

RWK Limburg
Maastricht, 16- - 24-11-2019

Programmanr. 10
17-11-2019

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 2					
1.	Hylcke de Beer	Zwemsport Parkstad	5:54.98	200700006	5:37.18 +0,68
	50m: 35.25	35.25 150m: 2:02.66	44.22	250m: 3:33.46	47.65 350m: 5:01.27
	100m: 1:18.44	43.19 200m: 2:45.81	43.15	300m: 4:22.13	48.67 400m: 5:37.18
					39.14
					35.91
Junioren 3 en 4					
1.	Kim Crins	Rzl	5:51.05	200501212	5:37.26 +0,79
	50m: 34.95	34.95 150m: 2:02.37	44.88	250m: 3:33.16	48.10 350m: 5:00.95
	100m: 1:17.49	42.54 200m: 2:45.06	42.69	300m: 4:21.89	48.73 400m: 5:37.26
					39.06
					36.31
2.	Colinda van der Zanden	Mosa~Regio	5:31.90	200502618	5:38.44 +0,70
	50m: 35.12	35.12 150m: 2:01.36	43.46	250m: 3:32.71	49.21 350m: 5:01.51
	100m: 1:17.90	42.78 200m: 2:43.50	42.14	300m: 4:22.19	49.48 400m: 5:38.44
					39.32
					36.93
3.	Rachelle Luimes	Hellas-Glana	5:48.36	200500654	5:42.44 +0,73
	50m: 36.24	36.24 150m: 2:02.01	42.92	250m: 3:34.39	50.14 350m: 5:04.46
	100m: 1:19.09	42.85 200m: 2:44.25	42.24	300m: 4:25.13	50.74 400m: 5:42.44
					39.33
					37.98
4.	Danee Verstegen	Hzpc	6:02.75	200600518	5:56.12 +0,87
	50m: 39.40	39.40 150m: 2:10.26	43.55	250m: 3:43.27	50.88 350m: 5:16.58
	100m: 1:26.71	47.31 200m: 2:52.39	42.13	300m: 4:34.91	51.64 400m: 5:56.12
					41.67
					39.54
5.	Jennifer Koonen	Zwemsport Parkstad	6:26.21	200500386	6:05.74 +0,90
	50m: 40.09	40.09 150m: 2:14.00	45.89	250m: 3:50.86	52.25 350m: 5:27.88
	100m: 1:28.11	48.02 200m: 2:58.61	44.61	300m: 4:44.95	54.09 400m: 6:05.74
					42.93
					37.86
6.	Jente Sikes	Hzpc	6:09.24	200602074	6:06.35 +0,80
	50m: 39.15	39.15 150m: 2:15.45	47.60	250m: 3:54.79	53.52 350m: 5:28.85
	100m: 1:27.85	48.70 200m: 3:01.27	45.82	300m: 4:47.62	52.83 400m: 6:06.35
					41.23
					37.50
7.	Juliette Krichel	Zwemsport Parkstad	6:25.95	200600270	6:17.47 +0,69
	50m: 38.18	38.18 150m: 2:15.99	48.43	250m: 3:54.48	52.50 350m: 5:34.88
	100m: 1:27.56	49.38 200m: 3:01.98	45.99	300m: 4:49.40	54.92 400m: 6:17.47
					45.48
					42.59
8.	Lieke Lankes	Mosa~Regio	5:57.16	200501128	6:19.02 +0,72
	50m: 37.55	37.55 150m: 2:09.94	46.98	250m: 3:52.11	55.14 350m: 5:32.98
	100m: 1:22.96	45.41 200m: 2:56.97	47.03	300m: 4:47.21	55.10 400m: 6:19.02
					45.77
					46.04
Jeugd 1 en 2					
1.	Luna de Vries	Hzpc	5:16.60	200400516	5:10.28 +0,73
	50m: 33.11	33.11 150m: 1:52.26	40.25	250m: 3:14.72	43.28 350m: 4:34.81
	100m: 1:12.01	38.90 200m: 2:31.44	39.18	300m: 3:59.23	44.51 400m: 5:10.28
					35.58
					35.47
2.	Jessie Bodden	Hellas-Glana	5:18.41	200401650	5:12.07 +0,71
	50m: 34.00	34.00 150m: 1:52.05	39.16	250m: 3:16.04	45.34 350m: 4:36.87
	100m: 1:12.89	38.89 200m: 2:30.70	38.65	300m: 4:00.96	44.92 400m: 5:12.07
					35.91
					35.20
3.	Sophie Albers	Hzpc	5:30.75	200300990	5:21.65 +0,81
	50m: 35.21	35.21 150m: 1:58.01	41.75	250m: 3:23.25	44.88 350m: 4:45.82
	100m: 1:16.26	41.05 200m: 2:38.37	40.36	300m: 4:08.93	45.68 400m: 5:21.65
					36.89
					35.83
4.	Meike van de Ree	Hzpc	5:30.08	200402646	5:25.57 +0,63
	50m: 34.09	34.09 150m: 1:56.40	40.13	250m: 3:22.93	46.14 350m: 4:48.42
	100m: 1:16.27	42.18 200m: 2:36.79	40.39	300m: 4:10.51	47.58 400m: 5:25.57
					37.91
					37.15
5.	Quinty Rouschop	Zwemsport Parkstad	5:28.15	200300208	5:31.73 +0,75
	50m: 34.55	34.55 150m: 1:59.85	41.89	250m: 3:26.74	45.75 350m: 4:53.41
	100m: 1:17.96	43.41 200m: 2:40.99	41.14	300m: 4:14.38	47.64 400m: 5:31.73
					39.03
					38.32
6.	Kyanie Blom	Zwemsport Parkstad	5:46.09	200301866	5:41.42 +0,75
	50m: 35.72	35.72 150m: 2:02.38	45.37	250m: 3:34.52	48.16 350m: 5:02.90
	100m: 1:17.01	41.29 200m: 2:46.36	43.98	300m: 4:24.08	49.56 400m: 5:41.42
					38.82
					38.52
7.	Isa Coenen	Hellas-Glana	5:50.33	200300704	5:43.65 +0,75
	50m: 36.06	36.06 150m: 2:04.66	44.52	250m: 3:35.93	47.47 350m: 5:05.89
	100m: 1:20.14	44.08 200m: 2:48.46	43.80	300m: 4:25.58	49.65 400m: 5:43.65
					40.31
					37.76
8.	Marlijn Zwart	Hzpc	5:47.16	200300972	5:43.96 +0,71
	50m: 35.21	35.21 150m: 2:04.37	46.35	250m: 3:36.39	47.22 350m: 5:04.29
	100m: 1:18.02	42.81 200m: 2:49.17	44.80	300m: 4:24.00	47.61 400m: 5:43.96
					39.67
9.	Lianne Kaanen	Zeps	5:48.43	200300708	5:46.10 +0,80
	50m: 38.60	38.60 150m: 2:06.32	42.16	250m: 3:39.05	51.28 350m: 5:09.96
	100m: 1:24.16	45.56 200m: 2:47.77	41.45	300m: 4:31.15	52.10 400m: 5:46.10
					38.81
					36.14
10.	Emma Verhofstad	Mosa~Regio	5:38.25	200403620	5:53.04 +0,71
	50m: 36.34	36.34 150m: 2:06.22	44.97	250m: 3:42.44	52.07 350m: 5:15.77
	100m: 1:21.25	44.91 200m: 2:50.37	44.15	300m: 4:36.08	53.64 400m: 5:53.04
					39.69
					37.27

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Programmanr. 10, Meisjes, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging		intijd		tijd		RT			
11.	Verena van Rens	Mosa-Regio		5:51.87		200401304		6:03.26	+0,75		
	50m:	37.07	150m:	2:13.21	44.97	250m:	3:46.72	49.84	350m:	5:20.89	42.74
	100m:	1:28.24	200m:	2:56.88	43.67	300m:	4:38.15	51.43	400m:	6:03.26	42.37

Senioren

1.	Judith van Meijel	Hzpc		5:02.00		199102076		5:05.60			
	50m:	32.91	150m:	1:49.65	38.66	250m:	3:11.16	43.44	350m:	4:31.21	36.35
	100m:	1:10.99	200m:	2:27.72	38.07	300m:	3:54.86	43.70	400m:	5:05.60	34.39
2.	Floor Weijmans	Hzpc		5:17.82		199502522		5:20.68	+0,79		
	50m:	34.48	150m:	1:54.69	41.23	250m:	3:22.17	47.45	350m:	4:45.56	35.73
	100m:	1:13.46	200m:	2:34.72	40.03	300m:	4:09.83	47.66	400m:	5:20.68	35.12
3.	Isa Curvers	Hzpc		5:22.92		200205724		5:22.65	+0,73		
	50m:	35.21	150m:	1:57.84	40.25	250m:	3:24.46	46.74	350m:	4:47.71	36.51
	100m:	1:17.59	200m:	2:37.72	39.88	300m:	4:11.20	46.74	400m:	5:22.65	34.94
4.	Fiona Meuffels	Rz		5:28.83		199504366		5:30.25	+0,55		
	50m:	35.63	150m:	2:02.89	42.93	250m:	3:30.36	44.87	350m:	4:54.13	38.42
	100m:	1:19.96	200m:	2:45.49	42.60	300m:	4:15.71	45.35	400m:	5:30.25	36.12
5.	Manon van der Wielen	Hzpc		5:30.15		200200550		5:42.38	+0,78		
	50m:	34.62	150m:	2:04.08	46.02	250m:	3:35.67	47.09	350m:	5:04.40	40.79
	100m:	1:18.06	200m:	2:48.58	44.50	300m:	4:23.61	47.94	400m:	5:42.38	37.98
6.	Ilse Swinkels	Hzpc		5:43.74		200201504		5:43.01	+0,69		
	50m:	36.89	150m:	2:04.51	44.22	250m:	3:36.17	47.23	350m:	5:04.53	40.54
	100m:	1:20.29	200m:	2:48.94	44.43	300m:	4:23.99	47.82	400m:	5:43.01	38.48
7.	Lynn Vallen	Hzpc		5:50.58		200201840		5:51.65	+0,74		
	50m:	38.46	150m:	2:06.83	43.34	250m:	3:40.77	51.03	350m:	5:12.69	40.98
	100m:	1:23.49	200m:	2:49.74	42.91	300m:	4:31.71	50.94	400m:	5:51.65	38.96