

Orca's Christmas Swim 2019  
Leeuwarden, 28- - 29-12-2019

Programmanr. 10  
28-12-2019

Dames, 400m vrije slag  
Toernooirecord: 4.17.84 (Marjolein Delno 2017)

Senioren Open  
Resultaten

Punten: FINA 2018

Rang				Geb.				Tijd	Pnt			
1.	Yara van Kalmthout			02	ZPC Nova			<b>4:26.92</b>	678			
	50m:	30.39	30.39	150m:	1:37.39	33.76	250m:	2:45.19	33.88	350m:	3:53.94	34.46
	100m:	1:03.63	33.24	200m:	2:11.31	33.92	300m:	3:19.48	34.29	400m:	4:26.92	32.98
2.	Lize Janna de Vries			01	Orca 1			<b>4:31.42</b>	645			
	50m:	31.05	31.05	150m:	1:39.43	34.56	250m:	2:48.70	34.59	350m:	3:57.95	34.48
	100m:	1:04.87	33.82	200m:	2:14.11	34.68	300m:	3:23.47	34.77	400m:	4:31.42	33.47
3.	Eline Dankelman			02	Dedemsvaart-AC			<b>4:44.61</b>	559			
	50m:	31.57	31.57	150m:	1:42.92	36.01	250m:	2:56.47	36.61	350m:	4:09.66	36.19
	100m:	1:06.91	35.34	200m:	2:19.86	36.94	300m:	3:33.47	37.00	400m:	4:44.61	34.95
4.	Fleur Bos			05	Orca 1			<b>4:44.79</b>	558			
	50m:	31.35	31.35	150m:	1:43.83	36.69	250m:	2:56.41	36.22	350m:	4:09.77	36.75
	100m:	1:07.14	35.79	200m:	2:20.19	36.36	300m:	3:33.02	36.61	400m:	4:44.79	35.02
5.	Carmen van Klaarbergen			05	Dz&Pc			<b>5:12.60</b>	422			
	*											
	50m:	34.97	34.97	150m:	1:54.97	40.59	250m:	3:15.94	40.33	350m:	4:35.62	39.14
	100m:	1:14.38	39.41	200m:	2:35.61	40.64	300m:	3:56.48	40.54	400m:	5:12.60	36.98
6.	Celine Helder			06	Orca 1			<b>5:17.18</b>	404			
	50m:	34.58	34.58	150m:	1:54.49	40.66	250m:	3:15.94	40.51	350m:	4:37.88	40.54
	100m:	1:13.83	39.25	200m:	2:35.43	40.94	300m:	3:57.34	41.40	400m:	5:17.18	39.30
7.	Maya Petroutsos			07	Kzc			<b>5:17.71</b>	402			
	50m:	34.61	34.61	150m:	1:54.46	40.60	250m:	3:16.19	40.51	350m:	4:38.31	40.93
	100m:	1:13.86	39.25	200m:	2:35.68	41.22	300m:	3:57.38	41.19	400m:	5:17.71	39.40
8.	Ilse Kramer			04	TriVia			<b>5:33.16</b>	348			
	50m:	35.99	35.99	150m:	1:59.10	42.35	250m:	3:25.15	43.36	350m:	4:51.91	43.30
	100m:	1:16.75	40.76	200m:	2:41.79	42.69	300m:	4:08.61	43.46	400m:	5:33.16	41.25
9.	Katja Wierda			07	ZPC Nova			<b>5:33.37</b>	348			
	50m:	36.33	36.33	150m:	1:58.94	42.24	250m:	3:25.26	43.22	350m:	4:52.23	43.21
	100m:	1:16.70	40.37	200m:	2:42.04	43.10	300m:	4:09.02	43.76	400m:	5:33.37	41.14
10.	Michelle van den Berg			05	Zv 44			<b>5:36.27</b>	339			
	50m:	36.26	36.26	150m:	2:00.47	42.84	250m:	3:27.25	43.24	350m:	4:55.04	44.28
	100m:	1:17.63	41.37	200m:	2:44.01	43.54	300m:	4:10.76	43.51	400m:	5:36.27	41.23
11.	Anne Demmers			08	Kzc			<b>5:41.58</b>	323			
	*											
	50m:	38.49	38.49	150m:	2:03.19	42.85	250m:	3:31.11	43.53	350m:	4:59.00	43.30
	100m:	1:20.34	41.85	200m:	2:47.58	44.39	300m:	4:15.70	44.59	400m:	5:41.58	42.58
12.	Nanou Kool			07	Kzc			<b>5:51.78</b>	296			
	*											
	50m:	38.90	38.90	150m:	2:06.30	43.96	250m:	3:38.29	45.90	350m:	5:09.47	45.77
	100m:	1:22.34	43.44	200m:	2:52.39	46.09	300m:	4:23.70	45.41	400m:	5:51.78	42.31
AFGEM	Marit Vermeulen			03	Zegenwerp							