

KNZB Competitie ronde 1
Zwolle, 5-10-2024

Programmanr. 13
5-10-2024 - 14:00

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Isabelle Elsweier	O Z & P C	4:47.50	200303614	4:49.75	
	50m: 32.85	32.85 150m: 1:44.51	36.44	250m: 2:58.40	37.21	350m: 4:13.51
	100m: 1:08.07	35.22 200m: 2:21.19	36.68	300m: 3:35.99	37.59	400m: 4:49.75
37.52						36.24
2.	Feline Slijkhuis	SG Octopus - ZVV	4:48.40	200501042	4:51.36	
	50m: 32.82	32.82 150m: 1:46.61	37.04	250m: 3:01.37	36.81	350m: 4:15.87
	100m: 1:09.57	36.75 200m: 2:24.56	37.95	300m: 3:38.44	37.07	400m: 4:51.36
37.43						35.49
3.	Robyn Hulleman	SG Octopus - ZVV	4:47.38	200600890	4:59.46	
	50m: 33.55	33.55 150m: 1:48.92	38.18	250m: 3:06.45	38.79	350m: 4:23.88
	100m: 1:10.74	37.19 200m: 2:27.66	38.74	300m: 3:46.38	39.93	400m: 4:59.46
37.50						35.58
4.	Renske Oude Egbrink	O Z & P C	5:04.82	200600040	5:04.23	
	50m: 32.82	32.82 150m: 1:47.76	37.84	250m: 3:05.51	39.03	350m: 4:25.02
	100m: 1:09.92	37.10 200m: 2:26.48	38.72	300m: 3:45.48	39.97	400m: 5:04.23
39.54						39.21
5.	Cato Tulen	SWOL 1894	5:06.82	200701946	5:08.30	
	50m: 34.29	34.29 150m: 1:51.64	39.19	250m: 3:10.87	40.32	350m: 4:29.79
	100m: 1:12.45	38.16 200m: 2:30.55	38.91	300m: 3:50.63	39.76	400m: 5:08.30
39.16						38.51
6.	Bloem Muijlaert	SG Octopus - ZVV	5:13.47	200602754	5:14.51	
	50m: 34.77	34.77 150m: 1:53.80	40.10	250m: 3:14.26	40.09	350m: 4:35.11
	100m: 1:13.70	38.93 200m: 2:34.17	40.37	300m: 3:54.61	40.35	400m: 5:14.51
40.50						39.40
7.	Nouk Achterhuis	O Z & P C	5:20.25	200600120	5:22.93	
	50m: 34.98	34.98 150m: 1:54.41	40.49	250m: 3:17.53	41.99	350m: 4:40.60
	100m: 1:13.92	38.94 200m: 2:35.54	41.13	300m: 3:59.64	42.11	400m: 5:22.93
40.96						42.33
8.	Britt Meisner	SG Octopus - ZVV	5:31.14	200600658	5:24.46	
	50m: 33.77	33.77 150m: 1:51.10	39.09	250m: 3:14.41	42.50	350m: 4:41.27
	100m: 1:12.01	38.24 200m: 2:31.91	40.81	300m: 3:56.73	42.32	400m: 5:24.46
44.54						43.19
9.	Isabelle Meinema	SWOL 1894	5:42.32	200500216	5:37.76	
	50m: 36.62	36.62 150m: 2:00.86	43.19	250m: 3:28.52	43.66	350m: 4:55.14
	100m: 1:17.67	41.05 200m: 2:44.86	44.00	300m: 4:11.65	43.13	400m: 5:37.76
43.49						42.62
10.	Sheila ten Voorde	SG Octopus - ZVV	5:41.93	199904538	5:38.02	
	50m: 34.89	34.89 150m: 1:56.60	42.06	250m: 3:24.39	43.72	350m: 4:53.36
	100m: 1:14.54	39.65 200m: 2:40.67	44.07	300m: 4:08.54	44.15	400m: 5:38.02
44.82						44.66
11.	Yoni van der Gronde	SWOL 1894	5:59.46	200504858	5:38.16	
	50m: 37.07	37.07 150m: 2:01.80	43.26	250m: 3:29.13	43.77	350m: 4:55.60
	100m: 1:18.54	41.47 200m: 2:45.36	43.56	300m: 4:12.54	43.41	400m: 5:38.16
43.06						42.56
12.	Meike Cleveringa	SWOL 1894	5:35.16	200206096	5:41.52	
	50m: 36.56	36.56 150m: 2:02.18	43.52	250m: 3:31.20	44.81	350m: 4:58.02
	100m: 1:18.66	42.10 200m: 2:46.39	44.21	300m: 4:14.37	43.17	400m: 5:41.52
43.65						43.50
13.	Ilon Schuurman	O Z & P C	5:30.34	200304766	5:50.27	
	50m: 36.93	36.93 150m: 2:04.87	45.20	250m: 3:36.29	45.43	350m: 5:06.28
	100m: 1:19.67	42.74 200m: 2:50.86	45.99	300m: 4:21.50	45.21	400m: 5:50.27
45.44.78						