

Programmanr. 1
9-11-2024 - 14:20

Dames, 400m vrije slag

2012 en eerder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Gebjr 2011 - 2012					
1.	Julia Ketelaars	Hellas-Glana	5:04.30	201200028	5:02.32 +0,76
	50m: 34.33	34.33 150m: 1:49.31	37.71	250m: 3:06.19	38.53 350m: 4:23.71
	100m: 1:11.60	37.27 200m: 2:27.66	38.35	300m: 3:45.14	38.95 400m: 5:02.32
2.	Vicky Horens	Hellas-Glana	5:04.59	201200252	5:07.16 +0,66
	50m: 34.32	34.32 150m: 1:51.95	39.51	250m: 3:10.69	39.44 350m: 4:29.11
	100m: 1:12.44	38.12 200m: 2:31.25	39.30	300m: 3:49.80	39.11 400m: 5:07.16
3.	Sarah Förster	Hellas-Glana	5:15.28	201102682	5:09.81 +0,73
	50m: 35.36	35.36 150m: 1:52.51	38.98	250m: 3:11.60	39.64 350m: 4:31.17
	100m: 1:13.53	38.17 200m: 2:31.96	39.45	300m: 3:51.19	39.59 400m: 5:09.81
4.	Sara Creemers	Hellas-Glana	5:09.46	201100242	5:10.43 +0,78
	50m: 34.16	34.16 150m: 1:51.87	39.53	250m: 3:11.44	39.95 350m: 4:31.28
	100m: 1:12.34	38.18 200m: 2:31.49	39.62	300m: 3:51.36	39.92 400m: 5:10.43
5.	Jana Nelissen	SG Patrick - De Roersoppers	5:20.31	201200350	5:11.87 +0,73
	50m: 32.25	32.25 150m: 1:48.95	39.20	250m: 3:10.75	41.83 350m: 4:33.72
	100m: 1:09.75	37.50 200m: 2:28.92	39.97	300m: 3:51.99	41.24 400m: 5:11.87
6.	Emy Meuleners	SG Patrick - De Roersoppers	5:41.20	201200012	5:16.78 +0,73
	50m: 35.82	35.82 150m: 1:55.38	40.05	250m: 3:16.69	40.84 350m: 4:38.60
	100m: 1:15.33	39.51 200m: 2:35.85	40.47	300m: 3:57.40	40.71 400m: 5:16.78
7.	Valerie Rienties	Zwemsport Parkstad	5:33.70	201200400	5:18.97
	50m: 36.13	36.13 150m: 1:56.67	40.87	250m: 3:18.89	41.43 350m: 4:41.29
	100m: 1:15.80	39.67 200m: 2:37.46	40.79	300m: 4:00.08	41.19 400m: 5:18.97
8.	Fenne Hardeman	Hellas-Glana	5:22.73	201100244	5:25.58 +0,77
	50m: 38.40	38.40 150m: 2:01.54	41.46	250m: 3:24.20	41.67 350m: 4:46.04
	100m: 1:20.08	41.68 200m: 2:42.53	40.99	300m: 4:05.80	41.60 400m: 5:25.58
9.	Koosje Versteeg	HZPC	5:27.67	201100422	5:26.07 +0,76
	50m: 36.17	36.17 150m: 1:57.07	41.46	250m: 3:21.93	42.51 350m: 4:45.80
	100m: 1:15.61	39.44 200m: 2:39.42	42.35	300m: 4:03.63	41.70 400m: 5:26.07
10.	Lili de Graaf	Hellas-Glana	5:46.21	201103068	5:45.96 +0,66
	50m: 38.05	38.05 150m: 2:06.47	44.88	250m: 3:36.63	45.09 350m: 5:03.06
	100m: 1:21.59	43.54 200m: 2:51.54	45.07	300m: 4:20.66	44.03 400m: 5:45.96
11.	Tessa Kuipers	RZ	6:05.01	201100448	5:48.14
	50m: 38.43	38.43 150m: 2:06.20	45.10	250m: 3:36.23	44.66 350m: 5:06.32
	100m: 1:21.10	42.67 200m: 2:51.57	45.37	300m: 4:21.48	45.25 400m: 5:48.14
12.	Joni Ploumen	Zeps	6:12.31	201200458	6:07.38 +0,74
	50m: 40.38	40.38 150m: 2:12.75	46.63	250m: 3:47.25	47.45 350m: 5:21.50
	100m: 1:26.12	45.74 200m: 2:59.80	47.05	300m: 4:34.88	47.63 400m: 6:07.38
13.	Anna Dinghs	HZPC	6:17.96	201201192	6:26.22 +0,98
	50m: 40.43	40.43 150m: 2:13.86	48.24	250m: 3:53.83	49.85 350m: 5:37.32
	100m: 1:25.62	45.19 200m: 3:03.98	50.12	300m: 4:45.46	51.63 400m: 6:26.22
AFGEM	June Schuurmans	Hellas-Glana	5:22.20	201100874	
Gebjr 2009 - 2010					
1.	Laura Dumont	SG Patrick - De Roersoppers	5:14.19	200900020	4:59.78 +0,85
	50m: 34.91	34.91 150m: 1:51.12	38.36	250m: 3:08.51	38.66 350m: 4:24.30
	100m: 1:12.76	37.85 200m: 2:29.85	38.73	300m: 3:46.74	38.23 400m: 4:59.78
2.	Romy de Graaf	Hellas-Glana	5:06.29	201003660	5:00.57 +0,71
	50m: 33.91	33.91 150m: 1:50.04	38.47	250m: 3:07.28	38.42 350m: 4:22.84
	100m: 1:11.57	37.66 200m: 2:28.86	38.82	300m: 3:45.92	38.64 400m: 5:00.57
3.	Julie Simonis	Hellas-Glana	5:03.33	201000144	5:01.74 +0,76
	50m: 34.06	34.06 150m: 1:50.11	38.72	250m: 3:08.12	38.88 350m: 4:25.65
	100m: 1:11.39	37.33 200m: 2:29.24	39.13	300m: 3:46.63	38.51 400m: 5:01.74
4.	Alaine Lomans	Hellas-Glana	5:03.34	201000420	5:01.90 +0,55
	50m: 33.78	33.78 150m: 1:50.26	38.76	250m: 3:07.45	38.29 350m: 4:25.10
	100m: 1:11.50	37.72 200m: 2:29.16	38.90	300m: 3:46.22	38.77 400m: 5:01.90
5.	Sophie Reijnders	RZ	5:13.57	200900086	5:04.80 +0,70
	50m: 33.80	33.80 150m: 1:48.95	38.56	250m: 3:07.34	39.63 350m: 4:26.33
	100m: 1:10.39	36.59 200m: 2:27.71	38.76	300m: 3:46.60	39.26 400m: 5:04.80
6.	Renske Slangen	Hellas-Glana	5:05.70	201002740	5:11.87 +0,82
	50m: 34.48	34.48 150m: 1:51.28	39.09	250m: 3:10.80	40.33 350m: 4:33.22
	100m: 1:12.19	37.71 200m: 2:30.47	39.19	300m: 3:51.79	40.99 400m: 5:11.87
7.	Anouk Leurs	Zeps	5:15.41	200900232	5:14.62 +0,71
	50m: 35.31	35.31 150m: 1:54.78	40.15	250m: 3:15.64	40.61 350m: 4:37.57
	100m: 1:14.63	39.32 200m: 2:35.03	40.25	300m: 3:57.03	41.39 400m: 5:14.62

Programmanr. 1, Meisjes, 400m vrije slag, Gebjr 2009 - 2010

rang	naam	vereniging	intijd	tijd	RT
8.	Danné van Munster	Hellas-Glana	5:19.49	200901262	5:16.62 +0,53
	50m: 35.01	35.01 150m: 1:54.47	40.15 250m: 3:15.76	40.64 350m: 4:37.35	41.10
	100m: 1:14.32	39.31 200m: 2:35.12	40.65 300m: 3:56.25	40.49 400m: 5:16.62	39.27
9.	Fenna Greijn	ZPC De Rog Weert	5:26.81	200900654	5:16.93 +0,70
	50m: 34.98	34.98 150m: 1:52.87	39.74 250m: 3:14.65	40.97 350m: 4:38.24	41.68
	100m: 1:13.13	38.15 200m: 2:33.68	40.81 300m: 3:56.56	41.91 400m: 5:16.93	38.69
10.	Fenna Hölsgens	Hellas-Glana	5:36.26	201000276	5:19.14 +0,76
	50m: 37.24	37.24 150m: 1:58.77	41.48 250m: 3:21.17	40.54 350m: 4:42.32	40.22
	100m: 1:17.29	40.05 200m: 2:40.63	41.86 300m: 4:02.10	40.93 400m: 5:19.14	36.82
11.	Lynn Peters	RZ	5:28.23	200900454	5:20.22 +0,74
	50m: 34.45	34.45 150m: 1:55.01	40.49 250m: 3:16.61	40.93 350m: 4:40.29	42.48
	100m: 1:14.52	40.07 200m: 2:35.68	40.67 300m: 3:57.81	41.20 400m: 5:20.22	39.93
12.	Renske Coppens	Vivalo	5:18.78	200900440	5:21.61 +0,80
	50m: 35.85	35.85 150m: 1:55.21	40.36 250m: 3:18.01	41.63 350m: 4:41.05	41.68
	100m: 1:14.85	39.00 200m: 2:36.38	41.17 300m: 3:59.37	41.36 400m: 5:21.61	40.56
13.	Izzie Hesselink	Zeps	5:18.06	200900820	5:30.67 +0,70
	50m: 36.15	36.15 150m: 1:57.21	41.39 250m: 3:22.38	43.06 350m: 4:48.84	43.13
	100m: 1:15.82	39.67 200m: 2:39.32	42.11 300m: 4:05.71	43.33 400m: 5:30.67	41.83

Gebjr 2007 - 2008

1.	Emma Ketelaars	Hellas-Glana	4:44.63	200800354	4:46.35 +0,70
	50m: 32.07	32.07 150m: 1:43.90	36.40 250m: 2:57.25	36.70 350m: 4:11.05	36.71
	100m: 1:07.50	35.43 200m: 2:20.55	36.65 300m: 3:34.34	37.09 400m: 4:46.35	35.30
2.	Lotte Frissen	SG Patrick - De Roersoppers	4:48.26	200701354	4:48.57 +0,71
	50m: 32.70	32.70 150m: 1:45.25	36.60 250m: 2:59.26	37.07 350m: 4:13.12	36.79
	100m: 1:08.65	35.95 200m: 2:22.19	36.94 300m: 3:36.33	37.07 400m: 4:48.57	35.45
3.	Nina Derckx	Zeps	5:00.64	200700030	4:57.88 +0,79
	50m: 33.53	33.53 150m: 1:48.37	37.68 250m: 3:04.92	38.42 350m: 4:21.51	37.92
	100m: 1:10.69	37.16 200m: 2:26.50	38.13 300m: 3:43.59	38.67 400m: 4:57.88	36.37
4.	Isis van Kuijk	HZPC	5:03.61	200700442	4:58.69 +0,87
	50m: 33.26	33.26 150m: 1:48.59	38.16 250m: 3:05.06	38.09 350m: 4:21.66	38.05
	100m: 1:10.43	37.17 200m: 2:26.97	38.38 300m: 3:43.61	38.55 400m: 4:58.69	37.03
5.	Lucie Schreurs	Rzl	5:04.44	200801464	5:02.93 +0,75
	50m: 33.85	33.85 150m: 1:48.99	37.95 250m: 3:06.84	39.14 350m: 4:24.86	39.12
	100m: 1:11.04	37.19 200m: 2:27.70	38.71 300m: 3:45.74	38.90 400m: 5:02.93	38.07
6.	Bente Hölsgens	Hellas-Glana	5:19.47	200801470	5:16.30 +0,70
	50m: 35.62	35.62 150m: 1:54.14	40.01 250m: 3:15.00	40.91 350m: 4:36.98	40.63
	100m: 1:14.13	38.51 200m: 2:34.09	39.95 300m: 3:56.35	41.35 400m: 5:16.30	39.32
7.	Veerle Claessens	Zeps	5:15.73	200800100	5:21.19 +0,77
	50m: 34.90	34.90 150m: 1:52.75	39.79 250m: 3:14.40	41.25 350m: 4:39.02	42.50
	100m: 1:12.96	38.06 200m: 2:33.15	40.40 300m: 3:56.52	42.12 400m: 5:21.19	42.17
8.	Benthe van de Ree	HZPC	5:01.39	200701226	5:24.07 +0,78
	50m: 34.31	34.31 150m: 1:54.99	41.39 250m: 3:19.09	42.31 350m: 4:42.92	41.64
	100m: 1:13.60	39.29 200m: 2:36.78	41.79 300m: 4:01.28	42.19 400m: 5:24.07	41.15

2006 en eerder

1.	Rani Skrabanja	Hellas-Glana	4:25.34	199800992	4:32.29 +0,74
	50m: 30.16	30.16 150m: 1:38.44	34.65 250m: 2:48.20	35.06 350m: 3:58.49	34.94
	100m: 1:03.79	33.63 200m: 2:13.14	34.70 300m: 3:23.55	35.35 400m: 4:32.29	33.80
2.	Kim Crins	Rzl	4:54.10	200501212	4:51.10 +0,74
	50m: 31.57	31.57 150m: 1:43.05	36.24 250m: 2:57.99	37.80 350m: 4:14.07	38.11
	100m: 1:06.81	35.24 200m: 2:20.19	37.14 300m: 3:35.96	37.97 400m: 4:51.10	37.03
3.	Meike van de Ree	HZPC	4:48.14	200402646	4:52.50 +0,75
	50m: 31.81	31.81 150m: 1:43.56	36.66 250m: 2:58.38	37.55 350m: 4:14.66	38.16
	100m: 1:06.90	35.09 200m: 2:20.83	37.27 300m: 3:36.50	38.12 400m: 4:52.50	37.84
4.	Danique Klomp	ZPC Nederweert	4:57.71	200202912	4:56.93 +0,74
	50m: 31.57	31.57 150m: 1:44.63	37.00 250m: 3:00.53	37.88 350m: 4:18.52	39.26
	100m: 1:07.63	36.06 200m: 2:22.65	38.02 300m: 3:39.26	38.73 400m: 4:56.93	38.41
5.	Floor Weijmans	HZPC	5:01.04	199502522	5:00.54 +0,74
	50m: 34.35	34.35 150m: 1:49.34	37.81 250m: 3:05.52	38.23 350m: 4:23.11	38.43
	100m: 1:11.53	37.18 200m: 2:27.29	37.95 300m: 3:44.68	39.16 400m: 5:00.54	37.43
6.	Jennifer Koonen	Zwemsport Parkstad	5:05.21	200500386	5:14.17 +0,74
	50m: 34.58	34.58 150m: 1:52.30	39.18 250m: 3:13.82	41.01 350m: 4:35.18	40.56
	100m: 1:13.12	38.54 200m: 2:32.81	40.51 300m: 3:54.62	40.80 400m: 5:14.17	38.99