

KNZB Competitie ronde 1
Zwolle, 5-10-2024

Programmanr. 29
5-10-2024 - 15:20

Meisjes, 400m vrije slag

Gebjr 2007 - 2013
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Lyke Bellert	SG Octopus - ZVV	4:42.73	200701424	4:48.20	
	50m: 33.26	33.26 150m: 1:47.45	37.09	250m: 3:01.83	36.88	350m: 4:13.80 35.60
	100m: 1:10.36	37.10 200m: 2:24.95	37.50	300m: 3:38.20	36.37	400m: 4:48.20 34.40
2.	Florien Pot	O Z & P C	5:00.85	201000768	4:51.28	
	50m: 33.75	33.75 150m: 1:47.91	36.85	250m: 3:02.65	37.07	350m: 4:16.07 36.28
	100m: 1:11.06	37.31 200m: 2:25.58	37.67	300m: 3:39.79	37.14	400m: 4:51.28 35.21
3.	Flore Blok	O Z & P C	5:08.88	200804348	4:59.97	
	50m: 34.69	34.69 150m: 1:50.97	38.42	250m: 3:07.47	38.35	350m: 4:23.15 37.82
	100m: 1:12.55	37.86 200m: 2:29.12	38.15	300m: 3:45.33	37.86	400m: 4:59.97 36.82
4.	Elien Groothuismink	SWOL 1894	5:09.19	200800920	5:17.73	
	50m: 35.70	35.70 150m: 1:55.58	40.37	250m: 3:17.02	40.60	350m: 4:38.67 40.86
	100m: 1:15.21	39.51 200m: 2:36.42	40.84	300m: 3:57.81	40.79	400m: 5:17.73 39.06
5.	Veerle Westenbroek	O Z & P C	5:33.79	200800128	5:23.49	
	50m: 36.76	36.76 150m: 1:57.40	40.18	250m: 3:19.40	41.17	350m: 4:43.05 41.61
	100m: 1:17.22	40.46 200m: 2:38.23	40.83	300m: 4:01.44	42.04	400m: 5:23.49 40.44
6.	Britt Hopman	SG Octopus - ZVV	5:17.06	200702688	5:34.00	
	50m: 37.15	37.15 150m: 2:01.72	42.76	250m: 3:28.72	43.62	350m: 4:52.78 41.00
	100m: 1:18.96	41.81 200m: 2:45.10	43.38	300m: 4:11.78	43.06	400m: 5:34.00 41.22
7.	Myrthe te Winkel	SWOL 1894	5:46.59	200804336	5:38.09	
	50m: 37.61	37.61 150m: 2:03.12	43.30	250m: 3:30.66	44.21	350m: 4:57.39 43.15
	100m: 1:19.82	42.21 200m: 2:46.45	43.33	300m: 4:14.24	43.58	400m: 5:38.09 40.70
8.	Roos Bomhof	SG Octopus - ZVV	5:57.43	200701262	5:53.21	
	50m: 38.60	38.60 150m: 2:06.72	44.58	250m: 3:36.62	45.29	350m: 5:08.11 45.39
	100m: 1:22.14	43.54 200m: 2:51.33	44.61	300m: 4:22.72	46.10	400m: 5:53.21 45.10
9.	Nicky Freriksen	SWOL 1894	6:44.01	200802348	6:13.95	
	50m: 41.64	41.64 150m: 2:15.95	48.15	250m: 3:52.82	49.53	350m: 5:27.36 47.29
	100m: 1:27.80	46.16 200m: 3:03.29	47.34	300m: 4:40.07	47.25	400m: 6:13.95 46.59
10.	Mariëlle Jans	SG Octopus - ZVV	7:06.85	200703828	6:52.02	
	50m: 43.09	43.09 150m: 2:26.34	52.83	250m: 4:15.31	54.33	350m: 6:03.69 53.03
	100m: 1:33.51	50.42 200m: 3:20.98	54.64	300m: 5:10.66	55.35	400m: 6:52.02 48.33