

Programmanr. 40  
 02-07-2023

Dames, 400m wisselslag

Juniores 1 en ouder  
 Resultaten

rang	naam	vereniging	startnr.	tijd	RT
1.	Lotte Hosper	HPC - Blue Marlins	200201414	<b>4:42.32</b>	+0,79
	50m: 29.89	29.89 150m: 1:38.57	35.22 250m: 2:53.90	41.08 350m: 4:09.98	33.76
	100m: 1:03.35	33.46 200m: 2:12.82	34.25 300m: 3:36.22	42.32 400m: 4:42.32	32.34
2.	Rhodee van den Ham	De Duinkickers	200700090	<b>4:57.18</b>	+0,75
	50m: 31.51	31.51 150m: 1:46.59	39.02 250m: 3:07.04	41.01 350m: 4:25.08	34.48
	100m: 1:07.57	36.06 200m: 2:26.03	39.44 300m: 3:50.60	43.56 400m: 4:57.18	32.10
3.	Merel Schravendijk	HPC - Blue Marlins	200503382	<b>4:58.75</b>	+0,68
	50m: 31.50	31.50 150m: 1:48.78	39.08 250m: 3:08.63	41.08 350m: 4:27.02	35.52
	100m: 1:09.70	38.20 200m: 2:27.55	38.77 300m: 3:51.50	42.87 400m: 4:58.75	31.73
4.	Frouke Ludwig	DZ&PC	200800112	<b>4:59.36</b>	+0,77
	50m: 31.42	31.42 150m: 1:44.83	37.46 250m: 3:06.02	44.81 350m: 4:25.95	34.58
	100m: 1:07.37	35.95 200m: 2:21.21	36.38 300m: 3:51.37	45.35 400m: 4:59.36	33.41
5.	Luus Gielens	PSV	200900138	<b>5:18.99</b>	+0,87
	50m: 34.64	34.64 150m: 1:55.31	40.82 250m: 3:20.61	45.72 350m: 4:43.74	37.24
	100m: 1:14.49	39.85 200m: 2:34.89	39.58 300m: 4:06.50	45.89 400m: 5:18.99	35.25
6.	Bregje Dekkers	PSV	200900746	<b>5:22.50</b>	
	50m: 35.83	35.83 150m: 1:56.72	40.06 250m: 3:23.50	45.64 350m: 4:47.12	36.19
	100m: 1:16.66	40.83 200m: 2:37.86	41.14 300m: 4:10.93	47.43 400m: 5:22.50	35.38
7.	Yuan Swart	De Otters Het Gooi	200604754	<b>5:24.24</b>	+0,73
	50m: 34.14	34.14 150m: 1:57.59	42.06 250m: 3:24.37	45.05 350m: 4:48.75	38.57
	100m: 1:15.53	41.39 200m: 2:39.32	41.73 300m: 4:10.18	45.81 400m: 5:24.24	35.49
8.	Evy van Laarhoven	Nextline Swimming	200500712	<b>5:26.42</b>	+0,76
	50m: 32.52	32.52 150m: 1:54.65	44.86 250m: 3:24.16	46.23 350m: 4:50.25	38.73
	100m: 1:09.79	37.27 200m: 2:37.93	43.28 300m: 4:11.52	47.36 400m: 5:26.42	36.17
9.	Silke Hooghiemstra	HZ&PC Heerenveen	200901224	<b>5:33.44</b>	+0,67
	50m: 33.59	33.59 150m: 1:54.98	41.82 250m: 3:25.09	49.17 350m: 4:54.66	39.82
	100m: 1:13.16	39.57 200m: 2:35.92	40.94 300m: 4:14.84	49.75 400m: 5:33.44	38.78
10.	Karlijn Siderius	DWK	200900032	<b>5:36.95</b>	+0,72
	50m: 34.42	34.42 150m: 1:59.76	42.85 250m: 3:30.95	49.11 350m: 4:59.86	37.74
	100m: 1:16.91	42.49 200m: 2:41.84	42.08 300m: 4:22.12	51.17 400m: 5:36.95	37.09
11.	Birgit Hage	PSV	200602898	<b>5:41.71</b>	+0,91
	50m: 36.43	36.43 150m: 2:01.72	42.70 250m: 3:36.71	52.89 350m: 5:05.77	37.30
	100m: 1:19.02	42.59 200m: 2:43.82	42.10 300m: 4:28.47	51.76 400m: 5:41.71	35.94
12.	Elin Baars	DWK	201000138	<b>5:44.56</b>	+0,83
	50m: 37.82	37.82 150m: 2:07.69	44.62 250m: 3:40.10	48.45 350m: 5:08.26	39.32
	100m: 1:23.07	45.25 200m: 2:51.65	43.96 300m: 4:28.94	48.84 400m: 5:44.56	36.30
13.	Julia D browska	Blue Marlins	201000300	<b>5:44.82</b>	+0,78
	50m: 34.20	34.20 150m: 2:00.06	44.39 250m: 3:34.22	50.03 350m: 5:06.29	40.66
	100m: 1:15.67	41.47 200m: 2:44.19	44.13 300m: 4:25.63	51.41 400m: 5:44.82	38.53
14.	Wieke Dekker	De Dolfijn	201002020	<b>5:45.60</b>	+0,64
	50m: 38.33	38.33 150m: 2:10.10	44.55 250m: 3:39.54	46.78 350m: 5:07.10	40.37
	100m: 1:25.55	47.22 200m: 2:52.76	42.66 300m: 4:26.73	47.19 400m: 5:45.60	38.50
NG	Nova Nijziel	PSV	200804416		
NG	Rinske Bouman	Blue Marlins	200400578		