

Programmanr. 17
1-5-2022 - 15:20

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Leyona Lichtendonk	Dedemsvaart-AC	4:54.75	200700010	4:49.96
	50m: 32.97	32.97 150m: 1:45.45	36.61 250m: 2:59.78	36.69	350m: 4:14.42 37.17
	100m: 1:08.84	35.87 200m: 2:23.09	37.64 300m: 3:37.25	37.47	400m: 4:49.96 35.54
2.	Marre van der Wal	De Vikings	5:22.27	201000046	5:01.20
	50m: 34.11	34.11 150m: 1:50.76	38.58 250m: 3:08.08	38.38	350m: 4:25.19 38.29
	100m: 1:12.18	38.07 200m: 2:29.70	38.94 300m: 3:46.90	38.82	400m: 5:01.20 36.01
3.	Marlies Dijsselhof	Dedemsvaart-AC	5:08.67	200601046	5:03.06
	50m: 33.37	33.37 150m: 1:48.23	37.93 250m: 3:06.12	38.93	350m: 4:24.43 39.41
	100m: 1:10.30	36.93 200m: 2:27.19	38.96 300m: 3:45.02	38.90	400m: 5:03.06 38.63
4.	Milou Geneuglijk	TriVia	5:20.86	200900556	5:15.21
	50m: 33.60	33.60 150m: 1:52.59	40.44 250m: 3:14.80	41.44	350m: 4:36.53 40.69
	100m: 1:12.15	38.55 200m: 2:33.36	40.77 300m: 3:55.84	41.04	400m: 5:15.21 38.68
5.	Hannelore Buze	HZ&PC Heerenveen	5:51.88	200801226	5:19.43
	50m: 35.60	35.60 150m: 1:55.04	40.12 250m: 3:16.37	40.79	350m: 4:39.10 41.19
	100m: 1:14.92	39.32 200m: 2:35.58	40.54 300m: 3:57.91	41.54	400m: 5:19.43 40.33
6.	Sofie Kragt	Dedemsvaart-AC	5:26.41	200701020	5:19.99
	50m: 36.07	36.07 150m: 1:59.25	41.82 250m: 3:20.94	40.72	350m: 4:43.13 41.32
	100m: 1:17.43	41.36 200m: 2:40.22	40.97 300m: 4:01.81	40.87	400m: 5:19.99 36.86
7.	Devenda van der Meer	de Granaet	5:38.35	200900948	5:20.61
	50m: 35.13	35.13 150m: 1:55.97	40.95 250m: 3:20.02	41.83	350m: 4:42.49 40.92
	100m: 1:15.02	39.89 200m: 2:38.19	42.22 300m: 4:01.57	41.55	400m: 5:20.61 38.12
8.	Daphne Westra	de Granaet	5:38.07	200900344	5:30.57
	50m: 34.96	34.96 150m: 1:57.18	42.49 250m: 3:23.38	43.15	350m: 4:49.20 42.81
	100m: 1:14.69	39.73 200m: 2:40.23	43.05 300m: 4:06.39	43.01	400m: 5:30.57 41.37
9.	Julie Simonis	Zwemsport Parkstad	6:06.50	201000144	5:48.68
	50m: 36.55	36.55 150m: 2:01.98	43.59 250m: 3:30.98	44.35	350m: 5:02.25 46.50
	100m: 1:18.39	41.84 200m: 2:46.63	44.65 300m: 4:15.75	44.77	400m: 5:48.68 46.43
10.	Silver Veenstra	Zcnf'34	6:17.76	200505372	5:54.51
	50m: 38.61	38.61 150m: 2:08.32	45.68 250m: 3:39.63	45.87	350m: 5:11.03 44.64
	100m: 1:22.64	44.03 200m: 2:53.76	45.44 300m: 4:26.39	46.76	400m: 5:54.51 43.48
11.	Sara van Dijk	TriVia	6:23.29	201001120	6:19.01
	50m: 39.15	39.15 150m: 2:11.83	47.49 250m: 3:51.12	50.00	350m: 5:30.74 50.09
	100m: 1:24.34	45.19 200m: 3:01.12	49.29 300m: 4:40.65	49.53	400m: 6:19.01 48.27