

Programmanr. 1
13-12-2024 - 15:30

Meisjes, 400m vrije slag

Gebjr 2011 - 2012
Resultaten

rang	naam	vereniging	intijd			tijd			RT
1.	Yill van Bezouw <i>Kampioenschapsrecord</i>	Hieronymus	4:31.60			201100704			4:28.03 * +0,75
	50m: 29.75	29.75	150m: 1:37.36	34.15	250m: 2:45.40	34.17	350m: 3:54.83	34.64	
	100m: 1:03.21	33.46	200m: 2:11.23	33.87	300m: 3:20.19	34.79	400m: 4:28.03	33.20	
2.	Malin Roozeboom	WVZ	4:33.49			201100006			4:32.72 +0,73
	50m: 30.31	30.31	150m: 1:38.90	34.16	250m: 2:48.57	34.78	350m: 3:58.65	35.17	
	100m: 1:04.74	34.43	200m: 2:13.79	34.89	300m: 3:23.48	34.91	400m: 4:32.72	34.07	
3.	Elin Reinstra	TriVia	4:37.50			201100842			4:35.03 +0,77
	50m: 30.70	30.70	150m: 1:39.29	34.76	250m: 2:49.84	35.37	350m: 4:00.50	35.20	
	100m: 1:04.53	33.83	200m: 2:14.47	35.18	300m: 3:25.30	35.46	400m: 4:35.03	34.53	
4.	Anna Lepoutre	PSV	4:42.10			201100534			4:37.31 +0,69
	50m: 30.90	30.90	150m: 1:40.56	35.05	250m: 2:51.69	35.41	350m: 4:03.52	35.77	
	100m: 1:05.51	34.61	200m: 2:16.28	35.72	300m: 3:27.75	36.06	400m: 4:37.31	33.79	
5.	Lola Verheijen	PSV	4:44.60			201100832			4:37.50 +0,71
	50m: 31.01	31.01	150m: 1:42.40	35.98	250m: 2:53.54	35.70	350m: 4:05.10	35.74	
	100m: 1:06.42	35.41	200m: 2:17.84	35.44	300m: 3:29.36	35.82	400m: 4:37.50	32.40	
6.	Noa van Zalk	ZPC AMERSFOORT	4:43.80			201102534			4:39.87 +0,67
	50m: 32.05	32.05	150m: 1:41.89	35.06	250m: 2:52.29	35.33	350m: 4:04.19	36.16	
	100m: 1:06.83	34.78	200m: 2:16.96	35.07	300m: 3:28.03	35.74	400m: 4:39.87	35.68	
7.	Milou Filemon	Blue Marlins	4:45.69			201100078			4:43.61 +0,67
	50m: 31.76	31.76	150m: 1:42.45	35.59	250m: 2:55.04	36.11	350m: 4:07.94	36.59	
	100m: 1:06.86	35.10	200m: 2:18.93	36.48	300m: 3:31.35	36.31	400m: 4:43.61	35.67	
8.	Rozalia Diederiks	ZVL-1886	4:45.41			201100904			4:45.96 +0,81
	50m: 32.80	32.80	150m: 1:45.85	36.76	250m: 2:58.94	36.38	350m: 4:11.26	35.91	
	100m: 1:09.09	36.29	200m: 2:22.56	36.71	300m: 3:35.35	36.41	400m: 4:45.96	34.70	
9.	Frédérique Nijziel	De Dolfijn	4:56.09			201103114			4:46.38 +0,72
	50m: 32.68	32.68	150m: 1:45.93	37.09	250m: 2:59.93	36.39	350m: 4:11.93	36.09	
	100m: 1:08.84	36.16	200m: 2:23.54	37.61	300m: 3:35.84	35.91	400m: 4:46.38	34.45	
10.	Ylène Zondervan	ZPC AMERSFOORT	4:47.79			201200016			4:48.50 +0,79
	50m: 32.14	32.14	150m: 1:44.39	36.75	250m: 2:58.14	36.87	350m: 4:12.36	36.66	
	100m: 1:07.64	35.50	200m: 2:21.27	36.88	300m: 3:35.70	37.56	400m: 4:48.50	36.14	
11.	Julia Bannatyne	BZ&PC	4:55.81			201201020			4:49.35 +0,77
	50m: 32.51	32.51	150m: 1:46.23	36.76	250m: 2:59.99	37.09	350m: 4:15.21	38.17	
	100m: 1:09.47	36.96	200m: 2:22.90	36.67	300m: 3:37.04	37.05	400m: 4:49.35	34.14	
12.	Brechtje Slotweg	ZPC AMERSFOORT	4:53.26			201101744			4:49.80 +0,74
	50m: 32.64	32.64	150m: 1:45.06	36.39	250m: 2:58.69	36.96	350m: 4:13.63	37.58	
	100m: 1:08.67	36.03	200m: 2:21.73	36.67	300m: 3:36.05	37.36	400m: 4:49.80	36.17	
13.	Elke Kriesels	Hieronymus	4:57.37			201100898			4:53.12 +0,75
	50m: 32.12	32.12	150m: 1:46.54	37.82	250m: 3:02.29	38.06	350m: 4:17.71	37.49	
	100m: 1:08.72	36.60	200m: 2:24.23	37.69	300m: 3:40.22	37.93	400m: 4:53.12	35.41	
14.	Sterre de Veen	Hellas-Glana	4:59.64			201100086			4:54.24 +0,72
	50m: 32.64	32.64	150m: 1:46.20	36.94	250m: 3:01.87	37.98	350m: 4:18.16	37.57	
	100m: 1:09.26	36.62	200m: 2:23.89	37.69	300m: 3:40.59	38.72	400m: 4:54.24	36.08	
15.	Mattea Gliese-Slooijer	De Dinkel	5:04.24			201100008			4:54.83 +0,80
	50m: 32.23	32.23	150m: 1:46.29	37.47	250m: 3:02.13	38.29	350m: 4:17.65	37.59	
	100m: 1:08.82	36.59	200m: 2:23.84	37.55	300m: 3:40.06	37.93	400m: 4:54.83	37.18	
16.	Roméé Smit	MSV-Zeemacht	4:52.54			201100438			4:56.27 * +0,72
	50m: 31.83	31.83	150m: 1:46.59	37.97	250m: 3:02.67	38.14	350m: 4:19.80	38.60	
	100m: 1:08.62	36.79	200m: 2:24.53	37.94	300m: 3:41.20	38.53	400m: 4:56.27	36.47	
17.	Mette Hogenhuis	Zwemlust- den Hommel	5:02.50			201101254			4:56.86 +0,83
	50m: 33.05	33.05	150m: 1:48.33	38.06	250m: 3:05.18	38.70	350m: 4:21.26	37.60	
	100m: 1:10.27	37.22	200m: 2:26.48	38.15	300m: 3:43.66	38.48	400m: 4:56.86	35.60	
	Pien Walstra	De Treffers	4:59.48			201101034			4:56.86 +0,86
	50m: 33.70	33.70	150m: 1:49.07	37.93	250m: 3:05.78	38.38	350m: 4:21.03	37.36	
	100m: 1:11.14	37.44	200m: 2:27.40	38.33	300m: 3:43.67	37.89	400m: 4:56.86	35.83	

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rang	naam	vereniging	intijd		tijd	RT
19.	Lobke Hempenius	HZ&PC Heerenveen	5:04.60	201100522	4:57.47	+0,84
	50m: 32.62	32.62 150m: 1:48.40	38.23 250m: 3:05.20	38.25	350m: 4:21.32	37.25
	100m: 1:10.17	37.55 200m: 2:26.95	38.55 300m: 3:44.07	38.87	400m: 4:57.47	36.15
20.	Odenza Soselisa	Blue Marlins	4:57.46	201101780	4:57.69	+0,77
	50m: 33.11	33.11 150m: 1:47.67	37.99 250m: 3:04.48	38.87	350m: 4:21.25	38.05
	100m: 1:09.68	36.57 200m: 2:25.61	37.94 300m: 3:43.20	38.72	400m: 4:57.69	36.44
21.	Julia Ketelaars	Hellas-Glana	5:02.32	201200028	4:58.00	+0,71
	50m: 33.37	33.37 150m: 1:48.20	37.83 250m: 3:04.67	38.41	350m: 4:21.77	38.15
	100m: 1:10.37	37.00 200m: 2:26.26	38.06 300m: 3:43.62	38.95	400m: 4:58.00	36.23
22.	Noa Spaans	De Dolfijn	5:03.13	201100222	5:00.09	+0,71
	50m: 33.94	33.94 150m: 1:48.88	37.96 250m: 3:05.84	38.31	350m: 4:22.42	38.30
	100m: 1:10.92	36.98 200m: 2:27.53	38.65 300m: 3:44.12	38.28	400m: 5:00.09	37.67
23.	Meike van der Klugt	WVZ	5:05.73	201100808	5:00.29	+0,80
	50m: 33.52	33.52 150m: 1:49.82	38.67 250m: 3:07.46	38.73	350m: 4:24.80	38.30
	100m: 1:11.15	37.63 200m: 2:28.73	38.91 300m: 3:46.50	39.04	400m: 5:00.29	35.49
24.	Anouk Mulder	De Columbiaan	5:00.07	201200962	5:00.81	+0,77
	50m: 33.62	33.62 150m: 1:49.90	38.30 250m: 3:06.16	37.81	350m: 4:23.48	37.91
	100m: 1:11.60	37.98 200m: 2:28.35	38.45 300m: 3:45.57	39.41	400m: 5:00.81	37.33
25.	Simone Brobbel	SG Hoeksche Waard	5:03.38	201200058	5:03.94	+0,76
	50m: 33.13	33.13 150m: 1:49.52	38.86 250m: 3:08.05	39.29	350m: 4:26.78	39.69
	100m: 1:10.66	37.53 200m: 2:28.76	39.24 300m: 3:47.09	39.04	400m: 5:03.94	37.16
26.	Esra Simon	Hellas-Glana	5:05.20	201100004	5:05.01	+0,79
	50m: 34.52	34.52 150m: 1:50.51	38.39 250m: 3:08.78	39.23	350m: 4:27.55	39.20
	100m: 1:12.12	37.60 200m: 2:29.55	39.04 300m: 3:48.35	39.57	400m: 5:05.01	37.46
27.	Esmee Reuver	ZC Polaris	5:06.93	201100846	5:05.20	+0,70
	50m: 33.41	33.41 150m: 1:48.87	38.32 250m: 3:07.15	39.53	350m: 4:26.40	39.51
	100m: 1:10.55	37.14 200m: 2:27.62	38.75 300m: 3:46.89	39.74	400m: 5:05.20	38.80
28.	Isabel Amelink	Deltasteur	4:56.86	201100196	5:05.25	+0,76
	50m: 31.80	31.80 150m: 1:47.05	39.21 250m: 3:06.45	39.74	350m: 4:26.05	39.74
	100m: 1:07.84	36.04 200m: 2:26.71	39.66 300m: 3:46.31	39.86	400m: 5:05.25	39.20
29.	Alissa Rooijackers	Z&PV Nuenen	5:00.85	201101892	5:05.31	+0,77
	50m: 33.51	33.51 150m: 1:49.94	38.67 250m: 3:08.19	39.03	350m: 4:26.45	39.46
	100m: 1:11.27	37.76 200m: 2:29.16	39.22 300m: 3:46.99	38.80	400m: 5:05.31	38.86
30.	Fanni Farkas	De Columbiaan	5:05.29	201100360	5:05.66 *	+0,73
	50m: 33.15	33.15 150m: 1:49.12	38.54 250m: 3:07.80	39.47	350m: 4:26.84	39.56
	100m: 1:10.58	37.43 200m: 2:28.33	39.21 300m: 3:47.28	39.48	400m: 5:05.66	38.82
31.	Amila Mustafic	DZ&PC	5:00.19	201200026	5:07.08	+0,75
	50m: 32.04	32.04 150m: 1:48.18	38.86 250m: 3:07.66	40.71	350m: 4:28.14	39.33
	100m: 1:09.32	37.28 200m: 2:26.95	38.77 300m: 3:48.81	41.15	400m: 5:07.08	38.94
32.	Morrison Schram	De Schelde	5:05.16	201100686	5:07.35	+0,76
	50m: 34.03	34.03 150m: 1:51.17	39.23 250m: 3:11.08	39.99	350m: 4:30.79	39.35
	100m: 1:11.94	37.91 200m: 2:31.09	39.92 300m: 3:51.44	40.36	400m: 5:07.35	36.56
33.	Sara Creemers	Hellas-Glana	5:09.46	201100242	5:08.03 *	+0,73
	50m: 33.96	33.96 150m: 1:51.18	39.36 250m: 3:10.72	39.88	350m: 4:30.00	39.63
	100m: 1:11.82	37.86 200m: 2:30.84	39.66 300m: 3:50.37	39.65	400m: 5:08.03	38.03
34.	Elle van Gemeren	DAW	5:19.80	201100428	5:08.50	+0,71
	50m: 34.01	34.01 150m: 1:50.76	39.01 250m: 3:09.81	39.65	350m: 4:30.53	40.53
	100m: 1:11.75	37.74 200m: 2:30.16	39.40 300m: 3:50.00	40.19	400m: 5:08.50	37.97
35.	Hanna Heller	ZPC AMERSFOORT	4:58.92	201102730	5:08.95	+0,90
	50m: 33.43	33.43 150m: 1:48.11	38.27 250m: 3:06.51	39.40	350m: 4:28.55	41.50
	100m: 1:09.84	36.41 200m: 2:27.11	39.00 300m: 3:47.05	40.54	400m: 5:08.95	40.40
36.	Isabella Ekberg	ZPC AMERSFOORT	5:13.36	201202206	5:09.82	+0,71
	50m: 33.37	33.37 150m: 1:50.82	39.27 250m: 3:11.40	40.47	350m: 4:32.06	40.32
	100m: 1:11.55	38.18 200m: 2:30.93	40.11 300m: 3:51.74	40.34	400m: 5:09.82	37.76
37.	Vicky Horens	Hellas-Glana	5:04.59	201200252	5:13.36	+0,67
	50m: 33.65	33.65 150m: 1:51.46	39.41 250m: 3:10.59	39.57	350m: 4:32.87	41.27
	100m: 1:12.05	38.40 200m: 2:31.02	39.56 300m: 3:51.60	41.01	400m: 5:13.36	40.49

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rang	naam	vereniging	intijd	tijd	RT			
38.	Norell Kroeze	ZC Polaris	5:12.56	201100378	5:13.89 +0,76			
	50m: 35.07	35.07	150m: 1:54.88	40.70	250m: 3:15.09	40.07	350m: 4:35.76	40.33
	100m: 1:14.18	39.11	200m: 2:35.02	40.14	300m: 3:55.43	40.34	400m: 5:13.89	38.13
39.	Alaine Dumont	De Watervogels	5:27.67	201102140	5:28.79 +0,70			
	50m: 33.84	33.84	150m: 1:52.92	40.36	250m: 3:18.30	44.05	350m: 4:45.76	43.14
	100m: 1:12.56	38.72	200m: 2:34.25	41.33	300m: 4:02.62	44.32	400m: 5:28.79	43.03