

Programmanr. 1  
 11-11-2017

Dames, 400m vrije slag

 Senioren Open  
 Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 2</b>					
1.	Julia van Sloun	Hellas-Glana	5:10.02	200500478	5:03.40 +0,81 485
	50m: 33.77	33.77 150m: 1:49.60	38.26 250m: 3:07.34	38.85	350m: 4:25.71
	100m: 1:11.34	37.57 200m: 2:28.49	38.89 300m: 3:46.54	39.20	400m: 5:03.40
2.	Lieke Lankes	Mosa-Regio	5:22.12	200501128	5:17.33 +0,65 424
	50m: 34.35	34.35 150m: 1:53.16	40.18 250m: 3:15.80	41.11	350m: 4:38.20
	100m: 1:12.98	38.63 200m: 2:34.69	41.53 300m: 3:56.84	41.04	400m: 5:17.33
3.	Colinda van der Zanden	Noord Limburg (SG)	5:20.34	200502618	5:19.65 +0,70 415
	50m: 33.68	33.68 150m: 1:52.64	40.19 250m: 3:16.07	42.14	350m: 4:40.81
	100m: 1:12.45	38.77 200m: 2:33.93	41.29 300m: 3:58.44	42.37	400m: 5:19.65
4.	Rachelle Luimes	ZPC Nederweert	5:31.37	200500654	5:26.49 +0,77 389
	50m: 35.30	35.30 150m: 1:55.76	41.15 250m: 3:20.20	42.49	350m: 4:45.56
	100m: 1:14.61	39.31 200m: 2:37.71	41.95 300m: 4:02.97	42.77	400m: 5:26.49

**Junioren 3**

1.	Amy Tebben	Eurode Kerkrade	4:53.82	200400108	4:48.84 +0,74 562
	50m: 32.16	32.16 150m: 1:44.24	36.62 250m: 2:58.58	37.15	350m: 4:13.00
	100m: 1:07.62	35.46 200m: 2:21.43	37.19 300m: 3:35.34	36.76	400m: 4:48.84
2.	Lorena Dreschers	Hellas-Glana	4:56.85	200401364	4:51.45 +0,68 547
	50m: 33.14	33.14 150m: 1:45.73	36.66 250m: 2:59.95	37.03	350m: 4:15.54
	100m: 1:09.07	35.93 200m: 2:22.92	37.19 300m: 3:37.32	37.37	400m: 4:51.45
3.	Cynthia Kugler	Hellas-Glana	5:19.92	200400020	5:11.45 +0,84 448
	50m: 34.51	34.51 150m: 1:50.57	38.62 250m: 3:11.58	40.59	350m: 4:32.85
	100m: 1:11.95	37.44 200m: 2:30.99	40.42 300m: 3:51.87	40.29	400m: 5:11.45
4.	Mexi Kösters	ZEPS	5:20.68	200401308	5:15.23 +0,63 432
	50m: 33.50	33.50 150m: 1:51.78	40.31 250m: 3:13.81	40.87	350m: 4:35.78
	100m: 1:11.47	37.97 200m: 2:32.94	41.16 300m: 3:54.47	40.66	400m: 5:15.23
5.	Dyonne Klomp	ZPC Nederweert	5:20.13	200400642	5:15.99 +0,80 429
	50m: 34.19	34.19 150m: 1:50.73	38.99 250m: 3:11.27	40.73	350m: 4:35.28
	100m: 1:11.74	37.55 200m: 2:30.54	39.81 300m: 3:52.87	41.60	400m: 5:15.99

**Jeugd 1 en 2**

1.	Carolien Beckers	Zwemsport Parkstad	4:34.53	200200078	4:34.45 +0,76 655
	50m: 30.68	30.68 150m: 1:40.52	35.42 250m: 2:50.17	34.37	350m: 3:59.47
	100m: 1:05.10	34.42 200m: 2:15.80	35.28 300m: 3:24.48	34.31	400m: 4:34.45
2.	Imke Beekman	Hellas-Glana	4:37.56	200301950	4:38.36 +0,78 628
	50m: 31.02	31.02 150m: 1:40.46	35.42 250m: 2:51.81	35.84	350m: 4:03.72
	100m: 1:05.04	34.02 200m: 2:15.97	35.51 300m: 3:27.71	35.90	400m: 4:38.36
3.	Pleun van den Bergh	HZPC	4:56.34	200201952	4:44.78 +0,82 586
	50m: 32.53	32.53 150m: 1:44.52	36.17 250m: 2:56.91	36.47	350m: 4:09.85
	100m: 1:08.35	35.82 200m: 2:20.44	35.92 300m: 3:33.36	36.45	400m: 4:44.78
4.	Demi van Hulst	Zwemsport Parkstad	4:49.15	200300140	4:48.61 +0,71 563
	50m: 32.29	32.29 150m: 1:43.58	36.40 250m: 2:57.34	37.05	350m: 4:12.38
	100m: 1:07.18	34.89 200m: 2:20.29	36.71 300m: 3:35.01	37.67	400m: 4:48.61
5.	Manon van der Wielen	HZPC	4:58.50	200200550	4:54.61 +0,79 530
	50m: 33.04	33.04 150m: 1:46.19	36.96 250m: 3:01.16	37.63	350m: 4:17.55
	100m: 1:09.23	36.19 200m: 2:23.53	37.34 300m: 3:39.42	38.26	400m: 4:54.61
6.	Kyanie Blom	Zwemsport Parkstad	5:01.49	200301866	4:58.22 +0,83 511
	50m: 33.40	33.40 150m: 1:47.80	37.39 250m: 3:03.35	38.26	350m: 4:20.08
	100m: 1:10.41	37.01 200m: 2:25.09	37.29 300m: 3:41.62	38.27	400m: 4:58.22
7.	Anna van Kuijk	HZPC	5:00.91	200300564	5:00.88 +0,80 497
	50m: 33.01	33.01 150m: 1:48.11	38.05 250m: 3:05.80	38.80	350m: 4:23.75
	100m: 1:10.06	37.05 200m: 2:27.00	38.89 300m: 3:44.72	38.92	400m: 5:00.88

**Senioren 1 en ouder**

1.	Milou van den Beucken	Mosa-Regio	4:46.46	200002564	4:40.71 +0,75 612
	50m: 31.29	31.29 150m: 1:42.52	35.90 250m: 2:55.21	36.43	350m: 4:07.63
	100m: 1:06.62	35.33 200m: 2:18.78	36.26 300m: 3:31.78	36.57	400m: 4:40.71
2.	Imke van den Hoef	HZPC	4:44.07	200101552	4:40.85 +0,76 611
	50m: 31.82	31.82 150m: 1:43.04	35.87 250m: 2:55.66	36.21	350m: 4:07.36
	100m: 1:07.17	35.35 200m: 2:19.45	36.41 300m: 3:31.74	36.08	400m: 4:40.85
3.	Floor Weijmans	HZPC	4:44.93	199502522	4:40.88 +0,73 611
	50m: 31.92	31.92 150m: 1:41.33	35.10 250m: 2:52.33	35.49	350m: 4:04.56
	100m: 1:06.23	34.31 200m: 2:16.84	35.51 300m: 3:28.27	35.94	400m: 4:40.88

Programmanr. 1, Dames, 400m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	intijd	tijd	RT
4.	Fiona Meuffels	RZ	4:49.11	199504366	4:44.58 +0,56 588
	50m: 32.21	32.21 150m: 1:43.19	35.97	250m: 2:56.17	36.44 350m: 4:09.68
	100m: 1:07.22	35.01 200m: 2:19.73	36.54	300m: 3:32.76	36.59 400m: 4:44.58
5.	Ingrid van Horen	HZPC	4:39.09	199204060	4:44.96 +0,70 585
	50m: 32.22	32.22 150m: 1:42.89	35.69	250m: 2:55.16	36.12 350m: 4:08.52
	100m: 1:07.20	34.98 200m: 2:19.04	36.15	300m: 3:31.98	36.82 400m: 4:44.96
6.	Kim Rebergen	Hellas-Glana	4:46.98	200100676	4:46.50 +0,70 576
	50m: 32.65	32.65 150m: 1:44.05	36.11	250m: 2:57.51	36.80 350m: 4:12.18
	100m: 1:07.94	35.29 200m: 2:20.71	36.66	300m: 3:34.47	36.96 400m: 4:46.50
7.	Maud Weijmans	HZPC	4:47.98	200103830	4:48.90 +0,76 562
	50m: 32.77	32.77 150m: 1:45.44	36.66	250m: 2:58.91	36.70 350m: 4:12.62
	100m: 1:08.78	36.01 200m: 2:22.21	36.77	300m: 3:35.84	36.93 400m: 4:48.90
8.	Anne van Straaten	Hellas-Glana	4:51.53	199901884	4:54.10 +0,86 532
	50m: 31.78	31.78 150m: 1:44.42	36.83	250m: 3:00.06	38.20 350m: 4:16.97
	100m: 1:07.59	35.81 200m: 2:21.86	37.44	300m: 3:38.56	38.50 400m: 4:54.10
9.	Esmee Lanckohr	Zwemsport Parkstad	4:57.20	200002442	4:54.48 +0,80 530
	50m: 33.17	33.17 150m: 1:46.23	37.03	250m: 3:01.30	37.49 350m: 4:16.50
	100m: 1:09.20	36.03 200m: 2:23.81	37.58	300m: 3:39.22	37.92 400m: 4:54.48