

Programmanr. 3
09-12-2022 - 17:00

Meisjes, 400m wisselslag

Junioren 3 en 4
Resultaten

Punten: FINA 2022

rang	naam	vereniging	200800112	tijd	RT	FINA para
1.	Frouke Ludwig <i>Kampioenschapsrecord</i>	DZ&PC	200800112	4:58.49	+0,72	652
	50m: 30.20 30.20 150m: 1:41.40 36.11 250m: 3:01.83 44.53 350m: 4:24.19 37.08 100m: 1:05.29 35.09 200m: 2:17.30 35.90 300m: 3:47.11 45.28 400m: 4:58.49 34.30					
2.	Dachen Haaijer	ZPC Hoogeveen	200800380	4:58.88	+0,76	650
	50m: 32.85 32.85 150m: 1:49.12 37.94 250m: 3:08.46 42.71 350m: 4:26.24 35.32 100m: 1:11.18 38.33 200m: 2:25.75 36.63 300m: 3:50.92 42.46 400m: 4:58.88 32.64					
3.	Nova Nijziel	PSV	200804416	4:59.37	+0,66	647
	50m: 31.28 31.28 150m: 1:45.15 37.66 250m: 3:05.47 43.76 350m: 4:25.59 35.80 100m: 1:07.49 36.21 200m: 2:21.71 36.56 300m: 3:49.79 44.32 400m: 4:59.37 33.78					
4.	Fay Boxum	DZ&PC	200900060	5:12.23	+0,77	570
	50m: 32.57 32.57 150m: 1:50.64 38.15 250m: 3:13.04 44.56 350m: 4:36.25 37.30 100m: 1:12.49 39.92 200m: 2:28.48 37.84 300m: 3:58.95 45.91 400m: 5:12.23 35.98					
5.	Robine Moot	ZPC AMERSFOORT	200900330	5:12.73	+0,83	567
	50m: 34.08 34.08 150m: 1:54.32 40.10 250m: 3:18.35 43.94 350m: 4:38.25 35.44 100m: 1:14.22 40.14 200m: 2:34.41 40.09 300m: 4:02.81 44.46 400m: 5:12.73 34.48					
6.	Meyke v. Nimwegen	De Schoteijl	200800106	5:15.61	+0,73	552
	50m: 32.04 32.04 150m: 1:48.36 38.76 250m: 3:11.05 44.90 350m: 4:37.25 39.09 100m: 1:09.60 37.56 200m: 2:26.15 37.79 300m: 3:58.16 47.11 400m: 5:15.61 38.36					
7.	Jinth Engelse	Niemo Barracuda	200800204	5:16.77	+0,74	546
	50m: 32.58 32.58 150m: 1:49.81 39.00 250m: 3:16.92 47.07 350m: 4:41.36 36.84 100m: 1:10.81 38.23 200m: 2:29.85 40.04 300m: 4:04.52 47.60 400m: 5:16.77 35.41					
8.	Flóra Szili-Torok	Blue Marlins	200800114	5:16.83	+0,78	545
	50m: 32.57 32.57 150m: 1:50.43 39.83 250m: 3:15.18 45.36 350m: 4:40.16 37.70 100m: 1:10.60 38.03 200m: 2:29.82 39.39 300m: 4:02.46 47.28 400m: 5:16.83 36.67					
9.	Juliette Woltjes	VZC	200900774	5:17.79	+0,80	540
	50m: 32.48 32.48 150m: 1:53.32 41.41 250m: 3:19.52 45.75 350m: 4:42.65 36.01 100m: 1:11.91 39.43 200m: 2:33.77 40.45 300m: 4:06.64 47.12 400m: 5:17.79 35.14					
10.	Elin Ditewig	VZC	200900392	5:21.94	+0,82	520
	50m: 32.28 32.28 150m: 1:50.59 39.20 250m: 3:19.90 49.54 350m: 4:45.48 36.64 100m: 1:11.39 39.11 200m: 2:30.36 39.77 300m: 4:08.84 48.94 400m: 5:21.94 36.46					
11.	Emmelien Smelt	ZVZwartsluis	200800012	5:22.29	+0,81	518
	50m: 31.76 31.76 150m: 1:51.00 41.06 250m: 3:18.67 47.09 350m: 4:46.26 39.49 100m: 1:09.94 38.18 200m: 2:31.58 40.58 300m: 4:06.77 48.10 400m: 5:22.29 36.03					
12.	Pascalie Smal	DAW	200802958	5:22.41	+0,64	518
	50m: 32.70 32.70 150m: 1:54.85 43.65 250m: 3:21.46 44.44 350m: 4:45.91 38.94 100m: 1:11.20 38.50 200m: 2:37.02 42.17 300m: 4:06.97 45.51 400m: 5:22.41 36.50					
13.	Laura van Etten	HZ&PC Heerenveen	200800264	5:23.72	+0,74	511
	50m: 33.30 33.30 150m: 1:52.78 37.49 250m: 3:19.13 48.68 350m: 4:46.05 37.69 100m: 1:15.29 41.99 200m: 2:30.45 37.67 300m: 4:08.36 49.23 400m: 5:23.72 37.67					
14.	Mijke Ouderkerken	Blue Marlins	200901254	5:23.74	+0,71	511
	50m: 33.50 33.50 150m: 1:55.16 42.16 250m: 3:23.12 45.84 350m: 4:47.53 37.06 100m: 1:13.00 39.50 200m: 2:37.28 42.12 300m: 4:10.47 47.35 400m: 5:23.74 36.21					
15.	Hannah Markovinic	WS Twente	200803266	5:25.52	+0,64	503
	50m: 33.08 33.08 150m: 1:53.57 41.24 250m: 3:22.30 47.84 350m: 4:48.70 38.00 100m: 1:12.33 39.25 200m: 2:34.46 40.89 300m: 4:10.70 48.40 400m: 5:25.52 36.82					
16.	Tess Vonk	De Geul	200900024	5:25.65	+0,52	502
	50m: 31.64 31.64 150m: 1:51.98 43.34 250m: 3:19.36 45.11 350m: 4:46.75 41.33 100m: 1:08.64 37.00 200m: 2:34.25 42.27 300m: 4:05.42 46.06 400m: 5:25.65 38.90					
17.	Amber Kunst	DAW	200900680	5:27.77	+0,68	493
	50m: 34.34 34.34 150m: 1:57.94 41.60 250m: 3:23.58 45.45 350m: 4:50.08 40.22 100m: 1:16.34 42.00 200m: 2:38.13 40.19 300m: 4:09.86 46.28 400m: 5:27.77 37.69					
18.	Julie van Nispen	Z&PV Nuenen	200800290	5:27.91	+0,79	492
	50m: 35.24 35.24 150m: 2:00.18 41.93 250m: 3:26.31 46.67 350m: 4:52.44 38.55 100m: 1:18.25 43.01 200m: 2:39.64 39.46 300m: 4:13.89 47.58 400m: 5:27.91 35.47					

Programmanr. 3, Meisjes, 400m wisselslag, Junioren 3 en 4

rang	naam	vereniging	tijd	RT	FINA para			
19.	Caitlin Sülter	VZC	200900046	5:27.92	+0,76 492			
	50m: 32.17	32.17	150m: 1:54.19	42.15	250m: 3:24.45	48.39	350m: 4:51.87	39.41
	100m: 1:12.04	39.87	200m: 2:36.06	41.87	300m: 4:12.46	48.01	400m: 5:27.92	36.05
20.	Luus Gielens	Hellas-Glana	200900138	5:28.06	+0,94 491			
	50m: 35.01	35.01	150m: 1:56.66	40.09	250m: 3:24.50	47.48	350m: 4:51.19	38.14
	100m: 1:16.57	41.56	200m: 2:37.02	40.36	300m: 4:13.05	48.55	400m: 5:28.06	36.87
21.	Jenny Muntinga	ZPCH	200900450	5:30.22	+0,63 482			
	50m: 35.27	35.27	150m: 1:59.15	42.01	250m: 3:26.83	45.96	350m: 4:53.43	38.42
	100m: 1:17.14	41.87	200m: 2:40.87	41.72	300m: 4:15.01	48.18	400m: 5:30.22	36.79
22.	Jannoula Jaspers	De Vikings	200800202	5:31.39	+0,78 477			
	50m: 33.34	33.34	150m: 1:59.62	42.58	250m: 3:26.56	46.31	350m: 4:54.01	41.06
	100m: 1:17.04	43.70	200m: 2:40.25	40.63	300m: 4:12.95	46.39	400m: 5:31.39	37.38
23.	Marlouke Frijstein	ZV 44	200800152	5:31.57	+0,73 476			
	50m: 35.25	35.25	150m: 1:59.40	42.65	250m: 3:28.56	46.68	350m: 4:54.41	38.23
	100m: 1:16.75	41.50	200m: 2:41.88	42.48	300m: 4:16.18	47.62	400m: 5:31.57	37.16
24.	Grace Peters	Blue Marlins	200901474	5:32.25	+0,77 473			
	50m: 33.40	33.40	150m: 1:57.20	43.37	250m: 3:27.46	47.48	350m: 4:54.88	39.55
	100m: 1:13.83	40.43	200m: 2:39.98	42.78	300m: 4:15.33	47.87	400m: 5:32.25	37.37
25.	Lotte Lübbers	KSN (SG)	200900190	5:32.64	+0,79 471			
	50m: 35.83	35.83	150m: 2:01.02	42.84	250m: 3:29.77	47.96	350m: 4:56.23	37.55
	100m: 1:18.18	42.35	200m: 2:41.81	40.79	300m: 4:18.68	48.91	400m: 5:32.64	36.41
26.	Diede de Vries	De Fuut	200803558	5:34.20	+0,74 465			
	50m: 36.00	36.00	150m: 2:05.13	45.56	250m: 3:33.59	44.42	350m: 4:57.08	38.72
	100m: 1:19.57	43.57	200m: 2:49.17	44.04	300m: 4:18.36	44.77	400m: 5:34.20	37.12
27.	Vera Bastiaensen	Hieronymus	200800572	5:34.74	+0,80 462			
	50m: 35.91	35.91	150m: 2:02.18	42.94	250m: 3:30.78	46.55	350m: 4:56.87	39.97
	100m: 1:19.24	43.33	200m: 2:44.23	42.05	300m: 4:16.90	46.12	400m: 5:34.74	37.87
28.	Tessa Hoogstraten	De Columbiaan	200800544	5:35.13	+0,66 461			
	50m: 33.92	33.92	150m: 1:56.24	41.14	250m: 3:27.32	50.10	350m: 4:57.71	39.11
	100m: 1:15.10	41.18	200m: 2:37.22	40.98	300m: 4:18.60	51.28	400m: 5:35.13	37.42
29.	Liv Heijdra	Feijenoord Albion	200800736	5:35.55	+0,72 459			
	50m: 33.06	33.06	150m: 1:56.94	43.31	250m: 3:25.15	46.19	350m: 4:57.71	42.25
	100m: 1:13.63	40.57	200m: 2:38.96	42.02	300m: 4:15.46	50.31	400m: 5:35.55	37.84
30.	Sofie Vos	ZPC Hoogeveen	200800804	5:35.68	+0,80 459			
	50m: 36.90	36.90	150m: 2:00.84	40.80	250m: 3:29.93	49.00	350m: 4:59.11	38.70
	100m: 1:20.04	43.14	200m: 2:40.93	40.09	300m: 4:20.41	50.48	400m: 5:35.68	36.57
31.	Madeleine Bertram	WZ&PC Purmerend	200900516	5:38.29	+0,95 448			
	50m: 35.49	35.49	150m: 2:00.50	41.76	250m: 3:31.35	50.07	350m: 5:00.95	38.91
	100m: 1:18.74	43.25	200m: 2:41.28	40.78	300m: 4:22.04	50.69	400m: 5:38.29	37.34
32.	Ece Ongoren	Blue Marlins	200903862	5:41.11	+0,74 437			
	50m: 38.00	38.00	150m: 2:05.29	42.33	250m: 3:36.63	49.57	350m: 5:03.82	38.63
	100m: 1:22.96	44.96	200m: 2:47.06	41.77	300m: 4:25.19	48.56	400m: 5:41.11	37.29
33.	Fleur van den Eijk	Blue Marlins	200900304	5:41.53	+0,64 435			
	50m: 34.41	34.41	150m: 1:57.99	42.28	250m: 3:30.47	50.33	350m: 5:02.88	40.20
	100m: 1:15.71	41.30	200m: 2:40.14	42.15	300m: 4:22.68	52.21	400m: 5:41.53	38.65
34.	Myrthe Stelten	Hellas-Glana	200900234	5:42.73	+0,81 431			
	50m: 35.42	35.42	150m: 2:05.18	45.56	250m: 3:35.50	45.95	350m: 5:04.35	42.18
	100m: 1:19.62	44.20	200m: 2:49.55	44.37	300m: 4:22.17	46.67	400m: 5:42.73	38.38
35.	Nienke Koster	ZPC Hoogeveen	200900612	5:44.88	+0,68 423			
	50m: 34.48	34.48	150m: 1:58.59	41.35	250m: 3:30.51	50.35	350m: 5:04.15	42.05
	100m: 1:17.24	42.76	200m: 2:40.16	41.57	300m: 4:22.10	51.59	400m: 5:44.88	40.73
36.	Fenna Westerneng	ZPC Hoogeveen	200900070	5:45.49	+0,79 421			
	50m: 36.41	36.41	150m: 2:01.81	40.83	250m: 3:34.04	51.97	350m: 5:06.61	39.69
	100m: 1:20.98	44.57	200m: 2:42.07	40.26	300m: 4:26.92	52.88	400m: 5:45.49	38.88
37.	Julia van Wingerden	ZZ&PC De Devel	200800436	5:49.54	+0,71 406			
	50m: 35.10	35.10	150m: 2:03.36	46.14	250m: 3:39.07	50.20	350m: 5:11.25	39.96
	100m: 1:17.22	42.12	200m: 2:48.87	45.51	300m: 4:31.29	52.22	400m: 5:49.54	38.29
38.	Esmee van der Tuuk	ZPC Hoogeveen	200800682	5:55.10 *	+0,85 387			
	50m: 36.36	36.36	150m: 2:03.52	41.81	250m: 3:39.13	54.39	350m: 5:14.19	40.76
	100m: 1:21.71	45.35	200m: 2:44.74	41.22	300m: 4:33.43	54.30	400m: 5:55.10	40.91

Programmanr. 3, Meisjes, 400m wisselslag, Junioren 3 en 4

rang	naam	vereniging	tijd	RT	FINA para
DIS	Rosalie Reef	ZPC AMERSFOORT	200800426		
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>				
DIS	Ilana Gentile	Orca	200801558		
	<i>RF - Nadat het contact met de wand is verbroken na het keerpunt de rugligging niet aangenomen.</i>				