

Programmanr. 6
 21-06-2024 - 17:45

Meisjes, 400m wisselslag

 Junioren 3 en 4
 Resultaten

Punten: FINA 2024

rang	naam		vereniging					tijd	RT	FINA	
1.	Elin Ditewig		VZC			200900392		5:07.75	+0,71	644	
	50m:	30.66	150m:	1:46.33	39.49	250m:	3:11.01	45.61	350m:	4:33.16	35.76
	100m:	1:06.84	200m:	2:25.40	39.07	300m:	3:57.40	46.39	400m:	5:07.75	34.59
2.	Fay Boxum		DZ&PC			200900060		5:09.63	+0,80	633	
	50m:	32.06	150m:	1:50.26	38.93	250m:	3:13.15	44.57	350m:	4:34.23	35.75
	100m:	1:11.33	200m:	2:28.58	38.32	300m:	3:58.48	45.33	400m:	5:09.63	35.40
3.	Jasmine Vaartjes		Blue Marlins			200903658		5:13.10	+0,74	612	
	50m:	31.79	150m:	1:50.00	41.57	250m:	3:15.28	43.56	350m:	4:37.88	36.31
	100m:	1:08.43	200m:	2:31.72	41.72	300m:	4:01.57	46.29	400m:	5:13.10	35.22
4.	Luus Gielens		PSV			200900138		5:13.70	+0,90	608	
	50m:	32.74	150m:	1:50.55	40.30	250m:	3:16.86	46.18	350m:	4:39.76	36.89
	100m:	1:10.25	200m:	2:30.68	40.13	300m:	4:02.87	46.01	400m:	5:13.70	33.94
5.	Amber Kunst		DAW			200900680		5:26.29	+0,68	540	
	50m:	34.42	150m:	2:01.23	42.99	250m:	3:27.80	44.71	350m:	4:51.73	37.49
	100m:	1:18.24	200m:	2:43.09	41.86	300m:	4:14.24	46.44	400m:	5:26.29	34.56
6.	Fenne Metten		ZPC AMERSFOORT			201000102		5:26.33	+0,73	540	
	50m:	33.76	150m:	1:55.48	40.37	250m:	3:23.17	48.75	350m:	4:50.47	37.06
	100m:	1:15.11	200m:	2:34.42	38.94	300m:	4:13.41	50.24	400m:	5:26.33	35.86
7.	Carla Moreno Palacios		De Dolfijn			201002302		5:28.82	+0,72	528	
	50m:	32.50	150m:	1:58.11	45.49	250m:	3:25.43	44.71	350m:	4:51.37	40.56
	100m:	1:12.62	200m:	2:40.72	42.61	300m:	4:10.81	45.38	400m:	5:28.82	37.45
8.	Mia Hoeflaken		PSV			201004108		5:28.86	+0,68	528	
	50m:	33.78	150m:	1:56.90	44.10	250m:	3:25.32	45.34	350m:	4:50.11	39.81
	100m:	1:12.80	200m:	2:39.98	43.08	300m:	4:10.30	44.98	400m:	5:28.86	38.75
9.	Fenna Westerneng		DZ&PC			200900070		5:29.46	+0,75	525	
	50m:	34.26	150m:	1:57.65	43.09	250m:	3:26.66	47.61	350m:	4:53.33	37.88
	100m:	1:14.56	200m:	2:39.05	41.40	300m:	4:15.45	48.79	400m:	5:29.46	36.13
10.	Tess Vonk		De Geul			200900024		5:31.07	+0,68	517	
	50m:	32.85	150m:	1:55.74	43.82	250m:	3:24.26	44.70	350m:	4:51.31	40.64
	100m:	1:11.92	200m:	2:39.56	43.82	300m:	4:10.67	46.41	400m:	5:31.07	39.76
11.	Silke Hooghiemstra		HZ&PC Heerenveen			200901224		5:33.66	+0,71	505	
	50m:	32.34	150m:	1:52.35	41.27	250m:	3:24.72	51.27	350m:	4:57.73	40.60
	100m:	1:11.08	200m:	2:33.45	41.10	300m:	4:17.13	52.41	400m:	5:33.66	35.93
12.	Nina van der Schrier		AZC			201000444		5:33.75	+0,78	505	
	50m:	34.47	150m:	1:58.41	41.10	250m:	3:29.03	50.27	350m:	4:56.42	37.32
	100m:	1:17.31	200m:	2:38.76	40.35	300m:	4:19.10	50.07	400m:	5:33.75	37.33
13.	Suuz Griekspoor		Noordwijkerhout			200901204		5:33.77	+0,71	505	
	50m:	33.12	150m:	1:57.78	43.02	250m:	3:28.43	47.06	350m:	4:56.98	38.92
	100m:	1:14.76	200m:	2:41.37	43.59	300m:	4:18.06	49.63	400m:	5:33.77	36.79
14.	Jenny Muntinga		ZPCH			200900450		5:35.23	+0,69	498	
	50m:	32.90	150m:	1:56.20	42.60	250m:	3:27.90	50.05	350m:	4:57.67	39.13
	100m:	1:13.60	200m:	2:37.85	41.65	300m:	4:18.54	50.64	400m:	5:35.23	37.56
15.	Esmaé de Gans		ZPC AMERSFOORT			200900134		5:35.69	+0,79	496	
	50m:	33.51	150m:	1:58.31	44.83	250m:	3:26.90	45.46	350m:	4:56.74	41.07
	100m:	1:13.48	200m:	2:41.44	43.13	300m:	4:15.67	48.77	400m:	5:35.69	38.95
16.	Linou van Kampen		ZPCH			201000594		5:36.07	+0,87	495	
	50m:	34.58	150m:	2:01.42	45.26	250m:	3:29.55	44.87	350m:	4:56.88	41.14
	100m:	1:16.16	200m:	2:44.68	43.26	300m:	4:15.74	46.19	400m:	5:36.07	39.19
17.	Lotte Lübbers		KSN (SG)			200900190		5:36.54	+0,80	493	
	50m:	34.20	150m:	2:00.05	44.54	250m:	3:31.86	48.82	350m:	4:59.41	37.89
	100m:	1:15.51	200m:	2:43.04	42.99	300m:	4:21.52	49.66	400m:	5:36.54	37.13
18.	Elin Baars		DWK			201000138		5:39.06	+0,78	482	
	50m:	33.39	150m:	1:58.91	44.83	250m:	3:30.75	48.50	350m:	5:00.40	40.13
	100m:	1:14.08	200m:	2:42.25	43.34	300m:	4:20.27	49.52	400m:	5:39.06	38.66

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rang	naam	vereniging	tijd	RT	FINA			
19.	Mandy Berndsen	VZC	201001138	5:39.90 +0,84	478			
	50m: 35.35	35.35	150m: 2:01.50	43.68	250m: 3:32.69	47.36	350m: 5:01.81	39.43
	100m: 1:17.82	42.47	200m: 2:45.33	43.83	300m: 4:22.38	49.69	400m: 5:39.90	38.09
20.	Simone Faber	Deltasteur	200900710	5:42.51 +0,74	467			
	50m: 35.24	35.24	150m: 2:03.72	45.11	250m: 3:36.79	50.23	350m: 5:07.23	38.92
	100m: 1:18.61	43.37	200m: 2:46.56	42.84	300m: 4:28.31	51.52	400m: 5:42.51	35.28
21.	Nina Tetteroo	De Columbiaan	201000048	5:42.80 +0,83	466			
	50m: 37.28	37.28	150m: 2:05.44	41.79	250m: 3:38.42	50.62	350m: 5:06.20	37.51
	100m: 1:23.65	46.37	200m: 2:47.80	42.36	300m: 4:28.69	50.27	400m: 5:42.80	36.60
22.	Erin de Jong	GZC DONK	201000024	5:43.47 +0,91	463			
	50m: 34.44	34.44	150m: 2:00.01	44.41	250m: 3:34.46	51.69	350m: 5:06.04	39.24
	100m: 1:15.60	41.16	200m: 2:42.77	42.76	300m: 4:26.80	52.34	400m: 5:43.47	37.43
23.	Myrthe Stelten	Hellas-Glana	200900234	5:43.89 +0,84	462			
	50m: 33.39	33.39	150m: 2:02.14	46.03	250m: 3:34.58	47.31	350m: 5:03.83	41.81
	100m: 1:16.11	42.72	200m: 2:47.27	45.13	300m: 4:22.02	47.44	400m: 5:43.89	40.06
24.	Jasmijn Schoonen	Wiekslag	200901196	5:44.94 +0,79	457			
	50m: 36.59	36.59	150m: 2:07.60	45.25	250m: 3:38.02	46.72	350m: 5:06.86	40.02
	100m: 1:22.35	45.76	200m: 2:51.30	43.70	300m: 4:26.84	48.82	400m: 5:44.94	38.08
25.	Florien Pot	WS Twente	201000768	5:45.71 +0,77	454			
	50m: 35.42	35.42	150m: 2:04.12	45.61	250m: 3:39.54	51.78	350m: 5:09.12	37.72
	100m: 1:18.51	43.09	200m: 2:47.76	43.64	300m: 4:31.40	51.86	400m: 5:45.71	36.59
26.	Marre van der Wal	SG Bolsward-Workum	201000046	5:46.86 +0,72	450			
	50m: 35.02	35.02	150m: 2:04.92	45.33	250m: 3:36.06	46.70	350m: 5:07.03	41.53
	100m: 1:19.59	44.57	200m: 2:49.36	44.44	300m: 4:25.50	49.44	400m: 5:46.86	39.83
27.	Ece Öngören	Blue Marlins	200903862	5:47.42 +0,70	448			
	50m: 34.72	34.72	150m: 2:05.22	44.48	250m: 3:38.88	51.43	350m: 5:09.86	39.83
	100m: 1:20.74	46.02	200m: 2:47.45	42.23	300m: 4:30.03	51.15	400m: 5:47.42	37.56
28.	Emma Steenbrink	WS Twente	200901376	5:47.44 +0,93	448			
	50m: 37.37	37.37	150m: 2:07.50	43.19	250m: 3:40.94	51.36	350m: 5:11.47	38.33
	100m: 1:24.31	46.94	200m: 2:49.58	42.08	300m: 4:33.14	52.20	400m: 5:47.44	35.97
29.	Renske van den Bosch	VZV Njord	201001828	5:47.63 +0,87	447			
	50m: 37.07	37.07	150m: 2:05.39	44.14	250m: 3:39.24	50.36	350m: 5:10.07	40.01
	100m: 1:21.25	44.18	200m: 2:48.88	43.49	300m: 4:30.06	50.82	400m: 5:47.63	37.56
30.	Ilse Jongepier	Thor	201000006	5:48.25 +0,75	444			
	50m: 36.27	36.27	150m: 2:07.30	46.31	250m: 3:41.24	49.39	350m: 5:11.31	38.76
	100m: 1:20.99	44.72	200m: 2:51.85	44.55	300m: 4:32.55	51.31	400m: 5:48.25	36.94
31.	Rixt Rothschild	ZC Borger	200900026	5:48.45 +0,74	444			
	50m: 35.13	35.13	150m: 2:01.89	44.46	250m: 3:33.99	47.98	350m: 5:08.55	42.98
	100m: 1:17.43	42.30	200m: 2:46.01	44.12	300m: 4:25.57	51.58	400m: 5:48.45	39.90
32.	Manou Longayroux	Blue Marlins	201000580	5:48.79 +0,66	442			
	50m: 35.98	35.98	150m: 2:05.46	46.38	250m: 3:42.08	52.82	350m: 5:12.26	39.49
	100m: 1:19.08	43.10	200m: 2:49.26	43.80	300m: 4:32.77	50.69	400m: 5:48.79	36.53
33.	Dante van Meene	DAW	200900678	5:49.72 +0,81	439			
	50m: 40.55	40.55	150m: 2:14.84	45.26	250m: 3:44.97	46.36	350m: 5:12.49	39.66
	100m: 1:29.58	49.03	200m: 2:58.61	43.77	300m: 4:32.83	47.86	400m: 5:49.72	37.23
34.	Hadewych Forschelen	MNC Dordrecht	200903572	5:49.76 +0,70	439			
	50m: 36.26	36.26	150m: 2:06.26	46.03	250m: 3:40.89	51.24	350m: 5:11.98	40.28
	100m: 1:20.23	43.97	200m: 2:49.65	43.39	300m: 4:31.70	50.81	400m: 5:49.76	37.78
35.	Femke ter Horst	ZPC Hoogeveen	201000108	5:52.01 +0,81	430			
	50m: 35.87	35.87	150m: 2:03.86	44.83	250m: 3:42.22	53.58	350m: 5:13.33	39.06
	100m: 1:19.03	43.16	200m: 2:48.64	44.78	300m: 4:34.27	52.05	400m: 5:52.01	38.68
36.	Nienke Bulter	De Dinkel	200902188	5:54.88 +0,95	420			
	50m: 36.23	36.23	150m: 2:05.63	46.28	250m: 3:41.22	51.08	350m: 5:14.19	41.23
	100m: 1:19.35	43.12	200m: 2:50.14	44.51	300m: 4:32.96	51.74	400m: 5:54.88	40.69
37.	Anna Strang van Hees	De Duinkickers	200902566	6:00.35 +0,95	401			
	50m: 38.06	38.06	150m: 2:11.24	46.70	250m: 3:46.49	49.45	350m: 5:19.37	42.00
	100m: 1:24.54	46.48	200m: 2:57.04	45.80	300m: 4:37.37	50.88	400m: 6:00.35	40.98

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rang	naam	vereniging	201000300	tijd	RT	FINA				
38.	Julia D browska	Blue Marlins	201000300	6:01.17	+0,84	398				
	50m: 32.82	32.82	150m: 2:01.49	47.06	250m: 3:42.19	54.02	350m: 5:19.99	41.80	400m: 6:01.17	41.18
	100m: 1:14.43	41.61	200m: 2:48.17	46.68	300m: 4:38.19	56.00				
39.	Chiara Lammertink	ZPC AMERSFOORT	200902200	6:02.16	+0,80	395				
	50m: 34.50	34.50	150m: 2:05.89	47.49	250m: 3:44.58	53.19	350m: 5:22.89	43.13	400m: 6:02.16	39.27
	100m: 1:18.40	43.90	200m: 2:51.39	45.50	300m: 4:39.76	55.18				
DIS	Juliëtte Woltjes	VZC	200900774							
	<i>VL - Het lichaam niet op de borstzijde gehouden (met uitzondering van het keerpunt).</i>									