

Programmanr. 1
10-1-2019

400m vrije slag

Minioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Fay Boxum	ZVZwartsluis	6:14.51	200900060	5:57.27
	50m: 38.87	38.87	150m: 250m:	350m:	
	100m: 1:24.15	45.28	200m: 2:57.49	300m: 400m:	5:57.27
2.	Dyon Scholten	Steenwijk 1934	NT	200900095	7:15.09
	50m: 43.81	43.81	150m: 250m:	350m:	
	100m: 1:35.23	51.42	200m: 3:27.32	300m: 400m:	7:15.09
3.	Felix Kouwenhoven	Steenwijk 1934	NT	200900743	7:37.32
	50m: 50.51	50.51	150m: 250m:	350m:	
	100m: 1:47.62	57.11	200m: 3:42.75	300m: 400m:	7:37.32
4.	Aisha Muis	Steenwijk 1934	NT	201000364	8:54.68
	50m: 53.37	53.37	150m: 250m:	350m:	
	100m: 2:00.61	1:07.24	200m: 4:19.77	300m: 400m:	8:54.68

Programmanr. 2
10-1-2019

400m vrije slag

Minioren 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Minioren 5 en 6, Jongens					
1.	Storm Boxum	ZVZwartsluis	5:13.53	200700421	5:10.51
	50m: 33.31	33.31	150m: 250m:	350m:	
	100m: 1:12.19	38.88	200m: 2:31.05	300m: 400m:	5:10.51
2.	Diede Veld	ZVZwartsluis	5:30.68	200800011	5:26.98
	50m: 35.18	35.18	150m: 250m:	350m:	
	100m: 1:14.53	39.35	200m: 2:36.75	300m: 400m:	5:26.98
3.	Nils van Toly	ZVZwartsluis	NT	200700181	5:52.62
	50m: 39.60	39.60	150m: 250m:	350m:	
	100m: 1:23.98	44.38	200m: 2:54.61	300m: 400m:	5:52.62
4.	Jaydey Schonewille	ZVZwartsluis	NT	200800025	6:18.32
	50m: 42.04	42.04	150m: 250m:	350m:	
	100m: 1:30.99	48.95	200m: 3:09.38	300m: 400m:	6:18.32
5.	Ivan Vuist	't Tolhekke	7:33.08	200802067	6:48.70
	50m: 45.55	45.55	150m: 250m:	350m:	
	100m: 1:36.99	51.44	200m: 3:24.46	300m: 400m:	6:48.70
6.	Auke van Wijk	Steenwijk 1934	NT	200703045	6:56.72
	50m: 42.77	42.77	150m: 250m:	350m:	
	100m: 1:32.91	50.14	200m: 3:20.23	300m: 400m:	6:56.72
7.	Lukas Heijser	't Tolhekke	7:37.36	200802065	7:36.26
	50m: 45.95	45.95	150m: 250m:	350m:	
	100m: 1:43.38	57.43	200m: 3:42.31	300m: 400m:	7:36.26
8.	Thomas Zwerver	Steenwijk 1934	NT	200801483	7:49.74
	50m: 46.53	46.53	150m: 250m:	350m:	
	100m: 1:44.53	58.00	200m: 3:46.19	300m: 400m:	7:49.74

Minioren 5 en Junioren 1, Meisjes

1.	Féline Sam	ZVZwartsluis	5:17.27	200700018	5:15.87
	50m: 34.83	34.83	150m: 250m:	350m:	
	100m: 1:15.03	40.20	200m: 2:36.49	300m: 400m:	5:15.87
2.	Emmelien Smelt	ZVZwartsluis	6:04.76	200800012	5:30.38
	50m: 36.30	36.30	150m: 250m:	350m:	
	100m: 1:17.45	41.15	200m: 2:43.47	300m: 400m:	5:30.38
3.	Esmee Mulder	ZVZwartsluis	5:57.95	200800038	5:42.38
	50m: 35.49	35.49	150m: 250m:	350m:	
	100m: 1:15.66	40.17	200m: 2:40.97	300m: 400m:	5:42.38
4.	Esther van Benthem	't Tolhekke	7:03.33	200702082	6:55.49
	50m: 44.42	44.42	150m: 250m:	350m:	
	100m: 1:34.56	50.14	200m: 3:21.85	300m: 400m:	6:55.49
5.	Anna de Lange	Steenwijk 1934	NT	200801762	9:14.01
	50m: 56.81	56.81	150m: 250m:	350m:	
	100m: 2:05.08	1:08.27	200m: 4:32.35	300m: 400m:	9:14.01

Programmanr. 201
10-1-2019

400m vrije slag

20 jaar en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
Masters Open, Heren						
1.	Guido Keutgen	Steenwijk 1934	5:20.00	196801551	5:15.21	
	50m: 33.18	33.18 150m:		250m:	350m:	
	100m: 1:11.23	38.05 200m: 2:31.90		300m:	400m: 5:15.21	
2.	Korstiaan de Boer	Steenwijk 1934	5:25.96	197101629	5:17.66	
	50m: 33.98	33.98 150m:		250m:	350m:	
	100m: 1:12.42	38.44 200m: 2:32.64		300m:	400m: 5:17.66	
3.	Chris Kouwenhoven	Steenwijk 1934	5:26.05	197101669	5:27.73	
	50m: 37.01	37.01 150m:		250m:	350m:	
	100m: 1:18.45	41.44 200m: 2:41.16		300m:	400m: 5:27.73	
AFGEM	Dick Huisman	Steenwijk 1934	5:35.22	197501409		
Masters Open, Dames						
1.	Getrude Corporaal	Steenwijk 1934	5:25.93	199200380	5:17.09	
	50m: 33.61	33.61 150m:		250m:	350m:	
	100m: 1:11.15	37.54 200m: 2:32.36		300m:	400m: 5:17.09	
2.	Wilna Heijman	Steenwijk 1934	5:19.34	196400506	5:25.36	
	50m: 37.47	37.47 150m:		250m:	350m:	
	100m: 1:18.20	40.73 200m: 2:40.34		300m:	400m: 5:25.36	
3.	Ilse Blankvoort	Steenwijk 1934	5:28.42	199204458	5:33.07	
	50m: 36.78	36.78 150m:		250m:	350m:	
	100m: 1:17.62	40.84 200m: 2:42.47		300m:	400m: 5:33.07	
4.	Jacyntha Plat	Steenwijk 1934	5:14.56	199002956	5:36.37	
	50m: 33.62	33.62 150m:		250m:	350m:	
	100m: 1:13.07	39.45 200m: 2:37.55		300m:	400m: 5:36.37	
5.	Charine de Ruiter	Steenwijk 1934	5:35.68	199403668	5:47.42	
	50m: 38.13	38.13 150m:		250m:	350m:	
	100m: 1:20.24	42.11 200m: 2:48.55		300m:	400m: 5:47.42	
6.	Inge Lolkema-Soeters	Steenwijk 1934	6:26.41	197300934	6:22.69	
	50m: 42.28	42.28 150m:		250m:	350m:	
	100m: 1:29.32	47.04 200m: 3:06.67		300m:	400m: 6:22.69	
7.	Leonie Scholten	Steenwijk 1934	7:00.00	197901560	7:02.49	
	50m: 43.80	43.80 150m:		250m:	350m:	
	100m: 1:34.37	50.57 200m: 3:23.92		300m:	400m: 7:02.49	

Programmanr. 3
10-1-2019

Heren, 400m vrije slag

Senioren open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Lauren Vis	Steenwijk 1934	4:31.54	198201883	4:33.13	
	50m: 28.67	28.67 150m:		250m:	350m:	
	100m: 1:01.73	33.06 200m: 2:10.26		300m:	400m: 4:33.13	
2.	Kylian Kooijman	Steenwijk 1934	4:42.76	199900763	4:48.49	
	50m: 30.49	30.49 150m:		250m:	350m:	
	100m: 1:05.91	35.42 200m: 2:18.60		300m:	400m: 4:48.49	
3.	Jelle Heijman	Steenwijk 1934	4:44.95	200000635	4:58.36	
	50m: 31.92	31.92 150m:		250m:	350m:	
	100m: 1:08.47	36.55 200m: 2:24.76		300m:	400m: 4:58.36	
4.	Geert de Haan	't Tolhekke	4:46.71	200200369	5:01.28	
	50m: 30.71	30.71 150m:		250m:	350m:	
	100m: 1:06.85	36.14 200m: 2:22.60		300m:	400m: 5:01.28	
5.	Marco Wagter	Steenwijk 1934	5:53.54	200500003	5:54.20	
	50m: 39.37	39.37 150m:		250m:	350m:	
	100m: 1:23.81	44.44 200m: 2:52.96		300m:	400m: 5:54.20	
6.	Patrick Timmerman	't Tolhekke	6:19.20	200203591	6:16.71	
	50m: 38.28	38.28 150m:		250m:	350m:	
	100m: 1:22.72	44.44 200m: 2:57.74		300m:	400m: 6:16.71	

Programmanr. 4
10-1-2019

Dames, 400m vrije slag

Senioren open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Annejen Smelt	ZVZwartsluis	5:16.30	200400442	5:17.53	
	50m: 35.44	35.44 150m:		250m:	350m:	
	100m: 1:15.61	40.17 200m: 2:37.78		300m:	400m: 5:17.53	
2.	Myrthe Dorgelo	ZVZwartsluis	5:16.52	200500068	5:18.62	
	50m: 35.04	35.04 150m:		250m:	350m:	
	100m: 1:14.36	39.32 200m: 2:35.55		300m:	400m: 5:18.62	
3.	Alies Wagter	Steenwijk 1934	5:01.71	199900840	5:28.73	
	50m: 35.04	35.04 150m:		250m:	350m:	
	100m: 1:14.02	38.98 200m: 2:36.51		300m:	400m: 5:28.73	
4.	Janine ter Schure	't Tolhekke	5:18.58	200105164	5:31.78	
	50m: 35.09	35.09 150m:		250m:	350m:	
	100m: 1:15.11	40.02 200m: 2:40.16		300m:	400m: 5:31.78	
5.	Sabine Lageweg	Steenwijk 1934	5:29.06	199900926	5:32.96	
	50m: 35.24	35.24 150m:		250m:	350m:	
	100m: 1:16.21	40.97 200m: 2:41.47		300m:	400m: 5:32.96	
6.	Kimm Bakker	't Tolhekke	5:46.26	200403270	5:35.13	
	50m: 36.95	36.95 150m:		250m:	350m:	
	100m: 1:19.32	42.37 200m: 2:45.13		300m:	400m: 5:35.13	
7.	Inge Halman	Steenwijk 1934	5:55.02	200300726	5:47.96	
	50m: 37.84	37.84 150m:		250m: 2:49.78	350m:	
	100m: 1:21.08	43.24 200m:		300m:	400m: 5:47.96	
8.	Aniek Vuist	't Tolhekke	5:58.19	200600958	6:21.36	
	50m: 39.62	39.62 150m:		250m:	350m:	
	100m: 1:26.47	46.85 200m: 3:07.56		300m:	400m: 6:21.36	
9.	Fayola van den Berg	Steenwijk 1934	6:18.73	200200146	6:25.95	
	50m: 41.04	41.04 150m:		250m:	350m:	
	100m: 1:28.25	47.21 200m: 3:06.61		300m:	400m: 6:25.95	
10.	Fianne Kroes	't Tolhekke	6:15.82	200504190	6:30.46	
	50m: 43.75	43.75 150m:		250m:	350m:	
	100m: 1:32.74	48.99 200m: 3:15.21		300m:	400m: 6:30.46	
11.	Annieke Boer	Steenwijk 1934	7:25.67	200106174	6:46.75	
	50m: 41.89	41.89 150m:		250m:	350m:	
	100m: 1:31.03	49.14 200m: 3:14.15		300m:	400m: 6:46.75	
12.	Manuela Doeve	Steenwijk 1934	6:47.15	199901908	6:54.32	
	50m: 43.86	43.86 150m:		250m:	350m:	
	100m: 1:34.51	50.65 200m: 3:20.64		300m:	400m: 6:54.32	
13.	Yasmin Brinkman	Steenwijk 1934	6:36.50	200301784	7:07.53	
	50m: 40.61	40.61 150m:		250m:	350m:	
	100m: 1:27.03	46.42 200m: 3:11.78		300m:	400m: 7:07.53	
14.	Sterre Bakker	Steenwijk 1934	NT	200604344	7:14.25	
	50m: 46.37	46.37 150m:		250m:	350m:	
	100m: 1:39.32	52.95 200m: 3:31.89		300m:	400m: 7:14.25	
15.	Marinke Hummelen	Steenwijk 1934	6:55.56	199905248	7:22.01	
	50m: 48.65	48.65 150m:		250m:	350m:	
	100m: 1:43.60	54.95 200m: 3:36.17		300m:	400m: 7:22.01	
AFGEM	Carljne Sam	ZVZwartsluis	5:43.20	200400196		