

Limietwedstrijd LB 2024 deel 1
Amersfoort, 4-2-2024

Programmanr. 1
4-2-2024 - 14:15

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Jade van der Schrier 50m: 31.41 100m: 1:04.48	Azc 150m: 2:14.73	4:32.31	200800692 250m: 3:00m: 350m: 4:34.12	4:34.12
2.	Ismay Lichtendonk 50m: 100m:	Dedemsvaart-AC 150m: 200m:	4:29.67	200400622 250m: 300m: 350m: 400m: 4:35.15	4:35.15
3.	Angelique van Vark 50m: 31.41 100m: 1:05.46	Gzc Donk 31.41 150m: 1:40.35 34.05 200m: 2:15.32	4:34.71	199701478 34.89 250m: 2:50.71 34.97 300m: 3:27.07 35.39 350m: 4:02.94 36.36 400m: 4:36.92	35.87 33.98
4.	Malin Roozeboom 50m: 33.09 100m: 1:09.40	WVZ 33.09 150m: 1:45.96 36.31 200m: 2:22.79	4:34.95	201100006 36.56 250m: 2:59.60 36.83 300m: 3:36.00 36.40 350m: 4:12.82 36.81 400m: 4:47.50	36.82 34.68
5.	Leyla Oversluizen 50m: 31.08 100m: 1:06.57	Feijenoord Albion 31.08 150m: 1:44.00 35.49 200m: 2:20.89	4:46.88	200602730 37.43 250m: 2:58.47 36.89 300m: 3:36.62 37.58 350m: 4:13.52 38.15 400m: 4:49.51	36.90 35.99
6.	Suuz Griekspoor 50m: 32.09 100m: 1:08.19	Noordwijkerhout 32.09 150m: 1:45.09 36.10 200m: 2:23.41	4:59.08	200901204 36.90 250m: 3:01.20 38.32 300m: 3:39.71 37.79 350m: 4:16.91 38.51 400m: 4:53.54	37.20 36.63
7.	Senna Boogmans 50m: 33.26 100m: 1:10.92	De Duinkickers 33.26 150m: 1:49.97 37.66 200m: 2:28.68	5:07.47	201000640 39.05 250m: 3:08.15 38.71 300m: 3:47.37 39.47 350m: 4:24.81 39.22 400m: 5:00.15	+0,67 37.44 35.34
8.	Anne Engbersen 50m: 33.56 100m: 1:10.68	ZPC AMERSFOORT 33.56 150m: 1:49.30 37.12 200m: 2:28.32	5:06.77	201000044 38.62 250m: 3:07.88 39.02 300m: 3:46.70 39.56 350m: 4:24.94 38.82 400m: 5:00.46	+0,86 38.24 35.52
9.	Sofie Vos 50m: 33.82 100m: 1:11.11	ZPC Hoogeveen 33.82 150m: 1:49.64 37.29 200m: 2:28.04	4:46.63	200800804 38.53 250m: 3:06.83 38.40 300m: 3:45.51 38.79 350m: 4:24.41 38.68 400m: 5:02.06	38.90 37.65
10.	Daphne Dijsselhof 50m: 34.09 100m: 1:12.01	Dedemsvaart-AC 34.09 150m: 1:52.10 37.92 200m: 2:32.51	5:13.13	200901690 40.09 250m: 3:12.95 40.41 300m: 3:52.76 40.44 350m: 4:32.07 39.81 400m: 5:08.51	+0,81 39.31 36.44
11.	Alya Basaran 50m: 34.65 100m: 1:13.01	Zwemlust- den Hommel 34.65 150m: 1:52.96 38.36 200m: 2:32.81	5:10.13	200904280 39.95 250m: 3:12.82 39.85 300m: 3:53.02 40.01 350m: 4:33.14 40.20 400m: 5:12.86	40.12 39.72
12.	Cynthia Koolman 50m: 35.64 100m: 1:14.06	ZPC Hoogeveen 35.64 150m: 1:53.70 38.42 200m: 2:33.56	4:47.67	200300232 39.64 250m: 3:13.99 39.86 300m: 3:53.80 40.43 350m: 4:34.32 39.81 400m: 5:13.59	40.52 39.27
13.	Yara van Asselen 50m: 33.94 100m: 1:11.98	De Dolfijn 33.94 150m: 1:52.06 38.04 200m: 2:32.91	5:09.01	200900408 40.08 250m: 3:13.61 40.85 300m: 3:54.91 40.70 350m: 4:36.14 41.30 400m: 5:14.74	41.23 38.60
14.	Jade van Berlo 50m: 36.15 100m: 1:16.95	Zwemclub Zeist 36.15 150m: 1:57.64 40.80 200m: 2:38.92	5:14.75	200803934 40.69 250m: 3:20.32 41.28 300m: 4:01.85 41.40 350m: 4:42.44 41.53 400m: 5:22.82	+0,74 40.59 40.38
15.	Noortje Bisperink 50m: 35.11 100m: 1:15.46	ZPC AMERSFOORT 35.11 150m: 1:57.47 40.35 200m: 2:39.25	5:10.08	201100486 42.01 250m: 3:21.58 41.78 300m: 4:03.55 42.33 350m: 4:44.55 41.97 400m: 5:23.59	+0,72 41.00 39.04
16.	Yfke Wijnalda 50m: 36.74 100m: 1:17.99	ZPC AMERSFOORT 36.74 150m: 1:59.76 41.25 200m: 2:42.12	5:36.48	201002618 41.77 250m: 3:24.10 42.36 300m: 4:07.25 41.98 350m: 4:49.36 43.15 400m: 5:30.96	+0,62 42.11 41.60
17.	Anouschka Henselmans 50m: 37.10 100m: 1:18.45	ZPC AMERSFOORT 37.10 150m: 2:01.43 41.35 200m: 2:44.53	5:56.64	200702250 42.98 250m: 3:28.54 43.10 300m: 4:11.60 44.01 350m: 4:55.85 43.06 400m: 5:37.55	+0,76 44.25 41.70
18.	Hanna Heller 50m: 36.54 100m: 1:16.44	ZPC AMERSFOORT 36.54 150m: 1:59.01 39.90 200m: 2:42.50	5:35.58	201102730 42.57 250m: 3:26.82 43.49 300m: 4:12.13 44.32 350m: 4:56.36 45.31 400m: 5:38.90	+0,77 44.23 42.54
19.	Kim van de Heisteege 50m: 37.03 100m: 1:19.27	De Fuut 37.03 150m: 2:02.33 42.24 200m: 2:47.22	6:11.65	200900956 43.06 250m: 3:31.14 44.89 300m: 4:16.09 43.92 350m: 4:59.90 44.95 400m: 5:41.30	+0,90 43.81 41.40
20.	Jildau Folmer 50m: 36.69 100m: 1:20.39	SG. Bolsward-Workum 36.69 150m: 2:04.09 43.70 200m: 2:49.38	5:57.28	201002600 43.70 250m: 3:34.13 45.29 300m: 4:19.36 44.75 350m: 5:03.95 45.23 400m: 5:46.66	+0,74 44.59 42.71
21.	Benedikta Holbach 50m: 39.26 100m: 1:22.03	ZPC AMERSFOORT 39.26 150m: 2:06.83 42.77 200m: 2:52.57	5:45.64	201003220 44.80 250m: 3:38.16 45.74 300m: 4:23.60 45.59 350m: 5:07.99 45.44 400m: 5:48.86	+0,70 44.39 40.87
22.	Roos Flikweert 50m: 37.40 100m: 1:20.35	VZC 37.40 150m: 2:04.96 42.95 200m: 2:50.97	5:43.69	201101578 44.61 250m: 3:35.69 46.01 300m: 4:21.62 44.72 350m: 5:07.28 45.93 400m: 5:50.42	+0,85 45.66 43.14

Limietwedstrijd LB 2024 deel 1
Amersfoort, 4-2-2024

Programmanr. 1, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging				intijd			tijd			RT	
23.	Floor Flikweert	VZC				5:44.34			201101576			5:52.90	
	50m:	37.86	37.86	150m:	2:05.04	44.74	250m:	3:36.53	46.55	350m:	5:08.17	45.69	
	100m:	1:20.30	42.44	200m:	2:49.98	44.94	300m:	4:22.48	45.95	400m:	5:52.90	44.73	
24.	Syll Rinsma	Orca Leeuwarden				5:43.02			201200798			5:58.92	+0,58
	50m:	36.07	36.07	150m:	2:05.65	46.73	250m:	3:41.30	47.36	350m:	5:14.88	46.79	
	100m:	1:18.92	42.85	200m:	2:53.94	48.29	300m:	4:28.09	46.79	400m:	5:58.92	44.04	
25.	Myrthe Bruinsma	ZPC AMERSFOORT				5:53.18			201101108			5:59.65	
	50m:	38.48	38.48	150m:	2:09.51	46.81	250m:	3:43.52	47.68	350m:	5:15.39	45.73	
	100m:	1:22.70	44.22	200m:	2:55.84	46.33	300m:	4:29.66	46.14	400m:	5:59.65	44.26	
26.	Bente Toth	ZPC AMERSFOORT				5:56.30			201102818			6:15.46	+0,74
	50m:	40.81	40.81	150m:	2:14.85	48.04	250m:	3:52.53	49.02	350m:	5:30.37	48.19	
	100m:	1:26.81	46.00	200m:	3:03.51	48.66	300m:	4:42.18	49.65	400m:	6:15.46	45.09	