

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

Programmanr. 31
3-6-2018 - 14:15

Dames, 400m vrije slag

Senioren Open
Resultaten

J Dames junioren 1 Jun 1 50m: 6:12.18 - 25m: 6:06.17 / I Dames junioren 2 Jun 2 50m: 5:42.37 - 25m: 5:36.84 /
H Dames junioren 3 Jun 3 50m: 5:13.64 - 25m: 5:08.57 / G Dames jeugd 1-2 Jgd 1-2 50m: 4:58.90 - 25m: 4:54.07 /
G Dames senioren Sen. 50m: 4:52.80 - 25m: 4:48.07

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Pippa van 't Land	ZPC AMERSFOORT	5:15.14	200600426	5:07.58 +0,73 465
	50m: 33.43	33.43 150m: 1:50.47	39.60	250m: 3:10.49	40.42 350m: 4:31.07
	100m: 1:10.87	37.44 200m: 2:30.07	39.60	300m: 3:50.48	39.99 400m: 5:07.58
2.	Karuna Meirmans	KZC	5:31.53	200601682	5:18.09 +0,98 421
	50m: 36.35	36.35 150m: 1:58.08	41.21	250m: 3:20.26	41.29 350m: 4:41.30
	100m: 1:16.87	40.52 200m: 2:38.97	40.89	300m: 4:01.37	41.11 400m: 5:18.09
3.	Evy Rozeboom	WZ&PC Purmerend	5:14.36	200601338	5:23.15 401
	50m: 37.69	37.69 150m: 2:01.03	41.67	250m: 3:23.79	41.53 350m: 4:45.34
	100m: 1:19.36	41.67 200m: 2:42.26	41.23	300m: 4:04.63	40.84 400m: 5:23.15
4.	Melissa Odemis	ZV Haerlem	5:52.55	200602422	5:23.23 +0,65 401
	50m: 36.48	36.48 150m: 2:00.01	41.89	250m: 3:23.97	41.60 350m: 4:44.64
	100m: 1:18.12	41.64 200m: 2:42.37	42.36	300m: 4:05.26	41.29 400m: 5:23.23
5.	Linde van Wijngaarden	De Dolfijn	5:20.97	200601372	5:24.30 +0,74 397
	50m: 36.98	36.98 150m: 1:59.76	41.31	250m: 3:23.42	41.53 350m: 4:46.81
	100m: 1:18.45	41.47 200m: 2:41.89	42.13	300m: 4:05.41	41.99 400m: 5:24.30
6.	Sienna Albers	De Dolfijn	5:18.70	200601342	5:24.43 +0,87 397
	50m: 36.73	36.73 150m: 1:59.58	41.43	250m: 3:22.94	41.63 350m: 4:45.90
	100m: 1:18.15	41.42 200m: 2:41.31	41.73	300m: 4:04.55	41.61 400m: 5:24.43
7.	Zena Bout	De Fuut	5:37.91	200601442	5:35.07 +0,88 360
	50m: 35.48	35.48 150m: 1:58.29	42.25	250m: 3:24.92	43.31 350m: 4:53.05
	100m: 1:16.04	40.56 200m: 2:41.61	43.32	300m: 4:09.00	44.08 400m: 5:35.07
8.	Neeltje Enzing	Het Y	5:45.63	200602938	5:37.09 +0,87 354
	50m: 37.28	37.28 150m: 2:03.47	43.49	250m: 3:32.08	44.56 350m: 4:59.57
	100m: 1:19.98	42.70 200m: 2:47.52	44.05	300m: 4:16.11	44.03 400m: 5:37.09
9.	Tess Bemer	De Duinkickers	5:38.91	200600450	5:37.21 +0,81 353
	50m: 36.79	36.79 150m: 2:02.92	43.68	250m: 3:31.06	44.13 350m: 4:58.44
	100m: 1:19.24	42.45 200m: 2:46.93	44.01	300m: 4:15.29	44.23 400m: 5:37.21
10.	Manon Kooij	VZC	5:37.67	200602142	5:37.94 +0,74 351
	50m: 38.48	38.48 150m: 2:05.02	44.05	250m: 3:32.24	43.71 350m: 4:57.90
	100m: 1:20.97	42.49 200m: 2:48.53	43.51	300m: 4:14.81	42.57 400m: 5:37.94
11.	Chantal Half	KZC	5:51.29	200600562	5:43.30 335
	50m: 38.68	38.68 150m: 2:07.24	44.64	250m: 3:35.74	44.33 350m: 5:04.43
	100m: 1:22.60	43.92 200m: 2:51.41	44.17	300m: 4:20.99	45.25 400m: 5:43.30
12.	Marieke Bos	OEZA	5:44.96	200601272	5:48.34 +0,81 320
	50m: 37.55	37.55 150m: 2:04.34	43.65	250m: 3:34.14	44.97 350m: 5:05.20
	100m: 1:20.69	43.14 200m: 2:49.17	44.83	300m: 4:19.91	45.77 400m: 5:48.34
13.	Danique Giuliano	De Dolfijn	5:49.80	200600706	5:58.42 +0,72 294
	50m: 38.91	38.91 150m: 2:09.03	45.91	250m: 3:42.13	46.27 350m: 5:15.90
	100m: 1:23.12	44.21 200m: 2:55.86	46.83	300m: 4:29.38	47.25 400m: 5:58.42
14.	Isabel van Katwijk	Zwemlust-den Hommel	6:08.36	200601014	6:00.86 +0,70 288
	50m: 37.87	37.87 150m: 2:08.40	46.04	250m: 3:42.84	46.53 350m: 5:16.94
	100m: 1:22.36	44.49 200m: 2:56.31	47.91	300m: 4:30.58	47.74 400m: 6:00.86
15.	Sanne Lam	WZ&PC Purmerend	5:53.88	200600524	6:01.85 286
	50m: 39.15	39.15 150m: 2:09.83	45.99	250m: 3:44.56	47.67 350m: 5:18.38
	100m: 1:23.84	44.69 200m: 2:56.89	47.06	300m: 4:32.19	47.63 400m: 6:01.85
16.	Hayley Tieland	De Ham	6:06.08	200600152	6:08.74 +0,72 270
	50m: 37.38	37.38 150m: 2:06.58	46.82	250m: 3:41.87	47.31 350m: 5:21.04
	100m: 1:19.76	42.38 200m: 2:54.56	47.98	300m: 4:30.91	49.04 400m: 6:08.74
17.	Eva Ophorst	De Duinkickers	6:09.54	200602272	6:09.45 +0,70 269
	50m: 39.30	39.30 150m: 2:12.01	47.94	250m: 3:49.20	48.37 350m: 5:25.65
	100m: 1:24.07	44.77 200m: 3:00.83	48.82	300m: 4:38.18	48.98 400m: 6:09.45
18.	Maaïke Bleij	KZC	6:01.92	200601274	6:22.10 243
	50m: 40.28	40.28 150m: 2:15.73	48.32	250m: 3:54.50	49.89 350m: 5:33.59
	100m: 1:27.41	47.13 200m: 3:04.61	48.88	300m: 4:44.20	49.70 400m: 6:22.10
DIS	Hiba Aboulas	De Dolfijn	5:32.94	200600870	
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>				

Regiokampioenschappen A LB Midwest deel 3 en 4
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Programmanr. 31, Dames, 400m vrije slag

Junioren 2

1.	Bridget Vermeer	VZC	4:48.19	200501766	4:46.98	+0,74	573
	50m: 33.01	33.01	150m: 1:46.45	37.15	250m: 2:59.65	36.64	350m: 4:12.36
	100m: 1:09.30	36.29	200m: 2:23.01	36.56	300m: 3:36.27	36.62	400m: 4:46.98
							36.09
							34.62
2.	Emma Riemers	MSV-Zeemacht	4:51.46	200500748	4:56.55	+0,66	519
	50m: 32.68	32.68	150m: 1:47.43	37.72	250m: 3:04.23	38.54	350m: 4:21.27
	100m: 1:09.71	37.03	200m: 2:25.69	38.26	300m: 3:43.16	38.93	400m: 4:56.55
							38.11
							35.28
3.	Marin Wieling	Aquarijn	4:55.17	200501220	4:58.19	+0,75	511
	50m: 33.34	33.34	150m: 1:49.91	39.03	250m: 3:07.71	38.63	350m: 4:23.38
	100m: 1:10.88	37.54	200m: 2:29.08	39.17	300m: 3:46.58	38.87	400m: 4:58.19
							36.80
							34.81
4.	Emma van Leeuwen	DAW	5:16.71	200500200	5:02.42	+0,75	490
	50m: 33.90	33.90	150m: 1:49.32	38.10	250m: 3:05.73	38.10	350m: 4:23.51
	100m: 1:11.22	37.32	200m: 2:27.63	38.31	300m: 3:44.39	38.66	400m: 5:02.42
							39.12
							38.91
5.	Anique Hazebroek	IJZPC	5:19.95	200502196	5:16.14	+0,80	429
	50m: 35.68	35.68	150m: 1:57.13	41.03	250m: 3:17.94	40.14	350m: 4:38.70
	100m: 1:16.10	40.42	200m: 2:37.80	40.67	300m: 3:58.86	40.92	400m: 5:16.14
							39.84
							37.44
6.	Dana van Leeuwen	KZC	5:21.22	200500150	5:16.92	+0,74	426
	50m: 36.74	36.74	150m: 1:57.11	41.07	250m: 3:18.03	40.73	350m: 4:39.46
	100m: 1:16.04	39.30	200m: 2:37.30	40.19	300m: 3:58.48	40.45	400m: 5:16.92
							40.98
							37.46
7.	Mariëlle Visser	De Zwoer	5:05.99	200500730	5:18.99	+0,78	417
	50m: 35.03	35.03	150m: 1:56.40	41.46	250m: 3:18.57	41.34	350m: 4:39.54
	100m: 1:14.94	39.91	200m: 2:37.23	40.83	300m: 3:59.60	41.03	400m: 5:18.99
							39.94
							39.45
8.	Robin Spreeuw	ZPCH	5:15.03	200501262	5:22.35	+0,79	404
	50m: 35.33	35.33	150m: 1:54.55	40.18	250m: 3:17.52	41.87	350m: 4:41.74
	100m: 1:14.37	39.04	200m: 2:35.65	41.10	300m: 3:59.66	42.14	400m: 5:22.35
							42.08
							40.61
9.	Evica Klok	VZC	5:06.40	200501828	5:23.98	+0,83	398
	50m: 33.79	33.79	150m: 1:53.75	40.55	250m: 3:16.87	41.76	350m: 4:42.54
	100m: 1:13.20	39.41	200m: 2:35.11	41.36	300m: 3:59.51	42.64	400m: 5:23.98
							43.03
							41.44
10.	Jasmijn van Wendel	KZC	5:38.74	200502114	5:33.45	+0,82	365
	50m: 37.91	37.91	150m: 2:04.90	44.24	250m: 3:31.64	42.95	350m: 4:56.28
	100m: 1:20.66	42.75	200m: 2:48.69	43.79	300m: 4:14.49	42.85	400m: 5:33.45
							41.79
							37.17
11.	Lonneke Tijnstra	Zwemlust-den Hommel	5:31.69	200502900	5:34.34	+0,71	362
	50m: 35.74	35.74	150m: 2:00.48	43.09	250m: 3:28.07	43.90	350m: 4:54.71
	100m: 1:17.39	41.65	200m: 2:44.17	43.69	300m: 4:12.52	44.45	400m: 5:34.34
							42.19
							39.63

Junioren 3

1.	Kirsten Verhale	VZC	4:49.09	200400210	4:52.98	+0,78	539
	50m: 32.67	32.67	150m: 1:46.13	37.36	250m: 3:01.49	37.55	350m: 4:16.42
	100m: 1:08.77	36.10	200m: 2:23.94	37.81	300m: 3:39.12	37.63	400m: 4:52.98
							37.30
							36.56
2.	Pieke Sterk	Aquarijn	4:55.24	200401158	5:03.77		483
	50m: 33.44	33.44	150m: 1:48.95	37.98	250m: 3:07.50	39.56	350m: 4:26.53
	100m: 1:10.97	37.53	200m: 2:27.94	38.99	300m: 3:47.42	39.92	400m: 5:03.77
							39.11
							37.24
3.	Sophie Stekelenburg	Zwemlust-den Hommel	5:12.03	200400166	5:10.13	+0,71	454
	50m: 33.95	33.95	150m: 1:52.11	39.30	250m: 3:11.07	39.49	350m: 4:30.89
	100m: 1:12.81	38.86	200m: 2:31.58	39.47	300m: 3:51.58	40.51	400m: 5:10.13
							39.24
4.	Zoe Matthijssen	De Dolfijn	5:02.34	200403046	5:14.12	+0,74	437
	50m: 35.06	35.06	150m: 1:54.39	39.70	250m: 3:15.35	40.32	350m: 4:36.53
	100m: 1:14.69	39.63	200m: 2:35.03	40.64	300m: 3:56.20	40.85	400m: 5:14.12
							40.33
							37.59
5.	Chantal den Turk	De Meeuwen Diemen	5:05.89	200403494	5:15.16	+0,71	433
	50m: 33.96	33.96	150m: 1:54.05	40.95	250m: 3:14.91	40.59	350m: 4:35.33
	100m: 1:13.10	39.14	200m: 2:34.32	40.27	300m: 3:55.75	40.84	400m: 5:15.16
							39.58
							39.83
6.	Alysha de Jong	ZPCH	5:00.76	200400086	5:16.97	+0,84	425
	50m: 33.59	33.59	150m: 1:52.89	40.61	250m: 3:15.45	41.64	350m: 4:37.61
	100m: 1:12.28	38.69	200m: 2:33.81	40.92	300m: 3:56.58	41.13	400m: 5:16.97
							41.03
							39.36
7.	Resa Treffers	KZC	5:07.44	200401140	5:16.98	+0,84	425
	50m: 35.84	35.84	150m: 1:56.87	41.15	250m: 3:19.03	40.73	350m: 4:37.94
	100m: 1:15.72	39.88	200m: 2:38.30	41.43	300m: 3:58.97	39.94	400m: 5:16.98
							38.97
							39.04
DIS	Femke Doorenbos	De Duinkickers	4:50.02	200404214			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>						

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Programmanr. 31, Dames, 400m vrije slag

Jeugd 1 en 2

1.	Femke Spiering	VZC	4:18.23	200204514	4:27.89	+0,85	705
	50m: 31.22	31.22	150m: 1:38.85	34.14	250m: 2:48.15	34.85	350m: 3:55.32
	100m: 1:04.71	33.49	200m: 2:13.30	34.45	300m: 3:23.06	34.91	400m: 4:27.89
2.	Ymke Dragstra	ZPC AMERSFOORT	4:41.68	200300930	4:46.29	+0,71	577
	50m: 31.87	31.87	150m: 1:44.07	36.37	250m: 2:57.84	36.64	350m: 4:10.84
	100m: 1:07.70	35.83	200m: 2:21.20	37.13	300m: 3:34.61	36.77	400m: 4:46.29
3.	Lieke Nijmeijer	ZPC AMERSFOORT	4:47.98	200300124	4:47.93	+0,73	567
	50m: 32.08	32.08	150m: 1:45.08	36.89	250m: 2:58.27	36.69	350m: 4:11.88
	100m: 1:08.19	36.11	200m: 2:21.58	36.50	300m: 3:35.09	36.82	400m: 4:47.93
4.	Josse Bergman	VZC	4:43.64	200305146	4:49.02	+0,69	561
	50m: 32.37	32.37	150m: 1:43.64	36.06	250m: 2:57.66	37.35	350m: 4:13.18
	100m: 1:07.58	35.21	200m: 2:20.31	36.67	300m: 3:35.61	37.95	400m: 4:49.02
5.	Renske Dutilh	Het Y	4:53.97	200201188	4:52.37	+0,77	542
	50m: 33.19	33.19	150m: 1:46.40	37.02	250m: 3:00.91	37.18	350m: 4:16.27
	100m: 1:09.38	36.19	200m: 2:23.73	37.33	300m: 3:38.76	37.85	400m: 4:52.37
6.	Jonna Wieling	Aquarijn	4:37.10	200205266	4:54.19	+0,74	532
	50m: 31.42	31.42	150m: 1:42.97	36.13	250m: 2:58.00	37.76	350m: 4:17.22
	100m: 1:06.84	35.42	200m: 2:20.24	37.27	300m: 3:37.88	39.88	400m: 4:54.19
7.	Tessa Takken	De Dolfijn	4:49.17	200301692	4:56.15	+0,82	521
	50m: 33.29	33.29	150m: 1:47.01	37.16	250m: 3:02.50	38.09	350m: 4:19.22
	100m: 1:09.85	36.56	200m: 2:24.41	37.40	300m: 3:40.84	38.34	400m: 4:56.15
8.	Yvonne Engel	ZV De Zaan	4:50.44	200300780	4:58.74	+0,82	508
	50m: 33.58	33.58	150m: 1:47.63	37.30	250m: 3:02.82	38.04	350m: 4:20.62
	100m: 1:10.33	36.75	200m: 2:24.78	37.15	300m: 3:41.65	38.83	400m: 4:58.74
9.	Lotus van Geemen	VZC	4:56.16	200201124	5:02.43	+0,70	490
	50m: 33.70	33.70	150m: 1:50.42	39.09	250m: 3:07.96	38.82	350m: 4:24.96
	100m: 1:11.33	37.63	200m: 2:29.14	38.72	300m: 3:46.54	38.58	400m: 5:02.43
10.	Femke van Boheemen	De Haaien	4:51.57	200201506	5:13.45	+0,70	440
	50m: 33.99	33.99	150m: 1:52.44	39.93	250m: 3:14.80	41.08	350m: 4:34.89
	100m: 1:12.51	38.52	200m: 2:33.72	41.28	300m: 3:55.62	40.82	400m: 5:13.45
11.	Tara van Leeuwen	KZC	4:53.17	200201112	5:15.39	+0,80	432
	50m: 35.68	35.68	150m: 1:55.12	40.11	250m: 3:15.99	40.22	350m: 4:36.63
	100m: 1:15.01	39.33	200m: 2:35.77	40.65	300m: 3:56.72	40.73	400m: 5:15.39

Senioren 1 en ouder

1.	Storm Willemsen	ZPC AMERSFOORT	4:23.17	200100570	4:32.21	+0,78	671
	50m: 30.57	30.57	150m: 1:38.29	34.10	250m: 2:47.61	34.72	350m: 3:57.43
	100m: 1:04.19	33.62	200m: 2:12.89	34.60	300m: 3:23.08	35.47	400m: 4:32.21
2.	Jamilla van Veen	ZPC Woerden	4:37.11	199603192	4:38.09	+0,73	630
	50m: 31.51	31.51	150m: 1:42.12	35.42	250m: 2:53.18	35.18	350m: 4:04.01
	100m: 1:06.70	35.19	200m: 2:18.00	35.88	300m: 3:28.85	35.67	400m: 4:38.09
3.	Elise Hardeman	ZPC AMERSFOORT	4:35.65	200101068	4:38.94	+0,74	624
	50m: 31.28	31.28	150m: 1:40.67	35.04	250m: 2:51.67	35.52	350m: 4:04.27
	100m: 1:05.63	34.35	200m: 2:16.15	35.48	300m: 3:27.99	36.32	400m: 4:38.94
4.	Madelon Dijkstra	ZPCH	4:22.65	199703510	4:41.63	+0,81	606
	50m: 31.64	31.64	150m: 1:41.68	35.49	250m: 2:53.63	36.10	350m: 4:05.94
	100m: 1:06.19	34.55	200m: 2:17.53	35.85	300m: 3:29.72	36.09	400m: 4:41.63
5.	Anne Noom	Het Y	4:36.25	199800062	4:43.07	+0,71	597
	50m: 32.10	32.10	150m: 1:43.78	35.91	250m: 2:56.37	36.53	350m: 4:08.80
	100m: 1:07.87	35.77	200m: 2:19.84	36.06	300m: 3:32.80	36.43	400m: 4:43.07
6.	Noa Oldenhof	De Dolfijn	4:34.70	199700622	4:56.36	+0,60	520
	50m: 32.44	32.44	150m: 1:45.21	36.86	250m: 3:01.14	38.11	350m: 4:19.56
	100m: 1:08.35	35.91	200m: 2:23.03	37.82	300m: 3:40.21	39.07	400m: 4:56.36
7.	Denise Boonstra	DAW	4:45.13	199902662	4:57.22	+0,74	516
	50m: 32.36	32.36	150m: 1:46.78	37.93	250m: 3:03.52	37.95	350m: 4:20.41
	100m: 1:08.85	36.49	200m: 2:25.57	38.79	300m: 3:42.49	38.97	400m: 4:57.22
8.	Jose Bijl	Het Y	4:46.66	200100948	5:01.63	+0,73	494
	50m: 33.93	33.93	150m: 1:49.21	38.04	250m: 3:06.06	38.38	350m: 4:23.66
	100m: 1:11.17	37.24	200m: 2:27.68	38.47	300m: 3:44.87	38.81	400m: 5:01.63