

NSZK III
Leiden, 20-4-2024

Programmanr. 16
20-4-2024 - 16:56

Dames, 400m vrije slag

alg. leeftijdsgroep
Resultaten

rang	naam	vereniging			intijd			tijd			RT
1.	Lize Janna de Vries	G.S.Z.V. De Golfbreker			4:47.70			4:39.85			+0,73
	50m: 31.64	31.64	150m: 1:42.43	35.75	250m: 2:53.75	35.80	350m: 4:04.81	35.30			
	100m: 1:06.68	35.04	200m: 2:17.95	35.52	300m: 3:29.51	35.76	400m: 4:39.85	35.04			
2.	Zanthe Janssen	E.S.W.Z.V. Nayade			4:45.00			4:44.08			+0,71
	50m: 30.94	30.94	150m: 1:42.61	36.47	250m: 2:55.16	35.71	350m: 4:07.80	36.56			
	100m: 1:06.14	35.20	200m: 2:19.45	36.84	300m: 3:31.24	36.08	400m: 4:44.08	36.28			
3.	Imke Beekman	N.S.Z.& W.V. Hydrofiel			5:15.60			4:45.59			+0,88
	50m: 31.95	31.95	150m: 1:42.74	35.77	250m: 2:55.87	36.66	350m: 4:10.16	37.22			
	100m: 1:06.97	35.02	200m: 2:19.21	36.47	300m: 3:32.94	37.07	400m: 4:45.59	35.43			
4.	Pauline Courret	Ragnar			4:55.00			4:46.04			+0,77
	50m: 33.77	33.77	150m: 1:46.23	36.55	250m: 2:58.93	36.28	350m: 4:11.23	35.99			
	100m: 1:09.68	35.91	200m: 2:22.65	36.42	300m: 3:35.24	36.31	400m: 4:46.04	34.81			
5.	Jasmijn van Rossum	MSZV Tiburon			4:46.00			199904254			+0,84
	50m: 31.04	31.04	150m: 1:42.60	36.54	250m: 2:57.45	37.43	350m: 4:12.92	37.96			
	100m: 1:06.06	35.02	200m: 2:20.02	37.42	300m: 3:34.96	37.51	400m: 4:49.22	36.30			
6.	Tessa van de Belt	ZPV Piranha			4:49.34			200102056			+0,78
	50m: 32.46	32.46	150m: 1:45.93	37.27	250m: 3:02.01	38.15	350m: 4:17.93	37.77			
	100m: 1:08.66	36.20	200m: 2:23.86	37.93	300m: 3:40.16	38.15	400m: 4:54.03	36.10			
7.	Caroline Boxman	USZ&WF Het Zinkstuk			4:50.50			200004660			+0,75
	50m: 32.49	32.49	150m: 1:47.00	37.97	250m: 3:04.06	38.40	350m: 4:21.42	38.60			
	100m: 1:09.03	36.54	200m: 2:25.66	38.66	300m: 3:42.82	38.76	400m: 4:58.52	37.10			
8.	Hilde Koole	TSZWW Avalon			5:06.89			200502492			+0,78
	50m: 33.23	33.23	150m: 1:47.28	37.61	250m: 3:05.11	39.27	350m: 4:23.74	39.12			
	100m: 1:09.67	36.44	200m: 2:25.84	38.56	300m: 3:44.62	39.51	400m: 5:00.69	36.95			
9.	Charlotte Breukink	Dsz Wave			5:10.00			200402814			+0,71
	50m: 33.08	33.08	150m: 1:48.27	37.93	250m: 3:05.77	38.90	350m: 4:23.61	38.56			
	100m: 1:10.34	37.26	200m: 2:26.87	38.60	300m: 3:45.05	39.28	400m: 5:00.97	37.36			
10.	Noa Oldenhof	A.S.Z.V. Spons			4:59.99			199700622			+0,71
	50m: 33.02	33.02	150m: 1:47.00	37.83	250m: 3:04.36	38.87	350m: 4:23.26	39.39			
	100m: 1:09.17	36.15	200m: 2:25.49	38.49	300m: 3:43.87	39.51	400m: 5:02.32	39.06			
11.	Marina Bal	A.S.Z.V. Spons			5:15.00						+0,82
	50m: 33.96	33.96	150m: 1:48.80	37.78	250m: 3:07.41	39.59	350m: 4:28.73	41.15			
	100m: 1:11.02	37.06	200m: 2:27.82	39.02	300m: 3:47.58	40.17	400m: 5:09.45	40.72			
12.	Ageeth de Haan	SZV Aquifer			5:25.00			199901022			+0,81
	50m: 33.66	33.66	150m: 1:53.14	40.49	250m: 3:17.92	42.60	350m: 4:42.25	41.55			
	100m: 1:12.65	38.99	200m: 2:35.32	42.18	300m: 4:00.70	42.78	400m: 5:21.48	39.23			
13.	Zofia Syrczynska	Ragnar			5:29.00						+0,63
	50m: 36.22	36.22	150m: 1:57.59	40.94	250m: 3:22.77	43.06	350m: 4:48.51	42.70			
	100m: 1:16.65	40.43	200m: 2:39.71	42.12	300m: 4:05.81	43.04	400m: 5:29.51	41.00			
14.	Vera Komin	SZV Aquifer			5:30.00						+0,65
	50m: 35.21	35.21	150m: 1:56.82	41.83	250m: 3:22.28	43.05	350m: 4:46.24	41.01			
	100m: 1:14.99	39.78	200m: 2:39.23	42.41	300m: 4:05.23	42.95	400m: 5:32.03	45.79			
15.	Evelien te Paske	MSZV Tiburon			5:26.90			200400708			+0,86
	50m: 35.58	35.58	150m: 2:00.61	43.23	250m: 3:28.80	44.20	350m: 4:56.90	43.39			
	100m: 1:17.38	41.80	200m: 2:44.60	43.99	300m: 4:13.51	44.71	400m: 5:39.11	42.21			
16.	Elisa Arts	Dsz Wave			5:42.34			200006728			+0,65
	50m: 36.85	36.85	150m: 2:00.47	42.81	250m: 3:29.16	44.42	350m: 4:59.45	44.96			
	100m: 1:17.66	40.81	200m: 2:44.74	44.27	300m: 4:14.49	45.33	400m: 5:42.18	42.73			
17.	Sterre Dingemanse	E.S.W.Z.V. Nayade			6:10.63			200302482			+0,81
	50m: 38.36	38.36	150m: 2:03.80	43.08	250m: 3:30.86	43.05	350m: 4:59.01	43.84			
	100m: 1:20.72	42.36	200m: 2:47.81	44.01	300m: 4:15.17	44.31	400m: 5:43.04	44.03			
18.	Maria Bachmann	Aquamania			6:15.32						+0,77
	50m: 39.10	39.10	150m: 2:06.55	44.48	250m: 3:37.40	45.40	350m: 5:06.65	44.50			
	100m: 1:22.07	42.97	200m: 2:52.00	45.45	300m: 4:22.15	44.75	400m: 5:49.18	42.53			
19.	Jildou Harder	Aquamania			NT			5:55.69			+0,88
	50m: 39.31	39.31	150m: 2:06.72	45.12	250m: 3:38.84	45.84	350m: 5:11.33	46.45			
	100m: 1:21.60	42.29	200m: 2:53.00	46.28	300m: 4:24.88	46.04	400m: 5:55.69	44.36			
20.	Annelieke Verriet	N.S.Z.& W.V. Hydrofiel			6:24.85			200300552			+0,80
	50m: 41.27	41.27	150m: 2:13.97	46.83	250m: 3:50.27	48.53	350m: 5:28.44	49.38			
	100m: 1:27.14	45.87	200m: 3:01.74	47.77	300m: 4:39.06	48.79	400m: 6:15.85	47.41			