

Programmanr. 14
 14-12-2024 - 9:49

Meisjes, 400m vrije slag

 Gebjr 2009 - 2012
 Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Fenne Metten	ZPC AMERSFOORT	4:34.49	201000102	4:24.85 +0,74
	50m: 29.79	29.79 150m: 1:36.51	33.71	250m: 2:43.80	33.81 350m: 3:52.36
	100m: 1:02.80	33.01 200m: 2:09.99	33.48	300m: 3:17.93	34.13 400m: 4:24.85
2.	Bregje Dekkers	PSV	4:28.60	200900746	4:25.40 +0,76
	50m: 30.92	30.92 150m: 1:38.59	33.79	250m: 2:46.26	33.95 350m: 3:53.11
	100m: 1:04.80	33.88 200m: 2:12.31	33.72	300m: 3:20.05	33.79 400m: 4:25.40
3.	Luus Gielens	PSV	4:33.92	200900138	4:26.34 +0,86
	50m: 30.92	30.92 150m: 1:39.29	34.36	250m: 2:47.23	34.05 350m: 3:53.83
	100m: 1:04.93	34.01 200m: 2:13.18	33.89	300m: 3:20.47	33.24 400m: 4:26.34
4.	Jasmine Vaartjes	Blue Marlins	4:30.86	200903658	4:27.56 +0,70
	50m: 30.47	30.47 150m: 1:37.83	34.18	250m: 2:46.71	34.47 350m: 3:55.26
	100m: 1:03.65	33.18 200m: 2:12.24	34.41	300m: 3:21.04	34.33 400m: 4:27.56
5.	Juliëtte Woltjes	VZC	4:28.40	200900774	4:28.01 +0,81
	50m: 30.80	30.80 150m: 1:38.46	33.83	250m: 2:46.48	34.26 350m: 3:55.01
	100m: 1:04.63	33.83 200m: 2:12.22	33.76	300m: 3:20.79	34.31 400m: 4:28.01
6.	Ilona Weisz	ZPC AMERSFOORT	4:38.53	201004146	4:31.78 +0,72
	50m: 30.40	30.40 150m: 1:37.71	34.66	250m: 2:47.23	34.88 350m: 3:57.62
	100m: 1:03.05	32.65 200m: 2:12.35	34.64	300m: 3:22.27	35.04 400m: 4:31.78
7.	Fenna Westerneng	DZ&PC	4:31.60	200900070	4:32.73 * +0,76
	50m: 30.84	30.84 150m: 1:39.54	34.80	250m: 2:48.51	34.40 350m: 3:57.82
	100m: 1:04.74	33.90 200m: 2:14.11	34.57	300m: 3:23.08	34.57 400m: 4:32.73
8.	Nina van der Schrier	AZC	4:31.68	201000444	4:34.00 +0,71
	50m: 30.15	30.15 150m: 1:37.88	34.60	250m: 2:47.85	35.24 350m: 3:58.93
	100m: 1:03.28	33.13 200m: 2:12.61	34.73	300m: 3:23.37	35.52 400m: 4:34.00
9.	Nina Tetteroo	De Columbiaan	4:46.23	201000048	4:38.79 +0,80
	50m: 31.37	31.37 150m: 1:41.31	35.62	250m: 2:52.78	35.61 350m: 4:04.03
	100m: 1:05.69	34.32 200m: 2:17.17	35.86	300m: 3:28.55	35.77 400m: 4:38.79
10.	Madeleine Bertram	De Dolfijn	4:37.58	200900516	4:40.08 +0,78
	50m: 30.89	30.89 150m: 1:39.87	34.85	250m: 2:51.30	36.00 350m: 4:04.46
	100m: 1:05.02	34.13 200m: 2:15.30	35.43	300m: 3:27.50	36.20 400m: 4:40.08
11.	Suuz Griekspoor	Noordwijkerhout	4:41.06	200901204	4:41.14 * +0,78
	50m: 30.73	30.73 150m: 1:40.64	35.54	250m: 2:53.82	36.69 350m: 4:05.99
	100m: 1:05.10	34.37 200m: 2:17.13	36.49	300m: 3:30.51	36.69 400m: 4:41.14
12.	Puck van Wees	De Dolfijn	4:45.66	200901020	4:43.59 +0,77
	50m: 31.39	31.39 150m: 1:42.44	36.11	250m: 2:55.58	36.08 350m: 4:08.29
	100m: 1:06.33	34.94 200m: 2:19.50	37.06	300m: 3:32.30	36.72 400m: 4:43.59
13.	Anne Engbersen	ZPC AMERSFOORT	4:45.04	201000044	4:43.62 +0,80
	50m: 30.83	30.83 150m: 1:41.86	36.39	250m: 2:55.33	36.56 350m: 4:09.17
	100m: 1:05.47	34.64 200m: 2:18.77	36.91	300m: 3:32.24	36.91 400m: 4:43.62
14.	Erin de Jong	GZC DONK	4:46.96	201000024	4:44.26 +0,89
	50m: 30.80	30.80 150m: 1:41.16	35.78	250m: 2:54.09	36.70 350m: 4:07.97
	100m: 1:05.38	34.58 200m: 2:17.39	36.23	300m: 3:31.17	37.08 400m: 4:44.26
15.	Simone Faber	Deltasteur	4:45.64	200900710	4:45.57 +0,74
	50m: 32.01	32.01 150m: 1:44.93	36.90	250m: 2:58.70	37.30 350m: 4:11.54
	100m: 1:08.03	36.02 200m: 2:21.40	36.47	300m: 3:36.11	37.41 400m: 4:45.57
16.	Raegan Belmar	Blue Marlins	4:46.09	201004070	4:45.59 +0,85
	50m: 30.78	30.78 150m: 1:41.84	36.14	250m: 2:55.87	37.43 350m: 4:10.06
	100m: 1:05.70	34.92 200m: 2:18.44	36.60	300m: 3:33.10	37.23 400m: 4:45.59
17.	Djelaysa Buunk	Z&PC De Zeeuwse Kust	4:42.51	200900536	4:46.27 +0,74
	50m: 31.66	31.66 150m: 1:43.23	36.10	250m: 2:55.79	36.48 350m: 4:10.86
	100m: 1:07.13	35.47 200m: 2:19.31	36.08	300m: 3:33.35	37.56 400m: 4:46.27
18.	Yanique Bax	ZPC AMERSFOORT	4:48.45	201001428	4:47.22 +0,70
	50m: 32.48	32.48 150m: 1:44.57	35.86	250m: 2:58.16	36.85 350m: 4:11.80
	100m: 1:08.71	36.23 200m: 2:21.31	36.74	300m: 3:34.91	36.75 400m: 4:47.22

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rang	naam	vereniging	intijd	tijd	RT
19.	Ilse Jongepier	TriVia	4:46.69	201000006	4:47.54 +0,78
	50m: 32.20	32.20 150m: 1:45.14	36.78	250m: 2:59.50	37.08 350m: 4:12.62
	100m: 1:08.36	36.16 200m: 2:22.42	37.28	300m: 3:36.25	36.75 400m: 4:47.54
20.	Elin Baars	DWK	4:49.60	201000138	4:48.05 +0,77
	50m: 32.82	32.82 150m: 1:45.87	36.72	250m: 3:00.34	37.51 350m: 4:13.48
	100m: 1:09.15	36.33 200m: 2:22.83	36.96	300m: 3:37.37	37.03 400m: 4:48.05
21.	Dante van Meene	DAW	4:49.91	200900678	4:48.50 +0,76
	50m: 32.31	32.31 150m: 1:44.80	36.55	250m: 2:58.45	37.03 350m: 4:12.49
	100m: 1:08.25	35.94 200m: 2:21.42	36.62	300m: 3:35.50	37.05 400m: 4:48.50
22.	Charlotte Landman	CWW Swimteam	4:48.66	200901290	4:49.63 +0,76
	50m: 31.65	31.65 150m: 1:44.39	36.85	250m: 2:58.50	37.01 350m: 4:13.17
	100m: 1:07.54	35.89 200m: 2:21.49	37.10	300m: 3:35.79	37.29 400m: 4:49.63
23.	Hadewych Forschelen	MNC Dordrecht	4:50.98	200903572	4:49.85 +0,69
	50m: 32.78	32.78 150m: 1:44.01	35.89	250m: 2:58.88	37.76 350m: 4:14.13
	100m: 1:08.12	35.34 200m: 2:21.12	37.11	300m: 3:36.87	37.99 400m: 4:49.85
24.	Daphne Dijsselhof	Dedemsvaart-AC	4:48.04	200901690	4:50.31 +0,85
	50m: 32.44	32.44 150m: 1:45.77	37.48	250m: 3:00.50	37.39 350m: 4:15.49
	100m: 1:08.29	35.85 200m: 2:23.11	37.34	300m: 3:38.23	37.73 400m: 4:50.31
25.	Jaydee Leenders	Aqua-Novio'94	4:49.31	200900112	4:50.47 +0,72
	50m: 31.84	31.84 150m: 1:44.76	36.76	250m: 2:58.96	37.22 350m: 4:14.44
	100m: 1:08.00	36.16 200m: 2:21.74	36.98	300m: 3:36.79	37.83 400m: 4:50.47
26.	Florien Pot	OZ&PC	4:46.81	201000768	4:50.98 +0,78
	50m: 33.50	33.50 150m: 1:46.98	36.86	250m: 3:02.60	37.82 350m: 4:17.07
	100m: 1:10.12	36.62 200m: 2:24.78	37.80	300m: 3:40.05	37.45 400m: 4:50.98
27.	Emma Steenbrink	OZ&PC	4:47.09	200901376	4:51.59 +0,77
	50m: 32.19	32.19 150m: 1:44.33	36.55	250m: 3:00.73	38.61 350m: 4:16.80
	100m: 1:07.78	35.59 200m: 2:22.12	37.79	300m: 3:39.07	38.34 400m: 4:51.59
28.	Yuna van den Idsert	DAW	4:50.87	201001196	4:53.09 +0,79
	50m: 33.14	33.14 150m: 1:46.68	37.03	250m: 3:01.91	37.94 350m: 4:17.06
	100m: 1:09.65	36.51 200m: 2:23.97	37.29	300m: 3:39.59	37.68 400m: 4:53.09
29.	Chiara Lammertink	ZPC AMERSFOORT	4:39.88	200902200	4:53.44 +0,76
	50m: 31.02	31.02 150m: 1:41.47	35.56	250m: 2:54.40	36.44 350m: 4:13.11
	100m: 1:05.91	34.89 200m: 2:17.96	36.49	300m: 3:33.05	38.65 400m: 4:53.44
30.	Linou van Kampen	ZPCH	4:52.19	201000594	4:55.94 +0,91
	50m: 34.24	34.24 150m: 1:48.94	37.82	250m: 3:05.93	38.15 350m: 4:20.80
	100m: 1:11.12	36.88 200m: 2:27.78	38.84	300m: 3:43.70	37.77 400m: 4:55.94
31.	Mandy Berndsén	VZC	4:52.36	201001138	5:00.03 +0,81
	50m: 32.50	32.50 150m: 1:47.27	38.11	250m: 3:04.22	38.55 350m: 4:22.46
	100m: 1:09.16	36.66 200m: 2:25.67	38.40	300m: 3:43.73	39.51 400m: 5:00.03
32.	Wieke Dekker	De Dolfijn	4:50.96	201002020	5:02.74 +0,85
	50m: 34.79	34.79 150m: 1:52.19	39.20	250m: 3:09.39	38.47 350m: 4:26.67
	100m: 1:12.99	38.20 200m: 2:30.92	38.73	300m: 3:48.39	39.00 400m: 5:02.74
NG	Karlijn Siderius	DWK	4:50.37	200900032	
NG	Kinley Cole	PSV	4:44.09	200903696	