

Programmanr. 9
12-11-2017 - 14:00

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Junioren 2					
1.	Colinda van der Zanden	Noord Limburg (SG)	6:28.52	200502618	5:56.86 +0,67 426
	50m: 38.05	38.05 150m: 2:11.66	45.32	250m: 3:46.60	50.35 350m: 5:19.39
	100m: 1:26.34	48.29 200m: 2:56.25	44.59	300m: 4:38.31	51.71 400m: 5:56.86
2.	Lieke Lankes	Mosa-Regio	6:14.92	200501128	6:01.00 +0,56 411
	50m: 36.90	36.90 150m: 2:06.04	44.80	250m: 3:45.84	54.32 350m: 5:21.01
	100m: 1:21.24	44.34 200m: 2:51.52	45.48	300m: 4:39.20	53.36 400m: 6:01.00
3.	Rachelle Luimes	ZPC Nederweert	6:13.56	200500654	6:07.50 +0,78 390
	50m: 38.27	38.27 150m: 2:10.30	46.00	250m: 3:50.46	55.29 350m: 5:26.84
	100m: 1:24.30	46.03 200m: 2:55.17	44.87	300m: 4:45.19	54.73 400m: 6:07.50
4.	Kim Crins	RZL	6:32.27	200501212	6:18.19 +0,75 358
	50m: 40.00	40.00 150m: 2:21.28	48.10	250m: 3:59.36	52.88 350m: 5:36.13
	100m: 1:33.18	53.18 200m: 3:06.48	45.20	300m: 4:52.06	52.70 400m: 6:18.19
Junioren 3					
1.	Amy Tebben	Eurode Kerkrade	5:41.65	200400108	5:36.58 +0,78 507
	50m: 35.45	35.45 150m: 2:02.46	44.00	250m: 3:33.17	47.53 350m: 5:00.41
	100m: 1:18.46	43.01 200m: 2:45.64	43.18	300m: 4:22.14	48.97 400m: 5:36.58
2.	Jessie Bodden	Zv Kimbria	6:03.38	200401650	5:47.31 +0,67 462
	50m: 35.99	35.99 150m: 2:02.67	44.06	250m: 3:34.51	48.66 350m: 5:07.46
	100m: 1:18.61	42.62 200m: 2:45.85	43.18	300m: 4:24.86	50.35 400m: 5:47.31
3.	Emma Verhofstad	Mosa-Regio	6:03.38	200403620	5:51.71 +0,75 445
	50m: 37.92	37.92 150m: 2:05.46	44.27	250m: 3:39.64	51.98 350m: 5:13.14
	100m: 1:21.19	43.27 200m: 2:47.66	42.20	300m: 4:32.26	52.62 400m: 5:51.71
4.	Mexi Kösters	ZEPS	6:07.92	200401308	5:59.38 +0,72 417
	50m: 37.37	37.37 150m: 2:08.03	45.94	250m: 3:44.24	51.28 350m: 5:19.56
	100m: 1:22.09	44.72 200m: 2:52.96	44.93	300m: 4:36.42	52.18 400m: 5:59.38
5.	Lisa Christiaens	HZPC	6:18.54	200403828	6:13.14 +0,77 372
	50m: 42.52	42.52 150m: 2:16.59	44.84	250m: 3:54.28	53.26 350m: 5:31.60
	100m: 1:31.75	49.23 200m: 3:01.02	44.43	300m: 4:47.56	53.28 400m: 6:13.14
DIS	Sarah Berger	Zwemsport Parkstad	6:18.53	200402272	+0,74
	VI - Met één hand keer- en/of eindpunt aangetikt.				
Jeugd 1 en 2					
1.	Carolien Beckers	Zwemsport Parkstad	5:17.87	200200078	5:15.74 +0,80 614
	50m: 31.96	31.96 150m: 1:49.53	40.21	250m: 3:15.84	46.64 350m: 4:40.41
	100m: 1:09.32	37.36 200m: 2:29.20	39.67	300m: 4:03.96	48.12 400m: 5:15.74
2.	Quinty Rouschop	Zwemsport Parkstad	5:24.56	200300208	5:20.68 +0,85 587
	50m: 33.90	33.90 150m: 1:54.47	41.08	250m: 3:17.87	42.73 350m: 4:41.61
	100m: 1:13.39	39.49 200m: 2:35.14	40.67	300m: 4:02.45	44.58 400m: 5:20.68
3.	Pleun van den Bergh	HZPC	5:36.08	200201952	5:29.48 +0,83 541
	50m: 35.68	35.68 150m: 2:00.86	42.98	250m: 3:28.86	46.81 350m: 4:54.56
	100m: 1:17.88	42.20 200m: 2:42.05	41.19	300m: 4:17.18	48.32 400m: 5:29.48
4.	Ilse Swinkels	HZPC	5:46.77	200201504	5:42.99 +0,64 479
	50m: 36.60	36.60 150m: 2:04.07	44.45	250m: 3:38.53	50.25 350m: 5:05.98
	100m: 1:19.62	43.02 200m: 2:48.28	44.21	300m: 4:28.22	49.69 400m: 5:42.99
5.	Isa Curvers	HZPC	5:52.36	200205724	5:46.33 +0,82 466
	50m: 35.72	35.72 150m: 2:02.45	43.13	250m: 3:35.58	50.18 350m: 5:09.11
	100m: 1:19.32	43.60 200m: 2:45.40	42.95	300m: 4:27.37	51.79 400m: 5:46.33
6.	Lynn Vallen	HZPC	5:47.41	200201840	5:50.97 +0,71 447
	50m: 37.46	37.46 150m: 2:05.88	43.25	250m: 3:39.27	51.31 350m: 5:11.97
	100m: 1:22.63	45.17 200m: 2:47.96	42.08	300m: 4:31.60	52.33 400m: 5:50.97
7.	Kyanie Blom	Zwemsport Parkstad	5:50.43	200301866	5:52.87 +0,85 440
	50m: 35.46	35.46 150m: 2:04.58	46.38	250m: 3:40.78	49.33 350m: 5:12.80
	100m: 1:18.20	42.74 200m: 2:51.45	46.87	300m: 4:31.62	50.84 400m: 5:52.87
8.	Maud Lanckohr	Zwemsport Parkstad	5:55.56	200201096	5:56.32 +0,70 428
	50m: 38.77	38.77 150m: 2:10.04	45.63	250m: 3:44.53	49.62 350m: 5:17.28
	100m: 1:24.41	45.64 200m: 2:54.91	44.87	300m: 4:35.41	50.88 400m: 5:56.32
9.	Jenny van de Ven	Eurode Kerkrade	5:52.00	200200870	5:57.69 +0,76 423
	50m: 36.90	36.90 150m: 2:08.13	46.95	250m: 3:43.19	50.13 350m: 5:16.94
	100m: 1:21.18	44.28 200m: 2:53.06	44.93	300m: 4:34.49	51.30 400m: 5:57.69
10.	Isa Coenen	Hellas-Glana	5:53.52	200300704	5:59.19 +0,73 417
	50m: 37.83	37.83 150m: 2:10.65	46.61	250m: 3:45.55	49.55 350m: 5:20.16
	100m: 1:24.04	46.21 200m: 2:56.00	45.35	300m: 4:37.22	51.67 400m: 5:59.19

Programmanr. 9, Meisjes, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
DIS	Imke Beekman	Hellas-Glana	5:31.36	200301950	+0,78

SD - De bewegingen van de benen niet te allen tijde gelijktijdig en/of in hetzelfde horizontale vlak uitgevoerd.

Senioren 1 en ouder

1.	Manon Koster	HZPC	5:07.51	199701312	5:13.92	+0,75	625	
	50m: 33.41	33.41	150m: 1:52.92	40.82	250m: 3:17.19	43.65	350m: 4:38.59	36.63
	100m: 1:12.10	38.69	200m: 2:33.54	40.62	300m: 4:01.96	44.77	400m: 5:13.92	35.33
2.	Ingrid van Horen	HZPC	5:12.61	199204060	5:17.83	+0,71	602	
	50m: 34.45	34.45	150m: 1:54.80	39.98	250m: 3:18.95	45.19	350m: 4:41.89	37.11
	100m: 1:14.82	40.37	200m: 2:33.76	38.96	300m: 4:04.78	45.83	400m: 5:17.83	35.94
3.	Kim Rebergen	Hellas-Glana	5:21.30	200100676	5:23.56	+0,74	571	
	50m: 34.53	34.53	150m: 1:57.66	41.43	250m: 3:23.84	46.90	350m: 4:49.15	37.68
	100m: 1:16.23	41.70	200m: 2:36.94	39.28	300m: 4:11.47	47.63	400m: 5:23.56	34.41
4.	Milou van den Beucken	Mosa-Regio	5:19.69	200002564	5:25.16	+0,74	563	
	50m: 32.69	32.69	150m: 1:56.06	42.49	250m: 3:23.65	46.30	350m: 4:49.09	37.93
	100m: 1:13.57	40.88	200m: 2:37.35	41.29	300m: 4:11.16	47.51	400m: 5:25.16	36.07
5.	Fiona Meuffels	RZ	5:36.95	199504366	5:28.64	+0,63	545	
	50m: 35.26	35.26	150m: 2:00.00	42.80	250m: 3:29.37	47.21	350m: 4:53.82	36.48
	100m: 1:17.20	41.94	200m: 2:42.16	42.16	300m: 4:17.34	47.97	400m: 5:28.64	34.82
6.	Maud Weijmans	HZPC	5:36.34	200103830	5:34.98	+0,80	515	
	50m: 36.78	36.78	150m: 1:59.32	41.14	250m: 3:28.43	49.48	350m: 4:56.68	38.93
	100m: 1:18.18	41.40	200m: 2:38.95	39.63	300m: 4:17.75	49.32	400m: 5:34.98	38.30
7.	Chiara Geilenkirchen	Zwemsport Parkstad	5:35.17	200104590	5:44.53	+0,84	473	
	50m: 33.78	33.78	150m: 1:58.07	43.20	250m: 3:27.78	47.77	350m: 5:00.80	44.02
	100m: 1:14.87	41.09	200m: 2:40.01	41.94	300m: 4:16.78	49.00	400m: 5:44.53	43.73