

Programmanr. 14
14-2-2015 - 17:08

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

Rang				Klasse	In.tijd	Tijd	RT	Niv	Pntn
1.	Marrit Steenberghe	KNZB - RTC	200000086		4:18.03	4:24.87	+0,87	A	
	50m: 30.69	30.69	150m: 1:39.24	34.61	250m: 2:47.37	33.59	350m: 3:53.56	32.83	
	100m: 1:04.63	33.94	200m: 2:13.78	34.54	300m: 3:20.73	33.36	400m: 4:24.87	31.31	
2.	Marjolein Delno	KNZB - NTC	199400024		4:15.49	4:27.15	+0,84	D	
	50m: 30.95	30.95	150m: 1:39.43	34.75	250m: 2:47.94	34.05	350m: 3:55.04	33.52	
	100m: 1:04.68	33.73	200m: 2:13.89	34.46	300m: 3:21.52	33.58	400m: 4:27.15	32.11	
3.	Evelien van Ruiten	KNZB - RTC	199602924		4:24.40	4:34.48	+0,77		
	50m: 31.07	31.07	150m: 1:40.07	34.59	250m: 2:50.10	35.16	350m: 4:00.30	35.17	
	100m: 1:05.48	34.41	200m: 2:14.94	34.87	300m: 3:25.13	35.03	400m: 4:34.48	34.18	
4.	Hinke Groos	DZ&PC	199901768		4:33.98	4:47.74	+0,65		
	50m: 32.49	32.49	150m: 1:45.19	36.83	250m: 2:58.61	36.40	350m: 4:12.00	36.53	
	100m: 1:08.36	35.87	200m: 2:22.21	37.02	300m: 3:35.47	36.86	400m: 4:47.74	35.74	
5.	Nynke Klokman	DZ&PC	199801424		4:38.72	4:49.60	+0,72		
	50m: 32.64	32.64	150m: 1:45.96	37.27	250m: 3:00.59	37.50	350m: 4:14.70	37.08	
	100m: 1:08.69	36.05	200m: 2:23.09	37.13	300m: 3:37.62	37.03	400m: 4:49.60	34.90	
6.	Isaa Ebbinge	DZ&PC	200001314		4:54.96	4:54.36	+0,72		
	50m: 33.88	33.88	150m: 1:49.17	37.60	250m: 3:04.87	37.43	350m: 4:19.37	36.51	
	100m: 1:11.57	37.69	200m: 2:27.44	38.27	300m: 3:42.86	37.99	400m: 4:54.36	34.99	
7.	Indy Jongman	KNZB - RTC	200100528		4:55.89	4:55.16	+0,89		
	50m: 33.17	33.17	150m: 1:48.98	38.38	250m: 3:04.64	37.50	350m: 4:19.98	37.09	
	100m: 1:10.60	37.43	200m: 2:27.14	38.16	300m: 3:42.89	38.25	400m: 4:55.16	35.18	
8.	Lisa Kruger	NTC Paralympisch	200005304	S10	5:05.19	4:57.29	+0,82		773
	50m: 33.46	33.46	150m: 1:49.21	38.42	250m: 3:05.75	38.41	350m: 4:21.68	38.22	
	100m: 1:10.79	37.33	200m: 2:27.34	38.13	300m: 3:43.46	37.71	400m: 4:57.29	35.61	
9.	Simone Anvelink	MSV- Zeemacht	200001546		4:51.69	4:58.53	+0,80		
	50m: 33.61	33.61	150m: 1:48.30	37.95	250m: 3:03.53	37.07	350m: 4:20.31	37.86	
	100m: 1:10.35	36.74	200m: 2:26.46	38.16	300m: 3:42.45	38.92	400m: 4:58.53	38.22	
10.	Chaira Brinks	Nova	200005556		4:52.93	5:00.68	+0,90		
	50m: 33.44	33.44	150m: 1:49.76	38.40	250m: 3:06.78	38.29	350m: 4:23.14	37.79	
	100m: 1:11.36	37.92	200m: 2:28.49	38.73	300m: 3:45.35	38.57	400m: 5:00.68	37.54	
11.	Eva Willebrands	Orca	200101510		4:51.27	5:01.28	+0,80		
	50m: 33.87	33.87	150m: 1:50.71	39.21	250m: 3:07.33	38.71	350m: 4:23.58	38.22	
	100m: 1:11.50	37.63	200m: 2:28.62	37.91	300m: 3:45.36	38.03	400m: 5:01.28	37.70	
12.	Annemiek Meulenbeld	Orca	199506230		4:50.40	5:06.59	+0,75		
	50m: 33.04	33.04	150m: 1:47.48	37.67	250m: 3:05.93	39.48	350m: 4:26.83	39.63	
	100m: 1:09.81	36.77	200m: 2:26.45	38.97	300m: 3:47.20	41.27	400m: 5:06.59	39.76	
13.	Hanne te Velthuis	De Grunte	200201324		5:01.49	5:10.68	+0,76		
	50m: 34.72	34.72	150m: 1:52.56	39.20	250m: 3:12.38	39.59	350m: 4:32.43	39.53	
	100m: 1:13.36	38.64	200m: 2:32.79	40.23	300m: 3:52.90	40.52	400m: 5:10.68	38.25	
14.	Sterre Veerman	NTC Paralympisch	200003544	S13	5:16.41	5:14.39	+0,83		624
	50m: 35.80	35.80	150m: 1:57.11	40.99	250m: 3:19.13	40.02	350m: 4:38.61	38.80	
	100m: 1:16.12	40.32	200m: 2:39.11	42.00	300m: 3:59.81	40.68	400m: 5:14.39	35.78	
15.	Dominique Baanders	NTC Paralympisch	199305726	S9	5:28.93	5:23.14	+1,02		544
	50m: 34.71	34.71	150m: 1:54.33	39.85	250m: 3:18.33	41.71	400m: 5:23.14	1:22.46	
	100m: 1:14.48	39.77	200m: 2:36.62	42.29	300m: 4:00.68	42.35			
AFGEM	Romy Pansters	NTC Paralympisch	199605900	S8	5:20.93				