

Programmanr. 1  
 10-06-2022

## Meisjes, 400m vrije slag

 Junioren 1 en 2  
 Resultaten

Punten: FINA 2021

rang	naam		vereniging				tijd	RT	FINA para		
1.	Fay Boxum		SWOL 1894			200900060	<b>4:50.85</b>	+0,82	537		
	50m:	30.86	150m:	1:43.05	36.75	250m:	2:57.67	37.29	350m:	4:13.58	37.93
	100m:	1:06.30	200m:	2:20.38	37.33	300m:	3:35.65	37.98	400m:	4:50.85	37.27
2.	Robine Moot		ZPC AMERSFOORT			200900330	<b>4:51.81</b>	+0,81	532		
	50m:	33.26	150m:	1:48.10	37.78	250m:	3:02.17	37.25	350m:	4:16.63	36.92
	100m:	1:10.32	200m:	2:24.92	36.82	300m:	3:39.71	37.54	400m:	4:51.81	35.18
3.	Juliëtte Woltjes		VZC			200900774	<b>4:54.63</b>	+0,88	516		
	50m:	33.19	150m:	1:48.00	37.43	250m:	3:02.75	37.31	350m:	4:18.41	37.36
	100m:	1:10.57	200m:	2:25.44	37.44	300m:	3:41.05	38.30	400m:	4:54.63	36.22
4.	Mijke Ouderkerken		Blue Marlins (SG)			200901254	<b>4:55.33</b>	+0,75	513		
	50m:	32.68	150m:	1:46.46	37.87	250m:	3:03.10	38.03	350m:	4:19.09	37.56
	100m:	1:08.59	200m:	2:25.07	38.61	300m:	3:41.53	38.43	400m:	4:55.33	36.24
5.	Madeleine Bertram		WZ&PC Purmerend			200900516	<b>4:59.04</b>	+0,76	494		
	50m:	33.36	150m:	1:49.18	38.82	250m:	3:07.40	38.80	350m:	4:24.36	37.60
	100m:	1:10.36	200m:	2:28.60	39.42	300m:	3:46.76	39.36	400m:	4:59.04	34.68
6.	Amber Kunst		DAW			200900680	<b>4:59.23</b>	+0,75	493		
	50m:	33.28	150m:	1:49.37	38.74	250m:	3:07.72	39.22	350m:	4:24.35	37.82
	100m:	1:10.63	200m:	2:28.50	39.13	300m:	3:46.53	38.81	400m:	4:59.23	34.88
7.	Ece öngören		Blue Marlins (SG)			200903862	<b>4:59.76</b>	+0,76	490		
	50m:	32.81	150m:	1:47.65	38.05	250m:	3:03.54	38.51	350m:	4:21.41	39.99
	100m:	1:09.60	200m:	2:25.03	37.38	300m:	3:41.42	37.88	400m:	4:59.76	38.35
8.	Ilse Wiltjer		DZ&PC			200900868	<b>5:01.58</b>	+0,84	482		
	50m:	32.80	150m:	1:47.86	38.05	250m:	3:06.31	39.37	350m:	4:25.70	39.12
	100m:	1:09.81	200m:	2:26.94	39.08	300m:	3:46.58	40.27	400m:	5:01.58	35.88
9.	Elin Ditewig		VZC			200900392	<b>5:01.71</b>	+0,82	481		
	50m:	34.48	150m:	1:51.18	38.03	250m:	3:08.26	38.79	350m:	4:25.49	38.57
	100m:	1:13.15	200m:	2:29.47	38.29	300m:	3:46.92	38.66	400m:	5:01.71	36.22
10.	Elin Brinkhof		WZ&PC Purmerend			200900078	<b>5:01.84</b>	+0,72	480		
	50m:	31.47	150m:	1:46.12	38.24	250m:	3:04.65	39.37	350m:	4:23.83	39.51
	100m:	1:07.88	200m:	2:25.28	39.16	300m:	3:44.32	39.67	400m:	5:01.84	38.01
11.	Caitlin Sülter		De Ward			200900046	<b>5:02.09</b>	+0,80	479		
	50m:	34.33	150m:	1:51.69	39.19	250m:	3:10.10	38.75	350m:	4:27.39	37.79
	100m:	1:12.50	200m:	2:31.35	39.66	300m:	3:49.60	39.50	400m:	5:02.09	34.70
12.	Lotte Lübbers		KSN (SG)			200900190	<b>5:02.45</b>	+0,85	477		
	50m:	33.71	150m:	1:50.20	38.53	250m:	3:08.28	38.46	350m:	4:25.53	37.51
	100m:	1:11.67	200m:	2:29.82	39.62	300m:	3:48.02	39.74	400m:	5:02.45	36.92
13.	Grace Peters		Blue Marlins (SG)			200901474	<b>5:02.70</b>	+0,74	476		
	50m:	34.23	150m:	1:51.51	39.07	250m:	3:08.77	38.78	350m:	4:25.40	38.23
	100m:	1:12.44	200m:	2:29.99	38.48	300m:	3:47.17	38.40	400m:	5:02.70	37.30
14.	Tess Vonk		De Biesboschzwemmers			200900024	<b>5:04.27</b>	+0,64	469		
	50m:	33.97	150m:	1:50.19	38.43	250m:	3:07.70	38.83	350m:	4:26.39	39.59
	100m:	1:11.76	200m:	2:28.87	38.68	300m:	3:46.80	39.10	400m:	5:04.27	37.88
15.	Marre van der Wal		De Vikings			201000046	<b>5:05.07</b>	+0,82	465		
	50m:	34.66	150m:	1:52.09	38.80	250m:	3:10.36	38.30	350m:	4:28.02	38.02
	100m:	1:13.29	200m:	2:32.06	39.97	300m:	3:50.00	39.64	400m:	5:05.07	37.05
16.	Luus Gielens		Hellas-Glana			200900138	<b>5:06.54</b>	+0,85	458		
	50m:	34.19	150m:	1:52.10	39.28	250m:	3:11.81	39.94	350m:	4:29.66	38.97
	100m:	1:12.82	200m:	2:31.87	39.77	300m:	3:50.69	38.88	400m:	5:06.54	36.88
17.	Myla Klaassen		Aqua-Novio'94			200900110	<b>5:07.10</b>	+0,71	456		
	50m:	33.94	150m:	1:51.52	39.27	250m:	3:10.82	39.79	350m:	4:29.27	39.29
	100m:	1:12.25	200m:	2:31.03	39.51	300m:	3:49.98	39.16	400m:	5:07.10	37.83
18.	Myrthe Stelten		Hellas-Glana			200900234	<b>5:08.21</b>	+0,76	451		
	50m:	34.46	150m:	1:53.08	39.89	250m:	3:13.44	40.44	350m:	4:32.27	39.01
	100m:	1:13.19	200m:	2:33.00	39.92	300m:	3:53.26	39.82	400m:	5:08.21	35.94
19.	Sterre Dietvorst		ZPC AMERSFOORT			200900726	<b>5:08.52</b>	+0,85	450		
	50m:	34.06	150m:	1:52.07	39.74	250m:	3:09.98	39.07	350m:	4:29.57	39.60
	100m:	1:12.33	200m:	2:30.91	38.84	300m:	3:49.97	39.99	400m:	5:08.52	38.95

## Programmanr. 1, Meisjes, 400m vrije slag, Junioren 1 en 2

rang	naam		vereniging				tijd	RT	FINA para
20.	Bregje Dekkers		PSV			200900746	<b>5:11.56</b>	+0,78	437
	50m:	32.43	32.43	150m:	1:48.28	38.64	250m:	3:09.29	40.50
	100m:	1:09.64	37.21	200m:	2:28.79	40.51	300m:	3:50.46	41.17
							400m:	5:11.56	40.56
21.	Esmaé de Gans		ZPC AMERSFOORT			200900134	<b>5:13.43</b>	+0,83	429
	50m:	34.93	34.93	150m:	1:53.79	39.98	250m:	3:14.68	40.56
	100m:	1:13.81	38.88	200m:	2:34.12	40.33	300m:	3:55.47	40.79
							400m:	5:13.43	37.63
22.	Suuz Griekspoor		Noordwijkerhout			200901204	<b>5:13.68</b>	+0,74	428
	50m:	35.06	35.06	150m:	1:53.98	39.86	250m:	3:15.59	40.61
	100m:	1:14.12	39.06	200m:	2:34.98	41.00	300m:	3:56.36	40.77
							400m:	5:13.68	37.66
	Fenna Westerneng		ZPC Hoogeveen			200900070	<b>5:13.68</b>	+0,79	428
	50m:	35.95	35.95	150m:	1:57.00	41.13	250m:	3:18.33	40.26
	100m:	1:15.87	39.92	200m:	2:38.07	41.07	300m:	3:58.44	40.11
							400m:	5:13.68	39.43
24.	Jenny Muntinga		ZPCH			200900450	<b>5:14.12</b>	+0,65	426
	50m:	33.99	33.99	150m:	1:52.02	40.14	250m:	3:14.66	41.83
	100m:	1:11.88	37.89	200m:	2:32.83	40.81	300m:	3:55.52	40.86
							400m:	5:14.12	37.93
25.	Fleur van den Eijk		Blue Marlins (SG)			200900304	<b>5:14.53</b>	+0,70	424
	50m:	33.33	33.33	150m:	1:53.70	41.36	250m:	3:14.85	40.58
	100m:	1:12.34	39.01	200m:	2:34.27	40.57	300m:	3:55.26	40.41
							400m:	5:14.53	38.81
26.	Tara Langkamp		Aqua-Novio'94			200900362	<b>5:16.93</b>	+0,72	415
	50m:	34.90	34.90	150m:	1:53.89	39.93	250m:	3:15.90	40.99
	100m:	1:13.96	39.06	200m:	2:34.91	41.02	300m:	3:57.74	41.84
							400m:	5:16.93	38.88
27.	Rixt Rothschild		Borger			200900026	<b>5:18.33</b>	+0,77	409
	50m:	34.68	34.68	150m:	1:53.42	40.05	250m:	3:15.66	41.25
	100m:	1:13.37	38.69	200m:	2:34.41	40.99	300m:	3:57.34	41.68
							400m:	5:18.33	39.63
28.	Paula Spans		ZV 44			201000064	<b>5:19.30</b>	+0,74	406
	50m:	34.49	34.49	150m:	1:53.67	40.36	250m:	3:16.33	41.04
	100m:	1:13.31	38.82	200m:	2:35.29	41.62	300m:	3:58.41	42.08
							400m:	5:19.30	39.16
29.	Fenna Zusterzeel		De Rog			201000008	<b>5:19.90</b>	+0,71	403
	50m:	34.82	34.82	150m:	1:54.87	40.14	250m:	3:17.37	41.26
	100m:	1:14.73	39.91	200m:	2:36.11	41.24	300m:	3:58.97	41.60
							400m:	5:19.90	39.55
30.	Julia Dabrowska		Blue Marlins (SG)			201000300	<b>5:20.04</b>	+0,78	403
	50m:	34.11	34.11	150m:	1:54.47	40.88	250m:	3:17.27	41.56
	100m:	1:13.59	39.48	200m:	2:35.71	41.24	300m:	3:59.21	41.94
							400m:	5:20.04	39.55
31.	Anouk Steller		WVZ			201000004	<b>5:20.58</b>	+0,83	401
	50m:	34.27	34.27	150m:	1:54.80	41.10	250m:	3:18.27	41.67
	100m:	1:13.70	39.43	200m:	2:36.60	41.80	300m:	4:00.34	42.07
							400m:	5:20.58	38.92
32.	Nienke Koster		ZPC Hoogeveen			200900612	<b>5:20.63</b>	+0,70	401
	50m:	34.88	34.88	150m:	1:55.20	40.70	250m:	3:18.97	41.86
	100m:	1:14.50	39.62	200m:	2:37.11	41.91	300m:	4:01.46	42.49
							400m:	5:20.63	41.54
33.	Puck van Wees		De Dolfijn			200901020	<b>5:20.75</b>	+0,71	400
	50m:	35.22	35.22	150m:	1:54.78	40.15	250m:	3:18.23	41.83
	100m:	1:14.63	39.41	200m:	2:36.40	41.62	300m:	4:00.04	41.81
							400m:	5:20.75	40.57
34.	Marjolie Spelde		THOR			200900266	<b>5:21.55</b>	+0,78	397
	50m:	35.19	35.19	150m:	1:56.22	41.51	250m:	3:20.25	41.78
	100m:	1:14.71	39.52	200m:	2:38.47	42.25	300m:	4:02.20	41.95
							400m:	5:21.55	42.02
35.	Kinley Cole		PSV			200903696	<b>5:21.73</b>	+0,82	397
	50m:	34.83	34.83	150m:	1:55.57	40.47	250m:	3:18.54	41.16
	100m:	1:15.10	40.27	200m:	2:37.38	41.81	300m:	4:01.51	42.97
							400m:	5:21.73	38.54
36.	Milou Geneuglijk		TriVia			200900556	<b>5:22.09</b>	+0,72	395
	50m:	34.90	34.90	150m:	1:56.20	41.05	250m:	3:20.40	41.80
	100m:	1:15.15	40.25	200m:	2:38.60	42.40	300m:	4:02.66	42.26
							400m:	5:22.09	37.60
37.	Iris Tilburg		Arethusa			200902662	<b>5:22.72</b>	+0,85	393
	50m:	35.60	35.60	150m:	1:58.02	41.69	250m:	3:22.54	42.10
	100m:	1:16.33	40.73	200m:	2:40.44	42.42	300m:	4:05.13	42.59
							400m:	5:22.72	36.66
38.	Pien Koop		Hieronymus			200900558	<b>5:23.33</b>	+0,76	391
	50m:	34.86	34.86	150m:	1:55.93	41.70	250m:	3:20.53	42.09
	100m:	1:14.23	39.37	200m:	2:38.44	42.51	300m:	4:03.05	42.52
							400m:	5:23.33	38.51
39.	Gwen Hermans		De Columbiaan			200900058	<b>5:24.21</b>	+0,85	387
	50m:	35.95	35.95	150m:	1:57.00	41.40	250m:	3:21.47	41.95
	100m:	1:15.60	39.65	200m:	2:39.52	42.52	300m:	4:04.86	43.39
							400m:	5:24.21	41.50

Programmanr. 1, Meisjes, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging		tijd	RT	FINA para
DIS	Djelaysa Buunk <i>AF - De aangegeven afstand niet uitgezwommen.</i>	ZPC De Zeeuwse Kust	200900536		+0,83	