

Programmanr. 16
 12-3-2023 - 15:19

Dames, 400m vrije slag

 Junioren 1 en ouder
 Resultaten

| Rang | | | | | | | Tijd | | | RT | |
|------|---------------------------------|-------|-----------------|-------|---------------|----------------|---------------|-------|---------------|-------|--|
| 1. | Jade van der Schrier | | AZC | | 200800692 | 4:38.51 | | +0,87 | | | |
| | 50m: 31.36 | 31.36 | 150m: 1:41.18 | 35.33 | 250m: 2:53.18 | 35.79 | 350m: 4:04.25 | 35.12 | 400m: 4:38.51 | 34.26 | |
| | 100m: 1:05.85 | 34.49 | 200m: 2:17.39 | 36.21 | 300m: 3:29.13 | 35.95 | | | | | |
| 2. | Tamara Grove | | De Dolfijn | | 199601266 | 4:41.14 | | +0,72 | | | |
| | 50m: 31.12 | 31.12 | 150m: 1:41.36 | 35.62 | 250m: 2:52.98 | 35.73 | 350m: 4:04.78 | 36.15 | 400m: 4:41.14 | 36.36 | |
| | 100m: 1:05.74 | 34.62 | 200m: 2:17.25 | 35.89 | 300m: 3:28.63 | 35.65 | | | | | |
| 3. | Nikita van den Ouden | | Nuenen | | 199900622 | 4:41.20 | | +0,68 | | | |
| | 50m: 31.33 | 31.33 | 150m: 1:41.74 | 35.70 | 250m: 2:53.39 | 35.89 | 350m: 4:06.03 | 36.36 | 400m: 4:41.20 | 35.17 | |
| | 100m: 1:06.04 | 34.71 | 200m: 2:17.50 | 35.76 | 300m: 3:29.67 | 36.28 | | | | | |
| 4. | Maaïke Issard | | DZ&PC | | 200300022 | 4:44.51 | | +0,77 | | | |
| | 50m: 32.53 | 32.53 | 150m: 1:43.40 | 35.67 | 250m: 2:55.24 | 36.10 | 350m: 4:09.11 | 37.27 | 400m: 4:44.51 | 35.40 | |
| | 100m: 1:07.73 | 35.20 | 200m: 2:19.14 | 35.74 | 300m: 3:31.84 | 36.60 | | | | | |
| 5. | Imre Bouwland | | ZPC Hoogeveen | | 200700388 | 4:50.95 | | +0,79 | | | |
| | 50m: 31.98 | 31.98 | 150m: 1:45.03 | 36.98 | 250m: 3:00.04 | 37.96 | 350m: 4:15.03 | 37.52 | 400m: 4:50.95 | 35.92 | |
| | 100m: 1:08.05 | 36.07 | 200m: 2:22.08 | 37.05 | 300m: 3:37.51 | 37.47 | | | | | |
| 6. | Ilse Rozema | | Blue Marlins | | 200803318 | 4:54.45 | | +0,70 | | | |
| | 50m: 32.37 | 32.37 | 150m: 1:46.63 | 37.21 | 250m: 3:02.40 | 37.80 | 350m: 4:18.02 | 37.72 | 400m: 4:54.45 | 36.43 | |
| | 100m: 1:09.42 | 37.05 | 200m: 2:24.60 | 37.97 | 300m: 3:40.30 | 37.90 | | | | | |
| 7. | Elin Brinkhof | | De Dolfijn | | 200900078 | 4:57.77 | | +0,69 | | | |
| | 50m: 32.94 | 32.94 | 150m: 1:47.46 | 37.60 | 250m: 3:03.62 | 37.64 | 350m: 4:20.37 | 37.99 | 400m: 4:57.77 | 37.40 | |
| | 100m: 1:09.86 | 36.92 | 200m: 2:25.98 | 38.52 | 300m: 3:42.38 | 38.76 | | | | | |
| 8. | Erin de Jong | | GZC DONK | | 201000024 | 5:02.89 | | +0,85 | | | |
| | 50m: 33.40 | 33.40 | 150m: 1:49.85 | 38.31 | 250m: 3:07.80 | 38.84 | 350m: 4:25.38 | 38.78 | 400m: 5:02.89 | 37.51 | |
| | 100m: 1:11.54 | 38.14 | 200m: 2:28.96 | 39.11 | 300m: 3:46.60 | 38.80 | | | | | |
| 9. | Liv Heijdra | | WVZ | | 200800736 | 5:04.79 | | +0,69 | | | |
| | 50m: 34.98 | 34.98 | 150m: 1:52.36 | 39.95 | 250m: 3:10.53 | 39.29 | 350m: 4:28.36 | 38.84 | 400m: 5:04.79 | 36.43 | |
| | 100m: 1:12.41 | 37.43 | 200m: 2:31.24 | 38.88 | 300m: 3:49.52 | 38.99 | | | | | |
| 10. | Puck van Wees 100 en 200 m * | | De Dolfijn | | 200901020 | 5:05.10 | | +0,70 | | | |
| | 50m: 34.36 | 34.36 | 150m: 1:50.93 | 38.92 | 250m: 3:08.77 | 39.32 | 350m: 4:28.27 | 39.84 | 400m: 5:05.10 | 36.83 | |
| | 100m: 1:12.01 | 37.65 | 200m: 2:29.45 | 38.52 | 300m: 3:48.43 | 39.66 | | | | | |
| 11. | Dido Toornend | | ZV Haerlem | | 200501718 | 5:07.13 | | +0,84 | | | |
| | 50m: 33.98 | 33.98 | 150m: 1:50.69 | 38.84 | 250m: 3:09.63 | 39.49 | 350m: 4:29.33 | 40.07 | 400m: 5:07.13 | 37.80 | |
| | 100m: 1:11.85 | 37.87 | 200m: 2:30.14 | 39.45 | 300m: 3:49.26 | 39.63 | | | | | |
| 12. | Suuz Griekspoor | | Noordwijkerhout | | 200901204 | 5:08.65 | | +0,80 | | | |
| | 50m: 34.11 | 34.11 | 150m: 1:50.94 | 38.69 | 250m: 3:10.77 | 40.20 | 350m: 4:31.09 | 39.47 | 400m: 5:08.65 | 37.56 | |
| | 100m: 1:12.25 | 38.14 | 200m: 2:30.57 | 39.63 | 300m: 3:51.62 | 40.85 | | | | | |
| 13. | Dante van Meene | | DAW | | 200900678 | 5:11.57 | | +0,85 | | | |
| | 50m: 34.48 | 34.48 | 150m: 1:52.47 | 39.98 | 250m: 3:13.44 | 40.55 | 350m: 4:33.74 | 40.07 | 400m: 5:11.57 | 37.83 | |
| | 100m: 1:12.49 | 38.01 | 200m: 2:32.89 | 40.42 | 300m: 3:53.67 | 40.23 | | | | | |
| 14. | Sofie Vos | | ZPC Hoogeveen | | 200800804 | 5:11.94 | | +0,86 | | | |
| | 50m: 34.69 | 34.69 | 150m: 1:53.03 | 39.54 | 250m: 3:12.24 | 39.68 | 350m: 4:32.42 | 39.91 | 400m: 5:11.94 | 39.52 | |
| | 100m: 1:13.49 | 38.80 | 200m: 2:32.56 | 39.53 | 300m: 3:52.51 | 40.27 | | | | | |
| 15. | Phaedra Meijer | | Blue Marlins | | 200405834 | 5:15.05 | | +0,78 | | | |
| | 50m: 34.60 | 34.60 | 150m: 1:51.65 | 38.87 | 250m: 3:11.79 | 40.31 | 350m: 4:34.33 | 41.24 | 400m: 5:15.05 | 40.72 | |
| | 100m: 1:12.78 | 38.18 | 200m: 2:31.48 | 39.83 | 300m: 3:53.09 | 41.30 | | | | | |
| 16. | Aniek Ausema | | Azuro | | 200602084 | 5:16.64 | | +0,95 | | | |
| | 50m: 35.39 | 35.39 | 150m: 1:54.33 | 39.75 | 250m: 3:15.17 | 40.48 | 350m: 4:36.82 | 40.81 | 400m: 5:16.64 | 39.82 | |
| | 100m: 1:14.58 | 39.19 | 200m: 2:34.69 | 40.36 | 300m: 3:56.01 | 40.84 | | | | | |
| 17. | Senna Boogmans | | De Duinkickers | | 201000640 | 5:18.89 | | | | | |
| | 50m: 35.50 | 35.50 | 150m: 1:55.47 | 40.36 | 250m: 3:17.67 | 41.26 | 350m: 4:40.20 | 40.50 | 400m: 5:18.89 | 38.69 | |
| | 100m: 1:15.11 | 39.61 | 200m: 2:36.41 | 40.94 | 300m: 3:59.70 | 42.03 | | | | | |
| 18. | Laura Volkers | | DWK | | 200800056 | 5:21.30 | | +0,72 | | | |
| | 50m: 35.80 | 35.80 | 150m: 1:58.11 | 41.70 | 250m: 3:21.26 | 40.71 | 350m: 4:42.71 | 40.06 | 400m: 5:21.30 | 38.59 | |
| | 100m: 1:16.41 | 40.61 | 200m: 2:40.55 | 42.44 | 300m: 4:02.65 | 41.39 | | | | | |
| 19. | Jaylin van der Linden | | ZZ&PC De Devel | | 200701766 | 5:21.41 | | +0,74 | | | |
| | 50m: 35.83 | 35.83 | 150m: 1:56.81 | 40.77 | 250m: 3:19.56 | 40.74 | 350m: 4:42.28 | 40.72 | 400m: 5:21.41 | 39.13 | |
| | 100m: 1:16.04 | 40.21 | 200m: 2:38.82 | 42.01 | 300m: 4:01.56 | 42.00 | | | | | |



Programmanr. 16, Dames, 400m vrije slag, Junioren 1 en ouder

| Rang | | | | | | | Tijd | RT | | |
|------|-----------------------|------------|---------------|-------|---------------|-------|---------------|-----------|----------------|-------|
| 20. | Wieke Dekker | De Dolfijn | | | | | | 201002020 | 5:23.07 | +0,71 |
| | 50m: 35.62 | 35.62 | 150m: 1:58.63 | 42.09 | 250m: 3:22.59 | 41.76 | 350m: 4:44.94 | 40.73 | | |
| | 100m: 1:16.54 | 40.92 | 200m: 2:40.83 | 42.20 | 300m: 4:04.21 | 41.62 | 400m: 5:23.07 | 38.13 | | |
| 21. | Cato Tulen | SWOL 1894 | | | | | | 200701946 | 5:25.61 | +0,77 |
| | 200 m * | | | | | | | | | |
| | 50m: 35.84 | 35.84 | 150m: 1:59.36 | 42.25 | 250m: 3:21.07 | 40.71 | 350m: 4:45.38 | 42.09 | | |
| | 100m: 1:17.11 | 41.27 | 200m: 2:40.36 | 41.00 | 300m: 4:03.29 | 42.22 | 400m: 5:25.61 | 40.23 | | |
| 22. | Carla Moreno Palacios | De Dolfijn | | | | | | 201002302 | 5:26.38 | +0,72 |
| | 200 m * | | | | | | | | | |
| | 50m: 35.34 | 35.34 | 150m: 1:57.95 | 42.24 | 250m: 3:22.09 | 42.90 | 350m: 4:46.42 | 43.16 | | |
| | 100m: 1:15.71 | 40.37 | 200m: 2:39.19 | 41.24 | 300m: 4:03.26 | 41.17 | 400m: 5:26.38 | 39.96 | | |
| 23. | Noa Spaans | De Dolfijn | | | | | | 201100222 | 5:44.82 | +0,60 |
| | 50m: 36.70 | 36.70 | 150m: 2:01.52 | 43.70 | 250m: 3:30.82 | 45.49 | 350m: 5:02.20 | 46.26 | | |
| | 100m: 1:17.82 | 41.12 | 200m: 2:45.33 | 43.81 | 300m: 4:15.94 | 45.12 | 400m: 5:44.82 | 42.62 | | |