

Programmanr. 9
22-2-2015

Dames, 400m vrije slag

Senioren Open
Resultaten Finale

rang	naam	vereniging	intijd	tijd	RT
Junioren 3 en later					
Finale					
1.	Sophie de Jonge	WVZ	4:43.23	200200118	4:44.53 +0,78
	50m: 31.99	31.99 150m: 1:43.93	36.18	250m: 2:56.92	36.63
	100m: 1:07.75	35.76 200m: 2:20.29	36.36	300m: 3:33.25	36.33
				350m: 4:09.68	36.43
				400m: 4:44.53	34.85
2.	Kaylin Stel	De Dolfijn	4:54.54	200100290	4:54.02 +0,73
	50m: 33.40	33.40 150m: 1:47.67	37.45	250m: 3:03.54	38.06
	100m: 1:10.22	36.82 200m: 2:25.48	37.81	300m: 3:41.78	38.24
				350m: 4:18.81	37.03
				400m: 4:54.02	35.21
3.	Lonneke Kampman	PSV	4:55.86	200100146	4:54.39 +0,71
	50m: 33.26	33.26 150m: 1:48.08	37.59	250m: 3:04.12	38.13
	100m: 1:10.49	37.23 200m: 2:25.99	37.91	300m: 3:42.33	38.21
				350m: 4:19.53	37.20
				400m: 4:54.39	34.86
4.	Lindsey de Harde	VZC E&P	5:03.16	200200098	5:03.52 +0,78
	50m: 33.40	33.40 150m: 1:49.93	38.84	250m: 3:07.92	39.25
	100m: 1:11.09	37.69 200m: 2:28.67	38.74	300m: 3:47.09	39.17
				350m: 4:25.67	38.58
				400m: 5:03.52	37.85
5.	Floor de Kievit	Racing Club	5:07.87	200100238	5:12.84 +0,75
	50m: 34.46	34.46 150m: 1:54.21	40.19	250m: 3:14.81	39.41
	100m: 1:14.02	39.56 200m: 2:35.40	41.19	300m: 3:54.65	39.84
				350m: 4:34.32	39.67
				400m: 5:12.84	38.52
AFGEM	Elena Schneider	DSW 1912 Darmstadt e.V.	5:11.87	283190	
AFGEM	Carolin Fahrenholz	DSW 1912 Darmstadt e.V.	5:20.88	253740	
AFGEM	Melanie Albers	DSW 1912 Darmstadt e.V.	5:21.11	283189	
AFGEM	Ine Taecke	Royal Ostend Swimming Club	5:30.21	ROSC/20423/02	

Jeugd 1 en 2

Finale					
1.	Csenge Busko	Nyirsuli	4:33.27		4:31.30 +0,78
	50m: 30.61	30.61 150m: 1:38.10	34.41	250m: 2:47.15	34.50
	100m: 1:03.69	33.08 200m: 2:12.65	34.55	300m: 3:22.14	34.99
				350m: 3:57.38	35.24
				400m: 4:31.30	33.92
2.	Frederique Janssen	KNZB - RTC	4:34.44	199901554	4:36.20 +0,80
	50m: 30.78	30.78 150m: 1:39.50	34.57	250m: 2:50.14	35.43
	100m: 1:04.93	34.15 200m: 2:14.71	35.21	300m: 3:25.93	35.79
				350m: 4:01.44	35.51
				400m: 4:36.20	34.76
3.	Marij van der Mast	PSV	4:52.12	200000676	4:40.27 +0,75
	50m: 31.27	31.27 150m: 1:40.38	35.15	250m: 2:52.06	36.00
	100m: 1:05.23	33.96 200m: 2:16.06	35.68	300m: 3:28.65	36.59
				350m: 4:05.05	36.40
				400m: 4:40.27	35.22
4.	Emma Berry	Racing Club	4:47.99	199906390	4:52.95 +0,71
	50m: 32.13	32.13 150m: 1:45.76	37.22	250m: 3:01.51	38.47
	100m: 1:08.54	36.41 200m: 2:23.04	37.28	300m: 3:39.31	37.80
				350m: 4:17.00	37.69
				400m: 4:52.95	35.95
5.	Sterre Keller	DES	4:59.82	199904142	4:57.69 +0,75
	50m: 32.33	32.33 150m: 1:46.36	37.83	250m: 3:03.72	38.68
	100m: 1:08.53	36.20 200m: 2:25.04	38.68	300m: 3:42.55	38.83
				350m: 4:20.73	38.18
				400m: 4:57.69	36.96
6.	Bibi Stokvis	De Dolfijn	4:52.71	199900892	4:58.15 +0,73
	50m: 33.08	33.08 150m: 1:47.59	38.11	250m: 3:04.35	38.39
	100m: 1:09.48	36.40 200m: 2:25.96	38.37	300m: 3:43.00	38.65
				350m: 4:21.18	38.18
				400m: 4:58.15	36.97
AFGEM	Paige Powell	Ealing Swimming Club	4:41.56	319122	
AFGEM	Selina Celar	DSW 1912 Darmstadt e.V.	4:46.65	231960	
AFGEM	Fabiënne Vork	De Dolfijn	4:55.27	199902494	

Senioren 1 en 2

Finale					
1.	Noa Oldenhof	De Dolfijn	4:47.48	199700622	4:46.17 +0,67
	50m: 31.93	31.93 150m: 1:44.31	36.57	250m: 2:58.33	36.97
	100m: 1:07.74	35.81 200m: 2:21.36	37.05	300m: 3:35.26	36.93
				350m: 4:11.47	36.21
				400m: 4:46.17	34.70
2.	Sanne Nijholt	Arethusa	4:45.84	199803316	4:47.20 +0,76
	50m: 32.46	32.46 150m: 1:43.16	35.93	250m: 2:56.95	37.45
	100m: 1:07.23	34.77 200m: 2:19.50	36.34	300m: 3:34.50	37.55
				350m: 4:11.99	37.49
				400m: 4:47.20	35.21
3.	Aicha Leroy	Genker Zwemvereniging Nept4:58.04	GZVN/20503/98	5:06.64 +0,74	
	50m: 34.07	34.07 150m: 1:50.24	38.72	250m: 3:09.11	39.44
	100m: 1:11.52	37.45 200m: 2:29.67	39.43	300m: 3:48.52	39.41
				350m: 4:28.27	39.75
				400m: 5:06.64	38.37

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

Senioren

Finale

1. Melinda Novoszath	Szegedi Uszo Egylet	4:23.24				4:19.18	+0,70
50m: 30.56	30.56 150m: 1:37.08	32.96	250m: 2:42.84	32.55	350m: 3:47.72	32.16	
100m: 1:04.12	33.56 200m: 2:10.29	33.21	300m: 3:15.56	32.72	400m: 4:19.18	31.46	
2. Esmee Vermeulen	KNZB - NTC	NT	199600678			4:21.06	+0,82
50m: 30.52	30.52 150m: 1:36.72	33.05	250m: 2:43.02	32.78	350m: 3:49.09	32.86	
100m: 1:03.67	33.15 200m: 2:10.24	33.52	300m: 3:16.23	33.21	400m: 4:21.06	31.97	
3. Marieke Tienstra	KNZB - RTC	4:26.14	199900302			4:25.46	+0,81
50m: 29.59	29.59 150m: 1:35.98	33.70	250m: 2:44.00	34.13	350m: 3:52.52	34.18	
100m: 1:02.28	32.69 200m: 2:09.87	33.89	300m: 3:18.34	34.34	400m: 4:25.46	32.94	
4. Tamara Grove	De Dolfijn	4:45.38	199601266			4:44.08	+0,70
50m: 32.04	32.04 150m: 1:43.98	36.55	250m: 2:56.24	35.72	350m: 4:08.99	36.35	
100m: 1:07.43	35.39 200m: 2:20.52	36.54	300m: 3:32.64	36.40	400m: 4:44.08	35.09	
5. Evy Ulijn	Arethusa	4:53.04	199604100			4:55.43	+0,83
50m: 33.33	33.33 150m: 1:46.13	36.41	250m: 3:00.83	37.38	350m: 4:17.72	38.46	
100m: 1:09.72	36.39 200m: 2:23.45	37.32	300m: 3:39.26	38.43	400m: 4:55.43	37.71	
AFGEM Evelien van Ruiten	KNZB - RTC	4:29.45	199602924				

Paralympisch

Finale

1. Marije Oosterhuis	NTC Paralympisch	4:56.71	199500318	S10	4:54.00	+0,72	799
50m: 33.06	33.06 150m: 1:46.82	37.18	250m: 3:02.03	37.51	350m: 4:17.43	37.65	
100m: 1:09.64	36.58 200m: 2:24.52	37.70	300m: 3:39.78	37.75	400m: 4:54.00	36.57	
2. Manon Vermarien	NTC Paralympisch	4:54.21	199705680	S10	4:59.49	+0,79	756
50m: 35.17	35.17 150m: 1:49.97	37.85	250m: 3:05.95	37.90	350m: 4:21.60	37.94	
100m: 1:12.12	36.95 200m: 2:28.05	38.08	300m: 3:43.66	37.71	400m: 4:59.49	37.89	
3. Dominique Baanders	NTC Paralympisch	5:19.28	199305726	S9	5:14.94	+1,01	588
50m: 35.00	35.00 150m: 1:53.60	39.61	250m: 3:14.31	40.39	350m: 4:35.66	40.64	
100m: 1:13.99	38.99 200m: 2:33.92	40.32	300m: 3:55.02	40.71	400m: 5:14.94	39.28	
4. Yuliya Gordiychuk	Israel Paralympic Committee	5:16.30		S9	5:18.88	+0,97	566
50m: 36.17	36.17 150m: 1:56.32	40.54	250m: 3:16.58	40.00	350m: 4:39.14	40.63	
100m: 1:15.78	39.61 200m: 2:36.58	40.26	300m: 3:58.51	41.93	400m: 5:18.88	39.74	
5. Romy Pansters	NTC Paralympisch	5:33.62	199605900	S8	5:43.39	+0,90	555
50m: 37.84	37.84 150m: 2:03.34	43.05	250m: 3:32.01	44.58	350m: 5:00.71	44.58	
100m: 1:20.29	42.45 200m: 2:47.43	44.09	300m: 4:16.13	44.12	400m: 5:43.39	42.68	
6. Sanne Hofman	NTC Paralympisch	5:34.37	200102154	S13	5:34.90	+0,95	516
50m: 37.13	37.13 150m: 2:01.74	42.60	250m: 3:27.37	42.66	350m: 4:52.81	42.31	
100m: 1:19.14	42.01 200m: 2:44.71	42.97	300m: 4:10.50	43.13	400m: 5:34.90	42.09	
AFGEM Sterre Veerman	NTC Paralympisch	5:18.26	200003544	S13			