

ZRO Kringkampioenschappen 2010 deel 1  
Dordrecht, 15. - 16.5.2010

Programmanr. 2  
15.5.10 - 9:20

Dames, 400m vrije slag

Senioren Open  
Resultaten

Rang		In.tijd		100m	200m	300m	400m
<b>Junioren 1</b>							
1.	Sanne Advocaat	MNC Dordrecht	5:07.10 9801320	1:12.67	2:31.60	3:51.04	5:05.86
2.	Nilce Mendes Barbosa	LAC	5:36.97 9800214	1:14.84	2:41.66	4:09.18	5:33.05
3.	Charlotte Eijkelenboom	Poseidon'56	5:34.57 9800956	1:17.67	2:44.42	4:10.48	5:33.82
4.	Tessa Bruijgoms	MNC Dordrecht	5:40.28 9801322	1:17.54	2:47.30	4:16.65	5:43.36
5.	Kelsey Tukker	Poseidon'56	5:41.95 9801148	1:17.23	2:47.76	4:16.70	5:46.04
6.	Cheyenne Visser	Wiekslag	5:53.07 9802318	1:23.22	2:53.96	4:24.28	5:48.86
7.	Marjan van Heeringen	MNC Dordrecht	6:04.29 9801324	1:21.52	2:53.84	4:26.84	5:53.13
8.	Miranda van Valen	de Devel	6:01.49 9800346	1:23.89	2:59.02	4:32.00	5:59.46
9.	Judith Kleinjan	De Duck	5:52.18 9802710	1:26.73	2:59.70	4:33.89	6:02.37
10.	Gwendoline Kruit	KZV de Lansingh	6:12.88 9802084	1:24.32	3:00.74	4:39.57	6:17.14
AFGEM	Petra Vis	ZVH	6:47.35 9801240				
AFGEM	Richenne Zeebregts	ZV Vlaardingen	5:41.51 9801818				
AFGEM	Inge Schut	LAC	6:26.48 9803052				
<b>Junioren 2</b>							
1.	Kelly de Jonge	Poseidon'56	5:05.84 9701210	1:10.90	2:31.05	3:51.45	5:10.25
2.	Daphne Scheurwater	Wiekslag	5:18.28 9701372	1:16.48	2:38.36	4:01.14	5:21.33
3.	Sanne Boelhauer	de Devel	5:20.40 9700432	1:17.18	2:40.11	4:03.53	5:24.03
4.	Sara Stefanovic	Poseidon'56	5:39.06 9703406	1:16.72	2:42.86	4:10.72	5:31.42
5.	Tess van Pelt	Poseidon'56	5:32.06 9701214	1:15.22	2:41.41	4:09.96	5:33.80
6.	Emese Ramstijn	De Geul	5:52.26 9703090	1:18.07	2:48.73	4:22.54	5:55.02
7.	Cheryl Westerbaan	ACZ	5:53.53 9702426	1:19.39	2:52.08	4:26.90	5:56.23
8.	Claudia van Galen	ZPCNumansdorp	6:01.09 9700382	1:19.60	2:51.30	4:27.95	5:59.46
9.	Eva Cornelisse	ZPB H&L	6:01.56 9701336	1:25.40	3:00.46	4:36.63	6:06.45
10.	Rolien Holster	zc De Schotejil	5:59.42 9701900	1:28.23	3:04.96	4:42.06	6:18.09
AFGEM	Isobel Maddock	ACZ	6:08.42 9703644				
AFGEM	Renske de Vries	SCOM	6:07.80 9703330				
<b>Junioren 3</b>							
1.	Celine Hoogendijk	ZV Vlaardingen	4:39.85 9601596	1:06.96	2:20.42	3:34.50	4:44.48
2.	Asmara Ritmeijer	ZV Vlaardingen	4:54.50 9600790	1:06.84	2:23.24	3:40.24	4:55.14
3.	Tamara van der Steen	ZV Vlaardingen	5:03.81 9605156	1:12.18	2:33.48	3:55.58	5:13.97
4.	Lesley Harlaar	MNC Dordrecht	5:07.98 9601650	1:15.54	2:38.17	4:02.40	5:23.95
5.	Julia Mijster	DWF	5:24.53 9602742	1:15.30	2:38.39	4:02.63	5:24.37
6.	Linda Punt	Poseidon'56	5:43.94 9604842	1:12.26	2:36.01	4:02.95	5:28.71
7.	Debby Kraaijeveld	DWF	5:25.07 9601358	1:17.20	2:43.27	4:10.85	5:32.35
8.	Anne de Heer	DWF	5:28.50 9602736	1:18.20	2:45.45	4:11.10	5:33.04
9.	Doris Kragten	PCG	5:33.18 9602318	1:17.73	2:46.52	4:14.96	5:37.89
10.	Céline Verhoef	De Duck	5:37.06 9604476	1:14.57	2:40.32	4:09.70	5:38.67
11.	Isabel Spit	LAC	5:32.96 9604712	1:17.82	2:45.72	4:14.05	5:40.92
12.	Judith de Heer	DWF	5:46.48 9602738	1:24.45	2:56.12	4:26.68	5:52.57
AFGEM	Lenneke Bagijn	De Duck	6:00.70 9604992				
AFGEM	Karen van Dee	SCOM	5:58.66 9604074				
<b>Jeugd 1</b>							
1.	Kelly Wigleven	Poseidon'56	4:40.58 9500058	1:07.57	2:20.48	3:33.93	4:44.93
2.	Sanne Huijsmans	zc De Schotejil	5:10.89 9501796	1:15.75	2:38.96	4:02.18	5:22.07
3.	Chantal van Rikxoort	Wiekslag	5:37.76 9505802	1:14.57	2:39.56	4:06.10	5:27.76
4.	Emily van Erk	ACZ	5:32.68 9502574	1:14.27	2:39.83	4:08.03	5:31.47
5.	Renee Deddens	ZPB H&L	5:40.04 9503614	1:17.97	2:46.22	4:16.83	5:44.69

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Programmanr. 2, Meisjes, 400m vrije slag, Jeugd 1

Rang			In.tijd		100m	200m	300m	400m
6.	Claire Galjart	ZV Vlaardingen	5:46.73	9500760	1:22.65	2:52.06	4:22.02	5:48.38
7.	Lise Beijleveldt	ACZ	5:54.22	9505236	1:21.22	2:51.80	4:23.40	5:49.18
8.	Naomi van Gool	KZV de Lansingh	5:43.05	9505166	1:21.67	2:53.98	4:25.92	5:54.72
9.	Carmen Muilwijk	De Geul	5:42.60	9502700	1:19.36	2:52.64	4:26.48	5:55.59
DIS	Martine Kuijlaars	MNC Dordrecht	4:57.47	9500554				
<i>AF - De aangegeven afstand niet uitgezwommen (geen tijden noteren).</i>								
AFGEM	Danitsja Ophof	Poseidon'56	6:01.81	9500612				
AFGEM	Nathalie Venema	ZPCNumansdorp	5:55.81	9505120				

Jeugd 2

1.	Tanja van Essen	Wiekslag	5:06.36	9404678	1:08.11	2:23.99	3:38.89	4:51.17
2.	Iris van den Heuvel	De Kempvis	4:58.69	9401732	1:10.07	2:25.54	3:41.95	4:56.60
3.	Anouk Kuijlaars	MNC Dordrecht	4:59.29	9401700	1:13.37	2:32.18	3:51.25	5:08.37
4.	Eva van Etten	Poseidon'56	4:49.72	9403044	1:10.17	2:28.63	3:49.80	5:10.29
5.	Sylvana Kusters	Wiekslag	5:22.47	9403436	1:12.85	2:32.87	3:55.80	5:19.15
6.	Ingrid Poot	ZV Vlaardingen	5:31.00	9404114	1:16.97	2:43.82	4:11.17	5:35.53
7.	Roxanne van Bavel	ZPB H&L	5:49.86	9400878	1:20.37	2:48.99	4:17.37	5:41.96
8.	Soraya Schmidt	ZVH	5:42.89	9406516	1:19.29	2:48.39	4:18.02	5:43.89
9.	Daniëlle de Klein	DWF	5:55.44	9404786	1:21.94	2:54.12	4:26.94	5:56.51
10.	Femke Koning	PCG	5:56.66	9406468	1:23.08	2:57.13	4:34.97	6:07.94

Senioren 1

1.	Mariska Scheel	KZV de Lansingh	4:42.89	9306344	1:07.52	2:21.62	3:36.16	4:48.62
2.	Kiki Klerks	ZV Vlaardingen	4:39.85	9301764	1:08.76	2:23.17	3:38.54	4:52.46
3.	Lisa Deijl	ZOB'66	4:46.00	9304108	1:09.15	2:25.98	3:44.87	5:05.58
4.	Danica Koedoot	zc De Schotejil	4:56.70	9301034	1:10.35	2:29.53	3:50.41	5:11.41
5.	Laura Donk	ZVH	5:20.63	9303074	1:20.45	2:47.52	4:13.84	5:34.40
6.	Sandra Vermeulen	De Duck	5:44.26	9303522	1:17.51	2:43.79	4:13.22	5:41.22
7.	Kimberley van Buren	De Duck	5:39.50	9304136	1:20.54	2:50.15	4:22.37	5:53.61
AFGEM	Marije van Genderen	ZVH	5:49.75	9307358				

Senioren 2

1.	Esmee Koedoot	zc De Schotejil	5:09.34	9200964	1:08.95	2:24.95	3:42.97	4:58.20
2.	Kayleigh Westerbaan	ACZ	4:56.47	9205054	1:16.69	2:41.32	4:06.80	5:23.93
AFGEM	Zarife Gela	KZV de Lansingh	5:23.32	9200584				

Senioren

1.	Nadya Putter	ZV Vlaardingen	4:43.39	8301630	1:10.26	2:24.86	3:40.10	4:53.57
2.	Tonia Ruybroek	Poseidon'56	4:51.26	8101290	1:09.34	2:25.57	3:42.73	4:57.62
3.	Myrthe Lampe	de Devel	4:59.87	9002236	1:13.58	2:32.36	3:51.25	5:09.36
4.	Pauline Tieleman	De Geul	5:11.31	8403348	1:14.22	2:34.18	3:53.83	5:12.72
5.	Lieke Hengst	LAC	5:01.20	9108048	1:13.40	2:34.87	3:56.44	5:13.76
6.	Eline Roobol	KZV de Lansingh	4:59.61	9106414	1:13.38	2:36.22	3:59.10	5:18.28
7.	Renate Elvers	ZPB H&L	5:13.77	9105194	1:15.34	2:38.14	4:02.82	5:24.45
8.	Aniek Huijsman	KZV de Lansingh	5:26.98	8801932	1:15.16	2:39.05	4:06.98	5:34.48
9.	Sunanda van Heteren	PCG	5:17.82	8901728	1:16.70	2:42.59	4:09.81	5:35.22
10.	Solé van Leenen	ZOB'66	5:09.76	9104354	1:15.04	2:39.50	4:08.86	5:39.45
11.	Linda Buijk	ZVH	5:30.80	9000634	1:25.99	2:58.35	4:31.46	6:02.35
AFGEM	Lisette van den Bos	Poseidon'56	5:42.82	8700468				