

Clubkampioenschappen deel 1 2015  
Steenwijk, 10-12-2015

Programmanr. 1 400m vrije slag Minioren 3 en 4  
10-12-2015 Resultaten

Rang									In.tijd	Tijd
1.	Ruben Westerneng		Steenwijk 1934				NT		200600091	<b>7:14.43</b>
	50m:	48.00 48.00	150m:	2:38.44 55.41	250m:	4:31.90 57.32	350m:	6:23.33 54.20		
	100m:	1:43.03 55.03	200m:	3:34.58 56.14	300m:	5:29.13 57.23	400m:	7:14.43 51.10		
2.	Puk Lubbers		Steenwijk 1934				NT		200600832	<b>7:30.96</b>
	50m:	47.07 47.07	150m:	2:39.65 58.10	250m:	4:38.69 1:00.82	350m:	6:39.89 1:01.81		
	100m:	1:41.55 54.48	200m:	3:37.87 58.22	300m:	5:38.08 59.39	400m:	7:30.96 51.07		
3.	Aniek Vuist		't Tolhekke				NT		200600958	<b>7:46.70</b>
	50m:	48.29 48.29	150m:	2:45.32 59.46	250m:	4:48.80 1:02.38	350m:	6:49.29 57.97		
	100m:	1:45.86 57.57	200m:	3:46.42 1:01.10	300m:	5:51.32 1:02.52	400m:	7:46.70 57.41		
4.	Malon Hermans		Steenwijk 1934				NT		200600010	<b>8:31.43</b>
	50m:	52.63 52.63	150m:	3:04.09 1:07.64	250m:	5:17.68 1:07.21	350m:	7:34.00 1:06.62		
	100m:	1:56.45 1:03.82	200m:	4:10.47 1:06.38	300m:	6:27.38 1:09.70	400m:	8:31.43 57.43		
5.	Finn van Sleen		Steenwijk 1934				9:03.70		200600005	<b>8:37.16</b>
	50m:	52.70 52.70	150m:	3:04.29 1:06.40	250m:	5:20.23 1:08.19	350m:	7:38.45 1:07.13		
	100m:	1:57.89 1:05.19	200m:	4:12.04 1:07.75	300m:	6:31.32 1:11.09	400m:	8:37.16 58.71		

Programmanr. 2 400m vrije slag Minioren 5 en 6  
10-12-2015 Resultaten

Rang									In.tijd	Tijd
Minioren 5 en 6, Jongens										
1.	Kay van Sleen		Steenwijk 1934				7:31.16		200400083	<b>6:26.77</b>
	50m:	44.42 44.42	150m:	2:23.83 50.00	250m:	4:05.04 50.37	350m:	5:43.74 49.04		
	100m:	1:33.83 49.41	200m:	3:14.67 50.84	300m:	4:54.70 49.66	400m:	6:26.77 43.03		
2.	Chris Huisman		Steenwijk 1934				8:36.80		200400479	<b>6:58.56</b>
	50m:	45.90 45.90	150m:	2:32.44 52.86	250m:	4:20.74 53.90	350m:	6:08.22 54.09		
	100m:	1:39.58 53.68	200m:	3:26.84 54.40	300m:	5:14.13 53.39	400m:	6:58.56 50.34		
3.	Marco Wagter		Steenwijk 1934				7:53.38		200500003	<b>6:59.51</b>
	50m:	44.61 44.61	150m:	2:31.96 55.43	250m:	4:19.43 54.12	350m:	6:11.53 56.69		
	100m:	1:36.53 51.92	200m:	3:25.31 53.35	300m:	5:14.84 55.41	400m:	6:59.51 47.98		

Minioren 5 en Junioren 1, Meisjes

1.	Jolijn Liezen		Steenwijk 1934				NT		200500518	<b>6:25.66</b>
	50m:	42.04 42.04	150m:	2:21.77 50.22	250m:	4:01.89 49.97	350m:	5:29.86 37.12		
	100m:	1:31.55 49.51	200m:	3:11.92 50.15	300m:	4:52.74 50.85	400m:	6:25.66 55.80		
2.	Kimm Bakker		't Tolhekke				NT		200403270	<b>8:09.70</b>
	50m:	42.23 42.23	150m:	2:36.36 1:02.56	250m:	4:50.86 1:07.60	350m:	7:06.58 1:07.66		
	100m:	1:33.80 51.57	200m:	3:43.26 1:06.90	300m:	5:58.92 1:08.06	400m:	8:09.70 1:03.12		

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Programmanr. 201 400m vrije slag 20 jaar en ouder  
10-12-2015 Resultaten

Rang					In.tijd					Tijd		
Masters Open, Heren												
1.	Koen Walpoott				Steenwijk 1934	NT	198001699				<b>5:05.50</b>	
	50m:	33.85	33.85	150m:	1:49.82	38.09	250m:	3:08.81	39.52	350m:	4:27.20	38.91
	100m:	1:11.73	37.88	200m:	2:29.29	39.47	300m:	3:48.29	39.48	400m:	5:05.50	38.30
2.	Huyb Stegeman				Steenwijk 1934	5:31.05	196701535				<b>5:24.75</b>	
	50m:	35.62	35.62	150m:	1:57.90	42.20	250m:	3:21.83	41.59	350m:	4:45.83	41.93
	100m:	1:15.70	40.08	200m:	2:40.24	42.34	300m:	4:03.90	42.07	400m:	5:24.75	38.92
3.	Dick Huisman				Steenwijk 1934	5:52.77	197501409				<b>5:49.07</b>	
	50m:	38.20	38.20	150m:	2:03.73	43.47	250m:	3:32.73	45.16	350m:	5:03.95	46.13
	100m:	1:20.26	42.06	200m:	2:47.57	43.84	300m:	4:17.82	45.09	400m:	5:49.07	45.12
4.	Korstiaan de Boer				Steenwijk 1934	6:00.20	197101629				<b>5:56.22</b>	
	50m:	37.95	37.95	150m:	2:05.17	44.63	250m:	3:36.51	45.94	350m:	5:10.68	46.97
	100m:	1:20.54	42.59	200m:	2:50.57	45.40	300m:	4:23.71	47.20	400m:	5:56.22	45.54
5.	Sierd Tilma				Steenwijk 1934	7:11.27	195300277				<b>6:57.91</b>	
	50m:	44.96	44.96	150m:	2:33.15	55.35	250m:	4:26.90	57.11	350m:	6:13.01	49.65
	100m:	1:37.80	52.84	200m:	3:29.79	56.64	300m:	5:23.36	56.46	400m:	6:57.91	44.90
6.	Marco van der Werf				Steenwijk 1934	NT	196901513				<b>7:19.51</b>	
	50m:	45.23	45.23	150m:	2:29.67	54.22	250m:	4:24.48	57.59	350m:	6:23.17	59.53
	100m:	1:35.45	50.22	200m:	3:26.89	57.22	300m:	5:23.64	59.16	400m:	7:19.51	56.34
7.	Hans van Scheepen				Steenwijk 1934	7:43.32	196201245				<b>7:55.53</b>	
	50m:	45.77	45.77	150m:	2:32.93	55.67	250m:	4:30.90	1:00.29	350m:	6:41.81	1:07.80
	100m:	1:37.26	51.49	200m:	3:30.61	57.68	300m:	5:34.01	1:03.11	400m:	7:55.53	1:13.72

Masters Open, Dames

1.	Wilna Heijman				Steenwijk 1934	5:33.33	196400506				<b>5:23.85</b>	
	50m:	36.95	36.95	150m:	1:58.64	41.29	250m:	3:21.86	41.60	350m:	4:44.28	40.82
	100m:	1:17.35	40.40	200m:	2:40.26	41.62	300m:	4:03.46	41.60	400m:	5:23.85	39.57
2.	Monica Bakker				ZVZwartsluis	5:55.22	195600082				<b>6:06.42</b>	
	50m:	40.86	40.86	150m:	2:12.23	46.56	250m:	3:46.20	47.13	350m:	5:20.36	47.00
	100m:	1:25.67	44.81	200m:	2:59.07	46.84	300m:	4:33.36	47.16	400m:	6:06.42	46.06
3.	Inge Lolkema-Soeters				Steenwijk 1934	6:50.10	197300934				<b>6:33.43</b>	
	50m:	43.23	43.23	150m:	2:19.47	48.74	250m:	4:00.54	50.64	350m:	5:43.42	51.33
	100m:	1:30.73	47.50	200m:	3:09.90	50.43	300m:	4:52.09	51.55	400m:	6:33.43	50.01
4.	Riekje Schra				Steenwijk 1934	9:37.04	196400404				<b>9:51.29</b>	
	50m:	58.20	58.20	150m:	3:44.82	1:36.72	250m:	6:00.80	1:18.91	350m:	8:35.89	1:17.38
	100m:	2:08.10	1:09.90	200m:	4:41.89	57.07	300m:	7:18.51	1:17.71	400m:	9:51.29	1:15.40

Programmanr. 3 Heren, 400m vrije slag Senioren open  
10-12-2015 Resultaten

Rang					In.tijd					Tijd		
1.	Rick Driezen				Steenwijk 1934	4:40.06	198600713				<b>4:43.50</b>	
	50m:	31.04	31.04	150m:	1:41.92	36.09	250m:	2:54.53	35.88	350m:	5:07.16	1:36.41
	100m:	1:05.83	34.79	200m:	2:18.65	36.73	300m:	3:30.75	36.22	400m:	4:43.50	
2.	Robert Braad				Steenwijk 1934	5:08.70	198600407				<b>4:51.53</b>	
	50m:	31.26	31.26	150m:	1:44.78	37.58	250m:	3:00.91	37.93	350m:	4:15.16	37.18
	100m:	1:07.20	35.94	200m:	2:22.98	38.20	300m:	3:37.98	37.07	400m:	4:51.53	36.37
3.	Jelle Heijman				Steenwijk 1934	5:29.43	200000635				<b>4:58.84</b>	
	50m:	32.28	32.28	150m:	1:48.35	38.54	250m:	3:05.72	38.66	350m:	4:22.50	38.78
	100m:	1:09.81	37.53	200m:	2:27.06	38.71	300m:	3:43.72	38.00	400m:	4:58.84	36.34

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Programmanr. 3, Heren, 400m vrije slag, Senioren open

Rang					In.tijd	Tijd						
4.	Diederik de Boer				Steenwijk 1934	5:13.62	200000269	<b>5:04.36</b>				
	50m:	35.23	35.23	150m:	1:53.89	39.69	250m:	3:11.48	38.09	350m:	4:26.73	37.47
	100m:	1:14.20	38.97	200m:	2:33.39	39.50	300m:	3:49.26	37.78	400m:	5:04.36	37.63
5.	Kyliaan Heederik				Deltasteur	5:11.25	200300353	<b>5:05.89</b>				
	50m:	35.39	35.39	150m:	1:54.45	39.85	250m:	3:13.54	39.34	350m:	4:30.89	38.22
	100m:	1:14.60	39.21	200m:	2:34.20	39.75	300m:	3:52.67	39.13	400m:	5:05.89	35.00
6.	Kyliaan Kooyman				Steenwijk 1934	5:36.57	199900763	<b>5:17.98</b>				
	50m:	36.07	36.07	150m:	1:56.09	40.65	250m:	3:17.10	40.97	350m:	4:37.56	40.07
	100m:	1:15.44	39.37	200m:	2:36.13	40.04	300m:	3:57.49	40.39	400m:	5:17.98	40.42
7.	Remco Koelewijn				Steenwijk 1934	5:56.33	199900783	<b>5:32.38</b>				
	50m:	35.59	35.59	150m:	1:58.45	42.13	250m:	3:24.81	43.88	350m:	4:50.60	42.59
	100m:	1:16.32	40.73	200m:	2:40.93	42.48	300m:	4:08.01	43.20	400m:	5:32.38	41.78
8.	Maikel ter Wal				Steenwijk 1934	5:55.94	200200733	<b>5:43.73</b>				
	50m:	34.10	34.10	150m:	1:55.24	41.44	250m:	3:23.59	44.95	350m:	4:55.81	46.63
	100m:	1:13.80	39.70	200m:	2:38.64	43.40	300m:	4:09.18	45.59	400m:	5:43.73	47.92
9.	Thomas Kiburg				Steenwijk 1934	6:33.38	200300063	<b>5:55.50</b>				
	50m:	38.06	38.06	150m:	2:07.94	45.47	250m:	3:41.82	47.20	350m:	5:14.66	45.47
	100m:	1:22.47	44.41	200m:	2:54.62	46.68	300m:	4:29.19	47.37	400m:	5:55.50	40.84
10.	Geert de Haan				't Tolhekke	6:20.80	200200369	<b>5:56.02</b>				
	50m:	37.39	37.39	150m:	2:07.76	47.44	250m:	3:42.48	47.09	350m:	5:12.92	43.47
	100m:	1:20.32	42.93	200m:	2:55.39	47.63	300m:	4:29.45	46.97	400m:	5:56.02	43.10
11.	Jeroen Werkman				Steenwijk 1934	6:50.33	200104175	<b>6:47.05</b>				
	50m:	36.82	36.82	150m:	2:17.33	54.09	250m:	4:07.42	54.47	350m:	5:59.39	56.01
	100m:	1:23.24	46.42	200m:	3:12.95	55.62	300m:	5:03.38	55.96	400m:	6:47.05	47.66
12.	Patrick Timmerman				't Tolhekke	NT	200203591	<b>6:50.48</b>				
	50m:	42.64	42.64	150m:	2:24.21	52.00	250m:	4:10.14	52.83	350m:	5:57.59	53.91
	100m:	1:32.21	49.57	200m:	3:17.31	53.10	300m:	5:03.68	53.54	400m:	6:50.48	52.89
13.	Kasper van Scheepen				Steenwijk 1934	8:33.02	200301473	<b>8:14.73</b>				
	50m:	51.42	51.42	150m:	2:53.46	1:02.14	250m:	5:00.86	1:04.91	350m:	7:13.29	1:07.43
	100m:	1:51.32	59.90	200m:	3:55.95	1:02.49	300m:	6:05.86	1:05.00	400m:	8:14.73	1:01.44
AFGEM	Wijnand Visser				Steenwijk 1934	6:32.29	199803833					

Programmanr. 4  
10-12-2015

Dames, 400m vrije slag

Senioren open  
Resultaten

Rang					In.tijd	Tijd						
1.	Lindsey Berghuis				ZVZwartsluis	5:09.21	200300104	<b>4:48.60</b>				
	50m:	31.82	31.82	150m:	1:43.07	35.91	250m:	2:56.67	37.25	350m:	4:11.67	37.28
	100m:	1:07.16	35.34	200m:	2:19.42	36.35	300m:	3:34.39	37.72	400m:	4:48.60	36.93
2.	Leandra Vedder				Steenwijk 1934	4:58.00	199600866	<b>5:06.16</b>				
	50m:	32.53	32.53	150m:	1:49.12	39.24	250m:	3:08.86	40.20	350m:	4:27.75	38.69
	100m:	1:09.88	37.35	200m:	2:28.66	39.54	300m:	3:49.06	40.20	400m:	5:06.16	38.41
3.	Ageeth de Haan				't Tolhekke	5:19.01	199901022	<b>5:10.33</b>				
	50m:	33.40	33.40	150m:	1:50.43	39.63	250m:	3:12.55	40.68	350m:	4:32.96	49.50
	100m:	1:10.80	37.40	200m:	2:31.87	41.44	300m:	3:43.46	30.91	400m:	5:10.33	37.37
4.	Alies Wagter				Steenwijk 1934	5:06.82	199900840	<b>5:14.83</b>				
	50m:	33.80	33.80	150m:	1:50.92	38.97	250m:	3:11.98	40.56	350m:	4:34.64	41.72
	100m:	1:11.95	38.15	200m:	2:31.42	40.50	300m:	3:52.92	40.94	400m:	5:14.83	40.19
5.	Nienke van Scheepen				Steenwijk 1934	5:25.31	199704256	<b>5:24.30</b>				
	50m:	35.55	35.55	150m:	1:55.16	40.30	250m:	3:18.74	42.36	350m:	4:44.36	42.71
	100m:	1:14.86	39.31	200m:	2:36.38	41.22	300m:	4:01.65	42.91	400m:	5:24.30	39.94

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Programmanr. 4, Dames, 400m vrije slag, Senioren open

Rang					In.tijd	Tijd						
6.	Getrude Corporaal				ZVZwartsluis	5:12.37	199200380	<b>5:27.13</b>				
	50m:	34.02	34.02	150m:	1:54.32	41.52	250m:	3:19.60	42.28	350m:	4:45.73	42.73
	100m:	1:12.80	38.78	200m:	2:37.32	43.00	300m:	4:03.00	43.40	400m:	5:27.13	41.40
7.	Charine de Ruiter				Steenwijk 1934	5:51.81	199403668	<b>5:28.92</b>				
	50m:	36.10	36.10	150m:	1:58.13	41.74	250m:	3:23.20	42.16	350m:	4:48.45	42.29
	100m:	1:16.39	40.29	200m:	2:41.04	42.91	300m:	4:06.16	42.96	400m:	5:28.92	40.47
8.	Sabine Lageweg				Steenwijk 1934	5:33.39	199900926	<b>5:29.24</b>				
	50m:	36.10	36.10	150m:	1:58.75	42.44	250m:	3:23.67	42.44	350m:	4:49.72	42.79
	100m:	1:16.31	40.21	200m:	2:41.23	42.48	300m:	4:06.93	43.26	400m:	5:29.24	39.52
9.	Randi Dekker				Steenwijk 1934	5:33.73	199900842	<b>5:29.41</b>				
	50m:	35.38	35.38	150m:	1:58.66	41.90	250m:	3:24.34	43.15	350m:	4:49.94	42.72
	100m:	1:16.76	41.38	200m:	2:41.19	42.53	300m:	4:07.22	42.88	400m:	5:29.41	39.47
10.	Eliza van der Werf				Steenwijk 1934	5:59.93	199900728	<b>5:35.59</b>				
	50m:	35.66	35.66	150m:	1:59.53	42.96	250m:	3:27.36	43.84	350m:	4:55.52	43.34
	100m:	1:16.57	40.91	200m:	2:43.52	43.99	300m:	4:12.18	44.82	400m:	5:35.59	40.07
11.	Michelle van den Hoofdakker				Steenwijk 1934	6:32.31	200302708	<b>5:37.48</b>				
	50m:	37.39	37.39	150m:	2:03.95	44.00	250m:	3:33.26	44.78	350m:	4:58.89	41.32
	100m:	1:19.95	42.56	200m:	2:48.48	44.53	300m:	4:17.57	44.31	400m:	5:37.48	38.59
12.	Jessica van der Zee				Steenwijk 1934	6:03.61	200000316	<b>5:47.12</b>				
	50m:	38.56	38.56	150m:	2:07.66	45.23	250m:	3:37.47	44.68	350m:	5:06.16	43.81
	100m:	1:22.43	43.87	200m:	2:52.79	45.13	300m:	4:22.35	44.88	400m:	5:47.12	40.96
13.	Lonneke Oenema				Steenwijk 1934	5:53.34	199102314	<b>5:48.83</b>				
	50m:	37.51	37.51	150m:	2:05.20	44.74	250m:	3:35.51	45.11	350m:	5:05.54	44.90
	100m:	1:20.46	42.95	200m:	2:50.40	45.20	300m:	4:20.64	45.13	400m:	5:48.83	43.29
14.	Anouk Poelstra				Steenwijk 1934	5:51.36	199800166	<b>5:52.80</b>				
	50m:	36.89	36.89	150m:	2:04.14	44.31	250m:	3:36.39	46.35	350m:	5:09.17	46.06
	100m:	1:19.83	42.94	200m:	2:50.04	45.90	300m:	4:23.11	46.72	400m:	5:52.80	43.63
15.	Chanien Gras				't Tolhekke	5:57.36	199802076	<b>5:56.26</b>				
	50m:	39.05	39.05	150m:	2:09.04	45.84	250m:	3:45.15	48.08	350m:	5:14.37	45.03
	100m:	1:23.20	44.15	200m:	2:57.07	48.03	300m:	4:29.34	44.19	400m:	5:56.26	41.89
16.	Inge Halman				Steenwijk 1934	7:23.23	200300726	<b>6:15.64</b>				
	50m:	40.23	40.23	150m:	2:13.94	47.41	250m:	3:51.36	49.26	350m:	5:28.93	48.87
	100m:	1:26.53	46.30	200m:	3:02.10	48.16	300m:	4:40.06	48.70	400m:	6:15.64	46.71
17.	Fayola van den Berg				Steenwijk 1934	7:34.88	200200146	<b>6:31.11</b>				
	50m:	41.86	41.86	150m:	2:20.36	49.73	250m:	4:02.04	50.88	350m:	5:44.49	51.73
	100m:	1:30.63	48.77	200m:	3:11.16	50.80	300m:	4:52.76	50.72	400m:	6:31.11	46.62
18.	Anna Werkman				Steenwijk 1934	6:14.42	199803620	<b>6:34.89</b>				
	50m:	42.48	42.48	150m:	2:21.13	50.37	250m:	4:04.13	52.18	350m:	5:47.42	51.10
	100m:	1:30.76	48.28	200m:	3:11.95	50.82	300m:	4:56.32	52.19	400m:	6:34.89	47.47
19.	Nika Dekker				Steenwijk 1934	7:09.16	200302722	<b>6:45.47</b>				
	50m:	41.49	41.49	150m:	2:21.69	51.39	300m:	5:03.62	1:48.75	400m:	6:45.47	48.84
	100m:	1:30.30	48.81	200m:	3:14.87	53.18	350m:	5:56.63	53.01			
20.	Karin de Haan				't Tolhekke	NT	200301456	<b>7:00.28</b>				
	50m:	43.79	43.79	150m:	2:30.22	52.66	250m:	4:21.85	55.76	350m:	6:11.75	55.19
	100m:	1:37.56	53.77	200m:	3:26.09	55.87	300m:	5:16.56	54.71	400m:	7:00.28	48.53
21.	Manon Veenstra				't Tolhekke	7:08.65	199800762	<b>7:09.50</b>				
	50m:	47.80	47.80	150m:	2:32.11	53.68	250m:	4:25.22	56.59	350m:	6:18.25	56.72
	100m:	1:38.43	50.63	200m:	3:28.63	56.52	300m:	5:21.53	56.31	400m:	7:09.50	51.25
22.	Yasmin Brinkman				Steenwijk 1934	8:01.03	200301784	<b>7:26.89</b>				
	50m:	41.54	41.54	150m:	2:31.16	57.14	250m:	4:29.86	58.44	350m:	6:32.23	1:01.34
	100m:	1:34.02	52.48	200m:	3:31.42	1:00.26	300m:	5:30.89	1:01.03	400m:	7:26.89	54.66
AFGEM	Lisa Huisman				Steenwijk 1934	7:08.16	200202938					