

Programmanr. 9
20-2-2015 - 20:05

Dames, 400m vrije slag

Senioren Open
Resultaten Voorronde

rang	naam	vereniging	intijd	tijd	RT
Junioren 3 en later					
1.	Sophie de Jonge	WVZ	4:37.35	200200118	4:43.23 A +0,76
	50m: 31.57	31.57 150m: 1:41.72	35.67	250m: 2:54.71	36.58 350m: 4:08.68
	100m: 1:06.05	34.48 200m: 2:18.13	36.41	300m: 3:31.45	36.74 400m: 4:43.23
2.	Kaylin Stel	De Dolfijn	4:51.64	200100290	4:54.54 A +0,69
	50m: 32.64	32.64 150m: 1:47.17	37.35	250m: 3:02.66	37.89 350m: 4:18.00
	100m: 1:09.82	37.18 200m: 2:24.77	37.60	300m: 3:40.38	37.72 400m: 4:54.54
3.	Lonneke Kampman	PSV	4:39.14	200100146	4:55.86 A +0,72
	50m: 33.08	33.08 150m: 1:49.02	38.09	250m: 3:05.28	38.21 350m: 4:20.71
	100m: 1:10.93	37.85 200m: 2:27.07	38.05	300m: 3:42.95	37.67 400m: 4:55.86
4.	Lindsey de Harde	VZC E&P	4:53.22	200200098	5:03.16 A +0,70
	50m: 32.83	32.83 150m: 1:48.33	37.85	250m: 3:05.68	38.71 350m: 4:24.14
	100m: 1:10.48	37.65 200m: 2:26.97	38.64	300m: 3:45.00	39.32 400m: 5:03.16
5.	Floor de Kievit	Racing Club	5:08.08	200100238	5:07.87 A +0,78
	50m: 34.49	34.49 150m: 1:53.22	40.39	250m: 3:10.58	37.96 350m: 4:29.88
	100m: 1:12.83	38.34 200m: 2:32.62	39.40	300m: 3:49.52	38.94 400m: 5:07.87
6.	Elena Schneider	DSW 1912 Darmstadt e.V.	5:25.00	283190	5:11.87 A +0,79
	50m: 34.66	34.66 150m: 1:53.37	40.08	250m: 3:14.92	40.67 350m: 4:34.50
	100m: 1:13.29	38.63 200m: 2:34.25	40.88	300m: 3:55.12	40.20 400m: 5:11.87
7.	Carolin Fahrenholz	DSW 1912 Darmstadt e.V.	5:28.57	253740	5:20.88 A +0,77
	50m: 35.19	35.19 150m: 1:57.12	41.78	250m: 3:19.77	41.84 350m: 4:42.06
	100m: 1:15.34	40.15 200m: 2:37.93	40.81	300m: 4:00.57	40.80 400m: 5:20.88
8.	Melanie Albers	DSW 1912 Darmstadt e.V.	5:32.23	283189	5:21.11 A +0,82
	50m: 34.89	34.89 150m: 1:55.23	40.97	250m: 3:18.09	41.19 350m: 4:42.15
	100m: 1:14.26	39.37 200m: 2:36.90	41.67	300m: 4:00.13	42.04 400m: 5:21.11
9.	Anouk Vanderbeke	Royal Ostend Swimming Club	5:29.55	ROSC/20459/03	5:26.33 R +0,84
	50m: 37.20	37.20 150m: 2:00.14	41.78	250m: 3:23.86	40.82 350m: 4:45.78
	100m: 1:18.36	41.16 200m: 2:43.04	42.90	300m: 4:05.49	41.63 400m: 5:26.33
10.	Ine Taecke	Royal Ostend Swimming Club	5:17.58	ROSC/20423/02	5:30.21 R +0,61
	50m: 36.78	36.78 150m: 2:00.09	42.35	250m: 3:24.95	42.12 350m: 4:49.62
	100m: 1:17.74	40.96 200m: 2:42.83	42.74	300m: 4:07.05	42.10 400m: 5:30.21
11.	Finja Schierl	DSW 1912 Darmstadt e.V.	5:27.84	307730	5:32.75 +0,77
	50m: 36.15	36.15 150m: 1:59.28	42.20	250m: 3:25.11	42.54 350m: 4:51.54
	100m: 1:17.08	40.93 200m: 2:42.57	43.29	300m: 4:08.87	43.76 400m: 5:32.75
12.	Lea Hechler	DSW 1912 Darmstadt e.V.	5:45.00	272338	5:39.85 +0,74
	50m: 36.51	36.51 150m: 2:02.90	43.40	250m: 3:30.40	43.71 350m: 4:57.89
	100m: 1:19.50	42.99 200m: 2:46.69	43.79	300m: 4:14.58	44.18 400m: 5:39.85
13.	Riccarda Wiemer	DSW 1912 Darmstadt e.V.	5:41.93	272066	5:41.82
	50m: 35.42	35.42 150m: 2:00.21	43.84	250m: 3:30.12	44.91 350m: 4:59.57
	100m: 1:16.37	40.95 200m: 2:45.21	45.00	300m: 4:15.25	45.13 400m: 5:41.82
14.	Lia Rose Golub	Ealing Swimming Club	5:32.40	903734	5:41.90 +0,81
	50m: 37.42	37.42 150m: 2:04.50	44.15	250m: 3:32.82	43.86 350m: 5:00.58
	100m: 1:20.35	42.93 200m: 2:48.96	44.46	300m: 4:16.83	44.01 400m: 5:41.90
15.	Lara Kovenklioglu	Ealing Swimming Club	5:55.90	757818	5:45.45 +0,90
	50m: 38.64	38.64 150m: 2:07.02	44.77	250m: 3:35.52	43.69 350m: 5:03.16
	100m: 1:22.25	43.61 200m: 2:51.83	44.81	300m: 4:20.78	45.26 400m: 5:45.45
16.	Yasmin Day	Racing Club	6:11.15	200205224	6:03.37 +0,74
	50m: 38.12	38.12 150m: 2:09.24	46.38	250m: 3:43.90	47.50 350m: 5:18.41
	100m: 1:22.86	44.74 200m: 2:56.40	47.16	300m: 4:31.81	47.91 400m: 6:03.37
17.	Caitlin Lockard	Racing Club	NT	200105562	6:14.38 +0,88
	50m: 41.75	41.75 150m: 2:17.20	48.60	250m: 3:54.15	48.57 350m: 5:29.06
	100m: 1:28.60	46.85 200m: 3:05.58	48.38	300m: 4:43.03	48.88 400m: 6:14.38
Jeugd 1 en 2					
1.	Marieke Tienstra	KNZB - RTC	4:27.45	199900302	4:26.14 A +0,80
	50m: 30.40	30.40 150m: 1:38.02	34.14	250m: 2:45.95	34.02 350m: 3:53.71
	100m: 1:03.88	33.48 200m: 2:11.93	33.91	300m: 3:19.73	33.78 400m: 4:26.14
2.	Csenge Busko	Nyirsuli	4:29.23		4:33.27 A +0,79
	50m: 30.69	30.69 150m: 1:39.65	34.57	250m: 2:49.03	34.86 350m: 3:59.28
	100m: 1:05.08	34.39 200m: 2:14.17	34.52	300m: 3:24.25	35.22 400m: 4:33.27
3.	Frederique Janssen	KNZB - RTC	4:42.41	199901554	4:34.44 A +0,80
	50m: 31.53	31.53 150m: 1:41.05	35.06	250m: 2:50.67	34.75 350m: 4:00.41
	100m: 1:05.99	34.46 200m: 2:15.92	34.87	300m: 3:25.57	34.90 400m: 4:34.44

Programmanr. 9, Meisjes, 400m vrije slag, Voorrunde, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
4.	Paige Powell	Ealing Swimming Club	4:33.51	319122	4:41.56 A +0,68			
	50m: 31.54	31.54	150m: 1:42.83	36.07	250m: 2:54.77	35.91	350m: 4:06.47	35.88
	100m: 1:06.76	35.22	200m: 2:18.86	36.03	300m: 3:30.59	35.82	400m: 4:41.56	35.09
5.	Selina Celar	DSW 1912 Darmstadt e.V.	4:42.00	231960	4:46.65 A +0,84			
	50m: 32.11	32.11	150m: 1:45.14	37.14	250m: 2:58.97	36.35	350m: 4:12.38	36.69
	100m: 1:08.00	35.89	200m: 2:22.62	37.48	300m: 3:35.69	36.72	400m: 4:46.65	34.27
6.	Emma Berry	Racing Club	4:49.04	199906390	4:47.99 A +0,75			
	50m: 32.02	32.02	150m: 1:46.21	37.47	250m: 2:59.95	36.62	350m: 4:13.77	37.03
	100m: 1:08.74	36.72	200m: 2:23.33	37.12	300m: 3:36.74	36.79	400m: 4:47.99	34.22
7.	Marij van der Mast	PSV	4:28.44	200000676	4:52.12 A +0,75			
	50m: 32.85	32.85	150m: 1:46.25	37.30	250m: 3:00.79	37.42	350m: 4:15.39	37.56
	100m: 1:08.95	36.10	200m: 2:23.37	37.12	300m: 3:37.83	37.04	400m: 4:52.12	36.73
8.	Bibi Stokvis	De Dolfijn	4:43.80	199900892	4:52.71 A +0,72			
	50m: 32.94	32.94	150m: 1:46.32	37.37	250m: 3:01.15	37.45	350m: 4:16.34	37.63
	100m: 1:08.95	36.01	200m: 2:23.70	37.38	300m: 3:38.71	37.56	400m: 4:52.71	36.37
9.	Fabiënne Vork	De Dolfijn	4:44.93	199902494	4:55.27 R +0,79			
	50m: 32.52	32.52	150m: 1:46.11	36.96	250m: 3:01.15	37.54	350m: 4:17.73	38.38
	100m: 1:09.15	36.63	200m: 2:23.61	37.50	300m: 3:39.35	38.20	400m: 4:55.27	37.54
10.	Sterre Keller	DES	4:48.01	199904142	4:59.82 R +0,71			
	50m: 33.70	33.70	150m: 1:49.18	38.32	250m: 3:06.08	38.25	350m: 4:22.76	38.03
	100m: 1:10.86	37.16	200m: 2:27.83	38.65	300m: 3:44.73	38.65	400m: 4:59.82	37.06
11.	Sarah Lausch	DSW 1912 Darmstadt e.V.	5:03.57	249810	5:03.33 +0,74			
	50m: 33.63	33.63	150m: 1:49.22	38.42	250m: 3:06.65	39.04	350m: 4:25.16	39.25
	100m: 1:10.80	37.17	200m: 2:27.61	38.39	300m: 3:45.91	39.26	400m: 5:03.33	38.17
12.	Jo Claes	Genker Zwemvereniging Nept5	5:03.32	GZVN/21002/99	5:05.57 +0,68			
	50m: 32.64	32.64	150m: 1:48.56	38.64	250m: 3:07.11	39.29	350m: 4:27.66	40.18
	100m: 1:09.92	37.28	200m: 2:27.82	39.26	300m: 3:47.48	40.37	400m: 5:05.57	37.91
13.	Erin Peere	Royal Ostend Swimming Club	5:17.21	ROSC/20353/00	5:19.05 +0,76			
	50m: 36.70	36.70	150m: 1:57.61	40.85	250m: 3:19.24	40.55	350m: 4:40.28	40.24
	100m: 1:16.76	40.06	200m: 2:38.69	41.08	300m: 4:00.04	40.80	400m: 5:19.05	38.77
NG.ZA	Katja Winkler	DSW 1912 Darmstadt e.V.	4:47.66	239582				

Senioren 1 en 2

1.	Melinda Novoszath	Szegedi Uszo Egylet	4:12.09		4:23.24 A +0,69			
	50m: 30.88	30.88	150m: 1:38.70	33.73	250m: 2:44.99	32.69	350m: 3:51.69	33.03
	100m: 1:04.97	34.09	200m: 2:12.30	33.60	300m: 3:18.66	33.67	400m: 4:23.24	31.55
2.	Serena Stel	De Dolfijn	4:24.44	199801528	4:33.84 A +0,69			
	50m: 30.82	30.82	150m: 1:39.70	34.94	250m: 2:50.02	35.21	350m: 3:59.81	34.84
	100m: 1:04.76	33.94	200m: 2:14.81	35.11	300m: 3:24.97	34.95	400m: 4:33.84	34.03
3.	Sanne Nijholt	Arethusa	4:32.91	199803316	4:45.84 A +0,71			
	50m: 32.56	32.56	150m: 1:43.69	35.57	250m: 2:55.87	36.10	350m: 4:09.70	37.12
	100m: 1:08.12	35.56	200m: 2:19.77	36.08	300m: 3:32.58	36.71	400m: 4:45.84	36.14
4.	Maaïke Tijhof	VZC E&P	4:45.05	199800112	4:47.28 A +0,75			
	50m: 31.85	31.85	150m: 1:43.77	36.20	250m: 2:57.04	36.74	350m: 4:11.28	37.18
	100m: 1:07.57	35.72	200m: 2:20.30	36.53	300m: 3:34.10	37.06	400m: 4:47.28	36.00
5.	Noa Oldenhof	De Dolfijn	4:37.74	199700622	4:47.48 A +0,82			
	50m: 32.66	32.66	150m: 1:45.29	36.72	250m: 2:58.69	36.86	350m: 4:12.36	36.85
	100m: 1:08.57	35.91	200m: 2:21.83	36.54	300m: 3:35.51	36.82	400m: 4:47.48	35.12
6.	Aïcha Leroy	Genker Zwemvereniging Nept5	5:06.14	GZVN/20503/98	4:58.04 A +0,70			
	50m: 33.44	33.44	150m: 1:48.62	37.77	250m: 3:04.92	38.12	350m: 4:21.55	38.35
	100m: 1:10.85	37.41	200m: 2:26.80	38.18	300m: 3:43.20	38.28	400m: 4:58.04	36.49
NG.ZA	Dian van Leeuwen	PSV	4:56.25	199803838				

Senioren

1.	Evelien van Ruiten	KNZB - RTC	4:33.61	199602924	4:29.45 A +0,82			
	50m: 30.43	30.43	150m: 1:38.20	34.19	250m: 2:46.99	34.46	350m: 3:56.18	34.68
	100m: 1:04.01	33.58	200m: 2:12.53	34.33	300m: 3:21.50	34.51	400m: 4:29.45	33.27
2.	Tamara Grove	De Dolfijn	4:36.08	199601266	4:45.38 A +0,71			
	50m: 31.45	31.45	150m: 1:42.23	35.93	250m: 2:55.48	36.55	350m: 4:09.44	36.68
	100m: 1:06.30	34.85	200m: 2:18.93	36.70	300m: 3:32.76	37.28	400m: 4:45.38	35.94
3.	Evy Ulijn	Arethusa	4:49.10	199604100	4:53.04 A +0,83			
	50m: 33.74	33.74	150m: 1:47.34	37.03	250m: 3:02.10	37.38	350m: 4:16.34	37.01
	100m: 1:10.31	36.57	200m: 2:24.72	37.38	300m: 3:39.33	37.23	400m: 4:53.04	36.70

Programmanr. 9, Dames, 400m vrije slag, Voorronde

Paralympisch

1. Manon Vermarien	NTC Paralympisch	4:55.94	199705680	S10	4:54.21 A	+0,72	797
50m: 34.36	34.36 150m: 1:47.41	36.77	250m: 3:01.52	36.89	350m: 4:16.96	37.91	
100m: 1:10.64	36.28 200m: 2:24.63	37.22	300m: 3:39.05	37.53	400m: 4:54.21	37.25	
2. Marije Oosterhuis	NTC Paralympisch	4:50.38	199500318	S10	4:56.71 A	+0,75	777
50m: 33.19	33.19 150m: 1:47.99	37.62	250m: 3:03.57	37.66	350m: 4:19.65	37.94	
100m: 1:10.37	37.18 200m: 2:25.91	37.92	300m: 3:41.71	38.14	400m: 4:56.71	37.06	
3. Romy Pansters	NTC Paralympisch	5:20.93	199605900	S8	5:33.62 A	+0,90	606
50m: 37.92	37.92 150m: 2:01.83	42.65	250m: 3:26.10	42.15	350m: 4:52.55	43.04	
100m: 1:19.18	41.26 200m: 2:43.95	42.12	300m: 4:09.51	43.41	400m: 5:33.62	41.07	
4. Sterre Veerman	NTC Paralympisch	5:16.41	200003544	S13	5:18.26 A	+0,73	601
50m: 35.50	35.50 150m: 1:56.28	40.45	250m: 3:17.99	40.73	350m: 4:39.75	40.87	
100m: 1:15.83	40.33 200m: 2:37.26	40.98	300m: 3:58.88	40.89	400m: 5:18.26	38.51	
5. Yuliya Gordiychuk	Israel Paralympic Committee	5:14.39		S9	5:16.30 A	+0,97	580
50m: 36.28	36.28 150m: 1:56.61	41.17	250m: 3:16.67	40.47	350m: 4:37.87	40.47	
100m: 1:15.44	39.16 200m: 2:36.20	39.59	300m: 3:57.40	40.73	400m: 5:16.30	38.43	
6. Dominique Baanders	NTC Paralympisch	5:28.93	199305726	S9	5:19.28 A	+0,99	564
50m: 35.31	35.31 150m: 1:55.07	39.90	250m: 3:17.31	41.16	350m: 4:40.12	41.46	
100m: 1:15.17	39.86 200m: 2:36.15	41.08	300m: 3:58.66	41.35	400m: 5:19.28	39.16	
7. Sanne Hofman	NTC Paralympisch	5:35.05	200102154	S13	5:34.37 A	+1,00	519
50m: 36.37	36.37 150m: 2:00.86	42.65	250m: 3:26.79	42.09	350m: 4:53.42	42.62	
100m: 1:18.21	41.84 200m: 2:44.70	43.84	300m: 4:10.80	44.01	400m: 5:34.37	40.95	