

Provinciale kampioenschappen sessie 5-8
Dordrecht, 21 - 22-5-2022

Programmanr. 28
21-5-2022 - 13:30

Dames, 800m vrije slag

Jeugd 1 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Jeugd 1 en 2						
1.	Megan Jonkman	Blue Marlins (SG)	9:04.20	200600508	9:12.86 +0,81	
	100m: 1:03.95	1:03.95 300m: 3:24.68	1:10.58	500m: 5:45.39	1:10.59 700m: 8:05.52	1:09.56
	200m: 2:14.10	1:10.15 400m: 4:34.80	1:10.12	600m: 6:55.96	1:10.57 800m: 9:12.86	1:07.34
2.	Aisha Nobels	z.c De Schotejil	10:01.70	200501710	10:21.69 +0,75	
	100m: 1:09.53	1:09.53 300m: 3:46.52	1:19.28	500m: 6:26.20	1:20.95 700m: 9:06.95	1:19.46
	200m: 2:27.24	1:17.71 400m: 5:05.25	1:18.73	600m: 7:47.49	1:21.29 800m: 10:21.69	1:14.74
3.	Hilda Vrijbloed	ZV Vlaardingen-Schiedam	10:12.32	200605262	10:28.62 +0,83	
	100m: 1:12.63	1:12.63 300m: 3:51.87	1:20.21	500m: 6:33.46	1:20.84 700m: 9:12.02	1:19.23
	200m: 2:31.66	1:19.03 400m: 5:12.62	1:20.75	600m: 7:52.79	1:19.33 800m: 10:28.62	1:16.60
4.	Sabine Looden	De Columbiaan	11:00.90	200601390	11:38.63 +0,82	
	100m: 1:19.98	1:19.98 300m: 4:16.77	1:28.68	500m: 7:15.43	1:29.65 700m: 10:14.76	1:29.30
	200m: 2:48.09	1:28.11 400m: 5:45.78	1:29.01	600m: 8:45.46	1:30.03 800m: 11:38.63	1:23.87
5.	Ilana Sanstra	De Columbiaan	11:30.89	200602398	11:46.37 +0,90	
	100m: 1:20.94	1:20.94 300m: 4:17.66	1:28.36	500m: 7:17.45	1:30.26 700m: 10:18.26	1:30.26
	200m: 2:49.30	1:28.36 400m: 5:47.19	1:29.53	600m: 8:48.00	1:30.55 800m: 11:46.37	1:28.11
NG.ZA	Alina Verga	Blue Marlins (SG)	10:37.82	200603112		
Senioren						
1.	Myra Smulders	Blue Marlins (SG)	9:55.33	199904308	9:55.62 +0,67	
	100m: 1:09.19	1:09.19 300m: 3:39.91	1:15.64	500m: 6:11.03	1:15.62 700m: 8:41.82	1:15.36
	200m: 2:24.27	1:15.08 400m: 4:55.41	1:15.50	600m: 7:26.46	1:15.43 800m: 9:55.62	1:13.80
2.	Kim de Jong	De Columbiaan	9:51.01	200301026	10:30.22 +0,88	
	100m: 1:13.39	1:13.39 300m: 3:52.98	1:20.30	500m: 6:34.29	1:20.87 700m: 9:14.14	1:19.57
	200m: 2:32.68	1:19.29 400m: 5:13.42	1:20.44	600m: 7:54.57	1:20.28 800m: 10:30.22	1:16.08
3.	Jet van Oudheusden	ZOB'66	10:34.14	200401012	11:09.47 +0,80	
	100m: 1:14.10	1:14.10 300m: 4:03.03	1:25.97	500m: 6:54.08	1:25.05 700m: 9:46.52	1:26.05
	200m: 2:37.06	1:22.96 400m: 5:29.03	1:26.00	600m: 8:20.47	1:26.39 800m: 11:09.47	1:22.95
4.	Lonneke Graansma	ZVL-1886 Center	11:20.37	199900936	11:11.89 +0,75	
	100m: 1:16.55	1:16.55 300m: 4:06.05	1:25.99	500m: 6:57.86	1:25.91 700m: 9:49.11	1:25.22
	200m: 2:40.06	1:23.51 400m: 5:31.95	1:25.90	600m: 8:23.89	1:26.03 800m: 11:11.89	1:22.78
5.	Isabelle Janssen <i>*BU 800m</i>	De Geul	10:54.60	200006318	12:11.65 +0,85	
	100m: 1:24.46	1:24.46 300m: 4:28.67	1:32.96	500m: 7:35.53	1:33.56 700m: 10:41.77	1:33.32
	200m: 2:55.71	1:31.25 400m: 6:01.97	1:33.30	600m: 9:08.45	1:32.92 800m: 12:11.65	1:29.88
6.	Esmeralda Elbers	Blue Marlins (SG)	12:56.45	200404888	13:09.28 +0,94	
	100m: 1:29.70	1:29.70 300m: 4:47.78	1:40.82	500m: 8:09.07	1:41.19 700m: 11:33.30	1:41.77
	200m: 3:06.96	1:37.26 400m: 6:27.88	1:40.10	600m: 9:51.53	1:42.46 800m: 13:09.28	1:35.98