

Programmanr. 4  
 21-06-2024 - 16:42

## Meisjes, 400m vrije slag

 Junioren 1 en 2  
 Resultaten

Punten: FINA 2024

rang	naam		vereniging				tijd	RT	FINA		
1.	Malin Roozeboom		WVZ		201100006		<b>4:39.19</b>	+0,87	599		
	50m:	31.62	150m:	1:41.93	35.42	250m:	2:53.10	35.60	350m:	4:04.59	35.45
	100m:	1:06.51	200m:	2:17.50	35.57	300m:	3:29.14	36.04	400m:	4:39.19	34.60
2.	Yill van Bezouw		Hieronymus		201100704		<b>4:46.03</b>	+0,72	557		
	50m:	31.73	150m:	1:44.47	36.87	250m:	2:57.95	36.67	350m:	4:11.21	36.61
	100m:	1:07.60	200m:	2:21.28	36.81	300m:	3:34.60	36.65	400m:	4:46.03	34.82
3.	Milou Filemon		Blue Marlins		201100078		<b>4:49.41</b>	+0,66	537		
	50m:	32.46	150m:	1:45.59	37.14	250m:	2:59.63	36.99	350m:	4:13.52	36.56
	100m:	1:08.45	200m:	2:22.64	37.05	300m:	3:36.96	37.33	400m:	4:49.41	35.89
4.	Anna Lepoutre		PSV		201100534		<b>4:53.01</b>	+0,74	518		
	50m:	32.77	150m:	1:46.51	37.31	250m:	3:01.08	37.48	350m:	4:16.32	37.21
	100m:	1:09.20	200m:	2:23.60	37.09	300m:	3:39.11	38.03	400m:	4:53.01	36.69
5.	Elin Reinstra		TriVia		201100842		<b>4:53.83</b>	+0,78	514		
	50m:	32.78	150m:	1:46.58	37.25	250m:	3:01.58	37.28	350m:	4:16.73	37.33
	100m:	1:09.33	200m:	2:24.30	37.72	300m:	3:39.40	37.82	400m:	4:53.83	37.10
	Noa van Zalk		ZPC AMERSFOORT		201102534		<b>4:53.83</b>	+0,70	514		
	50m:	33.16	150m:	1:47.25	37.08	250m:	3:01.87	37.18	350m:	4:17.36	37.30
	100m:	1:10.17	200m:	2:24.69	37.44	300m:	3:40.06	38.19	400m:	4:53.83	36.47
7.	Lola Verheijen		PSV		201100832		<b>4:55.13</b>	+0,66	507		
	50m:	32.09	150m:	1:46.52	37.48	250m:	3:02.23	37.64	350m:	4:17.77	37.35
	100m:	1:09.04	200m:	2:24.59	38.07	300m:	3:40.42	38.19	400m:	4:55.13	37.36
8.	Rozalia Diederiks		ZVL-1886		201100904		<b>4:55.60</b>	+0,81	504		
	50m:	33.79	150m:	1:48.21	37.51	250m:	3:04.64	37.95	350m:	4:19.98	37.43
	100m:	1:10.70	200m:	2:26.69	38.48	300m:	3:42.55	37.91	400m:	4:55.60	35.62
9.	Ylène Zondervan		ZPC AMERSFOORT		201200016		<b>4:55.75</b>	+0,73	504		
	50m:	33.00	150m:	1:47.25	37.40	250m:	3:03.67	37.91	350m:	4:19.16	37.76
	100m:	1:09.85	200m:	2:25.76	38.51	300m:	3:41.40	37.73	400m:	4:55.75	36.59
10.	Casharell Kraan		Blue Marlins		201103426		<b>4:59.83</b>	+0,62	483		
	50m:	33.03	150m:	1:48.64	38.30	250m:	3:05.50	38.19	350m:	4:22.87	38.56
	100m:	1:10.34	200m:	2:27.31	38.67	300m:	3:44.31	38.81	400m:	4:59.83	36.96
11.	Brechtje Slotweg		ZPC AMERSFOORT		201101744		<b>4:59.91</b>	+0,81	483		
	50m:	33.46	150m:	1:49.12	38.33	250m:	3:07.20	38.89	350m:	4:24.41	38.34
	100m:	1:10.79	200m:	2:28.31	39.19	300m:	3:46.07	38.87	400m:	4:59.91	35.50
12.	Chloé in 't Veen		WVZ		201100010		<b>5:03.10</b>	+0,64	468		
	50m:	33.45	150m:	1:49.19	38.61	250m:	3:07.74	39.20	350m:	4:25.47	38.45
	100m:	1:10.58	200m:	2:28.54	39.35	300m:	3:47.02	39.28	400m:	5:03.10	37.63
13.	Sterre de Veen		Hellas-Glana		201100086		<b>5:05.31</b>	+0,73	458		
	50m:	33.21	150m:	1:49.00	38.55	250m:	3:08.07	39.95	350m:	4:26.99	39.68
	100m:	1:10.45	200m:	2:28.12	39.12	300m:	3:47.31	39.24	400m:	5:05.31	38.32
14.	Odenza Sospelisa		Blue Marlins		201101780		<b>5:05.87</b>	+0,56	455		
	50m:	33.49	150m:	1:50.94	39.35	250m:	3:11.06	40.08	350m:	4:29.41	38.18
	100m:	1:11.59	200m:	2:30.98	40.04	300m:	3:51.23	40.17	400m:	5:05.87	36.46
15.	Romée Smit		MSV-Zeemacht		201100438		<b>5:06.30</b>	+0,73	453		
	50m:	34.06	150m:	1:49.97	38.30	250m:	3:08.62	39.25	350m:	4:27.89	39.62
	100m:	1:11.67	200m:	2:29.37	39.40	300m:	3:48.27	39.65	400m:	5:06.30	38.41
16.	Frédérique Nijziel		PSV		201103114		<b>5:07.50</b>	+0,70	448		
	50m:	34.30	150m:	1:51.28	38.22	250m:	3:09.27	38.96	350m:	4:28.45	38.89
	100m:	1:13.06	200m:	2:30.31	39.03	300m:	3:49.56	40.29	400m:	5:07.50	39.05
17.	Isabel Amelink		Deltasteur		201100196		<b>5:08.67</b>	+0,79	443		
	50m:	33.27	150m:	1:50.81	39.51	250m:	3:11.45	40.48	350m:	4:32.33	40.58
	100m:	1:11.30	200m:	2:30.97	40.16	300m:	3:51.75	40.30	400m:	5:08.67	36.34
18.	Noortje Bisperink		ZPC AMERSFOORT		201100486		<b>5:09.14</b>		441		
	50m:	33.71	150m:	1:50.57	38.77	250m:	3:10.86	39.89	350m:	4:31.08	39.74
	100m:	1:11.80	200m:	2:30.97	40.40	300m:	3:51.34	40.48	400m:	5:09.14	38.06

## Programmanr. 4, Meisjes, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging	tijd	RT	FINA	
19.	Julia Bannatyne	BZ&PC	201201020	<b>5:10.41</b> +0,80	436	
	50m: 34.96	34.96	150m: 1:53.42	39.73	250m: 3:13.95	39.73
	100m: 1:13.69	38.73	200m: 2:34.22	40.80	300m: 3:54.84	40.89
					350m: 4:34.03	39.19
					400m: 5:10.41	36.38
20.	Lobke Hempenius	HZ&PC Heerenveen	201100522	<b>5:10.94</b> +0,63	433	
	50m: 33.47	33.47	150m: 1:51.98	39.72	250m: 3:12.70	40.32
	100m: 1:12.26	38.79	200m: 2:32.38	40.40	300m: 3:52.96	40.26
					350m: 4:32.86	39.90
					400m: 5:10.94	38.08
21.	Elke Kriesels	Hieronymus	201100898	<b>5:11.10</b> +0,77	433	
	50m: 33.16	33.16	150m: 1:50.72	39.85	250m: 3:11.08	40.33
	100m: 1:10.87	37.71	200m: 2:30.75	40.03	300m: 3:51.82	40.74
					350m: 4:31.94	40.12
					400m: 5:11.10	39.16
22.	Alissa Rooijackers	Z&PV Nuenen	201101892	<b>5:11.26</b> +0,71	432	
	50m: 34.95	34.95	150m: 1:53.75	39.73	250m: 3:13.34	40.13
	100m: 1:14.02	39.07	200m: 2:33.21	39.46	300m: 3:54.05	40.71
					350m: 4:34.02	39.97
					400m: 5:11.26	37.24
23.	Esmee Reuver	ZC Polaris	201100846	<b>5:12.78</b>	426	
	50m: 34.84	34.84	150m: 1:53.15	39.91	250m: 3:13.37	40.26
	100m: 1:13.24	38.40	200m: 2:33.11	39.96	300m: 3:53.16	39.79
					350m: 4:33.24	40.08
					400m: 5:12.78	39.54
24.	Simone Brobbel	ZPC Numansdorp	201200058	<b>5:13.45</b> +0,78	423	
	50m: 34.54	34.54	150m: 1:54.57	40.95	250m: 3:16.37	40.83
	100m: 1:13.62	39.08	200m: 2:35.54	40.97	300m: 3:57.46	41.09
					350m: 4:35.71	38.25
					400m: 5:13.45	37.74
25.	Mattea Gliese-Slooijer	De Dinkel	201100008	<b>5:14.07</b> +0,76	420	
	50m: 33.68	33.68	150m: 1:51.75	39.73	250m: 3:12.93	40.75
	100m: 1:12.02	38.34	200m: 2:32.18	40.43	300m: 3:54.11	41.18
					350m: 4:34.72	40.61
					400m: 5:14.07	39.35
26.	Noa Spaans	De Dolfijn	201100222	<b>5:14.23</b> +0,71	420	
	50m: 35.14	35.14	150m: 1:55.11	40.50	250m: 3:13.81	38.18
	100m: 1:14.61	39.47	200m: 2:35.63	40.52	300m: 3:54.94	41.13
					350m: 4:36.11	41.17
					400m: 5:14.23	38.12
27.	Julia Ketelaars	Hellas-Glana	201200028	<b>5:14.69</b> +0,80	418	
	50m: 34.57	34.57	150m: 1:53.42	40.34	250m: 3:14.60	40.61
	100m: 1:13.08	38.51	200m: 2:33.99	40.57	300m: 3:55.83	41.23
					350m: 4:36.05	40.22
					400m: 5:14.69	38.64
28.	Fanni Farkas	De Columbiaan	201100360	<b>5:14.79</b> +0,78	418	
	50m: 35.44	35.44	150m: 1:54.80	40.02	250m: 3:17.34	40.59
	100m: 1:14.78	39.34	200m: 2:36.75	41.95	300m: 3:58.58	41.24
					350m: 4:38.20	39.62
					400m: 5:14.79	36.59
29.	Mette Hogenhuis	Zwemlust-den Hommel	201101254	<b>5:16.72</b> +0,84	410	
	50m: 34.70	34.70	150m: 1:55.44	40.27	250m: 3:16.92	40.08
	100m: 1:15.17	40.47	200m: 2:36.84	41.40	300m: 3:58.32	41.40
					350m: 4:38.53	40.21
					400m: 5:16.72	38.19
30.	Annefleur Schraa	SWOL 1894	201100044	<b>5:17.07</b> +0,77	409	
	50m: 35.52	35.52	150m: 1:53.28	39.38	250m: 3:15.21	41.60
	100m: 1:13.90	38.38	200m: 2:33.61	40.33	300m: 3:56.18	40.97
					350m: 4:37.53	41.35
					400m: 5:17.07	39.54
31.	Meike van der Klugt	WVZ	201100808	<b>5:17.34</b> +0,74	408	
	50m: 34.75	34.75	150m: 1:56.38	41.68	250m: 3:18.92	40.76
	100m: 1:14.70	39.95	200m: 2:38.16	41.78	300m: 3:59.83	40.91
					350m: 4:39.59	39.76
					400m: 5:17.34	37.75
32.	Amila Mustafic	DZ&PC	201200026	<b>5:17.71</b> +0,76	406	
	50m: 34.44	34.44	150m: 1:54.31	40.11	250m: 3:18.43	42.14
	100m: 1:14.20	39.76	200m: 2:36.29	41.98	300m: 3:59.82	41.39
					350m: 4:39.48	39.66
					400m: 5:17.71	38.23
33.	Norell Kroeze	ZC Polaris	201100378	<b>5:18.04</b> +0,74	405	
	50m: 34.86	34.86	150m: 1:55.25	40.96	250m: 3:17.26	40.88
	100m: 1:14.29	39.43	200m: 2:36.38	41.13	300m: 3:58.55	41.29
					350m: 4:39.15	40.60
					400m: 5:18.04	38.89
34.	Melody Paulussen	De Dolfijn	201101106	<b>5:18.32</b> +0,79	404	
	50m: 36.03	36.03	150m: 1:55.98	40.62	250m: 3:17.94	40.20
	100m: 1:15.36	39.33	200m: 2:37.74	41.76	300m: 3:59.52	41.58
					350m: 4:39.86	40.34
					400m: 5:18.32	38.46
35.	Morrison Schram	De Schelde	201100686	<b>5:18.74</b> +0,78	402	
	50m: 34.98	34.98	150m: 1:54.91	40.22	250m: 3:17.71	41.36
	100m: 1:14.69	39.71	200m: 2:36.35	41.44	300m: 3:59.75	42.04
					350m: 4:40.28	40.53
					400m: 5:18.74	38.46
36.	Carlijn Dezutter	Scheldestroom	201100770	<b>5:22.59</b> +0,76	388	
	50m: 35.85	35.85	150m: 1:56.93	40.94	250m: 3:20.01	41.16
	100m: 1:15.99	40.14	200m: 2:38.85	41.92	300m: 4:01.92	41.91
					350m: 4:42.94	41.02
					400m: 5:22.59	39.65
37.	Sarah Förster	Hellas-Glana	201102682	<b>5:22.88</b> +0,68	387	
	50m: 34.95	34.95	150m: 1:56.09	41.28	250m: 3:19.46	41.44
	100m: 1:14.81	39.86	200m: 2:38.02	41.93	300m: 4:01.25	41.79
					350m: 4:43.80	42.55
					400m: 5:22.88	39.08

## Programmanr. 4, Meisjes, 400m vrije slag, Junioren 1 en 2

rang	naam		vereniging				tijd	RT	FINA		
38.	Sara Creemers		Hellas-Glana		201100242		<b>5:23.36</b>	+0,70	385		
	50m:	35.77	150m:	1:57.65	41.17	250m:	3:20.07	41.30	350m:	4:43.20	41.37
	100m:	1:16.48	200m:	2:38.77	41.12	300m:	4:01.83	41.76	400m:	5:23.36	40.16
39.	Roubin van Kampen		ZPCH		201200370		<b>5:27.36</b>	+0,79	371		
	50m:	36.44	150m:	1:58.27	40.95	250m:	3:22.68	42.36	350m:	4:46.92	41.80
	100m:	1:17.32	200m:	2:40.32	42.05	300m:	4:05.12	42.44	400m:	5:27.36	40.44
40.	Hanna Heller		ZPC AMERSFOORT		201102730		<b>5:28.72</b>	+0,88	367		
	50m:	34.33	150m:	1:55.01	41.50	250m:	3:19.57	42.62	350m:	4:45.62	43.11
	100m:	1:13.51	200m:	2:36.95	41.94	300m:	4:02.51	42.94	400m:	5:28.72	43.10
41.	Liva van Groningen		WZ&PC Purmerend		201200280		<b>5:30.99</b>	+0,64	359		
	50m:	36.64	150m:	2:00.62	42.53	250m:	3:26.99	43.03	350m:	4:52.22	42.19
	100m:	1:18.09	200m:	2:43.96	43.34	300m:	4:10.03	43.04	400m:	5:30.99	38.77
42.	Elle van Gemeren		DAW		201100428		<b>5:31.48</b>	+0,74	358		
	50m:	36.71	150m:	2:00.18	42.51	250m:	3:25.75	43.10	350m:	4:51.33	42.30
	100m:	1:17.67	200m:	2:42.65	42.47	300m:	4:09.03	43.28	400m:	5:31.48	40.15
43.	Esra Simon		Hellas-Glana		201100004		<b>5:31.97</b>		356		
	50m:	35.64	150m:	1:57.28	41.92	250m:	3:23.15	43.48	350m:	4:49.89	42.49
	100m:	1:15.36	200m:	2:39.67	42.39	300m:	4:07.40	44.25	400m:	5:31.97	42.08
44.	Lise Markes		SBC2000		201101276		<b>5:33.52</b>	+0,80	351		
	50m:	36.75	150m:	2:00.42	42.71	250m:	3:27.20	43.96	350m:	4:53.16	43.27
	100m:	1:17.71	200m:	2:43.24	42.82	300m:	4:09.89	42.69	400m:	5:33.52	40.36
45.	Emy Meuleners		SG Patrick - De Roersoppers		201200012		<b>5:34.71</b>	+0,75	347		
	50m:	36.44	150m:	2:00.63	42.48	250m:	3:27.45	43.55	350m:	4:54.34	43.14
	100m:	1:18.15	200m:	2:43.90	43.27	300m:	4:11.20	43.75	400m:	5:34.71	40.37
46.	Alaine Dumont		ZV De Watervogels		201102140		<b>5:38.78</b>	+0,70	335		
	50m:	34.69	150m:	1:57.65	42.76	250m:	3:26.95	45.20	350m:	4:56.37	44.85
	100m:	1:14.89	200m:	2:41.75	44.10	300m:	4:11.52	44.57	400m:	5:38.78	42.41
47.	Emma van den Berg		VZV Njord		201100830		<b>5:42.14</b>	+0,81	325		
	50m:	36.22	150m:	2:01.76	43.27	250m:	3:29.90	44.27	350m:	4:58.97	44.15
	100m:	1:18.49	200m:	2:45.63	43.87	300m:	4:14.82	44.92	400m:	5:42.14	43.17
48.	Valerie Rienties		Zwemsport Parkstad		201200400		<b>5:44.87</b>	+0,63	317		
	50m:	36.39	150m:	2:02.17	42.90	250m:	3:32.03	44.74	350m:	5:01.67	43.72
	100m:	1:19.27	200m:	2:47.29	45.12	300m:	4:17.95	45.92	400m:	5:44.87	43.20
49.	Vicky Horens		Hellas-Glana		201200252		<b>5:45.26</b>	+0,68	316		
	50m:	35.91	150m:	2:00.06	43.47	250m:	3:29.86	44.49	350m:	5:00.69	45.95
	100m:	1:16.59	200m:	2:45.37	45.31	300m:	4:14.74	44.88	400m:	5:45.26	44.57
50.	Minke Bouman		Blue Marlins		201100104		<b>5:51.52</b>	+0,74	300		
	50m:	36.99	150m:	2:04.01	44.05	250m:	3:35.00	45.27	350m:	5:07.21	45.64
	100m:	1:19.96	200m:	2:49.73	45.72	300m:	4:21.57	46.57	400m:	5:51.52	44.31