

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

Programmanr. 33
26-5-2019 - 11:25

Dames, 400m vrije slag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Junioren 1								
1. Carlijn Gruppen	ZPC Hoogeveen	5:26.71 200700046	5:31.23 +0,87		1:19.33	2:45.29	4:10.97	5:31.23
50m: 37.17	37.17	150m: 2:02.11	42.78	250m: 3:27.96	42.67	350m: 4:52.60	41.63	
100m: 1:19.33	42.16	200m: 2:45.29	43.18	300m: 4:10.97	43.01	400m: 5:31.23	38.63	
2. Jasmijn Sterken	ZPC Hoogeveen	5:20.50 200701196	5:32.03		1:17.06	2:42.97	4:08.75	5:32.03
50m: 35.72	35.72	150m: 1:59.27	42.21	250m: 3:25.36	42.39	350m: 4:51.63	42.88	
100m: 1:17.06	41.34	200m: 2:42.97	43.70	300m: 4:08.75	43.39	400m: 5:32.03	40.40	
3. Jorylyn Kaijser	ZC Borger	5:34.72 200700036	5:32.20 +0,80		1:17.47	2:43.76	4:10.03	5:32.20
50m: 36.92	36.92	150m: 2:00.84	43.37	250m: 3:27.14	43.38	350m: 4:52.19	42.16	
100m: 1:17.47	40.55	200m: 2:43.76	42.92	300m: 4:10.03	42.89	400m: 5:32.20	40.01	
4. Imre Bouwland	ZPC Hoogeveen	5:35.75 200700388	5:33.91		1:17.98	2:44.43	4:11.82	5:33.91
50m: 36.09	36.09	150m: 2:00.69	42.71	250m: 3:27.79	43.36	350m: 4:52.71	40.89	
100m: 1:17.98	41.89	200m: 2:44.43	43.74	300m: 4:11.82	44.03	400m: 5:33.91	41.20	
5. Anna Prieshof	Ksn (Sg)	5:42.27 200701482	5:42.05		1:18.02	2:45.40	4:15.32	5:42.05
50m: 36.88	36.88	150m: 2:01.63	43.61	250m: 3:30.02	44.62	350m: 5:00.52	45.20	
100m: 1:18.02	41.14	200m: 2:45.40	43.77	300m: 4:15.32	45.30	400m: 5:42.05	41.53	
6. Nynke vd Zee	Orca 1	5:45.60 200700604	5:50.34 +0,80		1:21.33	2:52.60	4:23.76	5:50.34
50m: 37.24	37.24	150m: 2:06.81	45.48	250m: 3:38.52	45.92	350m: 5:08.30	44.54	
100m: 1:21.33	44.09	200m: 2:52.60	45.79	300m: 4:23.76	45.24	400m: 5:50.34	42.04	
Junioren 2								
1. Charley Blide	ZPC Hoogeveen	4:56.10 200600164	4:57.02 +0,91		1:09.04	2:25.28	3:42.55	4:57.02
50m: 32.75	32.75	150m: 1:47.19	38.15	250m: 3:04.02	38.74	350m: 4:20.77	38.22	
100m: 1:09.04	36.29	200m: 2:25.28	38.09	300m: 3:42.55	38.53	400m: 4:57.02	36.25	
2. Sara Korhuis	Apexswim	4:58.67 200600494	4:59.32		1:10.04	2:27.08	3:44.81	4:59.32
50m: 32.69	32.69	150m: 1:48.58	38.54	250m: 3:05.97	38.89	350m: 4:22.68	37.87	
100m: 1:10.04	37.35	200m: 2:27.08	38.50	300m: 3:44.81	38.84	400m: 4:59.32	36.64	
3. Aniek Ausema	De Hardenberg	5:06.06 200602084	5:07.83		1:12.14	2:30.17	3:49.67	5:07.83
50m: 34.58	34.58	150m: 1:51.00	38.86	250m: 3:09.82	39.65	350m: 4:29.96	40.29	
100m: 1:12.14	37.56	200m: 2:30.17	39.17	300m: 3:49.67	39.85	400m: 5:07.83	37.87	
4. Imke Boontjes	Aqua 68 1	5:09.22 200600386	5:10.78 +0,99		1:13.26	2:32.37	3:53.88	5:10.78
50m: 34.65	34.65	150m: 1:52.43	39.17	250m: 3:12.82	40.45	350m: 4:33.04	39.16	
100m: 1:13.26	38.61	200m: 2:32.37	39.94	300m: 3:53.88	41.06	400m: 5:10.78	37.74	
Junioren 3								
1. M. van der Kamp	SG FZC54-De Vikings	14:40.69 200500218	4:47.43 +0,83		1:08.06	2:22.39	3:36.90	4:47.43
50m: 32.08	32.08	150m: 1:45.24	37.18	250m: 2:59.83	37.44	350m: 4:13.64	36.74	
100m: 1:08.06	35.98	200m: 2:22.39	37.15	300m: 3:36.90	37.07	400m: 4:47.43	33.79	
2. Miron Schimmelpenning	ZPC Hoogeveen	5:01.13 200500426	5:09.01		1:11.75	2:29.59	3:49.72	5:09.01
50m: 34.29	34.29	150m: 1:50.53	38.78	250m: 3:09.66	40.07	350m: 4:30.01	40.29	
100m: 1:11.75	37.46	200m: 2:29.59	39.06	300m: 3:49.72	40.06	400m: 5:09.01	39.00	
3. Amélie Wortel	Orca 1	5:01.38 200500814	5:11.41 +0,85		1:11.49	2:31.24	3:51.75	5:11.41
50m: 33.14	33.14	150m: 1:50.81	39.32	250m: 3:11.18	39.94	350m: 4:32.21	40.46	
100m: 1:11.49	38.35	200m: 2:31.24	40.43	300m: 3:51.75	40.57	400m: 5:11.41	39.20	
4. Charley Zethoven	HZ&PC Heerenveen	5:05.13 200500868	5:12.87		1:14.01	2:35.17	3:55.60	5:12.87
50m: 34.30	34.30	150m: 1:54.40	40.39	250m: 3:13.67	38.50	350m: 4:35.14	39.54	
100m: 1:14.01	39.71	200m: 2:35.17	40.77	300m: 3:55.60	41.93	400m: 5:12.87	37.73	
5. Anna Mulder	ReVeLie Swim Team	5:07.45 200504646	5:12.88 +0,83		1:14.27	2:35.31	3:55.68	5:12.88
50m: 34.62	34.62	150m: 1:54.28	40.01	250m: 3:15.21	39.90	350m: 4:35.51	39.83	
100m: 1:14.27	39.65	200m: 2:35.31	41.03	300m: 3:55.68	40.47	400m: 5:12.88	37.37	
6. Nienke Bakker	TriVia	5:03.05 200501178	5:14.21 +0,79		1:13.94	2:34.99	3:56.03	5:14.21
50m: 34.49	34.49	150m: 1:54.58	40.64	250m: 3:15.03	40.04	350m: 4:35.40	39.37	
100m: 1:13.94	39.45	200m: 2:34.99	40.41	300m: 3:56.03	41.00	400m: 5:14.21	38.81	
7. Annemarijn Damhoff	TriVia	5:07.82 200501000	5:21.24 +0,88		1:14.07	2:36.63	3:59.59	5:21.24
50m: 34.72	34.72	150m: 1:55.02	40.95	250m: 3:18.03	41.40	350m: 4:41.14	41.55	
100m: 1:14.07	39.35	200m: 2:36.63	41.61	300m: 3:59.59	41.56	400m: 5:21.24	40.10	
8. Maike van der Heide	Apexswim	5:04.28 200500828	5:21.78 +0,86		1:14.08	2:37.23	4:02.15	5:21.78
50m: 35.51	35.51	150m: 1:55.27	41.19	250m: 3:20.31	43.08	350m: 4:43.71	41.56	
100m: 1:14.08	38.57	200m: 2:37.23	41.96	300m: 4:02.15	41.84	400m: 5:21.78	38.07	
NG Fleur Bos	Orca 1	4:52.76 200500674						

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Programmanr. 33, Dames, 400m vrije slag

Jeugd 1 en 2

1. Janna van Kooten	TriVia	4:23.64	200404584	4:28.86	+0,85	1:04.19	2:13.76	3:22.94	4:28.86
50m: 30.38	30.38	150m: 1:38.94	34.75	250m: 2:48.07	34.31	350m: 3:56.75	33.81		
100m: 1:04.19	33.81	200m: 2:13.76	34.82	300m: 3:22.94	34.87	400m: 4:28.86	32.11		
2. Charlotte Wilbers	ZPC Hoogeveen	4:36.34	200400312	4:43.73	+0,90	1:08.32	2:20.55	3:32.95	4:43.73
50m: 32.66	32.66	150m: 1:44.18	35.86	250m: 2:56.49	35.94	350m: 4:08.54	35.59		
100m: 1:08.32	35.66	200m: 2:20.55	36.37	300m: 3:32.95	36.46	400m: 4:43.73	35.19		
3. Veerle Nieborg	TriVia	4:45.03	200400428	4:46.79	+0,76	1:08.08	2:20.58	3:34.56	4:46.79
50m: 32.58	32.58	150m: 1:44.39	36.31	250m: 2:57.41	36.83	350m: 4:11.19	36.63		
100m: 1:08.08	35.50	200m: 2:20.58	36.19	300m: 3:34.56	37.15	400m: 4:46.79	35.60		
4. Chantal Tiesinga	HZ&PC Heerenveen	4:45.01	200302452	4:49.71	+0,80	1:08.94	2:22.46	3:36.32	4:49.71
50m: 32.80	32.80	150m: 1:45.46	36.52	250m: 2:59.11	36.65	350m: 4:13.25	36.93		
100m: 1:08.94	36.14	200m: 2:22.46	37.00	300m: 3:36.32	37.21	400m: 4:49.71	36.46		
5. Suze Kuipers	Orca 1	4:38.05	200301714	4:51.14	+0,83	1:08.22	2:23.20	3:38.09	4:51.14
50m: 32.18	32.18	150m: 1:45.57	37.35	250m: 3:00.74	37.54	350m: 4:14.93	36.84		
100m: 1:08.22	36.04	200m: 2:23.20	37.63	300m: 3:38.09	37.35	400m: 4:51.14	36.21		
6. Dominique Dingshoff	ZPC Hoogeveen	4:43.91	200400804	4:53.61		1:09.15	2:23.19	3:39.35	4:53.61
50m: 32.82	32.82	150m: 1:45.83	36.68	250m: 3:01.76	38.57	350m: 4:17.00	37.65		
100m: 1:09.15	36.33	200m: 2:23.19	37.36	300m: 3:39.35	37.59	400m: 4:53.61	36.61		
7. Brenda Beijering	ZC Borger	4:50.18	200300352	4:53.87	+0,79	1:08.80	2:24.25	3:40.44	4:53.87
50m: 32.61	32.61	150m: 1:46.69	37.89	250m: 3:02.33	38.08	350m: 4:18.14	37.70		
100m: 1:08.80	36.19	200m: 2:24.25	37.56	300m: 3:40.44	38.11	400m: 4:53.87	35.73		
8. Mirthe Schenkel	ZPC Hoogeveen	4:41.59	200300666	4:58.39	+0,84	1:10.78	2:26.55	3:42.45	4:58.39
50m: 33.48	33.48	150m: 1:48.24	37.46	250m: 3:04.12	37.57	350m: 4:20.53	38.08		
100m: 1:10.78	37.30	200m: 2:26.55	38.31	300m: 3:42.45	38.33	400m: 4:58.39	37.86		
9. Myrthe Natzijl	TriVia	4:39.08	200400076	5:01.64		1:09.49	2:25.76	3:43.53	5:01.64
50m: 33.29	33.29	150m: 1:47.41	37.92	250m: 3:04.59	38.83	350m: 4:23.07	39.54		
100m: 1:09.49	36.20	200m: 2:25.76	38.35	300m: 3:43.53	38.94	400m: 5:01.64	38.57		
10. Sterre-Marit Drok	Bubble	4:49.05	200400880	5:02.51		1:09.93	2:26.31	3:45.18	5:02.51
50m: 33.54	33.54	150m: 1:48.00	38.07	250m: 3:05.81	39.50	350m: 4:24.31	39.13		
100m: 1:09.93	36.39	200m: 2:26.31	38.31	300m: 3:45.18	39.37	400m: 5:02.51	38.20		
11. Merle Stavorinus	de Granaet	5:02.91	200400138	5:03.21		1:12.48	2:30.48	3:48.76	5:03.21
50m: 34.82	34.82	150m: 1:51.50	39.02	250m: 3:09.61	39.13	350m: 4:27.95	39.19		
100m: 1:12.48	37.66	200m: 2:30.48	38.98	300m: 3:48.76	39.15	400m: 5:03.21	35.26		
12. Roos van Duin	ReVeLie Swim Team	4:53.17	200404280	5:10.17	+0,88	1:10.31	2:28.91	3:49.21	5:10.17
50m: 32.04	32.04	150m: 1:48.98	38.67	250m: 3:08.71	39.80	350m: 4:30.23	41.02		
100m: 1:10.31	38.27	200m: 2:28.91	39.93	300m: 3:49.21	40.50	400m: 5:10.17	39.94		
13. Lieke Visser	Apexswim	5:02.40	200400666	5:17.96	+0,80	1:11.76	2:32.88	3:55.95	5:17.96
50m: 33.66	33.66	150m: 1:51.62	39.86	250m: 3:14.68	41.80	350m: 4:37.42	41.47		
100m: 1:11.76	38.10	200m: 2:32.88	41.26	300m: 3:55.95	41.27	400m: 5:17.96	40.54		
NG Senna van der Veen	ZPC Hoogeveen	4:52.98	200400072						

Senioren 1 en ouder

1. Alinda Dingshoff	ZPC Hoogeveen	4:23.68	200000928	4:33.69	+0,81	1:05.17	2:13.11	3:23.16	4:33.69
50m: 31.36	31.36	150m: 1:38.72	33.55	250m: 2:47.63	34.52	350m: 3:58.33	35.17		
100m: 1:05.17	33.81	200m: 2:13.11	34.39	300m: 3:23.16	35.53	400m: 4:33.69	35.36		
2. Yara van Kalmthout	ZPC Nova	4:31.63	200200984	4:36.31	+0,78	1:05.34	2:16.26	3:26.85	4:36.31
50m: 31.10	31.10	150m: 1:40.69	35.35	250m: 2:51.73	35.47	350m: 4:02.06	35.21		
100m: 1:05.34	34.24	200m: 2:16.26	35.57	300m: 3:26.85	35.12	400m: 4:36.31	34.25		
3. Lize Janna de Vries	Orca 1	4:26.17	200101948	4:36.69		1:05.04	2:16.17	3:27.50	4:36.69
50m: 30.77	30.77	150m: 1:40.26	35.22	250m: 2:52.17	36.00	350m: 4:02.99	35.49		
100m: 1:05.04	34.27	200m: 2:16.17	35.91	300m: 3:27.50	35.33	400m: 4:36.69	33.70		
4. Myrna van Duijven	Dz&Pc	4:26.58	199900252	4:37.45	+0,80	1:05.98	2:17.02	3:27.79	4:37.45
50m: 31.23	31.23	150m: 1:41.40	35.42	250m: 2:52.35	35.33	350m: 4:02.74	34.95		
100m: 1:05.98	34.75	200m: 2:17.02	35.62	300m: 3:27.79	35.44	400m: 4:37.45	34.71		
5. Amé Hulleman	ReVeLie Swim Team	4:38.22	200202794	4:40.51	+0,83	1:04.64	2:15.64	3:28.13	4:40.51
50m: 30.79	30.79	150m: 1:39.60	34.96	250m: 2:51.40	35.76	350m: 4:04.82	36.69		
100m: 1:04.64	33.85	200m: 2:15.64	36.04	300m: 3:28.13	36.73	400m: 4:40.51	35.69		
6. Wiktorja Redzimska	ZPC Hoogeveen	4:40.87	200106042	4:40.52		1:08.54	2:19.93	3:31.94	4:40.52
50m: 32.56	32.56	150m: 1:43.94	35.40	250m: 2:55.42	35.49	350m: 4:07.45	35.51		
100m: 1:08.54	35.98	200m: 2:19.93	35.99	300m: 3:31.94	36.52	400m: 4:40.52	33.07		
7. Mariëlle Dolfijn	TriVia	4:35.31	200201640	4:47.36		1:08.55	2:21.17	3:34.28	4:47.36
50m: 32.97	32.97	150m: 1:44.67	36.12	250m: 2:57.52	36.35	350m: 4:11.10	36.82		
100m: 1:08.55	35.58	200m: 2:21.17	36.50	300m: 3:34.28	36.76	400m: 4:47.36	36.26		
8. Annemarie Hoving	TriVia	4:34.01	200000248	4:48.28		1:07.89	2:21.02	3:34.72	4:48.28
50m: 32.20	32.20	150m: 1:44.08	36.19	250m: 2:57.27	36.25	350m: 4:11.44	36.72		
100m: 1:07.89	35.69	200m: 2:21.02	36.94	300m: 3:34.72	37.45	400m: 4:48.28	36.84		

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

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

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
9. Hilde Dekker	ReVeLie Swim Team	4:40.11 199901926	4:52.18	+0,94	1:07.61	2:21.91	3:38.74	4:52.18
50m: 31.60	31.60	150m: 1:44.50	36.89	250m: 3:00.05	38.14	350m: 4:15.45	36.71	
100m: 1:07.61	36.01	200m: 2:21.91	37.41	300m: 3:38.74	38.69	400m: 4:52.18	36.73	
10. Inge Dekker	TriVia	4:41.53 200200476	4:52.49		1:08.56	2:24.26	3:39.09	4:52.49
50m: 31.94	31.94	150m: 1:46.51	37.95	250m: 3:01.92	37.66	350m: 4:16.56	37.47	
100m: 1:08.56	36.62	200m: 2:24.26	37.75	300m: 3:39.09	37.17	400m: 4:52.49	35.93	
11. Lianne van Wier	HZ&PC Heerenveen	4:42.21 200200438	4:55.48	+0,74	1:08.89	2:23.18	3:38.70	4:55.48
50m: 32.83	32.83	150m: 1:45.60	36.71	250m: 3:01.13	37.95	350m: 4:17.20	38.50	
100m: 1:08.89	36.06	200m: 2:23.18	37.58	300m: 3:38.70	37.57	400m: 4:55.48	38.28	
12. Marijke Drent	ZPC Nova	4:49.49 199906232	5:00.74	+0,83	1:11.23	2:28.76	3:46.60	5:00.74
50m: 33.52	33.52	150m: 1:49.31	38.08	250m: 3:07.47	38.71	350m: 4:25.08	38.48	
100m: 1:11.23	37.71	200m: 2:28.76	39.45	300m: 3:46.60	39.13	400m: 5:00.74	35.66	
13. Kyra Wooldrik	ZPC Hoogeveen	4:45.44 200101042	5:10.36		1:12.25	2:31.16	3:51.06	5:10.36
50m: 34.01	34.01	150m: 1:51.62	39.37	250m: 3:10.95	39.79	350m: 4:30.95	39.89	
100m: 1:12.25	38.24	200m: 2:31.16	39.54	300m: 3:51.06	40.11	400m: 5:10.36	39.41	
14. Liesette Bruinsma	HZ&PC Heerenveen	5:02.60 200004346 S11	5:21.94	+0,74 868	1:12.32	2:33.68	3:57.65	5:21.94
50m: 33.37	33.37	150m: 1:52.70	40.38	250m: 3:14.34	40.66	350m: 4:40.24	42.59	
100m: 1:12.32	38.95	200m: 2:33.68	40.98	300m: 3:57.65	43.31	400m: 5:21.94	41.70	
NG Tessa Kooi	TriVia	4:42.14 200201386						