

Programmanr. 37
28-10-2012

Dames, 400m wisselslag

Jeugd/Senioren
Resultaten

rang	naam		vereniging		intijd		tijd	RT	niv.
Jeugd 1 en 2									
1.	Tessa Vermeulen		E.ON-NZA		5:01.62	199800068	5:01.46	+0,81	B
	50m: 31.84	31.84	150m: 1:46.32	36.72	250m: 3:09.20	45.87	350m: 4:27.94		34.20
	100m: 1:09.60	37.76	200m: 2:23.33	37.01	300m: 3:53.74	44.54	400m: 5:01.46		33.52
2.	Maaike van Veen		ZPC Bikkel Hoogeveen		5:08.94	199700292	5:05.06	+0,81	C
	50m: 32.95	32.95	150m: 1:48.65	37.24	250m: 3:09.39	43.89	350m: 4:29.75		36.33
	100m: 1:11.41	38.46	200m: 2:25.50	36.85	300m: 3:53.42	44.03	400m: 5:05.06		35.31
3.	Janina Beckers		HGN (SG)		5:10.09	199800574	5:06.51	+0,78	C
	50m: 31.92	31.92	150m: 1:49.96	40.73	250m: 3:13.95	44.06	350m: 4:33.99		35.86
	100m: 1:09.23	37.31	200m: 2:29.89	39.93	300m: 3:58.13	44.18	400m: 5:06.51		32.52
4.	Carmen van de Rijt		Zeester-Meerval		5:12.19	199801412	5:15.34	+0,73	D
	50m: 33.11	33.11	150m: 1:52.40	40.59	250m: 3:16.36	43.98	350m: 4:37.60		37.54
	100m: 1:11.81	38.70	200m: 2:32.38	39.98	300m: 4:00.06	43.70	400m: 5:15.34		37.74
5.	Hanny van Dijk		Orca		5:23.56	199804514	5:16.40	+0,79	D
	50m: 33.67	33.67	150m: 1:53.16	38.57	250m: 3:19.92	47.54	350m: 4:43.38		35.44
	100m: 1:14.59	40.92	200m: 2:32.38	39.22	300m: 4:07.94	48.02	400m: 5:16.40		33.02
6.	Claris de Vries		Orca		5:19.91	199700942	5:17.98	+0,72	E
	50m: 34.25	34.25	150m: 1:52.19	38.65	250m: 3:18.39	48.08	350m: 4:43.34		36.51
	100m: 1:13.54	39.29	200m: 2:30.31	38.12	300m: 4:06.83	48.44	400m: 5:17.98		34.64
7.	Mirl de Boer		DAW		5:08.18	199700468	5:21.02	+0,80	E
	50m: 33.32	33.32	150m: 1:53.75	43.35	250m: 3:20.04	46.10	350m: 4:44.56		48.24
	100m: 1:10.40	37.08	200m: 2:33.94	40.19	300m: 3:56.32	36.28	400m: 5:21.02		36.46
8.	Vivianne Dortmund		De Pinquin		5:18.58	199801578	5:25.01	+0,83	E
	50m: 32.69	32.69	150m: 1:54.28	41.70	250m: 3:23.00	47.78	350m: 4:49.40		37.35
	100m: 1:12.58	39.89	200m: 2:35.22	40.94	300m: 4:12.05	49.05	400m: 5:25.01		35.61
9.	Serena Stel		De Dolfijn		5:21.79	199801528	5:26.37	+0,82	E
	50m: 36.03	36.03	150m: 2:00.99	40.92	250m: 3:29.98	48.92	350m: 4:53.22		35.71
	100m: 1:20.07	44.04	200m: 2:41.06	40.07	300m: 4:17.51	47.53	400m: 5:26.37		33.15
10.	Kirsten Bies		Dedemsvaart-AC		5:21.51	199800516	5:26.81	+0,80	E
	50m: 36.65	36.65	150m: 2:02.32	41.83	250m: 3:28.06	44.42	350m: 4:52.21		38.66
	100m: 1:20.49	43.84	200m: 2:43.64	41.32	300m: 4:13.55	45.49	400m: 5:26.81		34.60
11.	Manon Koster		HZPC		5:15.71	199701312	5:27.88	+0,84	E
	50m: 34.82	34.82	150m: 1:58.35	42.08	250m: 3:26.75	46.89	350m: 4:51.63		37.09
	100m: 1:16.27	41.45	200m: 2:39.86	41.51	300m: 4:14.54	47.79	400m: 5:27.88		36.25
12.	Anouk van Nellestijn		De Waalstroom		5:29.45	199800366	5:28.11	+0,74	E
	50m: 37.30	37.30	150m: 2:01.13	40.34	250m: 3:26.51	44.56	350m: 4:50.58		37.87
	100m: 1:20.79	43.49	200m: 2:41.95	40.82	300m: 4:12.71	46.20	400m: 5:28.11		37.53
13.	Willemeijn Hoving		TriVia		5:20.76	199800106	5:28.39	+0,79	E
	50m: 34.68	34.68	150m: 1:59.04	42.63	250m: 3:27.22	46.80	350m: 4:51.83		38.06
	100m: 1:16.41	41.73	200m: 2:40.42	41.38	300m: 4:13.77	46.55	400m: 5:28.39		36.56
14.	Noa Oldenhof		De Dolfijn		5:27.69	199700622	5:34.28	+0,69	
	50m: 34.00	34.00	150m: 1:57.61	41.22	250m: 3:26.69	48.22	350m: 4:56.03		39.78
	100m: 1:16.39	42.39	200m: 2:38.47	40.86	300m: 4:16.25	49.56	400m: 5:34.28		38.25
15.	Jasmijn Bink		LZ 1886		5:18.43	199700332	5:39.08	+0,85	
	50m: 35.46	35.46	150m: 1:58.94	43.14	250m: 3:30.92	49.29	350m: 5:00.50		39.12
	100m: 1:15.80	40.34	200m: 2:41.63	42.69	300m: 4:21.38	50.46	400m: 5:39.08		38.58

all-in

1.	Rieneke Terink	EIFFELswimmersPSV	4:36.91	198402424	4:41.20	+0,79	A+
	50m: 29.27	150m: 1:38.28	35.59	250m: 2:55.58	42.91	350m: 4:10.44	31.48
	100m: 1:02.69	200m: 2:12.67	34.39	300m: 3:38.96	43.38	400m: 4:41.20	30.76
2.	Marjolein Delno	EIFFELswimmersPSV	4:58.85	199400024	4:47.89	+0,80	A
	Nederlands Record 18 jaar						
	50m: 30.32	150m: 1:41.69	36.27	250m: 2:59.98	42.00	350m: 4:15.54	33.64
	100m: 1:05.42	200m: 2:17.98	36.29	300m: 3:41.90	41.92	400m: 4:47.89	32.35
3.	Cynthia Verkaik	E.ON-NZA	4:58.13	199601288	4:53.63	+0,82	B
	50m: 32.65	150m: 1:45.75	36.95	250m: 3:05.21	40.97	350m: 4:20.77	33.50
	100m: 1:08.80	200m: 2:24.24	38.49	300m: 3:47.27	42.06	400m: 4:53.63	32.86

onjuistheden?

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Splash Meet Manager 11, Build 21215

Registered to KNZB

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Programmanr. 37, Dames, 400m wisselslag, all-in

rang	naam	vereniging	intijd	tijd	RT	niv.
4.	Judith van Meijel	HZPC	4:57.82	199102076	4:58.00	+0,90 D
	50m: 32.11	150m: 1:47.80	250m: 3:07.98	350m: 4:25.12		34.71
	100m: 1:09.66	200m: 2:25.59	300m: 3:50.41	400m: 4:58.00		32.88
5.	Macy Oortwijn	AZ&PC	5:03.43	199500722	4:58.17	+0,86 C
	50m: 31.15	150m: 1:46.97	250m: 3:08.18	350m: 4:25.72		34.26
	100m: 1:07.98	200m: 2:24.91	300m: 3:51.46	400m: 4:58.17		32.45
6.	Leonie van Noort	De Zijl/LGB	5:00.54	199301752	4:58.34	+0,81 D
	50m: 30.54	150m: 1:43.71	250m: 3:06.01	350m: 4:25.83		34.19
	100m: 1:06.34	200m: 2:20.89	300m: 3:51.64	400m: 4:58.34		32.51
7.	Tessa Vermeulen	E.ON-NZA	5:01.62	199800068	5:01.46	+0,81 B
	50m: 31.84	150m: 1:46.32	250m: 3:09.20	350m: 4:27.94		34.20
	100m: 1:09.60	200m: 2:23.33	300m: 3:53.74	400m: 5:01.46		33.52
8.	Anouque Berghuis	De Zijl/LGB	5:11.73	199606132	5:02.94	+0,76 D
	50m: 31.85	150m: 1:46.46	250m: 3:08.75	350m: 4:29.46		34.15
	100m: 1:08.59	200m: 2:23.51	300m: 3:55.31	400m: 5:02.94		33.48
9.	Maaïke van Veen	ZPC Bikkel Hoogeveen	5:08.94	199700292	5:05.06	+0,81 C
	50m: 32.95	150m: 1:48.65	250m: 3:09.39	350m: 4:29.75		36.33
	100m: 1:11.41	200m: 2:25.50	300m: 3:53.42	400m: 5:05.06		35.31
10.	Janina Beckers	HGN (SG)	5:10.09	199800574	5:06.51	+0,78 C
	50m: 31.92	150m: 1:49.96	250m: 3:13.95	350m: 4:33.99		35.86
	100m: 1:09.23	200m: 2:29.89	300m: 3:58.13	400m: 5:06.51		32.52
11.	Linda Kamperman	Aquarijn	5:18.92	199601238	5:13.59	+0,66 E
	50m: 31.59	150m: 1:48.43	250m: 3:16.16	350m: 4:39.89		35.86
	100m: 1:08.54	200m: 2:28.57	300m: 4:04.03	400m: 5:13.59		33.70
12.	Asmara Ritmeijer	ZVVS	5:19.76	199600790	5:14.99	+0,89 E
	50m: 32.87	150m: 1:51.91	250m: 3:17.02	350m: 4:39.43		37.31
	100m: 1:12.39	200m: 2:32.26	300m: 4:02.12	400m: 5:14.99		35.56
13.	Carmen van de Rijt	Zeester-Meerval	5:12.19	199801412	5:15.34	+0,73 D
	50m: 33.11	150m: 1:52.40	250m: 3:16.36	350m: 4:37.60		37.54
	100m: 1:11.81	200m: 2:32.38	300m: 4:00.06	400m: 5:15.34		37.74
14.	Hanny van Dijk	Orca	5:23.56	199804514	5:16.40	+0,79 D
	50m: 33.67	150m: 1:53.16	250m: 3:19.92	350m: 4:43.38		35.44
	100m: 1:14.59	200m: 2:32.38	300m: 4:07.94	400m: 5:16.40		33.02
15.	Claris de Vries	Orca	5:19.91	199700942	5:17.98	+0,72 E
	50m: 34.25	150m: 1:52.19	250m: 3:18.39	350m: 4:43.34		36.51
	100m: 1:13.54	200m: 2:30.31	300m: 4:06.83	400m: 5:17.98		34.64
16.	Elles Becker	Zwemclub Zeist	5:20.66	199600628	5:20.30	+0,82 E
	50m: 33.26	150m: 1:52.98	250m: 3:19.62	350m: 4:44.27		37.04
	100m: 1:11.34	200m: 2:33.70	300m: 4:07.23	400m: 5:20.30		36.03
17.	Mirl de Boer	DAW	5:08.18	199700468	5:21.02	+0,80 E
	50m: 33.32	150m: 1:53.75	250m: 3:20.04	350m: 4:44.56		48.24
	100m: 1:10.40	200m: 2:33.94	300m: 3:56.32	400m: 5:21.02		36.46
18.	Vivianne Dortmund	De Pinquin	5:18.58	199801578	5:25.01	+0,83 E
	50m: 32.69	150m: 1:54.28	250m: 3:23.00	350m: 4:49.40		37.35
	100m: 1:12.58	200m: 2:35.22	300m: 4:12.05	400m: 5:25.01		35.61
19.	Moniek Heemskerk	LZ 1886	5:20.10	199601964	5:25.64 *	+0,76
	50m: 33.36	150m: 1:56.56	250m: 3:24.00	350m: 4:48.52		37.12
	100m: 1:14.11	200m: 2:38.93	300m: 4:11.40	400m: 5:25.64		37.12
20.	Serena Stel	De Dolfijn	5:21.79	199801528	5:26.37	+0,82 E
	50m: 36.03	150m: 2:00.99	250m: 3:29.98	350m: 4:53.22		35.71
	100m: 1:20.07	200m: 2:41.06	300m: 4:17.51	400m: 5:26.37		33.15
21.	Kirsten Bies	Dedemsvaart-AC	5:21.51	199800516	5:26.81	+0,80 E
	50m: 36.65	150m: 2:02.32	250m: 3:28.06	350m: 4:52.21		38.66
	100m: 1:20.49	200m: 2:43.64	300m: 4:13.55	400m: 5:26.81		34.60
22.	Manon Koster	HZPC	5:15.71	199701312	5:27.88	+0,84 E
	50m: 34.82	150m: 1:58.35	250m: 3:26.75	350m: 4:51.63		37.09
	100m: 1:16.27	200m: 2:39.86	300m: 4:14.54	400m: 5:27.88		36.25
23.	Anouk van Nellestijn	De Waalstroom	5:29.45	199800366	5:28.11	+0,74 E
	50m: 37.30	150m: 2:01.13	250m: 3:26.51	350m: 4:50.58		37.87
	100m: 1:20.79	200m: 2:41.95	300m: 4:12.71	400m: 5:28.11		37.53
24.	Willemeïen Hoving	TriVia	5:20.76	199800106	5:28.39	+0,79 E
	50m: 34.68	150m: 1:59.04	250m: 3:27.22	350m: 4:51.83		38.06
	100m: 1:16.41	200m: 2:40.42	300m: 4:13.77	400m: 5:28.39		36.56

Programmanr. 37, Dames, 400m wisselslag, all-in

rang	naam			vereniging			intijd			tijd	RT	niv.
25.	Noa Oldenhof			De Dolfijn			5:27.69	199700622		5:34.28	+0,69	
	50m:	34.00	34.00	150m:	1:57.61	41.22	250m:	3:26.69	48.22	350m:	4:56.03	39.78
	100m:	1:16.39	42.39	200m:	2:38.47	40.86	300m:	4:16.25	49.56	400m:	5:34.28	38.25
26.	Jasmijn Bink			LZ 1886			5:18.43	199700332		5:39.08	+0,85	
	50m:	35.46	35.46	150m:	1:58.94	43.14	250m:	3:30.92	49.29	350m:	5:00.50	39.12
	100m:	1:15.80	40.34	200m:	2:41.63	42.69	300m:	4:21.38	50.46	400m:	5:39.08	38.58
AFGEM	Elisabeth Rivard			WVZ			5:17.78	199600244				