

Speedo Fast Water Meet
Amsterdam, 29- - 30-6-2019

Programmanr. 42
30-06-2019 - 12:45

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Lize Janna de Vries	Orca	200101948	4:57.02	+0,78			
	50m: 31.00	31.00	150m: 1:46.20	38.13	250m: 3:06.62	42.90	350m: 4:24.27	34.35
	100m: 1:08.07	37.07	200m: 2:23.72	37.52	300m: 3:49.92	43.30	400m: 4:57.02	32.75
2.	Isabel Aardema	DWK	200100364	5:05.73	+0,80			
	50m: 32.41	32.41	150m: 1:51.73	39.82	250m: 3:13.45	43.58	350m: 4:32.69	35.38
	100m: 1:11.91	39.50	200m: 2:29.87	38.14	300m: 3:57.31	43.86	400m: 5:05.73	33.04
3.	Wiktorja Redzimska	ZPC Hoogetveen	200106042	5:08.76	+0,76			
	50m: 33.56	33.56	150m: 1:50.20	37.64	250m: 3:12.48	44.43	350m: 4:33.75	36.40
	100m: 1:12.56	39.00	200m: 2:28.05	37.85	300m: 3:57.35	44.87	400m: 5:08.76	35.01
4.	Rinske Bouman	Rotterdam Swimming (SG)	200400578	5:16.73	+0,84			
	50m: 32.79	32.79	150m: 1:54.28	42.10	250m: 3:19.63	43.31	350m: 4:41.06	36.98
	100m: 1:12.18	39.39	200m: 2:36.32	42.04	300m: 4:04.08	44.45	400m: 5:16.73	35.67
5.	Charlotte Wilbers	ZPC Hoogetveen	200400312	5:21.55	+0,77			
	50m: 36.04	36.04	150m: 1:59.77	40.75	250m: 3:25.98	46.92	350m: 4:48.24	34.88
	100m: 1:19.02	42.98	200m: 2:39.06	39.29	300m: 4:13.36	47.38	400m: 5:21.55	33.31
6.	Joy Willekus	WZ&PC Purmerend	200602420	5:22.74	+0,64			
	50m: 33.97	33.97	150m: 1:57.37	43.46	250m: 3:21.91	43.49	350m: 4:46.28	39.49
	100m: 1:13.91	39.94	200m: 2:38.42	41.05	300m: 4:06.79	44.88	400m: 5:22.74	36.46
7.	Suze Kuipers	Orca	200301714	5:24.48	+0,80			
	50m: 33.88	33.88	150m: 1:53.38	38.67	250m: 3:20.31	48.61	350m: 4:47.69	37.90
	100m: 1:14.71	40.83	200m: 2:31.70	38.32	300m: 4:09.79	49.48	400m: 5:24.48	36.79
8.	Maike van de Velde	ZPCH	200000382	5:25.30	+0,86			
	50m: 33.80	33.80	150m: 1:54.19	40.66	250m: 3:21.03	46.74	350m: 4:47.30	38.55
	100m: 1:13.53	39.73	200m: 2:34.29	40.10	300m: 4:08.75	47.72	400m: 5:25.30	38.00
9.	Annabel Kuipers	DWK	200001076	5:29.68 *	+0,73			
	50m: 34.85	34.85	150m: 1:59.56	42.90	250m: 3:27.20	45.19	350m: 4:52.18	38.93
	100m: 1:16.66	41.81	200m: 2:42.01	42.45	300m: 4:13.25	46.05	400m: 5:29.68	37.50
10.	Esmee van Peer	TriVia	200201114	5:30.52	+0,81			
	50m: 33.81	33.81	150m: 1:57.20	42.48	250m: 3:27.52	48.43	350m: 4:53.66	36.94
	100m: 1:14.72	40.91	200m: 2:39.09	41.89	300m: 4:16.72	49.20	400m: 5:30.52	36.86
11.	Robin Spreeuw	ZPCH	200501262	5:35.93	+0,84			
	50m: 34.54	34.54	150m: 2:00.27	43.65	250m: 3:32.38	48.96	350m: 4:59.59	38.32
	100m: 1:16.62	42.08	200m: 2:43.42	43.15	300m: 4:21.27	48.89	400m: 5:35.93	36.34
12.	Anouk Vis	De Columbiaan	200203322	5:36.44	+0,80			
	50m: 35.31	35.31	150m: 1:59.56	43.24	250m: 3:28.75	48.49	350m: 4:58.03	39.86
	100m: 1:16.32	41.01	200m: 2:40.26	40.70	300m: 4:18.17	49.42	400m: 5:36.44	38.41
13.	Joëlle de Does	Ed-Vo	200600008	5:37.47	+0,73			
	50m: 34.95	34.95	150m: 2:00.56	43.49	250m: 3:30.95	47.30	350m: 4:59.76	40.12
	100m: 1:17.07	42.12	200m: 2:43.65	43.09	300m: 4:19.64	48.69	400m: 5:37.47	37.71
14.	Miron Schimmelpenning	ZPC Hoogetveen	200500426	5:42.91	+0,85			
	50m: 37.96	37.96	150m: 2:03.96	40.79	250m: 3:34.46	49.67	350m: 5:04.02	39.24
	100m: 1:23.17	45.21	200m: 2:44.79	40.83	300m: 4:24.78	50.32	400m: 5:42.91	38.89
AFGEM	Mara Tims	Rotterdam Swimming (SG)	200601136					
AFGEM	Evy Rozeboom	DAW	200601338					

