

Programmanr. 4
11-12-2011 - 13:36

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	inschrijftijd	startnr.	tijd	RT	niv.
Junioren 3 en later							
1.	Brigit Beukeveld	ZPC Bikkel Hoogeveen	4:53.32	199800216	4:49.12	+0,85	E
	50m: 32.53	32.53 150m: 1:43.83	36.48	250m: 2:58.25	37.24	350m: 4:13.18	37.19
	100m: 1:07.35	34.82 200m: 2:21.01	37.18	300m: 3:35.99	37.74	400m: 4:49.12	35.94
Jeugd 1 en 2							
1.	Manon Friskes	DWK	4:23.86	199701566	4:28.75	+0,75	C
	50m: 29.52	29.52 150m: 1:36.18	33.64	250m: 2:44.67	34.54	350m: 3:53.77	34.76
	100m: 1:02.54	33.02 200m: 2:10.13	33.95	300m: 3:19.01	34.34	400m: 4:28.75	34.98
2.	Linda Kamperman	Aquarijn	4:33.61	199601238	4:41.30	+0,72	E
	50m: 31.88	31.88 150m: 1:42.29	35.83	250m: 2:54.29	36.01	350m: 4:06.61	36.11
	100m: 1:06.46	34.58 200m: 2:18.28	35.99	300m: 3:30.50	36.21	400m: 4:41.30	34.69
3.	Adaja Stoetman	TriVia	4:42.29	199600348	4:45.48	+0,77	E
	50m: 32.48	32.48 150m: 1:46.36	37.17	250m: 2:59.06	35.71	350m: 4:11.22	36.37
	100m: 1:09.19	36.71 200m: 2:23.35	36.99	300m: 3:34.85	35.79	400m: 4:45.48	34.26
4.	Eva Werkman	Zwemlust-den Hommel	4:48.10	199703458	4:51.42	+0,80	F
	50m: 31.93	31.93 150m: 1:44.19	36.87	250m: 2:59.41	37.38	350m: 4:14.70	37.74
	100m: 1:07.32	35.39 200m: 2:22.03	37.84	300m: 3:36.96	37.55	400m: 4:51.42	36.72
Senioren 1 en ouder							
1.	Lynn Dybiona	AZ&PC	4:34.40	199501786	4:32.98	+0,74	D
	50m: 30.56	30.56 150m: 1:37.69	33.99	250m: 2:47.75	36.26	350m: 3:59.01	35.93
	100m: 1:03.70	33.14 200m: 2:12.49	34.80	300m: 3:23.08	35.33	400m: 4:32.98	33.97
2.	Kim Anne Bouw	AZ&PC	4:43.98	199000500	4:46.16	+0,76	F
	50m: 30.94	30.94 150m: 1:41.44	35.72	250m: 2:54.49	36.71	350m: 4:09.45	37.54
	100m: 1:05.72	34.78 200m: 2:17.78	36.34	300m: 3:31.91	37.42	400m: 4:46.16	36.71
AFGEM	Shireen Post	AZ&PC	4:28.25	199503286			