

Competitie deel 1
Nijverdal, 5/10/2024

Programmanr. 13
5/10/2024 - 13:35

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Michelle van Wijk	WWV Winterswijk	5:02.97	200204746	4:32.29	
	50m: 30.57	30.57 150m: 1:39.09	34.67	250m: 2:49.63	35.32 350m: 3:59.37	34.69
	100m: 1:04.42	33.85 200m: 2:14.31	35.22	300m: 3:24.68	35.05 400m: 4:32.29	32.92
2.	Femke van Wijk	WWV Winterswijk	5:09.65	200403434	4:43.69	
	50m: 32.30	32.30 150m: 1:44.24	36.16	250m: 2:56.77	36.41 350m: 4:08.58	35.84
	100m: 1:08.08	35.78 200m: 2:20.36	36.12	300m: 3:32.74	35.97 400m: 4:43.69	35.11
3.	Lynn Rötter	ZPC Livo	4:53.58	200600950	4:57.40	
	50m: 31.78	31.78 150m: 1:44.89	37.24	250m: 3:02.00	38.86 350m: 4:20.43	39.18
	100m: 1:07.65	35.87 200m: 2:23.14	38.25	300m: 3:41.25	39.25 400m: 4:57.40	36.97
4.	Aline Meuleman	ZPC Livo	4:54.41	200401136	4:57.71	
	50m: 31.87	31.87 150m: 1:45.20	37.21	250m: 3:01.97	38.25 350m: 4:20.30	38.43
	100m: 1:07.99	36.12 200m: 2:23.72	38.52	300m: 3:41.87	39.90 400m: 4:57.71	37.41
5.	Esmee van Dijk	Het Ravijn	5:07.76	200803180	5:15.15	
	50m: 31.50	31.50 150m: 1:47.47	39.26	250m: 3:09.35	41.10 350m: 4:33.55	42.17
	100m: 1:08.21	36.71 200m: 2:28.25	40.78	300m: 3:51.38	42.03 400m: 5:15.15	41.60
6.	Romée Beverdam	WS Twente 2	5:30.80	200100158	5:20.33	
	50m: 35.26	35.26 150m: 1:55.26	40.58	250m: 3:18.30	41.80 350m: 4:41.94	41.77
	100m: 1:14.68	39.42 200m: 2:36.50	41.24	300m: 4:00.17	41.87 400m: 5:20.33	38.39
7.	Pien Ooijman	WS Twente 2	5:20.07	200504500	5:20.99	
	50m: 34.87	34.87 150m: 1:54.89	40.62	250m: 3:17.02	41.24 350m: 4:41.37	42.10
	100m: 1:14.27	39.40 200m: 2:35.78	40.89	300m: 3:59.27	42.25 400m: 5:20.99	39.62
8.	Ilse Valk	Het Ravijn	5:13.29	200000172	5:25.91	
	50m: 34.59	34.59 150m: 1:54.83	41.07	250m: 3:19.66	42.56 350m: 4:44.03	42.16
	100m: 1:13.76	39.17 200m: 2:37.10	42.27	300m: 4:01.87	42.21 400m: 5:25.91	41.88
9.	Ilse Siemerink	WS Twente 2	5:49.26	200502512	5:37.40	
	50m: 36.23	36.23 150m: 1:59.27	42.52	250m: 3:26.51	44.16 350m: 4:56.13	44.98
	100m: 1:16.75	40.52 200m: 2:42.35	43.08	300m: 4:11.15	44.64 400m: 5:37.40	41.27
10.	Esmée de Mink	Het Ravijn	5:51.81	200600290	5:39.72	
	50m: 35.89	35.89 150m: 1:58.04	42.11	250m: 3:25.87	44.11 350m: 4:55.05	44.44
	100m: 1:15.93	40.04 200m: 2:41.76	43.72	300m: 4:10.61	44.74 400m: 5:39.72	44.67
11.	Leonie Smit	Sg - E Z C L	6:33.15	200301978	5:48.06	
	50m: 40.96	40.96 150m: 2:06.08	38.62	250m: 3:36.45	45.73 350m: 5:07.94	45.83
	100m: 1:27.46	46.50 200m: 2:50.72	44.64	300m: 4:22.11	45.66 400m: 5:48.06	40.12
12.	Melissa Schuurman	Sg - E Z C L	NT	200006800	5:48.58	
	50m: 36.95	36.95 150m: 2:04.30	44.88	250m: 3:34.17	44.75 350m: 5:05.02	45.50
	100m: 1:19.42	42.47 200m: 2:49.42	45.12	300m: 4:19.52	45.35 400m: 5:48.58	43.56
13.	Iris Lok	WS Twente 2	6:13.57	200301094	5:48.76	
	50m: 37.84	37.84 150m: 2:04.72	43.58	250m: 3:35.36	45.93 350m: 5:05.15	45.27
	100m: 1:21.14	43.30 200m: 2:49.43	44.71	300m: 4:19.88	44.52 400m: 5:48.76	43.61
14.	Christa Valk	Het Ravijn	5:41.31	200600066	5:51.37	
	50m: 37.21	37.21 150m: 2:03.71	44.49	250m: 3:36.23	46.87 350m: 5:07.97	45.72
	100m: 1:19.22	42.01 200m: 2:49.36	45.65	300m: 4:22.25	46.02 400m: 5:51.37	43.40
15.	Gwen Schuur	De Grunte	6:02.79	201000698	5:51.56	
	50m: 38.77	38.77 150m: 2:07.68	45.31	250m: 3:39.74	45.78 350m: 5:11.65	45.63
	100m: 1:22.37	43.60 200m: 2:53.96	46.28	300m: 4:26.02	46.28 400m: 5:51.56	39.91
16.	Eline Pullen	De Grunte	6:04.91	200500630	5:51.93	
	50m: 37.92	37.92 150m: 2:05.44	44.58	250m: 3:37.32	46.00 350m: 5:08.37	44.55
	100m: 1:20.86	42.94 200m: 2:51.32	45.88	300m: 4:23.82	46.50 400m: 5:51.93	43.56
17.	Lieke Stoker	WS Twente 2	6:02.93	200301412	5:52.21	
	50m: 37.02	37.02 150m: 2:02.93	43.99	250m: 3:34.80	46.55 350m: 5:08.46	46.59
	100m: 1:18.94	41.92 200m: 2:48.25	45.32	300m: 4:21.87	47.07 400m: 5:52.21	43.75
18.	Noa Boerma	Het Ravijn	5:50.85	200202736	6:07.52	
	50m: 37.96	37.96 150m: 2:08.83	46.12	250m: 3:42.89	47.53 350m: 5:18.87	47.96
	100m: 1:22.71	44.75 200m: 2:55.36	46.53	300m: 4:30.91	48.02 400m: 6:07.52	48.65
19.	Isabel Post	WS Twente 2	6:16.04	200604582	6:17.29	
	50m: 39.91	39.91 150m: 2:13.04	47.23	250m: 3:50.36	48.57 350m: 5:29.74	49.79
	100m: 1:25.81	45.90 200m: 3:01.79	48.75	300m: 4:39.95	49.59 400m: 6:17.29	47.55
20.	Tessa Kraan	Het Ravijn	NT	200303686	6:26.21	
	50m: 40.62	40.62 150m: 2:17.16	49.46	250m: 3:57.35	50.09 350m: 5:38.54	50.29
	100m: 1:27.70	47.08 200m: 3:07.26	50.10	300m: 4:48.25	50.90 400m: 6:26.21	47.67
21.	Jolieke van den Berg	Het Ravijn	6:11.17	200400810	6:47.44	
	50m: 39.29	39.29 150m: 2:18.15	51.50	250m: 4:06.20	53.37 350m: 5:54.75	53.48
	100m: 1:26.65	47.36 200m: 3:12.83	54.68	300m: 5:01.27	55.07 400m: 6:47.44	52.69