

**Uitslag Ranomi Cup The Hague**  
**04-03-2017 te DEN HAAG (50m baan)**

| <b>Afstand:</b>                                   | <b>Naam:</b> | <b>50m</b>            | <b>100m</b>    | <b>200m</b> |          |
|---|--------------|-----------------------|----------------|-------------|----------|
| 50  | RUG          | Mitchell Nooitgedacht | (14) 0.54.94   |             |          |
| 50  | VRIJ         | Daan Sonneveld        | (9) 0.33.60**  |             | *Bu 50m  |
| 50  | VRIJ         | Jaida Honsbeek        | (28) 0.40.21*  |             |          |
| 50  | VRIJ         | Cherish Macnack       | (34) 0.42.13** |             |          |
| 50  | VRIJ         | Floor de Jong         | (36) 0.43.48   |             |          |
| 100   | RUG          | Daan Sonneveld        | (5) 0.41.11*   | 1.24.91*    |          |
| 100   | SCHOOL       | Jaida Honsbeek        | (25) 0.56.67   | 1.57.26     |          |
| 100   | SCHOOL       | Floor de Jong         | (26) 0.55.07   | 1.58.82     |          |
| 100   | SCHOOL       | Cherish Macnack       | (40) 1.08.12   | 2.21.86     | *Bu 100m |
| 100   | SCHOOL       | Mitchell Nooitgedacht |                |             | SR       |
| 100   | VRIJ         | Jaida Honsbeek        | (19) 0.43.15   | 1.30.45     |          |
| 100   | VRIJ         | Cherish Macnack       | (28) 0.45.30   | 1.38.68*    | *Bu 100m |
| 100   | VRIJ         | Mitchell Nooitgedacht | (37) 0.52.22   | 1.52.63     | *Bu 100m |
| 200   | VRIJ         | Daan Sonneveld        | (13) 0.38.10   | 1.21.40     | 2.49.58  |
| <i>50m: 0.38.10, 100m: 1.21.40, 150m: 2.05.89</i> |              |                       |                |             |          |
| 200   | VRIJ         | Floor de Jong         | (27) 0.46.12   | 1.39.27     | 3.32.83  |
| <i>50m: 0.46.12, 100m: 1.39.27, 150m: 2.33.18</i> |              |                       |                |             |          |

**Persoonlijke Records**

|     |      |                 | <i>Nieuw</i> | <i>Verb.</i> | <i>Oud</i> |            |                         |
|-----|------|-----------------|--------------|--------------|------------|------------|-------------------------|
| 50  | VRIJ | Cherish Macnack | 0.42.13      | -9,66        | 0.51.79    | 25-06-2016 | Montfoort 50m           |
| 100 | RUG  | Daan Sonneveld  | 1.24.91      | -7,56        | 1.32.47    | 28-02-2016 | Den Haag 50m            |
| 100 | VRIJ | Cherish Macnack | 1.38.68      | -6,19        | 1.44.87    | 22-01-2017 | Waddinxveen 25m         |
| 50  | VRIJ | Cherish Macnack | 0.42.13      | -4,95        | 0.47.08    | 22-01-2017 | Waddinxveen 25m         |
| 50  | RUG  | Daan Sonneveld  | 0.41.11      | -4,39        | 0.45.50    | 28-02-2016 | Den Haag 50m            |
| 50  | VRIJ | Daan Sonneveld  | 0.33.60      | -4,21        | 0.37.81    | 28-02-2016 | Den Haag 50m            |
| 50  | VRIJ | Daan Sonneveld  | 0.33.60      | -1,72        | 0.35.32    | 05-02-2017 | Alphen aan den Rijn 25m |
| 50  | VRIJ | Jaida Honsbeek  | 0.40.21      | -1,47        | 0.41.68    | 23-10-2016 | Bodegraven 25m          |

**SR** : Meer dan één vlinderbeenslag na start en/of keerpunt.