

Pinkstertoernooi 2011
 Purmerend, 11- - 13-6-2011

Programmanr. 11
 11-6-2011 - 17:05

Dames, 400m vrije slag

Senioren Open
 Resultaten

Rang							In.tijd	Tijd	
Junioren 1 en 2									
1.	Miranda van Valen		de Devel		5:43.73		9800346	5:38.26	
	50m:	37.93 37.93	150m:	2:02.83 43.22	250m:	3:30.65 43.91	350m:	4:57.86	43.17
	100m:	1:19.61 41.68	200m:	2:46.74 43.91	300m:	4:14.69 44.04	400m:	5:38.26	40.40
2.	Simone Does		De Columbiaan		6:09.04		9902932	5:57.23	
	50m:	36.32 36.32	150m:	2:07.52 47.07	250m:	3:42.05 47.13	350m:	5:14.31	45.94
	100m:	1:20.45 44.13	200m:	2:54.92 47.40	300m:	4:28.37 46.32	400m:	5:57.23	42.92
3.	Stella Peters		De Columbiaan		6:23.10		9904464	6:28.12	
	50m:	40.77 40.77	150m:	2:21.57 50.54	250m:	4:02.70 50.07	350m:	5:43.56	49.91
	100m:	1:31.03 50.26	200m:	3:12.63 51.06	300m:	4:53.65 50.95	400m:	6:28.12	44.56
4.	Suzanne Ivens		Oeza		6:59.56		9902904	6:55.84	
	50m:	44.28 44.28	150m:	2:29.29 52.90	250m:	4:16.52 53.76	350m:	6:04.44	54.13
	100m:	1:36.39 52.11	200m:	3:22.76 53.47	300m:	5:10.31 53.79	400m:	6:55.84	51.40
5.	Thalita Dekker		Zv Aquarius		7:56.58		9803220	7:13.35	
	50m:	43.75 43.75	150m:	2:33.14 56.21	250m:	4:27.32 57.96	350m:	6:20.82	57.93
	100m:	1:36.93 53.18	200m:	3:29.36 56.22	300m:	5:22.89 55.57	400m:	7:13.35	52.53

13 - 14 jaar

1.	Samira Mijnen		WZ&PC Purmerend		5:18.72		9701320	5:15.55	
	50m:	34.95 34.95	150m:	1:54.71 41.03	250m:	3:15.59 40.37	350m:	4:36.60	40.58
	100m:	1:13.68 38.73	200m:	2:35.22 40.51	300m:	3:56.02 40.43	400m:	5:15.55	38.95
2.	Chantal Hoogervorst		Zwemvereniging Hoorn		5:27.78		9603884	5:16.73	
	50m:	34.82 34.82	150m:	1:53.80 40.23	250m:	3:14.64 40.41	350m:	4:36.63	41.02
	100m:	1:13.57 38.75	200m:	2:34.23 40.43	300m:	3:55.61 40.97	400m:	5:16.73	40.10
3.	Ludi van Leeuwen		Torpedo		5:46.00		9704854	5:33.95	
	50m:	35.98 35.98	150m:	1:59.02 42.37	250m:	3:26.29 43.64	350m:	4:53.10	43.07
	100m:	1:16.65 40.67	200m:	2:42.65 43.63	300m:	4:10.03 43.74	400m:	5:33.95	40.85
4.	Janneke Hoenders		Torpedo		6:00.49		9705454	5:37.62	
	50m:	34.89 34.89	150m:	1:56.67 41.98	250m:	3:22.52 42.78	350m:	4:53.26	44.87
	100m:	1:14.69 39.80	200m:	2:39.74 43.07	300m:	4:08.39 45.87	400m:	5:37.62	44.36

15 - 16 jaar

1.	Simone Druif		Zwemvereniging Hoorn		5:22.46		9505830	5:09.69	
	50m:	32.64 32.64	150m:	1:49.39 39.06	250m:	3:09.75 40.13	350m:	4:30.83	40.38
	100m:	1:10.33 37.69	200m:	2:29.62 40.23	300m:	3:50.45 40.70	400m:	5:09.69	38.86
2.	Marieke de Rooij		W.Z. & P.C. Triton		5:28.92		9501674	5:19.68	
	50m:	35.22 35.22	150m:	1:57.14 41.57	250m:	3:20.44 41.38	350m:	4:41.68	40.18
	100m:	1:15.57 40.35	200m:	2:39.06 41.92	300m:	4:01.50 41.06	400m:	5:19.68	38.00
3.	Sharon de Klerk		de Devel		5:52.40		9406840	5:52.17	
	50m:	36.16 36.16	150m:	2:00.46 43.99	250m:	3:32.87 46.71	350m:	5:06.69	47.44
	100m:	1:16.47 40.31	200m:	2:46.16 45.70	300m:	4:19.25 46.38	400m:	5:52.17	45.48
4.	Kimberley Roquas		Torpedo		6:37.99		9403230	6:43.17	
	50m:	38.75 38.75	150m:	2:16.36 50.77	250m:	4:02.98 53.13	350m:	5:50.54	53.60
	100m:	1:25.59 46.84	200m:	3:09.85 53.49	300m:	4:56.94 53.96	400m:	6:43.17	52.63

Senioren

1.	Melissa Zwaan		Daw		4:36.70		9103666	4:47.89	
	50m:	30.77 30.77	150m:	1:42.41 36.70	250m:	2:56.19 36.87	350m:	4:11.08	37.35
	100m:	1:05.71 34.94	200m:	2:19.32 36.91	300m:	3:33.73 37.54	400m:	4:47.89	36.81

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Rang							In.tijd		Tijd			
2.	Relinda Baas		Gzww				5:35.00	8900144	5:36.18			
	50m:	35.82	35.82	150m:	1:58.17	42.07	250m:	3:25.52	43.83	350m:	4:54.46	44.68
	100m:	1:16.10	40.28	200m:	2:41.69	43.52	300m:	4:09.78	44.26	400m:	5:36.18	41.72
3.	Esther Beerling		W.Z. & P.C. Triton				6:07.10	8400120	5:55.52			
	50m:	38.27	38.27	150m:	2:07.34	45.41	250m:	3:39.56	46.18	350m:	5:11.78	46.32
	100m:	1:21.93	43.66	200m:	2:53.38	46.04	300m:	4:25.46	45.90	400m:	5:55.52	43.74