

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

Programmanr. 33  
25-11-2018 - 14:40

Dames, 400m vrije slag

Senioren Open  
Resultaten

Rang	Geb.		In.tijd		punten		Tijd		
<b>Junioren 1</b>									
1.	Jasmijn Sterken	07	ZPC Hoogeveen	5:37.90					<b>5:27.85</b>
	50m: 35.45	35.45	150m: 1:59.42	42.65	250m: 3:23.71	42.03	350m: 4:49.65	42.72	
	100m: 1:16.77	41.32	200m: 2:41.68	42.26	300m: 4:06.93	43.22	400m: 5:27.85	38.20	
2.	Carlijn Gruppen	07	ZPC Hoogeveen	5:37.86					<b>5:37.41</b>
	50m: 37.85	37.85	150m: 2:03.14	43.22	250m: 3:30.24	43.28	350m: 4:56.68	42.79	
	100m: 1:19.92	42.07	200m: 2:46.96	43.82	300m: 4:13.89	43.65	400m: 5:37.41	40.73	
<b>Junioren 2</b>									
1.	Sara Korthuis	06	Apexswim	5:00.79					<b>4:59.28</b>
	50m: 32.71	32.71	150m: 1:47.83	38.13	250m: 3:04.96	38.77	350m: 4:22.58	38.55	
	100m: 1:09.70	36.99	200m: 2:26.19	38.36	300m: 3:44.03	39.07	400m: 4:59.28	36.70	
2.	Charley Blide	06	ZPC Hoogeveen	5:03.59					<b>5:05.73</b>
	50m: 33.85	33.85	150m: 1:50.36	38.97	250m: 3:09.42	39.67	350m: 4:28.16	38.83	
	100m: 1:11.39	37.54	200m: 2:29.75	39.39	300m: 3:49.33	39.91	400m: 5:05.73	37.57	
3.	Aniek Ausema	06	De Hardenberg	5:06.50					<b>5:07.78</b>
	50m: 34.81	34.81	150m: 1:51.67	39.09	250m: 3:10.86	39.25	350m: 4:30.42	39.84	
	100m: 1:12.58	37.77	200m: 2:31.61	39.94	300m: 3:50.58	39.72	400m: 5:07.78	37.36	
4.	Imke Boontjes	06	Aqua 68 1	5:11.32					<b>5:09.22</b>
	50m: 34.22	34.22	150m: 1:52.86	40.08	250m: 3:12.09	39.75	350m: 4:31.76	39.50	
	100m: 1:12.78	38.56	200m: 2:32.34	39.48	300m: 3:52.26	40.17	400m: 5:09.22	37.46	
<b>Junioren 3</b>									
1.	Marte Hieke van der Kamp	05	SG FZC54-De Viking	4:42.98					<b>4:44.38</b>
	50m: 31.87	31.87	150m: 1:45.00	37.23	250m: 2:58.46	36.91	350m: 4:11.20	36.13	
	100m: 1:07.77	35.90	200m: 2:21.55	36.55	300m: 3:35.07	36.61	400m: 4:44.38	33.18	
2.	Fleur Bos	05	Orca 1	5:05.27					<b>4:54.42</b>
	50m: 33.65	33.65	150m: 1:48.46	37.74	250m: 3:04.15	37.79	350m: 4:20.54	38.43	
	100m: 1:10.72	37.07	200m: 2:26.36	37.90	300m: 3:42.11	37.96	400m: 4:54.42	33.88	
<b>Jeugd 1 en 2</b>									
1.	Janna van Kooten	04	TriVia	4:32.66					<b>4:27.14</b>
	50m: 30.55	30.55	150m: 1:38.19	34.08	250m: 2:46.19	33.88	350m: 3:54.16	33.83	
	100m: 1:04.11	33.56	200m: 2:12.31	34.12	300m: 3:20.33	34.14	400m: 4:27.14	32.98	
2.	Charlotte Wilbers	04	ZPC Hoogeveen	4:38.55					<b>4:36.34</b>
	50m: 31.90	31.90	150m: 1:41.70	34.88	250m: 2:51.75	35.23	350m: 4:02.44	35.30	
	100m: 1:06.82	34.92	200m: 2:16.52	34.82	300m: 3:27.14	35.39	400m: 4:36.34	33.90	
3.	Emma Hofstee	04	TriVia	4:43.96					<b>4:40.55</b>
	50m: 32.17	32.17	150m: 1:43.03	35.52	250m: 2:54.10	34.81	350m: 4:05.50	35.77	
	100m: 1:07.51	35.34	200m: 2:19.29	36.26	300m: 3:29.73	35.63	400m: 4:40.55	35.05	
4.	Myrthe Natzijs	04	TriVia	4:39.08					<b>4:40.65</b>
	50m: 31.59	31.59	150m: 1:42.32	35.65	250m: 2:54.00	35.67	350m: 4:06.19	36.14	
	100m: 1:06.67	35.08	200m: 2:18.33	36.01	300m: 3:30.05	36.05	400m: 4:40.65	34.46	
5.	Mirthe Schenkel	03	ZPC Hoogeveen	4:48.41					<b>4:41.59</b>
	50m: 31.93	31.93	150m: 1:42.72	35.66	250m: 2:54.48	36.02	350m: 4:06.44	36.02	
	100m: 1:07.06	35.13	200m: 2:18.46	35.74	300m: 3:30.42	35.94	400m: 4:41.59	35.15	
6.	Suze Kuipers	03	Orca 1	4:38.05					<b>4:42.89</b>
	50m: 31.31	31.31	150m: 1:41.66	35.72	250m: 2:54.04	36.44	350m: 4:07.11	36.70	
	100m: 1:05.94	34.63	200m: 2:17.60	35.94	300m: 3:30.41	36.37	400m: 4:42.89	35.78	

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Programmanr. 33, Meisjes, 400m vrije slag, Jeugd 1 en 2

Rang			Geb.			In.tijd	punten				Tijd	
7.	Veerle Nieborg		04	TriVia		4:45.03				<b>4:45.85</b>		
	50m:	32.63	32.63	150m:	1:44.13	35.87	250m:	2:56.48	35.79	350m:	4:09.62	36.65
	100m:	1:08.26	35.63	200m:	2:20.69	36.56	300m:	3:32.97	36.49	400m:	4:45.85	36.23
8.	Dominique Dingshoff		04	ZPC Hoogeveen		4:49.04				<b>4:46.04</b>		
	50m:	32.10	32.10	150m:	1:43.81	36.62	250m:	2:57.53	37.06	350m:	4:11.58	37.27
	100m:	1:07.19	35.09	200m:	2:20.47	36.66	300m:	3:34.31	36.78	400m:	4:46.04	34.46
9.	Sterre-Marit Drok		04	Bubble		4:56.33				<b>4:49.05</b>		
	50m:	32.24	32.24	150m:	1:45.13	37.01	250m:	2:59.37	36.73	350m:	4:12.99	36.80
	100m:	1:08.12	35.88	200m:	2:22.64	37.51	300m:	3:36.19	36.82	400m:	4:49.05	36.06
10.	Chantal Tiesinga		03	TriVia		4:51.55				<b>4:49.89</b>		
	50m:	33.32	33.32	150m:	1:46.67	37.08	250m:	3:00.14	35.97	350m:	4:13.85	36.94
	100m:	1:09.59	36.27	200m:	2:24.17	37.50	300m:	3:36.91	36.77	400m:	4:49.89	36.04
11.	Brenda Beijering		03	ZC Borger		5:01.98				<b>4:50.18</b>		
	50m:	31.84	31.84	150m:	1:44.41	36.71	250m:	2:59.12	37.60	350m:	4:14.44	37.61
	100m:	1:07.70	35.86	200m:	2:21.52	37.11	300m:	3:36.83	37.71	400m:	4:50.18	35.74
12.	Roos van Duin		04	ReVeLie Swim Team		4:56.87				<b>4:55.83</b>		
	50m:	31.37	31.37	150m:	1:45.19	37.61	250m:	3:01.29	38.15	350m:	4:18.35	38.79
	100m:	1:07.58	36.21	200m:	2:23.14	37.95	300m:	3:39.56	38.27	400m:	4:55.83	37.48

Senioren 1 en ouder

1.	Alinda Dingshoff		00	ZPC Hoogeveen		4:26.89				<b>4:23.68</b>		
	50m:	30.98	30.98	150m:	1:37.13	33.11	250m:	2:43.54	32.75	350m:	3:49.92	33.53
	100m:	1:04.02	33.04	200m:	2:10.79	33.66	300m:	3:16.39	32.85	400m:	4:23.68	33.76
2.	Myrna van Duijven		99	Dz&Pc		4:27.98				<b>4:26.58</b>		
	50m:	29.97	29.97	150m:	1:37.07	33.72	250m:	2:44.30	33.72	350m:	3:52.40	34.37
	100m:	1:03.35	33.38	200m:	2:10.58	33.51	300m:	3:18.03	33.73	400m:	4:26.58	34.18
3.	Lize Janna de Vries		01	Orca 1		4:29.77				<b>4:29.31</b>		
	50m:	30.73	30.73	150m:	1:38.54	34.04	250m:	2:46.23	33.79	350m:	3:54.79	34.47
	100m:	1:04.50	33.77	200m:	2:12.44	33.90	300m:	3:20.32	34.09	400m:	4:29.31	34.52
4.	Annemarie Hoving		00	TriVia		4:39.09				<b>4:34.01</b>		
	50m:	31.21	31.21	150m:	1:40.06	34.67	250m:	2:48.89	34.26	350m:	3:59.34	35.54
	100m:	1:05.39	34.18	200m:	2:14.63	34.57	300m:	3:23.80	34.91	400m:	4:34.01	34.67
5.	Yara van Kalmthout		02	ZPC Nova		4:34.23				<b>4:36.89</b>		
	50m:	31.04	31.04	150m:	1:40.31	34.97	250m:	2:50.92	35.21	350m:	4:02.14	35.55
	100m:	1:05.34	34.30	200m:	2:15.71	35.40	300m:	3:26.59	35.67	400m:	4:36.89	34.75
6.	Amé Hulleman		02	ReVeLie Swim Team		4:42.35				<b>4:38.22</b>		
	50m:	30.78	30.78	150m:	1:40.29	35.20	250m:	2:51.33	35.49	350m:	4:03.05	35.97
	100m:	1:05.09	34.31	200m:	2:15.84	35.55	300m:	3:27.08	35.75	400m:	4:38.22	35.17
7.	Wiktorija Redzimska		01	ZPC Hoogeveen		4:40.99				<b>4:40.87</b>		
	50m:	31.38	31.38	150m:	1:41.79	35.31	250m:	2:53.33	35.68	350m:	4:05.58	35.98
	100m:	1:06.48	35.10	200m:	2:17.65	35.86	300m:	3:29.60	36.27	400m:	4:40.87	35.29
8.	Inge Dekker		02	TriVia		4:40.95				<b>4:41.53</b>		
	50m:	31.24	31.24	150m:	1:42.25	35.92	250m:	2:54.44	36.02	350m:	4:06.80	36.19
	100m:	1:06.33	35.09	200m:	2:18.42	36.17	300m:	3:30.61	36.17	400m:	4:41.53	34.73
9.	Mariëlle Dolfijn		02	TriVia		4:35.31				<b>4:42.23</b>		
	50m:	31.68	31.68	150m:	1:41.12	35.17	250m:	2:52.22	35.78	350m:	4:05.34	36.81
	100m:	1:05.95	34.27	200m:	2:16.44	35.32	300m:	3:28.53	36.31	400m:	4:42.23	36.89
10.	Hilde Dekker		99	ReVeLie Swim Team		4:40.61				<b>4:42.90</b>		
	50m:	31.28	31.28	150m:	1:42.19	35.81	250m:	2:54.44	36.27	350m:	4:07.45	36.27
	100m:	1:06.38	35.10	200m:	2:18.17	35.98	300m:	3:31.18	36.74	400m:	4:42.90	35.45
11.	Simone Krans		99	ZPC Hoogeveen		4:49.64				<b>4:51.94</b>		
	50m:	32.45	32.45	150m:	1:45.91	37.44	250m:	3:00.11	36.76	350m:	4:15.62	37.89
	100m:	1:08.47	36.02	200m:	2:23.35	37.44	300m:	3:37.73	37.62	400m:	4:51.94	36.32

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Programmanr. 33, Dames, 400m vrije slag, Senioren 1 en ouder

Rang		Geb.		In.tijd	punten		Tijd	
12.	Kyra Wooldrik	01	ZPC Hoogeveen	4:40.47			<b>4:54.52</b>	
	50m: 33.41	33.41	150m: 1:47.35	37.20	250m: 3:02.33	37.48	350m: 4:18.12	37.86
	100m: 1:10.15	36.74	200m: 2:24.85	37.50	300m: 3:40.26	37.93	400m: 4:54.52	36.40
13.	Jolien Wind	01	ZPC Nova	4:44.94			<b>4:56.54</b>	
	50m: 32.39	32.39	150m: 1:45.70	37.27	250m: 3:01.22	38.01	350m: 4:17.79	38.43
	100m: 1:08.43	36.04	200m: 2:23.21	37.51	300m: 3:39.36	38.14	400m: 4:56.54	38.75
14.	Liesette Bruinsma	00	HZ&PC Heerenveen	5:04.74	975	S11	<b>5:05.47</b>	
	50m: 34.99	34.99	150m: 1:52.01	38.64	250m: 3:10.83	38.81	350m: 4:28.22	38.52
	100m: 1:13.37	38.38	200m: 2:32.02	40.01	300m: 3:49.70	38.87	400m: 5:05.47	37.25