

Programmanr. 3
21-2-2015 - 18:03

Dames, 400m wisselslag

Junioren 2 en ouder
Resultaten Finale

rang	naam	vereniging	intijd	tijd	RT	
Junioren 2 en 3						
Finale						
1.	Eszter Laban	Testnevelesi Egyetem	4:59.18	5:00.91	+0,72	
	50m: 31.82	31.82 150m: 1:47.48	39.51 250m: 3:09.27	42.90 350m: 4:27.33	35.16	
	100m: 1:07.97	36.15 200m: 2:26.37	38.89 300m: 3:52.17	42.90 400m: 5:00.91	33.58	
2.	Indy Jongman	KNZB - RTC	5:28.51	200100528	5:21.24	+0,78
	50m: 32.97	32.97 150m: 1:54.64	42.65 250m: 3:21.84	46.99 350m: 4:46.44	38.40	
	100m: 1:11.99	39.02 200m: 2:34.85	40.21 300m: 4:08.04	46.20 400m: 5:21.24	34.80	
3.	Samantha van Vuure	De Dolfijn	5:48.79	200200230	5:45.52	+0,75
	50m: 36.15	36.15 150m: 2:04.01	44.05 250m: 3:39.14	51.93 350m: 5:08.59	38.46	
	100m: 1:19.96	43.81 200m: 2:47.21	43.20 300m: 4:30.13	50.99 400m: 5:45.52	36.93	
4.	Céline Fouzaï	De Dolfijn	5:58.51	200202750	5:56.00	+0,72
	50m: 37.30	37.30 150m: 2:10.00	47.37 250m: 3:45.27	50.06 350m: 5:17.35	40.98	
	100m: 1:22.63	45.33 200m: 2:55.21	45.21 300m: 4:36.37	51.10 400m: 5:56.00	38.65	
NG	Serina Damen	PSV	5:55.63	200100228		

Jeugd 1 en 2

Finale						
1.	Boglarka Bonecz	Szegedi Uszo Egylet	5:02.91	4:59.89	+0,74	
	50m: 30.39	30.39 150m: 1:45.11	39.83 250m: 3:08.24	44.15 350m: 4:26.64	34.73	
	100m: 1:05.28	34.89 200m: 2:24.09	38.98 300m: 3:51.91	43.67 400m: 4:59.89	33.25	
2.	Marieke Tienstra	KNZB - RTC	5:06.43	199900302	5:03.70	+0,78
	50m: 30.91	30.91 150m: 1:48.81	40.90 250m: 3:11.93	44.00 350m: 4:30.56	34.26	
	100m: 1:07.91	37.00 200m: 2:27.93	39.12 300m: 3:56.30	44.37 400m: 5:03.70	33.14	
3.	Laura van Engelen	KNZB - RTC	5:09.13	200000350	5:09.92	+0,81
	50m: 32.75	32.75 150m: 1:52.23	40.13 250m: 3:16.45	45.97 350m: 4:37.14	34.68	
	100m: 1:12.10	39.35 200m: 2:30.48	38.25 300m: 4:02.46	46.01 400m: 5:09.92	32.78	
4.	Tyana Verstraete	Royal Ostend Swimming Club	5:45.47	ROSC/21014/99	5:48.86	+0,76
	50m: 37.10	37.10 150m: 2:05.08	44.19 250m: 3:39.60	51.54 350m: 5:11.33	38.90	
	100m: 1:20.89	43.79 200m: 2:48.06	42.98 300m: 4:32.43	52.83 400m: 5:48.86	37.53	
5.	Lené Doomen	TRB/RES	6:05.52	200001330	5:55.30	+0,79
	50m: 33.62	33.62 150m: 2:05.21	47.88 250m: 3:41.45	51.22 350m: 5:16.07	40.77	
	100m: 1:17.33	43.71 200m: 2:50.23	45.02 300m: 4:35.30	53.85 400m: 5:55.30	39.23	
NG	Kyra Jongman	PSV	5:26.64	199902688		

Senioren 1 en 2

Finale						
1.	Serena Stel	De Dolfijn	5:07.20	199801528	5:09.42	+0,70
	50m: 32.23	32.23 150m: 1:50.96	40.67 250m: 3:14.68	45.18 350m: 4:36.60	34.61	
	100m: 1:10.29	38.06 200m: 2:29.50	38.54 300m: 4:01.99	47.31 400m: 5:09.42	32.82	
2.	Anne Noom	ZV De Zaan	5:32.88	199800062	5:27.59	+0,73
	50m: 32.86	32.86 150m: 1:56.05	42.17 250m: 3:25.06	48.03 350m: 4:52.12	37.67	
	100m: 1:13.88	41.02 200m: 2:37.03	40.98 300m: 4:14.45	49.39 400m: 5:27.59	35.47	
3.	Nienke Lijzenga	LZ 1886	5:31.62	199805338	5:28.77	+0,70
	50m: 34.91	34.91 150m: 1:59.28	42.68 250m: 3:28.34	47.37 350m: 5:11.33	37.47	
	100m: 1:16.60	41.69 200m: 2:40.97	41.69 300m: 4:15.24	46.90 400m: 5:28.77	36.06	
4.	Noa Oldenhof	De Dolfijn	5:27.74	199700622	5:29.11	+0,69
	50m: 35.14	35.14 150m: 1:59.60	42.13 250m: 3:29.06	48.30 350m: 4:54.84	36.73	
	100m: 1:17.47	42.33 200m: 2:40.76	41.16 300m: 4:18.11	49.05 400m: 5:29.11	34.27	

Senioren

Finale								
1.	Reka Gyorgy	Kobanya Sport Club	4:48.88	4:53.52	+0,72			
	50m: 30.05	30.05 150m: 1:43.07	37.98 250m: 3:02.49	42.88 350m: 4:20.43	34.47			
	100m: 1:05.09	35.04 200m: 2:19.61	36.54 300m: 3:45.96	43.47 400m: 4:53.52	33.09			
2.	Marlijn Hendriksen	Arethusa	5:22.09	198806828	5:20.05	+0,70		
	50m: 32.92	32.92 150m: 1:54.66	43.23 250m: 3:20.63	43.99 350m: 4:43.82	38.45			
	100m: 1:11.43	38.51 200m: 2:36.64	41.98 300m: 4:05.37	44.74 400m: 5:20.05	36.23			
3.	Marlou van der Kulk	NTC Paralympisch	5:21.90	199306824	SM14	5:22.84	+0,72	1347
	50m: 32.95	32.95 150m: 1:52.66	41.43 250m: 3:21.46	48.21 350m: 4:46.39	36.50			
	100m: 1:11.23	38.28 200m: 2:33.25	40.59 300m: 4:09.89	48.43 400m: 5:22.84	36.45			

Programmanr. 3, Dames, 400m wisselslag, Finale, Senioren

rang	naam	vereniging				intijd				tijd		RT	
4.	Eef Hollander	DES				5:36.65				199602074		5:33.11	+0,73
	50m:	33.42	33.42	150m:	1:55.94	41.92	250m:	3:28.40	51.22	350m:	4:56.51	37.67	
	100m:	1:14.02	40.60	200m:	2:37.18	41.24	300m:	4:18.84	50.44	400m:	5:33.11	36.60	