

Programmanr. 2
4-11-2016

Dames, 400m wisselslag

Senioren Open
Resultaten Finale

rang	naam	vereniging	intijd	tijd	RT	niv.
Finale A						
1.	Marieke Tienstra	RTC - TriVia	4:56.59	199900302	4:47.18	+0,78 B
	50m: 29.79	150m: 1:41.97	250m: 2:59.30	350m: 4:14.68		33.58
	100m: 1:04.78	200m: 2:17.84	300m: 3:41.10	400m: 4:47.18		32.50
2.	Lisa Dreesens	PSV	4:59.85	199105798	4:50.28	+0,85 D
	50m: 30.06	150m: 1:42.70	250m: 3:00.90	350m: 4:17.33		33.81
	100m: 1:04.80	200m: 2:19.61	300m: 3:43.52	400m: 4:50.28		32.95
3.	Serena Stel	RTC - De Dolfijn	4:56.39	199801528	4:52.75	+0,76 D
	50m: 31.81	150m: 1:46.89	250m: 3:06.43	350m: 4:21.98		32.31
	100m: 1:08.37	200m: 2:24.13	300m: 3:49.67	400m: 4:52.75		30.77
4.	Laura Setz	Nova	4:59.72	200000130	4:55.30	D
	50m: 31.70	150m: 1:46.39	250m: 3:06.29	350m: 4:22.84		33.04
	100m: 1:08.47	200m: 2:23.61	300m: 3:49.80	400m: 4:55.30		32.46
5.	Marlijn Hendriksen	Arethusa	5:02.63	198806828	4:55.46	+0,75 D
	50m: 32.21	150m: 1:47.47	250m: 3:07.84	350m: 4:23.42		34.36
	100m: 1:08.71	200m: 2:25.31	300m: 3:49.06	400m: 4:55.46		32.04
6.	Inge Vieveen	RTC - WVZ	5:04.69	200100024	5:01.38	+0,88 D
	50m: 32.05	150m: 1:49.30	250m: 3:09.41	350m: 4:28.27		35.12
	100m: 1:09.59	200m: 2:27.57	300m: 3:53.15	400m: 5:01.38		33.11
7.	Nikita van den Ouden	ZPC De Zeeuwse Kust	5:06.22	199900622	5:01.98	+0,67 E
	50m: 32.54	150m: 1:47.68	250m: 3:08.78	350m: 4:34.34		35.57
	100m: 1:09.64	200m: 2:25.44	300m: 3:52.41	400m: 5:01.98		34.00
8.	Lotte Hosper	The Hague Swimming (SG)	5:06.60	200201414	5:06.25	+0,77 D
	50m: 32.28	150m: 1:49.86	250m: 3:12.25	350m: 4:31.72		35.75
	100m: 1:09.63	200m: 2:28.81	300m: 3:55.97	400m: 5:06.25		34.53
Finale B						
9.	Inge Arts	Merlet	5:08.08	199203076	5:02.90	+0,82 E
	50m: 31.52	150m: 1:47.03	250m: 3:10.16	350m: 4:29.85		35.00
	100m: 1:07.91	200m: 2:25.76	300m: 3:54.85	400m: 5:02.90		33.05
10.	Manon Aerssens	PSV	5:10.55	199900294	5:03.48	+0,70 E
	50m: 32.32	150m: 1:50.71	250m: 3:11.63	350m: 4:30.08		34.94
	100m: 1:10.16	200m: 2:29.77	300m: 3:55.14	400m: 5:03.48		33.40
11.	Maaïke van Veen	Dedemsvaart-AC	5:09.96	199700292	5:06.71	+0,80 E
	50m: 32.96	150m: 1:49.20	250m: 3:11.22	350m: 4:31.49		36.20
	100m: 1:11.02	200m: 2:27.66	300m: 3:55.29	400m: 5:06.71		35.22
12.	Manon Koster	HZPC	5:11.98	199701312	5:07.51	+0,79 E
	50m: 33.69	150m: 1:51.80	250m: 3:14.70	350m: 4:33.48		35.20
	100m: 1:12.10	200m: 2:31.50	300m: 3:58.28	400m: 5:07.51		34.03
13.	Lisanne Hassing	HZ&PC Heerenveen	5:14.60	199702584	5:11.51	+0,84 E
	50m: 34.77	150m: 1:57.81	250m: 3:20.29	350m: 4:38.74		34.27
	100m: 1:16.90	200m: 2:37.18	300m: 4:04.47	400m: 5:11.51		32.77
14.	Elles Becker	Zwemclub Zeist	5:12.46	199600628	5:11.79	+0,79 E
	50m: 32.72	150m: 1:51.69	250m: 3:16.49	350m: 4:37.34		35.76
	100m: 1:10.23	200m: 2:32.27	300m: 4:01.58	400m: 5:11.79		34.45
15.	Ingrid van Horen	HZPC	5:13.80	199204060	5:12.61	+0,72 E
	50m: 33.49	150m: 1:51.52	250m: 3:15.70	350m: 4:37.60		36.23
	100m: 1:11.69	200m: 2:30.67	300m: 4:01.37	400m: 5:12.61		35.01
16.	Madelon Dijkstra	ZPCH	5:12.88	199703510	5:13.32	+0,84 E
	50m: 33.18	150m: 1:55.18	250m: 3:19.72	350m: 4:39.42		34.87
	100m: 1:13.73	200m: 2:35.60	300m: 4:04.55	400m: 5:13.32		33.90