

Programmanr. 6  
28-10-2023 - 13:58

Dames, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Lotte Hosper	HPC - Blue Marlins	4:38.67	200201414	<b>4:43.41</b> +0,78
	50m: 29.57	29.57 150m: 1:37.00	34.34	250m: 2:52.21	41.06
	100m: 1:02.66	33.09 200m: 2:11.15	34.15	300m: 3:35.08	42.87
				350m: 4:09.77	34.69
				400m: 4:43.41	33.64
2.	Serena Stel	De Dolfijn	4:46.66	199801528	<b>4:47.54</b> +0,68
	50m: 31.19	31.19 150m: 1:44.90	38.11	250m: 3:02.90	41.14
	100m: 1:06.79	35.60 200m: 2:21.76	36.86	300m: 3:44.79	41.89
				350m: 4:16.66	31.87
				400m: 4:47.54	30.88
3.	Merel Schravendijk	Blue Marlins 1	4:55.11	200503382	<b>4:52.62</b> +0,70
	50m: 31.51	31.51 150m: 1:47.19	38.68	250m: 3:04.97	40.15
	100m: 1:08.51	37.00 200m: 2:24.82	37.63	300m: 3:46.45	41.48
				350m: 4:20.32	33.87
				400m: 4:52.62	32.30
4.	Hedwig Bolt	HZ&PC Heerenveen	5:04.58	200602660	<b>4:56.26</b> +0,81
	50m: 31.17	31.17 150m: 1:46.93	39.19	250m: 3:05.95	40.89
	100m: 1:07.74	36.57 200m: 2:25.06	38.13	300m: 3:47.97	42.02
				350m: 4:22.81	34.84
				400m: 4:56.26	33.45
5.	Marte Hieke van der Kamp	HZ&PC Heerenveen	5:07.31	200500218	<b>5:04.35</b> +0,76
	50m: 31.56	31.56 150m: 1:47.24	38.85	250m: 3:09.36	44.69
	100m: 1:08.39	36.83 200m: 2:24.67	37.43	300m: 3:54.73	45.37
				350m: 4:30.33	35.60
				400m: 5:04.35	34.02
6.	Fay Boxum	DZ&PC	5:05.84	200900060	<b>5:05.81</b> +0,75
	50m: 32.10	32.10 150m: 1:49.82	37.89	250m: 3:11.02	42.38
	100m: 1:11.93	39.83 200m: 2:28.64	38.82	300m: 3:55.41	44.39
				350m: 4:31.08	35.67
				400m: 5:05.81	34.73
7.	Luus Gielens	PSV	5:18.99	200900138	<b>5:10.36</b> +0,84
	50m: 32.87	32.87 150m: 1:51.52	40.23	250m: 3:14.56	44.57
	100m: 1:11.29	38.42 200m: 2:29.99	38.47	300m: 3:59.21	44.65
				350m: 4:35.57	36.36
				400m: 5:10.36	34.79
8.	Frouke Ludwig	DZ&PC	4:58.49	200800112	<b>5:11.13</b> +0,79
	50m: 31.90	31.90 150m: 1:47.18	38.47	250m: 3:11.02	46.43
	100m: 1:08.71	36.81 200m: 2:24.59	37.41	300m: 3:57.23	46.21
				350m: 4:34.78	37.55
				400m: 5:11.13	36.35
9.	Amber Kunst	DAW	5:27.77	200900680	<b>5:11.83</b> +0,71
	50m: 34.65	34.65 150m: 1:56.39	40.81	250m: 3:17.22	41.32
	100m: 1:15.58	40.93 200m: 2:35.90	39.51	300m: 4:02.13	44.91
				350m: 4:38.34	36.21
				400m: 5:11.83	33.49
10.	Laura van Etten	HZ&PC Heerenveen	5:19.90	200800264	<b>5:12.12</b> +0,83
	50m: 32.86	32.86 150m: 1:50.20	36.99	250m: 3:14.45	46.94
	100m: 1:13.21	40.35 200m: 2:27.51	37.31	300m: 4:00.70	46.25
				350m: 4:36.73	36.03
				400m: 5:12.12	35.39
11.	Maaïke Issard	DZ&PC	5:07.17	200300022	<b>5:13.79</b> +0,82
	50m: 32.57	32.57 150m: 1:49.21	39.41	250m: 3:14.34	45.46
	100m: 1:09.80	37.23 200m: 2:28.88	39.67	300m: 4:00.74	46.40
				350m: 4:38.08	37.34
				400m: 5:13.79	35.71
12.	Suuz Griekspoor	Noordwijkerhout	5:40.08	200901204	<b>5:23.42</b> +0,82
	50m: 34.28	34.28 150m: 1:56.82	42.02	250m: 3:23.10	45.36
	100m: 1:14.80	40.52 200m: 2:37.74	40.92	300m: 4:10.22	47.12
				350m: 4:48.16	37.94
				400m: 5:23.42	35.26
13.	Myrthe Stelten	Hellas-Glana	5:32.53	200900234	<b>5:27.90</b> +0,76
	50m: 34.30	34.30 150m: 1:59.94	43.83	250m: 3:26.41	43.62
	100m: 1:16.11	41.81 200m: 2:42.79	42.85	300m: 4:10.70	44.29
				350m: 4:50.45	39.75
				400m: 5:27.90	37.45
14.	Manon Ritten	PSV	5:28.32	200002440	<b>5:28.64</b> +0,79
	50m: 34.35	34.35 150m: 1:57.08	43.44	250m: 3:28.66	48.18
	100m: 1:13.64	39.29 200m: 2:40.48	43.40	300m: 4:17.65	48.99
				350m: 4:53.62	35.97
				400m: 5:28.64	35.02
15.	Renske Dutilh	Het Y	5:24.84	200201188	<b>5:31.45</b> +0,73
	50m: 33.47	33.47 150m: 1:57.74	44.04	250m: 3:27.92	47.43
	100m: 1:13.70	40.23 200m: 2:40.49	42.75	300m: 4:16.84	48.92
				350m: 4:54.73	37.89
				400m: 5:31.45	36.72
16.	Yuan Swart	De Otters Het Gooi	5:24.24	200604754	<b>5:34.24</b> +0,78
	50m: 34.71	34.71 150m: 1:58.28	43.31	250m: 3:27.07	46.58
	100m: 1:14.97	40.26 200m: 2:40.49	42.21	300m: 4:14.64	47.57
				350m: 4:55.15	40.51
				400m: 5:34.24	39.09
17.	Diede de Vries	Zwemlust- den Hommel	5:34.20	200803558	<b>5:35.08</b> +0,76
	50m: 35.15	35.15 150m: 2:03.10	45.50	250m: 3:31.58	44.05
	100m: 1:17.60	42.45 200m: 2:47.53	44.43	300m: 4:17.88	46.30
				350m: 4:57.41	39.53
				400m: 5:35.08	37.67
18.	Silke Hooghiemstra	HZ&PC Heerenveen	5:31.40	200901224	<b>5:35.52</b> +0,65
	50m: 33.71	33.71 150m: 1:55.34	41.48	250m: 3:25.23	48.53
	100m: 1:13.86	40.15 200m: 2:36.70	41.36	300m: 4:15.35	50.12
				350m: 4:56.21	40.86
				400m: 5:35.52	39.31
19.	Fenne Metten	ZPC AMERSFOORT	5:47.46	201000102	<b>5:38.12</b> +0,58
	50m: 34.75	34.75 150m: 1:58.70	42.90	250m: 3:31.52	51.91
	100m: 1:15.80	41.05 200m: 2:39.61	40.91	300m: 4:22.81	51.29
				350m: 5:01.60	38.79
				400m: 5:38.12	36.52
20.	Annedieke Scholte	Blue Marlins 1	5:47.37	200701110	<b>5:38.45</b> +0,76
	50m: 33.80	33.80 150m: 1:56.65	42.51	250m: 3:28.98	50.50
	100m: 1:14.14	40.34 200m: 2:38.48	41.83	300m: 4:20.72	51.74
				350m: 5:00.35	39.63
				400m: 5:38.45	38.10

Programmanr. 6, Dames, 400m wisselslag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
21.	Wieke Dekker	De Dolfijn	5:45.60	201002020	<b>5:39.90</b> +0,72			
	50m: 37.83	37.83	150m: 2:06.82	42.44	250m: 3:36.31	47.82	350m: 5:01.77	39.49
	100m: 1:24.38	46.55	200m: 2:48.49	41.67	300m: 4:22.28	45.97	400m: 5:39.90	38.13
22.	Grace Peters	Feijenoord Albion	5:32.25	200901474	<b>5:40.38</b> +0,81			
	50m: 34.46	34.46	150m: 1:59.79	44.41	250m: 3:30.96	47.00	350m: 5:01.52	42.02
	100m: 1:15.38	40.92	200m: 2:43.96	44.17	300m: 4:19.50	48.54	400m: 5:40.38	38.86
23.	Mariia Kostina	Blue Marlins 1	5:47.03	201002042	<b>5:55.15</b> +0,83			
	100 m*							
	50m: 35.03	35.03	150m: 2:00.13	44.22	250m: 3:36.87	52.87	350m: 5:12.98	41.63
	100m: 1:15.91	40.88	200m: 2:44.00	43.87	300m: 4:31.35	54.48	400m: 5:55.15	42.17
DIS	Megan Jonkman	Blue Marlins 1	4:58.97	200600508				
	AA - De start ingezet voor het startsignaal (en wel gezwommen).							