

PGZK-2010  
Delfzijl, 14. - 30.5.2010

Programmanr. 1 Dames, 200m schoolslag Senioren open  
Resultaten  
14.05.2010 - 18:45

KREC J-Min 6 / M-Jun 1	2:41.63	Lisanne van Avezaath	Aachen	24.10.2009
KREC J-Jun 1 / M-Jun 2	2:41.63	Lisanne van Avezaath	Aachen	24.10.2009
KREC J-Jun 2 / M-Jun 3	2:39.30	Linda Moes	Delfzijl	22.12.1985
KREC J-Jun 3 / M-Jgd 1	2:33.23	Linda Moes	Wassenaar	23.11.1986
KREC J-Jun 4 / M-Jgd 2	2:29.48	Linda Moes	Emmen	14.02.1987
KREC J-Jgd 1 / M-D 1	2:26.26	Linda Moes	Emmen	27.02.1988
KREC J-Jgd 2 / M-D 2	2:26.26	Linda Moes	Emmen	27.02.1988
KREC 19	2:26.26	Linda Moes	Emmen	27.02.1988

L 11 Jun 1: 3:30.00 / L 12 Jun 2: 3:24.00 / L 13 Jun 3: 3:18.00 / L 14 Jgd 1: 3:16.00 / L 15 Jgd 2: 3:14.00 / L 16-17 Sen D 1-2: 3:12.00 / L 18 / 18+ Sen.: 3:10.00

Rang					In.tijd			Tijd
<b>Meisjes Junioren 1</b>								
1.	Willemein Hoving				TriVia	3:04.54	9800106	<b>2:59.30</b>
	50m:	39.55	100m:	1:25.00	150m:	2:12.35	200m:	2:59.30
2.	Anouk Zuidema				De Aquafippers	3:05.51	9801654	<b>3:07.92</b>
	50m:	41.62	100m:	1:28.93	150m:	2:17.46	200m:	3:07.92
3.	Bernice Dijkhuis				TriVia	3:12.42	9800084	<b>3:09.05</b>
	50m:	44.09	100m:	1:31.77	150m:	2:20.38	200m:	3:09.05
4.	Vivianne Dortmund				De Pinquin	3:20.48	9801578	<b>3:12.10</b>
	100m:	1:31.85	150m:	2:23.06	200m:	3:12.10		
5.	Tialda Prins				De Pinquin	3:17.23	9801310	<b>3:12.13</b>
	50m:	43.91	100m:	1:33.09	150m:	2:22.33	200m:	3:12.13
6.	Marlinde Schoonbeek				TriVia	3:21.76	9801056	<b>3:14.41</b>
	50m:	42.58	100m:	1:32.74	150m:	2:24.14	200m:	3:14.41
7.	Ageeth Dekker				ZPC Stadskanaal	3:18.90	9802180	<b>3:17.98</b>
	50m:	45.13	100m:	1:35.76	150m:	2:27.09	200m:	3:17.98
8.	Joniek Hooghoudt				TriVia	3:18.55	9801962	<b>3:19.70</b>
	50m:	44.00	100m:	1:34.82	150m:	2:27.68	200m:	3:19.70
9.	Toke Camps				Z.C. Haren	3:21.74	9801834	<b>3:20.67</b>
	150m:	2:28.98	200m:	3:20.67				
10.	Lisa Westenberg				Eemsrobben	3:23.10	9804102	<b>3:22.65</b>
	50m:	44.74	100m:	1:36.06	150m:	2:29.82	200m:	3:22.65
11.	Amber Visser				ZPCA	3:17.61	9801416	<b>3:25.05</b>
	50m:	42.82	100m:	1:33.19	150m:	2:28.22	200m:	3:25.05
12.	Isabelle Dijkhuis				De Aquafippers	3:25.71	9802850	<b>3:27.40</b>
	50m:	46.26	100m:	1:37.90	150m:	2:33.09	200m:	3:27.40
13.	Dagmar Veldman				Eemsrobben	3:28.67	9802300	<b>3:28.96</b>
	50m:	46.25	100m:	1:39.68	150m:	2:35.91	200m:	3:28.96

**Meisjes Junioren 2**

1.	Anouk Dijkstra				Eemsrobben	3:03.07	9704378	<b>3:02.87</b>
	50m:	40.24	100m:	1:25.62	150m:	2:13.44	200m:	3:02.87
2.	Ellen van Nieff				ZPC Stadskanaal	3:10.36	9701112	<b>3:05.81</b>
	50m:	41.82	100m:	1:28.80	150m:	2:18.93	200m:	3:05.81
3.	Margreet Koster				ZPCA	3:19.60	9700330	<b>3:14.53</b>
	50m:	43.76	100m:	1:33.78	150m:	2:24.51	200m:	3:14.53
4.	Astrid Smit				ZPC Stadskanaal	3:19.33	9700034	<b>3:30.02</b>
	50m:	47.44	100m:	1:41.03	150m:	2:36.08	200m:	3:30.02
5.	Jennifer Scholte				NOVA	3:21.39	9700070	<b>3:34.47</b>
	100m:	1:38.49	150m:	2:35.74	200m:	3:34.47		

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Meisjes Junioren 3

1.	Naomi Zuidema			ZPC Stadskanaal		2:55.92	9600058	<b>2:54.78</b>
	50m: 39.74	100m: 1:24.47	150m: 2:09.74	200m: 2:54.78				
2.	Ilse van Rijssen			TriVia		3:06.00	9601600	<b>2:56.39</b>
	50m: 38.59	100m: 1:22.84	150m: 2:09.71	200m: 2:56.39				
3.	Lilian Ottens			Eemsrobben		3:04.29	9602552	<b>3:01.55</b>
	50m: 41.37	100m: 1:29.13	150m: 2:17.37	200m: 3:01.55				
4.	Esther Hulsing			TriVia		3:14.42	9601080	<b>3:05.39</b>
	50m: 40.46	100m: 1:28.01	150m: 2:16.35	200m: 3:05.39				
5.	Laura Buirs			ZPC Stadskanaal		3:06.72	9600672	<b>3:07.86</b>
	50m: 41.15	100m: 1:28.90	150m: 2:18.51	200m: 3:07.86				
6.	Tessa Keizer			GZVW		3:14.61	9601586	<b>3:15.72</b>
	50m: 44.00	100m: 1:34.01	150m: 2:25.35	200m: 3:15.72				

Dames Jeugd 1

1.	Iris Hartman			De Pinquin		2:56.20	9502654	<b>2:55.51</b>
	50m: 39.29	100m: 1:23.59	150m: 2:09.58	200m: 2:55.51				
2.	Nathalja Pragt			NOVA		3:07.19	9500030	<b>3:00.33</b>
	50m: 39.78	100m: 1:25.42	150m: 2:12.57	200m: 3:00.33				
3.	Mariël Buurman			NOVA		3:03.64	9500598	<b>3:01.35</b>
	50m: 41.34	100m: 1:26.79	150m: 2:14.39	200m: 3:01.35				
4.	Iris Visser			ZPCA		2:56.01	9504784	<b>3:03.81</b>
	50m: 40.80	100m: 1:26.89	150m: 2:15.41	200m: 3:03.81				
5.	Karin Groen			GZVW		3:03.76	9502440	<b>3:09.11</b>
	50m: 39.69	100m: 1:25.89	150m: 2:16.43	200m: 3:09.11				
6.	Marlinde Koops			ZPC Stadskanaal		3:10.05	9500638	<b>3:13.06</b>
	50m: 43.60	100m: 1:33.12	150m: 2:24.14	200m: 3:13.06				

Dames Jeugd 2

1.	Daphne Adriaanse			Z&PC de Inktvis		3:12.30	9406616	<b>3:10.77</b>
	50m: 43.43	100m: 1:31.08	150m: 2:20.95	200m: 3:10.77				

Dames Senioren D 1-2

1.	Jose Sijbring			De Pinquin		2:55.30	9300702	<b>2:54.15</b>
	50m: 39.67	100m: 1:23.38	150m: 2:08.22	200m: 2:54.15				
2.	Marijke Pras			GZVW		3:03.52	9203700	<b>3:05.69</b>
	50m: 42.02	100m: 1:29.47	150m: 2:18.60	200m: 3:05.69				
3.	Esther Schipper			De Aquafippers		3:00.70	9201570	<b>3:06.98</b>
	50m: 40.77	100m: 1:28.18	150m: 2:17.72	200m: 3:06.98				
4.	Rianne Slagter			Eemsrobben		3:10.74	9304088	<b>3:14.38</b>
	50m: 43.98	100m: 1:33.40	150m: 2:23.83	200m: 3:14.38				

Dames Senioren

1.	Gea Hagting			NOVA		2:40.59	8801584	<b>2:50.17</b>
	50m: 39.48	100m: 1:22.11	150m: 2:05.38	200m: 2:50.17				