

Limietwedstrijd Lange Baan Eindhoven
Eindhoven, 17-2-2019

Programmanr. 1
17-2-2019 - 12:30

Dames, 400m vrije slag

Senioren Open
Resultaten

Rang					In.tijd					Tijd		
1.	Marij van der Mast				Psv	4:21.12	200000676				4:29.67	
	50m:	31.84	31.84	150m:	1:39.99	34.40	250m:	2:47.89	33.85	350m:	3:56.23	34.33
	100m:	1:05.59	33.75	200m:	2:14.04	34.05	300m:	3:21.90	34.01	400m:	4:29.67	33.44
2.	Soraya Wasser				Psv	4:30.87	199901358				4:35.93	
	50m:	32.14	32.14	150m:	1:41.69	35.08	250m:	2:51.14	34.73	350m:	4:01.08	35.23
	100m:	1:06.61	34.47	200m:	2:16.41	34.72	300m:	3:25.85	34.71	400m:	4:35.93	34.85
3.	Manon Ritten				Hellas-Glana	4:36.85	200002440				4:37.93	
	50m:	32.38	32.38	150m:	1:41.57	34.55	250m:	2:51.72	34.69	350m:	4:03.33	35.82
	100m:	1:07.02	34.64	200m:	2:17.03	35.46	300m:	3:27.51	35.79	400m:	4:37.93	34.60
4.	Imke Beekman				Hellas-Glana	4:37.60	200301950				4:43.36	
	50m:	31.70	31.70	150m:	1:42.90	35.77	250m:	2:54.75	35.97	350m:	4:07.57	36.36
	100m:	1:07.13	35.43	200m:	2:18.78	35.88	300m:	3:31.21	36.46	400m:	4:43.36	35.79
5.	Kim Rebergen				Hellas-Glana	4:45.20	200100676				4:45.67	
	50m:	32.87	32.87	150m:	1:44.00	36.24	250m:	2:57.53	37.07	350m:	4:10.80	36.51
	100m:	1:07.76	34.89	200m:	2:20.46	36.46	300m:	3:34.29	36.76	400m:	4:45.67	34.87
6.	Liz Veltman				De Ward	4:45.04	200503668				4:53.59	
	50m:	32.55	32.55	150m:	1:47.52	37.62	250m:	3:03.30	37.39	350m:	4:17.99	36.59
	100m:	1:09.90	37.35	200m:	2:25.91	38.39	300m:	3:41.40	38.10	400m:	4:53.59	35.60
7.	Ayko Van Steen				Tiense Zwemmers	4:51.51	TZ/20209/01				4:56.20	
	50m:	32.20	32.20	150m:	1:47.62	38.09	250m:	3:03.79	37.78	350m:	4:19.69	37.59
	100m:	1:09.53	37.33	200m:	2:26.01	38.39	300m:	3:42.10	38.31	400m:	4:56.20	36.51
8.	Anouk van Hattum				Hellas-Glana	5:04.25	200600738				5:01.28	
	50m:	33.13	33.13	150m:	1:48.19	38.15	250m:	3:05.10	38.16	350m:	4:22.53	38.50
	100m:	1:10.04	36.91	200m:	2:26.94	38.75	300m:	3:44.03	38.93	400m:	5:01.28	38.75
9.	Lianne Kaanen				Zeps	5:09.05	200300708				5:10.75	
	50m:	35.69	35.69	150m:	1:54.66	40.23	250m:	3:12.82	39.67	350m:	4:32.35	39.86
	100m:	1:14.43	38.74	200m:	2:33.15	38.49	300m:	3:52.49	39.67	400m:	5:10.75	38.40
10.	Félinn van Lienden				Hieronymus	5:03.70	200602038				5:13.40	
	50m:	33.95	33.95	150m:	1:51.44	39.25	250m:	3:11.18	39.71	350m:	4:32.88	40.78
	100m:	1:12.19	38.24	200m:	2:31.47	40.03	300m:	3:52.10	40.92	400m:	5:13.40	40.52
11.	Esmee Kok				De Ward	5:07.82	200302336				5:14.72	
	50m:	33.48	33.48	150m:	1:51.65	39.95	250m:	3:12.21	40.24	350m:	4:34.58	41.65
	100m:	1:11.70	38.22	200m:	2:31.97	40.32	300m:	3:52.93	40.72	400m:	5:14.72	40.14
12.	Iris van 't Veer				Oeza	5:43.88	200301254				5:17.11	
	50m:	34.71	34.71	150m:	1:55.50	41.58	250m:	3:18.44	40.95	350m:	4:39.36	40.01
	100m:	1:13.92	39.21	200m:	2:37.49	41.99	300m:	3:59.35	40.91	400m:	5:17.11	37.75
13.	Britt van't Zant				Feijenoord Albion	5:06.96	200501170				5:18.59	
	50m:	34.05	34.05	150m:	1:53.35	40.63	250m:	3:16.73	41.46	350m:	4:38.95	40.43
	100m:	1:12.72	38.67	200m:	2:35.27	41.92	300m:	3:58.52	41.79	400m:	5:18.59	39.64
14.	Audrey Pieck				Zeester Meerval	5:13.43	200401378				5:18.75	
	50m:	35.07	35.07	150m:	1:54.31	40.47	250m:	3:16.80	41.45	350m:	4:40.33	40.97
	100m:	1:13.84	38.77	200m:	2:35.35	41.04	300m:	3:59.36	42.56	400m:	5:18.75	38.42
15.	Vera van Breda				Olympia	5:13.49	200400090				5:24.28	
	50m:	37.41	37.41	150m:	1:59.91	41.50	250m:	3:22.23	40.96	350m:	4:44.18	40.89
	100m:	1:18.41	41.00	200m:	2:41.27	41.36	300m:	4:03.29	41.06	400m:	5:24.28	40.10
16.	Valerie van der Velden				Psv	5:28.16	200600860				5:28.88	
	50m:	35.99	35.99	150m:	1:57.77	41.55	250m:	3:22.41	42.51	350m:	4:47.51	42.58
	100m:	1:16.22	40.23	200m:	2:39.90	42.13	300m:	4:04.93	42.52	400m:	5:28.88	41.37
17.	Suze Creemers				Hellas-Glana	5:38.12	200700738				5:38.64	
	50m:	38.12	38.12	150m:	2:03.66	42.76	250m:	3:30.41	43.08	350m:	4:57.35	43.50
	100m:	1:20.90	42.78	200m:	2:47.33	43.67	300m:	4:13.85	43.44	400m:	5:38.64	41.29

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Programmanr. 1, Dames, 400m vrije slag, Senioren Open

Rang					In.tijd	Tijd						
18.	Lotte Mudde				Zeester Meerval	5:51.32	200700502	5:39.19				
	50m:	38.95	38.95	150m:	2:06.95	44.23	250m:	3:34.56	44.19	350m:	5:00.55	42.68
	100m:	1:22.72	43.77	200m:	2:50.37	43.42	300m:	4:17.87	43.31	400m:	5:39.19	38.64
19.	Tine Maris				Zdkb	6:02.55	ZDKB/21043/06	5:43.90				
	50m:	39.45	39.45	150m:	2:09.61	45.64	250m:	3:37.79	42.59	350m:	5:03.76	42.40
	100m:	1:23.97	44.52	200m:	2:55.20	45.59	300m:	4:21.36	43.57	400m:	5:43.90	40.14
20.	Gioia Rond				Hieronymus	5:44.35	200601508	5:45.49				
	50m:	39.86	39.86	150m:	2:08.45	44.38	250m:	3:36.87	44.28	350m:	5:04.58	43.57
	100m:	1:24.07	44.21	200m:	2:52.59	44.14	300m:	4:21.01	44.14	400m:	5:45.49	40.91
21.	Alyssa van der Heijden				Hieronymus	5:56.03	200603508	5:53.02				
	50m:	37.20	37.20	150m:	2:04.58	45.54	250m:	3:36.10	46.04	350m:	5:08.45	46.77
	100m:	1:19.04	41.84	200m:	2:50.06	45.48	300m:	4:21.68	45.58	400m:	5:53.02	44.57
22.	Livia Groenewegen				Psv	6:07.81	200700244	5:55.39				
	50m:	37.88	37.88	150m:	2:06.99	44.99	250m:	3:38.75	45.39	350m:	5:10.55	45.44
	100m:	1:22.00	44.12	200m:	2:53.36	46.37	300m:	4:25.11	46.36	400m:	5:55.39	44.84
23.	Lieke Duijkerke				Z & PC De Zeeuwse Kust 1	5:43.37	200700468	5:56.21				
	50m:	38.68	38.68	150m:	2:06.72	44.33	250m:	3:38.40	46.19	350m:	5:11.66	46.47
	100m:	1:22.39	43.71	200m:	2:52.21	45.49	300m:	4:25.19	46.79	400m:	5:56.21	44.55
24.	Mirthe van der Heijden				Zeester Meerval	6:02.94	200501532	6:06.36				
	50m:	37.99	37.99	150m:	2:07.40	46.10	250m:	3:41.88	46.98	350m:	5:18.96	48.46
	100m:	1:21.30	43.31	200m:	2:54.90	47.50	300m:	4:30.50	48.62	400m:	6:06.36	47.40
25.	Inge Ruisch				De Ward	6:22.53	200700184	6:08.55				
	50m:	39.10	39.10	150m:	2:12.94	47.66	250m:	3:48.01	47.35	350m:	5:23.63	46.90
	100m:	1:25.28	46.18	200m:	3:00.66	47.72	300m:	4:36.73	48.72	400m:	6:08.55	44.92
26.	Ingrid Versteegen				Dbd	6:07.53	197300770	6:16.62				
	50m:	41.87	41.87	150m:	2:15.38	47.16	250m:	3:52.66	48.92	350m:	5:29.55	47.89
	100m:	1:28.22	46.35	200m:	3:03.74	48.36	300m:	4:41.66	49.00	400m:	6:16.62	47.07
27.	Sanne van Kesteren				Feijenoord Albion	6:47.03	200600452	6:16.76				
	50m:	40.44	40.44	150m:	2:14.27	47.75	250m:	3:51.20	48.21	350m:	5:29.87	48.91
	100m:	1:26.52	46.08	200m:	3:02.99	48.72	300m:	4:40.96	49.76	400m:	6:16.76	46.89
28.	Suzie Pellis				Hieronymus	6:09.78	200701600	6:18.93				
	50m:	40.43	40.43	150m:	2:15.05	48.10	250m:	3:54.17	49.36	350m:	5:32.00	48.83
	100m:	1:26.95	46.52	200m:	3:04.81	49.76	300m:	4:43.17	49.00	400m:	6:18.93	46.93
29.	Annemarie Flagge				V.Z.V. Njord	6:22.30	200701422	6:22.28				
	50m:	40.01	40.01	150m:	2:16.67	48.75	250m:	3:56.87	50.09	350m:	5:35.16	48.89
	100m:	1:27.92	47.91	200m:	3:06.78	50.11	300m:	4:46.27	49.40	400m:	6:22.28	47.12
30.	Zoya van Beek				Zeps	6:35.86	200303178	6:34.89				
	50m:	41.34	41.34	150m:	2:19.77	49.98	250m:	4:02.81	51.82	350m:	5:46.12	51.09
	100m:	1:29.79	48.45	200m:	3:10.99	51.22	300m:	4:55.03	52.22	400m:	6:34.89	48.77