

Programmanr. 14  
 09-12-2023 - 9:50

Meisjes, 400m vrije slag

 Junioren 3 en 4  
 Resultaten

Punten: FINA 2023

rang	naam		vereniging				tijd	RT	FINA
1.	Juliëtte Woltjes		VZC		200900774		<b>4:28.40</b>	+0,81	639
	50m: 30.06	30.06	150m: 1:36.85	33.74	250m: 2:46.18	34.84	350m: 3:56.01		34.85
	100m: 1:03.11	33.05	200m: 2:11.34	34.49	300m: 3:21.16	34.98	400m: 4:28.40		32.39
2.	Fenna Westerneng		DZ&PC		200900070		<b>4:31.60</b>	+0,71	617
	50m: 30.32	30.32	150m: 1:37.50	34.12	250m: 2:47.05	35.05	350m: 3:57.41		35.44
	100m: 1:03.38	33.06	200m: 2:12.00	34.50	300m: 3:21.97	34.92	400m: 4:31.60		34.19
3.	Bregje Dekkers		PSV		200900746		<b>4:31.65</b>	+0,72	617
	50m: 30.99	30.99	150m: 1:38.14	33.87	250m: 2:46.72	34.44	350m: 3:57.76		35.77
	100m: 1:04.27	33.28	200m: 2:12.28	34.14	300m: 3:21.99	35.27	400m: 4:31.65		33.89
4.	Fay Boxum		DZ&PC		200900060		<b>4:37.22</b>	+0,80	580
	50m: 29.27	29.27	150m: 1:35.89	34.21	250m: 2:47.17	35.98	350m: 4:00.58		36.99
	100m: 1:01.68	32.41	200m: 2:11.19	35.30	300m: 3:23.59	36.42	400m: 4:37.22		36.64
5.	Suuz Griekspoor		Noordwijkerhout		200901204		<b>4:41.06</b>	+0,76	557
	50m: 31.18	31.18	150m: 1:43.01	35.84	250m: 2:54.16	36.40	350m: 4:06.50		35.89
	100m: 1:05.59	34.41	200m: 2:17.76	36.33	300m: 3:30.61	36.45	400m: 4:41.06		34.56
6.	Luus Gielens		PSV		200900138		<b>4:42.35</b>	+0,87	549
	50m: 30.94	30.94	150m: 1:41.15	35.77	250m: 2:53.57	36.18	350m: 4:06.63		36.15
	100m: 1:05.38	34.44	200m: 2:17.39	36.24	300m: 3:30.48	36.91	400m: 4:42.35		35.72
7.	Fenne Metten		ZPC AMERSFOORT		201000102		<b>4:42.94</b>	+0,61	546
	50m: 31.88	31.88	150m: 1:43.01	35.78	250m: 2:55.52	36.22	350m: 4:08.00		36.06
	100m: 1:07.23	35.35	200m: 2:19.30	36.29	300m: 3:31.94	36.42	400m: 4:42.94		34.94
8.	Madeleine Bertram		De Dolfijn		200900516		<b>4:43.97</b>	+0,77	540
	50m: 30.89	30.89	150m: 1:41.57	36.20	250m: 2:55.79	37.42	350m: 4:09.25		36.72
	100m: 1:05.37	34.48	200m: 2:18.37	36.80	300m: 3:32.53	36.74	400m: 4:43.97		34.72
9.	Nina van der Schrier		AZC		201000444		<b>4:44.02</b>	+0,70	540
	50m: 31.48	31.48	150m: 1:43.14	36.13	250m: 2:57.18	37.45	350m: 4:10.42		36.50
	100m: 1:07.01	35.53	200m: 2:19.73	36.59	300m: 3:33.92	36.74	400m: 4:44.02		33.60
10.	Ece Öngören		Blue Marlins		200903862		<b>4:44.97</b>		534
	50m: 32.05	32.05	150m: 1:43.66	36.04	250m: 2:54.47	35.72	350m: 4:08.14		36.89
	100m: 1:07.62	35.57	200m: 2:18.75	35.09	300m: 3:31.25	36.78	400m: 4:44.97		36.83
11.	Djelaysa Buunk		Z&PC De Zeeuwse Kust		200900536		<b>4:46.33</b>	+0,83	527
	50m: 33.01	33.01	150m: 1:45.86	36.59	250m: 2:58.97	36.35	350m: 4:12.33		36.44
	100m: 1:09.27	36.26	200m: 2:22.62	36.76	300m: 3:35.89	36.92	400m: 4:46.33		34.00
12.	Erin de Jong		GZC DONK		201000024		<b>4:46.96</b>	+0,98	523
	50m: 32.57	32.57	150m: 1:45.32	36.60	250m: 2:58.42	36.58	350m: 4:12.63		37.14
	100m: 1:08.72	36.15	200m: 2:21.84	36.52	300m: 3:35.49	37.07	400m: 4:46.96		34.33
13.	Myla Klaassen		Aqua-Novio'94		200900110		<b>4:47.34</b>	+0,64	521
	50m: 32.02	32.02	150m: 1:44.31	36.79	250m: 2:58.57	37.32	350m: 4:12.47		36.79
	100m: 1:07.52	35.50	200m: 2:21.25	36.94	300m: 3:35.68	37.11	400m: 4:47.34		34.87
14.	Simone Faber		Deltasteur		200900710		<b>4:48.62</b>	+0,68	514
	50m: 32.91	32.91	150m: 1:47.44	37.55	250m: 3:01.73	37.08	350m: 4:15.49		35.94
	100m: 1:09.89	36.98	200m: 2:24.65	37.21	300m: 3:39.55	37.82	400m: 4:48.62		33.13
15.	Kinley Cole		PSV		200903696		<b>4:48.66</b>	+0,74	514
	50m: 32.19	32.19	150m: 1:46.56	38.00	250m: 3:00.78	37.31	350m: 4:14.36		36.68
	100m: 1:08.56	36.37	200m: 2:23.47	36.91	300m: 3:37.68	36.90	400m: 4:48.66		34.30
16.	Dante van Meene		DAW		200900678		<b>4:49.91</b>	+0,81	507
	50m: 32.04	32.04	150m: 1:44.92	37.43	250m: 2:58.53	36.88	350m: 4:13.18		37.55
	100m: 1:07.49	35.45	200m: 2:21.65	36.73	300m: 3:35.63	37.10	400m: 4:49.91		36.73
17.	Charlotte Landman		ESCA Zwemmen		200901290		<b>4:51.52</b>	+0,76	499
	50m: 31.80	31.80	150m: 1:44.91	37.05	250m: 2:59.44	37.40	350m: 4:14.60		37.46
	100m: 1:07.86	36.06	200m: 2:22.04	37.13	300m: 3:37.14	37.70	400m: 4:51.52		36.92
18.	Nina Tetteroo		De Columbiaan		201000048		<b>4:51.83</b>	+0,59	497
	50m: 32.37	32.37	150m: 1:44.79	36.65	250m: 2:59.73	37.66	350m: 4:15.44		37.94
	100m: 1:08.14	35.77	200m: 2:22.07	37.28	300m: 3:37.50	37.77	400m: 4:51.83		36.39

## Programmanr. 14, Meisjes, 400m vrije slag, Junioren 3 en 4

rang	naam		vereniging					tijd	RT	FINA		
19.	Flo Streep		DAW			200900676		<b>4:52.05</b>	+0,76	496		
	50m:	32.05	32.05	150m:	1:45.17	36.95	250m:	3:00.01	37.88	350m:	4:16.00	37.83
	100m:	1:08.22	36.17	200m:	2:22.13	36.96	300m:	3:38.17	38.16	400m:	4:52.05	36.05
20.	Jenny Muntinga		ZPCH			200900450		<b>4:53.58</b>	+0,68	489		
	50m:	32.40	32.40	150m:	1:45.73	37.30	250m:	3:02.21	37.98	350m:	4:18.07	37.77
	100m:	1:08.43	36.03	200m:	2:24.23	38.50	300m:	3:40.30	38.09	400m:	4:53.58	35.51
21.	Chiara Lammertink		ZV 44			200902200		<b>4:53.96</b>	+0,77	487		
	50m:	32.45	32.45	150m:	1:44.44	36.71	250m:	2:58.51	37.49	350m:	4:15.46	37.97
	100m:	1:07.73	35.28	200m:	2:21.02	36.58	300m:	3:37.49	38.98	400m:	4:53.96	38.50
22.	Sterre Dietvorst		ZPC AMERSFOORT			200900726		<b>4:54.75</b>	+0,82	483		
	50m:	31.30	31.30	150m:	1:45.00	37.55	250m:	3:01.28	38.38	350m:	4:17.92	38.13
	100m:	1:07.45	36.15	200m:	2:22.90	37.90	300m:	3:39.79	38.51	400m:	4:54.75	36.83
23.	Iris Tilburg		Arethusa			200902662		<b>4:55.95</b>	+0,79	477		
	50m:	32.81	32.81	150m:	1:46.57	37.53	250m:	3:02.31	37.84	350m:	4:18.86	38.19
	100m:	1:09.04	36.23	200m:	2:24.47	37.90	300m:	3:40.67	38.36	400m:	4:55.95	37.09
24.	Daphne Dijsselhof		Dedemsvaart-AC			200901690		<b>4:55.97</b>	+0,83	477		
	50m:	32.34	32.34	150m:	1:47.33	37.90	250m:	3:04.16	38.78	350m:	4:20.16	37.94
	100m:	1:09.43	37.09	200m:	2:25.38	38.05	300m:	3:42.22	38.06	400m:	4:55.97	35.81
25.	Marre van der Wal		ZV 44			201000046		<b>4:56.64</b>	+0,74	474		
	50m:	33.93	33.93	150m:	1:49.39	38.00	250m:	3:05.51	37.97	350m:	4:20.63	37.22
	100m:	1:11.39	37.46	200m:	2:27.54	38.15	300m:	3:43.41	37.90	400m:	4:56.64	36.01
26.	Karlijn Siderius		DWK			200900032		<b>4:57.18</b>	+0,73	471		
	50m:	34.70	34.70	150m:	1:49.53	37.44	250m:	3:04.97	37.83	350m:	4:20.75	38.01
	100m:	1:12.09	37.39	200m:	2:27.14	37.61	300m:	3:42.74	37.77	400m:	4:57.18	36.43
27.	Anna Strang van Hees		De Duinkickers			200902566		<b>4:58.80</b>	+0,87	463		
	50m:	32.57	32.57	150m:	1:46.01	37.58	250m:	3:03.90	39.27	350m:	4:21.59	38.44
	100m:	1:08.43	35.86	200m:	2:24.63	38.62	300m:	3:43.15	39.25	400m:	4:58.80	37.21
28.	Senna Boogmans		De Duinkickers			201000640		<b>5:00.82</b>	+0,84	454		
	50m:	33.06	33.06	150m:	1:47.92	37.72	250m:	3:05.62	38.76	350m:	4:23.44	38.95
	100m:	1:10.20	37.14	200m:	2:26.86	38.94	300m:	3:44.49	38.87	400m:	5:00.82	37.38