

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

Programmanr. 41
2-6-2024 - 15:30

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Junioren 1 en 2								
1.	Ylène Zondervan	ZPC AMERSFOORT	4:56.73	201200016	4:55.99 +0,87			
	50m: 34.16	34.16	150m: 1:49.37	37.96	250m: 3:05.21	38.04	350m: 4:20.89	37.46
	100m: 1:11.41	37.25	200m: 2:27.17	37.80	300m: 3:43.43	38.22	400m: 4:55.99	35.10
2.	Noa van Zalk	ZPC AMERSFOORT	4:55.66	201102534	4:56.11 +0,70			
	50m: 33.50	33.50	150m: 1:47.90	37.37	250m: 3:03.51	37.95	350m: 4:19.53	38.12
	100m: 1:10.53	37.03	200m: 2:25.56	37.66	300m: 3:41.41	37.90	400m: 4:56.11	36.58
3.	Brechtje Slootweg	ZPC AMERSFOORT	5:05.34	201101744	5:00.12 +0,86			
	50m: 33.96	33.96	150m: 1:50.68	39.07	250m: 3:08.47	38.81	350m: 4:25.22	37.51
	100m: 1:11.61	37.65	200m: 2:29.66	38.98	300m: 3:47.71	39.24	400m: 5:00.12	34.90
4.	Noortje Bisperink	ZPC AMERSFOORT	5:11.76	201100486	5:11.04 +0,69			
	50m: 34.88	34.88	150m: 1:53.67	39.91	250m: 3:13.56	39.90	350m: 4:33.75	39.71
	100m: 1:13.76	38.88	200m: 2:33.66	39.99	300m: 3:54.04	40.48	400m: 5:11.04	37.29
5.	Louise Terwisscha	ZPC AMERSFOORT	5:23.00	201201240	5:14.71 +0,90			
	50m: 36.51	36.51	150m: 1:56.63	39.75	250m: 3:16.66	38.83	350m: 4:37.07	39.86
	100m: 1:16.88	40.37	200m: 2:37.83	41.20	300m: 3:57.21	40.55	400m: 5:14.71	37.64
6.	Hanna Heller	ZPC AMERSFOORT	5:36.45	201102730	5:25.41 +0,79			
	50m: 36.49	36.49	150m: 1:59.51	41.87	250m: 3:23.71	42.54	350m: 4:47.48	41.30
	100m: 1:17.64	41.15	200m: 2:41.17	41.66	300m: 4:06.18	42.47	400m: 5:25.41	37.93
7.	Mette Hogenhuis	Zwemlust- den Hommel	5:22.69	201101254	5:28.85 +0,85			
	50m: 36.43	36.43	150m: 2:00.43	42.03	250m: 3:25.01	42.37	350m: 4:49.63	41.58
	100m: 1:18.40	41.97	200m: 2:42.64	42.21	300m: 4:08.05	43.04	400m: 5:28.85	39.22
8.	Myrthe Bruinsma	ZPC AMERSFOORT	5:54.58	201101108	5:44.55 +0,85			
	50m: 37.61	37.61	150m: 2:03.71	43.06	250m: 3:32.80	44.91	350m: 5:01.00	44.11
	100m: 1:20.65	43.04	200m: 2:47.89	44.18	300m: 4:16.89	44.09	400m: 5:44.55	43.55
9.	Floor Flikweert	VZC	5:44.34	201101576	5:45.49 +0,93			
	50m: 38.99	38.99	150m: 2:04.91	43.66	250m: 3:32.44	44.16	350m: 5:02.28	45.27
	100m: 1:21.25	42.26	200m: 2:48.28	43.37	300m: 4:17.01	44.57	400m: 5:45.49	43.21
10.	Roos Flikweert	VZC	5:43.69	201101578	5:49.19 +0,80			
	50m: 38.33	38.33	150m: 2:07.26	45.05	250m: 3:37.90	45.13	350m: 5:07.52	44.52
	100m: 1:22.21	43.88	200m: 2:52.77	45.51	300m: 4:23.00	45.10	400m: 5:49.19	41.67
11.	Sophia Boughdir	Zwemvereniging Utrecht	6:18.39	201101398	6:05.20 +0,71			
	50m: 40.53	40.53	150m: 2:12.17	46.48	250m: 3:46.99	47.63	350m: 5:22.61	47.18
	100m: 1:25.69	45.16	200m: 2:59.36	47.19	300m: 4:35.43	48.44	400m: 6:05.20	42.59
12.	Emma Juliette Jansen	ZPC AMERSFOORT	6:01.60	201200158	6:06.34 +0,56			
	50m: 35.34	35.34	150m: 2:04.65	48.50	250m: 3:42.81	49.35	350m: 5:21.61	49.18
	100m: 1:16.15	40.81	200m: 2:53.46	48.81	300m: 4:32.43	49.62	400m: 6:06.34	44.73
13.	L. Schadenberg	VZC	6:14.24	201101288	6:08.12 +0,90			
	50m: 40.00	40.00	150m: 2:15.09	48.41	250m: 3:51.96	48.68	350m: 5:25.93	46.18
	100m: 1:26.68	46.68	200m: 3:03.28	48.19	300m: 4:39.75	47.79	400m: 6:08.12	42.19
14.	Liza van Ginkel	VZC	6:16.14	201200680	6:09.38			
	50m: 40.47	40.47	150m: 2:15.49	47.78	250m: 3:49.36	47.07	350m: 5:24.73	47.20
	100m: 1:27.71	47.24	200m: 3:02.29	46.80	300m: 4:37.53	48.17	400m: 6:09.38	44.65
15.	Bente Toth	ZPC AMERSFOORT	6:09.82	201102818	6:10.45 +0,71			
	50m: 41.65	41.65	150m: 2:16.38	47.42	250m: 3:52.11	47.49	350m: 5:26.91	47.18
	100m: 1:28.96	47.31	200m: 3:04.62	48.24	300m: 4:39.73	47.62	400m: 6:10.45	43.54
16.	Frieda Machartzki	GoSwim	6:11.40	201102204	6:16.22 +0,96			
	50m: 40.16	40.16	150m: 2:16.08	48.59	250m: 3:54.44	49.44	350m: 5:32.07	47.97
	100m: 1:27.49	47.33	200m: 3:05.00	48.92	300m: 4:44.10	49.66	400m: 6:16.22	44.15
17.	Claudia Moes	Zwemclub Zeist	6:11.30	201100786	6:22.01 +0,70			
	50m: 39.62	39.62	150m: 2:15.65	48.51	250m: 3:54.46	49.66	350m: 5:34.40	49.46
	100m: 1:27.14	47.52	200m: 3:04.80	49.15	300m: 4:44.94	50.48	400m: 6:22.01	47.61
18.	Massa Dahan	VZC	6:16.17	201202204	6:23.81			
	50m: 40.89	40.89	150m: 2:18.04	49.51	250m: 3:57.48	49.79	350m: 5:36.51	49.24
	100m: 1:28.53	47.64	200m: 3:07.69	49.65	300m: 4:47.27	49.79	400m: 6:23.81	47.30
19.	Femke Postma	De Duinkickers	6:11.95	201200346	6:25.68 +0,81			
	50m: 39.51	39.51	150m: 2:17.84	49.02	250m: 3:57.33	48.87	350m: 5:38.39	49.87
	100m: 1:28.82	49.31	200m: 3:08.46	50.62	300m: 4:48.52	51.19	400m: 6:25.68	47.29
20.	Fabienne van Remmerden	ZPC Watervlo	6:05.62	201201190	6:26.22 +0,76			
	50m: 38.26	38.26	150m: 2:15.54	50.52	250m: 3:58.51	50.66	350m: 5:41.25	50.94
	100m: 1:25.02	46.76	200m: 3:07.85	52.31	300m: 4:50.31	51.80	400m: 6:26.22	44.97

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

Programmanr. 41, Meisjes, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT			
21.	Doris van den Broek *	De Duinkickers	6:17.98	201200774	6:41.38			
	50m: 39.43	39.43	150m: 2:19.64	51.49	250m: 4:04.89	52.72	350m: 5:51.39	53.13
	100m: 1:28.15	48.72	200m: 3:12.17	52.53	300m: 4:58.26	53.37	400m: 6:41.38	49.99

Junioren 3 en 4

1.	Juliëtte Woltjes	VZC	4:28.40	200900774	4:37.83	+0,79		
	50m: 30.54	30.54	150m: 1:39.46	35.02	250m: 2:51.26	36.48	350m: 4:03.17	35.93
	100m: 1:04.44	33.90	200m: 2:14.78	35.32	300m: 3:27.24	35.98	400m: 4:37.83	34.66
2.	Fenne Metten	ZPC AMERSFOORT	4:43.68	201000102	4:45.54	+0,77		
	50m: 31.89	31.89	150m: 1:43.31	36.18	250m: 2:56.87	37.11	350m: 4:10.60	37.06
	100m: 1:07.13	35.24	200m: 2:19.76	36.45	300m: 3:33.54	36.67	400m: 4:45.54	34.94
3.	Chiara Lammertink	ZPC AMERSFOORT	4:52.80	200902200	4:55.43	+0,80		
	50m: 32.00	32.00	150m: 1:46.25	38.28	250m: 3:02.85	37.59	350m: 4:21.22	39.42
	100m: 1:07.97	35.97	200m: 2:25.26	39.01	300m: 3:41.80	38.95	400m: 4:55.43	34.21
4.	Anne Engbersen	ZPC AMERSFOORT	5:00.46	201000044	4:59.18	+0,85		
	50m: 32.46	32.46	150m: 1:46.53	38.41	250m: 3:04.31	38.73	350m: 4:22.28	38.74
	100m: 1:08.12	35.66	200m: 2:25.58	39.05	300m: 3:43.54	39.23	400m: 4:59.18	36.90
5.	Mandy Berndsens	VZC	5:04.02	201001138	5:00.47	+0,82		
	50m: 32.72	32.72	150m: 1:47.88	38.13	250m: 3:05.30	38.98	350m: 4:23.37	39.09
	100m: 1:09.75	37.03	200m: 2:26.32	38.44	300m: 3:44.28	38.98	400m: 5:00.47	37.10
6.	Paula Spans	ZPC AMERSFOORT	5:03.73	201000064	5:00.65	+0,77		
	50m: 32.45	32.45	150m: 1:45.93	37.72	250m: 3:03.85	39.00	350m: 4:22.90	39.39
	100m: 1:08.21	35.76	200m: 2:24.85	38.92	300m: 3:43.51	39.66	400m: 5:00.65	37.75
7.	Yanique Bax	ZPC AMERSFOORT	5:17.07	201001428	5:06.28	+0,69		
	50m: 34.44	34.44	150m: 1:52.51	39.19	250m: 3:10.99	39.27	350m: 4:29.05	38.68
	100m: 1:13.32	38.88	200m: 2:31.72	39.21	300m: 3:50.37	39.38	400m: 5:06.28	37.23
8.	Anna Strang van Hees	De Duinkickers	4:52.59	200902566	5:12.35	+0,92		
	50m: 34.05	34.05	150m: 1:51.93	39.59	250m: 3:12.19	40.34	350m: 4:33.35	40.34
	100m: 1:12.34	38.29	200m: 2:31.85	39.92	300m: 3:53.01	40.82	400m: 5:12.35	39.00
9.	Lian Vonk	ZPC AMERSFOORT	5:09.99	201001606	5:12.49	+0,59		
	50m: 34.97	34.97	150m: 1:52.93	39.42	250m: 3:12.64	40.33	350m: 4:34.24	40.23
	100m: 1:13.51	38.54	200m: 2:32.31	39.38	300m: 3:54.01	41.37	400m: 5:12.49	38.25
10.	Pieke Beekhuis	ZPC AMERSFOORT	5:22.24	201000090	5:12.86	+0,62		
	50m: 34.92	34.92	150m: 1:55.74	41.17	250m: 3:15.28	39.68	350m: 4:34.20	39.63
	100m: 1:14.57	39.65	200m: 2:35.60	39.86	300m: 3:54.57	39.29	400m: 5:12.86	38.66
11.	Yfke van der Leij	VZC	5:20.63	201000028	5:24.68	+0,58		
	50m: 36.30	36.30	150m: 1:59.07	41.11	250m: 3:22.03	41.10	350m: 4:45.01	41.31
	100m: 1:17.96	41.66	200m: 2:40.93	41.86	300m: 4:03.70	41.67	400m: 5:24.68	39.67
12.	Alya Basaran	Zwemlust- den Hommel	5:12.86	200904280	5:24.73	+0,61		
	50m: 35.39	35.39	150m: 1:56.36	41.01	250m: 3:19.93	41.84	350m: 4:43.93	41.53
	100m: 1:15.35	39.96	200m: 2:38.09	41.73	300m: 4:02.40	42.47	400m: 5:24.73	40.80
13.	Benedikta Holbach	ZPC AMERSFOORT	5:28.03	201003220	5:27.85	+0,72		
	50m: 36.83	36.83	150m: 1:59.40	41.48	250m: 3:23.83	41.69	350m: 4:47.95	41.26
	100m: 1:17.92	41.09	200m: 2:42.14	42.74	300m: 4:06.69	42.86	400m: 5:27.85	39.90
14.	Floore Boekema	De Duinkickers	5:27.86	200901764	5:31.64	+0,81		
	50m: 35.11	35.11	150m: 1:57.74	42.46	250m: 3:24.58	44.02	350m: 4:51.19	43.04
	100m: 1:15.28	40.17	200m: 2:40.56	42.82	300m: 4:08.15	43.57	400m: 5:31.64	40.45
15.	Kim van de Heesteeg	De Fuut	5:41.30	200900956	5:32.78	+0,98		
	50m: 36.32	36.32	150m: 1:59.26	42.50	250m: 3:24.93	43.05	350m: 4:50.57	43.26
	100m: 1:16.76	40.44	200m: 2:41.88	42.62	300m: 4:07.31	42.38	400m: 5:32.78	42.21
16.	Inde Turnbull	ZPC Woerden	5:32.34	200903666	5:38.94	+0,71		
	50m: 36.69	36.69	150m: 2:02.49	43.37	250m: 3:31.11	44.16	350m: 4:59.29	43.25
	100m: 1:19.12	42.43	200m: 2:46.95	44.46	300m: 4:16.04	44.93	400m: 5:38.94	39.65
17.	Margriet van den Hoven	Zwemlust- den Hommel	5:38.21	201000576	5:49.82	+0,70		
	50m: 35.86	35.86	150m: 2:05.93	45.62	250m: 3:37.10	46.52	350m: 5:07.10	45.73
	100m: 1:20.31	44.45	200m: 2:50.58	44.65	300m: 4:21.37	44.27	400m: 5:49.82	42.72

Jeugd 1 en 2

1.	Nynke Boerefijn	ZPC AMERSFOORT	4:28.94	200700114	4:31.66	+0,87		
	50m: 29.67	29.67	150m: 1:36.93	34.23	250m: 2:46.67	34.84	350m: 3:57.12	35.24
	100m: 1:02.70	33.03	200m: 2:11.83	34.90	300m: 3:21.88	35.21	400m: 4:31.66	34.54
2.	Maaïke Ooms	ZPC AMERSFOORT	4:35.06	200801580	4:35.51	+0,75		
	50m: 31.14	31.14	150m: 1:40.88	35.38	250m: 2:52.30	35.75	350m: 4:02.94	35.07
	100m: 1:05.50	34.36	200m: 2:16.55	35.67	300m: 3:27.87	35.57	400m: 4:35.51	32.57

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

Programmanr. 41, Meisjes, 400m vrije slag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
3.	Rhodee van den Ham	De Duinkickers	4:24.77	200700090	4:37.90 +0,74
	50m: 31.54	31.54 150m: 1:42.41	35.67	250m: 2:53.90	35.39 350m: 4:04.35
	100m: 1:06.74	35.20 200m: 2:18.51	36.10	300m: 3:29.66	35.76 400m: 4:37.90
4.	Alexandra Gepkens	VZC	4:44.47	200701690	4:55.99 +0,70
	50m: 32.59	32.59 150m: 1:46.09	37.39	250m: 3:01.74	38.30 350m: 4:18.55
	100m: 1:08.70	36.11 200m: 2:23.44	37.35	300m: 3:40.12	38.38 400m: 4:55.99
5.	Annika Hogenhuis	Zwemlust- den Hommel	5:03.60	200701340	5:04.85 +0,87
	50m: 34.52	34.52 150m: 1:50.93	38.35	250m: 3:08.78	38.59 350m: 4:27.13
	100m: 1:12.58	38.06 200m: 2:30.19	39.26	300m: 3:48.47	39.69 400m: 5:04.85
6.	Mijke van Hal	Zwemlust- den Hommel	5:05.97	200800362	5:08.60 +0,81
	50m: 33.75	33.75 150m: 1:50.29	39.18	250m: 3:10.69	40.34 350m: 4:31.09
	100m: 1:11.11	37.36 200m: 2:30.35	40.06	300m: 3:50.78	40.09 400m: 5:08.60
7.	Diede de Vries	Zwemlust- den Hommel	5:14.71	200803558	5:12.19 +0,78
	50m: 34.75	34.75 150m: 1:53.33	40.05	250m: 3:13.25	40.80 350m: 4:33.94
	100m: 1:13.28	38.53 200m: 2:32.45	39.12	300m: 3:53.20	39.95 400m: 5:12.19
8.	Jade van Berlo	Zwemclub Zeist	5:22.17	200803934	5:19.50 +0,74
	50m: 36.36	36.36 150m: 1:57.44	40.76	250m: 3:19.05	40.48 350m: 4:40.51
	100m: 1:16.68	40.32 200m: 2:38.57	41.13	300m: 3:59.76	40.71 400m: 5:19.50
9.	Iris Goes	Zwemlust- den Hommel	5:17.70	200701704	5:22.33 +0,81
	50m: 35.87	35.87 150m: 1:56.99	41.19	250m: 3:21.20	42.41 350m: 4:44.94
	100m: 1:15.80	39.93 200m: 2:38.79	41.80	300m: 4:03.81	42.61 400m: 5:22.33
10.	Lena van Rooden	ZPC Watervlo	5:19.11	200801952	5:29.84 +0,77
	50m: 37.10	37.10 150m: 2:02.20	43.09	250m: 3:27.37	42.01 350m: 4:50.30
	100m: 1:19.11	42.01 200m: 2:45.36	43.16	300m: 4:09.98	42.61 400m: 5:29.84
11.	Liselotte ter Huurne	Zwemlust- den Hommel	5:14.85	200701596	5:36.42 +0,75
	50m: 35.66	35.66 150m: 1:59.41	42.91	250m: 3:26.78	43.70 350m: 4:53.58
	100m: 1:16.50	40.84 200m: 2:43.08	43.67	300m: 4:09.99	43.21 400m: 5:36.42
DIS	Ifke Stam	De Duinkickers	5:14.59	200800374	
	AA - De start ingezet voor het startsignaal (en wel gezwommen).				

Senioren 1 en ouder

1.	Anique Hazebroek	ZPC AMERSFOORT	4:54.66	200502196	4:43.93 +0,79
	50m: 30.47	30.47 150m: 1:40.12	35.50	250m: 2:52.99	36.64 350m: 4:07.33
	100m: 1:04.62	34.15 200m: 2:16.35	36.23	300m: 3:29.83	36.84 400m: 4:43.93
2.	Vera Wassink	ZPC AMERSFOORT	4:48.63	200604976	4:46.09 +0,72
	50m: 31.09	31.09 150m: 1:42.87	36.61	250m: 2:56.96	36.91 350m: 4:10.80
	100m: 1:06.26	35.17 200m: 2:20.05	37.18	300m: 3:34.27	37.31 400m: 4:46.09
3.	Manon Kloosterman	Zwemlust- den Hommel	4:55.88	199702082	4:56.93 +0,71
	50m: 33.01	33.01 150m: 1:47.09	37.72	250m: 3:03.32	38.43 350m: 4:20.03
	100m: 1:09.37	36.36 200m: 2:24.89	37.80	300m: 3:41.68	38.36 400m: 4:56.93
4.	Anne-Irene Ducheine	Zwemvereniging Hoogland	4:57.43	199506824	5:04.16 +0,73
	50m: 34.82	34.82 150m: 1:51.82	38.77	250m: 3:09.04	38.58 350m: 4:26.12
	100m: 1:13.05	38.23 200m: 2:30.46	38.64	300m: 3:47.68	38.64 400m: 5:04.16