

Merwestein Zwemgala  
Nieuwegein, 24. - 25.10.2009

Programmanr. 54  
25.10.2009 - 11:36

Dames, 400m vrije slag

Junioren 2 en ouder  
Resultaten

rang	naam		vereniging			intijd			tijd
<b>Junioren 2 en 3</b>									
1.	Lisane vd Lelij		One Team Swimming			5:01.58	9600666		<b>4:51.01</b>
	50m: 31.94	31.94	150m: 1:44.70	36.90	250m: 2:59.50	37.39	350m: 4:14.40	37.48	
	100m: 1:07.80	35.86	200m: 2:22.11	37.41	300m: 3:36.92	37.42	400m: 4:51.01	36.61	
2.	Jamilla van Veen		One Team Swimming			4:57.71	9603192		<b>4:58.01</b>
	50m: 32.78	32.78	150m: 1:47.36	37.74	250m: 3:04.25	38.43	350m: 4:21.20	38.74	
	100m: 1:09.62	36.84	200m: 2:25.82	38.46	300m: 3:42.46	38.21	400m: 4:58.01	36.81	
3.	Linda Kamperman		Aquarijn			5:01.70	9601238		<b>5:01.76</b>
	50m: 32.95	32.95	150m: 1:47.97	38.09	250m: 3:05.22	38.78	350m: 4:23.55	39.27	
	100m: 1:09.88	36.93	200m: 2:26.44	38.47	300m: 3:44.28	39.06	400m: 5:01.76	38.21	
4.	Laura Willemsen		DWK			5:06.78	9700168		<b>5:08.11</b>
	50m: 34.35	34.35	150m: 1:52.21	39.63	250m: 3:11.91	39.88	350m: 4:32.30	40.37	
	100m: 1:12.58	38.23	200m: 2:32.03	39.82	300m: 3:51.93	40.02	400m: 5:08.11	35.81	
5.	Shannon Mommersteeg		Aquarijn			5:16.18	9702398		<b>5:17.48</b>
	50m: 35.58	35.58	150m: 1:56.13	40.87	250m: 3:17.46	40.86	350m: 4:40.14	41.12	
	100m: 1:15.26	39.68	200m: 2:36.60	40.47	300m: 3:59.02	41.56	400m: 5:17.48	37.34	
NG.ZA	Amy de Langen		De Fuut			5:19.46	9702046		
<b>Jeugd 1 en 2</b>									
1.	Dané Mulder		Aquarijn			4:46.53	9400084		<b>4:42.30</b>
	50m: 31.41	31.41	150m: 1:42.31	35.96	250m: 2:54.70	36.03	350m: 4:06.86	35.90	
	100m: 1:06.35	34.94	200m: 2:18.67	36.36	300m: 3:30.96	36.26	400m: 4:42.30	35.44	
2.	Lynn Dybiona		AZ&PC			5:10.55	9501786		<b>4:58.68</b>
	50m: 34.39	34.39	150m: 1:49.75	38.23	250m: 3:06.36	38.26	350m: 4:23.34	38.45	
	100m: 1:11.52	37.13	200m: 2:28.10	38.35	300m: 3:44.89	38.53	400m: 4:58.68	35.34	
3.	Emma Siemensma		DES			5:11.23	9402716		<b>5:09.30</b>
	50m: 34.14	34.14	150m: 1:51.19	38.53	250m: 3:10.91	40.01	350m: 4:31.33	41.04	
	100m: 1:12.66	38.52	200m: 2:30.90	39.71	300m: 3:50.29	39.38	400m: 5:09.30	37.97	
4.	Zoë van Zijl		Aquarijn			4:53.04	9500136		<b>5:10.41</b>
	50m: 33.07	33.07	150m: 1:51.50	40.39	250m: 3:12.75	40.69	350m: 4:32.62	40.08	
	100m: 1:11.11	38.04	200m: 2:32.06	40.56	300m: 3:52.54	39.79	400m: 5:10.41	37.79	
5.	Michelle Geisler		Aquarijn			5:12.33	9502514		<b>5:15.14</b>
	50m: 34.57	34.57	150m: 1:53.67	40.22	250m: 3:14.80	40.20	350m: 4:36.65	40.87	
	100m: 1:13.45	38.88	200m: 2:34.60	40.93	300m: 3:55.78	40.98	400m: 5:15.14	38.49	
6.	Demelsa Kreuger		De Fuut			5:23.07	9505746		<b>5:19.85</b>
	50m: 33.89	33.89	150m: 1:52.19	39.71	250m: 3:15.76	41.65	350m: 4:38.93	41.14	
	100m: 1:12.48	38.59	200m: 2:34.11	41.92	300m: 3:57.79	42.03	400m: 5:19.85	40.92	
<b>Senioren 1 en 2</b>									
1.	Marcha Admiraal		De Biesboschwimmers			4:27.01	9300012		<b>4:32.35</b>
	50m: 30.10	30.10	150m: 1:36.28	33.58	250m: 2:45.52	34.77	350m: 3:57.20	36.10	
	100m: 1:02.70	32.60	200m: 2:10.75	34.47	300m: 3:21.10	35.58	400m: 4:32.35	35.15	
2.	Bente Rog		DES			5:18.52	9206810		<b>5:16.67</b>
	50m: 35.88	35.88	150m: 1:56.00	40.85	250m: 3:17.83	40.92	350m: 4:37.61	40.47	
	100m: 1:15.15	39.27	200m: 2:36.91	40.91	300m: 3:57.14	39.31	400m: 5:16.67	39.06	
3.	Iris van Beek		De Fuut			5:10.61	9303874		<b>5:16.85</b>
	50m: 36.04	36.04	150m: 1:56.76	40.42	250m: 3:18.26	41.04	350m: 4:37.99	39.99	
	100m: 1:16.34	40.30	200m: 2:37.22	40.46	300m: 3:58.00	39.74	400m: 5:16.85	38.86	
<b>Senioren</b>									
1.	Estelle de Jong		De Fuut			5:03.43	8902076		<b>5:04.52</b>
	50m: 34.34	34.34	150m: 1:50.66	38.86	250m: 3:09.31	39.64	350m: 4:27.97	39.11	
	100m: 1:11.80	37.46	200m: 2:29.67	39.01	300m: 3:48.86	39.55	400m: 5:04.52	36.55	
2.	Ilse vd Wijngaard		One Team Swimming			5:09.39	8904736		<b>5:13.50</b>
	50m: 33.45	33.45	150m: 1:50.46	39.50	250m: 3:12.52	41.33	350m: 4:34.30	40.50	
	100m: 1:10.96	37.51	200m: 2:31.19	40.73	300m: 3:53.80	41.28	400m: 5:13.50	39.20	
3.	Yvonne Gerritsen		DES			5:10.46	8000342		<b>5:17.71</b>
	50m: 35.03	35.03	150m: 1:54.17	40.37	250m: 3:15.98	40.94	350m: 4:37.88	41.08	
	100m: 1:13.80	38.77	200m: 2:35.04	40.87	300m: 3:56.80	40.82	400m: 5:17.71	39.83	