

Clubkampioenschappen 2017 deel 1
Steenwijk, 30-11-2017

Programmanr. 1
30-11-2017

400m vrije slag

Minioren 3 en 4
Resultaten

Rang							In.tijd				Tijd	
1.	Diede Veld			ZVZwartsluis			NT	200800011	6:02.92			
	50m:	37.83	37.83	100m:	1:22.74	44.91	200m:	2:53.90	1:31.16	400m:	6:02.92	3:09.02
2.	Emmelien Smelt			ZVZwartsluis			7:01.52	200800012	6:04.76			
	50m:	38.36	38.36	100m:	1:22.67	44.31	200m:	2:57.20	1:34.53	400m:	6:04.76	3:07.56
3.	Fay Boxum			ZVZwartsluis			NT	200900060	6:56.76			
	50m:	38.80	38.80	100m:	1:24.70	45.90	200m:	3:17.86	1:53.16	400m:	6:56.76	3:38.90

Programmanr. 2
30-11-2017

400m vrije slag

Minioren 5 en 6
Resultaten

Rang							In.tijd				Tijd	
Minioren 5 en 6, Jongens												
1.	Storm Boxum			ZVZwartsluis			5:56.04	200700421	5:41.63			
	50m:	35.98	35.98	100m:	1:18.74	42.76	200m:	2:45.20	1:26.46	400m:	5:41.63	2:56.43
2.	Rick Smelt			ZVZwartsluis			6:20.66	200600051	5:46.33			
	50m:	37.62	37.62	100m:	1:19.79	42.17	200m:	2:48.29	1:28.50	400m:	5:46.33	2:58.04

Minioren 5 en Junioren 1, Meisjes

1.	Féline Sam			ZVZwartsluis			6:08.38	200700018	5:48.77			
	50m:	36.68	36.68	100m:	1:22.34	45.66	200m:	2:53.18	1:30.84	400m:	5:48.77	2:55.59
2.	Aniek Vuist			't Tolhekke			6:57.17	200600958	6:19.26			
	50m:	35.91	35.91	100m:	1:20.15	44.24	200m:	2:59.66	1:39.51	400m:	6:19.26	3:19.60

Programmanr. 201
30-11-2017

400m vrije slag

20 jaar en ouder
Resultaten

Rang							In.tijd				Tijd	
Masters Open, Heren												
1.	Korstiaan de Boer			Steenwijk 1934			5:34.66	197101629	5:25.96			
	50m:	35.75	35.75	100m:	1:15.37	39.62	200m:	2:37.84	1:22.47	400m:	5:25.96	2:48.12
2.	Casper Dollekamp			Steenwijk 1934			5:29.03	196301341	5:33.17			
	50m:	34.97	34.97	100m:	1:14.92	39.95	200m:	2:39.41	1:24.49	400m:	5:33.17	2:53.76
3.	Dick Huisman			Steenwijk 1934			5:49.07	197501409	5:43.36			
	50m:	37.42	37.42	100m:	1:18.89	41.47	200m:	2:44.86	1:25.97	400m:	5:43.36	2:58.50
4.	Hans van Scheepen			Steenwijk 1934			7:43.32	196201245	7:32.85			
	50m:	46.87	46.87	100m:	1:39.11	52.24	200m:	3:31.18	1:52.07	400m:	7:32.85	4:01.67
5.	Klaas Prins			Steenwijk 1934			NT	192800001	13:16.26			
	50m:	1:22.70	1:22.70	100m:	3:00.02	1:37.32	200m:	6:24.60	3:24.58	400m:	13:16.26	6:51.66
AFGEM	Teun Hunneman			Steenwijk 1934			NT	199007671				

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Programmanr. 201, 400m vrije slag

Masters Open, Dames

1.	Wilna Heijman		Steenwijk 1934		5:21.27	196400506	5:21.25
	50m: 36.53	36.53	100m: 1:16.11	39.58	200m: 2:37.55	1:21.44	400m: 5:21.25 2:43.70
2.	Ilse Blankvoort		Steenwijk 1934		5:30.62	199204458	5:28.42
	50m: 36.64	36.64	100m: 1:17.11	40.47	200m: 2:41.00	1:23.89	400m: 5:28.42 2:47.42
3.	Charine de Ruiter		Steenwijk 1934		NT	199403668	5:42.54
	50m: 35.74	35.74	100m: 1:16.61	40.87	200m: 2:43.80	1:27.19	400m: 5:42.54 2:58.74
4.	Maranka Huitema		Steenwijk 1934		6:07.01	199500302	6:27.98
	50m: 40.87	40.87	100m: 1:27.68	46.81	200m: 3:07.63	1:39.95	400m: 6:27.98 3:20.35
5.	Riekie Schra		Steenwijk 1934		10:06.08	196400404	10:09.04
	50m: 1:01.22	1:01.22	100m: 2:14.19	1:12.97	200m: 4:49.10	2:34.91	400m: 10:09.04 5:19.94
AFGEM	Monica Bakker		Steenwijk 1934		6:09.32	195600082	

Programmanr. 3
30-11-2017

Heren, 400m vrije slag

Senioren open
Resultaten

Rang					In.tijd		Tijd
1.	Lauren Vis		Steenwijk 1934		4:31.54	198201883	4:38.51
	50m: 28.89	28.89	100m: 1:01.89	33.00	200m: 2:11.16	1:09.27	400m: 4:38.51 2:27.35
2.	Kylian Kooyman		Steenwijk 1934		4:52.79	199900763	4:42.76
	50m: 29.65	29.65	100m: 1:03.56	33.91	200m: 2:15.26	1:11.70	400m: 4:42.76 2:27.50
3.	Diederik de Boer		Steenwijk 1934		4:52.87	200000269	4:44.83
	50m: 30.78	30.78	100m: 1:05.88	35.10	200m: 2:18.06	1:12.18	400m: 4:44.83 2:26.77
4.	Jelle Heijman		Steenwijk 1934		4:44.95	200000635	4:47.58
	50m: 30.81	30.81	100m: 1:05.01	34.20	200m: 2:16.59	1:11.58	400m: 4:47.58 2:30.99
5.	Meindert Dekkinga		HZ&PC Heerenveen		4:48.85	200400377	4:52.56
	50m: 30.39	30.39	100m: 1:07.54	37.15	200m: 2:22.48	1:14.94	400m: 4:52.56 2:30.08
6.	Rick Driezen		Steenwijk 1934		4:33.13	198600713	4:55.18
	50m: 30.42	30.42	100m: 1:03.93	33.51	200m: 2:15.59	1:11.66	400m: 4:55.18 2:39.59
7.	Geert de Haan		't Tolhekke		5:04.43	200200369	4:58.48
	50m: 32.23	32.23	100m: 1:09.23	37.00	200m: 2:26.60	1:17.37	400m: 4:58.48 2:31.88
8.	Martijn Lageweg		Steenwijk 1934		5:41.60	199701323	5:29.60
	50m: 33.18	33.18	100m: 1:11.50	38.32	200m: 2:35.33	1:23.83	400m: 5:29.60 2:54.27
9.	Kay van Sleen		Steenwijk 1934		6:09.97	200400083	5:40.26
	50m: 37.32	37.32	100m: 1:20.41	43.09	200m: 2:47.67	1:27.26	400m: 5:40.26 2:52.59
10.	Marco Wagter		Steenwijk 1934		5:53.54	200500003	5:54.43
	50m: 40.34	40.34	100m: 1:25.51	45.17	200m: 2:58.32	1:32.81	400m: 5:54.43 2:56.11
11.	Chris Huisman		Steenwijk 1934		6:58.56	200400479	6:40.00
	50m: 41.89	41.89	100m: 1:30.14	48.25	200m: 3:11.38	1:41.24	400m: 6:40.00 3:28.62
AFGEM	Huyb Stegeman		Steenwijk 1934		5:17.58	196701535	

Clubkampioenschappen 2017 deel 1
Steenwijk, 30-11-2017

Programmanr. 4
30-11-2017

Dames, 400m vrije slag

Senioren open
Resultaten

Rang								In.tijd			Tijd	
1.	Alies Wagter			Steenwijk 1934			5:01.71	199900840	5:04.32			
	50m:	32.23	32.23	100m:	1:08.51	36.28	200m:	2:25.92	1:17.41	400m:	5:04.32	2:38.40
2.	Ageeth de Haan			't Tolhekke			5:05.91	199901022	5:04.95			
	50m:	32.13	32.13	100m:	1:08.72	36.59	200m:	2:25.67	1:16.95	400m:	5:04.95	2:39.28
3.	Jacyntha Plat			Steenwijk 1934			5:11.47	199002956	5:14.56			
	50m:	31.84	31.84	100m:	1:08.64	36.80	200m:	2:27.43	1:18.79	400m:	5:14.56	2:47.13
4.	Janine ter Schure			't Tolhekke			5:29.83	200105164	5:18.58			
	50m:	33.20	33.20	100m:	1:12.34	39.14	200m:	2:34.79	1:22.45	400m:	5:18.58	2:43.79
5.	Juliëtte Jansen			ZVZwartsluis			5:16.60	200303006	5:19.52			
	50m:	33.40	33.40	100m:	1:11.63	38.23	200m:	2:31.21	1:19.58	400m:	5:19.52	2:48.31
6.	Annejèn Smelt			ZVZwartsluis			5:16.30	200400442	5:21.22			
	50m:	35.06	35.06	100m:	1:15.06	40.00	200m:	2:37.14	1:22.08	400m:	5:21.22	2:44.08
7.	Myrthe Dorgelo			ZVZwartsluis			5:32.43	200500068	5:28.81			
	50m:	35.64	35.64	100m:	1:16.49	40.85	200m:	2:41.57	1:25.08	400m:	5:28.81	2:47.24
8.	Roos Schuite			ZVZwartsluis			5:32.31	200400526	5:29.27			
	50m:	35.67	35.67	100m:	1:15.84	40.17	200m:	2:41.09	1:25.25	400m:	5:29.27	2:48.18
9.	Getrude Corporaal			Steenwijk 1934			5:14.57	199200380	5:31.24			
	50m:	32.87	32.87	100m:	1:09.99	37.12	200m:	2:31.82	1:21.83	400m:	5:31.24	2:59.42
10.	Sabine Lageweg			Steenwijk 1934			5:29.06	199900926	5:33.51			
	50m:	34.60	34.60	100m:	1:14.76	40.16	200m:	2:40.23	1:25.47	400m:	5:33.51	2:53.28
11.	Carlijne Sam			ZVZwartsluis			5:58.95	200400196	5:49.21			
	50m:	37.39	37.39	100m:	1:20.61	43.22	200m:	2:50.93	1:30.32	400m:	5:49.21	2:58.28
12.	Karin de Haan			't Tolhekke			6:25.25	200301456	5:50.14			
	50m:	36.43	36.43	100m:	1:20.34	43.91	200m:	2:51.31	1:30.97	400m:	5:50.14	2:58.83
13.	Inge Halman			Steenwijk 1934			5:58.79	200300726	5:55.02			
	50m:	38.89	38.89	100m:	1:24.04	45.15	200m:	2:55.07	1:31.03	400m:	5:55.02	2:59.95
14.	Anouk Poelstra			Steenwijk 1934			5:50.73	199800166	5:59.88			
	50m:	37.34	37.34	100m:	1:20.44	43.10	200m:	2:52.09	1:31.65	400m:	5:59.88	3:07.79
15.	Aimee Heerschop			't Tolhekke			6:27.08	200300146	6:12.60			
	50m:	39.88	39.88	100m:	1:27.18	47.30	200m:	3:05.35	1:38.17	400m:	6:12.60	3:07.25
16.	Mathilde Smelt			ZVZwartsluis			NT	200401258	6:14.26			
	50m:	37.96	37.96	100m:	1:22.04	44.08	200m:	2:56.90	1:34.86	400m:	6:14.26	3:17.36
17.	Fayola van den Berg			Steenwijk 1934			6:18.73	200200146	6:32.27			
	50m:	39.14	39.14	100m:	1:25.53	46.39	200m:	3:05.76	1:40.23	400m:	6:32.27	3:26.51
18.	Yasmin Brinkman			Steenwijk 1934			6:47.45	200301784	6:36.50			
	50m:	39.04	39.04	100m:	1:25.29	46.25	200m:	3:06.29	1:41.00	400m:	6:36.50	3:30.21
19.	Fianne Kroes			't Tolhekke			8:02.91	200504190	6:36.79			
	50m:	39.84	39.84	100m:	1:26.87	47.03	200m:	3:08.34	1:41.47	400m:	6:36.79	3:28.45
20.	Anna Werkman			Steenwijk 1934			6:14.42	199803620	6:44.94			
	50m:	40.50	40.50	100m:	1:27.70	47.20	200m:	3:09.88	1:42.18	400m:	6:44.94	3:35.06
21.	Manuela Doeve			Steenwijk 1934			6:47.15	199901908	6:53.04			
	50m:	44.02	44.02	100m:	1:35.64	51.62	200m:	3:22.17	1:46.53	400m:	6:53.04	3:30.87
22.	Tjitske Simonides			Steenwijk 1934			7:04.98	200305376	7:14.14			
	50m:	46.42	46.42	100m:	1:38.95	52.53	200m:	3:29.38	1:50.43	400m:	7:14.14	3:44.76
23.	Annieke Boer			Steenwijk 1934			NT	200106174	7:25.67			
24.	Demi de Haan			Steenwijk 1934			7:05.53	200405006	7:31.91			
	50m:	44.93	44.93	100m:	1:36.47	51.54	200m:	3:32.58	1:56.11	400m:	7:31.91	3:59.33