

Programmanr. 32  
22-12-2024 - 9:35

Dames, 400m wisselslag

Senioren Open  
Resultaten Voorrunde

Punten: AQUA 2024

rang	naam	vereniging	tijd	RT	FINA	para
<b>onder 18</b>						
1.	Frouke Ludwig	DZ&PC	200800112	<b>4:51.86</b>	+0,74	A 698
	50m: 30.98 30.98	150m: 1:41.58 35.87	250m: 3:00.15 43.12	350m: 4:18.02 34.83		
	100m: 1:05.71 34.73	200m: 2:17.03 35.45	300m: 3:43.19 43.04	400m: 4:51.86 33.84		
2.	Rhodee van den Ham	De Duinkkikers	200700090	<b>4:57.09</b>	+0,63	A 662
	50m: 32.02 32.02	150m: 1:46.90 38.07	250m: 3:07.08 42.37	350m: 4:24.64 34.32		
	100m: 1:08.83 36.81	200m: 2:24.71 37.81	300m: 3:50.32 43.24	400m: 4:57.09 32.45		
3.	Dachen Haaijer	ZPC Hoogeveen	200800380	<b>5:00.71</b>	+0,80	A 638
	50m: 32.33 32.33	150m: 1:50.37 39.28	250m: 3:10.88 42.72	350m: 4:27.62 33.96		
	100m: 1:11.09 38.76	200m: 2:28.16 37.79	300m: 3:53.66 42.78	400m: 5:00.71 33.09		
4.	Laura van Etten	HZ&PC Heerenveen	200800264	<b>5:02.56</b>	+0,78	B 626
	50m: 31.58 31.58	150m: 1:47.82 38.02	250m: 3:09.80 44.91	350m: 4:28.79 34.31		
	100m: 1:09.80 38.22	200m: 2:24.89 37.07	300m: 3:54.48 44.68	400m: 5:02.56 33.77		
5.	Meyke v. Nimwegen	De Schotelij	200800106	<b>5:11.28</b>	+0,73	B 575
	50m: 32.81 32.81	150m: 1:50.39 39.35	250m: 3:12.56 43.80	350m: 4:35.02 36.92		
	100m: 1:11.04 38.23	200m: 2:28.76 38.37	300m: 3:58.10 45.54	400m: 5:11.28 36.26		
6.	Emmelien Smelt	ZVZ	200800012	<b>5:13.23</b>	+0,72	B 564
	50m: 32.30 32.30	150m: 1:49.05 39.59	250m: 3:13.88 45.57	350m: 4:37.47 37.63		
	100m: 1:09.46 37.16	200m: 2:28.31 39.26	300m: 3:59.84 45.96	400m: 5:13.23 35.76		
7.	Britt Colijn	New Wave Almere	200700544	<b>5:21.10</b>	+0,74	524
	50m: 33.80 33.80	150m: 1:52.65 40.67	250m: 3:18.75 46.91	350m: 4:44.43 38.47		
	100m: 1:11.98 38.18	200m: 2:31.84 39.19	300m: 4:05.96 47.21	400m: 5:21.10 36.67		
8.	Isa Jansen	SBC2000	200701176	<b>5:23.38</b>	+0,78	513
	50m: 34.22 34.22	150m: 1:56.67 41.22	250m: 3:22.43 45.49	350m: 4:46.41 37.90		
	100m: 1:15.45 41.23	200m: 2:36.94 40.27	300m: 4:08.51 46.08	400m: 5:23.38 36.97		
9.	Noa Ottens	VZC	200702256	<b>5:26.53</b>	+0,76	498
	50m: 32.24 32.24	150m: 1:55.04 43.46	250m: 3:24.74 47.91	350m: 4:50.17 38.14		
	100m: 1:11.58 39.34	200m: 2:36.83 41.79	300m: 4:12.03 47.29	400m: 5:26.53 36.36		
10.	Annika Hogenhuis	Zwemlust-den Hommel	200701340	<b>5:27.04</b>	+0,86	496
	50m: 34.03 34.03	150m: 1:58.46 42.88	250m: 3:25.66 44.34	350m: 4:49.72 38.91		
	100m: 1:15.58 41.55	200m: 2:41.32 42.86	300m: 4:10.81 45.15	400m: 5:27.04 37.32		
11.	Marlouke Weijland	Deltasteur	200800152	<b>5:34.87</b>	+0,74	462
	50m: 36.54 36.54	150m: 2:01.25 41.78	250m: 3:29.65 47.81	350m: 4:57.68 38.84		
	100m: 1:19.47 42.93	200m: 2:41.84 40.59	300m: 4:18.84 49.19	400m: 5:34.87 37.19		
12.	Lotte Blanken	SBC2000	200801476	<b>5:38.19</b>	+0,82	448
	50m: 35.12 35.12	150m: 2:00.93 42.52	250m: 3:31.26 47.77	350m: 5:00.64 40.69		
	100m: 1:18.41 43.29	200m: 2:43.49 42.56	300m: 4:19.95 48.69	400m: 5:38.19 37.55		
13.	Annedieke Scholte	Blue Marlins	200701110	<b>5:38.32</b>	+0,76	448
	50m: 33.95 33.95	150m: 2:00.16 44.35	250m: 3:31.31 48.64	350m: 5:00.41 39.49		
	100m: 1:15.81 41.86	200m: 2:42.67 42.51	300m: 4:20.92 49.61	400m: 5:38.32 37.91		
AFGEM	Maud Roffel	DZ&PC	200700840			
NG	Ylva Konings	PSV	200700148			
<b>onder 20</b>						
1.	Hedwig Bolt	HZ&PC Heerenveen	200602660	<b>4:49.00</b>	+0,73	A 719
	50m: 30.94 30.94	150m: 1:45.12 38.08	250m: 3:02.66 40.46	350m: 4:17.06 33.12		
	100m: 1:07.04 36.10	200m: 2:22.20 37.08	300m: 3:43.94 41.28	400m: 4:49.00 31.94		
2.	Djanilla Brink	Team NL - De Dolfijn	200600988	<b>4:55.74</b>	+0,80	A 671
	50m: 31.72 31.72	150m: 1:48.90 39.84	250m: 3:06.37 38.34	350m: 4:21.53 35.06		
	100m: 1:09.06 37.34	200m: 2:28.03 39.13	300m: 3:46.47 40.10	400m: 4:55.74 34.21		
3.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	<b>5:03.18</b>	+0,77	B 623
	50m: 31.53 31.53	150m: 1:46.85 38.73	250m: 3:09.25 44.70	350m: 4:29.53 34.73		
	100m: 1:08.12 36.59	200m: 2:24.55 37.70	300m: 3:54.80 45.55	400m: 5:03.18 33.65		
4.	Marlies Dijsselhof	Dedemsvaart-AC	200601046	<b>5:25.25</b>	+0,75	504
	50m: 32.48 32.48	150m: 1:52.36 39.04	250m: 3:19.58 46.99	350m: 4:46.14 39.93		
	100m: 1:13.32 40.84	200m: 2:32.59 40.23	300m: 4:06.21 46.63	400m: 5:25.25 39.11		
5.	Anouchka Bos	NieMo Barracuda	200501528	<b>5:26.79</b>	+0,81	497
	50m: 35.29 35.29	150m: 2:01.79 44.88	250m: 3:28.70 44.43	350m: 4:51.54 37.02		
	100m: 1:16.91 41.62	200m: 2:44.27 42.48	300m: 4:14.52 45.82	400m: 5:26.79 35.25		

B = Bonus inschrijving

Programmanr. 32, Dames, 400m wisselslag, Voorronde, onder 20

rang	naam	vereniging	tijd	RT	FINA	para
AFGEM	Evy Rozeboom	DAW	200601338			
NG	Mare Schallenberg	Blue Marlins	200600078			
NG	Merel Schravendijk	Blue Marlins	200503382			

senioren Open

1.	Hedwig Bolt	HZ&PC Heerenveen	200602660	<b>4:49.00</b>	+0,73	A	719
	50m: 30.94	150m: 1:45.12	250m: 3:02.66	350m: 4:17.06			33.12
	100m: 1:07.04	200m: 2:22.20	300m: 3:43.94	400m: 4:49.00			31.94
2.	Frouke Ludwig	DZ&PC	200800112	<b>4:51.86</b>	+0,74	A	698
	50m: 30.98	150m: 1:41.58	250m: 3:00.15	350m: 4:18.02			34.83
	100m: 1:05.71	200m: 2:17.03	300m: 3:43.19	400m: 4:51.86			33.84
3.	Nikita van den Ouden	PSV	199900622	<b>4:52.79</b>	+0,73	A	691
	50m: 29.77	150m: 1:43.40	250m: 3:02.47	350m: 4:19.15			34.49
	100m: 1:05.25	200m: 2:20.39	300m: 3:44.66	400m: 4:52.79			33.64
4.	Djanilla Brink	Team NL - De Dolfijn	200600988	<b>4:55.74</b>	+0,80	A	671
	50m: 31.72	150m: 1:48.90	250m: 3:06.37	350m: 4:21.53			35.06
	100m: 1:09.06	200m: 2:28.03	300m: 3:46.47	400m: 4:55.74			34.21
5.	Maaïke Issard	DZ&PC	200300022	<b>4:55.90</b>	+0,77	A	670
	50m: 30.55	150m: 1:43.80	250m: 3:04.95	350m: 4:22.78			34.49
	100m: 1:05.69	200m: 2:21.96	300m: 3:48.29	400m: 4:55.90			33.12
6.	Rhodee van den Ham	De Duinkickers	200700090	<b>4:57.09</b>	+0,63	A	662
	50m: 32.02	150m: 1:46.90	250m: 3:07.08	350m: 4:24.64			34.32
	100m: 1:08.83	200m: 2:24.71	300m: 3:50.32	400m: 4:57.09			32.45
7.	Fay Boxum	DZ&PC	200900060	<b>4:59.11</b>	+0,77	A	648
	50m: 31.12	150m: 1:45.39	250m: 3:05.32	350m: 4:24.55			35.22
	100m: 1:08.17	200m: 2:22.91	300m: 3:49.33	400m: 4:59.11			34.56
8.	Dachen Haaijer	ZPC Hoogeveen	200800380	<b>5:00.71</b>	+0,80	A	638
	50m: 32.33	150m: 1:50.37	250m: 3:10.88	350m: 4:27.62			33.96
	100m: 1:11.09	200m: 2:28.16	300m: 3:53.66	400m: 5:00.71			33.09
9.	Lynn Blommers	Blue Marlins	200105062	<b>5:02.44</b>	+0,69	B	627
	50m: 30.54	150m: 1:47.16	250m: 3:08.83	350m: 4:27.87			35.70
	100m: 1:07.53	200m: 2:26.43	300m: 3:52.17	400m: 5:02.44			34.57
10.	Laura van Etten	HZ&PC Heerenveen	200800264	<b>5:02.56</b>	+0,78	B	626
	50m: 31.58	150m: 1:47.82	250m: 3:09.80	350m: 4:28.79			34.31
	100m: 1:09.80	200m: 2:24.89	300m: 3:54.48	400m: 5:02.56			33.77
11.	Marte Hieke van der Kamp	HZ&PC Heerenveen	200500218	<b>5:03.18</b>	+0,77	B	623
	50m: 31.53	150m: 1:46.85	250m: 3:09.25	350m: 4:29.53			34.73
	100m: 1:08.12	200m: 2:24.55	300m: 3:54.80	400m: 5:03.18			33.65
12.	Ismay Lichtendonk	Dedemsvaart-AC	200400622	<b>5:04.12</b>	+0,73	B	617
	50m: 29.83	150m: 1:44.30	250m: 3:06.30	350m: 4:28.01			37.03
	100m: 1:05.33	200m: 2:23.10	300m: 3:50.98	400m: 5:04.12			36.11
13.	Lisa Dreesens	Blue Marlins	199105798	<b>5:07.03</b>	+0,83	B	599
	50m: 31.25	150m: 1:48.79	250m: 3:11.81	350m: 4:31.90			35.84
	100m: 1:08.14	200m: 2:28.69	300m: 3:56.06	400m: 5:07.03			35.13
14.	Meyke v. Nimwegen	De Schotelij	200800106	<b>5:11.28</b>	+0,73	B	575
	50m: 32.81	150m: 1:50.39	250m: 3:12.56	350m: 4:35.02			36.92
	100m: 1:11.04	200m: 2:28.76	300m: 3:58.10	400m: 5:11.28			36.26
15.	Emmelen Smelt	ZVZ	200800012	<b>5:13.23</b>	+0,72	B	564
	50m: 32.30	150m: 1:49.05	250m: 3:13.88	350m: 4:37.47			37.63
	100m: 1:09.46	200m: 2:28.31	300m: 3:59.84	400m: 5:13.23			35.76
16.	Anne Noom	Het Y	199800062	<b>5:14.71</b>	+0,73	B	557
	50m: 32.22	150m: 1:50.35	250m: 3:13.97	350m: 4:37.79			37.93
	100m: 1:09.67	200m: 2:29.65	300m: 3:59.86	400m: 5:14.71			36.92
17.	Meike van de Ree	HZPC	200402646	<b>5:14.82</b>	+0,79	R	556
	50m: 33.20	150m: 1:51.67	250m: 3:15.54	350m: 4:39.19			36.76
	100m: 1:12.58	200m: 2:29.93	300m: 4:02.43	400m: 5:14.82			35.63
18.	Myrthe Stelten	Hellas-Glana	200900234	<b>5:20.38</b>	+0,79	R	527
	50m: 33.17	150m: 1:53.95	250m: 3:17.41	350m: 4:42.64			40.41
	100m: 1:12.53	200m: 2:32.89	300m: 4:02.23	400m: 5:20.38			37.74
19.	Britt Colijn	New Wave Almere	200700544	<b>5:21.10</b>	+0,74		524
	50m: 33.80	150m: 1:52.65	250m: 3:18.75	350m: 4:44.43			38.47
	100m: 1:11.98	200m: 2:31.84	300m: 4:05.96	400m: 5:21.10			36.67

B = Bonus inschrijving



Nederlandse Kampioenschappen korte baan 2024  
Den Haag, 20- - 22-12-2024



Programmanr. 32, Dames, 400m wisselslag, Voorronde, senioren Open

rang	naam	vereniging	tijd	RT	FINA	para		
20.	Isa Jansen	SBC2000	200701176	<b>5:23.38</b>	+0,78	513		
	50m: 34.22	34.22	150m: 1:56.67	41.22	250m: 3:22.43	45.49	350m: 4:46.41	37.90
	100m: 1:15.45	41.23	200m: 2:36.94	40.27	300m: 4:08.51	46.08	400m: 5:23.38	36.97
21.	Marlies Dijsselhof	Dedemsvaart-AC	200601046	<b>5:25.25</b>	+0,75	504		
	50m: 32.48	32.48	150m: 1:52.36	39.04	250m: 3:19.58	46.99	350m: 4:46.14	39.93
	100m: 1:13.32	40.84	200m: 2:32.59	40.23	300m: 4:06.21	46.63	400m: 5:25.25	39.11
22.	Noa Ottens	VZC	200702256	<b>5:26.53</b>	+0,76	498		
	50m: 32.24	32.24	150m: 1:55.04	43.46	250m: 3:24.74	47.91	350m: 4:50.17	38.14
	100m: 1:11.58	39.34	200m: 2:36.83	41.79	300m: 4:12.03	47.29	400m: 5:26.53	36.36
23.	Anouchka Bos	NieMo Barracuda	200501528	<b>5:26.79</b>	+0,81	497		
	50m: 35.29	35.29	150m: 2:01.79	44.88	250m: 3:28.70	44.43	350m: 4:51.54	37.02
	100m: 1:16.91	41.62	200m: 2:44.27	42.48	300m: 4:14.52	45.82	400m: 5:26.79	35.25
24.	Annika Hogenhuis	Zwemlust-den Hommel	200701340	<b>5:27.04</b>	+0,86	496		
	50m: 34.03	34.03	150m: 1:58.46	42.88	250m: 3:25.66	44.34	350m: 4:49.72	38.91
	100m: 1:15.58	41.55	200m: 2:41.32	42.86	300m: 4:10.81	45.15	400m: 5:27.04	37.32
25.	Marlouke Weijland	Deltasteur	200800152	<b>5:34.87</b>	+0,74	462		
	50m: 36.54	36.54	150m: 2:01.25	41.78	250m: 3:29.65	47.81	350m: 4:57.68	38.84
	100m: 1:19.47	42.93	200m: 2:41.84	40.59	300m: 4:18.84	49.19	400m: 5:34.87	37.19
26.	Lotte Blanken	SBC2000	200801476	<b>5:38.19</b>	+0,82	448		
	50m: 35.12	35.12	150m: 2:00.93	42.52	250m: 3:31.26	47.77	350m: 5:00.64	40.69
	100m: 1:18.41	43.29	200m: 2:43.49	42.56	300m: 4:19.95	48.69	400m: 5:38.19	37.55
27.	Annedieke Scholte	Blue Marlins	200701110	<b>5:38.32</b>	+0,76	448		
	50m: 33.95	33.95	150m: 2:00.16	44.35	250m: 3:31.31	48.64	350m: 5:00.41	39.49
	100m: 1:15.81	41.86	200m: 2:42.67	42.51	300m: 4:20.92	49.61	400m: 5:38.32	37.91
AFGEM	Maud Roffel	DZ&PC	200700840					
AFGEM	Evy Rozeboom	DAW	200601338					
NG	Isa Schellekens	Z&PC Zegenwerp	200002330					
NG	Kim Jansen van Galen	PSV	200201594					
NG	Ylva Konings	PSV	200700148					
NG	Mare Schallenberg	Blue Marlins	200600078					
NG	Merel Schravendijk	Blue Marlins	200503382					

B = Bonus inschrijving