

**Uitslag Regio West - Winterkampioenschappen
09-01-2016 t/m 10-01-2016 te Den Haag (25m baan)**

Progrn: 1 100m vrij dames mix

			50m	Eindtijd	
<i>MJUN1 Lim. 1.19.52 / 1.21.18, MJUN2 Lim. 1.09.55 / 1.10.99, MJUN3 Lim. 1.07.75 / 1.09.16, MJEU1 Lim. 1.06.55 / 1.07.93, MJEU2 Lim. 1.05.82 / 1.07.19, MSEN1/2 Lim. 1.04.40 / 1.05.74, MSEN0 Lim. 1.04.05 / 1.05.38</i>					
8	Jana Plaisier	1.04.30	01-01266	0.31.18	1.04.33
14	Danielle van Valen	1.05.84	01-00202	0.31.93	1.05.87
1	Rinske Bouman	1.09.43	04-00578	0.32.55	1.08.60
15	Isis Naaktgeboren	1.18.95	04-03914	0.37.85	1.17.23*

Progrn: 2 100m school heren mix

			50m	Eindtijd	
<i>JJUN1 Lim. 1.33.55 / 1.38.54, JJUN2 Lim. 1.26.26 / 1.30.87, JJUN3 Lim. 1.23.15 / 1.27.59, JJUN4 Lim. 1.20.99 / 1.25.32, JJEU1 Lim. 1.16.61 / 1.20.17, JJEU2 Lim. 1.14.17 / 1.18.13, JSEN1EE Lim. 1.10.29 / 1.14.22</i>					
3	Rainier Voll	1.09.91	98-00365	0.33.88	1.11.72CR
3	Sybe de Waard	1.12.29	99-00139	0.34.04	1.12.13*
7	Rogier Dorsman	1.14.56	99-00211	0.35.13	1.15.16
16	Mark de Jongh	1.17.02	00-01325	0.37.12	1.18.90
12	David Kras	1.19.93	01-03253	0.38.78	1.21.76

Progrn: 3 200m rug dames mix

			50m	100m	Eindtijd	
<i>MJUN1 Lim. 3.07.97 / 3.15.21, MJUN2 Lim. 2.53.95 / 3.00.65, MJUN3 Lim. 2.49.21 / 2.55.72, MJEU1 Lim. 2.46.30 / 2.52.71, MJEU2 Lim. 2.44.84 / 2.51.19, MSEN1/2 Lim. 2.41.26 / 2.47.47, MSEN0 Lim. 2.35.11 / 2.41.26</i>						
5	Naomi Knetemann	2.39.26	00-00594	0.36.93	1.17.26	2.40.29
<i>50m: 0.36.93, 100m: 1.17.26, 150m: 1.58.78</i>						
12	Danielle van Valen	2.45.07	01-00202	0.39.64	1.21.61	2.45.01*
<i>50m: 0.39.64, 100m: 1.21.61, 150m: 2.03.88</i>						
3	Rinske Bouman	2.55.53	04-00578	0.40.22	1.25.40	2.53.38* *Backupti
<i>50m: 0.40.22, 100m: 1.25.40, 150m: 2.09.55</i>						

Progrn: 4 200m wissel heren mix

			50m	Eindtijd	
<i>JJUN1 Lim. 2.57.14 / 3.03.44, JJUN2 Lim. 2.42.84 / 2.48.64, JJUN3 Lim. 2.37.41 / 2.43.02, JJUN4 Lim. 2.33.48 / 2.38.95, JJEU1 Lim. 2.31.40 / 2.36.79, JJEU2 Lim. 2.24.37 / 2.29.51, JSEN1EE Lim. 2.18.70 / 2.23.91</i>					
4	Rainier Voll	2.22.24	98-00365	0.30.09	2.21.87*
<i>50m: 0.30.09, 100m: 1.08.70, 150m: 1.49.42</i>					
5	Rogier Dorsman	2.27.14	99-00211	0.31.58	2.24.95*
<i>50m: 0.31.58, 100m: 1.09.91, 150m: 1.50.80</i>					
6	Sybe de Waard	2.25.93	99-00139	0.30.74	2.25.23*
<i>50m: 0.30.74, 100m: 1.09.01, 150m: 1.50.65</i>					
13	Mark de Jongh	2.35.32	00-01325	0.31.18	2.34.05
<i>50m: 0.31.18, 100m: 1.11.37, 150m: 2.00.61</i>					
4	Julian Stok	2.48.07	03-00071	0.35.58	2.46.81*
<i>50m: 0.35.58, 100m: 1.17.80, 150m: 2.08.39</i>					
9	Daniel Stok	2.55.73	03-00569	0.39.55	2.56.53
<i>50m: 0.39.55, 100m: 1.25.98, 150m: 2.16.98</i>					

Progrn: 5 200m vrij heren mix

			50m	100m	Eindtijd	
<i>JJUN1 Lim. 2.37.99 / 2.42.17, JJUN2 Lim. 2.25.54 / 2.29.39, JJUN3 Lim. 2.20.92 / 2.24.65, JJUN4 Lim. 2.17.67 / 2.21.31, JJEU1 Lim. 2.16.08 / 2.19.68, JJEU2 Lim. 2.09.84 / 2.13.27, JSEN1EE Lim. 2.07.38 / 2.10.75</i>						
3	Rainier Voll	2.06.41	98-00365	0.29.85	1.03.01	2.05.27*
<i>50m: 0.29.85, 100m: 1.03.01, 150m: 1.34.82</i>						
5	Mark de Jongh	2.11.48	00-01325	0.30.21	1.03.51	2.09.33*
<i>50m: 0.30.21, 100m: 1.03.51, 150m: 1.37.16</i>						
6	Sybe de Waard	2.10.10	99-00139	0.29.66	1.03.37	2.11.18
<i>50m: 0.29.66, 100m: 1.03.37, 150m: 1.37.86</i>						
8	Rogier Dorsman	2.11.30	99-00211	0.30.93	1.04.78	2.11.36
<i>50m: 0.30.93, 100m: 1.04.78, 150m: 1.38.65</i>						
8	Stijn den Otter	2.23.45	02-00225	0.32.44	1.09.20	2.23.82
<i>50m: 0.32.44, 100m: 1.09.20, 150m: 1.47.62</i>						
8	Julian Stok	2.31.25	03-00071	0.34.35	1.13.38	2.33.08
<i>50m: 0.34.35, 100m: 1.13.38, 150m: 1.53.72</i>						

15	Daniel Stok	2.37.39	03-00569	0.37.24	1.18.18	2.40.59
<i>50m: 0.37.24, 100m: 1.18.18, 150m: 2.00.67</i>						
Progrn: 6 100m school dames mix				50m	Eindtijd	
<i>MJUN1 Lim. 1.37.16 / 1.39.87, MJUN2 Lim. 1.30.10 / 1.32.62, MJUN3 Lim. 1.27.30 / 1.29.74, MJEU1 Lim. 1.26.30 / 1.28.71, MJEU2 Lim. 1.26.12 / 1.28.52, MSEN1/2 Lim. 1.24.39 / 1.26.74, MSENO Lim. 1.20.15 / 1.22.50</i>						
8	Laura Tromp	1.24.88	00-00276	0.40.04		1.25.53
5	Rinske Bouman	1.32.10	04-00578	0.43.27		1.32.07*
6	Jessica Kras	1.33.14	04-00728	0.43.97		1.32.54*
Progrn: 7 100m vlinder heren mix				50m	Eindtijd	
<i>JJUN1 Lim. 1.23.72 / 1.29.22, JJUN2 Lim. 1.18.74 / 1.20.92, JJUN3 Lim. 1.14.19 / 1.16.24, JJUN4 Lim. 1.13.45 / 1.15.48, JJEU1 Lim. 1.10.01 / 1.14.71, JJEU2 Lim. 1.06.63 / 1.13.95, JSEN1EE Lim. 1.01.36 / 1.03.61</i>						
2	Rainier Voll	1.00.52	98-00365	0.27.98		1.01.09
5	Sybe de Waard	1.08.57	99-00139	0.30.99		1.07.79*
7	Mark de Jongh	1.06.71	00-01325	0.32.70		1.09.86
11	Rogier Dorsman	1.11.07	99-00211	0.31.79		1.09.97*
4	Julian Stok	1.16.42	03-00071	0.35.68		1.17.40
Progrn: 8 200m wissel dames mix				50m	Eindtijd	
<i>MJUN1 Lim. 3.09.62 / 3.11.97, MJUN2 Lim. 2.52.36 / 2.54.50, MJUN3 Lim. 2.47.64 / 2.49.73, MJEU1 Lim. 2.44.35 / 2.46.39, MJEU2 Lim. 2.45.69 / 2.45.73, MSEN1/2 Lim. 2.39.09 / 2.41.07, MSENO Lim. 2.33.61 / 2.35.59</i>						
6	Laura Tromp	2.43.35	00-00276	0.35.82		2.44.45
<i>50m: 0.35.82, 100m: 1.17.22, 150m: 2.07.58</i>						
2	Rinske Bouman	2.48.58	04-00578	0.37.59		2.47.12*
<i>50m: 0.37.59, 100m: 1.22.04, 150m: 2.11.50</i>						
9	Naomi Knetemann	2.43.37	00-00594	0.36.17		2.49.50
<i>50m: 0.36.17, 100m: 1.17.44, 150m: 2.08.86</i>						
15	Isis Naaktgeboren	3.09.05	04-03914	0.40.59		3.08.10*
<i>50m: 0.40.59, 100m: 1.26.93, 150m: 2.24.90</i>						
Progrn: 9 100m rug dames mix				50m	Eindtijd	
<i>MJUN1 Lim. 1.26.55 / 1.31.08, MJUN2 Lim. 1.20.10 / 1.24.29, MJUN3 Lim. 1.17.91 / 1.21.99, MJEU1 Lim. 1.16.58 / 1.20.58, MJEU2 Lim. 1.15.90 / 1.19.88, MSEN1/2 Lim. 1.13.88 / 1.17.75, MSENO Lim. 1.10.31 / 1.14.05</i>						
4	Naomi Knetemann	1.13.46	00-00594	0.35.83		1.13.50
2	Rinske Bouman	1.21.33	04-00578	0.38.69*		1.19.74*
Progrn: 10 100m vrij heren mix				50m	Eindtijd	
<i>JJUN1 Lim. 1.11.06 / 1.14.18, JJUN2 Lim. 1.05.46 / 1.08.33, JJUN3 Lim. 1.00.85 / 1.03.52, JJUN4 Lim. 0.59.45 / 1.02.05, JJEU1 Lim. 0.58.76 / 1.01.33, JJEU2 Lim. 0.57.40 / 1.00.96, JSEN1EE Lim. 0.57.17 / 0.59.68</i>						
4	Rainier Voll	0.55.34	98-00365	0.27.32		0.56.40
8	Sybe de Waard	0.58.10	99-00139	0.27.81		0.58.45
9	Mark de Jongh	0.58.71	00-01325	0.28.09		0.59.24
10	Rogier Dorsman	1.00.68	99-00211	0.28.82		0.59.89*
6	Stijn den Otter	1.04.45	02-00225	0.30.58		1.04.22*
13	Julian Stok	1.09.56	03-00071	0.32.95		1.09.58
Progrn: 11 200m school dames mix				50m	100m	Eindtijd
<i>MJUN1 Lim. 3.37.36 / 3.46.33, MJUN2 Lim. 3.21.87 / 3.30.20, MJUN3 Lim. 3.15.60 / 3.23.66, MJEU1 Lim. 3.13.36 / 3.21.33, MJEU2 Lim. 3.12.96 / 3.20.91, MSEN1/2 Lim. 3.08.29 / 3.16.06, MSENO Lim. 2.58.30 / 3.06.05</i>						
8	Naomi van Ballegooijen	3.11.57	03-03102	0.42.94	1.30.97	3.10.08
<i>50m: 0.42.94, 100m: 1.30.97, 150m: 2.20.87</i>						
9	Laura Tromp	3.09.02	00-00276	0.43.07	1.32.03	3.10.21
<i>50m: 0.43.07, 100m: 1.32.03, 150m: 2.21.89</i>						
5	Rinske Bouman	3.10.62	04-00578	0.44.22	1.33.67	3.15.21
<i>50m: 0.44.22, 100m: 1.33.67, 150m: 2.24.72</i>						
12	Naomi Knetemann	3.12.22	00-00594	0.42.89	1.31.97	3.16.18
<i>50m: 0.42.89, 100m: 1.31.97, 150m: 2.23.44</i>						
9	Jessica Kras	3.21.83	04-00728	0.45.64	1.37.72	3.25.63
<i>50m: 0.45.64, 100m: 1.37.72, 150m: 2.31.67</i>						

Progrnr: 12 200m rug heren mix				50m	100m	Eindtijd
<i>JJUN1 Lim. 2.59.22 / 3.09.04, JJUN2 Lim. 2.44.88 / 2.53.91, JJUN3 Lim. 2.39.41 / 2.48.14, JJUN4 Lim. 2.35.53 / 2.44.05, JJEU1 Lim. 2.32.50 / 2.40.85, JJEU2 Lim. 2.27.91 / 2.34.66, JSEN1EE Lim. 2.21.32 / 2.27.54</i>						
7	Rogier Dorsman	2.27.67	99-00211	0.34.84	1.11.92	2.28.61
<i>50m: 0.34.84, 100m: 1.11.92, 150m: 1.49.96</i>						
4	Julian Stok	2.45.71	03-00071	0.38.69	1.20.39	2.43.01*
<i>50m: 0.38.69, 100m: 1.20.39, 150m: 2.02.81</i>						
Progrnr: 13 100m vlinder dames mix				50m		Eindtijd
<i>MJUN1 Lim. 1.31.12 / 1.32.80, MJUN2 Lim. 1.23.44 / 1.24.97, MJUN3 Lim. 1.20.55 / 1.22.02, MJEU1 Lim. 1.18.75 / 1.20.20, MJEU2 Lim. 1.18.52 / 1.19.96, MSEN1/2 Lim. 1.16.39 / 1.17.80, MSEN0 Lim. 1.10.13 / 1.11.53</i>						
5	Jana Plaisier	1.12.11	01-01266	0.33.93		1.12.84
10	Danielle van Valen	1.12.44	01-00202	0.34.30		1.14.10
6	Laura Tromp	1.15.80	00-00276	0.35.15		1.16.17
2	Rinske Bouman	1.18.64	04-00578	0.36.24		1.18.39*
Progrnr: 14 100m rug heren mix				50m		Eindtijd
<i>JJUN1 Lim. 1.21.84 / 1.26.86, JJUN2 Lim. 1.15.29 / 1.19.91, JJUN3 Lim. 1.12.79 / 1.17.25, JJUN4 Lim. 1.11.02 / 1.15.38, JJEU1 Lim. 1.07.54 / 1.11.68, JJEU2 Lim. 1.06.96 / 1.11.06, JSEN1EE Lim. 1.03.19 / 1.07.29</i>						
7	Rainier Voll	1.06.75	98-00365	0.33.52		1.08.89
7	Rogier Dorsman	1.08.36	99-00211	0.33.52		1.09.44
8	Julian Stok	1.17.24	03-00071	0.38.14		1.19.58
Progrnr: 15 200m vrij dames mix				50m	100m	Eindtijd
<i>MJUN1 Lim. 2.53.41 / 2.56.24, MJUN2 Lim. 2.31.66 / 2.34.13, MJUN3 Lim. 2.27.74 / 2.30.15, MJEU1 Lim. 2.25.12 / 2.27.48, MJEU2 Lim. 2.23.53 / 2.25.87, MSEN1/2 Lim. 2.20.39 / 2.22.68, MSEN0 Lim. 2.16.59 / 2.18.89</i>						
6	Laura Tromp	2.21.50	00-00276	0.33.13	1.09.47	2.21.45*
<i>50m: 0.33.13, 100m: 1.09.47, 150m: 1.46.06</i>						
13	Jana Plaisier	2.19.84	01-01266	0.33.30	1.10.52	2.25.46
<i>50m: 0.33.30, 100m: 1.10.52, 150m: 1.48.64</i>						
1	Rinske Bouman	2.30.71	04-00578	0.34.75	1.13.57	2.29.76*
<i>50m: 0.34.75, 100m: 1.13.57, 150m: 1.53.55</i>						
13	Isis Naaktgeboren	2.44.93	04-03914	0.37.94	1.20.32	2.44.48*
<i>50m: 0.37.94, 100m: 1.20.32, 150m: 2.04.32</i>						
Progrnr: 16 200m school heren mix				50m	100m	Eindtijd
<i>JJUN1 Lim. 3.21.76 / 3.32.87, JJUN2 Lim. 3.06.05 / 3.16.28, JJUN3 Lim. 2.59.33 / 3.09.20, JJUN4 Lim. 2.54.69 / 3.04.30, JJEU1 Lim. 2.51.83 / 3.01.29, JJEU2 Lim. 2.42.88 / 2.51.84, JSEN1EE Lim. 2.35.85 / 2.44.81</i>						
1	Rainier Voll	2.35.59	98-00365	0.34.56	1.13.71	2.33.55*CR
<i>50m: 0.34.56, 100m: 1.13.71, 150m: 1.53.61</i>						
3	Sybe de Waard	2.35.79	99-00139	0.35.07	1.14.56	2.36.81
<i>50m: 0.35.07, 100m: 1.14.56, 150m: 1.55.91</i>						
5	Rogier Dorsman	2.39.20	99-00211	0.36.28	1.16.43	2.38.38*
<i>50m: 0.36.28, 100m: 1.16.43, 150m: 1.57.29</i>						
11	David Kras	2.54.00	01-03253	0.39.73	1.24.49	2.56.59
<i>50m: 0.39.73, 100m: 1.24.49, 150m: 2.10.34</i>						
8	Daniel Stok	3.16.82	03-00569	0.43.46	1.32.39*	3.12.24*
<i>50m: 0.43.46, 100m: 1.32.39, 150m: 2.22.81</i>						
11	Julian Stok	3.18.27	03-00071	0.46.54	1.39.50	3.25.49
<i>50m: 0.46.54, 100m: 1.39.50, 150m: 2.31.98</i>						