

Provinciale kampioenschappen lange baan
Den Haag, 14- - 15-5-2022

Programmanr. 7
14-5-2022 - 14:25

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Juniores 1 en 2						
1.	Grace Peters	Blue Marlins (SG)	5:54.46	200901474	5:39.61 +0,72	
	50m: 35.32	35.32 150m: 2:02.38	45.02	250m: 3:33.37	47.69 350m: 5:01.79	39.59
	100m: 1:17.36	42.04 200m: 2:45.68	43.30	300m: 4:22.20	48.83 400m: 5:39.61	37.82
2.	Mijke Ouderkerken	Blue Marlins (SG)	NT	200901254	5:48.35 +0,91	
	50m: 37.07	37.07 150m: 2:06.85	45.71	250m: 3:39.86	49.56 350m: 5:10.61	40.25
	100m: 1:21.14	44.07 200m: 2:50.30	43.45	300m: 4:30.36	50.50 400m: 5:48.35	37.74
3.	Pien Hogervorst	Noordwijkerhout	NT	200901206	5:56.04 +0,68	
	50m: 40.63	40.63 150m: 2:17.75	49.61	250m: 3:51.81	48.25 350m: 5:19.57	40.31
	100m: 1:28.14	47.51 200m: 3:03.56	45.81	300m: 4:39.26	47.45 400m: 5:56.04	36.47
4.	Suuz Griekspoor	Noordwijkerhout	NT	200901204	5:56.09 +0,75	
	50m: 38.56	38.56 150m: 2:12.48	46.24	250m: 3:49.79	51.75 350m: 5:19.28	38.96
	100m: 1:26.24	47.68 200m: 2:58.04	45.56	300m: 4:40.32	50.53 400m: 5:56.09	36.81
5.	Gwen Hermans	De Columbiaan	NT	200900058	5:59.54 +0,70	
	50m: 39.22	39.22 150m: 2:10.92	45.32	250m: 3:46.43	52.99 350m: 5:21.28	42.17
	100m: 1:25.60	46.38 200m: 2:53.44	42.52	300m: 4:39.11	52.68 400m: 5:59.54	38.26
6.	Fleur Van den Eijk	Blue Marlins (SG)	5:50.78	200900304	6:00.19 +0,60	
	50m: 36.44	36.44 150m: 2:04.45	45.84	250m: 3:44.22	55.51 350m: 5:21.28	41.00
	100m: 1:18.61	42.17 200m: 2:48.71	44.26	300m: 4:40.28	56.06 400m: 6:00.19	38.91
7.	Julia Dabrowska	Blue Marlins (SG)	6:11.27	201000300	6:15.93 +0,72	
	50m: 40.16	40.16 150m: 2:20.54	47.62	250m: 3:59.39	52.26 350m: 5:35.39	42.11
	100m: 1:32.92	52.76 200m: 3:07.13	46.59	300m: 4:53.28	53.89 400m: 6:15.93	40.54
8.	Nina Tetteroo	De Columbiaan	NT	201000048	6:24.18 +0,76	
	50m: 42.25	42.25 150m: 2:21.26	47.85	250m: 4:03.80	55.61 350m: 5:42.94	43.18
	100m: 1:33.41	51.16 200m: 3:08.19	46.93	300m: 4:59.76	55.96 400m: 6:24.18	41.24
9.	Tess Meeuwissen	De Columbiaan	NT	201000370	6:33.26 +0,53	
	50m: 41.25	41.25 150m: 2:24.89	51.41	250m: 4:06.55	52.87 350m: 5:48.33	48.25
	100m: 1:33.48	52.23 200m: 3:13.68	48.79	300m: 5:00.08	53.53 400m: 6:33.26	44.93
10.	Hei Yiu Tang	SG SCOM/de Zeehond'73	6:32.92	200902148	6:46.85 +0,78	
	50m: 41.50	41.50 150m: 2:26.40	50.09	250m: 4:14.12	57.04 350m: 6:00.80	47.55
	100m: 1:36.31	54.81 200m: 3:17.08	50.68	300m: 5:13.25	59.13 400m: 6:46.85	46.05
DIS	Erin de Jong	Widex Gzc Donk	6:18.04	201000024	+0,89	
	<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>					

Juniores 3 en 4

1.	Meyke v. Nimwegen	z.c De Schotejil	5:20.02	200800106	5:21.82 +0,74	
	50m: 32.88	32.88 150m: 1:55.03	42.02	250m: 3:20.67	45.89 350m: 4:44.59	36.74
	100m: 1:13.01	40.13 200m: 2:34.78	39.75	300m: 4:07.85	47.18 400m: 5:21.82	37.23
2.	Flora Szili-Torok	Blue Marlins (SG)	5:24.92	200800114	5:23.66 +0,73	
	50m: 33.80	33.80 150m: 1:54.63	42.01	250m: 3:21.94	46.06 350m: 4:46.55	38.07
	100m: 1:12.62	38.82 200m: 2:35.88	41.25	300m: 4:08.48	46.54 400m: 5:23.66	37.11
3.	Robin Vermeulen	Blue Marlins (SG)	5:20.39	200700412	5:30.96 +0,77	
	50m: 34.52	34.52 150m: 2:03.51	45.64	250m: 3:31.04	46.07 350m: 4:55.34	37.60
	100m: 1:17.87	43.35 200m: 2:44.97	41.46	300m: 4:17.74	46.70 400m: 5:30.96	35.62
4.	Floor Hogervorst	Noordwijkerhout	5:31.43	200701400	5:36.78 +0,75	
	50m: 35.74	35.74 150m: 2:00.83	41.82	250m: 3:31.30	49.27 350m: 4:59.77	39.38
	100m: 1:19.01	43.27 200m: 2:42.03	41.20	300m: 4:20.39	49.09 400m: 5:36.78	37.01
5.	Mila Oomens	Niemo Barracuda	5:16.14	200700016	5:37.52 +0,71	
	50m: 33.50	33.50 150m: 2:01.40	45.10	250m: 3:30.32	45.86 350m: 4:57.80	40.36
	100m: 1:16.30	42.80 200m: 2:44.46	43.06	300m: 4:17.44	47.12 400m: 5:37.52	39.72
6.	Ananda van der Wiel	WVZ	5:25.20	200701562	5:42.84 +0,59	
	50m: 34.52	34.52 150m: 2:00.06	44.63	250m: 3:34.15	49.87 350m: 5:05.07	40.00
	100m: 1:15.43	40.91 200m: 2:44.28	44.22	300m: 4:25.07	50.92 400m: 5:42.84	37.77
7.	Jinth Engelse	Niemo Barracuda	5:29.29	200800204	5:43.93 +0,76	
	50m: 35.68	35.68 150m: 2:01.00	43.57	250m: 3:34.33	50.00 350m: 5:05.08	40.00
	100m: 1:17.43	41.75 200m: 2:44.33	43.33	300m: 4:25.08	50.75 400m: 5:43.93	38.85
8.	Liv Heijdra	Feijenoord Albion	5:49.79	200800736	5:55.63 +0,83	
	50m: 37.31	37.31 150m: 2:11.85	47.27	250m: 3:47.28	49.32 350m: 5:18.91	42.55
	100m: 1:24.58	47.27 200m: 2:57.96	46.11	300m: 4:36.36	49.08 400m: 5:55.63	36.72
9.	Tessa Hoogstraten	De Columbiaan	5:49.16	200800544	5:58.34 +0,68	
	50m: 35.99	35.99 150m: 2:04.45	45.03	250m: 3:42.85	54.47 350m: 5:19.85	41.34
	100m: 1:19.42	43.43 200m: 2:48.38	43.93	300m: 4:38.51	55.66 400m: 5:58.34	38.49
10.	Annedieke Scholte	Blue Marlins (SG)	5:51.23	200701110	6:06.24 +0,88	
	50m: 39.84	39.84 150m: 2:15.30	46.55	250m: 3:52.32	52.89 350m: 5:26.72	41.95
	100m: 1:28.75	48.91 200m: 2:59.43	44.13	300m: 4:44.77	52.45 400m: 6:06.24	39.52

Provinciale kampioenschappen lange baan
Den Haag, 14- 15-5-2022

Programmanr. 7, Meisjes, 400m wisselslag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT			
11.	Sophie Adriaanse	De Columbiaan	NT	200701066	6:07.18 +0,79			
	50m: 36.42	36.42	150m: 2:13.40	51.55	250m: 3:52.64	47.49	350m: 5:25.36	42.71
	100m: 1:21.85	45.43	200m: 3:05.15	51.75	300m: 4:42.65	50.01	400m: 6:07.18	41.82
12.	Nada Mghizrat	Widex Gzc Donk	6:08.97	200702178	6:09.79 +0,78			
	50m: 41.04	41.04	150m: 2:24.48	50.87	250m: 4:02.91	47.61	350m: 5:30.85	38.92
	100m: 1:33.61	52.57	200m: 3:15.30	50.82	300m: 4:51.93	49.02	400m: 6:09.79	38.94
13.	Amy Flobbe	ZPB H&L Productions	6:02.18	200801286	6:14.96 +0,75			
	50m: 43.31	43.31	150m: 2:20.40	47.82	250m: 3:59.42	54.39	350m: 5:35.89	41.26
	100m: 1:32.58	49.27	200m: 3:05.03	44.63	300m: 4:54.63	55.21	400m: 6:14.96	39.07
14.	Jaylin van der Linden	ZZ&PC De Devel	6:04.87	200701766	6:25.35 +0,70			
	50m: 40.97	40.97	150m: 2:23.61	52.46	250m: 4:10.41	55.82	350m: 5:46.75	41.31
	100m: 1:31.15	50.18	200m: 3:14.59	50.98	300m: 5:05.44	55.03	400m: 6:25.35	38.60
15.	Kyana van Dam	Niemo Barracuda	6:14.05	200703008	6:27.23 +0,79			
	50m: 41.65	41.65	150m: 2:23.40	50.01	250m: 4:06.23	53.81	350m: 5:44.45	43.22
	100m: 1:33.39	51.74	200m: 3:12.42	49.02	300m: 5:01.23	55.00	400m: 6:27.23	42.78
16.	Samantha van der Jagt	Poseidon'56	5:59.47	200700220	6:27.59 +0,78			
	50m: 42.73	42.73	150m: 2:25.94	50.50	250m: 4:07.73	52.88	350m: 5:45.09	43.80
	100m: 1:35.44	52.71	200m: 3:14.85	48.91	300m: 5:01.29	53.56	400m: 6:27.59	42.50
17.	Aukje Schonewille	SG SCOM/de Zeehond'73	6:21.20	200702340	6:39.34 +0,70			
	50m: 41.03	41.03	150m: 2:23.38	49.43	250m: 4:09.69	100.23	350m: 5:56.11	44.79
	100m: 1:33.95	52.92	200m: 3:09.46	46.08	300m: 5:11.32	101.63	400m: 6:39.34	43.23
18.	Hanna van Loenen	ZV Vlaardingen-Schiedam	6:21.01	200800836	6:40.40 +0,81			
	50m: 40.44	40.44	150m: 2:27.45	53.04	250m: 4:15.93	57.08	350m: 5:59.81	45.42
	100m: 1:34.41	53.97	200m: 3:18.85	51.40	300m: 5:14.39	58.46	400m: 6:40.40	40.59
19.	Evi Bol	Wiekslag	6:16.95	200700790	6:44.89 +0,80			
	50m: 40.03	40.03	150m: 2:27.69	53.97	250m: 4:15.99	57.55	350m: 6:01.40	47.26
	100m: 1:33.72	53.69	200m: 3:18.44	50.75	300m: 5:14.14	58.15	400m: 6:44.89	43.49
20.	Juliëtte Priester	WZK Zwemmen	6:29.72	200800872	6:50.06 +0,86			
	50m: 43.47	43.47	150m: 2:30.02	51.97	250m: 4:19.41	59.49	350m: 6:05.63	45.80
	100m: 1:38.05	54.58	200m: 3:19.92	49.90	300m: 5:19.83	100.42	400m: 6:50.06	44.43

Jeugd 1 en 2

1.	Megan Jonkman	Blue Marlins (SG)	4:59.74	200600508	5:01.28 +0,79			
	50m: 31.84	31.84	150m: 1:49.68	41.46	250m: 3:12.07	42.49	350m: 4:29.57	34.02
	100m: 1:08.22	36.38	200m: 2:29.58	39.90	300m: 3:55.55	43.48	400m: 5:01.28	31.71
2.	Merel Schravendijk	Blue Marlins (SG)	4:56.74	200503382	5:01.32 +0,69			
	50m: 31.97	31.97	150m: 1:49.50	39.74	250m: 3:10.70	42.86	350m: 4:28.94	35.09
	100m: 1:09.76	37.79	200m: 2:27.84	38.34	300m: 3:53.85	43.15	400m: 5:01.32	32.38
3.	Sophia van Droffelaar	ZV Vlaardingen-Schiedam	5:19.20	200500330	5:17.53 +0,68			
	50m: 32.48	32.48	150m: 1:53.98	43.44	250m: 3:20.45	44.04	350m: 4:42.53	37.05
	100m: 1:10.54	38.06	200m: 2:36.41	42.43	300m: 4:05.48	45.03	400m: 5:17.53	35.00
4.	Leyla Oversluizen	Feijenoord Albion	5:20.69	200602730	5:24.16 +0,75			
	50m: 32.58	32.58	150m: 1:55.65	43.55	250m: 3:22.66	44.65	350m: 4:48.50	40.27
	100m: 1:12.10	39.52	200m: 2:38.01	42.36	300m: 4:08.23	45.57	400m: 5:24.16	35.66
5.	Laura 't Lam	De Geul	5:36.78	200603376	5:50.57 +0,69			
	50m: 35.61	35.61	150m: 2:06.15	46.17	250m: 3:40.19	48.21	350m: 5:09.83	39.96
	100m: 1:19.98	44.37	200m: 2:51.98	45.83	300m: 4:29.87	49.68	400m: 5:50.57	40.74
6.	Donna van der Meer	BZ en PC	5:57.50	200601146	5:55.14 +0,67			
	50m: 37.19	37.19	150m: 2:10.53	46.33	250m: 3:44.54	50.15	350m: 5:17.28	41.25
	100m: 1:24.20	47.01	200m: 2:54.39	43.86	300m: 4:36.03	51.49	400m: 5:55.14	37.86
7.	Hilda Vrijbloed	ZV Vlaardingen-Schiedam	5:44.30	200605262	5:58.33 +0,79			
	50m: 36.37	36.37	150m: 2:06.75	43.60	250m: 3:43.60	55.12	350m: 5:20.19	41.23
	100m: 1:23.15	46.78	200m: 2:48.48	41.73	300m: 4:38.96	55.36	400m: 5:58.33	38.14
8.	Laura Hoogenboezem	ACZ	5:43.29	200500390	6:12.53 +0,79			
	50m: 38.40	38.40	150m: 2:14.47	47.39	250m: 3:50.42	50.00	350m: 5:28.01	45.24
	100m: 1:27.08	48.68	200m: 3:00.42	45.95	300m: 4:42.77	52.35	400m: 6:12.53	44.52
9.	Noor Frijlink	De Columbiaan	6:00.08	200500970	6:13.66 +0,71			
	50m: 40.57	40.57	150m: 2:19.37	48.90	250m: 3:58.63	50.25	350m: 5:33.93	44.24
	100m: 1:30.47	49.90	200m: 3:08.38	49.01	300m: 4:49.69	51.06	400m: 6:13.66	39.73
10.	Jasmine Matuskova	ZV Vlaardingen-Schiedam	5:56.17	200602328	6:18.89 +0,68			
	50m: 36.18	36.18	150m: 2:12.49	50.61	250m: 3:57.34	56.84	350m: 5:39.08	43.74
	100m: 1:21.88	45.70	200m: 3:00.50	48.01	300m: 4:55.34	58.00	400m: 6:18.89	39.81
NG.ZA	Aisha Nobels	z.c De Schotejil	5:26.38	200501710				

Provinciale kampioenschappen lange baan
Den Haag, 14- - 15-5-2022

Programmanr. 7, Dames, 400m wisselslag

Senioren

1.	Lotte Hosper	Blue Marlins (SG)	4:41.89	200201414		4:50.30	+0,76
	50m: 29.73	29.73 150m: 1:41.47	37.55	250m: 3:00.30	42.44	350m: 4:17.56	33.98
	100m: 1:03.92	34.19 200m: 2:17.86	36.39	300m: 3:43.58	43.28	400m: 4:50.30	32.74
2.	Angelique van Vark	Widex Gzc Donk	5:04.93	199701478		5:15.81	+0,72
	50m: 33.50	33.50 150m: 1:55.40	42.30	250m: 3:21.23	45.23	350m: 4:42.75	35.53
	100m: 1:13.10	39.60 200m: 2:36.00	40.60	300m: 4:07.22	45.99	400m: 5:15.81	33.06
3.	Lynn Blommers	Blue Marlins (SG)	5:05.75	200105062		5:16.09	+0,67
	50m: 32.71	32.71 150m: 1:55.47	43.06	250m: 3:20.95	42.82	350m: 4:41.49	36.63
	100m: 1:12.41	39.70 200m: 2:38.13	42.66	300m: 4:04.86	43.91	400m: 5:16.09	34.60
4.	Julia Notenboom	De Columbiaan	5:47.63	200302596		5:37.19	+0,82
	50m: 33.20	33.20 150m: 1:55.56	43.09	250m: 3:26.84	50.12	350m: 4:57.97	40.23
	100m: 1:12.47	39.27 200m: 2:36.72	41.16	300m: 4:17.74	50.90	400m: 5:37.19	39.22
5.	Lotte Middelbos	z.c De Schotejil	5:22.43	199900680		5:37.98	+0,80
	50m: 34.17	34.17 150m: 2:01.05	45.68	250m: 3:32.39	46.57	350m: 5:00.28	39.50
	100m: 1:15.37	41.20 200m: 2:45.82	44.77	300m: 4:20.78	48.39	400m: 5:37.98	37.70
6.	Anouk Vis	De Columbiaan	5:32.34	200203322		5:38.58	+0,80
	50m: 34.52	34.52 150m: 1:58.51	43.57	250m: 3:30.94	50.53	350m: 5:00.73	38.26
	100m: 1:14.94	40.42 200m: 2:40.41	41.90	300m: 4:22.47	51.53	400m: 5:38.58	37.85
7.	Kim de Jong	De Columbiaan	5:20.71	200301026		5:46.51	+0,92
	50m: 35.06	35.06 150m: 2:05.66	48.16	250m: 3:37.59	46.95	350m: 5:06.93	41.81
	100m: 1:17.50	42.44 200m: 2:50.64	44.98	300m: 4:25.12	47.53	400m: 5:46.51	39.58
8.	Roos van Esch	ACZ	5:40.95	198200468		5:48.40	+0,85
	50m: 36.65	36.65 150m: 2:04.83	45.94	250m: 3:39.42	49.43	350m: 5:09.31	40.37
	100m: 1:18.89	42.24 200m: 2:49.99	45.16	300m: 4:28.94	49.52	400m: 5:48.40	39.09
9.	Phaedra Meijer	MNC Dordrecht	5:47.24	200405834		5:50.06	+0,79
	50m: 34.40	34.40 150m: 2:05.96	48.57	250m: 3:40.25	47.98	350m: 5:10.55	42.11
	100m: 1:17.39	42.99 200m: 2:52.27	46.31	300m: 4:28.44	48.19	400m: 5:50.06	39.51
10.	Melanie Marinus-Cruz	WVZ	5:50.97	200404702		6:07.87	+0,77
	50m: 36.68	36.68 150m: 2:14.86	52.17	250m: 3:52.62	50.64	350m: 5:27.03	42.69
	100m: 1:22.69	46.01 200m: 3:01.98	47.12	300m: 4:44.34	51.72	400m: 6:07.87	40.84
11.	Dagmar Ros	WZK Zwemmen	6:06.01	200403050		6:24.59	+0,80
	50m: 40.75	40.75 150m: 2:17.78	47.59	250m: 4:02.92	58.68	350m: 5:45.69	44.95
	100m: 1:30.19	49.44 200m: 3:04.24	46.46	300m: 5:00.74	57.82	400m: 6:24.59	38.90
12.	Isabelle Janssen	De Geul	6:16.08	200006318		6:46.32	+0,78
	50m: 45.42	45.42 150m: 2:29.58	52.57	250m: 4:20.79	58.25	350m: 6:03.80	43.30
	100m: 1:37.01	51.59 200m: 3:22.54	52.96	300m: 5:20.50	59.71	400m: 6:46.32	42.52
DIS	Anna Hoogenboezem	ACZ	5:44.76	200200658			+0,80
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>						
NG	Suzan Blankestijn	ZVL-1886 Center	5:48.28	198900350			