

Provinciale kampioenschappen lange baan
Den Haag, 13- - 14-5-2023

Programmanr. 19 Dames, 400m wisselslag Senioren Open
14-5-2023 - 14:30 Resultaten

rang	naam	vereniging			intijd			tijd			RT
Junioren 1 en 2											
1.	Malin Roozeboom	WVZ			5:31.13		201100006		5:29.71		+0,68
	50m: 34.70	34.70	150m: 1:58.48	42.13	250m: 3:26.57	47.02	350m: 4:52.67	38.66			
	100m: 1:16.35	41.65	200m: 2:39.55	41.07	300m: 4:14.01	47.44	400m: 5:29.71	37.04			
2.	Erin de Jong	GZC DONK			5:28.55		201000024		5:39.61		+0,90
	50m: 35.00	35.00	150m: 1:59.21	43.09	250m: 3:33.61	51.36	350m: 5:02.14	37.61			
	100m: 1:16.12	41.12	200m: 2:42.25	43.04	300m: 4:24.53	50.92	400m: 5:39.61	37.47			
3.	Mariia Kostina	Blue Marlins			5:47.74		201002042		5:47.03		+0,90
	50m: 33.51	33.51	150m: 1:58.01	43.55	250m: 3:35.02	54.11	350m: 5:09.23	39.76			
	100m: 1:14.46	40.95	200m: 2:40.91	42.90	300m: 4:29.47	54.45	400m: 5:47.03	37.80			
4.	Nina van der Schrier	AZC			5:47.04		201000444		5:47.16		+0,79
	50m: 34.97	34.97	150m: 2:03.79	43.11	250m: 3:39.65	53.21	350m: 5:11.90	38.32			
	100m: 1:20.68	45.71	200m: 2:46.44	42.65	300m: 4:33.58	53.93	400m: 5:47.16	35.26			
5.	Odenza Soselisa	Blue Marlins			5:57.98		201101780		5:54.59		+0,72
	50m: 36.66	36.66	150m: 2:04.75	44.99	250m: 3:40.38	51.48	350m: 5:14.76	42.77			
	100m: 1:19.76	43.10	200m: 2:48.90	44.15	300m: 4:31.99	51.61	400m: 5:54.59	39.83			
6.	Nina Tetteroo	De Columbiaan			5:50.79		201000048		5:55.15		+0,64
	50m: 37.38	37.38	150m: 2:10.19	46.67	250m: 3:45.63	50.48	350m: 5:16.79	40.04			
	100m: 1:23.52	46.14	200m: 2:55.15	44.96	300m: 4:36.75	51.12	400m: 5:55.15	38.36			
7.	Julia Dabrowska	Blue Marlins			5:51.13		201000300		6:00.30		+0,87
	50m: 36.25	36.25	150m: 2:08.74	45.57	250m: 3:46.57	52.86	350m: 5:20.87	41.02			
	100m: 1:23.17	46.92	200m: 2:53.71	44.97	300m: 4:39.85	53.28	400m: 6:00.30	39.43			
8.	Milou Filemon	ZZ&PC De Devel			5:58.40		201100078		6:07.31		+0,69
	50m: 39.61	39.61	150m: 2:12.75	46.39	250m: 3:50.66	53.10	350m: 5:27.46	42.62			
	100m: 1:26.36	46.75	200m: 2:57.56	44.81	300m: 4:44.84	54.18	400m: 6:07.31	39.85			
9.	Tess Meeuwissen	De Columbiaan			6:32.87		201000370		6:12.68		+0,56
	50m: 38.25	38.25	150m: 2:15.87	48.29	250m: 3:53.37	50.19	350m: 5:30.38	44.44			
	100m: 1:27.58	49.33	200m: 3:03.18	47.31	300m: 4:45.94	52.57	400m: 6:12.68	42.30			
10.	Tessa de Jong	GZC DONK			6:07.38		201000026		6:15.34		+0,70
	50m: 38.67	38.67	150m: 2:20.82	49.80	250m: 3:58.71	49.12	350m: 5:35.51	43.85			
	100m: 1:31.02	52.35	200m: 3:09.59	48.77	300m: 4:51.66	52.95	400m: 6:15.34	39.83			
11.	Ilse Stout	ACZ			6:01.26		201001704		6:15.64		+0,71
	50m: 39.38	39.38	150m: 2:13.90	48.13	250m: 3:57.04	56.66	350m: 5:35.64	42.49			
	100m: 1:25.77	46.39	200m: 3:00.38	46.48	300m: 4:53.15	56.11	400m: 6:15.64	40.00			
12.	Tess Liebrechts	GZC DONK			6:16.45		201000212		6:26.01		+0,81
	50m: 44.14	44.14	150m: 2:25.39	47.73	250m: 4:05.96	53.11	350m: 5:42.80	43.69			
	100m: 1:37.66	53.52	200m: 3:12.85	47.46	300m: 4:59.11	53.15	400m: 6:26.01	43.21			
13.	Demi Bos	Niemo Barracuda			6:26.85		201001282		6:29.25		+0,86
	50m: 41.73	41.73	150m: 2:26.51	52.45	250m: 4:08.69	52.12	350m: 5:48.54	45.61			
	100m: 1:34.06	52.33	200m: 3:16.57	50.06	300m: 5:02.93	54.24	400m: 6:29.25	40.71			
14.	Sophie Hoogervorst	AZC			6:35.90		201100252		6:41.51		+0,53
	50m: 49.99	49.99	150m: 2:36.54	49.28	250m: 4:21.47	56.40	350m: 5:58.25	43.68			
	100m: 1:47.26	57.27	200m: 3:25.07	48.53	300m: 5:14.57	53.10	400m: 6:41.51	43.26			
15.	Evy v. Nimwegen	z.c De Schotejil			6:29.86		201100168		6:43.22		
	50m: 40.56	40.56	150m: 2:24.98	53.42	250m: 4:14.31	57.35	350m: 5:57.92	45.28			
	100m: 1:31.56	51.00	200m: 3:16.96	51.98	300m: 5:12.64	58.33	400m: 6:43.22	45.30			
16.	Floortje Bakker	Blue Marlins			7:22.30		201101124		7:37.71		+0,90
	50m: 52.24	52.24	150m: 2:51.56	56.77	250m: 4:52.06	1:04.93	350m: 6:48.56	51.42			
	100m: 1:54.79	1:02.55	200m: 3:47.13	55.57	300m: 5:57.14	1:05.08	400m: 7:37.71	49.15			
DIS	Manou Longayroux	ZZ&PC De Devel			5:57.26		201000580				
	AF - De aangegeven afstand niet uitgezwommen.										
NG	Minke Oliva Bouman	Blue Marlins			NT		201100104				
Junioren 3 en 4											
1.	Meyke v. Nimwegen	z.c De Schotejil			5:15.61		200800106		5:18.28		+0,69
	50m: 33.78	33.78	150m: 1:52.57	39.45	250m: 3:16.71	44.85	350m: 4:41.53	38.40			
	100m: 1:13.12	39.34	200m: 2:31.86	39.29	300m: 4:03.13	46.42	400m: 5:18.28	36.75			
2.	Jade van der Schrier	AZC			NT		200800692		5:21.10		+0,79
	50m: 33.70	33.70	150m: 1:55.09	40.10	250m: 3:22.70	48.50	350m: 4:47.22	36.16			
	100m: 1:14.99	41.29	200m: 2:34.20	39.11	300m: 4:11.06	48.36	400m: 5:21.10	33.88			
3.	Jinth Engelse	Niemo Barracuda			5:15.06		200800204		5:25.44		+0,88
	50m: 34.19	34.19	150m: 1:57.14	42.56	250m: 3:24.69	47.28	350m: 4:49.42	38.12			
	100m: 1:14.58	40.39	200m: 2:37.41	40.27	300m: 4:11.30	46.61	400m: 5:25.44	36.02			

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Programmanr. 19, Meisjes, 400m wisselslag, Junioren 3 en 4

rang	naam	vereniging		intijd		tijd		RT
4.	Tess Vonk	De Geul		5:25.65		200900024		5:36.90 +0,73
	50m: 33.63	33.63	150m: 2:00.67	46.71	250m: 3:32.19	46.48	350m: 4:59.12	39.54
	100m: 1:13.96	40.33	200m: 2:45.71	45.04	300m: 4:19.58	47.39	400m: 5:36.90	37.78
5.	Grace Peters	Blue Marlins		5:32.25		200901474		5:45.49 +0,89
	50m: 35.30	35.30	150m: 2:04.36	46.82	250m: 3:37.78	47.98	350m: 5:07.06	39.70
	100m: 1:17.54	42.24	200m: 2:49.80	45.44	300m: 4:27.36	49.58	400m: 5:45.49	38.43
6.	Suuz Griekspoor	Noordwijkerhout		5:46.87		200901204		5:51.37
	50m: 36.95	36.95	150m: 2:09.34	46.81	250m: 3:43.78	49.80	350m: 5:13.99	39.96
	100m: 1:22.53	45.58	200m: 2:53.98	44.64	300m: 4:34.03	50.25	400m: 5:51.37	37.38
7.	Gwen Hermans	De Columbiaan		5:48.29		200900058		6:00.91 +0,72
	50m: 36.77	36.77	150m: 2:07.93	46.71	250m: 3:45.94	53.78	350m: 5:23.29	42.07
	100m: 1:21.22	44.45	200m: 2:52.16	44.23	300m: 4:41.22	55.28	400m: 6:00.91	37.62
8.	Fleur van den Eijk	Blue Marlins		5:41.38		200900304		6:01.65 +0,55
	50m: 36.41	36.41	150m: 2:07.75	46.84	250m: 3:45.38	51.94	350m: 5:21.97	42.84
	100m: 1:20.91	44.50	200m: 2:53.44	45.69	300m: 4:39.13	53.75	400m: 6:01.65	39.68
9.	Sanne Mulder	Zoetermeer		5:57.40		200900280		6:01.87 +0,66
	50m: 38.12	38.12	150m: 2:15.16	49.08	250m: 3:50.44	49.10	350m: 5:22.96	42.35
	100m: 1:26.08	47.96	200m: 3:01.34	46.18	300m: 4:40.61	50.17	400m: 6:01.87	38.91
10.	Ilse Rozema	Blue Marlins		5:34.41		200803318		6:03.96 +0,70
	50m: 34.24	34.24	150m: 2:04.60	46.12	250m: 3:46.90	57.09	350m: 5:23.65	41.19
	100m: 1:18.48	44.24	200m: 2:49.81	45.21	300m: 4:42.46	55.56	400m: 6:03.96	40.31
11.	Hadewych Forschelen	MNC Dordrecht		6:02.20		200903572		6:06.00
	50m: 40.03	40.03	150m: 2:16.57	48.53	250m: 3:52.31	51.67	350m: 5:26.85	42.52
	100m: 1:28.04	48.01	200m: 3:00.64	44.07	300m: 4:44.33	52.02	400m: 6:06.00	39.15
12.	Luna Schipper	ZOB'66		6:06.77		200900364		6:12.35 +0,80
	50m: 38.09	38.09	150m: 2:14.92	49.22	250m: 3:56.02	54.11	350m: 5:33.91	43.81
	100m: 1:25.70	47.61	200m: 3:01.91	46.99	300m: 4:50.10	54.08	400m: 6:12.35	38.44
13.	Julia van Wingerden	ZZ&PC De Devel		5:46.19		200800436		6:18.16 +0,71
	50m: 37.89	37.89	150m: 2:15.93	52.55	250m: 3:55.22	54.05	350m: 5:38.65	47.05
	100m: 1:23.38	45.49	200m: 3:01.17	45.24	300m: 4:51.60	56.38	400m: 6:18.16	39.51
14.	Carice Forschelen	MNC Dordrecht		6:10.48		200804338		6:21.46 +0,73
	50m: 42.03	42.03	150m: 2:20.42	48.63	250m: 4:02.91	54.86	350m: 5:40.96	42.70
	100m: 1:31.79	49.76	200m: 3:08.05	47.63	300m: 4:58.26	55.35	400m: 6:21.46	40.50
15.	Juliëtte Priester	WZK		6:15.64		200800872		6:29.65
	50m: 40.61	40.61	150m: 2:19.35	50.43	250m: 4:03.36	55.70	350m: 5:46.10	46.33
	100m: 1:28.92	48.31	200m: 3:07.66	48.31	300m: 4:59.77	56.41	400m: 6:29.65	43.55
16.	Jennifer Blenk	ZV Vlaardingen-Schiedam		6:18.56		200903172		6:30.66 +0,64
	50m: 43.35	43.35	150m: 2:28.39	52.37	250m: 4:10.25	52.30	350m: 5:48.26	44.79
	100m: 1:36.02	52.67	200m: 3:17.95	49.56	300m: 5:03.47	53.22	400m: 6:30.66	42.40
17.	Hei Yiu Tang	SG SCOM/de Zeehond'73		6:32.92		200902148		6:52.12
	50m: 41.89	41.89	150m: 2:26.79	50.54	250m: 4:16.72	57.93	350m: 6:04.14	49.21
	100m: 1:36.25	54.36	200m: 3:18.79	52.00	300m: 5:14.93	58.21	400m: 6:52.12	47.98
18.	Aniek Wubben	De Vliet (SG)		6:30.27		200901496		6:53.27 +0,84
	50m: 44.12	44.12	150m: 2:30.16	48.53	250m: 4:15.97	59.28	350m: 6:05.39	49.39
	100m: 1:41.63	57.51	200m: 3:16.69	46.53	300m: 5:16.00	1:00.03	400m: 6:53.27	47.88
NG	Tessa Hoogstraten	De Columbiaan		5:35.13		200800544		
NG	Mijke Ouderkerken	Blue Marlins		5:23.74		200901254		

Jeugd 1 en 2

1.	Megan Jonkman	Blue Marlins		4:58.70		200600508		5:09.20 +0,75
	50m: 31.28	31.28	150m: 1:48.71	42.31	250m: 3:13.90	44.52	350m: 4:34.82	35.30
	100m: 1:06.40	35.12	200m: 2:29.38	40.67	300m: 3:59.52	45.62	400m: 5:09.20	34.38
2.	Annieke Rupke	WVZ		5:50.27		200700876		5:25.16 +0,83
	50m: 34.87	34.87	150m: 2:00.27	41.96	250m: 3:25.02	44.20	350m: 4:49.41	38.51
	100m: 1:18.31	43.44	200m: 2:40.82	40.55	300m: 4:10.90	45.88	400m: 5:25.16	35.75
3.	Floor Hogervorst	Noordwijkerhout		5:14.63		200701400		5:26.56 +0,66
	50m: 33.54	33.54	150m: 1:54.62	40.36	250m: 3:22.43	47.59	350m: 4:51.02	40.03
	100m: 1:14.26	40.72	200m: 2:34.84	40.22	300m: 4:10.99	48.56	400m: 5:26.56	35.54
4.	Anna Beck	Blue Marlins		5:16.92		200605282		5:28.38 +0,82
	50m: 33.64	33.64	150m: 1:56.05	41.55	250m: 3:25.46	47.79	350m: 4:52.08	38.29
	100m: 1:14.50	40.86	200m: 2:37.67	41.62	300m: 4:13.79	48.33	400m: 5:28.38	36.30
5.	Mila Oomens	Niemo Barracuda		5:16.14		200700016		5:36.40 +0,75
	50m: 33.40	33.40	150m: 2:01.33	45.50	250m: 3:31.35	46.63	350m: 4:57.89	39.77
	100m: 1:15.83	42.43	200m: 2:44.72	43.39	300m: 4:18.12	46.77	400m: 5:36.40	38.51
6.	Annedieke Scholte	Blue Marlins		5:55.06		200701110		5:47.37 +0,84
	50m: 35.03	35.03	150m: 2:03.46	46.08	250m: 3:38.55	50.43	350m: 5:09.07	40.09
	100m: 1:17.38	42.35	200m: 2:48.12	44.66	300m: 4:28.98	50.43	400m: 5:47.37	38.30

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Programmanr. 19, Meisjes, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
7.	Donna van der Meer	BZ en PC	5:38.59	200601146	5:49.83 +0,70
	50m: 35.70	35.70 150m: 2:06.34	45.70 250m: 3:40.87	49.87 350m: 5:12.12	40.27
	100m: 1:20.64	44.94 200m: 2:51.00	44.66 300m: 4:31.85	50.98 400m: 5:49.83	37.71
8.	Britte Lodder	ZZ&PC De Devel	5:29.54	200702290	5:51.02 +0,75
	50m: 35.76	35.76 150m: 2:07.39	47.92 250m: 3:45.31	50.25 350m: 5:13.97	38.13
	100m: 1:19.47	43.71 200m: 2:55.06	47.67 300m: 4:35.84	50.53 400m: 5:51.02	37.05
9.	Laura 't Lam	De Geul	5:36.78	200603376	6:02.73 +0,81
	50m: 35.85	35.85 150m: 2:06.98	47.79 250m: 3:44.39	50.96 350m: 5:19.25	42.81
	100m: 1:19.19	43.34 200m: 2:53.43	46.45 300m: 4:36.44	52.05 400m: 6:02.73	43.48
10.	Nada Mghizrat	GZC DONK	5:51.00	200702178	6:18.17 +0,80
	50m: 39.48	39.48 150m: 2:22.91	53.82 250m: 4:05.95	50.37 350m: 5:38.53	41.45
	100m: 1:29.09	49.61 200m: 3:15.58	52.67 300m: 4:57.08	51.13 400m: 6:18.17	39.64
11.	Jasmine Matuskova	ZV Vlaardingen-Schiedam	5:56.17	200602328	6:21.12 +0,74
	50m: 36.89	36.89 150m: 2:14.90	50.31 250m: 4:02.02	58.80 350m: 5:41.84	42.70
	100m: 1:24.59	47.70 200m: 3:03.22	48.32 300m: 4:59.14	57.12 400m: 6:21.12	39.28
12.	Samantha van der Jagt	Poseidon'56	6:04.40	200700220	6:33.99 +0,88
	50m: 41.06	41.06 150m: 2:24.23	50.80 250m: 4:08.65	54.95 350m: 5:48.99	45.06
	100m: 1:33.43	52.37 200m: 3:13.70	49.47 300m: 5:03.93	55.28 400m: 6:33.99	45.00
DIS	Jaylin van der Linden	ZZ&PC De Devel	6:04.87	200701766	
	AF - De aangegeven afstand niet uitgezwommen.				

Senioren 1 en ouder

1.	Angelique van Vark	GZC DONK	5:05.29	199701478	5:11.98 +0,73
	50m: 32.79	32.79 150m: 1:52.71	40.86 250m: 3:18.40	46.11 350m: 4:38.92	34.94
	100m: 1:11.85	39.06 200m: 2:32.29	39.58 300m: 4:03.98	45.58 400m: 5:11.98	33.06
2.	Lynn Blommers	Blue Marlins	5:12.55	200105062	5:15.49 +0,71
	50m: 33.34	33.34 150m: 1:56.63	42.75 250m: 3:22.58	43.63 350m: 4:41.27	34.74
	100m: 1:13.88	40.54 200m: 2:38.95	42.32 300m: 4:06.53	43.95 400m: 5:15.49	34.22
3.	Mara Bosman	Blue Marlins	5:22.95	200303048	5:18.04 +0,72
	50m: 35.36	35.36 150m: 1:57.25	40.36 250m: 3:22.29	44.95 350m: 4:43.23	35.75
	100m: 1:16.89	41.53 200m: 2:37.34	40.09 300m: 4:07.48	45.19 400m: 5:18.04	34.81
4.	Rinske Bouman	Blue Marlins	5:26.29	200400578	5:20.51 +0,84
	50m: 32.52	32.52 150m: 1:56.40	44.93 250m: 3:22.51	42.44 350m: 4:43.98	37.20
	100m: 1:11.47	38.95 200m: 2:40.07	43.67 300m: 4:06.78	44.27 400m: 5:20.51	36.53
5.	Karlijn Offeringa	ZV Vlaardingen-Schiedam	5:14.48	200503292	5:44.04 +0,83
	50m: 32.41	32.41 150m: 2:01.63	47.69 250m: 3:35.41	48.15 350m: 5:04.76	41.21
	100m: 1:13.94	41.53 200m: 2:47.26	45.63 300m: 4:23.55	48.14 400m: 5:44.04	39.28
6.	Melanie Marinus-Cruz	Blue Marlins	5:46.06	200404702	5:52.75 +0,79
	50m: 36.21	36.21 150m: 2:11.25	49.68 250m: 3:48.65	51.00 350m: 5:15.93	37.16
	100m: 1:21.57	45.36 200m: 2:57.65	46.40 300m: 4:38.77	50.12 400m: 5:52.75	36.82
7.	Samantha van Eijk	De Geul	5:49.42	198806826	6:06.87 +0,80
	50m: 38.83	38.83 150m: 2:11.00	46.65 250m: 3:49.43	52.01 350m: 5:25.54	42.16
	100m: 1:24.35	45.52 200m: 2:57.42	46.42 300m: 4:43.38	53.95 400m: 6:06.87	41.33
8.	Zoe Kenworthy	De Columbiaan	6:07.69	200500428	6:15.49 +0,70
	50m: 38.00	38.00 150m: 2:14.52	47.94 250m: 3:55.39	54.16 350m: 5:32.69	43.24
	100m: 1:26.58	48.58 200m: 3:01.23	46.71 300m: 4:49.45	54.06 400m: 6:15.49	42.80
9.	Ilona van der Knaap	ZV De Watervogels	6:21.22	199204954	6:23.63 +0,67
	50m: 37.22	37.22 150m: 2:15.55	52.32 250m: 4:02.52	54.55 350m: 5:40.84	43.20
	100m: 1:23.23	46.01 200m: 3:07.97	52.42 300m: 4:57.64	55.12 400m: 6:23.63	42.79
10.	Dagmar Ros	WZK	6:06.01	200403050	6:36.85 +0,85
	50m: 41.63	41.63 150m: 2:25.45	49.38 250m: 4:12.07	57.99 350m: 5:56.35	46.18
	100m: 1:36.07	54.44 200m: 3:14.08	48.63 300m: 5:10.17	58.10 400m: 6:36.85	40.50
11.	Isabelle Janssen	De Geul	6:41.77	200006318	6:42.79 +0,85
	50m: 44.05	44.05 150m: 2:29.22	52.27 250m: 4:18.86	57.16 350m: 6:00.89	43.13
	100m: 1:36.95	52.90 200m: 3:21.70	52.48 300m: 5:17.76	58.90 400m: 6:42.79	41.90
12.	Carmen Hofstede	ZV De Watervogels	NT	200205252	6:49.91 +0,75
	50m: 35.81	35.81 150m: 2:17.56	55.15 250m: 4:11.20	1:00.87 350m: 6:02.46	49.32
	100m: 1:22.41	46.60 200m: 3:10.33	52.77 300m: 5:13.14	1:01.94 400m: 6:49.91	47.45
NG	Linda van Klei	GZC DONK	5:52.56	198802088	