

Programmanr. 18  
20-12-2015 - 12:00

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Laura van Engelen	AquAmigos	4:13.03	200000350	<b>4:16.24</b> +0,78			
	50m: 28.68	28.68	150m: 1:33.10	32.76	250m: 2:38.92	32.76	350m: 3:44.87	32.96
	100m: 1:00.34	31.66	200m: 2:06.16	33.06	300m: 3:11.91	32.99	400m: 4:16.24	31.37
2.	Serena Stel	De Dolfijn	4:21.87	199801528	<b>4:19.83</b> +0,68			
	50m: 29.56	29.56	150m: 1:34.96	33.30	250m: 2:41.75	33.26	350m: 3:47.97	32.84
	100m: 1:01.66	32.10	200m: 2:08.49	33.53	300m: 3:15.13	33.38	400m: 4:19.83	31.86
3.	Soraya Wasser	PSV	4:28.77	199901358	<b>4:28.63</b> +0,71			
	50m: 30.92	30.92	150m: 1:38.81	34.31	250m: 2:47.76	34.43	350m: 3:55.65	34.00
	100m: 1:04.50	33.58	200m: 2:13.33	34.52	300m: 3:21.65	33.89	400m: 4:28.63	32.98
4.	Sanne Nijholt	Arethusa	4:29.70	199803316	<b>4:28.88</b> +0,72			
	50m: 32.00	32.00	150m: 1:40.02	34.23	250m: 2:48.09	33.94	350m: 3:56.13	33.95
	100m: 1:05.79	33.79	200m: 2:14.15	34.13	300m: 3:22.18	34.09	400m: 4:28.88	32.75
5.	Kaylin Stel	De Dolfijn	4:44.12	200100290	<b>4:34.41</b> +0,67			
	50m: 30.39	30.39	150m: 1:39.82	34.86	250m: 2:49.58	35.16	350m: 4:00.70	35.86
	100m: 1:04.96	34.57	200m: 2:14.42	34.60	300m: 3:24.84	35.26	400m: 4:34.41	33.71
6.	Hinke Groos	DZ&PC	4:29.57	199901768	<b>4:35.11</b> +0,68			
	50m: 30.87	30.87	150m: 1:38.28	34.26	250m: 2:48.23	35.14	350m: 3:59.77	35.96
	100m: 1:04.02	33.15	200m: 2:13.09	34.81	300m: 3:23.81	35.58	400m: 4:35.11	35.34
7.	Noa Oldenhof	De Dolfijn	4:34.72	199700622	<b>4:35.15</b> +0,68			
	50m: 31.04	31.04	150m: 1:40.64	35.26	250m: 2:50.68	34.94	350m: 4:01.19	35.21
	100m: 1:05.38	34.34	200m: 2:15.74	35.10	300m: 3:25.98	35.30	400m: 4:35.15	33.96
8.	Indy Jongman	PSV	4:39.12	200100528	<b>4:35.48</b> +0,83			
	50m: 30.61	30.61	150m: 1:40.04	35.08	250m: 2:50.98	35.36	350m: 4:01.42	34.81
	100m: 1:04.96	34.35	200m: 2:15.62	35.58	300m: 3:26.61	35.63	400m: 4:35.48	34.06
9.	Tamara Grove	De Dolfijn	4:33.89	199601266	<b>4:36.20</b> +0,76			
	50m: 31.12	31.12	150m: 1:40.49	35.00	250m: 2:50.23	34.82	350m: 4:00.82	35.49
	100m: 1:05.49	34.37	200m: 2:15.41	34.92	300m: 3:25.33	35.10	400m: 4:36.20	35.38
10.	Marije Oosterhuis	NTC PARA-Eemsrobben	4:35.91	199500318	<b>4:37.14</b> +0,78			
	50m: 30.54	30.54	150m: 1:39.22	34.91	250m: 2:49.84	35.35	350m: 4:02.30	36.41
	100m: 1:04.31	33.77	200m: 2:14.49	35.27	300m: 3:25.89	36.05	400m: 4:37.14	34.84
11.	Linda Kamperman	Aquarijn	4:30.15	199601238	<b>4:38.01</b> +0,67			
	50m: 30.49	30.49	150m: 1:38.58	34.46	250m: 2:49.10	35.49	350m: 4:01.61	36.52
	100m: 1:04.12	33.63	200m: 2:13.61	35.03	300m: 3:25.09	35.99	400m: 4:38.01	36.40
12.	Lonneke Kampman	PSV	4:39.14	200100146	<b>4:41.88</b> +0,76			
	50m: 31.18	31.18	150m: 1:41.46	35.81	250m: 2:53.65	35.74	350m: 4:05.82	36.29
	100m: 1:05.65	34.47	200m: 2:17.91	36.45	300m: 3:29.53	35.88	400m: 4:41.88	36.06
13.	Chantal Grove	De Dolfijn	4:44.26	199401844	<b>4:42.45</b> +0,72			
	50m: 31.45	31.45	150m: 1:42.77	36.03	250m: 2:55.32	36.26	350m: 4:07.45	36.07
	100m: 1:06.74	35.29	200m: 2:19.06	36.29	300m: 3:31.38	36.06	400m: 4:42.45	35.00
14.	Sam van Nunen	PSV	4:40.49	200100036	<b>4:44.08</b> +0,64			
	50m: 30.44	30.44	150m: 1:41.07	35.77	250m: 2:53.97	36.55	350m: 4:08.17	37.14
	100m: 1:05.30	34.86	200m: 2:17.42	36.35	300m: 3:31.03	37.06	400m: 4:44.08	35.91
15.	Esmee Venner	PSV	4:46.29	200000380	<b>4:44.60</b> +0,79			
	50m: 32.03	32.03	150m: 1:43.59	36.17	250m: 2:56.47	36.56	350m: 4:09.86	36.77
	100m: 1:07.42	35.39	200m: 2:19.91	36.32	300m: 3:33.09	36.62	400m: 4:44.60	34.74
16.	Manon Kampman	PSV	4:50.75	200000614	<b>4:44.85</b> +0,73			
	50m: 32.50	32.50	150m: 1:44.53	36.04	250m: 2:56.63	35.99	350m: 4:09.55	36.01
	100m: 1:08.49	35.99	200m: 2:20.64	36.11	300m: 3:33.54	36.91	400m: 4:44.85	35.30
17.	Marit de Lau	PSV	4:49.36	200101338	<b>4:45.06</b> +0,74			
	50m: 32.26	32.26	150m: 1:44.40	36.68	250m: 2:58.75	37.27	350m: 4:11.56	36.29
	100m: 1:07.72	35.46	200m: 2:21.48	37.08	300m: 3:35.27	36.52	400m: 4:45.06	33.50
18.	Bibi Stokvis	ZV De Zaan	4:42.79	199900892	<b>4:45.43</b> +0,74			
	50m: 31.08	31.08	150m: 1:42.19	36.07	250m: 2:56.00	37.01	350m: 4:09.42	36.74
	100m: 1:06.12	35.04	200m: 2:18.99	36.80	300m: 3:32.68	36.68	400m: 4:45.43	36.01
19.	Kim Rebergen	Hellas-Glana	4:47.91	200100676	<b>4:46.36</b> +0,73			
	50m: 31.96	31.96	150m: 1:45.31	37.20	250m: 2:58.83	36.97	350m: 4:12.49	36.79
	100m: 1:08.11	36.15	200m: 2:21.86	36.55	300m: 3:35.70	36.87	400m: 4:46.36	33.87
20.	Giulia Corsi	De Columbiaan	4:50.80	200100468	<b>4:46.82</b> +0,70			
	50m: 32.55	32.55	150m: 1:44.85	36.26	250m: 2:58.34	37.07	350m: 4:09.97	34.65
	100m: 1:08.59	36.04	200m: 2:21.27	36.42	300m: 3:35.32	36.98	400m: 4:46.82	36.85
21.	Luca Ebbinge	DZ&PC	4:49.15	199802406	<b>4:48.24</b> +0,67			
	50m: 33.03	33.03	150m: 1:45.97	36.48	250m: 2:59.30	36.74	350m: 4:12.77	36.54
	100m: 1:09.49	36.46	200m: 2:22.56	36.59	300m: 3:36.23	36.93	400m: 4:48.24	35.47

Programmanr. 18, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd						tijd			RT	
22.	Myrthe Meier 100m*	WS Twente	4:51.94						200001830	<b>4:48.52</b>			+0,79
	50m: 31.88 100m: 1:07.98	31.88 36.10	150m: 1:45.09 200m: 2:22.11	37.11 37.02	250m: 2:59.69 300m: 3:36.93	37.58 37.24	350m: 4:13.50 400m: 4:48.52	36.57 35.02					
23.	Sanne Barten	Aquarijn	4:49.07						200101282	<b>4:48.92</b>			+0,72
	50m: 32.83 100m: 1:08.41	32.83 35.58	150m: 1:45.19 200m: 2:22.31	36.78 37.12	250m: 2:59.26 300m: 3:36.23	36.95 36.97	350m: 4:13.41 400m: 4:48.92	37.18 35.51					
24.	Isaa Ebbinge	DZ&PC	4:53.61						200001314	<b>4:49.26</b>			+0,69
	50m: 32.87 100m: 1:09.80	32.87 36.93	150m: 1:46.88 200m: 2:23.76	37.08 36.88	250m: 3:01.21 300m: 3:38.40	37.45 37.19	350m: 4:14.58 400m: 4:49.26	36.18 34.68					
25.	Esmée van Geest	WVZ	4:48.87						200001286	<b>4:49.70</b>			+0,77
	50m: 32.56 100m: 1:08.75	32.56 36.19	150m: 1:45.53 200m: 2:22.73	36.78 37.20	250m: 2:59.59 300m: 3:37.04	36.86 37.45	350m: 4:14.34 400m: 4:49.70	37.30 35.36					
26.	Marlinde Beukers	WVZ	4:47.91						200101934	<b>4:50.99</b>			+0,73
	50m: 32.18 100m: 1:08.36	32.18 36.18	150m: 1:45.14 200m: 2:22.17	36.78 37.03	250m: 2:59.44 300m: 3:36.30	37.27 36.86	350m: 4:13.73 400m: 4:50.99	37.43 37.26					
27.	Denise van der Burgt	Zeester-Meerval	5:06.86						200201812	<b>4:51.92</b>			+0,74
	50m: 33.12 100m: 1:09.61	33.12 36.49	150m: 1:46.94 200m: 2:24.45	37.33 37.51	250m: 3:01.75 300m: 3:39.01	37.30 37.26	350m: 4:16.20 400m: 4:51.92	37.19 35.72					
28.	McKenzie Kelly	NIMO	4:56.42						199805438	<b>4:52.48</b>			+0,79
	50m: 32.52 100m: 1:08.64	32.52 36.12	150m: 1:45.11 200m: 2:22.36	36.47 37.25	250m: 2:59.85 300m: 3:37.28	37.49 37.43	350m: 4:15.18 400m: 4:52.48	37.90 37.30					
29.	Anne van Straaten	Hellas-Glana	5:01.68						199901884	<b>4:52.86</b>			+0,79
	50m: 33.15 100m: 1:09.77	33.15 36.62	150m: 1:46.31 200m: 2:23.97	36.54 37.66	250m: 3:01.23 300m: 3:38.90	37.26 37.67	350m: 4:17.07 400m: 4:52.86	38.17 35.79					
30.	Jessica Herbst	PSV	4:48.55						200205572	<b>4:53.17</b>			+0,75
	50m: 31.82 100m: 1:08.21	31.82 36.39	150m: 1:45.45 200m: 2:23.00	37.24 37.55	250m: 3:00.44 300m: 3:38.13	37.44 37.69	350m: 4:16.53 400m: 4:53.17	38.40 36.64					
31.	Lisa de Beijer	PSV	5:00.01						200002814	<b>4:53.88</b>			+0,70
	50m: 33.51 100m: 1:10.71	33.51 37.20	150m: 1:48.02 200m: 2:25.02	37.31 37.00	250m: 3:02.97 300m: 3:40.77	37.95 37.80	350m: 4:17.54 400m: 4:53.88	36.77 36.34					
32.	Kristel Blok	Zwemvereniging Hoorn	4:52.57						200005908	<b>4:54.19</b>			+0,73
	50m: 32.62 100m: 1:08.21	32.62 35.59	150m: 1:45.28 200m: 2:23.50	37.07 38.22	250m: 3:01.98 300m: 3:40.34	38.48 38.36	350m: 4:18.72 400m: 4:54.19	38.38 35.47					
33.	Lotte Hosper	De Fuut	5:05.32						200201414	<b>4:55.29</b>			+0,70
	50m: 33.58 100m: 1:10.33	33.58 36.75	150m: 1:47.46 200m: 2:25.35	37.13 37.89	250m: 3:02.88 300m: 3:40.92	37.53 38.04	350m: 4:18.62 400m: 4:55.29	37.70 36.67					
34.	Cheyenne van de Port	DWK	4:52.92						199804718	<b>4:56.07</b>			+0,70
	50m: 31.83 100m: 1:07.52	31.83 35.69	150m: 1:44.27 200m: 2:21.79	36.75 37.52	250m: 2:59.76 300m: 3:37.96	37.97 38.20	350m: 4:17.12 400m: 4:56.07	39.16 38.95					
35.	Rosa Ebbinge	DZ&PC	5:03.40						200200904	<b>4:56.95</b>			+0,71
	50m: 33.77 100m: 1:10.78	33.77 37.01	150m: 1:48.18 200m: 2:26.05	37.40 37.87	250m: 3:04.04 300m: 3:42.63	37.99 38.59	350m: 4:20.54 400m: 4:56.95	37.91 36.41					
36.	Sarah el Bacha	De Dolfijn	4:59.41						200201104	<b>4:57.31</b>			+0,71
	50m: 32.94 100m: 1:10.26	32.94 37.32	150m: 1:48.09 200m: 2:26.53	37.83 38.44	250m: 3:04.95 300m: 3:43.63	38.42 38.68	350m: 4:21.97 400m: 4:57.31	38.34 35.34					
37.	Amy de Sain	De Dolfijn	5:18.50						200304690	<b>4:58.31</b>			+0,85
	50m: 33.40 100m: 1:10.56	33.40 37.16	150m: 1:48.96 200m: 2:26.89	38.40 37.93	250m: 3:05.63 300m: 3:45.12	38.74 39.49	350m: 4:22.19 400m: 4:58.31	37.07 36.12					
38.	Aïcha Croes	De Dolfijn	5:01.93						199803338	<b>4:59.28</b>			+0,76
	50m: 33.63 100m: 1:11.30	33.63 37.67	150m: 1:49.49 200m: 2:27.84	38.19 38.35	250m: 3:06.21 300m: 3:44.61	38.37 38.40	350m: 4:22.07 400m: 4:59.28	37.46 37.21					
39.	Amber Celie	De Dolfijn	5:21.79						200300756	<b>5:01.82</b>			+0,84
	50m: 33.97 100m: 1:11.96	33.97 37.99	150m: 1:50.65 200m: 2:29.30	38.69 38.65	250m: 3:08.30 300m: 3:47.66	39.00 39.36	350m: 4:26.32 400m: 5:01.82	38.66 35.50					
40.	Kristel Beijk	De Columbiaan	5:14.32						200201278	<b>5:02.88</b>			+0,82
	50m: 33.90 100m: 1:11.95	33.90 38.05	150m: 1:50.79 200m: 2:29.41	38.84 38.62	250m: 3:08.66 300m: 3:47.51	39.25 38.85	350m: 4:26.05 400m: 5:02.88	38.54 36.83					
41.	Céline Fouzaï	De Dolfijn	4:58.13						200202750	<b>5:03.12</b>			+0,71
	50m: 33.14 100m: 1:09.55	33.14 36.41	150m: 1:47.39 200m: 2:26.08	37.84 38.69	250m: 3:06.19 300m: 3:45.93	40.11 39.74	350m: 4:25.91 400m: 5:03.12	39.98 37.21					
42.	Tessa Takken	Zwemvereniging Hoorn	5:10.72						200301692	<b>5:04.28</b>			+0,80
	50m: 34.45 100m: 1:12.72	34.45 38.27	150m: 1:51.10 200m: 2:30.23	38.38 39.13	250m: 3:08.96 300m: 3:47.68	38.73 38.72	350m: 4:26.47 400m: 5:04.28	38.79 37.81					

Programmanr. 18, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging	inschrijftijd	tijd	RT
43.	Gabriela Topfer 50m: 34.68 100m: 1:13.32	PSV 34.68 150m: 1:53.06 200m: 2:31.92 39.74 38.86	5:08.88 200301764 250m: 3:10.71 300m: 3:49.76 38.79 39.05 350m: 4:28.40 400m: 5:05.06 38.64 36.66	<b>5:05.06</b>	+0,81
44.	Tiffany Leerdam 200m* 50m: 32.96 100m: 1:13.32	De Dolfijn 32.96 150m: 1:49.98 200m: 2:28.75 38.36 38.77	4:58.10 200006200 250m: 3:08.81 300m: 3:48.28 40.06 39.47 350m: 4:26.86 400m: 5:05.32 38.58 38.46	<b>5:05.32</b>	+0,87
45.	Ilse Verhoef 50m: 34.93 100m: 1:14.37	PSV 34.93 150m: 1:55.75 200m: 2:36.99 39.44 41.24	5:21.53 200302288 250m: 3:16.42 300m: 3:56.80 39.43 40.38 350m: 4:37.69 400m: 5:15.24 40.89 37.55	<b>5:15.24</b>	+0,75
46.	Mila Maas 50m: 35.52 100m: 1:15.26	PSV 35.52 150m: 1:56.49 200m: 2:37.67 39.74 41.18	5:42.74 200302966 250m: 3:18.76 300m: 3:59.55 41.09 40.79 350m: 4:39.06 400m: 5:15.51 39.51 36.45	<b>5:15.51</b>	+0,80
47.	Inge Belfor 100m*, 200m* 50m: 35.22 100m: 1:13.66	NTC PARA-De Columbiaan 35.22 150m: 1:53.31 200m: 2:33.52 38.44 40.21	5:17.16 200100578 250m: 3:14.13 300m: 3:55.54 40.61 41.41 350m: 4:36.96 400m: 5:16.49 41.42 39.53	<b>5:16.49</b>	+0,74
48.	Madé Budding 50m: 36.09 100m: 1:16.77	DAW 36.09 150m: 1:57.86 200m: 2:39.14 40.68 41.28	5:35.50 200301554 250m: 3:20.55 300m: 4:01.87 41.41 41.32 350m: 4:42.87 400m: 5:20.82 41.00 37.95	<b>5:20.82</b>	+0,79
49.	Thirza van de Kraats 50m: 35.55 100m: 1:15.81	DWK 35.55 150m: 1:57.18 200m: 2:39.13 40.26 41.95	5:18.61 200200392 250m: 3:20.41 300m: 4:02.07 41.28 41.66 350m: 4:43.52 400m: 5:22.27 41.45 38.75	<b>5:22.27</b>	+0,72
50.	Nikita Herwig 50m: 35.16 100m: 1:16.59	Wiekslag 35.16 150m: 1:59.29 200m: 2:41.72 41.43 42.43	5:12.22 199903552 250m: 3:24.80 300m: 4:06.66 43.08 41.86 350m: 4:46.79 400m: 5:22.84 40.13 36.05	<b>5:22.84</b>	+0,81
51.	Romy Pansters 50m: 37.26 100m: 1:18.15	NTC PARA-ZPC Amersfoort 37.26 150m: 1:59.81 200m: 2:41.62 40.89 41.81	5:28.54 199605900 250m: 3:23.51 300m: 4:04.80 41.89 41.29 350m: 4:46.65 400m: 5:27.80 41.85 41.15	<b>5:27.80</b>	+0,88
52.	Lena Minderaa 50m: 37.42 100m: 1:19.87	DWK 37.42 150m: 2:02.89 200m: 2:46.74 42.45 43.85	5:48.92 200300252 250m: 3:29.95 300m: 4:13.18 43.21 43.23 350m: 4:56.87 400m: 5:37.56 43.69 40.69	<b>5:37.56</b>	+0,79
53.	Kim Servaas 50m: 36.93 100m: 1:19.37	PSV 36.93 150m: 2:02.74 200m: 2:46.18 42.44 43.44	5:36.60 200400836 250m: 3:29.45 300m: 4:12.96 43.27 43.51 350m: 4:56.59 400m: 5:37.67 43.63 41.08	<b>5:37.67</b>	+0,69
54.	Joëlla Bruins 50m: 36.18 100m: 1:17.50	ZPC Amersfoort 36.18 150m: 2:00.73 200m: 2:44.51 41.32 43.78	5:51.12 200300170 250m: 3:29.68 300m: 4:14.87 45.17 45.19 350m: 4:59.62 400m: 5:39.63 44.75 40.01	<b>5:39.63</b>	+0,74
RES	Myrthe Postma	De Fuut	6:02.64 200204978		