

Programmanr. 21
02-07-2022

Dames, 400m vrije slag

Junioren 1 en later
Resultaten

rang	naam	vereniging	startnr.	tijd	RT			
1.	Imani de Jong <i>Speedo Fast Water Meet Record</i>	De Dolfijn	200200464	4:05.68	+0,69			
	50m: 27.82 100m: 58.64	27.82 30.82	150m: 1:29.60 200m: 2:00.94	30.96 31.34	250m: 2:32.66 300m: 3:04.36	31.72 31.70	350m: 3:35.89 400m: 4:05.68	31.53 29.79
2.	Silke Holkenborg	VZC	200100292	4:06.79	+0,64			
	50m: 28.59 100m: 59.70	28.59 31.11	150m: 1:31.24 200m: 2:02.89	31.54 31.65	250m: 2:34.19 300m: 3:05.62	31.30 31.43	350m: 3:36.60 400m: 4:06.79	30.98 30.19
3.	Lana Ravelingien	Brabo Zwemclub Antwerpen	BRABO/20066/03	4:20.86	+0,68			
	50m: 29.88 100m: 1:02.54	29.88 32.66	150m: 1:35.40 200m: 2:08.49	32.86 33.09	250m: 2:41.61 300m: 3:14.89	33.12 33.28	350m: 3:48.69 400m: 4:20.86	33.80 32.17
4.	Marte Hieke van der Kamp	Orca	200500218	4:21.49	+0,81			
	50m: 29.34 100m: 1:01.27	29.34 31.93	150m: 1:33.74 200m: 2:06.71	32.47 32.97	250m: 2:40.09 300m: 3:14.03	33.38 33.94	350m: 3:48.39 400m: 4:21.49	34.36 33.10
5.	Nynke Boerefijn	ZPC AMERSFOORT	200700114	4:26.93	+0,86			
	50m: 30.26 100m: 1:03.76	30.26 33.50	150m: 1:38.12 200m: 2:12.37	34.36 34.25	250m: 2:46.34 300m: 3:20.43	33.97 34.09	350m: 3:54.01 400m: 4:26.93	33.58 32.92
6.	Janne Slegers	PSV	200404090	4:27.67	+0,74			
	50m: 30.66 100m: 1:03.92	30.66 33.26	150m: 1:38.02 200m: 2:12.00	34.10 33.98	250m: 2:45.89 300m: 3:20.25	33.89 34.36	350m: 3:54.25 400m: 4:27.67	34.00 33.42
7.	Merel Schravendijk	Blue Marlins (SG)	200503382	4:28.17	+0,73			
	50m: 29.96 100m: 1:03.26	29.96 33.30	150m: 1:37.42 200m: 2:11.64	34.16 34.22	250m: 2:46.14 300m: 3:20.67	34.50 34.53	350m: 3:55.19 400m: 4:28.17	34.52 32.98
8.	Manon Ritten	PSV	200002440	4:29.02	+0,77			
	50m: 30.64 100m: 1:04.42	30.64 33.78	150m: 1:38.35 200m: 2:12.40	33.93 34.05	250m: 2:46.42 300m: 3:21.04	34.02 34.62	350m: 3:55.55 400m: 4:29.02	34.51 33.47
9.	Amé Hulleman	DZ&PC	200202794	4:31.09	+0,78			
	50m: 30.84 100m: 1:04.50	30.84 33.66	150m: 1:38.87 200m: 2:13.35	34.37 34.48	250m: 2:47.91 300m: 3:22.55	34.56 34.64	350m: 3:57.29 400m: 4:31.09	34.74 33.80
10.	Femke Doorenbos	ZPC AMERSFOORT	200404214	4:33.43	+0,87			
	50m: 30.75 100m: 1:04.64	30.75 33.89	150m: 1:39.24 200m: 2:14.00	34.60 34.76	250m: 2:48.82 300m: 3:23.97	34.82 35.15	350m: 3:58.83 400m: 4:33.43	34.86 34.60
11.	Emma Hofstee	TriVia	200401282	4:33.61	+0,85			
	50m: 29.90 100m: 1:03.47	29.90 33.57	150m: 1:38.38 200m: 2:12.98	34.91 34.60	250m: 2:47.59 300m: 3:23.05	34.61 35.46	350m: 3:58.99 400m: 4:33.61	35.94 34.62
12.	Evy Rozeboom	DAW	200601338	4:33.70	+0,81			
	50m: 30.52 100m: 1:04.18	30.52 33.66	150m: 1:38.88 200m: 2:14.47	34.70 35.59	250m: 2:49.31 300m: 3:24.37	34.84 35.06	350m: 3:59.10 400m: 4:33.70	34.73 34.60
13.	Sterre van de Goor	PSV	200102168	4:34.54	+0,76			
	50m: 31.27 100m: 1:05.55	31.27 34.28	150m: 1:40.10 200m: 2:14.94	34.55 34.84	250m: 2:49.61 300m: 3:24.56	34.67 34.95	350m: 3:59.65 400m: 4:34.54	35.09 34.89
14.	Eefje Irvine	De Dolfijn	200700164	4:36.69	+0,66			
	50m: 31.02 100m: 1:05.12	31.02 34.10	150m: 1:40.12 200m: 2:15.64	35.00 35.52	250m: 2:51.26 300m: 3:27.07	35.62 35.81	350m: 4:02.18 400m: 4:36.69	35.11 34.51
15.	Chantal Tiesinga	DZ&PC	200302452	4:39.12	+0,83			
	50m: 32.27 100m: 1:07.02	32.27 34.75	150m: 1:42.25 200m: 2:17.32	35.23 35.07	250m: 2:52.75 300m: 3:28.32	35.43 35.57	350m: 4:04.04 400m: 4:39.12	35.72 35.08
16.	Phaedra Meijer	MNC Dordrecht	200405834	4:42.48	+0,73			
	50m: 31.44 100m: 1:06.93	31.44 35.49	150m: 1:42.79 200m: 2:19.17	35.86 36.38	250m: 2:55.07 300m: 3:30.96	35.90 35.89	350m: 4:07.13 400m: 4:42.48	36.17 35.35
17.	Robine Moot	ZPC AMERSFOORT	200900330	4:48.06	+0,86			
	50m: 33.02 100m: 1:09.69	33.02 36.67	150m: 1:47.51 200m: 2:25.08	37.82 37.57	250m: 3:01.49 300m: 3:38.32	36.41 36.83	350m: 4:13.80 400m: 4:48.06	35.48 34.26
18.	Janneke Lenderink	PSV	200100328	4:48.54	+0,75			
	50m: 32.50 100m: 1:08.20	32.50 35.70	150m: 1:44.35 200m: 2:21.66	36.15 37.31	250m: 2:58.16 300m: 3:35.52	36.50 37.36	350m: 4:12.95 400m: 4:48.54	37.43 35.59
19.	Ariane Rijsemus	De Dolfijn	200704762	4:50.34	+0,69			
	50m: 32.74 100m: 1:09.56	32.74 36.82	150m: 1:46.53 200m: 2:23.99	36.97 37.46	250m: 3:01.35 300m: 3:38.34	37.36 36.99	350m: 4:14.84 400m: 4:50.34	36.50 35.50

Programmanr. 21, Dames, 400m vrije slag, Junioren 1 en later

rang	naam	vereniging	startnr.	tijd	RT			
20.	Myrthe Vos	PSV	200601684	4:50.43 *	+0,79			
	50m: 32.52	32.52	150m: 1:46.52	37.08	250m: 3:01.62	37.88	350m: 4:15.73	37.14
	100m: 1:09.44	36.92	200m: 2:23.74	37.22	300m: 3:38.59	36.97	400m: 4:50.43	34.70
21.	Madeleine Bertram	WZ&PC Purmerend	200900516	4:52.50	+0,91			
	50m: 32.33	32.33	150m: 1:45.80	37.38	250m: 3:01.58	37.95	350m: 4:17.78	38.30
	100m: 1:08.42	36.09	200m: 2:23.63	37.83	300m: 3:39.48	37.90	400m: 4:52.50	34.72
22.	Fleur Bos	Orca	200500674	4:52.59	+0,72			
	50m: 31.60	31.60	150m: 1:44.40	36.97	250m: 3:00.15	38.26	350m: 4:15.72	37.28
	100m: 1:07.43	35.83	200m: 2:21.89	37.49	300m: 3:38.44	38.29	400m: 4:52.59	36.87
23.	Elin Brinkhof	WZ&PC Purmerend	200900078	4:53.39	+0,69			
	50m: 32.39	32.39	150m: 1:46.96	37.82	250m: 3:02.77	37.72	350m: 4:17.89	37.57
	100m: 1:09.14	36.75	200m: 2:25.05	38.09	300m: 3:40.32	37.55	400m: 4:53.39	35.50
24.	Ilse Wiltjer	DZ&PC	200900868	4:58.58 *	+0,87			
	50m: 32.82	32.82	150m: 1:46.79	37.64	250m: 3:03.14	38.13	350m: 4:21.11	39.29
	100m: 1:09.15	36.33	200m: 2:25.01	38.22	300m: 3:41.82	38.68	400m: 4:58.58	37.47
25.	Thalia Meijer	MNC Dordrecht	200704048	4:59.36	+0,72			
	50m: 33.35	33.35	150m: 1:48.07	37.92	250m: 3:04.85	38.45	350m: 4:23.24	39.29
	100m: 1:10.15	36.80	200m: 2:26.40	38.33	300m: 3:43.95	39.10	400m: 4:59.36	36.12
26.	Esmee van Peer	TriVia	200201114	4:59.46	+0,80			
	50m: 31.59	31.59	150m: 1:45.33	37.76	250m: 3:03.41	39.32	350m: 4:21.91	38.98
	100m: 1:07.57	35.98	200m: 2:24.09	38.76	300m: 3:42.93	39.52	400m: 4:59.46	37.55
27.	Cynthia Koolman	Steenwijk 1934	200300232	5:00.61	+0,65			
	50m: 32.45	32.45	150m: 1:46.61	37.60	250m: 3:03.81	38.92	350m: 4:21.51	38.64
	100m: 1:09.01	36.56	200m: 2:24.89	38.28	300m: 3:42.87	39.06	400m: 5:00.61	39.10
28.	Liselotte Hendriks	Nextline Swimming	200702158	5:12.90	+0,79			
	50m: 35.11	35.11	150m: 1:53.35	39.47	250m: 3:13.91	40.37	350m: 4:34.11	40.10
	100m: 1:13.88	38.77	200m: 2:33.54	40.19	300m: 3:54.01	40.10	400m: 5:12.90	38.79
29.	Esmaé de Gans	ZPC AMERSFOORT	200900134	5:13.41	+0,78			
	50m +100m +200m*							
	50m: 34.73	34.73	150m: 1:53.45	39.89	250m: 3:14.12	40.53	350m: 4:34.68	40.09
	100m: 1:13.56	38.83	200m: 2:33.59	40.14	300m: 3:54.59	40.47	400m: 5:13.41	38.73
30.	Milou Geneuglijk	TriVia	200900556	5:17.15	+0,76			
	50m: 33.87	33.87	150m: 1:54.38	40.51	250m: 3:16.33	41.16	350m: 4:38.22	40.94
	100m: 1:13.87	40.00	200m: 2:35.17	40.79	300m: 3:57.28	40.95	400m: 5:17.15	38.93
31.	Charlotte Landman	ESCA Zwemmen	200901290	5:20.76	+0,68			
	50m: 33.44	33.44	150m: 1:53.52	40.78	250m: 3:17.45	42.68	350m: 4:41.14	41.57
	100m: 1:12.74	39.30	200m: 2:34.77	41.25	300m: 3:59.57	42.12	400m: 5:20.76	39.62
32.	Hannelore Buze	HZ&PC Heerenveen	200801226	5:29.19	+0,79			
	100m*							
	50m: 38.17	38.17	150m: 2:02.27	42.23	250m: 3:24.72	41.07	350m: 4:48.44	42.07
	100m: 1:20.04	41.87	200m: 2:43.65	41.38	300m: 4:06.37	41.65	400m: 5:29.19	40.75
33.	Joleen Noordenbos	Orca	200900884	5:29.62	+0,77			
	50m: 34.75	34.75	150m: 1:57.38	42.25	250m: 3:24.40	43.36	350m: 4:51.14	42.90
	100m: 1:15.13	40.38	200m: 2:41.04	43.66	300m: 4:08.24	43.84	400m: 5:29.62	38.48
34.	Karlijn Dijkshoorn	Steenwijk 1934	200803926	5:35.28	+0,81			
	50m: 36.56	36.56	150m: 2:01.79	43.90	250m: 3:30.89	43.72	350m: 4:57.48	42.13
	100m: 1:17.89	41.33	200m: 2:47.17	45.38	300m: 4:15.35	44.46	400m: 5:35.28	37.80
35.	Isa Segenhout	Orca	201000128	5:44.93	+0,73			
	50m: 36.32	36.32	150m: 2:03.41	44.65	250m: 3:33.26	45.18	350m: 5:02.07	44.07
	100m: 1:18.76	42.44	200m: 2:48.08	44.67	300m: 4:18.00	44.74	400m: 5:44.93	42.86
36.	Evita Hoornweg	TriVia	201002046	5:58.66	+0,66			
	50m: 40.30	40.30	150m: 2:08.81	44.90	250m: 3:42.19	46.47	350m: 5:15.30	45.01
	100m: 1:23.91	43.61	200m: 2:55.72	46.91	300m: 4:30.29	48.10	400m: 5:58.66	43.36