

Limietwedstrijd Roosendaal 20210718
 Roosendaal, 18-7-2021

 Programmanr. 90
 18-7-2021 - 16:50

Dames, 400m vrije slag

 alg. leeftijdsgroep
 Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Yara Mels	Psv	4:52.92	200700232	4:52.70 +0,73
	50m: 32.48	32.48 150m: 1:45.36	36.90	250m: 3:01.12	38.17 350m: 4:17.21
	100m: 1:08.46	35.98 200m: 2:22.95	37.59	300m: 3:39.81	38.69 400m: 4:52.70
2.	Rosa Kremers	Psv	5:00.48	200701224	4:52.73 +0,74
	50m: 32.66	32.66 150m: 1:47.45	38.07	250m: 3:03.74	38.59 350m: 4:18.90
	100m: 1:09.38	36.72 200m: 2:25.15	37.70	300m: 3:42.36	38.62 400m: 4:52.73
3.	Livia Groenewegen	Psv	5:11.23	200700244	5:04.62 +0,80
	50m: 33.47	33.47 150m: 1:48.88	38.10	250m: 3:06.38	38.65 350m: 4:22.48
	100m: 1:10.78	37.31 200m: 2:27.73	38.85	300m: 3:44.96	38.58 400m: 5:04.62
4.	Caitlin Sülter	De Ward	5:34.74	200900046	5:04.66 +0,94
	50m: 34.48	34.48 150m: 1:51.60	39.17	250m: 3:10.84	39.84 350m: 4:29.12
	100m: 1:12.43	37.95 200m: 2:31.00	39.40	300m: 3:51.15	40.31 400m: 5:04.66
5.	Skye van Gilse	Psv	5:11.59	200700606	5:07.84 +0,77
	50m: 33.55	33.55 150m: 1:50.79	39.37	250m: 3:10.35	40.34 350m: 4:29.82
	100m: 1:11.42	37.87 200m: 2:30.01	39.22	300m: 3:50.39	40.04 400m: 5:07.84
6.	Hilda Vrijbloed	SG SCOM/de Zeehond'73	4:58.20	200600732	5:07.88 +0,82
	50m: 31.89	31.89 150m: 1:45.00	36.76	250m: 2:59.68	37.29 350m: 4:11.39
	100m: 1:08.24	36.35 200m: 2:22.39	37.39	300m: 3:37.26	37.58 400m: 5:07.88
7.	Valerie van der Velden	Psv	5:16.73	200600860	5:19.96 +0,72
	50m: 35.58	35.58 150m: 1:55.55	40.87	250m: 3:16.89	40.88 350m: 4:39.56
	100m: 1:14.68	39.10 200m: 2:36.01	40.46	300m: 3:58.34	41.45 400m: 5:19.96
8.	Pien Koop	Hieronymus	5:47.31	200900558	5:22.17 +0,69
	50m: 34.58	34.58 150m: 1:54.89	40.84	250m: 3:18.28	41.94 350m: 4:42.28
	100m: 1:14.05	39.47 200m: 2:36.34	41.45	300m: 4:00.53	42.25 400m: 5:22.17
9.	Ola Zalewska	SG SCOM/de Zeehond'73	5:48.04	200802836	5:28.88 +0,81
	50m: 35.75	35.75 150m: 1:57.19	41.70	250m: 3:23.42	43.06 350m: 4:48.95
	100m: 1:15.49	39.74 200m: 2:40.36	43.17	300m: 4:07.01	43.59 400m: 5:28.88
10.	Bo Bontrup	Psv	6:16.94	200902150	5:31.49 +0,73
	50m: 36.94	36.94 150m: 2:00.25	42.48	250m: 3:26.12	43.38 350m: 4:52.00
	100m: 1:17.77	40.83 200m: 2:42.74	42.49	300m: 4:09.24	43.12 400m: 5:31.49
11.	Indy Mels	O.Z. & P.C. De Warande 1	5:20.16	200501354	5:37.82 +0,76
	50m: 33.26	33.26 150m: 1:54.73	42.78	250m: 3:23.57	45.56 350m: 4:53.40
	100m: 1:11.95	38.69 200m: 2:38.01	43.28	300m: 4:08.41	44.84 400m: 5:37.82
12.	Noa Bijl	SG SCOM/de Zeehond'73	5:56.36	200603586	5:47.31 +0,71
	50m: 35.40	35.40 150m: 1:59.22	43.10	250m: 3:30.36	46.22 350m: 5:02.76
	100m: 1:16.12	40.72 200m: 2:44.14	44.92	300m: 4:16.87	46.51 400m: 5:47.31
13.	Suzie Pellis	De Krabben	5:47.52	200701600	5:48.48 +0,86 434
	50m: 38.32	38.32 150m: 2:06.04	45.02	250m: 3:36.06	45.05 350m: 5:06.22
	100m: 1:21.02	42.70 200m: 2:51.01	44.97	300m: 4:21.06	45.00 400m: 5:48.48
14.	Rona Goverde	Hieronymus	6:04.11	200900298	5:56.48 +0,80
	50m: 38.19	38.19 150m: 2:09.02	46.17	250m: 3:41.91	46.65 350m: 5:15.20
	100m: 1:22.85	44.66 200m: 2:55.26	46.24	300m: 4:29.24	47.33 400m: 5:56.48
DIS	Jessy van Vlimmeren	Hieronymus	6:07.43	200801452	
	AA - Gestart voor het startsignaal (en wel gezwommen).				