

PGZK-2010  
Delfzijl, 14. - 30.5.2010

Programmanr. 3 Dames, 400m vrije slag Senioren open Resultaten  
14.05.2010 - 19:29

KREC J-Min 6 / M-Jun 1	4:44.14	Lisanne van Avezaath	Sneek	07.11.2009
KREC J-Jun 1 / M-Jun 2	4:31.69	Marijke Hommes	Southampton(GB)	20.12.1992
KREC J-Jun 2 / M-Jun 3	4:28.30	Marijke Hommes	Groningen	14.04.1993
KREC J-Jun 3 / M-Jgd 1	4:24.50	Marijke Hommes	Winschoten	27.05.1994
KREC J-Jun 4 / M-Jgd 2	4:24.20	Marijke Hommes	Stadskanaal	24.05.1995
KREC J-Jgd 1 / M-D 1	4:16.31	Ranomi Kromowidjojo	Groningen	24.11.2007
KREC J-Jgd 2 / M-D 2	4:16.31	Ranomi Kromowidjojo	Groningen	24.11.2007
KREC 19	4:16.31	Ranomi Kromowidjojo	Groningen	24.11.2007

L 11 Jun 1: 6:00.00 / L 12 Jun 2: 5:48.00 / L 13 Jun 3: 5:37.00 / L 14 Jgd 1: 5:28.00 / L 15 Jgd 2: 5:20.00 / L 16-17 Sen D 1-2: 5:15.00 / L 18 / 18+ Sen.: 5:10.00

Rang							In.tijd		Tijd
<b>Meisjes Junioren 1</b>									
1.	<b>Amber Visser</b>		<b>ZPCA</b>				<b>5:12.15</b>	<b>9801416</b>	<b>5:10.15</b>
	50m:	34.48	150m:	1:52.26	250m:	3:12.45	350m:	4:33.12	
	100m:	1:12.87	200m:	2:32.27	300m:	3:52.89	400m:	5:10.15	
2.	<b>Marlinde Schoonbeek</b>		<b>TriVia</b>				<b>5:09.44</b>	<b>9801056</b>	<b>5:11.95</b>
	50m:	35.61	150m:	1:54.93	250m:	3:16.91	350m:	4:35.63	
	100m:	1:14.70	200m:	2:35.27	300m:	3:55.85	400m:	5:11.95	
3.	<b>Bernice Dijkhuis</b>		<b>TriVia</b>				<b>5:22.58</b>	<b>9800084</b>	<b>5:12.38</b>
	50m:	35.12	150m:	1:54.58	250m:	3:14.19	350m:	4:33.84	
	100m:	1:14.50	200m:	2:34.29	300m:	3:54.00	400m:	5:12.38	
4.	<b>Willemein Hoving</b>		<b>TriVia</b>				<b>5:29.20</b>	<b>9800106</b>	<b>5:17.60</b>
	50m:	36.55	150m:	1:58.43	250m:	3:19.48	350m:	4:40.38	
	100m:	1:17.68	200m:	2:38.64	300m:	4:00.04	400m:	5:17.60	
5.	<b>Inge Willemsen</b>		<b>ZPCA</b>				<b>5:38.39</b>	<b>9801958</b>	<b>5:25.12</b>
	50m:	35.22	150m:	1:57.00	250m:	3:21.57	350m:	4:46.67	
	100m:	1:15.43	200m:	2:39.28	300m:	4:04.04	400m:	5:25.12	
6.	<b>Vivianne Dortmond</b>		<b>De Pinquin</b>				<b>5:15.64</b>	<b>9801578</b>	<b>5:25.40</b>
	50m:	35.50	150m:	1:56.92	250m:	3:20.27	350m:	4:44.72	
	100m:	1:14.47	200m:	2:39.07	300m:	4:02.65	400m:	5:25.40	
7.	<b>Tialda Prins</b>		<b>De Pinquin</b>				<b>5:29.48</b>	<b>9801310</b>	<b>5:27.94</b>
	50m:	36.27	150m:	1:57.65	250m:	3:22.19	350m:	4:47.47	
	100m:	1:16.20	200m:	2:39.83	300m:	4:04.76	400m:	5:27.94	
8.	<b>Daniek Platje</b>		<b>De Pinquin</b>				<b>5:29.09</b>	<b>9800226</b>	<b>5:30.90</b>
	50m:	36.76	150m:	1:58.89	250m:	3:23.63	350m:	4:48.94	
	100m:	1:17.02	200m:	2:40.77	300m:	4:06.55	400m:	5:30.90	
9.	<b>Emma Arends</b>		<b>TriVia</b>				<b>5:52.12</b>	<b>9800972</b>	<b>5:38.88</b>
	50m:	37.03	150m:	2:02.28	250m:	3:29.21	350m:	4:57.90	
	100m:	1:19.05	200m:	2:45.69	300m:	4:13.81	400m:	5:38.88	
10.	<b>Joniek Hooghoudt</b>		<b>TriVia</b>				<b>5:57.04</b>	<b>9801962</b>	<b>5:42.84</b>
	50m:	36.50	150m:	2:03.01	250m:	3:31.45	350m:	5:00.62	
	100m:	1:19.32	200m:	2:46.74	300m:	4:16.20	400m:	5:42.84	
11.	<b>Lisa Westenberg</b>		<b>Eemsrobber</b>				<b>5:41.86</b>	<b>9804102</b>	<b>5:43.33</b>
	50m:	37.80	150m:	2:03.21	250m:	3:31.87	350m:	5:00.66	
	100m:	1:19.85	200m:	2:47.82	300m:	4:15.45	400m:	5:43.33	
12.	<b>Ageeth Dekker</b>		<b>ZPC Stadskanaal</b>				<b>5:31.80</b>	<b>9802180</b>	<b>5:44.88</b>
	50m:	38.32	150m:	2:04.86	250m:	3:32.97	350m:	5:01.85	
	100m:	1:21.14	200m:	2:49.20	300m:	4:17.13	400m:	5:44.88	
13.	<b>Marianne Arling</b>		<b>Bubble</b>				<b>5:52.70</b>	<b>9800170</b>	<b>5:53.21</b>
	50m:	37.08	150m:	2:04.96	250m:	3:37.12	350m:	5:09.30	
	100m:	1:19.61	200m:	2:50.83	300m:	4:24.02	400m:	5:53.21	
14.	<b>Lisanne Tilstra</b>		<b>Bubble</b>				<b>5:52.80</b>	<b>9801036</b>	<b>6:00.68</b>
	50m:	36.69	150m:	2:05.76	250m:	3:38.54	350m:	5:14.67	
	100m:	1:20.06	200m:	2:52.01	300m:	4:26.87	400m:	6:00.68	

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Programmanr. 3, Dames, 400m vrije slag

Meisjes Junioren 2

1.	Judith Veldman			Eemsrobben		4:59.26	9702422	<b>4:53.34</b>
	50m: 32.36	150m: 1:46.79	250m: 3:01.97	350m: 4:16.95				
	100m: 1:09.03	200m: 2:24.40	300m: 3:39.40	400m: 4:53.34				
2.	Laura van der A			ZPC Stadskanaal		5:12.54	9700080	<b>5:09.67</b>
	50m: 34.46	150m: 1:53.15	250m: 3:13.22	350m: 4:33.65				
	100m: 1:13.43	200m: 2:32.82	300m: 3:53.53	400m: 5:09.67				
3.	Bente Kuik			ZPC Stadskanaal		5:18.92	9701750	<b>5:22.44</b>
	50m: 36.20	150m: 1:57.66	250m: 3:20.00	350m: 4:43.81				
	100m: 1:16.21	200m: 2:38.58	300m: 4:01.73	400m: 5:22.44				
4.	Ellen van Nieff			ZPC Stadskanaal		5:32.56	9701112	<b>5:27.99</b>
	50m: 35.92	150m: 1:56.67	250m: 3:21.18	350m: 4:47.14				
	100m: 1:15.22	200m: 2:38.32	300m: 4:03.90	400m: 5:27.99				
5.	Astrid Smit			ZPC Stadskanaal		5:44.29	9700034	<b>5:52.83</b>
	50m: 39.03	150m: 2:07.52	250m: 3:36.80	350m: 5:08.22				
	100m: 1:22.84	200m: 2:51.95	300m: 4:22.68	400m: 5:52.83				

Meisjes Junioren 3

1.	Esther Hulsing			TriVia		4:55.80	9601080	<b>4:46.23</b>
	50m: 32.93	150m: 1:46.79	250m: 3:00.10	350m: 4:10.14				
	100m: 1:09.76	200m: 2:23.70	300m: 3:36.33	400m: 4:46.23				
2.	Ilse van Rijssen			TriVia		5:07.99	9601600	<b>4:56.54</b>
	50m: 32.96	150m: 1:47.78	250m: 3:03.37	350m: 4:19.44				
	100m: 1:09.87	200m: 2:25.58	300m: 3:41.49	400m: 4:56.54				
3.	Eva Smit			GZVW		4:50.50	9602690	<b>4:58.35</b>
	50m: 31.67	150m: 1:44.52	250m: 3:02.30	350m: 4:21.60				
	100m: 1:07.78	200m: 2:23.13	300m: 3:42.34	400m: 4:58.35				
4.	Tessa Keizer			GZVW		5:13.18	9601586	<b>5:07.45</b>
	50m: 32.96	150m: 1:50.14	250m: 3:10.53	350m: 4:30.71				
	100m: 1:10.40	200m: 2:30.13	300m: 3:50.80	400m: 5:07.45				
5.	Sanne Weessies			De Pinquin		5:25.36	9603002	<b>5:16.90</b>
	50m: 35.52	150m: 1:56.46	250m: 3:18.96	350m: 4:38.61				
	100m: 1:15.32	200m: 2:37.48	300m: 3:59.13	400m: 5:16.90				
6.	Joline Fischer			NOVA		5:25.17	9601638	<b>5:25.29</b>
	50m: 34.70	150m: 1:56.09	250m: 3:20.00	350m: 4:44.34				
	100m: 1:13.80	200m: 2:38.08	300m: 4:02.02	400m: 5:25.29				
7.	Sanne Kamminga			De Aquafippers		5:23.20	9604378	<b>5:28.95</b>
	50m: 36.32	150m: 2:00.00	250m: 3:24.24	350m: 4:47.72				
	100m: 1:17.60	200m: 2:42.40	300m: 4:05.66	400m: 5:28.95				

Dames Jeugd 1

1.	Silvia Dik			TriVia		4:48.75	9501064	<b>4:27.71</b>
	50m: 30.29	150m: 1:37.97	250m: 2:46.79	350m: 3:55.06				
	100m: 1:03.98	200m: 2:12.71	300m: 3:21.25	400m: 4:27.71				
2.	Anouk Frieman			TriVia		4:43.79	9502390	<b>4:41.90</b>
	50m: 30.47	150m: 1:39.00	250m: 2:51.12	350m: 4:03.93				
	100m: 1:04.17	200m: 2:14.65	300m: 3:27.25	400m: 4:41.90				
3.	Nathalja Pragt			NOVA		4:55.78	9500030	<b>4:53.97</b>
	50m: 32.25	150m: 1:45.33	250m: 3:00.73	350m: 4:17.03				
	100m: 1:08.22	200m: 2:22.61	300m: 3:39.21	400m: 4:53.97				
4.	Denise Gall			De Pinquin		5:09.74	9501494	<b>5:01.55</b>
	50m: 32.95	150m: 1:48.50	250m: 3:05.13	350m: 4:23.01				
	100m: 1:10.31	200m: 2:26.49	300m: 3:43.85	400m: 5:01.55				

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Programmanr. 3, Meisjes, 400m vrije slag, Dames Jeugd 1

Rang							In.tijd		Tijd
5.	Iris Visser			ZPCA			5:10.50	9504784	<b>5:05.92</b>
	50m:	34.17	150m:	1:52.42	250m:	3:11.50	350m:	4:30.74	
	100m:	1:12.88	200m:	2:32.20	300m:	3:51.50	400m:	5:05.92	
6.	Marlinde Koops			ZPC Stadskanaal			5:24.07	9500638	<b>5:33.32</b>
	50m:	37.59	150m:	2:00.84	250m:	3:26.99	350m:	4:52.86	
	100m:	1:18.40	200m:	2:44.15	300m:	4:10.32	400m:	5:33.32	

Dames Jeugd 2

1.	Rosanne Schoonbeek			TriVia			4:30.19	9402692	<b>4:24.54</b>
	50m:	30.14	150m:	1:36.54	250m:	2:44.09	350m:	3:51.82	
	100m:	1:03.06	200m:	2:10.50	300m:	3:17.90	400m:	4:24.54	
2.	Rixt Veldkamp			ZPC Stadskanaal			4:57.97	9404344	<b>4:52.17</b>
	50m:	33.02	150m:	1:47.60	250m:	3:00.72	350m:	4:14.64	
	100m:	1:09.91	200m:	2:25.02	300m:	3:37.21	400m:	4:52.17	
3.	Heleen Arends			TriVia			5:18.62	9404416	<b>5:19.44</b>
	50m:	33.33	150m:	1:51.89	250m:	3:14.39	350m:	4:38.36	
	100m:	1:11.56	200m:	2:32.81	300m:	3:56.14	400m:	5:19.44	

Dames Senioren D 1-2

1.	Annelinde Veldman			ZPCA			4:42.25	9302758	<b>4:29.54</b>
	50m:	30.03	150m:	1:36.88	250m:	2:45.15	350m:	3:55.30	
	100m:	1:03.13	200m:	2:10.89	300m:	3:20.10	400m:	4:29.54	
2.	Jose Sijbring			De Pinquin			4:45.98	9300702	<b>4:47.85</b>
	50m:	31.88	150m:	1:42.20	250m:	2:55.69	350m:	4:11.08	
	100m:	1:06.39	200m:	2:18.72	300m:	3:33.06	400m:	4:47.85	
3.	Rianne Slagter			Eemsrobben			5:10.17	9304088	<b>5:14.18</b>
	50m:	35.54	150m:	1:54.85	250m:	3:15.48	350m:	4:37.16	
	100m:	1:14.05	200m:	2:35.07	300m:	3:56.45	400m:	5:14.18	
4.	Suzanne Teuben			De Aquaflippers			5:12.26	9201736	<b>5:16.89</b>
	50m:	33.83	150m:	1:52.26	250m:	3:13.97	350m:	4:35.99	
	100m:	1:12.15	200m:	2:33.03	300m:	3:55.08	400m:	5:16.89	

Dames Senioren

1.	Winnie Timans			De Pinquin			4:50.00	9103090	<b>4:53.53</b>
	50m:	33.08	150m:	1:46.82	250m:	3:02.02	350m:	4:17.41	
	100m:	1:09.40	200m:	2:24.83	300m:	3:39.70	400m:	4:53.53	
2.	Rianne Hooiveld			Bubble			5:00.53	9001572	<b>4:56.16</b>
	50m:	32.51	150m:	1:47.53	250m:	3:03.30	350m:	4:19.77	
	100m:	1:09.39	200m:	2:25.82	300m:	3:41.43	400m:	4:56.16	
3.	Susanne Blom			De Pinquin			5:03.45	8500282	<b>4:59.66</b>
	50m:	33.06	150m:	1:47.56	250m:	3:04.53	350m:	4:22.09	
	100m:	1:09.72	200m:	2:25.87	300m:	3:43.14	400m:	4:59.66	