

Programmanr. 2  
 5-9-2014 - 19:15

Dames, 400m vrije slag

 Senioren Open  
 Resultaten

Rang									In.tijd		Tijd	RT
Junioren 1 en 2												
1.	Nienke Jonk		Hieronymus		5:34.12			200203000	5:19.74	+0,69		
	50m:	34.48	150m:	40.84	250m:	42.43	350m:	41.76				
	100m:	38.78	200m:	41.19	300m:	41.17	400m:	39.09				
13 - 14 jaar												
1.	Valesca van den Bogert		Hieronymus		5:59.09			200102138	5:05.54	+0,76		
	50m:	34.42	150m:	38.60	250m:	39.31	350m:	39.34				
	100m:	38.23	200m:	39.32	300m:	39.49	400m:	36.83				
2.	Christel Brugmans		Hieronymus		5:14.24			200005602	5:14.07	+0,69		
	50m:	33.61	150m:	40.09	250m:	40.86	350m:	40.86				
	100m:	38.76	200m:	40.98	300m:	40.74	400m:	38.17				
3.	Elise van der Velden		Hieronymus		NT			200005834	5:56.88	+0,70		
	50m:	39.18	150m:	45.09	250m:	46.34	350m:	46.36				
	100m:	43.86	200m:	46.30	300m:	45.80	400m:	43.95				
4.	Kelly van Dongen		Hieronymus		5:52.14			200004160	6:03.32	+0,69		
	50m:	38.83	150m:	46.14	250m:	47.42	350m:	47.90				
	100m:	43.81	200m:	47.43	300m:	47.55	400m:	44.24				
5.	Kimberly Bernaards		Hieronymus		6:23.63			200101600	6:30.24	+0,75		
	50m:	37.95	150m:	47.03	250m:	52.13	350m:	53.70				
	100m:	43.43	200m:	50.70	300m:	53.83	400m:	51.47				
15 - 16 jaar												
1.	Eva van Ginneken		Hieronymus		5:06.00			199800164	4:50.72	+0,71		
	50m:	32.05	150m:	37.03	250m:	37.57	350m:	36.64				
	100m:	35.93	200m:	37.66	300m:	37.90	400m:	35.94				
2.	Nadja Wortel		Z & Pc Dio		5:07.48			199800798	4:56.25	+0,74		
	50m:	33.29	150m:	38.05	250m:	38.08	350m:	37.76				
	100m:	37.26	200m:	37.69	300m:	38.21	400m:	35.91				
3.	Sanne van Gelder		Z & Pc Dio		4:58.86			199803390	5:04.66	+0,80		
	50m:	32.88	150m:	37.92	250m:	39.25	350m:	40.56				
	100m:	36.40	200m:	38.57	300m:	39.32	400m:	39.76				
Senioren												
1.	Selene Wortel		Z & Pc Dio		4:49.66			199700654	4:51.78	+0,74		
	50m:	32.34	150m:	37.60	250m:	37.30	350m:	37.38				
	100m:	36.15	200m:	37.45	300m:	37.84	400m:	35.72				
2.	Ceylan Dursun		Hieronymus		4:55.82			199602728	4:55.17	+0,75		
	50m:	32.21	150m:	37.31	250m:	37.92	350m:	37.82				
	100m:	36.37	200m:	37.59	300m:	37.87	400m:	38.08				