

Programmanr. 2  
 11-2-2024 - 13:40

 Dames, 400m vrije slag  
 serie 1 zwemt in P1 serie 1

 Senioren Open  
 Resultaten

Punten: FINA 2022

rang	naam	vereniging	intijd	tijd	Pnt
<b>Junioren 1 en 2</b>					
1.	Aimee van Tongeren	WS Twente	5:52.42	201100214	<b>5:54.75</b> 286
	50m: 37.09	37.09 150m: 2:04.50	44.91	250m: 3:35.67	44.61 350m: 5:10.83 48.52
	100m: 1:19.59	42.50 200m: 2:51.06	46.56	300m: 4:22.31	46.64 400m: 5:54.75 43.92
2.	Danique Krijgsman	ZPC De Hof	6:13.80	201100208	<b>5:59.78 FJ 1</b> 274
	50m: 39.31	39.31 150m: 2:07.67	45.93	250m: 3:40.40	46.67 350m: 5:15.04 48.09
	100m: 1:21.74	42.43 200m: 2:53.73	46.06	300m: 4:26.95	46.55 400m: 5:59.78 44.74
3.	Donna Groen	Sg - E Z C L	6:10.40	201101342	<b>5:59.78 FJ 2</b> 274
	50m: 37.95	37.95 150m: 2:05.36	45.10	250m: 3:38.37	46.95 350m: 5:13.55 47.27
	100m: 1:20.26	42.31 200m: 2:51.42	46.06	300m: 4:26.28	47.91 400m: 5:59.78 46.23
4.	Noor Wierda	WS Twente	6:23.73	201200542	<b>6:14.76</b> 243
	50m: 38.95	38.95 150m: 2:13.86	48.35	250m: 3:52.16	49.30 350m: 5:29.95 48.53
	100m: 1:25.51	46.56 200m: 3:02.86	49.00	300m: 4:41.42	49.26 400m: 6:14.76 44.81
5.	Rebekka Slot	Sg - E Z C L	7:28.00	201102036	<b>7:51.72</b> 121
	50m: 47.19	47.19 150m: 2:49.86	1:02.05	250m: 4:55.78	1:02.03 350m: 6:58.86 1:00.45
	100m: 1:47.81	1:00.62 200m: 3:53.75	1:03.89	300m: 5:58.41	1:02.63 400m: 7:51.72 52.86
AFGEM	Isabel Jaarsma	Sg - E Z C L	7:22.29	201200204	
<b>Junioren 3 en 4</b>					
1.	Lincey Stappenbeld	Sg - E Z C L	7:24.00	201002978	<b>7:11.70</b> 159
	50m: 45.10	45.10 150m: 2:33.26	55.75	250m: 4:24.42	55.94 350m: 6:16.60 56.15
	100m: 1:37.51	52.41 200m: 3:28.48	55.22	300m: 5:20.45	56.03 400m: 7:11.70 55.10