

Limietwedstrijd
Dordrecht, 11-5-2019

Programmanr. 9
11-5-2019 - 14:30

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT
1.	Mara Bosman	The Hague Swimming (SG)				5:36.99 200303048				5:31.84				+0,72
	50m: 36.88	36.88	150m: 2:02.33	41.26	250m: 3:29.60	46.68	350m: 4:54.74	36.74						
	100m: 1:21.07	44.19	200m: 2:42.92	40.59	300m: 4:18.00	48.40	400m: 5:31.84	37.10						
2.	Irma van der Wulp	Wvz				5:19.62 200401950				5:38.98				+0,79
	50m: 36.13	36.13	150m: 2:05.92	44.24	250m: 3:33.84	45.64	350m: 5:00.51	39.73						
	100m: 1:21.68	45.55	200m: 2:48.20	42.28	300m: 4:20.78	46.94	400m: 5:38.98	38.47						
3.	Robin Spreeuw	Zpch				5:35.21 200501262				5:44.58				+0,89
	50m: 35.12	35.12	150m: 2:04.05	45.75	250m: 3:37.05	49.21	350m: 5:07.02	39.02						
	100m: 1:18.30	43.18	200m: 2:47.84	43.79	300m: 4:28.00	50.95	400m: 5:44.58	37.56						
4.	Sanne Lukken	Psv				5:48.36 200400030				5:52.56				+0,80
	50m: 35.37	35.37	150m: 2:07.73	46.82	250m: 3:40.99	47.40	350m: 5:11.79	41.57						
	100m: 1:20.91	45.54	200m: 2:53.59	45.86	300m: 4:30.22	49.23	400m: 5:52.56	40.77						
5.	Aisha Nobels	Feijenoord Albion				5:53.60 200501710				5:56.42				+0,72
	50m: 38.26	38.26	150m: 2:08.91	45.05	250m: 3:44.89	51.65	350m: 5:18.42	40.18						
	100m: 1:23.86	45.60	200m: 2:53.24	44.33	300m: 4:38.24	53.35	400m: 5:56.42	38.00						
6.	Mara Tims	Rotterdam Swimming (SG)				5:32.56 200601136				6:01.59				+0,76
	50m: 34.29	34.29	150m: 2:05.08	50.32	250m: 3:45.55	51.05	350m: 5:21.13	42.46						
	100m: 1:14.76	40.47	200m: 2:54.50	49.42	300m: 4:38.67	53.12	400m: 6:01.59	40.46						
7.	Samantha van der Jagt * Backup 100m	ZZ&PC De Devel				6:07.64 200700220				6:07.57				+0,87
	50m: 40.81	40.81	150m: 2:18.85	48.11	250m: 3:55.04	50.49	350m: 5:27.45	40.86						
	100m: 1:30.74	49.93	200m: 3:04.55	45.70	300m: 4:46.59	51.55	400m: 6:07.57	40.12						