

Nationale Zwemcompetitie deel 3
Gouda, 28-1-2024

Programmanr. 12
28-1-2024 - 13:09

Meisjes, 400m vrije slag

Jeugd 2 en jonger
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Erin de Jong	GZC DONK	4:46.96	201000024	4:49.70
	50m: 32.33	32.33 150m: 1:44.93	36.65	250m: 2:58.99	37.33
	100m: 1:08.28	35.95 200m: 2:21.66	36.73	300m: 3:35.98	36.99
				350m: 4:13.14	37.16
				400m: 4:49.70	36.56
2.	Rosalie Braspenincx	ZPC Woerden	4:53.49	200702530	4:52.67
	50m: 32.66	32.66 150m: 1:46.06	37.12	250m: 3:01.08	37.69
	100m: 1:08.94	36.28 200m: 2:23.39	37.33	300m: 3:38.78	37.70
				350m: 4:16.30	37.52
				400m: 4:52.67	36.37
3.	Aukje Schonewille	SG SCOM/de Zeehond'73	5:12.29	200702340	5:18.95
	50m: 33.31	33.31 150m: 1:53.03	40.42	250m: 3:16.18	41.57
	100m: 1:12.61	39.30 200m: 2:34.61	41.58	300m: 3:58.46	42.28
				350m: 4:39.20	40.74
				400m: 5:18.95	39.75
4.	Daynah de Snaijer	SG LinK-ZV Zoetermeer	5:38.37	200802266	5:21.21
	50m: 35.30	35.30 150m: 1:56.88	41.42	250m: 3:20.47	42.10
	100m: 1:15.46	40.16 200m: 2:38.37	41.49	300m: 4:02.02	41.55
				350m: 4:43.10	41.08
				400m: 5:21.21	38.11
5.	Puck Hoogveen	ZPC Woerden	5:22.44	200701794	5:26.10
	50m: 36.25	36.25 150m: 1:57.29	40.86	250m: 3:21.17	41.86
	100m: 1:16.43	40.18 200m: 2:39.31	42.02	300m: 4:03.09	41.92
				350m: 4:44.90	41.81
				400m: 5:26.10	41.20
6.	Nada Mghizat	GZC DONK	5:22.31	200702178	5:29.28
	50m: 36.17	36.17 150m: 1:58.01	41.43	250m: 3:22.76	42.49
	100m: 1:16.58	40.41 200m: 2:40.27	42.26	300m: 4:05.28	42.52
				350m: 4:48.21	42.93
				400m: 5:29.28	41.07
7.	Naomi Hoogboom	ZPC Woerden	NT	200802420	5:29.45
	50m: 37.76	37.76 150m: 2:01.68	42.49	250m: 3:27.22	43.32
	100m: 1:19.19	41.43 200m: 2:43.90	42.22	300m: 4:09.94	42.72
				350m: 4:50.71	40.77
				400m: 5:29.45	38.74
8.	Sophie Ferwerda	GZC DONK	5:48.54	200902984	5:31.07
	50m: 37.11	37.11 150m: 2:01.62	42.83	250m: 3:27.20	42.97
	100m: 1:18.79	41.68 200m: 2:44.23	42.61	300m: 4:10.20	43.00
				350m: 4:52.08	41.88
				400m: 5:31.07	38.99
9.	Brisa Dekkers	GZC DONK	5:56.00	201002164	5:33.41
	50m: 36.65	36.65 150m: 1:59.34	42.34	250m: 3:25.92	43.46
	100m: 1:17.00	40.35 200m: 2:42.46	43.12	300m: 4:09.02	43.10
				350m: 4:52.78	43.76
				400m: 5:33.41	40.63
10.	Ebony Mercera	SG SCOM/de Zeehond'73	5:33.15	200800488	5:36.56
	50m: 36.37	36.37 150m: 2:00.45	43.00	250m: 3:27.36	43.46
	100m: 1:17.45	41.08 200m: 2:43.90	43.45	300m: 4:11.12	43.76
				350m: 4:54.28	43.16
				400m: 5:36.56	42.28
11.	Nienke de Jong	GZC DONK	5:44.18	200800156	5:38.32
	50m: 36.49	36.49 150m: 2:00.33	42.75	250m: 3:27.78	43.92
	100m: 1:17.58	41.09 200m: 2:43.86	43.53	300m: 4:11.93	44.15
				350m: 4:56.18	44.25
				400m: 5:38.32	42.14
12.	Roos Schotmeijer	d'Elft WAVE (SG)	NT	200701010	5:55.62
	50m: 38.65	38.65 150m: 2:06.09	44.78	250m: 3:38.40	46.43
	100m: 1:21.31	42.66 200m: 2:51.97	45.88	300m: 4:25.12	46.72
				350m: 5:11.78	46.66
				400m: 5:55.62	43.84
13.	Juliette Burger	d'Elft WAVE (SG)	NT	200702966	5:56.21
	50m: 39.18	39.18 150m: 2:08.68	45.66	250m: 3:41.09	46.41
	100m: 1:23.02	43.84 200m: 2:54.68	46.00	300m: 4:27.67	46.58
				350m: 5:13.75	46.08
				400m: 5:56.21	42.46