

Programmanr. 5
23-5-2015 - 14:45

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Gabriela Topfer	PSV	5:22.13	200301764	5:20.06 +0,72
	50m: 36.65	150m: 1:58.80	250m: 3:19.58	350m: 4:41.55	
	100m: 1:16.93	200m: 2:39.42	300m: 4:00.57	400m: 5:20.06	
2.	Cynthia van Elen	ZWK Merlet	6:04.47	200300656	5:33.47 +0,85
	50m: 39.63	150m: 2:07.06	250m: 3:32.43	350m: 4:54.82	
	100m: 1:23.46	200m: 2:50.29	300m: 4:15.37	400m: 5:33.47	
3.	Ilse Verhoef	PSV	5:35.75	200302288	5:33.75 +0,74
	50m: 38.31	150m: 2:04.87	250m: 3:31.07	350m: 4:57.44	
	100m: 1:22.06	200m: 2:48.30	300m: 4:14.86	400m: 5:33.75	
4.	Yanna van der Heijden	Tempo Valkenswaard	5:48.19	200301334	5:49.68 +0,83
	50m: 38.13	150m: 2:05.24	250m: 3:34.08	350m: 5:05.84	
	100m: 1:21.45	200m: 2:50.16	300m: 4:19.93	400m: 5:49.68	
5.	Silke van de Weijer	ZV Hydra	6:07.32	200300692	5:52.53 +0,64
	50m: 38.23	150m: 2:07.48	250m: 3:39.51	350m: 5:09.65	
	100m: 1:22.00	200m: 2:53.14	300m: 4:24.89	400m: 5:52.53	
6.	Sanne Teeuwsen	Arethusa	6:09.04	200300992	5:58.14 * +0,78
	<i>*=100m tijden handtijd</i>				
	50m: 39.75	150m: 2:12.17	250m: 3:45.62	350m: 5:18.38	
	100m: 1:26.56	200m: 2:59.03	300m: 4:33.64	400m: 5:58.14	
7.	Kira Keij	Aegir	5:49.11	200301476	6:00.67 +0,71
	50m: 38.28	150m: 2:08.45	250m: 3:41.42	350m: 5:16.16	
	100m: 1:22.04	200m: 2:54.28	300m: 4:29.11	400m: 6:00.67	
8.	Noor Jansen	ZWK Merlet	6:13.94	200303972	6:02.51 +0,91
	50m: 39.24	150m: 2:10.21	250m: 3:44.50	350m: 5:20.29	
	100m: 1:25.26	200m: 2:57.24	300m: 4:31.11	400m: 6:02.51	

Junioren 2

1.	Famke Slabbers	Arethusa	5:14.45	200200100	4:58.62 +0,74
	50m: 33.60	150m: 1:49.04	250m: 3:05.58	350m: 4:21.51	
	100m: 1:10.81	200m: 2:27.57	300m: 3:43.66	400m: 4:58.62	
2.	Nienke Jonk	Hieronymus	4:58.55	200203000	4:59.63 +0,65
	50m: 33.12	150m: 1:48.68	250m: 3:07.30	350m: 4:25.41	
	100m: 1:10.42	200m: 2:27.65	300m: 3:46.58	400m: 4:59.63	
3.	Denise van der Burgt	Zeester Meerval	5:18.48	200201812	5:05.80 +0,73
	50m: 34.39	150m: 1:51.07	250m: 3:09.30	350m: 4:28.38	
	100m: 1:12.57	200m: 2:30.14	300m: 3:49.49	400m: 5:05.80	
4.	Anne Paulusse	O.Z. & P.C. De Warande	5:05.35	200200834	5:06.01 +0,82
	50m: 33.95	150m: 1:49.51	250m: 3:08.33	350m: 4:28.09	
	100m: 1:10.90	200m: 2:28.56	300m: 3:48.12	400m: 5:06.01	
5.	Roos Englebert	Hieronymus	5:12.80	200200606	5:13.34 +0,70
	50m: 34.27	150m: 1:51.87	250m: 3:13.81	350m: 4:36.41	
	100m: 1:12.30	200m: 2:32.95	300m: 3:55.42	400m: 5:13.34	
6.	Hannah Franssen	PSV	5:17.48	200202646	5:18.22 +0,67
	50m: 35.78	150m: 1:54.33	250m: 3:16.26	350m: 4:38.24	
	100m: 1:14.86	200m: 2:35.40	300m: 3:58.73	400m: 5:18.22	
7.	Kemi van de Wetering	Arethusa	5:28.61	200201456	5:21.67 +0,72
	50m: 34.52	150m: 1:55.73	250m: 3:18.85	350m: 4:41.63	
	100m: 1:14.76	200m: 2:37.17	300m: 4:00.35	400m: 5:21.67	
8.	Sasya van Hamersveld	Arethusa	5:22.72	200201454	5:27.30 +0,76
	50m: 36.59	150m: 2:00.41	250m: 3:26.30	350m: 4:48.95	
	100m: 1:18.08	200m: 2:43.75	300m: 4:08.78	400m: 5:27.30	
9.	Meral Bakker	Arethusa	5:34.21	200200788	5:31.66 +0,74
	50m: 35.93	150m: 1:58.85	250m: 3:25.35	350m: 4:51.27	
	100m: 1:16.70	200m: 2:41.49	300m: 4:08.32	400m: 5:31.66	
10.	Ymke van Dongen	AquAmigos	5:30.19	200202662	5:34.84 +0,73
	50m: 37.31	150m: 2:01.33	250m: 3:27.52	350m: 4:52.60	
	100m: 1:18.88	200m: 2:44.84	300m: 4:10.53	400m: 5:34.84	

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Junioren 3

1.	Indy Jongman	PSV	4:39.12	200100528	4:47.75	+0,68
	50m: 32.82	150m: 1:46.53	250m: 3:00.31	350m: 4:14.15		
	100m: 1:09.58	200m: 2:23.49	300m: 3:37.41	400m: 4:47.75		
2.	Lonneke Kampman	PSV	4:39.14	200100146	4:50.77	+0,70
	50m: 32.44	150m: 1:46.13	250m: 3:00.38	350m: 4:15.31		
	100m: 1:08.84	200m: 2:22.85	300m: 3:37.83	400m: 4:50.77		
3.	Marit de Lau	PSV	4:49.36	200101338	4:52.34	+0,69
	50m: 33.80	150m: 1:47.93	250m: 3:03.20	350m: 4:17.72		
	100m: 1:10.82	200m: 2:25.53	300m: 3:41.40	400m: 4:52.34		
4.	Merel Phaff	Z&PV Nuenen	4:53.50	200100434	4:57.93	+0,81
	50m: 34.52	150m: 1:50.14	250m: 3:05.72	350m: 4:21.50		
	100m: 1:12.00	200m: 2:27.89	300m: 3:43.68	400m: 4:57.93		
5.	Sam van Nunen	VZ&PC Nautilus	4:57.95	200100036	4:59.12	+0,71
	50m: 33.77	150m: 1:49.43	250m: 3:06.86	350m: 4:23.25		
	100m: 1:11.66	200m: 2:28.39	300m: 3:45.82	400m: 4:59.12		
6.	Valesca van den Bogert	Hieronymus	5:05.54	200102138	5:11.98	+0,77
	50m: 34.07	150m: 1:53.44	250m: 3:13.53	350m: 4:35.22		
	100m: 1:13.50	200m: 2:33.84	300m: 3:55.05	400m: 5:11.98		
7.	Chloë de Vetter	SBC2000	5:16.45	200100842	5:33.03	+0,78
	50m: 36.06	150m: 1:58.16	250m: 3:24.00	350m: 4:51.44		
	100m: 1:16.28	200m: 2:41.09	300m: 4:08.32	400m: 5:33.03		

Jeugd 1

1.	Marij van der Mast	PSV	4:28.44	200000676	4:39.17	+0,76
	50m: 32.60	150m: 1:42.81	250m: 2:53.94	350m: 4:04.92		
	100m: 1:07.30	200m: 2:18.44	300m: 3:29.61	400m: 4:39.17		
2.	Sarah Scholten	PSV	4:50.44	200006196	4:54.14	+0,72
	50m: 33.77	150m: 1:50.30	250m: 3:05.41	350m: 4:19.66		
	100m: 1:11.45	200m: 2:27.86	300m: 3:43.53	400m: 4:54.14		
3.	Esmee Venner	PSV	5:07.10	200000380	4:56.01	+0,74
	50m: 33.82	150m: 1:48.93	250m: 3:05.02	350m: 4:20.28		
	100m: 1:10.86	200m: 2:26.91	300m: 3:42.81	400m: 4:56.01		
4.	Alena Kutuzova	PSV	5:04.18	200005206	5:03.95	+0,74
	50m: 34.50	150m: 1:51.55	250m: 3:09.64	350m: 4:27.21		
	100m: 1:12.87	200m: 2:30.63	300m: 3:48.41	400m: 5:03.95		
5.	Lisa de Beijer	PSV	5:00.01	200002814	5:04.21	+0,74
	50m: 34.54	150m: 1:52.91	250m: 3:11.39	350m: 4:28.53		
	100m: 1:13.73	200m: 2:32.50	300m: 3:51.13	400m: 5:04.21		
6.	Manon Kampman	PSV	4:50.75	200000614	5:05.47	+0,78
	50m: 34.47	150m: 1:52.49	250m: 3:11.26	350m: 4:28.93		
	100m: 1:13.16	200m: 2:32.35	300m: 3:50.59	400m: 5:05.47		
7.	Lené Doomen	Trb/Res	4:56.10	200001330	5:10.06	+0,73
	50m: 33.68	150m: 1:51.10	250m: 3:11.36	350m: 4:31.62		
	100m: 1:11.81	200m: 2:31.15	300m: 3:51.80	400m: 5:10.06		
8.	Isa Schellekens	Zegenwerp	5:09.90	200002330	5:12.73	+0,75
	50m: 34.91	150m: 1:54.74	250m: 3:15.21	350m: 4:35.21		
	100m: 1:14.57	200m: 2:35.56	300m: 3:56.27	400m: 5:12.73		
9.	Floor Habers	Zeester Meerval	5:02.22	200000054	5:13.69	+0,80
	50m: 34.40	150m: 1:52.02	250m: 3:12.12	350m: 4:33.69		
	100m: 1:12.90	200m: 2:31.94	300m: 3:53.06	400m: 5:13.69		

Jeugd 2

1.	Soraya Wasser	PSV	4:29.83	199901358	4:40.21	+0,72
	50m: 32.03	150m: 1:43.64	250m: 2:55.17	350m: 4:05.95		
	100m: 1:07.41	200m: 2:19.69	300m: 3:30.81	400m: 4:40.21		
2.	Kyra Jongman	PSV	4:35.54	199902688	4:43.36	+0,81
	50m: 32.68	150m: 1:43.85	250m: 2:55.95	350m: 4:07.93		
	100m: 1:07.67	200m: 2:19.74	300m: 3:31.84	400m: 4:43.36		
3.	Sabien Timmers	ZWK Merlet	5:03.62	199904440	5:00.73	+0,77
	50m: 33.76	150m: 1:49.66	250m: 3:06.47	350m: 4:23.52		
	100m: 1:11.48	200m: 2:28.22	300m: 3:44.71	400m: 5:00.73		
4.	Lisanne van Giessen	Zvdo'74	5:04.63	199900390	5:21.71	+0,88
	50m: 35.17	150m: 1:54.50	250m: 3:16.72	350m: 4:40.95		
	100m: 1:14.66	200m: 2:35.51	300m: 3:58.61	400m: 5:21.71		

Programmanr. 5, Dames, 400m vrije slag

Senioren 1

1. Sanne Nijholt	Arethusa	4:32.91	199803316	4:40.96	+0,76
50m: 32.93	150m: 1:44.34	250m: 2:54.76	350m: 4:06.27		
100m: 1:09.27	200m: 2:19.37	300m: 3:30.55	400m: 4:40.96		
2. Eva van Ginneken	Hieronymus	4:47.56	199800164	4:48.28	+0,79
50m: 32.67	150m: 1:46.24	250m: 2:59.78	350m: 4:12.97		
100m: 1:08.87	200m: 2:22.84	300m: 3:36.25	400m: 4:48.28		
3. Anne van de Loo	Arethusa	4:51.96	199800628	5:01.54	+0,76
50m: 35.08	150m: 1:50.00	250m: 3:07.19	350m: 4:24.12		
100m: 1:12.85	200m: 2:29.15	300m: 3:46.21	400m: 5:01.54		
4. Nadja Wortel	Z & Pc Dio	4:56.25	199800798	5:06.19	+0,76
50m: 33.27	150m: 1:49.66	250m: 3:08.19	350m: 4:27.81		
100m: 1:11.19	200m: 2:29.02	300m: 3:47.94	400m: 5:06.19		
5. Bo van Ieperen	Arethusa	4:56.56	199802720	5:12.06	+0,67
50m: 34.97	150m: 1:55.34	250m: 3:15.69	350m: 4:35.41		
100m: 1:15.39	200m: 2:36.13	300m: 3:56.43	400m: 5:12.06		
6. Sanne van Gelder	Z & Pc Dio	4:59.24	199803390	5:12.64	+0,81
50m: 34.96	150m: 1:52.90	250m: 3:13.67	350m: 4:34.30		
100m: 1:13.28	200m: 2:33.56	300m: 3:54.82	400m: 5:12.64		
7. Bo van Aalst	Arethusa	4:55.54	199800630	5:13.42	+0,76
50m: 35.43	150m: 1:51.73	250m: 3:10.93	350m: 4:33.57		
100m: 1:13.10	200m: 2:31.02	300m: 3:52.01	400m: 5:13.42		
8. Dian van Leeuwen	PSV	4:56.25	199803838	5:27.05	+0,69
50m: 34.97	150m: 1:54.99	250m: 3:18.90	350m: 4:45.42		
100m: 1:14.63	200m: 2:36.73	300m: 4:02.13	400m: 5:27.05		

Senioren 2

1. Manon van Esch	Trb/Res	4:37.02	199702090	4:48.12	+0,73
50m: 32.42	150m: 1:45.92	250m: 2:59.43	350m: 4:12.94		
100m: 1:08.75	200m: 2:22.68	300m: 3:36.36	400m: 4:48.12		
2. Selene Wortel	Z & Pc Dio	4:50.70	199700654	5:04.06	+0,70
50m: 33.28	150m: 1:49.14	250m: 3:06.94	350m: 4:25.61		
100m: 1:10.67	200m: 2:27.81	300m: 3:46.30	400m: 5:04.06		
3. Carina Spronk	zv De Vennen	4:57.30	199702382	5:16.23	+0,73
50m: 34.40	150m: 1:54.14	250m: 3:15.46	350m: 4:36.94		
100m: 1:13.71	200m: 2:34.86	300m: 3:56.50	400m: 5:16.23		

Senioren

1. Allyson Ponson	PSV	4:47.43	199506854	4:40.43	+0,72
50m: 31.38	150m: 1:40.60	250m: 2:52.28	350m: 4:04.89		
100m: 1:05.62	200m: 2:16.09	300m: 3:28.35	400m: 4:40.43		
2. Anneloes Peulen	Z&PV Nuenen	4:37.91	198502314	4:45.65	+0,69
50m: 31.47	150m: 1:42.94	250m: 2:55.30	350m: 4:08.91		
100m: 1:07.08	200m: 2:19.36	300m: 3:32.33	400m: 4:45.65		
3. Amy van Lier	Trb/Res	4:38.29	199603022	4:46.37	+0,77
50m: 31.90	150m: 1:43.74	250m: 2:57.47	350m: 4:11.95		
100m: 1:07.30	200m: 2:20.27	300m: 3:34.61	400m: 4:46.37		
4. Anne Gibbels	Z&PV Nuenen	4:41.60	199602298	4:47.60	+0,75
50m: 33.05	150m: 1:45.80	250m: 2:59.97	350m: 4:13.08		
100m: 1:09.25	200m: 2:23.36	300m: 3:36.91	400m: 4:47.60		
5. Inge Arts	ZWK Merlet	4:49.05	199203076	4:48.94	+0,77
50m: 32.90	150m: 1:45.74	250m: 2:58.85	350m: 4:13.00		
100m: 1:08.92	200m: 2:22.61	300m: 3:35.66	400m: 4:48.94		
6. Marlijn Hendriksen	Arethusa	4:47.19	198806828	4:49.61	+0,72
50m: 34.09	150m: 1:47.76	250m: 3:01.56	350m: 4:14.58		
100m: 1:11.40	200m: 2:25.11	300m: 3:38.37	400m: 4:49.61		
7. Liselotte Joling	PSV	4:48.66	197500268	4:54.69	+0,88
50m: 34.05	150m: 1:49.51	250m: 3:03.65	350m: 4:19.10		
100m: 1:11.33	200m: 2:27.32	300m: 3:41.07	400m: 4:54.69		
8. Evy Ulijn	Arethusa	4:49.10	199604100	4:55.25	+0,81
50m: 34.79	150m: 1:48.51	250m: 3:03.65	350m: 4:18.75		
100m: 1:11.33	200m: 2:26.17	300m: 3:41.13	400m: 4:55.25		
9. Lotte Langenhoff	Zeester Meerval	4:37.26	199602580	4:55.51	+0,77
50m: 32.45	150m: 1:44.95	250m: 2:59.45	350m: 4:16.51		
100m: 1:08.45	200m: 2:22.14	300m: 3:37.44	400m: 4:55.51		
10. Lindi Verkooijen	AquaDream	4:45.59	199503826	5:02.59	+0,78
50m: 32.34	150m: 1:46.97	250m: 3:04.42	350m: 4:23.58		
100m: 1:09.05	200m: 2:25.65	300m: 3:44.18	400m: 5:02.59		

Programmanr. 5, Dames, 400m vrije slag, Senioren

rang	naam	vereniging	intijd		tijd	RT	
11.	Melissa van der Geld	AquAmigos	4:46.83	199506250	5:03.15	+0,70	
	50m: 33.42	150m: 1:49.61	250m: 3:08.35	350m: 4:27.19			
	100m: 1:10.97	200m: 2:29.02	300m: 3:48.39	400m: 5:03.15			
12.	Arja den Boer	Trb/Res	4:45.17	199405634	5:04.74	+0,73	
	50m: 32.75	150m: 1:47.39	250m: 3:06.59	350m: 4:26.48			
	100m: 1:09.33	200m: 2:26.80	300m: 3:46.80	400m: 5:04.74			
13.	Britt van Diessen	Trb/Res	6:05.27	198900900	5:58.69	+0,77	440
	50m: 40.42	150m: 2:11.50	250m: 3:43.29	350m: 5:15.42			
	100m: 1:26.24	200m: 2:57.68	300m: 4:30.50	400m: 5:58.69			
AFGEM	Marjolein Delno	PSV	4:25.39	199400024			

Senioren

1.	Britt van Diessen	Trb/Res	6:05.27	198900900	S10	5:58.69	+0,77	440
	50m: 40.42	150m: 2:11.50	250m: 3:43.29	350m: 5:15.42				
	100m: 1:26.24	200m: 2:57.68	300m: 4:30.50	400m: 5:58.69				