

Regio Zomerkampioenschappen  
Dordrecht, 28- - 29-5-2016

Programmanr. 3  
28-5-2016 - 10:25

Dames, 400m wisselslag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
<b>Junioren 1</b>								
1. Leonoor van Dijk	The Hague Swimming	(6:36.76 200400832	<b>6:10.31</b>	+0,74	1:22.94	1:38.21	1:42.54	1:26.62
50m: 37.53	37.53	150m: 2:12.51	250m: 3:51.48	50.33	350m: 5:28.02	44.33		
100m: 1:22.94	45.41	200m: 3:01.15	300m: 4:43.69	52.21	400m: 6:10.31	42.29		
2. Mary Kate Farrell	The Hague Swimming	(6:30.38 200402870	<b>6:14.62</b>		1:24.43	1:35.70	1:51.19	1:23.30
50m: 37.97	37.97	150m: 2:12.66	250m: 3:55.18	55.05	350m: 5:34.44	43.12		
100m: 1:24.43	46.46	200m: 3:00.13	300m: 4:51.32	56.14	400m: 6:14.62	40.18		
3. Fiona Moerman	The Hague Swimming	(6:44.26 200401668	<b>6:33.64</b>	+0,76	1:31.30	1:39.74	1:54.11	1:28.49
50m: 41.18	41.18	150m: 2:21.62	250m: 4:07.90	56.86	350m: 5:50.46	45.31		
100m: 1:31.30	50.12	200m: 3:11.04	300m: 5:05.15	57.25	400m: 6:33.64	43.18		
4. Z. van de Voorde	The Hague Swimming	(6:43.63 200402932	<b>6:46.18</b>	+0,74	1:34.27	1:43.07	1:57.34	1:31.50
50m: 40.82	40.82	150m: 2:26.11	250m: 4:14.21	56.87	350m: 6:00.89	46.21		
100m: 1:34.27	53.45	200m: 3:17.34	300m: 5:14.68	1:00.47	400m: 6:46.18	45.29		
<b>Junioren 2</b>								
1. Kim de Jong	Lz 1886	5:26.50 200301026	<b>5:44.66</b>	+0,79	1:20.36	1:30.92	1:34.66	1:18.72
50m: 35.36	35.36	150m: 2:06.34	250m: 3:38.09	46.81	350m: 5:06.06	40.12		
100m: 1:20.36	45.00	200m: 2:51.28	300m: 4:25.94	47.85	400m: 5:44.66	38.60		
2. Lieke Bastiaansen	MNC Dordrecht	5:42.00 200301368	<b>5:51.02</b>	+0,77	1:23.53	1:31.84	1:34.14	1:21.51
50m: 37.35	37.35	150m: 2:09.54	250m: 3:41.55	46.18	350m: 5:10.40	40.89		
100m: 1:23.53	46.18	200m: 2:55.37	300m: 4:29.51	47.96	400m: 5:51.02	40.62		
3. Wendy ten Wolde	Wiekslag	6:05.55 200302658	<b>6:05.68</b>	+0,79	1:30.75	1:34.68	1:37.83	1:22.42
50m: 40.41	40.41	150m: 2:18.61	250m: 3:52.72	47.29	350m: 5:24.88	41.62		
100m: 1:30.75	50.34	200m: 3:05.43	300m: 4:43.26	50.54	400m: 6:05.68	40.80		
4. D. van der Meer	The Hague Swimming	(6:14.87 200301564	<b>6:08.67</b>	+0,76	1:32.41	1:32.57	1:47.17	1:16.52
50m: 40.23	40.23	150m: 2:20.03	250m: 3:58.25	53.27	350m: 5:31.93	39.78		
100m: 1:32.41	52.18	200m: 3:04.98	300m: 4:52.15	53.90	400m: 6:08.67	36.74		
5. Joyce van 't Hof	Zpb H&L	6:15.99 200302122	<b>6:12.09</b>	+0,76	1:24.88	1:35.84	1:49.05	1:22.32
50m: 37.97	37.97	150m: 2:12.76	250m: 3:54.06	53.34	350m: 5:32.14	42.37		
100m: 1:24.88	46.91	200m: 3:00.72	300m: 4:49.77	55.71	400m: 6:12.09	39.95		
<b>Junioren 3</b>								
1. Kristel Beijck	De Columbiaan	5:41.44 200201278	<b>5:56.06</b>		1:28.82	1:30.89	1:37.77	1:18.58
50m: 39.89	39.89	150m: 2:14.60	250m: 3:48.03	48.32	350m: 5:17.27	39.79		
100m: 1:28.82	48.93	200m: 2:59.71	300m: 4:37.48	49.45	400m: 5:56.06	38.79		
2. Tessa Giele	De Duck	5:39.14 200203124	<b>5:56.85</b>	+0,67	1:15.68	1:31.84	1:47.45	1:21.88
50m: 34.67	34.67	150m: 2:02.97	250m: 3:41.19	53.67	350m: 5:15.54	40.57		
100m: 1:15.68	41.01	200m: 2:47.52	300m: 4:34.97	53.78	400m: 5:56.85	41.31		
3. Nicole van Strien	Wvz	5:58.29 200200236	<b>6:03.09</b>		1:24.75	1:31.35	1:43.64	1:23.35
50m: 38.05	38.05	150m: 2:10.95	250m: 3:48.14	52.04	350m: 5:22.27	42.53		
100m: 1:24.75	46.70	200m: 2:56.10	300m: 4:39.74	51.60	400m: 6:03.09	40.82		
4. Amber Hesper	Van Vliet-Barracuda	6:03.35 200202188	<b>6:13.04</b>	+0,92	1:27.78	1:36.45	1:42.75	1:26.06
50m: 38.80	38.80	150m: 2:16.81	250m: 3:53.25	49.02	350m: 5:31.05	44.07		
100m: 1:27.78	48.98	200m: 3:04.23	300m: 4:46.98	53.73	400m: 6:13.04	41.99		
5. Anna Hoogenboezem	KZV de Lansingh	6:05.10 200200658	<b>6:19.03</b>	+0,74	1:30.74	1:39.29	1:37.88	1:31.12
50m: 40.45	40.45	150m: 2:21.44	250m: 3:58.31	48.28	350m: 5:35.12	47.21		
100m: 1:30.74	50.29	200m: 3:10.03	300m: 4:47.91	49.60	400m: 6:19.03	43.91		
<b>Jeugd 1</b>								
1. Giulia Corsi	De Columbiaan	5:29.19 200100468	<b>5:40.62</b>	+0,61	1:22.54	1:28.52	1:36.62	1:12.94
50m: 37.51	37.51	150m: 2:07.86	250m: 3:38.36	47.30	350m: 5:06.01	38.33		
100m: 1:22.54	45.03	200m: 2:51.06	300m: 4:27.68	49.32	400m: 5:40.62	34.61		
2. Floor de Kievit	The Hague Swimming	(5:33.41 200100238	<b>5:40.86</b>	+0,75	1:15.92	1:28.85	1:37.95	1:18.14
50m: 34.12	34.12	150m: 2:01.53	250m: 3:34.22	49.45	350m: 5:02.98	40.26		
100m: 1:15.92	41.80	200m: 2:44.77	300m: 4:22.72	48.50	400m: 5:40.86	37.88		
3. Sam IJzerman	De Geul	5:34.94 200101204	<b>5:46.94</b>	+0,75	1:21.95	1:29.47	1:39.21	1:16.31
50m: 35.99	35.99	150m: 2:06.85	250m: 3:40.52	49.10	350m: 5:09.06	38.43		
100m: 1:21.95	45.96	200m: 2:51.42	300m: 4:30.63	50.11	400m: 5:46.94	37.88		
4. Jana Plaisier	de Devel	5:37.45 200101266	<b>5:49.18</b>	+0,76	1:16.31	1:32.16	1:44.15	1:16.56
50m: 34.83	34.83	150m: 2:03.22	250m: 3:40.73	52.26	350m: 5:10.68	38.06		
100m: 1:16.31	41.48	200m: 2:48.47	300m: 4:32.62	51.89	400m: 5:49.18	38.50		

Regio Zomerkampioenschappen  
Dordrecht, 28- - 29-5-2016

Programmanr. 3, Meisjes, 400m wisselslag, Jeugd 1

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
5. Anne van der Zwan	The Hague Swimming	(5:56.84 200101134	<b>5:58.67</b>	+0,70	1:14.75	1:35.97	1:45.63	1:22.32
50m: 34.13	34.13	150m: 2:03.64	48.89	250m: 3:43.01	52.29	350m: 5:17.99	41.64	
100m: 1:14.75	40.62	200m: 2:50.72	47.08	300m: 4:36.35	53.34	400m: 5:58.67	40.68	
6. Diana Noordermeer	SG SCOM/de Zeehond	5:47.63 200102110	<b>5:59.78</b>	+0,72	1:20.39	1:35.71	1:40.34	1:23.34
50m: 35.69	35.69	150m: 2:08.66	48.27	250m: 3:44.55	48.45	350m: 5:20.16	43.72	
100m: 1:20.39	44.70	200m: 2:56.10	47.44	300m: 4:36.44	51.89	400m: 5:59.78	39.62	
7. Nienke Vork	Widex Gzc Donk	5:59.97 200102294	<b>6:15.83</b>		1:28.56	1:40.99	1:44.26	1:22.02
50m: 38.06	38.06	150m: 2:19.74	51.18	250m: 4:01.12	51.57	350m: 5:35.94	42.13	
100m: 1:28.56	50.50	200m: 3:09.55	49.81	300m: 4:53.81	52.69	400m: 6:15.83	39.89	
8. Nienke de Vries	SG SCOM/de Zeehond	6:33.58 200100460	<b>6:42.88</b>	+0,73	1:38.47	1:38.70	1:55.94	1:29.77
50m: 42.70	42.70	150m: 2:29.55	51.08	250m: 4:14.12	56.95	350m: 6:00.16	47.05	
100m: 1:38.47	55.77	200m: 3:17.17	47.62	300m: 5:13.11	58.99	400m: 6:42.88	42.72	
9. Dominika Olszewska	Zpb H&L	6:27.78 200103946	<b>6:42.96</b>		1:35.13	1:41.61	1:58.22	1:28.00
50m: 43.21	43.21	150m: 2:27.30	52.17	250m: 4:15.53	58.79	350m: 6:00.74	45.78	
100m: 1:35.13	51.92	200m: 3:16.74	49.44	300m: 5:14.96	59.43	400m: 6:42.96	42.22	
DIS Julia Dmitroca	Zpb H&L	6:06.49 200106054						

SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.

Jeugd 2

1. Lianne Bouwmeester	De Columbiaan	5:31.41 200000956	<b>5:52.88</b>	+0,79	1:20.72	1:31.12	1:38.81	1:22.23
50m: 34.96	34.96	150m: 2:06.14	45.42	250m: 3:40.56	48.72	350m: 5:12.55	41.90	
100m: 1:20.72	45.76	200m: 2:51.84	45.70	300m: 4:30.65	50.09	400m: 5:52.88	40.33	
2. Noline Schol	Bz&Pc	5:47.08 200003600	<b>6:23.13</b>	+0,78	1:34.11	1:34.78	1:45.98	1:28.26
50m: 40.06	40.06	150m: 2:22.39	48.28	250m: 4:01.30	52.41	350m: 5:38.74	43.87	
100m: 1:34.11	54.05	200m: 3:08.89	46.50	300m: 4:54.87	53.57	400m: 6:23.13	44.39	

Senioren 1 en 2

1. Lotte Middelbos	zc De Schotelij	5:27.26 199900680	<b>5:42.54</b>	+0,83	1:19.82	1:29.81	1:35.21	1:17.70
50m: 36.03	36.03	150m: 2:04.52	44.70	250m: 3:36.59	46.96	350m: 5:04.28	39.44	
100m: 1:19.82	43.79	200m: 2:49.63	45.11	300m: 4:24.84	48.25	400m: 5:42.54	38.26	
2. Isabel van der Boor	MNC Dordrecht	5:38.60 199901330	<b>5:46.11</b>	+0,74	1:14.76	1:35.72	1:36.66	1:18.97
50m: 33.12	33.12	150m: 2:03.35	48.59	250m: 3:37.78	47.30	350m: 5:07.45	40.31	
100m: 1:14.76	41.64	200m: 2:50.48	47.13	300m: 4:27.14	49.36	400m: 5:46.11	38.66	

Senioren

1. Angelique van Vark	Z&PC De Gouwe	5:19.20 199701478	<b>5:22.75</b>	+0,78	1:16.13	1:25.56	1:31.18	1:09.88
50m: 34.74	34.74	150m: 1:59.40	43.27	250m: 3:26.98	45.29	350m: 4:48.52	35.65	
100m: 1:16.13	41.39	200m: 2:41.69	42.29	300m: 4:12.87	45.89	400m: 5:22.75	34.23	
2. Anouque Berghuis	De Columbiaan	5:12.43 199606132	<b>5:28.25</b>		1:13.48	1:20.92	1:38.30	1:15.55
50m: 33.41	33.41	150m: 1:54.11	40.63	250m: 3:22.72	48.32	350m: 4:50.22	37.52	
100m: 1:13.48	40.07	200m: 2:34.40	40.29	300m: 4:12.70	49.98	400m: 5:28.25	38.03	
3. Moniek Heemskerck	Lz 1886	5:19.75 199601964	<b>5:35.93</b>	+0,77	1:16.92	1:29.84	1:33.16	1:16.01
50m: 35.51	35.51	150m: 2:03.14	46.22	250m: 3:32.96	46.20	350m: 4:59.20	39.28	
100m: 1:16.92	41.41	200m: 2:46.76	43.62	300m: 4:19.92	46.96	400m: 5:35.93	36.73	
4. Eef Hollander	The Hague Swimming	(5:30.59 199602074	<b>5:37.23</b>	+0,71	1:14.18	1:26.32	1:39.74	1:16.99
50m: 33.84	33.84	150m: 1:57.59	43.41	250m: 3:29.60	49.10	350m: 4:59.38	39.14	
100m: 1:14.18	40.34	200m: 2:40.50	42.91	300m: 4:20.24	50.64	400m: 5:37.23	37.85	
5. Wendy de Bruin	Zob'66	5:30.10 199206320	<b>5:46.55</b>		1:19.09	1:29.50	1:39.22	1:18.74
50m: 35.26	35.26	150m: 2:03.79	44.70	250m: 3:37.77	49.18	350m: 5:07.18	39.37	
100m: 1:19.09	43.83	200m: 2:48.59	44.80	300m: 4:27.81	50.04	400m: 5:46.55	39.37	
6. Maaïke van Diggele	Zpb H&L	5:52.05 198700868	<b>6:00.38</b>		1:17.92	1:35.74	1:44.16	1:22.56
50m: 34.74	34.74	150m: 2:06.59	48.67	250m: 3:44.88	51.22	350m: 5:19.36	41.54	
100m: 1:17.92	43.18	200m: 2:53.66	47.07	300m: 4:37.82	52.94	400m: 6:00.38	41.02	
7. Eva Cornelisse	Zpb H&L	5:50.77 199701336	<b>6:02.64</b>	+0,84	1:24.36	1:35.55	1:44.12	1:18.61
50m: 39.23	39.23	150m: 2:12.39	48.03	250m: 3:51.58	51.67	350m: 5:24.59	40.56	
100m: 1:24.36	45.13	200m: 2:59.91	47.52	300m: 4:44.03	52.45	400m: 6:02.64	38.05	