



Programmanr. 305
1-6-2024 - 15:12

Dames, 400m vrije slag

All-in
Resultaten

rang	naam	vereniging	intijd		tijd	RT	100m	200m	300m	400m
Junioren 1 en 2										
1.	Yvonne de Graaf	DWK	5:48.56	201101418	5:33.35		1:19.45	1:25.47	1:26.06	1:22.37
	50m:	150m:			250m:		350m:			
	100m: 1:19.45	200m: 2:44.92			300m: 4:10.98		400m: 5:33.35			
2.	Fay Jansen	Aqua-Novio'94	5:43.90	201200154	5:33.63		1:19.79	1:26.36	1:25.69	1:21.79
	50m:	150m:			250m:		350m:			
	100m: 1:19.79	200m: 2:46.15			300m: 4:11.84		400m: 5:33.63			
3.	Robin Versteeg	Aqua-Novio'94	5:43.93	201200276	5:41.06		1:19.33	1:26.73	1:28.91	1:26.09
	50m:	150m:			250m:		350m:			
	100m: 1:19.33	200m: 2:46.06			300m: 4:14.97		400m: 5:41.06			
4.	Anouk van de Steeg	DWK	6:09.56	201200558	5:47.39		1:22.08	1:29.83	1:31.53	1:23.95
	50m:	150m:			250m:		350m:			
	100m: 1:22.08	200m: 2:51.91			300m: 4:23.44		400m: 5:47.39			
5.	Jaurieke Morren	SG Octopus - ZVV	6:08.53	201200292	5:50.98		1:23.00	1:31.61	1:31.84	1:24.53
	50m:	150m:			250m:		350m:			
	100m: 1:23.00	200m: 2:54.61			300m: 4:26.45		400m: 5:50.98			
6.	Anna Berkhout	TZC Vahalis	6:02.30	201100080	5:51.29		1:21.68	1:30.85	1:31.79	1:26.97
	50m:	150m:			250m:		350m:			
	100m: 1:21.68	200m: 2:52.53			300m: 4:24.32		400m: 5:51.29			
7.	Yanaika Ido	Batavia Swim	5:53.17	201102764	5:53.55		1:21.66	1:30.97	1:34.38	1:26.54
	50m:	150m:			250m:		350m:			
	100m: 1:21.66	200m: 2:52.63			300m: 4:27.01		400m: 5:53.55			
8.	Meila Broenink	Batavia Swim	5:59.15	201102332	5:53.81		1:23.22	1:30.76	1:32.37	1:27.46
	50m:	150m:			250m:		350m:			
	100m: 1:23.22	200m: 2:53.98			300m: 4:26.35		400m: 5:53.81			
9.	Nikita van den Berg	SG Octopus - ZVV	5:47.40	201102130	5:58.29		1:25.89	1:31.78	1:31.96	1:28.66
	50m:	150m:			250m:		350m:			
	100m: 1:25.89	200m: 2:57.67			300m: 4:29.63		400m: 5:58.29			
10.	Elisha Kragten	Aqua-Novio'94	6:12.36	201200822	6:17.22		1:25.48	1:37.60	1:39.34	1:34.80
	50m:	150m:			250m:		350m:			
	100m: 1:25.48	200m: 3:03.08			300m: 4:42.42		400m: 6:17.22			
11.	Linn Frunt	DWK	5:55.79	201101420	6:17.24		1:30.20	1:36.91	1:35.51	1:34.62
	50m:	150m:			250m:		350m:			
	100m: 1:30.20	200m: 3:07.11			300m: 4:42.62		400m: 6:17.24			
12.	I. Meeuwenberg	De Rijn	6:23.41	201200086	6:44.01		1:30.79	1:45.14	1:46.49	1:41.59
	50m:	150m:			250m:		350m:			
	100m: 1:30.79	200m: 3:15.93			300m: 5:02.42		400m: 6:44.01			
13.	G. van der Spek	Batavia Swim	7:10.53	201102806	7:33.17	283	1:53.17	1:58.63	1:56.20	1:45.17
	50m:	150m:			250m:		350m:			
	100m: 1:53.17	200m: 3:51.80			300m: 5:48.00		400m: 7:33.17			
Junioren 3 en 4										
1.	Tara Langkamp	Aqua-Novio'94	4:57.28	200900362	4:51.35		1:10.32	1:15.44	1:16.02	1:09.57
	50m:	150m:			250m:		350m:			
	100m: 1:10.32	200m: 2:25.76			300m: 3:41.78		400m: 4:51.35			
2.	Anna Sotti	Wahoo Swimming	4:49.46	201003894	4:52.97		1:10.93	1:14.57	1:16.12	1:11.35
	50m:	150m:			250m:		350m:			
	100m: 1:10.93	200m: 2:25.50			300m: 3:41.62		400m: 4:52.97			
3.	Elin Baars	DWK	4:56.17	201000138	4:59.64		1:12.48	1:17.53	1:17.38	1:12.25
	50m:	150m:			250m:		350m:			
	100m: 1:12.48	200m: 2:30.01			300m: 3:47.39		400m: 4:59.64			
4.	Jaydee Leenders	Aqua-Novio'94	5:05.80	200900112	5:01.42		1:10.25	1:17.89	1:18.55	1:14.73
	50m:	150m:			250m:		350m:			
	100m: 1:10.25	200m: 2:28.14			300m: 3:46.69		400m: 5:01.42			
5.	Charlotte Landman	ESCA Zwemmen	5:11.08	200901290	5:01.57		1:11.68	1:17.50	1:17.80	1:14.59
	50m:	150m:			250m:		350m:			
	100m: 1:11.68	200m: 2:29.18			300m: 3:46.98		400m: 5:01.57			
6.	Myrthe Rozendaal	Aqua-Novio'94	5:08.07	201000790	5:06.34		1:11.38	1:18.32	1:18.44	1:18.20
	50m:	150m:			250m:		350m:			
	100m: 1:11.38	200m: 2:29.70			300m: 3:48.14		400m: 5:06.34			
7.	Myla Klaassen	Aqua-Novio'94	4:47.34	200900110	5:13.56		1:11.98	1:20.68	1:21.19	1:19.71
	50m:	150m:			250m:		350m:			
	100m: 1:11.98	200m: 2:32.66			300m: 3:53.85		400m: 5:13.56			

Programmanr. 305, Meisjes, 400m vrije slag, Junioren 3 en 4

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
8. Tessa van Beek	DWK	5:14.77 201001446	5:13.77		1:14.10	1:20.46	1:21.31	1:17.90
50m:		150m:	250m:		350m:			
100m: 1:14.10		200m: 2:34.56	300m: 3:55.87		400m: 5:13.77			
9. Lili Oosting	DWK	5:06.40 200900384	5:16.72		1:16.87	1:21.96	1:20.61	1:17.28
50m:		150m:	250m:		350m:			
100m: 1:16.87		200m: 2:38.83	300m: 3:59.44		400m: 5:16.72			
10. Eva de Man	Aqua-Novio'94	5:08.66 201000294	5:21.60		1:11.72	1:19.40	1:23.86	1:26.62
50m:		150m:	250m:		350m:			
100m: 1:11.72		200m: 2:31.12	300m: 3:54.98		400m: 5:21.60			

Jeugd 1 en 2

1. Lyke Bellert	SG Octopus - ZVV	4:42.73 200701424	4:55.93		1:11.55	1:16.62	1:16.18	1:11.58
50m:		150m:	250m:		350m:			
100m: 1:11.55		200m: 2:28.17	300m: 3:44.35		400m: 4:55.93			
2. Niobe Maduro	Aqua-Novio'94	4:57.34 200800378	5:00.34		1:10.68	1:16.58	1:16.57	1:16.51
50m:		150m:	250m:		350m:			
100m: 1:10.68		200m: 2:27.26	300m: 3:43.83		400m: 5:00.34			
3. Felice Baris	NDD	4:54.38 200701822	5:11.29		1:12.31	1:19.28	1:20.76	1:18.94
50m:		150m:	250m:		350m:			
100m: 1:12.31		200m: 2:31.59	300m: 3:52.35		400m: 5:11.29			
4. Laura Volkers	DWK	5:08.73 200800056	5:11.67		1:13.38	1:20.65	1:19.77	1:17.87
50m:		150m:	250m:		350m:			
100m: 1:13.38		200m: 2:34.03	300m: 3:53.80		400m: 5:11.67			

Senioren 1 en 2

1. C. van der Zanden	Aqua-Novio'94	4:37.92 200502618	4:41.50		1:05.11	1:12.24	1:12.82	1:11.33
50m:		150m:	250m:		350m:			
100m: 1:05.11		200m: 2:17.35	300m: 3:30.17		400m: 4:41.50			
2. Feline Slijkhuis	SG Octopus - ZVV	5:00.53 200501042	5:00.52		1:11.61	1:17.45	1:18.49	1:12.97
50m:		150m:	250m:		350m:			
100m: 1:11.61		200m: 2:29.06	300m: 3:47.55		400m: 5:00.52			
3. Lynn Rötter	Livo	4:53.58 200600950	5:05.39		1:10.56	1:17.29	1:19.78	1:17.76
50m:		150m:	250m:		350m:			
100m: 1:10.56		200m: 2:27.85	300m: 3:47.63		400m: 5:05.39			

Senioren

1. Michelle van Wijk	WWV Winterswijk	4:44.52 200204746	4:40.84		1:06.30	1:11.75	1:12.29	1:10.50
50m:		150m:	250m:		350m:			
100m: 1:06.30		200m: 2:18.05	300m: 3:30.34		400m: 4:40.84			
2. M. van Langevelde	ESCA Zwemmen	4:50.85 199803160	4:49.56		1:10.19	1:13.98	1:13.59	1:11.80
50m:		150m:	250m:		350m:			
100m: 1:10.19		200m: 2:24.17	300m: 3:37.76		400m: 4:49.56			
3. Isa Willemsen	Aqua-Novio'94	4:41.92 199900628	4:54.80		1:07.40	1:14.83	1:16.12	1:16.45
50m:		150m:	250m:		350m:			
100m: 1:07.40		200m: 2:22.23	300m: 3:38.35		400m: 4:54.80			
4. Marte Vlieg	Aqua-Novio'94	4:50.12 200304996	5:04.56		1:11.05	1:17.16	1:18.10	1:18.25
50m:		150m:	250m:		350m:			
100m: 1:11.05		200m: 2:28.21	300m: 3:46.31		400m: 5:04.56			
5. Celine Schoenmaker	DWK	4:52.11 199801976	5:08.34		1:10.59	1:17.11	1:20.72	1:19.92
50m:		150m:	250m:		350m:			
100m: 1:10.59		200m: 2:27.70	300m: 3:48.42		400m: 5:08.34			