

PGZK-2010  
Delfzijl, 14. - 30.5.2010

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

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

Serie 1 van 6

3 Joniek Hooghoudt	TriVia	5:57.04	9801962	_:._.:	_:._.:
4 Marianne Arling	Bubble	5:52.70	9800170	_:._.:	_:._.:
5 Lisanne Tilstra	Bubble	5:52.80	9801036	_:._.:	_:._.:

Serie 2 van 6

1 Emma Arends	TriVia	5:52.12	9800972	_:._.:	_:._.:
2 Lisa Westenberg	Eemsrobben	5:41.86	9804102	_:._.:	_:._.:
3 Ellen van Nieff	ZPC Stadskanaal	5:32.56	9701112	_:._.:	_:._.:
4 Tialda Prins	De Pinquin	5:29.48	9801310	_:._.:	_:._.:
5 Ageeth Dekker	ZPC Stadskanaal	5:31.80	9802180	_:._.:	_:._.:
6 Inge Willemsen	ZPCA	5:38.39	9801958	_:._.:	_:._.:
7 Astrid Smit	ZPC Stadskanaal	5:44.29	9700034	_:._.:	_:._.:

Serie 3 van 6

1 Daniek Platje	De Pinquin	5:29.09	9800226	_:._.:	_:._.:
2 Joline Fischer	NOVA	5:25.17	9601638	_:._.:	_:._.:
3 Sanne Kamminga	De Aquafippers	5:23.20	9604378	_:._.:	_:._.:
4 Bente Kuik	ZPC Stadskanaal	5:18.92	9701750	_:._.:	_:._.:
5 Bernice Dijkhuis	TriVia	5:22.58	9800084	_:._.:	_:._.:
6 Marlinde Koops	ZPC Stadskanaal	5:24.07	9500638	_:._.:	_:._.:
7 Sanne Weessies	De Pinquin	5:25.36	9603002	_:._.:	_:._.:
8 Willemein Hoving	TriVia	5:29.20	9800106	_:._.:	_:._.:

Serie 4 van 6

1 Vivianne Dortmond	De Pinquin	5:15.64	9801578	_:._.:	_:._.:
2 Laura van der A	ZPC Stadskanaal	5:12.54	9700080	_:._.:	_:._.:
3 Amber Visser	ZPCA	5:12.15	9801416	_:._.:	_:._.:
4 Rianne Slagter	Eemsrobben	5:10.17	9304088	_:._.:	_:._.:
5 Iris Visser	ZPCA	5:10.50	9504784	_:._.:	_:._.:
6 Suzanne Teuben	De Aquafippers	5:12.26	9201736	_:._.:	_:._.:
7 Tessa Keizer	GZVW	5:13.18	9601586	_:._.:	_:._.:
8 Heleen Arends	TriVia	5:18.62	9404416	_:._.:	_:._.:

Serie 5 van 6

1 Marlinde Schoonbeek	TriVia	5:09.44	9801056	_:._.:	_:._.:
2 Susanne Blom	De Pinquin	5:03.45	8500282	_:._.:	_:._.:
3 Judith Veldman	Eemsrobben	4:59.26	9702422	_:._.:	_:._.:
4 Esther Hulsing	TriVia	4:55.80	9601080	_:._.:	_:._.:
5 Rixt Veldkamp	ZPC Stadskanaal	4:57.97	9404344	_:._.:	_:._.:
6 Rianne Hooiveld	Bubble	5:00.53	9001572	_:._.:	_:._.:
7 Ilse van Rijssen	TriVia	5:07.99	9601600	_:._.:	_:._.:
8 Denise Gall	De Pinquin	5:09.74	9501494	_:._.:	_:._.:

Programmanr. 3, Dames, 400m vrije slag

Serie 6 van 6

1	Eva Smit	GZVW	4:50.50	9602690	___:___:___	___:___:___
2	Silvia Dik	TriVia	4:48.75	9501064	___:___:___	___:___:___
3	Anouk Frieman	TriVia	4:43.79	9502390	___:___:___	___:___:___
4	Rosanne Schoonbeek	TriVia	4:30.19	9402692	___:___:___	___:___:___
5	Annelinde Veldman	ZPCA	4:42.25	9302758	___:___:___	___:___:___
6	Jose Sijbring	De Pinquin	4:45.98	9300702	___:___:___	___:___:___
7	Winnie Timans	De Pinquin	4:50.00	9103090	___:___:___	___:___:___
8	Nathalja Pragt	NOVA	4:55.78	9500030	___:___:___	___:___:___