

Programmanr. 14
4-11-2016

Dames, 1500m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	tijd	RT	pnt	niv		
1.	Kaylee de Jong	ZPCH	200001234	17:18.37	+0,96	708 D		
	100m: 1:03.18	1:03.18	500m: 5:38.42	1:09.53	900m: 10:19.54	1:10.16	1300m: 15:01.56	1:10.91
	200m: 2:11.17	1:07.99	600m: 6:48.17	1:09.75	1000m: 11:29.83	1:10.29	1400m: 16:11.95	1:10.39
	300m: 3:20.06	1:08.89	700m: 7:58.61	1:10.44	1100m: 12:40.30	1:10.47	1500m: 17:18.37	1:06.42
	400m: 4:28.89	1:08.83	800m: 9:09.38	1:10.77	1200m: 13:50.65	1:10.35		
2.	Annemarie Meijer	PSV	199900964	17:29.54	+0,76	686 E		
	100m: 1:05.39	1:05.39	500m: 5:47.23	1:10.89	900m: 10:28.81	1:10.30	1300m: 15:11.04	1:10.55
	200m: 2:15.79	1:10.40	600m: 6:58.23	1:11.00	1000m: 11:39.84	1:11.03	1400m: 16:21.15	1:10.11
	300m: 3:25.82	1:10.03	700m: 8:09.03	1:10.80	1100m: 12:50.24	1:10.40	1500m: 17:29.54	1:08.39
	400m: 4:36.34	1:10.52	800m: 9:18.51	1:09.48	1200m: 14:00.49	1:10.25		
3.	Maaïke Tijhof	VZC-E&P	199800112	17:44.44	+0,78	657 E		
	100m: 1:05.13	1:05.13	500m: 5:46.83	1:10.87	900m: 10:32.73	1:12.18	1300m: 15:21.48	1:12.23
	200m: 2:14.91	1:09.78	600m: 6:58.32	1:11.49	1000m: 11:44.96	1:12.23	1400m: 16:33.47	1:11.99
	300m: 3:25.46	1:10.55	700m: 8:09.07	1:10.75	1100m: 12:56.74	1:11.78	1500m: 17:44.44	1:10.97
	400m: 4:35.96	1:10.50	800m: 9:20.55	1:11.48	1200m: 14:09.25	1:12.51		
4.	Lisanne Hassing	HZ&PC Heerenveen	199702584	17:55.87	+0,88	637 E		
	100m: 1:05.36	1:05.36	500m: 5:53.23	1:12.48	900m: 10:44.09	1:12.67	1300m: 15:32.86	1:11.46
	200m: 2:16.82	1:11.46	600m: 7:05.85	1:12.62	1000m: 11:56.43	1:12.34	1400m: 16:45.25	1:12.39
	300m: 3:28.74	1:11.92	700m: 8:18.86	1:13.01	1100m: 13:08.77	1:12.34	1500m: 17:55.87	1:10.62
	400m: 4:40.75	1:12.01	800m: 9:31.42	1:12.56	1200m: 14:21.40	1:12.63		
5.	Lize Janna de Vries	Orca	200101948	18:14.97	+0,84	604 E		
	100m: 1:06.37	1:06.37	500m: 5:58.79	1:12.87	900m: 10:52.27	1:14.10	1300m: 15:48.99	1:13.87
	200m: 2:19.34	1:12.97	600m: 7:11.86	1:13.07	1000m: 12:06.44	1:14.17	1400m: 17:02.65	1:13.66
	300m: 3:32.54	1:13.20	700m: 8:24.67	1:12.81	1100m: 13:20.52	1:14.08	1500m: 18:14.97	1:12.32
	400m: 4:45.92	1:13.38	800m: 9:38.17	1:13.50	1200m: 14:35.12	1:14.60		
6.	Charlotte O'Riordan	Trojan Swim Club	3000204	18:18.77	+0,73	598 E		
	100m: 1:07.17	1:07.17	500m: 5:59.56	1:13.06	900m: 10:55.80	1:14.19	1300m: 15:52.76	1:14.05
	200m: 2:19.75	1:12.58	600m: 7:13.41	1:13.85	1000m: 12:10.14	1:14.34	1400m: 17:06.62	1:13.86
	300m: 3:32.82	1:13.07	700m: 8:27.43	1:14.02	1100m: 13:24.41	1:14.27	1500m: 18:18.77	1:12.15
	400m: 4:46.50	1:13.68	800m: 9:41.61	1:14.18	1200m: 14:38.71	1:14.30		
7.	Amy van Lier	TRB-RES	199603022	18:28.56	+0,75	582		
	100m: 1:07.74	1:07.74	500m: 6:01.00	1:13.74	900m: 10:57.98	1:15.01	1300m: 16:00.34	1:15.57
	200m: 2:20.52	1:12.78	600m: 7:14.45	1:13.45	1000m: 12:13.62	1:15.64	1400m: 17:15.16	1:14.82
	300m: 3:34.08	1:13.56	700m: 8:28.66	1:14.21	1100m: 13:29.14	1:15.52	1500m: 18:28.56	1:13.40
	400m: 4:47.26	1:13.18	800m: 9:42.97	1:14.31	1200m: 14:44.77	1:15.63		
8.	Angelique van Vark	Z&PC De Gouwe	199701478	18:32.12	+0,73	576		
	100m: 1:06.37	1:06.37	500m: 5:59.42	1:13.97	900m: 11:00.24	1:15.25	1300m: 16:03.74	1:16.53
	200m: 2:18.34	1:11.97	600m: 7:14.58	1:15.16	1000m: 12:15.92	1:15.68	1400m: 17:19.17	1:15.43
	300m: 3:31.62	1:13.28	700m: 8:29.64	1:15.06	1100m: 13:31.42	1:15.50	1500m: 18:32.12	1:12.95
	400m: 4:45.45	1:13.83	800m: 9:44.99	1:15.35	1200m: 14:47.21	1:15.79		
9.	Simone Anvelink	MSV-Zeemacht	200001546	18:35.88		570		
	100m: 1:10.50	1:10.50	500m: 6:10.01	1:15.39	900m: 11:09.42	1:14.49	1300m: 16:08.44	1:14.73
	200m: 2:24.58	1:14.08	600m: 7:24.56	1:14.55	1000m: 12:23.22	1:13.80	1400m: 17:23.17	1:14.73
	300m: 3:39.66	1:15.08	700m: 8:40.30	1:15.74	1100m: 13:37.94	1:14.72	1500m: 18:35.88	1:12.71
	400m: 4:54.62	1:14.96	800m: 9:54.93	1:14.63	1200m: 14:53.71	1:15.77		
10.	Brenda Zwarthoed	DAW	199604938	18:45.40	+0,73	556		
	100m: 1:08.09	1:08.09	500m: 6:05.57	1:15.52	900m: 11:08.78	1:16.19	1300m: 16:13.89	1:16.45
	200m: 2:20.94	1:12.85	600m: 7:21.09	1:15.52	1000m: 12:24.57	1:15.79	1400m: 17:30.32	1:16.43
	300m: 3:35.07	1:14.13	700m: 8:36.99	1:15.90	1100m: 13:40.79	1:16.22	1500m: 18:45.40	1:15.08
	400m: 4:50.05	1:14.98	800m: 9:52.59	1:15.60	1200m: 14:57.44	1:16.65		