

A-Limietwedstrijd LB deel 1
Hengelo, 23-3-2024

Programmanr. 1
23-3-2024 - 13:30

Dames, 400m vrije slag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
1. H. Markovinovic	WS Twente	4:42.01	200803266	4:49.21 +0,61	1:07.73	1:13.75	1:14.55	1:13.18
50m: 32.06	32.06	150m: 1:44.41	36.68	250m: 2:58.46	36.98	350m: 4:13.36	37.33	
100m: 1:07.73	35.67	200m: 2:21.48	37.07	300m: 3:36.03	37.57	400m: 4:49.21	35.85	
2. Barbara Broekhuis	De Dinkel	4:42.25	200700880	4:55.81 +0,74	1:11.63	1:16.29	1:14.84	1:13.05
50m: 33.97	33.97	150m: 1:49.17	37.54	250m: 3:04.71	36.79	350m: 4:19.36	36.60	
100m: 1:11.63	37.66	200m: 2:27.92	38.75	300m: 3:42.76	38.05	400m: 4:55.81	36.45	
3. Simone Faber	Deltasteur	4:48.62	200900710	4:57.88	1:12.34	1:18.16	1:17.37	1:10.01
50m: 34.13	34.13	150m: 1:51.80	39.46	250m: 3:09.19	38.69	350m: 4:24.92	37.05	
100m: 1:12.34	38.21	200m: 2:30.50	38.70	300m: 3:47.87	38.68	400m: 4:57.88	32.96	
4. Emmelien Smelt	ZVZwartsluis	4:47.76	200800012	5:03.14 +0,73	1:11.70	1:17.75	1:18.40	1:15.29
50m: 33.44	33.44	150m: 1:50.03	38.33	250m: 3:08.39	38.94	350m: 4:26.20	38.35	
100m: 1:11.70	38.26	200m: 2:29.45	39.42	300m: 3:47.85	39.46	400m: 5:03.14	36.94	
5. Marre van der Wal	SG. Bolsward-Workum	5:00.86	201000046	5:06.90 +0,74	1:13.20	1:18.72	1:18.69	1:16.29
50m: 34.50	34.50	150m: 1:52.32	39.12	250m: 3:10.66	38.74	350m: 4:29.10	38.49	
100m: 1:13.20	38.70	200m: 2:31.92	39.60	300m: 3:50.61	39.95	400m: 5:06.90	37.80	
6. Yaell Elmerink	ZPC De Hof	5:14.31	200900310	5:11.38 +0,68	1:13.96	1:19.66	1:21.42	1:16.34
50m: 34.71	34.71	150m: 1:53.50	39.54	250m: 3:14.32	40.70	350m: 4:34.49	39.45	
100m: 1:13.96	39.25	200m: 2:33.62	40.12	300m: 3:55.04	40.72	400m: 5:11.38	36.89	
7. Isabel Amelink	Deltasteur	5:17.81	201100196	5:13.20 +0,66	1:14.07	1:22.13	1:20.96	1:16.04
50m: 34.53	34.53	150m: 1:55.35	41.28	250m: 3:16.36	40.16	350m: 4:35.99	38.83	
100m: 1:14.07	39.54	200m: 2:36.20	40.85	300m: 3:57.16	40.80	400m: 5:13.20	37.21	
8. Nienke Bulter	De Dinkel	5:11.25	200902188	5:16.25 +0,62	1:14.70	1:21.01	1:21.35	1:19.19
50m: 35.42	35.42	150m: 1:54.80	40.10	250m: 3:16.08	40.37	350m: 4:37.24	40.18	
100m: 1:14.70	39.28	200m: 2:35.71	40.91	300m: 3:57.06	40.98	400m: 5:16.25	39.01	
9. Esmee Nieuwenhuis	ZPC De Hof	5:08.67	200701444	5:17.13 +0,81	1:14.75	1:21.96	1:22.86	1:17.56
50m: 34.91	34.91	150m: 1:55.83	41.08	250m: 3:18.51	41.80	350m: 4:39.96	40.39	
100m: 1:14.75	39.84	200m: 2:36.71	40.88	300m: 3:59.57	41.06	400m: 5:17.13	37.17	
10. M. Gliese-Sloojer	De Dinkel	5:07.76	201100008	5:22.62	1:15.20	1:22.79	1:22.97	1:21.66
50m: 35.28	35.28	150m: 1:56.38	41.18	250m: 3:19.26	41.27	350m: 4:42.44	41.48	
100m: 1:15.20	39.92	200m: 2:37.99	41.61	300m: 4:00.96	41.70	400m: 5:22.62	40.18	
11. Mila Soethof	De Dinkel	5:10.61	200900482	5:26.48 +0,54	1:16.08	1:24.02	1:24.52	1:21.86
50m: 36.04	36.04	150m: 1:58.23	42.15	250m: 3:22.34	42.24	350m: 4:46.97	42.35	
100m: 1:16.08	40.04	200m: 2:40.10	41.87	300m: 4:04.62	42.28	400m: 5:26.48	39.51	
12. Anna Schuurman	SG. Bolsward-Workum	5:57.72	201000076	5:29.87 +0,77	1:17.71	1:23.70	1:24.96	1:23.50
50m: 36.85	36.85	150m: 1:59.14	41.43	250m: 3:23.69	42.28	350m: 4:48.79	42.42	
100m: 1:17.71	40.86	200m: 2:41.41	42.27	300m: 4:06.37	42.68	400m: 5:29.87	41.08	
13. Annefleur Schraa	Swol 1894	5:23.90	201100044	5:32.80 +0,73	1:19.74	1:26.26	1:26.31	1:20.49
50m: 37.88	37.88	150m: 2:02.72	42.98	250m: 3:29.14	43.14	350m: 4:54.04	41.73	
100m: 1:19.74	41.86	200m: 2:46.00	43.28	300m: 4:12.31	43.17	400m: 5:32.80	38.76	
14. Lisa Boogaard	Deltasteur	5:40.34	201100990	5:36.49	1:20.33	1:27.07	1:26.44	1:22.65
50m: 38.21	38.21	150m: 2:04.08	43.75	250m: 3:31.26	43.86	350m: 4:57.03	43.19	
100m: 1:20.33	42.12	200m: 2:47.40	43.32	300m: 4:13.84	42.58	400m: 5:36.49	39.46	
15. Femke van der Veen	Orca Leeuwarden	5:49.27	201100962	5:39.40 +0,64	1:19.14	1:30.14	1:28.26	1:21.86
50m: 36.18	36.18	150m: 2:03.87	44.73	250m: 3:33.36	44.08	350m: 5:00.36	42.82	
100m: 1:19.14	42.96	200m: 2:49.28	45.41	300m: 4:17.54	44.18	400m: 5:39.40	39.04	
16. Lynn ten Berge	De Dinkel	5:23.02	201000884	5:39.98	1:19.15	1:28.69	1:27.55	1:24.59
50m: 36.96	36.96	150m: 2:03.53	44.38	250m: 3:31.44	43.60	350m: 4:59.00	43.61	
100m: 1:19.15	42.19	200m: 2:47.84	44.31	300m: 4:15.39	43.95	400m: 5:39.98	40.98	
17. W. van der Heide	Orca Leeuwarden	5:43.23	201100028	5:42.06 +0,56	1:21.57	1:29.74	1:29.41	1:21.34
50m: 38.75	38.75	150m: 2:06.68	45.11	250m: 3:37.11	45.80	350m: 5:03.38	42.66	
100m: 1:21.57	42.82	200m: 2:51.31	44.63	300m: 4:20.72	43.61	400m: 5:42.06	38.68	
18. I. Oude Engberink	De Dinkel	5:40.81	201100818	5:42.79	1:21.73	1:29.84	1:30.10	1:21.12
50m: 38.69	38.69	150m: 2:06.89	45.16	250m: 3:37.17	45.60	350m: 5:02.78	41.11	
100m: 1:21.73	43.04	200m: 2:51.57	44.68	300m: 4:21.67	44.50	400m: 5:42.79	40.01	
19. K. van de Wetering	Deltasteur	5:50.64	201000972	5:49.55	1:22.38	1:30.93	1:30.67	1:25.57
50m: 38.79	38.79	150m: 2:07.85	45.47	250m: 3:39.01	45.70	350m: 5:08.39	44.41	
100m: 1:22.38	43.59	200m: 2:53.31	45.46	300m: 4:23.98	44.97	400m: 5:49.55	41.16	
20. Evy Anna Nijdam	Orca Leeuwarden	5:51.52	201100834	5:55.80 +0,66	1:21.78	1:32.82	1:32.64	1:28.56
50m: 37.51	37.51	150m: 2:07.70	45.92	250m: 3:41.09	46.49	350m: 5:12.16	44.92	
100m: 1:21.78	44.27	200m: 2:54.60	46.90	300m: 4:27.24	46.15	400m: 5:55.80	43.64	
21. Romyrle ter Maat	De Dinkel	6:01.63	201100030	5:59.99 +0,67	1:24.39	1:32.98	1:33.88	1:28.74
50m: 39.03	39.03	150m: 2:10.84	46.45	250m: 3:44.64	47.27	350m: 5:16.87	45.62	
100m: 1:24.39	45.36	200m: 2:57.37	46.53	300m: 4:31.25	46.61	400m: 5:59.99	43.12	
22. Aimee van Tongeren	WS Twente	5:52.42	201100214	6:05.64 +0,72	1:22.30	1:33.16	1:37.00	1:33.18
50m: 37.65	37.65	150m: 2:07.40	45.10	250m: 3:43.77	48.31	350m: 5:20.54	48.08	
100m: 1:22.30	44.65	200m: 2:55.46	48.06	300m: 4:32.46	48.69	400m: 6:05.64	45.10	

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Hengelo, 23-3-2024

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

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
23. Jinthe Kuiper	Swol 1894	6:05.97	201200688	6:07.06	1:27.49	1:33.10	1:36.82	1:29.65
50m: 41.00	41.00	150m: 2:12.73	45.24	250m: 3:49.51	48.92	350m: 5:22.75	45.34	
100m: 1:27.49	46.49	200m: 3:00.59	47.86	300m: 4:37.41	47.90	400m: 6:07.06	44.31	