

Programmanr. 15
23-4-2017 - 14:48

Dames, 400m vrije slag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|---------------------|-------------------------|---------------------|-----------|--------------------------|
| 1. | Lindsey Berghuis | Zv 44 | 4:40.26 | 200300104 | 4:41.92 +0,73 604 |
| | 50m: 31.60 | 31.60 150m: 1:43.04 | 36.11 250m: 2:55.26 | 36.27 | 350m: 4:07.13 |
| | 100m: 1:06.93 | 35.33 200m: 2:18.99 | 35.95 300m: 3:30.84 | 35.58 | 400m: 4:41.92 |
| 2. | Bridget de Bat | Z & PC De Zeeuwse Kust | 4:48.43 | 200400382 | 4:50.82 +0,72 551 |
| | 50m: 32.65 | 32.65 150m: 1:45.71 | 36.51 250m: 3:00.34 | 37.35 | 350m: 4:15.28 |
| | 100m: 1:09.20 | 36.55 200m: 2:22.99 | 37.28 300m: 3:37.79 | 37.45 | 400m: 4:50.82 |
| 3. | Imke Beekman | Albion | 4:36.05 | 200301950 | 4:51.41 +0,81 547 |
| | 50m: 33.65 | 33.65 150m: 1:47.05 | 37.28 250m: 3:01.24 | 36.93 | 350m: 4:15.36 |
| | 100m: 1:09.77 | 36.12 200m: 2:24.31 | 37.26 300m: 3:38.25 | 37.01 | 400m: 4:51.41 |
| 4. | Denice Koolman | Zv 44 | 4:56.94 | 200200132 | 5:05.97 +0,80 473 |
| | 50m: 33.45 | 33.45 150m: 1:50.18 | 38.59 250m: 3:09.25 | 39.47 | 350m: 4:28.47 |
| | 100m: 1:11.59 | 38.14 200m: 2:29.78 | 39.60 300m: 3:49.29 | 40.04 | 400m: 5:05.97 |
| 5. | Demi Goosen | Sbc2000 | 5:17.99 | 200204868 | 5:24.04 +0,81 398 |
| | 50m: 35.64 | 35.64 150m: 1:55.11 | 40.36 250m: 3:18.82 | 41.55 | 350m: 4:43.02 |
| | 100m: 1:14.75 | 39.11 200m: 2:37.27 | 42.16 300m: 4:00.70 | 41.88 | 400m: 5:24.04 |
| 6. | Jenny van de Ven | Eurode Kerkrade | 5:23.59 | 200200870 | 5:32.02 +0,85 370 |
| | 50m: 37.98 | 37.98 150m: 2:01.52 | 42.25 250m: 3:26.67 | 42.75 | 350m: 4:51.40 |
| | 100m: 1:19.27 | 41.29 200m: 2:43.92 | 42.40 300m: 4:09.28 | 42.61 | 400m: 5:32.02 |
| 7. | Gina Tebben | Eurode Kerkrade | 5:41.62 | 200102292 | 5:40.78 +0,94 342 |
| | 50m: 37.74 | 37.74 150m: 2:03.45 | 43.26 250m: 3:31.75 | 43.75 | 350m: 4:59.56 |
| | 100m: 1:20.19 | 42.45 200m: 2:48.00 | 44.55 300m: 4:16.13 | 44.38 | 400m: 5:40.78 |
| 8. | Sophia van Issum | Hellas-Glana | 6:24.97 | 200403836 | 5:51.16 +0,74 313 |
| | 50m: 38.52 | 38.52 150m: 2:06.24 | 45.11 250m: 3:37.44 | 46.34 | 350m: 5:09.03 |
| | 100m: 1:21.13 | 42.61 200m: 2:51.10 | 44.86 300m: 4:22.62 | 45.18 | 400m: 5:51.16 |
| 9. | Pascalie Janssen | sgpatrick-deroersoppers | 5:45.35 | 197300852 | 5:54.63 +0,96 304 |
| | 50m: 38.48 | 38.48 150m: 2:07.25 | 45.12 250m: 3:39.33 | 46.12 | 350m: 5:11.12 |
| | 100m: 1:22.13 | 43.65 200m: 2:53.21 | 45.96 300m: 4:25.29 | 45.96 | 400m: 5:54.63 |
| 10. | Maaïke van Heeswijk | O.Z. & P.C. De Warande | 6:01.42 | 200500472 | 5:55.23 +0,73 302 |
| | 50m: 38.10 | 38.10 150m: 2:06.25 | 44.50 250m: 3:37.66 | 45.51 | 350m: 5:10.80 |
| | 100m: 1:21.75 | 43.65 200m: 2:52.15 | 45.90 300m: 4:24.67 | 47.01 | 400m: 5:55.23 |
| 11. | Nynke Luijten | Dbd | NT | 200203868 | 5:58.11 +0,81 295 |
| | 50m: 37.34 | 37.34 150m: 2:06.18 | 45.63 250m: 3:40.53 | 47.40 | 350m: 5:12.61 |
| | 100m: 1:20.55 | 43.21 200m: 2:53.13 | 46.95 300m: 4:27.00 | 46.47 | 400m: 5:58.11 |
| 12. | Naomi van der Sluis | De Eerste Kolk | NT | 200402824 | 6:04.02 +0,80 281 |
| | 50m: 39.09 | 39.09 150m: 2:10.79 | 47.37 250m: 3:47.05 | 48.33 | 350m: 5:20.60 |
| | 100m: 1:23.42 | 44.33 200m: 2:58.72 | 47.93 300m: 4:34.18 | 47.13 | 400m: 6:04.02 |
| 13. | Bente Koeman | O.Z. & P.C. De Warande | 6:02.04 | 200500900 | 6:08.89 +0,80 270 |
| | 50m: 40.34 | 40.34 150m: 2:12.46 | 47.30 250m: 3:48.09 | 48.52 | 350m: 5:25.69 |
| | 100m: 1:25.16 | 44.82 200m: 2:59.57 | 47.11 300m: 4:36.93 | 48.84 | 400m: 6:08.89 |
| 14. | Ingrid Versteegen | Dbd | 6:10.20 | 197300770 | 6:11.49 +0,86 264 |
| | 50m: 41.42 | 41.42 150m: 2:15.11 | 47.66 250m: 3:50.36 | 47.61 | 350m: 5:25.68 |
| | 100m: 1:27.45 | 46.03 200m: 3:02.75 | 47.64 300m: 4:38.31 | 47.95 | 400m: 6:11.49 |