

Programmanr. 6  
19-12-2015 - 13:32

Dames, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	inschrijftijd			tijd			RT
1.	Marjolein Delno	VZC-E&P	4:42.97			199400024			<b>4:41.85</b> +0,78
	50m: 29.87	29.87	150m: 1:39.92	36.17	250m: 2:55.84	39.82	350m: 4:09.80	33.68	
	100m: 1:03.75	33.88	200m: 2:16.02	36.10	300m: 3:36.12	40.28	400m: 4:41.85	32.05	
2.	Serena Stel	De Dolfijn	5:06.92			199801528			<b>4:53.16</b> +0,72
	50m: 31.34	31.34	150m: 1:44.42	37.09	250m: 3:04.82	43.36	350m: 4:21.49	32.73	
	100m: 1:07.33	35.99	200m: 2:21.46	37.04	300m: 3:48.76	43.94	400m: 4:53.16	31.67	
3.	Laura van Engelen	AquAmigos	4:58.32			200000350			<b>4:56.55</b> +0,83
	50m: 31.70	31.70	150m: 1:47.39	38.17	250m: 3:07.87	43.41	350m: 4:23.87	32.96	
	100m: 1:09.22	37.52	200m: 2:24.46	37.07	300m: 3:50.91	43.04	400m: 4:56.55	32.68	
4.	Marlijn Hendriksen	Arethusa	5:09.42			198806828			<b>5:07.00</b> +0,72
	50m: 32.68	32.68	150m: 1:50.42	40.84	250m: 3:12.85	42.74	350m: 4:31.70	35.97	
	100m: 1:09.58	36.90	200m: 2:30.11	39.69	300m: 3:55.73	42.88	400m: 5:07.00	35.30	
5.	Manon Aerssens	PSV	5:16.67			199900344			<b>5:14.47</b> +0,72
	50m: 31.42	31.42	150m: 1:49.35	40.37	250m: 3:12.72	44.23	350m: 4:37.02	37.98	
	100m: 1:08.98	37.56	200m: 2:28.49	39.14	300m: 3:59.04	46.32	400m: 5:14.47	37.45	
6.	Annemarie Meijer	PSV	5:25.80			199900964			<b>5:16.09</b> +0,76
	50m: 34.21	34.21	150m: 1:58.94	42.11	250m: 3:21.76	42.82	350m: 4:41.70	36.36	
	100m: 1:16.83	42.62	200m: 2:38.94	40.00	300m: 4:05.34	43.58	400m: 5:16.09	34.39	
7.	Noa Oldenhof	De Dolfijn	5:19.39			199700622			<b>5:19.52</b> +0,69
	50m: 31.96	31.96	150m: 1:51.18	39.74	250m: 3:18.24	47.77	350m: 4:43.98	36.98	
	100m: 1:11.44	39.48	200m: 2:30.47	39.29	300m: 4:07.00	48.76	400m: 5:19.52	35.54	
8.	Chantalle Zijderveld <i>WR gehandicapt</i>	NTC PARA-De Devel	5:38.71			200000702			<b>5:20.32</b> +0,71
	50m: 32.96	32.96	150m: 1:55.09	42.71	250m: 3:20.62	43.42	350m: 4:44.00	38.10	
	100m: 1:12.38	39.42	200m: 2:37.20	42.11	300m: 4:05.90	45.28	400m: 5:20.32	36.32	
9.	Lonneke Kampman	PSV	5:10.88			200100146			<b>5:22.40</b> +0,74
	50m: 32.07	32.07	150m: 1:53.84	43.37	250m: 3:19.97	45.08	350m: 4:44.49	37.58	
	100m: 1:10.47	38.40	200m: 2:34.89	41.05	300m: 4:06.91	46.94	400m: 5:22.40	37.91	
10.	Manon Kampman	PSV	5:28.54			200000614			<b>5:24.66</b> +0,76
	50m: 31.43	31.43	150m: 1:50.96	41.39	250m: 3:19.80	49.04	350m: 4:48.50	38.68	
	100m: 1:09.57	38.14	200m: 2:30.76	39.80	300m: 4:09.82	50.02	400m: 5:24.66	36.16	
11.	Marije Oosterhuis	NTC PARA-Eemsrobber	5:55.45			199500318			<b>5:26.34</b> +0,77
	50m: 33.37	33.37	150m: 1:56.52	41.34	250m: 3:24.93	47.74	350m: 4:51.00	37.08	
	100m: 1:15.18	41.81	200m: 2:37.19	40.67	300m: 4:13.92	48.99	400m: 5:26.34	35.34	
12.	Lotte Hosper	De Fuut	5:41.81			200201414			<b>5:30.07</b> +0,72
	50m: 33.45	33.45	150m: 1:56.58	42.40	250m: 3:23.08	46.93	350m: 4:51.69	40.04	
	100m: 1:14.18	40.73	200m: 2:36.15	39.57	300m: 4:11.65	48.57	400m: 5:30.07	38.38	
13.	Merel Phaff	Nuenen	5:25.50			200100434			<b>5:30.86</b> +0,80
	50m: 33.11	33.11	150m: 1:54.25	40.91	250m: 3:23.72	49.66	350m: 4:52.88	39.03	
	100m: 1:13.34	40.23	200m: 2:34.06	39.81	300m: 4:13.85	50.13	400m: 5:30.86	37.98	
14.	Lisa Kruger	NTC PARA-ZPC Amersfoort	5:37.82			200005304			<b>5:36.17</b> +0,76
	50m: 35.45	35.45	150m: 2:03.46	42.04	250m: 3:31.72	48.14	350m: 4:59.46	39.89	
	100m: 1:21.42	45.97	200m: 2:43.58	40.12	300m: 4:19.57	47.85	400m: 5:36.17	36.71	
15.	Céline Fouzaï	De Dolfijn	5:47.15			200202750			<b>5:39.21</b> +0,68
	50m: 34.73	34.73	150m: 2:02.95	45.29	250m: 3:34.61	49.23	350m: 5:02.42	38.92	
	100m: 1:17.66	42.93	200m: 2:45.38	42.43	300m: 4:23.50	48.89	400m: 5:39.21	36.79	
16.	Manon Vermarien <i>NR gehandicapt</i>	NTC PARA-Hieronymus	5:41.41			199705680			<b>5:40.87</b> +0,79
	50m: 36.76	36.76	150m: 2:00.33	43.25	250m: 3:34.30	50.78	350m: 5:02.99	37.93	
	100m: 1:17.08	40.32	200m: 2:43.52	43.19	300m: 4:25.06	50.76	400m: 5:40.87	37.88	
17.	Anne van Straaten	Hellas-Glana	5:45.34			199901884			<b>5:46.24</b> +0,76
	50m: 37.43	37.43	150m: 2:07.60	42.41	250m: 3:39.96	50.57	350m: 4:59.28	39.68	
	100m: 1:25.19	47.76	200m: 2:49.39	41.79	300m: 4:29.60	49.64	400m: 5:46.24	36.96	
18.	Kim Jansen van Galen	PSV	6:02.10			200201594			<b>5:47.95</b> +0,86
	50m: 36.78	36.78	150m: 2:09.65	47.63	250m: 3:42.78	45.53	350m: 5:11.30	39.99	
	100m: 1:22.02	45.24	200m: 2:57.25	47.60	300m: 4:31.31	48.53	400m: 5:47.95	36.65	
19.	Gabriela Topfer	PSV	5:59.20			200301764			<b>5:48.69</b> +0,80
	50m: 36.47	36.47	150m: 2:05.04	43.02	250m: 3:37.33	49.10	350m: 5:09.49	40.39	
	100m: 1:22.02	45.55	200m: 2:48.23	43.19	300m: 4:29.10	51.77	400m: 5:48.69	39.20	
20.	Sanne Hofman <i>ER gehandicapt</i>	NTC PARA-ZPC Hoogeveen	6:01.92			200102154			<b>5:53.48</b> +0,74
	50m: 39.29	39.29	150m: 2:09.19	42.79	250m: 3:41.21	50.28	350m: 5:14.15	40.81	
	100m: 1:26.40	47.11	200m: 2:50.93	41.74	300m: 4:33.34	52.13	400m: 5:53.48	39.33	

Programmanr. 6, Dames, 400m wisselslag, Senioren Open

rang	naam	vereniging	inschrijftijd	tijd	RT			
21.	Nicole van Strien	WVZ	6:02.90	200200236	<b>5:58.29</b> +0,75			
	50m: 38.89	38.89	150m: 2:11.80	47.00	250m: 3:46.09	49.56	350m: 5:18.28	41.67
	100m: 1:24.80	45.91	200m: 2:56.53	44.73	300m: 4:36.61	50.52	400m: 5:58.29	40.01
22.	Liesette Bruinsma	NTC PARA-HZ&PC Heerenveen	6:04.03	200004346	<b>6:03.28</b> +0,64			
	<i>WR gehandicapten, NR op 50 en 100 vlinder</i>							
	50m: 37.45	37.45	150m: 2:11.47	49.73	250m: 3:52.24	50.05	350m: 5:24.96	42.57
	100m: 1:21.74	44.29	200m: 3:02.19	50.72	300m: 4:42.39	50.15	400m: 6:03.28	38.32
DIS	Chefanja Nunes	WVZ	5:40.00	200104750	RC			
AFGEM	Marlou van der Kulk	NTC PARA-ZPC Amersfoort	5:12.59	199306824				