

BWK 2018
Eindhoven, 17, 18, 24 & 25 november 2018

Event 9 Women, 400m Medley Senioren Open
18-11-2018 - 12:45 Results

Nederlands Record 4:33.15 Sharon van Rouwendaal 13-033 Montpellier (FRA) 23-11-2014

rang	naam	vereniging	intijd	tijd	RT	
Junioren 1						
1.	Yara Mels	Trb/Res	6:11.37	200700232	5:55.00	
	50m: 38.33	38.33 150m: 2:12.39	45.47	250m: 3:46.78	49.31 350m: 5:17.82	40.40
	100m: 1:26.92	48.59 200m: 2:57.47	45.08	300m: 4:37.42	50.64 400m: 5:55.00	37.18
2.	Tasnim Bezbiz	SWNZ	6:44.81	200700492	6:57.96	+0,77
	50m: 44.82	44.82 150m: 2:37.97	52.17	250m: 4:29.84	58.88 350m: 6:14.46	45.86
	100m: 1:45.80	1:00.98 200m: 3:30.96	52.99	300m: 5:28.60	58.76 400m: 6:57.96	43.50
Junioren 2						
1.	Felinn van Lienden	Hieronymus	6:12.07	200602038	5:49.68	+0,67
	50m: 38.42	38.42 150m: 2:07.44	43.83	250m: 3:41.11	50.68 350m: 5:11.17	39.21
	100m: 1:23.61	45.19 200m: 2:50.43	42.99	300m: 4:31.96	50.85 400m: 5:49.68	38.51
Junioren 3						
1.	Indy Mels	Trb/Res	5:54.38	200501354	5:46.60	+0,81
	50m: 34.91	34.91 150m: 2:02.81	45.71	250m: 3:35.14	48.99 350m: 5:06.91	41.52
	100m: 1:17.10	42.19 200m: 2:46.15	43.34	300m: 4:25.39	50.25 400m: 5:46.60	39.69
2.	Mirthe Vlegels	Hieronymus	6:10.38	200503486	5:58.29	+0,63
	50m: 36.30	36.30 150m: 2:05.90	45.24	250m: 3:42.55	51.58 350m: 5:18.58	42.67
	100m: 1:20.66	44.36 200m: 2:50.97	45.07	300m: 4:35.91	53.36 400m: 5:58.29	39.71
3.	Leonie Habraken	Argo	6:11.75	200501184	5:58.98	+0,80
	50m: 42.75	42.75 150m: 2:22.04	45.94	250m: 3:54.35	47.85 350m: 5:21.95	38.92
	100m: 1:36.10	53.35 200m: 3:06.50	44.46	300m: 4:43.03	48.68 400m: 5:58.98	37.03
4.	Veerle van Hugten	Dzt'62	6:16.47	200502508	6:08.81	+0,73
	50m: 40.39	40.39 150m: 2:18.94	47.82	250m: 3:57.05	51.66 350m: 5:31.98	41.06
	100m: 1:31.12	50.73 200m: 3:05.39	46.45	300m: 4:50.92	53.87 400m: 6:08.81	36.83
5.	Luna van Tilburg	O.Z. & P.C. De Warande	5:59.47	200502160	6:09.57	+0,71
	50m: 35.63	35.63 150m: 2:09.38	49.44	250m: 3:50.88	53.82 350m: 5:26.57	42.38
	100m: 1:19.94	44.31 200m: 2:57.06	47.68	300m: 4:44.19	53.31 400m: 6:09.57	43.00
6.	Zoe de Jong	Hieronymus	6:13.13	200501092	6:11.76	+0,66
	50m: 39.45	39.45 150m: 2:18.14	50.42	250m: 3:54.10	48.84 350m: 5:29.52	44.63
	100m: 1:27.72	48.27 200m: 3:05.26	47.12	300m: 4:44.89	50.79 400m: 6:11.76	42.24
Jeugd 1 en 2						
1.	Luka de Neef	AquaDream	5:29.79	200401824	5:15.89	
	50m: 33.82	33.82 150m: 1:54.13	40.22	250m: 3:20.03	45.59 350m: 4:41.94	35.43
	100m: 1:13.91	40.09 200m: 2:34.44	40.31	300m: 4:06.51	46.48 400m: 5:15.89	33.95
2.	Meike van de Ree	ZWK Merlet	5:37.93	200402646	5:31.69	+0,76
	50m: 33.83	33.83 150m: 1:59.26	41.13	250m: 3:27.59	47.23 350m: 4:54.08	38.17
	100m: 1:18.13	44.30 200m: 2:40.36	41.10	300m: 4:15.91	48.32 400m: 5:31.69	37.61
3.	Sophie Albers	ZWK Merlet	5:44.33	200300990	5:35.88	+0,73
	50m: 36.06	36.06 150m: 2:01.69	43.06	250m: 3:30.58	46.38 350m: 4:57.66	39.51
	100m: 1:18.63	42.57 200m: 2:44.20	42.51	300m: 4:18.15	47.57 400m: 5:35.88	38.22
4.	Sanne Lukken	PSV	5:35.51	200400030	5:46.14	+0,83
	50m: 33.17	33.17 150m: 2:02.11	46.79	250m: 3:36.55	47.97 350m: 5:05.87	40.48
	100m: 1:15.32	42.15 200m: 2:48.58	46.47	300m: 4:25.39	48.84 400m: 5:46.14	40.27
5.	Silke van de Weijer	ZV Hydra	5:46.05	200300692	5:51.72	
	50m: 35.16	35.16 150m: 2:02.52	45.24	250m: 3:37.67	51.00 350m: 5:11.63	41.59
	100m: 1:17.28	42.12 200m: 2:46.67	44.15	300m: 4:30.04	52.37 400m: 5:51.72	40.09
6.	Bibi de Jong	Hieronymus	5:53.31	200401164	5:55.02	+0,76
	50m: 36.11	36.11 150m: 2:08.94	47.80	250m: 3:46.01	51.02 350m: 5:16.55	40.71
	100m: 1:21.14	45.03 200m: 2:54.99	46.05	300m: 4:35.84	49.83 400m: 5:55.02	38.47
7.	Nienke van den Hout	Hieronymus	6:00.10	200403670	6:00.14	+0,74
	50m: 40.66	40.66 150m: 2:15.14	46.62	250m: 3:51.03	49.70 350m: 5:21.40	41.34
	100m: 1:28.52	47.86 200m: 3:01.33	46.19	300m: 4:40.06	49.03 400m: 6:00.14	38.74
DSQ	Audrey Pieck	Zeester Meerval	5:46.13	200401378		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					

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Event 9, Women, 400m Medley

Senioren 1 en ouder

1.	Nienke Jonk	Hieronymus	4:59.79	200203000	5:00.09	+0,67
	50m: 30.32	30.32 150m: 1:45.02	39.29	250m: 3:07.10	44.65	350m: 4:27.03
	100m: 1:05.73	35.41 200m: 2:22.45	37.43	300m: 3:52.20	45.10	400m: 5:00.09
2.	Inge Arts	ZWK Merlet	4:57.02	199203076	5:02.06	+0,73
	50m: 31.41	31.41 150m: 1:47.73	39.48	250m: 3:10.54	43.94	350m: 4:28.97
	100m: 1:08.25	36.84 200m: 2:26.60	38.87	300m: 3:54.56	44.02	400m: 5:02.06
3.	Valesca van den Bogert	Hieronymus	5:12.56	200102138	5:06.66	+0,75
	50m: 31.69	31.69 150m: 1:50.04	41.12	250m: 3:13.01	42.61	350m: 4:31.94
	100m: 1:08.92	37.23 200m: 2:30.40	40.36	300m: 3:55.01	42.00	400m: 5:06.66
4.	Nikita van den Ouden	Nuenen	5:01.58	199900622	5:10.00	+0,73
	50m: 31.96	31.96 150m: 1:48.91	39.24	250m: 3:12.23	44.22	350m: 4:34.71
	100m: 1:09.67	37.71 200m: 2:28.01	39.10	300m: 3:57.58	45.35	400m: 5:10.00
5.	Amy van Lier	O.Z. & P.C. De Warande	5:29.81	199603022	5:15.62	+0,75
	50m: 32.04	32.04 150m: 1:50.98	40.80	250m: 3:17.35	46.00	350m: 4:41.00
	100m: 1:10.18	38.14 200m: 2:31.35	40.37	300m: 4:04.63	47.28	400m: 5:15.62
6.	Kim Jansen van Galen	PSV	5:22.16	200201594	5:15.93	+0,71
	50m: 32.87	32.87 150m: 1:55.31	44.30	250m: 3:19.62	41.38	350m: 4:41.39
	100m: 1:11.01	38.14 200m: 2:38.24	42.93	300m: 4:04.09	44.47	400m: 5:15.93
7.	Anne Paulusse	O.Z. & P.C. De Warande	5:20.66	200200834	5:20.14	+0,85
	50m: 35.77	35.77 150m: 1:56.89	39.06	250m: 3:21.48	45.81	350m: 4:44.36
	100m: 1:17.83	42.06 200m: 2:35.67	38.78	300m: 4:06.82	45.34	400m: 5:20.14
8.	Isa Schellekens	SWNZ	5:32.85	200002330	5:24.26	+0,82
	50m: 33.00	33.00 150m: 1:53.08	40.56	250m: 3:21.00	47.67	350m: 4:47.01
	100m: 1:12.52	39.52 200m: 2:33.33	40.25	300m: 4:08.73	47.73	400m: 5:24.26
9.	Roos Englebert	Hieronymus	5:25.33	200200606	5:26.00	+0,64
	50m: 35.07	35.07 150m: 1:56.62	40.18	250m: 3:23.77	47.24	350m: 4:49.89
	100m: 1:16.44	41.37 200m: 2:36.53	39.91	300m: 4:11.57	47.80	400m: 5:26.00
10.	Sterre van de Goor	PSV	5:20.48	200102168	5:28.08	
	50m: 34.05	34.05 150m: 1:57.18	43.20	250m: 3:26.20	46.90	350m: 4:51.55
	100m: 1:13.98	39.93 200m: 2:39.30	42.12	300m: 4:13.81	47.61	400m: 5:28.08
11.	Eva van Ginneken	Hieronymus	5:28.82	199800164	5:31.17	
	50m: 33.67	33.67 150m: 1:55.57	40.96	250m: 3:26.25	49.92	350m: 4:54.33
	100m: 1:14.61	40.94 200m: 2:36.33	40.76	300m: 4:16.37	50.12	400m: 5:31.17
12.	Denise van der Burgt	Zeester Meerval	5:24.78	200201812	5:31.21	+0,60
	50m: 35.08	35.08 150m: 1:57.35	41.28	250m: 3:28.01	49.96	350m: 4:54.53
	100m: 1:16.07	40.99 200m: 2:38.05	40.70	300m: 4:16.26	48.25	400m: 5:31.21
13.	Sanne Rebers	Hieronymus	5:40.08	199902082	5:35.31	+0,79
	50m: 36.64	36.64 150m: 2:01.47	41.24	250m: 3:28.60	47.26	350m: 4:56.78
	100m: 1:20.23	43.59 200m: 2:41.34	39.87	300m: 4:17.21	48.61	400m: 5:35.31
14.	Liselotte Joling	PSV	5:40.55	197500268	5:36.91	+0,71
	50m: 36.76	36.76 150m: 2:03.20	44.66	250m: 3:33.31	47.39	350m: 5:00.61
	100m: 1:18.54	41.78 200m: 2:45.92	42.72	300m: 4:21.83	48.52	400m: 5:36.91
15.	Meral Bakker	PSV	5:51.42	200200788	5:41.11	+0,74
	50m: 35.60	35.60 150m: 2:01.89	42.77	250m: 3:33.20	49.16	350m: 5:02.79
	100m: 1:19.12	43.52 200m: 2:44.04	42.15	300m: 4:23.27	50.07	400m: 5:41.11
16.	Lisa Verheij	SWNZ	5:52.41	200202628	5:42.18	+0,71
	50m: 35.29	35.29 150m: 2:03.74	44.31	250m: 3:36.30	49.76	350m: 5:06.09
	100m: 1:19.43	44.14 200m: 2:46.54	42.80	300m: 4:26.70	50.40	400m: 5:42.18
17.	Esmee Wijnmaalen	O.Z. & P.C. De Warande	5:28.19	200100298	5:43.00	+0,80
	50m: 34.43	34.43 150m: 1:59.92	43.80	250m: 3:31.79	49.38	350m: 5:03.00
	100m: 1:16.12	41.69 200m: 2:42.41	42.49	300m: 4:21.28	49.49	400m: 5:43.00
18.	Annemijn Spohr	Trb/Res	5:42.94	200000548	5:44.27	+0,72
	50m: 35.63	35.63 150m: 2:02.05	44.46	250m: 3:35.55	49.89	350m: 5:06.68
	100m: 1:17.59	41.96 200m: 2:45.66	43.61	300m: 4:26.67	51.12	400m: 5:44.27
19.	Danila van den Hoogenband	Nuenen	5:40.32	199001558	5:47.08	
	50m: 34.26	34.26 150m: 2:02.05	46.36	250m: 3:38.88	51.42	350m: 5:09.97
	100m: 1:15.69	41.43 200m: 2:47.46	45.41	300m: 4:30.76	51.88	400m: 5:47.08
20.	Carina Spronk	Trb/Res	5:42.73	199702382	5:51.94	+0,73
	50m: 36.64	36.64 150m: 2:07.09	46.25	250m: 3:40.70	48.99	350m: 5:11.69
	100m: 1:20.84	44.20 200m: 2:51.71	44.62	300m: 4:30.83	50.13	400m: 5:51.94
WDR	Christel Brugmans	Hieronymus	5:29.49	200005602		