



Programmanr. 208
26-5-2024 - 16:02

Dames, 400m wisselslag
snelste serie sen1+2 samen met senioren

All-in
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Junioren 1 en 2								
1. Maartje van Berkom	Aqua-Novio'94	6:20.05 201100514	6:22.20		1:30.59	1:39.27	1:50.28	1:22.06
		50m: 150m: 100m: 1:30.59 200m: 3:09.86	250m: 300m: 5:00.14		350m: 400m: 6:22.20			
2. Yvonne de Graaf	DWK	6:31.92 201101418	6:23.19		1:32.34	1:36.01	1:52.51	1:22.33
		50m: 150m: 100m: 1:32.34 200m: 3:08.35	250m: 300m: 5:00.86		350m: 400m: 6:23.19			
3. Meila Broenink	Batavia Swim	6:15.08 201102332	6:25.40		1:35.96	1:35.59	1:48.13	1:25.72
		50m: 150m: 100m: 1:35.96 200m: 3:11.55	250m: 300m: 4:59.68		350m: 400m: 6:25.40			
4. Zsofi Bouw	DWK	6:33.24 201101102	6:29.79		1:30.22	1:42.60	1:53.04	1:23.93
		50m: 150m: 100m: 1:30.22 200m: 3:12.82	250m: 300m: 5:05.86		350m: 400m: 6:29.79			
5. Robin Versteeg	Aqua-Novio'94	6:40.92 201200276	6:32.59		1:39.41	1:36.12	1:52.55	1:24.51
		50m: 150m: 100m: 1:39.41 200m: 3:15.53	250m: 300m: 5:08.08		350m: 400m: 6:32.59			
6. Jaurieke Morren	SG Octopus - ZVV	6:28.71 201200292	6:37.00		1:41.51	1:40.96	1:48.50	1:26.03
		50m: 150m: 100m: 1:41.51 200m: 3:22.47	250m: 300m: 5:10.97		350m: 400m: 6:37.00			
7. Elisha Kragten	Aqua-Novio'94	6:46.91 201200822	6:39.68		1:40.60	1:37.23	1:53.68	1:28.17
		50m: 150m: 100m: 1:40.60 200m: 3:17.83	250m: 300m: 5:11.51		350m: 400m: 6:39.68			
8. Gerlin van de Krol	DWK	6:29.49 201101412	6:40.54		1:39.56	1:46.69	1:40.80	1:33.49
		50m: 150m: 100m: 1:39.56 200m: 3:26.25	250m: 300m: 5:07.05		350m: 400m: 6:40.54			
9. Yanaika Ido	Batavia Swim	6:24.86 201102764	6:47.20		1:42.12	1:38.71	1:55.57	1:30.80
		50m: 150m: 100m: 1:42.12 200m: 3:20.83	250m: 300m: 5:16.40		350m: 400m: 6:47.20			
10. Femke Mandema	Flevo	6:44.40 201100396	6:53.78		1:34.37	1:47.32	1:58.28	1:33.81
		50m: 150m: 100m: 1:34.37 200m: 3:21.69	250m: 300m: 5:19.97		350m: 400m: 6:53.78			
11. Sanne Eilander	SG Octopus - ZVV	6:49.16 201102514	7:11.19		1:39.11	1:44.05	2:06.26	1:41.77
		50m: 150m: 100m: 1:39.11 200m: 3:23.16	250m: 300m: 5:29.42		350m: 400m: 7:11.19			
12. Maud Lamfers	Aquapoldro	7:12.00 201201350	7:22.60		1:48.45	1:48.01	2:02.36	1:43.78
		50m: 150m: 100m: 1:48.45 200m: 3:36.46	250m: 300m: 5:38.82		350m: 400m: 7:22.60			
13. G. van der Spek	Batavia Swim	8:08.99 201102806 SM7	8:17.72		2:08.15	2:06.49	2:19.01	1:44.07
		50m: 150m: 100m: 2:08.15 200m: 4:14.64	250m: 300m: 6:33.65		350m: 400m: 8:17.72			
Junioren 3 en 4								
1. Tara Langkamp	Aqua-Novio'94	5:41.27 200900362	5:42.73		1:16.57	1:32.54	1:41.15	1:12.47
		50m: 150m: 100m: 1:16.57 200m: 2:49.11	250m: 300m: 4:30.26		350m: 400m: 5:42.73			
2. Elin Baars	DWK	5:52.86 201000138	5:42.76		1:18.68	1:30.32	1:36.37	1:17.39
		50m: 150m: 100m: 1:18.68 200m: 2:49.00	250m: 300m: 4:25.37		350m: 400m: 5:42.76			
3. Lili Oosting	DWK	6:06.96 200900384	5:52.23		1:20.62	1:30.05	1:45.75	1:15.81
		50m: 150m: 100m: 1:20.62 200m: 2:50.67	250m: 300m: 4:36.42		350m: 400m: 5:52.23			
4. Tessa van Beek	DWK	6:11.36 201001446	5:56.10		1:19.65	1:30.97	1:43.73	1:21.75
		50m: 150m: 100m: 1:19.65 200m: 2:50.62	250m: 300m: 4:34.35		350m: 400m: 5:56.10			
5. Elin Das	NDD	6:03.69 200901036	6:01.05		1:21.38	1:32.61	1:46.63	1:20.43
		50m: 150m: 100m: 1:21.38 200m: 2:53.99	250m: 300m: 4:40.62		350m: 400m: 6:01.05			
6. Myrthe Rozendaal	Aqua-Novio'94	6:01.78 201000790	6:02.03		1:29.50	1:31.70	1:39.12	1:21.71
		50m: 150m: 100m: 1:29.50 200m: 3:01.20	250m: 300m: 4:40.32		350m: 400m: 6:02.03			
7. Tessa Zevenbergen	Aquapoldro	6:18.61 201002662	6:19.70		1:31.57	1:37.66	1:49.01	1:21.46
		50m: 150m: 100m: 1:31.57 200m: 3:09.23	250m: 300m: 4:58.24		350m: 400m: 6:19.70			



Gelderse Kampioenschappen Lange Baan
Nijmegen, 25-5- - 2-6-2024



Programmanr. 208, Meisjes, 400m wisselslag, Junioren 3 en 4

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
8. H. Onstwedder	Batavia Swim	6:31.72 201002902	6:23.90		1:33.90	1:43.74	1:43.26	1:23.00
50m:	150m:	250m:			350m:			
100m: 1:33.90	200m: 3:17.64	300m: 5:00.90			400m: 6:23.90			
9. Pleun Schouten	De IJsselmeeuwen	6:24.44 201002106	6:31.75		1:26.78	1:45.22	1:55.97	1:23.78
50m:	150m:	250m:			350m:			
100m: 1:26.78	200m: 3:12.00	300m: 5:07.97			400m: 6:31.75			

Jeugd 1 en 2

1. Lyke Bellert	SG Octopus - ZVV	5:11.15 200701424	5:34.53		1:14.78	1:25.33	1:36.88	1:17.54
50m:	150m:	250m:			350m:			
100m: 1:14.78	200m: 2:40.11	300m: 4:16.99			400m: 5:34.53			
2. Leonoor Smale	Aqua-Novio'94	5:52.03 200800942	5:52.91		1:29.27	1:32.81	1:32.77	1:18.06
50m:	150m:	250m:			350m:			
100m: 1:29.27	200m: 3:02.08	300m: 4:34.85			400m: 5:52.91			
3. Fenna Reijmers	CWW Swimteam	5:45.99 200800244	6:05.80		1:29.59	1:39.08	1:39.54	1:17.59
50m:	150m:	250m:			350m:			
100m: 1:29.59	200m: 3:08.67	300m: 4:48.21			400m: 6:05.80			
4. Britt Hopman	SG Octopus - ZVV	5:53.38 200702688	6:07.89		1:23.84	1:40.95	1:40.96	1:22.14
50m:	150m:	250m:			350m:			
100m: 1:23.84	200m: 3:04.79	300m: 4:45.75			400m: 6:07.89			
DIS Carlijn Boltendal	Zuiderzeezwemmers	5:41.12 200700082						
<i>AF - De aangegeven afstand niet uitgezwommen.</i>								

Senioren 1 en 2

1. Lynn Rötter	Livo	5:47.06 200600950	5:43.78		1:21.37	1:27.42	1:40.99	1:14.00
50m:	150m:	250m:			350m:			
100m: 1:21.37	200m: 2:48.79	300m: 4:29.78			400m: 5:43.78			
2. Feline Slijkhuis	SG Octopus - ZVV	5:40.54 200501042	5:51.41		1:21.94	1:29.14	1:38.94	1:21.39
50m:	150m:	250m:			350m:			
100m: 1:21.94	200m: 2:51.08	300m: 4:30.02			400m: 5:51.41			

Senioren

1. Mandy van Rossum	Aqua-Novio'94	5:43.67 200204904	5:34.26		1:13.52	1:32.79	1:29.31	1:18.64
50m:	150m:	250m:			350m:			
100m: 1:13.52	200m: 2:46.31	300m: 4:15.62			400m: 5:34.26			
2. Aline Meuleman	Livo	5:44.49 200401136	5:43.63		1:17.77	1:24.67	1:40.52	1:20.67
50m:	150m:	250m:			350m:			
100m: 1:17.77	200m: 2:42.44	300m: 4:22.96			400m: 5:43.63			
3. M. van Langevelde	ESCA Zwemmen	5:36.48 199803160	5:46.01		1:22.67	1:30.31	1:40.15	1:12.88
50m:	150m:	250m:			350m:			
100m: 1:22.67	200m: 2:52.98	300m: 4:33.13			400m: 5:46.01			
4. Marjes Butz	RZC	5:44.73 199901502	5:57.37		1:17.19	1:34.73	1:43.71	1:21.74
50m:	150m:	250m:			350m:			
100m: 1:17.19	200m: 2:51.92	300m: 4:35.63			400m: 5:57.37			