

Programmanr. 31
23-12-2017

Dames, 400m vrije slag

Senioren Open
Resultaten Finale

rang	naam	vereniging	intijd	tijd	RT	pnt.
Finale A						
1.	Esmee Vermeulen	NTC - De Dolfijn	4:11.23	199600678	4:07.63	+0,71
	50m: 29.71	29.71 150m: 1:31.38	30.99	250m: 2:33.24	30.96	350m: 3:36.33
	100m: 1:00.39	30.68 200m: 2:02.28	30.90	300m: 3:04.57	31.33	400m: 4:07.63
2.	Loulou Vos	Hillingdon Swimming Club	4:13.10	925604	4:11.64	+0,78
	50m: 29.60	29.60 150m: 1:31.94	31.03	250m: 2:35.26	31.68	350m: 3:39.54
	100m: 1:00.91	31.31 200m: 2:03.58	31.64	300m: 3:07.21	31.95	400m: 4:11.64
3.	Laura Setz	RTC - Nova	4:13.61	200000130	4:12.20	+0,83
	50m: 29.18	29.18 150m: 1:32.24	31.71	250m: 2:36.60	32.31	350m: 3:41.45
	100m: 1:00.53	31.35 200m: 2:04.29	32.05	300m: 3:09.20	32.60	400m: 4:12.20
4.	Imani de Jong	RTC - ZPCH	4:14.99	200200464	4:13.34	+0,71
	50m: 28.84	28.84 150m: 1:32.36	31.85	250m: 2:36.93	32.42	350m: 3:41.93
	100m: 1:00.51	31.67 200m: 2:04.51	32.15	300m: 3:09.46	32.53	400m: 4:13.34
5.	Kaylee de Jong	RTC - ZPCH	4:16.58	200001234	4:15.10	+0,88
	50m: 29.33	29.33 150m: 1:33.46	32.17	250m: 2:38.45	32.63	350m: 3:43.74
	100m: 1:01.29	31.96 200m: 2:05.82	32.36	300m: 3:11.18	32.73	400m: 4:15.10
6.	Serena Stel	RTC - De Dolfijn	4:13.80	199801528	4:15.45	+0,71
	50m: 29.25	29.25 150m: 1:33.18	32.01	250m: 2:38.28	32.92	350m: 3:44.25
	100m: 1:01.17	31.92 200m: 2:05.36	32.18	300m: 3:11.20	32.92	400m: 4:15.45
7.	Marij van der Mast	RTC - PSV	4:22.94	200000676	4:23.99	+0,73
	50m: 30.05	30.05 150m: 1:36.69	33.89	250m: 2:44.14	33.48	350m: 3:50.98
	100m: 1:02.80	32.75 200m: 2:10.66	33.97	300m: 3:17.35	33.21	400m: 4:23.99
8.	Femke Spiering	RTC - VZC	4:21.92	200204514	4:28.26	+0,66
	50m: 29.96	29.96 150m: 1:37.16	33.95	250m: 2:45.28	33.90	350m: 3:54.56
	100m: 1:03.21	33.25 200m: 2:11.38	34.22	300m: 3:19.89	34.61	400m: 4:28.26
Finale B						
9.	Madelon Dijkstra	ZPCH	4:23.85	199703510	4:22.65	+0,85
	50m: 29.81	29.81 150m: 1:35.09	33.15	250m: 2:42.46	33.64	350m: 3:50.29
	100m: 1:01.94	32.13 200m: 2:08.82	33.73	300m: 3:16.47	34.01	400m: 4:22.65
10.	Jamilla van Veen	ZPC Woerden	4:23.82	199603192	4:23.75	+0,79
	50m: 29.52	29.52 150m: 1:35.62	33.33	250m: 2:43.51	33.78	350m: 3:51.13
	100m: 1:02.29	32.77 200m: 2:09.73	34.11	300m: 3:17.19	33.68	400m: 4:23.75
11.	Storm Willemsen	ZPC AMERSFOORT	4:23.17	200100570	4:24.09	+0,77
	50m: 29.04	29.04 150m: 1:34.34	33.14	250m: 2:42.44	34.32	350m: 3:51.40
	100m: 1:01.20	32.16 200m: 2:08.12	33.78	300m: 3:16.75	34.31	400m: 4:24.09
12.	Gaia Sterre Mirotti	VZC	4:32.38	200305158	4:25.62	+0,64
	50m: 30.72	30.72 150m: 1:37.61	33.49	250m: 2:45.31	33.86	350m: 3:52.99
	100m: 1:04.12	33.40 200m: 2:11.45	33.84	300m: 3:18.90	33.59	400m: 4:25.62
13.	Manon Aerssens	PSV	4:30.52	199900294	4:27.92	+0,74
	50m: 30.21	30.21 150m: 1:36.83	33.49	250m: 2:45.02	34.28	350m: 3:54.32
	100m: 1:03.34	33.13 200m: 2:10.74	33.91	300m: 3:19.58	34.56	400m: 4:27.92
14.	Inge Vieveen	RTC - WVZ	4:27.83	200100024	4:29.00	+0,76
	50m: 30.49	30.49 150m: 1:37.55	33.96	250m: 2:46.23	34.53	350m: 3:55.48
	100m: 1:03.59	33.10 200m: 2:11.70	34.15	300m: 3:20.56	34.33	400m: 4:29.00
15.	Angelique van Vark	Z&PC De Gouwe	4:30.67	199701478	4:29.06	+0,73
	50m: 30.55	30.55 150m: 1:38.15	34.07	250m: 2:46.72	34.43	350m: 3:56.21
	100m: 1:04.08	33.53 200m: 2:12.29	34.14	300m: 3:21.42	34.70	400m: 4:29.06
16.	Lize Janna de Vries	Orca	4:32.11	200101948	4:32.10	+0,80
	50m: 31.01	31.01 150m: 1:39.23	34.22	250m: 2:48.48	34.48	350m: 3:58.49
	100m: 1:05.01	34.00 200m: 2:14.00	34.77	300m: 3:23.53	35.05	400m: 4:32.10