



Gelderse Kampioenschappen korte baan  
Nijmegen, 9- - 17-11-2024



Programmanr. 108  
9-11-2024 - 16:39

Dames, 400m wisselslag  
gebjr 2004 en eerder samen met 2005-2006

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Gebjr 2011 - 2013</b>					
1.	Maartje van Berkom	Aqua-Novio'94	5:59.30	201100514	<b>5:50.13</b>
	50m: 37.35	37.35 150m: 2:06.77	45.29	250m: 3:42.59	51.46 350m: 5:13.36
	100m: 1:21.48	44.13 200m: 2:51.13	44.36	300m: 4:33.05	50.46 400m: 5:50.13
					40.31 36.77
2.	Gerlin van de Krol	DWK	6:06.27	201101412	<b>5:59.70</b>
	100m*				
	50m: 40.52	40.52 150m: 2:16.93	47.37	250m: 3:48.13	44.42 350m: 5:17.84
	100m: 1:29.56	49.04 200m: 3:03.71	46.78	300m: 4:34.97	46.84 400m: 5:59.70
					42.87 41.86
3.	Anna Berkhout	TZC-Vahalis	6:03.67	201100080	<b>6:03.63</b>
	50m: 39.81	39.81 150m: 2:15.25	45.34	250m: 3:49.77	50.92 350m: 5:24.47
	100m: 1:29.91	50.10 200m: 2:58.85	43.60	300m: 4:40.72	50.95 400m: 6:03.63
					43.75 39.16
4.	Meila Broenink	Batavia Swim	6:15.08	201102332	<b>6:09.66</b>
	50m*				
	50m: 41.29	41.29 150m: 2:20.11	49.62	250m: 3:57.06	50.38 350m: 5:31.37
	100m: 1:30.49	49.20 200m: 3:06.68	46.57	300m: 4:47.91	50.85 400m: 6:09.66
					43.46 38.29
5.	Robin Versteeg	Aqua-Novio'94	6:12.95	201200276	<b>6:15.30</b>
	150m*				
	50m: 40.60	40.60 150m: 2:18.80	46.82	250m: 3:59.10	53.86 350m: 5:36.08
	100m: 1:31.98	51.38 200m: 3:05.24	46.44	300m: 4:53.22	54.12 400m: 6:15.30
					42.86 39.22
6.	Jaurieke Morren	SG Octopus - ZVV	6:28.71	201200292	<b>6:17.08</b>
	150m*, 350m*				
	50m: 40.32	40.32 150m: 2:21.54	48.28	250m: 3:58.55	52.25 350m: 5:35.08
	100m: 1:33.26	52.94 200m: 3:06.30	44.76	300m: 4:51.54	52.99 400m: 6:17.08
					43.54 42.00
7.	Yvonne de Graaf	DWK	6:19.21	201101418	<b>6:21.90</b>
	50m: 39.12	39.12 150m: 2:12.48	44.02	250m: 3:54.16	56.95 350m: 5:37.85
	100m: 1:28.46	49.34 200m: 2:57.21	44.73	300m: 4:52.68	58.52 400m: 6:21.90
					45.17 44.05
8.	Femke Mandema	Flevo	6:22.04	201100396	<b>6:28.60</b>
	50m: 42.32	42.32 150m: 2:22.48	51.45	250m: 4:08.01	55.89 350m: 5:48.23
	100m: 1:31.03	48.71 200m: 3:12.12	49.64	300m: 5:04.53	56.52 400m: 6:28.60
					43.70 40.37
9.	Moira Iseger	DWK	6:32.95	201101908	<b>6:31.52</b>
	50m: 37.21	37.21 150m: 2:16.49	52.41	250m: 4:04.21	56.90 350m: 5:47.62
	100m: 1:24.08	46.87 200m: 3:07.31	50.82	300m: 5:01.96	57.75 400m: 6:31.52
					45.66 43.90
10.	Anouk van de Steeg	DWK	6:57.92	201200558	<b>6:33.66</b>
	150m*, 350m*				
	50m: 42.26	42.26 150m: 2:26.69	50.86	250m: 4:11.09	52.12 350m: 5:51.74
	100m: 1:35.83	53.57 200m: 3:18.97	52.28	300m: 5:06.40	55.31 400m: 6:33.66
					45.34 41.92
11.	Elisha Kragten	Aqua-Novio'94	6:39.68	201200822	<b>6:39.36</b>
	100m*				
	50m: 44.44	44.44 150m: 2:29.32	48.49	250m: 4:12.54	56.05 350m: 5:54.79
	100m: 1:40.83	56.39 200m: 3:16.49	47.17	300m: 5:08.27	55.73 400m: 6:39.36
					46.52 44.57
12.	Gwyneth van der Spek	Batavia Swim	8:08.99	201102806	<b>8:00.34</b>
	200m*				
	50m: 57.99	57.99 150m: 3:05.96	1:00.69	250m: 5:10.92	1:06.12 350m: 7:11.65
	100m: 2:05.27	1:07.28 200m: 4:04.80	58.84	300m: 6:18.16	1:07.24 400m: 8:00.34
					53.49 48.69
DIS	Zsofi Bouw	DWK	6:16.16	201101102	
	<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>				

**Gebjr 2009 - 2010**

1.	Tara Langkamp	Aqua-Novio'94	5:34.62	200900362	<b>5:35.41</b>
	150m*, 350m*				
	50m: 33.67	33.67 150m: 1:58.97	44.07	250m: 3:30.42	48.55 350m: 4:58.95
	100m: 1:14.90	41.23 200m: 2:41.87	42.90	300m: 4:20.97	50.55 400m: 5:35.41
					37.98 36.46
2.	Lili Oosting	DWK	5:44.49	200900384	<b>5:38.29</b>
	100m*, 250m*				
	50m: 36.59	36.59 150m: 2:02.31	43.70	250m: 3:32.72	49.46 350m: 5:01.72
	100m: 1:18.61	42.02 200m: 2:43.26	40.95	300m: 4:23.61	50.89 400m: 5:38.29
					38.11 36.57

Programmanr. 108, Meisjes, 400m wisselslag, Gebjr 2009 - 2010

rang	naam	vereniging	intijd		tijd	RT		
3.	Myrthe Rozendaal 200m*	Aqua-Novio'94	6:01.78	201000790	<b>5:41.33</b> *			
	50m: 37.89	37.89	150m: 2:07.82	43.36	250m: 3:35.89	45.86	350m: 5:03.45	39.79
	100m: 1:24.46	46.57	200m: 2:50.03	42.21	300m: 4:23.66	47.77	400m: 5:41.33	37.88
4.	Elin Das	NDD	5:51.16	200901036	<b>5:52.44</b>			
	50m: 35.41	35.41	150m: 2:07.02	44.37	250m: 3:42.03	51.23	350m: 5:14.10	38.99
	100m: 1:22.65	47.24	200m: 2:50.80	43.78	300m: 4:35.11	53.08	400m: 5:52.44	38.34
5.	Tessa Zevenbergen	Aquapoldro	6:18.61	201002662	<b>6:05.98</b>			
	50m: 36.62	36.62	150m: 2:10.88	48.55	250m: 3:49.17	51.79	350m: 5:25.08	42.47
	100m: 1:22.33	45.71	200m: 2:57.38	46.50	300m: 4:42.61	53.44	400m: 6:05.98	40.90
6.	Hayleigh Onstwedder	Batavia Swim	6:23.90	201002902	<b>6:11.54</b>			
	50m: 39.73	39.73	150m: 2:20.62	50.03	250m: 3:59.09	49.58	350m: 5:33.81	43.82
	100m: 1:30.59	50.86	200m: 3:09.51	48.89	300m: 4:49.99	50.90	400m: 6:11.54	37.73
7.	Pleun Schouten	De IJsselmeeuwen	6:24.44	201002106	<b>6:13.75</b>			
	50m: 39.24	39.24	150m: 2:16.31	52.21	250m: 3:59.33	53.71	350m: 5:34.33	40.25
	100m: 1:24.10	44.86	200m: 3:05.62	49.31	300m: 4:54.08	54.75	400m: 6:13.75	39.42

Gebjr 2007 - 2008

1.	Jinte van Ginkel 150m*	DWK	5:53.59	200701286	<b>5:35.53</b>			
	50m: 35.18	35.18	150m: 1:58.94	43.42	250m: 3:30.44	48.70	350m: 4:59.40	38.78
	100m: 1:15.52	40.34	200m: 2:41.74	42.80	300m: 4:20.62	50.18	400m: 5:35.53	36.13
2.	Niobe Maduro	Aqua-Novio'94	5:49.56	200800378	<b>5:37.14</b>			
	50m: 33.75	33.75	150m: 1:59.81	45.10	250m: 3:33.22	48.20	350m: 5:02.10	38.83
	100m: 1:14.71	40.96	200m: 2:45.02	45.21	300m: 4:23.27	50.05	400m: 5:37.14	35.04
3.	Fenna Reijmers 150m*	CWW Swimteam	5:45.99	200800244	<b>5:37.24</b>			
	50m: 36.58	36.58	150m: 2:05.43	44.44	250m: 3:34.96	46.24	350m: 5:01.25	40.20
	100m: 1:20.99	44.41	200m: 2:48.72	43.29	300m: 4:21.05	46.09	400m: 5:37.24	35.99
4.	Felice Paris	NDD	5:55.08	200701822	<b>5:57.47</b>			
	50m: 36.27	36.27	150m: 2:12.64	48.60	250m: 3:48.03	49.58	350m: 5:18.00	40.56
	100m: 1:24.04	47.77	200m: 2:58.45	45.81	300m: 4:37.44	49.41	400m: 5:57.47	39.47

Gebjr 2005 - 2006

1.	Feline Slijkhuis	SG Octopus - ZVV	5:40.54	200501042	<b>5:35.95</b>			
	50m: 35.33	35.33	150m: 2:02.32	42.15	250m: 3:29.92	46.48	350m: 4:58.06	40.01
	100m: 1:20.17	44.84	200m: 2:43.44	41.12	300m: 4:18.05	48.13	400m: 5:35.95	37.89
2.	Lynn Rötter	ZPC Livo	5:43.78	200600950	<b>5:42.96</b>			
	50m: 35.89	35.89	150m: 2:05.25	44.03	250m: 3:36.41	48.80	350m: 5:06.17	38.58
	100m: 1:21.22	45.33	200m: 2:47.61	42.36	300m: 4:27.59	51.18	400m: 5:42.96	36.79

2004 en eerder

1.	Mandy van Rossum	Aqua-Novio'94	5:34.26	200204904	<b>5:19.71</b>			
	50m: 32.43	32.43	150m: 1:56.09	44.14	250m: 3:21.18	42.75	350m: 4:43.94	37.86
	100m: 1:11.95	39.52	200m: 2:38.43	42.34	300m: 4:06.08	44.90	400m: 5:19.71	35.77
2.	Kim Vos 350m*	De Woelwaters	5:41.83	200000990	<b>5:23.20</b>			
	50m: 34.19	34.19	150m: 1:58.93	43.60	250m: 3:26.57	45.00	350m: 4:48.27	37.24
	100m: 1:15.33	41.14	200m: 2:41.57	42.64	300m: 4:11.03	44.46	400m: 5:23.20	34.93
3.	Moniek van Langevelde	DWK	5:46.01	199803160	<b>5:34.23</b>			
	50m: 37.72	37.72	150m: 2:06.72	44.28	250m: 3:36.00	47.57	350m: 5:01.10	37.26
	100m: 1:22.44	44.72	200m: 2:48.43	41.71	300m: 4:23.84	47.84	400m: 5:34.23	33.13
4.	Aline Meuleman 150m*, 350m*	ZPC Livo	5:43.63	200401136	<b>5:39.37</b>			
	50m: 34.49	34.49	150m: 1:56.35	41.55	250m: 3:29.82	50.28	350m: 4:59.51	38.56
	100m: 1:14.80	40.31	200m: 2:39.54	43.19	300m: 4:20.95	51.13	400m: 5:39.37	39.86