

Programmanr. 36
16-10-2016 - 11:53

Dames, 400m vrije slag

Junioren 2 en ouder
Resultaten

rang	naam	vereniging				intijd				tijd				RT
Junioren 2 en 3														
1.	Pieke Sterk 200m*	Aquarijn				5:29.37		200401158		5:16.13				429
	50m: 34.25 100m: 1:12.78	34.25 38.53	150m: 1:52.30 200m: 2:33.32	39.52 41.02	250m: 3:14.50 300m: 3:56.19	41.18 41.69	350m: 4:37.72 400m: 5:16.13	41.53 38.41						
2.	Britt Steunenberg 100m/250m300m*	Aquarijn				5:27.85		200302588		5:26.07				391
	50m: 36.96 100m: 1:18.49	36.96 41.53	150m: 2:00.46 200m: 2:42.07	41.97 41.61	250m: 3:25.06 300m: 4:07.30	42.99 42.24	350m: 4:48.77 400m: 5:26.07	41.47 37.30						

Jeugd 1 en 2

1.	Femke Spiering 100m/200m/250m/300m/350m*	VZC-E&P	4:34.22	200204514	4:28.97	696		
	50m: 30.77 100m: 1:04.45	30.77 33.68	150m: 1:38.27 200m: 2:12.74	33.82 34.47	250m: 2:47.20 300m: 3:21.98	34.46 34.78	350m: 3:55.76 400m: 4:28.97	33.78 33.21
2.	Lotte Hosper 300m*	The Hague Swimming (SG)	4:44.05	200201414	4:36.27	642		
	50m: 30.58 100m: 1:04.41	30.58 33.83	150m: 1:38.61 200m: 2:13.65	34.20 35.04	250m: 2:49.16 300m: 3:25.50	35.51 36.34	350m: 4:01.60 400m: 4:36.27	36.10 34.67
3.	Sam van Nunen 50m/100m150m/250m/350m*	PSV	4:40.49	200100036	4:43.77	593		
	50m: 31.45 100m: 1:05.96	31.45 34.51	150m: 1:41.31 200m: 2:17.73	35.35 36.42	250m: 2:54.51 300m: 3:39.22	36.78	350m: 4:08.42 400m: 4:43.77	35.35
4.	Sanne Barten	Aquarijn	4:48.12	200101282	4:52.49	541		
	50m: 33.43 100m: 1:09.86	33.43 36.43	150m: 1:47.22 200m: 2:24.53	37.36 37.31	250m: 3:01.61 300m: 3:39.22	37.08 37.61	350m: 4:16.61 400m: 4:52.49	37.39 35.88
5.	Janneke Ruiter	De Houtrib	4:47.99	200200782	5:03.41	485		
	50m: 33.30 100m: 1:10.49	33.30 37.19	150m: 1:48.82 200m: 2:28.23	38.33 39.41	250m: 3:07.87 300m: 3:47.39	39.64 39.52	350m: 4:26.50 400m: 5:03.41	39.11 36.91

Senioren 1 en 2

1.	Sterre Keller		The Hague Swimming (SG)			4:42.53	199904142		4:41.23			609	
	50m:	31.92	31.92	150m:	1:42.70	35.86	250m:	2:54.38	35.70	350m:	4:05.93		35.62
	100m:	1:06.84	34.92	200m:	2:18.68	35.98	300m:	3:30.31	35.93	400m:	4:41.23		35.30
2.	Emma Berry		The Hague Swimming (SG)			4:46.93	199906390		4:44.47			588	
	50m:	32.19	32.19	150m:	1:44.33	36.36	250m:	2:55.96	35.62	350m:	4:08.88		36.07
	100m:	1:07.97	35.78	200m:	2:20.34	36.01	300m:	3:32.81	36.85	400m:	4:44.47		35.59
3.	Esmée Venner		PSV			4:44.60	200000380		4:45.92			579	
	50m:	32.78	32.78	150m:	1:45.01	36.12	250m:	2:57.52	36.45	350m:	4:10.73		36.27
	100m:	1:08.89	36.11	200m:	2:21.07	36.06	300m:	3:34.46	36.94	400m:	4:45.92		35.19
4.	Gaetane Demyttenaere 150m/250m/350m*		The Hague Swimming (SG)			4:45.99	199905018		4:48.48			564	
	50m:	32.87	32.87	150m:	1:46.12	37.06	250m:	2:59.16	36.40	350m:	4:12.23		36.64
	100m:	1:09.06	36.19	200m:	2:22.76	36.64	300m:	3:35.59	36.43	400m:	4:48.48		36.25
5.	Noha Zwiers		De Duinkickers			4:56.41	200002796		4:52.58			541	
	50m:	31.74	31.74	150m:	1:45.74	37.50	250m:	3:01.67	37.82	350m:	4:16.73		37.50
	100m:	1:08.24	36.50	200m:	2:23.85	38.11	300m:	3:39.23	37.56	400m:	4:52.58		35.85

Senioren

1.	Maaïke Tijhof	VZC-E&P	4:33.71	199800112	4:31.40	678		
	50m: 30.76 100m: 1:04.22	30.76 33.46	150m: 1:38.15 200m: 2:12.53	33.93 34.38	250m: 2:47.48 300m: 3:22.25	34.95 34.77	350m: 3:57.12 400m: 4:31.40	34.87 34.28
2.	Tamara Grove	De Dolfijn	4:33.89	199601266	4:35.77	646		
	50m: 31.50 100m: 1:06.13	31.50 34.63	150m: 1:41.29 200m: 2:16.77	35.16 35.48	250m: 2:51.99 300m: 3:27.14	35.22 35.15	350m: 4:01.98 400m: 4:35.77	34.84 33.79

Bij onvolkomenheden svp gaarne mailen naar
secretariaatwedstrijdzwemmen@aquarijn.nl

Programmanr. 36, Dames, 400m vrije slag, Senioren

rang	naam	vereniging		intijd		tijd		RT	
3.	Elles Becker 300m*	Zwemclub Zeist		4:43.90 199600628		4:40.13		616	
	50m: 31.27	31.27	150m: 1:41.57	35.76	250m: 2:52.61	35.49	350m: 4:04.95	36.61	
	100m: 1:05.81	34.54	200m: 2:17.12	35.55	300m: 3:28.34	35.73	400m: 4:40.13	35.18	
4.	Linda Kamperman	Aquarijn		4:30.15 199601238		4:43.29		596	
	50m: 31.32	31.32	150m: 1:39.80	34.64	250m: 2:50.99	35.97	350m: 4:06.01	37.97	
	100m: 1:05.16	33.84	200m: 2:15.02	35.22	300m: 3:28.04	37.05	400m: 4:43.29	37.28	
5.	Inge Arts 150m/350m*	Merlet		4:34.28 199203076		4:43.72		593	
	50m: 32.36	32.36	150m: 1:43.36	35.87	250m: 2:55.98	35.99	350m: 4:08.51	35.98	
	100m: 1:07.49	35.13	200m: 2:19.99	36.63	300m: 3:32.53	36.55	400m: 4:43.72	35.21	
6.	Sanne Rodenburg 250m/300m/350m*	RZC		4:51.94 199404714		4:52.98		539	
	50m: 32.77	32.77	150m: 1:45.01	36.41	250m: 2:58.67	37.09	350m: 4:15.71	38.56	
	100m: 1:08.60	35.83	200m: 2:21.58	36.57	300m: 3:37.15	38.48	400m: 4:52.98	37.27	