

Programmanr. 3
20-2-2015 - 18:43

Dames, 400m wisselslag

Junioren 2 en ouder
Resultaten Voorronde

rang	naam	vereniging	intijd	tijd	RT
Junioren 2 en 3					
1.	Eszter Laban	Testnevelesi Egyetem	4:58.17	4:59.18 A	+0,70
	50m: 31.97	31.97 150m: 1:48.11	39.65 250m: 3:09.71	43.27 350m: 4:26.05	34.20
	100m: 1:08.46	36.49 200m: 2:26.44	38.33 300m: 3:51.85	42.14 400m: 4:59.18	33.13
2.	Indy Jongman	KNZB - RTC	5:22.69	5:28.51 A	+0,73
	50m: 33.46	33.46 150m: 1:57.93	42.52 250m: 3:26.05	47.97 350m: 4:51.99	38.60
	100m: 1:15.41	41.95 200m: 2:38.08	40.15 300m: 4:13.39	47.34 400m: 5:28.51	36.52
3.	Samantha van Vuure	De Dolfijn	5:35.07	5:48.79 A	+0,72
	50m: 36.46	36.46 150m: 2:04.87	43.67 250m: 3:39.85	52.91 350m: 5:11.50	38.97
	100m: 1:21.20	44.74 200m: 2:46.94	42.07 300m: 4:32.53	52.68 400m: 5:48.79	37.29
4.	Serina Damen	PSV	NT	5:55.63 A	+0,70
	50m: 35.74	35.74 150m: 2:10.11	47.40 250m: 3:43.46	48.20 350m: 5:15.33	42.30
	100m: 1:22.71	46.97 200m: 2:55.26	45.15 300m: 4:33.03	49.57 400m: 5:55.63	40.30
5.	Céline Fouzaï	De Dolfijn	5:50.90	5:58.51 A	+0,68
	50m: 37.11	37.11 150m: 2:09.90	47.91 250m: 3:47.27	51.49 350m: 5:20.05	40.93
	100m: 1:21.99	44.88 200m: 2:55.78	45.88 300m: 4:39.12	51.85 400m: 5:58.51	38.46

Jeugd 1 en 2

1.	Boglarka Bonecz	Szegedi Uszo Egylet	5:03.69	5:02.91 A	+0,75
	50m: 30.30	30.30 150m: 1:45.34	40.07 250m: 3:08.94	44.58 350m: 4:28.43	35.35
	100m: 1:05.27	34.97 200m: 2:24.36	39.02 300m: 3:53.08	44.14 400m: 5:02.91	34.48
2.	Marieke Tienstra	KNZB - RTC	5:05.58	5:06.43 A	+0,80
	50m: 31.26	31.26 150m: 1:46.85	39.32 250m: 3:09.36	44.19 350m: 4:31.66	36.97
	100m: 1:07.53	36.27 200m: 2:25.17	38.32 300m: 3:54.69	45.33 400m: 5:06.43	34.77
3.	Laura van Engelen	KNZB - RTC	5:00.97	5:09.13 A	+0,84
	50m: 32.75	32.75 150m: 1:51.34	39.59 250m: 3:15.49	45.61 350m: 4:36.19	34.83
	100m: 1:11.75	39.00 200m: 2:29.88	38.54 300m: 4:01.36	45.87 400m: 5:09.13	32.94
4.	Kyra Jongman	PSV	5:10.36	5:26.64 A	+0,80
	50m: 32.68	32.68 150m: 1:53.21	42.42 250m: 3:23.48	49.14 350m: 4:50.11	37.64
	100m: 1:10.79	38.11 200m: 2:34.34	41.13 300m: 4:12.47	48.99 400m: 5:26.64	36.53
5.	Tyana Verstraete	Royal Ostend Swimming Club	5:39.86	5:45.47 A	+0,77
	50m: 36.79	36.79 150m: 2:04.69	45.05 250m: 3:38.98	51.16 350m: 5:08.75	37.76
	100m: 1:19.64	42.85 200m: 2:47.82	43.13 300m: 4:30.99	52.01 400m: 5:45.47	36.72
6.	Lené Doomen	TRB/RES	5:41.02	6:05.52 A	+0,76
	50m: 35.23	35.23 150m: 2:12.30	49.48 250m: 3:50.17	51.57 350m: 5:24.34	41.00
	100m: 1:22.82	47.59 200m: 2:58.60	46.30 300m: 4:43.34	53.17 400m: 6:05.52	41.18
DIS	Marij van der Mast	PSV	5:13.83	20000676	
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>				

Senioren 1 en 2

1.	Serena Stel	De Dolfijn	5:07.63	5:07.20 A	+0,69
	50m: 32.24	32.24 150m: 1:49.98	39.57 250m: 3:14.20	44.29 350m: 4:34.06	34.23
	100m: 1:10.41	38.17 200m: 2:29.91	39.93 300m: 3:59.83	45.63 400m: 5:07.20	33.14
2.	Carmen van de Rijt	KNZB - RTC	5:15.59	5:14.06 A	+0,78
	50m: 33.95	33.95 150m: 1:55.00	44.10 250m: 3:18.10	41.74 350m: 4:38.79	39.52
	100m: 1:10.90	36.95 200m: 2:36.36	41.36 300m: 3:59.27	41.17 400m: 5:14.06	35.27
3.	Noa Oldenhof	De Dolfijn	5:27.21	5:27.74 A	+0,67
	50m: 33.91	33.91 150m: 1:57.20	41.95 250m: 3:26.30	48.42 350m: 4:51.77	36.85
	100m: 1:15.25	41.34 200m: 2:37.88	40.68 300m: 4:14.92	48.62 400m: 5:27.74	35.97
4.	Nienke Lijzenga	LZ 1886	5:16.25	5:31.62 A	+0,70
	50m: 35.17	35.17 150m: 1:57.00	42.26 250m: 3:27.63	49.32 350m: 4:53.49	38.89
	100m: 1:14.74	39.57 200m: 2:38.31	41.31 300m: 4:14.60	46.97 400m: 5:31.62	38.13
5.	Anne Noom	ZV De Zaan	5:18.29	5:32.88 A	+0,75
	50m: 32.72	32.72 150m: 1:55.33	41.72 250m: 3:26.90	50.03 350m: 4:56.56	38.67
	100m: 1:13.61	40.89 200m: 2:36.87	41.54 300m: 4:17.89	50.99 400m: 5:32.88	36.32

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Senioren

1. Reka Gyorgy	Kobanya Sport Club	4:42.43			4:48.88	A	+0,71
50m: 29.71	29.71 150m: 1:41.08	36.35	250m: 2:59.08	42.41	350m: 4:15.82		33.82
100m: 1:04.73	35.02 200m: 2:16.67	35.59	300m: 3:42.00	42.92	400m: 4:48.88		33.06
2. Marjolein Delno	KNZB - NTC	4:53.86	199400024		4:57.93	A	+0,85
50m: 31.26	31.26 150m: 1:46.76	39.71	250m: 3:07.23	42.32	350m: 4:25.13		34.76
100m: 1:07.05	35.79 200m: 2:24.91	38.15	300m: 3:50.37	43.14	400m: 4:57.93		32.80
3. Merle Verkijk	HGN (Sg)	4:56.42	199400278		5:07.76	A	+0,68
50m: 30.89	30.89 150m: 1:47.00	39.80	250m: 3:11.79	45.42	350m: 4:33.20		36.05
100m: 1:07.20	36.31 200m: 2:26.37	39.37	300m: 3:57.15	45.36	400m: 5:07.76		34.56
4. Marlijn Hendriksen	Arethusa	5:19.43	198806828		5:22.09	A	+0,70
50m: 33.31	33.31 150m: 1:54.86	43.43	250m: 3:21.10	44.03	350m: 4:44.68		38.56
100m: 1:11.43	38.12 200m: 2:37.07	42.21	300m: 4:06.12	45.02	400m: 5:22.09		37.41
5. Eef Hollander	DES	5:16.94	199602074		5:36.65	A	+0,71
50m: 33.04	33.04 150m: 1:56.02	42.96	250m: 3:29.25	51.31	350m: 4:58.69		38.01
100m: 1:13.06	40.02 200m: 2:37.94	41.92	300m: 4:20.68	51.43	400m: 5:36.65		37.96

Paralympisch

1. Marlou van der Kulk WR	NTC Paralympisch	5:23.64	199306824	SM14	5:21.90	A	+0,77	1359
50m: 31.81	31.81 150m: 1:51.39	40.86	250m: 3:19.07	47.65	350m: 4:44.83		37.09	
100m: 1:10.53	38.72 200m: 2:31.42	40.03	300m: 4:07.74	48.67	400m: 5:21.90		37.07	
2. Chantalle Zijderveld	NTC Paralympisch	5:38.71	200000702	SM10	5:54.33	A	+0,72	852
50m: 35.63	35.63 150m: 2:07.67	48.32	250m: 3:42.52	47.44	350m: 5:13.94		42.32	
100m: 1:19.35	43.72 200m: 2:55.08	47.41	300m: 4:31.62	49.10	400m: 5:54.33		40.39	