

Speedo Fast Water Meet
Amsterdam, 30-6- - 1-7-2018

Programmanr. 53
01-07-2018

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	startnr.	tijd	RT
1.	Lize van den Nieuwenhuijzen	PSV	200304454	4:28.41	+0,82
	50m: 30.97	150m: 1:38.60	250m: 2:47.50	350m: 3:54.89	33.54
	100m: 1:04.67	200m: 2:13.08	300m: 3:21.35	400m: 4:28.41	33.52
2.	Jamilla van Veen	ZPC Woerden	199603192	4:28.79	+0,79
	50m: 29.54	150m: 1:37.69	250m: 2:47.55	350m: 3:55.51	33.87
	100m: 1:03.00	200m: 2:12.54	300m: 3:21.64	400m: 4:28.79	33.28
3.	Sophie de Jonge	WVZ	200200118	4:30.46	+0,73
	50m: 29.80	150m: 1:37.61	250m: 2:47.29	350m: 3:57.31	35.11
	100m: 1:03.24	200m: 2:12.45	300m: 3:22.20	400m: 4:30.46	33.15
4.	Tamara Grove	De Dolfijn	199601266	4:32.24	+0,75
	50m: 29.93	150m: 1:37.75	250m: 2:47.35	350m: 3:57.37	35.05
	100m: 1:03.17	200m: 2:12.81	300m: 3:22.32	400m: 4:32.24	34.87
5.	Mariëlle Dolfijn	TriVia	200201640	4:35.31	+0,76
	50m: 31.94	150m: 1:41.15	250m: 2:51.38	350m: 4:00.99	34.68
	100m: 1:06.09	200m: 2:16.29	300m: 3:26.31	400m: 4:35.31	34.32
6.	Charlotte Wilbers	ZPC Hoozeveen	200400312	4:38.55	+0,84
	50m: 32.25	150m: 1:42.20	250m: 2:53.09	350m: 4:05.28	35.79
	100m: 1:06.94	200m: 2:17.58	300m: 3:29.49	400m: 4:38.55	33.27
7.	Fleur Donker	DWK	200006496	4:38.73	+0,67
	50m: 31.19	150m: 1:40.84	250m: 2:51.91	350m: 4:04.03	36.26
	100m: 1:05.51	200m: 2:16.29	300m: 3:27.77	400m: 4:38.73	34.70
8.	Suze Kuipers	Orca	200301714	4:38.74	+0,87
	50m: 31.64	150m: 1:41.97	250m: 2:53.21	350m: 4:04.62	35.54
	100m: 1:06.39	200m: 2:17.89	300m: 3:29.08	400m: 4:38.74	34.12
9.	Isabel Aardema	DWK	200100364	4:41.29	+0,77
	50m: 31.87	150m: 1:42.35	250m: 2:53.47	350m: 4:05.78	36.18
	100m: 1:07.13	200m: 2:17.62	300m: 3:29.60	400m: 4:41.29	35.51
10.	Emma Hofstee	TriVia	200401282	4:43.96	+0,95
	50m: 32.68	150m: 1:44.64	250m: 2:56.75	350m: 4:08.64	35.38
	100m: 1:07.86	200m: 2:21.01	300m: 3:33.26	400m: 4:43.96	35.32
11.	Rinske Bouwman	Rotterdam Swimming (SG)	200400578	4:44.12	+0,80
	50m: 31.95	150m: 1:44.58	250m: 2:56.81	350m: 4:10.45	37.08
	100m: 1:08.30	200m: 2:20.96	300m: 3:33.37	400m: 4:44.12	33.67
12.	Myrthe Natzijl	TriVia	200400076	4:44.48	+0,85
	50m: 32.04	150m: 1:43.09	250m: 2:56.12	350m: 4:09.77	36.82
	100m: 1:07.16	200m: 2:19.39	300m: 3:32.95	400m: 4:44.48	34.71
13.	Hilde Dekker	ReVeLie Swim Team	199901926	4:44.53	+0,90
	50m: 31.89	150m: 1:43.98	250m: 2:57.40	350m: 4:09.83	36.29
	100m: 1:07.81	200m: 2:20.85	300m: 3:33.54	400m: 4:44.53	34.70
14.	Eelke van Ballegooijen	VZC	200100684	4:44.93	+0,77
	50m: 32.08	150m: 1:43.49	250m: 2:56.37	350m: 4:08.58	35.65
	100m: 1:07.41	200m: 2:19.94	300m: 3:32.93	400m: 4:44.93	36.35
15.	Amé Hulleman	ReVeLie Swim Team	200202794	4:45.38 *	+0,78
	50m: 31.06	150m: 1:42.99	250m: 2:56.28	350m: 4:10.00	36.64
	100m: 1:06.49	200m: 2:19.66	300m: 3:33.36	400m: 4:45.38	35.38
16.	Kyra Wooldrik	ZPC Hoozeveen	200101042	4:45.44	+0,74
	50m: 32.38	150m: 1:44.63	250m: 2:57.52	350m: 4:10.43	36.27
	100m: 1:08.02	200m: 2:20.94	300m: 3:34.16	400m: 4:45.44	35.01
17.	Tessa Takken	De Dolfijn	200301692	4:46.56	+0,80
	50m: 31.80	150m: 1:43.58	250m: 2:56.87	350m: 4:11.49	36.97
	100m: 1:07.57	200m: 2:20.02	300m: 3:34.52	400m: 4:46.56	35.07
18.	Linda Kamperman	Aquarijn	199601238	4:47.44	+0,66
	50m: 31.50	150m: 1:41.30	250m: 2:53.87	350m: 4:09.45	37.96
	100m: 1:06.17	200m: 2:17.16	300m: 3:31.49	400m: 4:47.44	37.99
19.	Michelle Jørgensen	De Dolfijn	200501364	4:48.23	+0,73
	50m: 32.07	150m: 1:44.71	250m: 2:58.90	350m: 4:13.77	37.44
	100m: 1:07.63	200m: 2:21.65	300m: 3:36.33	400m: 4:48.23	34.46
20.	Vera Renshof	DWK	200301582	4:48.61	+0,71
	50m: 31.22	150m: 1:42.01	250m: 2:56.25	350m: 4:11.90	37.83
	100m: 1:06.44	200m: 2:18.50	300m: 3:34.07	400m: 4:48.61	36.71

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rang	naam	vereniging				startnr.	tijd				RT
21.	Yvonne Engel	ZV De Zaan				200300780	4:49.01				+0,82
	50m: 34.10	34.10	150m: 1:48.26	37.13	250m: 3:01.06	36.10	350m: 4:13.86				36.53
	100m: 1:11.13	37.03	200m: 2:24.96	36.70	300m: 3:37.33	36.27	400m: 4:49.01				35.15
22.	Celine Schoenmaker	DWK				199801976	4:49.63				+0,82
	50m: 32.51	32.51	150m: 1:45.74	37.08	250m: 3:00.50	37.18	350m: 4:14.47				36.91
	100m: 1:08.66	36.15	200m: 2:23.32	37.58	300m: 3:37.56	37.06	400m: 4:49.63				35.16
23.	Simone Krans	ZPC Hoozeveen				199900756	4:49.64				+0,74
	50m: 32.84	32.84	150m: 1:46.22	37.17	250m: 3:00.21	36.83	350m: 4:13.72				36.91
	100m: 1:09.05	36.21	200m: 2:23.38	37.16	300m: 3:36.81	36.60	400m: 4:49.64				35.92
24.	Sanne Vermeulen	The Hague Swimming (SG)				200303902	4:50.50				+0,83
	50m: 31.40	31.40	150m: 1:43.35	36.73	250m: 2:57.87	37.57	350m: 4:13.68				37.60
	100m: 1:06.62	35.22	200m: 2:20.30	36.95	300m: 3:36.08	38.21	400m: 4:50.50				36.82
25.	Myrthe Offenga	FZC'54-De Vikings (SG) 1				199901874	4:53.38				+0,77
	50m: 32.03	32.03	150m: 1:45.53	37.28	250m: 3:01.08	37.85	350m: 4:16.67				37.64
	100m: 1:08.25	36.22	200m: 2:23.23	37.70	300m: 3:39.03	37.95	400m: 4:53.38				36.71
26.	Jeanne Blaisse	DWK				200206164	4:53.42				+0,86
	50m: 31.91	31.91	150m: 1:45.77	37.63	250m: 3:01.63	37.88	350m: 4:17.66				37.98
	100m: 1:08.14	36.23	200m: 2:23.75	37.98	300m: 3:39.68	38.05	400m: 4:53.42				35.76
27.	Asha van Lobberegt	ZZ&PC De Devel				200500088	4:53.46				+0,69
	50m: 33.01	33.01	150m: 1:46.48	36.83	250m: 3:01.37	37.64	350m: 4:17.26				37.97
	100m: 1:09.65	36.64	200m: 2:23.73	37.25	300m: 3:39.29	37.92	400m: 4:53.46				36.20
28.	Cheyenne van de Port	DWK				199804718	4:54.69				+0,74
	50m: 32.72	32.72	150m: 1:45.82	37.20	250m: 3:00.91	37.40	350m: 4:17.07				38.46
	100m: 1:08.62	35.90	200m: 2:23.51	37.69	300m: 3:38.61	37.70	400m: 4:54.69				37.62
29.	Isa Maes	ZZ&PC De Devel				200500110	4:56.73				+0,74
	50m: 33.02	33.02	150m: 1:47.15	37.69	250m: 3:03.19	37.88	350m: 4:19.33				38.42
	100m: 1:09.46	36.44	200m: 2:25.31	38.16	300m: 3:40.91	37.72	400m: 4:56.73				37.40
30.	Chantal Tiesinga	TriVia				200302452	4:57.38				+0,81
	50m: 33.43	33.43	150m: 1:47.58	37.35	250m: 3:01.84	37.12	350m: 4:18.39				38.73
	100m: 1:10.23	36.80	200m: 2:24.72	37.14	300m: 3:39.66	37.82	400m: 4:57.38				38.99
31.	Chantal Beijer	DWT				199700884	4:59.86				+0,70
	50m: 33.86	33.86	150m: 1:50.81	38.51	250m: 3:06.70	38.06	350m: 4:23.05				37.89
	100m: 1:12.30	38.44	200m: 2:28.64	37.83	300m: 3:45.16	38.46	400m: 4:59.86				36.81
32.	Roos van Duin	ReVeLie Swim Team				200404280	5:00.26				+0,82
	50m: 32.54	32.54	150m: 1:46.28	37.52	250m: 3:04.16	39.12	350m: 4:22.33				39.29
	100m: 1:08.76	36.22	200m: 2:25.04	38.76	300m: 3:43.04	38.88	400m: 5:00.26				37.93
33.	Dominique Dingshoff	ZPC Hoozeveen				200400804	5:01.46				+0,92
	50m: 34.01	34.01	150m: 1:49.04	37.65	250m: 3:05.57	38.59	350m: 4:24.43				39.55
	100m: 1:11.39	37.38	200m: 2:26.98	37.94	300m: 3:44.88	39.31	400m: 5:01.46				37.03
34.	Thirza van de Kraats	DWK				200200392	5:01.68				+0,81
	50m: 33.69	33.69	150m: 1:49.96	38.38	250m: 3:06.25	37.90	350m: 4:23.81				38.70
	100m: 1:11.58	37.89	200m: 2:28.35	38.39	300m: 3:45.11	38.86	400m: 5:01.68				37.87
35.	Resmi Voorneveld	WZ&PC Purmerend				200404258	5:06.35				+0,72
	50m: 34.56	34.56	150m: 1:53.20	39.87	250m: 3:11.95	39.14	350m: 4:30.52				39.16
	100m: 1:13.33	38.77	200m: 2:32.81	39.61	300m: 3:51.36	39.41	400m: 5:06.35				35.83
36.	Fleur Bos	Orca				200500674	5:06.90				+0,81
	50m: 35.59	35.59	150m: 1:53.03	38.72	250m: 3:11.02	39.40	350m: 4:30.38				39.37
	100m: 1:14.31	38.72	200m: 2:31.62	38.59	300m: 3:51.01	39.99	400m: 5:06.90				36.52
37.	Britt van 't Zant	Albion d'ELFT (SG)				200501170	5:07.49				+0,74
	50m: 34.21	34.21	150m: 1:52.16	39.53	250m: 3:10.47	38.96	350m: 4:27.21				37.65
	100m: 1:12.63	38.42	200m: 2:31.51	39.35	300m: 3:49.56	39.09	400m: 5:07.49				40.28
38.	Aniek van den Brink	De Dolfijn				200500090	5:07.98				+0,76
	50m: 35.28	35.28	150m: 1:53.20	38.81	250m: 3:11.32	39.38	350m: 4:30.52				38.41
	100m: 1:14.39	39.11	200m: 2:31.94	38.74	300m: 3:52.11	40.79	400m: 5:07.98				37.46
39.	Amélie Wortel	Orca				200500814	5:10.29				+0,74
	50m: 35.44	35.44	150m: 1:54.74	39.80	250m: 3:14.20	39.59	350m: 4:34.01				40.03
	100m: 1:14.94	39.50	200m: 2:34.61	39.87	300m: 3:53.98	39.78	400m: 5:10.29				36.28
40.	Feija de Bruin	WVZ				200400106	5:11.26				+0,75
	50m: 35.13	35.13	150m: 1:53.68	39.64	250m: 3:13.20	39.45	350m: 4:32.56				39.69
	100m: 1:14.04	38.91	200m: 2:33.75	40.07	300m: 3:52.87	39.67	400m: 5:11.26				38.70

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rang	naam	vereniging			startnr.	tijd			RT
41.	Marlies Berends	HZ&PC Heerenveen			200402194	5:13.47			+0,80
	50m: 36.15	36.15	150m: 1:55.68	40.26	250m: 3:16.37	40.39	350m: 4:36.57	39.35	
	100m: 1:15.42	39.27	200m: 2:35.98	40.30	300m: 3:57.22	40.85	400m: 5:13.47	36.90	
42.	Leah Anakotta	ZPC Hoogetveen			200400802	5:14.16			+0,75
	50m: 35.38	35.38	150m: 1:55.15	40.33	250m: 3:14.90	40.15	350m: 4:35.41	40.10	
	100m: 1:14.82	39.44	200m: 2:34.75	39.60	300m: 3:55.31	40.41	400m: 5:14.16	38.75	
43.	Anna Mulder	ReVeLie Swim Team			200504646	5:15.20			+0,75
	50m: 34.35	34.35	150m: 1:53.35	40.20	250m: 3:15.29	40.88	350m: 4:37.67	40.88	
	100m: 1:13.15	38.80	200m: 2:34.41	41.06	300m: 3:56.79	41.50	400m: 5:15.20	37.53	
44.	Megan Jonkman	The Hague Swimming (SG)			200600508	5:19.13			+0,91
	50m: 34.78	34.78	150m: 1:55.85	40.94	250m: 3:17.57	40.83	350m: 4:40.44	41.51	
	100m: 1:14.91	40.13	200m: 2:36.74	40.89	300m: 3:58.93	41.36	400m: 5:19.13	38.69	
45.	Linde van Wijngaarden	De Dolfijn			200601372	5:19.27			+0,74
	50m: 35.24	35.24	150m: 1:54.99	40.69	250m: 3:18.21	41.32	350m: 4:40.46	40.78	
	100m: 1:14.30	39.06	200m: 2:36.89	41.90	300m: 3:59.68	41.47	400m: 5:19.27	38.81	
46.	Annemarijn Damhoff	TriVia			200501000	5:19.82			+0,93
	50m: 36.51	36.51	150m: 1:57.54	41.09	250m: 3:19.49	41.24	350m: 4:40.88	40.31	
	100m: 1:16.45	39.94	200m: 2:38.25	40.71	300m: 4:00.57	41.08	400m: 5:19.82	38.94	
47.	Amber Tiesinga	TriVia			200600782	5:23.13			+0,82
	50m: 37.35	37.35	150m: 1:59.96	40.92	250m: 3:22.25	41.02	350m: 4:43.92	40.98	
	100m: 1:19.04	41.69	200m: 2:41.23	41.27	300m: 4:02.94	40.69	400m: 5:23.13	39.21	
48.	Hiba Aboulas	De Dolfijn			200600870	5:26.67			+0,84
	50m: 35.57	35.57	150m: 1:59.11	42.23	250m: 3:22.61	41.71	350m: 4:45.67	41.64	
	100m: 1:16.88	41.31	200m: 2:40.90	41.79	300m: 4:04.03	41.42	400m: 5:26.67	41.00	
49.	Lise Kleinbekman	ReVeLie Swim Team			200502870	5:32.37			+0,75
	50m: 35.78	35.78	150m: 2:01.82	43.62	250m: 3:26.09	41.43	350m: 4:50.18	41.65	
	100m: 1:18.20	42.42	200m: 2:44.66	42.84	300m: 4:08.53	42.44	400m: 5:32.37	42.19	
50.	Maud Dokter	HZ&PC Heerenveen			200601672	5:33.41			+0,67
	50m: 36.31	36.31	150m: 2:00.83	42.64	250m: 3:26.83	43.43	350m: 4:53.43	42.79	
	100m: 1:18.19	41.88	200m: 2:43.40	42.57	300m: 4:10.64	43.81	400m: 5:33.41	39.98	
51.	Vera Kalous	DWT			200006610	5:38.00			+0,71
	50m: 35.27	35.27	150m: 1:59.78	42.94	250m: 3:26.97	44.12	350m: 4:54.27	43.80	
	100m: 1:16.84	41.57	200m: 2:42.85	43.07	300m: 4:10.47	43.50	400m: 5:38.00	43.73	
52.	Liselotte Schaap	HZ&PC Heerenveen			200603016	5:52.75			+0,77
	50m: 39.84	39.84	150m: 2:09.57	44.90	250m: 3:40.63	45.76	350m: 5:11.64	46.00	
	100m: 1:24.67	44.83	200m: 2:54.87	45.30	300m: 4:25.64	45.01	400m: 5:52.75	41.11	
53.	Mette van Maren	HZ&PC Heerenveen			200602030	5:55.23			+0,82
	50m: 37.05	37.05	150m: 2:03.82	44.46	250m: 3:35.67	46.24	350m: 5:09.34	46.99	
	100m: 1:19.36	42.31	200m: 2:49.43	45.61	300m: 4:22.35	46.68	400m: 5:55.23	45.89	
54.	Jessica Dekkinga	HZ&PC Heerenveen			200600180	6:37.02			+0,83
	50m: 44.47	44.47	150m: 2:24.76	51.19	250m: 4:08.62	51.38	350m: 5:49.79	49.22	
	100m: 1:33.57	49.10	200m: 3:17.24	52.48	300m: 5:00.57	51.95	400m: 6:37.02	47.23	