

Regiokampioenschappen KB Regio Midwest (Utrecht) deel 1 en 2
Veenendaal, 17- - 18-11-2018

Programmanr. 8
17-11-2018 - 15:15

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Nynke Boerefijn	De Fuut	5:13.84	200700114	5:00.74 498
	50m: 32.56	32.56 150m:	250m:	350m:	
	100m: 1:09.83	37.27 200m: 2:27.25	300m:	400m: 5:00.74	
2.	Angela Whitney	De Duinkickers	5:15.26	200700002	5:18.78 418
	50m: 34.41	34.41 150m:	250m:	350m:	
	100m: 1:15.19	40.78 200m: 2:38.55	300m:	400m: 5:18.78	
3.	Charlotte Plomp	VZC	5:45.64	200701752	5:34.33 362
	50m: 38.09	38.09 150m:	250m:	350m:	
	100m: 1:20.52	42.43 200m: 2:45.90	300m:	400m: 5:34.33	
4.	Renske Danckaarts	De Fuut	5:44.33	200700116	5:47.48 323
	50m: 37.59	37.59 150m:	250m:	350m:	
	100m: 1:21.10	43.51 200m: 2:50.55	300m:	400m: 5:47.48	
5.	Annika Hogenhuis	Zwemlust den Hommel	5:51.31	200701340	5:51.92 311
	50m: 38.21	38.21 150m:	250m:	350m:	
	100m: 1:21.72	43.51 200m: 2:53.56	300m:	400m: 5:51.92	
6.	Robin Vermeer	VZC	6:00.80	200701292	6:02.38 285
	50m: 40.55	40.55 150m:	250m:	350m:	
	100m: 1:27.94	47.39 200m: 3:02.00	300m:	400m: 6:02.38	
Junioren 2					
1.	Zena Bout	Zwemlust den Hommel	5:29.23	200601442	5:15.91 430
	50m: 35.24	35.24 150m:	250m:	350m:	
	100m: 1:14.79	39.55 200m: 2:35.82	300m:	400m: 5:15.91	
2.	Tess Bemer	De Duinkickers	5:23.52	200600450	5:18.40 420
	50m: 35.05	35.05 150m:	250m:	350m:	
	100m: 1:15.36	40.31 200m: 2:37.35	300m:	400m: 5:18.40	
3.	Manon Kooij	VZC	5:37.33	200602142	5:27.22 387
	50m: 36.19	36.19 150m:	250m:	350m:	
	100m: 1:16.70	40.51 200m: 2:40.86	300m:	400m: 5:27.22	
4.	Rebecca van Lier	VZC	5:36.54	200602612	5:30.05 377
	50m: 36.40	36.40 150m:	250m:	350m:	
	100m: 1:16.65	40.25 200m: 2:40.49	300m:	400m: 5:30.05	
5.	Femke Kats	VZC	5:45.13	200600646	5:33.08 367
	50m: 37.18	37.18 150m:	250m:	350m:	
	100m: 1:19.88	42.70 200m: 2:45.21	300m:	400m: 5:33.08	
6.	Eva Ophorst	De Duinkickers	5:51.64	200602272	5:52.76 309
	50m: 38.79	38.79 150m:	250m:	350m:	
	100m: 1:22.31	43.52 200m: 2:52.60	300m:	400m: 5:52.76	
Junioren 3					
1.	Bridget Vermeer	VZC	4:33.06	200501766	4:34.70 653
	50m: 31.24	31.24 150m:	250m:	350m:	
	100m: 1:05.60	34.36 200m: 2:16.01	300m:	400m: 4:34.70	
2.	Marin Wieling	Aquarijn	4:51.32	200501220	4:43.25 596
	50m: 31.52	31.52 150m:	250m:	350m:	
	100m: 1:07.42	35.90 200m: 2:20.98	300m:	400m: 4:43.25	
3.	Evica Klok	VZC	4:56.05	200501828	4:51.00 550
	50m: 32.47	32.47 150m:	250m:	350m:	
	100m: 1:08.65	36.18 200m: 2:22.43	300m:	400m: 4:51.00	
4.	Mariëlle Visser	De Zwoer	5:03.28	200500730	5:00.29 500
	50m: 33.80	33.80 150m:	250m:	350m:	
	100m: 1:10.96	37.16 200m: 2:28.18	300m:	400m: 5:00.29	
5.	Lonneke Tijmstra	Zwemlust den Hommel	5:23.07	200502900	5:21.70 407
	50m: 35.19	35.19 150m:	250m:	350m:	
	100m: 1:16.31	41.12 200m: 2:39.95	300m:	400m: 5:21.70	
6.	Amelie Keulards	ZPC AMERSFOORT	5:30.73	200501760	5:23.26 401
	50m: 35.38	35.38 150m:	250m:	350m:	
	100m: 1:15.56	40.18 200m: 2:37.53	300m:	400m: 5:23.26	

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Jeugd 1 en 2

1.	Ymke Dragstra	ZPC AMERSFOORT	4:39.97	200300930	4:41.85	FJ 1	605
	50m: 30.40 100m: 1:05.03	30.40 150m: 34.63 200m: 2:16.57			250m: 300m:	350m: 400m: 4:41.85	
2.	Kirsten Verhale	VZC	4:40.87	200400210	4:41.85	FJ 2	605
	50m: 31.92 100m: 1:07.42	31.92 150m: 35.50 200m: 2:19.16			250m: 300m:	350m: 400m: 4:41.85	
3.	Lieke Nijmeijer	ZPC AMERSFOORT	4:47.93	200300124	4:43.39		595
	50m: 31.84 100m: 1:07.76	31.84 150m: 35.92 200m: 2:19.13			250m: 300m:	350m: 400m: 4:43.39	
4.	Femke Doorenbos	De Duinkickers	4:42.10	200404214	4:45.45		582
	50m: 30.57 100m: 1:04.64	30.57 150m: 34.07 200m: 2:17.85			250m: 300m:	350m: 400m: 4:45.45	
5.	Dianne Postma	De Fuut	5:07.29	200402264	4:59.92		502
	50m: 32.24 100m: 1:09.52	32.24 150m: 37.28 200m: 2:27.08			250m: 300m:	350m: 400m: 4:59.92	
6.	Sophie Stekelenburg	Zwemlust den Hommel	5:01.64	200400166	5:06.85		469
	50m: 32.80 100m: 1:09.70	32.80 150m: 36.90 200m: 2:27.11			250m: 300m:	350m: 400m: 5:06.85	
7.	Pieke Sterk	Aquarijn	4:55.24	200401158	5:12.92		442
	50m: 34.72 100m: 1:12.66	34.72 150m: 37.94 200m: 2:32.66			250m: 300m:	350m: 400m: 5:12.92	
AFGEM	Gaia Sterre Mirotti	VZC	4:25.62	200305158			

Senioren 1 en ouder

1.	Jamilla van Veen	Zwemvereniging Hoogland	4:23.15	199603192	4:24.15		735
	50m: 29.23 100m: 1:01.57	29.23 150m: 32.34 200m: 2:09.08			250m: 300m:	350m: 400m: 4:24.15	
2.	Silke Molendijk	VZC	4:45.14	200100178	4:32.71		668
	50m: 30.76 100m: 1:04.61	30.76 150m: 33.85 200m: 2:14.34			250m: 300m:	350m: 400m: 4:32.71	
3.	Eelke van Ballegooijen	VZC	4:44.93	200100684	4:44.09		591
	50m: 32.87 100m: 1:08.65	32.87 150m: 35.78 200m: 2:21.34			250m: 300m:	350m: 400m: 4:44.09	
4.	Anne-Irene Ducheine	Zwemvereniging Hoogland	4:53.97	199506824	4:57.38		515
	50m: 32.71 100m: 1:09.01	32.71 150m: 36.30 200m: 2:24.87			250m: 300m:	350m: 400m: 4:57.38	
5.	Manon Vermarien	ZPC AMERSFOORT	4:52.09	199705680	4:59.47	S10	756
	50m: 34.10 100m: 1:10.97	34.10 150m: 36.87 200m: 2:26.28			250m: 300m:	350m: 400m: 4:59.47	