

Programmanr. 32
 22-12-2019 - 9:26

Dames, 400m wisselslag

 Senioren Open
 Resultaten Voorronde

Punten: FINA 2019

rang	naam	vereniging	tijd	RT	fin.	FINA	para
Senioren Open							
1.	Lotte Hosper	OC - The Hague Swimming	200201414	4:50.53	+0,80	A	
	50m: 30.34	30.34 150m: 1:41.17	36.55 250m: 2:58.72	42.20 350m: 4:17.07		34.58	
	100m: 1:04.62	34.28 200m: 2:16.52	35.35 300m: 3:42.49	43.77 400m: 4:50.53		33.46	
2.	Nikita van den Ouden	Nuenen	199900622	4:59.19	+0,71	A	
	50m: 31.32	31.32 150m: 1:46.58	38.56 250m: 3:06.54	42.40 350m: 4:25.25		35.37	
	100m: 1:08.02	36.70 200m: 2:24.14	37.56 300m: 3:49.88	43.34 400m: 4:59.19		33.94	
3.	Marit Cuperus	Uddevalla		5:02.82 *	+0,64	A	
	50m: 32.28	32.28 150m: 1:48.12	38.72 250m: 3:09.86	43.72 350m: 4:29.70		35.71	
	100m: 1:09.40	37.12 200m: 2:26.14	38.02 300m: 3:53.99	44.13 400m: 5:02.82		33.12	
4.	Lize Janna de Vries	Orca	200101948	5:03.71	+0,84	A	
	50m: 32.72	32.72 150m: 1:52.24	39.60 250m: 3:14.25	43.59 350m: 4:31.17		34.12	
	100m: 1:12.64	39.92 200m: 2:30.66	38.42 300m: 3:57.05	42.80 400m: 5:03.71		32.54	
5.	Alinda Dingshoff	ZPC Hoogeveen	200000928	5:04.84	+0,52	A	
	50m: 32.08	32.08 150m: 1:44.63	36.92 250m: 3:06.50	45.15 350m: 4:29.82		36.86	
	100m: 1:07.71	35.63 200m: 2:21.35	36.72 300m: 3:52.96	46.46 400m: 5:04.84		35.02	
6.	Isabel Aardema	DWK	200100364	5:05.08	+0,80	A	
	50m: 31.99	31.99 150m: 1:48.33	39.02 250m: 3:09.79	44.04 350m: 4:30.13		36.19	
	100m: 1:09.31	37.32 200m: 2:25.75	37.42 300m: 3:53.94	44.15 400m: 5:05.08		34.95	
7.	Wiktorija Redzimska	ZPC Hoogeveen	200106042	5:06.91	+0,74	A	
	50m: 33.41	33.41 150m: 1:49.29	37.07 250m: 3:11.30	43.76 350m: 4:32.67		36.22	
	100m: 1:12.22	38.81 200m: 2:27.54	38.25 300m: 3:56.45	45.15 400m: 5:06.91		34.24	
8.	Anne Noom	Het Y	199800062	5:06.98	+0,77	A	
	50m: 31.54	31.54 150m: 1:48.17	38.60 250m: 3:10.74	43.98 350m: 4:32.76		36.23	
	100m: 1:09.57	38.03 200m: 2:26.76	38.59 300m: 3:56.53	45.79 400m: 5:06.98		34.22	
9.	Angelique van Vark	Z&PC De Gouwe	199701478	5:07.84	+0,74	B	
	50m: 33.09	33.09 150m: 1:51.45	39.25 250m: 3:13.85	44.39 350m: 4:35.06		35.72	
	100m: 1:12.20	39.11 200m: 2:29.46	38.01 300m: 3:59.34	45.49 400m: 5:07.84		32.78	
10.	Valesca van den Bogert	Hieronymus	200102138	5:08.62	+0,77	B	
	50m: 32.78	32.78 150m: 1:52.46	41.68 250m: 3:15.25	42.39 350m: 4:34.52		36.66	
	100m: 1:10.78	38.00 200m: 2:32.86	40.40 300m: 3:57.86	42.61 400m: 5:08.62		34.10	
11.	Maaïke Issard	VZC	200300022	5:09.26	+0,84	B	
	50m: 32.56	32.56 150m: 1:49.31	39.21 250m: 3:13.09	44.42 350m: 4:34.42		36.04	
	100m: 1:10.10	37.54 200m: 2:28.67	39.36 300m: 3:58.38	45.29 400m: 5:09.26		34.84	
12.	Elles Becker	Zwemclub Zeist	199600628	5:10.43	+0,73	B	
	50m: 33.26	33.26 150m: 1:51.36	39.41 250m: 3:15.03	44.34 350m: 4:35.89		35.90	
	100m: 1:11.95	38.69 200m: 2:30.69	39.33 300m: 3:59.99	44.96 400m: 5:10.43		34.54	
13.	Luna de Vries	HZPC	200400516	5:10.84	+0,77	B	
	50m: 33.01	33.01 150m: 1:52.96	40.48 250m: 3:15.64	43.04 350m: 4:35.65		35.83	
	100m: 1:12.48	39.47 200m: 2:32.60	39.64 300m: 3:59.82	44.18 400m: 5:10.84		35.19	
14.	Michelle Zomerdijk	Dedemsvaart-AC	200003196	5:11.06	+0,75	B	
	50m: 32.48	32.48 150m: 1:52.23	41.49 250m: 3:15.95	43.83 350m: 4:37.19		36.20	
	100m: 1:10.74	38.26 200m: 2:32.12	39.89 300m: 4:00.99	45.04 400m: 5:11.06		33.87	
15.	Jessie Bodden	Hellas-Glana	200401650	5:11.17	+0,78	B	
	50m: 34.37	34.37 150m: 1:51.87	38.21 250m: 3:14.99	45.40 350m: 4:37.21		36.05	
	100m: 1:13.66	39.29 200m: 2:29.59	37.72 300m: 4:01.16	46.17 400m: 5:11.17		33.96	
16.	Ilona Venema	HPC PARA - ReVeLie Swimteam	200200050	5:13.24	+0,82	B	
	50m: 31.64	31.64 150m: 1:47.87	39.37 250m: 3:13.09	46.05 350m: 4:37.02		37.00	
	100m: 1:08.50	36.86 200m: 2:27.04	39.17 300m: 4:00.02	46.93 400m: 5:13.24		36.22	
17.	Anne Paulusse	TRB-RES	200200834	5:13.67	+0,76	R	
	50m: 32.34	32.34 150m: 1:50.58	39.33 250m: 3:14.25	44.84 350m: 4:37.34		37.27	
	100m: 1:11.25	38.91 200m: 2:29.41	38.83 300m: 4:00.07	45.82 400m: 5:13.67		36.33	
18.	Isa Schellekens	Z&PC Zegenwerp	200002330	5:13.78	+0,86	R	
	50m: 33.15	33.15 150m: 1:52.62	40.15 250m: 3:16.63	44.67 350m: 4:38.35		36.49	
	100m: 1:12.47	39.32 200m: 2:31.96	39.34 300m: 4:01.86	45.23 400m: 5:13.78		35.43	
19.	Mette Den Haese	NeptuneSwimming Academy		5:16.67			
	50m: 33.49	33.49 150m: 1:54.78	42.14 250m: 3:19.15	43.21 350m: 4:41.44		37.65	
	100m: 1:12.64	39.15 200m: 2:35.94	41.16 300m: 4:03.79	44.64 400m: 5:16.67		35.23	
20.	Floor Weijmans	HZPC	199502522	5:17.92	+0,81		
	50m: 33.77	33.77 150m: 1:52.92	40.72 250m: 3:18.66	45.38 350m: 4:42.60		36.64	
	100m: 1:12.20	38.43 200m: 2:33.28	40.36 300m: 4:05.96	47.30 400m: 5:17.92		35.32	



GEMEENTE TILBURG

Open Nederlandse Kampioenschappen korte baan 2019
Tilburg, 20- - 22-12-2019

Programmanr. 32, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	fin.	FINA	para
21.	Meike van de Ree	HZPC	200402646	5:18.22	+0,73		
	50m: 33.49	33.49 150m: 1:53.10	39.19 250m: 3:17.98	45.22 350m: 4:41.37	37.06		
	100m: 1:13.91	40.42 200m: 2:32.76	39.66 300m: 4:04.31	46.33 400m: 5:18.22	36.85		
22.	Selene Wortel	Hieronymus	199700654	5:19.06	+0,68		
	50m: 33.14	33.14 150m: 1:53.73	41.07 250m: 3:18.20	44.13 350m: 4:43.02	37.32		
	100m: 1:12.66	39.52 200m: 2:34.07	40.34 300m: 4:05.70	47.50 400m: 5:19.06	36.04		
23.	Aniek van de Weerd	VZC	200404136	5:19.58	+0,76		
	50m: 32.45	32.45 150m: 1:51.00	40.14 250m: 3:18.64	48.88 350m: 4:43.83	36.15		
	100m: 1:10.86	38.41 200m: 2:29.76	38.76 300m: 4:07.68	49.04 400m: 5:19.58	35.75		
24.	Emma van Leeuwen	DAW	200500200	5:19.71	+0,84		
	50m: 35.70	35.70 150m: 1:58.01	40.33 250m: 3:22.37	45.05 350m: 4:44.69	37.26		
	100m: 1:17.68	41.98 200m: 2:37.32	39.31 300m: 4:07.43	45.06 400m: 5:19.71	35.02		
25.	Kim de Jong	LinK	200301026	5:21.15	+0,86		
	50m: 33.77	33.77 150m: 1:56.71	43.06 250m: 3:21.58	43.16 350m: 4:44.74	38.42		
	100m: 1:13.65	39.88 200m: 2:38.42	41.71 300m: 4:06.32	44.74 400m: 5:21.15	36.41		
26.	Lotte Bezemer	Zwemlust- den Hommel	200106344	5:21.59	+0,85		
	50m: 34.55	34.55 150m: 1:55.44	41.98 250m: 3:22.50	45.93 350m: 4:46.41	37.90		
	100m: 1:13.46	38.91 200m: 2:36.57	41.13 300m: 4:08.51	46.01 400m: 5:21.59	35.18		
27.	Rinske Bouman	The Hague Swimming (SG)	200400578	5:22.35			
	50m: 32.07	32.07 150m: 1:53.16	42.01 250m: 3:20.59	44.49 350m: 4:45.14	37.59		
	100m: 1:11.15	39.08 200m: 2:36.10	42.94 300m: 4:07.55	46.96 400m: 5:22.35	37.21		
28.	Dianne Postma	De Fuut	200402264	5:23.33	+0,79		
	50m: 32.48	32.48 150m: 1:53.80	41.92 250m: 3:22.92	48.71 350m: 4:48.40	37.09		
	100m: 1:11.88	39.40 200m: 2:34.21	40.41 300m: 4:11.31	48.39 400m: 5:23.33	34.93		
29.	Isa Curvers	HZPC	200205724	5:23.59	+0,73		
	50m: 34.51	34.51 150m: 1:53.64	39.56 250m: 3:20.49	48.01 350m: 4:47.43	38.59		
	100m: 1:14.08	39.57 200m: 2:32.48	38.84 300m: 4:08.84	48.35 400m: 5:23.59	36.16		
30.	Sarah Kits	WS Twente	200101024	5:27.41			
	50m: 34.66	34.66 150m: 1:56.35	41.08 250m: 3:23.59	46.70 350m: 4:49.24	38.82		
	100m: 1:15.27	40.61 200m: 2:36.89	40.54 300m: 4:10.42	46.83 400m: 5:27.41	38.17		
31.	Sophie Albers	HZPC	200300990	5:28.44	+0,75		
	50m: 35.39	35.39 150m: 1:59.61	41.83 250m: 3:26.32	45.37 350m: 4:51.34	38.42		
	100m: 1:17.78	42.39 200m: 2:40.95	41.34 300m: 4:12.92	46.60 400m: 5:28.44	37.10		
32.	Chantal Beijer	DWT	199700884	5:28.52	+0,81		
	50m: 34.14	34.14 150m: 1:56.97	42.10 250m: 3:24.86	46.60 350m: 4:51.35	38.87		
	100m: 1:14.87	40.73 200m: 2:38.26	41.29 300m: 4:12.48	47.62 400m: 5:28.52	37.17		
33.	Myrthe Natzijs	TriVia	200400076	5:29.49	+0,80		
	50m: 35.21	35.21 150m: 1:59.28	41.90 250m: 3:26.15	46.74 350m: 4:52.31	38.45		
	100m: 1:17.38	42.17 200m: 2:39.41	40.13 300m: 4:13.86	47.71 400m: 5:29.49	37.18		
34.	Milou ten Koppel	Deltasteur	200302572	5:30.16	+0,85		
	50m: 33.25	33.25 150m: 1:57.22	41.88 250m: 3:25.81	48.49 350m: 4:53.94	38.77		
	100m: 1:15.34	42.09 200m: 2:37.32	40.10 300m: 4:15.17	49.36 400m: 5:30.16	36.22		
35.	Eefje Slootweg	De Dinkel	199800218	5:30.36	+0,81		
	50m: 32.56	32.56 150m: 1:52.41	41.28 250m: 3:21.40	47.14 350m: 4:51.59	40.08		
	100m: 1:11.13	38.57 200m: 2:34.26	41.85 300m: 4:11.51	50.11 400m: 5:30.36	38.77		
36.	Irma van der Wulp	WVZ	200401950	5:30.70	+0,80		
	50m: 34.10	34.10 150m: 2:00.36	42.87 250m: 3:28.35	46.07 350m: 4:54.21	39.01		
	100m: 1:17.49	43.39 200m: 2:42.28	41.92 300m: 4:15.20	46.85 400m: 5:30.70	36.49		
37.	Luna Hofmeijer	WS Twente	200400006	5:31.45	+0,77		
	50m: 36.41	36.41 150m: 2:03.97	42.71 250m: 3:30.20	43.30 350m: 4:54.58	39.09		
	100m: 1:21.26	44.85 200m: 2:46.90	42.93 300m: 4:15.49	45.29 400m: 5:31.45	36.87		
38.	Mara Bosman	The Hague Swimming (SG)	200303048	5:32.83	+0,79		
	50m: 34.94	34.94 150m: 2:01.54	41.13 250m: 3:28.64	46.63 350m: 4:55.22	38.06		
	100m: 1:20.41	45.47 200m: 2:42.01	40.47 300m: 4:17.16	48.52 400m: 5:32.83	37.61		
39.	Daniëlle Vis	De Columbiaan	200401044	5:36.52	+0,75		
	50m: 36.25	36.25 150m: 2:03.18	44.02 250m: 3:31.45	44.41 350m: 4:58.13	40.69		
	100m: 1:19.16	42.91 200m: 2:47.04	43.86 300m: 4:17.44	45.99 400m: 5:36.52	38.39		
40.	Amy van Lier	De Warande	199603022	5:38.67	+0,73		
	50m: 32.79	32.79 150m: 1:56.40	43.10 250m: 3:28.22	49.76 350m: 4:59.42	39.68		
	100m: 1:13.30	40.51 200m: 2:38.46	42.06 300m: 4:19.74	51.52 400m: 5:38.67	39.25		
DIS	Joy Willekus	De Dolfijn	200602420	AA			
	AA - Gestart voor het startsignaal (en wel gezwommen).						
NG	Carlijn Hansté	OC - WS Twente	200201082				
NG	Femke Doorenbos	The Hague Swimming (SG)	200404214				





GEMEENTE TILBURG



Open Nederlandse Kampioenschappen korte baan 2019
Tilburg, 20- - 22-12-2019



Programmanr. 32, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging						tijd	RT	fin.	FINA	para
NG	Isa Maes	Albion WSS (SG)						200500110				
BM	Hannah Schellekens	TRB-RES						199706614	5:19.03	+0,75		
	50m: 31.57	31.57	150m: 1:51.12	41.76	250m: 3:18.88	46.04	350m: 4:43.08	37.68				
	100m: 1:09.36	37.79	200m: 2:32.84	41.72	300m: 4:05.40	46.52	400m: 5:19.03	35.95				

