

Programmanr. 305  
1/6/2024 - 14:40

Dames, 400m vrije slag

All-in  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Junioren 1 en 2</b>						
1.	Isabel Amelink	Deltasteur	5:09.95	201100196	<b>5:10.89</b>	
	50m: 34.77	34.77 150m: 1:53.88	40.55	250m: 3:14.65	39.87 350m: 4:34.04	38.40
	100m: 1:13.33	38.56 200m: 2:34.78	40.90	300m: 3:55.64	40.99 400m: 5:10.89	36.85
2.	Mattea Gliese-Slooijer	De Dinkel	5:12.77	201100008	<b>5:17.62</b>	
	50m: 35.07	35.07 150m: 1:55.83	40.87	250m: 3:17.52	40.52 350m: 4:38.59	40.30
	100m: 1:14.96	39.89 200m: 2:37.00	41.17	300m: 3:58.29	40.77 400m: 5:17.62	39.03
3.	Maurieke Frijstein	Deltasteur	5:43.56	201100198	<b>5:18.22</b>	
	50m: 35.66	35.66 150m: 1:56.54	40.84	250m: 3:18.46	40.76 350m: 4:39.56	40.04
	100m: 1:15.70	40.04 200m: 2:37.70	41.16	300m: 3:59.52	41.06 400m: 5:18.22	38.66
4.	Annefleur Schraa	SWOL 1894	5:23.90	201100044	<b>5:24.23</b>	
	50m: 36.11	36.11 150m: 1:57.13	41.33	250m: 3:20.51	42.03 350m: 4:43.86	41.30
	100m: 1:15.80	39.69 200m: 2:38.48	41.35	300m: 4:02.56	42.05 400m: 5:24.23	40.37
5.	Lisa Boogaard	Deltasteur	5:36.49	201100990	<b>5:27.91</b>	
	50m: 36.65	36.65 150m: 1:58.96	41.86	250m: 3:23.46	42.37 350m: 4:48.14	42.09
	100m: 1:17.10	40.45 200m: 2:41.09	42.13	300m: 4:06.05	42.59 400m: 5:27.91	39.77
6.	Imke Oude Engberink	De Dinkel	5:42.79	201100818	<b>5:34.96</b>	
	50m: 36.86	36.86 150m: 2:00.07	42.79	250m: 3:27.08	43.26 350m: 4:52.84	42.81
	100m: 1:17.28	40.42 200m: 2:43.82	43.75	300m: 4:10.03	42.95 400m: 5:34.96	42.12
7.	Sophie Kortenschijl	WS Twente	5:41.46	201100672	<b>5:39.22</b>	
	50m: 36.37	36.37 150m: 2:01.54	43.22	250m: 3:29.33	43.70 350m: 4:58.19	44.47
	100m: 1:18.32	41.95 200m: 2:45.63	44.09	300m: 4:13.72	44.39 400m: 5:39.22	41.03
8.	Karlijn Siero	de IJssel	5:56.39	201201758	<b>5:52.13</b>	
	50m: 37.21	37.21 150m: 2:06.99	46.20	250m: 3:39.72	46.33 350m: 5:12.62	46.71
	100m: 1:20.79	43.58 200m: 2:53.39	46.40	300m: 4:25.91	46.19 400m: 5:52.13	39.51
9.	Manoah Dekker	Deltasteur	5:25.70	201100656	<b>5:58.00</b>	
	50m: 39.93	39.93 150m: 2:12.42	46.96	250m: 3:46.36	47.07 350m: 5:16.83	44.40
	100m: 1:25.46	45.53 200m: 2:59.29	46.87	300m: 4:32.43	46.07 400m: 5:58.00	41.17
10.	Jinthe Kuiper	SWOL 1894	6:07.06	201200688	<b>6:02.75</b>	
	50m: 39.02	39.02 150m: 2:11.99	47.75	250m: 3:47.02	48.26 350m: 5:19.12	45.47
	100m: 1:24.24	45.22 200m: 2:58.76	46.77	300m: 4:33.65	46.63 400m: 6:02.75	43.63
11.	Noor Wierda	WS Twente	6:05.22	201200542	<b>6:10.10</b>	+0,66
	50m: 38.64	38.64 150m: 2:13.95	47.64	250m: 3:51.03	48.88 350m: 5:25.89	47.75
	100m: 1:26.31	47.67 200m: 3:02.15	48.20	300m: 4:38.14	47.11 400m: 6:10.10	44.21
12.	Femke Keizer	Dedemsvaart-AC	6:04.02	201200272	<b>6:15.33</b>	+0,78
	50m: 40.72	40.72 150m: 2:16.23	48.22	250m: 3:53.74	48.71 350m: 5:29.46	46.94
	100m: 1:28.01	47.29 200m: 3:05.03	48.80	300m: 4:42.52	48.78 400m: 6:15.33	45.87
<b>Junioren 3 en 4</b>						
1.	Simone Faber	Deltasteur	4:48.62	200900710	<b>4:54.49</b>	+0,55
	50m: 33.91	33.91 150m: 1:51.12	39.04	250m: 3:07.75	37.90 350m: 4:21.98	36.05
	100m: 1:12.08	38.17 200m: 2:29.85	38.73	300m: 3:45.93	38.18 400m: 4:54.49	32.51
2.	Daphne Dijsselhof	Dedemsvaart-AC	4:55.40	200901690	<b>4:58.01</b>	+0,68
	50m: 33.60	33.60 150m: 1:51.26	39.39	250m: 3:08.62	38.75 350m: 4:23.80	36.70
	100m: 1:11.87	38.27 200m: 2:29.87	38.61	300m: 3:47.10	38.48 400m: 4:58.01	34.21
3.	Emma Steenbrink	WS Twente	5:03.04	200901376	<b>5:00.79</b>	
	50m: 33.70	33.70 150m: 1:51.07	39.41	250m: 3:08.96	39.04 350m: 4:25.06	37.50
	100m: 1:11.66	37.96 200m: 2:29.92	38.85	300m: 3:47.56	38.60 400m: 5:00.79	35.73
4.	Florien Pot	WS Twente	5:05.73	201000768	<b>5:00.85</b>	
	50m: 34.55	34.55 150m: 1:51.47	38.78	250m: 3:09.12	38.62 350m: 4:24.52	37.16
	100m: 1:12.69	38.14 200m: 2:30.50	39.03	300m: 3:47.36	38.24 400m: 5:00.85	36.33
5.	Nienke Bulter	De Dinkel	5:16.25	200902188	<b>5:17.47</b>	+0,66
	50m: 35.92	35.92 150m: 1:55.79	40.61	250m: 3:17.21	40.86 350m: 4:38.46	40.70
	100m: 1:15.18	39.26 200m: 2:36.35	40.56	300m: 3:57.76	40.55 400m: 5:17.47	39.01
6.	Mila Soethof	De Dinkel	5:10.61	200900482	<b>5:19.77</b>	+0,55
	50m: 36.09	36.09 150m: 1:57.65	41.38	250m: 3:19.60	40.73 350m: 4:41.13	40.34
	100m: 1:16.27	40.18 200m: 2:38.87	41.22	300m: 4:00.79	41.19 400m: 5:19.77	38.64
7.	Sofie Kleissen	O Z & P C	5:14.65	200901134	<b>5:23.09</b>	
	50m: 37.15	37.15 150m: 1:57.61	41.04	250m: 3:20.73	41.51 350m: 4:43.61	41.68
	100m: 1:16.57	39.42 200m: 2:39.22	41.61	300m: 4:01.93	41.20 400m: 5:23.09	39.48
8.	Jesmé Haytink	WS Twente	5:12.83	201000382	<b>5:26.56</b>	+0,67
	50m: 36.00	36.00 150m: 1:59.04	41.88	250m: 3:23.26	41.65 350m: 4:46.45	41.23
	100m: 1:17.16	41.16 200m: 2:41.61	42.57	300m: 4:05.22	41.96 400m: 5:26.56	40.11

Programmanr. 305, Dames, 400m vrije slag

Jeugd 1 en 2

1. Barbara Broekhuis	De Dinkel	4:42.25	200700880	<b>4:45.27</b>	+0,69
50m: 31.28	31.28 150m: 1:42.51	36.07	250m: 2:56.14	36.77	350m: 4:10.09
100m: 1:06.44	35.16 200m: 2:19.37	36.86	300m: 3:33.27	37.13	400m: 4:45.27
					36.82
					35.18
2. Hannah Markovinovic	WS Twente	4:42.01	200803266	<b>4:55.22</b>	+0,48
50m: 32.62	32.62 150m: 1:46.88	37.94	250m: 3:03.65	38.26	350m: 4:19.93
100m: 1:08.94	36.32 200m: 2:25.39	38.51	300m: 3:42.15	38.50	400m: 4:55.22
					37.78
					35.29
3. Leyona Lichtendonk	Dedemsvaart-AC	4:43.79	200700010	<b>4:56.21</b>	
50m: 32.32	32.32 150m: 1:44.86	37.07	250m: 3:01.86	38.68	350m: 4:19.18
100m: 1:07.79	35.47 200m: 2:23.18	38.32	300m: 3:41.03	39.17	400m: 4:56.21
					38.15
					37.03
4. Féline Sam	ZVZwartsuis	4:49.88	200700018	<b>4:57.19</b>	+0,59
50m: 32.09	32.09 150m: 1:46.47	38.17	250m: 3:04.01	38.81	350m: 4:21.08
100m: 1:08.30	36.21 200m: 2:25.20	38.73	300m: 3:42.45	38.44	400m: 4:57.19
					38.63
					36.11
5. Esmee Nieuwenhuis	ZPC De Hof	4:48.96	200701444	<b>5:03.11</b>	+0,85
50m: 33.52	33.52 150m: 1:51.03	39.53	250m: 3:09.93	38.87	350m: 4:27.69
100m: 1:11.50	37.98 200m: 2:31.06	40.03	300m: 3:49.40	39.47	400m: 5:03.11
					38.29
					35.42
6. Marlouke Frijstein	Deltasteur	4:56.23	200800152	<b>5:08.89</b>	
50m: 34.53	34.53 150m: 1:52.80	39.95	250m: 3:13.00	39.64	350m: 4:31.77
100m: 1:12.85	38.32 200m: 2:33.36	40.56	300m: 3:53.07	40.07	400m: 5:08.89
					38.70
					37.12
7. Laurien Gliese-Slooijer	De Dinkel	4:51.50	200700636	<b>5:10.35</b>	+0,56
50m: 33.56	33.56 150m: 1:51.09	39.24	250m: 3:10.91	39.33	350m: 4:30.95
100m: 1:11.85	38.29 200m: 2:31.58	40.49	300m: 3:51.24	40.33	400m: 5:10.35
					39.71
					39.40
8. Monica van der Meer	Deltasteur	4:59.57	200704288	<b>5:14.33</b>	+0,54
50m: 36.45	36.45 150m: 1:58.19	41.29	250m: 3:19.36	40.40	350m: 4:38.89
100m: 1:16.90	40.45 200m: 2:38.96	40.77	300m: 3:59.48	40.12	400m: 5:14.33
					39.41
					35.44
9. Lois Waterham	Dedemsvaart-AC	4:49.72	200803726	<b>5:23.22</b>	+0,70
50m: 35.53	35.53 150m: 1:55.78	41.15	250m: 3:17.99	41.42	350m: 4:41.95
100m: 1:14.63	39.10 200m: 2:36.57	40.79	300m: 3:59.96	41.97	400m: 5:23.22
					41.99
					41.27

Senioren 1-2 en Senioren

1. Eline Lutters	De Dinkel	4:44.91	200600322	<b>4:49.96</b>	+0,62
50m: 31.88	31.88 150m: 1:44.69	37.15	250m: 2:59.65	37.31	350m: 4:15.09
100m: 1:07.54	35.66 200m: 2:22.34	37.65	300m: 3:37.87	38.22	400m: 4:49.96
					37.22
					34.87
2. Julia van den Bosch	Deltasteur	4:43.31	200600232	<b>4:51.23</b>	+0,56
50m: 32.83	32.83 150m: 1:46.65	37.47	250m: 3:02.20	37.59	350m: 4:17.29
100m: 1:09.18	36.35 200m: 2:24.61	37.96	300m: 3:39.89	37.69	400m: 4:51.23
					37.40
					33.94

Senioren

1. Ismay Lichtendonk	Dedemsvaart-AC	4:21.41	200400622	<b>4:29.29</b>	+0,67
50m: 29.55	29.55 150m: 1:36.10	33.88	250m: 2:45.18	34.50	350m: 3:55.51
100m: 1:02.22	32.67 200m: 2:10.68	34.58	300m: 3:20.46	35.28	400m: 4:29.29
					35.05
					33.78