

Regiokampioenschappen MidWest KB  
Veenendaal, 11- - 12-11-2017

Programmanr. 8  
11-11-2017 - 14:40

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd		tijd	RT
<b>Junioren 1</b>						
1.	Sophie, FAVEAUX	ZPC AMERSFOORT	5:41.51	200600286	<b>5:33.08</b>	367
	50m: 36.24	36.24	150m:	250m:	350m:	
	100m: 1:17.56	41.32	200m: 2:44.73	300m:	400m: 5:33.08	
2.	Zena, BOUT	De Fuut	5:50.77	200601442	<b>5:54.02</b>	305
	50m: 38.26	38.26	150m:	250m:	350m:	
	100m: 1:21.51	43.25	200m: 2:51.54	300m:	400m: 5:54.02	
<b>Junioren 2</b>						
1.	Bridget, VERMEER	VZC	4:56.55	200501766	<b>4:48.19</b>	566
	50m: 32.57	32.57	150m:	250m:	350m:	
	100m: 1:08.81	36.24	200m: 2:22.81	300m:	400m: 4:48.19	
2.	Marin, WIELING	Aquarijn	5:21.38	200501220	<b>4:58.02</b>	512
	50m: 32.93	32.93	150m:	250m:	350m:	
	100m: 1:09.52	36.59	200m: 2:25.68	300m:	400m: 4:58.02	
3.	Mariëlle, VISSER	De Zwoer	5:28.88	200500730	<b>5:16.25</b>	428
	50m: 35.52	35.52	150m:	250m:	350m:	
	100m: 1:14.04	38.52	200m: 2:34.37	300m:	400m: 5:16.25	
4.	Lonneke, TIJMSTRA	Zwemlust-den Hommel	5:40.82	200502900	<b>5:31.69</b>	371
	50m: 36.72	36.72	150m:	250m:	350m:	
	100m: 1:18.65	41.93	200m: 2:45.60	300m:	400m: 5:31.69	
5.	Evica, KLOK	VZC	5:25.72	200501828	<b>5:33.71</b>	364
	50m: 35.78	35.78	150m:	250m:	350m:	
	100m: 1:15.93	40.15	200m: 2:40.86	300m:	400m: 5:33.71	
<b>Junioren 3</b>						
1.	Kirsten, VERHALLE	VZC	5:02.41	200400210	<b>4:49.09</b>	561
	50m: 32.51	32.51	150m:	250m:	350m:	
	100m: 1:08.52	36.01	200m: 2:22.93	300m:	400m: 4:49.09	
2.	Femke, DOORENBOS	De Duinkickers	5:12.93	200404214	<b>4:55.54</b>	525
	50m: 33.02	33.02	150m:	250m:	350m:	
	100m: 1:09.80	36.78	200m: 2:25.89	300m:	400m: 4:55.54	
3.	Pieke, STERK	Aquarijn	5:06.85	200401158	<b>5:03.13</b>	486
	50m: 32.73	32.73	150m:	250m:	350m:	
	100m: 1:10.02	37.29	200m: 2:26.35	300m:	400m: 5:03.13	
4.	Sophie, STEKELENBURG	Zwemlust-den Hommel	5:12.03	200400166	<b>5:10.69</b>	452
	50m: 32.52	32.52	150m:	250m:	350m:	
	100m: 1:09.77	37.25	200m: 2:28.12	300m:	400m: 5:10.69	
5.	Charlotte, BREUKINK	De Zwoer	5:28.71	200402814	<b>5:15.78</b>	430
	50m: 35.41	35.41	150m:	250m:	350m:	
	100m: 1:13.36	37.95	200m: 2:35.01	300m:	400m: 5:15.78	
<b>Jeugd 1 en 2</b>						
1.	Femke, SPIERING	VZC	4:18.23	200204514	<b>4:19.48</b>	775
	50m: 30.37	30.37	150m:	250m:	350m:	
	100m: 1:03.34	32.97	200m: 2:10.35	300m:	400m: 4:19.48	
2.	Jonna, WIELING	Aquarijn	4:45.55	200205266	<b>4:37.10</b>	637
	50m: 31.32	31.32	150m:	250m:	350m:	
	100m: 1:06.20	34.88	200m: 2:17.82	300m:	400m: 4:37.10	
3.	Ymke, DRAGSTRA	ZPC AMERSFOORT	4:49.16	200300930	<b>4:45.90</b>	580
	50m: 32.18	32.18	150m:	250m:	350m:	
	100m: 1:08.28	36.10	200m: 2:21.68	300m:	400m: 4:45.90	
4.	Josse, BERGMAN	VZC	4:45.91	200305146	<b>4:49.26</b>	560
	50m: 30.99	30.99	150m:	250m:	350m:	
	100m: 1:05.23	34.24	200m: 2:18.28	300m:	400m: 4:49.26	
5.	Femke, van BOHEEMEN	LZ&PC De Haaien	4:54.39	200201506	<b>4:53.19</b>	537
	50m: 32.66	32.66	150m:	250m:	350m:	
	100m: 1:08.59	35.93	200m: 2:23.48	300m:	400m: 4:53.19	
6.	Lieke, NIJMEIJER	ZPC AMERSFOORT	4:47.98	200300124	<b>4:57.64</b>	514
	50m: 33.14	33.14	150m:	250m:	350m:	
	100m: 1:10.07	36.93	200m: 2:25.83	300m:	400m: 4:57.64	

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Senioren 1 en ouder

1.	Marjolein, DELNO	VZC	4:10.56	199400024		<b>4:17.26</b>	795
	50m: 30.60	30.60	150m:	250m:	350m:	4:17.26	
	100m: 1:02.95	32.35	200m: 2:08.00	300m:	400m:		
2.	Storm, WILLEMSEN	ZPC AMERSFOORT	4:43.63	200100570		<b>4:24.52</b>	732
	50m: 29.67	29.67	150m:	250m:	350m:	4:24.52	
	100m: 1:02.40	32.73	200m: 2:09.97	300m:	400m:		
3.	Jamilla, van VEEN	ZPC Woerden	4:32.11	199603192		<b>4:32.77</b>	667
	50m: 30.85	30.85	150m:	250m:	350m:	4:32.77	
	100m: 1:04.42	33.57	200m: 2:13.40	300m:	400m:	4:32.77	
4.	Elise, HARDEMAN	ZPC AMERSFOORT	4:46.27	200101068		<b>4:37.35</b>	635
	50m: 29.99	29.99	150m:	250m:	350m:	4:37.35	
	100m: 1:04.31	34.32	200m: 2:14.97	300m:	400m:	4:37.35	
5.	Riemke, BOSMA	ZPC AMERSFOORT	4:35.28	199902202		<b>4:39.53</b>	620
	50m: 30.75	30.75	150m:	250m:	350m:	4:39.53	
	100m: 1:05.22	34.47	200m: 2:15.76	300m:	400m:	4:39.53	
6.	Maaïke, TIJHOF	VZC	4:31.40	199800112		<b>4:39.83</b>	618
	50m: 31.66	31.66	150m:	250m:	350m:	4:39.83	
	100m: 1:05.80	34.14	200m: 2:16.94	300m:	400m:	4:39.83	
7.	Anne-Irene, DUCHEINE	Zwemvereniging Hoogland	4:57.83	199506824		<b>4:53.97</b>	533
	50m: 33.10	33.10	150m:	250m:	350m:	4:53.97	
	100m: 1:09.37	36.27	200m: 2:25.01	300m:	400m:	4:53.97	
8.	Babet, KRUGER	VZC	4:47.73	200003390		<b>4:54.96</b>	528
	50m: 31.68	31.68	150m:	250m:	350m:	4:54.96	
	100m: 1:07.19	35.51	200m: 2:21.93	300m:	400m:	4:54.96	
9.	Amber, van de KRAATS	VZC	4:53.54	199900236		<b>4:57.98</b>	512
	50m: 32.60	32.60	150m:	250m:	350m:	4:57.98	
	100m: 1:09.04	36.44	200m: 2:24.13	300m:	400m:	4:57.98	
10.	Lisa, KRUGER	ZPC AMERSFOORT	4:48.68	200005304	S10	<b>5:02.07</b>	736
	50m: 33.02	33.02	150m:	250m:	350m:	5:02.07	
	100m: 1:10.19	37.17	200m: 2:27.28	300m:	400m:	5:02.07	

Senioren Open

1.	Lisa, KRUGER	ZPC AMERSFOORT	4:48.68	200005304	S10	<b>5:02.07</b>	736
	50m: 33.02	33.02	150m:	250m:	350m:	5:02.07	
	100m: 1:10.19	37.17	200m: 2:27.28	300m:	400m:	5:02.07	