

Programmanr. 13
4-3-2017

Dames, 400m vrije slag

Senioren Open
Resultaten Finale

rang	naam	vereniging	intijd	tijd	RT	pnt.
Finale A						
1.	Esmee Vermeulen	NTC - de Dolfijn	4:20.90	199600678	4:14.66	+0,76 820
	50m: 30.39	30.39 150m: 1:33.56	31.79 250m: 2:38.04	32.31 350m: 3:43.05	32.32	
	100m: 1:01.77	31.38 200m: 2:05.73	32.17 300m: 3:10.73	32.69 400m: 4:14.66	31.61	
2.	Laura van Engelen	RTC - AquAmigos	4:21.93	200000350	4:16.85	+0,85 799
	50m: 29.18	29.18 150m: 1:33.33	32.24 250m: 2:39.09	32.91 350m: 3:45.43	32.85	
	100m: 1:01.09	31.91 200m: 2:06.18	32.85 300m: 3:12.58	33.49 400m: 4:16.85	31.42	
3.	Robin Neumann	NTC - de Dolfijn	4:23.12	199706190	4:16.93	+0,69 799
	50m: 29.08	29.08 150m: 1:33.89	32.44 250m: 2:39.35	32.48 350m: 3:45.08	32.78	
	100m: 1:01.45	32.37 200m: 2:06.87	32.98 300m: 3:12.30	32.95 400m: 4:16.93	31.85	
4.	Marjolein Delno	NTC - VZC	4:21.93	199400024	4:16.96	+0,84 798
	50m: 30.17	30.17 150m: 1:34.34	32.19 250m: 2:39.16	32.26 350m: 3:44.71	32.84	
	100m: 1:02.15	31.98 200m: 2:06.90	32.56 300m: 3:11.87	32.71 400m: 4:16.96	32.25	
5.	Imani de Jong	RTC - ZPCH	4:25.03	200200464	4:22.86	+0,78 746
	50m: 29.41	29.41 150m: 1:34.58	32.73 250m: 2:41.16	33.41 350m: 3:49.30	34.14	
	100m: 1:01.85	32.44 200m: 2:07.75	33.17 300m: 3:15.16	34.00 400m: 4:22.86	33.56	
6.	Marrit Steenberg	RTC - DZ&PC	4:24.89	200000086	4:25.77	+0,82 722
	50m: 29.40	29.40 150m: 1:33.90	32.78 250m: 2:41.63	34.24 350m: 3:51.55	35.20	
	100m: 1:01.12	31.72 200m: 2:07.39	33.49 300m: 3:16.35	34.72 400m: 4:25.77	34.22	
7.	Laura Setz	Nova	4:31.39	200000130	4:31.24	+0,88 679
	50m: 30.50	30.50 150m: 1:37.07	33.82 250m: 2:46.14	34.75 350m: 3:56.26	35.06	
	100m: 1:03.25	32.75 200m: 2:11.39	34.32 300m: 3:21.20	35.06 400m: 4:31.24	34.98	
8.	Marij van der Mast	RTC - PSV	4:33.51	200000676	4:36.03	+0,74 644
	50m: 30.67	30.67 150m: 1:38.33	34.66 250m: 2:49.17	35.66 350m: 4:01.04	36.06	
	100m: 1:03.67	33.00 200m: 2:13.51	35.18 300m: 3:24.98	35.81 400m: 4:36.03	34.99	
Finale B						
9.	Silke Holkenborg	RTC - VZC	4:37.48	200100292	4:29.18	+0,79 694
	50m: 29.91	29.91 150m: 1:36.38	33.66 250m: 2:45.11	34.35 350m: 3:54.89	34.85	
	100m: 1:02.72	32.81 200m: 2:10.76	34.38 300m: 3:20.04	34.93 400m: 4:29.18	34.29	
10.	Lisanne Hassing	HZ&PC Heerenveen	4:34.81	199702584	4:32.18	+0,80 672
	50m: 29.81	29.81 150m: 1:37.12	34.31 250m: 2:47.06	34.87 350m: 3:58.28	35.45	
	100m: 1:02.81	33.00 200m: 2:12.19	35.07 300m: 3:22.83	35.77 400m: 4:32.18	33.90	
11.	Tamara Grove	De Dolfijn	4:43.69	199601266	4:42.20	+0,77 603
	50m: 31.80	31.80 150m: 1:41.42	35.32 250m: 2:52.95	35.96 350m: 4:06.15	36.74	
	100m: 1:06.10	34.30 200m: 2:16.99	35.57 300m: 3:29.41	36.46 400m: 4:42.20	36.05	
12.	Sterre Keller	The Hague Swimming (SG)	4:46.54	199904142	4:43.01	+0,79 598
	50m: 32.60	32.60 150m: 1:43.81	36.14 250m: 2:56.24	36.10 350m: 4:08.27	35.91	
	100m: 1:07.67	35.07 200m: 2:20.14	36.33 300m: 3:32.36	36.12 400m: 4:43.01	34.74	
13.	Imke Beekman	Albion	4:45.80	200301950	4:43.88	+0,76 592
	50m: 32.33	32.33 150m: 1:43.57	35.97 250m: 2:55.57	35.49 350m: 4:08.34	36.06	
	100m: 1:07.60	35.27 200m: 2:20.08	36.51 300m: 3:32.28	36.71 400m: 4:43.88	35.54	
14.	Maaïke Tijhof	VZC	4:46.59	199800112	4:44.74	+0,79 587
	50m: 32.14	32.14 150m: 1:43.15	35.82 250m: 2:55.89	36.56 350m: 4:09.06	36.32	
	100m: 1:07.33	35.19 200m: 2:19.33	36.18 300m: 3:32.74	36.85 400m: 4:44.74	35.68	
15.	Roëlle op de Haar	WS Twente	4:54.07	200103428	4:53.89	+0,78 534
	50m: 32.13	32.13 150m: 1:45.69	36.84 250m: 3:02.21	38.00 350m: 4:19.36	37.92	
	100m: 1:08.85	36.72 200m: 2:24.21	38.52 300m: 3:41.44	39.23 400m: 4:53.89	34.53	
16.	Gaetane Demyttenaere	The Hague Swimming (SG)	4:54.57	199905018	4:53.91	+0,74 533
	50m: 33.34	33.34 150m: 1:46.63	37.14 250m: 3:01.80	37.79 350m: 4:17.26	37.61	
	100m: 1:09.49	36.15 200m: 2:24.01	37.38 300m: 3:39.65	37.85 400m: 4:53.91	36.65	