

Regio A zomerkampioenschappen
Drachten, 18- - 26-5-2019

Programmanr. 12
19-5-2019 - 11:00

Dames, 400m wisselslag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Junioren 1								
1. Maud Roffel	HZ&PC Heerenveen	6:08.68 200700840	6:25.11	+0,80	1:31.50	3:01.81	4:57.02	6:25.11
50m: 41.90	41.90	150m: 2:18.85	44.97	250m: 3:42.68	58.44	350m: 5:12.65	45.81	
100m: 1:31.50	49.60	200m: 3:01.81	42.96	300m: 4:57.02	56.77	400m: 6:25.11	42.28	
DIS Anna Prieshof	Ksn (Sg)	6:43.41 200701482						
<i>AF - De aangegeven afstand niet uitgezwommen.</i>								
Junioren 2								
1. Sara Korhuis	Apexswim	5:35.72 200600494	5:48.50		1:20.95	2:49.17	4:35.72	5:48.50
50m: 35.76	35.76	150m: 2:05.92	44.97	250m: 3:42.68	53.51	350m: 5:12.65	36.93	
100m: 1:20.95	45.19	200m: 2:49.17	43.25	300m: 4:35.72	53.04	400m: 5:48.50	35.85	
2. Aniek Ausema	De Hardenberg	5:54.42 200602084	6:01.28		1:24.49	2:54.84	4:43.60	6:01.28
50m: 37.95	37.95	150m: 2:10.48	45.99	250m: 3:48.57	53.73	350m: 5:23.80	40.20	
100m: 1:24.49	46.54	200m: 2:54.84	44.36	300m: 4:43.60	55.03	400m: 6:01.28	37.48	
3. Liselotte Schaap	HZ&PC Heerenveen	6:15.64 200603016	6:15.97	+0,71	1:28.43	3:03.36	4:55.56	6:15.97
50m: 38.93	38.93	150m: 2:15.75	47.32	250m: 3:57.79	54.43	350m: 5:36.59	41.03	
100m: 1:28.43	49.50	200m: 3:03.36	47.61	300m: 4:55.56	57.77	400m: 6:15.97	39.38	
4. Suze Buikema	Wetterwille	6:10.00 200600872	6:24.03		1:30.64	3:04.31	4:59.24	6:24.03
50m: 40.51	40.51	150m: 2:18.63	47.99	250m: 4:02.15	57.84	350m: 5:43.43	44.19	
100m: 1:30.64	50.13	200m: 3:04.31	45.68	300m: 4:59.24	57.09	400m: 6:24.03	40.60	
5. Lieke Rossel	Ksn (Sg)	6:19.62 200603070	6:24.47		1:31.68			6:24.47
<i>* handgeklokt</i>								
50m:		150m:		250m:		350m:		
100m: 1:31.68		200m:		300m:		400m: 6:24.47		
6. Celine Helder	Orca 1	6:19.26 200602426	6:42.36	+0,96	1:30.60	3:16.11	5:12.51	6:42.36
50m: 39.31	39.31	150m: 4:13.81	2:43.21	250m: 5:58.35	2:42.24	350m:		
100m: 1:30.60	51.29	200m: 3:16.11		300m: 5:12.51		400m: 6:42.36		
Junioren 3								
1. M. van der Kamp	SG FZC54-De Vikings	15:30.86 200500218	5:34.04	+0,86	1:18.63	2:38.23	4:21.95	5:34.04
50m: 34.66	34.66	150m: 1:57.41	38.78	250m: 3:28.75	50.52	350m: 4:58.75	36.80	
100m: 1:18.63	43.97	200m: 2:38.23	40.82	300m: 4:21.95	53.20	400m: 5:34.04	35.29	
2. Fleur Bos	Orca 1	5:32.87 200500674	5:43.16	+0,87	1:20.48	2:48.03	4:26.38	5:43.16
50m: 36.19	36.19	150m: 2:05.13	44.65	250m: 3:36.31	48.28	350m: 5:04.93	38.55	
100m: 1:20.48	44.29	200m: 2:48.03	42.90	300m: 4:26.38	50.07	400m: 5:43.16	38.23	
3. Miron Schimmelpenning	ZPC Hoogeveen	5:45.10 200500426	5:54.13		1:27.72	2:54.44	4:35.43	5:54.13
50m:		150m:		250m: 3:44.56	50.12	350m: 5:15.55	40.12	
100m: 1:27.72		200m: 2:54.44		300m: 4:35.43	50.87	400m: 5:54.13	38.58	
4. Julia Redzimska	ZPC Hoogeveen	5:50.40 200503384	6:00.52		1:31.65	2:58.12	4:40.91	6:00.52
50m: 42.30	42.30	150m: 2:15.20	43.55	250m: 3:49.24	51.12	350m: 5:20.83	39.92	
100m: 1:31.65	49.35	200m: 2:58.12	42.92	300m: 4:40.91	51.67	400m: 6:00.52	39.69	
5. Riemke Tinnevelt	ZPC Hoogeveen	5:58.38 200503018	6:04.50	+0,86	1:31.15	3:05.96	4:40.95	6:04.50
50m: 41.27	41.27	150m:		250m: 3:52.82	46.86	350m: 5:24.60	43.65	
100m: 1:31.15	49.88	200m: 3:05.96		300m: 4:40.95	48.13	400m: 6:04.50	39.90	
6. Nienke Bakker	TriVia	5:38.76 200501178	6:04.82	+0,81	1:19.99	2:52.61	4:42.03	6:04.82
50m: 36.67	36.67	150m: 2:06.95	46.96	250m: 3:47.19	54.58	350m: 5:23.61	41.58	
100m: 1:19.99	43.32	200m: 2:52.61	45.66	300m: 4:42.03	54.84	400m: 6:04.82	41.21	
7. Annemarijn Damhoff	TriVia	5:55.91 200501000	6:06.70	+0,93	1:19.56	2:56.53	4:42.79	6:06.70
50m: 36.55	36.55	150m: 2:08.29	48.73	250m: 3:48.99	52.46	350m: 5:25.57	42.78	
100m: 1:19.56	43.01	200m: 2:56.53	48.24	300m: 4:42.79	53.80	400m: 6:06.70	41.13	
8. Maike van der Heide	Apexswim	5:50.37 200500828	6:07.46	+0,95	1:26.60	3:01.66	4:48.99	6:07.46
50m: 39.24	39.24	150m: 2:15.76	49.16	250m: 3:55.38	53.72	350m: 5:30.96	41.97	
100m: 1:26.60	47.36	200m: 3:01.66	45.90	300m: 4:48.99	53.61	400m: 6:07.46	36.50	
9. Amélie Wortel	Orca 1	5:43.81 200500814	6:08.22		1:27.98	3:01.11	4:45.86	6:08.22
50m: 38.87	38.87	150m:		250m: 3:52.65	51.54	350m: 5:27.26	41.40	
100m: 1:27.98	49.11	200m: 3:01.11		300m: 4:45.86	53.21	400m: 6:08.22	40.96	

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Jeugd 1 en 2

1. Silke Huisman	Orca 1	4:54.93	200301182	5:20.34	1:12.55	2:36.17	4:05.93	5:20.34
50m: 33.36	33.36	150m: 1:54.24	41.69	250m: 3:19.92	43.75	350m: 4:44.50	38.57	
100m: 1:12.55	39.19	200m: 2:36.17	41.93	300m: 4:05.93	46.01	400m: 5:20.34	35.84	
2. Veerle Nieborg	TriVia	5:12.54	200400428	5:20.38	1:10.79	2:33.57	4:08.35	5:20.38
50m: 32.66	32.66	150m: 1:53.17	42.38	250m: 3:21.19	47.62	350m: 4:45.46	37.11	
100m: 1:10.79	38.13	200m: 2:33.57	40.40	300m: 4:08.35	47.16	400m: 5:20.38	34.92	
3. Emma Hofstee	TriVia	5:08.02	200401282	5:21.99 +0,91	1:11.89	2:37.28	4:05.82	5:21.99
50m: 32.89	32.89	150m: 1:55.50	43.61	250m: 3:20.77	43.49	350m: 4:45.89	40.07	
100m: 1:11.89	39.00	200m: 2:37.28	41.78	300m: 4:05.82	45.05	400m: 5:21.99	36.10	
4. Charlotte Wilbers	ZPC Hoogeveen	5:20.50	200400312	5:32.98 +0,87	1:16.41	2:40.64	4:18.84	5:32.98
50m: 36.02	36.02	150m: 1:59.11	42.70	250m: 3:29.40	48.76	350m: 4:56.79	37.95	
100m: 1:16.41	40.39	200m: 2:40.64	41.53	300m: 4:18.84	49.44	400m: 5:32.98	36.19	
5. Suze Kuipers	Orca 1	5:14.39	200301714	5:36.07 +0,86	1:15.35	2:36.38	4:19.72	5:36.07
50m: 32.79	32.79	150m: 1:55.70	40.35	250m: 3:27.21	50.83	350m: 4:58.43	38.71	
100m: 1:15.35	42.56	200m: 2:36.38	40.68	300m: 4:19.72	52.51	400m: 5:36.07	37.64	
6. Myrthe Natzijs	TriVia	5:23.82	200400076	5:36.15 +0,98	1:23.27	2:49.77	4:22.73	5:36.15
50m: 37.76	37.76	150m: 2:07.28	44.01	250m: 3:35.23	45.46	350m: 5:00.20	37.47	
100m: 1:23.27	45.51	200m: 2:49.77	42.49	300m: 4:22.73	47.50	400m: 5:36.15	35.95	
7. Brenda Beijering	ZC Borger	5:27.44	200300352	5:38.26	1:18.82	2:42.23	4:23.64	5:38.26
50m: 35.80	35.80	150m: 2:00.89	42.07	250m: 3:32.44	50.21	350m: 5:01.84	38.20	
100m: 1:18.82	43.02	200m: 2:42.23	41.34	300m: 4:23.64	51.20	400m: 5:38.26	36.42	
8. Mirthe Schenkel	ZPC Hoogeveen	5:20.63	200300666	5:42.90	1:28.35	2:57.09	4:27.04	5:42.90
50m: 40.74	40.74	150m: 2:13.51	45.16	250m: 3:42.41	45.32	350m: 5:05.66	38.62	
100m: 1:28.35	47.61	200m: 2:57.09	43.58	300m: 4:27.04	44.63	400m: 5:42.90	37.24	
9. Dominique Dingshoff	ZPC Hoogeveen	5:31.37	200400804	5:43.87	1:30.15	2:47.68	4:33.13	5:43.87
50m: 41.81	41.81	150m: 2:08.69	38.54	250m: 3:40.82	53.14	350m: 5:09.92	36.79	
100m: 1:30.15	48.34	200m: 2:47.68	38.99	300m: 4:33.13	52.31	400m: 5:43.87	33.95	
10. Sterre-Marit Drok	Bubble	5:27.64	200400880	5:46.94	1:20.17	2:51.27	4:30.45	5:46.94
50m: 35.67	35.67	150m: 2:08.05	47.88	250m: 3:40.66	49.39	350m: 5:08.81	38.36	
100m: 1:20.17	44.50	200m: 2:51.27	43.22	300m: 4:30.45	49.79	400m: 5:46.94	38.13	
11. Merle Stavorinus	de Granaet	5:42.72	200400138	5:53.03 +0,79	1:21.54	2:54.09	4:38.00	5:53.03
50m: 36.70	36.70	150m: 2:07.41	45.87	250m: 3:44.56	50.47	350m: 5:16.81	38.81	
100m: 1:21.54	44.84	200m: 2:54.09	46.68	300m: 4:38.00	53.44	400m: 5:53.03	36.22	
12. Joline Koop	Aqua 68 1	5:44.48	200403174	5:53.35 +0,85	1:18.85	2:48.30	4:35.31	5:53.35
50m: 35.54	35.54	150m: 2:04.74	45.89	250m: 3:41.57	53.27	350m: 5:15.75	40.44	
100m: 1:18.85	43.31	200m: 2:48.30	43.56	300m: 4:35.31	53.74	400m: 5:53.35	37.60	
13. Sarina Beuker	SG FZC54-De Vikings	15:40.08	200303454	5:58.06	1:23.44	2:56.54	4:37.90	5:58.06
50m: 36.33	36.33	150m: 2:10.46	47.02	250m: 3:46.61	50.07	350m: 5:19.38	41.48	
100m: 1:23.44	47.11	200m: 2:56.54	46.08	300m: 4:37.90	51.29	400m: 5:58.06	38.68	
14. Senna van der Veen	ZPC Hoogeveen	6:01.82	200400072	5:59.22 +1,01	1:20.92			5:59.22
<i>*handgeklokt</i>								
50m:		150m:		250m:		350m:		
100m: 1:20.92		200m:		300m:		400m: 5:59.22		
15. Rianne Beuker	SG FZC54-De Vikings	15:59.49	200402560	6:03.93	1:24.18			6:03.93
<i>*handgeklokt</i>								
50m:		150m:		250m:		350m:		
100m: 1:24.18		200m:		300m:		400m: 6:03.93		
16. Janine Schuur	ZPC Nova	6:03.54	200302466	6:04.92	1:22.97	2:52.24	4:37.20	6:04.92
50m: 36.32	36.32	150m: 2:07.61	44.64	250m: 3:44.39	52.15	350m: 5:22.19	44.99	
100m: 1:22.97	46.65	200m: 2:52.24	44.63	300m: 4:37.20	52.81	400m: 6:04.92	42.73	
17. Roos de Jong	Zcnf'34	5:59.34	200302948	6:11.92 +0,91	1:32.72	3:10.91	4:48.77	6:11.92
50m: 42.56	42.56	150m: 2:23.85	51.13	250m: 4:00.82	49.91	350m: 5:31.37	42.60	
100m: 1:32.72	50.16	200m: 3:10.91	47.06	300m: 4:48.77	47.95	400m: 6:11.92	40.55	
18. Megan Meinds	ZPC Nova	5:47.68	200400238	6:12.64 +0,82	1:27.13	2:58.46	4:48.54	6:12.64
50m: 37.56	37.56	150m: 2:13.92	46.79	250m: 3:52.94	54.48	350m: 5:31.26	42.72	
100m: 1:27.13	49.57	200m: 2:58.46	44.54	300m: 4:48.54	55.60	400m: 6:12.64	41.38	
19. Amber Boomsma	HZ&PC Heerenveen	5:52.44	200401416	6:12.81	1:30.62	3:07.93	4:52.11	6:12.81
50m: 40.75	40.75	150m: 2:19.70	49.08	250m: 3:59.54	51.61	350m: 5:33.91	41.80	
100m: 1:30.62	49.87	200m: 3:07.93	48.23	300m: 4:52.11	52.57	400m: 6:12.81	38.90	
20. Lieke Visser	Apexswim	5:56.51	200400666	6:13.58	1:27.73	3:03.92	4:51.66	6:13.58
50m: 37.36	37.36	150m: 2:14.26	48.87	250m: 3:55.25	54.64	350m: 5:36.86	45.58	
100m: 1:27.73	50.37	200m: 3:03.92	46.35	300m: 4:51.28	56.03	400m: 6:20.39	43.53	
21. Tove Beltman	Orca 1	5:53.91	200301618	6:15.07 +0,86	1:28.20	3:05.60	4:48.89	6:15.07
50m: 39.43	39.43	150m: 2:15.98	47.78	250m: 3:56.27	50.67	350m: 5:31.82	42.93	
100m: 1:28.20	48.77	200m: 3:05.60	49.62	300m: 4:48.89	52.62	400m: 6:15.07	43.25	
22. Cháira Scholte	Bubble	6:01.81	200304478	6:20.39	1:25.39	3:00.61	4:51.28	6:20.39
50m: 37.34	37.34	150m: 2:14.26	48.87	250m: 3:55.25	54.64	350m: 5:36.86	45.58	
100m: 1:25.39	48.05	200m: 3:00.61	46.35	300m: 4:51.28	56.03	400m: 6:20.39	43.53	

Regio A zomerkampioenschappen
Drachten, 18- - 26-5-2019

Programmanr. 12, Dames, 400m wisselslag

Senioren 1 en ouder

1. Alinda Dingshoff	ZPC Hogeveen	4:56.95	200000928	5:05.39	+0,86	1:09.61	2:26.71	3:57.46	5:05.39
50m: 32.65	32.65	150m: 1:48.60	38.99	250m: 3:11.88	45.17	350m: 4:31.80	34.34		
100m: 1:09.61	36.96	200m: 2:26.71	38.11	300m: 3:57.46	45.58	400m: 5:05.39	33.59		
2. Lize Janna de Vries	Orca 1	4:58.52	200101948	5:13.45		1:11.08	2:32.35	4:03.52	5:13.45
50m: 32.59	32.59	150m: 1:52.54	41.46	250m: 3:18.55	46.20	350m: 4:38.96	35.44		
100m: 1:11.08	38.49	200m: 2:32.35	39.81	300m: 4:03.52	44.97	400m: 5:13.45	34.49		
3. Wiktoria Redzimska	ZPC Hogeveen	5:01.21	200106042	5:16.13	+0,81	1:17.46	2:35.67	4:05.79	5:16.13
50m: 35.86	35.86	150m: 1:56.24	38.78	250m: 3:20.22	44.55	350m: 4:42.51	36.72		
100m: 1:17.46	41.60	200m: 2:35.67	39.43	300m: 4:05.79	45.57	400m: 5:16.13	33.62		
4. Ilona Venema	ReVeLie Swim Team	5:08.24	200200050	5:18.18		1:09.53	2:28.15	4:03.17	5:18.18
50m: 32.24	32.24	150m: 1:48.69	39.16	250m: 3:15.02	46.87	350m: 4:41.09	37.92		
100m: 1:09.53	37.29	200m: 2:28.15	39.46	300m: 4:03.17	48.15	400m: 5:18.18	37.09		
5. Annemarie Hoving	TriVia	5:17.55	200000248	5:31.21		1:15.93	2:44.56	4:19.68	5:31.21
50m: 34.58	34.58	150m: 2:00.15	44.22	250m: 3:31.76	47.20	350m: 4:55.69	36.01		
100m: 1:15.93	41.35	200m: 2:44.56	44.41	300m: 4:19.68	47.92	400m: 5:31.21	35.52		
6. Jolien Wind	ZPC Nova	5:42.36	200100510	5:52.50		1:19.85	2:54.92	4:32.61	5:52.50
50m: 35.57	35.57	150m: 2:08.69	48.84	250m: 3:43.84	48.92	350m: 5:13.66	41.05		
100m: 1:19.85	44.28	200m: 2:54.92	46.23	300m: 4:32.61	48.77	400m: 5:52.50	38.84		
7. Esmee van Peer	TriVia	5:24.70	200201114	6:01.61	+0,83	1:20.91	2:54.17	4:39.36	6:01.61
50m: 36.03	36.03	150m: 2:08.06	47.15	250m: 3:46.62	52.45	350m: 5:21.36	42.00		
100m: 1:20.91	44.88	200m: 2:54.17	46.11	300m: 4:39.36	52.74	400m: 6:01.61	40.25		
8. Anneke vd Laan	Orca 1	5:38.76	200201154	6:10.71	+0,88	1:24.60	3:09.76	4:46.49	6:10.71
50m: 38.19	38.19	150m: 2:19.19	54.59	250m: 3:58.47	48.71	350m: 5:29.53	43.04		
100m: 1:24.60	46.41	200m: 3:09.76	50.57	300m: 4:46.49	48.02	400m: 6:10.71	41.18		