

Programmanr. 39
20-10-2013 - 12:01

Dames, 400m vrije slag

Juniores 2 en ouder
Resultaten

rang	naam	vereniging	intijd				tijd				
Juniores 2 en 3											
1.	Marij van der Mast	SBC2000	4:54.08				200000676				4:42.71
	50m: 32.21	32.21	150m: 1:44.60	36.34	250m: 2:58.11	36.84	350m: 4:10.48	36.05			
	100m: 1:08.26	36.05	200m: 2:21.27	36.67	300m: 3:34.43	36.32	400m: 4:42.71	32.23			
2.	Kim Vos	SBC2000	5:02.10				200000990				4:58.50
	50m: 31.91	31.91	150m: 1:47.66	38.46	250m: 3:05.01	38.92	350m: 4:22.68	39.00			
	100m: 1:09.20	37.29	200m: 2:26.09	38.43	300m: 3:43.68	38.67	400m: 4:58.50	35.82			
3.	Lisa de Beijer 100m*	PSV	5:18.41				200002814				5:05.67
	50m: 35.29	35.29	150m: 1:53.34	39.52	250m: 3:11.32	38.58	350m: 4:28.86	38.51			
	100m: 1:13.82	38.53	200m: 2:32.74	39.40	300m: 3:50.35	39.03	400m: 5:05.67	36.81			
4.	Sanne Barten	Aquarijn	5:11.69				200101282				5:08.09
	50m: 35.51	35.51	150m: 1:53.77	39.46	250m: 3:12.81	39.31	350m: 4:31.01	38.94			
	100m: 1:14.31	38.80	200m: 2:33.50	39.73	300m: 3:52.07	39.26	400m: 5:08.09	37.08			
5.	Noa de Vries	PSV	5:33.27				200101556				5:12.95
	50m: 34.00	34.00	150m: 1:51.95	39.44	250m: 3:12.43	40.23	350m: 4:33.51	40.38			
	100m: 1:12.51	38.51	200m: 2:32.20	40.25	300m: 3:53.13	40.70	400m: 5:12.95	39.44			
6.	Aïcha Samaké	VZC E&P	5:27.06				200101504				5:14.89
	50m: 34.74	34.74	150m: 1:53.95	40.53	250m: 3:16.26	41.47	350m: 4:37.20	40.41			
	100m: 1:13.42	38.68	200m: 2:34.79	40.84	300m: 3:56.79	40.53	400m: 5:14.89	37.69			
7.	Sam van Nunen	Nautilus	5:24.89				200100036				5:17.65
	50m: 35.25	35.25	150m: 1:55.92	40.98	250m: 3:18.06	40.77	350m: 4:39.26	40.76			
	100m: 1:14.94	39.69	200m: 2:37.29	41.37	300m: 3:58.50	40.44	400m: 5:17.65	38.39			
8.	Maaïke Huijsmans 50m*	VZC E&P	5:29.42				200100184				5:18.92
	50m: 35.56	35.56	150m: 1:56.76	40.64	250m: 3:18.33	40.74	350m: 4:40.27	41.03			
	100m: 1:16.12	40.56	200m: 2:37.59	40.83	300m: 3:59.24	40.91	400m: 5:18.92	38.65			
9.	Jessica Baars	De Fuut	5:38.07				200101966				5:26.61
	50m: 36.39	36.39	150m: 1:58.20	41.72	250m: 3:22.53	42.36	350m: 4:47.15	41.63			
	100m: 1:16.48	40.09	200m: 2:40.17	41.97	300m: 4:05.52	42.99	400m: 5:26.61	39.46			
10.	Tara Haze	GoSwim	5:38.48				200002892				5:30.79
	50m: 36.64	36.64	150m: 2:00.28	42.46	250m: 3:26.34	43.16	350m: 4:52.49	42.60			
	100m: 1:17.82	41.18	200m: 2:43.18	42.90	300m: 4:09.89	43.55	400m: 5:30.79	38.30			
11.	Shania Wijk van	De Fuut	5:42.79				200000968				5:45.73
	50m: 37.23	37.23	150m: 2:00.24	41.97	250m: 3:30.15	45.09	350m: 5:01.21	45.72			
	100m: 1:18.27	41.04	200m: 2:45.06	44.82	300m: 4:15.49	45.34	400m: 5:45.73	44.52			
12.	Myckelle van Weverwijk 100/200m*	De Fuut	6:14.55				200101264				5:57.05
	50m: 40.29	40.29	150m: 2:10.35	45.61	250m: 3:42.30	46.49	350m: 5:14.46	46.27			
	100m: 1:24.74	44.45	200m: 2:55.81	45.46	300m: 4:28.19	45.89	400m: 5:57.05	42.59			
13.	Lotte Arts	Aquarijn	6:25.55				200104958				6:11.84
	50m: 40.30	40.30	150m: 2:14.05	47.82	250m: 3:51.60	48.33	350m: 5:27.34	46.70			
	100m: 1:26.23	45.93	200m: 3:03.27	49.22	300m: 4:40.64	49.04	400m: 6:11.84	44.50			
Jeugd 1 en 2											
1.	Melissa Baars	De Fuut	4:49.02				199900376				4:51.44
	50m: 32.29	32.29	150m: 1:46.11	37.19	250m: 3:01.33	37.32	350m: 4:16.92	37.47			
	100m: 1:08.92	36.63	200m: 2:24.01	37.90	300m: 3:39.45	38.12	400m: 4:51.44	34.52			
2.	Anne Noom	De Dolfijn	4:46.49				199800062				4:53.24
	50m: 32.92	32.92	150m: 1:46.54	37.62	250m: 3:02.27	37.90	350m: 4:16.89	37.37			
	100m: 1:08.92	36.00	200m: 2:24.37	37.83	300m: 3:39.52	37.25	400m: 4:53.24	36.35			
3.	Eline Hartogs 200m*	PSV	5:01.28				199901388				4:55.25
	50m: 32.82	32.82	150m: 1:45.70	36.84	250m: 3:01.87	38.28	350m: 4:18.52	38.27			
	100m: 1:08.86	36.04	200m: 2:23.59	37.89	300m: 3:40.25	38.38	400m: 4:55.25	36.73			
4.	Simone Does	De Columbiaan	5:24.00				199902932				5:06.24
	50m: 34.47	34.47	150m: 1:51.29	39.09	250m: 3:09.68	39.30	350m: 4:28.76	39.36			
	100m: 1:12.20	37.73	200m: 2:30.38	39.09	300m: 3:49.40	39.72	400m: 5:06.24	37.48			
5.	Maartje Stooft	De Fuut	5:22.48				199903696				5:13.92
	50m: 35.67	35.67	150m: 1:55.87	40.53	250m: 3:16.47	39.94	350m: 4:36.21	39.43			
	100m: 1:15.34	39.67	200m: 2:36.53	40.66	300m: 3:56.78	40.31	400m: 5:13.92	37.71			
6.	Felicia Swets	Aquapoldro	5:15.97				199801272				5:16.67
	50m: 34.91	34.91	150m: 1:55.30	40.78	250m: 3:17.34	40.92	350m: 4:38.73	40.33			
	100m: 1:14.52	39.61	200m: 2:36.42	41.12	300m: 3:58.40	41.06	400m: 5:16.67	37.94			

Programmanr. 39, Meisjes, 400m vrije slag, Jeugd 1 en 2

rang	naam		vereniging		intijd					tijd
7.	Maaïke Baker		De Columbiaan		5:37.23	199902930				5:23.79
	50m:	34.50	150m:	1:57.64	42.20	250m:	3:20.69	41.66	350m:	4:44.89
	100m:	1:15.44	200m:	2:39.03	41.39	300m:	4:02.96	42.27	400m:	5:23.79
8.	Sybel van Helm		De Fuut		5:29.66	199803270				5:28.68
	50m:	35.38	150m:	1:57.08	41.49	250m:	3:22.23	43.08	350m:	4:48.04
	100m:	1:15.59	200m:	2:39.15	42.07	300m:	4:05.53	43.30	400m:	5:28.68
9.	Catannia Nortan		Albion		6:10.19	199904400				5:33.70
	50m:	39.30	150m:	2:03.05	41.77	250m:	3:27.06	42.11	350m:	4:52.89
	100m:	1:21.28	200m:	2:44.95	41.90	300m:	4:09.60	42.54	400m:	5:33.70
10.	Lisa Geurts		GoSwim		6:09.26	199904924				5:51.07
	50m:	39.24	150m:	2:08.27	44.16	250m:	3:39.70	46.56	350m:	5:10.11
	100m:	1:24.11	200m:	2:53.14	44.87	300m:	4:26.29	46.59	400m:	5:51.07

Senioren 1 en 2

1.	Eva Werkman		Zwemlust-den Hommel		4:49.30	199703458				4:46.48
	50m:	31.54	150m:	1:42.98	36.20	250m:	2:56.69	36.79	350m:	4:11.39
	100m:	1:06.78	200m:	2:19.90	36.92	300m:	3:34.26	37.57	400m:	4:46.48
2.	Sanne Bolander		De Fuut		5:32.10	199704152				5:31.49
	50m:	35.29	150m:	1:55.65	40.89	250m:	3:21.30	42.91	350m:	4:49.23
	100m:	1:14.76	200m:	2:38.39	42.74	300m:	4:04.95	43.65	400m:	5:31.49

Senioren

1.	Malissa van der Horst		Zwemlust-den Hommel		4:29.40	199200810				4:33.58
	50m:	30.30	150m:	1:39.30	34.69	250m:	2:49.34	35.12	350m:	3:59.83
	100m:	1:04.61	200m:	2:14.22	34.92	300m:	3:24.86	35.52	400m:	4:33.58
2.	Corina van Leijen		VZC E&P		5:01.62	198501858				5:01.00
	50m:	32.70	150m:	1:47.66	37.95	250m:	3:04.81	38.40	350m:	4:23.21
	100m:	1:09.71	200m:	2:26.41	38.75	300m:	3:43.42	38.61	400m:	5:01.00
3.	Cynthia de Galan 200m*		AZ&PC		5:16.72	199203416				5:41.80
	50m:	38.01	150m:	2:03.83	42.97	250m:	3:30.38	43.29	350m:	4:58.78
	100m:	1:20.86	200m:	2:47.09	43.26	300m:	4:15.13	44.75	400m:	5:41.80