

Programmanr. 18  
4-12-2016 - 12:05

Dames, 400m vrije slag

Junioren 1 en ouder  
Resultaten

Punten: FINA 2016

rang	naam	vereniging	startnr.	tijd	RT	FINA	IPC	
1.	Kinge Zandringa	De Dolfijn	199801422	<b>4:22.47</b>	+0,73	713		
	50m: 30.36	30.36	150m: 1:36.20	32.91	250m: 2:42.60	33.31	350m: 3:49.90	33.55
	100m: 1:03.29	32.93	200m: 2:09.29	33.09	300m: 3:16.35	33.75	400m: 4:22.47	32.57
2.	Hinke Groos	DZ&PC	199901768	<b>4:28.75</b>	+0,67	664		
	50m: 30.52	30.52	150m: 1:37.92	33.91	250m: 2:46.57	34.30	350m: 3:55.03	34.27
	100m: 1:04.01	33.49	200m: 2:12.27	34.35	300m: 3:20.76	34.19	400m: 4:28.75	33.72
3.	Soraya Wasser	PSV	199901358	<b>4:29.62</b>	+0,72	658		
	50m: 30.98	30.98	150m: 1:38.97	34.02	250m: 2:47.47	34.40	350m: 3:56.70	34.60
	100m: 1:04.95	33.97	200m: 2:13.07	34.10	300m: 3:22.10	34.63	400m: 4:29.62	32.92
4.	Inge Vieveen	WVZ	200100024	<b>4:29.83</b>	+0,81	656		
	50m: 30.77	30.77	150m: 1:39.47	34.72	250m: 2:48.42	34.45	350m: 3:56.97	34.14
	100m: 1:04.75	33.98	200m: 2:13.97	34.50	300m: 3:22.83	34.41	400m: 4:29.83	32.86
5.	Milou Schraeverus	De Dolfijn	199503878	<b>4:29.89</b>	+0,73	656		
	50m: 31.26	31.26	150m: 1:40.07	34.62	250m: 2:49.16	34.17	350m: 3:57.06	33.56
	100m: 1:05.45	34.19	200m: 2:14.99	34.92	300m: 3:23.50	34.34	400m: 4:29.89	32.83
6.	Tamara Grove	De Dolfijn	199601266	<b>4:29.97</b>	+0,70	655		
	50m: 30.45	30.45	150m: 1:38.68	34.51	250m: 2:47.53	34.16	350m: 3:56.80	34.65
	100m: 1:04.17	33.72	200m: 2:13.37	34.69	300m: 3:22.15	34.62	400m: 4:29.97	33.17
7.	Kaylin Stel	De Dolfijn	200100290	<b>4:31.91</b>	+0,65	641		
	50m: 29.56	29.56	150m: 1:37.06	34.29	250m: 2:46.45	34.67	350m: 3:57.39	35.52
	100m: 1:02.77	33.21	200m: 2:11.78	34.72	300m: 3:21.87	35.42	400m: 4:31.91	34.52
8.	Manon Aerssens	PSV	199900294	<b>4:33.05</b>	+0,70	633		
	50m: 31.32	31.32	150m: 1:39.83	34.56	250m: 2:48.95	34.46	350m: 3:58.35	34.73
	100m: 1:05.27	33.95	200m: 2:14.49	34.66	300m: 3:23.62	34.67	400m: 4:33.05	34.70
9.	Annemarie Meijer	PSV	199900964	<b>4:34.85</b>	+0,66	621		
	50m: 31.14	31.14	150m: 1:39.77	34.47	250m: 2:49.76	35.00	350m: 4:00.74	35.57
	100m: 1:05.30	34.16	200m: 2:14.76	34.99	300m: 3:25.17	35.41	400m: 4:34.85	34.11
10.	Amy de Sain	De Dolfijn	200304690	<b>4:35.53</b>	+0,78	616		
	50m: 30.59	30.59	150m: 1:41.17	35.92	250m: 2:53.55	35.81	350m: 4:03.00	34.63
	100m: 1:05.25	34.66	200m: 2:17.74	36.57	300m: 3:28.37	34.82	400m: 4:35.53	32.53
11.	Noa Oldenhof	De Dolfijn	199700622	<b>4:39.09</b>	+0,65	593		
	50m: 31.51	31.51	150m: 1:41.93	35.39	250m: 2:52.80	35.37	350m: 4:04.63	35.65
	100m: 1:06.54	35.03	200m: 2:17.43	35.50	300m: 3:28.98	36.18	400m: 4:39.09	34.46
12.	Sam van Nunen	PSV	200100036	<b>4:41.23</b>	+0,74	579		
	50m: 31.00	31.00	150m: 1:40.35	34.94	250m: 2:52.22	35.98	350m: 4:05.62	36.61
	100m: 1:05.41	34.41	200m: 2:16.24	35.89	300m: 3:29.01	36.79	400m: 4:41.23	35.61
13.	Chantal Grove	De Dolfijn	199401844	<b>4:41.90</b>	+0,74	575		
	50m: 31.46	31.46	150m: 1:42.55	35.89	250m: 2:54.44	35.80	350m: 4:06.53	36.10
	100m: 1:06.66	35.20	200m: 2:18.64	36.09	300m: 3:30.43	35.99	400m: 4:41.90	35.37
14.	Chayenne Poorts	NIMO	199800670	<b>4:42.36</b>	+0,84	572		
	50m: 30.96	30.96	150m: 1:41.28	35.73	250m: 2:53.83	36.30	350m: 4:06.55	36.17
	100m: 1:05.55	34.59	200m: 2:17.53	36.25	300m: 3:30.38	36.55	400m: 4:42.36	35.81
15.	Janneke Lenderink	De Dinkel	200100328	<b>4:42.50</b>	+0,76	572		
	50m: 32.01	32.01	150m: 1:43.48	36.35	250m: 2:54.97	35.49	350m: 4:06.36	35.59
	100m: 1:07.13	35.12	200m: 2:19.48	36.00	300m: 3:30.77	35.80	400m: 4:42.50	36.14
16.	Sterre Keller	The Hague Swimming (SG)	199904142	<b>4:43.00</b>	+0,73	569		
	50m: 30.93	30.93	150m: 1:42.18	36.29	250m: 2:54.76	36.21	350m: 4:07.03	36.41
	100m: 1:05.89	34.96	200m: 2:18.55	36.37	300m: 3:30.62	35.86	400m: 4:43.00	35.97
17.	Gaetane Demyttenaere	The Hague Swimming (SG)	199905018	<b>4:44.12</b>	+0,80	562		
	50m: 32.60	32.60	150m: 1:44.10	36.28	250m: 2:56.43	35.99	350m: 4:08.64	35.98
	100m: 1:07.82	35.22	200m: 2:20.44	36.34	300m: 3:32.66	36.23	400m: 4:44.12	35.48
18.	Lisa de Beijer	PSV	200002814	<b>4:45.22</b>	+0,78	555		
	50m: 32.05	32.05	150m: 1:43.19	36.21	250m: 2:55.76	36.39	350m: 4:09.22	36.84
	100m: 1:06.98	34.93	200m: 2:19.37	36.18	300m: 3:32.38	36.62	400m: 4:45.22	36.00
19.	Megan de Hoog	SCOM/De Zeehond'73 (SG)	200300214	<b>4:46.69</b>	+0,69	547		
	50m: 32.22	32.22	150m: 1:43.92	36.06	250m: 2:56.11	35.98	350m: 4:10.84	37.62
	100m: 1:07.86	35.64	200m: 2:20.13	36.21	300m: 3:33.22	37.11	400m: 4:46.69	35.85
20.	Bibi Stokvis	Het Y	199900892	<b>4:47.11</b>	+0,82	544		
	50m: 31.55	31.55	150m: 1:43.95	36.65	250m: 2:57.62	36.69	350m: 4:10.79	36.67
	100m: 1:07.30	35.75	200m: 2:20.93	36.98	300m: 3:34.12	36.50	400m: 4:47.11	36.32

let op gewijzigde aanvangstijd op zaterdag

Programmanr. 18, Dames, 400m vrije slag, Junioren 1 en ouder

rang	naam	vereniging	startnr.	tijd	RT	FINA	IPC
21.	Elles Becker	Zwemclub Zeist	199600628	<b>4:47.12</b>	+0,76	544	
	50m: 30.78	30.78 150m: 1:40.17	250m: 2:53.50	36.93 350m:	4:09.62		39.21
	100m: 1:04.79	34.01 200m: 2:16.57	300m: 3:30.41	36.91 400m:	4:47.12		37.50
22.	Chiméne Rakers	De Dinkel	200101778	<b>4:48.23</b>	+0,78	538	
	50m: 32.51	32.51 150m: 1:44.23	250m: 2:58.11	37.11 350m:	4:12.53		37.31
	100m: 1:08.12	35.61 200m: 2:21.00	300m: 3:35.22	37.11 400m:	4:48.23		35.70
23.	Hester Blom	Het Y	200100974	<b>4:49.06</b>	+0,67	534	
	50m: 32.21	32.21 150m: 1:44.72	250m: 2:58.41	37.21 350m:	4:12.33		37.02
	100m: 1:08.24	36.03 200m: 2:21.20	300m: 3:35.31	36.90 400m:	4:49.06		36.73
24.	Elise Hardeman	ZPC AMERSFOORT	200101068	<b>4:49.65</b>	+0,73	530	
	50m: 31.40	31.40 150m: 1:44.84	250m: 2:59.20	37.44 350m:	4:13.79		36.99
	100m: 1:07.79	36.39 200m: 2:21.76	300m: 3:36.80	37.60 400m:	4:49.65		35.86
25.	Esmée Venner	PSV	200000380	<b>4:50.84</b>	+0,72	524	
	50m: 32.17	32.17 150m: 1:43.82	250m: 2:57.69	37.09 350m:	4:13.76		38.55
	100m: 1:07.40	35.23 200m: 2:20.60	300m: 3:35.21	37.52 400m:	4:50.84		37.08
26.	Tessa Takken	De Dolfijn	200301692	<b>4:53.94</b>	+0,81	507	
	50m: 32.41	32.41 150m: 1:46.23	250m: 3:02.21	38.37 350m:	4:18.14		37.63
	100m: 1:09.24	36.83 200m: 2:23.84	300m: 3:40.51	38.30 400m:	4:53.94		35.80
27.	Marith de Jong	The Hague Swimming (SG)	200200012	<b>4:54.27</b>	+0,68	506	
	50m: 32.94	32.94 150m: 1:45.78	250m: 3:00.46	37.39 350m:	4:16.64		38.23
	100m: 1:08.77	35.83 200m: 2:23.07	300m: 3:38.41	37.95 400m:	4:54.27		37.63
28.	Chantal Beijer	DWT	199700884	<b>4:54.89</b>	+0,76	502	
	50m: 33.14	33.14 150m: 1:47.35	250m: 3:03.71	38.28 350m:	4:19.53		37.72
	100m: 1:09.69	36.55 200m: 2:25.43	300m: 3:41.81	38.10 400m:	4:54.89		35.36
29.	Chantal van der Horst	De Meer	199400616	<b>4:56.94</b>	+0,79	492	
	50m: 32.79	32.79 150m: 1:46.74	250m: 3:03.13	38.25 350m:	4:20.19		38.20
	100m: 1:09.09	36.30 200m: 2:24.88	300m: 3:41.99	38.86 400m:	4:56.94		36.75
30.	Mila Maas	PSV	200302966	<b>4:58.23</b>	+0,81	486	
	50m: 33.25	33.25 150m: 1:48.34	250m: 3:04.74	38.51 350m:	4:21.24		38.23
	100m: 1:10.73	37.48 200m: 2:26.23	300m: 3:43.01	38.27 400m:	4:58.23		36.99
31.	Vera Kalous	DWT	200006610	<b>5:00.19</b>	+0,72	476	
	50m: 33.37	33.37 150m: 1:48.58	250m: 3:06.10	38.92 350m:	4:23.52		38.40
	100m: 1:10.07	36.70 200m: 2:27.18	300m: 3:45.12	39.02 400m:	5:00.19		36.67
32.	Amé Hulleman	ReVeLie Swim Team	200202794	<b>5:02.52</b>	+0,81	465	
	50m: 32.32	32.32 150m: 1:46.86	250m: 3:05.06	39.20 350m:	4:24.16		39.67
	100m: 1:08.66	36.34 200m: 2:25.86	300m: 3:44.49	39.43 400m:	5:02.52		38.36
33.	Hannah Franssen	PSV	200202646	<b>5:04.39</b>	+0,62	457	
	50m: 33.04	33.04 150m: 1:47.49	250m: 3:04.53	38.39 350m:	4:24.05		40.11
	100m: 1:09.76	36.72 200m: 2:26.14	300m: 3:43.94	39.41 400m:	5:04.39		40.34
34.	Iona van der Toorn	The Hague Swimming (SG)	199900884	<b>5:04.67</b>	+0,72	456	
	50m: 32.51	32.51 150m: 1:46.13	250m: 3:03.86	39.57 350m:	4:24.10		40.12
	100m: 1:08.44	35.93 200m: 2:24.29	300m: 3:43.98	40.12 400m:	5:04.67		40.57
35.	Aïcha Croes	De Dolfijn	199803338	<b>5:06.97</b>	+0,74	445	
	50m: 33.38	33.38 150m: 1:49.45	250m: 3:08.44	39.48 350m:	4:28.00		39.99
	100m: 1:10.87	37.49 200m: 2:28.96	300m: 3:48.01	39.57 400m:	5:06.97		38.97
36.	Jonne Moleman	NTC PARA - AZC	200006264	<b>5:07.35</b>	+0,47	444	699
	50m: 33.89	33.89 150m: 1:50.36	250m: 3:09.20	39.06 350m:	4:29.01		39.95
	100m: 1:11.02	37.13 200m: 2:30.14	300m: 3:49.06	39.86 400m:	5:07.35		38.34
37.	Maartje Rijnja	The Hague Swimming (SG)	200101344	<b>5:08.63</b>	+0,78	438	
	50m: 34.06	34.06 150m: 1:50.75	250m: 3:10.51	40.08 350m:	4:29.95		39.54
	100m: 1:12.16	38.10 200m: 2:30.43	300m: 3:50.41	39.90 400m:	5:08.63		38.68
38.	Thirza van de Kraats	DWK	200200392	<b>5:17.29</b>	+0,75	403	
	50m: 34.99	34.99 150m: 1:54.64	250m: 3:15.97	40.12 350m:	4:38.08		41.13
	100m: 1:14.12	39.13 200m: 2:35.85	300m: 3:56.95	40.98 400m:	5:17.29		39.21
39.	Suze Sips	De Waalstroom	200003788	<b>5:18.37</b>	+0,91	399	
	50m: 34.12	34.12 150m: 1:50.91	250m: 3:14.15	41.96 350m:	4:38.10		42.02
	100m: 1:11.81	37.69 200m: 2:32.19	300m: 3:56.08	41.93 400m:	5:18.37		40.27
40.	Jill Nai Chung Tong	ZVVS	200404272	<b>5:22.29</b>	+0,73	385	
	50m: 33.33	33.33 150m: 1:53.79	250m: 3:16.89	41.64 350m:	4:40.70		41.71
	100m: 1:12.68	39.35 200m: 2:35.25	300m: 3:58.99	42.10 400m:	5:22.29		41.59