

Programmanr. 14  
 10-12-2022 - 10:16

## Meisjes, 400m vrije slag

 Junioren 3 en 4  
 Resultaten

Punten: FINA 2022

rang	naam		vereniging				tijd	RT	FINA para
1.	Maaïke Ooms		ZPC AMERSFOORT	200801580			<b>4:30.41</b>	+0,78	647
	50m: 30.31	30.31	150m: 1:38.14	34.50	250m: 2:48.37	35.17	350m: 3:58.24	34.84	
	100m: 1:03.64	33.33	200m: 2:13.20	35.06	300m: 3:23.40	35.03	400m: 4:30.41	32.17	
2.	Jade van der Schrier		AZC	200800692			<b>4:31.81</b>	+0,70	637
	50m: 30.05	30.05	150m: 1:37.61	34.45	250m: 2:47.56	35.06	350m: 3:57.78	34.89	
	100m: 1:03.16	33.11	200m: 2:12.50	34.89	300m: 3:22.89	35.33	400m: 4:31.81	34.03	
3.	Nova Nijziel		PSV	200804416			<b>4:35.97</b>	+0,68	608
	50m: 31.20	31.20	150m: 1:41.11	35.11	250m: 2:51.03	34.96	350m: 4:01.24	35.23	
	100m: 1:06.00	34.80	200m: 2:16.07	34.96	300m: 3:26.01	34.98	400m: 4:35.97	34.73	
4.	Esmee Mulder		DZ&PC	200800038			<b>4:36.26</b>	+0,68	607
	50m: 30.33	30.33	150m: 1:37.59	33.90	250m: 2:48.88	35.56	350m: 4:00.51	36.62	
	100m: 1:03.69	33.36	200m: 2:13.32	35.73	300m: 3:23.89	35.01	400m: 4:36.26	35.75	
5.	Robine Moot		ZPC AMERSFOORT	200900330			<b>4:37.83</b>	+0,81	596
	50m: 32.08	32.08	150m: 1:42.50	35.48	250m: 2:53.62	35.55	350m: 4:04.21	35.02	
	100m: 1:07.02	34.94	200m: 2:18.07	35.57	300m: 3:29.19	35.57	400m: 4:37.83	33.62	
6.	Juliëtte Woltjes		VZC	200900774			<b>4:38.41</b>	+0,84	593
	50m: 32.27	32.27	150m: 1:42.88	35.44	250m: 2:54.10	35.51	350m: 4:05.47	35.48	
	100m: 1:07.44	35.17	200m: 2:18.59	35.71	300m: 3:29.99	35.89	400m: 4:38.41	32.94	
7.	Julie van Nispen		Z&PV Nuenen	200800290			<b>4:40.38</b>	+0,85	580
	50m: 32.24	32.24	150m: 1:42.67	35.35	250m: 2:53.75	35.02	350m: 4:06.05	35.94	
	100m: 1:07.32	35.08	200m: 2:18.73	36.06	300m: 3:30.11	36.36	400m: 4:40.38	34.33	
8.	Fay Boxum		DZ&PC	200900060			<b>4:42.45</b>	+0,81	568
	50m: 30.89	30.89	150m: 1:40.26	35.45	250m: 2:53.03	36.30	350m: 4:06.32	36.83	
	100m: 1:04.81	33.92	200m: 2:16.73	36.47	300m: 3:29.49	36.46	400m: 4:42.45	36.13	
9.	Elin Ditewig		VZC	200900392			<b>4:43.24</b>	+0,89	563
	50m: 30.92	30.92	150m: 1:42.65	36.39	250m: 2:55.60	36.82	350m: 4:08.85	36.43	
	100m: 1:06.26	35.34	200m: 2:18.78	36.13	300m: 3:32.42	36.82	400m: 4:43.24	34.39	
10.	Bregje Dekkers		PSV	200900746			<b>4:45.44</b>	+0,72	550
	50m: 31.83	31.83	150m: 1:42.56	35.81	250m: 2:55.62	36.67	350m: 4:09.61	37.17	
	100m: 1:06.75	34.92	200m: 2:18.95	36.39	300m: 3:32.44	36.82	400m: 4:45.44	35.83	
11.	Ece Ongoren		Blue Marlins	200903862			<b>4:45.48</b>	+0,75	550
	50m: 32.68	32.68	150m: 1:44.69	36.01	250m: 2:56.76	35.87	350m: 4:09.49	36.44	
	100m: 1:08.68	36.00	200m: 2:20.89	36.20	300m: 3:33.05	36.29	400m: 4:45.48	35.99	
12.	Ilse Wiltjer		DZ&PC	200900868			<b>4:45.75</b>	+0,75	548
	50m: 31.75	31.75	150m: 1:43.17	36.05	250m: 2:57.05	37.26	350m: 4:11.68	37.69	
	100m: 1:07.12	35.37	200m: 2:19.79	36.62	300m: 3:33.99	36.94	400m: 4:45.75	34.07	
13.	Elin Brinkhof		De Dolfijn	200900078			<b>4:46.22</b>	+0,65	545
	50m: 31.57	31.57	150m: 1:41.85	35.63	250m: 2:55.16	36.80	350m: 4:09.20	36.94	
	100m: 1:06.22	34.65	200m: 2:18.36	36.51	300m: 3:32.26	37.10	400m: 4:46.22	37.02	
14.	Ilse Rozema		Blue Marlins	200803318			<b>4:46.80</b>	+0,68	542
	50m: 31.06	31.06	150m: 1:42.07	35.78	250m: 2:55.87	37.14	350m: 4:10.90	37.67	
	100m: 1:06.29	35.23	200m: 2:18.73	36.66	300m: 3:33.23	37.36	400m: 4:46.80	35.90	
15.	Madeleine Bertram		WZ&PC Purmerend	200900516			<b>4:47.78</b>	+0,69	537
	50m: 31.79	31.79	150m: 1:43.92	36.63	250m: 2:58.12	37.08	350m: 4:12.50	37.04	
	100m: 1:07.29	35.50	200m: 2:21.04	37.12	300m: 3:35.46	37.34	400m: 4:47.78	35.28	
16.	Sofie Vos		ZPC Hoogeveen	200800804			<b>4:49.95</b>	+0,87	525
	50m: 31.99	31.99	150m: 1:43.91	36.45	250m: 2:58.22	37.42	350m: 4:13.83	37.71	
	100m: 1:07.46	35.47	200m: 2:20.80	36.89	300m: 3:36.12	37.90	400m: 4:49.95	36.12	
17.	Mijke Ouderkerken		Blue Marlins	200901254			<b>4:50.01</b>	+0,74	524
	50m: 31.70	31.70	150m: 1:44.72	37.26	250m: 3:00.19	37.70	350m: 4:14.92	37.29	
	100m: 1:07.46	35.76	200m: 2:22.49	37.77	300m: 3:37.63	37.44	400m: 4:50.01	35.09	
18.	Fenna Westerneng		ZPC Hoogeveen	200900070			<b>4:50.46</b>	+0,77	522
	50m: 32.59	32.59	150m: 1:45.70	37.12	250m: 3:00.19	37.13	350m: 4:15.79	37.65	
	100m: 1:08.58	35.99	200m: 2:23.06	37.36	300m: 3:38.14	37.95	400m: 4:50.46	34.67	
19.	Laura van Etten		HZ&PC Heerenveen	200800264			<b>4:51.06</b>	+0,81	519
	50m: 30.41	30.41	150m: 1:42.88	36.77	250m: 2:57.52	37.63	350m: 4:13.82	38.30	
	100m: 1:06.11	35.70	200m: 2:19.89	37.01	300m: 3:35.52	38.00	400m: 4:51.06	37.24	

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rang	naam		vereniging				tijd	RT	FINA para			
20.	Amber Kunst		DAW			200900680	<b>4:53.29</b>	+0,72	507			
	50m:	32.52	32.52	150m:	1:45.47	37.27	250m:	2:59.95	37.28	350m:	4:15.92	38.56
	100m:	1:08.20	35.68	200m:	2:22.67	37.20	300m:	3:37.36	37.41	400m:	4:53.29	37.37
21.	Luus Gielens		Hellas-Glana			200900138	<b>4:54.50</b>	+0,86	501			
	50m:	32.78	32.78	150m:	1:47.31	37.56	250m:	3:03.13	38.05	350m:	4:18.45	37.74
	100m:	1:09.75	36.97	200m:	2:25.08	37.77	300m:	3:40.71	37.58	400m:	4:54.50	36.05
22.	Julia Agricola		DZ&PC			200800266	<b>4:54.62</b>	+0,73	500			
	50m:	32.34	32.34	150m:	1:44.65	36.50	250m:	2:59.29	37.42	350m:	4:16.23	38.71
	100m:	1:08.15	35.81	200m:	2:21.87	37.22	300m:	3:37.52	38.23	400m:	4:54.62	38.39
23.	Suuz Griekspoor		Noordwijkerhout			200901204	<b>4:57.75</b>	+0,81	484			
	50m:	33.30	33.30	150m:	1:48.02	37.79	250m:	3:03.97	38.25	350m:	4:20.83	38.02
	100m:	1:10.23	36.93	200m:	2:25.72	37.70	300m:	3:42.81	38.84	400m:	4:57.75	36.92
24.	Mint van Wees		De Dolfijn			200801328	<b>5:00.39</b>	+0,78	472			
	50m:	32.51	32.51	150m:	1:46.83	37.78	250m:	3:04.06	39.13	350m:	4:22.10	39.16
	100m:	1:09.05	36.54	200m:	2:24.93	38.10	300m:	3:42.94	38.88	400m:	5:00.39	38.29
25.	Ilana Gentile		Orca			200801558	<b>5:00.62</b>	+0,79	471			
	50m:	31.79	31.79	150m:	1:46.75	38.58	250m:	3:05.09	39.50	350m:	4:24.41	39.85
	100m:	1:08.17	36.38	200m:	2:25.59	38.84	300m:	3:44.56	39.47	400m:	5:00.62	36.21
26.	Marlouke Frijstein		ZV 44			200800152	<b>5:02.21</b>	+0,71	463			
	50m:	33.70	33.70	150m:	1:48.78	38.09	250m:	3:04.59	37.77	350m:	4:18.72	36.66
	100m:	1:10.69	36.99	200m:	2:26.82	38.04	300m:	3:42.06	37.47	400m:	5:02.21	43.49
27.	Sterre Dietvorst		ZPC AMERSFOORT			200900726	<b>5:02.99</b>	+0,73	460			
	50m:	33.29	33.29	150m:	1:49.58	38.89	250m:	3:08.11	39.30	350m:	4:26.20	38.93
	100m:	1:10.69	37.40	200m:	2:28.81	39.23	300m:	3:47.27	39.16	400m:	5:02.99	36.79