

Limietwedstrijd LB deel 4 ZPC AMERSFOORT  
Amersfoort, 21-4-2024

Programmanr. 29  
21-4-2024 - 17:41

Dames, 400m vrije slag

Senioren Open  
Resultaten

| rang | naam                  | vereniging           | intijd        | tijd      | RT                   |       |
|------|-----------------------|----------------------|---------------|-----------|----------------------|-------|
| 1.   | Malin Roozeboom       | WVZ                  | 4:34.95       | 201100006 | <b>4:42.45</b> +0,77 |       |
|      | 50m: 32.10            | 32.10                | 150m: 1:44.48 | 36.45     | 250m: 2:56.31        | 35.62 |
|      | 100m: 1:08.03         | 35.93                | 200m: 2:20.69 | 36.21     | 300m: 3:32.75        | 36.44 |
|      |                       |                      |               |           | 350m: 4:08.10        | 35.35 |
|      |                       |                      |               |           | 400m: 4:42.45        | 34.35 |
| 2.   | Elin Reinstra         | TriVia               | 4:56.91       | 201100842 | <b>4:59.91</b> +0,78 |       |
|      | 50m: 33.93            | 33.93                | 150m: 1:50.17 | 38.42     | 250m: 3:06.36        | 38.12 |
|      | 100m: 1:11.75         | 37.82                | 200m: 2:28.24 | 38.07     | 300m: 3:45.01        | 38.65 |
|      |                       |                      |               |           | 350m: 4:23.65        | 38.64 |
|      |                       |                      |               |           | 400m: 4:59.91        | 36.26 |
| 3.   | Simone Brobbel        | ZPC Numansdorp       | 5:12.57       | 201200058 | <b>5:09.88</b> +0,76 |       |
|      | 50m: 32.71            | 32.71                | 150m: 1:51.28 | 40.32     | 250m: 3:12.12        | 40.60 |
|      | 100m: 1:10.96         | 38.25                | 200m: 2:31.52 | 40.24     | 300m: 3:52.35        | 40.23 |
|      |                       |                      |               |           | 350m: 4:32.57        | 40.22 |
|      |                       |                      |               |           | 400m: 5:09.88        | 37.31 |
| 4.   | Isabel Amelink        | Deltasteur           | 5:13.20       | 201100196 | <b>5:09.95</b> +0,78 |       |
|      | 50m: 34.37            | 34.37                | 150m: 1:51.86 | 39.59     | 250m: 3:12.15        | 40.41 |
|      | 100m: 1:12.27         | 37.90                | 200m: 2:31.74 | 39.88     | 300m: 3:52.71        | 40.56 |
|      |                       |                      |               |           | 350m: 4:32.82        | 40.11 |
|      |                       |                      |               |           | 400m: 5:09.95        | 37.13 |
| 5.   | Quincy van Duinkerken | ZPC AMERSFOORT       | NT            | 200300060 | <b>5:13.83</b> +0,84 |       |
|      | 50m: 35.13            | 35.13                | 150m: 1:54.56 | 40.51     | 250m: 3:14.58        | 40.23 |
|      | 100m: 1:14.05         | 38.92                | 200m: 2:34.35 | 39.79     | 300m: 3:55.01        | 40.43 |
|      |                       |                      |               |           | 350m: 4:34.93        | 39.92 |
|      |                       |                      |               |           | 400m: 5:13.83        | 38.90 |
| 6.   | Yanique Bax           | ZPC AMERSFOORT       | 5:18.31       | 201001428 | <b>5:17.07</b> +0,71 |       |
|      | 50m: 33.87            | 33.87                | 150m: 1:52.69 | 40.52     | 250m: 3:15.38        | 41.71 |
|      | 100m: 1:12.17         | 38.30                | 200m: 2:33.67 | 40.98     | 300m: 3:56.32        | 40.94 |
|      |                       |                      |               |           | 350m: 4:37.43        | 41.11 |
|      |                       |                      |               |           | 400m: 5:17.07        | 39.64 |
| 7.   | Mette Hogenhuis       | Zwemlust- den Hommel | 5:17.71       | 201101254 | <b>5:22.69</b> +0,85 |       |
|      | 50m: 35.09            | 35.09                | 150m: 1:57.44 | 41.90     | 250m: 3:21.30        | 41.71 |
|      | 100m: 1:15.54         | 40.45                | 200m: 2:39.59 | 42.15     | 300m: 4:02.89        | 41.59 |
|      |                       |                      |               |           | 350m: 4:43.81        | 40.92 |
|      |                       |                      |               |           | 400m: 5:22.69        | 38.88 |
| 8.   | Fenne Hardeman        | Hellas-Glana         | 5:56.58       | 201100244 | <b>5:32.80</b> +0,80 |       |
|      | 50m: 38.32            | 38.32                | 150m: 2:02.78 | 42.47     | 250m: 3:28.78        | 42.74 |
|      | 100m: 1:20.31         | 41.99                | 200m: 2:46.04 | 43.26     | 300m: 4:12.12        | 43.34 |
|      |                       |                      |               |           | 350m: 4:53.44        | 41.32 |
|      |                       |                      |               |           | 400m: 5:32.80        | 39.36 |
| 9.   | Anouschka Henselmans  | ZPC AMERSFOORT       | 5:37.55       | 200702250 | <b>5:32.83</b> +0,76 |       |
|      | 50m: 36.87            | 36.87                | 150m: 2:01.94 | 43.56     | 250m: 3:28.43        | 42.99 |
|      | 100m: 1:18.38         | 41.51                | 200m: 2:45.44 | 43.50     | 300m: 4:10.68        | 42.25 |
|      |                       |                      |               |           | 350m: 4:53.53        | 42.85 |
|      |                       |                      |               |           | 400m: 5:32.83        | 39.30 |
| 10.  | Lisa Boogaard         | Deltasteur           | 5:36.49       | 201100990 | <b>5:39.88</b> +0,59 |       |
|      | 50m: 38.03            | 38.03                | 150m: 2:05.31 | 43.43     | 250m: 3:31.68        | 43.29 |
|      | 100m: 1:21.88         | 43.85                | 200m: 2:48.39 | 43.08     | 300m: 4:14.95        | 43.27 |
|      |                       |                      |               |           | 350m: 4:58.13        | 43.18 |
|      |                       |                      |               |           | 400m: 5:39.88        | 41.75 |
| 11.  | Charlie Klaver        | De Dolfijn           | 5:35.10       | 201102094 | <b>5:44.22</b> +0,72 |       |
|      | 50m: 37.57            | 37.57                | 150m: 2:04.11 | 43.33     | 250m: 3:33.82        | 44.13 |
|      | 100m: 1:20.78         | 43.21                | 200m: 2:49.69 | 45.58     | 300m: 4:18.92        | 45.10 |
|      |                       |                      |               |           | 350m: 5:02.88        | 43.96 |
|      |                       |                      |               |           | 400m: 5:44.22        | 41.34 |
| 12.  | Hanna Heller          | ZPC AMERSFOORT       | 5:36.45       | 201102730 | <b>5:45.66</b> +0,81 |       |
|      | 50m: 38.54            | 38.54                | 150m: 2:04.71 | 43.24     | 250m: 3:34.12        | 44.92 |
|      | 100m: 1:21.47         | 42.93                | 200m: 2:49.20 | 44.49     | 300m: 4:19.44        | 45.32 |
|      |                       |                      |               |           | 350m: 5:03.11        | 43.67 |
|      |                       |                      |               |           | 400m: 5:45.66        | 42.55 |
| 13.  | Liss Wakker           | De Rijn              | 5:23.43       | 201000140 | <b>5:45.91</b> +0,73 |       |
|      | 50m: 37.53            | 37.53                | 150m: 2:04.69 | 44.70     | 250m: 3:34.98        | 45.23 |
|      | 100m: 1:19.99         | 42.46                | 200m: 2:49.75 | 45.06     | 300m: 4:20.15        | 45.17 |
|      |                       |                      |               |           | 350m: 5:05.11        | 44.96 |
|      |                       |                      |               |           | 400m: 5:45.91        | 40.80 |
| 14.  | Naevia Verschoor      | AZC                  | 6:08.20       | 201201976 | <b>6:00.48</b> +0,83 |       |
|      | 50m: 38.84            | 38.84                | 150m: 2:10.69 | 46.77     | 250m: 3:45.09        | 46.74 |
|      | 100m: 1:23.92         | 45.08                | 200m: 2:58.35 | 47.66     | 300m: 4:31.99        | 46.90 |
|      |                       |                      |               |           | 350m: 5:18.40        | 46.41 |
|      |                       |                      |               |           | 400m: 6:00.48        | 42.08 |
| 15.  | Emma Juliette Jansen  | ZPC AMERSFOORT       | 6:10.56       | 201200158 | <b>6:01.60</b>       |       |
|      | 50m: 37.97            | 37.97                | 150m: 2:09.53 | 46.39     | 250m: 3:44.65        | 47.66 |
|      | 100m: 1:23.14         | 45.17                | 200m: 2:56.99 | 47.46     | 300m: 4:31.54        | 46.89 |
|      |                       |                      |               |           | 350m: 5:18.57        | 47.03 |
|      |                       |                      |               |           | 400m: 6:01.60        | 43.03 |
| 16.  | Lotte Boone           | De Woelwaters        | NT            | 201101792 | <b>6:11.94</b> +0,81 |       |
|      | 50m: 40.49            | 40.49                | 150m: 2:14.51 | 47.41     | 250m: 3:51.15        | 48.14 |
|      | 100m: 1:27.10         | 46.61                | 200m: 3:03.01 | 48.50     | 300m: 4:39.65        | 48.50 |
|      |                       |                      |               |           | 350m: 5:27.44        | 47.79 |
|      |                       |                      |               |           | 400m: 6:11.94        | 44.50 |