

Limietwedstrijd Lange Baan, Eindhoven
Eindhoven, 19-2-2017

Programmanr. 1
19-2-2017

Dames, 400m vrije slag

Senioren Open
Resultaten

Rang							In.tijd				Tijd
1.	Isabel Dijkstra			Hellas-Glana			4:38.23	200200918			4:45.73
	50m: 32.78	32.78	150m: 1:44.30	36.15	250m: 2:57.15	36.63		350m: 4:10.94		36.77	
	100m: 1:08.15	35.37	200m: 2:20.52	36.22	300m: 3:34.17	37.02		400m: 4:45.73		34.79	
2.	Manon Ritten			Eurode Kerkrade			4:36.31	200002440			4:45.86
	50m: 30.97	30.97	150m: 1:43.32	36.63	250m: 2:57.32	36.97		350m: 4:11.73		37.11	
	100m: 1:06.69	35.72	200m: 2:20.35	37.03	300m: 3:34.62	37.30		400m: 4:45.86		34.13	
3.	Eline Gros			Aqua-Novio'94			4:48.70	200302700			4:57.29
	50m: 32.47	32.47	150m: 1:45.67	37.19	250m: 3:02.25	38.37		350m: 4:19.61		38.49	
	100m: 1:08.48	36.01	200m: 2:23.88	38.21	300m: 3:41.12	38.87		400m: 4:57.29		37.68	
4.	Luna de Vries			Aqua-Novio'94			4:46.16	200400516			4:58.94
	50m: 32.97	32.97	150m: 1:48.66	37.84	250m: 3:06.25	38.53		350m: 4:23.24		38.16	
	100m: 1:10.82	37.85	200m: 2:27.72	39.06	300m: 3:45.08	38.83		400m: 4:58.94		35.70	
5.	Amy Tebben			Eurode Kerkrade			4:54.42	200400108			5:00.60
	50m: 33.37	33.37	150m: 1:49.16	38.15	250m: 3:06.41	38.44		350m: 4:24.24		39.11	
	100m: 1:11.01	37.64	200m: 2:27.97	38.81	300m: 3:45.13	38.72		400m: 5:00.60		36.36	
6.	Anne van Straaten			Hellas-Glana			4:51.78	199901884			5:02.09
	50m: 34.95	34.95	150m: 1:51.49	38.03	250m: 3:07.86	38.17		350m: 4:25.25		39.00	
	100m: 1:13.46	38.51	200m: 2:29.69	38.20	300m: 3:46.25	38.39		400m: 5:02.09		36.84	
7.	Lianne Roescher			ZPC De Hof			4:47.90	199900248			5:04.00
	50m: 33.82	33.82	150m: 1:49.85	38.76	250m: 3:07.75	38.79		350m: 4:25.98		39.00	
	100m: 1:11.09	37.27	200m: 2:28.96	39.11	300m: 3:46.98	39.23		400m: 5:04.00		38.02	
8.	Lorena Dreschers			Hellas-Glana			5:01.53	200401364			5:08.03
	50m: 33.75	33.75	150m: 1:50.86	38.78	250m: 3:09.24	39.21		350m: 4:29.54		40.03	
	100m: 1:12.08	38.33	200m: 2:30.03	39.17	300m: 3:49.51	40.27		400m: 5:08.03		38.49	
9.	Lionne Klarenbeek			ZPC De Hof			5:15.58	200300108			5:10.61
	50m: 36.31	36.31	150m: 1:55.61	39.46	250m: 3:15.79	39.56		350m: 4:34.81		38.64	
	100m: 1:16.15	39.84	200m: 2:36.23	40.62	300m: 3:56.17	40.38		400m: 5:10.61		35.80	
10.	Esmee Lanckohr			NIMO Landgraaf			5:03.20	200002442			5:12.83
	50m: 35.46	35.46	150m: 1:54.04	39.82	250m: 3:14.89	40.62		350m: 4:35.13		40.03	
	100m: 1:14.22	38.76	200m: 2:34.27	40.23	300m: 3:55.10	40.21		400m: 5:12.83		37.70	
11.	Michelle van Dijk			Dzt'62			5:10.93	199806564			5:13.27
	50m: 36.07	36.07	150m: 1:54.88	39.53	250m: 3:15.48	39.95		350m: 4:35.42		39.35	
	100m: 1:15.35	39.28	200m: 2:35.53	40.65	300m: 3:56.07	40.59		400m: 5:13.27		37.85	
12.	Quinty Rouschop			NIMO Landgraaf			5:08.45	200300208			5:15.32
	50m: 36.54	36.54	150m: 1:56.72	39.64	250m: 3:16.75	39.02		350m: 4:36.22		38.64	
	100m: 1:17.08	40.54	200m: 2:37.73	41.01	300m: 3:57.58	40.83		400m: 5:15.32		39.10	
13.	Anna van Kuijk			Hzpc			5:03.53	200300564			5:15.92
	50m: 36.14	36.14	150m: 1:55.70	39.90	250m: 3:16.24	40.51		350m: 4:36.75		40.52	
	100m: 1:15.80	39.66	200m: 2:35.73	40.03	300m: 3:56.23	39.99		400m: 5:15.92		39.17	
14.	Daniëlle Meinema			ZVV			4:59.42	200300534			5:16.31
	50m: 34.32	34.32	150m: 1:52.94	39.70	250m: 3:14.08	40.52		350m: 4:36.89		41.41	
	100m: 1:13.24	38.92	200m: 2:33.56	40.62	300m: 3:55.48	41.40		400m: 5:16.31		39.42	
15.	Zoe Slinkman			ZPC De Hof			NT	200100062			5:18.10
	50m: 34.74	34.74	150m: 1:54.77	40.77	250m: 3:15.45	40.27		350m: 4:38.63		41.42	
	100m: 1:14.00	39.26	200m: 2:35.18	40.41	300m: 3:57.21	41.76		400m: 5:18.10		39.47	
16.	Suze Sips			De Waalstroom			5:14.15	200003788			5:24.92
	50m: 36.09	36.09	150m: 1:57.72	41.42	250m: 3:21.06	41.13		350m: 4:45.44		41.87	
	100m: 1:16.30	40.21	200m: 2:39.93	42.21	300m: 4:03.57	42.51		400m: 5:24.92		39.48	
17.	Kyanie Blom			NIMO Landgraaf			5:02.65	200301866			5:27.84
	50m: 35.31	35.31	150m: 1:57.14	41.69	250m: 3:22.17	42.86		350m: 4:46.18		42.11	
	100m: 1:15.45	40.14	200m: 2:39.31	42.17	300m: 4:04.07	41.90		400m: 5:27.84		41.66	

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Rang	In.tijd								Tijd	
18.	Feline Slijkhuis		ZVV				5:23.91	200501042	5:30.90	
	50m: 36.99	36.99	150m: 1:59.67	41.59	250m: 3:25.05	42.56	350m: 4:50.60	41.39		
	100m: 1:18.08	41.09	200m: 2:42.49	42.82	300m: 4:09.21	44.16	400m: 5:30.90	40.30		
19.	Isabelle Meinema		ZVV				5:28.32	200500216	5:35.99	
	50m: 37.44	37.44	150m: 2:02.46	43.00	250m: 3:29.22	43.46	350m: 4:55.35	42.96		
	100m: 1:19.46	42.02	200m: 2:45.76	43.30	300m: 4:12.39	43.17	400m: 5:35.99	40.64		
20.	Gina Tebben		Eurode Kerkrade				5:37.49	200102292	5:41.62	
	50m: 37.10	37.10	150m: 2:02.12	43.47	250m: 3:30.94	44.69	350m: 5:00.11	44.37		
	100m: 1:18.65	41.55	200m: 2:46.25	44.13	300m: 4:15.74	44.80	400m: 5:41.62	41.51		
21.	Jennifer Geerlings		Eurode Kerkrade				5:18.57	200402088	5:45.10	
	50m: 35.27	35.27	150m: 1:57.86	41.53	250m: 3:26.81	44.80	350m: 4:59.28	46.30		
	100m: 1:16.33	41.06	200m: 2:42.01	44.15	300m: 4:12.98	46.17	400m: 5:45.10	45.82		
22.	Flore Meulendijks		Z&PV Nuenen				6:17.09	200401884	5:53.14	
	50m: 39.14	39.14	150m: 2:08.33	45.45	250m: 3:39.02	45.11	350m: 5:09.41	44.26		
	100m: 1:22.88	43.74	200m: 2:53.91	45.58	300m: 4:25.15	46.13	400m: 5:53.14	43.73		
23.	Kyra Spierings		Z&PV Nuenen				NT	200304702	6:00.01	
	50m: 37.42	37.42	150m: 2:06.72	45.80	250m: 3:41.19	47.24	350m: 5:16.33	47.67		
	100m: 1:20.92	43.50	200m: 2:53.95	47.23	300m: 4:28.66	47.47	400m: 6:00.01	43.68		
24.	Jennifer Koonen		NIMO Landgraaf				5:57.16	200500386	6:07.99	
	50m: 40.00	40.00	150m: 2:12.18	46.88	250m: 3:47.56	47.82	350m: 5:23.20	47.60		
	100m: 1:25.30	45.30	200m: 2:59.74	47.56	300m: 4:35.60	48.04	400m: 6:07.99	44.79		
25.	Floor de Pooter		De Schelde				6:09.81	200501120	6:27.79	
	50m: 40.43	40.43	150m: 2:18.48	50.08	250m: 4:00.40	50.76	350m: 5:39.44	48.74		
	100m: 1:28.40	47.97	200m: 3:09.64	51.16	300m: 4:50.70	50.30	400m: 6:27.79	48.35		
NG.ZA	Lianne Kaanen		Hellas-Glana				5:06.89	200300708		