

Programmanr. 6
25-11-2017 - 13:53

Dames, 400m wisselslag

Junioren 1 en ouder
Resultaten

rang	naam	vereniging	inschrijftijd	tijd	RT			
1.	Tessa Vermeulen	NTC - De Dolfijn	4:49.74	199800068	4:47.68 +0,75			
	50m: 29.97	29.97	150m: 1:39.95	34.27	250m: 2:57.05	42.45	350m: 4:14.67	33.55
	100m: 1:05.68	35.71	200m: 2:14.60	34.65	300m: 3:41.12	44.07	400m: 4:47.68	33.01
2.	Serena Stel	RTC - De Dolfijn	4:52.75	199801528	4:50.04 +0,67			
	50m: 31.06	31.06	150m: 1:44.73	37.60	250m: 3:04.20	41.51	350m: 4:19.69	32.09
	100m: 1:07.13	36.07	200m: 2:22.69	37.96	300m: 3:47.60	43.40	400m: 4:50.04	30.35
3.	Imani de Jong	RTC - ZPCH	4:56.06	200200464	4:54.06 +0,70			
	50m: 30.24	30.24	150m: 1:42.68	37.05	250m: 3:03.30	42.46	350m: 4:20.74	33.73
	100m: 1:05.63	35.39	200m: 2:20.84	38.16	300m: 3:47.01	43.71	400m: 4:54.06	33.32
4.	Kaylee de Jong	RTC - ZPCH	5:11.45	200001234	4:56.03 +0,85			
	50m: 31.22	31.22	150m: 1:45.78	38.84	250m: 3:07.37	44.08	350m: 4:24.22	34.00
	100m: 1:06.94	35.72	200m: 2:23.29	37.51	300m: 3:50.22	42.85	400m: 4:56.03	31.81
5.	Amber Celie	De Dolfijn	5:11.52	200300756	5:09.32 +0,73			
	50m: 32.84	32.84	150m: 1:50.33	38.62	250m: 3:14.25	45.85	350m: 4:35.92	35.26
	100m: 1:11.71	38.87	200m: 2:28.40	38.07	300m: 4:00.66	46.41	400m: 5:09.32	33.40
6.	Tessa Giele	SCOM/De Zeehond'73 (SG)	5:46.11	200203124	5:20.02 +0,67			
	50m: 31.87	31.87	150m: 1:50.46	41.14	250m: 3:16.88	45.11	350m: 4:44.49	39.37
	100m: 1:09.32	37.45	200m: 2:31.77	41.31	300m: 4:05.12	48.24	400m: 5:20.02	35.53
7.	Lisa Kruger	NTC PARA - ZPC AMERSFOORT	5:28.13	200005304	5:23.01 +0,79			
	50m: 33.83	33.83	150m: 1:55.85	41.25	250m: 3:21.52	46.47	350m: 4:47.66	39.56
	100m: 1:14.60	40.77	200m: 2:35.05	39.20	300m: 4:08.10	46.58	400m: 5:23.01	35.35
8.	Amy de Sain	De Dolfijn	5:08.38	200304690	5:26.27 +0,79			
	50m: 33.04	33.04	150m: 1:55.38	42.34	250m: 3:22.26	45.47	350m: 4:48.17	39.78
	100m: 1:13.04	40.00	200m: 2:36.79	41.41	300m: 4:08.39	46.13	400m: 5:26.27	38.10
9.	Ilse Kraaijeveld	The Hague Swimming (SG)	5:20.10	200202190	5:28.08 +0,72			
	50m: 32.54	32.54	150m: 1:57.94	43.27	250m: 3:26.64	48.24	350m: 4:52.15	37.26
	100m: 1:14.67	42.13	200m: 2:38.40	40.46	300m: 4:14.89	48.25	400m: 5:28.08	35.93
10.	Giulia Corsi	De Columbiaan	5:24.86	200100468	5:33.23 +0,73			
	50m: 34.22	34.22	150m: 1:58.09	42.82	250m: 3:28.37	48.12	350m: 4:55.11	38.05
	100m: 1:15.27	41.05	200m: 2:40.25	42.16	300m: 4:17.06	48.69	400m: 5:33.23	38.12
11.	Yke Groener	De Dinkel	5:39.52	200500772	5:35.32 +0,87			
	50m: 34.26	34.26	150m: 2:02.54	41.30	250m: 3:32.09	48.71	350m: 4:59.93	37.87
	100m: 1:21.24	46.98	200m: 2:43.38	40.84	300m: 4:22.06	49.97	400m: 5:35.32	35.39
12.	Nora Brouwer	Aquapoldro	5:30.22	200300480	5:40.14 +0,79			
	50m: 34.55	34.55	150m: 1:58.47	42.99	250m: 3:30.88	50.13	350m: 5:01.25	40.23
	100m: 1:15.48	40.93	200m: 2:40.75	42.28	300m: 4:21.02	50.14	400m: 5:40.14	38.89
13.	Lize van Stigt	LinK/z&pc Katwijk (SG)	5:36.99	200401510	5:42.34 * +0,67			
	50m: 34.39	34.39	150m: 1:59.03	43.04	250m: 3:33.82	51.74	350m: 5:04.32	38.40
	100m: 1:15.99	41.60	200m: 2:42.08	43.05	300m: 4:25.92	52.10	400m: 5:42.34	38.02
14.	Mara Bosman	The Hague Swimming (SG)	5:49.25	200303048	5:42.82			
	50m: 40.46	40.46	150m: 2:12.25	42.70	250m: 3:40.52	46.62	350m: 5:05.73	37.96
	100m: 1:29.55	49.09	200m: 2:53.90	41.65	300m: 4:27.77	47.25	400m: 5:42.82	37.09
15.	Chantal Tiesinga	TriVia	5:55.72	200302452	5:45.33 +0,77			
	50m: 36.08	36.08	150m: 2:05.11	43.46	250m: 3:37.30	48.98	350m: 5:07.14	39.90
	100m: 1:21.65	45.57	200m: 2:48.32	43.21	300m: 4:27.24	49.94	400m: 5:45.33	38.19
16.	Chantal Beijer	DWT	5:24.53	199700884	5:45.67 +0,73			
	50m: 34.20	34.20	150m: 2:04.23	43.93	250m: 3:35.88	49.37	350m: 5:06.23	41.05
	100m: 1:20.30	46.10	200m: 2:46.51	42.28	300m: 4:25.18	49.30	400m: 5:45.67	39.44
17.	Lena Minderaa	DWK	5:39.14	200300252	5:51.88 +0,76			
	50m: 34.16	34.16	150m: 2:02.56	46.30	250m: 3:38.13	51.07	350m: 5:11.69	40.23
	100m: 1:16.26	42.10	200m: 2:47.06	44.50	300m: 4:31.46	53.33	400m: 5:51.88	40.19
18.	Nine Galy	DAW	5:59.70	200402902	6:04.09 * +0,74			
	50m: 35.42	35.42	150m: 2:07.34	45.79	250m: 3:47.34	53.72	350m: 5:23.22	40.96
	100m: 1:21.55	46.13	200m: 2:53.62	46.28	300m: 4:42.26	54.92	400m: 6:04.09	40.87
19.	Liesette Bruinsma	NTC PARA - HZ&PC Heerenveen	6:03.28	200004346	6:06.12 +0,69			
	50m: 37.98	37.98	150m: 2:16.24	50.41	250m: 3:52.94	49.12	350m: 5:25.01	41.99
	100m: 1:25.83	47.85	200m: 3:03.82	47.58	300m: 4:43.02	50.08	400m: 6:06.12	41.11
DIS	Mayke Westerhof	De Dinkel	5:41.65	200201488	VQ			
	VQ - Bij het loslaten van de wand na het keerpunt de borstligging niet aangenomen.							