

LB wedstrijd DAW - 4  
Alkmaar, 12-5-2024

Programmanr. 7  
12-5-2024 - 14:22

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
<b>Junioren</b>								
1. Linou van Kampen	Zpch	5:09.46 201000594	<b>5:13.38</b>		1:13.62	1:21.02		
50m:		150m:	250m:		350m:			
100m: 1:13.62		200m: 2:34.64	300m:		400m: 5:13.38			
2. Sarah Akil	Het Y	5:05.33 200900984	<b>5:13.73</b>		1:15.07	1:20.04		
50m:		150m:	250m:		350m:			
100m: 1:15.07		200m: 2:35.11	300m:		400m: 5:13.73			
3. Yuna van den Idsert	Daw	5:00.86 201001196	<b>5:15.91</b>		1:13.22	1:21.97		
50m:		150m:	250m:		350m:			
100m: 1:13.22		200m: 2:35.19	300m:		400m: 5:15.91			
4. Kyara Balt	De Vikings	5:08.84 201100306	<b>5:16.68</b>		1:16.25	1:22.57		
50m:		150m:	250m:		350m:			
100m: 1:16.25		200m: 2:38.82	300m:		400m: 5:16.68			
5. Tess de Waard	ZV Haerlem	5:28.51 200903946	<b>5:25.29</b>		1:17.81	1:24.30		
50m:		150m:	250m:		350m:			
100m: 1:17.81		200m: 2:42.11	300m:		400m: 5:25.29			
6. Sofija Velevska	Zpch	5:20.99 201102774	<b>5:25.45</b>		1:16.56	1:23.01		
50m:		150m:	250m:		350m:			
100m: 1:16.56		200m: 2:39.57	300m:		400m: 5:25.45			
7. Roubin van Kampen	Zpch	5:28.51 201200370	<b>5:29.82</b>		1:18.35	1:24.61		
50m:		150m:	250m:		350m:			
100m: 1:18.35		200m: 2:42.96	300m:		400m: 5:29.82			
8. Joleen Noordenbos	Orca Leeuwarden	5:29.62 200900884	<b>5:30.75</b>		1:15.79	1:26.65		
50m:		150m:	250m:		350m:			
100m: 1:15.79		200m: 2:42.44	300m:		400m: 5:30.75			
9. Lana Noordenbos	Orca Leeuwarden	5:47.53 201100958	<b>5:33.61</b>		1:18.34	1:26.70		
50m:		150m:	250m:		350m:			
100m: 1:18.34		200m: 2:45.04	300m:		400m: 5:33.61			
10. Anastasiia Otroshko	Kzc	5:58.20 201003686	<b>5:47.17</b>		1:18.48	1:30.76		
50m:		150m:	250m:		350m:			
100m: 1:18.48		200m: 2:49.24	300m:		400m: 5:47.17			
11. Syll Rinsma	Orca Leeuwarden	5:43.02 201200798	<b>5:50.22</b>		1:19.03	1:30.81		
50m:		150m:	250m:		350m:			
100m: 1:19.03		200m: 2:49.84	300m:		400m: 5:50.22			
12. Sterre Dirar	ZPC Watervlo	5:42.87 200900354	<b>5:51.10</b>		1:19.77	1:30.99		
50m:		150m:	250m:		350m:			
100m: 1:19.77		200m: 2:50.76	300m:		400m: 5:51.10			
13. Meila Broenink	Batavia Swim	6:03.50 201102332	<b>6:07.02</b>		1:27.13	1:34.72		
50m:		150m:	250m:		350m:			
100m: 1:27.13		200m: 3:01.85	300m:		400m: 6:07.02			
14. Ginger de Grave	MSV-Zeemacht	7:14.07 201103066	<b>6:14.44</b>		1:27.42	1:36.80		
50m:		150m:	250m:		350m:			
100m: 1:27.42		200m: 3:04.22	300m:		400m: 6:14.44			
15. Jayda van Eck	ZPC Watervlo	6:18.19 201003100	<b>6:18.48</b>		1:27.03	1:39.22		
50m:		150m:	250m:		350m:			
100m: 1:27.03		200m: 3:06.25	300m:		400m: 6:18.48			
16. Lois Regensburg	ZV Haerlem	6:30.59 201202004	<b>6:23.03</b>		1:27.74	1:39.60		
50m:		150m:	250m:		350m:			
100m: 1:27.74		200m: 3:07.34	300m:		400m: 6:23.03			
17. Lola Opdam	Daw	6:47.70 201103150	<b>6:56.58</b>		1:35.42	1:46.34		
50m:		150m:	250m:		350m:			
100m: 1:35.42		200m: 3:21.76	300m:		400m: 6:56.58			
<b>Jeugd</b>								
1. Guusje Winkel	Zpch	5:29.37 200704012	<b>5:22.15</b>		1:15.80	1:23.63		
50m:		150m:	250m:		350m:			
100m: 1:15.80		200m: 2:39.43	300m:		400m: 5:22.15			
2. Melissa Busink	ZPC Watervlo	5:54.23 200704000	<b>5:32.63</b>		1:18.27	1:23.98		
50m:		150m:	250m:		350m:			
100m: 1:18.27		200m: 2:42.25	300m:		400m: 5:32.63			
3. Nina de Witt	Het Y	5:24.32 200801858	<b>5:36.53</b>		1:18.14	1:25.79		
50m:		150m:	250m:		350m:			
100m: 1:18.14		200m: 2:43.93	300m:		400m: 5:36.53			

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Senioren

1. Renske Dutilh	Het Y	4:37.53	200201188	<b>4:43.85</b>	1:07.38	1:11.78
50m:		150m:		250m:	350m:	
100m:	1:07.38	200m:	2:19.16	300m:	400m:	4:43.85