

Programmanr. 37
03-11-2013

Dames, 400m wisselslag

Jeugd/Senioren
Resultaten

rang	naam	vereniging	intijd	tijd	RT	niv.
Jeugd 1 en 2						
1.	Tessa Vermeulen	KNZB-RTC	4:57.22	199800068	4:59.30	+0,77 C
	50m: 31.52	150m: 1:45.95	37.73	250m: 3:07.38	44.35	350m: 4:26.65 35.03
	100m: 1:08.22	200m: 2:23.03	37.08	300m: 3:51.62	44.24	400m: 4:59.30 32.65
2.	Marieke Tienstra	TriVia	5:13.26	199900302	5:01.38	+0,82 C
	50m: 31.66	150m: 1:46.03	37.26	250m: 3:08.47	45.62	350m: 4:28.19 33.96
	100m: 1:08.77	200m: 2:22.85	36.82	300m: 3:54.23	45.76	400m: 5:01.38 33.19
3.	Janina Beckers	HGN (SG)	5:06.51	199800574	5:04.58	+0,73 D
	50m: 30.80	150m: 1:46.85	40.01	250m: 3:10.37	45.02	350m: 4:31.32 35.46
	100m: 1:06.84	200m: 2:25.35	38.50	300m: 3:55.86	45.49	400m: 5:04.58 33.26
4.	Nienke Lijzenga	LZ 1886	5:24.01	199805338	5:21.93	+0,74 E
	50m: 34.80	150m: 1:55.93	39.89	250m: 3:21.77	46.63	350m: 4:46.17 37.40
	100m: 1:16.04	200m: 2:35.14	39.21	300m: 4:08.77	47.00	400m: 5:21.93 35.76
5.	Renée Vanderheyden	TriVia	5:21.60	199903130	5:22.65	+0,76 E
	50m: 33.78	150m: 1:55.24	40.28	250m: 3:22.23	48.81	350m: 4:47.31 37.41
	100m: 1:14.96	200m: 2:33.42	38.18	300m: 4:09.90	47.67	400m: 5:22.65 35.34
6.	Willemeijn Hoving	TriVia	5:15.74	199800106	5:23.82	+0,75 E
	50m: 33.68	150m: 1:54.00	39.65	250m: 3:19.63	45.79	350m: 4:45.93 38.58
	100m: 1:14.35	200m: 2:33.84	39.84	300m: 4:07.35	47.72	400m: 5:23.82 37.89
	Anouk van Nellestijn	Aqua-Novio'94	5:23.69	199800366	5:23.82	+0,73 E
	50m: 33.52	150m: 1:58.71	43.39	250m: 3:25.04	45.00	350m: 4:48.72 37.68
	100m: 1:15.32	200m: 2:40.04	41.33	300m: 4:11.04	46.00	400m: 5:23.82 35.10
8.	Vivianne Dortmund	GZVW	5:16.53	199801578	5:26.85	+0,74
	50m: 32.62	150m: 1:53.63	41.39	250m: 3:22.75	47.68	350m: 4:50.30 38.45
	100m: 1:12.24	200m: 2:35.07	41.44	300m: 4:11.85	49.10	400m: 5:26.85 36.55
9.	Kirsten Bies	Dedemsvaart-AC	5:21.40	199800516	5:33.94	+0,80
	50m: 36.41	150m: 2:04.16	44.26	250m: 3:32.14	44.51	350m: 4:57.98 38.95
	100m: 1:19.90	200m: 2:47.63	43.47	300m: 4:19.03	46.89	400m: 5:33.94 35.96
10.	Amber Aardema	ESCA Zwemmen	5:23.07	199801634	5:36.64	+0,72
	50m: 33.62	150m: 1:56.55	42.71	250m: 3:27.96	49.86	350m: 4:58.48 39.56
	100m: 1:13.84	200m: 2:38.10	41.55	300m: 4:18.92	50.96	400m: 5:36.64 38.16
DIS	Lotte Stoiber	De Fuut	5:23.85	199803658	VI	
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		

all-in

1.	Wendy van der Zanden	KNZB-NTC	4:36.03	198805004	4:37.19	+0,72 A+
	50m: 28.95	150m: 1:38.21	35.36	250m: 2:53.12	40.30	350m: 4:06.39 31.93
	100m: 1:02.85	200m: 2:12.82	34.61	300m: 3:34.46	41.34	400m: 4:37.19 30.80
2.	Rieneke Terink	PSV	4:41.20	198402424	4:42.79	+0,81 B
	50m: 30.09	150m: 1:40.35	35.77	250m: 2:57.95	42.79	350m: 4:11.93 31.33
	100m: 1:04.58	200m: 2:15.16	34.81	300m: 3:40.60	42.65	400m: 4:42.79 30.86
3.	Marjolein Delno	KNZB-RTC	4:45.35	199400024	4:48.42	+0,77 C
	50m: 30.49	150m: 1:42.62	36.62	250m: 2:59.86	40.92	350m: 4:16.02 33.65
	100m: 1:06.00	200m: 2:18.94	36.32	300m: 3:42.37	42.51	400m: 4:48.42 32.40
4.	Cynthia Verkaik	Orca	4:53.63	199602188	4:55.70	+0,75 D
	50m: 31.81	150m: 1:46.58	38.20	250m: 3:05.63	41.64	350m: 4:22.79 34.20
	100m: 1:08.38	200m: 2:23.99	37.41	300m: 3:48.59	42.96	400m: 4:55.70 32.91
5.	Tessa Vermeulen	KNZB-RTC	4:57.22	199800068	4:59.30	+0,77 C
	50m: 31.52	150m: 1:45.95	37.73	250m: 3:07.38	44.35	350m: 4:26.65 35.03
	100m: 1:08.22	200m: 2:23.03	37.08	300m: 3:51.62	44.24	400m: 4:59.30 32.65
6.	Judith van Meijel	HZPC	4:55.68	199102076	4:59.60	+0,75 E
	50m: 33.01	150m: 1:49.27	38.65	250m: 3:09.57	42.29	350m: 4:26.82 34.67
	100m: 1:10.62	200m: 2:27.28	38.01	300m: 3:52.15	42.58	400m: 4:59.60 32.78
7.	Marieke Tienstra	TriVia	5:13.26	199900302	5:01.38	+0,82 C
	50m: 31.66	150m: 1:46.03	37.26	250m: 3:08.47	45.62	350m: 4:28.19 33.96
	100m: 1:08.77	200m: 2:22.85	36.82	300m: 3:54.23	45.76	400m: 5:01.38 33.19
8.	Janina Beckers	HGN (SG)	5:06.51	199800574	5:04.58	+0,73 D
	50m: 30.80	150m: 1:46.85	40.01	250m: 3:10.37	45.02	350m: 4:31.32 35.46
	100m: 1:06.84	200m: 2:25.35	38.50	300m: 3:55.86	45.49	400m: 5:04.58 33.26

Programmanr. 37, Dames, 400m wisselslag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.
9.	Linda Kamperman	Zwemlust-den Hommel	5:06.85	199601238	5:11.20	+0,69 E
	50m: 31.35	150m: 1:45.87	250m: 3:10.37	350m: 4:34.11		36.38
	100m: 1:07.58	200m: 2:24.45	300m: 3:57.73	400m: 5:11.20		37.09
10.	Anouke Berghuis	Racing Club	5:02.94	199606132	5:14.16	+0,73 E
	50m: 32.48	150m: 1:49.29	250m: 3:14.57	350m: 4:38.95		36.47
	100m: 1:10.90	200m: 2:27.21	300m: 4:02.48	400m: 5:14.16		35.21
11.	Nienke Lijzenga	LZ 1886	5:24.01	199805338	5:21.93	+0,74 E
	50m: 34.80	150m: 1:55.93	250m: 3:21.77	350m: 4:46.17		37.40
	100m: 1:16.04	200m: 2:35.14	300m: 4:08.77	400m: 5:21.93		35.76
12.	Renée Vanderheyden	TriVia	5:21.60	199903130	5:22.65	+0,76 E
	50m: 33.78	150m: 1:55.24	250m: 3:22.23	350m: 4:47.31		37.41
	100m: 1:14.96	200m: 2:33.42	300m: 4:09.90	400m: 5:22.65		35.34
13.	Willemeijn Hoving	TriVia	5:15.74	199800106	5:23.82	+0,75 E
	50m: 33.68	150m: 1:54.00	250m: 3:19.63	350m: 4:45.93		38.58
	100m: 1:14.35	200m: 2:33.84	300m: 4:07.35	400m: 5:23.82		37.89
	Anouk van Nellestijn	Aqua-Novio'94	5:23.69	199800366	5:23.82	+0,73 E
	50m: 33.52	150m: 1:58.71	250m: 3:25.04	350m: 4:48.72		37.68
	100m: 1:15.32	200m: 2:40.04	300m: 4:11.04	400m: 5:23.82		35.10
15.	Vivianne Dortmund	GZVW	5:16.53	199801578	5:26.85	+0,74
	50m: 32.62	150m: 1:53.63	250m: 3:22.75	350m: 4:50.30		38.45
	100m: 1:12.24	200m: 2:35.07	300m: 4:11.85	400m: 5:26.85		36.55
16.	Kirsten Bies	Dedemsvaart-AC	5:21.40	199800516	5:33.94	+0,80
	50m: 36.41	150m: 2:04.16	250m: 3:32.14	350m: 4:57.98		38.95
	100m: 1:19.90	200m: 2:47.63	300m: 4:19.03	400m: 5:33.94		35.96
17.	Amber Aardema	ESCA Zwemmen	5:23.07	199801634	5:36.64	+0,72
	50m: 33.62	150m: 1:56.55	250m: 3:27.96	350m: 4:58.48		39.56
	100m: 1:13.84	200m: 2:38.10	300m: 4:18.92	400m: 5:36.64		38.16
DIS	Lotte Stoiber	De Fuut	5:23.85	199803658	VI	
	50m:	150m:	250m:	350m:		
	100m:	200m:	300m:	400m:		
NG	Judith Veldman	Eemsrobber	5:14.31	199702422		
NG	Judith Stap	PSV	4:54.91	199302702		
BM	Robin Neumann	KNZB-RTC	5:17.96	199706190	5:05.35	+0,78 E
	50m: 30.39	150m: 1:44.65	250m: 3:06.86	350m: 4:30.60		36.33
	100m: 1:06.99	200m: 2:21.45	300m: 3:54.27	400m: 5:05.35		34.75