

2 - Speedo Fast Water Meet sessie 2

29-06-2019 - 13:00

Programmanr. 25  
29-06-2019 - 14:35

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	startnr.	tijd	RT
1.	Jade Smits	Zwemclub Brabo Antwerpen	BRABO/20886/01	<b>4:16.42</b>	+0,70
	50m: 29.38 100m: 1:01.86	29.38 150m: 1:34.71 32.48 200m: 2:07.37	32.85 250m: 2:39.93 32.66 300m: 3:12.35	32.56 350m: 3:45.10 32.42 400m: 4:16.42	32.75 31.32
2.	Indy Jongman	PSV	200100528	<b>4:21.03</b>	+0,74
	50m: 29.41 100m: 1:01.98	29.41 150m: 1:35.13 32.57 200m: 2:08.60	33.15 250m: 2:41.67 33.47 300m: 3:15.11	33.07 350m: 3:48.70 33.44 400m: 4:21.03	33.59 32.33
3.	Lize Janna de Vries	Orca	200101948	<b>4:28.74</b>	+0,79
	50m: 30.92 100m: 1:04.80	30.92 150m: 1:39.69 33.88 200m: 2:14.40	34.89 250m: 2:48.66 34.71 300m: 3:22.71	34.26 350m: 3:56.23 34.05 400m: 4:28.74	33.52 32.51
4.	Janna van Kooten	EYOF - TriVia	200404584	<b>4:29.07</b>	+0,86
	50m: 30.29 100m: 1:04.46	30.29 150m: 1:39.21 34.17 200m: 2:13.90	34.75 250m: 2:47.91 34.69 300m: 3:22.05	34.01 350m: 3:56.11 34.14 400m: 4:29.07	34.06 32.96
5.	Mariëlle Dolfijn	TriVia	200201640	<b>4:30.98</b>	+0,74
	50m: 31.12 100m: 1:04.81	31.12 150m: 1:38.73 33.69 200m: 2:12.95	33.92 250m: 2:46.95 34.22 300m: 3:21.52	34.00 350m: 3:56.28 34.57 400m: 4:30.98	34.76 34.70
6.	Lize van den Nieuwenhuijzen	Nextline swimming	200304454	<b>4:31.33</b>	+0,77
	50m: 29.71 100m: 1:02.37	29.71 150m: 1:36.16 32.66 200m: 2:10.71	33.79 250m: 2:45.74 34.55 300m: 3:21.45	35.03 350m: 3:57.02 35.71 400m: 4:31.33	35.57 34.31
7.	Isabel Aardema	DWK	200100364	<b>4:32.27</b>	+0,79
	50m: 30.94 100m: 1:05.41	30.94 150m: 1:39.76 34.47 200m: 2:14.17	34.35 250m: 2:48.55 34.41 300m: 3:23.37	34.38 350m: 3:57.91 34.82 400m: 4:32.27	34.54 34.36
8.	Charlotte Wilbers	ZPC Hoozeveen	200400312	<b>4:34.14</b>	+0,80
	50m: 31.55 100m: 1:06.00	31.55 150m: 1:40.95 34.45 200m: 2:16.22	34.95 250m: 2:51.07 35.27 300m: 3:26.13	34.85 350m: 4:01.09 35.06 400m: 4:34.14	34.96 33.05
9.	Amé Hulleman	ReVeLie Swim Team	200202794	<b>4:34.24</b>	+0,81
	50m: 30.44 100m: 1:03.92	30.44 150m: 1:38.72 33.48 200m: 2:13.89	34.80 250m: 2:49.12 35.17 300m: 3:24.59	35.23 350m: 4:00.00 35.47 400m: 4:34.24	35.41 34.24
	Tamara Grove	De Dolfijn	199601266	<b>4:34.24</b>	+0,73
	50m: 30.52 100m: 1:03.88	30.52 150m: 1:38.48 33.36 200m: 2:13.41	34.60 250m: 2:48.46 34.93 300m: 3:23.95	35.05 350m: 3:59.48 35.49 400m: 4:34.24	35.53 34.76
11.	Ilse Kraaijeveld	The Hague Swimming (SG)	200202190	<b>4:34.50</b>	+0,67
	50m: 30.62 100m: 1:04.26	30.62 150m: 1:39.31 33.64 200m: 2:14.20	35.05 250m: 2:49.32 34.89 300m: 3:24.21	35.12 350m: 3:59.41 34.89 400m: 4:34.50	35.20 35.09
12.	Rinske Bouman	Rotterdam Swimming (SG)	200400578	<b>4:36.97</b>	+0,81
	50m: 31.67 100m: 1:06.87	31.67 150m: 1:42.69 35.20 200m: 2:19.80	35.82 250m: 2:53.90 37.11 300m: 3:27.73	34.10 350m: 4:02.36 33.83 400m: 4:36.97	34.63 34.61
13.	Caroline Boxman	ZPCH	200004660	<b>4:38.44</b>	+0,81
	50m: 31.22 100m: 1:06.03	31.22 150m: 1:41.97 34.81 200m: 2:17.66	35.94 250m: 2:53.29 35.69 300m: 3:29.11	35.63 350m: 4:04.44 35.82 400m: 4:38.44	35.33 34.00
14.	Emma Hofstee	TriVia	200401282	<b>4:38.58</b>	+0,92
	50m: 32.85 100m: 1:08.32	32.85 150m: 1:43.83 35.47 200m: 2:19.52	35.51 250m: 2:54.28 35.69 300m: 3:29.71	34.76 350m: 4:04.11 35.43 400m: 4:38.58	34.40 34.47
15.	Dominique Dingshoff	ZPC Hoozeveen	200400804	<b>4:40.75</b>	+0,79
	50m: 31.75 100m: 1:06.86	31.75 150m: 1:43.18 35.11 200m: 2:19.57	36.32 250m: 2:55.46 36.39 300m: 3:31.65	35.89 350m: 4:06.95 36.19 400m: 4:40.75	35.30 33.80
16.	Silke Vandeputte	Zwemclub Brabo Antwerpen	BRABO/20058/03	<b>4:41.01</b>	+0,78
	50m: 31.76 100m: 1:07.19	31.76 150m: 1:42.61 35.43 200m: 2:18.40	35.42 250m: 2:54.23 35.79 300m: 3:30.21	35.83 350m: 4:06.31 35.98 400m: 4:41.01	36.10 34.70
17.	Chantal Tiesinga	HZ&PC Heerenveen	200302452	<b>4:41.96</b>	+0,73
	50m: 31.31 100m: 1:05.84	31.31 150m: 1:41.32 34.53 200m: 2:17.29	35.48 250m: 2:53.49 35.97 300m: 3:29.62	36.20 350m: 4:05.71 36.13 400m: 4:41.96	36.09 36.25
18.	Ismay Lichtendonk	EYOF - Dedemsvaart AC	200400622	<b>4:42.67</b>	+0,76
	50m: 31.07 100m: 1:05.51	31.07 150m: 1:41.10 34.44 200m: 2:17.20	35.59 250m: 2:53.43 36.10 300m: 3:30.16	36.23 350m: 4:06.77 36.73 400m: 4:42.67	36.61 35.90
19.	Naomi Polinder	ZV 44	200300020	<b>4:45.41</b>	+0,69
	50m: 31.77 100m: 1:07.82	31.77 150m: 1:44.64 36.05 200m: 2:21.21	36.82 250m: 2:57.67 36.57 300m: 3:33.82	36.46 350m: 4:10.71 36.15 400m: 4:45.41	36.89 34.70

Programmanr. 25, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging				startnr.	tijd				RT
20.	Luca Ebbinge	DZ&PC				199802406	<b>4:45.90</b>				+0,67
	50m: 32.14	32.14	150m: 1:43.29	35.69	250m: 2:56.06	36.66	350m: 4:09.63	36.26			
	100m: 1:07.60	35.46	200m: 2:19.40	36.11	300m: 3:33.37	37.31	400m: 4:45.90	36.27			
21.	Tessa Kooi	TriVia				200201386	<b>4:46.26</b>				+0,79
	50m: 31.27	31.27	150m: 1:42.52	36.07	250m: 2:55.66	36.64	350m: 4:10.36	36.87			
	100m: 1:06.45	35.18	200m: 2:19.02	36.50	300m: 3:33.49	37.83	400m: 4:46.26	35.90			
22.	Charley Blide	TriVia				200600164	<b>4:46.46</b>				+0,76
	50m: 31.10	31.10	150m: 1:42.30	36.33	250m: 2:56.02	36.88	350m: 4:10.26	37.18			
	100m: 1:05.97	34.87	200m: 2:19.14	36.84	300m: 3:33.08	37.06	400m: 4:46.46	36.20			
23.	Sanne Rodenburg	RZC				199404714	<b>4:49.25</b>				+0,85
	50m: 31.77	31.77	150m: 1:43.90	36.06	250m: 2:57.53	36.63	350m: 4:12.22	36.84			
	100m: 1:07.84	36.07	200m: 2:20.90	37.00	300m: 3:35.38	37.85	400m: 4:49.25	37.03			
24.	Roos van Duin	ReVeLie Swim Team				200404280	<b>4:51.73</b>				+0,92
	50m: 31.69	31.69	150m: 1:44.81	36.99	250m: 3:00.18	37.64	350m: 4:15.38	37.83			
	100m: 1:07.82	36.13	200m: 2:22.54	37.73	300m: 3:37.55	37.37	400m: 4:51.73	36.35			
25.	Inge Dekker	TriVia				200200476	<b>4:53.81</b>				+0,77
	50m: 32.00	32.00	150m: 1:44.74	36.78	250m: 2:59.88	37.70	350m: 4:16.56	38.20			
	100m: 1:07.96	35.96	200m: 2:22.18	37.44	300m: 3:38.36	38.48	400m: 4:53.81	37.25			
26.	Lynn Reitsma	Deltasteur				200502750	<b>4:54.67</b>				+0,73
	50m: 34.02	34.02	150m: 1:49.86	37.81	250m: 3:06.29	38.15	350m: 4:21.20	37.29			
	100m: 1:12.05	38.03	200m: 2:28.14	38.28	300m: 3:43.91	37.62	400m: 4:54.67	33.47			
27.	Senna van der Veen	ZPC Hoogveen				200400072	<b>4:54.92</b>				+0,78
	50m: 32.14	32.14	150m: 1:45.08	37.11	250m: 3:00.67	37.98	350m: 4:17.91	38.62			
	100m: 1:07.97	35.83	200m: 2:22.69	37.61	300m: 3:39.29	38.62	400m: 4:54.92	37.01			
28.	Aniek van den Brink	De Dolfijn				200500090	<b>4:55.19</b>				+0,78
	50m: 33.76	33.76	150m: 1:48.35	37.56	250m: 3:04.65	38.25	350m: 4:20.56	37.80			
	100m: 1:10.79	37.03	200m: 2:26.40	38.05	300m: 3:42.76	38.11	400m: 4:55.19	34.63			
29.	Sophie Stekelenburg	Zwemlust- den Hommel				200400166	<b>4:55.35</b>				+0,74
	50m: 32.55	32.55	150m: 1:47.01	37.57	250m: 3:03.69	38.32	350m: 4:19.67	37.84			
	100m: 1:09.44	36.89	200m: 2:25.37	38.36	300m: 3:41.83	38.14	400m: 4:55.35	35.68			
30.	Evy Rozeboom	DAW				200601338	<b>4:56.29</b>				+0,80
	50m: 33.68	33.68	150m: 1:49.08	38.21	250m: 3:05.50	37.93	350m: 4:20.91	37.52			
	100m: 1:10.87	37.19	200m: 2:27.57	38.49	300m: 3:43.39	37.89	400m: 4:56.29	35.38			
31.	Michelle van den Hoofdakker	ZV 44				200302708	<b>4:56.44</b>				+0,81
	50m: 33.25	33.25	150m: 1:48.03	37.67	250m: 3:04.74	38.37	350m: 4:21.86	37.90			
	100m: 1:10.36	37.11	200m: 2:26.37	38.34	300m: 3:43.96	39.22	400m: 4:56.44	34.58			
32.	Renée Vanderheyden	ReVeLie Swim Team				199903130	<b>4:57.78</b>				+0,81
	50m: 32.64	32.64	150m: 1:45.96	37.11	250m: 3:01.04	37.83	350m: 4:17.81	38.73			
	100m: 1:08.85	36.21	200m: 2:23.21	37.25	300m: 3:39.08	38.04	400m: 4:57.78	39.97			
33.	Linde van Wijngaarden	De Dolfijn				200601372	<b>4:58.42</b>				+0,75
	50m: 33.81	33.81	150m: 1:49.56	38.24	250m: 3:06.35	38.63	350m: 4:22.39	37.68			
	100m: 1:11.32	37.51	200m: 2:27.72	38.16	300m: 3:44.71	38.36	400m: 4:58.42	36.03			
34.	Martine Kamminga	DZ&PC				200201172	<b>5:00.51</b>				+0,76
	50m: 33.89	33.89	150m: 1:50.20	38.62	250m: 3:07.06	38.44	350m: 4:23.86	38.01			
	100m: 1:11.58	37.69	200m: 2:28.62	38.42	300m: 3:45.85	38.79	400m: 5:00.51	36.65			
35.	Anna Mulder	ReVeLie Swim Team				200504646	<b>5:01.72</b>				+0,92
	50m: 34.92	34.92	150m: 1:51.36	38.44	250m: 3:08.37	38.55	350m: 4:25.55	38.75			
	100m: 1:12.92	38.00	200m: 2:29.82	38.46	300m: 3:46.80	38.43	400m: 5:01.72	36.17			
36.	Miron Schimmelpenning	ZPC Hoogveen				200500426	<b>5:02.13</b>				+0,90
	50m: 34.29	34.29	150m: 1:49.48	38.22	250m: 3:07.48	39.01	350m: 4:24.93	38.19			
	100m: 1:11.26	36.97	200m: 2:28.47	38.99	300m: 3:46.74	39.26	400m: 5:02.13	37.20			
37.	Thirza van de Kraats	DWK				200200392	<b>5:03.12</b>				+0,79
	50m: 33.96	33.96	150m: 1:49.44	38.30	250m: 3:07.21	38.77	350m: 4:25.45	38.82			
	100m: 1:11.14	37.18	200m: 2:28.44	39.00	300m: 3:46.63	39.42	400m: 5:03.12	37.67			
38.	Britt van't Zant	Feijenoord Albion Zwemclub				200501170	<b>5:03.95</b>				+0,75
	50m: 32.83	32.83	150m: 1:48.64	38.77	250m: 3:07.60	39.35	350m: 4:26.26	39.42			
	100m: 1:09.87	37.04	200m: 2:28.25	39.61	300m: 3:46.84	39.24	400m: 5:03.95	37.69			
39.	Dytaysha Laurence	De Dolfijn				200106300	<b>5:03.97</b> *				+0,69
	50m: 34.48	34.48	150m: 1:51.39	38.73	250m: 3:09.30	39.31	350m: 4:27.16	39.26			
	100m: 1:12.66	38.18	200m: 2:29.99	38.60	300m: 3:47.90	38.60	400m: 5:03.97	36.81			
40.	Aniek Ausema	De Hardenberg				200602084	<b>5:06.22</b>				+0,99
	50m: 34.13	34.13	150m: 1:50.80	38.92	250m: 3:09.32	39.32	350m: 4:28.55	39.77			
	100m: 1:11.88	37.75	200m: 2:30.00	39.20	300m: 3:48.78	39.46	400m: 5:06.22	37.67			

Programmanr. 25, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging	startnr.	tijd	RT			
41.	Madoline Held	The Hague Swimming (SG)	200503412	<b>5:07.26</b>	+0,75			
	50m: 35.62	35.62	150m: 1:53.78	39.03	250m: 3:12.37	39.49	350m: 4:29.98	38.30
	100m: 1:14.75	39.13	200m: 2:32.88	39.10	300m: 3:51.68	39.31	400m: 5:07.26	37.28
42.	Nora Baljé	ReVeLie Swim Team	200503228	<b>5:08.76</b>	+0,93			
	50m: 34.38	34.38	150m: 1:51.83	38.71	250m: 3:11.52	40.25	350m: 4:30.88	39.51
	100m: 1:13.12	38.74	200m: 2:31.27	39.44	300m: 3:51.37	39.85	400m: 5:08.76	37.88
43.	Sofie Sterk	Kon AZ 1870	200302972	<b>5:13.05</b>	+0,78			
	50m: 36.03	36.03	150m: 1:56.55	40.70	250m: 3:17.03	40.47	350m: 4:37.05	39.57
	100m: 1:15.85	39.82	200m: 2:36.56	40.01	300m: 3:57.48	40.45	400m: 5:13.05	36.00
44.	Riemke Tinnevelt	ZPC Hoogeveen	200503018	<b>5:13.22</b>	+0,75			
	50m: 35.95	35.95	150m: 1:56.43	40.80	250m: 3:16.22	39.48	350m: 4:36.24	39.25
	100m: 1:15.63	39.68	200m: 2:36.74	40.31	300m: 3:56.99	40.77	400m: 5:13.22	36.98
45.	Danique Giuliano	De Dolfijn	200600706	<b>5:13.63</b>	+0,78			
	50m: 36.47	36.47	150m: 1:56.37	40.36	250m: 3:16.40	39.75	350m: 4:35.68	39.55
	100m: 1:15.01	39.54	200m: 2:36.65	40.28	300m: 3:56.13	39.73	400m: 5:13.63	37.95
46.	Charley Zethoven	HZ&PC Heerenveen	200500868	<b>5:14.14</b>	+0,71			
	50m: 34.10	34.10	150m: 1:52.68	39.98	250m: 3:13.96	40.17	350m: 4:35.65	40.91
	100m: 1:12.70	38.60	200m: 2:33.79	41.11	300m: 3:54.74	40.78	400m: 5:14.14	38.49
47.	Amber Boomsma	HZ&PC Heerenveen	200401416	<b>5:14.90</b>	+0,74			
	50m: 34.04	34.04	150m: 1:53.71	40.50	250m: 3:16.62	41.35	350m: 4:37.26	40.28
	100m: 1:13.21	39.17	200m: 2:35.27	41.56	300m: 3:56.98	40.36	400m: 5:14.90	37.64
48.	Amber Tiesinga	HZ&PC Heerenveen	200600782	<b>5:16.67</b>	+0,89			
	50m: 36.03	36.03	150m: 1:55.48	39.87	250m: 3:15.93	39.89	350m: 4:37.00	40.46
	100m: 1:15.61	39.58	200m: 2:36.04	40.56	300m: 3:56.54	40.61	400m: 5:16.67	39.67
49.	Lonneke Tijmstra	Zwemlust- den Hommel	200502900	<b>5:19.28</b>	+0,90			
	50m: 35.67	35.67	150m: 1:56.71	41.21	250m: 3:19.06	40.87	350m: 4:41.06	40.67
	100m: 1:15.50	39.83	200m: 2:38.19	41.48	300m: 4:00.39	41.33	400m: 5:19.28	38.22
50.	Dyshanty Laurence	De Dolfijn	200106298	<b>5:21.85</b>	+0,78			
	50m: 36.32	36.32	150m: 1:57.83	41.23	250m: 3:20.06	41.04	350m: 4:42.02	40.86
	100m: 1:16.60	40.28	200m: 2:39.02	41.19	300m: 4:01.16	41.10	400m: 5:21.85	39.83
51.	Jasmijn Sterken	ZPC Hoogeveen	200701196	<b>5:22.82</b>	+0,81			
	50m: 35.19	35.19	150m: 1:58.70	42.41	250m: 3:21.96	41.82	350m: 4:44.65	40.63
	100m: 1:16.29	41.10	200m: 2:40.14	41.44	300m: 4:04.02	42.06	400m: 5:22.82	38.17
52.	Imre Bouwland	ZPC Hoogeveen	200700388	<b>5:23.18</b>	+0,83			
	50m: 34.70	34.70	150m: 1:54.80	40.58	250m: 3:18.56	42.03	350m: 4:42.80	42.74
	100m: 1:14.22	39.52	200m: 2:36.53	41.73	300m: 4:00.06	41.50	400m: 5:23.18	40.38
53.	Liselotte Schaap	HZ&PC Heerenveen	200603016	<b>5:31.43</b>	+0,65			
	50m: 37.13	37.13	150m: 2:00.15	41.93	250m: 3:24.80	42.66	350m: 4:50.45	42.76
	100m: 1:18.22	41.09	200m: 2:42.14	41.99	300m: 4:07.69	42.89	400m: 5:31.43	40.98
54.	Almyra Santing	ZPC Hoogeveen	200602786	<b>5:39.09</b>	+0,65			
	50m: 38.49	38.49	150m: 2:03.15	43.47	250m: 3:29.87	43.41	350m: 4:56.54	43.58
	100m: 1:19.68	41.19	200m: 2:46.46	43.31	300m: 4:12.96	43.09	400m: 5:39.09	42.55
55.	Jessica Dekkinga	HZ&PC Heerenveen	200600180	<b>5:53.37</b>	+0,78			
	50m: 39.03	39.03	150m: 2:08.72	45.73	250m: 3:39.75	45.74	350m: 5:10.70	44.77
	100m: 1:22.99	43.96	200m: 2:54.01	45.29	300m: 4:25.93	46.18	400m: 5:53.37	42.67