

Programmanr. 31
6-11-2016

Dames, 400m vrije slag

Senioren Open
Resultaten Finale

rang	naam	vereniging	intijd	tijd	RT	niv.
Finale A						
1.	María Ugolkova	Switzerland	4:17.15	56214	4:08.75	+0,68 A
	50m: 29.12	29.12	150m: 1:31.26	31.08	250m: 2:33.93	31.32
	100m: 1:00.18	31.06	200m: 2:02.61	31.35	300m: 3:05.46	31.53
					350m: 3:37.25	31.79
					400m: 4:08.75	31.50
2.	Esmee Vermeulen	NTC - De Dolfijn	4:11.33	199600678	4:09.69	+0,72 A
	50m: 29.12	29.12	150m: 1:31.14	31.23	250m: 2:34.30	31.48
	100m: 59.91	30.79	200m: 2:02.82	31.68	300m: 3:06.33	32.03
					350m: 3:38.63	32.30
					400m: 4:09.69	31.06
3.	Laura van Engelen	RTC - AquAmigos	4:16.65	200000350	4:10.48	+0,77 A+
	50m: 29.04	29.04	150m: 1:32.12	31.57	250m: 2:36.20	32.05
	100m: 1:00.55	31.51	200m: 2:04.15	32.03	300m: 3:08.30	32.10
					350m: 3:40.15	31.85
					400m: 4:10.48	30.33
4.	Marjolein Delno	NTC - VZC - E&P	4:17.16	199400024	4:10.56	+0,75 A
	50m: 29.10	29.10	150m: 1:32.43	31.95	250m: 2:36.48	31.98
	100m: 1:00.48	31.38	200m: 2:04.50	32.07	300m: 3:08.78	32.30
					350m: 3:40.56	31.78
					400m: 4:10.56	30.00
5.	Robin Neumann	NTC - De Dolfijn	4:20.02	199706190	4:15.23	+0,69 B
	50m: 29.44	29.44	150m: 1:34.39	32.35	250m: 2:38.72	32.12
	100m: 1:02.04	32.60	200m: 2:06.60	32.21	300m: 3:10.99	32.27
					350m: 3:43.39	32.40
					400m: 4:15.23	31.84
6.	Imani de Jong	RTC - ZPCH	4:20.54	200200464	4:16.15	+0,79 A+
	50m: 29.49	29.49	150m: 1:34.33	32.85	250m: 2:39.71	32.52
	100m: 1:01.48	31.99	200m: 2:07.19	32.86	300m: 3:12.42	32.71
					350m: 3:44.98	32.56
					400m: 4:16.15	31.17
7.	Michee Van Rooyen	Players Swim Club South Africa	4:17.76		4:18.60	+0,75 B
	50m: 29.49	29.49	150m: 1:33.99	32.74	250m: 2:39.68	32.84
	100m: 1:01.25	31.76	200m: 2:06.84	32.85	300m: 3:12.84	33.16
					350m: 3:46.10	33.26
					400m: 4:18.60	32.50
8.	Laura Setz	Nova	4:21.39	200000130	4:21.82	+0,81 C
	50m: 29.81	29.81	150m: 1:35.01	32.58	250m: 2:41.00	33.31
	100m: 1:02.43	32.62	200m: 2:07.69	32.68	300m: 3:14.92	33.92
					350m: 3:48.75	33.83
					400m: 4:21.82	33.07
Finale B						
9.	Marieke Tienstra	RTC - TriVia	4:24.24	199900302	4:14.47	+0,77 B
	50m: 28.71	28.71	150m: 1:33.04	32.57	250m: 2:38.35	32.61
	100m: 1:00.47	31.76	200m: 2:05.74	32.70	300m: 3:10.65	32.30
					350m: 3:42.90	32.25
					400m: 4:14.47	31.57
10.	Elinore de Jong	The Hague Swimming (SG)	4:23.25	198902072	4:16.48	+0,73 C
	50m: 29.32	29.32	150m: 1:35.16	33.20	250m: 2:41.59	32.75
	100m: 1:01.96	32.64	200m: 2:08.84	33.68	300m: 3:13.87	32.28
					350m: 3:45.67	31.80
					400m: 4:16.48	30.81
11.	Marij van der Mast	RTC - PSV	4:25.58	200000676	4:21.28	+0,74 C
	50m: 29.58	29.58	150m: 1:34.85	33.11	250m: 2:41.58	33.34
	100m: 1:01.74	32.16	200m: 2:08.24	33.39	300m: 3:15.18	33.60
					350m: 3:48.39	33.21
					400m: 4:21.28	32.89
12.	Kaylee de Jong	ZPCH	4:25.90	200001234	4:23.59	+0,93 C
	50m: 29.75	29.75	150m: 1:36.33	33.39	250m: 2:43.89	34.01
	100m: 1:02.94	33.19	200m: 2:09.88	33.55	300m: 3:17.81	33.92
					350m: 3:51.49	33.68
					400m: 4:23.59	32.10
13.	Silke Holkenborg	RTC - Montferland	4:30.49	200100292	4:24.83	+0,79 C
	50m: 30.39	30.39	150m: 1:36.49	33.46	250m: 2:44.34	33.99
	100m: 1:03.03	32.64	200m: 2:10.35	33.86	300m: 3:18.37	34.03
					350m: 3:52.29	33.92
					400m: 4:24.83	32.54
14.	Serena Stel	RTC - De Dolfijn	4:23.29	199801528	4:25.06	+0,72 D
	50m: 29.95	29.95	150m: 1:36.13	33.52	250m: 2:44.10	33.99
	100m: 1:02.61	32.66	200m: 2:10.11	33.98	300m: 3:18.41	34.31
					350m: 3:52.59	34.18
					400m: 4:25.06	32.47
15.	Madelon Dijkstra	ZPCH	4:29.64	199703510	4:25.32	+0,87 D
	50m: 30.12	30.12	150m: 1:36.00	33.41	250m: 2:44.20	34.31
	100m: 1:02.59	32.47	200m: 2:09.89	33.89	300m: 3:18.45	34.25
					350m: 3:52.08	33.63
					400m: 4:25.32	33.24
16.	Pien Schravasande	RTC - DZ&PC	4:30.46	199902010	4:27.17	+0,68 D
	50m: 29.76	29.76	150m: 1:37.31	34.14	250m: 2:45.79	34.40
	100m: 1:03.17	33.41	200m: 2:11.39	34.08	300m: 3:20.27	34.48
					350m: 3:54.67	34.40
					400m: 4:27.17	32.50