

PK lange baan 2024 Utrecht  
Amersfoort, 25- - 26-5-2024

Programmanr. 7  
25-5-2024 - 15:15

Dames, 400m wisselslag

Senioren Open  
Resultaten

| rang                   | naam                 | vereniging           | intijd  | tijd          | RT                    |
|------------------------|----------------------|----------------------|---------|---------------|-----------------------|
| <b>Junioren 1 en 2</b> |                      |                      |         |               |                       |
| 1.                     | Ylène Zondervan      | ZPC AMERSFOORT       | 5:42.70 | 201200016     | <b>5:39.77</b> +0,79  |
|                        | 50m: 36.66           | 36.66 150m: 2:04.84  | 44.65   | 250m: 3:36.52 | 49.13 350m: 5:02.94   |
|                        | 100m: 1:20.19        | 43.53 200m: 2:47.39  | 42.55   | 300m: 4:25.27 | 48.75 400m: 5:39.77   |
| 2.                     | Noa van Zalk         | ZPC AMERSFOORT       | 5:44.84 | 201102534     | <b>5:42.07</b> +0,74  |
|                        | 50m: 35.01           | 35.01 150m: 2:02.13  | 44.55   | 250m: 3:35.99 | 50.64 350m: 5:05.63   |
|                        | 100m: 1:17.58        | 42.57 200m: 2:45.35  | 43.22   | 300m: 4:26.47 | 50.48 400m: 5:42.07   |
| 3.                     | Noortje Bisperink    | ZPC AMERSFOORT       | 6:02.81 | 201100486     | <b>6:05.47</b> +0,79  |
|                        | 50m: 40.76           | 40.76 150m: 2:18.19  | 44.75   | 250m: 3:54.56 | 53.79 350m: 5:27.48   |
|                        | 100m: 1:33.44        | 52.68 200m: 3:00.77  | 42.58   | 300m: 4:47.65 | 53.09 400m: 6:05.47   |
| 4.                     | Mette Hogenhuis      | Zwemlust- den Hommel | 5:59.92 | 201101254     | <b>6:13.57</b> +0,81  |
|                        | 50m: 40.42           | 40.42 150m: 2:18.81  | 48.63   | 250m: 3:57.83 | 53.13 350m: 5:35.57   |
|                        | 100m: 1:30.18        | 49.76 200m: 3:04.70  | 45.89   | 300m: 4:53.48 | 55.65 400m: 6:13.57   |
| 5.                     | Myrthe Bruinsma      | ZPC AMERSFOORT       | 6:30.54 | 201101108     | <b>6:15.25</b> +0,77  |
|                        | 50m: 39.08           | 39.08 150m: 2:20.71  | 51.78   | 250m: 4:00.21 | 50.36 350m: 5:36.89   |
|                        | 100m: 1:28.93        | 49.85 200m: 3:09.85  | 49.14   | 300m: 4:53.06 | 52.85 400m: 6:15.25   |
| 6.                     | Hanna Heller         | ZPC AMERSFOORT       | 6:17.91 | 201102730     | <b>6:17.21</b> +0,72  |
|                        | 50m: 39.35           | 39.35 150m: 2:15.87  | 46.38   | 250m: 3:54.49 | 51.71 350m: 5:35.42   |
|                        | 100m: 1:29.49        | 50.14 200m: 3:02.78  | 46.91   | 300m: 4:51.13 | 56.64 400m: 6:17.21   |
| 7.                     | Louise Terwisscha    | ZPC AMERSFOORT       | 6:21.88 | 201201240     | <b>6:24.31</b> +0,88  |
|                        | 50m: 42.99           | 42.99 150m: 2:25.23  | 49.63   | 250m: 4:09.41 | 56.28 350m: 5:47.52   |
|                        | 100m: 1:35.60        | 52.61 200m: 3:13.13  | 47.90   | 300m: 5:06.50 | 57.09 400m: 6:24.31   |
| 8.                     | Roos Flikweert       | VZC                  | 6:55.13 | 201101578     | <b>6:55.70</b> +0,73  |
|                        | 50m: 38.89           | 38.89 150m: 2:26.39  | 52.62   | 250m: 4:19.73 | 100.79 350m: 6:11.10  |
|                        | 100m: 1:33.77        | 54.88 200m: 3:18.94  | 52.55   | 300m: 5:22.98 | 103.25 400m: 6:55.70  |
| 9.                     | Emma Juliette Jansen | ZPC AMERSFOORT       | 6:40.54 | 201200158     | <b>6:59.43</b> +0,86  |
|                        | 50m: 47.25           | 47.25 150m: 2:40.88  | 54.13   | 250m: 4:29.77 | 57.00 350m: 6:12.57   |
|                        | 100m: 1:46.75        | 59.50 200m: 3:32.77  | 51.89   | 300m: 5:26.55 | 56.78 400m: 6:59.43   |
| 10.                    | Liza van Ginkel      | VZC                  | 6:50.57 | 201200680     | <b>7:01.17</b> +0,39  |
|                        | 50m: 48.97           | 48.97 150m: 2:42.48  | 53.81   | 250m: 4:33.13 | 57.50 350m: 6:15.84   |
|                        | 100m: 1:48.67        | 59.70 200m: 3:35.63  | 53.15   | 300m: 5:30.09 | 56.96 400m: 7:01.17   |
| 11.                    | Frieda Machartzki    | GoSwim               | 7:01.37 | 201102204     | <b>7:05.42</b> +0,94  |
|                        | 50m: 44.85           | 44.85 150m: 4:31.06  | 2:48.92 | 250m: 6:19.83 | 2:47.87 350m: 7:05.42 |
|                        | 100m: 1:42.14        | 57.29 200m: 3:31.96  |         | 300m: 5:32.19 | 400m: 7:05.42         |
| 12.                    | Femke Postma         | De Duinkickers       | 6:54.24 | 201200346     | <b>7:08.37</b> +0,75  |
|                        | 50m: 45.24           | 45.24 150m: 2:37.80  | 56.13   | 250m: 4:31.25 | 57.93 350m: 6:22.55   |
|                        | 100m: 1:41.67        | 56.43 200m: 3:33.32  | 55.52   | 300m: 5:31.23 | 59.98 400m: 7:08.37   |
| 13.                    | Floor Flikweert      | VZC                  | 6:57.38 | 201101576     | <b>7:13.43</b> +0,89  |
|                        | 50m: 44.83           | 44.83 150m: 2:36.77  | 56.63   | 250m: 4:33.69 | 103.63 350m: 6:26.06  |
|                        | 100m: 1:40.14        | 55.31 200m: 3:30.06  | 53.29   | 300m: 5:38.42 | 104.73 400m: 7:13.43  |
| <b>Junioren 3 en 4</b> |                      |                      |         |               |                       |
| 1.                     | Fenne Metten         | ZPC AMERSFOORT       | 5:27.15 | 201000102     | <b>5:31.15</b> +0,81  |
|                        | 50m: 35.05           | 35.05 150m: 1:57.94  | 41.52   | 250m: 3:27.68 | 50.48 350m: 4:54.90   |
|                        | 100m: 1:16.42        | 41.37 200m: 2:37.20  | 39.26   | 300m: 4:18.36 | 50.68 400m: 5:31.15   |
| 2.                     | Paula Spans          | ZPC AMERSFOORT       | 5:44.96 | 201000064     | <b>5:36.19</b> +0,76  |
|                        | 50m: 34.60           | 34.60 150m: 1:59.24  | 43.97   | 250m: 3:31.88 | 48.36 350m: 4:58.26   |
|                        | 100m: 1:15.27        | 40.67 200m: 2:43.52  | 44.28   | 300m: 4:19.65 | 47.77 400m: 5:36.19   |
| 3.                     | Yfke van der Leij    | VZC                  | 6:03.11 | 201000028     | <b>6:10.70</b> +0,79  |
|                        | 50m: 38.69           | 38.69 150m: 2:11.46  | 46.79   | 250m: 3:51.10 | 53.58 350m: 5:28.39   |
|                        | 100m: 1:24.67        | 45.98 200m: 2:57.52  | 46.06   | 300m: 4:45.92 | 54.82 400m: 6:10.70   |
| 4.                     | Lian Vonk            | ZPC AMERSFOORT       | 6:19.03 | 201001606     | <b>6:12.37</b> +0,71  |
|                        | 50m: 38.21           | 38.21 150m: 2:13.26  | 45.63   | 250m: 3:57.75 | 58.59 350m: 5:34.55   |
|                        | 100m: 1:27.63        | 49.42 200m: 2:59.16  | 45.90   | 300m: 4:55.39 | 57.64 400m: 6:12.37   |
| 5.                     | Juno de Roos         | De Zwoer             | 6:00.22 | 200901868     | <b>6:12.40</b> +0,74  |
|                        | 50m: 38.91           | 38.91 150m: 2:16.62  | 50.30   | 250m: 3:56.42 | 51.92 350m: 5:36.42   |
|                        | 100m: 1:26.32        | 47.41 200m: 3:04.50  | 47.88   | 300m: 4:49.31 | 52.89 400m: 6:12.40   |
| 6.                     | Alya Basaran         | Zwemlust- den Hommel | 6:07.23 | 200904280     | <b>6:16.79</b> +0,74  |
|                        | 50m: 39.56           | 39.56 150m: 2:14.61  | 46.42   | 250m: 3:56.31 | 56.79 350m: 5:35.89   |
|                        | 100m: 1:28.19        | 48.63 200m: 2:59.52  | 44.91   | 300m: 4:54.21 | 57.90 400m: 6:16.79   |
| 7.                     | Floore Boekema       | De Duinkickers       | 6:27.56 | 200901764     | <b>6:21.73</b> +0,75  |
|                        | 50m: 40.27           | 40.27 150m: 2:22.20  | 49.64   | 250m: 4:03.06 | 54.19 350m: 5:40.95   |
|                        | 100m: 1:32.56        | 52.29 200m: 3:08.87  | 46.67   | 300m: 4:59.23 | 56.17 400m: 6:21.73   |

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Programmanr. 7, Meisjes, 400m wisselslag, Junioren 3 en 4

| rang | naam          | vereniging     |               | intijd  |               | tijd      |               | RT             |       |
|------|---------------|----------------|---------------|---------|---------------|-----------|---------------|----------------|-------|
| 8.   | Yfke Wijnalda | ZPC AMERSFOORT |               | 6:17.55 |               | 201002618 |               | <b>6:23.83</b> | +0,79 |
|      | 50m: 39.86    | 39.86          | 150m: 2:19.29 | 48.62   | 250m: 4:03.13 | 57.54     | 350m: 5:42.77 | 41.95          |       |
|      | 100m: 1:30.67 | 50.81          | 200m: 3:05.59 | 46.30   | 300m: 5:00.82 | 57.69     | 400m: 6:23.83 | 41.06          |       |
| 9.   | Sterre Dirar  | ZPC Watervlo   |               | 6:14.68 |               | 200900354 |               | <b>6:34.23</b> | +0,65 |
|      | 50m: 43.85    | 43.85          | 150m: 2:27.48 | 48.79   | 250m: 4:09.04 | 53.89     | 350m: 5:49.78 | 44.41          |       |
|      | 100m: 1:38.69 | 54.84          | 200m: 3:15.15 | 47.67   | 300m: 5:05.37 | 56.33     | 400m: 6:34.23 | 44.45          |       |

Jeugd 1 en 2

|    |                    |                      |               |         |               |           |               |                |       |
|----|--------------------|----------------------|---------------|---------|---------------|-----------|---------------|----------------|-------|
| 1. | Rhodee van den Ham | De Duinkickers       |               | 5:09.67 |               | 200700090 |               | <b>5:08.80</b> | +0,75 |
|    | 50m: 32.12         | 32.12                | 150m: 1:50.17 | 40.76   | 250m: 3:15.72 | 44.85     | 350m: 4:35.78 | 35.12          |       |
|    | 100m: 1:09.41      | 37.29                | 200m: 2:30.87 | 40.70   | 300m: 4:00.66 | 44.94     | 400m: 5:08.80 | 33.02          |       |
| 2. | Diede de Vries     | Zwemlust- den Hommel |               | 5:42.24 |               | 200803558 |               | <b>5:50.81</b> | +0,80 |
|    | 50m: 37.37         | 37.37                | 150m: 2:12.50 | 47.78   | 250m: 3:44.45 | 44.03     | 350m: 5:11.75 | 41.49          |       |
|    | 100m: 1:24.72      | 47.35                | 200m: 3:00.42 | 47.92   | 300m: 4:30.26 | 45.81     | 400m: 5:50.81 | 39.06          |       |
| 3. | Jade van Berlo     | Zwemclub Zeist       |               | 6:04.31 |               | 200803934 |               | <b>6:14.80</b> | +0,72 |
|    | 50m: 39.71         | 39.71                | 150m: 2:20.64 | 50.33   | 250m: 4:01.34 | 51.37     | 350m: 5:34.63 | 40.62          |       |
|    | 100m: 1:30.31      | 50.60                | 200m: 3:09.97 | 49.33   | 300m: 4:54.01 | 52.67     | 400m: 6:14.80 | 40.17          |       |
| 4. | Naomi Hoogeboom    | ZPC Woerden          |               | 5:58.71 |               | 200802420 |               | <b>6:16.76</b> | +0,81 |
|    | 50m: 40.10         | 40.10                | 150m: 2:17.93 | 50.60   | 250m: 3:59.53 | 51.15     | 350m: 5:35.91 | 43.60          |       |
|    | 100m: 1:27.33      | 47.23                | 200m: 3:08.38 | 50.45   | 300m: 4:52.31 | 52.78     | 400m: 6:16.76 | 40.85          |       |
| 5. | Melissa Busink     | ZPC Watervlo         |               | 5:54.42 |               | 200704000 |               | <b>6:16.96</b> | +0,71 |
|    | 50m: 37.78         | 37.78                | 150m: 2:16.80 | 51.47   | 250m: 3:59.89 | 53.71     | 350m: 5:36.38 | 42.22          |       |
|    | 100m: 1:25.33      | 47.55                | 200m: 3:06.18 | 49.38   | 300m: 4:54.16 | 54.27     | 400m: 6:16.96 | 40.58          |       |