

Programmanr. 2  
21-12-2017 - 9:10

Dames, 400m wisselslag

Senioren Open  
Resultaten Voorronde

rang	naam	vereniging	tijd	RT	fin	pnt
<b>Senioren Open</b>						
1.	Imani de Jong	RTC - ZPCH	200200464	<b>4:54.62</b>	+0,74	A
	50m: 30.67	30.67 150m: 1:42.93	36.94 250m: 3:04.43	43.82 350m: 4:21.97		33.19
	100m: 1:05.99	35.32 200m: 2:20.61	37.68 300m: 3:48.78	44.35 400m: 4:54.62		32.65
2.	Lotte Hosper	RTC - Racing Club	200201414	<b>4:56.03</b>	+0,81	A
	50m: 30.53	30.53 150m: 1:42.62	37.22 250m: 3:02.37	42.54 350m: 4:21.70		35.53
	100m: 1:05.40	34.87 200m: 2:19.83	37.21 300m: 3:46.17	43.80 400m: 4:56.03		34.33
3.	Inge Vieveen	RTC - WVZ	200100024	<b>5:01.97</b>	+0,81	A
	50m: 31.84	31.84 150m: 1:48.99	39.20 250m: 3:09.13	41.95 350m: 4:27.83		35.72
	100m: 1:09.79	37.95 200m: 2:27.18	38.19 300m: 3:52.11	42.98 400m: 5:01.97		34.14
4.	Marlijn Hendriksen	Hieronymus	198806828	<b>5:03.47</b>	+0,70	A
	50m: 32.22	32.22 150m: 1:48.64	39.38 250m: 3:10.22	42.58 350m: 4:28.86		35.65
	100m: 1:09.26	37.04 200m: 2:27.64	39.00 300m: 3:53.21	42.99 400m: 5:03.47		34.61
5.	Inge Arts	Merlet	199203076	<b>5:03.69</b>	+0,79	A
	50m: 31.30	31.30 150m: 1:46.65	38.90 250m: 3:08.40	43.05 350m: 4:28.45		35.74
	100m: 1:07.75	36.45 200m: 2:25.35	38.70 300m: 3:52.71	44.31 400m: 5:03.69		35.24
6.	Anne Noom	Het Y	199800062	<b>5:03.90</b>	+0,75	A
	50m: 31.32	31.32 150m: 1:46.56	38.57 250m: 3:08.67	44.09 350m: 4:30.07		36.17
	100m: 1:07.99	36.67 200m: 2:24.58	38.02 300m: 3:53.90	45.23 400m: 5:03.90		33.83
7.	Nikita van den Ouden	De Warande	199900622	<b>5:06.17</b>	+0,66	A
	50m: 31.71	31.71 150m: 1:48.19	38.84 250m: 3:10.23	43.64 350m: 4:31.37		36.63
	100m: 1:09.35	37.64 200m: 2:26.59	38.40 300m: 3:54.74	44.51 400m: 5:06.17		34.80
8.	Lize Janna de Vries	Orca	200101948	<b>5:06.92</b>	+0,77	A
	50m: 31.74	31.74 150m: 1:50.53	39.43 250m: 3:12.80	43.97 350m: 4:32.49		35.97
	100m: 1:11.10	39.36 200m: 2:28.83	38.30 300m: 3:56.52	43.72 400m: 5:06.92		34.43
9.	Angelique van Vark	Z&PC De Gouwe	199701478	<b>5:07.23</b>	+0,72	B
	50m: 32.65	32.65 150m: 1:51.67	40.47 250m: 3:14.03	42.44 350m: 4:33.48		35.93
	100m: 1:11.20	38.55 200m: 2:31.59	39.92 300m: 3:57.55	43.52 400m: 5:07.23		33.75
10.	Janneke Lenderink	De Dinkel	200100328	<b>5:09.81</b>	+0,69	B
	50m: 31.65	31.65 150m: 1:49.13	40.54 250m: 3:12.97	44.01 350m: 4:35.14		36.42
	100m: 1:08.59	36.94 200m: 2:28.96	39.83 300m: 3:58.72	45.75 400m: 5:09.81		34.67
11.	Isabel Aardema	DWK	200100364	<b>5:10.21</b>	+0,78	B
	50m: 32.07	32.07 150m: 1:51.69	40.58 250m: 3:15.02	44.44 350m: 4:35.39		36.07
	100m: 1:11.11	39.04 200m: 2:30.58	38.89 300m: 3:59.32	44.30 400m: 5:10.21		34.82
12.	Annemarie Meijer	SCOM/De Zeehond'73 (SG)	199900964	<b>5:13.41</b>	+0,75	B
	50m: 32.78	32.78 150m: 1:54.08	41.92 250m: 3:17.79	43.19 350m: 4:38.17		36.62
	100m: 1:12.16	39.38 200m: 2:34.60	40.52 300m: 4:01.55	43.76 400m: 5:13.41		35.24
13.	Michelle Zomerdijk	Dedemsvaart-AC	200003196	<b>5:16.08</b>	+0,79	B
	50m: 32.98	32.98 150m: 1:53.07	40.38 250m: 3:17.54	45.19 350m: 4:40.98		36.32
	100m: 1:12.69	39.71 200m: 2:32.35	39.28 300m: 4:04.66	47.12 400m: 5:16.08		35.10
14.	Quinty Rouschop	Zwemsport Parkstad (SG)	200300208	<b>5:16.95</b>	+0,77	B
	50m: 33.74	33.74 150m: 1:56.31	41.90 250m: 3:20.62	43.16 350m: 4:42.13		37.34
	100m: 1:14.41	40.67 200m: 2:37.46	41.15 300m: 4:04.79	44.17 400m: 5:16.95		34.82
15.	Valesca van den Bogert	Hieronymus	200102138	<b>5:17.08</b>	+0,70	B
	50m: 32.60	32.60 150m: 1:53.96	42.17 250m: 3:18.67	42.86 350m: 4:41.60		38.69
	100m: 1:11.79	39.19 200m: 2:35.81	41.85 300m: 4:02.91	44.24 400m: 5:17.08		35.48
16.	Veerle Nieborg	TriVia	200400428	<b>5:17.36</b>	+0,74	B
	50m: 33.19	33.19 150m: 1:53.50	41.23 250m: 3:18.95	45.10 350m: 4:41.85		37.34
	100m: 1:12.27	39.08 200m: 2:33.85	40.35 300m: 4:04.51	45.56 400m: 5:17.36		35.51
17.	Lisanne Hassing	DZ&PC	199702584	<b>5:19.10</b>	+0,85	R
	50m: 34.61	34.61 150m: 1:57.08	40.90 250m: 3:21.04	43.71 350m: 4:43.41		36.90
	100m: 1:16.18	41.57 200m: 2:37.33	40.25 300m: 4:06.51	45.47 400m: 5:19.10		35.69
18.	Maaïke Issard	The Hague Swimming (SG)	200300022	<b>5:19.14</b>	+0,76	R
	50m: 32.05	32.05 150m: 1:51.69	40.42 250m: 3:18.07	46.27 350m: 4:42.60		38.23
	100m: 1:11.27	39.22 200m: 2:31.80	40.11 300m: 4:04.37	46.30 400m: 5:19.14		36.54
19.	Kim Rebergen	Hellas-Glana	200100676	<b>5:19.50</b>	+0,60	
	50m: 33.56	33.56 150m: 1:55.36	41.20 250m: 3:20.81	45.94 350m: 4:45.28		37.20
	100m: 1:14.16	40.60 200m: 2:34.87	39.51 300m: 4:08.08	47.27 400m: 5:19.50		34.22
20.	Sterre van de Goor	PSV	200102168	<b>5:20.48</b>		
	50m: 33.76	33.76 150m: 1:54.39	41.22 250m: 3:20.91	45.96 350m: 4:45.29		37.45
	100m: 1:13.17	39.41 200m: 2:34.95	40.56 300m: 4:07.84	46.93 400m: 5:20.48		35.19

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

rang	naam	vereniging	tijd	RT	fin	pnt
21.	Josse Bergman	VZC	200305146	<b>5:20.81</b>	+0,76	
	50m: 34.20	34.20 150m: 1:55.40	41.15 250m: 3:21.23	45.74 350m: 4:45.62	37.26	
	100m: 1:14.25	40.05 200m: 2:35.49	40.09 300m: 4:08.36	47.13 400m: 5:20.81	35.19	
22.	Grace Anderson	WVZ	200200578	<b>5:21.30</b>	+0,68	
	50m: 34.72	34.72 150m: 1:57.09	41.39 250m: 3:22.90	45.06 350m: 4:45.75	37.70	
	100m: 1:15.70	40.98 200m: 2:37.84	40.75 300m: 4:08.05	45.15 400m: 5:21.30	35.55	
23.	Emma Hofstee	TriVia	200401282	<b>5:22.07</b>	+0,81	
	50m: 33.56	33.56 150m: 1:56.51	42.81 250m: 3:22.99	44.09 350m: 4:46.77	38.23	
	100m: 1:13.70	40.14 200m: 2:38.90	42.39 300m: 4:08.54	45.55 400m: 5:22.07	35.30	
24.	Wiktorija Redzimska	ZPC Hoogeveen	200106042	<b>5:22.18</b>	+0,77	
	50m: 33.29	33.29 150m: 1:54.64	41.03 250m: 3:20.90	45.54 350m: 4:45.71	37.62	
	100m: 1:13.61	40.32 200m: 2:35.36	40.72 300m: 4:08.09	47.19 400m: 5:22.18	36.47	
25.	Jose Bijl	Het Y	200100948	<b>5:22.27</b>	+0,66	
	50m: 32.85	32.85 150m: 1:54.98	42.72 250m: 3:20.05	43.83 350m: 4:44.89	39.09	
	100m: 1:12.26	39.41 200m: 2:36.22	41.24 300m: 4:05.80	45.75 400m: 5:22.27	37.38	
26.	Eva Werkman	Aquarijn	199703458	<b>5:23.33</b>	+0,78	
	50m: 31.84	31.84 150m: 1:48.86	39.76 250m: 3:16.97	48.42 350m: 4:46.17	38.84	
	100m: 1:09.10	37.26 200m: 2:28.55	39.69 300m: 4:07.33	50.36 400m: 5:23.33	37.16	
27.	Annemarie Hoving	TriVia	200000248	<b>5:26.07</b>	+0,78	
	50m: 34.40	34.40 150m: 1:58.30	42.19 250m: 3:25.64	45.82 350m: 4:50.08	37.35	
	100m: 1:16.11	41.71 200m: 2:39.82	41.52 300m: 4:12.73	47.09 400m: 5:26.07	35.99	
28.	Lonneke Kampman	PSV	200100146	<b>5:26.94</b>	+0,81	
	50m: 33.22	33.22 150m: 1:54.87	41.18 250m: 3:22.89	47.84 350m: 4:49.71	38.34	
	100m: 1:13.69	40.47 200m: 2:35.05	40.18 300m: 4:11.37	48.48 400m: 5:26.94	37.23	
29.	Giulia Corsi	De Columbiaan	200100468	<b>5:27.37</b>	+0,75	
	50m: 35.16	35.16 150m: 2:00.28	42.49 250m: 3:28.96	45.88 350m: 4:53.44	35.53	
	100m: 1:17.79	42.63 200m: 2:43.08	42.80 300m: 4:17.91	48.95 400m: 5:27.37	33.93	
30.	Caroline Boxman	ZPCH	200004660	<b>5:27.42</b>	+0,71	
	50m: 34.84	34.84 150m: 1:59.91	43.37 250m: 3:29.84	47.20 350m: 4:53.92	36.64	
	100m: 1:16.54	41.70 200m: 2:42.64	42.73 300m: 4:17.28	47.44 400m: 5:27.42	33.50	
31.	Sanne Heemskerk	LZ 1886	200100600	<b>5:27.64</b>	+0,75	
	50m: 33.92	33.92 150m: 1:57.49	41.85 250m: 3:25.54	47.82 350m: 4:52.94	38.36	
	100m: 1:15.64	41.72 200m: 2:37.72	40.23 300m: 4:14.58	49.04 400m: 5:27.64	34.70	
32.	Bernadette Verstegen	Noord-Limburg (SG)	199107878	<b>5:28.19</b>	+0,69	
	50m: 32.90	32.90 150m: 1:57.56	43.63 250m: 3:24.42	44.55 350m: 4:49.82	38.99	
	100m: 1:13.93	41.03 200m: 2:39.87	42.31 300m: 4:10.83	46.41 400m: 5:28.19	38.37	
33.	Eva van Ginneken	Hieronymus	199800164	<b>5:28.82</b>	+0,84	
	50m: 34.46	34.46 150m: 1:56.54	39.94 250m: 3:26.04	48.71 350m: 4:53.09	37.35	
	100m: 1:16.60	42.14 200m: 2:37.33	40.79 300m: 4:15.74	49.70 400m: 5:28.82	35.73	
34.	Hester Blom	Het Y	200100974	<b>5:33.48</b>	+0,72	
	50m: 35.82	35.82 150m: 2:00.99	43.01 250m: 3:30.71	48.22 350m: 4:56.26	37.93	
	100m: 1:17.98	42.16 200m: 2:42.49	41.50 300m: 4:18.33	47.62 400m: 5:33.48	37.22	
DIS	Jocelyn Horbeek	ZPC De Hof	200300302		SK	
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>					
AFGEM	Marieke Tienstra	RTC - TriVia	199900302			
AFGEM	Janina Beckers	Zwemsport Parkstad (SG)	199800574			
AFGEM	Tessa Giele	SCOM/De Zeehond'73 (SG)	200203124			
AFGEM	Noa Oldenhof	De Dolfijn	199700622			
AFGEM	Madelon Dijkstra	ZPCH	199703510			
AFGEM	Maike van de Velde	ZPCH	200000382			
NG	Maike Tijhof	VZC	199800112			