

Programmanr. 11
01-07-2023

Dames, 400m vrije slag

Juniores 1 en ouder
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Yara van Kalmthout	HPC - PSV	200200984	4:19.49	+0,72			
	50m: 29.00	29.00	150m: 1:32.94	32.43	250m: 2:38.07	32.52	350m: 3:44.86	33.77
	100m: 1:00.51	31.51	200m: 2:05.55	32.61	300m: 3:11.09	33.02	400m: 4:19.49	34.63
2.	Hedwig Bolt	HZ&PC Heerenveen	200602660	4:21.99	+0,76			
	50m: 29.71	29.71	150m: 1:36.28	33.62	250m: 2:42.60	33.05	350m: 3:49.10	33.21
	100m: 1:02.66	32.95	200m: 2:09.55	33.27	300m: 3:15.89	33.29	400m: 4:21.99	32.89
3.	Anais Cornelissen	Brabo Zwemclub Antwerpen	BRABO/21165/07	4:27.00	+0,72			
	50m: 28.82	28.82	150m: 1:34.28	33.40	250m: 2:42.54	34.45	350m: 3:52.43	35.03
	100m: 1:00.88	32.06	200m: 2:08.09	33.81	300m: 3:17.40	34.86	400m: 4:27.00	34.57
4.	Maaïke Ooms	ZPC AMERSFOORT	200801580	4:32.05	+0,76			
	50m: 31.09	31.09	150m: 1:40.38	35.02	250m: 2:50.12	34.63	350m: 3:58.56	34.02
	100m: 1:05.36	34.27	200m: 2:15.49	35.11	300m: 3:24.54	34.42	400m: 4:32.05	33.49
5.	Bregje Dekkers	PSV	200900746	4:32.90	+0,58			
	50m: 31.54	31.54	150m: 1:40.66	34.85	250m: 2:50.28	34.41	350m: 3:59.43	34.53
	100m: 1:05.81	34.27	200m: 2:15.87	35.21	300m: 3:24.90	34.62	400m: 4:32.90	33.47
6.	Esmee Mulder	DZ&PC	200800038	4:34.04	+0,70			
	50m: 31.52	31.52	150m: 1:40.76	34.71	250m: 2:49.96	33.73	350m: 3:59.34	34.53
	100m: 1:06.05	34.53	200m: 2:16.23	35.47	300m: 3:24.81	34.85	400m: 4:34.04	34.70
7.	Rafaëla Mulders	De Reuring	200701398	4:42.25	+0,73			
	50m: 30.64	30.64	150m: 1:41.79	35.87	250m: 2:54.87	36.63	350m: 4:07.52	35.74
	100m: 1:05.92	35.28	200m: 2:18.24	36.45	300m: 3:31.78	36.91	400m: 4:42.25	34.73
8.	Madeleine Bertram	De Dolfijn	200900516	4:43.56	+0,73			
	50m: 30.95	30.95	150m: 1:41.55	36.55	250m: 2:55.20	37.04	350m: 4:08.70	36.74
	100m: 1:05.00	34.05	200m: 2:18.16	36.61	300m: 3:31.96	36.76	400m: 4:43.56	34.86
9.	Moniek van Langevelde	ESCA Zwemmen	199803160	4:46.33	+0,77			
	50m: 32.66	32.66	150m: 1:45.71	37.26	250m: 2:59.34	36.71	350m: 4:11.78	36.13
	100m: 1:08.45	35.79	200m: 2:22.63	36.92	300m: 3:35.65	36.31	400m: 4:46.33	34.55
10.	Inger van Oord	ZV Haarlem	200703912	4:46.88	+0,85			
	50m: 32.93	32.93	150m: 1:45.11	36.40	250m: 2:58.41	36.91	350m: 4:11.84	36.54
	100m: 1:08.71	35.78	200m: 2:21.50	36.39	300m: 3:35.30	36.89	400m: 4:46.88	35.04
11.	Cynthia Koolman	Steenwijk 1934	200300232	4:47.67	+0,69			
	50m: 32.11	32.11	150m: 1:44.25	36.30	250m: 2:57.63	36.60	350m: 4:11.87	37.01
	100m: 1:07.95	35.84	200m: 2:21.03	36.78	300m: 3:34.86	37.23	400m: 4:47.67	35.80
12.	Celine Schoenmaker	DWK	199801976	4:52.11 *	+0,75			
	50m: 32.45	32.45	150m: 1:45.25	36.62	250m: 2:59.96	37.63	350m: 4:15.45	37.65
	100m: 1:08.63	36.18	200m: 2:22.33	37.08	300m: 3:37.80	37.84	400m: 4:52.11	36.66
13.	Sophie van Leent	Blue Marlins	200800522	4:53.99	+0,70			
	50m: 32.20	32.20	150m: 1:45.92	37.16	250m: 3:00.94	37.75	350m: 4:17.87	38.51
	100m: 1:08.76	36.56	200m: 2:23.19	37.27	300m: 3:39.36	38.42	400m: 4:53.99	36.12
14.	Bette Peetoom	DAW	200801808	4:55.40	+0,74			
	50m: 32.26	32.26	150m: 1:46.07	37.58	250m: 3:01.91	37.99	350m: 4:18.69	38.46
	100m: 1:08.49	36.23	200m: 2:23.92	37.85	300m: 3:40.23	38.32	400m: 4:55.40	36.71
15.	Sterre Dietvorst	ZPC AMERSFOORT	200900726	4:55.56	+0,88			
	50m: 32.33	32.33	150m: 1:46.16	37.38	250m: 3:02.20	37.93	350m: 4:19.26	38.14
	100m: 1:08.78	36.45	200m: 2:24.27	38.11	300m: 3:41.12	38.92	400m: 4:55.56	36.30
16.	Dante van Meene	DAW	200900678	4:56.56	+0,83			
	50m: 33.32	33.32	150m: 1:47.56	37.71	250m: 3:03.28	38.03	350m: 4:18.82	37.76
	100m: 1:09.85	36.53	200m: 2:25.25	37.69	300m: 3:41.06	37.78	400m: 4:56.56	37.74
17.	Fenne Peters	PSV	200601388	4:57.25	+0,70			
	50m: 31.84	31.84	150m: 1:46.59	38.23	250m: 3:02.41	38.00	350m: 4:20.04	39.05
	100m: 1:08.36	36.52	200m: 2:24.41	37.82	300m: 3:40.99	38.58	400m: 4:57.25	37.21
18.	Charlotte Landman	ESCA Zwemmen	200901290	4:59.33	+0,73			
	50m: 32.91	32.91	150m: 1:48.26	38.09	250m: 3:04.13	37.74	350m: 4:21.50	38.66
	100m: 1:10.17	37.26	200m: 2:26.39	38.13	300m: 3:42.84	38.71	400m: 4:59.33	37.83
19.	Senna Rijnbeek	ZPC AMERSFOORT	200901480	4:59.75	+0,78			
	50m: 33.95	33.95	150m: 1:52.22	39.34	250m: 3:09.04	38.68	350m: 4:25.80	38.22
	100m: 1:12.88	38.93	200m: 2:30.36	38.14	300m: 3:47.58	38.54	400m: 4:59.75	33.95
20.	Karlijn Siderius	DWK	200900032	4:59.83	+0,76			
	50m: 34.74	34.74	150m: 1:51.81	38.46	250m: 3:08.23	37.72	350m: 4:23.82	37.51
	100m: 1:13.35	38.61	200m: 2:30.51	38.70	300m: 3:46.31	38.08	400m: 4:59.83	36.01

Programmanr. 11, Dames, 400m vrije slag, Junioren 1 en ouder

rang	naam	vereniging	startnr.	tijd	RT
21.	Liselotte Schaap 50m: 32.76 100m: 1:09.79	HZ&PC Heerenveen 32.76 150m: 1:47.99 37.03 200m: 2:26.58	200603016 38.20 250m: 3:04.84 38.59 300m: 3:43.55	5:01.20 38.26 350m: 4:22.42 38.71 400m: 5:01.20	+0,66 38.87 38.78
22.	Isis Verhoeff 50m: 34.11 100m: 1:10.85	De Otters Het Gooi 34.11 150m: 1:49.02 36.74 200m: 2:27.97	200902962 38.17 250m: 3:07.29 38.95 300m: 3:46.19	5:02.46 39.32 350m: 4:24.93 38.90 400m: 5:02.46	+0,76 38.74 37.53
23.	Anna Lepoutre 50m: 33.89 100m: 1:11.90	PSV 33.89 150m: 1:49.78 38.01 200m: 2:28.65	201100534 37.88 250m: 3:08.06 38.87 300m: 3:47.21	5:03.42 39.41 350m: 4:25.70 39.15 400m: 5:03.42	+0,63 38.49 37.72
24.	Lili Oosting 50m: 35.63 100m: 1:14.39	DWK 35.63 150m: 1:53.51 38.76 200m: 2:33.06	200900384 39.12 250m: 3:12.78 39.55 300m: 3:52.39	5:09.46 39.72 350m: 4:31.15 39.61 400m: 5:09.46	+0,83 38.76 38.31
25.	Hiba Aboulas 50m: 34.28 100m: 1:12.03	De Dolfijn 34.28 150m: 1:51.02 37.75 200m: 2:30.60	200600870 38.99 250m: 3:10.03 39.58 300m: 3:50.48	5:10.23 39.43 350m: 4:30.61 40.45 400m: 5:10.23	+0,83 40.13 39.62
26.	Patricia de Leu 50m: 34.15 100m: 1:13.73	De Reuring 34.15 150m: 1:54.56 39.58 200m: 2:35.94	200900982 40.83 250m: 3:17.41 41.38 300m: 3:58.50	5:17.26 41.47 350m: 4:39.45 41.09 400m: 5:17.26	+0,67 40.95 37.81
27.	Melody Paulussen 50m: 36.70 100m: 1:17.32	De Dolfijn 36.70 150m: 1:59.06 40.62 200m: 2:40.54	201101106 41.74 250m: 3:22.38 41.48 300m: 4:04.77	5:25.10 41.84 350m: 4:46.38 42.39 400m: 5:25.10	+0,62 41.61 38.72
28.	Yuna van den Idsert 50m: 35.97 100m: 1:15.60	DAW 35.97 150m: 1:57.74 39.63 200m: 2:39.86	201001196 42.14 250m: 3:22.39 42.12 300m: 4:05.50	5:26.25 42.53 350m: 4:46.95 43.11 400m: 5:26.25	+0,88 41.45 39.30
29.	Tess Jansen 50m: 38.26 100m: 1:20.05	DWK 38.26 150m: 2:02.74 41.79 200m: 2:44.53	200901660 42.69 250m: 3:25.97 41.79 300m: 4:07.62	5:28.35 41.44 350m: 4:50.05 41.65 400m: 5:28.35	+0,77 42.43 38.30
30.	Isa Segenhout 50m*, 100m*, 200m* 50m: 35.19 100m: 1:16.30	Orca 35.19 150m: 1:59.53 41.11 200m: 2:42.04	201000128 43.23 250m: 3:24.80 42.51 300m: 4:07.53	5:32.45 42.76 350m: 4:50.47 42.73 400m: 5:32.45	+0,74 42.94 41.98
31.	Wendy Elferink 50m: 36.86 100m: 1:18.43	HZ&PC Heerenveen 36.86 150m: 2:01.44 41.57 200m: 2:44.76	200604202 43.01 250m: 3:28.02 43.32 300m: 4:11.53	5:35.85 43.26 350m: 4:54.74 43.51 400m: 5:35.85	+0,79 43.21 41.11
AFGEM	Elise Hardeman	ZPC AMERSFOORT	200101068		