

Programmanr. 41
16-10-2016 - 14:24

Dames, 400m wisselslag

Juniores 2 en ouder
Resultaten

rang	naam	vereniging				intijd				tijd				RT
Juniores 2 en 3														
1.	Maaïke Issard 150m*	De Houtrib				5:28.16		200300022		5:24.70				565
	50m: 34.46 100m: 1:16.82	34.46 42.36	150m: 1:58.04 200m: 2:38.12	41.22 40.08	250m: 3:22.94 300m: 4:09.32	44.82 46.38	350m: 4:48.43 400m: 5:24.70	39.11 36.27						
2.	Amber Celie 50m: 33.78 100m: 1:13.14	De Dolfijn				5:28.90		200300756		5:25.74				560
		33.78 39.36	150m: 1:55.22 200m: 2:36.03	42.08 40.81	250m: 3:23.83 300m: 4:12.52	47.80 48.69	350m: 4:50.10 400m: 5:25.74	37.58 35.64						
3.	Gabriela Töpfer 50m: 35.72 100m: 1:18.24	PSV				5:46.28		200301764		5:38.50				499
		35.72 42.52	150m: 2:00.56 200m: 2:41.67	42.32 41.11	250m: 3:30.94 300m: 4:21.32	49.27 50.38	350m: 5:01.50 400m: 5:38.50	40.18 37.00						
4.	Sanne Lukken 150m*	PSV				6:25.38		200400030		5:50.66				449
	50m: 37.16 100m: 1:22.78	37.16 45.62	150m: 2:12.59 200m: 2:58.43	49.81 45.84	250m: 3:45.25 300m: 4:33.14	46.82 47.89	350m: 5:12.21 400m: 5:50.66	39.07 38.45						
5.	Mary Kate Farrell 50m: 36.54 100m: 1:21.66	The Hague Swimming (SG)				6:14.62		200402870		5:56.20				428
		36.54 45.12	150m: 2:08.88 200m: 2:53.93	47.22 45.05	250m: 3:44.94 300m: 4:36.96	51.01 52.02	350m: 5:17.59 400m: 5:56.20	40.63 38.61						
6.	Leonoor van Dijk 50m/250m*	The Hague Swimming (SG)				6:10.31		200400832		5:57.41				424
	50m: 37.02 100m: 1:19.51	37.02 42.49	150m: 2:06.11 200m: 2:52.61	46.60 46.50	250m: 3:41.32 300m: 4:31.48	48.71 50.16	350m: 5:15.70 400m: 5:57.41	44.22 41.71						
7.	Mara Bosman 100m/250m*	The Hague Swimming (SG)				6:23.98		200303048		6:09.73				383
	50m: 43.64 100m: 1:35.26	43.64 51.62	150m: 2:21.23 200m: 3:05.96	45.97 44.73	250m: 3:57.23 300m: 4:50.63	51.27 53.40	350m: 5:29.91 400m: 6:09.73	39.28 38.82						
AFGEM	Lara Hoeksema	The Hague Swimming (SG)				7:25.28		200400514						
Jeugd 1 en 2														
1.	Femke Spiering 50m: 31.32 100m: 1:08.08	VZC-E&P				5:15.24		200204514		5:01.15				708
		31.32 36.76	150m: 1:46.05 200m: 2:23.28	37.97 37.23	250m: 3:08.20 300m: 3:53.37	44.92 45.17	350m: 4:28.11 400m: 5:01.15	34.74 33.04						
2.	Lotte Hosper 50m: 31.98 100m: 1:09.62	The Hague Swimming (SG)				5:15.44		200201414		5:08.07				662
		31.98 37.64	150m: 1:49.98 200m: 2:28.82	40.36 38.84	250m: 3:12.10 300m: 3:56.82	43.28 44.72	350m: 4:33.75 400m: 5:08.07	36.93 34.32						
3.	Silke Molendijk 50m: 31.95 100m: 1:08.81	VZC-E&P				5:16.89		200100178		5:08.77				657
		31.95 36.86	150m: 1:50.91 200m: 2:30.94	42.10 40.03	250m: 3:15.24 300m: 3:59.26	44.30 44.02	350m: 4:35.59 400m: 5:08.77	36.33 33.18						
4.	Sam van Nunen 50m: 33.38 100m: 1:13.70	PSV				5:24.65		200100036		5:28.65				545
		33.38 40.32	150m: 1:58.44 200m: 2:40.13	44.74 41.69	250m: 3:27.93 300m: 4:17.09	47.80 49.16	350m: 4:53.51 400m: 5:28.65	36.42 35.14						
5.	Meike Simons 350m*	PSV				5:29.46		200201184		5:38.54				498
	50m: 38.69 100m: 1:24.79	38.69 46.10	150m: 2:08.78 200m: 2:51.55	43.99 42.77	250m: 3:37.89 300m: 4:24.35	46.34 46.46	350m: 5:03.01 400m: 5:38.54	38.66 35.53						
6.	Samantha Hack 150m*	Nunspeet				7:00.00		200202186		6:38.18				306
	50m: 43.98 100m: 1:36.18	43.98 52.20	150m: 2:23.12 200m: 3:11.66	46.94 48.54	250m: 4:09.06 300m: 5:07.94	57.40 58.88	350m: 5:53.76 400m: 6:38.18	45.82 44.42						
Senioren 1 en 2														
1.	Babet Kruger 50m: 34.03 100m: 1:13.98	VZC-E&P				5:26.39		200003390		5:27.79				549
		34.03 39.95	150m: 1:56.85 200m: 2:38.75	42.87 41.90	250m: 3:25.33 300m: 4:12.26	46.58 46.93	350m: 4:51.13 400m: 5:27.79	38.87 36.66						

Bij onvolkomenheden svp gaarne mailen naar
secretariaatwedstrijdzwemmen@aquarijn.nl

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Senioren

1. Eef Hollander	The Hague Swimming (SG)	5:31.60	199602074	5:30.09	538
400m*					
50m: 34.57	34.57	150m: 1:57.77	42.59	250m: 3:27.63	48.23
100m: 1:15.18	40.61	200m: 2:39.40	41.63	300m: 4:15.92	48.29
				350m: 4:53.55	37.63
				400m: 5:30.09	36.54
2. Julie van Leeuwen	De Aalscholver	6:13.15	199805994	6:10.20	381
50m: 38.44	38.44	150m: 2:16.07	49.42	250m: 3:54.12	51.57
100m: 1:26.65	48.21	200m: 3:02.55	46.48	300m: 4:45.64	51.52
				350m: 5:28.95	43.31
				400m: 6:10.20	41.25
3. Laura Scheffer	Aquarijn	6:18.03	199407222	6:10.89	379
50m: 37.33	37.33	150m: 2:08.75	48.42	250m: 3:48.77	53.15
100m: 1:20.33	43.00	200m: 2:55.62	46.87	300m: 4:43.40	54.63
				350m: 5:27.37	43.97
				400m: 6:10.89	43.52