

Heuvelrug Circuit deel 2
Veenendaal, 4-11-2023

Programmanr. 7
4-11-2023 - 15:30

400m vrije slag

11 jaar en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Thijs Molendijk	De Vrije Slag	4:29.06	199900477	4:34.22	
	50m: 29.89	29.89	150m:	250m:	350m:	
	100m: 1:04.08	34.19	200m: 2:13.69	300m:	400m: 4:34.22	
2.	Bas van Berlo	Zwemclub Zeist	4:49.82	200601193	4:41.22	
	50m: 31.40	31.40	150m:	250m:	350m:	
	100m: 1:06.03	34.63	200m: 2:17.78	300m:	400m: 4:41.22	
3.	Lars Schade van Westrum	GoSwim	5:05.15	200800933	5:06.25	
	50m: 33.47	33.47	150m:	250m:	350m:	
	100m: 1:11.16	37.69	200m: 2:31.94	300m:	400m: 5:06.25	
4.	Brian Blankespoor	De Vrije Slag	5:36.86	200801133	5:09.66	
	50m: 33.73	33.73	150m:	250m:	350m:	
	100m: 1:12.94	39.21	200m: 2:32.87	300m:	400m: 5:09.66	
5.	Hessel Wachter	Zwemclub Zeist	5:08.90	200903337	5:09.85	
	50m: 33.96	33.96	150m:	250m:	350m:	
	100m: 1:12.03	38.07	200m: 2:32.57	300m:	400m: 5:09.85	
6.	Teije ter Bekke	Zwemclub Zeist	5:14.58	200901789	5:14.09	
	50m: 34.23	34.23	150m:	250m:	350m:	
	100m: 1:12.97	38.74	200m: 2:34.64	300m:	400m: 5:14.09	
7.	Jade van Berlo	Zwemclub Zeist	5:21.92	200803934	5:14.75	
	50m: 35.63	35.63	150m:	250m:	350m:	
	100m: 1:15.07	39.44	200m: 2:35.07	300m:	400m: 5:14.75	
8.	Leon ten Broeke	GoSwim	5:38.86	200900713	5:32.77	
	50m: 35.54	35.54	150m:	250m:	350m:	
	100m: 1:16.84	41.30	200m: 2:42.67	300m:	400m: 5:32.77	
9.	Daan Abrahamse	De Vrije Slag	NT	201001869	5:34.77	
	50m: 37.28	37.28	150m:	250m:	350m:	
	100m: 1:18.04	40.76	200m: 2:43.61	300m:	400m: 5:34.77	
10.	Daan Schaddelee	Dwk	6:38.07	200901915	5:40.68	
	50m: 38.32	38.32	150m:	250m:	350m:	
	100m: 1:21.87	43.55	200m: 2:51.04	300m:	400m: 5:40.68	
11.	Fenna ter Bekke	Zwemclub Zeist	6:12.90	200701506	5:45.75	
	50m: 36.11	36.11	150m:	250m:	350m:	
	100m: 1:18.14	42.03	200m: 2:47.97	300m:	400m: 5:45.75	
12.	Yaela van Engelenburg	VZC	NT	200703476	5:47.62	
	50m: 36.75	36.75	150m:	250m:	350m:	
	100m: 1:18.47	41.72	200m: 2:46.20	300m:	400m: 5:47.62	
13.	Oscar van de Weerd	GoSwim	5:46.07	200703923	5:49.43	
	50m: 36.43	36.43	150m:	250m:	350m:	
	100m: 1:18.85	42.42	200m: 2:49.53	300m:	400m: 5:49.43	
14.	Linde Akkersdijk	GoSwim	6:01.56	200901532	6:06.34	
	50m: 39.63	39.63	150m:	250m:	350m:	
	100m: 1:23.14	43.51	200m: 2:55.52	300m:	400m: 6:06.34	
15.	Mara Hoppen	ZC de Vuursche	6:01.58	201000022	6:15.52	
	50m: 39.68	39.68	150m:	250m:	350m:	
	100m: 1:25.93	46.25	200m: 3:03.76	300m:	400m: 6:15.52	
16.	Jasmijn Scott	ZC de Vuursche	6:18.56	201001236	6:15.82	
	50m: 38.90	38.90	150m:	250m:	350m:	
	100m: 1:25.62	46.72	200m: 3:02.58	300m:	400m: 6:15.82	
17.	Yunus de Langen	Zwemclub Zeist	NT	201002747	6:18.41	
	50m: 42.68	42.68	150m:	250m:	350m:	
	100m: 1:30.70	48.02	200m: 3:08.02	300m:	400m: 6:18.41	
18.	Jorne Pol	Dwk	NT	201001127	6:20.06	
	50m: 42.36	42.36	150m:	250m:	350m:	
	100m: 1:30.91	48.55	200m: 3:09.14	300m:	400m: 6:20.06	
19.	Noëmi van de Vijver	Zwemclub Zeist	6:13.62	200901814	6:24.12	
	50m: 40.88	40.88	150m:	250m:	350m:	
	100m: 1:27.89	47.01	200m: 3:06.91	300m:	400m: 6:24.12	
20.	Thelma van der Lee	Dwk	6:28.31	201002318	6:26.45	
	50m: 44.89	44.89	150m:	250m:	350m:	
	100m: 1:36.10	51.21	200m: 3:18.34	300m:	400m: 6:26.45	
21.	Eva Spelt	Dwk	6:28.41	201100878	6:28.59	
	50m: 42.24	42.24	150m:	250m:	350m:	
	100m: 1:31.41	49.17	200m: 3:12.64	300m:	400m: 6:28.59	
22.	Atze van der Leij	VZC	6:51.25	200700179	6:29.84	
	50m: 40.39	40.39	150m:	250m:	350m:	
	100m: 1:29.27	48.88	200m: 3:11.37	300m:	400m: 6:29.84	

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23.	Zisanne Top	Dwk	6:53.42	201001242	6:35.64
	50m: 43.45	43.45 150m:		250m:	350m:
	100m: 1:33.02	49.57 200m: 3:13.49		300m:	400m: 6:35.64
24.	Maas de Ridder	Zwemclub Zeist	6:27.45	200903743	6:39.69
	50m: 42.56	42.56 150m:		250m:	350m:
	100m: 1:13.29	30.73 200m: 3:13.79		300m:	400m: 6:39.69
25.	Frieda Machartzki	GoSwim	7:01.50	201102204	6:41.01
	50m: 43.87	43.87 150m:		250m:	350m:
	100m: 1:34.78	50.91 200m: 3:17.46		300m:	400m: 6:41.01
26.	Björn van Viegen	VZC	NT	201102723	6:43.07
	50m: 45.18	45.18 150m:		250m:	350m:
	100m: 1:37.14	51.96 200m: 3:19.74		300m:	400m: 6:43.07
27.	Rashed Al Mardini	De Vrije Slag	7:23.17	201001231	6:43.49
	50m: 42.34	42.34 150m:		250m:	350m:
	100m: 1:32.45	50.11 200m: 3:17.12		300m:	400m: 6:43.49
28.	Hinde Wunderink	ZC de Vuursche	6:46.37	201002162	6:45.46
	50m: 43.68	43.68 150m:		250m:	350m:
	100m: 1:32.86	49.18 200m: 3:16.37		300m:	400m: 6:45.46
29.	Jolijn van de Burgwal	Dwk	6:37.29	200903594	6:45.86
	50m: 45.44	45.44 150m:		250m:	350m:
	100m: 1:36.31	50.87 200m: 3:20.90		300m:	400m: 6:45.86
30.	Annemarie Neessen	GoSwim	6:42.50	201102502	6:52.23
	50m: 43.26	43.26 150m:		250m:	350m:
	100m: 1:34.14	50.88 200m: 3:20.00		300m:	400m: 6:52.23
31.	Danique de Man	VZC	7:13.53	201001972	6:54.57
	50m: 48.85	48.85 150m:		250m:	350m:
	100m: 1:39.90	51.05 200m: 3:25.82		300m:	400m: 6:54.57
32.	Berrita Nap	De Vrije Slag	7:03.47	201002574	6:57.24
	50m: 46.96	46.96 150m:		250m:	350m:
	100m: 1:39.94	52.98 200m: 3:27.17		300m:	400m: 6:57.24
33.	Kane van Middendorp	Dwk	NT	201101537	7:00.52
	50m: 45.57	45.57 150m:		250m:	350m:
	100m: 1:39.13	53.56 200m: 3:27.37		300m:	400m: 7:00.52
34.	Nina Schuringa	De Vrije Slag	7:25.43	201101280	7:02.86
	50m: 45.76	45.76 150m:		250m:	350m:
	100m: 1:38.73	52.97 200m: 3:30.82		300m:	400m: 7:02.86
35.	Marit Magendans	De Vrije Slag	7:53.02	201101934	7:17.24
	50m: 47.46	47.46 150m:		250m:	350m:
	100m: 1:41.91	54.45 200m: 3:34.53		300m:	400m: 7:17.24
36.	Julia Happel	Dwk	NT	201201666	7:18.00
	50m: 50.75	50.75 150m:		250m:	350m:
	100m: 1:46.78	56.03 200m: 3:41.61		300m:	400m: 7:18.00
37.	Saar Kuijsten	Dwk	NT	201102528	7:22.41
	50m: 47.55	47.55 150m:		250m:	350m:
	100m: 1:42.76	55.21 200m: 3:37.24		300m:	400m: 7:22.41
38.	Colinda Top	Dwk	7:31.22	201101414	7:24.69
	50m: 47.40	47.40 150m:		250m:	350m:
	100m: 1:41.32	53.92 200m: 3:39.46		300m:	400m: 7:24.69
39.	Mieke de Graaf	Dwk	NT	201200556	7:32.32
	50m: 53.88	53.88 150m:		250m:	350m:
	100m: 1:44.90	51.02 200m: 3:41.41		300m:	400m: 7:32.32
40.	Juliëtte Barnar	GoSwim	7:11.19	200700554	7:33.15
	50m: 47.83	47.83 150m:		250m:	350m:
	100m: 1:43.28	55.45 200m: 3:40.54		300m:	400m: 7:33.15
41.	Yaroslav Lytvynenko	VZC	8:46.52	201102573	7:38.78
	50m: 45.30	45.30 150m:		250m:	350m:
	100m: 1:40.44	55.14 200m: 3:36.93		300m:	400m: 7:38.78
42.	Lize Koppelaar	VZC	NT	200904324	7:53.11
	50m: 50.89	50.89 150m:		250m:	350m:
	100m: 1:49.09	58.20 200m: 3:50.71		300m:	400m: 7:53.11
43.	Leah Veltman	ZC de Vuursche	NT	201202334	8:17.15
	50m: 49.65	49.65 150m:		250m:	350m:
	100m: 1:50.97	1:01.32 200m: 4:00.69		300m:	400m: 8:17.15
DIS	Henk Mostert	De Vrije Slag	6:44.96	201000231	
	<i>AA - De start ingezet voor het startsignaal (en wel gezwommen).</i>				
DIS	Dannique Koolen	ZC de Vuursche	NT	199904048	S14
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				