

Programmanr. 35
23-10-2011 - 12:03

Dames, 400m vrije slag

Junioren 2 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd
Junioren 2 en 3				
1.	Melissa Baars	Aquarijn	4:59.01	199900376
	50m: 32.92	150m: 1:46.55	3:02.80	38.11
	100m: 1:09.07	200m: 2:24.69	3:41.23	38.43
		250m: 3:41.23	38.43	350m: 4:18.81
		300m: 3:41.23	38.43	400m: 4:54.96
				37.58
				36.15
2.	Myrthe de Jong	Racing Club	4:47.06	9800244
	50m: 33.17	150m: 1:48.75	3:04.62	37.94
	100m: 1:10.40	200m: 2:26.68	3:43.12	38.50
		250m: 3:43.12	38.50	350m: 4:20.72
		300m: 3:43.12	38.50	400m: 4:58.39
				37.60
				37.67
3.	Chiara van Winsum	AZ&PC	5:10.70	199800364
	50m: 35.19	150m: 1:53.50	3:13.25	39.67
	100m: 1:13.98	200m: 2:33.58	3:52.44	39.19
		250m: 3:52.44	39.19	350m: 4:31.89
		300m: 3:52.44	39.19	400m: 5:09.14
				39.45
				37.25

Jeugd 1 en 2

1.	Brenda Zwarthoed	DAW	4:34.14	199604938
	50m: 30.48	150m: 1:39.38	2:50.33	35.69
	100m: 1:04.45	200m: 2:14.64	3:25.46	35.13
		250m: 3:25.46	35.13	350m: 4:00.20
		300m: 3:25.46	35.13	400m: 4:33.08
				34.74
				32.88
2.	Linda Kamperman 50m*	Aquarijn	4:37.05	199601238
	50m: 32.15	150m: 1:41.55	2:51.31	34.87
	100m: 1:06.67	200m: 2:16.44	3:26.29	34.98
		250m: 3:26.29	34.98	350m: 4:00.80
		300m: 3:26.29	34.98	400m: 4:33.61
				34.51
				32.81
3.	Esmée Six	EIFFELswimmersPSV	4:46.39	199700490
	50m: 32.24	150m: 1:42.76	2:53.86	35.82
	100m: 1:07.49	200m: 2:18.04	3:30.39	36.53
		250m: 3:30.39	36.53	350m: 4:06.57
		300m: 3:30.39	36.53	400m: 4:41.30
				36.18
				34.73
4.	Dorien Butter 50m*	Racing Club	4:53.42	9606542
	50m: 31.60	150m: 1:43.46	2:57.15	37.00
	100m: 1:06.81	200m: 2:20.15	3:33.22	36.07
		250m: 3:33.22	36.07	350m: 4:09.37
		300m: 3:33.22	36.07	400m: 4:41.87
				36.15
				32.50
5.	Eva Werkman	Zwemlust-den Hommel	5:03.10	199703458
	50m: 32.43	150m: 1:44.57	2:58.84	37.01
	100m: 1:08.02	200m: 2:21.83	3:35.93	37.09
		250m: 3:35.93	37.09	350m: 4:13.14
		300m: 3:35.93	37.09	400m: 4:49.00
				37.21
				35.86
6.	Shannon Mommersteeg	Aquarijn	4:59.34	199702398
	50m: 32.59	150m: 1:45.33	2:58.88	36.63
	100m: 1:08.31	200m: 2:22.25	3:35.23	36.35
		250m: 3:35.23	36.35	350m: 4:12.96
		300m: 3:35.23	36.35	400m: 4:49.70
				37.73
				36.74
7.	Eef Hollander	ZC Ooievaar (SG)	4:55.66	9602074
	50m: 33.45	150m: 1:49.23	3:05.01	37.44
	100m: 1:11.03	200m: 2:27.57	3:43.55	38.54
		250m: 3:43.55	38.54	350m: 4:20.91
		300m: 3:43.55	38.54	400m: 4:57.68
				37.36
				36.77
8.	Yvanna Zuurveld	DAW	5:12.85	199702998
	50m: 39.22	150m: 2:04.82	3:34.89	45.37
	100m: 1:21.25	200m: 2:49.52	4:20.37	45.48
		250m: 4:20.37	45.48	350m: 5:04.88
		300m: 4:20.37	45.48	400m: 5:48.06
				44.51
				43.18
AFGEM	Inge Booij	De Fuut	6:02.38	199603774
AFGEM	Laura Willemsen	Aquarijn	4:49.60	199700168

Senioren 1 en 2

1.	Milou Schraeverus	AZ&PC	4:43.10	199503878
	50m: 32.50	150m: 1:42.05	2:51.65	34.69
	100m: 1:07.13	200m: 2:16.96	3:26.43	34.78
		250m: 3:26.43	34.78	350m: 4:00.49
		300m: 3:26.43	34.78	400m: 4:33.64
				34.06
				33.15
2.	Noortje van den Boom	EIFFELswimmersPSV	4:39.87	199400574
	50m: 31.44	150m: 1:40.69	2:52.77	36.37
	100m: 1:05.84	200m: 2:16.40	3:29.73	36.96
		250m: 3:29.73	36.96	350m: 4:06.93
		300m: 3:29.73	36.96	400m: 4:43.72
				37.20
				36.79
3.	Astrid van Nieuwkerk	ZV Westland Dijkglas	4:46.48	199402904
	50m: 31.97	150m: 1:43.38	2:57.20	37.07
	100m: 1:07.65	200m: 2:20.13	3:34.92	37.72
		250m: 3:34.92	37.72	350m: 4:11.87
		300m: 3:34.92	37.72	400m: 4:47.14
				36.95
				35.27
4.	Arlette de Vegt	ESCA Zwemmen	4:52.45	199505930
	50m: 32.16	150m: 1:44.08	2:57.34	36.48
	100m: 1:07.70	200m: 2:20.86	3:34.16	36.82
		250m: 3:34.16	36.82	350m: 4:09.72
		300m: 3:34.16	36.82	400m: 4:50.02
				35.56
				40.30
5.	Marjolein Maris	De Houtrib	4:51.41	199400210
	50m: 33.04	150m: 1:47.30	3:02.05	37.39
	100m: 1:09.56	200m: 2:24.66	3:39.54	37.49
		250m: 3:39.54	37.49	350m: 4:17.30
		300m: 3:39.54	37.49	400m: 4:52.88
				37.76
				35.58
6.	Romy van Slagmaat	GoSwim	5:01.32	199403698
	50m: 32.34	150m: 1:46.63	3:03.61	38.84
	100m: 1:08.53	200m: 2:24.77	3:42.11	38.50
		250m: 3:42.11	38.50	350m: 4:19.89
		300m: 3:42.11	38.50	400m: 4:55.96
				37.78
				36.07