

Programmanr. 31  
23-12-2017 - 9:00

Dames, 400m vrije slag

Senioren Open  
Resultaten Voorronde

rang	naam	vereniging	tijd	RT	fin	pnt	
<b>Senioren Open</b>							
1.	Esmee Vermeulen	NTC - De Dolfijn	199600678	<b>4:11.23</b>	+0,74	A	
	50m: 29.83	29.83 150m: 1:33.47	31.62	250m: 2:36.01	30.85	350m: 3:39.20	31.85
	100m: 1:01.85	32.02 200m: 2:05.16	31.69	300m: 3:07.35	31.34	400m: 4:11.23	32.03
2.	Loulou Vos	Hillingdon Swimming Club	925604	<b>4:13.10</b>	+0,77	A	
	50m: 29.73	29.73 150m: 1:32.72	31.89	250m: 2:37.01	31.97	350m: 3:41.58	32.31
	100m: 1:00.83	31.10 200m: 2:05.04	32.32	300m: 3:09.27	32.26	400m: 4:13.10	31.52
3.	Laura Setz	RTC - Nova	200000130	<b>4:13.61</b>	+0,80	A	
	50m: 29.19	29.19 150m: 1:32.25	31.88	250m: 2:36.89	32.44	350m: 3:42.20	32.59
	100m: 1:00.37	31.18 200m: 2:04.45	32.20	300m: 3:09.61	32.72	400m: 4:13.61	31.41
4.	Serena Stel	RTC - De Dolfijn	199801528	<b>4:13.80</b>	+0,69	A	
	50m: 29.07	29.07 150m: 1:32.90	32.15	250m: 2:37.71	32.46	350m: 3:42.83	32.47
	100m: 1:00.75	31.68 200m: 2:05.25	32.35	300m: 3:10.36	32.65	400m: 4:13.80	30.97
5.	Imani de Jong	RTC - ZPCH	200200464	<b>4:14.99</b>	+0,69	A	
	50m: 28.56	28.56 150m: 1:32.58	32.30	250m: 2:37.43	32.34	350m: 3:42.68	32.83
	100m: 1:00.28	31.72 200m: 2:05.09	32.51	300m: 3:09.85	32.42	400m: 4:14.99	32.31
6.	Kaylee de Jong	RTC - ZPCH	200001234	<b>4:16.58</b>	+0,85	A	
	50m: 29.73	29.73 150m: 1:33.67	32.20	250m: 2:38.61	32.55	350m: 3:44.49	32.85
	100m: 1:01.47	31.74 200m: 2:06.06	32.39	300m: 3:11.64	33.03	400m: 4:16.58	32.09
7.	Femke Spiering	RTC - VZC	200204514	<b>4:21.92</b>	+0,78	A	
	50m: 30.18	30.18 150m: 1:36.52	33.38	250m: 2:42.96	33.53	350m: 3:49.41	33.20
	100m: 1:03.14	32.96 200m: 2:09.43	32.91	300m: 3:16.21	33.25	400m: 4:21.92	32.51
8.	Marij van der Mast	RTC - PSV	200000676	<b>4:22.94</b>	+0,76	A	
	50m: 30.14	30.14 150m: 1:36.68	33.74	250m: 2:45.43	34.28	350m: 3:51.37	32.55
	100m: 1:02.94	32.80 200m: 2:11.15	34.47	300m: 3:18.82	33.39	400m: 4:22.94	31.57
9.	Storm Willemsen	ZPC AMERSFOORT	200100570	<b>4:23.17</b>	+0,78	B	
	50m: 29.55	29.55 150m: 1:36.20	33.61	250m: 2:43.03	33.35	350m: 3:50.73	33.89
	100m: 1:02.59	33.04 200m: 2:09.68	33.48	300m: 3:16.84	33.81	400m: 4:23.17	32.44
10.	Jamilla van Veen	ZPC Woerden	199603192	<b>4:23.82</b>	+0,79	B	
	50m: 28.90	28.90 150m: 1:33.99	33.10	250m: 2:41.93	34.18	350m: 3:50.48	34.47
	100m: 1:00.89	31.99 200m: 2:07.75	33.76	300m: 3:16.01	34.08	400m: 4:23.82	33.34
11.	Madelon Dijkstra	ZPCH	199703510	<b>4:23.85</b>	+0,85	B	
	50m: 29.85	29.85 150m: 1:34.77	32.92	250m: 2:42.27	33.84	350m: 3:50.74	34.33
	100m: 1:01.85	32.00 200m: 2:08.43	33.66	300m: 3:16.41	34.14	400m: 4:23.85	33.11
12.	Inge Vieveen	RTC - WVZ	200100024	<b>4:27.83</b>	+0,80	B	
	50m: 30.39	30.39 150m: 1:36.85	33.61	250m: 2:44.77	34.19	350m: 3:54.32	34.94
	100m: 1:03.24	32.85 200m: 2:10.58	33.73	300m: 3:19.38	34.61	400m: 4:27.83	33.51
13.	Manon Aerssens	PSV	199900294	<b>4:30.52</b>	+0,71	B	
	50m: 30.40	30.40 150m: 1:37.43	33.84	250m: 2:46.28	34.26	350m: 3:55.99	34.99
	100m: 1:03.59	33.19 200m: 2:12.02	34.59	300m: 3:21.00	34.72	400m: 4:30.52	34.53
14.	Angelique van Vark	Z&PC De Gouwe	199701478	<b>4:30.67</b>	+0,71	B	
	50m: 30.39	30.39 150m: 1:38.06	34.19	250m: 2:47.03	34.45	350m: 3:57.36	35.17
	100m: 1:03.87	33.48 200m: 2:12.58	34.52	300m: 3:22.19	35.16	400m: 4:30.67	33.31
15.	Lize Janna de Vries	Orca	200101948	<b>4:32.11</b>	+0,78	B	
	50m: 31.15	31.15 150m: 1:39.32	34.21	250m: 2:48.60	34.63	350m: 3:58.78	35.07
	100m: 1:05.11	33.96 200m: 2:13.97	34.65	300m: 3:23.71	35.11	400m: 4:32.11	33.33
16.	Gaia Sterre Mirotti	VZC	200305158	<b>4:32.38</b>	+0,63	B	
	50m: 30.78	30.78 150m: 1:38.96	34.52	250m: 2:48.18	34.77	350m: 3:58.49	35.19
	100m: 1:04.44	33.66 200m: 2:13.41	34.45	300m: 3:23.30	35.12	400m: 4:32.38	33.89
17.	Soraya Wasser	PSV	199901358	<b>4:32.54</b>	+0,72	R	
	50m: 30.59	30.59 150m: 1:38.81	34.21	250m: 2:47.67	34.44	350m: 3:57.71	35.26
	100m: 1:04.60	34.01 200m: 2:13.23	34.42	300m: 3:22.45	34.78	400m: 4:32.54	34.83
18.	Sterre Keller	The Hague Swimming (SG)	199904142	<b>4:33.17</b>	+0,75	R	
	50m: 30.62	30.62 150m: 1:38.98	34.57	250m: 2:48.98	35.04	350m: 3:58.68	34.84
	100m: 1:04.41	33.79 200m: 2:13.94	34.96	300m: 3:23.84	34.86	400m: 4:33.17	34.49
19.	Janneke Lenderink	De Dinkel	200100328	<b>4:34.41</b>	+0,67		
	50m: 30.95	30.95 150m: 1:39.77	34.70	250m: 2:50.00	35.07	350m: 4:00.77	35.48
	100m: 1:05.07	34.12 200m: 2:14.93	35.16	300m: 3:25.29	35.29	400m: 4:34.41	33.64
20.	Nikita van den Ouden	De Warande	199900622	<b>4:34.44</b>	+0,70		
	50m: 30.75	30.75 150m: 1:39.52	34.73	250m: 2:50.04	35.24	350m: 4:00.89	35.58
	100m: 1:04.79	34.04 200m: 2:14.80	35.28	300m: 3:25.31	35.27	400m: 4:34.44	33.55

## Programmanr. 31, Dames, 400m vrije slag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	fin	pnt
21.	Maaïke Vooren	DAW	199103324	<b>4:35.18</b>	+0,80	
	50m: 31.86	31.86 150m: 1:40.93	34.63 250m: 2:51.05	34.90 350m: 4:01.37	35.02	
	100m: 1:06.30	34.44 200m: 2:16.15	35.22 300m: 3:26.35	35.30 400m: 4:35.18	33.81	
22.	Elise Hardeman	ZPC AMERSFOORT	200101068	<b>4:35.65</b>	+0,72	
	50m: 30.45	30.45 150m: 1:39.65	35.16 250m: 2:50.70	35.29 350m: 4:01.77	35.71	
	100m: 1:04.49	34.04 200m: 2:15.41	35.76 300m: 3:26.06	35.36 400m: 4:35.65	33.88	
23.	Femke Hoppenbrouwer	The Hague Swimming (SG)	200301124	<b>4:35.88</b>	+0,81	
	50m: 30.71	30.71 150m: 1:40.87	35.70 250m: 2:51.79	35.18 350m: 4:02.43	35.17	
	100m: 1:05.17	34.46 200m: 2:16.61	35.74 300m: 3:27.26	35.47 400m: 4:35.88	33.45	
24.	Danieke van der Kooi	Orca	200000552	<b>4:35.92</b>	+0,79	
	50m: 31.08	31.08 150m: 1:39.90	34.52 250m: 2:49.98	34.71 350m: 4:01.17	35.43	
	100m: 1:05.38	34.30 200m: 2:15.27	35.37 300m: 3:25.74	35.76 400m: 4:35.92	34.75	
25.	Noa Oldenhof	De Dolfijn	199700622	<b>4:36.93</b>	+0,68	
	50m: 30.84	30.84 150m: 1:40.14	35.10 250m: 2:50.77	35.06 350m: 4:02.18	35.89	
	100m: 1:05.04	34.20 200m: 2:15.71	35.57 300m: 3:26.29	35.52 400m: 4:36.93	34.75	
26.	Denise Boonstra	DAW	199902662	<b>4:37.78</b>	+0,73	
	50m: 30.74	30.74 150m: 1:40.67	35.56 250m: 2:51.69	35.09 350m: 4:03.12	35.83	
	100m: 1:05.11	34.37 200m: 2:16.60	35.93 300m: 3:27.29	35.60 400m: 4:37.78	34.66	
27.	Tamara Grove	De Dolfijn	199601266	<b>4:38.52</b>	+0,73	
	50m: 30.50	30.50 150m: 1:38.04	34.25 250m: 2:49.00	35.66 350m: 4:01.99	36.71	
	100m: 1:03.79	33.29 200m: 2:13.34	35.30 300m: 3:25.28	36.28 400m: 4:38.52	36.53	
28.	Annet Marie Hoving	TriVia	200000248	<b>4:39.09</b>	+0,76	
	50m: 31.64	31.64 150m: 1:42.17	35.71 250m: 2:53.29	35.41 350m: 4:04.61	35.42	
	100m: 1:06.46	34.82 200m: 2:17.88	35.71 300m: 3:29.19	35.90 400m: 4:39.09	34.48	
29.	Michelle Zomerdijk	Dedemsvaart-AC	200003196	<b>4:41.19</b>	+0,79	
	50m: 30.90	30.90 150m: 1:40.76	35.40 250m: 2:52.24	35.73 350m: 4:05.68	36.77	
	100m: 1:05.36	34.46 200m: 2:16.51	35.75 300m: 3:28.91	36.67 400m: 4:41.19	35.51	
30.	Maaïke Tijhof	VZC	199800112	<b>4:41.35</b>	+0,61	
	50m: 31.47	31.47 150m: 1:41.84	35.54 250m: 2:53.75	35.98 350m: 4:06.19	36.07	
	100m: 1:06.30	34.83 200m: 2:17.77	35.93 300m: 3:30.12	36.37 400m: 4:41.35	35.16	
31.	Melissa van der Geld	De Warande	199506250	<b>4:43.84</b>	+0,72	
	50m: 31.60	31.60 150m: 1:41.68	35.70 250m: 2:55.06	36.85 350m: 4:08.48	36.43	
	100m: 1:05.98	34.38 200m: 2:18.21	36.53 300m: 3:32.05	36.99 400m: 4:43.84	35.36	
32.	Sterre van de Goor	PSV	200102168	<b>4:45.54</b>	+0,89	
	50m: 31.26	31.26 150m: 1:41.18	35.37 250m: 2:53.50	36.21 350m: 4:08.45	37.64	
	100m: 1:05.81	34.55 200m: 2:17.29	36.11 300m: 3:30.81	37.31 400m: 4:45.54	37.09	
33.	Janna van Kooten	TriVia	200404584	<b>4:45.58</b>	+0,83	
	50m: 31.84	31.84 150m: 1:43.80	36.45 250m: 2:56.83	36.45 350m: 4:09.74	36.38	
	100m: 1:07.35	35.51 200m: 2:20.38	36.58 300m: 3:33.36	36.53 400m: 4:45.58	35.84	
34.	Amber van der Kruk	NTC PARA - MSV Zeemacht	200102730	<b>4:48.96</b>	+0,89	907
	50m: 31.70	31.70 150m: 1:44.98	37.87 250m: 2:59.71	37.06 350m: 4:13.52	36.94	
	100m: 1:07.11	35.41 200m: 2:22.65	37.67 300m: 3:36.58	36.87 400m: 4:48.96	35.44	
35.	Manon Vermarien	NTC PARA - Hieronymus	199705680	<b>4:54.09</b>	+0,83	722
	50m: 34.13	34.13 150m: 1:47.15	36.68 250m: 3:01.90	37.52 350m: 4:16.79	37.63	
	100m: 1:10.47	36.34 200m: 2:24.38	37.23 300m: 3:39.16	37.26 400m: 4:54.09	37.30	
36.	Liesette Bruinsma <i>IPC Wereld Record, 100m *</i>	NTC PARA - HZ&PC Heerenveen	200004346	<b>5:11.13</b>	+0,76	997
	50m: 35.39	35.39 150m: 1:53.67	39.73 250m: 3:12.57	38.31 350m: 4:32.72	40.33	
	100m: 1:13.94	38.55 200m: 2:34.26	40.59 300m: 3:52.39	39.82 400m: 5:11.13	38.41	
37.	Sanne Hoving	HZ&PC Heerenveen	200003332	<b>5:59.27</b>	+1,10	396
	50m: 40.05	40.05 150m: 2:09.03	45.73 250m: 3:41.41	46.68 350m: 5:15.13	46.34	
	100m: 1:23.30	43.25 200m: 2:54.73	45.70 300m: 4:28.79	47.38 400m: 5:59.27	44.14	
AFGEM	Ingrid Janssen-van Horen	HZPC	199204060			
AFGEM	Isabel Aardema	DWK	200100364			
AFGEM	Amy de Sain	De Dolfijn	200304690			
NG	Jonne Moleman	NTC PARA - LinK	200006264			S10
NG	Marieke Tienstra	RTC - TriVia	199900302			
NG	Lisanne Hassing	DZ&PC	199702584			

## Programmanr. 31, Dames, 400m vrije slag, Voorronde

## Senioren IPC

1.	Liesette Bruinsma <i>IPC Wereld Record, 100m *</i>	NTC PARA - HZ&PC Heerenveen	200004346	S11	<b>5:11.13</b>	+0,76	997	
	50m: 35.39 100m: 1:13.94	35.39 38.55	150m: 1:53.67 200m: 2:34.26	39.73 40.59	250m: 3:12.57 300m: 3:52.39	38.31 39.82	350m: 4:32.72 400m: 5:11.13	40.33 38.41
2.	Amber van der Kruk	NTC PARA - MSV Zeemacht	200102730	S14	<b>4:48.96</b>	+0,89	907	
	50m: 31.70 100m: 1:07.11	31.70 35.41	150m: 1:44.98 200m: 2:22.65	37.87 37.67	250m: 2:59.71 300m: 3:36.58	37.06 36.87	350m: 4:13.52 400m: 4:48.96	36.94 35.44
3.	Manon Vermarien	NTC PARA - Hieronymus	199705680	S9	<b>4:54.09</b>	+0,83	722	
	50m: 34.13 100m: 1:10.47	34.13 36.34	150m: 1:47.15 200m: 2:24.38	36.68 37.23	250m: 3:01.90 300m: 3:39.16	37.52 37.26	350m: 4:16.79 400m: 4:54.09	37.63 37.30
4.	Sanne Hoving	HZ&PC Heerenveen	200003332	S9	<b>5:59.27</b>	+1,10	396	
	50m: 40.05 100m: 1:23.30	40.05 43.25	150m: 2:09.03 200m: 2:54.73	45.73 45.70	250m: 3:41.41 300m: 4:28.79	46.68 47.38	350m: 5:15.13 400m: 5:59.27	46.34 44.14
NG	Jonne Moleman	NTC PARA - LinK	200006264	S10				