

Programmanr. 6
19-10-2019

Dames, 400m wisselslag

Junioren 1 en ouder
Resultaten

Punten: FINA 2018

rang	naam	vereniging				startnr.	tijd		RT	FINA PARA
1.	Serena Stel	OC - De Dolfijn				199801528	4:50.14		+0,69	710
	50m: 31.06	31.06	150m: 1:43.65	37.98	250m: 3:02.31	41.15	350m: 4:18.09	32.61		
	100m: 1:05.67	34.61	200m: 2:21.16	37.51	300m: 3:45.48	43.17	400m: 4:50.14	32.05		
2.	Margaux Bernard	PSV				199906590	5:01.97		+0,76	630
	50m: 31.81	31.81	150m: 1:46.97	39.06	250m: 3:08.00	43.28	350m: 4:29.27	36.20		
	100m: 1:07.91	36.10	200m: 2:24.72	37.75	300m: 3:53.07	45.07	400m: 5:01.97	32.70		
3.	Maaïke Issard	VZC				200300022	5:03.51		+0,81	620
	50m: 32.35	32.35	150m: 1:47.48	37.98	250m: 3:09.59	43.28	350m: 4:29.39	36.04		
	100m: 1:09.50	37.15	200m: 2:26.31	38.83	300m: 3:53.35	43.76	400m: 5:03.51	34.12		
4.	Lize Janna de Vries	Orca				200101948	5:03.66		+0,78	620
	50m: 33.09	33.09	150m: 1:52.23	39.56	250m: 3:13.73	43.33	350m: 4:31.11	34.19		
	100m: 1:12.67	39.58	200m: 2:30.40	38.17	300m: 3:56.92	43.19	400m: 5:03.66	32.55		
5.	Kirsten Verhale	VZC				200400210	5:04.89		+0,81	612
	50m: 31.90	31.90	150m: 1:48.13	38.54	250m: 3:10.58	43.75	350m: 4:31.05	35.65		
	100m: 1:09.59	37.69	200m: 2:26.83	38.70	300m: 3:55.40	44.82	400m: 5:04.89	33.84		
	Madelon Dijkstra	ZPCH				199703510	5:04.89		+0,78	612
	50m: 31.94	31.94	150m: 1:49.38	39.66	250m: 3:11.70	42.91	350m: 4:30.52	35.01		
	100m: 1:09.72	37.78	200m: 2:28.79	39.41	300m: 3:55.51	43.81	400m: 5:04.89	34.37		
7.	Kim Jansen van Galen	PSV				200201594	5:07.94		+0,72	594
	50m: 32.16	32.16	150m: 1:50.65	41.94	250m: 3:13.37	41.40	350m: 4:33.54	36.19		
	100m: 1:08.71	36.55	200m: 2:31.97	41.32	300m: 3:57.35	43.98	400m: 5:07.94	34.40		
8.	Merel Schravendijk	The Hague Swimming (SG)				200503382	5:08.79		+0,70	589
	50m: 34.64	34.64	150m: 1:54.62	38.87	250m: 3:17.01	44.15	350m: 4:35.96	34.66		
	100m: 1:15.75	41.11	200m: 2:32.86	38.24	300m: 4:01.30	44.29	400m: 5:08.79	32.83		
9.	Isabel Aardema	DWK				200100364	5:10.71		+0,79	578
	50m: 32.38	32.38	150m: 1:51.47	40.57	250m: 3:14.25	44.34	350m: 4:35.37	36.66		
	100m: 1:10.90	38.52	200m: 2:29.91	38.44	300m: 3:58.71	44.46	400m: 5:10.71	35.34		
10.	Amber Celie	De Dolfijn				200300756	5:15.15		+0,72	554
	50m: 31.40	31.40	150m: 1:48.75	39.53	250m: 3:15.03	47.95	350m: 4:40.78	37.51		
	100m: 1:09.22	37.82	200m: 2:27.08	38.33	300m: 4:03.27	48.24	400m: 5:15.15	34.37		
11.	Myrna van Duijven	DZ&PC				199900252	5:15.55		+0,77	552
	50m: 31.96	31.96	150m: 1:50.36	40.41	250m: 3:15.66	45.70	350m: 4:39.56	36.90		
	100m: 1:09.95	37.99	200m: 2:29.96	39.60	300m: 4:02.66	47.00	400m: 5:15.55	35.99		
12.	Rinske Bouman	Rotterdam Swimming (SG)				200400578	5:18.80 *		+0,79	535
	50m: 32.24	32.24	150m: 1:52.59	42.00	250m: 3:18.59	44.00	350m: 4:41.82	37.54		
	100m: 1:10.59	38.35	200m: 2:34.59	42.00	300m: 4:04.28	45.69	400m: 5:18.80	36.98		
13.	Megan Jonkman	The Hague Swimming (SG)				200600508	5:21.36		+0,85	523
	50m: 34.58	34.58	150m: 1:55.54	41.76	250m: 3:22.91	46.68	350m: 4:45.81	36.54		
	100m: 1:13.78	39.20	200m: 2:36.23	40.69	300m: 4:09.27	46.36	400m: 5:21.36	35.55		
14.	Lonneke Kampman	Nextline Swimming				200100146	5:22.11		+0,84	519
	50m: 33.05	33.05	150m: 1:52.09	40.46	250m: 3:18.37	46.41	350m: 4:44.48	38.52		
	100m: 1:11.63	38.58	200m: 2:31.96	39.87	300m: 4:05.96	47.59	400m: 5:22.11	37.63		
15.	Jonna Muntjewerff	The Hague Swimming (SG)				200402396	5:23.18		+0,81	514
	50m: 34.69	34.69	150m: 1:58.43	41.86	250m: 3:23.97	45.34	350m: 4:47.49	37.59		
	100m: 1:16.57	41.88	200m: 2:38.63	40.20	300m: 4:09.90	45.93	400m: 5:23.18	35.69		
16.	Isa Maes	Feijenoord Albion Zwemclub				200500110	5:25.34		+0,78	504
	50m: 35.04	35.04	150m: 1:58.40	41.55	250m: 3:24.58	45.00	350m: 4:49.48	38.90		
	100m: 1:16.85	41.81	200m: 2:39.58	41.18	300m: 4:10.58	46.00	400m: 5:25.34	35.86		
17.	Sterre van de Goor	PSV				200102168	5:25.39		+0,83	503
	50m: 34.29	34.29	150m: 1:56.53	42.55	250m: 3:24.59	45.87	350m: 4:49.22	37.36		
	100m: 1:13.98	39.69	200m: 2:38.72	42.19	300m: 4:11.86	47.27	400m: 5:25.39	36.17		
18.	Elidjah van der Heul	Rotterdam Swimming (SG)				200602180	5:26.14		+0,78	500
	50m: 34.50	34.50	150m: 1:59.05	42.54	250m: 3:25.98	44.85	350m: 4:50.06	37.48		
	100m: 1:16.51	42.01	200m: 2:41.13	42.08	300m: 4:12.58	46.60	400m: 5:26.14	36.08		
19.	Femke Doorenbos	The Hague Swimming (SG)				200404214	5:26.92		+0,77	496
	50m: 32.58	32.58	150m: 1:57.07	44.65	250m: 3:27.08	48.03	350m: 4:52.64	36.45		
	100m: 1:12.42	39.84	200m: 2:39.05	41.98	300m: 4:16.19	49.11	400m: 5:26.92	34.28		
20.	Lize van den Nieuwenhuijzen	Nextline Swimming				200304454	5:28.15		+0,81	491
	50m: 33.50	33.50	150m: 1:53.25	40.51	250m: 3:22.96	48.51	350m: 4:51.89	37.67		
	100m: 1:12.74	39.24	200m: 2:34.45	41.20	300m: 4:14.22	51.26	400m: 5:28.15	36.26		
21.	Emma van Leeuwen	DAW				200500200	5:28.45		+0,84	489
	50m: 38.28	38.28	150m: 2:05.30	41.36	250m: 3:30.04	44.18	350m: 4:53.08	37.11		
	100m: 1:23.94	45.66	200m: 2:45.86	40.56	300m: 4:15.97	45.93	400m: 5:28.45	35.37		

Programmanr. 6, Dames, 400m wisselslag, Junioren 1 en ouder

rang	naam	vereniging					startnr.			tijd		RT	FINA PARA
22.	Joy Willekus	De Dolfijn					200602420			5:29.33		+0,65	486
	50m: 33.67	33.67	150m: 1:59.44	43.78	250m: 3:24.80	43.50	350m: 4:51.55	41.05					
	100m: 1:15.66	41.99	200m: 2:41.30	41.86	300m: 4:10.50	45.70	400m: 5:29.33	37.78					
23.	Chantal Beijer	DWT					199700884			5:30.31		+0,87	481
	50m: 34.45	34.45	150m: 1:58.64	42.14	250m: 3:25.55	46.29	350m: 4:51.87	39.07					
	100m: 1:16.50	42.05	200m: 2:39.26	40.62	300m: 4:12.80	47.25	400m: 5:30.31	38.44					
24.	Evica Klok	VZC					200501828			5:30.89		+0,85	479
	50m: 33.33	33.33	150m: 1:53.17	41.39	250m: 3:22.04	49.28	350m: 4:53.06	40.66					
	100m: 1:11.78	38.45	200m: 2:32.76	39.59	300m: 4:12.40	50.36	400m: 5:30.89	37.83					
25.	Meike van de Ree	HZPC					200402646			5:32.15		+0,76	473
	50m: 34.34	34.34	150m: 1:59.42	40.60	250m: 3:27.23	47.02	350m: 4:54.43	38.28					
	100m: 1:18.82	44.48	200m: 2:40.21	40.79	300m: 4:16.15	48.92	400m: 5:32.15	37.72					
26.	Chantal Tiesinga	HZ&PC Heerenveen					200302452			5:33.47		+0,74	468
	50m: 35.56	35.56	150m: 2:01.70	41.66	250m: 3:30.99	48.95	350m: 4:57.01	36.99					
	100m: 1:20.04	44.48	200m: 2:42.04	40.34	300m: 4:20.02	49.03	400m: 5:33.47	36.46					
27.	Nora Brouwer	DWK					200300480			5:36.41		+0,75	456
	50m: 33.20	33.20	150m: 1:55.81	42.67	250m: 3:25.66	48.48	350m: 4:55.97	40.80					
	100m: 1:13.14	39.94	200m: 2:37.18	41.37	300m: 4:15.17	49.51	400m: 5:36.41	40.44					
28.	Tessa Poot	ZVVS					200404264			5:37.77		+0,85	450
	50m: 34.59	34.59	150m: 2:00.58	43.34	250m: 3:29.53	46.70	350m: 4:58.93	41.50					
	100m: 1:17.24	42.65	200m: 2:42.83	42.25	300m: 4:17.43	47.90	400m: 5:37.77	38.84					
29.	Leyla Oversluizen	MNC Dordrecht					200602730			5:38.28		+0,78	448
	50m: 33.94	33.94	150m: 2:00.36	44.10	250m: 3:31.03	47.15	350m: 5:01.03	39.82					
	100m: 1:16.26	42.32	200m: 2:43.88	43.52	300m: 4:21.21	50.18	400m: 5:38.28	37.25					
30.	Kim Oudendijk	DAW					200600964			5:38.49		+0,72	447
	50m: 35.88	35.88	150m: 2:06.29	42.86	250m: 3:35.21	46.76	350m: 5:01.64	38.15					
	100m: 1:23.43	47.55	200m: 2:48.45	42.16	300m: 4:23.49	48.28	400m: 5:38.49	36.85					
31.	Vivianne Woltjes	The Hague Swimming (SG)					200501524			5:41.24		+0,74	436
	50m: 34.00	34.00	150m: 2:01.25	44.11	250m: 3:34.61	50.50	350m: 5:03.18	38.40					
	100m: 1:17.14	43.14	200m: 2:44.11	42.86	300m: 4:24.78	50.17	400m: 5:41.24	38.06					
32.	Madoline Held	The Hague Swimming (SG)					200503412			5:44.97		+0,76	422
	50m: 36.02	36.02	150m: 2:03.77	43.78	250m: 3:35.33	49.80	350m: 5:06.31	41.71					
	100m: 1:19.99	43.97	200m: 2:45.53	41.76	300m: 4:24.60	49.27	400m: 5:44.97	38.66					
33.	Mara Tims	The Hague Swimming (SG)					200601136			5:46.25		+0,69	418
	50m: 35.26	35.26	150m: 2:01.77	45.37	250m: 3:36.45	50.32	350m: 5:07.81	40.23					
	100m: 1:16.40	41.14	200m: 2:46.13	44.36	300m: 4:27.58	51.13	400m: 5:46.25	38.44					
34.	Charlotte Woltjes	The Hague Swimming (SG)					200700110			5:59.31		+0,85	374
	50m: 38.32	38.32	150m: 2:11.16	45.91	250m: 3:47.03	52.59	350m: 5:20.55	41.08					
	100m: 1:25.25	46.93	200m: 2:54.44	43.28	300m: 4:39.47	52.44	400m: 5:59.31	38.76					
35.	Liv Heijdra	Feijenoord Albion Zwemclub					200800736			6:10.27		+0,72	342
	50m: 36.96	36.96	150m: 2:11.19	47.15	250m: 3:51.07	53.96	350m: 5:28.09	42.23					
	100m: 1:24.04	47.08	200m: 2:57.11	45.92	300m: 4:45.86	54.79	400m: 6:10.27	42.18					
36.	Sanne Slof	The Hague Swimming (SG)					200601810			6:10.31		+0,86	341
	50m: 37.38	37.38	150m: 2:13.98	47.61	250m: 3:52.92	51.62	350m: 5:28.58	41.97					
	100m: 1:26.37	48.99	200m: 3:01.30	47.32	300m: 4:46.61	53.69	400m: 6:10.31	41.73					
DIS	Linde van Wijngaarden	De Dolfijn					200601372			AA			
	AA - Gestart voor het startsignaal (en wel gezwommen).												