

Programmanr. 30  
17-11-2024 - 14:20

Dames, 400m wisselslag

2012 en eerder  
Resultaten

| rang                     | naam               | vereniging                  | intijd  | tijd          | RT                    |
|--------------------------|--------------------|-----------------------------|---------|---------------|-----------------------|
| <b>Gebjr 2011 - 2012</b> |                    |                             |         |               |                       |
| 1.                       | Julia Ketelaars    | Hellas-Glana                | 5:56.12 | 201200028     | <b>5:37.34</b> +0,67  |
|                          | 50m: 35.19         | 35.19 150m: 2:01.48         | 44.67   | 250m: 3:32.32 | 46.56 350m: 4:59.31   |
|                          | 100m: 1:16.81      | 41.62 200m: 2:45.76         | 44.28   | 300m: 4:19.66 | 47.34 400m: 5:37.34   |
| 2.                       | Esra Simon         | Hellas-Glana                | 5:39.72 | 201100004     | <b>5:44.82</b> +0,77  |
|                          | 50m: 34.95         | 34.95 150m: 2:00.31         | 44.20   | 250m: 3:33.74 | 49.65 350m: 5:05.51   |
|                          | 100m: 1:16.11      | 41.16 200m: 2:44.09         | 43.78   | 300m: 4:25.07 | 51.33 400m: 5:44.82   |
| 3.                       | Emy Meuleners      | SG Patrick - De Roersoppers | 6:36.27 | 201200012     | <b>6:03.91</b> +0,74  |
|                          | 50m: 38.44         | 38.44 150m: 2:11.07         | 45.27   | 250m: 3:48.04 | 53.53 350m: 5:23.41   |
|                          | 100m: 1:25.80      | 47.36 200m: 2:54.51         | 43.44   | 300m: 4:41.79 | 53.75 400m: 6:03.91   |
| 4.                       | Jana Nelissen      | SG Patrick - De Roersoppers | 6:11.19 | 201200350     | <b>6:13.97</b> +0,66  |
|                          | 50m: 39.55         | 39.55 150m: 2:18.45         | 47.92   | 250m: 3:58.16 | 53.73 350m: 5:34.44   |
|                          | 100m: 1:30.53      | 50.98 200m: 3:04.43         | 45.98   | 300m: 4:52.41 | 54.25 400m: 6:13.97   |
| 5.                       | Koosje Versteeg    | HZPC                        | 6:40.21 | 201100422     | <b>6:23.04</b> +0,77  |
|                          | 50m: 43.76         | 43.76 150m: 2:25.81         | 47.57   | 250m: 4:05.94 | 54.34 350m: 5:41.95   |
|                          | 100m: 1:38.24      | 54.48 200m: 3:11.60         | 45.79   | 300m: 5:00.52 | 54.58 400m: 6:23.04   |
| 6.                       | Louane Carfantan   | MZ&PC                       | 6:35.94 | 201101042     | <b>6:39.35</b> +0,53  |
|                          | 50m: 38.03         | 38.03 150m: 2:14.62         | 48.77   | 250m: 4:00.64 | 58.02 350m: 5:50.94   |
|                          | 100m: 1:25.85      | 47.82 200m: 3:02.62         | 48.00   | 300m: 5:01.21 | 1:00.57 400m: 6:39.35 |
| 7.                       | Felicia de Kaste   | HZPC                        | 7:16.48 | 201201212     | <b>6:50.94</b> +0,68  |
|                          | 50m: 43.55         | 43.55 150m: 2:25.87         | 49.59   | 250m: 4:13.79 | 56.91 350m: 6:02.84   |
|                          | 100m: 1:36.28      | 52.73 200m: 3:16.88         | 51.01   | 300m: 5:13.46 | 59.67 400m: 6:50.94   |
| 8.                       | Femke Derkx        | HZPC                        | 7:14.31 | 201103242     | <b>6:53.85</b> +0,65  |
|                          | 50m: 49.75         | 49.75 150m: 2:39.77         | 52.88   | 250m: 4:27.80 | 55.69 350m: 6:09.04   |
|                          | 100m: 1:46.89      | 57.14 200m: 3:32.11         | 52.34   | 300m: 5:22.64 | 54.84 400m: 6:53.85   |
| 9.                       | Anna Dinghs        | HZPC                        | 6:56.71 | 201201192     | <b>6:54.87</b> +0,81  |
|                          | 50m: 43.81         | 43.81 150m: 2:26.71         | 50.73   | 250m: 4:16.29 | 59.35 350m: 6:07.34   |
|                          | 100m: 1:35.98      | 52.17 200m: 3:16.94         | 50.23   | 300m: 5:18.51 | 1:02.22 400m: 6:54.87 |
| 10.                      | Djalisa Theunissen | HZPC                        | 7:11.76 | 201102642     | <b>7:08.42</b> +0,74  |
|                          | 50m: 44.15         | 44.15 150m: 2:32.30         | 52.43   | 250m: 4:24.69 | 59.61 350m: 6:17.16   |
|                          | 100m: 1:39.87      | 55.72 200m: 3:25.08         | 52.78   | 300m: 5:25.49 | 1:00.80 400m: 7:08.42 |
| <b>Gebjr 2009 - 2010</b> |                    |                             |         |               |                       |
| 1.                       | Romy de Graaf      | Hellas-Glana                | 5:53.82 | 201003660     | <b>5:36.55</b> +0,73  |
|                          | 50m: 36.72         | 36.72 150m: 2:01.27         | 40.91   | 250m: 3:32.73 | 50.64 350m: 5:00.32   |
|                          | 100m: 1:20.36      | 43.64 200m: 2:42.09         | 40.82   | 300m: 4:22.78 | 50.05 400m: 5:36.55   |
| 2.                       | Alaine Lomans      | Hellas-Glana                | 5:40.52 | 201000420     | <b>5:41.40</b> +0,53  |
|                          | 50m: 34.75         | 34.75 150m: 1:59.81         | 43.81   | 250m: 3:32.59 | 49.80 350m: 5:02.21   |
|                          | 100m: 1:16.00      | 41.25 200m: 2:42.79         | 42.98   | 300m: 4:22.72 | 50.13 400m: 5:41.40   |
| 3.                       | Renske Coppens     | Vivalo                      | 6:16.36 | 200900440     | <b>5:57.28</b> +0,81  |
|                          | 50m: 38.85         | 38.85 150m: 2:09.94         | 45.35   | 250m: 3:45.50 | 51.10 350m: 5:18.47   |
|                          | 100m: 1:24.59      | 45.74 200m: 2:54.40         | 44.46   | 300m: 4:37.53 | 52.03 400m: 5:57.28   |
| 4.                       | Evi Bouten         | HZPC                        | 6:14.52 | 201000270     | <b>5:59.10</b> +0,77  |
|                          | 50m: 35.48         | 35.48 150m: 2:04.05         | 43.61   | 250m: 3:36.25 | 49.81 350m: 5:14.41   |
|                          | 100m: 1:20.44      | 44.96 200m: 2:46.44         | 42.39   | 300m: 4:27.44 | 51.19 400m: 5:59.10   |
| 5.                       | Lynn Peters        | RZ                          | 6:08.12 | 200900454     | <b>6:03.79</b> +0,76  |
|                          | 50m: 38.22         | 38.22 150m: 2:09.05         | 44.17   | 250m: 3:44.72 | 51.33 350m: 5:21.92   |
|                          | 100m: 1:24.88      | 46.66 200m: 2:53.39         | 44.34   | 300m: 4:38.12 | 53.40 400m: 6:03.79   |
| 6.                       | Danné van Munster  | Hellas-Glana                | 6:25.00 | 200901262     | <b>6:14.72</b> +0,55  |
|                          | 50m: 42.31         | 42.31 150m: 2:18.72         | 45.03   | 250m: 3:56.51 | 53.27 350m: 5:34.12   |
|                          | 100m: 1:33.69      | 51.38 200m: 3:03.24         | 44.52   | 300m: 4:51.10 | 54.59 400m: 6:14.72   |
| 7.                       | Elize Wijzenbeek   | Hellas-Glana                | 6:48.09 | 201001338     | <b>6:44.60</b> +0,75  |
|                          | 50m: 45.25         | 45.25 150m: 2:29.85         | 50.24   | 250m: 4:15.95 | 57.22 350m: 6:01.20   |
|                          | 100m: 1:39.61      | 54.36 200m: 3:18.73         | 48.88   | 300m: 5:15.20 | 59.25 400m: 6:44.60   |
| AFGEM                    | Fenna Greijn       | ZPC De Rog Weert            | 6:29.36 | 200900654     |                       |
| AFGEM                    | Laura Dumont       | SG Patrick - De Roersoppers | 5:39.71 | 200900020     |                       |

Programmanr. 30, Dames, 400m wisselslag

Gebjr 2007 - 2008

|       |                   |                             |               |           |               |                |               |       |
|-------|-------------------|-----------------------------|---------------|-----------|---------------|----------------|---------------|-------|
| 1.    | Emma Ketelaars    | Hellas-Glana                | 5:24.75       | 200800354 |               | <b>5:20.57</b> | +0,69         |       |
|       | 50m: 33.08        | 33.08                       | 150m: 1:55.79 | 43.15     | 250m: 3:22.46 | 44.42          | 350m: 4:44.74 | 36.60 |
|       | 100m: 1:12.64     | 39.56                       | 200m: 2:38.04 | 42.25     | 300m: 4:08.14 | 45.68          | 400m: 5:20.57 | 35.83 |
| 2.    | Lotte Frissen     | SG Patrick - De Roersoppers | 5:31.57       | 200701354 |               | <b>5:36.50</b> | +0,71         |       |
|       | 50m: 37.51        | 37.51                       | 150m: 2:05.26 | 41.55     | 250m: 3:34.91 | 47.29          | 350m: 4:59.97 | 36.90 |
|       | 100m: 1:23.71     | 46.20                       | 200m: 2:47.62 | 42.36     | 300m: 4:23.07 | 48.16          | 400m: 5:36.50 | 36.53 |
| 3.    | Lucie Schreurs    | Rzl                         | 6:08.55       | 200801464 |               | <b>5:51.98</b> | +0,83         |       |
|       | 50m: 38.08        | 38.08                       | 150m: 2:13.82 | 48.53     | 250m: 3:45.48 | 45.95          | 350m: 5:13.49 | 40.44 |
|       | 100m: 1:25.29     | 47.21                       | 200m: 2:59.53 | 45.71     | 300m: 4:33.05 | 47.57          | 400m: 5:51.98 | 38.49 |
| 4.    | Eva van Marum     | Zwemclub Eijsden            | 6:10.15       | 200700118 |               | <b>5:58.66</b> | +0,70         |       |
|       | 50m: 38.30        | 38.30                       | 150m: 2:08.74 | 44.56     | 250m: 3:45.13 | 53.82          | 350m: 5:20.71 | 41.11 |
|       | 100m: 1:24.18     | 45.88                       | 200m: 2:51.31 | 42.57     | 300m: 4:39.60 | 54.47          | 400m: 5:58.66 | 37.95 |
| 5.    | Veerle Claessens  | Zeps                        | 6:07.89       | 200800100 |               | <b>6:10.04</b> | +0,80         |       |
|       | 50m: 38.35        | 38.35                       | 150m: 2:09.93 | 44.52     | 250m: 3:46.58 | 52.30          | 350m: 5:26.62 | 45.41 |
|       | 100m: 1:25.41     | 47.06                       | 200m: 2:54.28 | 44.35     | 300m: 4:41.21 | 54.63          | 400m: 6:10.04 | 43.42 |
| AFGEM | Benthe van de Ree | HZPC                        | 5:44.68       | 200701226 |               |                |               |       |

2006 en eerder

|     |   |       |               |           |               |                |               |       |
|-----|---|-------|---------------|-----------|---------------|----------------|---------------|-------|
| 1.  | Manon Koster  | MZ&PC | 5:32.80       | 199701312 |               | <b>5:13.00</b> | +0,71         |       |
|     | 50m: 32.98  | 32.98 | 150m: 1:51.88 | 40.68     | 250m: 3:15.79 | 43.55          | 350m: 4:36.16 | 36.38 |
|     | 100m: 1:11.20   | 38.22 | 200m: 2:32.24 | 40.36     | 300m: 3:59.78 | 43.99          | 400m: 5:13.00 | 36.84 |
| 2.  | Meike van de Ree  | HZPC  | 5:11.26       | 200402646 |               | <b>5:17.07</b> | +0,74         |       |
|     | 50m: 32.68  | 32.68 | 150m: 1:51.58 | 39.07     | 250m: 3:15.15 | 45.24          | 350m: 4:39.69 | 38.02 |
|     | 100m: 1:12.51   | 39.83 | 200m: 2:29.91 | 38.33     | 300m: 4:01.67 | 46.52          | 400m: 5:17.07 | 37.38 |
| 3.  | Kim Crins   | Rzl   | 5:41.59       | 200501212 |               | <b>5:35.46</b> | +0,79         |       |
|     | 50m: 34.69  | 34.69 | 150m: 2:02.04 | 44.29     | 250m: 3:32.65 | 48.12          | 350m: 4:59.51 | 38.38 |
|     | 100m: 1:17.75   | 43.06 | 200m: 2:44.53 | 42.49     | 300m: 4:21.13 | 48.48          | 400m: 5:35.46 | 35.95 |
| 4.  | Myrthe Paas   | Zeps  | 6:07.26       | 200600410 |               | <b>5:57.86</b> | +0,80         |       |
|     | 50m: 37.03  | 37.03 | 150m: 2:05.19 | 44.34     | 250m: 3:41.26 | 52.69          | 350m: 5:16.43 | 41.83 |
|     | 100m: 1:20.85   | 43.82 | 200m: 2:48.57 | 43.38     | 300m: 4:34.60 | 53.34          | 400m: 5:57.86 | 41.43 |
| DIS | Floor Weijmans  | HZPC  | 5:43.99       | 199502522 |               |                |               |       |
|     | <i>RH - Het eindpunt niet in rugligging aangeraakt.</i> |       |               |           |               |                |               |       |