

Programmanr. 40
20-10-2013 - 13:43

Dames, 400m wisselslag

Junioren 2 en ouder
Resultaten

rang	naam		vereniging	intijd				tijd				
1.	Merle Verkijk		HGN (SG)	5:01.09				199400278				5:02.12
	50m:	30.61	150m:	1:44.81	39.67	250m:	3:07.49	44.37	350m:	4:27.53	35.41	
	100m:	1:05.14	200m:	2:23.12	38.31	300m:	3:52.12	44.63	400m:	5:02.12	34.59	
2.	Linda Kamperman		Zwemlust-den Hommel	5:13.59				199601238				5:06.85
	50m:	32.60	150m:	1:48.43	38.67	250m:	3:11.71	44.64	350m:	4:32.57	34.73	
	100m:	1:09.76	200m:	2:27.07	38.64	300m:	3:57.84	46.13	400m:	5:06.85	34.28	
3.	Anouk van Nellestijn		Aqua-Novio'94	5:24.29				199800366				5:23.69
	50m:	34.14	150m:	1:56.35	41.54	250m:	3:22.03	45.65	350m:	4:47.88	38.76	
	100m:	1:14.81	200m:	2:36.38	40.03	300m:	4:09.12	47.09	400m:	5:23.69	35.81	
4.	Anne Noom		De Dolfijn	5:28.73				199800062				5:38.46
	50m:	33.56	150m:	1:57.53	42.97	250m:	3:28.35	49.73	350m:	4:59.94	39.39	
	100m:	1:14.56	200m:	2:38.62	41.09	300m:	4:20.55	52.20	400m:	5:38.46	38.52	
5.	Kim Vos		SBC2000	5:46.18				200000990				5:45.92
	50m:	36.07	150m:	2:05.63	44.99	250m:	3:39.10	48.34	350m:	5:09.95	41.34	
	100m:	1:20.64	200m:	2:50.76	45.13	300m:	4:28.61	49.51	400m:	5:45.92	35.97	
6.	Ilse van den Wijngaard		ZPC Woerden	5:40.43				198904736				5:48.39
	50m:	36.85	150m:	2:06.00	43.68	250m:	3:37.21	48.56	350m:	5:08.20	40.14	
	100m:	1:22.32	200m:	2:48.65	42.65	300m:	4:28.06	50.85	400m:	5:48.39	40.19	
7.	Sanne Barten		Aquarijn	6:20.00				200101282				5:52.95
	50m:	41.48	150m:	2:12.12	42.78	250m:	3:44.79	51.76	350m:	5:15.71	39.94	
	100m:	1:29.34	200m:	2:53.03	40.91	300m:	4:35.77	50.98	400m:	5:52.95	37.24	
8.	Lisa de Beijer		PSV	NT				200002814				5:53.70
	50m:	40.40	150m:	2:11.75	45.11	250m:	3:44.98	50.14	350m:	5:15.27	39.71	
	100m:	1:26.64	200m:	2:54.84	43.09	300m:	4:35.56	50.58	400m:	5:53.70	38.43	
9.	Cynthia de Galan		AZ&PC	5:40.96				199203416				6:11.91
	50m:	36.08	150m:	2:07.83	47.38	250m:	3:49.18	54.36	350m:	5:28.94	44.99	
	100m:	1:20.45	200m:	2:54.82	46.99	300m:	4:43.95	54.77	400m:	6:11.91	42.97	
10.	Sybel van Helm		De Fuut	6:22.15				199803270				6:15.17
	50m:	43.17	150m:	2:23.79	46.18	250m:	4:02.94	51.79	350m:	5:36.90	41.38	
	100m:	1:37.61	200m:	3:11.15	47.36	300m:	4:55.52	52.58	400m:	6:15.17	38.27	
11.	Michelle Zaalberg		Aquarijn	6:34.33				199705124				6:16.73
	50m:	39.84	150m:	2:14.35	44.01	250m:	3:57.91	59.07	350m:	5:36.96	41.70	
	100m:	1:30.34	200m:	2:58.84	44.49	300m:	4:55.26	57.35	400m:	6:16.73	39.77	
12.	Laura Scheffer		Aquarijn	6:18.26				199407222				6:18.03
	50m:	36.55	150m:	2:13.09	49.15	250m:	3:56.21	55.11	350m:	5:36.51	43.88	
	100m:	1:23.94	200m:	3:01.10	48.01	300m:	4:52.63	56.42	400m:	6:18.03	41.52	