

Clubkampioenschappen deel 1 2019
Steenwijk, 28-11-2019

Programmanr. 1
28-11-2019 - 18:45

400m vrije slag

Miniores 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	isha Muis	Steenwijk 1934	8:54.68	201000364	9:02.75
	50m: 54.83	54.83	150m:	250m:	350m:
	100m: 1:58.87	1:04.04	200m: 4:18.49	300m:	400m: 9:02.75

Programmanr. 2
28-11-2019 - 18:55

400m vrije slag

Miniores 5 en 6
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Miniores 5 en 6, Jongens					
1.	Diede Veld	ZVZwartsluis	5:15.30	200800011	5:05.29
	50m: 33.14	33.14	150m:	250m:	350m:
	100m: 1:10.88	37.74	200m: 2:28.50	300m:	400m: 5:05.29
2.	Jaydey Schonewille	ZVZwartsluis	5:52.38	200800025	5:34.33
	50m: 37.14	37.14	150m:	250m:	350m:
	100m: 1:18.67	41.53	200m: 2:44.89	300m:	400m: 5:34.33
3.	Ivan Vuist	't Tolhekke	6:48.70	200802067	6:29.42
	50m: 42.51	42.51	150m:	250m:	350m:
	100m: 1:31.32	48.81	200m: 3:13.13	300m:	400m: 6:29.42
4.	Lukas Heijser	't Tolhekke	7:36.26	200802065	6:43.19
	50m: 43.71	43.71	150m: 3:19.84	1:44.73	250m:
	100m: 1:35.11	51.40	200m:	300m:	350m:
					400m: 6:43.19
5.	Dyon Scholten	Steenwijk 1934	7:15.09	200900095	6:48.11
	50m: 44.20	44.20	150m:	250m:	350m:
	100m: 1:34.23	50.03	200m: 3:19.20	300m:	400m: 6:48.11

Miniores 5 en Junioren 1, Meisjes

1.	Emmelien Smelt	ZVZwartsluis	5:21.58	200800012	5:16.28
	50m: 34.47	34.47	150m:	250m:	350m:
	100m: 1:13.78	39.31	200m: 2:34.28	300m:	400m: 5:16.28
2.	Ninthe van der Zwaag	Steenwijk 1934	NT	200801764	8:04.43
	50m: 52.88	52.88	150m:	250m:	350m:
	100m: 1:53.09	1:00.21	200m: 3:55.89	300m:	400m: 8:04.43
AFGEM	Leonore Heerschop	't Tolhekke	7:04.13	200801310	
AFGEM	Anna Fix	ZVZwartsluis	NT	200900360	
AFGEM	Karlijn Dijkshoorn	Steenwijk 1934	7:40.31	200803926	
AFGEM	Anna de Lange	Steenwijk 1934	9:14.01	200801762	

Programmanr. 201
28-11-2019 - 19:15

400m vrije slag

20 jaar en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
20 jaar en ouder, Heren					
1.	Korstiaan de Boer	Steenwijk 1934	5:17.66	197101629	5:21.51
	50m: 33.57	33.57	150m:	250m:	350m:
	100m: 1:11.92	38.35	200m: 2:33.54	300m:	400m: 5:21.51
2.	Patrick Wobben	Steenwijk 1934	6:00.00	199300559	6:14.42
	50m: 38.23	38.23	150m:	250m:	350m:
	100m: 1:20.89	42.66	200m: 2:53.89	300m:	400m: 6:14.42
AFGEM	Casper Dollekamp	Steenwijk 1934	5:44.68	196301341	
AFGEM	Guido Keutgen	Steenwijk 1934	5:15.21	196801551	

Clubkampioenschappen deel 1 2019
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Programmanr. 201, 400m vrije slag

Masters Open, Dames

1.	Elianne Huitema	Steenwijk 1934	4:47.84	199700258	4:50.26
	50m: 31.67	31.67	150m:	250m:	350m:
	100m: 1:06.88	35.21	200m: 2:20.64	300m:	400m: 4:50.26
2.	Nanda de Vries	Steenwijk 1934	4:53.17	199204328	5:03.27
	50m: 32.67	32.67	150m:	250m:	350m:
	100m: 1:09.67	37.00	200m: 2:27.02	300m:	400m: 5:03.27
3.	Alies Wagter	Steenwijk 1934	5:28.73	199900840	5:13.92
	50m: 33.97	33.97	150m:	250m:	350m:
	100m: 1:11.77	37.80	200m: 2:29.33	300m:	400m: 5:13.92
4.	Sabine Lageweg	Steenwijk 1934	5:32.96	199900926	5:26.14
	50m: 35.42	35.42	150m:	250m:	350m:
	100m: 1:16.07	40.65	200m: 2:38.74	300m:	400m: 5:26.14
5.	Wilna Heijman	Steenwijk 1934	5:25.36	196400506	5:30.75
	50m: 38.11	38.11	150m:	250m:	350m:
	100m: 1:18.97	40.86	200m: 2:43.06	300m:	400m: 5:30.75
6.	Linda Wibbelink	Steenwijk 1934	5:12.15	195900158	5:54.86
	50m: 39.07	39.07	150m:	250m:	350m:
	100m: 1:21.99	42.92	200m: 2:51.79	300m:	400m: 5:54.86
7.	Inge Soeters	Steenwijk 1934	6:19.78	197300934	6:15.19
	50m: 40.97	40.97	150m:	250m:	350m:
	100m: 1:26.84	45.87	200m: 3:02.11	300m:	400m: 6:15.19
8.	Leonie Scholten	Steenwijk 1934	7:02.49	197901560	6:44.15
	50m: 42.87	42.87	150m:	250m:	350m:
	100m: 1:32.22	49.35	200m: 3:15.08	300m:	400m: 6:44.15
9.	Riekie Schra	Steenwijk 1934	10:09.04	196400404	10:16.23
	50m: 1:03.70	1:03.70	150m:	250m:	350m:
	100m: 2:19.43	1:15.73	200m: 4:59.24	300m:	400m: 10:16.23
AFGEM	Ageeth de Haan	't Tolhekke	5:20.45	199901022	

Programmanr. 3
28-11-2019 - 19:35

Heren, 400m vrije slag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Lauren Vis	Steenwijk 1934	4:33.13	198201883	4:28.81	
	50m: 29.04	29.04	150m:	250m:	350m:	
	100m: 1:01.92	32.88	200m: 2:11.15	300m:	400m: 4:28.81	
2.	Kylian Kooijman	Steenwijk 1934	4:42.76	199900763	4:46.48	
	50m: 30.00	30.00	150m:	250m:	350m:	
	100m: 1:05.02	35.02	200m: 2:17.57	300m:	400m: 4:46.48	
3.	Rick Driezen	Steenwijk 1934	4:33.13	198600713	4:50.53	
	50m: 31.78	31.78	150m:	250m:	350m:	
	100m: 1:07.06	35.28	200m: 2:19.30	300m:	400m: 4:50.53	
4.	Geert de Haan	't Tolhekke	5:01.28	200200369	4:50.85	
	50m: 30.63	30.63	150m:	250m:	350m:	
	100m: 1:05.51	34.88	200m: 2:20.32	300m:	400m: 4:50.85	
5.	Jelle Heijman	Steenwijk 1934	4:44.95	200000635	5:00.83	
	50m: 31.55	31.55	150m:	250m:	350m:	
	100m: 1:07.35	35.80	200m: 2:21.75	300m:	400m: 5:00.83	
6.	Nils van Toly	ZVZwartsuis	5:46.69	200700181	5:43.25	
	50m: 39.41	39.41	150m:	250m:	350m:	
	100m: 1:23.35	43.94	200m: 2:51.60	300m:	400m: 5:43.25	
7.	Marco Wagter	Steenwijk 1934	5:53.54	200500003	5:48.78	
	50m: 38.84	38.84	150m:	250m:	350m:	
	100m: 1:22.25	43.41	200m: 2:51.81	300m:	400m: 5:48.78	
8.	Patrick Timmerman	't Tolhekke	6:16.71	200203591	6:22.06	
	50m: 39.50	39.50	150m:	250m:	350m:	
	100m: 1:24.08	44.58	200m: 3:01.40	300m:	400m: 6:22.06	
9.	Harmen Kroes	't Tolhekke	NT	200703221	7:20.23	
	50m: 45.82	45.82	150m:	250m:	350m:	
	100m: 1:38.86	53.04	200m: 3:33.13	300m:	400m: 7:20.23	
10.	Kevin de Lange-	Steenwijk 1934	NT	200604131	8:28.28	
	50m: 46.20	46.20	150m:	250m:	350m:	
	100m: 1:49.65	1:03.45	200m: 4:06.65	300m:	400m: 8:28.28	

Clubkampioenschappen deel 1 2019
Steenwijk, 28-11-2019

Programmanr. 4
28-11-2019 - 19:50

Dames, 400m vrije slag

Junioren 2 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Kim Schraa	ZVZwartsluis	6:17.30	200600298	5:17.53	
	50m: 33.61	33.61 150m:		250m:	350m:	
	100m: 1:11.93	38.32 200m: 2:32.64		300m:	400m: 5:17.53	
2.	Annejèn Smelt	ZVZwartsluis	5:17.53	200400442	5:21.85	
	50m: 35.69	35.69 150m:		250m:	350m:	
	100m: 1:16.30	40.61 200m: 2:38.50		300m:	400m: 5:21.85	
3.	Aniek Vuist	't Tolhekke	6:02.76	200600958	5:25.47	
	50m: 33.79	33.79 150m:		250m:	350m:	
	100m: 1:12.77	38.98 200m: 2:39.89		300m:	400m: 5:25.47	
4.	Janine ter Schure	't Tolhekke	5:31.78	200105164	5:30.49	
	50m: 35.34	35.34 150m:		250m:	350m:	
	100m: 1:15.57	40.23 200m: 2:41.26		300m:	400m: 5:30.49	
5.	Kimm Bakker	't Tolhekke	5:35.13	200403270	5:38.45	
	50m: 35.67	35.67 150m:		250m:	350m:	
	100m: 1:17.26	41.59 200m: 2:44.64		300m:	400m: 5:38.45	
6.	Inge Halman	Steenwijk 1934	5:47.96	200300726	5:50.78	
	50m: 37.14	37.14 150m:		250m:	350m:	
	100m: 1:20.22	43.08 200m: 2:49.73		300m:	400m: 5:50.78	
7.	Kaylen Schonewille	ZVZwartsluis	5:51.50	200700500	5:52.89	
	50m: 39.61	39.61 150m:		250m:	350m:	
	100m: 1:24.20	44.59 200m: 2:55.31		300m:	400m: 5:52.89	
8.	Fianne Kroes	't Tolhekke	6:30.46	200504190	6:02.74	
	50m: 40.80	40.80 150m:		250m:	350m:	
	100m: 1:26.03	45.23 200m: 2:58.74		300m:	400m: 6:02.74	
9.	Karin de Haan	't Tolhekke	5:51.83	200301456	6:06.32	
	50m: 37.10	37.10 150m:		250m:	350m:	
	100m: 1:21.48	44.38 200m: 2:56.47		300m:	400m: 6:06.32	
10.	Annieke Boer	Steenwijk 1934	6:46.75	200106174	6:11.32	
	50m: 38.24	38.24 150m:		250m:	350m:	
	100m: 1:23.17	44.93 200m: 2:57.89		300m:	400m: 6:11.32	
11.	Esther van Benthem	't Tolhekke	6:55.49	200702082	6:24.00	
	50m: 40.55	40.55 150m:		250m:	350m:	
	100m: 1:28.40	47.85 200m: 3:08.73		300m:	400m: 6:24.00	
12.	Yalina Visscher	't Tolhekke	NT	200700714	6:24.10	
	50m: 40.96	40.96 150m:		250m:	350m:	
	100m: 1:28.85	47.89 200m: 3:08.96		300m:	400m: 6:24.10	
13.	Yasmin Brinkman	Steenwijk 1934	6:36.50	200301784	6:27.63	
	50m: 39.62	39.62 150m:		250m:	350m:	
	100m: 1:24.35	44.73 200m: 3:01.67		300m:	400m: 6:27.63	
14.	Fayola van den Berg	Steenwijk 1934	6:18.73	200200146	6:27.92	
	50m: 39.54	39.54 150m:		250m:	350m:	
	100m: 1:26.51	46.97 200m: 3:06.89		300m:	400m: 6:27.92	
15.	Marinke Hummelen	Steenwijk 1934	6:55.56	199905248	6:57.33	
	50m: 43.95	43.95 150m:		250m:	350m:	
	100m: 1:34.20	50.25 200m: 3:20.08		300m:	400m: 6:57.33	
16.	Sterre Bakker	Steenwijk 1934	7:14.25	200604344	7:10.80	
	50m: 46.54	46.54 150m:		250m:	350m:	
	100m: 1:39.89	53.35 200m: 3:30.23		300m:	400m: 7:10.80	
AFGEM	Aimee Heerschop	't Tolhekke	6:19.48	200300146		
AFGEM	Demi de Haan -	Steenwijk 1934	7:05.53	200405006		