

Programmanr. 30  
5-3-2017 - 10:54

Dames, 400m wisselslag

Senioren Open  
Resultaten Voorronde

rang	naam	vereniging	tijd	RT	fin	pnt	niv
<b>Senioren Open</b>							
1.	Femke Spiering	VZC	200204514	<b>5:06.56</b>	+0,76	A	671
	50m: 31.53	31.53 150m: 1:47.88	39.97	250m: 3:12.09	46.62	350m: 4:33.43	35.32
	100m: 1:07.91	36.38 200m: 2:25.47	37.59	300m: 3:58.11	46.02	400m: 5:06.56	33.13
2.	Lotte Hosper	The Hague Swimming (SG)	200201414	<b>5:06.97</b>	+0,77	A	669
	50m: 30.97	30.97 150m: 1:47.02	40.33	250m: 3:10.36	44.63	350m: 4:32.93	36.64
	100m: 1:06.69	35.72 200m: 2:25.73	38.71	300m: 3:56.29	45.93	400m: 5:06.97	34.04
3.	Claire Verkijk	RTC - WVZ	200100240	<b>5:09.91</b>	+0,79	A	650
	50m: 31.94	31.94 150m: 1:48.12	39.58	250m: 3:11.59	44.73	350m: 4:34.02	36.18
	100m: 1:08.54	36.60 200m: 2:26.86	38.74	300m: 3:57.84	46.25	400m: 5:09.91	35.89
4.	Laura Setz	Nova	200000130	<b>5:12.94</b>	+0,83	A	631
	50m: 31.45	31.45 150m: 1:48.83	39.85	250m: 3:13.89	46.00	350m: 4:37.44	36.44
	100m: 1:08.98	37.53 200m: 2:27.89	39.06	300m: 4:01.00	47.11	400m: 5:12.94	35.50
5.	Inge Vieveen	RTC - WVZ	200100024	<b>5:19.08</b>	+0,80	A	595
	50m: 32.12	32.12 150m: 1:54.11	42.88	250m: 3:20.47	45.27	350m: 4:43.72	37.41
	100m: 1:11.23	39.11 200m: 2:35.20	41.09	300m: 4:06.31	45.84	400m: 5:19.08	35.36
6.	Amy de Sain	De Dolfijn	200304690	<b>5:20.50</b>	+0,78	A	588
	50m: 31.53	31.53 150m: 1:52.53	43.91	250m: 3:21.37	46.74	350m: 4:45.78	37.87
	100m: 1:08.62	37.09 200m: 2:34.63	42.10	300m: 4:07.91	46.54	400m: 5:20.50	34.72
7.	Amber Celie	De Dolfijn	200300756	<b>5:27.74</b>	+0,82	A	549
	50m: 33.18	33.18 150m: 1:54.57	42.69	250m: 3:24.28	48.46	350m: 4:52.32	39.45
	100m: 1:11.88	38.70 200m: 2:35.82	41.25	300m: 4:12.87	48.59	400m: 5:27.74	35.42
8.	Manon Aerssens	PSV	199900294	<b>5:31.04</b>	+0,73	A	533
	50m: 32.74	32.74 150m: 1:53.57	42.47	250m: 3:24.50	48.08	350m: 4:52.31	38.39
	100m: 1:11.10	38.36 200m: 2:36.42	42.85	300m: 4:13.92	49.42	400m: 5:31.04	38.73
9.	Lauren van IJl	WVZ	200001064	<b>5:35.44</b>	+0,68	B	512
	50m: 33.17	33.17 150m: 1:56.96	42.76	250m: 3:27.75	47.95	350m: 4:57.16	40.08
	100m: 1:14.20	41.03 200m: 2:39.80	42.84	300m: 4:17.08	49.33	400m: 5:35.44	38.28
10.	Maaïke Issard	The Hague Swimming (SG)	200300022	<b>5:36.27</b>	+0,82	B	509
	50m: 34.49	34.49 150m: 1:59.58	41.35	250m: 3:28.99	47.18	350m: 4:57.40	39.73
	100m: 1:18.23	43.74 200m: 2:41.81	42.23	300m: 4:17.67	48.68	400m: 5:36.27	38.87
11.	Eef Hollander	The Hague Swimming (SG)	199602074	<b>5:50.10</b>	+0,77	B	451
	50m: 34.23	34.23 150m: 2:00.62	43.82	250m: 3:36.41	52.17	350m: 5:10.48	40.97
	100m: 1:16.80	42.57 200m: 2:44.24	43.62	300m: 4:29.51	53.10	400m: 5:50.10	39.62