

Event 4
16-03-2012 - 9:40

Women, 400m Medley

Senioren Open
Results

Points: FINA 2012

rank	name			club name			time			RT	pts	
1.	Sara Nordenstam			Lambertseter SC			4:49.15			+0,82	809	
	50m:	31.06	31.06	150m:	1:45.66	39.56	250m:	3:01.73	38.87	350m:	4:15.83	34.80
	100m:	1:06.10	35.04	200m:	2:22.86	37.20	300m:	3:41.03	39.30	400m:	4:49.15	33.32
2.	Lieke Verouden			Racing Club			199003948			4:54.72	+0,76	764
	50m:	31.73	31.73	150m:	1:48.10	40.00	250m:	3:07.18	39.99	350m:	4:21.95	33.23
	100m:	1:08.10	36.37	200m:	2:27.19	39.09	300m:	3:48.72	41.54	400m:	4:54.72	32.77
3.	Lisa Dreesens			EIFFELswimmersPSV			199105798			4:56.15	+0,80	753
	50m:	29.93	29.93	150m:	1:44.40	40.01	250m:	3:05.71	42.81	350m:	4:23.03	34.34
	100m:	1:04.39	34.46	200m:	2:22.90	38.50	300m:	3:48.69	42.98	400m:	4:56.15	33.12
4.	Cynthia Verkaik			Orca			199601288			4:58.70	+0,76	734
	50m:	31.40	31.40	150m:	1:48.18	39.86	250m:	3:08.39	41.04	350m:	4:25.81	35.18
	100m:	1:08.32	36.92	200m:	2:27.35	39.17	300m:	3:50.63	42.24	400m:	4:58.70	32.89
5.	Leonie van Noort			De Zijl/LGB			199301752			5:08.03	+0,80	669
	50m:	30.79	30.79	150m:	1:47.22	38.64	250m:	3:11.99	46.52	350m:	4:34.12	34.29
	100m:	1:08.58	37.79	200m:	2:25.47	38.25	300m:	3:59.83	47.84	400m:	5:08.03	33.91
6.	Amalie Thorstensen			Vaagsbygd SLK						5:08.54	+0,85	666
	50m:	31.97	31.97	150m:	1:49.12	39.69	250m:	3:13.05	44.45	350m:	4:33.70	35.40
	100m:	1:09.43	37.46	200m:	2:28.60	39.48	300m:	3:58.30	45.25	400m:	5:08.54	34.84
7.	Givenchy Sneekes			ZC Ooievaar (SG)			199705486			5:11.07	+0,74	649
	50m:	32.40	32.40	150m:	1:49.47	39.72	250m:	3:14.09	45.46	350m:	4:35.56	35.55
	100m:	1:09.75	37.35	200m:	2:28.63	39.16	300m:	4:00.01	45.92	400m:	5:11.07	35.51
8.	Ilse van Hoorn			AZ&PC			199001578			5:12.08	+0,79	643
	50m:	31.36	31.36	150m:	1:49.20	41.27	250m:	3:15.39	46.36	350m:	4:37.13	35.38
	100m:	1:07.93	36.57	200m:	2:29.03	39.83	300m:	4:01.75	46.36	400m:	5:12.08	34.95
9.	Tessa Vermeulen			E.ON-NZA			199800068			5:12.25	+0,81	642
	50m:	32.41	32.41	150m:	1:50.22	39.23	250m:	3:15.24	46.25	350m:	4:37.71	35.49
	100m:	1:10.99	38.58	200m:	2:28.99	38.77	300m:	4:02.22	46.98	400m:	5:12.25	34.54
10.	Oda Gjerde			Bryne Sk						5:12.73	+0,79	639
	50m:	32.53	32.53	150m:	1:51.69	41.58	250m:	3:16.20	43.16	350m:	4:37.89	36.38
	100m:	1:10.11	37.58	200m:	2:33.04	41.35	300m:	4:01.51	45.31	400m:	5:12.73	34.84
11.	Andrea Hestdal			Bergensvoemmerne						5:12.95	+0,90	638
	50m:	32.16	32.16	150m:	1:49.94	39.90	250m:	3:13.84	44.21	350m:	4:37.74	37.43
	100m:	1:10.04	37.88	200m:	2:29.63	39.69	300m:	4:00.31	46.47	400m:	5:12.95	35.21
12.	Sofie Reisaenen			Vaagsbygd SLK						5:16.15	+0,75	619
	50m:	32.10	32.10	150m:	1:51.51	40.29	250m:	3:15.26	43.23	350m:	4:38.26	38.04
	100m:	1:11.22	39.12	200m:	2:32.03	40.52	300m:	4:00.22	44.96	400m:	5:16.15	37.89
13.	Lia Dekker			De Dolfijn			198700830			5:19.08	+0,77	602
	50m:	33.19	33.19	150m:	1:55.28	41.60	250m:	3:19.21	42.11	350m:	4:41.26	38.90
	100m:	1:13.68	40.49	200m:	2:37.10	41.82	300m:	4:02.36	43.15	400m:	5:19.08	37.82
14.	Maaïke van Veen			ZPC Bikkel Hoogeveen			199700292			5:24.51	+0,74	572
	50m:	34.07	34.07	150m:	1:54.91	39.56	250m:	3:21.74	47.99	350m:	4:47.90	38.93
	100m:	1:15.35	41.28	200m:	2:33.75	38.84	300m:	4:08.97	47.23	400m:	5:24.51	36.61
15.	Carmen van de Rijt			GZVN			GZVN/554/98			5:29.56	+0,71	546
	50m:	33.32	33.32	150m:	1:56.80	44.01	250m:	3:25.89	47.15	350m:	4:52.24	39.64
	100m:	1:12.79	39.47	200m:	2:38.74	41.94	300m:	4:12.60	46.71	400m:	5:29.56	37.32
WDR	Erica Sjoeholm			Sjöbo SS			AJ0497					