

Swimcup Eindhoven
Eindhoven, 27. - 29.11.2009

Programmanr. 31
29-11-2009 - 11:11

Dames, 400m vrije slag
EK limiet 4.10.67

Dames Senioren Open
Resultaten

Wereld Record	3:59.15	Federica Pellegrini	Rome (ITA)	26-07-2009
Europees Record	3:59.15	Federica Pellegrini	Rome (ITA)	26-07-2009
Nederlands Record Senioren	4:08.70	Kirsten Vliegheuis	Atlanta (USA)	22-07-1996
Nederlands Record Jeugd	4:11.35	Sharon van Rouwendaal	Eindhoven	12-06-2009
Nederlands Record Junioren	4:20.37	Karen Wammes	Antwerpen (BEL)	01-08-1991

Punten: FINA 2008

rang	naam	vereniging	startnr.	intijd	tijd	RT	niv.	finale	Pnt
1.	Hannah Miley	Garioch ASC		4:10.43	4:18.36		A		833
	50m: 29.96	29.96	150m: 1:34.75	32.57	250m: 2:41.78	33.95	350m: 3:47.70	32.13	
	100m: 1:02.18	32.22	200m: 2:07.83	33.08	300m: 3:15.57	33.79	400m: 4:18.36	30.66	
2.	Sycerika McMahon	Leander ASC	950411	4:16.00	4:18.79		A+		829
	50m: 30.09	30.09	150m: 1:34.91	32.65	250m: 2:41.53	33.65	350m: 3:47.69	32.69	
	100m: 1:02.26	32.17	200m: 2:07.88	32.97	300m: 3:15.00	33.47	400m: 4:18.79	31.10	
3.	Kayleigh Dawson	City of Newcastle		4:19.94	4:22.62		A+		793
	50m: 30.39	30.39	150m: 1:36.18	33.37	250m: 2:43.04	33.71	350m: 3:50.07	33.76	
	100m: 1:02.81	32.42	200m: 2:09.33	33.15	300m: 3:16.31	33.27	400m: 4:22.62	32.55	
4.	Andrea Kneppers	Zwemvereniging Hoorn	9302216	4:22.00	4:23.89		A		782
	50m: 30.35	30.35	150m: 1:36.60	33.38	250m: 2:43.74	33.44	350m: 3:51.09	33.45	
	100m: 1:03.22	32.87	200m: 2:10.30	33.70	300m: 3:17.64	33.90	400m: 4:23.89	32.80	
5.	Stacy Tadd	University of Bath		4:25.49	4:24.80		C		774
	50m: 30.66	30.66	150m: 1:36.95	33.15	250m: 2:44.38	33.75	350m: 3:52.51	33.96	
	100m: 1:03.80	33.14	200m: 2:10.63	33.68	300m: 3:18.55	34.17	400m: 4:24.80	32.29	
6.	Aynsley Heseltine	City of Sheffield Swim Squad		4:17.16	4:25.52		B		768
	50m: 30.55	30.55	150m: 1:36.06	33.13	250m: 2:43.39	33.91	350m: 3:51.61	34.26	
	100m: 1:02.93	32.38	200m: 2:09.48	33.42	300m: 3:17.35	33.96	400m: 4:25.52	33.91	
7.	Marieke Nijhuis	OZ&PC Oldenzaal	9201296	4:25.72	4:31.85		D		715
	50m: 30.66	30.66	150m: 1:38.48	34.54	250m: 2:48.02	34.90	350m: 3:57.81	34.94	
	100m: 1:03.94	33.28	200m: 2:13.12	34.64	300m: 3:22.87	34.85	400m: 4:31.85	34.04	
8.	Emily Jones	Garioch ASC		4:26.22	4:32.15	+0,77	B		713
	50m: 31.27	31.27	150m: 1:39.58	34.50	250m: 2:48.88	34.62	350m: 3:58.25	34.71	
	100m: 1:05.08	33.81	200m: 2:14.26	34.68	300m: 3:23.54	34.66	400m: 4:32.15	33.90	
9.	Roxanne Linders	Eiffel Swimmers PSV	9204230	4:45.10	4:33.82	+0,89	D		700
	50m: 30.66	30.66	150m: 1:39.61	34.70	250m: 2:49.40	34.92	350m: 3:59.85	35.01	
	100m: 1:04.91	34.25	200m: 2:14.48	34.87	300m: 3:24.84	35.44	400m: 4:33.82	33.97	
10.	Marion van den Berg	DWK	8600272	4:24.57	4:33.84		D		700
	50m: 30.26	30.26	150m: 1:37.10	33.89	250m: 2:46.77	35.27	350m: 3:58.45	36.40	
	100m: 1:03.21	32.95	200m: 2:11.50	34.40	300m: 3:22.05	35.28	400m: 4:33.84	35.39	
11.	Pauline van Dam	Eiffel Swimmers PSV	9304422	4:31.31	4:35.96	+0,86	D		684
	50m: 31.23	31.23	150m: 1:39.62	34.46	250m: 2:50.05	35.45	350m: 4:01.21	35.64	
	100m: 1:05.16	33.93	200m: 2:14.60	34.98	300m: 3:25.57	35.52	400m: 4:35.96	34.75	
12.	Orla Adams	Garioch ASC		4:34.64	4:42.73	+0,75	D		636
	50m: 31.96	31.96	150m: 1:41.95	35.62	250m: 2:54.90	36.70	350m: 4:07.21	36.36	
	100m: 1:06.33	34.37	200m: 2:18.20	36.25	300m: 3:30.85	35.95	400m: 4:42.73	35.52	
13.	Malissa van der Horst	Zwemlust den Hommel	9200810	4:38.50	4:45.48	+0,91			618
	50m: 31.22	31.22	150m: 1:42.55	36.22	250m: 2:56.35	37.04	350m: 4:10.64	37.05	
	100m: 1:06.33	35.11	200m: 2:19.31	36.76	300m: 3:33.59	37.24	400m: 4:45.48	34.84	
14.	Malissa van de Heuvel	Eiffel Swimmers PSV	9304922	4:35.00	4:46.00	+0,76			614
	50m: 32.32	32.32	150m: 1:44.94	36.42	250m: 2:59.14	37.32	350m: 4:12.15	35.08	
	100m: 1:08.52	36.20	200m: 2:21.82	36.88	300m: 3:37.07	37.93	400m: 4:46.00	33.85	
15.	Bianca de Bruijn	de Devel	8400390	4:38.39	4:46.91	+0,92			609
	50m: 32.02	32.02	150m: 1:43.53	36.00	250m: 2:56.70	36.70	350m: 4:10.52	37.04	
	100m: 1:07.53	35.51	200m: 2:20.00	36.47	300m: 3:33.48	36.78	400m: 4:46.91	36.39	
16.	Nikki van der Hoorn	Oceanus	9307224	4:46.31	4:48.46	+0,77			599
	50m: 31.69	31.69	150m: 1:43.21	36.22	250m: 2:57.76	37.42	350m: 4:13.03	37.47	
	100m: 1:06.99	35.30	200m: 2:20.34	37.13	300m: 3:35.56	37.80	400m: 4:48.46	35.43	
17.	Renate Hemmes	RTC-Drachten	9600418	4:49.28	4:51.39	+0,88			581
	50m: 32.06	32.06	150m: 1:45.29	37.24	250m: 2:59.74	37.86	350m: 4:16.11	38.16	
	100m: 1:08.05	35.99	200m: 2:21.88	36.59	300m: 3:37.95	38.21	400m: 4:51.39	35.28	
18.	Annemarie Worst	Octopus	9500042	4:39.00	4:51.84	+0,95			578
	50m: 31.86	31.86	150m: 1:45.90	37.82	250m: 3:01.00	38.06	350m: 4:15.74	37.06	
	100m: 1:08.08	36.22	200m: 2:22.94	37.04	300m: 3:38.68	37.68	400m: 4:51.84	36.10	
19.	Yvon Versteeg	de Veene	9201864	4:46.20	4:53.11	+0,79			571
	50m: 32.21	32.21	150m: 1:45.78	37.66	250m: 3:01.59	38.14	350m: 4:17.96	38.11	
	100m: 1:08.12	35.91	200m: 2:23.45	37.67	300m: 3:39.85	38.26	400m: 4:53.11	35.15	
20.	Inge Pepping	De Rijn	9402308	4:44.29	4:53.17	+0,91			570
	50m: 31.90	31.90	150m: 1:44.96	37.04	250m: 3:00.42	37.96	350m: 4:16.19	37.95	
	100m: 1:07.92	36.02	200m: 2:22.46	37.50	300m: 3:38.24	37.82	400m: 4:53.17	36.98	

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Programmanr. 31, Dames, 400m vrije slag, Dames Senioren Open

rang	naam	vereniging	startnr.	intijd	tijd	RT	niv.	finale	Pnt
21.	Danique Gielen	Oceanus	9105922	4:38.34	4:53.55	+0,93			568
	50m: 32.62	32.62	150m: 1:46.60	37.38	250m: 3:01.63	37.54	350m: 4:17.06	37.64	
	100m: 1:09.22	36.60	200m: 2:24.09	37.49	300m: 3:39.42	37.79	400m: 4:53.55	36.49	
22.	Celine Hoogendijk	ZV Vlaardingen	9601596	4:55.61	5:01.39	+0,83			525
	50m: 33.26	33.26	150m: 1:50.47	39.10	250m: 3:09.02	38.72	350m: 4:26.05	37.70	
	100m: 1:11.37	38.11	200m: 2:30.30	39.83	300m: 3:48.35	39.33	400m: 5:01.39	35.34	
23.	Madelon van Dam	Eiffel Swimmers PSV	9601624	5:10.78	5:01.45	+0,78			525
	50m: 33.94	33.94	150m: 1:49.56	38.24	250m: 3:07.04	38.75	350m: 4:24.84	38.87	
	100m: 1:11.32	37.38	200m: 2:28.29	38.73	300m: 3:45.97	38.93	400m: 5:01.45	36.61	
24.	Zoë van Zijl	Aquarijn	9500136	4:56.16	5:07.39	+0,67			495
	50m: 34.89	34.89	150m: 1:54.13	39.41	250m: 3:13.88	39.45	350m: 4:30.73	37.58	
	100m: 1:14.72	39.83	200m: 2:34.43	40.30	300m: 3:53.15	39.27	400m: 5:07.39	36.66	
25.	Rebecca Fairley	Eiffel Swimmers PSV	9702736	5:30.68	5:25.63	+0,77			416
	50m: 35.78	35.78	150m: 1:57.01	40.56	250m: 3:20.30	41.87	350m: 4:44.59	42.03	
	100m: 1:16.45	40.67	200m: 2:38.43	41.42	300m: 4:02.56	42.26	400m: 5:25.63	41.04	
AFGEM	Phoebe Whitehead	Garioch ASC		4:43.02					
AFGEM	Danielle Stirrat	City of Cardiff Swimming Club		4:19.82					
AFGEM	Ivana Lingen	Zoetermeer	9305020	4:54.69					
AFGEM	Pernille Moth	Aalborg Svømmeklub	9438AK	4:33.33					
AFGEM	Laurence Lambot	Lorelei Londerzeel	202/91	4:25.00					
AFGEM	Noortje van den Boom	Eiffel Swimmers PSV	9400574	4:40.38					
AFGEM	Sharon van Rouwendaal	Eiffel Swimmers PSV	9307422	4:12.35					
AFGEM	Isabelle Grootes	De Columbiaan	9303030	4:53.35					
AFGEM	Erin Jeffery	Loughborough University		4:19.81					