

Competitie #3
Kampen, 27-1-2024

Programmanr. 12
27-1-2024 - 17:34

Meisjes, 400m vrije slag
VVT: 5.41.10

Jeugd 2 en jonger
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Leyona Lichtendonk	Dedemsvaart-AC	4:48.13	200700010	4:43.79
	50m: 31.97	31.97 150m: 1:43.60	36.21	250m: 2:56.31	35.82
	100m: 1:07.39	35.42 200m: 2:20.49	36.89	300m: 3:32.73	36.42
				350m: 4:09.03	36.30
				400m: 4:43.79	34.76
2.	Lois Waterham	Dedemsvaart-AC	5:08.23	200803726	4:49.72
	50m: 31.86	31.86 150m: 1:43.48	36.16	250m: 2:57.04	36.94
	100m: 1:07.32	35.46 200m: 2:20.10	36.62	300m: 3:34.85	37.81
				350m: 4:13.29	38.44
				400m: 4:49.72	36.43
3.	Monica van der Meer	Deltasteur	5:17.88	200704288	4:59.57
	50m: 32.42	32.42 150m: 1:47.48	38.80	250m: 3:05.01	38.39
	100m: 1:08.68	36.26 200m: 2:26.62	39.14	300m: 3:43.38	38.37
				350m: 4:22.21	38.83
				400m: 4:59.57	37.36
4.	Sofie Kragt	Dedemsvaart-AC	5:10.48	200701020	5:03.99
	50m: 34.12	34.12 150m: 1:51.43	39.16	250m: 3:09.70	38.48
	100m: 1:12.27	38.15 200m: 2:31.22	39.79	300m: 3:49.27	39.57
				350m: 4:28.15	38.88
				400m: 5:03.99	35.84
5.	Laura Volkers	Dwk 1	5:01.16	200800056	5:07.29
	50m: 33.65	33.65 150m: 1:51.41	39.65	250m: 3:09.77	38.68
	100m: 1:11.76	38.11 200m: 2:31.09	39.68	300m: 3:49.00	39.23
				350m: 4:28.26	39.26
				400m: 5:07.29	39.03
6.	Lili Oosting	Dwk 1	5:06.40	200900384	5:10.50
	50m: 36.08	36.08 150m: 1:54.96	39.61	250m: 3:13.72	39.66
	100m: 1:15.35	39.27 200m: 2:34.06	39.10	300m: 3:53.17	39.45
				350m: 4:32.46	39.29
				400m: 5:10.50	38.04
7.	Jinte van Ginkel	Dwk 1	5:16.80	200701286	5:13.91
	50m: 32.71	32.71 150m: 1:48.82	38.78	250m: 3:09.27	40.91
	100m: 1:10.04	37.33 200m: 2:28.36	39.54	300m: 3:50.55	41.28
				350m: 4:32.35	41.80
				400m: 5:13.91	41.56
8.	Esther Dijsselhof	Dedemsvaart-AC	5:16.27	200800784	5:17.85
	50m: 33.30	33.30 150m: 1:51.06	39.55	250m: 3:13.19	41.68
	100m: 1:11.51	38.21 200m: 2:31.51	40.45	300m: 3:54.40	41.21
				350m: 4:36.64	42.24
				400m: 5:17.85	41.21
9.	Charlotte van der Meer	Deltasteur	5:43.06	200704478	5:18.27
	50m: 35.02	35.02 150m: 1:56.63	41.75	250m: 3:19.01	40.85
	100m: 1:14.88	39.86 200m: 2:38.16	41.53	300m: 3:59.16	40.15
				350m: 4:38.53	39.37
				400m: 5:18.27	39.74
10.	Lily Zandstra	Dedemsvaart-AC	5:17.55	200701418	5:20.02
	50m: 35.77	35.77 150m: 1:56.64	41.02	250m: 3:20.42	41.79
	100m: 1:15.62	39.85 200m: 2:38.63	41.99	300m: 4:02.07	41.65
				350m: 4:42.56	40.49
				400m: 5:20.02	37.46
11.	Tess Jansen	Dwk 1	5:16.43	200901660	5:20.55
	50m: 37.05	37.05 150m: 1:59.64	41.62	250m: 3:21.54	40.67
	100m: 1:18.02	40.97 200m: 2:40.87	41.23	300m: 4:01.69	40.15
				350m: 4:42.15	40.46
				400m: 5:20.55	38.40
12.	Jente Nijsingh	Dedemsvaart-AC	5:41.91	200801594	5:29.08
	50m: 34.66	34.66 150m: 1:56.97	41.99	250m: 3:23.42	43.50
	100m: 1:14.98	40.32 200m: 2:39.92	42.95	300m: 4:07.28	43.86
				350m: 4:49.44	42.16
				400m: 5:29.08	39.64
13.	Karlijn Bredenoort	Dedemsvaart-AC	5:37.73	200800340	5:36.42
	50m: 35.53	35.53 150m: 1:57.12	41.69	250m: 3:23.21	43.33
	100m: 1:15.43	39.90 200m: 2:39.88	42.76	300m: 4:06.91	43.70
				350m: 4:51.09	44.18
				400m: 5:36.42	45.33
14.	Krista Veehof	Deltasteur	5:38.22	200700140	5:41.96
	50m: 37.97	37.97 150m: 2:03.55	43.19	250m: 3:31.00	43.77
	100m: 1:20.36	42.39 200m: 2:47.23	43.68	300m: 4:15.25	44.25
				350m: 4:59.37	44.12
				400m: 5:41.96	42.59
BM	Marlouke Frijstein	Deltasteur	4:54.82	200800152	5:14.24
	50m: 35.00	35.00 150m: 1:54.10	40.06	250m: 3:14.82	40.24
	100m: 1:14.04	39.04 200m: 2:34.58	40.48	300m: 3:55.28	40.46
				350m: 4:35.22	39.94
				400m: 5:14.24	39.02