

Programmanr. 18  
26-11-2017 - 12:02

Dames, 400m vrije slag

Junioren 1 en ouder  
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Serena Stel	RTC - De Dolfijn	4:16.51	199801528	4:15.59 +0,71			
	50m: 29.16 100m: 1:01.37	29.16 32.21	150m: 1:33.79 200m: 2:06.23	32.42 32.44	250m: 2:39.12 300m: 3:12.05	32.89 32.93	350m: 3:44.20 400m: 4:15.59	32.15 31.39
2.	Imani de Jong	RTC - ZPCH	4:12.00	200200464	4:17.06 +0,74			
	50m: 29.24 100m: 1:01.46	29.24 32.22	150m: 1:34.02 200m: 2:06.79	32.56 32.77	250m: 2:39.66 300m: 3:12.73	32.87 33.07	350m: 3:45.66 400m: 4:17.06	32.93 31.40
3.	Jamilla van Veen	ZPC Woerden	4:32.11	199603192	4:26.24 +0,79			
	50m: 29.75 100m: 1:02.61	29.75 32.86	150m: 1:36.05 200m: 2:10.02	33.44 33.97	250m: 2:43.96 300m: 3:18.65	33.94 34.69	350m: 3:53.27 400m: 4:26.24	34.62 32.97
4.	Sterre Keller	The Hague Swimming (SG)	4:40.07	199904142	4:34.48 +0,76			
	50m: 30.18 100m: 1:03.69	30.18 33.51	150m: 1:38.23 200m: 2:13.44	34.54 35.21	250m: 2:48.68 300m: 3:24.18	35.24 35.50	350m: 3:59.69 400m: 4:34.48	35.51 34.79
5.	Tamara Grove	De Dolfijn	4:29.97	199601266	4:36.23 +0,71			
	50m: 30.50 100m: 1:04.27	30.50 33.77	150m: 1:38.97 200m: 2:13.75	34.70 34.78	250m: 2:48.83 300m: 3:24.32	35.08 35.49	350m: 4:00.38 400m: 4:36.23	36.06 35.85
6.	Femke Hoppenbrouwer	The Hague Swimming (SG)	5:08.78	200301124	4:39.53 +0,81			
	50m: 30.05 100m: 1:04.12	30.05 34.07	150m: 1:39.67 200m: 2:15.27	35.55 35.60	250m: 2:51.71 300m: 3:28.29	36.44 36.58	350m: 4:04.71 400m: 4:39.53	36.42 34.82
7.	Annemarie Hoving	TriVia	4:44.40	200000248	4:40.04 +0,74			
	50m: 31.43 100m: 1:06.31	31.43 34.88	150m: 1:42.22 200m: 2:18.32	35.91 36.10	250m: 2:53.81 300m: 3:29.94	35.49 36.13	350m: 4:00.00 400m: 4:40.04	35.46 34.64
8.	Noa Oldenhof	De Dolfijn	4:39.09	199700622	4:40.71 +0,65			
	50m: 31.52 100m: 1:06.16	31.52 34.64	150m: 1:40.94 200m: 2:16.31	34.78 35.37	250m: 2:51.57 300m: 3:27.43	35.26 35.86	350m: 4:04.07 400m: 4:40.71	36.64 36.64
9.	Inge Dekker	TriVia	4:45.28	200200476	4:40.95 +0,76			
	50m: 31.20 100m: 1:06.25	31.20 35.05	150m: 1:42.00 200m: 2:18.31	35.75 36.31	250m: 2:54.46 300m: 3:30.66	36.15 36.20	350m: 4:06.60 400m: 4:40.95	35.94 34.35
10.	Kiki Koopman	De Dinkel	4:40.47	200200232	4:44.08 +0,74			
	50m: 31.14 100m: 1:06.02	31.14 34.88	150m: 1:42.52 200m: 2:18.99	36.50 36.47	250m: 2:55.71 300m: 3:31.94	36.72 36.23	350m: 4:08.46 400m: 4:44.08	36.52 35.62
11.	Ilse Kraaijeveld	The Hague Swimming (SG)	4:50.70	200202190	4:44.48 +0,70			
	50m: 30.54 100m: 1:05.20	30.54 34.66	150m: 1:41.74 200m: 2:18.93	36.54 37.19	250m: 2:56.17 300m: 3:32.77	37.24 36.60	350m: 4:09.51 400m: 4:44.48	36.74 34.97
12.	Vera Renshof	DWK	4:39.09	200301582	4:45.73 +0,72			
	50m: 30.91 100m: 1:06.38	30.91 35.47	150m: 1:42.67 200m: 2:19.37	36.29 36.70	250m: 2:56.17 300m: 3:33.79	36.80 37.62	350m: 4:09.73 400m: 4:45.73	35.94 36.00
13.	Lieke Nijmeijer	ZPC AMERSFOORT	4:47.98	200300124	4:49.22 +0,73			
	50m: 33.01 100m: 1:08.81	33.01 35.80	150m: 1:45.44 200m: 2:22.38	36.63 36.94	250m: 2:58.89 300m: 3:35.64	36.51 36.75	350m: 4:13.06 400m: 4:49.22	37.42 36.16
14.	Tessa Takken	De Dolfijn	4:50.16	200301692	4:49.39 +0,80			
	50m: 31.92 100m: 1:07.75	31.92 35.83	150m: 1:44.64 200m: 2:21.51	36.89 36.87	250m: 2:58.55 300m: 3:35.98	37.04 37.43	350m: 4:13.21 400m: 4:49.39	37.23 36.18
15.	Marieke Lenderink	De Dinkel	4:48.03	200400778	4:50.12 +0,77			
	50m: 32.21 100m: 1:08.38	32.21 36.17	150m: 1:45.51 200m: 2:22.93	37.13 37.42	250m: 3:00.02 300m: 3:37.62	37.09 37.60	350m: 4:15.03 400m: 4:50.12	37.41 35.09
16.	Amé Hulleman	ReVeLie Swim Team	4:56.40	200202794	4:54.03 +0,78			
	50m: 32.02 100m: 1:08.35	32.02 36.33	150m: 1:45.66 200m: 2:23.21	37.31 37.55	250m: 3:00.35 300m: 3:38.05	37.14 37.70	350m: 4:16.20 400m: 4:54.03	38.15 37.83
17.	Caroline Boxman	ZPCH	5:02.01	200004660	4:54.40 +0,80			
	50m: 32.22 100m: 1:07.97	32.22 35.75	150m: 1:45.36 200m: 2:23.36	37.39 38.00	250m: 3:01.31 300m: 3:38.91	37.95 37.60	350m: 4:17.03 400m: 4:54.40	38.12 37.37
18.	Sanne Vermeulen	The Hague Swimming (SG)	4:56.00	200303902	4:58.02 +0,86			
	50m: 32.88 100m: 1:10.01	32.88 37.13	150m: 1:47.62 200m: 2:25.09	37.61 37.47	250m: 3:03.42 300m: 3:41.82	38.33 38.40	350m: 4:20.44 400m: 4:58.02	38.62 37.58
19.	Maartje Rijnja	The Hague Swimming (SG)	5:08.63	200101344	4:58.64 +0,77			
	50m: 32.97 100m: 1:10.32	32.97 37.35	150m: 1:48.70 200m: 2:26.48	38.38 37.78	250m: 3:05.28 300m: 3:43.67	38.80 38.39	350m: 4:22.37 400m: 4:58.64	38.70 36.27
20.	Sanne Smit	OEZA	5:01.84	200105302	4:58.85 +0,81			
	50m: 33.21 100m: 1:10.03	33.21 36.82	150m: 1:47.79 200m: 2:25.52	37.76 37.73	250m: 3:03.51 300m: 3:41.72	37.99 38.21	350m: 4:20.59 400m: 4:58.85	38.87 38.26
21.	Pieke Sterk	Aquarijn	5:03.13	200401158	5:00.03 +0,67			
	50m: 33.01 100m: 1:09.54	33.01 36.53	150m: 1:47.15 200m: 2:24.87	37.61 37.72	250m: 3:03.50 300m: 3:42.73	38.63 39.23	350m: 4:21.97 400m: 5:00.03	39.24 38.06

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

rang	naam	vereniging	inschrijftijd	tijd	RT			
22.	Femke Doorenbos	De Duinkickers	4:55.54	200404214	5:04.16 +0,73			
	50m: 32.47	32.47	150m: 1:46.98	38.28	250m: 3:05.75	39.74	350m: 4:25.43	40.06
	100m: 1:08.70	36.23	200m: 2:26.01	39.03	300m: 3:45.37	39.62	400m: 5:04.16	38.73
23.	Jasmijn van Genderen	ZV De Zaan	5:11.22	200500656	5:13.35 +0,76			
	50m: 34.01	34.01	150m: 1:52.01	39.85	250m: 3:13.07	41.14	350m: 4:34.55	41.22
	100m: 1:12.16	38.15	200m: 2:31.93	39.92	300m: 3:53.33	40.26	400m: 5:13.35	38.80
24.	Mariëlle Visser	De Zwoer	5:16.25	200500730	5:14.65 +0,74			
	50m: 34.86	34.86	150m: 1:52.39	39.09	250m: 3:12.98	40.87	350m: 4:34.18	41.23
	100m: 1:13.30	38.44	200m: 2:32.11	39.72	300m: 3:52.95	39.97	400m: 5:14.65	40.47
25.	Lara Hoeksema	The Hague Swimming (SG)	5:14.85	200400514	5:16.65 +0,79			
	50m: 35.16	35.16	150m: 1:55.03	40.33	250m: 3:16.37	40.73	350m: 4:37.93	40.69
	100m: 1:14.70	39.54	200m: 2:35.64	40.61	300m: 3:57.24	40.87	400m: 5:16.65	38.72
26.	Dana van Leeuwen	KZC	5:14.86	200500150	5:19.69 +0,90			
	50m: 37.43	37.43	150m: 1:58.63	41.06	250m: 3:20.17	40.91	350m: 4:41.18	40.18
	100m: 1:17.57	40.14	200m: 2:39.26	40.63	300m: 4:01.00	40.83	400m: 5:19.69	38.51
27.	Vivianne Woltjes	The Hague Swimming (SG)	5:19.00	200501524	5:22.71 +0,81			
	50m: 35.39	35.39	150m: 1:56.98	41.83	250m: 3:19.99	41.48	350m: 4:42.29	41.07
	100m: 1:15.15	39.76	200m: 2:38.51	41.53	300m: 4:01.22	41.23	400m: 5:22.71	40.42
DIS	Mara Bosman	The Hague Swimming (SG)	4:55.41	200303048	AA			
	<i>AA - Gestart voor het startsignaal (en wel gezwommen).</i>							
AFGEM	Megan de Hoog	SCOM/De Zeehond'73 (SG)	4:44.60	200300214				