

Programmanr. 18
2-12-2018 - 12:05

Dames, 400m vrije slag

Junioren 1 en ouder
Resultaten

Punten: FINA 2017

rang	naam	vereniging				startnr.	tijd			RT	FINA	IPC
1.	Laura Setz	OC - Nova				200000130	4:13.32			+0,90	793	
	50m: 29.23	29.23	150m: 1:33.10	32.03	250m: 2:37.97	32.53	350m: 3:42.49	32.07				32.07
	100m: 1:01.07	31.84	200m: 2:05.44	32.34	300m: 3:10.42	32.45	400m: 4:13.32	30.83				30.83
2.	Serena Stel	OC - De Dolfijn				199801528	4:13.93			+0,66	787	
	50m: 29.08	29.08	150m: 1:32.84	31.98	250m: 2:38.18	32.62	350m: 3:42.96	31.82				31.82
	100m: 1:00.86	31.78	200m: 2:05.56	32.72	300m: 3:11.14	32.96	400m: 4:13.93	30.97				30.97
3.	Leonie van Noort	WVZ				199301752	4:17.39			+0,82	756	
	50m: 30.17	30.17	150m: 1:35.49	33.07	250m: 2:40.62	32.23	350m: 3:45.17	32.33				32.33
	100m: 1:02.42	32.25	200m: 2:08.39	32.90	300m: 3:12.84	32.22	400m: 4:17.39	32.22				32.22
4.	Jamilla van Veen	Zwemvereniging Hoogland				199603192	4:28.66			+0,72	665	
	50m: 29.73	29.73	150m: 1:36.69	33.81	250m: 2:44.81	34.11	350m: 3:54.15	34.40				34.40
	100m: 1:02.88	33.15	200m: 2:10.70	34.01	300m: 3:19.75	34.94	400m: 4:28.66	34.51				34.51
5.	Manon Aerssens	PSV				199900294	4:31.00			+0,69	648	
	50m: 30.46	30.46	150m: 1:37.33	33.62	250m: 2:45.41	34.49	350m: 3:55.73	35.60				35.60
	100m: 1:03.71	33.25	200m: 2:10.92	33.59	300m: 3:20.13	34.72	400m: 4:31.00	35.27				35.27
6.	Gaia Sterre Mirotti	VZC				200305158	4:31.14			+0,64	647	
	50m: 31.14	31.14	150m: 1:37.56	33.44	250m: 2:45.97	34.38	350m: 3:56.22	35.23				35.23
	100m: 1:04.12	32.98	200m: 2:11.59	34.03	300m: 3:20.99	35.02	400m: 4:31.14	34.92				34.92
7.	Kaylin Stel	De Dolfijn				200100290	4:32.71			+0,64	635	
	50m: 30.76	30.76	150m: 1:39.86	34.89	250m: 2:49.92	34.76	350m: 3:59.72	34.58				34.58
	100m: 1:04.97	34.21	200m: 2:15.16	35.30	300m: 3:25.14	35.22	400m: 4:32.71	32.99				32.99
8.	Isabel Aardema	DWK				200100364	4:33.05			+0,76	633	
	50m: 31.01	31.01	150m: 1:39.89	34.83	250m: 2:50.06	35.05	350m: 4:00.15	35.01				35.01
	100m: 1:05.06	34.05	200m: 2:15.01	35.12	300m: 3:25.14	35.08	400m: 4:33.05	32.90				32.90
9.	Tamara Grove	De Dolfijn				199601266	4:34.17			+0,72	625	
	50m: 30.91	30.91	150m: 1:39.67	35.06	250m: 2:49.95	34.96	350m: 3:59.98	34.80				34.80
	100m: 1:04.61	33.70	200m: 2:14.99	35.32	300m: 3:25.18	35.23	400m: 4:34.17	34.19				34.19
10.	Sam van Nunen	PSV				200100036	4:34.82			+0,71	621	
	50m: 30.40	30.40	150m: 1:38.32	34.32	250m: 2:48.91	35.60	350m: 4:00.36	35.81				35.81
	100m: 1:04.00	33.60	200m: 2:13.31	34.99	300m: 3:24.55	35.64	400m: 4:34.82	34.46				34.46
11.	Ismay Lichtendonk	Dedemsvaart-AC				200400622	4:36.55			+0,73	609	
	50m: 31.09	31.09	150m: 1:40.97	35.02	250m: 2:51.15	34.96	350m: 4:01.43	35.06				35.06
	100m: 1:05.95	34.86	200m: 2:16.19	35.22	300m: 3:26.37	35.22	400m: 4:36.55	35.12				35.12
12.	Mariëlle Dolfijn	TriVia				200201640	4:37.76			+0,79	601	
	50m: 32.06	32.06	150m: 1:41.71	35.00	250m: 2:52.08	35.12	350m: 4:02.63	35.34				35.34
	100m: 1:06.71	34.65	200m: 2:16.96	35.25	300m: 3:27.29	35.21	400m: 4:37.76	35.13				35.13
13.	Annemarie Hoving	TriVia				200000248	4:38.79			+0,76	595	
	50m: 31.72	31.72	150m: 1:41.93	35.31	250m: 2:52.30	35.05	350m: 4:03.60	35.94				35.94
	100m: 1:06.62	34.90	200m: 2:17.25	35.32	300m: 3:27.66	35.36	400m: 4:38.79	35.19				35.19
14.	Amber van der Kruk <i>NR Gehandicapten</i>	HPC PARA - MSV Zeemacht				200102730	S14	4:39.41	+0,89	591		
	50m: 30.68	30.68	150m: 1:39.75	35.24	250m: 2:51.53	35.69	350m: 4:03.74	36.27				36.27
	100m: 1:04.51	33.83	200m: 2:15.84	36.09	300m: 3:27.47	35.94	400m: 4:39.41	35.67				35.67
15.	Amé Hulleman	ReVeLie Swim Team				200202794	4:39.44			+0,77	591	
	50m: 30.69	30.69	150m: 1:40.84	35.84	250m: 2:52.35	35.66	350m: 4:04.52	36.15				36.15
	100m: 1:05.00	34.31	200m: 2:16.69	35.85	300m: 3:28.37	36.02	400m: 4:39.44	34.92				34.92
16.	Noa Oldenhof	De Dolfijn				199700622	4:40.89			+0,65	582	
	50m: 32.02	32.02	150m: 1:43.31	35.68	250m: 2:53.71	35.08	350m: 4:05.69	36.26				36.26
	100m: 1:07.63	35.61	200m: 2:18.63	35.32	300m: 3:29.43	35.72	400m: 4:40.89	35.20				35.20
17.	Tessa Kooi	TriVia				200201386	4:42.14			+0,83	574	
	50m: 30.62	30.62	150m: 1:40.89	35.57	250m: 2:53.40	36.47	350m: 4:06.58	36.65				36.65
	100m: 1:05.32	34.70	200m: 2:16.93	36.04	300m: 3:29.93	36.53	400m: 4:42.14	35.56				35.56
18.	Eelke van Ballegooijen	VZC				200100684	4:42.75			+0,77	570	
	50m: 31.43	31.43	150m: 1:41.56	35.54	250m: 2:53.58	36.12	350m: 4:06.90	37.20				37.20
	100m: 1:06.02	34.59	200m: 2:17.46	35.90	300m: 3:29.70	36.12	400m: 4:42.75	35.85				35.85
19.	Bibi Stokvis	Het Y				199900892	4:43.77			+0,74	564	
	50m: 30.66	30.66	150m: 1:40.34	35.67	250m: 2:53.41	36.92	350m: 4:07.48	37.26				37.26
	100m: 1:04.67	34.01	200m: 2:16.49	36.15	300m: 3:30.22	36.81	400m: 4:43.77	36.29				36.29
20.	Marieke Lenderink	De Dinkel				200400778	4:44.68			+0,81	559	
	50m: 31.47	31.47	150m: 1:43.13	36.63	250m: 2:57.25	36.88	350m: 4:10.48	36.01				36.01
	100m: 1:06.50	35.03	200m: 2:20.37	37.24	300m: 3:34.47	37.22	400m: 4:44.68	34.20				34.20

Programmanr. 18, Dames, 400m vrije slag, Junioren 1 en ouder

rang	naam	vereniging				startnr.	tijd			RT	FINA	IPC
21.	Sterre van de Goor	PSV				200102168	4:45.39			+0,82	554	
	50m: 32.55	32.55	150m: 1:43.69	35.76	250m: 2:55.77	36.11	350m: 4:09.05	36.75				
	100m: 1:07.93	35.38	200m: 2:19.66	35.97	300m: 3:32.30	36.53	400m: 4:45.39	36.34				
22.	Linda Kamperman	Aquarijn				199601238	4:45.50			+0,63	554	
	50m: 31.67	31.67	150m: 1:40.34	34.34	250m: 2:51.84	36.49	350m: 4:07.20	38.19				
	100m: 1:06.00	34.33	200m: 2:15.35	35.01	300m: 3:29.01	37.17	400m: 4:45.50	38.30				
23.	Soraya Rakers	De Dinkel				200300818	4:45.82			+0,82	552	
	50m: 31.97	31.97	150m: 1:43.16	35.80	250m: 2:56.97	37.08	350m: 4:10.47	36.29				
	100m: 1:07.36	35.39	200m: 2:19.89	36.73	300m: 3:34.18	37.21	400m: 4:45.82	35.35				
24.	Chantal Tiesinga	TriVia				200302452	4:46.74			+0,78	547	
	50m: 32.39	32.39	150m: 1:44.35	36.37	250m: 2:56.75	36.80	350m: 4:10.35	36.88				
	100m: 1:07.98	35.59	200m: 2:20.95	36.60	300m: 3:33.47	36.72	400m: 4:46.74	36.39				
25.	Emma Schell	De Dolfijn				199906574	4:47.62			+0,73	542	
	50m: 31.97	31.97	150m: 1:43.22	36.31	250m: 2:57.54	37.26	350m: 4:11.60	37.10				
	100m: 1:06.91	34.94	200m: 2:20.28	37.06	300m: 3:34.50	36.96	400m: 4:47.62	36.02				
26.	Senna van der Veen	ZPC Hoogeveen				200400072	4:52.98			+0,76	512	
	50m: 32.63	32.63	150m: 1:45.68	37.04	250m: 3:01.14	37.72	350m: 4:16.91	37.74				
	100m: 1:08.64	36.01	200m: 2:23.42	37.74	300m: 3:39.17	38.03	400m: 4:52.98	36.07				
27.	Lianne Kaanen	ZEPS				200300708	4:58.79			+0,79	483	
	50m: 33.65	33.65	150m: 1:48.47	37.87	250m: 3:04.91	38.27	350m: 4:21.75	38.80				
	100m: 1:10.60	36.95	200m: 2:26.64	38.17	300m: 3:42.95	38.04	400m: 4:58.79	37.04				
28.	Melissa Zwaan	DAW				199103666	4:59.41			+0,77	480	
	50m: 32.66	32.66	150m: 1:46.72	37.24	250m: 3:03.38	38.24	350m: 4:20.86	38.93				
	100m: 1:09.48	36.82	200m: 2:25.14	38.42	300m: 3:41.93	38.55	400m: 4:59.41	38.55				
29.	Kyra Wooldrik	ZPC Hoogeveen				200101042	4:59.51			+0,75	480	
	50m: 33.50	33.50	150m: 1:49.71	38.09	250m: 3:06.65	38.18	350m: 4:23.17	38.10				
	100m: 1:11.62	38.12	200m: 2:28.47	38.76	300m: 3:45.07	38.42	400m: 4:59.51	36.34				
30.	Tessa Takken	De Dolfijn				200301692	4:59.90			+0,80	478	
	50m: 33.23	33.23	150m: 1:48.14	37.82	250m: 3:05.51	38.73	350m: 4:23.00	38.59				
	100m: 1:10.32	37.09	200m: 2:26.78	38.64	300m: 3:44.41	38.90	400m: 4:59.90	36.90				
31.	Thirza van de Kraats	DWK				200200392	5:00.71			+0,76	474	
	50m: 33.40	33.40	150m: 1:49.11	38.47	250m: 3:06.32	38.28	350m: 4:23.94	38.33				
	100m: 1:10.64	37.24	200m: 2:28.04	38.93	300m: 3:45.61	39.29	400m: 5:00.71	36.77				
32.	Sophie Albers	Merlet				200300990	5:07.83			+0,70	442	
	50m: 34.34	34.34	150m: 1:52.58	39.15	250m: 3:11.91	39.73	350m: 4:29.95	38.82				
	100m: 1:13.43	39.09	200m: 2:32.18	39.60	300m: 3:51.13	39.22	400m: 5:07.83	37.88				
33.	Resmi Voorneveld	WZ&PC Purmerend				200404258	5:12.14			+0,65	424	
	50m: 33.82	33.82	150m: 1:51.94	40.00	250m: 3:12.57	40.08	350m: 4:32.50	39.86				
	100m: 1:11.94	38.12	200m: 2:32.49	40.55	300m: 3:52.64	40.07	400m: 5:12.14	39.64				
34.	Claire Bosch	De Dinkel				200401480	5:12.69			+0,82	421	
	50m: 33.63	33.63	150m: 1:51.99	39.87	250m: 3:13.08	40.31	350m: 4:33.40	40.11				
	100m: 1:12.12	38.49	200m: 2:32.77	40.78	300m: 3:53.29	40.21	400m: 5:12.69	39.29				
35.	Sanne Hofman	HPC PARA - ZPC Hoogeveen				200102154	S13	5:14.07	+0,73	416		
	50m: 35.89	35.89	150m: 1:54.79	39.99	250m: 3:14.86	39.86	350m: 4:35.12	39.80				
	100m: 1:14.80	38.91	200m: 2:35.00	40.21	300m: 3:55.32	40.46	400m: 5:14.07	38.95				
36.	Maaïke Buck	ZV Hoorn				200402532	5:15.93			+0,83	409	
	50m: 34.55	34.55	150m: 1:54.87	40.90	250m: 3:15.82	40.43	350m: 4:36.01	40.15				
	100m: 1:13.97	39.42	200m: 2:35.39	40.52	300m: 3:55.86	40.04	400m: 5:15.93	39.92				
37.	Marije Oosterhuis	Azuro				199500318	S10	5:17.80	+0,84	401		
	50m: 35.18	35.18	150m: 1:54.38	40.45	250m: 3:15.79	40.76	350m: 4:37.75	41.14				
	100m: 1:13.93	38.75	200m: 2:35.03	40.65	300m: 3:56.61	40.82	400m: 5:17.80	40.05				
38.	Annemarijn Damhoff	TriVia				200501000	5:18.91			+0,85	397	
	50m: 35.16	35.16	150m: 1:54.22	39.92	250m: 3:16.60	41.32	350m: 4:39.52	41.36				
	100m: 1:14.30	39.14	200m: 2:35.28	41.06	300m: 3:58.16	41.56	400m: 5:18.91	39.39				
39.	Karuna Meirman	DAW				200601682	5:19.36			+0,90	396	
	50m: 34.99	34.99	150m: 1:54.79	40.64	250m: 3:17.36	41.37	350m: 4:39.67	41.27				
	100m: 1:14.15	39.16	200m: 2:35.99	41.20	300m: 3:58.40	41.04	400m: 5:19.36	39.69				
40.	Janine Schuur	Nova				200302466	5:20.44			+0,83	392	
	50m: 33.45	33.45	150m: 1:52.95	40.74	250m: 3:15.01	41.12	350m: 4:38.20	42.11				
	100m: 1:12.21	38.76	200m: 2:33.89	40.94	300m: 3:56.09	41.08	400m: 5:20.44	42.24				
41.	Anne ter Braak	De Dinkel				200601754	5:28.01			+0,95	365	
	50m: 35.37	35.37	150m: 1:58.15	42.89	250m: 3:22.47	42.61	350m: 4:47.63	43.19				
	100m: 1:15.26	39.89	200m: 2:39.86	41.71	300m: 4:04.44	41.97	400m: 5:28.01	40.38				
42.	Isabelle Janssen	MNC Dordrecht				200006318	5:33.66			+0,64	347	
	50m: 38.39	38.39	150m: 2:02.63	42.40	250m: 3:27.82	42.29	350m: 4:52.61	42.42				
	100m: 1:20.23	41.84	200m: 2:45.53	42.90	300m: 4:10.19	42.37	400m: 5:33.66	41.05				

Programmanr. 18, Dames, 400m vrije slag, Junioren 1 en ouder

rang	naam	vereniging				startnr.	tijd				RT	FINA	IPC
43.	Liselotte Schaap	HZ&PC Heerenveen				200603016	5:33.99				+0,65	346	
	50m:	35.77	35.77	150m:	1:59.59	43.34	250m:	3:26.34	43.51	350m:	4:53.58		43.39
	100m:	1:16.25	40.48	200m:	2:42.83	43.24	300m:	4:10.19	43.85	400m:	5:33.99		40.41
44.	Tilita Knol	VZ&PC				200600558	5:40.77				+0,85	325	
	50m:	36.51	36.51	150m:	2:00.31	42.80	250m:	3:28.90	44.29	350m:	4:58.79		44.72
	100m:	1:17.51	41.00	200m:	2:44.61	44.30	300m:	4:14.07	45.17	400m:	5:40.77		41.98
45.	Livia Groenewegen	PSV				200700244	5:43.33				+0,77	318	
	50m:	38.13	38.13	150m:	2:05.86	44.70	250m:	3:34.24	44.39	350m:	5:01.75		43.82
	100m:	1:21.16	43.03	200m:	2:49.85	43.99	300m:	4:17.93	43.69	400m:	5:43.33		41.58
46.	Laura van Lierop	PSV				200700810	5:51.58				+0,71	296	
	50m:	40.01	40.01	150m:	2:09.17	44.66	250m:	3:40.42	46.01	350m:	5:09.56		43.94
	100m:	1:24.51	44.50	200m:	2:54.41	45.24	300m:	4:25.62	45.20	400m:	5:51.58		42.02