

Programmanr. 2  
4-11-2016

Dames, 400m wisselslag

Senioren Open  
Resultaten Voorronde

rang	naam	vereniging	tijd	RT	fin	pnt	niv
<b>Senioren Open</b>							
1.	Serena Stel	RTC - De Dolfijn	199801528	<b>4:56.39</b>	+0,76	A	743 D
	50m: 31.60	31.60 150m: 1:46.63	38.17	250m: 3:06.41	42.54	350m: 4:23.77	33.96
	100m: 1:08.46	36.86 200m: 2:23.87	37.24	300m: 3:49.81	43.40	400m: 4:56.39	32.62
2.	Marieke Tienstra	RTC - TriVia	199900302	<b>4:56.59</b>	+0,81	A	741 D
	50m: 30.11	30.11 150m: 1:43.49	37.68	250m: 3:03.59	43.14	350m: 4:22.35	35.50
	100m: 1:05.81	35.70 200m: 2:20.45	36.96	300m: 3:46.85	43.26	400m: 4:56.59	34.24
3.	Imani de Jong	RTC - ZPCH	200200464	<b>4:56.79</b>	+0,75	A	740 C
	50m: 30.94	30.94 150m: 1:45.22	38.00	250m: 3:05.55	42.68	350m: 4:23.43	34.17
	100m: 1:07.22	36.28 200m: 2:22.87	37.65	300m: 3:49.26	43.71	400m: 4:56.79	33.36
4.	Laura Setz	Nova	200000130	<b>4:59.72</b>	+0,90	A	718 D
	50m: 31.56	31.56 150m: 1:46.37	37.77	250m: 3:07.46	43.92	350m: 4:26.28	34.46
	100m: 1:08.60	37.04 200m: 2:23.54	37.17	300m: 3:51.82	44.36	400m: 4:59.72	33.44
5.	Lisa Dreesens	PSV	199105798	<b>4:59.85</b>	+0,82	A	717 E
	50m: 30.51	30.51 150m: 1:44.36	38.79	250m: 3:04.92	42.36	350m: 4:25.23	36.34
	100m: 1:05.57	35.06 200m: 2:22.56	38.20	300m: 3:48.89	43.97	400m: 4:59.85	34.62
6.	Marlijn Hendriksen	Arethusa	198806828	<b>5:02.63</b>	+0,77	A	698 E
	50m: 32.71	32.71 150m: 1:49.65	40.16	250m: 3:10.84	42.54	350m: 4:28.47	35.36
	100m: 1:09.49	36.78 200m: 2:28.30	38.65	300m: 3:53.11	42.27	400m: 5:02.63	34.16
7.	Marij van der Mast	RTC - PSV	200000676	<b>5:04.18</b>	+0,77	A	687 E
	50m: 31.01	31.01 150m: 1:46.05	38.81	250m: 3:09.67	45.90	350m: 4:30.70	34.45
	100m: 1:07.24	36.23 200m: 2:23.77	37.72	300m: 3:56.25	46.58	400m: 5:04.18	33.48
8.	Femke Spiering	VZC-E&P	200204514	<b>5:04.36</b>		A	686 D
	50m: 30.69	30.69 150m: 1:45.95	38.57	250m: 3:10.98	46.93	350m: 4:31.11	35.47
	100m: 1:07.38	36.69 200m: 2:24.05	38.10	300m: 3:55.64	44.66	400m: 5:04.36	33.25
9.	Inge Vieveen	RTC - WVZ	200100024	<b>5:04.69</b>		B	684 D
	50m: 32.01	32.01 150m: 1:49.92	39.61	250m: 3:10.81	42.89	350m: 4:31.34	36.56
	100m: 1:10.31	38.30 200m: 2:27.92	38.00	300m: 3:54.78	43.97	400m: 5:04.69	33.35
10.	Nikita van den Ouden	ZPC De Zeeuwse Kust	199900622	<b>5:06.22</b>	+0,65	B	674 E
	50m: 32.44	32.44 150m: 1:49.38	39.54	250m: 3:11.55	43.75	350m: 4:31.53	35.82
	100m: 1:09.84	37.40 200m: 2:27.80	38.42	300m: 3:55.71	44.16	400m: 5:06.22	34.69
11.	Lotte Hosper	The Hague Swimming (SG)	200201414	<b>5:06.60</b>	+0,68	B	671 D
	50m: 30.54	30.54 150m: 1:47.66	39.79	250m: 3:09.61	43.31	350m: 4:31.25	37.06
	100m: 1:07.87	37.33 200m: 2:26.30	38.64	300m: 3:54.19	44.58	400m: 5:06.60	35.35
12.	Inge Arts	Merlet	199203076	<b>5:08.08</b>	+0,88	B	661 E
	50m: 31.73	31.73 150m: 1:48.01	39.26	250m: 3:12.63	45.36	350m: 4:33.28	35.16
	100m: 1:08.75	37.02 200m: 2:27.27	39.26	300m: 3:58.12	45.49	400m: 5:08.08	34.80
13.	Maaïke van Veen	Dedemsvaart-AC	199700292	<b>5:09.96</b>	+0,81	B	649 E
	50m: 31.50	31.50 150m: 1:46.10	37.95	250m: 3:09.05	44.67	350m: 4:32.31	38.30
	100m: 1:08.15	36.65 200m: 2:24.38	38.28	300m: 3:54.01	44.96	400m: 5:09.96	37.65
14.	Manon Aerssens	PSV	199900294	<b>5:10.55</b>	+0,74	B	646 E
	50m: 31.90	31.90 150m: 1:51.52	41.43	250m: 3:14.24	42.53	350m: 4:35.17	36.19
	100m: 1:10.09	38.19 200m: 2:31.71	40.19	300m: 3:58.98	44.74	400m: 5:10.55	35.38
15.	Alinda Dingshoff	ZPC Hoogeveen	200000928	<b>5:11.17</b>	+0,73	B	642 E
	50m: 31.25	31.25 150m: 1:45.74	37.76	250m: 3:09.18	45.76	350m: 4:34.41	37.50
	100m: 1:07.98	36.73 200m: 2:23.42	37.68	300m: 3:56.91	47.73	400m: 5:11.17	36.76
16.	Manon Koster	HZPC	199701312	<b>5:11.98</b>	+0,77	B	637 E
	50m: 32.80	32.80 150m: 1:51.53	40.43	250m: 3:15.45	44.02	350m: 4:36.87	36.52
	100m: 1:11.10	38.30 200m: 2:31.43	39.90	300m: 4:00.35	44.90	400m: 5:11.98	35.11
17.	Elles Becker	Zwemclub Zeist	199600628	<b>5:12.46</b>	+0,80	R	634 E
	50m: 32.77	32.77 150m: 1:51.54	41.55	250m: 3:16.23	44.59	350m: 4:37.88	36.53
	100m: 1:09.99	37.22 200m: 2:31.64	40.10	300m: 4:01.35	45.12	400m: 5:12.46	34.58
18.	Anne Noom	Het Y	199800062	<b>5:12.51</b>	+0,77	R	634 E
	50m: 31.73	31.73 150m: 1:48.81	39.78	250m: 3:12.42	44.81	350m: 4:36.16	38.08
	100m: 1:09.03	37.30 200m: 2:27.61	38.80	300m: 3:58.08	45.66	400m: 5:12.51	36.35
19.	Madelon Dijkstra	ZPCH	199703510	<b>5:12.88</b>	+0,85		631 E
	50m: 33.37	33.37 150m: 1:55.49	41.92	250m: 3:20.20	43.54	350m: 4:39.10	34.76
	100m: 1:13.57	40.20 200m: 2:36.66	41.17	300m: 4:04.34	44.14	400m: 5:12.88	33.78
20.	Ingrid van Horen	HZPC	199204060	<b>5:13.80</b>	+0,85		626 E
	50m: 32.93	32.93 150m: 1:49.49	39.41	250m: 3:13.82	45.66	350m: 4:37.21	37.77
	100m: 1:10.08	37.15 200m: 2:28.16	38.67	300m: 3:59.44	45.62	400m: 5:13.80	36.59

Programmanr. 2, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	fin	pnt	niv
21.	Lisanne Hassing	HZ&PC Heerenveen	199702584	<b>5:14.60</b>	+0,86	621	E
	50m: 34.51	34.51 150m: 1:59.02	42.76	250m: 3:23.34	42.41	350m: 4:42.09	34.45
	100m: 1:16.26	41.75 200m: 2:40.93	41.91	300m: 4:07.64	44.30	400m: 5:14.60	32.51
22.	Lucy Grindle	Trojan Swim Club	20024736	<b>5:14.75</b>	+0,71	620	E
	50m: 32.83	32.83 150m: 1:49.53	38.73	250m: 3:15.41	46.89	350m: 4:39.91	36.67
	100m: 1:10.80	37.97 200m: 2:28.52	38.99	300m: 4:03.24	47.83	400m: 5:14.75	34.84
23.	Eva Werkman	Aquarijn	199703458	<b>5:15.13</b>	+0,72	618	E
	50m: 31.77	31.77 150m: 1:48.13	39.03	250m: 3:14.38	47.32	350m: 4:38.83	36.35
	100m: 1:09.10	37.33 200m: 2:27.06	38.93	300m: 4:02.48	48.10	400m: 5:15.13	36.30
24.	Claudia Schouten	Aquarijn	200000812	<b>5:15.17</b>	+0,73	618	E
	50m: 32.42	32.42 150m: 1:54.00	43.07	250m: 3:18.13	42.23	350m: 4:41.29	38.52
	100m: 1:10.93	38.51 200m: 2:35.90	41.90	300m: 4:02.77	44.64	400m: 5:15.17	33.88
25.	Katie Baguley	Trojan Swim Club	10037562	<b>5:15.57</b>	+0,77	615	E
	50m: 31.74	31.74 150m: 1:50.69	41.06	250m: 3:16.56	47.08	350m: 4:40.53	36.16
	100m: 1:09.63	37.89 200m: 2:29.48	38.79	300m: 4:04.37	47.81	400m: 5:15.57	35.04
26.	Amy van Lier	TRB-RES	199603022	<b>5:16.36</b>	+0,80	611	E
	50m: 31.25	31.25 150m: 1:50.26	41.38	250m: 3:17.04	46.35	350m: 4:41.57	36.03
	100m: 1:08.88	37.63 200m: 2:30.69	40.43	300m: 4:05.54	48.50	400m: 5:16.36	34.79
27.	Angelique van Vark	Z&PC De Gouwe	199701478	<b>5:18.93</b>	+0,70	596	
	50m: 34.53	34.53 150m: 1:57.21	42.19	250m: 3:23.29	44.90	350m: 4:44.90	36.74
	100m: 1:15.02	40.49 200m: 2:38.39	41.18	300m: 4:08.16	44.87	400m: 5:18.93	34.03
28.	Lauren van IJll	WVZ	200001064	<b>5:19.85</b>	+0,76	591	E
	50m: 33.43	33.43 150m: 1:53.46	41.35	250m: 3:19.50	45.31	350m: 4:43.94	38.21
	100m: 1:12.11	38.68 200m: 2:34.19	40.73	300m: 4:05.73	46.23	400m: 5:19.85	35.91
29.	Bernadette Verstegen	Noord-Limburg (SG)	199107878	<b>5:20.72</b>	+0,68	586	
	50m: 32.35	32.35 150m: 1:52.46	41.01	250m: 3:17.37	44.68	350m: 4:43.00	39.46
	100m: 1:11.45	39.10 200m: 2:32.69	40.23	300m: 4:03.54	46.17	400m: 5:20.72	37.72
30.	Maaïke Vooren	DAW	199103324	<b>5:21.56</b>	+0,86	582	
	50m: 33.97	33.97 150m: 1:58.53	44.21	250m: 3:25.90	44.22	350m: 4:47.00	36.28
	100m: 1:14.32	40.35 200m: 2:41.68	43.15	300m: 4:10.72	44.82	400m: 5:21.56	34.56
31.	Manon van Esch	TRB-RES	199702090	<b>5:22.13</b>	+0,71	579	
	50m: 32.07	32.07 150m: 1:50.00	40.47	250m: 3:18.37	48.86	350m: 4:45.59	37.57
	100m: 1:09.53	37.46 200m: 2:29.51	39.51	300m: 4:08.02	49.65	400m: 5:22.13	36.54
32.	Michelle Zomerdijk	Dedemsvaart-AC	200003196	<b>5:22.32</b>	+0,78	578	E
	50m: 33.54	33.54 150m: 1:57.09	42.61	250m: 3:23.37	46.72	350m: 4:47.22	35.73
	100m: 1:14.48	40.94 200m: 2:36.65	39.56	300m: 4:11.49	48.12	400m: 5:22.32	35.10
33.	Eva van Ginneken	Hieronymus	199800164	<b>5:22.33</b>	+0,73	578	
	50m: 34.15	34.15 150m: 1:54.98	39.45	250m: 3:22.43	47.73	350m: 4:47.90	36.52
	100m: 1:15.53	41.38 200m: 2:34.70	39.72	300m: 4:11.38	48.95	400m: 5:22.33	34.43
34.	Lonneke Kampman	PSV	200100146	<b>5:22.78</b>	+0,77	575	E
	50m: 32.39	32.39 150m: 1:50.80	40.43	250m: 3:16.91	46.18	350m: 4:44.65	39.74
	100m: 1:10.37	37.98 200m: 2:30.73	39.93	300m: 4:04.91	48.00	400m: 5:22.78	38.13
35.	Kim Rebergen	Hellas-Glana	200100676	<b>5:22.81</b>	+0,78	575	E
	50m: 33.70	33.70 150m: 1:56.06	41.58	250m: 3:21.99	46.25	350m: 4:48.18	38.74
	100m: 1:14.48	40.78 200m: 2:35.74	39.68	300m: 4:09.44	47.45	400m: 5:22.81	34.63
	Maike van de Velde	ZPCH	200000382	<b>5:22.81</b>	+0,76	575	E
	50m: 35.29	35.29 150m: 1:58.36	40.91	250m: 3:24.75	45.65	350m: 4:47.25	36.88
	100m: 1:17.45	42.16 200m: 2:39.10	40.74	300m: 4:10.37	45.62	400m: 5:22.81	35.56
37.	Merel Phaff	Nuenen	200100434	<b>5:24.37</b>	+0,73	567	E
	50m: 32.60	32.60 150m: 1:51.99	40.09	250m: 3:19.28	48.91	350m: 4:47.02	38.48
	100m: 1:11.90	39.30 200m: 2:30.37	38.38	300m: 4:08.54	49.26	400m: 5:24.37	37.35
38.	Lize Janna de Vries	Orca	200101948	<b>5:25.21</b>	+1,58	562	E
	50m: 35.27	35.27 150m: 2:01.03	41.32	250m: 3:28.04	45.98	350m: 4:50.87	36.36
	100m: 1:19.71	44.44 200m: 2:42.06	41.03	300m: 4:14.51	46.47	400m: 5:25.21	34.34
39.	Sanne Barten	Aquarijn	200101282	<b>5:26.02</b>		558	E
	50m: 35.23	35.23 150m: 1:57.16	40.81	250m: 3:26.11	49.45	350m: 4:50.59	37.30
	100m: 1:16.35	41.12 200m: 2:36.66	39.50	300m: 4:13.29	47.18	400m: 5:26.02	35.43
40.	Samantha van Vuure	ZPCH	200200230	<b>5:26.87</b>	+0,74	554	E
	50m: 34.53	34.53 150m: 1:54.27	38.89	250m: 3:24.16	50.79	350m: 4:51.59	37.23
	100m: 1:15.38	40.85 200m: 2:33.37	39.10	300m: 4:14.36	50.20	400m: 5:26.87	35.28
41.	Annamarie Hoving	TriVia	200000248	<b>5:27.27</b>	+0,79	552	
	50m: 34.10	34.10 150m: 1:57.60	41.52	250m: 3:25.17	46.05	350m: 4:50.71	38.08
	100m: 1:16.08	41.98 200m: 2:39.12	41.52	300m: 4:12.63	47.46	400m: 5:27.27	36.56
42.	Moniek Heemskerck	LZ 1886	199601964	<b>5:27.44</b>	+0,74	551	
	50m: 34.48	34.48 150m: 1:59.16	44.36	250m: 3:26.31	44.78	350m: 4:51.11	39.00
	100m: 1:14.80	40.32 200m: 2:41.53	42.37	300m: 4:12.11	45.80	400m: 5:27.44	36.33

## Programmanr. 2, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging							tijd	RT	fin	pnt niv
43.	Renée Vanderheyden	ReVeLie Swim Team							<b>5:27.80</b>	+0,87		549
	50m: 34.49	34.49	150m: 1:55.91	39.90	250m: 3:24.14	48.24	350m: 4:51.08	38.53				
	100m: 1:16.01	41.52	200m: 2:35.90	39.99	300m: 4:12.55	48.41	400m: 5:27.80	36.72				
44.	Roos van Esch	Albion d'ELFT (SG)							<b>5:32.24</b>	+0,85		527
	50m: 34.94	34.94	150m: 1:56.95	42.74	250m: 3:26.91	48.24	350m: 4:54.84	39.27				
	100m: 1:14.21	39.27	200m: 2:38.67	41.72	300m: 4:15.57	48.66	400m: 5:32.24	37.40				