

Programmanr. 5
17-5-2014 - 13:35

Dames, 400m vrije slag

Senioren Open
Resultaten

Rang	In. tijd								Tijd
Junioren 1									
1.	Anne Paulusse			SBC2000			5:20.55	200200834	5:13.97
	50m: 35.41	150m: 1:55.37	250m: 3:15.80	350m: 4:36.22					
	100m: 1:15.16	200m: 2:35.53	300m: 3:56.44	400m: 5:13.97					
2.	Roos Englebert			Hieronymus			5:27.47	200200606	5:16.25
	50m: 35.19	150m: 1:55.50	250m: 3:17.58	350m: 4:39.32					
	100m: 1:14.71	200m: 2:36.65	300m: 3:59.09	400m: 5:16.25					
3.	Denise van der Burgt			Zeester Meerval			5:46.34	200201812	5:25.06
	50m: 38.53	150m: 2:02.44	250m: 3:26.73	350m: 4:48.04					
	100m: 1:20.71	200m: 2:45.10	300m: 4:09.01	400m: 5:25.06					
4.	Famke Slabbers			Arethusa			5:40.22	200200100	5:30.53
	50m: 37.06	150m: 2:01.28	250m: 3:26.90	350m: 4:50.76					
	100m: 1:18.22	200m: 2:43.92	300m: 4:09.46	400m: 5:30.53					
5.	Jule Franken			AquAmigos			5:29.30	200204024	5:32.95
	50m: 35.38	150m: 1:59.53	250m: 3:25.30	350m: 4:52.77					
	100m: 1:16.70	200m: 2:42.46	300m: 4:08.78	400m: 5:32.95					
6.	Ymke van Dongen			AquAmigos			5:49.48	200202662	5:34.24
	50m: 38.79	150m: 2:03.90	250m: 3:27.47	350m: 4:52.58					
	100m: 1:21.48	200m: 2:45.69	300m: 4:10.31	400m: 5:34.24					
7.	Nienke Jonk			Hieronymus			5:27.87	200203000	5:35.20
	50m: 35.94	150m: 1:59.18	250m: 3:26.28	350m: 4:54.27					
	100m: 1:17.06	200m: 2:42.92	300m: 4:11.33	400m: 5:35.20					
8.	Hannah Franssen			PSV			5:38.87	200202646	5:35.53
	50m: 37.16	150m: 2:01.21	250m: 3:27.80	350m: 4:52.90					
	100m: 1:18.23	200m: 2:44.66	300m: 4:11.55	400m: 5:35.53					
9.	Isa van der Meijden			PSV			5:45.15	200201980	5:35.97
	50m: 37.54	150m: 2:02.30	250m: 3:29.44	350m: 4:56.25					
	100m: 1:19.34	200m: 2:46.06	300m: 4:13.03	400m: 5:35.97					
10.	Meike Simons			PSV			5:51.81	200201184	5:38.41
	50m: 36.79	150m: 2:02.15	250m: 3:29.35	350m: 4:56.46					
	100m: 1:18.98	200m: 2:45.50	300m: 4:13.58	400m: 5:38.41					
11.	Julia Vos			SBC2000			5:48.34	200202792	5:55.46
	50m: 38.80	150m: 2:07.48	250m: 3:39.76	350m: 5:11.90					
	100m: 1:22.78	200m: 2:54.06	300m: 4:26.60	400m: 5:55.46					
12.	Sammy Koster			O.Z. & P.C. De Warande			6:13.79	200203046	5:57.82
	50m: 39.54	150m: 2:10.80	250m: 3:43.81	350m: 5:15.44					
	100m: 1:24.32	200m: 2:57.89	300m: 4:30.33	400m: 5:57.82					
13.	Amy de Veth			O.Z. & P.C. De Warande			6:06.36	200202536	6:00.69
	50m: 40.19	150m: 2:11.02	250m: 3:44.35	350m: 5:17.35					
	100m: 1:24.44	200m: 2:57.69	300m: 4:31.39	400m: 6:00.69					
14.	Lisa Lukken			ZPK Budel			6:11.08	200200190	6:11.01
	50m: 40.06	150m: 2:11.54	250m: 3:48.16	350m: 5:24.72					
	100m: 1:25.27	200m: 2:59.88	300m: 4:36.72	400m: 6:11.01					
Junioren 2									
1.	Lonneke Kampman			Arethusa			5:08.05	200100146	4:55.68
	50m: 33.08	150m: 1:47.25	250m: 3:03.00	350m: 4:18.66					
	100m: 1:10.05	200m: 2:25.38	300m: 3:40.98	400m: 4:55.68					
2.	Indy Jongman			Arethusa			5:03.98	200100528	4:57.83
	50m: 33.30	150m: 1:49.61	250m: 3:06.70	350m: 4:22.27					
	100m: 1:11.29	200m: 2:28.83	300m: 3:45.18	400m: 4:57.83					

Programmanr. 5, Meisjes, 400m vrije slag, Junioren 2

Rang									In.tijd		Tijd
3.	Anne Dickens				SBC2000				4:54.64	200100734	4:58.09
	50m:	32.76	150m:	1:47.75	250m:	3:04.63	350m:	4:22.43			
	100m:	1:09.64	200m:	2:26.05	300m:	3:43.33	400m:	4:58.09			
4.	Marit de Lau				PSV				4:54.32	200101338	5:03.65
	50m:	34.45	150m:	1:51.86	250m:	3:10.02	350m:	4:27.50			
	100m:	1:13.16	200m:	2:31.24	300m:	3:49.70	400m:	5:03.65			
5.	Noa de Vries				PSV				5:04.99	200101556	5:12.16
	50m:	33.73	150m:	1:52.02	250m:	3:12.53	350m:	4:33.74			
	100m:	1:12.36	200m:	2:32.12	300m:	3:53.24	400m:	5:12.16			
6.	Sam van Nunen				Nautilus				5:17.65	200100036	5:18.12
	50m:	34.05	150m:	1:53.70	250m:	3:16.84	350m:	4:39.60			
	100m:	1:12.88	200m:	2:35.34	300m:	3:58.89	400m:	5:18.12			
7.	Serina Damen				PSV				5:21.00	200100228	5:18.21
	50m:	35.52	150m:	1:56.14	250m:	3:16.97	350m:	4:38.91			
	100m:	1:15.98	200m:	2:36.85	300m:	3:58.55	400m:	5:18.21			
8.	Chloë de Vetter				SBC2000				5:20.66	200100842	5:32.58
	50m:	35.55	150m:	1:57.80	250m:	3:24.70	350m:	4:50.70			
	100m:	1:15.56	200m:	2:41.20	300m:	4:07.78	400m:	5:32.58			
9.	Dagmar Alderlieste				SBC2000				5:34.30	200100438	5:37.50
	50m:	37.03	150m:	2:01.87	250m:	3:28.71	350m:	4:55.37			
	100m:	1:19.05	200m:	2:45.23	300m:	4:11.94	400m:	5:37.50			
10.	Amy Verhouden				PSV				5:34.26	200101400	5:40.73
	50m:	37.94	150m:	2:03.25	250m:	3:32.22	350m:	4:59.48			
	100m:	1:19.96	200m:	2:48.14	300m:	4:16.28	400m:	5:40.73			

Junioren 3

1.	Laura van Engelen		AquAmigos		4:33.57		200000350		4:36.05	
	50m:	31.72	150m:	1:41.19	250m:	2:51.57	350m:	4:02.15		
	100m:	1:06.70	200m:	2:16.11	300m:	3:26.85	400m:	4:36.05		
2.	Marij van der Mast		Arethusa		4:37.80		200000676		4:44.00	
	50m:	32.69	150m:	1:44.96	250m:	2:58.08	350m:	4:09.82		
	100m:	1:09.15	200m:	2:21.86	300m:	3:34.63	400m:	4:44.00		
3.	Kim Vos		SBC2000		4:47.72		200000990		4:51.46	
	50m:	32.04	150m:	1:45.22	250m:	3:01.32	350m:	4:18.00		
	100m:	1:07.48	200m:	2:23.31	300m:	3:39.76	400m:	4:51.46		
4.	Floor Habers		Zeester Meerval		5:06.04		200000054		5:02.22	
	50m:	33.40	150m:	1:49.78	250m:	3:07.01	350m:	4:25.06		
	100m:	1:11.56	200m:	2:28.42	300m:	3:46.23	400m:	5:02.22		
5.	Lené Doomen		O.Z. & P.C. De Warande		4:53.16		200001330		5:07.75	
	50m:	32.69	150m:	1:49.02	250m:	3:08.11	350m:	4:29.66		
	100m:	1:10.52	200m:	2:28.67	300m:	3:49.27	400m:	5:07.75		
6.	Lisa de Beijer		PSV		4:57.19		200002814		5:11.35	
	50m:	35.60	150m:	1:54.85	250m:	3:14.56	350m:	4:33.94		
	100m:	1:15.78	200m:	2:34.93	300m:	3:55.02	400m:	5:11.35		
7.	Simone van de Wolfshaar		Dommelbaarzen		5:06.82		200000198		5:15.59	
	50m:	33.79	150m:	1:52.18	250m:	3:12.99	350m:	4:35.88		
	100m:	1:12.19	200m:	2:32.02	300m:	3:54.35	400m:	5:15.59		
8.	Lot Sauren		Z&PV Nuenen		5:09.11		200001214		5:18.15	
	50m:	34.46	150m:	1:52.78	250m:	3:16.05	350m:	4:40.18		
	100m:	1:12.36	200m:	2:34.84	300m:	3:58.66	400m:	5:18.15		
9.	Julia van Leeuwen		PSV		5:06.76		200001464		5:21.94	
	50m:	33.99	150m:	1:55.32	250m:	3:18.65	350m:	4:42.32		
	100m:	1:14.15	200m:	2:37.67	300m:	4:01.53	400m:	5:21.94		

Programmanr. 5, Meisjes, 400m vrije slag, Junioren 3

Rang				In.tijd		Tijd
AFGEM	Sarah Uuldriks		Hieronymus	5:06.91	200000946	

Jeugd 1

1.	Kyra Jongman		Arethusa	4:50.48	199902688	4:49.26
	50m: 32.43	150m: 1:46.12	250m: 2:59.94	350m: 4:13.98		
	100m: 1:09.35	200m: 2:23.54	300m: 3:37.15	400m: 4:49.26		
2.	Soraya Wasser		PSV	5:04.21	199901358	4:53.11
	50m: 31.61	150m: 1:42.72	250m: 2:58.72	350m: 4:16.04		
	100m: 1:06.16	200m: 2:20.29	300m: 3:37.26	400m: 4:53.11		
3.	Eline Hartogs		PSV	4:55.25	199901388	5:16.47
	50m: 34.55	150m: 1:52.31	250m: 3:12.95	350m: 4:35.88		
	100m: 1:12.62	200m: 2:32.66	300m: 3:53.94	400m: 5:16.47		

Jeugd 2

1.	Sanne Nijholt		Arethusa	4:48.47	199803316	4:43.98
	50m: 31.53	150m: 1:42.14	250m: 2:55.13	350m: 4:08.25		
	100m: 1:06.22	200m: 2:18.56	300m: 3:31.76	400m: 4:43.98		
2.	Silke Voets		Z&PV Nuenen	4:42.20	199806370	4:47.26
	50m: 32.65	150m: 1:45.28	250m: 2:58.54	350m: 4:12.08		
	100m: 1:08.88	200m: 2:22.27	300m: 3:35.35	400m: 4:47.26		
3.	Eva van Ginneken		Hieronymus	4:47.26	199800164	4:52.33
	50m: 33.10	150m: 1:47.02	250m: 3:02.19	350m: 4:17.31		
	100m: 1:09.93	200m: 2:24.64	300m: 3:40.64	400m: 4:52.33		
4.	Dian van Leeuwen		PSV	5:00.66	199803838	5:02.36
	50m: 33.84	150m: 1:49.37	250m: 3:06.61	350m: 4:24.58		
	100m: 1:11.13	200m: 2:27.50	300m: 3:45.77	400m: 5:02.36		
5.	Anne van de Loo		Arethusa	4:59.21	199800628	5:03.33
	50m: 34.13	150m: 1:48.36	250m: 3:05.18	350m: 4:23.78		
	100m: 1:11.37	200m: 2:26.83	300m: 3:44.62	400m: 5:03.33		
6.	Lotte Verbiesen		Zeester Meerval	5:03.27	199802120	5:06.76
	50m: 33.48	150m: 1:49.66	250m: 3:08.53	350m: 4:27.14		
	100m: 1:10.91	200m: 2:29.35	300m: 3:47.85	400m: 5:06.76		
7.	Sanne van Gelder		Z & Pc Dio	4:58.86	199803390	5:15.43
	50m: 35.17	150m: 1:54.63	250m: 3:15.12	350m: 4:36.09		
	100m: 1:14.48	200m: 2:34.96	300m: 3:55.92	400m: 5:15.43		
8.	Jennefer van Terheijden		Hieronymus	5:03.89	199805542	5:15.81
	50m: 33.92	150m: 1:51.72	250m: 3:13.79	350m: 4:36.68		
	100m: 1:12.14	200m: 2:32.49	300m: 3:55.11	400m: 5:15.81		

Senioren 1

1.	Manon van Esch		TRB/RES	4:45.53	199702090	4:50.04
	50m: 32.41	150m: 1:44.69	250m: 2:59.45	350m: 4:14.56		
	100m: 1:07.96	200m: 2:22.32	300m: 3:37.55	400m: 4:50.04		
2.	Selene Wortel		Z & Pc Dio	4:49.66	199700654	5:01.17
	50m: 32.34	150m: 1:47.94	250m: 3:05.20	350m: 4:23.53		
	100m: 1:10.15	200m: 2:26.56	300m: 3:44.80	400m: 5:01.17		
3.	Carina Spronk		zv De Vennen	4:58.63	199702382	5:12.08
	50m: 33.90	150m: 1:49.91	250m: 3:09.82	350m: 4:31.49		
	100m: 1:11.37	200m: 2:30.27	300m: 3:50.77	400m: 5:12.08		

Programmanr. 5, Dames, 400m vrije slag

Senioren 2

1.	Amy van Lier	TRB/RES	4:39.23	199603022	4:43.60
	50m: 31.47 150m: 1:43.84 250m: 2:56.49 350m: 4:08.87				
	100m: 1:07.60 200m: 2:20.49 300m: 3:33.08 400m: 4:43.60				
2.	Anne Gibbels	Z&PV Nuenen	4:45.53	199602298	4:49.76
	50m: 32.62 150m: 1:45.78 250m: 2:59.87 350m: 4:13.72				
	100m: 1:09.26 200m: 2:23.32 300m: 3:37.17 400m: 4:49.76				
3.	Evy Ulijn	ZWK Merlet	4:54.12	199604100	5:01.86
	50m: 35.12 150m: 1:52.63 250m: 3:08.99 350m: 4:25.08				
	100m: 1:13.48 200m: 2:31.04 300m: 3:47.50 400m: 5:01.86				
4.	Ceylan Dursun	Hieronymus	4:55.82	199602728	5:04.18
	50m: 33.00 150m: 1:47.73 250m: 3:05.72 350m: 4:25.39				
	100m: 1:10.07 200m: 2:26.83 300m: 3:45.68 400m: 5:04.18				
5.	Yasmine Bartelds	zc AquaDream	4:49.80	199604366	5:07.98
	50m: 34.87 150m: 1:53.89 250m: 3:12.08 350m: 4:30.29				
	100m: 1:13.95 200m: 2:33.20 300m: 3:51.29 400m: 5:07.98				

Senioren

1.	Rieneke Terink	PSV	4:03.05	198402424	4:17.35
	50m: 29.07 150m: 1:34.58 250m: 2:39.97 350m: 3:45.24				
	100m: 1:01.80 200m: 2:07.52 300m: 3:12.80 400m: 4:17.35				
2.	Marcha Admiraal	De Biesboschzwemmers	4:38.48	199300012	4:45.85
	50m: 31.56 150m: 1:43.49 250m: 2:56.83 350m: 4:10.61				
	100m: 1:07.14 200m: 2:20.01 300m: 3:33.98 400m: 4:45.85				
3.	Melissa van der Geld	AquAmigos	4:54.23	199506250	4:51.83
	50m: 32.22 150m: 1:45.40 250m: 3:01.08 350m: 4:16.48				
	100m: 1:08.20 200m: 2:23.29 300m: 3:39.34 400m: 4:51.83				
4.	Liselotte Joling	PSV	4:54.90	197500268	4:52.70
	50m: 33.39 150m: 1:48.31 250m: 3:03.05 350m: 4:17.11				
	100m: 1:10.89 200m: 2:27.02 300m: 3:41.20 400m: 4:52.70				
5.	Arja den Boer	BZV 's-Hertogenbosch	4:40.70	199405634	4:55.24
	50m: 32.42 150m: 1:44.98 250m: 3:00.71 350m: 4:17.89				
	100m: 1:08.24 200m: 2:22.94 300m: 3:39.35 400m: 4:55.24				
6.	Désirée Emmen	O.Z. & P.C. De Warande	4:54.37	199204862	4:59.40
	50m: 31.94 150m: 1:45.37 250m: 3:02.78 350m: 4:21.00				
	100m: 1:07.79 200m: 2:23.77 300m: 3:41.61 400m: 4:59.40				
7.	Marlijn Hendriksen	Arethusa	4:51.79	198806828	5:01.48
	50m: 34.87 150m: 1:52.37 250m: 3:08.99 350m: 4:25.07				
	100m: 1:13.58 200m: 2:31.00 300m: 3:47.25 400m: 5:01.48				
8.	Britt van Diessen	TRB/RES	6:00.08	198900900	6:05.27
	50m: 41.51 150m: 2:13.48 250m: 3:45.99 350m: 5:20.25				
	100m: 1:26.60 200m: 3:00.44 300m: 4:33.38 400m: 6:05.27				

Senioren

1.	Britt van Diessen	TRB/RES	6:00.08	198900900	6:05.27
	50m: 41.51 150m: 2:13.48 250m: 3:45.99 350m: 5:20.25				
	100m: 1:26.60 200m: 3:00.44 300m: 4:33.38 400m: 6:05.27				