

Programmanr. 29
9-2-2014 - 16:15

Dames, 400m wisselslag

Senioren Open
Resultaten

Rang					In.tijd	Tijd						
1.	Elles Becker				Zwemclub Zeist	5:19.49	199600628	5:26.77				
	50m:	33.87	33.87	150m:	1:56.24	43.19	250m:	3:24.29	46.26	350m:	4:50.32	39.09
	100m:	1:13.05	39.18	200m:	2:38.03	41.79	300m:	4:11.23	46.94	400m:	5:26.77	36.45
2.	Rinske Becks				Hzpc	5:22.49	199403098	5:28.94				
	50m:	33.32	33.32	150m:	1:57.49	43.74	250m:	3:27.12	46.36	350m:	4:52.98	38.55
	100m:	1:13.75	40.43	200m:	2:40.76	43.27	300m:	4:14.43	47.31	400m:	5:28.94	35.96
3.	Marlijn Hendriksen				Arethusa	6:01.24	198806828	5:29.06				
	50m:	32.33	32.33	150m:	1:53.67	43.46	250m:	3:23.54	46.27	350m:	4:50.44	40.03
	100m:	1:10.21	37.88	200m:	2:37.27	43.60	300m:	4:10.41	46.87	400m:	5:29.06	38.62
4.	Sanne Nijholt				Arethusa	5:33.48	199803316	5:31.85				
	50m:	34.33	34.33	150m:	1:58.46	42.70	250m:	3:27.02	47.29	350m:	4:53.83	38.39
	100m:	1:15.76	41.43	200m:	2:39.73	41.27	300m:	4:15.44	48.42	400m:	5:31.85	38.02
5.	Indy Jongman				Arethusa	5:20.62	200100528	5:39.06				
	50m:	34.47	34.47	150m:	1:59.92	44.56	250m:	3:32.36	49.97	350m:	5:01.96	40.21
	100m:	1:15.36	40.89	200m:	2:42.39	42.47	300m:	4:21.75	49.39	400m:	5:39.06	37.10
6.	Anne van de Loo				Arethusa	5:42.16	199800628	5:39.55				
	50m:	34.24	34.24	150m:	1:55.67	40.57	250m:	3:28.01	51.09	350m:	5:00.65	39.64
	100m:	1:15.10	40.86	200m:	2:36.92	41.25	300m:	4:21.01	53.00	400m:	5:39.55	38.90
7.	Isabel van Hees				Arethusa	NT	200003142	6:13.56				
	50m:	36.33	36.33	150m:	2:09.20	47.94	250m:	3:51.50	54.19	350m:	5:31.28	44.07
	100m:	1:21.26	44.93	200m:	2:57.31	48.11	300m:	4:47.21	55.71	400m:	6:13.56	42.28
8.	Tessa den Dekker				Zvdo'74	6:51.24	200002662	6:45.38				
	50m:	44.04	44.04	150m:	2:29.75	52.10	250m:	4:14.88	54.26	350m:	5:57.92	48.07
	100m:	1:37.65	53.61	200m:	3:20.62	50.87	300m:	5:09.85	54.97	400m:	6:45.38	47.46