

Event 30
17-11-2024 - 14:20

Women, 400m Medley

2012 and older
Results

rang	naam	vereniging	intijd	tijd	RT
YOB 2011 - 2012					
1.	Julia Ketelaars	Hellas-Glana	5:56.12	201200028	5:37.34 +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	5:44.82 +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	6:03.91 +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	6:13.97 +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	6:23.04 +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	6:39.35 +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	6:50.94 +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	6:53.85 +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	6:54.87 +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	7:08.42 +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
YOB 2009 - 2010					
1.	Romy de de Graaf	Hellas-Glana	5:53.82	201003660	5:36.55 +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	5:41.40 +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	5:57.28 +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	5:59.10 +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	6:03.79 +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.	Danne van Munster	Hellas-Glana	6:25.00	200901262	6:14.72 +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	6:44.60 +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
WDR	Fenna Greijn	ZPC De Rog Weert	6:29.36	200900654	
WDR	Laura Dumont	SG Patrick - De Roersoppers	5:39.71	200900020	

Event 30, Women, 400m Medley

YOB 2007 - 2008

1.	Emma Ketelaars	Hellas-Glana	5:24.75	200800354	5:20.57	+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	5:36.50	+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	5:51.98	+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	5:58.66	+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	6:10.04	+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
WDR	Benthe van de Ree	HZPC	5:44.68	200701226				

2006 and older

1.	Manon Koster	MZ&PC	5:32.80	199701312	5:13.00	+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	5:17.07	+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	5:35.46	+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	5:57.86	+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
DSQ	Floor Weijmans	HZPC	5:43.99	199502522				
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							