

PK lange baan 2024 Utrecht 2e weekend
Amersfoort, 1- - 2-6-2024

Programmanr. 23
1-6-2024 - 14:15

Dames, 800m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Junioren 1 en 2								
1.	Brechtje Slootweg	ZPC AMERSFOORT	10:34.35	201101744	10:17.76 +0,83			
	100m: 1:11.92	1:11.92	300m: 3:47.50	1:17.87	500m: 6:24.54	1:18.14	700m: 9:02.23	1:18.60
	200m: 2:29.63	1:17.71	400m: 5:06.40	1:18.90	600m: 7:43.63	1:19.09	800m: 10:17.76	1:15.53
2.	Ylène Zondervan	ZPC AMERSFOORT	10:42.94	201200016	10:24.45 +0,94			
	100m: 1:12.49	1:12.49	300m: 3:50.54	1:19.44	500m: 6:29.65	1:19.69	700m: 9:07.66	1:18.91
	200m: 2:31.10	1:18.61	400m: 5:09.96	1:19.42	600m: 7:48.75	1:19.10	800m: 10:24.45	1:16.79
3.	Noortje Bisperink	ZPC AMERSFOORT	10:53.04	201100486	10:36.27 +0,79			
	100m: 1:13.56	1:13.56	300m: 3:53.98	1:20.86	500m: 6:36.62	1:21.32	700m: 9:19.09	1:21.10
	200m: 2:33.12	1:19.56	400m: 5:15.30	1:21.32	600m: 7:57.99	1:21.37	800m: 10:36.27	1:17.18
4.	Louise Terwisscha	ZPC AMERSFOORT	11:46.87	201201240	10:59.41 +0,92			
	100m: 1:18.35	1:18.35	300m: 4:08.26	1:24.91	500m: 6:57.92	1:24.38	700m: 9:43.03	1:22.14
	200m: 2:43.35	1:25.00	400m: 5:33.54	1:25.28	600m: 8:20.89	1:22.97	800m: 10:59.41	1:16.38
5.	Floor Flikweert	VZC	11:54.29	201101576	11:49.20 +0,93			
	100m: 1:17.76	1:17.76	300m: 4:12.75	1:28.22	500m: 7:13.52	1:31.30	700m: 10:18.55	1:32.10
	200m: 2:44.53	1:26.77	400m: 5:42.22	1:29.47	600m: 8:46.45	1:32.93	800m: 11:49.20	1:30.65
6.	Roos Flikweert	VZC	11:38.37	201101578	12:10.76 +0,83			
	100m: 1:17.34	1:17.34	300m: 4:20.61	1:34.25	500m: 7:31.65	1:35.82	700m: 10:41.17	1:35.38
	200m: 2:46.36	1:29.02	400m: 5:55.83	1:35.22	600m: 9:05.79	1:34.14	800m: 12:10.76	1:29.59
7.	Emma Juliette Jansen	ZPC AMERSFOORT	12:55.97	201200158	12:41.24			
	100m: 1:21.26	1:21.26	300m: 4:36.05	1:38.94	500m: 7:54.18	1:38.23	700m: 11:10.24	1:38.86
	200m: 2:57.11	1:35.85	400m: 6:15.95	1:39.90	600m: 9:31.38	1:37.20	800m: 12:41.24	1:31.00
8.	Massa Dahan	VZC	13:10.58	201202204	13:11.44			
	100m: 1:31.13	1:31.13	300m: 4:56.62	1:43.28	500m: 8:19.27	1:41.38	700m: 11:36.40	1:38.18
	200m: 3:13.34	1:42.21	400m: 6:37.89	1:41.27	600m: 9:58.22	1:38.95	800m: 13:11.44	1:35.04
Junioren 3 en 4								
1.	Fenne Metten	ZPC AMERSFOORT	10:15.23	201000102	9:40.42 +0,82			
	100m: 1:07.48	1:07.48	300m: 3:34.13	1:13.66	500m: 6:02.03	1:13.93	700m: 8:30.38	1:14.11
	200m: 2:20.47	1:12.99	400m: 4:48.10	1:13.97	600m: 7:16.27	1:14.24	800m: 9:40.42	1:10.04
2.	Mandy Berndsén	VZC	10:38.59	201001138	10:30.73 +0,83			
	100m: 1:09.31	1:09.31	300m: 3:45.40	1:19.30	500m: 6:27.75	1:21.52	700m: 9:11.72	1:21.45
	200m: 2:26.10	1:16.79	400m: 5:06.23	1:20.83	600m: 7:50.27	1:22.52	800m: 10:30.73	1:19.01
3.	Yanique Bax	ZPC AMERSFOORT	11:16.83	201001428	10:31.74 +0,72			
	100m: 1:14.64	1:14.64	300m: 3:54.44	1:20.41	500m: 6:34.44	1:20.92	700m: 9:15.58	1:20.67
	200m: 2:34.03	1:19.39	400m: 5:13.52	1:19.08	600m: 7:54.91	1:20.47	800m: 10:31.74	1:16.16
4.	Lian Vonk	ZPC AMERSFOORT	11:18.04	201001606	10:48.38 +0,60			
	100m: 1:14.56	1:14.56	300m: 3:56.07	1:21.59	500m: 6:42.72	1:23.51	700m: 9:28.87	1:21.93
	200m: 2:34.48	1:19.92	400m: 5:19.21	1:23.14	600m: 8:06.94	1:24.22	800m: 10:48.38	1:19.51
5.	Alya Basaran	Zwemlust- den Hommel	10:58.88	200904280	11:04.26 +0,73			
	100m: 1:13.70	1:13.70	300m: 3:55.54	1:21.89	500m: 6:47.03	1:26.34	700m: 9:40.97	1:27.04
	200m: 2:33.65	1:19.95	400m: 5:20.69	1:25.15	600m: 8:13.93	1:26.90	800m: 11:04.26	1:23.29
6.	Yfke van der Leij	VZC	10:52.94	201000028	11:11.21			
	100m: 1:17.82	1:17.82	300m: 4:07.49	1:25.24	500m: 6:58.77	1:26.01	700m: 9:48.94	1:25.00
	200m: 2:42.25	1:24.43	400m: 5:32.76	1:25.27	600m: 8:23.94	1:25.17	800m: 11:11.21	1:22.27
7.	Floore Boekema	De Duinkickers	11:53.62	200901764	11:31.30 +0,81			
	100m: 1:17.11	1:17.11	300m: 4:11.91	1:27.97	500m: 7:10.05	1:29.55	700m: 10:08.15	1:28.84
	200m: 2:43.94	1:26.83	400m: 5:40.50	1:28.59	600m: 8:39.31	1:29.26	800m: 11:31.30	1:23.15
8.	Benedikta Holbach	ZPC AMERSFOORT	11:42.31	201003220	11:31.63 +0,76			
	100m: 1:21.86	1:21.86	300m: 4:19.50	1:28.32	500m: 7:16.49	1:28.33	700m: 10:10.32	1:26.05
	200m: 2:51.18	1:29.32	400m: 5:48.16	1:28.66	600m: 8:44.27	1:27.78	800m: 11:31.63	1:21.31
9.	Yfke Wijnalda	ZPC AMERSFOORT	11:21.74	201002618	11:37.52 +0,67			
	100m: 1:19.28	1:19.28	300m: 4:15.64	1:29.41	500m: 7:14.65	1:29.54	700m: 10:12.02	1:28.57
	200m: 2:46.23	1:26.95	400m: 5:45.11	1:29.47	600m: 8:43.45	1:28.80	800m: 11:37.52	1:25.50
10.	Inde Turnbull	ZPC Woerden	11:40.30	200903666	11:41.88 +0,70			
	100m: 1:20.63	1:20.63	300m: 4:20.90	1:31.31	500m: 7:23.21	1:30.47	700m: 10:20.03	1:27.38
	200m: 2:49.59	1:28.96	400m: 5:52.74	1:31.84	600m: 8:52.65	1:29.44	800m: 11:41.88	1:21.85
11.	Sterre Dirar	ZPC Watervlo	11:50.02	200900354	12:22.64 +0,67			
	100m: 1:24.61	1:24.61	300m: 4:30.70	1:33.57	500m: 7:40.27	1:34.97	700m: 10:51.02	1:35.34
	200m: 2:57.13	1:32.52	400m: 6:05.30	1:34.60	600m: 9:15.68	1:35.41	800m: 12:22.64	1:31.62

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Programmanr. 23, Dames, 800m vrije slag

Jeugd 1 en 2

1. Nynke Boerefijn	ZPC AMERSFOORT	9:22.90	200700114	9:37.02	+0,89
100m: 1:05.35	1:05.35 300m: 3:29.95	1:12.92	500m: 5:56.92	1:13.48	700m: 8:24.51
200m: 2:17.03	1:11.68 400m: 4:43.44	1:13.49	600m: 7:10.73	1:13.81	800m: 9:37.02
					1:12.51
2. Lena van Rooden	ZPC Watervlo	11:12.07	200801952	11:22.32	+0,73
100m: 1:16.98	1:16.98 300m: 4:10.75	1:27.54	500m: 7:05.38	1:27.05	700m: 9:59.99
200m: 2:43.21	1:26.23 400m: 5:38.33	1:27.58	600m: 8:32.88	1:27.50	800m: 11:22.32
					1:22.33
3. Liselotte ter Huurne	Zwemlust- den Hommel	10:41.01	200701596	11:24.82	+0,78
100m: 1:18.51	1:18.51 300m: 4:09.62	1:26.49	500m: 7:04.70	1:28.26	700m: 9:59.60
200m: 2:43.13	1:24.62 400m: 5:36.44	1:26.82	600m: 8:32.20	1:27.50	800m: 11:24.82
					1:25.22

Senioren 1 en ouder

1. Vera Wassink	ZPC AMERSFOORT	9:56.67	200604976	9:52.26	+0,73
100m: 1:07.82	1:07.82 300m: 3:36.77	1:14.80	500m: 6:07.41	1:15.16	700m: 8:38.05
200m: 2:21.97	1:14.15 400m: 4:52.25	1:15.48	600m: 7:22.68	1:15.27	800m: 9:52.26
					1:14.21
2. Anne-Irene Ducheine	Zwemvereniging Hoogland	9:54.71	199506824	10:35.45	+0,74
100m: 1:14.15	1:14.15 300m: 3:54.19	1:20.39	500m: 6:35.10	1:20.75	700m: 9:16.59
200m: 2:33.80	1:19.65 400m: 5:14.35	1:20.16	600m: 7:56.01	1:20.91	800m: 10:35.45
					1:18.86