

Programmanr. 11
14-12-2024 - 8:52

Meisjes, 400m wisselslag

Gebjr 2011 - 2012
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Yill van Bezouw	Hieronymus	5:09.49	201100704	5:09.52 +0,78
	50m: 32.79	32.79 150m: 1:51.00	40.06 250m: 3:13.87	43.74 350m: 4:34.87	36.86
	100m: 1:10.94	38.15 200m: 2:30.13	39.13 300m: 3:58.01	44.14 400m: 5:09.52	34.65
2.	Malin Roozeboom	WVZ	5:14.70	201100006	5:14.10 +0,76
	50m: 34.63	34.63 150m: 1:53.66	39.11 250m: 3:17.65	45.14 350m: 4:39.33	36.44
	100m: 1:14.55	39.92 200m: 2:32.51	38.85 300m: 4:02.89	45.24 400m: 5:14.10	34.77
3.	Elin Reinstra	TriVia	5:19.23	201100842	5:17.33 +0,76
	50m: 35.64	35.64 150m: 1:56.57	39.02 250m: 3:20.31	46.11 350m: 4:43.07	36.11
	100m: 1:17.55	41.91 200m: 2:34.20	37.63 300m: 4:06.96	46.65 400m: 5:17.33	34.26
4.	Noa van Zalk	ZPC AMERSFOORT	5:24.89	201102534	5:23.10 +0,69
	50m: 33.48	33.48 150m: 1:55.80	42.48 250m: 3:24.43	47.87 350m: 4:48.28	36.48
	100m: 1:13.32	39.84 200m: 2:36.56	40.76 300m: 4:11.80	47.37 400m: 5:23.10	34.82
5.	Milou Filemon	Blue Marlins	5:24.11	201100078	5:23.71 +0,72
	50m: 33.31	33.31 150m: 1:54.17	40.01 250m: 3:21.77	48.35 350m: 4:47.40	37.61
	100m: 1:14.16	40.85 200m: 2:33.42	39.25 300m: 4:09.79	48.02 400m: 5:23.71	36.31
6.	Lola Verheijen	PSV	5:25.80	201100832	5:25.02 +0,73
	50m: 33.31	33.31 150m: 1:56.80	44.40 250m: 3:25.89	46.87 350m: 4:50.96	37.21
	100m: 1:12.40	39.09 200m: 2:39.02	42.22 300m: 4:13.75	47.86 400m: 5:25.02	34.06
7.	Anna Lepoutre	PSV	5:29.74	201100534	5:25.73 +0,72
	50m: 32.79	32.79 150m: 1:55.51	44.12 250m: 3:26.03	48.15 350m: 4:51.42	36.41
	100m: 1:11.39	38.60 200m: 2:37.88	42.37 300m: 4:15.01	48.98 400m: 5:25.73	34.31
8.	Ylène Zondervan	ZPC AMERSFOORT	5:24.98	201200016	5:26.00 +0,78
	50m: 34.95	34.95 150m: 1:57.05	40.65 250m: 3:25.23	47.74 350m: 4:50.49	37.60
	100m: 1:16.40	41.45 200m: 2:37.49	40.44 300m: 4:12.89	47.66 400m: 5:26.00	35.51
9.	Romée Smit	MSV-Zeemacht	5:31.08	201100438	5:26.53 +0,75
	50m: 34.88	34.88 150m: 1:55.98	38.93 250m: 3:24.78	49.27 350m: 4:51.00	39.49
	100m: 1:17.05	42.17 200m: 2:35.51	39.53 300m: 4:11.51	46.73 400m: 5:26.53	35.53
10.	Frédérique Nijziel	De Dolfijn	5:33.83	201103114	5:27.47 +0,73
	50m: 32.87	32.87 150m: 1:51.42	40.81 250m: 3:24.50	52.90 350m: 4:51.72	36.49
	100m: 1:10.61	37.74 200m: 2:31.60	40.18 300m: 4:15.23	50.73 400m: 5:27.47	35.75
11.	Elle van Gemeren	DAW	5:43.52	201100428	5:28.24 +0,76
	50m: 36.33	36.33 150m: 1:57.01	40.84 250m: 3:24.76	45.83 350m: 4:50.88	39.31
	100m: 1:16.17	39.84 200m: 2:38.93	41.92 300m: 4:11.57	46.81 400m: 5:28.24	37.36
12.	Lobke Hempenius	HZ&PC Heerenveen	5:38.49	201100522	5:29.04 +0,84
	50m: 35.85	35.85 150m: 2:02.75	41.51 250m: 3:28.85	46.36 350m: 4:52.38	37.83
	100m: 1:21.24	45.39 200m: 2:42.49	39.74 300m: 4:14.55	45.70 400m: 5:29.04	36.66
13.	Brechtje Slotweg	ZPC AMERSFOORT	5:33.65	201101744	5:29.97 +0,79
	50m: 33.29	33.29 150m: 1:54.75	41.99 250m: 3:25.73	49.98 350m: 4:54.05	38.10
	100m: 1:12.76	39.47 200m: 2:35.75	41.00 300m: 4:15.95	50.22 400m: 5:29.97	35.92
14.	Odenza Soselisa	Blue Marlins	5:31.64	201101780	5:31.67 +0,76
	50m: 33.21	33.21 150m: 1:53.63	41.62 250m: 3:24.23	49.29 350m: 4:53.60	40.42
	100m: 1:12.01	38.80 200m: 2:34.94	41.31 300m: 4:13.18	48.95 400m: 5:31.67	38.07
15.	Elke Kriesels	Hieronymus	5:37.87	201100898	5:32.26 +0,77
	50m: 34.84	34.84 150m: 1:59.83	42.65 250m: 3:32.01	49.75 350m: 4:56.91	36.57
	100m: 1:17.18	42.34 200m: 2:42.26	42.43 300m: 4:20.34	48.33 400m: 5:32.26	35.35
16.	Rozalia Diederiks	ZVL-1886	5:38.13	201100904	5:32.41 +0,84
	50m: 36.51	36.51 150m: 2:02.86	42.18 250m: 3:31.61	48.38 350m: 4:57.40	37.98
	100m: 1:20.68	44.17 200m: 2:43.23	40.37 300m: 4:19.42	47.81 400m: 5:32.41	35.01
17.	Julia Bannatyne	BZ&PC	5:42.08	201201020	5:36.37 +0,77
	50m: 35.46	35.46 150m: 1:59.19	41.64 250m: 3:33.43	52.04 350m: 5:01.63	37.22
	100m: 1:17.55	42.09 200m: 2:41.39	42.20 300m: 4:24.41	50.98 400m: 5:36.37	34.74
18.	Meike van der Klugt	WVZ	5:45.54	201100808	5:37.99 +0,85
	50m: 37.48	37.48 150m: 2:04.29	42.90 250m: 3:32.63	45.52 350m: 4:59.53	40.73
	100m: 1:21.39	43.91 200m: 2:47.11	42.82 300m: 4:18.80	46.17 400m: 5:37.99	38.46

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rang	naam	vereniging	intijd	tijd	RT
19.	Simone Brobbel	SG Hoeksche Waard	5:45.62	201200058	5:39.67 +0,77
	50m: 33.69	33.69 150m: 1:59.21	43.56	250m: 3:32.14	51.27 350m: 5:02.57
	100m: 1:15.65	41.96 200m: 2:40.87	41.66	300m: 4:24.49	52.35 400m: 5:39.67
20.	Sterre de Veen	Hellas-Glana	5:42.14	201100086	5:39.90 +0,73
	50m: 34.54	34.54 150m: 2:00.11	42.94	250m: 3:30.15	47.02 350m: 4:59.20
	100m: 1:17.17	42.63 200m: 2:43.13	43.02	300m: 4:18.44	48.29 400m: 5:39.90
21.	Norell Kroeze	ZC Polaris	5:43.98	201100378	5:41.76 +0,79
	50m: 37.37	37.37 150m: 2:07.46	44.45	250m: 3:39.29	48.73 350m: 5:06.27
	100m: 1:23.01	45.64 200m: 2:50.56	43.10	300m: 4:28.63	49.34 400m: 5:41.76
22.	Hanna Heller	ZPC AMERSFOORT	5:43.80	201102730	5:43.51 +0,94
	50m: 36.02	36.02 150m: 2:04.88	44.53	250m: 3:36.25	48.32 350m: 5:05.94
	100m: 1:20.35	44.33 200m: 2:47.93	43.05	300m: 4:25.63	49.38 400m: 5:43.51
23.	Esra Simon	Hellas-Glana	5:39.72	201100004	5:43.55 +0,78
	50m: 36.22	36.22 150m: 2:00.50	44.00	250m: 3:35.23	50.56 350m: 5:05.17
	100m: 1:16.50	40.28 200m: 2:44.67	44.17	300m: 4:25.33	50.10 400m: 5:43.55
24.	Noa Spaans	De Dolfijn	5:41.79	201100222	5:44.42 * +0,74
	50m: 37.31	37.31 150m: 2:06.12	42.38	250m: 3:38.88	50.13 350m: 5:06.50
	100m: 1:23.74	46.43 200m: 2:48.75	42.63	300m: 4:27.30	48.42 400m: 5:44.42
25.	Anouk Mulder	De Columbiaan	5:51.65	201200962	5:44.68 +0,80
	50m: 36.62	36.62 150m: 2:08.12	46.27	250m: 3:40.53	49.96 350m: 5:08.27
	100m: 1:21.85	45.23 200m: 2:50.57	42.45	300m: 4:29.07	48.54 400m: 5:44.68
26.	Julia Ketelaars	Hellas-Glana	5:37.34	201200028	5:44.73 +0,80
	50m: 35.78	35.78 150m: 2:00.99	44.31	250m: 3:36.49	50.44 350m: 5:05.70
	100m: 1:16.68	40.90 200m: 2:46.05	45.06	300m: 4:25.95	49.46 400m: 5:44.73
27.	Mette Hogenhuis	Zwemlust- den Hommel	5:53.59	201101254	5:45.93 +0,84
	50m: 36.52	36.52 150m: 2:03.98	43.14	250m: 3:37.88	51.29 350m: 5:09.02
	100m: 1:20.84	44.32 200m: 2:46.59	42.61	300m: 4:29.57	51.69 400m: 5:45.93
28.	Alissa Rooijackers	Z&PV Nuenen	5:47.73	201101892	5:46.51 +0,76
	50m: 36.15	36.15 150m: 2:02.37	41.78	250m: 3:33.67	50.26 350m: 5:07.48
	100m: 1:20.59	44.44 200m: 2:43.41	41.04	300m: 4:25.59	51.92 400m: 5:46.51
29.	Pien Walstra	De Treffers	5:42.37	201101034	5:47.92 +0,78
	50m: 37.73	37.73 150m: 2:06.85	45.01	250m: 3:41.89	50.97 350m: 5:12.78
	100m: 1:21.84	44.11 200m: 2:50.92	44.07	300m: 4:33.31	51.42 400m: 5:47.92
30.	Isabel Amelink	Deltasteur	5:51.16	201100196	5:49.02 +0,78
	50m: 35.29	35.29 150m: 2:05.45	46.88	250m: 3:39.70	49.01 350m: 5:10.27
	100m: 1:18.57	43.28 200m: 2:50.69	45.24	300m: 4:29.61	49.91 400m: 5:49.02
31.	Sara Creemers	Hellas-Glana	5:50.04	201100242	5:49.27 +0,73
	50m: 37.13	37.13 150m: 2:07.64	44.67	250m: 3:38.64	46.94 350m: 5:09.64
	100m: 1:22.97	45.84 200m: 2:51.70	44.06	300m: 4:27.06	48.42 400m: 5:49.27
32.	Mattea Gliese-Slooijer	De Dinkel	5:48.91	201100008	5:50.02 +0,85
	50m: 37.30	37.30 150m: 2:06.84	43.31	250m: 3:40.56	50.82 350m: 5:12.59
	100m: 1:23.53	46.23 200m: 2:49.74	42.90	300m: 4:32.85	52.29 400m: 5:50.02
33.	Esmee Reuver	ZC Polaris	5:51.30	201100846	5:51.52 +0,71
	50m: 38.30	38.30 150m: 2:09.54	41.26	250m: 3:40.75	50.12 350m: 5:12.34
	100m: 1:28.28	49.98 200m: 2:50.63	41.09	300m: 4:32.26	51.51 400m: 5:51.52
34.	Morrison Schram	De Schelde	5:50.08	201100686	5:52.48 +0,81
	50m: 38.39	38.39 150m: 2:11.65	45.24	250m: 3:45.33	48.22 350m: 5:15.41
	100m: 1:26.41	48.02 200m: 2:57.11	45.46	300m: 4:35.62	50.29 400m: 5:52.48
35.	Fanni Farkas	De Columbiaan	6:01.43	201100360	5:54.01 +0,77
	50m: 35.52	35.52 150m: 2:09.23	48.42	250m: 3:47.99	52.41 350m: 5:18.07
	100m: 1:20.81	45.29 200m: 2:55.58	46.35	300m: 4:40.70	52.71 400m: 5:54.01
36.	Alaine Dumont	De Watervogels	5:52.70	201102140	6:00.02 +0,73
	50m: 35.83	35.83 150m: 2:06.35	46.76	250m: 3:42.12	50.47 350m: 5:18.47
	100m: 1:19.59	43.76 200m: 2:51.65	45.30	300m: 4:34.03	51.91 400m: 6:00.02
37.	Amila Mustafic	DZ&PC	6:05.72	201200026	6:06.78 +0,74
	50m: 35.73	35.73 150m: 2:08.01	43.88	250m: 3:48.25	57.31 350m: 5:28.37
	100m: 1:24.13	48.40 200m: 2:50.94	42.93	300m: 4:47.93	59.68 400m: 6:06.78

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rang	naam	vereniging	intijd	tijd	RT
DIS	Vicky Horens	Hellas-Glana	5:35.14	201200252	
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>				
DIS	Isabella Ekberg	ZPC AMERSFOORT	5:46.89	201202206	
	<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder het keerpunt in te zetten.</i>				