

Limietwedstrijd Lange baan Eindhoven
Eindhoven, 9-2-2020

Programmanr. 1
9-2-2020 - 12:30

Dames, 400m vrije slag

Senioren Open
Resultaten

Rang					In.tijd	100m	200m	300m	400m
1.	Lynn Blommers	OC - Racing Club	4:31.91	200105062	1:08.81	2:21.14	3:33.78	4:42.41	
	50m: 32.55	32.55	150m: 1:45.02	36.21	250m: 2:57.53	36.39	350m: 4:08.85	35.07	
	100m: 1:08.81	36.26	200m: 2:21.14	36.12	300m: 3:33.78	36.25	400m: 4:42.41	33.56	
2.	Lonneke Kampman	Nextline swimming	4:38.76	200100146	1:07.56	2:19.34	3:32.05	4:45.39	
	50m: 32.31	32.31	150m: 1:43.43	35.87	250m: 2:55.14	35.80	350m: 4:08.79	36.74	
	100m: 1:07.56	35.25	200m: 2:19.34	35.91	300m: 3:32.05	36.91	400m: 4:45.39	36.60	
3.	Britta Koehorst	OC - De Lansingh	4:41.83	200300246	1:10.76	2:25.15	3:37.05	4:46.29	
	50m: 33.70	33.70	150m: 1:48.34	37.58	250m: 3:01.00	35.85	350m: 4:12.81	35.76	
	100m: 1:10.76	37.06	200m: 2:25.15	36.81	300m: 3:37.05	36.05	400m: 4:46.29	33.48	
4.	Lize van den Nieuwenhuijz	Nextline swimming	4:33.25	200304454	1:09.79	2:22.47	3:36.76	4:48.90	
	50m: 33.55	33.55	150m: 1:46.20	36.41	250m: 2:59.33	36.86	350m: 4:13.39	36.63	
	100m: 1:09.79	36.24	200m: 2:22.47	36.27	300m: 3:36.76	37.43	400m: 4:48.90	35.51	
5.	Milou van Wijk	OC - MNC Dordrecht	5:05.18	200404948	1:09.76	2:24.86	3:41.23	4:53.82	
	50m: 32.72	32.72	150m: 1:47.54	37.78	250m: 3:02.20	37.34	350m: 4:18.51	37.28	
	100m: 1:09.76	37.04	200m: 2:24.86	37.32	300m: 3:41.23	39.03	400m: 4:53.82	35.31	
6.	Colinda van der Zanden	Mosa-Regio	4:57.02	200502618	1:10.56	2:28.39	3:45.61	5:00.51	
	50m: 32.81	32.81	150m: 1:49.32	38.76	250m: 3:07.26	38.87	350m: 4:23.74	38.13	
	100m: 1:10.56	37.75	200m: 2:28.39	39.07	300m: 3:45.61	38.35	400m: 5:00.51	36.77	
7.	Hylcke de Beer	Zwemsport Parkstad	5:02.54	200700006	1:09.09	2:26.12	3:44.31	5:00.62	
	50m: 32.13	32.13	150m: 1:47.48	38.39	250m: 3:05.12	39.00	350m: 4:23.33	39.02	
	100m: 1:09.09	36.96	200m: 2:26.12	38.64	300m: 3:44.31	39.19	400m: 5:00.62	37.29	
8.	Manouk Maas	Z & PC De Zeeuwse Kust	4:51.95	200502952	1:12.89	2:30.71	3:48.12	5:02.76	
	50m: 34.29	34.29	150m: 1:51.85	38.96	250m: 3:08.98	38.27	350m: 4:26.18	38.06	
	100m: 1:12.89	38.60	200m: 2:30.71	38.86	300m: 3:48.12	39.14	400m: 5:02.76	36.58	
9.	Yara Mels	Psv	5:08.99	200700232	1:11.55	2:29.20	3:48.98	5:04.01	
	50m: 33.60	33.60	150m: 1:50.14	38.59	250m: 3:08.93	39.73	350m: 4:28.29	39.31	
	100m: 1:11.55	37.95	200m: 2:29.20	39.06	300m: 3:48.98	40.05	400m: 5:04.01	35.72	
10.	Danique Klomp	ZPC Nederweert	5:30.70	200202912	1:10.38	2:28.02	3:46.94	5:04.27	
	50m: 33.01	33.01	150m: 1:48.89	38.51	250m: 3:07.33	39.31	350m: 4:26.15	39.21	
	100m: 1:10.38	37.37	200m: 2:28.02	39.13	300m: 3:46.94	39.61	400m: 5:04.27	38.12	
11.	Indy van Laarhoven	Nextline swimming	4:56.40	200500710	1:12.96	2:30.94	3:49.75	5:06.24	
	50m: 34.31	34.31	150m: 1:51.61	38.65	250m: 3:09.79	38.85	350m: 4:28.35	38.60	
	100m: 1:12.96	38.65	200m: 2:30.94	39.33	300m: 3:49.75	39.96	400m: 5:06.24	37.89	
12.	Shanna Joppe	Z & PC De Zeeuwse Kust	4:53.39	200601186	1:12.88	2:31.55	3:50.91	5:06.28	
	50m: 34.66	34.66	150m: 1:52.10	39.22	250m: 3:11.21	39.66	350m: 4:29.75	38.84	
	100m: 1:12.88	38.22	200m: 2:31.55	39.45	300m: 3:50.91	39.70	400m: 5:06.28	36.53	
13.	Hilda Vrijbloed	SG SCOM/de Zeehond	5:17.24	200600732	1:13.35	2:33.76	3:53.29	5:07.43	
	50m: 33.52	33.52	150m: 1:53.45	40.10	250m: 3:12.68	38.92	350m: 4:31.52	38.23	
	100m: 1:13.35	39.83	200m: 2:33.76	40.31	300m: 3:53.29	40.61	400m: 5:07.43	35.91	
14.	Rosa Kremers	Trb/Res	5:15.01	200701224	1:12.70	2:32.00	3:52.35	5:08.24	
	50m: 34.14	34.14	150m: 1:52.08	39.38	250m: 3:11.64	39.64	350m: 4:31.11	38.76	
	100m: 1:12.70	38.56	200m: 2:32.00	39.92	300m: 3:52.35	40.71	400m: 5:08.24	37.13	
15.	Lianne Kaanen	Zeps	4:58.79	200300708	1:14.50	2:32.85	3:51.57	5:09.47	
	50m: 35.69	35.69	150m: 1:53.11	38.61	250m: 3:11.77	38.92	350m: 4:31.12	39.55	
	100m: 1:14.50	38.81	200m: 2:32.85	39.74	300m: 3:51.57	39.80	400m: 5:09.47	38.35	
16.	Kyanie Blom	Zwemsport Parkstad	5:02.26	200301866	1:12.04	2:30.71	3:50.61	5:11.07	
	50m: 33.84	33.84	150m: 1:51.08	39.04	250m: 3:10.38	39.67	350m: 4:30.91	40.30	
	100m: 1:12.04	38.20	200m: 2:30.71	39.63	300m: 3:50.61	40.23	400m: 5:11.07	40.16	
17.	Gwen Eygendaal	O.Z. & P.C. De Warande	5:21.51	200404680	1:13.06	2:33.78	3:54.75	5:14.61	
	50m: 33.97	33.97	150m: 1:52.86	39.80	250m: 3:13.85	40.07	350m: 4:35.05	40.30	
	100m: 1:13.06	39.09	200m: 2:33.78	40.92	300m: 3:54.75	40.90	400m: 5:14.61	39.56	

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Rang			In.tijd	100m	200m	300m	400m	
18.	Maud van Zwienen	O.Z. & P.C. De Warande	5:15.53 200703734	1:13.19	2:34.96	3:58.92	5:18.24	
	50m: 34.23	34.23	150m: 1:53.85	40.66	250m: 3:16.80	41.84	350m: 4:39.30	40.38
	100m: 1:13.19	38.96	200m: 2:34.96	41.11	300m: 3:58.92	42.12	400m: 5:18.24	38.94
19.	Jennifer Koonen	Zwemsport Parkstad	5:20.09 200500386	1:16.18	2:39.54	4:02.43	5:21.90	
	50m: 35.99	35.99	150m: 1:57.55	41.37	250m: 3:21.16	41.62	350m: 4:44.73	42.30
	100m: 1:16.18	40.19	200m: 2:39.54	41.99	300m: 4:02.43	41.27	400m: 5:21.90	37.17
20.	Livia Groenewegen	Psv	5:45.96 200700244	1:15.47	2:38.31	4:01.88	5:23.59	
	50m: 35.91	35.91	150m: 1:57.10	41.63	250m: 3:20.05	41.74	350m: 4:43.99	42.11
	100m: 1:15.47	39.56	200m: 2:38.31	41.21	300m: 4:01.88	41.83	400m: 5:23.59	39.60
21.	Esmee de Volder	O.Z. & P.C. De Warande	5:33.10 200404362	1:16.25	2:40.68	4:07.80	5:32.27	
	50m: 36.36	36.36	150m: 1:58.31	42.06	250m: 3:24.18	43.50	350m: 4:51.44	43.64
	100m: 1:16.25	39.89	200m: 2:40.68	42.37	300m: 4:07.80	43.62	400m: 5:32.27	40.83
22.	Sophie Kremers	Trb/Res	5:26.52 200304760	1:18.12	2:44.63	4:12.12	5:32.66	
	50m: 36.58	36.58	150m: 2:00.63	42.51	250m: 3:28.04	43.41	350m: 4:53.43	41.31
	100m: 1:18.12	41.54	200m: 2:44.63	44.00	300m: 4:12.12	44.08	400m: 5:32.66	39.23
23.	Maaïke van Heeswijk	O.Z. & P.C. De Warande	5:52.87 200500472	1:16.62	2:41.50	4:08.67	5:35.26	
	50m: 36.67	36.67	150m: 1:58.37	41.75	250m: 3:24.83	43.33	350m: 4:52.44	43.77
	100m: 1:16.62	39.95	200m: 2:41.50	43.13	300m: 4:08.67	43.84	400m: 5:35.26	42.82
24.	Laura van Lierop	Psv	6:18.44 200700810	1:21.82	2:49.10	4:15.24	5:37.13	
	50m: 38.33	38.33	150m: 2:05.14	43.32	250m: 3:32.13	43.03	350m: 4:57.41	42.17
	100m: 1:21.82	43.49	200m: 2:49.10	43.96	300m: 4:15.24	43.11	400m: 5:37.13	39.72
25.	Diede Struijk	Z&PV Nuenen	5:29.78 200403824	1:21.33	2:48.31	4:16.44	5:39.02	
	50m: 39.20	39.20	150m: 2:04.81	43.48	250m: 3:32.26	43.95	350m: 4:59.27	42.83
	100m: 1:21.33	42.13	200m: 2:48.31	43.50	300m: 4:16.44	44.18	400m: 5:39.02	39.75
26.	Liselotte Hendriks	Zeester Meerval	5:33.27 200702158	1:19.11	2:47.30	4:16.53	5:40.79	
	50m: 37.13	37.13	150m: 2:02.29	43.18	250m: 3:31.68	44.38	350m: 4:59.61	43.08
	100m: 1:19.11	41.98	200m: 2:47.30	45.01	300m: 4:16.53	44.85	400m: 5:40.79	41.18
27.	Lotte Hansson	Thalassa	5:37.51 200404326	1:18.57	2:45.90	4:15.67	5:42.15	
	50m: 36.74	36.74	150m: 2:00.94	42.37	250m: 3:30.05	44.15	350m: 4:59.68	44.01
	100m: 1:18.57	41.83	200m: 2:45.90	44.96	300m: 4:15.67	45.62	400m: 5:42.15	42.47
28.	Elske van der Ven	Psv	5:47.48 200800904	1:21.91	2:50.10	4:18.94	5:42.37	
	50m: 39.25	39.25	150m: 2:04.91	43.00	250m: 3:35.41	45.31	350m: 5:03.00	44.06
	100m: 1:21.91	42.66	200m: 2:50.10	45.19	300m: 4:18.94	43.53	400m: 5:42.37	39.37
29.	Iris van den Heuvel	Zeester Meerval	5:36.72 200501326	1:19.59	2:47.36	4:16.82	5:43.21	
	50m: 37.38	37.38	150m: 2:03.29	43.70	250m: 3:31.86	44.50	350m: 5:01.06	44.24
	100m: 1:19.59	42.21	200m: 2:47.36	44.07	300m: 4:16.82	44.96	400m: 5:43.21	42.15
30.	Manaudou Verhaar	AquaDream	5:30.58 200801376	1:19.31	2:47.98	4:17.94	5:43.87	
	50m: 37.19	37.19	150m: 2:04.27	44.96	250m: 3:32.97	44.99	350m: 5:02.99	45.05
	100m: 1:19.31	42.12	200m: 2:47.98	43.71	300m: 4:17.94	44.97	400m: 5:43.87	40.88
31.	Julie van Nispen	Z&PV Nuenen	6:05.24 200800290	1:23.04	2:53.11	4:23.53	5:47.21	
	50m: 38.14	38.14	150m: 2:08.34	45.30	250m: 3:38.69	45.58	350m: 5:06.38	42.85
	100m: 1:23.04	44.90	200m: 2:53.11	44.77	300m: 4:23.53	44.84	400m: 5:47.21	40.83
32.	Demi Kemmeren	Waalwijkse Zwem Verenig	5:53.07 200703468	1:22.43	2:51.79	4:23.39	5:49.00	
	50m: 38.53	38.53	150m: 2:07.28	44.85	250m: 3:36.84	45.05	350m: 5:07.88	44.49
	100m: 1:22.43	43.90	200m: 2:51.79	44.51	300m: 4:23.39	46.55	400m: 5:49.00	41.12
33.	Cato Kremers	Trb/Res	6:00.32 200404782	1:23.71	2:53.37	4:24.75	5:50.24	
	50m: 39.52	39.52	150m: 2:08.55	44.84	250m: 3:39.67	46.30	350m: 5:09.97	45.22
	100m: 1:23.71	44.19	200m: 2:53.37	44.82	300m: 4:24.75	45.08	400m: 5:50.24	40.27
34.	Zoë Cröpelin	Zwemsport Parkstad	NT 200603782	1:22.11	2:51.67	4:23.33	5:52.44	
	50m: 38.49	38.49	150m: 2:06.29	44.18	250m: 3:36.83	45.16	350m: 5:08.05	44.72
	100m: 1:22.11	43.62	200m: 2:51.67	45.38	300m: 4:23.33	46.50	400m: 5:52.44	44.39
35.	Kean van der Vlugt	Dsz	NT 200505234	1:18.50	2:48.54	4:23.04	5:54.84	
	50m: 37.00	37.00	150m: 2:02.99	44.49	250m: 3:35.11	46.57	350m: 5:10.24	47.20
	100m: 1:18.50	41.50	200m: 2:48.54	45.55	300m: 4:23.04	47.93	400m: 5:54.84	44.60

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Programmanr. 1, Dames, 400m vrije slag, Senioren Open

Rang			In.tijd		100m	200m	300m	400m
36.	Esmee Vranken	Zwemsport Parkstad	6:27.08	200602548	1:23.84	2:54.08	4:26.81	5:55.40
	50m: 39.38	39.38	150m: 2:08.89	45.05	250m: 3:40.56	46.48	350m: 5:12.52	45.71
	100m: 1:23.84	44.46	200m: 2:54.08	45.19	300m: 4:26.81	46.25	400m: 5:55.40	42.88
37.	Marith Ewijk	Trb/Res	5:55.97	200801414	1:23.38	2:55.14	4:28.13	5:56.71
	50m: 38.71	38.71	150m: 2:09.33	45.95	250m: 3:42.04	46.90	350m: 5:14.26	46.13
	100m: 1:23.38	44.67	200m: 2:55.14	45.81	300m: 4:28.13	46.09	400m: 5:56.71	42.45
38.	Annemarie Flagge	V.Z.V. Njord	6:22.28	200701422	1:25.20	2:57.25	4:30.69	6:00.66
	50m: 40.26	40.26	150m: 2:10.61	45.41	250m: 3:43.72	46.47	350m: 5:17.74	47.05
	100m: 1:25.20	44.94	200m: 2:57.25	46.64	300m: 4:30.69	46.97	400m: 6:00.66	42.92
39.	Sanne van Kesteren	Feijenoord Albion	6:16.76	200600452	1:24.54	2:57.01	4:32.18	6:03.34
	50m: 39.55	39.55	150m: 2:10.03	45.49	250m: 3:43.73	46.72	350m: 5:19.34	47.16
	100m: 1:24.54	44.99	200m: 2:57.01	46.98	300m: 4:32.18	48.45	400m: 6:03.34	44.00
40.	Stella Peters	Thalassa	5:57.99	199904464	1:24.68	3:01.67	4:42.58	6:20.80
	50m: 39.05	39.05	150m: 2:12.26	47.58	250m: 3:51.38	49.71	350m: 5:32.59	50.01
	100m: 1:24.68	45.63	200m: 3:01.67	49.41	300m: 4:42.58	51.20	400m: 6:20.80	48.21
41.	Merel Kraaijkamp	Ijzpc	NT	200204970	1:28.76	3:09.58	4:54.57	6:34.97
	50m: 41.70	41.70	150m: 2:18.37	49.61	250m: 4:01.53	51.95	350m: 5:46.19	51.62
	100m: 1:28.76	47.06	200m: 3:09.58	51.21	300m: 4:54.57	53.04	400m: 6:34.97	48.78
42.	Lesley van den Elzen	Zeester Meerval	7:01.15	200800140	1:28.21	3:12.66	4:58.47	6:41.16
	50m: 40.62	40.62	150m: 2:20.29	52.08	250m: 4:06.02	53.36	350m: 5:52.15	53.68
	100m: 1:28.21	47.59	200m: 3:12.66	52.37	300m: 4:58.47	52.45	400m: 6:41.16	49.01
43.	Annely Vriens	Zwemvereniging De Zilvermeeu	NT	200505238	1:35.76	3:22.24	5:10.35	6:54.44
	50m: 45.43	45.43	150m: 2:28.62	52.86	250m: 4:16.21	53.97	350m: 6:04.78	54.43
	100m: 1:35.76	50.33	200m: 3:22.24	53.62	300m: 5:10.35	54.14	400m: 6:54.44	49.66
44.	Fabienne Verriet-Regensb	V.Z.V. Njord	7:28.18	197500428	1:41.81	3:39.49	5:41.22	7:41.59
	50m: 47.38	47.38	150m: 2:39.92	58.11	250m: 4:40.18	1:00.69	350m: 6:42.06	1:00.84
	100m: 1:41.81	54.43	200m: 3:39.92	59.57	300m: 5:41.22	1:01.04	400m: 7:41.59	59.53
OPG	Annelieke Verriet	V.Z.V. Njord	7:01.54	200300552				
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
AFGEM	Lisanne Klein	Ijzpc	6:02.27	200301484				
AFGEM	Moon Geurts	Noord Limburg(SG)	6:07.59	200702366				
AFGEM	Eline Hoekstra	Oeza	5:10.87	200301280				