

Programmanr. 38
14-10-2012 - 11:44

Dames, 400m vrije slag

Junioren 2 en ouder
Resultaten

rang	naam			vereniging			intijd				tijd	
Junioren 2 en 3												
1.	Myrthe Beijen 200m*			GoSwim			5:01.90 200002350				4:51.16	
	50m:	32.62	32.62	150m:	1:46.97	37.88	250m:	3:02.03	36.81	350m:	4:16.53	37.06
	100m:	1:09.09	36.47	200m:	2:25.22	38.25	300m:	3:39.47	37.44	400m:	4:51.16	34.63
2.	Jasmijn Boon			WVZ			5:01.58 200001280				4:51.23	
	50m:	32.47	32.47	150m:	1:46.31	37.60	250m:	3:01.79	37.51	350m:	4:16.13	37.09
	100m:	1:08.71	36.24	200m:	2:24.28	37.97	300m:	3:39.04	37.25	400m:	4:51.23	35.10
3.	Melissa Baars			Aquarijn			4:50.57 199900376				4:51.98	
	50m:	32.65	32.65	150m:	1:46.25	37.27	250m:	3:00.84	37.19	350m:	4:16.55	37.85
	100m:	1:08.98	36.33	200m:	2:23.65	37.40	300m:	3:38.70	37.86	400m:	4:51.98	35.43
4.	Denise Boonstra			DAW			4:53.30 199902662				4:59.87	
	50m:	32.47	32.47	150m:	1:47.37	38.27	250m:	3:05.50	39.09	350m:	4:23.78	38.60
	100m:	1:09.10	36.63	200m:	2:26.41	39.04	300m:	3:45.18	39.68	400m:	4:59.87	36.09
5.	Marij van der Mast			SBC2000			5:05.34 200000676				5:04.04	
	50m:	34.18	34.18	150m:	1:52.67	39.47	250m:	3:11.07	39.21	350m:	4:28.31	38.15
	100m:	1:13.20	39.02	200m:	2:31.86	39.19	300m:	3:50.16	39.09	400m:	5:04.04	35.73

Jeugd 1 en 2

1.	Amy de Langen		De Dolfijn				4:25.94	199702046		4:26.95
		50m: 30.50		30.50	150m: 1:38.60	34.00	250m: 2:46.90	34.27	350m: 3:54.75	33.04
		100m: 1:04.60	34.10	200m: 2:12.63	34.03	300m: 3:21.71	34.81	400m: 4:26.95	32.20	
2.	Noa Oldenhof		De Dolfijn				4:48.80	199700622		4:46.83
		50m: 32.18		32.18	150m: 1:44.16	36.73	250m: 2:57.44	36.52	350m: 4:10.93	36.57
		100m: 1:07.43	35.25	200m: 2:20.92	36.76	300m: 3:34.36	36.92	400m: 4:46.83	35.90	
3.	Serena Stel		De Dolfijn				4:40.56	199801528		4:51.47
		50m: 33.14		33.14	150m: 1:45.98	37.16	250m: 3:01.03	37.27	350m: 4:16.60	37.69
		100m: 1:08.82	35.68	200m: 2:23.76	37.78	300m: 3:38.91	37.88	400m: 4:51.47	34.87	
4.	Lynn Kamphuis		DWV				4:43.51	199800434		4:52.55
		50m: 32.48		32.48	150m: 1:45.59	37.12	250m: 3:00.87	37.60	350m: 4:16.69	37.90
		100m: 1:08.47	35.99	200m: 2:23.27	37.68	300m: 3:38.79	37.92	400m: 4:52.55	35.86	
5.	Freeke den Dulk		De Columbiaan				4:59.01	199700538		4:59.59
		50m: 34.14		34.14	150m: 1:48.77	37.83	250m: 3:05.07	38.35	350m: 4:22.64	38.96
		100m: 1:10.94	36.80	200m: 2:26.72	37.95	300m: 3:43.68	38.61	400m: 4:59.59	36.95	
6.	Myrthe de Jong		Racing Club				4:54.04	199800244		5:00.88 *
		50m: 31.54		31.54	150m: 1:46.97	38.24	250m: 3:04.21	38.31	350m: 4:22.34	38.65
		100m: 1:08.73	37.19	200m: 2:25.90	38.93	300m: 3:43.69	39.48	400m: 5:00.88	38.54	
7.	Silke Jonk		DAW				4:50.39	199802042		5:01.46
		50m: 33.16		33.16	150m: 1:47.67	37.58	250m: 3:05.49	39.29	350m: 4:23.99	39.42
		100m: 1:10.09	36.93	200m: 2:26.20	38.53	300m: 3:44.57	39.08	400m: 5:01.46	37.47	
8.	Manon Broeze		AZ&PC				5:02.22	199703468		5:10.62
		50m: 33.70		33.70	150m: 1:50.15	39.11	250m: 3:09.84	40.22	350m: 4:30.75	40.33
		100m: 1:11.04	37.34	200m: 2:29.62	39.47	300m: 3:50.42	40.58	400m: 5:10.62	39.87	
9.	Laura Willemssen		Aquarijn				4:49.60	199700168		5:11.31
		50m: 35.52		35.52	150m: 1:52.82	39.16	250m: 3:11.98	39.39	350m: 4:31.96	40.25
		100m: 1:13.66	38.14	200m: 2:32.59	39.77	300m: 3:51.71	39.73	400m: 5:11.31	39.35	
AFGEM	Eva Werkman		Zwemlust-den Hommel				4:48.10	199703458		

Senioren 1 en 2

1.	Mette Bijeman			Aquarijn				4:38.81		199506282		4:33.33
	50m:	30.88	30.88	150m:	1:40.40	34.90	250m:	2:50.36	34.87	350m:	4:00.32	
	100m:	1:05.50	34.62	200m:	2:15.49	35.09	300m:	3:25.73	35.37	400m:	4:33.33	
2.	Elisabeth Rivard			WVZ				4:36.32		199600244		4:42.40
	50m:	32.05	32.05	150m:	1:43.34	35.95	250m:	2:55.65	36.02	350m:	4:07.68	
	100m:	1:07.39	35.34	200m:	2:19.63	36.29	300m:	3:31.92	36.27	400m:	4:42.40	
3.	Amber Stienstra 200m*			WVZ				4:50.43		199604448		4:44.00
	50m:	31.63	31.63	150m:	1:43.04	35.94	250m:	2:56.15	36.95	350m:	4:09.15	
	100m:	1:07.10	35.47	200m:	2:19.20	36.16	300m:	3:32.74	36.59	400m:	4:44.00	
4.	Kayleigh Brouwers			GoSwim				4:51.08		199603472		4:44.47
	50m:	31.71	31.71	150m:	1:43.96	36.57	250m:	2:55.11	35.02	350m:	4:08.74	
	100m:	1:07.39	35.68	200m:	2:20.09	36.13	300m:	3:31.51	36.40	400m:	4:44.47	

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rang	naam			vereniging			intijd			tijd			
5.	Dèlenn van Oostrom			GoSwim			4:59.60			199600056			4:47.14
	50m:	32.41	32.41	150m:	1:44.76	36.44	250m:	2:59.30	36.75	350m:	4:13.10	36.29	
	100m:	1:08.32	35.91	200m:	2:22.55	37.79	300m:	3:36.81	37.51	400m:	4:47.14	34.04	
6.	Aranka Schouten			De Fuut			4:51.53			199503742			4:47.43
	50m:	31.45	31.45	150m:	1:43.45	36.49	250m:	2:56.69	36.57	350m:	4:11.75	37.62	
	100m:	1:06.96	35.51	200m:	2:20.12	36.67	300m:	3:34.13	37.44	400m:	4:47.43	35.68	
7.	Courtney van Huizen			Aquarijn			5:02.88			199601686			5:03.99
	50m*												
	50m:	32.55	32.55	150m:	1:48.44	39.16	250m:	3:06.47	39.55	350m:	4:26.27	39.47	
	100m:	1:09.28	36.73	200m:	2:26.92	38.48	300m:	3:46.80	40.33	400m:	5:03.99	37.72	
8.	Aylin van Uffelen			ZVVS			4:44.75			199600352			5:04.90
	50m:	33.24	33.24	150m:	1:48.37	38.41	250m:	3:06.35	39.14	350m:	4:26.95	39.99	
	100m:	1:09.96	36.72	200m:	2:27.21	38.84	300m:	3:46.96	40.61	400m:	5:04.90	37.95	

Senioren

1.	Melissa de Zeeuw		WVZ				4:56.47	199305674			4:58.03	
	50m:	33.62	33.62	150m:	1:48.23	37.67	250m:	3:04.37	38.10	350m:	4:21.16	38.24
	100m:	1:10.56	36.94	200m:	2:26.27	38.04	300m:	3:42.92	38.55	400m:	4:58.03	36.87
BM	Naomi te Lindert		DAW				NT	199904782			5:17.06	
	50m:	34.47	34.47	150m:	1:53.82	40.42	250m:	3:16.53	41.75	350m:	4:37.98	40.54
	100m:	1:13.40	38.93	200m:	2:34.78	40.96	300m:	3:57.44	40.91	400m:	5:17.06	39.08