

RWK Limburg
Maastricht, 16- - 24-11-2019

Programmanr. 1
16-11-2019

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 1					
1.	Noa Roberts	Zwemsport Parkstad	5:42.21	200800702	5:38.19
	50m: 35.27	35.27 150m: 1:59.45	43.13	250m: 3:26.82	44.75
	100m: 1:16.32	41.05 200m: 2:43.16	43.71	300m: 4:10.71	42.73
			43.66	350m: 4:55.46	
			43.89	400m: 5:38.19	
2.	Emma Ketelaars	sgpatrick-deroersoppers	5:54.28	200800354	5:45.07
	50m: 37.03	37.03 150m: 2:02.36	43.67	250m: 3:32.90	45.22
	100m: 1:18.69	41.66 200m: 2:47.15	44.79	300m: 4:17.59	42.26
			44.69	350m: 5:02.81	
			44.69	400m: 5:45.07	
3.	Veerle Claessens	Zeps	5:52.94	200800100	5:50.93
	50m: 38.33	38.33 150m: 2:06.70	45.09	250m: 3:37.83	45.61
	100m: 1:21.61	43.28 200m: 2:52.56	45.86	300m: 4:23.62	41.70
			45.27	350m: 5:09.23	
			45.79	400m: 5:50.93	
4.	Demi Laeven	Hellas-Glana	5:49.12	200801672	5:52.35
	50m: 37.35	37.35 150m: 2:03.10	43.91	250m: 3:34.24	45.11
	100m: 1:19.19	41.84 200m: 2:48.22	45.12	300m: 4:20.60	46.64
			46.02	350m: 5:05.71	
			46.36	400m: 5:52.35	
5.	Ise Quodbach	Zwemsport Parkstad	6:55.75	200801768	6:20.91
	50m: 39.19	39.19 150m: 2:13.28	48.40	250m: 3:53.19	50.60
	100m: 1:24.88	45.69 200m: 3:02.83	49.55	300m: 4:43.18	47.13
			50.36	350m: 5:33.78	
			49.99	400m: 6:20.91	
Junioren 2					
1.	Hylcke de Beer	Zwemsport Parkstad	4:56.62	200700006	4:48.25
	50m: 30.61	30.61 150m: 1:41.43	36.35	250m: 2:55.45	38.01
	100m: 1:05.08	34.47 200m: 2:18.12	36.69	300m: 3:32.96	37.28
			37.33	350m: 4:10.97	
			37.51	400m: 4:48.25	
2.	Suze Creemers	Hellas-Glana	5:13.60	200700738	5:03.29
	50m: 34.51	34.51 150m: 1:50.16	38.06	250m: 3:08.09	38.94
	100m: 1:12.10	37.59 200m: 2:29.37	39.21	300m: 3:47.50	36.85
			38.72	350m: 4:26.44	
			39.41	400m: 5:03.29	
3.	Lisa Roberts	Hellas-Glana	5:22.85	200700170	5:14.94
	50m: 35.94	35.94 150m: 1:57.39	41.52	250m: 3:19.43	39.42
	100m: 1:15.87	39.93 200m: 2:38.78	41.39	300m: 3:59.60	35.92
			40.65	350m: 4:39.02	
			40.17	400m: 5:14.94	
4.	Isis van Kuijk	Hzpc	5:30.66	200700442	5:22.65
	50m: 35.73	35.73 150m: 1:57.34	40.96	250m: 3:19.70	41.35
	100m: 1:16.38	40.65 200m: 2:38.54	41.20	300m: 4:01.10	40.20
			41.16	350m: 4:42.45	
			41.40	400m: 5:22.65	
5.	Nina Derckx	Zeps	5:35.59	200700030	5:25.02
	50m: 36.52	36.52 150m: 1:58.32	41.03	250m: 3:22.55	41.10
	100m: 1:17.29	40.77 200m: 2:40.39	42.07	300m: 4:04.49	39.43
			42.16	350m: 4:45.59	
			41.94	400m: 5:25.02	
Junioren 3 en 4					
1.	Colinda van der Zanden	Mosa-Regio	4:57.02	200502618	4:53.76
	50m: 31.52	31.52 150m: 1:45.62	37.60	250m: 3:01.63	37.89
	100m: 1:08.02	36.50 200m: 2:23.50	37.88	300m: 3:39.71	36.16
			38.13	350m: 4:17.60	
			38.08	400m: 4:53.76	
2.	Rachelle Luimes	Hellas-Glana	5:18.25	200500654	5:02.90
	50m: 33.44	33.44 150m: 1:48.42	37.96	250m: 3:05.69	39.53
	100m: 1:10.46	37.02 200m: 2:26.94	38.52	300m: 3:44.65	38.72
			38.75	350m: 4:24.18	
			38.96	400m: 5:02.90	
3.	Britt Siemerink	Zeps	5:14.93	200600714	5:06.41
	50m: 33.24	33.24 150m: 1:49.65	38.82	250m: 3:10.18	39.74
	100m: 1:10.83	37.59 200m: 2:29.42	39.77	300m: 3:50.08	36.59
			40.76	350m: 4:29.82	
			39.90	400m: 5:06.41	
4.	Esma van der Heijden	Hellas-Glana	5:26.61	200501264	5:06.48
	50m: 35.25	35.25 150m: 1:51.34	38.62	250m: 3:10.09	39.26
	100m: 1:12.72	37.47 200m: 2:30.73	39.39	300m: 3:49.77	37.45
			39.36	350m: 4:29.03	
			39.68	400m: 5:06.48	
5.	Jente Sikes	Hzpc	5:18.69	200602074	5:14.97
	50m: 35.27	35.27 150m: 1:55.57	40.34	250m: 3:16.10	39.10
	100m: 1:15.23	39.96 200m: 2:35.59	40.02	300m: 3:55.50	40.37
			40.51	350m: 4:34.60	
			39.40	400m: 5:14.97	
6.	Jennifer Koonen	Zwemsport Parkstad	5:15.86	200500386	5:16.07
	50m: 34.07	34.07 150m: 1:52.56	40.18	250m: 3:14.01	41.24
	100m: 1:12.38	38.31 200m: 2:33.40	40.84	300m: 3:55.63	39.20
			40.61	350m: 4:36.87	
			41.62	400m: 5:16.07	
7.	Naomi Brouwers	Hzpc	5:30.93	200600986	5:18.10
	50m: 35.61	35.61 150m: 1:55.66	40.23	250m: 3:17.59	40.27
	100m: 1:15.43	39.82 200m: 2:36.25	40.59	300m: 3:58.59	39.24
			41.34	350m: 4:38.86	
			41.00	400m: 5:18.10	
8.	Lieke Lankes	Mosa-Regio	5:18.18	200501128	5:23.75
	50m: 34.71	34.71 150m: 1:53.76	40.26	250m: 3:16.75	42.37
	100m: 1:13.50	38.79 200m: 2:35.29	41.53	300m: 3:59.07	42.31
			41.46	350m: 4:41.44	
			42.32	400m: 5:23.75	

RWK Limburg
Maastricht, 16- - 24-11-2019

Programmanr. 1, Dames, 400m vrije slag

Jeugd 1 en 2

1.	Imke Beekman	Hellas-Glana	4:29.10	200301950	4:32.08	+0,75
	50m: 29.92	29.92 150m: 1:37.37	34.21	250m: 2:46.70	34.65	350m: 3:57.03
	100m: 1:03.16	33.24 200m: 2:12.05	34.68	300m: 3:21.99	35.29	400m: 4:32.08
						35.04
						35.05
2.	Jessie Bodden	Hellas-Glana	4:58.03	200401650	4:40.12	+0,66
	50m: 31.75	31.75 150m: 1:41.43	35.01	250m: 2:53.13	36.02	350m: 4:05.07
	100m: 1:06.42	34.67 200m: 2:17.11	35.68	300m: 3:28.90	35.77	400m: 4:40.12
						36.17
						35.05
3.	Sophie Albers	Hzpc	4:51.78	200300990	4:45.84	+0,74
	50m: 32.75	32.75 150m: 1:45.07	36.57	250m: 2:57.78	36.53	350m: 4:10.17
	100m: 1:08.50	35.75 200m: 2:21.25	36.18	300m: 3:33.85	36.07	400m: 4:45.84
						36.32
						35.67
4.	Kyanie Blom	Zwemsport Parkstad	4:49.22	200301866	4:48.10	+0,72
	50m: 31.88	31.88 150m: 1:44.12	36.57	250m: 2:57.10	36.51	350m: 4:11.73
	100m: 1:07.55	35.67 200m: 2:20.59	36.47	300m: 3:34.58	37.48	400m: 4:48.10
						37.15
						36.37
5.	Meike van de Ree	Hzpc	4:56.59	200402646	4:50.36	+0,63
	50m: 32.03	32.03 150m: 1:43.76	36.23	250m: 2:57.95	37.30	350m: 4:13.57
	100m: 1:07.53	35.50 200m: 2:20.65	36.89	300m: 3:36.46	38.51	400m: 4:50.36
						37.11
						36.79
6.	Lianne Kaanen	Zeps	4:58.79	200300708	5:06.32	+0,79
	50m: 33.47	33.47 150m: 1:48.80	38.14	250m: 3:07.36	39.42	350m: 4:27.45
	100m: 1:10.66	37.19 200m: 2:27.94	39.14	300m: 3:47.12	39.76	400m: 5:06.32
						40.33
						38.87

Senioren

1.	Manon Ritten	Hellas-Glana	4:27.57	200002440	4:29.99	+0,79
	50m: 30.92	30.92 150m: 1:39.69	34.55	250m: 2:48.20	33.88	350m: 3:56.99
	100m: 1:05.14	34.22 200m: 2:14.32	34.63	300m: 3:22.64	34.44	400m: 4:29.99
						34.35
						33.00
2.	Floor Weijmans	Hzpc	4:44.24	199502522	4:42.13	+0,79
	50m: 32.48	32.48 150m: 1:42.91	35.63	250m: 2:54.90	35.97	350m: 4:07.00
	100m: 1:07.28	34.80 200m: 2:18.93	36.02	300m: 3:31.16	36.26	400m: 4:42.13
						35.84
						35.13
3.	Fiona Meuffels	Rz	4:48.17	199504366	4:48.20	+0,69
	50m: 32.00	32.00 150m: 1:43.70	36.41	250m: 2:57.51	36.93	350m: 4:12.26
	100m: 1:07.29	35.29 200m: 2:20.58	36.88	300m: 3:34.54	37.03	400m: 4:48.20
						37.72
						35.94
4.	Jenny Schouten	Zwemsport Parkstad	4:56.55	198703674	4:54.31	+0,82
	50m: 32.82	32.82 150m: 1:45.83	36.86	250m: 3:00.61	37.37	350m: 4:16.96
	100m: 1:08.97	36.15 200m: 2:23.24	37.41	300m: 3:38.40	37.79	400m: 4:54.31
						38.56
						37.35
5.	Anne van Straaten	Hellas-Glana	4:54.18	199901884	4:56.67	+0,85
	50m: 33.11	33.11 150m: 1:47.49	37.50	250m: 3:03.27	37.89	350m: 4:20.08
	100m: 1:09.99	36.88 200m: 2:25.38	37.89	300m: 3:42.05	38.78	400m: 4:56.67
						38.03
						36.59
6.	Manon van der Wielen	Hzpc	4:55.27	200200550	5:03.83	+0,77
	50m: 33.17	33.17 150m: 1:49.62	38.65	250m: 3:07.90	39.52	350m: 4:26.06
	100m: 1:10.97	37.80 200m: 2:28.38	38.76	300m: 3:47.39	39.49	400m: 5:03.83
						38.67
						37.77