

Programmanr. 30
5-3-2017

Dames, 400m wisselslag

Senioren Open
Resultaten Finale

rang	naam	vereniging	intijd	tijd	RT	pnt.
Finale						
1.	Claire Verkijk	RTC - WVZ	5:09.91	200100240	5:00.93	+0,79 710
	50m: 31.68 100m: 1:08.21	31.68 150m: 1:47.71 36.53 200m: 2:26.14	39.50 250m: 3:08.95 38.43 300m: 3:52.32	42.81 350m: 4:27.16 43.37 400m: 5:00.93	34.84 33.77	
2.	Femke Spiering	VZC	5:06.56	200204514	5:04.27	+0,78 687
	50m: 31.27 100m: 1:07.32	31.27 150m: 1:45.84 36.05 200m: 2:23.88	38.52 250m: 3:10.41 38.04 300m: 3:55.94	46.53 350m: 4:30.55 45.53 400m: 5:04.27	34.61 33.72	
3.	Lotte Hosper	The Hague Swimming (SG)	5:06.97	200201414	5:05.11	+0,82 681
	50m: 31.18 100m: 1:07.53	31.18 150m: 1:47.67 36.35 200m: 2:26.29	40.14 250m: 3:09.85 38.62 300m: 3:54.49	43.56 350m: 4:31.19 44.64 400m: 5:05.11	36.70 33.92	
4.	Inge Vieveen	RTC - WVZ	5:19.08	200100024	5:16.06	+0,77 613
	50m: 31.89 100m: 1:10.11	31.89 150m: 1:51.56 38.22 200m: 2:32.20	41.45 250m: 3:16.74 40.64 300m: 4:02.47	44.54 350m: 4:40.42 45.73 400m: 5:16.06	37.95 35.64	
5.	Amy de Sain	De Dolfijn	5:20.50	200304690	5:22.12	+0,84 579
	50m: 31.61 100m: 1:08.20	31.61 150m: 1:52.46 36.59 200m: 2:34.65	44.26 250m: 3:21.36 42.19 300m: 4:08.60	46.71 350m: 4:47.07 47.24 400m: 5:22.12	38.47 35.05	
6.	Manon Aerssens	PSV	5:31.04	199900294	5:25.40	+0,78 561
	50m: 32.46 100m: 1:10.71	32.46 150m: 1:54.05 38.25 200m: 2:37.03	43.34 250m: 3:23.62 42.98 300m: 4:10.89	46.59 350m: 4:48.61 47.27 400m: 5:25.40	37.72 36.79	
7.	Amber Celie	De Dolfijn	5:27.74	200300756	5:25.72	+0,84 560
	50m: 33.60 100m: 1:12.78	33.60 150m: 1:55.58 39.18 200m: 2:37.60	42.80 250m: 3:25.87 42.02 300m: 4:15.33	48.27 350m: 4:51.27 49.46 400m: 5:25.72	36.94 34.45	
8.	Lauren van IJl	WVZ	5:35.44	200001064	5:29.54	+0,71 540
	50m: 32.70 100m: 1:12.40	32.70 150m: 1:54.93 39.70 200m: 2:37.16	42.53 250m: 3:25.36 42.23 300m: 4:14.03	48.20 350m: 4:52.88 48.67 400m: 5:29.54	38.85 36.66	