

Regiokampioenschappen MidWest LB 2019 deel 3 en 4
Amersfoort, 25- - 26-5-2019

Programmanr. 25
25-5-2019 - 14:50

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	
Junioren 1															
1.	Angela Whitney	De Duinkickers				5:55.38				200700002				6:02.68	+0,80
	50m: 39.55	39.55	150m: 2:13.21	46.55	250m: 3:49.65	51.34	350m: 5:24.00	41.98							
	100m: 1:26.66	47.11	200m: 2:58.31	45.10	300m: 4:42.02	52.37	400m: 6:02.68	38.68							
2.	Nynke Boerefijn	De Fuut				5:58.33				200700114				6:03.57	+0,66
	50m: 38.87	38.87	150m: 2:19.12	47.73	250m: 3:58.12	52.05	350m: 5:28.00	38.08							
	100m: 1:31.39	52.52	200m: 3:06.07	46.95	300m: 4:49.92	51.80	400m: 6:03.57	35.57							
3.	Rafaëla Mulders	De Reuring				6:15.50				200701398				6:17.32	
	50m: 41.85	41.85	150m: 2:21.00	48.38	250m: 4:02.42	52.82	350m: 5:37.95	40.93							
	100m: 1:32.62	50.77	200m: 3:09.60	48.60	300m: 4:57.02	54.60	400m: 6:17.32	39.37							
4.	Noa Ottens	VZC				6:07.30				200702256				6:19.74	
	50m: 40.74	40.74	150m: 2:18.70	47.10	250m: 3:59.01	54.89	350m: 5:37.16	43.83							
	100m: 1:31.60	50.86	200m: 3:04.12	45.42	300m: 4:53.33	54.32	400m: 6:19.74	42.58							
5.	Renske Danckaarts	De Fuut				6:32.81				200700116				6:39.68	
	50m: 41.70	41.70	150m: 2:25.20	52.00	250m: 4:12.28	56.19	350m: 5:55.47	45.65							
	100m: 1:33.20	51.50	200m: 3:16.09	50.89	300m: 5:09.82	57.54	400m: 6:39.68	44.21							
6.	Annika Hogenhuis	Zwemlust-den Hommel				6:28.85				200701340				6:42.01	+0,81
	50m: 40.95	40.95	150m: 2:26.37	53.12	250m: 4:13.16	54.56	350m: 5:56.23	46.73							
	100m: 1:33.25	52.30	200m: 3:18.60	52.23	300m: 5:09.50	56.34	400m: 6:42.01	45.78							
AFGEM	Leona Meester	De Ham				6:28.27				200700192					

Junioren 2

1.	Djanilla Brink	DAW		5:30.71		200600988		5:36.88		+0,81				
		50m:	36.04	36.04	150m:	2:05.87	45.93	250m:	3:34.99		45.94	350m:	5:01.95	38.70
		100m:	1:19.94	43.90	200m:	2:49.05	43.18	300m:	4:23.25		48.26	400m:	5:36.88	34.93
2.	Tess Bemer	De Duinkickers		6:09.29		200600450		6:02.94						
		50m:	34.91	34.91	150m:	2:06.76	44.65	250m:	3:44.37		52.74	350m:	5:22.73	42.43
		100m:	1:22.11	47.20	200m:	2:51.63	44.87	300m:	4:40.30		55.93	400m:	6:02.94	40.21
3.	Femke Kats	VZC		6:01.89		200600646		6:04.65						
		50m:	38.50	38.50	150m:	2:16.37	48.74	250m:	3:52.22		50.18	350m:	5:25.04	40.92
		100m:	1:27.63	49.13	200m:	3:02.04	45.67	300m:	4:44.12		51.90	400m:	6:04.65	39.61
4.	Zena Bout	Zwemlust-den Hommel		6:07.84		200601442		6:22.19		+0,80				
		50m:	40.84	40.84	150m:	2:18.66	48.43	250m:	4:00.25		54.11	350m:	5:40.56	43.50
		100m:	1:30.23	49.39	200m:	3:06.14	47.48	300m:	4:57.06		56.81	400m:	6:22.19	41.63
5.	Daniek Willemse	De Duinkickers		6:17.84		200601018		6:23.82						
		50m:	44.35	44.35	150m:	2:25.23	48.42	250m:	4:05.04		50.86	350m:	5:42.49	44.22
		100m:	1:36.81	52.46	200m:	3:14.18	48.95	300m:	4:58.27		53.23	400m:	6:23.82	41.33
6.	Marit Hakvoort	KZC		6:23.37		200601062		6:25.69						
		50m:	40.40	40.40	150m:	2:21.51	50.78	250m:	4:02.61		51.78	350m:	5:41.08	44.94
		100m:	1:30.73	50.33	200m:	3:10.83	49.32	300m:	4:56.14		53.53	400m:	6:25.69	44.61
7.	Nicole Stahl	De Dolfijn		6:32.67		200600542		6:32.85						
		50m:	42.46	42.46	150m:	2:25.68	51.79	250m:	4:09.56		54.55	350m:	5:50.38	46.30
		100m:	1:33.89	51.43	200m:	3:15.01	49.33	300m:	5:04.08		54.52	400m:	6:32.85	42.47
8.	Eva Ophorst	De Duinkickers		6:31.02		200602272		6:42.13						
		50m:	43.61	43.61	150m:	2:29.86	51.19	250m:	4:17.82		55.60	350m:	5:58.43	43.34
		100m:	1:38.67	55.06	200m:	3:22.22	52.36	300m:	5:15.09		57.27	400m:	6:42.13	43.70
9.	Rebecca van Lier	VZC		6:25.38		200602612		6:42.36						
		50m:	47.24	47.24	150m:	2:35.85	48.99	250m:	4:19.63		55.27	350m:	6:03.11	45.60
		100m:	1:46.86	59.62	200m:	3:24.36	48.51	300m:	5:17.51		57.88	400m:	6:42.36	39.25
AFGEM	Sienna Albers	De Dolfijn		5:57.78		200601342								

Junioren 3

1.	Bridget Vermeer	VZC	5:12.16	200501766	5:25.37	+0,64		
	50m: 32.84	32.84	150m: 1:55.18	43.30	250m: 3:23.77	45.58	350m: 4:49.32	37.77
	100m: 1:11.88	39.04	200m: 2:38.19	43.01	300m: 4:11.55	47.78	400m: 5:25.37	36.05
2.	Michelle Jørgensen	De Dolfijn	5:29.06	200501364	5:37.42	+0,61		
	50m: 34.50	34.50	150m: 2:00.15	43.13	250m: 3:31.17	49.34	350m: 5:00.42	39.06
	100m: 1:17.02	42.52	200m: 2:41.83	41.68	300m: 4:21.36	50.19	400m: 5:37.42	37.00
3.	Emma van Leeuwen	DAW	5:35.33	200500200	5:41.17	+0,64		
	50m: 37.58	37.58	150m: 2:07.39	42.52	250m: 3:37.47	48.05	350m: 5:04.55	39.22
	100m: 1:24.87	47.29	200m: 2:49.42	42.03	300m: 4:25.33	47.86	400m: 5:41.17	36.62

Regiokampioenschappen MidWest LB 2019 deel 3 en 4
Amersfoort, 25- - 26-5-2019

Programmanr. 25, Meisjes, 400m wisselslag, Junioren 3

rang	naam	vereniging				intijd				tijd				RT	
4.	Robin Spreeuw	ZPCH				5:35.21				200501262				5:42.46	+0,71
	50m: 34.22	34.22	150m: 2:02.08	44.90	250m: 3:36.32	50.29	350m: 5:05.03	39.06							
	100m: 1:17.18	42.96	200m: 2:46.03	43.95	300m: 4:25.97	49.65	400m: 5:42.46	37.43							
5.	Mariëlle Visser	De Zwoer				5:36.95				200500730				5:53.45	
	50m: 36.14	36.14	150m: 2:06.38	44.43	250m: 3:39.43	49.82	350m: 5:13.43	41.26							
	100m: 1:21.95	45.81	200m: 2:49.61	43.23	300m: 4:32.17	52.74	400m: 5:53.45	40.02							
6.	Melissa Schipper 150mtr *	Zv Aquawaard				6:15.24				200501728				5:59.15	+0,67
	50m: 37.42	37.42	150m: 2:09.38	47.27	250m: 3:48.87	52.94	350m: 5:21.77	40.18							
	100m: 1:22.11	44.69	200m: 2:55.93	46.55	300m: 4:41.59	52.72	400m: 5:59.15	37.38							
7.	Famke Irvine	De Otters Het Gooi				6:00.46				200501724				6:00.61	+0,71
	50m: 37.02	37.02	150m: 2:10.27	47.16	250m: 3:46.73	51.35	350m: 5:22.73	42.67							
	100m: 1:23.11	46.09	200m: 2:55.38	45.11	300m: 4:40.06	53.33	400m: 6:00.61	37.88							
8.	Jasmijn van Genderen	WZ&PC Purmerend				6:01.55				200500656				6:03.05	
	50m: 37.33	37.33	150m: 2:08.07	47.71	250m: 3:48.24	53.79	350m: 5:24.33	40.39							
	100m: 1:20.36	43.03	200m: 2:54.45	46.38	300m: 4:43.94	55.70	400m: 6:03.05	38.72							
9.	Amelie Keulards	ZPC AMERSFOORT				5:58.26				200501760				6:07.45	+0,47
	50m: 38.99	38.99	150m: 2:15.26	46.96	250m: 3:53.04	52.83	350m: 5:29.23	41.95							
	100m: 1:28.30	49.31	200m: 3:00.21	44.95	300m: 4:47.28	54.24	400m: 6:07.45	38.22							
10.	Alyka Geutjes	ZPC AMERSFOORT				5:56.70				200500996				6:09.16	
	50m: 39.59	39.59	150m: 2:13.20	45.41	250m: 3:51.05	54.55	350m: 5:29.28	42.30							
	100m: 1:27.79	48.20	200m: 2:56.50	43.30	300m: 4:46.98	55.93	400m: 6:09.16	39.88							
11.	Loeki Griffioen	WZ&PC Purmerend				6:10.92				200502386				6:12.95	
	50m: 40.57	40.57	150m: 2:19.67	45.39	250m: 3:57.86	53.51	350m: 5:34.44	43.05							
	100m: 1:34.28	53.71	200m: 3:04.35	44.68	300m: 4:51.39	53.53	400m: 6:12.95	38.51							
12.	Isabella Grijseels	Kon AZ 1870				6:14.19				200502678				6:15.64	
	50m: 40.22	40.22	150m: 2:14.21	46.16	250m: 3:53.40	53.23	350m: 5:32.56	44.54							
	100m: 1:28.05	47.83	200m: 3:00.17	45.96	300m: 4:48.02	54.62	400m: 6:15.64	43.08							
AFGEM	Mika van Riet	De Fuut				6:05.61				200501636					

Jeugd 1 en 2

1.	Alysha de Jong	ZPCH		5:29.95		200400086		5:42.51		+0,74
	50m: 34.23	34.23	150m: 2:02.78	46.79	250m: 3:35.86	49.41	350m: 5:05.24	39.54		
	100m: 1:15.99	41.76	200m: 2:46.45	43.67	300m: 4:25.70	49.84	400m: 5:42.51	37.27		
2.	Yvette Buis	De Dolfijn		5:34.29		200401830		5:46.08		
	50m: 37.37	37.37	150m: 2:07.85	46.16	250m: 3:40.47	46.80	350m: 5:07.57	40.13		
	100m: 1:21.69	44.32	200m: 2:53.67	45.82	300m: 4:27.44	46.97	400m: 5:46.08	38.51		
3.	Resa Treffers	KZC		5:42.11		200401140		5:50.68		+0,79
	50m: 35.97	35.97	150m: 2:03.01	44.59	250m: 3:38.97	52.05	350m: 5:11.41	39.49		
	100m: 1:18.42	42.45	200m: 2:46.92	43.91	300m: 4:31.92	52.95	400m: 5:50.68	39.27		
4.	Anne-Fleur Opdam	VZC		5:35.82		200301612		5:53.88		+0,85
	50m: 35.63	35.63	150m: 2:01.82	43.27	250m: 3:38.13	53.81	350m: 5:14.53	41.79		
	100m: 1:18.55	42.92	200m: 2:44.32	42.50	300m: 4:32.74	54.61	400m: 5:53.88	39.35		
5.	Eline Hoekstra	OEZA		5:52.33		200301280		5:55.59		+0,80
	50m: 36.82	36.82	150m: 2:06.56	45.19	250m: 3:43.41	51.50	350m: 5:16.18	40.04		
	100m: 1:21.37	44.55	200m: 2:51.91	45.35	300m: 4:36.14	52.73	400m: 5:55.59	39.41		
DIS	Josse Bergman	VZC		5:08.20		200305146				+0,64
	RJ - Lichaam geheel onder water gedurende de race of bij de finish (geldt niet voor kp en eerste 15 m na start en keerpunt)									

Senioren 1 en ouder

1.	Madelon Dijkstra	ZPCH		5:05.95		199703510		5:14.77		+0,62
	50m: 33.51	33.51	150m: 1:57.22	43.48	250m: 3:20.92	42.42	350m: 4:40.18	35.24		
	100m: 1:13.74	40.23	200m: 2:38.50	41.28	300m: 4:04.94	44.02	400m: 5:14.77	34.59		
2.	Chantal Beijer	DWT		5:34.92		199700884		5:28.90		
	50m: 34.03	34.03	150m: 1:56.20	42.83	250m: 3:23.74	45.59	350m: 4:51.18	39.33		
	100m: 1:13.37	39.34	200m: 2:38.15	41.95	300m: 4:11.85	48.11	400m: 5:28.90	37.72		
3.	Caroline Boxman	ZPCH		5:21.48		200004660		5:32.03		+0,73
	50m: 33.65	33.65	150m: 1:57.57	43.72	250m: 3:29.38	48.92	350m: 4:56.10	37.20		
	100m: 1:13.85	40.20	200m: 2:40.46	42.89	300m: 4:18.90	49.52	400m: 5:32.03	35.93		
4.	Sterre Kieft	KZC		5:26.89		200203010		5:40.45		+0,46
	50m: 34.06	34.06	150m: 1:59.38	44.16	250m: 3:34.46	50.71	350m: 5:02.76	37.69		
	100m: 1:15.22	41.16	200m: 2:43.75	44.37	300m: 4:25.07	50.61	400m: 5:40.45	37.69		
5.	Lisanne Seising	VZC		5:32.75		200002084		5:49.96		+0,64
	50m: 35.47	35.47	150m: 2:06.24	46.79	250m: 3:38.78	48.61	350m: 5:10.29	41.28		
	100m: 1:19.45	43.98	200m: 2:50.17	43.93	300m: 4:29.01	50.23	400m: 5:49.96	39.67		