

Programmanr. 3  
 08-12-2023 - 16:29

Meisjes, 400m wisselslag

 Junioren 3 en 4  
 Resultaten

Punten: FINA 2023

rang	naam		vereniging					tijd	RT	FINA	
1.	Fay Boxum		DZ&PC			200900060		<b>5:00.05</b>	+0,68	642	
	50m:	31.38	150m:	1:45.85	36.16	250m:	3:04.93	42.42	350m:	4:24.91	36.05
	100m:	1:09.69	200m:	2:22.51	36.66	300m:	3:48.86	43.93	400m:	5:00.05	35.14
2.	Juliëtte Woltjes		VZC			200900774		<b>5:01.36</b>	+0,81	634	
	50m:	31.46	150m:	1:47.63	39.56	250m:	3:09.50	42.91	350m:	4:29.53	36.12
	100m:	1:08.07	200m:	2:26.59	38.96	300m:	3:53.41	43.91	400m:	5:01.36	31.83
3.	Elin Ditewig		VZC			200900392		<b>5:01.51</b>	+0,73	633	
	50m:	30.92	150m:	1:45.12	37.70	250m:	3:07.39	44.62	350m:	4:27.55	35.12
	100m:	1:07.42	200m:	2:22.77	37.65	300m:	3:52.43	45.04	400m:	5:01.51	33.96
4.	Luus Gielens		PSV			200900138		<b>5:08.89</b>	+0,88	589	
	50m:	32.29	150m:	1:49.01	38.59	250m:	3:12.44	45.35	350m:	4:33.95	36.24
	100m:	1:10.42	200m:	2:27.09	38.08	300m:	3:57.71	45.27	400m:	5:08.89	34.94
5.	Bregje Dekkers		PSV			200900746		<b>5:09.48</b>	+0,71	585	
	50m:	32.59	150m:	1:50.33	40.53	250m:	3:14.24	44.16	350m:	4:35.29	35.74
	100m:	1:09.80	200m:	2:30.08	39.75	300m:	3:59.55	45.31	400m:	5:09.48	34.19
6.	Amber Kunst		DAW			200900680		<b>5:19.52</b>	+0,66	532	
	50m:	33.20	150m:	1:54.75	40.54	250m:	3:18.89	45.05	350m:	4:43.08	37.60
	100m:	1:14.21	200m:	2:33.84	39.09	300m:	4:05.48	46.59	400m:	5:19.52	36.44
7.	Suuz Griekspoor		Noordwijkerhout			200901204		<b>5:20.92</b>	+0,72	525	
	50m:	32.67	150m:	1:54.14	41.25	250m:	3:20.36	45.43	350m:	4:44.79	37.35
	100m:	1:12.89	200m:	2:34.93	40.79	300m:	4:07.44	47.08	400m:	5:20.92	36.13
8.	Lotte Lübbers		KSN (SG)			200900190		<b>5:21.42</b>	+0,71	522	
	50m:	34.17	150m:	1:56.88	41.81	250m:	3:23.43	46.63	350m:	4:47.26	36.64
	100m:	1:15.07	200m:	2:36.80	39.92	300m:	4:10.62	47.19	400m:	5:21.42	34.16
9.	Silke Hooghiemstra		HZ&PC Heerenveen			200901224		<b>5:21.58</b>	+0,63	522	
	50m:	32.92	150m:	1:52.14	41.05	250m:	3:19.05	46.06	350m:	4:46.38	39.25
	100m:	1:11.09	200m:	2:32.99	40.85	300m:	4:07.13	48.08	400m:	5:21.58	35.20
10.	Tess Vonk		De Geul			200900024		<b>5:25.67</b>	+0,64	502	
	50m:	31.69	150m:	1:51.96	42.33	250m:	3:18.91	44.84	350m:	4:45.96	40.73
	100m:	1:09.63	200m:	2:34.07	42.11	300m:	4:05.23	46.32	400m:	5:25.67	39.71
11.	Erin de Jong		GZC DONK			201000024		<b>5:26.10</b>	+0,91	500	
	50m:	33.62	150m:	1:52.38	40.21	250m:	3:21.63	48.91	350m:	4:48.83	38.00
	100m:	1:12.17	200m:	2:32.72	40.34	300m:	4:10.83	49.20	400m:	5:26.10	37.27
12.	Fenne Metten		ZPC AMERSFOORT			201000102		<b>5:26.58</b>	+0,73	498	
	50m:	33.38	150m:	1:55.41	42.26	250m:	3:22.98	47.53	350m:	4:50.57	37.94
	100m:	1:13.15	200m:	2:35.45	40.04	300m:	4:12.63	49.65	400m:	5:26.58	36.01
13.	Carla Moreno Palacios		De Dolfijn			201002302		<b>5:28.53</b>	+0,70	489	
	50m:	34.47	150m:	1:58.96	42.58	250m:	3:25.95	45.41	350m:	4:50.71	38.80
	100m:	1:16.38	200m:	2:40.54	41.58	300m:	4:11.91	45.96	400m:	5:28.53	37.82
14.	Myrthe Stelten		Hellas-Glana			200900234		<b>5:28.60</b>	+0,76	489	
	50m:	33.66	150m:	1:56.46	42.84	250m:	3:22.70	44.49	350m:	4:49.28	41.36
	100m:	1:13.62	200m:	2:38.21	41.75	300m:	4:07.92	45.22	400m:	5:28.60	39.32
15.	Madeleine Bertram		De Dolfijn			200900516		<b>5:28.74</b>	+0,65	488	
	50m:	33.67	150m:	1:55.62	40.49	250m:	3:24.80	49.19	350m:	4:52.48	38.19
	100m:	1:15.13	200m:	2:35.61	39.99	300m:	4:14.29	49.49	400m:	5:28.74	36.26
16.	Nienke Koster		ZPC Hoogeveen			200900612		<b>5:29.27</b>	+0,64	486	
	50m:	33.93	150m:	1:55.45	40.41	250m:	3:22.87	46.70	350m:	4:50.48	40.07
	100m:	1:15.04	200m:	2:36.17	40.72	300m:	4:10.41	47.54	400m:	5:29.27	38.79
17.	Fenna Zusterzeel		PSV			201000008		<b>5:29.49</b>	+0,73	485	
	50m:	34.53	150m:	1:58.54	41.02	250m:	3:23.91	45.23	350m:	4:50.27	40.30
	100m:	1:17.52	200m:	2:38.68	40.14	300m:	4:09.97	46.06	400m:	5:29.49	39.22
18.	Jenny Muntinga		ZPCH			200900450		<b>5:30.03</b>	+0,69	482	
	50m:	34.10	150m:	1:57.64	41.79	250m:	3:26.57	47.73	350m:	4:53.21	38.39
	100m:	1:15.85	200m:	2:38.84	41.20	300m:	4:14.82	48.25	400m:	5:30.03	36.82

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

rang	naam	vereniging	tijd	RT	FINA
19.	Marre van der Wal	ZV 44	201000046	<b>5:30.07</b> +0,73	482
	50m: 36.48	150m: 2:01.73	250m: 3:28.10	350m: 4:53.06	39.01
	100m: 1:18.92	200m: 2:44.06	300m: 4:14.05	400m: 5:30.07	37.01
20.	Rixt Rothschild	ZC Borger	200900026	<b>5:34.40</b> +0,70	464
	50m: 34.92	150m: 1:57.98	250m: 3:26.78	350m: 4:55.76	41.69
	100m: 1:15.12	200m: 2:40.96	300m: 4:14.07	400m: 5:34.40	38.64
21.	Anna Strang van Hees	De Duinkickers	200902566	<b>5:34.77</b> +0,90	462
	50m: 36.00	150m: 2:00.93	250m: 3:29.88	350m: 4:57.13	39.01
	100m: 1:18.60	200m: 2:43.16	300m: 4:18.12	400m: 5:34.77	37.64
22.	Anouk Molenberg	VZC	200902112	<b>5:36.54</b> +0,78	455
	50m: 34.54	150m: 2:00.00	250m: 3:30.52	350m: 5:00.06	40.43
	100m: 1:15.30	200m: 2:42.40	300m: 4:19.63	400m: 5:36.54	36.48
23.	Flo Streep	DAW	200900676	<b>5:37.04</b> +0,82	453
	50m: 34.17	150m: 2:02.09	250m: 3:33.63	350m: 5:01.07	38.14
	100m: 1:18.84	200m: 2:44.81	300m: 4:22.93	400m: 5:37.04	35.97
24.	Karlijn Siderius	DWK	200900032	<b>5:37.44</b> +0,77	451
	50m: 32.19	150m: 1:56.69	250m: 3:29.95	350m: 4:59.88	38.91
	100m: 1:12.93	200m: 2:39.81	300m: 4:20.97	400m: 5:37.44	37.56
25.	Nina Tetteroo	De Columbiaan	201000048	<b>5:37.64</b> +0,81	451
	50m: 35.42	150m: 2:02.23	250m: 3:31.89	350m: 4:59.88	39.38
	100m: 1:18.95	200m: 2:43.65	300m: 4:20.50	400m: 5:37.64	37.76
26.	Anne Engbersen	ZPC AMERSFOORT	201000044	<b>5:39.65</b> +0,79	443
	50m: 35.75	150m: 2:03.41	250m: 3:34.75	350m: 5:02.53	38.50
	100m: 1:20.63	200m: 2:45.48	300m: 4:24.03	400m: 5:39.65	37.12
27.	Esmaé de Gans	ZPC AMERSFOORT	200900134	<b>5:39.94</b> +0,78	441
	50m: 34.34	150m: 2:00.37	250m: 3:30.02	350m: 5:00.33	39.66
	100m: 1:15.91	200m: 2:43.10	300m: 4:20.67	400m: 5:39.94	39.61
28.	Sterre Dietvorst	ZPC AMERSFOORT	200900726	<b>5:40.57</b> +0,85	439
	50m: 33.83	150m: 2:03.34	250m: 3:35.05	350m: 5:03.73	37.58
	100m: 1:17.95	200m: 2:46.55	300m: 4:26.15	400m: 5:40.57	36.84
29.	Femke ter Horst	ZPC Hoogeveen	201000108	<b>5:40.78</b> +0,80	438
	50m: 35.39	150m: 2:00.33	250m: 3:33.13	350m: 5:02.81	39.74
	100m: 1:17.19	200m: 2:42.52	300m: 4:23.07	400m: 5:40.78	37.97
30.	Elin Baars	DWK	201000138	<b>5:40.80</b> +0,77	438
	50m: 35.30	150m: 2:04.11	250m: 3:34.23	350m: 5:02.16	39.77
	100m: 1:18.33	200m: 2:46.96	300m: 4:22.39	400m: 5:40.80	38.64
	Manou Longayroux	Blue Marlins	201000580	<b>5:40.80</b> +0,67	438
	50m: 33.88	150m: 1:56.71	250m: 3:28.97	350m: 5:02.29	41.61
	100m: 1:13.52	200m: 2:38.11	300m: 4:20.68	400m: 5:40.80	38.51
32.	Wieke Dekker	De Dolfijn	201002020	<b>5:40.98</b> +0,75	437
	50m: 38.82	150m: 2:09.52	250m: 3:38.21	350m: 5:04.35	39.58
	100m: 1:25.90	200m: 2:52.00	300m: 4:24.77	400m: 5:40.98	36.63
33.	Gwen Hermans	De Columbiaan	200900058	<b>5:46.07</b> +0,68	418
	50m: 34.43	150m: 1:59.46	250m: 3:33.27	350m: 5:07.53	41.75
	100m: 1:15.94	200m: 2:41.74	300m: 4:25.78	400m: 5:46.07	38.54
34.	Grace Peters	Feijenoord Albion	200901474	<b>5:49.33</b> +0,75	407
	50m: 34.62	150m: 2:02.74	250m: 3:36.23	350m: 5:09.00	43.04
	100m: 1:15.88	200m: 2:48.09	300m: 4:25.96	400m: 5:49.33	40.33
35.	Anouk Steller	WVZ	201000004	<b>5:52.32</b> +0,80	396
	50m: 34.50	150m: 2:00.11	250m: 3:36.29	350m: 5:11.32	41.41
	100m: 1:16.98	200m: 2:44.23	300m: 4:29.91	400m: 5:52.32	41.00
36.	Marjolie Spelde	ZC Borger	200900266	<b>5:53.98</b> +0,75	391
	50m: 35.27	150m: 2:02.34	250m: 3:35.82	350m: 5:12.42	42.13
	100m: 1:19.63	200m: 2:43.73	300m: 4:30.29	400m: 5:53.98	41.56
37.	Annebel Kluijtmans	Arethusa	200900808	<b>5:54.77</b> +0,83	388
	50m: 38.18	150m: 2:06.83	250m: 3:40.27	350m: 5:13.56	42.38
	100m: 1:24.18	200m: 2:50.77	300m: 4:31.18	400m: 5:54.77	41.21

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

rang	naam	vereniging	200902374	tijd	RT	FINA		
38.	Alexx Broekman	Arethusa	200902374	<b>5:56.54</b>	+0,92	383		
	50m: 38.65	38.65	150m: 2:12.43	46.65	250m: 3:47.47	51.09	350m: 5:19.47	40.48
	100m: 1:25.78	47.13	200m: 2:56.38	43.95	300m: 4:38.99	51.52	400m: 5:56.54	37.07
NG	Iris Tilburg	Arethusa	200902662					
NG	Puck van Wees	De Dolfijn	200901020					