

Programmanr. 13  
26-3-2017

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Janina Beckers	NIMO Landgraaf	4:38.75	199800574	<b>4:40.02</b> +0,80 617
	50m: 31.85	31.85 150m: 1:42.36	35.84 250m: 2:53.97	35.96	350m: 4:05.67 35.86
	100m: 1:06.52	34.67 200m: 2:18.01	35.65 300m: 3:29.81	35.84	400m: 4:40.02 34.35
2.	Kim Rebergen	Hellas-Glana	4:46.98	200100676	<b>4:49.87</b> +0,74 556
	50m: 33.73	33.73 150m: 1:48.16	37.50 250m: 3:03.00	37.48	350m: 4:15.96 35.85
	100m: 1:10.66	36.93 200m: 2:25.52	37.36 300m: 3:40.11	37.11	400m: 4:49.87 33.91
3.	Manon Vermariën	Hieronymus	4:50.95	199705680	<b>4:58.88</b> +0,76 688
	50m: 34.88	34.88 150m: 1:49.42	37.39 250m: 3:04.38	37.11	350m: 4:20.82 38.11
	100m: 1:12.03	37.15 200m: 2:27.27	37.85 300m: 3:42.71	38.33	400m: 4:58.88 38.06
4.	Anne van Straaten	Hellas-Glana	4:51.78	199901884	<b>5:05.07</b> +0,84 477
	50m: 34.63	34.63 150m: 1:51.47	38.96 250m: 3:09.15	38.99	350m: 4:27.95 39.83
	100m: 1:12.51	37.88 200m: 2:30.16	38.69 300m: 3:48.12	38.97	400m: 5:05.07 37.12
5.	Merel Musters	Psv	5:30.60	200304042	<b>5:16.08</b> +0,75 429
	50m: 35.66	35.66 150m: 1:54.88	39.52 250m: 3:17.09	41.31	350m: 4:38.97 40.88
	100m: 1:15.36	39.70 200m: 2:35.78	40.90 300m: 3:58.09	41.00	400m: 5:16.08 37.11
6.	Britt Gerdas	De Kikker	5:04.04	200201636	<b>5:17.05</b> +0,83 425
	50m: 35.30	35.30 150m: 1:56.82	41.52 250m: 3:21.10	42.05	350m: 4:41.56 39.14
	100m: 1:15.30	40.00 200m: 2:39.05	42.23 300m: 4:02.42	41.32	400m: 5:17.05 35.49
7.	Inge Maessen	Psv	5:19.96	200303526	<b>5:17.27</b> +0,83 424
	50m: 36.81	36.81 150m: 1:57.78	40.47 250m: 3:19.98	40.92	350m: 4:40.64 40.31
	100m: 1:17.31	40.50 200m: 2:39.06	41.28 300m: 4:00.33	40.35	400m: 5:17.27 36.63
8.	Kim Servaas	Psv	5:15.68	200400836	<b>5:20.27</b> +0,80 412
	50m: 34.92	34.92 150m: 1:55.60	40.07 250m: 3:17.92	40.60	350m: 4:39.95 40.56
	100m: 1:15.53	40.61 200m: 2:37.32	41.72 300m: 3:59.39	41.47	400m: 5:20.27 40.32
9.	Isa Maassen	Psv	5:32.80	200303528	<b>5:33.56</b> +0,77 365
	50m: 38.63	38.63 150m: 2:04.20	43.36 250m: 3:31.41	43.92	350m: 4:57.47 43.58
	100m: 1:20.84	42.21 200m: 2:47.49	43.29 300m: 4:13.89	42.48	400m: 5:33.56 36.09
10.	Kira Keij	Psv	5:32.24	200301476	<b>5:35.09</b> +0,62 360
	50m: 38.18	38.18 150m: 2:03.30	43.21 250m: 3:29.37	43.18	350m: 4:55.49 42.84
	100m: 1:20.09	41.91 200m: 2:46.19	42.89 300m: 4:12.65	43.28	400m: 5:35.09 39.60
11.	Eliza Hamelink	Psv	6:22.08	200502116	<b>5:41.29</b> +0,75 341
	50m: 38.27	38.27 150m: 2:04.42	42.96 250m: 3:33.46	44.98	350m: 5:00.36 43.85
	100m: 1:21.46	43.19 200m: 2:48.48	44.06 300m: 4:16.51	43.05	400m: 5:41.29 40.93
12.	Jennifer Koonen	NIMO Landgraaf	6:07.99	200500386	<b>6:06.17</b> +0,75 276
	50m: 40.88	40.88 150m: 2:15.46	47.66 250m: 3:49.74	46.97	350m: 5:22.24 45.25
	100m: 1:27.80	46.92 200m: 3:02.77	47.31 300m: 4:36.99	47.25	400m: 6:06.17 43.93
13.	Ingrid Versteegen	Dbd	6:10.20	197300770	<b>6:11.96</b> +0,90 263
	50m: 40.90	40.90 150m: 2:13.63	46.85 250m: 3:49.76	48.23	350m: 5:26.11 48.56
	100m: 1:26.78	45.88 200m: 3:01.53	47.90 300m: 4:37.55	47.79	400m: 6:11.96 45.85
14.	Lianne Houwerzijl	ZPCA Eemsrobben (SG)	6:17.10	200201062	<b>6:17.07</b> +0,76 253
	50m: 43.15	43.15 150m: 2:19.43	48.58 250m: 3:57.07	49.36	350m: 5:34.29 48.01
	100m: 1:30.85	47.70 200m: 3:07.71	48.28 300m: 4:46.28	49.21	400m: 6:17.07 42.78
AFGEM	Mila Maas	Psv	4:58.23	200302966	