

Clubkampioenschappen 2016 deel 1
Steenwijk, 8-12-2016

Programmanr. 1
8-12-2016

400m vrije slag

Minioren 3 en 4
Resultaten

Rang							In.tijd				Tijd
1.	Storm Boxum			ZVZwartsluis			NT	200700421	6:20.26		
	50m:	41.26	41.26	100m:	1:31.10	49.84	200m:	3:06.26	1:35.16	400m:	6:20.26 3:14.00
2.	Féline Sam			ZVZwartsluis			7:07.08	200700018	6:57.30		
	50m:	47.28	47.28	100m:	1:40.37	53.09	200m:	3:27.63	1:47.26	400m:	6:57.30 3:29.67
3.	Emmelien Smelt			ZVZwartsluis			NT	200800012	7:01.52		
	50m:	48.06	48.06	100m:	1:41.78	53.72	200m:	3:30.35	1:48.57	400m:	7:01.52 3:31.17

Programmanr. 2
8-12-2016

400m vrije slag

Minioren 5 en 6
Resultaten

Rang							In.tijd				Tijd
Minioren 5 en 6, Jongens											
1.	Marco Wagter			Steenwijk 1934			6:59.51	200500003	6:16.65		
	50m:	43.57	43.57	100m:	1:32.00	48.43	200m:	3:10.25	1:38.25	400m:	6:16.65 3:06.40
2.	Rick Smelt			ZVZwartsluis			6:31.02	200600051	6:20.66		
	50m:	42.08	42.08	100m:	1:28.79	46.71	200m:	3:06.94	1:38.15	400m:	6:20.66 3:13.72
3.	Finn van Sleen			Steenwijk 1934			8:37.16	200600005	7:56.94		
	50m:	50.42	50.42	100m:	1:47.04	56.62	200m:	3:49.26	2:02.22	400m:	7:56.94 4:07.68

Minioren 5 en Junioren 1, Meisjes

1.	Jolijn Liezen			Zv 44			5:55.09	200500518	5:50.39		
	50m:	37.69	37.69	100m:	1:20.75	43.06	200m:	2:51.01	1:30.26	400m:	5:50.39 2:59.38
2.	Maud Dokter			Steenwijk 1934			NT	200601672	6:35.64		
	50m:	42.02	42.02	100m:	1:33.82	51.80	200m:	3:16.51	1:42.69	400m:	6:35.64 3:19.13
3.	Puk Lubbers			Steenwijk 1934			7:30.96	200600832	6:39.67		
	50m:	41.78	41.78	100m:	1:31.62	49.84	200m:	3:14.40	1:42.78	400m:	6:39.67 3:25.27
4.	Aniek Vuist			't Tolhekke			7:46.70	200600958	6:57.17		
	50m:	42.21	42.21	100m:	1:33.34	51.13	200m:	3:21.55	1:48.21	400m:	6:57.17 3:35.62
5.	Fianne Kroes			't Tolhekke			NT	200504190	8:02.91		
	50m:	45.91	45.91	100m:	1:42.08	56.17	200m:	3:50.49	2:08.41	400m:	8:02.91 4:12.42

Programmanr. 201
8-12-2016

400m vrije slag

20 jaar en ouder
Resultaten

Rang							In.tijd				Tijd
Masters Open, Heren											
1.	Huyb Stegeman			Steenwijk 1934			5:35.00	196701535	5:31.36		
	50m:	36.67	36.67	100m:	1:16.58	39.91	200m:	2:40.85	1:24.27	400m:	5:31.36 2:50.51
2.	Korstiaan de Boer			Steenwijk 1934			5:40.00	197101629	5:34.66		
	50m:	36.72	36.72	100m:	1:17.75	41.03	200m:	2:43.09	1:25.34	400m:	5:34.66 2:51.57
3.	Sierd Tilma			Steenwijk 1934			6:57.91	195300277	6:59.18		
	50m:	42.62	42.62	100m:	1:34.63	52.01	200m:	3:22.61	1:47.98	400m:	6:59.18 3:36.57
AFGEM	Casper Dollekamp			Steenwijk 1934			5:48.92	196301341			
AFGEM	Klaas Prins			Steenwijk 1934			12:24.76	192800001			

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Programmanr. 201, 400m vrije slag

Masters Open, Dames

1.	Wilna Heijman		Steenwijk 1934	5:23.00	196400506	5:21.92
	50m: 36.93 36.93	100m: 1:16.54 39.61	200m: 2:38.37 1:21.83	400m: 5:21.92 2:43.55		
2.	Patricia Hof		't Tolhekke	5:38.51	199403264	5:34.09
	50m: 36.35 36.35	100m: 1:17.62 41.27	200m: 2:41.52 1:23.90	400m: 5:34.09 2:52.57		
3.	Charine de Ruiter		Steenwijk 1934	5:28.92	199403668	5:40.08
	50m: 37.11 37.11	100m: 1:17.85 40.74	200m: 2:42.76 1:24.91	400m: 5:40.08 2:57.32		
4.	Lonneke Oenema		Steenwijk 1934	5:49.74	199102314	5:45.53
	50m: 35.59 35.59	100m: 1:16.10 40.51	200m: 2:43.72 1:27.62	400m: 5:45.53 3:01.81		
5.	Monica Bakker		ZVZwartsluis	6:08.59	195600082	6:09.32
	50m: 41.16 41.16	100m: 1:26.13 44.97	200m: 2:59.97 1:33.84	400m: 6:09.32 3:09.35		
6.	Riekie Schra		Steenwijk 1934	9:51.29	196400404	10:06.08
	50m: 58.72 58.72	100m: 2:12.47 1:13.75	200m: 4:51.60 2:39.13	400m: 10:06.08 5:14.48		

Programmanr. 3
8-12-2016

Heren, 400m vrije slag

Senioren open
Resultaten

Rang				In.tijd		Tijd
1.	Lauren Vis		Steenwijk 1934	4:28.70	198201883	4:30.87
	50m: 28.46 28.46	100m: 1:02.31 33.85	200m: 2:11.60 1:09.29	400m: 4:30.87 2:19.27		
2.	Rick Driezen		Steenwijk 1934	5:02.37	198600713	4:44.31
	50m: 31.24 31.24	100m: 1:05.85 34.61	200m: 2:17.71 1:11.86	400m: 4:44.31 2:26.60		
3.	Jelle Heijman		Steenwijk 1934	4:58.84	200000635	4:45.28
	50m: 31.71 31.71	100m: 1:07.65 35.94	200m: 2:21.62 1:13.97	400m: 4:45.28 2:23.66		
4.	Kylian Kooyman		Steenwijk 1934	5:17.98	199900763	4:52.79
	50m: 32.08 32.08	100m: 1:07.80 35.72	200m: 2:22.64 1:14.84	400m: 4:52.79 2:30.15		
5.	Diederik de Boer		Steenwijk 1934	5:04.36	200000269	4:52.87
	50m: 32.41 32.41	100m: 1:08.38 35.97	200m: 2:23.29 1:14.91	400m: 4:52.87 2:29.58		
6.	Geert de Haan		't Tolhekke	5:56.02	200200369	5:09.13
	50m: 31.25 31.25	100m: 1:07.91 36.66	200m: 2:26.80 1:18.89	400m: 5:09.13 2:42.33		
7.	Maikel ter Wal		Steenwijk 1934	5:43.73	200200733	5:41.06
	50m: 32.93 32.93	100m: 1:11.13 38.20	200m: 2:35.61 1:24.48	400m: 5:41.06 3:05.45		
8.	Martijn Lageweg		Steenwijk 1934	NT	199701323	5:41.60
	50m: 36.02 36.02	100m: 1:17.89 41.87	200m: 2:44.20 1:26.31	400m: 5:41.60 2:57.40		
9.	Wijnand Visser		Steenwijk 1934	6:32.29	199803833	5:52.38
	50m: 34.97 34.97	100m: 1:15.03 40.06	200m: 2:41.91 1:26.88	400m: 5:52.38 3:10.47		
10.	Remco Koelewijn		Steenwijk 1934	5:32.38	199900783	5:56.10
	50m: 37.48 37.48	100m: 1:21.29 43.81	200m: 2:51.57 1:30.28	400m: 5:56.10 3:04.53		
11.	Thomas Kiburg		Steenwijk 1934	5:55.50	200300063	6:00.56
	50m: 37.21 37.21	100m: 1:21.05 43.84	150m: 2:52.94 1:31.89	400m: 6:00.56 3:07.62		
12.	Kay van Sleen		Steenwijk 1934	6:14.88	200400083	6:09.97
	50m: 40.81 40.81	100m: 1:27.23 46.42	200m: 3:02.94 1:35.71	400m: 6:09.97 3:07.03		
13.	Patrick Timmerman		't Tolhekke	6:50.48	200203591	6:19.20
	50m: 39.23 39.23	100m: 1:25.10 45.87	200m: 3:01.67 1:36.57	400m: 6:19.20 3:17.53		
AFGEM	Chris Huisman		Steenwijk 1934	6:58.56	200400479	

Clubkampioenschappen 2016 deel 1
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Programmanr. 4
8-12-2016

Dames, 400m vrije slag

Senioren open
Resultaten

Rang							In.tijd				Tijd
1.	Lindsey Berghuis	Zv 44					4:42.16	200300104	4:50.61		
	50m: 30.54	30.54	100m: 1:05.02	34.48	200m: 2:17.92	1:12.90		400m: 4:50.61	2:32.69		
2.	Denice Koolman	Zv 44					5:11.20	200200132	5:00.28		
	50m: 31.47	31.47	100m: 1:07.72	36.25	200m: 2:23.54	1:15.82		400m: 5:00.28	2:36.74		
3.	Alies Wagter	Steenwijk 1934					5:06.82	199900840	5:04.60		
	50m: 34.42	34.42	100m: 1:11.38	36.96	200m: 2:27.45	1:16.07		400m: 5:04.60	2:37.15		
4.	Ageeth de Haan	't Tolhekke					5:10.33	199901022	5:05.29		
	50m: 32.46	32.46	100m: 1:09.27	36.81	200m: 2:27.57	1:18.30		400m: 5:05.29	2:37.72		
5.	Naomi Polinder	Zv 44					5:12.51	200300020	5:09.02		
	50m: 33.20	33.20	100m: 1:11.73	38.53	200m: 2:31.36	1:19.63		400m: 5:09.02	2:37.66		
6.	Michelle van den Hoofdakker	Zv 44					5:26.62	200302708	5:12.28		
	50m: 32.59	32.59	100m: 1:10.75	38.16	200m: 2:30.49	1:19.74		400m: 5:12.28	2:41.79		
7.	Leandra Vedder	Steenwijk 1934					4:58.00	199600866	5:20.74		
	50m: 33.08	33.08	100m: 1:10.78	37.70	200m: 2:31.78	1:21.00		400m: 5:20.74	2:48.96		
8.	Sabine Lageweg	Steenwijk 1934					5:29.24	199900926	5:29.06		
	50m: 35.51	35.51	100m: 1:15.58	40.07	200m: 2:39.29	1:23.71		400m: 5:29.06	2:49.77		
9.	Janine ter Schure	't Tolhekke					6:52.95	200105164	5:29.72		
	50m: 41.46	41.46	100m: 1:18.13	36.67	200m: 2:43.80	1:25.67		400m: 5:29.72	2:45.92		
10.	Randi Dekker	Steenwijk 1934					5:29.41	199900842	5:41.87		
	50m: 35.61	35.61	100m: 1:16.10	40.49	200m: 2:41.66	1:25.56		400m: 5:41.87	3:00.21		
11.	Cynthia Koolman	Zv 44					5:44.83	200300232	5:42.52		
	50m: 37.81	37.81	100m: 1:20.96	43.15	200m: 2:46.95	1:25.99		400m: 5:42.52	2:55.57		
12.	Anouk Poelstra	Steenwijk 1934					5:51.36	199800166	5:50.73		
	50m: 36.92	36.92	100m: 1:18.58	41.66	200m: 2:46.76	1:28.18		400m: 5:50.73	3:03.97		
13.	Inge Halman	Steenwijk 1934					6:15.64	200300726	5:58.79		
	50m: 37.98	37.98	100m: 1:21.34	43.36	200m: 2:54.22	1:32.88		400m: 5:58.79	3:04.57		
14.	Fayola van den Berg	Steenwijk 1934					6:31.11	200200146	6:18.73		
	50m: 39.19	39.19	100m: 1:24.91	45.72	150m: 3:02.03	1:37.12		400m: 6:18.73	3:16.70		
15.	Karin de Haan	't Tolhekke					7:00.28	200301456	6:25.25		
	50m: 40.41	40.41	100m: 1:29.94	49.53	200m: 3:10.57	1:40.63		400m: 6:25.25	3:14.68		
16.	Kimm Bakker	't Tolhekke					8:09.70	200403270	6:26.44		
	50m: 43.54	43.54	100m: 1:30.80	47.26	200m: 3:09.64	1:38.84		400m: 6:26.44	3:16.80		
17.	Aimee Heerschop	't Tolhekke					NT	200300146	6:27.08		
	50m: 43.61	43.61	100m: 1:32.00	48.39	200m: 3:15.11	1:43.11		400m: 6:27.08	3:11.97		
18.	Anna Werkman	Steenwijk 1934					6:14.42	199803620	6:43.32		
	50m: 42.89	42.89	100m: 1:30.54	47.65	200m: 3:13.70	1:43.16		400m: 6:43.32	3:29.62		
19.	Manuela Doeve	Steenwijk 1934					7:39.41	199901908	6:47.15		
	50m: 43.76	43.76	100m: 1:32.95	49.19	200m: 3:17.16	1:44.21		400m: 6:47.15	3:29.99		
20.	Yasmin Brinkman	Steenwijk 1934					7:26.89	200301784	6:47.45		
	50m: 38.80	38.80	100m: 1:25.73	46.93	200m: 3:10.26	1:44.53		400m: 6:47.45	3:37.19		
21.	Marinke Hummelen	Steenwijk 1934					7:22.85	199905248	6:55.56		
	50m: 43.97	43.97	100m: 1:35.56	51.59	200m: 3:23.15	1:47.59		400m: 6:55.56	3:32.41		
22.	Tjitske Simonides	Steenwijk 1934					NT	200305376	7:04.98		
	50m: 41.95	41.95	100m: 1:32.85	50.90	200m: 3:23.80	1:50.95		400m: 7:04.98	3:41.18		
23.	Demi de Haan	Steenwijk 1934					NT	200405006	7:05.53		
	50m: 44.10	44.10	100m: 1:34.45	50.35	200m: 3:23.82	1:49.37		400m: 7:05.53	3:41.71		