

Programmanr. 16
 20-03-2022

Dames, 400m vrije slag

 Senioren Open
 Resultaten

Punten: Rudolph Table 2020

Rang							Tijd	RT	Rudolph
Junioren 1									
1.	Senna Boogmans		De Duinkickers		201000640		5:38.84	+0,77	7,2
	50m: 36.21	36.21	150m: 2:00.28	43.15	250m: 3:28.78	44.65	350m: 4:57.80	44.01	
	100m: 1:17.13	40.92	200m: 2:44.13	43.85	300m: 4:13.79	45.01	400m: 5:38.84	41.04	
2.	Ilse Jongepier		THOR		201000006		5:51.32		4,4
	50m: 39.55	39.55	150m: 2:09.42	45.81	250m: 3:40.94	46.61	350m: 5:10.80	44.67	
	100m: 1:23.61	44.06	200m: 2:54.33	44.91	300m: 4:26.13	45.19	400m: 5:51.32	40.52	
3.	Ashley Mercera		SCOM/De Zeehond'73 (SG)		201000178		5:58.59	+0,90	2,7
	50m: 39.32	39.32	150m: 2:09.15	45.05	250m: 3:41.98	46.71	350m: 5:14.51	46.15	
	100m: 1:24.10	44.78	200m: 2:55.27	46.12	300m: 4:28.36	46.38	400m: 5:58.59	44.08	
Junioren 2									
1.	Suuz Griekspoor		Noordwijkerhout		200901204		5:17.74	+0,87	8,1
	50m: 34.12	34.12	150m: 1:52.95	40.64	250m: 3:15.60	41.73	350m: 4:38.43	41.31	
	100m: 1:12.31	38.19	200m: 2:33.87	40.92	300m: 3:57.12	41.52	400m: 5:17.74	39.31	
2.	Puck van Wees		De Dolfijn		200901020		5:26.57 *	+0,70	6,0
	50m: 34.94	34.94	150m: 1:54.68	40.57	250m: 3:19.42	42.12	350m: 4:45.42	43.03	
	100m: 1:14.11	39.17	200m: 2:37.30	42.62	300m: 4:02.39	42.97	400m: 5:26.57	41.15	
3.	Dante van Meene		DAW		200900678		5:33.33	+0,76	4,4
	50m: 36.74	36.74	150m: 2:00.10	42.71	250m: 3:26.20	43.26	350m: 4:52.92	43.56	
	100m: 1:17.39	40.65	200m: 2:42.94	42.84	300m: 4:09.36	43.16	400m: 5:33.33	40.41	
4.	Anna Strang van Hees		De Duinkickers		200902566		5:33.45	+0,89	4,3
	50m: 36.64	36.64	150m: 2:01.23	43.13	250m: 3:29.13	44.12	350m: 4:54.31	42.07	
	100m: 1:18.10	41.46	200m: 2:45.01	43.78	300m: 4:12.24	43.11	400m: 5:33.45	39.14	
5.	Megan Snoek		De Dolfijn		200900888		6:06.66 *	+0,82	
	50m: 37.86	37.86	150m: 2:09.52	46.05	250m: 3:44.24	47.62	350m: 5:20.35	47.65	
	100m: 1:23.47	45.61	200m: 2:56.62	47.10	300m: 4:32.70	48.46	400m: 6:06.66	46.31	
Junioren 3									
1.	Anique Polinder		ZV 44		200800008		5:37.76	+0,77	
	50m: 36.33	36.33	150m: 2:02.05	44.38	250m: 3:29.40	44.21	350m: 4:57.96	44.19	
	100m: 1:17.67	41.34	200m: 2:45.19	43.14	300m: 4:13.77	44.37	400m: 5:37.76	39.80	
AFGEM	Ayse Mayda		ZV De Zaan		200800514				
Junioren 4									
1.	Rhodee van den Ham		De Duinkickers		200700090		4:56.12	+0,72	8,6
	50m: 33.48	33.48	150m: 1:49.25	38.02	250m: 3:05.24	38.06	350m: 4:20.61	36.40	
	100m: 1:11.23	37.75	200m: 2:27.18	37.93	300m: 3:44.21	38.97	400m: 4:56.12	35.51	
2.	Eline van Rijn		DAW		200700918		5:01.61	+0,72	7,2
	50m: 33.39	33.39	150m: 1:49.39	38.12	250m: 3:07.13	38.99	350m: 4:24.51	38.32	
	100m: 1:11.27	37.88	200m: 2:28.14	38.75	300m: 3:46.19	39.06	400m: 5:01.61	37.10	
3.	Nynke van der Zee		Orca		200700604		5:02.38	+0,70	7,0
	50m: 33.02	33.02	150m: 1:50.75	39.12	250m: 3:08.83	39.00	350m: 4:26.01	38.02	
	100m: 1:11.63	38.61	200m: 2:29.83	39.08	300m: 3:47.99	39.16	400m: 5:02.38	36.37	
4.	Lieke Duijnkerke		ZPC De Zeeuwse Kust		200700468		5:03.41	+0,77	6,7
	50m: 34.34	34.34	150m: 1:49.76	38.23	250m: 3:07.81	39.24	350m: 4:26.45	38.99	
	100m: 1:11.53	37.19	200m: 2:28.57	38.81	300m: 3:47.46	39.65	400m: 5:03.41	36.96	
Jeugd 1									
1.	Evy Rozeboom		DAW		200601338		4:37.69	+0,75	12,1
	50m: 31.48	31.48	150m: 1:40.85	34.89	250m: 2:51.70	35.82	350m: 4:03.18	35.89	
	100m: 1:05.96	34.48	200m: 2:15.88	35.03	300m: 3:27.29	35.59	400m: 4:37.69	34.51	
2.	Kim Oudendijk		DAW		200600964		4:38.62	+0,77	11,9
	50m: 31.52	31.52	150m: 1:42.86	36.21	250m: 2:55.58	36.33	350m: 4:06.44	35.39	
	100m: 1:06.65	35.13	200m: 2:19.25	36.39	300m: 3:31.05	35.47	400m: 4:38.62	32.18	

Programmanr. 16, Meisjes, 400m vrije slag, Jeugd 1

Rang				De Dolfijn	200601372	Tijd	RT	Rudolph
3.	Linde van Wijngaarden			150m: 1:49.31 200m: 2:27.71	37.91 38.40	38.67 39.46	5:02.49 +0,70	5,7
	50m: 34.21 100m: 1:11.40	34.21 37.19		250m: 3:06.38 300m: 3:45.84			350m: 4:24.98 400m: 5:02.49	39.14 37.51
4.	Isa Verhagen		Z&PC Zegenwerp	150m: 1:56.51 200m: 2:38.82	40.96 42.31	42.57 42.39	5:27.13 +0,81	
	50m: 35.08 100m: 1:15.55	35.08 40.47		250m: 3:21.39 300m: 4:03.78			350m: 4:46.63 400m: 5:27.13	42.85 40.50

Senioren Open

1.	Tess Panjer		VZC	150m: 1:43.62 200m: 2:21.04	36.65 37.42	36.80 36.23	4:43.94 +0,78	9,6
	50m: 31.37 100m: 1:06.97	31.37 35.60		250m: 2:57.84 300m: 3:34.07			350m: 4:09.54 400m: 4:43.94	35.47 34.40
2.	Manon Ritten		PSV	150m: 1:44.26 200m: 2:20.70	36.56 36.44	36.49 37.08	4:46.61 +0,78	7,5
	50m: 32.30 100m: 1:07.70	32.30 35.40		250m: 2:57.19 300m: 3:34.27			350m: 4:10.77 400m: 4:46.61	36.50 35.84
3.	Merel Visser		De Duinkickers	150m: 1:50.55 200m: 2:30.13	39.40 39.58	39.65 39.36	5:02.53 +0,80	3,2
	50m: 34.01 100m: 1:11.15	34.01 37.14		250m: 3:09.78 300m: 3:49.14			350m: 4:27.55 400m: 5:02.53	38.41 34.98
4.	Britt Bakers		Z&PC Zegenwerp	150m: 1:51.98 200m: 2:31.16	39.16 39.18	39.03 40.02	5:09.57 +0,82	2,8
	50m: 34.41 100m: 1:12.82	34.41 38.41		250m: 3:10.19 300m: 3:50.21			350m: 4:30.41 400m: 5:09.57	40.20 39.16
5.	Sanne Lagerweij		ZV De Zaan	150m: 1:58.22 200m: 2:41.81	41.93 43.59	43.68 44.82	5:38.31 +0,75	
	50m: 36.19 100m: 1:16.29	36.19 40.10		250m: 3:25.49 300m: 4:10.31			350m: 4:55.28 400m: 5:38.31	44.97 43.03
6.	Heleen Spelde Fransens *200m		THOR	150m: 2:10.46 200m: 2:57.39	47.09 46.93	47.63 47.44	6:03.16 +0,89	
	50m: 38.64 100m: 1:23.37	38.64 44.73		250m: 3:45.02 300m: 4:32.46			350m: 5:18.93 400m: 6:03.16	46.47 44.23