

Programmanr. 16
13-3-2016

Dames, 400m wisselslag

Dames Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT	
1.	Laura Setz	Nova		5:15.76		200000130		5:17.80	
	50m: 33.73	33.73	150m: 1:54.20	40.48	250m: 3:19.99	45.91	350m: 4:43.11	36.14	
	100m: 1:13.72	39.99	200m: 2:34.08	39.88	300m: 4:06.97	46.98	400m: 5:17.80	34.69	
2.	Anne Paulusse	De Warande		5:46.64		200200834		5:32.90	
	50m: 36.66	36.66	150m: 2:02.90	41.46	250m: 3:30.51	46.75	350m: 4:56.49	38.61	
	100m: 1:21.44	44.78	200m: 2:43.76	40.86	300m: 4:17.88	47.37	400m: 5:32.90	36.41	
3.	Meike Simons	PSV		5:29.46		200201184		5:35.27	
	50m: 37.21	37.21	150m: 2:03.35	43.58	250m: 3:32.04	47.13	350m: 4:57.78	38.66	
	100m: 1:19.77	42.56	200m: 2:44.91	41.56	300m: 4:19.12	47.08	400m: 5:35.27	37.49	
4.	Moniek Heemskerk	Lz 1886		5:29.54		199601964		5:35.54	
	50m: 33.78	33.78	150m: 1:59.80	46.15	250m: 3:29.41	45.98	350m: 4:56.77	40.29	
	100m: 1:13.65	39.87	200m: 2:43.43	43.63	300m: 4:16.48	47.07	400m: 5:35.54	38.77	
5.	Manon Vermarien	NTC Paralympisch-Hieronymus		5:55.84		199705680		5:56.32	
	50m: 37.23	37.23	150m: 2:05.49	45.84	250m: 3:44.09	53.10	350m: 5:17.24	39.34	751
	100m: 1:19.65	42.42	200m: 2:50.99	45.50	300m: 4:37.90	53.81	400m: 5:56.32	39.08	
6.	Kim Jansen van Galen	PSV		5:47.95		200201594		6:02.44	
	50m: 39.25	39.25	150m: 2:16.73	50.58	250m: 3:51.06	46.30	350m: 5:23.21	42.76	
	100m: 1:26.15	46.90	200m: 3:04.76	48.03	300m: 4:40.45	49.39	400m: 6:02.44	39.23	
7.	Larissa Bakker	Sbc2000		5:59.67		200003744		6:06.92	
	50m: 38.02	38.02	150m: 2:15.82	49.47	250m: 3:52.49	50.62	350m: 5:27.67	42.84	
	100m: 1:26.35	48.33	200m: 3:01.87	46.05	300m: 4:44.83	52.34	400m: 6:06.92	39.25	
8.	Julia Verhoeven	De Biesboschzwemmers		6:14.02		200100082		6:21.70	
	50m: 36.55	36.55	150m: 2:11.99	49.54	250m: 3:53.26	53.18	350m: 5:36.62	49.35	
	100m: 1:22.45	45.90	200m: 3:00.08	48.09	300m: 4:47.27	54.01	400m: 6:21.70	45.08	
9.	Kira Keij	PSV		NT		200301476		6:23.80	
	50m: 39.42	39.42	150m: 2:19.81	51.07	250m: 4:02.95	52.02	350m: 5:42.27	46.30	
	100m: 1:28.74	49.32	200m: 3:10.93	51.12	300m: 4:55.97	53.02	400m: 6:23.80	41.53	
10.	Inge Maessen	PSV		NT		200303526		6:26.24	
	50m: 39.27	39.27	150m: 2:18.72	48.44	250m: 4:04.40	54.66	350m: 5:45.26	43.44	
	100m: 1:30.28	51.01	200m: 3:09.74	51.02	300m: 5:01.82	57.42	400m: 6:26.24	40.98	
11.	Amy de Veth	De Warande		6:52.91		200202536		6:27.11	
	50m: 39.34	39.34	150m: 2:20.23	51.86	250m: 4:03.55	55.19	350m: 5:43.61	44.96	
	100m: 1:28.37	49.03	200m: 3:08.36	48.13	300m: 4:58.65	55.10	400m: 6:27.11	43.50	
12.	Lisa Lukken	PSV		NT		200200190		6:48.48	
	50m: 44.21	44.21	150m: 2:30.45	51.18	250m: 4:16.97	56.06	350m: 6:02.83	47.89	
	100m: 1:39.27	55.06	200m: 3:20.91	50.46	300m: 5:14.94	57.97	400m: 6:48.48	45.65	