: 2:45.73 43.06 300m: 4:22.38 48.99 400m: 5:40.08 38.05			
8.	Merle Stavorinus 04 de Granaet	5:59.40		5:42.72
	50m: 36.29 36.29 150m: 2:04.03 43.26 250m: 3:36.57 50.51 350m: 5:07.35 39.54 100m: 1:20.77 44.48 200m: 2:46.06 42.03 300m: 4:27.81 51.24 400m: 5:42.72 35.37			
9.	Megan Meinds 04 ZPC Nova	5:55.14		5:47.68
	50m: 36.06 36.06 150m: 2:04.71 44.51 250m: 3:36.02 48.73 350m: 5:08.97 42.43 100m: 1:20.20 44.14 200m: 2:47.29 42.58 300m: 4:26.54 50.52 400m: 5:47.68 38.71			
10.	Dominique Dingshoff 04 ZPC Hoogeveen	5:58.41		5:50.74
	50m: 42.79 42.79 150m: 2:13.93 39.84 250m: 3:46.74 53.37 350m: 5:15.09 36.03 100m: 1:34.09 51.30 200m: 2:53.37 39.44 300m: 4:39.06 52.32 400m: 5:50.74 35.65			
11.	Tove Beltman 03 Orca 1	5:56.85		6:03.99
	50m: 38.30 38.30 150m: 2:11.62 46.98 250m: 3:49.52 52.36 350m: 5:23.26 41.79 100m: 1:24.64 46.34 200m: 2:57.16 45.54 300m: 4:41.47 51.95 400m: 6:03.99 40.73			
12.	Amber Boomsma 04 HZ&PC Heerenveen	6:01.20		6:04.33
	50m: 40.95 40.95 150m: 2:19.78 46.78 250m: 3:54.72 48.79 350m: 5:26.89 40.03 100m: 1:33.00 52.05 200m: 3:05.93 46.15 300m: 4:46.86 52.14 400m: 6:04.33 37.44			
13.	Chaira Scholte 03 Bubble	6:01.81		6:07.15
	50m: 38.11 38.11 150m: 2:09.96 44.93 250m: 3:44.72 50.58 350m: 5:24.33 45.61 100m: 1:25.03 46.92 200m: 2:54.14 44.18 300m: 4:38.72 54.00 400m: 6:07.15 42.82			
DIS	Roos de Jong 03 Zcnf34	5:59.46		
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i> 50m: 38.29 38.29 150m: 2:13.00 46.69 250m: 3:46.62 48.14 350m: 5:18.69 43.07 100m: 1:26.31 48.02 200m: 2:58.48 45.48 300m: 4:35.62 49.00 400m:			
AFGEM	Emma Hofstee 04 TriVia	5:19.00		
NG	Esmée Mulder 04 Orca 1	6:02.69		
Senioren 1 en ouder				
1.	Alinda Dingshoff 00 ZPC Hoogeveen	5:04.75		4:58.82
	50m: 31.61 31.61 150m: 1:42.62 35.75 250m: 3:03.00 44.21 350m: 4:24.09 34.95 100m: 1:06.87 35.26 200m: 2:18.79 36.17 300m: 3:49.14 46.14 400m: 4:58.82 34.73			
2.	Lize Janna de Vries 01 Orca 1	4:59.23		5:00.32
	50m: 32.36 32.36 150m: 1:50.23 39.02 250m: 3:11.53 43.44 350m: 4:28.45 33.62 100m: 1:11.21 38.85 200m: 2:28.09 37.86 300m: 3:54.83 43.30 400m: 5:00.32 31.87			
3.	Ilona Venema 02 ReVeLie Swim Team	5:12.55		5:08.24
	50m: 32.58 32.58 150m: 1:48.57 38.27 250m: 3:12.84 46.48 350m: 4:34.51 35.39 100m: 1:10.30 37.72 200m: 2:26.36 37.79 300m: 3:59.12 46.28 400m: 5:08.24 33.73			
4.	Wiktorija Redzimaska 01 ZPC Hoogeveen	5:01.21		5:09.26
	50m: 33.30 33.30 150m: 1:50.29 37.72 250m: 3:11.92 43.46 350m: 4:34.13 37.02 100m: 1:12.57 39.27 200m: 2:28.46 38.17 300m: 3:57.11 45.19 400m: 5:09.26 35.13			
5.	Annemarie Hoving 00 TriVia	5:19.91		5:18.99
	50m: 35.04 35.04 150m: 1:58.62 41.40 250m: 3:24.06 45.16 350m: 4:44.97 35.47 100m: 1:17.22 42.18 200m: 2:38.90 40.28 300m: 4:09.50 45.44 400m: 5:18.99 34.02			
6.	Esmee van Peer 02 TriVia	5:27.71		5:26.01
	50m: 34.23 34.23 150m: 1:58.20 43.36 250m: 3:26.32 46.56 350m: 4:50.32 36.32 100m: 1:14.84 40.61 200m: 2:39.76 41.56 300m: 4:14.00 47.68 400m: 5:26.01 35.69			

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Programmanr. 12, Dames, 400m wisselslag, Senioren 1 en ouder

Rang		Geb.		In.tijd	punten			Tijd
7.	Ingrid de Vries	01	de Granaet	5:44.12				5:49.80
	50m: 36.89	36.89	150m: 2:04.47	42.97	250m: 3:36.01	49.95	350m: 5:09.08	42.36
	100m: 1:21.50	44.61	200m: 2:46.06	41.59	300m: 4:26.72	50.71	400m: 5:49.80	40.72
8.	Myrthe Sietsma	02	Wetterwille	5:38.54				5:52.60
	50m: 33.12	33.12	150m: 2:04.52	46.15	250m: 3:39.31	50.18	350m: 5:12.63	41.21
	100m: 1:18.37	45.25	200m: 2:49.13	44.61	300m: 4:31.42	52.11	400m: 5:52.60	39.97
9.	Kyra Wooldrik	01	ZPC Hoogeveen	5:42.67				5:53.02
	50m: 38.20	38.20	150m: 2:08.68	44.72	250m: 3:43.92	51.95	350m: 5:15.69	39.66
	100m: 1:23.96	45.76	200m: 2:51.97	43.29	300m: 4:36.03	52.11	400m: 5:53.02	37.33