

Programmanr. 3  
 13-12-2024 - 16:26

Meisjes, 400m wisselslag

 Gebjr 2009 - 2012  
 Resultaten

rang	naam	vereniging	intijd			tijd			RT
1.	Juliëtte Woltjes <i>Kampioenschapsrecord</i>	VZC	5:01.36			200900774			<b>4:57.36</b> +0,78
	50m: 31.08	31.08	150m: 1:45.99	38.68	250m: 3:05.99	41.46	350m: 4:24.58	34.96	
	100m: 1:07.31	36.23	200m: 2:24.53	38.54	300m: 3:49.62	43.63	400m: 4:57.36	32.78	
2.	Elin Ditewig	VZC	4:57.58			200900392			<b>4:57.71</b> +0,64
	50m: 30.87	30.87	150m: 1:43.57	37.44	250m: 3:05.18	44.29	350m: 4:25.13	35.53	
	100m: 1:06.13	35.26	200m: 2:20.89	37.32	300m: 3:49.60	44.42	400m: 4:57.71	32.58	
3.	Jasmine Vaartjes	Blue Marlins	5:03.83			200903658			<b>4:57.73</b> +0,71
	50m: 30.53	30.53	150m: 1:44.33	38.59	250m: 3:06.11	43.63	350m: 4:24.98	34.69	
	100m: 1:05.74	35.21	200m: 2:22.48	38.15	300m: 3:50.29	44.18	400m: 4:57.73	32.75	
4.	Luus Gielens	PSV	5:07.37			200900138			<b>5:04.69</b> +0,81
	50m: 31.38	31.38	150m: 1:46.51	37.92	250m: 3:08.50	44.02	350m: 4:29.61	35.49	
	100m: 1:08.59	37.21	200m: 2:24.48	37.97	300m: 3:54.12	45.62	400m: 5:04.69	35.08	
5.	Bregje Dekkers	PSV	5:07.64			200900746			<b>5:06.02</b> +0,67
	50m: 31.79	31.79	150m: 1:48.35	39.81	250m: 3:11.28	44.46	350m: 4:32.21	34.84	
	100m: 1:08.54	36.75	200m: 2:26.82	38.47	300m: 3:57.37	46.09	400m: 5:06.02	33.81	
6.	Fenne Metten	ZPC AMERSFOORT	5:16.83			201000102			<b>5:11.43</b> +0,75
	50m: 32.19	32.19	150m: 1:48.88	38.57	250m: 3:13.04	46.61	350m: 4:36.80	36.54	
	100m: 1:10.31	38.12	200m: 2:26.43	37.55	300m: 4:00.26	47.22	400m: 5:11.43	34.63	
7.	Jenny Muntinga	ZPCH	5:30.03			200900450			<b>5:16.10</b> +0,67
	50m: 32.57	32.57	150m: 1:51.49	40.21	250m: 3:17.27	46.00	350m: 4:40.40	36.72	
	100m: 1:11.28	38.71	200m: 2:31.27	39.78	300m: 4:03.68	46.41	400m: 5:16.10	35.70	
8.	Lotte Lübbers	KSN (SG)	5:21.42			200900190			<b>5:18.50</b> +0,72
	50m: 32.67	32.67	150m: 1:50.73	39.98	250m: 3:16.14	46.47	350m: 4:42.23	37.48	
	100m: 1:10.75	38.08	200m: 2:29.67	38.94	300m: 4:04.75	48.61	400m: 5:18.50	36.27	
9.	Mia Hoeflaken	PSV	5:25.16			201004108			<b>5:19.32</b> +0,73
	50m: 33.02	33.02	150m: 1:54.95	42.89	250m: 3:21.42	44.38	350m: 4:43.45	37.66	
	100m: 1:12.06	39.04	200m: 2:37.04	42.09	300m: 4:05.79	44.37	400m: 5:19.32	35.87	
10.	Esmaé de Gans	ZPC AMERSFOORT	5:29.70			200900134			<b>5:20.12</b> * +0,75
	50m: 32.17	32.17	150m: 1:52.23	41.73	250m: 3:18.01	45.27	350m: 4:43.61	37.91	
	100m: 1:10.50	38.33	200m: 2:32.74	40.51	300m: 4:05.70	47.69	400m: 5:20.12	36.51	
11.	Suuz Griekspoor	Noordwijkerhout	5:20.92			200901204			<b>5:21.57</b> +0,74
	50m: 33.00	33.00	150m: 1:53.99	41.04	250m: 3:20.13	45.24	350m: 4:45.19	38.21	
	100m: 1:12.95	39.95	200m: 2:34.89	40.90	300m: 4:06.98	46.85	400m: 5:21.57	36.38	
12.	Elin Baars	DWK	5:33.22			201000138			<b>5:23.27</b> +0,82
	50m: 33.98	33.98	150m: 1:57.33	42.17	250m: 3:24.71	45.41	350m: 4:47.96	36.56	
	100m: 1:15.16	41.18	200m: 2:39.30	41.97	300m: 4:11.40	46.69	400m: 5:23.27	35.31	
13.	Myrthe Stelten	Hellas-Glana	5:12.02			200900234			<b>5:23.32</b> * +0,76
	50m: 32.71	32.71	150m: 1:53.16	40.63	250m: 3:17.83	44.32	350m: 4:44.19	40.87	
	100m: 1:12.53	39.82	200m: 2:33.51	40.35	300m: 4:03.32	45.49	400m: 5:23.32	39.13	
14.	Rixt Rothschild	ZPC Hoogeveen	5:33.17			200900026			<b>5:23.53</b> +0,74
	50m: 34.26	34.26	150m: 1:57.86	42.25	250m: 3:24.53	44.61	350m: 4:47.40	37.96	
	100m: 1:15.61	41.35	200m: 2:39.92	42.06	300m: 4:09.44	44.91	400m: 5:23.53	36.13	
15.	Erin de Jong	GZC DONK	5:22.92			201000024			<b>5:25.55</b> * +0,88
	50m: 32.85	32.85	150m: 1:51.59	40.06	250m: 3:21.01	49.61	350m: 4:48.80	37.95	
	100m: 1:11.53	38.68	200m: 2:31.40	39.81	300m: 4:10.85	49.84	400m: 5:25.55	36.75	
16.	Mandy Berndsen	VZC	5:33.38			201001138			<b>5:25.65</b> +0,76
	50m: 33.47	33.47	150m: 1:56.11	42.09	250m: 3:23.71	46.14	350m: 4:48.72	37.72	
	100m: 1:14.02	40.55	200m: 2:37.57	41.46	300m: 4:11.00	47.29	400m: 5:25.65	36.93	
17.	Raegan Belmar	Blue Marlins	5:29.38			201004070			<b>5:25.67</b> +0,86
	50m: 33.48	33.48	150m: 1:53.58	40.41	250m: 3:24.94	50.50	350m: 4:49.35	35.77	
	100m: 1:13.17	39.69	200m: 2:34.44	40.86	300m: 4:13.58	48.64	400m: 5:25.67	36.32	
18.	Linou van Kampen	ZPCH	5:35.92			201000594			<b>5:26.76</b> +0,83
	50m: 34.24	34.24	150m: 1:58.00	43.07	250m: 3:24.60	44.45	350m: 4:49.12	38.63	
	100m: 1:14.93	40.69	200m: 2:40.15	42.15	300m: 4:10.49	45.89	400m: 5:26.76	37.64	

## Programmanr. 3, Meisjes, 400m wisselslag, Gebjr 2009 - 2012

rang	naam	vereniging	intijd	201000016	tijd	RT
19.	Tess van de Steeg	WVZ	5:30.78	201000016	<b>5:27.47</b>	+0,78
	50m: 34.21	34.21 150m: 1:56.44	41.71	250m: 3:23.17	350m: 4:49.28	39.18
	100m: 1:14.73	40.52 200m: 2:36.79	40.35	300m: 4:10.10	400m: 5:27.47	38.19
20.	Djelaysa Buunk	Z&PC De Zeeuwse Kust	5:33.35	200900536	<b>5:28.02</b>	+0,78
	50m: 34.38	34.38 150m: 2:00.53	43.79	250m: 3:28.19	350m: 4:51.50	37.94
	100m: 1:16.74	42.36 200m: 2:43.77	43.24	300m: 4:13.56	400m: 5:28.02	36.52
21.	Hadewych Forschelen	MNC Dordrecht	5:37.90	200903572	<b>5:29.74</b>	+0,76
	50m: 35.10	35.10 150m: 1:57.44	41.89	250m: 3:27.43	350m: 4:54.23	37.72
	100m: 1:15.55	40.45 200m: 2:39.05	41.61	300m: 4:16.51	400m: 5:29.74	35.51
22.	Nina Tetteroo	De Columbiaan	5:34.04	201000048	<b>5:30.21</b>	+0,84
	50m: 36.16	36.16 150m: 2:01.89	41.79	250m: 3:30.48	350m: 4:54.84	36.67
	100m: 1:20.10	43.94 200m: 2:43.10	41.21	300m: 4:18.17	400m: 5:30.21	35.37
23.	Ilse Jongepier	TriVia	5:34.18	201000006	<b>5:30.62</b>	+0,75
	50m: 36.33	36.33 150m: 2:02.79	42.32	250m: 3:31.79	350m: 4:56.23	35.22
	100m: 1:20.47	44.14 200m: 2:44.18	41.39	300m: 4:21.01	400m: 5:30.62	34.39
24.	Florien Pot	OZ&PC	5:33.65	201000768	<b>5:32.33</b>	+0,84
	50m: 34.66	34.66 150m: 1:59.68	43.60	250m: 3:31.28	350m: 4:55.92	37.52
	100m: 1:16.08	41.42 200m: 2:41.19	41.51	300m: 4:18.40	400m: 5:32.33	36.41
25.	Jasmijn Schoonen	Wiekslag	5:36.18	200901196	<b>5:32.73</b>	+0,84
	50m: 35.98	35.98 150m: 2:02.98	43.08	250m: 3:30.68	350m: 4:55.90	38.87
	100m: 1:19.90	43.92 200m: 2:45.47	42.49	300m: 4:17.03	400m: 5:32.73	36.83
26.	Jayna Wagemakers	Hieronymus	5:39.31	201000226	<b>5:32.88</b> *	+0,76
	50m: 35.87	35.87 150m: 1:59.91	39.59	250m: 3:29.38	350m: 4:55.97	40.63
	100m: 1:20.32	44.45 200m: 2:41.11	41.20	300m: 4:15.34	400m: 5:32.88	36.91
27.	Femke ter Horst	ZPC Hoogeveen	5:36.53	201000108	<b>5:33.45</b>	+0,79
	50m: 34.08	34.08 150m: 1:56.99	42.31	250m: 3:28.60	350m: 4:55.54	38.39
	100m: 1:14.68	40.60 200m: 2:38.49	41.50	300m: 4:17.15	400m: 5:33.45	37.91
28.	Romy de Graaf	Hellas-Glana	5:36.55	201003660	<b>5:34.24</b>	+0,72
	50m: 33.31	33.31 150m: 1:55.57	41.45	250m: 3:27.48	350m: 4:58.08	40.63
	100m: 1:14.12	40.81 200m: 2:37.09	41.52	300m: 4:18.41	400m: 5:34.24	36.16
29.	Breanna Belmar	Blue Marlins	5:37.69	201004068	<b>5:34.46</b>	+0,76
	50m: 34.01	34.01 150m: 2:01.49	43.38	250m: 3:31.61	350m: 4:58.44	37.43
	100m: 1:18.11	44.10 200m: 2:44.70	43.21	300m: 4:21.01	400m: 5:34.46	36.02
30.	Manou Longayroux	Blue Marlins	5:31.94	201000580	<b>5:34.48</b>	+0,68
	50m: 33.59	33.59 150m: 1:57.36	43.59	250m: 3:28.35	350m: 4:56.69	40.15
	100m: 1:13.77	40.18 200m: 2:40.83	43.47	300m: 4:16.54	400m: 5:34.48	37.79
31.	Daphne Dijsselhof	Dedemsvaart-AC	5:38.78	200901690	<b>5:34.62</b>	+0,80
	50m: 35.95	35.95 150m: 2:02.18	42.26	250m: 3:33.53	350m: 5:00.29	37.54
	100m: 1:19.92	43.97 200m: 2:44.23	42.05	300m: 4:22.75	400m: 5:34.62	34.33
32.	Dante van Meene	DAW	5:40.17	200900678	<b>5:35.20</b>	+0,75
	50m: 36.87	36.87 150m: 2:06.68	42.94	250m: 3:33.98	350m: 4:58.32	38.30
	100m: 1:23.74	46.87 200m: 2:49.60	42.92	300m: 4:20.02	400m: 5:35.20	36.88
33.	Silke Hooghiemstra	HZ&PC Heerenveen	5:21.58	200901224	<b>5:35.34</b>	+0,73
	50m: 30.68	30.68 150m: 1:46.75	39.41	250m: 3:20.08	350m: 4:54.74	41.52
	100m: 1:07.34	36.66 200m: 2:26.81	40.06	300m: 4:13.22	400m: 5:35.34	40.60
34.	Simone Faber	Deltasteur	5:32.30	200900710	<b>5:35.75</b>	+0,75
	50m: 34.46	34.46 150m: 2:00.52	43.52	250m: 3:30.86	350m: 4:59.43	38.58
	100m: 1:17.00	42.54 200m: 2:42.08	41.56	300m: 4:20.85	400m: 5:35.75	36.32
35.	Nienke Bulter	De Dinkel	5:36.26	200902188	<b>5:36.80</b>	+0,81
	50m: 35.61	35.61 150m: 1:59.39	43.25	250m: 3:28.75	350m: 4:58.22	40.38
	100m: 1:16.14	40.53 200m: 2:42.26	42.87	300m: 4:17.84	400m: 5:36.80	38.58
36.	Renske van den Bosch	V.Z.V. Njord	5:42.25	201001828	<b>5:37.34</b> *	+0,87
	50m: 37.02	37.02 150m: 2:01.34	41.20	250m: 3:32.78	350m: 4:59.63	37.85
	100m: 1:20.14	43.12 200m: 2:43.51	42.17	300m: 4:21.78	400m: 5:37.34	37.71
37.	Fardau Cazemier	ZCNF'34	5:41.18	200901736	<b>5:38.24</b>	+0,84
	50m: 37.10	37.10 150m: 2:04.44	44.06	250m: 3:35.82	350m: 5:02.55	38.98
	100m: 1:20.38	43.28 200m: 2:47.87	43.43	300m: 4:23.57	400m: 5:38.24	35.69

Programmanr. 3, Meisjes, 400m wisselslag, Gebjr 2009 - 2012

rang	naam	vereniging	intijd		tijd	RT
38.	Emma Steenbrink	OZ&PC	5:37.29	200901376	<b>5:38.52</b>	+0,74
	50m: 35.32	35.32 150m: 2:01.03	40.85 250m: 3:32.73	51.65	350m: 5:02.12	38.01
	100m: 1:20.18	44.86 200m: 2:41.08	40.05 300m: 4:24.11	51.38	400m: 5:38.52	36.40
39.	Alaine Lomans	Hellas-Glana	5:40.52	201000420	<b>5:39.42</b>	+0,58
	50m: 34.54	34.54 150m: 1:58.85	43.62 250m: 3:31.65	49.18	350m: 5:00.37	39.71
	100m: 1:15.23	40.69 200m: 2:42.47	43.62 300m: 4:20.66	49.01	400m: 5:39.42	39.05
40.	Yara van Asselen	De Dolfijn	5:39.53	200900408	<b>5:40.23</b>	+0,78
	50m: 35.82	35.82 150m: 2:01.75	42.81 250m: 3:33.06	49.53	350m: 5:02.47	39.46
	100m: 1:18.94	43.12 200m: 2:43.53	41.78 300m: 4:23.01	49.95	400m: 5:40.23	37.76
41.	Wieke Dekker	De Dolfijn	5:35.74	201002020	<b>5:41.10</b>	+0,80
	50m: 38.09	38.09 150m: 2:08.58	44.34 250m: 3:36.70	45.57	350m: 5:03.42	39.79
	100m: 1:24.24	46.15 200m: 2:51.13	42.55 300m: 4:23.63	46.93	400m: 5:41.10	37.68
42.	Lili Oosting	DWK	5:38.29	200900384	<b>5:42.72</b>	+0,79
	50m: 36.15	36.15 150m: 2:01.10	42.74 250m: 3:35.19	52.00	350m: 5:05.11	39.03
	100m: 1:18.36	42.21 200m: 2:43.19	42.09 300m: 4:26.08	50.89	400m: 5:42.72	37.61
43.	Myrthe Rozendaal	Aqua-Novio'94	5:41.33	201000790	<b>5:43.89</b>	+0,83
	50m: 37.07	37.07 150m: 2:08.28	43.89 250m: 3:37.06	46.23	350m: 5:05.70	40.33
	100m: 1:24.39	47.32 200m: 2:50.83	42.55 300m: 4:25.37	48.31	400m: 5:43.89	38.19
44.	Lise Markes	SBC2000	5:42.49	201101276	<b>5:44.17</b>	+0,77
	50m: 34.66	34.66 150m: 2:03.32	46.21 250m: 3:36.80	49.81	350m: 5:06.62	40.43
	100m: 1:17.11	42.45 200m: 2:46.99	43.67 300m: 4:26.19	49.39	400m: 5:44.17	37.55
45.	Eefje van Hinsbergen	Blue Marlins	5:38.51	201002252	<b>5:45.57</b> *	+0,65
	50m: 34.70	34.70 150m: 2:03.08	44.53 250m: 3:35.26	46.86	350m: 5:04.49	40.40
	100m: 1:18.55	43.85 200m: 2:48.40	45.32 300m: 4:24.09	48.83	400m: 5:45.57	41.08
46.	Jesmé Haytink	WS Twente	5:43.04	201000382	<b>5:51.44</b>	+0,69
	50m: 34.85	34.85 150m: 2:04.78	46.24 250m: 3:38.30	49.16	350m: 5:10.35	41.60
	100m: 1:18.54	43.69 200m: 2:49.14	44.36 300m: 4:28.75	50.45	400m: 5:51.44	41.09
DIS	Laura Dumont	SG Patrick - De Roersoppers	5:39.71	200900020		
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>					
DIS	Anna Strang van Hees	De Duinkickers	5:34.77	200902566		+0,85
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>					
NG	Karlijn Siderius	DWK	5:33.43	200900032		