

Regiokampioenschappen A LB Midwest deel 3 en 4  
Amersfoort, 2- - 3-6-2018

Programmanr. 22  
2-6-2018 - 14:24

Dames, 400m wisselslag

Senioren Open  
Resultaten

J Dames junioren 1 Jun 1 50m: 7:17.95 - 25m: 7:03.31 / I Dames junioren 2 Jun 2 50m: 6:46.11 - 25m: 6:32.54 /  
H Dames junioren 3 Jun 3 50m: 6:19.54 - 25m: 6:06.86 / G Dames jeugd 1-2 Jgd 1-2 50m: 5:55.02 - 25m: 5:43.15 /  
G Dames senioren Sen. 50m: 5:50.66 - 25m: 5:38.94

rang	naam	vereniging	intijd	tijd	RT			
<b>Junioren 1</b>								
1.	Pippa van 't Land	ZPC AMERSFOORT	6:04.27	200600426	<b>5:43.62</b> +0,75 477			
	50m: 33.75	33.75	150m: 1:58.90	45.58	250m: 3:33.77	50.69	350m: 5:05.62	40.02
	100m: 1:13.32	39.57	200m: 2:43.08	44.18	300m: 4:25.60	51.83	400m: 5:43.62	38.00
2.	Djanilla Brink * 100 mtr BT	DAW	6:11.77	200600988	<b>5:58.00</b> +0,81 422			
	50m: 37.93	37.93	150m: 2:10.55	45.99	250m: 3:45.84	50.60	350m: 5:18.74	39.84
	100m: 1:24.56	46.63	200m: 2:55.24	44.69	300m: 4:38.90	53.06	400m: 5:58.00	39.26
3.	Kim Oudendijk	KZC	5:59.43	200600964	<b>6:06.31</b> +0,79 394			
	50m: 41.73	41.73	150m: 2:24.17	47.90	250m: 3:58.76	47.46	350m: 5:27.73	39.42
	100m: 1:36.27	54.54	200m: 3:11.30	47.13	300m: 4:48.31	49.55	400m: 6:06.31	38.58
4.	Evy Rozeboom	WZ&PC Purmerend	6:05.62	200601338	<b>6:08.29</b> +0,81 387			
	50m: 40.52	40.52	150m: 2:16.59	47.03	250m: 3:55.58	53.53	350m: 5:29.74	38.88
	100m: 1:29.56	49.04	200m: 3:02.05	45.46	300m: 4:50.86	55.28	400m: 6:08.29	38.55
5.	Joy Willekus	WZ&PC Purmerend	6:35.66	200602420	<b>6:23.28</b> +0,73 344			
	50m: 43.12	43.12	150m: 2:27.06	49.88	250m: 4:06.31	51.68	350m: 5:43.30	43.35
	100m: 1:37.18	54.06	200m: 3:14.63	47.57	300m: 4:59.95	53.64	400m: 6:23.28	39.98
6.	Hiba Aboulas	De Dolfijn	6:40.60	200600870	<b>6:23.39</b> +0,77 343			
	50m: 43.42	43.42	150m: 2:26.15	48.27	250m: 4:07.69	53.79	350m: 5:42.66	42.09
	100m: 1:37.88	54.46	200m: 3:13.90	47.75	300m: 5:00.57	52.88	400m: 6:23.39	40.73
7.	Tess Bemer	De Duinkickers	6:21.27	200600450	<b>6:32.86</b> +0,84 319			
	50m: 40.83	40.83	150m: 2:24.12	50.36	250m: 4:10.31	57.00	350m: 5:52.63	44.73
	100m: 1:33.76	52.93	200m: 3:13.31	49.19	300m: 5:07.90	57.59	400m: 6:32.86	40.23
8.	Femke Kats	VZC	6:28.45	200600646	<b>6:46.41</b> +0,74 288			
	50m: 43.62	43.62	150m: 2:32.22	52.96	250m: 4:19.64	57.68	350m: 5:42.76	45.45
	100m: 1:39.26	55.64	200m: 3:21.96	49.74	300m: 5:17.31	57.67	400m: 6:46.41	43.65
9.	Daniek Willemse	De Duinkickers	6:36.76	200601018	<b>6:52.57</b> +0,71 275			
	50m: 46.38	46.38	150m: 2:38.68	55.23	250m: 4:26.02	52.59	350m: 6:08.84	47.81
	100m: 1:43.45	57.07	200m: 3:33.43	54.75	300m: 5:21.03	55.01	400m: 6:52.57	43.73
DIS	Maaïke Bleij	KZC	6:57.91	200601274				
	<i>VE - De bewegingen van de benen niet op gelijke wijze uitgevoerd.</i>							
<b>Junioren 2</b>								
1.	Bridget Vermeer	VZC	5:34.18	200501766	<b>5:38.55</b> +0,65 498			
	50m: 35.31	35.31	150m: 2:06.18	44.84	250m: 3:35.30	44.61	350m: 5:02.38	39.16
	100m: 1:21.34	46.03	200m: 2:50.69	44.51	300m: 4:23.22	47.92	400m: 5:38.55	36.17
2.	Robin Spreeuw	ZPCH	5:50.91	200501262	<b>5:59.49</b> +0,89 416			
	50m: 38.07	38.07	150m: 2:11.22	48.12	250m: 3:49.23	51.71	350m: 5:19.96	40.21
	100m: 1:23.10	45.03	200m: 2:57.52	46.30	300m: 4:39.75	50.52	400m: 5:59.49	39.53
3.	Loeki Griffioen	WZ&PC Purmerend	6:26.28	200502386	<b>6:10.92</b> +0,89 379			
	50m: 39.57	39.57	150m: 2:18.54	46.30	250m: 3:55.74	52.28	350m: 5:31.46	42.95
	100m: 1:32.24	52.67	200m: 3:03.46	44.92	300m: 4:48.51	52.77	400m: 6:10.92	39.46
4.	Mika van Riet	De Fuut	6:26.28	200501636	<b>6:10.94</b> +0,50 379			
	50m: 40.42	40.42	150m: 2:19.26	49.42	250m: 3:56.73	48.54	350m: 5:29.63	42.76
	100m: 1:29.84	49.42	200m: 3:08.19	48.93	300m: 4:46.87	50.14	400m: 6:10.94	41.31
5.	Mariëlle Visser	De Zwoer	6:11.15	200500730	<b>6:12.51</b> +0,78 374			
	50m: 39.27	39.27	150m: 2:16.51	47.32	250m: 3:54.64	53.33	350m: 5:30.92	43.22
	100m: 1:29.19	49.92	200m: 3:01.31	44.80	300m: 4:47.70	53.06	400m: 6:12.51	41.59
6.	Melissa Schipper	Zv AquaWaarD	6:22.74	200501728	<b>6:15.24</b> +0,63 366			
	50m: 42.02	42.02	150m: 2:24.31	48.98	250m: 4:03.32	52.20	350m: 5:36.87	41.44
	100m: 1:35.33	53.31	200m: 3:11.12	46.81	300m: 4:55.43	52.11	400m: 6:15.24	38.37
7.	Aniek van den Brink ** 100 mtr HT	De Dolfijn	5:47.69	200500090	<b>6:16.03</b> 364			
	50m:		150m: 2:20.33	49.67	250m: 3:59.58	50.91	350m: 5:34.26	42.52
	100m: 1:30.66		200m: 3:08.67	48.34	300m: 4:51.74	52.16	400m: 6:16.03	41.77
8.	Isabella Grijseels	Kon AZ 1870	6:45.66	200502678	<b>6:31.57</b> +0,76 322			
	50m: 43.41	43.41	150m: 2:23.37	47.81	250m: 4:05.78	54.79	350m: 5:46.53	46.01
	100m: 1:35.56	52.15	200m: 3:10.99	47.62	300m: 5:00.52	54.74	400m: 6:31.57	45.04

Regiokampioenschappen A LB Midwest deel 3 en 4  
Amersfoort, 2- - 3-6-2018

Programmanr. 22, Meisjes, 400m wisselslag, Junioren 2

rang	naam	vereniging	intijd	tijd	RT
9.	Jasmijn van Genderen	ZV De Zaan	5:57.38	200500656	<b>6:34.26</b> +0,71 316
	50m: 38.30	38.30 150m: 2:16.43	51.15	250m: 4:05.71	59.13 350m: 5:50.16
	100m: 1:25.28	46.98 200m: 3:06.58	50.15	300m: 5:06.19	1:00.48 400m: 6:34.26
10.	Jenny Versteeg	Zwemvereniging Hoorn	6:44.89	200501014	<b>6:46.09</b> +0,84 289
	50m: 46.26	46.26 150m: 2:37.70	53.39	250m: 4:20.33	52.04 350m: 6:02.95
	100m: 1:44.31	58.05 200m: 3:28.29	50.59	300m: 5:15.67	55.34 400m: 6:46.09

Junioren 3

1.	Kirsten Verhale	VZC	5:32.41	200400210	<b>5:31.30</b> +0,81 532
	50m: 34.29	34.29 150m: 1:58.58	42.87	250m: 3:28.78	48.36 350m: 4:54.58
	100m: 1:15.71	41.42 200m: 2:40.42	41.84	300m: 4:16.90	48.12 400m: 5:31.30
2.	Isa Maarleveld	ZPCH	5:29.53	200402626	<b>5:44.68</b> +0,83 472
	50m: 35.23	35.23 150m: 1:59.24	42.37	250m: 3:33.11	52.95 350m: 5:05.80
	100m: 1:16.87	41.64 200m: 2:40.16	40.92	300m: 4:23.60	50.49 400m: 5:44.68
3.	Femke Doorenbos	De Duinkickers	5:40.99	200404214	<b>5:47.96</b> +0,67 459
	50m: 35.31	35.31 150m: 2:08.42	46.95	250m: 3:42.73	49.95 350m: 5:12.63
	100m: 1:21.47	46.16 200m: 2:52.78	44.36	300m: 4:33.05	50.32 400m: 5:47.96
4.	Dianne Postma	De Fuut	5:53.12	200402264	<b>5:49.96</b> 451
	50m: 35.77	35.77 150m: 2:03.87	45.51	250m: 3:39.29	51.57 350m: 5:11.96
	100m: 1:18.36	42.59 200m: 2:47.72	43.85	300m: 4:30.70	51.41 400m: 5:49.96
5.	Resa Treffers	KZC	5:55.85	200401140	<b>5:50.28</b> +0,85 450
	50m: 36.49	36.49 150m: 2:04.89	45.68	250m: 3:40.17	51.45 350m: 5:11.76
	100m: 1:19.21	42.72 200m: 2:48.72	43.83	300m: 4:32.56	52.39 400m: 5:50.28
6.	Resmi Voorneveld	WZ&PC Purmerend	5:57.53	200404258	<b>5:58.01</b> +0,74 422
	50m: 39.66	39.66 150m: 2:13.15	46.37	250m: 3:50.29	52.35 350m: 5:21.19
	100m: 1:26.78	47.12 200m: 2:57.94	44.79	300m: 4:42.67	52.38 400m: 5:58.01
7.	Yvette Buis	De Dolfijn	5:42.12	200401830	<b>6:01.24</b> +0,56 410
	50m: 37.95	37.95 150m: 2:11.96	47.46	250m: 3:47.23	48.34 350m: 5:19.74
	100m: 1:24.50	46.55 200m: 2:58.89	46.93	300m: 4:37.52	50.29 400m: 6:01.24
8.	Chantal den Turk	De Meeuwen Diemen	5:49.23	200403494	<b>6:12.97</b> +0,69 373
	50m: 37.42	37.42 150m: 2:12.95	46.04	250m: 3:50.52	54.15 350m: 5:30.49
	100m: 1:26.91	49.49 200m: 2:56.37	43.42	300m: 4:48.13	57.61 400m: 6:12.97
DIS	Alysha de Jong	ZPCH	5:43.93	200400086	
	<i>VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i>				

Jeugd 1 en 2

1.	Femke Spiering	VZC	4:54.92	200204514	<b>5:10.18</b> +0,80 648
	50m: 30.40	30.40 150m: 1:46.29	40.42	250m: 3:11.80	46.64 350m: 4:33.75
	100m: 1:05.87	35.47 200m: 2:25.16	38.87	300m: 3:57.85	46.05 400m: 5:10.18
2.	Femke van Boeemen	De Haaien	5:34.98	200201506	<b>5:40.09</b> +0,70 492
	50m: 34.33	34.33 150m: 1:59.48	44.24	250m: 3:32.48	50.28 350m: 5:02.51
	100m: 1:15.24	40.91 200m: 2:42.20	42.72	300m: 4:22.57	50.09 400m: 5:40.09
3.	Sterre Kieft	KZC	5:47.73	200203010	<b>5:41.47</b> +0,70 486
	50m: 34.67	34.67 150m: 2:02.41	45.45	250m: 3:34.72	49.75 350m: 5:03.88
	100m: 1:16.96	42.29 200m: 2:44.97	42.56	300m: 4:25.30	50.58 400m: 5:41.47
4.	Yvonne Engel	ZV De Zaan	5:41.05	200300780	<b>5:52.60</b> +0,78 441
	50m: 35.39	35.39 150m: 2:04.37	44.45	250m: 3:43.02	55.09 350m: 5:14.71
	100m: 1:19.92	44.53 200m: 2:47.93	43.56	300m: 4:36.46	53.44 400m: 5:52.60
5.	Eline Hoekstra	OEZA	5:42.35	200301280	<b>5:59.08</b> +0,83 418
	50m: 35.89	35.89 150m: 2:08.77	47.55	250m: 3:47.15	51.93 350m: 5:19.42
	100m: 1:21.22	45.33 200m: 2:55.22	46.45	300m: 4:39.80	52.65 400m: 5:59.08
6.	Lotus van Geemen	VZC	5:48.11	200201124	<b>6:02.46</b> +0,74 406
	50m: 34.84	34.84 150m: 2:03.22	46.06	250m: 3:44.99	57.95 350m: 5:22.37
	100m: 1:17.16	42.32 200m: 2:47.04	43.82	300m: 4:41.85	56.86 400m: 6:02.46
DIS	Josse Bergman	VZC	5:13.89	200305146	
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>				

Senioren 1 en ouder

1.	Silke Holkenborg	VZC	4:55.61	200100292	<b>5:06.43</b> +0,75 672
	50m: 31.52	31.52 150m: 1:50.40	41.98	250m: 3:14.31	43.89 350m: 4:33.63
	100m: 1:08.42	36.90 200m: 2:30.42	40.02	300m: 3:58.80	44.49 400m: 5:06.43
2.	Silke Molendijk	VZC	5:07.16	200100178	<b>5:11.92</b> +0,70 637
	50m: 31.50	31.50 150m: 1:50.15	43.23	250m: 3:15.83	44.37 350m: 4:37.33
	100m: 1:06.92	35.42 200m: 2:31.46	41.31	300m: 4:00.49	44.66 400m: 5:11.92

Regiokampioenschappen A LB Midwest deel 3 en 4  
Amersfoort, 2- - 3-6-2018

Programmanr. 22, Dames, 400m wisselslag, Senioren 1 en ouder

rang	naam	vereniging	intijd	199703510	tijd	RT	
3.	Madelon Dijkstra	ZPCH	5:05.95	199703510	<b>5:22.90</b>	+0,79 574	
	50m: 33.78	33.78 150m: 1:58.69	44.30	250m: 3:25.97	44.49	350m: 4:47.87	35.82
	100m: 1:14.39	40.61 200m: 2:41.48	42.79	300m: 4:12.05	46.08	400m: 5:22.90	35.03
4.	Caroline Boxman	ZPCH	5:22.00	200004660	<b>5:31.15</b>	+0,75 533	
	50m: 33.42	33.42 150m: 1:57.33	43.89	250m: 3:28.79	48.30	350m: 4:55.60	37.73
	100m: 1:13.44	40.02 200m: 2:40.49	43.16	300m: 4:17.87	49.08	400m: 5:31.15	35.55
5.	Jose Bijl	Het Y	5:22.27	200100948	<b>5:39.28</b>	+0,71 495	
	50m: 33.99	33.99 150m: 1:59.87	45.53	250m: 3:29.33	45.35	350m: 4:58.75	42.07
	100m: 1:14.34	40.35 200m: 2:43.98	44.11	300m: 4:16.68	47.35	400m: 5:39.28	40.53
6.	Lisanne Seising	VZC	5:32.33	200002084	<b>5:40.65</b>	+0,71 489	
	50m: 33.37	33.37 150m: 2:00.05	46.17	250m: 3:31.89	47.53	350m: 5:01.40	40.89
	100m: 1:13.88	40.51 200m: 2:44.36	44.31	300m: 4:20.51	48.62	400m: 5:40.65	39.25
7.	Maaïke de Boer	De Duinkickers	5:35.36	199000362	<b>5:57.26</b>	+0,66 424	
	50m: 38.35	38.35 150m: 2:14.76	47.50	250m: 3:47.40	48.44	350m: 5:17.72	40.87
	100m: 1:27.26	48.91 200m: 2:58.96	44.20	300m: 4:36.85	49.45	400m: 5:57.26	39.54