

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 1
20-5-2023 - 9:30

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging				intijd		tijd		RT
Junioren 1 en 2										
voorlopige resultaten										
	Malin Roozeboom	WVZ				4:44.61		201100006		4:51.85
	50m: 33.28	33.28	150m:	1:47.32	37.30	250m:	3:02.77	37.71	350m:	4:17.13
	100m: 1:10.02	36.74	200m:	2:25.06	37.74	300m:	3:40.31	37.54	400m:	4:51.85
	Nina van der Schrier	AZC				4:54.54		201000444		4:52.02
	50m: 32.12	32.12	150m:	1:45.03	37.26	250m:	3:00.92	38.13	350m:	4:16.68
	100m: 1:07.77	35.65	200m:	2:22.79	37.76	300m:	3:38.70	37.78	400m:	4:52.02
	Erin de Jong	GZC DONK				5:02.89		201000024		4:59.96
	50m: 33.40	33.40	150m:	1:49.54	38.75	250m:	3:07.55	39.03	350m:	4:22.99
	100m: 1:10.79	37.39	200m:	2:28.52	38.98	300m:	3:45.65	38.10	400m:	4:59.96
	Mariia Kostina	Blue Marlins				4:57.01		201002042		5:04.07
	50m: 33.32	33.32	150m:	1:48.27	37.86	250m:	3:06.12	39.23	350m:	4:25.36
	100m: 1:10.41	37.09	200m:	2:26.89	38.62	300m:	3:45.75	39.63	400m:	5:04.07
	Julia Dąbrowska	Blue Marlins				4:58.08		201000300		5:05.11
	50m: 33.70	33.70	150m:	1:49.61	38.44	250m:	3:08.03	39.32	350m:	4:26.57
	100m: 1:11.17	37.47	200m:	2:28.71	39.10	300m:	3:47.13	39.10	400m:	5:05.11
	Nina Tetteroo	De Columbiaan				5:01.18		201000048		5:07.08
	*BU 50m									
	50m: 34.80	34.80	150m:	1:51.97	39.26	250m:	3:10.73	39.71	350m:	4:29.38
	100m: 1:12.71	37.91	200m:	2:31.02	39.05	300m:	3:50.11	39.38	400m:	5:07.08
	Milou Filemon	ZZ&PC De Devel				5:09.78		201100078		5:14.44
	50m: 34.36	34.36	150m:	1:52.67	39.70	250m:	3:12.81	40.04	350m:	4:34.70
	100m: 1:12.97	38.61	200m:	2:32.77	40.10	300m:	3:54.18	41.37	400m:	5:14.44
	Odenza Soselisa	Blue Marlins				5:13.12		201101780		5:20.73
	*BU 50m									
	50m: 35.73	35.73	150m:	1:57.80	41.20	250m:	3:19.52	41.35	350m:	4:42.44
	100m: 1:16.60	40.87	200m:	2:38.17	40.37	300m:	4:01.06	41.54	400m:	5:20.73
	Rozalia Diederiks	ZVL-1886 Center				5:21.64		201100904		5:21.16
	50m: 36.93	36.93	150m:	1:58.49	41.04	250m:	3:21.07	41.53	350m:	4:42.99
	100m: 1:17.45	40.52	200m:	2:39.54	41.05	300m:	4:02.37	41.30	400m:	5:21.16
	Famke Franzen	z.c De Schotejil				5:11.56		201000058		5:25.02
	50m: 34.65	34.65	150m:	1:54.31	40.44	250m:	3:18.60	42.43	350m:	4:44.45
	100m: 1:13.87	39.22	200m:	2:36.17	41.86	300m:	4:01.61	43.01	400m:	5:25.02
	Tessa de Jong	GZC DONK				5:23.79		201000026		5:25.65
	50m: 36.74	36.74	150m:	1:58.86	41.47	250m:	3:22.73	42.23	350m:	4:44.54
	100m: 1:17.39	40.65	200m:	2:40.50	41.64	300m:	4:04.49	41.76	400m:	5:25.65
	Eva Ehlert	GZC DONK				5:18.08		201002026		5:27.59
	50m: 36.44	36.44	150m:	1:58.82	41.89	250m:	3:24.47	43.35	350m:	4:48.73
	100m: 1:16.93	40.49	200m:	2:41.12	42.30	300m:	4:06.88	42.41	400m:	5:27.59
	Ashley Mercera	SG SCOM/de Zeehond'73				5:23.58		201000178		5:31.34
	*BU eindtijd									
	50m: 36.32	36.32	150m:	1:58.77	41.94	250m:	3:24.31	43.09	350m:	4:49.96
	100m: 1:16.83	40.51	200m:	2:41.22	42.45	300m:	4:07.31	43.00	400m:	5:31.34
	Reina Böhm	De Columbiaan				5:13.40		201000042		5:32.46
	50m: 36.09	36.09	150m:	2:00.66	42.96	250m:	3:26.82	42.96	350m:	4:52.41
	100m: 1:17.70	41.61	200m:	2:43.86	43.20	300m:	4:08.94	42.12	400m:	5:32.46
	Manou Longayroux	ZZ&PC De Devel				5:13.80		201000580		5:33.91
	50m: 38.35	38.35	150m:	2:04.17	42.51	250m:	3:31.37	43.47	350m:	4:55.93
	100m: 1:21.66	43.31	200m:	2:47.90	43.73	300m:	4:14.90	43.53	400m:	5:33.91
	Ilse Stout	ACZ				5:19.64		201001704		5:33.98
	50m: 36.42	36.42	150m:	1:58.17	41.31	250m:	3:24.48	43.46	350m:	4:52.65
	100m: 1:16.86	40.44	200m:	2:41.02	42.85	300m:	4:08.71	44.23	400m:	5:33.98
	Evelien de Vree	Blue Marlins				5:32.34		201002158		5:35.40
	50m: 37.68	37.68	150m:	2:01.53	42.16	250m:	3:27.85	43.18	350m:	4:54.46
	100m: 1:19.37	41.69	200m:	2:44.67	43.14	300m:	4:11.49	43.64	400m:	5:35.40
	Eefje van Hinsbergen	Blue Marlins				5:38.87		201002252		5:37.46
	50m: 37.60	37.60	150m:	2:02.79	43.34	250m:	3:29.39	43.12	350m:	4:56.27
	100m: 1:19.45	41.85	200m:	2:46.27	43.48	300m:	4:13.25	43.86	400m:	5:37.46
	Elin Riedijk	Blue Marlins				5:32.13		201002056		5:39.21
	50m: 38.51	38.51	150m:	2:05.62	43.74	250m:	3:32.61	43.23	350m:	4:59.44
	100m: 1:21.88	43.37	200m:	2:49.38	43.76	300m:	4:16.69	44.08	400m:	5:39.21
	Tess Meeuwissen	De Columbiaan				5:32.11		201000370		5:41.27
	50m: 37.29	37.29	150m:	2:03.73	43.54	250m:	3:30.81	43.00	350m:	4:58.29
	100m: 1:20.19	42.90	200m:	2:47.81	44.08	300m:	4:15.07	44.26	400m:	5:41.27

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 1, Meisjes, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging		intijd		tijd		RT	
	Vere van Klooster	AZC		5:36.00		201002128		5:43.55	
	50m: 37.64	37.64	150m: 2:04.60	44.53	250m: 3:33.77	44.52	350m: 5:02.35	43.75	
	100m: 1:20.07	42.43	200m: 2:49.25	44.65	300m: 4:18.60	44.83	400m: 5:43.55	41.20	
	Esmee de Raadt	ZPB H&L Productions		5:41.34		201002328		5:45.49	
	50m: 38.10	38.10	150m: 2:06.46	44.35	250m: 3:35.89	44.59	350m: 5:04.39	44.32	+0,78
	100m: 1:22.11	44.01	200m: 2:51.30	44.84	300m: 4:20.07	44.18	400m: 5:45.49	41.10	
	Tess Liebrechts	GZC DONK		5:41.39		201000212		5:50.86	
	50m: 39.33	39.33	150m: 2:08.17	44.73	250m: 3:38.83	44.84	350m: 5:09.00	44.39	+0,80
	100m: 1:23.44	44.11	200m: 2:53.99	45.82	300m: 4:24.61	45.78	400m: 5:50.86	41.86	
	Britt van de Reep	De Columbiaan		5:41.45		201001084		5:51.33	
	50m: 38.12	38.12	150m: 2:06.52	44.71	250m: 3:36.96	45.30	350m: 5:07.30	45.17	+0,62
	100m: 1:21.81	43.69	200m: 2:51.66	45.14	300m: 4:22.13	45.17	400m: 5:51.33	44.03	

Junioren 3 en 4

voorlopige resultaten

Jade van der Schrier	AZC		4:31.81		200800692		4:37.87		+0,84
50m: 30.73	30.73	150m: 1:40.29	35.45	250m: 2:52.33	35.76	350m: 4:03.93	35.41		
100m: 1:04.84	34.11	200m: 2:16.57	36.28	300m: 3:28.52	36.19	400m: 4:37.87	33.94		
Meyke v. Nimwegen	z.c De Schoteijl		5:00.44		200800106		4:48.55		+0,82
*BU 50m									
50m: 33.13	33.13	150m: 1:45.20	36.36	250m: 2:58.83	36.74	350m: 4:12.44	36.74		
100m: 1:08.84	35.71	200m: 2:22.09	36.89	300m: 3:35.70	36.87	400m: 4:48.55	36.11		
Ilse Rozema	Blue Marlins		4:41.21		200803318		4:49.45		+0,60
50m: 32.20	32.20	150m: 1:46.91	38.47	250m: 3:01.33	36.85	350m: 4:14.95	36.44		
100m: 1:08.44	36.24	200m: 2:24.48	37.57	300m: 3:38.51	37.18	400m: 4:49.45	34.50		
Ece Öngören	Blue Marlins		4:45.48		200903862		4:53.96		+0,79
*BU eindtijd									
50m: 32.54	32.54	150m: 1:46.77	37.37	250m: 3:01.33	37.31	350m: 4:16.35	37.73		
100m: 1:09.40	36.86	200m: 2:24.02	37.25	300m: 3:38.62	37.29	400m: 4:53.96	37.61		
Grace Peters	Blue Marlins		5:01.15		200901474		5:04.14		+0,92
50m: 33.99	33.99	150m: 1:50.69	39.22	250m: 3:08.87	39.09	350m: 4:26.29	39.42		
100m: 1:11.47	37.48	200m: 2:29.78	39.09	300m: 3:46.87	38.00	400m: 5:04.14	37.85		
Suuz Griekspoor	Noordwijkerhout		4:54.94		200901204		5:05.69		+0,85
50m: 33.73	33.73	150m: 1:49.82	38.59	250m: 3:08.38	39.71	350m: 4:27.72	39.69		
100m: 1:11.23	37.50	200m: 2:28.67	38.85	300m: 3:48.03	39.65	400m: 5:05.69	37.97		
Sophie van Leent	Blue Marlins		5:10.62		200800522		5:09.08		+0,73
50m: 32.25	32.25	150m: 1:48.94	39.14	250m: 3:10.64	40.85	350m: 4:30.76	39.45		
100m: 1:09.80	37.55	200m: 2:29.79	40.85	300m: 3:51.31	40.67	400m: 5:09.08	38.32		
Liv Heijdra	WVZ		5:02.56		200800736		5:09.99		+0,75
50m: 33.28	33.28	150m: 1:49.46	39.22	250m: 3:08.90	39.92	350m: 4:30.84	41.09		
100m: 1:10.24	36.96	200m: 2:28.98	39.52	300m: 3:49.75	40.85	400m: 5:09.99	39.15		
Nadine Kuiper	WVZ		5:13.84		200802372		5:15.14		+0,92
50m: 34.42	34.42	150m: 1:53.96	40.44	250m: 3:15.31	40.57	350m: 4:36.93	40.75		
100m: 1:13.52	39.10	200m: 2:34.74	40.78	300m: 3:56.18	40.87	400m: 5:15.14	38.21		
Jorja Verschoor	AZC		5:12.88		200902640		5:17.99		+0,79
50m: 35.38	35.38	150m: 1:54.90	40.23	250m: 3:16.75	41.33	350m: 4:38.45	40.97		
100m: 1:14.67	39.29	200m: 2:35.42	40.52	300m: 3:57.48	40.73	400m: 5:17.99	39.54		
Zoë Rijkart	AZC		5:26.33		200903008		5:20.13		+0,79
50m: 34.88	34.88	150m: 1:55.51	41.27	250m: 3:19.09	42.40	350m: 4:41.81	39.97		
100m: 1:14.24	39.36	200m: 2:36.69	41.18	300m: 4:01.84	42.75	400m: 5:20.13	38.32		
Hadewych Forschelen	MNC Dordrecht		5:23.12		200903572		5:22.17		+0,68
50m: 37.65	37.65	150m: 2:00.40	41.64	250m: 3:22.87	41.25	350m: 4:44.31	40.32		
100m: 1:18.76	41.11	200m: 2:41.62	41.22	300m: 4:03.99	41.12	400m: 5:22.17	37.86		
Sanne Mulder	Zoetermeer		5:22.34		200900280		5:22.83		+0,55
50m: 35.31	35.31	150m: 1:57.41	40.77	250m: 3:21.43	41.81	350m: 4:44.03	40.99		
100m: 1:16.64	41.33	200m: 2:39.62	42.21	300m: 4:03.04	41.61	400m: 5:22.83	38.80		
Julia van Wingerden	ZZ&PC De Devel		5:10.55		200800436		5:26.20		
50m: 37.46	37.46	150m: 2:02.24	42.47	250m: 3:25.87	41.32	350m: 4:47.18	40.25		
100m: 1:19.77	42.31	200m: 2:44.55	42.31	300m: 4:06.93	41.06	400m: 5:26.20	39.02		
Gwen Hermans	De Columbiaan		5:19.71		200900058		5:27.00		+0,71
50m: 36.33	36.33	150m: 1:58.78	42.24	250m: 3:24.73	43.09	350m: 4:48.69	41.40		
100m: 1:16.54	40.21	200m: 2:41.64	42.86	300m: 4:07.29	42.56	400m: 5:27.00	38.31		
Jasmijn Schoonen	Wiekslag		5:15.86		200901196		5:34.12		+0,72
50m: 35.82	35.82	150m: 1:58.37	41.88	250m: 3:24.50	43.05	350m: 4:52.41	44.01		
100m: 1:16.49	40.67	200m: 2:41.45	43.08	300m: 4:08.40	43.90	400m: 5:34.12	41.71		

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 1, Meisjes, 400m vrije slag, Junioren 3 en 4

rang	naam		vereniging		intijd		tijd		RT			
	Julie Vacque *BU 50m		DSZ		5:39.31 200804552		5:35.16		+0,77			
	50m:	35.90	35.90	150m:	2:01.40	43.47	250m:	3:29.44	43.46	350m:	4:57.03	43.68
	100m:	1:17.93	42.03	200m:	2:45.98	44.58	300m:	4:13.35	43.91	400m:	5:35.16	38.13
	Carice Forschelen *BU 50m		MNC Dordrecht		5:31.39 200804338		5:38.77		+0,77			
	50m:	37.96	37.96	150m:	2:02.90	42.85	250m:	3:30.67	43.49	350m:	4:57.98	43.48
	100m:	1:20.05	42.09	200m:	2:47.18	44.28	300m:	4:14.50	43.83	400m:	5:38.77	40.79
	Juliëtte Priester		WZK		5:28.68 200800872		5:41.01		+0,85			
	50m:	38.28	38.28	150m:	2:06.18	44.57	250m:	3:33.34	43.69	350m:	5:01.51	43.79
	100m:	1:21.61	43.33	200m:	2:49.65	43.47	300m:	4:17.72	44.38	400m:	5:41.01	39.50

Jeugd 1 en 2

1.	Anna Beck	Blue Marlins		4:42.07		200605282		4:47.14		+0,83
	50m: 32.76	32.76	150m: 1:44.83	36.59	250m: 2:57.75	36.65	350m: 4:11.42	36.87		
	100m: 1:08.24	35.48	200m: 2:21.10	36.27	300m: 3:34.55	36.80	400m: 4:47.14	35.72		
2.	Floor Hogervorst	Noordwijkerhout		4:44.67		200701400		4:54.91		+0,64
	50m: 32.97	32.97	150m: 1:45.68	36.90	250m: 3:01.39	38.05	350m: 4:18.29	38.27		
	100m: 1:08.78	35.81	200m: 2:23.34	37.66	300m: 3:40.02	38.63	400m: 4:54.91	36.62		
3.	Annedieke Scholte	Blue Marlins		4:50.29		200701110		5:01.53		+0,79
	50m: 33.42	33.42	150m: 1:49.95	39.02	250m: 3:08.25	39.04	350m: 4:25.02	38.21		
	100m: 1:10.93	37.51	200m: 2:29.21	39.26	300m: 3:46.81	38.56	400m: 5:01.53	36.51		
4.	Donna van der Meer	BZ en PC		4:56.96		200601146		5:06.66		+0,71
	50m: 34.28	34.28	150m: 1:52.54	39.64	250m: 3:10.58	39.19	350m: 4:29.44	39.53		
	100m: 1:12.90	38.62	200m: 2:31.39	38.85	300m: 3:49.91	39.33	400m: 5:06.66	37.22		
5.	Hilda Vrijbloed	ZV Vlaardingen-Schiedam		5:05.51		200605262		5:08.78		+0,77
	50m: 33.60	33.60	150m: 1:52.01	39.80	250m: 3:11.76	39.92	350m: 4:31.74	39.69		
	100m: 1:12.21	38.61	200m: 2:31.84	39.83	300m: 3:52.05	40.29	400m: 5:08.78	37.04		
6.	Marjolijn Offeringa	ZV Vlaardingen-Schiedam		5:18.11		200701788		5:18.34		+0,78
	50m: 35.47	35.47	150m: 1:55.65	40.44	250m: 3:16.09	40.81	350m: 4:38.70	41.71		
	100m: 1:15.21	39.74	200m: 2:35.28	39.63	300m: 3:56.99	40.90	400m: 5:18.34	39.64		
7.	Jaylin van der Linden *BU 50m	ZZ&PC De Devel		5:04.74		200701766		5:24.14		+0,77
	50m: 36.06	36.06	150m: 1:58.56	41.75	250m: 3:21.13	41.24	350m: 4:44.02	41.57		
	100m: 1:16.81	40.75	200m: 2:39.89	41.33	300m: 4:02.45	41.32	400m: 5:24.14	40.12		
8.	Nada Mghizrat *BU 50m	GZC DONK		5:20.23		200702178		5:27.15		+0,83
	50m: 36.28	36.28	150m: 1:58.38	41.74	250m: 3:23.00	42.49	350m: 4:47.23	42.15		
	100m: 1:16.64	40.36	200m: 2:40.51	42.13	300m: 4:05.08	42.08	400m: 5:27.15	39.92		
9.	Aguila Dolsma	Blue Marlins		5:32.36		200603902		S14 5:46.12		+0,71 516
	50m: 37.65	37.65	150m: 2:06.15	44.92	250m: 3:35.24	44.64	350m: 5:04.33	44.97		
	100m: 1:21.23	43.58	200m: 2:50.60	44.45	300m: 4:19.36	44.12	400m: 5:46.12	41.79		
NG	Madelief Penning	ZZ&PC De Devel		5:07.37		200701298				

Senioren 1 en ouder

voorlopige resultaten

Lynn Blommers	Blue Marlins		4:35.34		200105062		4:33.77		+0,62
50m: 31.00	31.00	150m: 1:39.66	34.59	250m: 2:49.94	35.32	350m: 4:00.27	35.30		
100m: 1:05.07	34.07	200m: 2:14.62	34.96	300m: 3:24.97	35.03	400m: 4:33.77	33.50		
Sophia van Droffelaar	ZV Vlaardingen-Schiedam		4:23.56		200500330		4:34.58		+0,75
50m: 31.20	31.20	150m: 1:39.76	34.87	250m: 2:50.13	35.22	350m: 4:00.75	35.26		
100m: 1:04.89	33.69	200m: 2:14.91	35.15	300m: 3:25.49	35.36	400m: 4:34.58	33.83		
Angelique van Vark	GZC DONK		4:35.97		199701478		4:34.71		+0,72
50m: 31.19	31.19	150m: 1:39.85	34.63	250m: 2:50.91	35.81	350m: 4:01.78	35.26		
100m: 1:05.22	34.03	200m: 2:15.10	35.25	300m: 3:26.52	35.61	400m: 4:34.71	32.93		
Mara Bosman	Blue Marlins		4:37.46		200303048		4:39.14		+0,71
50m: 30.99	30.99	150m: 1:40.25	35.10	250m: 2:50.71	35.59	350m: 4:03.01	35.89		
100m: 1:05.15	34.16	200m: 2:15.12	34.87	300m: 3:27.12	36.41	400m: 4:39.14	36.13		
Merel Leuring *BU 50m	AZC		4:40.39		200401204		4:49.29		+0,78
50m: 32.29	32.29	150m: 1:46.62	37.96	250m: 3:00.79	37.30	350m: 4:13.62	36.21		
100m: 1:08.66	36.37	200m: 2:23.49	36.87	300m: 3:37.41	36.62	400m: 4:49.29	35.67		
Anouchka Bos	Niemo Barracuda		4:56.87		200501528		4:56.12		+0,86
50m: 33.42	33.42	150m: 1:47.81	37.59	250m: 3:03.89	38.03	350m: 4:20.38	37.97		
100m: 1:10.22	36.80	200m: 2:25.86	38.05	300m: 3:42.41	38.52	400m: 4:56.12	35.74		

Provinciale kampioenschappen lange baan
Den Haag, 20- - 21-5-2023

Programmanr. 1, Dames, 400m vrije slag, Senioren 1 en ouder

rang	naam	vereniging			intijd			tijd			RT	
	Melanie Marinus-Cruz	Blue Marlins			4:52.98			200404702			4:56.80	+0,76
	50m:	32.99	32.99	150m:	1:47.90	37.72	250m:	3:04.80	38.04	350m:	4:20.34	37.46
	100m:	1:10.18	37.19	200m:	2:26.76	38.86	300m:	3:42.88	38.08	400m:	4:56.80	36.46
	Anouk Vis	De Columbiaan			4:49.20			200203322			5:01.58	+0,84
	50m:	33.30	33.30	150m:	1:48.11	37.99	250m:	3:04.99	38.68	350m:	4:23.01	38.96
	100m:	1:10.12	36.82	200m:	2:26.31	38.20	300m:	3:44.05	39.06	400m:	5:01.58	38.57
	Aisha Nobels	z.c De Schoteijl			4:56.26			200501710			5:05.62	+0,72
	50m:	34.03	34.03	150m:	1:50.66	38.79	250m:	3:09.18	39.69	350m:	4:27.75	38.74
	100m:	1:11.87	37.84	200m:	2:29.49	38.83	300m:	3:49.01	39.83	400m:	5:05.62	37.87
	Isabelle Janssen	De Geul			5:38.13			200006318			5:57.91	+0,87
	50m:	40.07	40.07	150m:	2:08.01	44.95	250m:	3:40.51	46.61	350m:	5:12.40	46.46
	100m:	1:23.06	42.99	200m:	2:53.90	45.89	300m:	4:25.94	45.43	400m:	5:57.91	45.51