

Programmanr. 40  
03-07-2022

Dames, 400m wisselslag

Juniores 1 en later  
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Lotte Hosper	Blue Marlins (SG)	200201414	<b>4:40.04</b>	+0,78			
	50m: 29.40	29.40	150m: 1:37.76	35.13	250m: 2:52.62	41.04	350m: 4:08.05	33.41
	100m: 1:02.63	33.23	200m: 2:11.58	33.82	300m: 3:34.64	42.02	400m: 4:40.04	31.99
2.	Charlotte Feyen	Brabo Zwemclub Antwerpen	BRABO/20006/03	<b>4:56.50</b>	+0,68			
	50m: 30.89	30.89	150m: 1:45.37	38.50	250m: 3:05.28	41.77	350m: 4:22.95	35.35
	100m: 1:06.87	35.98	200m: 2:23.51	38.14	300m: 3:47.60	42.32	400m: 4:56.50	33.55
3.	Megan Jonkman	Blue Marlins (SG)	200600508	<b>4:58.70</b>	+0,78			
	50m: 31.11	31.11	150m: 1:46.55	39.21	250m: 3:07.51	42.96	350m: 4:25.31	34.49
	100m: 1:07.34	36.23	200m: 2:24.55	38.00	300m: 3:50.82	43.31	400m: 4:58.70	33.39
4.	Marte Hieke van der Kamp	Orca	200500218	<b>5:00.89</b>	+0,82			
	50m: 32.56	32.56	150m: 1:47.70	37.66	250m: 3:07.59	43.00	350m: 4:27.61	35.20
	100m: 1:10.04	37.48	200m: 2:24.59	36.89	300m: 3:52.41	44.82	400m: 5:00.89	33.28
5.	Djanilla Brink	De Dolfijn	200600988	<b>5:03.77</b>	+0,87			
	50m: 33.21	33.21	150m: 1:53.81	40.52	250m: 3:13.51	40.49	350m: 4:30.32	35.13
	100m: 1:13.29	40.08	200m: 2:33.02	39.21	300m: 3:55.19	41.68	400m: 5:03.77	33.45
6.	Evy Rozeboom	DAW	200601338	<b>5:04.52</b>	+0,79			
	50m: 31.60	31.60	150m: 1:47.91	39.12	250m: 3:10.24	44.35	350m: 4:30.71	35.17
	100m: 1:08.79	37.19	200m: 2:25.89	37.98	300m: 3:55.54	45.30	400m: 5:04.52	33.81
7.	Janne Slegers	PSV	200404090	<b>5:07.63</b>	+0,78			
	50m: 34.41	34.41	150m: 1:53.64	40.67	250m: 3:16.36	44.38	350m: 4:35.37	34.10
	100m: 1:12.97	38.56	200m: 2:31.98	38.34	300m: 4:01.27	44.91	400m: 5:07.63	32.26
8.	Flóra Szili-Torok	Blue Marlins (SG)	200800114	<b>5:09.74</b>	+0,72			
	50m: 33.81	33.81	150m: 1:52.30	38.91	250m: 3:13.99	42.70	350m: 4:34.58	36.05
	100m: 1:13.39	39.58	200m: 2:31.29	38.99	300m: 3:58.53	44.54	400m: 5:09.74	35.16
9.	Leyla Oversluizen	Rijnhaeghe (SG)	200602730	<b>5:10.79</b>	+0,75			
	50m: 32.40	32.40	150m: 1:52.66	41.76	250m: 3:15.32	42.37	350m: 4:36.26	37.40
	100m: 1:10.90	38.50	200m: 2:32.95	40.29	300m: 3:58.86	43.54	400m: 5:10.79	34.53
10.	Fay Boxum	SWOL 1894	200900060	<b>5:17.28</b>	+0,76			
	50m: 35.08	35.08	150m: 1:56.74	38.76	250m: 3:19.62	44.40	350m: 4:41.63	37.17
	100m: 1:17.98	42.90	200m: 2:35.22	38.48	300m: 4:04.46	44.84	400m: 5:17.28	35.65
11.	Linde van Wijngaarden	De Dolfijn	200601372	<b>5:25.15</b>	+0,70			
	50m: 35.13	35.13	150m: 1:59.08	43.01	250m: 3:25.89	44.80	350m: 4:49.63	38.13
	100m: 1:16.07	40.94	200m: 2:41.09	42.01	300m: 4:11.50	45.61	400m: 5:25.15	35.52
12.	Manon Kloosterman	Zwemlust-den Hommel	199702082	<b>5:25.47</b>	+0,78			
	50m: 33.50	33.50	150m: 1:58.70	45.51	250m: 3:28.18	46.34	350m: 4:50.51	37.08
	100m: 1:13.19	39.69	200m: 2:41.84	43.14	300m: 4:13.43	45.25	400m: 5:25.47	34.96
13.	Yuan Swart	De Otters Het Gooi	200604754	<b>5:34.36</b>	+0,87			
	50m: 35.48	35.48	150m: 2:02.63	45.08	250m: 3:32.20	46.57	350m: 4:57.72	38.71
	100m: 1:17.55	42.07	200m: 2:45.63	43.00	300m: 4:19.01	46.81	400m: 5:34.36	36.64
14.	Janneke Lenderink	PSV	200100328	<b>5:34.74</b>	+0,76			
	50m: 35.22	35.22	150m: 2:00.50	43.01	250m: 3:31.03	47.90	350m: 4:57.87	38.40
	100m: 1:17.49	42.27	200m: 2:43.13	42.63	300m: 4:19.47	48.44	400m: 5:34.74	36.87
15.	Elin Brinkhof	WZ&PC Purmerend	200900078	<b>5:38.46</b>	+0,81			
	50m: 36.39	36.39	150m: 2:01.16	40.17	250m: 3:30.89	50.81	350m: 5:00.97	39.05
	100m: 1:20.99	44.60	200m: 2:40.08	38.92	300m: 4:21.92	51.03	400m: 5:38.46	37.49
16.	Cynthia Koolman	Steenwijk 1934	200300232	<b>5:50.52</b>	+0,65			
	50m: 40.73	40.73	150m: 2:12.91	42.25	250m: 3:43.48	48.49	350m: 5:13.41	40.54
	100m: 1:30.66	49.93	200m: 2:54.99	42.08	300m: 4:32.87	49.39	400m: 5:50.52	37.11
17.	Indira van Aggele	De Dolfijn	200804424	<b>5:50.78 *</b>	+0,71			
	50m: 34.44	34.44	150m: 2:00.35	43.36	250m: 3:37.12	54.66	350m: 5:11.41	40.96
	100m: 1:16.99	42.55	200m: 2:42.46	42.11	300m: 4:30.45	53.33	400m: 5:50.78	39.37
18.	Isis Verhoeff	De Otters Het Gooi	200902962	<b>6:02.10</b>	+0,81			
	50m: 38.21	38.21	150m: 2:07.97	43.49	250m: 3:45.38	54.22	350m: 5:21.65	42.48
	100m: 1:24.48	46.27	200m: 2:51.16	43.19	300m: 4:39.17	53.79	400m: 6:02.10	40.45