

Programmanr. 13
4-3-2017 - 10:00

Dames, 400m vrije slag

Senioren Open
Resultaten Voorronde

rang	naam	vereniging	tijd	RT	fin	pnt	niv
Senioren Open							
1.	Esmee Vermeulen	NTC - de Dolfijn	199600678	4:20.90	+0,75	A	763
	50m: 30.46	30.46 150m: 1:33.95	31.83	250m: 2:39.97	33.30	350m: 3:47.97	33.84
	100m: 1:02.12	31.66 200m: 2:06.67	32.72	300m: 3:14.13	34.16	400m: 4:20.90	32.93
2.	Marjolein Delno	NTC - VZC	199400024	4:21.93	+0,78	A	754
	50m: 30.87	30.87 150m: 1:38.31	33.73	250m: 2:44.73	33.14	350m: 3:50.30	32.58
	100m: 1:04.58	33.71 200m: 2:11.59	33.28	300m: 3:17.72	32.99	400m: 4:21.93	31.63
	Laura van Engelen	RTC - AquAmigos	200000350	4:21.93	+0,83	A	754
	50m: 30.15	30.15 150m: 1:35.75	33.16	250m: 2:42.39	33.33	350m: 3:49.87	33.82
	100m: 1:02.59	32.44 200m: 2:09.06	33.31	300m: 3:16.05	33.66	400m: 4:21.93	32.06
4.	Robin Neumann	NTC - de Dolfijn	199706190	4:23.12	+0,70	A	744
	50m: 30.58	30.58 150m: 1:39.02	34.28	250m: 2:46.05	32.75	350m: 3:51.21	32.70
	100m: 1:04.74	34.16 200m: 2:13.30	34.28	300m: 3:18.51	32.46	400m: 4:23.12	31.91
5.	Marrit Steenberg	RTC - DZ&PC	200000086	4:24.89	+0,85	A	729
	50m: 30.21	30.21 150m: 1:36.65	33.49	250m: 2:43.50	33.08	350m: 3:51.15	33.79
	100m: 1:03.16	32.95 200m: 2:10.42	33.77	300m: 3:17.36	33.86	400m: 4:24.89	33.74
6.	Imani de Jong	RTC - ZPCH	200200464	4:25.03	+0,77	A	728
	50m: 30.55	30.55 150m: 1:38.35	34.09	250m: 2:45.18	33.42	350m: 3:52.29	33.24
	100m: 1:04.26	33.71 200m: 2:11.76	33.41	300m: 3:19.05	33.87	400m: 4:25.03	32.74
7.	Laura Setz	Nova	200000130	4:31.39	+0,87	A	678
	50m: 30.72	30.72 150m: 1:38.32	34.20	250m: 2:46.91	34.10	350m: 3:56.69	34.87
	100m: 1:04.12	33.40 200m: 2:12.81	34.49	300m: 3:21.82	34.91	400m: 4:31.39	34.70
8.	Marij van der Mast	RTC - PSV	200000676	4:33.51	+0,76	A	662
	50m: 31.25	31.25 150m: 1:41.09	35.21	250m: 2:50.60	34.03	350m: 3:59.47	34.38
	100m: 1:05.88	34.63 200m: 2:16.57	35.48	300m: 3:25.09	34.49	400m: 4:33.51	34.04
9.	Nienke Jonk	RTC - Hieronymus	200203000	4:34.26	+0,75	B	657
	50m: 30.53	30.53 150m: 1:38.96	34.38	250m: 2:47.98	34.85	350m: 3:59.35	35.48
	100m: 1:04.58	34.05 200m: 2:13.13	34.17	300m: 3:23.87	35.89	400m: 4:34.26	34.91
10.	Lisanne Hassing	HZ&PC Heerenveen	199702584	4:34.81	+0,83	B	653
	50m: 30.63	30.63 150m: 1:39.77	34.92	250m: 2:49.82	35.01	350m: 4:00.83	35.56
	100m: 1:04.85	34.22 200m: 2:14.81	35.04	300m: 3:25.27	35.45	400m: 4:34.81	33.98
11.	Silke Holkenborg	RTC - VZC	200100292	4:37.48	+0,82	B	634
	50m: 30.61	30.61 150m: 1:39.11	34.84	250m: 2:50.73	35.50	350m: 4:02.36	35.78
	100m: 1:04.27	33.66 200m: 2:15.23	36.12	300m: 3:26.58	35.85	400m: 4:37.48	35.12
12.	Kinge Zandringa	NTC - de Dolfijn	199801422	4:38.63	+0,71	B	626
	50m: 30.75	30.75 150m: 1:39.40	34.81	250m: 2:50.37	35.39	350m: 4:03.38	36.60
	100m: 1:04.59	33.84 200m: 2:14.98	35.58	300m: 3:26.78	36.41	400m: 4:38.63	35.25
13.	Inge Vieveen	RTC - WVZ	200100024	4:43.33	+0,81	B	595
	50m: 31.29	31.29 150m: 1:41.30	35.28	250m: 2:53.49	36.21	350m: 4:07.64	37.18
	100m: 1:06.02	34.73 200m: 2:17.28	35.98	300m: 3:30.46	36.97	400m: 4:43.33	35.69
14.	Tamara Grove	De Dolfijn	199601266	4:43.69	+0,74	B	593
	50m: 31.96	31.96 150m: 1:43.26	35.89	250m: 2:55.20	35.73	350m: 4:08.01	36.56
	100m: 1:07.37	35.41 200m: 2:19.47	36.21	300m: 3:31.45	36.25	400m: 4:43.69	35.68
15.	Imke Beekman	Albion	200301950	4:45.80	+0,78	B	580
	50m: 32.80	32.80 150m: 1:45.51	36.61	250m: 2:57.87	35.68	350m: 4:10.25	36.10
	100m: 1:08.90	36.10 200m: 2:22.19	36.68	300m: 3:34.15	36.28	400m: 4:45.80	35.55
16.	Sterre Keller	The Hague Swimming (SG)	199904142	4:46.54	+0,76	B	576
	50m: 32.11	32.11 150m: 1:44.52	36.60	250m: 2:58.03	36.68	350m: 4:10.92	36.32
	100m: 1:07.92	35.81 200m: 2:21.35	36.83	300m: 3:34.60	36.57	400m: 4:46.54	35.62
17.	Maaïke Tijhof	VZC	199800112	4:46.59	+0,82	R	575
	50m: 31.90	31.90 150m: 1:42.97	36.16	250m: 2:56.34	36.58	350m: 4:10.14	37.10
	100m: 1:06.81	34.91 200m: 2:19.76	36.79	300m: 3:33.04	36.70	400m: 4:46.59	36.45
18.	Roëlle op de Haar	WS Twente	200103428	4:54.07	+0,79	R	533
	50m: 32.40	32.40 150m: 1:47.29	38.03	250m: 3:03.05	38.22	350m: 4:18.76	37.91
	100m: 1:09.26	36.86 200m: 2:24.83	37.54	300m: 3:40.85	37.80	400m: 4:54.07	35.31
19.	Gaetane Demyttenaere	The Hague Swimming (SG)	199905018	4:54.57	+0,78		530
	50m: 33.15	33.15 150m: 1:47.35	37.53	250m: 3:03.04	37.78	350m: 4:18.33	37.53
	100m: 1:09.82	36.67 200m: 2:25.26	37.91	300m: 3:40.80	37.76	400m: 4:54.57	36.24
20.	Manon Vermarien	NTC PARA - Hieronymus	199705680	4:58.98	+0,79		687
	50m: 34.14	34.14 150m: 1:47.29	37.17	250m: 3:02.61	37.99	350m: 4:20.02	39.13
	100m: 1:10.12	35.98 200m: 2:24.62	37.33	300m: 3:40.89	38.28	400m: 4:58.98	38.96

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rang	naam	vereniging	tijd	RT	fin	pnt	niv
21.	Tiffany Leerdam	De Dolfijn	200006200	5:04.77	+0,91	478	
	50m: 32.53	32.53 150m: 1:48.74	38.77	250m: 3:08.13	39.67	350m: 4:27.58	38.81
	100m: 1:09.97	37.44 200m: 2:28.46	39.72	300m: 3:48.77	40.64	400m: 5:04.77	37.19
22.	Amber van der Kruk	NTC PARA - MSV Zeemacht	200102730 S14	5:07.16	+1,01	755	
	50m: 34.22	34.22 150m: 1:52.76	39.85	250m: 3:11.40	39.09	350m: 4:29.09	39.18
	100m: 1:12.91	38.69 200m: 2:32.31	39.55	300m: 3:49.91	38.51	400m: 5:07.16	38.07
23.	Jonne Moleman	NTC PARA - AZC	200006264 S10	5:11.25	+0,86	673	
	50m: 35.55	35.55 150m: 1:53.79	39.35	250m: 3:13.64	39.86	350m: 4:33.01	39.39
	100m: 1:14.44	38.89 200m: 2:33.78	39.99	300m: 3:53.62	39.98	400m: 5:11.25	38.24
24.	Liesette Bruinsma	NTC PARA - HZ&PC Heerenveen	200004346 S11	5:24.33	+0,71	880	
	50m: 34.49	34.49 150m: 1:55.23	41.54	250m: 3:20.60	44.10	350m: 4:44.19	41.31
	100m: 1:13.69	39.20 200m: 2:36.50	41.27	300m: 4:02.88	42.28	400m: 5:24.33	40.14
25.	Feija de Bruin	WVZ	200400106 S10	5:30.54	+1,07	562	
	50m: 36.87	36.87 150m: 1:59.10	41.56	250m: 3:24.59	43.08	350m: 4:49.93	42.14
	100m: 1:17.54	40.67 200m: 2:41.51	42.41	300m: 4:07.79	43.20	400m: 5:30.54	40.61
26.	Inge Belfor	NTC PARA - De Columbiaan	200100578 S10	5:36.14	+0,82	534	
	50m: 35.91	35.91 150m: 1:57.74	41.81	250m: 3:23.85	43.19	350m: 4:52.35	44.52
	100m: 1:15.93	40.02 200m: 2:40.66	42.92	300m: 4:07.83	43.98	400m: 5:36.14	43.79
NG.ZA	Marije Oosterhuis	NTC PARA - Eemsrobben	199500318 S10				
AFGEM	Marieke Tienstra	RTC - TriVia	199900302				
AFGEM	Marith de Jong	The Hague Swimming (SG)	200200012				

Paralympics

1.	Liesette Bruinsma	NTC PARA - HZ&PC Heerenveen	200004346 S11	5:24.33	+0,71	880	
	50m: 34.49	34.49 150m: 1:55.23	41.54	250m: 3:20.60	44.10	350m: 4:44.19	41.31
	100m: 1:13.69	39.20 200m: 2:36.50	41.27	300m: 4:02.88	42.28	400m: 5:24.33	40.14
2.	Amber van der Kruk	NTC PARA - MSV Zeemacht	200102730 S14	5:07.16	+1,01	755	
	50m: 34.22	34.22 150m: 1:52.76	39.85	250m: 3:11.40	39.09	350m: 4:29.09	39.18
	100m: 1:12.91	38.69 200m: 2:32.31	39.55	300m: 3:49.91	38.51	400m: 5:07.16	38.07
3.	Manon Vermarien	NTC PARA - Hieronymus	199705680 S9	4:58.98	+0,79	687	
	50m: 34.14	34.14 150m: 1:47.29	37.17	250m: 3:02.61	37.99	350m: 4:20.02	39.13
	100m: 1:10.12	35.98 200m: 2:24.62	37.33	300m: 3:40.89	38.28	400m: 4:58.98	38.96
4.	Jonne Moleman	NTC PARA - AZC	200006264 S10	5:11.25	+0,86	673	
	50m: 35.55	35.55 150m: 1:53.79	39.35	250m: 3:13.64	39.86	350m: 4:33.01	39.39
	100m: 1:14.44	38.89 200m: 2:33.78	39.99	300m: 3:53.62	39.98	400m: 5:11.25	38.24
5.	Feija de Bruin	WVZ	200400106 S10	5:30.54	+1,07	562	
	50m: 36.87	36.87 150m: 1:59.10	41.56	250m: 3:24.59	43.08	350m: 4:49.93	42.14
	100m: 1:17.54	40.67 200m: 2:41.51	42.41	300m: 4:07.79	43.20	400m: 5:30.54	40.61
6.	Inge Belfor	NTC PARA - De Columbiaan	200100578 S10	5:36.14	+0,82	534	
	50m: 35.91	35.91 150m: 1:57.74	41.81	250m: 3:23.85	43.19	350m: 4:52.35	44.52
	100m: 1:15.93	40.02 200m: 2:40.66	42.92	300m: 4:07.83	43.98	400m: 5:36.14	43.79
NG.ZA	Marije Oosterhuis	NTC PARA - Eemsrobben	199500318 S10				