

Regiokampioenschappen MidWest LB 2019 Deel 1 en 2
Amersfoort, 18- - 19-5-2019

Programmanr. 20
19-5-2019 - 16:01

Dames, 800m vrije slag

Senioren Open
Resultaten

I Dames junioren 1 Jun 1 50m: 12:32.76 - 25m: 12:20.32 / H Dames junioren 2 Jun 2 50m: 11:19.84 - 25m: 11:08.61 /
G Dames junioren 3 Jun 3 50m: 10:31.77 - 25m: 10:21.34 / G Dames jeugd 1-2 Jgd 1-2 50m: 10:23.22 - 25m: 10:12.93 /
G Dames senioren Sen. 50m: 9:54.18 - 25m: 9:44.36

rang	naam	vereniging	intijd	tijd	RT			
Junioren 1								
1.	Nynke Boerefijn	De Fuut	10:26.67	200700114	10:34.78			
	100m: 1:13.47	1:13.47	300m: 3:58.03	1:22.88	500m: 6:41.73	1:21.02	700m: 9:20.01	1:18.55
	200m: 2:35.15	1:21.68	400m: 5:20.71	1:22.68	600m: 8:01.46	1:19.73	800m: 10:34.78	1:14.77
2.	Angelina Rolman	WZ&PC Purmerend	10:30.66	200701972	10:49.45			
	100m: 1:14.41	1:14.41	300m: 4:00.04	1:23.27	500m: 6:44.20	1:21.86	700m: 9:30.44	1:23.16
	200m: 2:36.77	1:22.36	400m: 5:22.34	1:22.30	600m: 8:07.28	1:23.08	800m: 10:49.45	1:19.01
3.	Maya Petroutsos	KZC	11:02.99	200701814	11:13.08	+0,70		
	100m: 1:17.74	1:17.74	300m: 4:06.69	1:24.59	500m: 6:58.18	1:25.52	700m: 9:50.31	1:26.82
	200m: 2:42.10	1:24.36	400m: 5:32.66	1:25.97	600m: 8:23.49	1:25.31	800m: 11:13.08	1:22.77
4.	Robin Vermeer	VZC	11:51.34	200701292	11:15.46			
	100m: 1:21.46	1:21.46	300m: 4:14.39	1:24.99	500m: 7:04.25	1:25.35	700m: 9:55.81	1:26.19
	200m: 2:49.40	1:27.94	400m: 5:38.90	1:24.51	600m: 8:29.62	1:25.37	800m: 11:15.46	1:19.65
5.	Britt Colijn	ZV De Aalscholver	11:54.50	200700544	11:16.69			
	100m: 1:18.21	1:18.21	300m: 4:11.96	1:27.60	500m: 7:05.46	1:26.16	700m: 9:57.14	1:25.76
	200m: 2:44.36	1:26.15	400m: 5:39.30	1:27.34	600m: 8:31.38	1:25.92	800m: 11:16.69	1:19.55
6.	Femke Paus	MSV-Zeemacht	12:06.52	200701772	11:47.86			
	100m: 1:21.69	1:21.69	300m: 4:21.07	1:30.21	500m: 7:22.98	1:30.87	700m: 10:23.67	1:30.36
	200m: 2:50.86	1:29.17	400m: 5:52.11	1:31.04	600m: 8:53.31	1:30.33	800m: 11:47.86	1:24.19
7.	Rhodee van den Ham	De Duinkickers	11:34.82	200700090	12:00.58			
	100m: 1:25.34	1:25.34	300m: 4:29.24	1:32.05	500m: 7:33.08	1:31.22	700m: 10:33.78	1:30.59
	200m: 2:57.19	1:31.85	400m: 6:01.86	1:32.62	600m: 9:03.19	1:30.11	800m: 12:00.58	1:26.80
8.	Senna van Laar	ZV De Aalscholver	12:16.33	200700726	12:08.85	+0,81		
	100m: 1:24.04	1:24.04	300m: 4:28.12	1:32.47	500m: 7:36.49	1:33.74	700m: 10:42.10	1:33.16
	200m: 2:55.65	1:31.61	400m: 6:02.75	1:34.63	600m: 9:08.94	1:32.45	800m: 12:08.85	1:26.75
9.	Lisan Steenbakker	KZC	12:20.68	200701666	12:11.48			
	100m: 1:22.76	1:22.76	300m: 4:28.69	1:33.62	500m: 7:35.17	1:32.99	700m: 10:42.41	1:32.97
	200m: 2:55.07	1:32.31	400m: 6:02.18	1:33.49	600m: 9:09.44	1:34.27	800m: 12:11.48	1:29.07
10.	Renske Danckaarts	De Fuut	11:42.96	200700116	12:32.84	*		
	100m: 1:25.63	1:25.63	300m: 4:35.67	1:36.44	500m: 7:51.14	1:38.26	700m: 11:02.14	1:33.13
	200m: 2:59.23	1:33.60	400m: 6:12.88	1:37.21	600m: 9:29.01	1:37.87	800m: 12:32.84	1:30.70
Junioren 2								
1.	Linde van Wijngaarden	De Dolfijn	10:43.90	200601372	10:32.99	*		
	100m: 1:15.11	1:15.11	300m: 3:59.61	1:22.18	500m: 6:39.72	1:18.39	700m: 9:16.18	1:17.90
	200m: 2:37.43	1:22.32	400m: 5:21.33	1:21.72	600m: 7:58.28	1:18.56	800m: 10:32.99	1:16.81
2.	Danique Giuliano	De Dolfijn	11:18.38	200600706	11:04.81			
	100m: 1:18.26	1:18.26	300m: 4:06.27	1:24.20	500m: 6:56.63	1:25.07	700m: 9:46.24	1:24.75
	200m: 2:42.07	1:23.81	400m: 5:31.56	1:25.29	600m: 8:21.49	1:24.86	800m: 11:04.81	1:18.57
3.	Manon Kooij	VZC	11:03.85	200602142	11:11.91			
	100m: 1:17.18	1:17.18	300m: 4:06.36	1:25.43	500m: 6:59.04	1:26.43	700m: 9:51.67	1:25.83
	200m: 2:40.93	1:23.75	400m: 5:32.61	1:26.25	600m: 8:25.84	1:26.80	800m: 11:11.91	1:20.24
DIS	Tess Bemer	De Duinkickers	10:29.53	200600450				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
AFGEM	Zena Bout	Zwemlust-den Hommel	10:54.87	200601442				
Junioren 3								
1.	Bridget Vermeer	VZC	9:17.23	200501766	9:27.85	+0,68		
	100m: 1:07.81	1:07.81	300m: 3:31.80	1:11.65	500m: 5:54.12	1:11.33	700m: 8:19.40	1:14.05
	200m: 2:20.15	1:12.34	400m: 4:42.79	1:10.99	600m: 7:05.35	1:11.23	800m: 9:27.85	1:08.45
2.	Mariëlle Visser	De Zwoer	10:16.86	200500730	10:22.34	+0,70		
	100m: 1:12.45	1:12.45	300m: 3:51.08	1:19.70	500m: 6:30.14	1:19.30	700m: 9:07.70	1:18.62
	200m: 2:31.38	1:18.93	400m: 5:10.84	1:19.76	600m: 7:49.08	1:18.94	800m: 10:22.34	1:14.64

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Jeugd 1 en 2

1.	Josse Bergman	VZC	9:35.63	200305146	9:46.09	+0,74		
	100m: 1:08.11	1:08.11	300m: 3:35.59	1:14.39	500m: 6:05.26	1:14.68	700m: 8:33.75	1:13.96
	200m: 2:21.20	1:13.09	400m: 4:50.58	1:14.99	600m: 7:19.79	1:14.53	800m: 9:46.09	1:12.34
2.	Femke Doorenbos	De Duinkickers	9:44.04	200404214	9:55.32			
	100m: 1:08.59	1:08.59	300m: 3:39.81	1:15.68	500m: 6:12.67	1:16.86	700m: 8:43.49	1:14.11
	200m: 2:24.13	1:15.54	400m: 4:55.81	1:16.00	600m: 7:29.38	1:16.71	800m: 9:55.32	1:11.83
3.	Ymke Dragstra	ZPC AMERSFOORT	9:35.63	200300930	10:00.03	+0,74		
	100m: 1:07.95	1:07.95	300m: 3:38.65	1:16.15	500m: 6:13.10	1:17.27	700m: 8:46.20	1:15.95
	200m: 2:22.50	1:14.55	400m: 4:55.83	1:17.18	600m: 7:30.25	1:17.15	800m: 10:00.03	1:13.83
4.	Tessa Takken	De Dolfijn	10:07.81	200301692	10:22.84	+0,78		
	100m: 1:11.19	1:11.19	300m: 3:46.83	1:18.80	500m: 6:27.64	1:21.02	700m: 9:07.36	1:19.81
	200m: 2:28.03	1:16.84	400m: 5:06.62	1:19.79	600m: 7:47.55	1:19.91	800m: 10:22.84	1:15.48
5.	Yvonne Engel	ZV De Zaan	10:05.45	200300780	10:30.34			
	100m: 1:12.83	1:12.83	300m: 3:50.15	1:18.94	500m: 6:30.70	1:20.57	700m: 9:11.83	1:19.95
	200m: 2:31.21	1:18.38	400m: 5:10.13	1:19.98	600m: 7:51.88	1:21.18	800m: 10:30.34	1:18.51
AFGEM	Gaia Sterre Mirotti	VZC	9:05.53	200305158				

Senioren 1 en ouder

1.	Femke Spiering	VZC	9:23.69	200204514	9:21.02	+0,65		
	100m: 1:06.20	1:06.20	300m: 3:27.50	1:10.77	500m: 5:48.87	1:10.57	700m: 8:10.86	1:11.10
	200m: 2:16.73	1:10.53	400m: 4:38.30	1:10.80	600m: 6:59.76	1:10.89	800m: 9:21.02	1:10.16
2.	Madelon Dijkstra	ZPCH	9:03.79	199703510	9:26.85	+0,62		
	100m: 1:05.87	1:05.87	300m: 3:27.39	1:11.26	500m: 5:51.41	1:12.51	700m: 8:16.07	1:12.48
	200m: 2:16.13	1:10.26	400m: 4:38.90	1:11.51	600m: 7:03.59	1:12.18	800m: 9:26.85	1:10.78
3.	Anne Noom	Het Y	9:03.25	199800062	9:34.53			
	100m: 1:07.51	1:07.51	300m: 3:31.28	1:12.09	500m: 5:55.71	1:12.11	700m: 8:21.79	1:13.35
	200m: 2:19.19	1:11.68	400m: 4:43.60	1:12.32	600m: 7:08.44	1:12.73	800m: 9:34.53	1:12.74
AFGEM	Noa Oldenhof	De Dolfijn	9:39.91	199700622				