

Clubkampioenschappen deel 1
Steenwijk, 11-12-2014

Programmanr. 1 11-12-2014	400m vrije slag	Miniores 3 en 4 Resultaten
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Rang						In.tijd		Tijd
1.	Marco Wagter			Steenwijk 1934		8:16.58	200500003	7:53.38
	50m: 52.40	52.40	150m:		250m:		350m:	
	100m: 1:51.68	59.28	200m:	3:54.36	300m:		400m: 7:53.38	
2.	Finn van Sleen			Steenwijk 1934		NT	200600005	9:03.70
	50m: 55.45	55.45	150m:		250m:		350m:	
	100m: 2:00.89	1:05.44	200m:	4:23.61	300m:		400m: 9:03.70	

Programmanr. 2 11-12-2014	400m vrije slag	Miniores 5 en 6 Resultaten
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Rang						In.tijd		Tijd
Miniores 5 en 6, Jongens								
1.	Thomas Kiburg			Steenwijk 1934		6:51.67	200300063	6:33.38
	50m: 40.54	40.54	150m:		250m:		350m:	
	100m: 1:30.06	49.52	200m:	3:13.11	300m:		400m: 6:33.38	
2.	Kay van Sleen			Steenwijk 1934		8:46.00	200400083	7:31.16
	50m: 47.99	47.99	150m:		250m:		350m:	
	100m: 1:44.10	56.11	200m:	3:40.62	300m:		400m: 7:31.16	

Miniores 5 en Junioren 1, Meisjes

1.	Lindsey Berghuis			ZVZwartsluis		5:17.12	200300104	5:19.45
	50m: 37.07	37.07	150m:		250m:		350m:	
	100m: 1:17.00	39.93	200m:	2:38.20	300m:		400m: 5:19.45	
2.	Michelle van den Hoofdakker			Steenwijk 1934		7:02.74	200302708	6:32.31
	50m: 41.62	41.62	150m:		250m:		350m:	
	100m: 1:30.51	48.89	200m:	3:12.16	300m:		400m: 6:32.31	
3.	Mila van Doorn			Steenwijk 1934		7:03.82	200300890	6:45.56
	50m: 46.32	46.32	150m:		250m:		350m:	
	100m: 1:36.51	50.19	200m:	3:22.93	300m:		400m: 6:45.56	
4.	Nika Dekker			Steenwijk 1934		9:13.02	200302722	7:09.16
	50m: 42.89	42.89	150m:		250m:		350m:	
	100m: 1:34.45	51.56	200m:	3:25.07	300m:		400m: 7:09.16	
5.	Carlijn Hermans			Steenwijk 1934		8:05.53	200301878	7:14.77
	50m: 43.67	43.67	150m:		250m:		350m:	
	100m: 1:37.92	54.25	200m:	3:28.58	300m:		400m: 7:14.77	
6.	Inge Halman			Steenwijk 1934		8:11.43	200300726	7:23.23
	50m: 44.46	44.46	150m:		250m:		350m:	
	100m: 1:39.61	55.15	200m:	3:28.90	300m:		400m: 7:23.23	
7.	Sabine Jongschaap			Steenwijk 1934		8:39.84	200301660	7:52.56
	50m: 48.97	48.97	150m:		250m:		350m:	
	100m: 1:44.88	55.91	200m:	3:43.66	300m:		400m: 7:52.56	
8.	Yasmin Brinkman			Steenwijk 1934		8:43.26	200301784	8:01.03
	50m: 46.97	46.97	150m:		250m:		350m:	
	100m: 1:43.38	56.41	200m:	3:45.56	300m:		400m: 8:01.03	

Clubkampioenschappen deel 1
Steenwijk, 11-12-2014

Programmanr. 201
11-12-2014

400m vrije slag

25 - 94 jaar
Resultaten

Rang							In.tijd			Tijd
Masters 35+, Heren										
1.	Dick Huisman			Steenwijk 1934			6:01.57	197501409	5:52.77	
	50m:	39.69	39.69	150m:		250m:		350m:		
	100m:	1:23.66	43.97	200m:	2:52.73	300m:		400m:	5:52.77	
2.	Arnold Kiburg			Steenwijk 1934			7:38.86	197501423	6:51.21	
	50m:	38.68	38.68	150m:		250m:		350m:		
	100m:	1:25.12	46.44	200m:	3:11.69	300m:		400m:	6:51.21	
Masters 40+, Heren										
1.	Korstiaan de Boer			Steenwijk 1934			6:15.00	197101629	6:00.20	
	50m:	37.61	37.61	150m:		250m:		350m:		
	100m:	1:20.78	43.17	200m:	2:52.70	300m:		400m:	6:00.20	
Masters 50+, Heren										
1.	Casper Dollekamp			Steenwijk 1934			5:29.03	196301341	5:42.04	
	50m:	37.00	37.00	150m:		250m:		350m:		
	100m:	1:18.92	41.92	200m:	2:45.39	300m:		400m:	5:42.04	
2.	Hans van Scheepen			Steenwijk 1934			6:30.00	196201245	7:43.32	
	50m:	46.45	46.45	150m:		250m:		350m:		
	100m:	1:38.89	52.44	200m:	3:34.13	300m:		400m:	7:43.32	
Masters 60+, Heren										
1.	Sierd Tilma			Steenwijk 1934			6:34.48	195300277	7:11.27	
	50m:	43.27	43.27	150m:		250m:		350m:		
	100m:	1:34.20	50.93	200m:	3:23.04	300m:		400m:	7:11.27	
Masters 85+, Heren										
1.	Klaas Prins			Steenwijk 1934			14:30.00	192800001	12:24.76	
	50m:	1:15.32	1:15.32	150m:		250m:		350m:		
	100m:	2:45.00	1:29.68	200m:	5:56.26	300m:		400m:	12:24.76	
Masters 35+, Dames										
1.	Anneke Veenstra			't Tolhekke			5:38.25	197900882	5:54.11	
	50m:	37.89	37.89	150m:		250m:		350m:		
	100m:	1:21.24	43.35	200m:	2:52.51	300m:		400m:	5:54.11	
Masters 40+, Dames										
1.	Ciska Wagter			Steenwijk 1934			NT	197000978	8:35.46	
	50m:	47.86	47.86	150m:		250m:		350m:		
	100m:	1:44.63	56.77	200m:	3:53.83	300m:		400m:	8:35.46	
Masters 50+, Dames										
1.	Riekie Schra			Steenwijk 1934			9:34.26	196400404	9:37.04	
	50m:	58.43	58.43	150m:		250m:		350m:		
	100m:	2:09.31	1:10.88	200m:	4:39.20	300m:		400m:	9:37.04	

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Programmanr. 3 11-12-2014	Heren, 400m vrije slag	Senioren open Resultaten
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Rang							In.tijd	Tijd	
1.	Lauren Vis			Steenwijk 1934			4:28.26	198201883	4:34.39
	50m: 28.86	28.86	150m:		250m:			350m:	
	100m: 1:01.39	32.53	200m:	2:11.39	300m:			400m: 4:34.39	
2.	Rick Driezen			Steenwijk 1934			4:33.13	198600713	4:38.54
	50m: 30.75	30.75	150m:		250m:			350m:	
	100m: 1:04.54	33.79	200m:	2:15.51	300m:			400m: 4:38.54	
3.	Robert Braad			Steenwijk 1934			4:53.62	198600407	4:57.12
	50m: 31.32	31.32	150m:		250m:			350m:	
	100m: 1:07.57	36.25	200m:	2:22.56	300m:			400m: 4:57.12	
4.	Diederik de Boer			Steenwijk 1934			5:52.34	200000269	5:13.62
	50m: 36.12	36.12	150m:		250m:			350m:	
	100m: 1:17.27	41.15	200m:	2:41.12	300m:			400m: 5:13.62	
5.	Jelle Heijman			Steenwijk 1934			5:49.64	200000635	5:29.43
	50m: 36.94	36.94	150m:		250m:			350m:	
	100m: 1:19.26	42.32	200m:	2:45.25	300m:			400m: 5:29.43	
6.	Kylian Kooyman			't Tolhekke			5:51.64	199900763	5:36.57
	50m: 33.86	33.86	150m:		250m:			350m:	
	100m: 1:16.33	42.47	200m:	2:39.89	300m:			400m: 5:36.57	
7.	Maikel ter Wal			Steenwijk 1934			7:27.82	200200733	5:55.94
	50m: 37.22	37.22	150m:		250m:			350m:	
	100m: 1:21.89	44.67	200m:	2:55.06	300m:			400m: 5:55.94	
8.	Remco Koelewijn			Steenwijk 1934			6:04.47	199900783	5:56.33
	50m: 39.90	39.90	150m:		250m:			350m:	
	100m: 1:24.87	44.97	200m:	2:57.51	300m:			400m: 5:56.33	
9.	Geert de Haan			't Tolhekke			NT	200200369	6:20.80
	50m: 38.13	38.13	150m:		250m:			350m:	
	100m: 1:25.36	47.23	200m:	3:04.73	300m:			400m: 6:20.80	
10.	Bas Tuinstra			Steenwijk 1934			NT	199902365	6:43.76
	50m: 40.45	40.45	150m:		250m:			350m:	
	100m: 1:26.60	46.15	200m:	3:09.76	300m:			400m: 6:43.76	
11.	Jeroen Werkman			Steenwijk 1934			7:50.80	200104175	6:50.33
	50m: 41.46	41.46	150m:		250m:			350m:	
	100m: 1:27.65	46.19	200m:	3:12.11	300m:			400m: 6:50.33	

Programmanr. 4 11-12-2014	Dames, 400m vrije slag	Senioren open Resultaten
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Rang							In.tijd	Tijd	
1.	Elianne Huitema			ZVZwartsluis			4:51.89	199700258	4:50.31
	50m: 32.33	32.33	150m:		250m:			350m:	
	100m: 1:07.95	35.62	200m:	2:21.83	300m:			400m: 4:50.31	
2.	Leandra Vedder			Steenwijk 1934			5:01.00	199600866	4:58.00
	50m: 31.66	31.66	150m:		250m:			350m:	
	100m: 1:07.52	35.86	200m:	2:22.94	300m:			400m: 4:58.00	
3.	Ageeth de Haan			't Tolhekke			5:32.80	199901022	5:19.01
	50m: 34.77	34.77	150m:		250m:			350m:	
	100m: 1:15.27	40.50	200m:	2:38.44	300m:			400m: 5:19.01	
4.	Alies Wagter			Steenwijk 1934			5:06.82	199900840	5:20.64
	50m: 36.00	36.00	150m:		250m:			350m:	
	100m: 1:15.16	39.16	200m:	2:36.42	300m:			400m: 5:20.64	

Clubkampioenschappen deel 1
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Programmanr. 4, Dames, 400m vrije slag, Senioren open

Rang					In.tijd		Tijd
5.	Getrude Corporaal		ZVZwartsluis		5:12.37	199200380	5:24.67
	50m: 35.13 35.13	150m:	250m:			350m:	
	100m: 1:13.97 38.84	200m: 2:36.63	300m:			400m: 5:24.67	
6.	Nienke van Scheepen		Steenwijk 1934		5:25.31	199704256	5:32.81
	50m: 35.65 35.65	150m:	250m:			350m:	
	100m: 1:16.00 40.35	200m: 2:40.56	300m:			400m: 5:32.81	
7.	Sabine Lageweg		Steenwijk 1934		5:35.28	199900926	5:33.39
	50m: 36.36 36.36	150m:	250m:			350m:	
	100m: 1:17.80 41.44	200m: 2:43.51	300m:			400m: 5:33.39	
8.	Randi Dekker		Steenwijk 1934		5:33.73	199900842	5:43.55
	50m: 36.65 36.65	150m:	250m:			350m:	
	100m: 1:18.05 41.40	200m: 2:44.72	300m:			400m: 5:43.55	
9.	Charine de Ruiter		Steenwijk 1934		5:45.60	199403668	5:47.21
	50m: 37.14 37.14	150m:	250m:			350m:	
	100m: 1:18.99 41.85	200m: 2:47.05	300m:			400m: 5:47.21	
10.	Ilse Blankvoort		Steenwijk 1934		5:25.00	199204458	5:50.45
	50m: 37.92 37.92	150m:	250m:			350m:	
	100m: 1:20.48 42.56	200m: 2:49.51	300m:			400m: 5:50.45	
11.	Lonneke Oenema		Steenwijk 1934		6:03.67	199102314	5:53.34
	50m: 37.43 37.43	150m:	250m:			350m:	
	100m: 1:20.27 42.84	200m: 2:51.13	300m:			400m: 5:53.34	
12.	Anouk Poelstra		Steenwijk 1934		5:51.36	199800166	5:56.48
	50m: 38.86 38.86	150m:	250m:			350m:	
	100m: 1:22.61 43.75	200m: 2:53.70	300m:			400m: 5:56.48	
13.	Monica Bakker		ZVZwartsluis		5:55.22	195600082	5:56.82
	50m: 39.73 39.73	150m:	250m:			350m:	
	100m: 1:23.36 43.63	200m: 2:54.80	300m:			400m: 5:56.82	
14.	Chanien Gras		't Tolhekke		5:58.84	199802076	5:57.36
	50m: 37.80 37.80	150m:	250m:			350m:	
	100m: 1:21.26 43.46	200m: 2:52.82	300m:			400m: 5:57.36	
15.	Sidney ter Wal		Steenwijk 1934		5:54.12	199904280	5:57.86
	50m: 39.06 39.06	150m:	250m:			350m:	
	100m: 1:22.45 43.39	200m: 2:53.43	300m:			400m: 5:57.86	
16.	Jessica van der Zee		't Tolhekke		6:14.72	200000316	6:03.61
	50m: 37.49 37.49	150m:	250m:			350m:	
	100m: 1:22.23 44.74	200m: 2:55.02	300m:			400m: 6:03.61	
17.	Anna Werkman		Steenwijk 1934		6:26.92	199803620	6:14.42
	50m: 41.20 41.20	150m:	250m:			350m:	
	100m: 1:26.89 45.69	200m: 3:02.89	300m:			400m: 6:14.42	
18.	Janine ter Schure		't Tolhekke		NT	200105164	6:52.95
	50m: 43.32 43.32	150m:	250m:			350m:	
	100m: 1:36.19 52.87	200m: 3:21.06	300m:			400m: 6:52.95	
19.	Aranka van Dalen		Steenwijk 1934		7:03.38	199603406	7:02.32
	50m: 45.89 45.89	150m:	250m:			350m:	
	100m: 1:36.45 50.56	200m: 3:22.92	300m:			400m: 7:02.32	
20.	Lisa Huisman		Steenwijk 1934		8:08.70	200202938	7:08.63
	50m: 40.27 40.27	150m:	250m:			350m:	
	100m: 1:30.54 50.27	200m: 3:25.66	300m:			400m: 7:08.63	
21.	Manon Veenstra		't Tolhekke		7:17.98	199800762	7:08.65
	50m: 47.45 47.45	150m:	250m:			350m:	
	100m: 1:39.00 51.55	200m: 3:30.78	300m:			400m: 7:08.65	