

Event 10  
17-11-2019 - 13:00

Women, 400m Medley

Senioren Open  
Results

Nederlands Record 4:33.15 Sharon van Rouwendaal 13-033 Montpellier (FRA) 2014

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 1 en 2</b>					
1.	Isa Jansen	Sbc2000	6:16.69	200701176	5:48.65 +0,70
	50m: 39.01	150m: 2:08.52	250m: 3:39.91	350m: 5:09.81	
	100m: 1:25.22	200m: 2:50.72	300m: 4:29.63	400m: 5:48.65	
2.	Livia Groenewegen	PSV	6:14.03	200700244	5:52.85 +0,79
	50m: 38.73	150m: 2:09.58	250m: 3:44.19	350m: 5:14.06	
	100m: 1:26.61	200m: 2:53.57	300m: 4:35.55	400m: 5:52.85	
3.	Vivienne Bosch	Wzv	6:21.83	200700796	6:04.01 +0,67
	50m: 35.97	150m: 2:09.62	250m: 3:46.17	350m: 5:22.30	
	100m: 1:23.42	200m: 2:55.05	300m: 4:38.76	400m: 6:04.01	
4.	Laura van Lierop	PSV	6:43.75	200700810	6:13.72 +0,70
	50m: 42.24	150m: 2:21.53	250m: 3:58.87	350m: 5:34.03	
	100m: 1:33.86	200m: 3:07.63	300m: 4:51.15	400m: 6:13.72	
5.	Suzie S.Z.Q.B.	Hieronymus	6:42.38	200701600	SM9 6:14.91 +0,93 645
	50m: 39.85	150m: 2:14.98	250m: 3:54.86	350m: 5:33.27	
	100m: 1:27.07	200m: 3:01.89	300m: 4:48.85	400m: 6:14.91	
6.	Marith Ewijk	Trb/Res	6:44.67	200801414	6:17.74 +0,69
	50m: 39.65	150m: 2:17.11	250m: 3:55.83	350m: 5:35.41	
	100m: 1:32.37	200m: 3:00.50	300m: 4:50.61	400m: 6:17.74	
7.	Vera Bastiaensen	Hieronymus	6:27.12	200800572	6:21.19 +0,82
	50m: 39.33	150m: 2:16.61	250m: 3:57.86	350m: 5:37.77	
	100m: 1:26.98	200m: 3:02.83	300m: 4:52.54	400m: 6:21.19	
8.	Carlijn de Dauw	Sbc2000	6:35.76	200702386	6:34.45 +0,79
	50m: 43.61	150m: 2:25.07	250m: 4:12.13	350m: 5:53.58	
	100m: 1:36.42	200m: 3:12.50	300m: 5:10.21	400m: 6:34.45	
DSQ	Liza Theuns	Trb/Res	6:46.34	200702172	
	AA - Gestart voor het startsignaal (en wel gezwommen).				
<b>Junioren 3 en 4</b>					
1.	Noor Vermeer	Sbc2000	5:29.82	200600752	5:18.05 +0,81
	50m: 35.24	150m: 1:56.47	250m: 3:21.28	350m: 4:44.23	
	100m: 1:15.00	200m: 2:36.72	300m: 4:07.24	400m: 5:18.05	
2.	Felinn van Lienden	Hieronymus	5:38.00	200602038	5:31.46 +0,77
	50m: 35.86	150m: 2:00.29	250m: 3:29.28	350m: 4:54.19	
	100m: 1:18.56	200m: 2:42.10	300m: 4:16.85	400m: 5:31.46	
3.	Indy Mels	Trb/Res	5:46.60	200501354	5:43.51 +0,78
	50m: 35.36	150m: 2:02.99	250m: 3:34.48	350m: 5:05.12	
	100m: 1:19.17	200m: 2:46.18	300m: 4:23.21	400m: 5:43.51	
4.	Leonie Habraken	Argo	5:58.98	200501184	5:51.04 +0,83
	50m: 39.34	150m: 2:12.47	250m: 3:43.62	350m: 5:12.08	
	100m: 1:27.62	200m: 2:56.34	300m: 4:31.77	400m: 5:51.04	
5.	Valerie van der Velden	PSV	6:11.11	200600860	5:55.32 +0,76
	50m: 35.99	150m: 2:05.74	250m: 3:42.21	350m: 5:14.97	
	100m: 1:20.03	200m: 2:52.40	300m: 4:32.95	400m: 5:55.32	
6.	Bregje Vermeulen	Trb/Res	6:24.39	200500650	6:04.72 +0,79
	50m: 38.21	150m: 2:12.94	250m: 3:48.45	350m: 5:22.66	
	100m: 1:27.41	200m: 2:58.55	300m: 4:40.26	400m: 6:04.72	
7.	Zoe de Jong	Hieronymus	6:11.76	200501092	6:04.91 +0,70
	50m: 39.25	150m: 2:15.18	250m: 3:52.00	350m: 5:24.28	
	100m: 1:26.39	200m: 3:02.53	300m: 4:42.16	400m: 6:04.91	
8.	Claire Alize	PSV	6:07.80	200601104	6:08.37 +0,76
	50m: 39.60	150m: 2:15.98	250m: 3:53.79	350m: 5:28.18	
	100m: 1:27.91	200m: 3:03.38	300m: 4:45.52	400m: 6:08.37	
9.	Yasmine Luyten	O.Z. & P.C. De Warande	6:09.77	200503988	6:12.82 +0,79
	50m: 39.04	150m: 2:16.20	250m: 3:55.49	350m: 5:30.14	
	100m: 1:27.01	200m: 3:04.73	300m: 4:46.99	400m: 6:12.82	
10.	Maartje Lahnstein	Arethusa	6:10.22	200503454	6:13.11 +0,82
	50m: 37.36	150m: 2:13.52	250m: 3:53.80	350m: 5:32.83	
	100m: 1:25.28	200m: 3:01.20	300m: 4:47.92	400m: 6:13.11	
11.	Eline Maas	Z.V. Tiamat	6:31.55	200500698	6:31.64 +0,71
	50m: 41.20	150m: 2:24.02	250m: 4:08.19	350m: 5:48.93	
	100m: 1:33.79	200m: 3:14.65	300m: 5:03.80	400m: 6:31.64	
sick	Mirthe Vlegels	Hieronymus	5:58.29	200503486	

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Jeugd 1 en 2

1.	Sterre Hendriks	PSV	5:09.50	200401288	5:10.11	+0,76
	50m: 32.28	150m: 1:52.13	250m: 3:13.50	350m: 4:34.70		
	100m: 1:11.07	200m: 2:31.06	300m: 3:56.97	400m: 5:10.11		
2.	Lize van den Nieuwenhuijzen	Nextline Swimming	5:28.15	200304454	5:26.89	+0,81
	50m: 33.35	150m: 1:55.46	250m: 3:23.71	350m: 4:51.71		
	100m: 1:14.66	200m: 2:35.35	300m: 4:14.39	400m: 5:26.89		
3.	Bibi de Jong	Hieronymus	5:44.54	200401164	5:46.87	+0,74
	50m: 36.11	150m: 2:05.32	250m: 3:38.54	350m: 5:07.26		
	100m: 1:19.61	200m: 2:51.18	300m: 4:26.62	400m: 5:46.87		
4.	Nienke van den Hout	Hieronymus	5:51.26	200403670	5:58.35	+0,78
	50m: 38.62	150m: 2:12.16	250m: 3:48.23	350m: 5:19.68		
	100m: 1:25.93	200m: 2:57.39	300m: 4:38.50	400m: 5:58.35		
5.	Silke van de Weijer	ZV Hydra	5:51.72	200300692	5:58.69	+0,74
	50m: 36.03	150m: 2:05.49	250m: 3:42.05	350m: 5:17.41		
	100m: 1:19.58	200m: 2:50.21	300m: 4:35.08	400m: 5:58.69		
DSQ	Sanne Lukken	PSV	5:38.96	200400030		
	RH - Het eindpunt niet in rugligging aangeraakt.					
sick	Audrey Pieck	Zeester Meerval	5:55.28	200401378		

Senioren

1.	Margaux Bernard	PSV	5:01.97	199906590	4:55.42	+0,74
	50m: 31.87	150m: 1:46.23	250m: 3:06.02	350m: 4:23.04		
	100m: 1:07.97	200m: 2:23.32	300m: 3:49.39	400m: 4:55.42		
2.	Kim Jansen van Galen	PSV	5:04.78	200201594	4:58.88	+0,74
	50m: 32.40	150m: 1:50.59	250m: 3:11.26	350m: 4:26.73		
	100m: 1:09.28	200m: 2:31.37	300m: 3:52.04	400m: 4:58.88		
3.	Nikita van den Ouden	Nuenen	5:08.58	199900622	5:06.41	+0,69
	50m: 31.68	150m: 1:46.79	250m: 3:08.56	350m: 4:30.64		
	100m: 1:08.78	200m: 2:24.38	300m: 3:53.76	400m: 5:06.41		
4.	Anne Paulusse	Trb/Res	5:13.53	200200834	5:12.43	+0,75
	50m: 32.95	150m: 1:51.72	250m: 3:15.62	350m: 4:37.57		
	100m: 1:13.24	200m: 2:30.14	300m: 4:00.87	400m: 5:12.43		
5.	Selene Wortel	Hieronymus	5:10.85	199700654	5:15.67	+0,69
	50m: 32.61	150m: 1:53.02	250m: 3:17.59	350m: 4:39.74		
	100m: 1:12.15	200m: 2:33.53	300m: 4:03.10	400m: 5:15.67		
6.	Hannah Schellekens	Trb/Res	5:20.11	199706614	5:21.79	+0,81
	50m: 33.30	150m: 1:54.81	250m: 3:20.99	350m: 4:46.05		
	100m: 1:12.19	200m: 2:35.05	300m: 4:07.49	400m: 5:21.79		
7.	Esther Tiemersma	PSV	5:23.62	200202962	5:25.86	+0,70
	50m: 36.31	150m: 2:01.83	250m: 3:27.69	350m: 4:49.34		
	100m: 1:18.52	200m: 2:44.48	300m: 4:11.14	400m: 5:25.86		
8.	Sterre van de Goor	PSV	5:25.39	200102168	5:26.52	+0,82
	50m: 33.93	150m: 1:56.42	250m: 3:24.52	350m: 4:50.35		
	100m: 1:13.32	200m: 2:38.52	300m: 4:12.75	400m: 5:26.52		
9.	Amy van Lier	O.Z. & P.C. De Warande	5:15.62	199603022	5:28.65	+0,79
	50m: 33.32	150m: 1:55.63	250m: 3:25.45	350m: 4:51.79		
	100m: 1:13.35	200m: 2:37.33	300m: 4:14.48	400m: 5:28.65		
10.	Liselotte Joling	PSV	5:35.79	197500268	5:38.66	+0,83
	50m: 35.56	150m: 2:01.69	250m: 3:33.45	350m: 5:01.74		
	100m: 1:16.97	200m: 2:44.77	300m: 4:22.62	400m: 5:38.66		
11.	Eva van Ginneken	Hieronymus	5:31.17	199800164	5:51.24	+0,78
	50m: 35.40	150m: 1:59.76	250m: 3:33.34	350m: 5:09.31		
	100m: 1:16.82	200m: 2:43.57	300m: 4:26.43	400m: 5:51.24		
DSQ	Nienke Jonk	Hieronymus	5:00.09	200203000		
	RH - Het eindpunt niet in rugligging aangeraakt.					
sick	Valesca van den Bogert	Hieronymus	5:05.77	200102138		