

Programmanr. 18  
21/12/2014 - 13:30

Dames, 400m vrije slag

Junioren 3 en ouder  
Resultaten

| rang | naam                         | vereniging                   | intijd        | startnr.  | tijd           | RT    | pnt           | niv   |
|------|------------------------------|------------------------------|---------------|-----------|----------------|-------|---------------|-------|
| 1.   | Leonie van Noort             | WVZ                          | 4:12.53       | 199301752 | <b>4:15.21</b> | +0,83 | B             |       |
|      | 50m: 29.91                   | 29.91                        | 150m: 1:34.67 | 32.47     | 250m: 2:38.92  | 31.79 | 350m: 3:42.94 | 32.03 |
|      | 100m: 1:02.20                | 32.29                        | 200m: 2:07.13 | 32.46     | 300m: 3:10.91  | 31.99 | 400m: 4:15.21 | 32.27 |
| 2.   | Manon Friskes                | DWK                          | 4:14.86       | 199701566 | <b>4:20.41</b> | +0,76 | C             |       |
|      | 50m: 29.90                   | 29.90                        | 150m: 1:35.29 | 32.97     | 250m: 2:41.34  | 33.07 | 350m: 3:47.50 | 32.97 |
|      | 100m: 1:02.32                | 32.42                        | 200m: 2:08.27 | 32.98     | 300m: 3:14.53  | 33.19 | 400m: 4:20.41 | 32.91 |
| 3.   | Nelly Velthuijs              | PSV                          | 4:28.67       | 199404028 | <b>4:24.27</b> | +0,74 | D             |       |
|      | 50m: 29.86                   | 29.86                        | 150m: 1:36.17 | 33.44     | 250m: 2:43.10  | 33.45 | 350m: 3:51.17 | 34.17 |
|      | 100m: 1:02.73                | 32.87                        | 200m: 2:09.65 | 33.48     | 300m: 3:17.00  | 33.90 | 400m: 4:24.27 | 33.10 |
| 4.   | Serena Stel                  | De Dolfijn                   | 4:28.62       | 199801528 | <b>4:24.44</b> | +0,69 | C             |       |
|      | 50m: 30.13                   | 30.13                        | 150m: 1:36.85 | 33.65     | 250m: 2:44.94  | 34.30 | 350m: 3:52.08 | 33.56 |
|      | 100m: 1:03.20                | 33.07                        | 200m: 2:10.64 | 33.79     | 300m: 3:18.52  | 33.58 | 400m: 4:24.44 | 32.36 |
| 5.   | Marij van der Mast           | PSV                          | 4:31.50       | 200000676 | <b>4:31.31</b> | +0,75 | C             |       |
|      | 50m: 29.92                   | 29.92                        | 150m: 1:36.65 | 33.70     | 250m: 2:45.68  | 34.74 | 350m: 3:56.37 | 35.05 |
|      | 100m: 1:02.95                | 33.03                        | 200m: 2:10.94 | 34.29     | 300m: 3:21.32  | 35.64 | 400m: 4:31.31 | 34.94 |
| 6.   | Mariska Scheel               | MNC Dordrecht                | 4:30.69       | 199306344 | <b>4:33.12</b> | +0,71 | E             |       |
|      | 50m: 31.02                   | 31.02                        | 150m: 1:39.70 | 34.23     | 250m: 2:48.74  | 34.49 | 350m: 3:58.64 | 35.68 |
|      | 100m: 1:05.47                | 34.45                        | 200m: 2:14.25 | 34.55     | 300m: 3:22.96  | 34.22 | 400m: 4:33.12 | 34.48 |
| 7.   | Sanne Nijholt                | Arethusa                     | 4:32.91       | 199803316 | <b>4:33.71</b> | +0,76 | E             |       |
|      | 50m: 30.52                   | 30.52                        | 150m: 1:37.42 | 33.90     | 250m: 2:46.98  | 35.08 | 350m: 3:58.98 | 36.22 |
|      | 100m: 1:03.52                | 33.00                        | 200m: 2:11.90 | 34.48     | 300m: 3:22.76  | 35.78 | 400m: 4:33.71 | 34.73 |
| 8.   | Kelly Wigleven               | MNC Dordrecht                | 4:32.38       | 199500058 | <b>4:34.32</b> | +0,80 | E             |       |
|      | 50m: 30.56                   | 30.56                        | 150m: 1:38.74 | 34.41     | 250m: 2:48.85  | 35.02 | 350m: 3:59.80 | 35.70 |
|      | 100m: 1:04.33                | 33.77                        | 200m: 2:13.83 | 35.09     | 300m: 3:24.10  | 35.25 | 400m: 4:34.32 | 34.52 |
| 9.   | Noa Oldenhof                 | De Dolfijn                   | 4:38.28       | 199700622 | <b>4:37.74</b> | +0,72 | E             |       |
|      | 50m: 30.62                   | 30.62                        | 150m: 1:39.07 | 34.81     | 250m: 2:50.08  | 35.74 | 350m: 4:02.25 | 36.08 |
|      | 100m: 1:04.26                | 33.64                        | 200m: 2:14.34 | 35.27     | 300m: 3:26.17  | 36.09 | 400m: 4:37.74 | 35.49 |
| 10.  | Kyra Jongman                 | PSV                          | 4:49.26       | 199902688 | <b>4:39.36</b> | +0,84 | E             |       |
|      | 50m: 31.27                   | 31.27                        | 150m: 1:40.93 | 34.87     | 250m: 2:51.44  | 35.74 | 350m: 4:03.32 | 36.13 |
|      | 100m: 1:06.06                | 34.79                        | 200m: 2:15.70 | 34.77     | 300m: 3:27.19  | 35.75 | 400m: 4:39.36 | 36.04 |
| 11.  | Laura Nieuwland              | ZPC De Zeeuwse Kust          | 4:49.49       | 200001834 | <b>4:40.86</b> | +0,83 | E             |       |
|      | 50m: 31.42                   | 31.42                        | 150m: 1:42.33 | 35.95     | 250m: 2:54.21  | 35.96 | 350m: 4:06.17 | 35.99 |
|      | 100m: 1:06.38                | 34.96                        | 200m: 2:18.25 | 35.92     | 300m: 3:30.18  | 35.97 | 400m: 4:40.86 | 34.69 |
| 12.  | Arianne Kooijnga             | TriVia                       | 4:49.50       | 200001544 | <b>4:41.70</b> | +0,88 | E             |       |
|      | 50m: 31.50                   | 31.50                        | 150m: 1:42.67 | 35.74     | 250m: 2:54.07  | 35.97 | 350m: 4:06.79 | 36.21 |
|      | 100m: 1:06.93                | 35.43                        | 200m: 2:18.10 | 35.43     | 300m: 3:30.58  | 36.51 | 400m: 4:41.70 | 34.91 |
| 13.  | Takiwa Sam                   | Zwemvereniging Hoorn         | 4:43.82       | 199804684 | <b>4:43.40</b> | +0,82 | E             |       |
|      | 50m: 30.82                   | 30.82                        | 150m: 1:40.65 | 35.41     | 250m: 2:53.45  | 36.55 | 350m: 4:07.33 | 36.78 |
|      | 100m: 1:05.24                | 34.42                        | 200m: 2:16.90 | 36.25     | 300m: 3:30.55  | 37.10 | 400m: 4:43.40 | 36.07 |
| 14.  | Bibi Stokvis                 | De Dolfijn                   | 4:47.02       | 199900892 | <b>4:43.80</b> | +0,78 | E             |       |
|      | 50m: 31.32                   | 31.32                        | 150m: 1:41.98 | 35.76     | 250m: 2:54.76  | 36.43 | 350m: 4:08.04 | 36.65 |
|      | 100m: 1:06.22                | 34.90                        | 200m: 2:18.33 | 36.35     | 300m: 3:31.39  | 36.63 | 400m: 4:43.80 | 35.76 |
| 15.  | Denise Boonstra              | DAW                          | 5:02.29       | 199902662 | <b>4:44.14</b> | +0,81 | E             |       |
|      | 50m: 31.60                   | 31.60                        | 150m: 1:42.68 | 35.99     | 250m: 2:56.05  | 36.41 | 350m: 4:08.86 | 36.00 |
|      | 100m: 1:06.69                | 35.09                        | 200m: 2:19.64 | 36.96     | 300m: 3:32.86  | 36.81 | 400m: 4:44.14 | 35.28 |
| 16.  | Sterre Keller                | DES                          | 4:55.16       | 199904142 | <b>4:48.01</b> | +0,76 | E             |       |
|      | 50m: 31.29                   | 31.29                        | 150m: 1:43.72 | 36.68     | 250m: 2:57.95  | 37.16 | 350m: 4:12.69 | 37.07 |
|      | 100m: 1:07.04                | 35.75                        | 200m: 2:20.79 | 37.07     | 300m: 3:35.62  | 37.67 | 400m: 4:48.01 | 35.32 |
| 17.  | Anne Fleur Willemsen         | Zwem en Polo Club Appingedam | 4:52.03       | 199901396 | <b>4:48.21</b> | +0,75 | E             |       |
|      | 50m: 32.31                   | 32.31                        | 150m: 1:45.60 | 36.95     | 250m: 3:00.17  | 37.22 | 350m: 4:14.23 | 36.67 |
|      | 100m: 1:08.65                | 36.34                        | 200m: 2:22.95 | 37.35     | 300m: 3:37.56  | 37.39 | 400m: 4:48.21 | 33.98 |
| 18.  | Manon Kampman                | PSV                          | 5:04.69       | 200000614 | <b>4:50.75</b> | +0,73 | E             |       |
|      | 50m: 32.05                   | 32.05                        | 150m: 1:45.20 | 37.21     | 250m: 3:00.11  | 37.66 | 350m: 4:14.46 | 36.62 |
|      | 100m: 1:07.99                | 35.94                        | 200m: 2:22.45 | 37.25     | 300m: 3:37.84  | 37.73 | 400m: 4:50.75 | 36.29 |
| 19.  | Kaylin Stel                  | De Dolfijn                   | 4:55.62       | 200100290 | <b>4:51.64</b> | +0,76 | E             |       |
|      | 50m: 32.00                   | 32.00                        | 150m: 1:45.02 | 37.26     | 250m: 3:01.55  | 38.49 | 350m: 4:16.60 | 37.25 |
|      | 100m: 1:07.76                | 35.76                        | 200m: 2:23.06 | 38.04     | 300m: 3:39.35  | 37.80 | 400m: 4:51.64 | 35.04 |
| 20.  | Chaira Brinks                | Nova                         | 4:59.95       | 200005556 | <b>4:52.93</b> | +0,83 | F             |       |
|      | 50m: 32.34                   | 32.34                        | 150m: 1:46.82 | 37.59     | 250m: 3:01.79  | 37.58 | 350m: 4:17.21 | 37.52 |
|      | 100m: 1:09.23                | 36.89                        | 200m: 2:24.21 | 37.39     | 300m: 3:39.69  | 37.90 | 400m: 4:52.93 | 35.72 |
| 21.  | Anne van der Schatte Olivier | De Otters Het Gooi           | 5:03.00       | 199605302 | <b>4:57.11</b> | +0,76 | G             |       |
|      | 50m: 33.48                   | 33.48                        | 150m: 1:48.75 | 38.09     | 250m: 3:04.52  | 37.90 | 350m: 4:20.43 | 38.05 |
|      | 100m: 1:10.66                | 37.18                        | 200m: 2:26.62 | 37.87     | 300m: 3:42.38  | 37.86 | 400m: 4:57.11 | 36.68 |

Programmanr. 18, Dames, 400m vrije slag, Junioren 3 en ouder

| rang  | naam                                    | vereniging          | intijd  | startnr.      | tijd               | RT            | pnt   | niv |
|-------|---|---------------------|---------|---------------|--------------------|---------------|-------|-----|
| 22.   | Sam van Nunen                           | Nautilus            | 5:03.03 | 200100036     | <b>4:57.95</b>     | +0,62         |       | F   |
|       | 50m: 31.92                              | 31.92 150m: 1:46.74 | 38.32   | 250m: 3:04.00 | 38.41              | 350m: 4:21.04 | 38.34 |     |
|       | 100m: 1:08.42                           | 36.50 200m: 2:25.59 | 38.85   | 300m: 3:42.70 | 38.70              | 400m: 4:57.95 | 36.91 |     |
| 23.   | Merel Phaff                             | Nuenen              | 5:08.22 | 200100434     | <b>5:01.70</b>     | +0,79         |       | F   |
|       | 50m: 33.16                              | 33.16 150m: 1:48.05 | 38.64   | 250m: 3:05.39 | 38.68              | 350m: 4:23.30 | 39.10 |     |
|       | 100m: 1:09.41                           | 36.25 200m: 2:26.71 | 38.66   | 300m: 3:44.20 | 38.81              | 400m: 5:01.70 | 38.40 |     |
| 24.   | Manon Vermarien                         | NTC Paralympisch    | 4:52.97 | 199705680     | S10 <b>5:04.44</b> | +0,74         | 719   | G   |
|       | 50m: 33.55                              | 33.55 150m: 1:46.88 | 37.39   | 250m: 3:04.47 | 39.08              | 350m: 4:24.00 | 39.97 |     |
|       | 100m: 1:09.49                           | 35.94 200m: 2:25.39 | 38.51   | 300m: 3:44.03 | 39.56              | 400m: 5:04.44 | 40.44 |     |
| 25.   | Megan van Beelen                        | De Columbiaan       | 5:15.68 | 200105606     | <b>5:06.20</b>     | +0,73         |       | F   |
|       | 50m: 33.41                              | 33.41 150m: 1:50.38 | 39.36   | 250m: 3:10.11 | 39.77              | 350m: 4:28.51 | 38.90 |     |
|       | 100m: 1:11.02                           | 37.61 200m: 2:30.34 | 39.96   | 300m: 3:49.61 | 39.50              | 400m: 5:06.20 | 37.69 |     |
| 26.   | Sterre Veerman<br><i>NR Gehandicapt</i> | NTC Paralympisch    | 5:11.89 | 200003544     | S13 <b>5:09.42</b> | +0,76         | 654   | G   |
|       | 50m: 34.53                              | 34.53 150m: 1:52.62 | 39.36   | 250m: 3:12.63 | 39.83              | 350m: 4:31.74 | 39.33 |     |
|       | 100m: 1:13.26                           | 38.73 200m: 2:32.80 | 40.18   | 300m: 3:52.41 | 39.78              | 400m: 5:09.42 | 37.68 |     |
| 27.   | Romy Pansters                           | NTC Paralympisch    | 5:20.93 | 199605900     | S8 <b>5:37.56</b>  | +0,92         | 585   |     |
|       | 50m: 37.65                              | 37.65 150m: 2:02.48 | 43.29   | 250m: 3:28.92 | 43.05              | 350m: 4:55.60 | 43.40 |     |
|       | 100m: 1:19.19                           | 41.54 200m: 2:45.87 | 43.39   | 300m: 4:12.20 | 43.28              | 400m: 5:37.56 | 41.96 |     |
| 28.   | Romée Beverdam                          | WS Twente           | 5:37.05 | 200100158     | <b>5:38.05</b>     | +0,86         |       | H   |
|       | 50m: 36.69                              | 36.69 150m: 2:01.48 | 43.41   | 250m: 3:28.77 | 43.62              | 350m: 4:56.12 | 43.36 |     |
|       | 100m: 1:18.07                           | 41.38 200m: 2:45.15 | 43.67   | 300m: 4:12.76 | 43.99              | 400m: 5:38.05 | 41.93 |     |
| AFGEM | Giulia Corsi                            | De Columbiaan       | 5:07.37 | 200100468     |                    |               |       |     |
| AFGEM | Myrthe Meier                            | WS Twente           | 4:51.94 | 200001830     |                    |               |       |     |
| AFGEM | Fabiënne Vork                           | De Dolfijn          | 4:43.57 | 199902494     |                    |               |       |     |
| AFGEM | Délenn van Oostrom                      | PSV                 | 4:41.67 | 199600056     |                    |               |       |     |