

Limietwedstrijd-deel2
Denekamp, 10/10/2021

Programmanr. 29
10/10/2021 - 15:48

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Barbara Broekhuis	De Dinkel	4:51.02	200700880	4:46.24
	50m: 31.07	31.07 150m: 1:42.14	36.84	250m: 2:57.20	37.68
	100m: 1:05.30	34.23 200m: 2:19.52	37.38	300m: 3:34.56	37.36
				350m: 4:11.36	36.80
				400m: 4:46.24	34.88
2.	Eline Lutters	De Dinkel	4:40.11	200600322	4:46.53
	50m: 31.95	31.95 150m: 1:45.28	37.15	250m: 2:58.70	36.25
	100m: 1:08.13	36.18 200m: 2:22.45	37.17	300m: 3:34.78	36.08
				350m: 4:11.59	36.81
				400m: 4:46.53	34.94
3.	Lonne Dijkhuis	De Dinkel	4:40.42	199400030	4:48.28
	50m: 31.86	31.86 150m: 1:43.46	36.31	250m: 2:58.15	37.68
	100m: 1:07.15	35.29 200m: 2:20.47	37.01	300m: 3:35.46	37.31
				350m: 4:12.25	36.79
				400m: 4:48.28	36.03
4.	Laurien Gliese-Sloojer	De Dinkel	5:17.96	200700636	5:01.90
	50m: 34.69	34.69 150m: 1:52.09	39.07	250m: 3:09.69	38.67
	100m: 1:13.02	38.33 200m: 2:31.02	38.93	300m: 3:48.87	39.18
				350m: 4:27.09	38.22
				400m: 5:01.90	34.81
5.	Soraya Rakers	De Dinkel	4:48.78	200300818	5:02.11
	50m: 32.82	32.82 150m: 1:47.11	38.04	250m: 3:05.51	39.46
	100m: 1:09.07	36.25 200m: 2:26.05	38.94	300m: 3:45.22	39.71
				350m: 4:24.08	38.86
				400m: 5:02.11	38.03
6.	Pien Hemmelder	De Dinkel	5:13.77	200800278	5:02.83
	50m: 34.61	34.61 150m: 1:50.85	38.38	250m: 3:09.50	39.35
	100m: 1:12.47	37.86 200m: 2:30.15	39.30	300m: 3:48.35	38.85
				350m: 4:26.83	38.48
				400m: 5:02.83	36.00
7.	Claire Bosch	De Dinkel	4:57.51	200401480	5:04.17
	50m: 33.16	33.16 150m: 1:48.33	38.21	250m: 3:07.06	39.48
	100m: 1:10.12	36.96 200m: 2:27.58	39.25	300m: 3:46.96	39.90
				350m: 4:26.30	39.34
				400m: 5:04.17	37.87
8.	Fien de Zeeuw	OZ&PC	5:35.46	200600130	5:22.27
	50m: 35.26	35.26 150m: 1:55.10	40.80	250m: 3:18.57	42.28
	100m: 1:14.30	39.04 200m: 2:36.29	41.19	300m: 4:00.84	42.27
				350m: 4:42.28	41.44
				400m: 5:22.27	39.99
9.	Fabiënne Fransen	De Dinkel	5:50.00	200701956	5:39.28
	50m: 35.54	35.54 150m: 1:58.81	42.82	250m: 3:28.06	44.76
	100m: 1:15.99	40.45 200m: 2:43.30	44.49	300m: 4:12.08	44.02
				350m: 4:56.40	44.32
				400m: 5:39.28	42.88
10.	Mila Soethof	De Dinkel	6:01.76	200900482	5:46.68
	50m: 38.57	38.57 150m: 2:07.32	45.25	250m: 3:37.75	45.32
	100m: 1:22.07	43.50 200m: 2:52.43	45.11	300m: 4:22.00	44.25
				350m: 5:06.50	44.50
				400m: 5:46.68	40.18
11.	Roos Kleissen	De Dinkel	6:05.88	200801204	5:46.96
	50m: 38.84	38.84 150m: 2:08.24	45.23	250m: 3:37.98	45.08
	100m: 1:23.01	44.17 200m: 2:52.90	44.66	300m: 4:22.75	44.77
				350m: 5:07.14	44.39
				400m: 5:46.96	39.82
12.	Veerle Westenbroek	OZ&PC	6:32.70	200800128	5:47.62
	50m: 39.33	39.33 150m: 2:08.15	44.40	250m: 3:38.00	44.84
	100m: 1:23.75	44.42 200m: 2:53.16	45.01	300m: 4:21.57	43.57
				350m: 5:05.31	43.74
				400m: 5:47.62	42.31
13.	Senna Soethof	De Dinkel	6:01.66	200701986	5:50.82
	50m: 38.66	38.66 150m: 2:07.25	44.78	250m: 3:38.90	45.63
	100m: 1:22.47	43.81 200m: 2:53.27	46.02	300m: 4:23.73	44.83
				350m: 5:08.20	44.47
				400m: 5:50.82	42.62
14.	Merle Postel	De Dinkel	5:55.89	200601108	5:54.70
	50m: 39.79	39.79 150m: 2:09.08	45.03	250m: 3:40.30	45.59
	100m: 1:24.05	44.26 200m: 2:54.71	45.63	300m: 4:26.12	45.82
				350m: 5:11.27	45.15
				400m: 5:54.70	43.43
15.	Ank Wolbert	De Dinkel	7:07.64	200701052	6:14.99
	50m: 40.28	40.28 150m: 2:14.80	47.81	250m: 3:50.36	48.30
	100m: 1:26.99	46.71 200m: 3:02.06	47.26	300m: 4:39.06	48.70
				350m: 5:27.34	48.28
				400m: 6:14.99	47.65
16.	Marlinde Ter Maat	De Dinkel	6:29.06	200900346	6:15.23
	50m: 39.54	39.54 150m: 2:11.49	47.38	250m: 3:47.59	49.28
	100m: 1:24.11	44.57 200m: 2:58.31	46.82	300m: 4:38.15	50.56
				350m: 5:28.84	50.69
				400m: 6:15.23	46.39
17.	Nikki Groot Rouwen	OZ&PC	7:14.74	200900106	6:20.78
	50m: 40.61	40.61 150m: 2:18.68	49.93	250m: 3:59.00	49.57
	100m: 1:28.75	48.14 200m: 3:09.43	50.75	300m: 4:48.04	49.04
				350m: 5:35.11	47.07
				400m: 6:20.78	45.67
18.	Eva Oude Egbrink	OZ&PC	7:16.19	200900242	6:24.52
	50m: 42.68	42.68 150m: 2:22.83	50.56	250m: 4:02.63	49.81
	100m: 1:32.27	49.59 200m: 3:12.82	49.99	300m: 4:52.28	49.65
				350m: 5:40.37	48.09
				400m: 6:24.52	44.15
19.	Anna Oostendorp	OZ&PC	NT	201001248	6:58.92
	50m: 43.13	43.13 150m: 2:24.33	52.27	250m: 4:13.35	54.81
	100m: 1:32.06	48.93 200m: 3:18.54	54.21	300m: 5:09.60	56.25
				350m: 6:05.94	56.34
				400m: 6:58.92	52.98