

## Regio Oost Circuit klassement Dames/Meisjes

## Meisjes, Gebjr 2012 - 2014

			400 wi	50 ss	200 ru	100 vr	50 ru	100 vl	100 wi
1. Romy Wolf	12	Waspo Nordhorn	<b>1054</b>	3		2:41.57	34.08	1:25.79	
2. Naomi Vorenkamp	13	ZPC De Hof	<b>1039</b>	3	42.68		1:08.84		1:19.54
3. Femke Keizer	12	Dedemsvaart-AC	<b>1034</b>	3	41.30		1:09.70		1:21.23
4. Lara Otten	12	De Mors	<b>930</b>	3		1:11.07	38.86	(1:31.58)	1:24.11
5. Loreen Apelrath	13	Waspo Nordhorn	<b>924</b>	3	41.95	3:00.00			1:22.02
6. FAYENNE Kouwen	13	Dedemsvaart-AC	<b>910</b>	3		2:55.97	38.12		1:23.25
7. Femke Grob	12	Waspo Nordhorn	<b>881</b>	3	45.06		1:11.90		1:25.20
8. Kaily Remmers	13	Dedemsvaart-AC	<b>834</b>	3	6:36.36		1:12.23	41.78	
9. Suzanne Janssen	13	Dedemsvaart-AC	<b>809</b>	3	45.94	3:03.47			1:24.21
10. Rieke Grob	14	Waspo Nordhorn	<b>743</b>	3	50.20		1:13.58		1:30.25
11. Linna-Marie Löcken	12	Waspo Nordhorn	<b>660</b>	3	46.38		1:15.49	1:44.38	
12. Lindsay van Veen	13	Dedemsvaart-AC	<b>633</b>	3	46.40		1:20.54	1:38.75	
13. Loïs van der Vecht	12	Dedemsvaart-AC	<b>624</b>	3	45.94		1:18.02	1:48.76	
14. Marie Louise Richter	14	Waspo Nordhorn	<b>501</b>	3	46.69	3:52.00	1:35.90		
15. Anni Evermann	14	Waspo Nordhorn	<b>490</b>	3	50.51		1:29.96		1:48.89
16. Silke Nijland	13	De Grunte	<b>487</b>	3		3:39.96	1:24.08	1:50.61	
17. Marina Kronemeyer	13	Waspo Nordhorn	<b>485</b>	3		3:41.48	1:32.16		1:42.05
18. Fleur ten Tusscher	13	EZCL (SG)	<b>455</b>	3	50.93		1:32.83	50.38	
19. Mirthe Mast	13	Dedemsvaart-AC	<b>452</b>	3			1:24.80	46.82	2:01.35
20. Merle Temmink	14	EZCL (SG)	<b>383</b>	3	53.52		1:45.43		1:52.31
DIS P. Hendriks-Molatha	14	Waspo Nordhorn		3	47.95	*	1:37.67		
DIS Anna Satter	13	Waspo Nordhorn		3	46.51	*	1:26.90		
DIS Sara Satter	13	Waspo Nordhorn		3	46.43	*	1:30.73		
DIS Mende Pluimers	14	De Mors		3	48.07		1:23.76	44.91	()*

## Meisjes, Gebjr 2010 - 2011 - 6 van 7 programma's

			400 wi	50 ss	200 ru	100 vr	50 ru	100 vl	100 wi
1. K. van Doeselaar	10	WS Twente	<b>1124</b>	3		2:47.43	1:06.24	1:18.18	
2. Lena Weihs	11	Waspo Nordhorn	<b>1119</b>	3	40.70		1:03.80	1:21.31	
3. Meike Hultink	10	De Grunte	<b>1006</b>	3		3:00.44	1:06.68	1:21.33	
4. Gwen Schuur	10	De Grunte	<b>994</b>	3		3:01.00	1:10.77		1:19.81
5. Kaja Welzel	10	Waspo Nordhorn	<b>946</b>	3	45.94		1:07.40	1:21.00	
6. Noor Boerman	11	De Mors	<b>939</b>	3			1:12.23	37.20	(1:27.46)
7. Marlene Sabelhaus	11	Waspo Nordhorn	<b>883</b>	3	43.11		1:15.38		1:24.08
8. Donna Groen	11	EZCL (SG)	<b>847</b>	3	44.48		1:15.52		1:24.93
9. Lynn Tio	11	Dedemsvaart-AC	<b>819</b>	3	41.69	3:01.71		1:28.97	
10. Janne Ahlering	11	Waspo Nordhorn	<b>734</b>	3			1:17.81	41.71	1:30.35
11. Nadine van der Pligt	10	De Mors	<b>638</b>	3		3:18.35	1:23.49	42.82	(1:38.19)
12. Lotta Kronemeyer	10	Waspo Nordhorn	<b>600</b>	3	48.44	3:32.48			1:32.86
DIS Norah Kiehl	11	Waspo Nordhorn		3	37.95	*		1:12.75	
DIS Renske Last	10	De Mors		3		()*	1:24.27	39.99	1:31.91

## Meisjes, Gebjr 2008 - 2009

			400 wi	50 ss	200 ru	100 vr	50 ru	100 vl	100 wi
1. Mariella Koers	08	Waspo Nordhorn	<b>1368</b>	3	37.28		1:05.78		1:12.02
2. Greta Esschendam	09	Waspo Nordhorn	<b>1240</b>	3	40.81		1:04.17		1:15.16
3. Anna Tudor	09	Waspo Nordhorn	<b>1112</b>	3		2:38.29	36.23	1:16.65	
4. Amber Lenters	08	De Grunte	<b>930</b>	3		2:56.61	1:08.50	1:28.08	
5. Hannah Weihs	09	Waspo Nordhorn	<b>913</b>	3	43.08		1:09.00	1:26.68	
6. Bibi Weideman	09	Dedemsvaart-AC	<b>787</b>	3	6:41.52		1:13.85	1:31.68	
7. Tess Bokhove	09	De Grunte	<b>651</b>	3		3:13.40	1:18.38	1:40.36	
DIS Aukje Markerink	08	ZPC De Hof		3		*	1:05.76		1:14.55

KNZB Regio Oost Circuit deel 4

Dames, 2007 en ouder

			400 wi	50 ss	200 ru	100 vr	50 ru	100 vl	100 wi
1. Julia Snippe	07	Waspo Nordhorn	<b>1391</b>	3	2:35.44		33.73		1:10.09
2. Sabrina Helper	98	Waspo Nordhorn	<b>1174</b>	3	2:41.43			1:15.15	1:16.47
3. Kaja Lohuis	04	Waspo Nordhorn	<b>1071</b>	3		39.32		1:12.15	1:19.47
4. Marle Sewüster	98	De Grunte	<b>973</b>	3	2:55.59	1:12.26	36.65		
Sofie Kragt	07	Dedemsvaart-AC	<b>875</b>	2	2:43.54			1:08.51	
6. Leonie Smit	03	EZCL (SG)	<b>814</b>	3	6:25.16			1:28.14	
7. Lieke Kamphuis	07	EZCL (SG)	<b>716</b>	3	7:03.91	46.37			1:18.66