



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



Programmanr. 403
17-11-2024 - 14:44

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Gebjr 2011 - 2013					
1.	Maartje van Berkom	Aqua-Novio'94	5:15.39	201100514	5:05.73
	50m: 33.75	33.75 150m: 1:50.31	38.14	250m: 3:09.43	39.27 350m: 4:28.08
	100m: 1:12.17	38.42 200m: 2:30.16	39.85	300m: 3:48.81	39.38 400m: 5:05.73
2.	Yvonne de Graaf	DWK	5:27.89	201101418	5:18.90
	50m: 33.54	33.54 150m: 1:50.50	38.89	250m: 3:11.77	41.03 350m: 4:37.29
	100m: 1:11.61	38.07 200m: 2:30.74	40.24	300m: 3:54.09	42.32 400m: 5:18.90
3.	Fay Jansen	Aqua-Novio'94	5:33.63	201200154	5:19.13
	50m: 36.42	36.42 150m: 1:57.62	40.93	250m: 3:18.66	40.66 350m: 4:40.59
	100m: 1:16.69	40.27 200m: 2:38.00	40.38	300m: 3:59.65	40.99 400m: 5:19.13
4.	Belle Fiering	De Berkelduikers	5:29.70	201202546	5:19.63
	50m: 35.22	35.22 150m: 1:56.96	41.39	250m: 3:19.86	41.26 350m: 4:39.78
	100m: 1:15.57	40.35 200m: 2:38.60	41.64	300m: 4:00.32	40.46 400m: 5:19.63
5.	Robin Versteeg	Aqua-Novio'94	5:35.13	201200276	5:23.11
	50m: 35.98	35.98 150m: 1:58.00	41.78	250m: 3:22.28	42.37 350m: 4:44.41
	100m: 1:16.22	40.24 200m: 2:39.91	41.91	300m: 4:03.81	41.53 400m: 5:23.11
6.	Anouk van de Steeg	DWK	6:20.58	201200558	5:26.24
	50m: 35.95	35.95 150m: 1:58.05	41.66	250m: 3:21.81	42.78 350m: 4:47.17
	100m: 1:16.39	40.44 200m: 2:39.03	40.98	300m: 4:04.34	42.53 400m: 5:26.24
7.	Laure Eekhoff	CWW Swimteam	5:54.76	201100674	5:27.12
	50m: 35.02	35.02 150m: 1:57.61	42.18	250m: 3:22.36	42.48 350m: 4:47.17
	100m: 1:15.43	40.41 200m: 2:39.88	42.27	300m: 4:04.86	42.50 400m: 5:27.12
8.	Meila Broenink	Batavia Swim	5:53.42	201102332	5:33.08
	50m: 36.89	36.89 150m: 2:02.65	43.21	250m: 3:32.04	45.10 350m: 4:55.64
	100m: 1:19.44	42.55 200m: 2:46.94	44.29	300m: 4:14.45	42.41 400m: 5:33.08
9.	Femke Mandema	Flevo	5:38.54	201100396	5:34.39
	50m: 38.65	38.65 150m: 2:03.57	42.71	250m: 3:29.38	42.95 350m: 4:55.14
	100m: 1:20.86	42.21 200m: 2:46.43	42.86	300m: 4:12.48	43.10 400m: 5:34.39
10.	Gerlin van de Krol	DWK	5:42.33	201101412	5:36.44
	50m: 37.39	37.39 150m: 2:03.02	43.38	250m: 3:29.71	42.95 350m: 4:55.84
	100m: 1:19.64	42.25 200m: 2:46.76	43.74	300m: 4:13.07	43.36 400m: 5:36.44
11.	Zsofi Bouw	DWK	5:38.80	201101102	5:38.36
	50m: 37.47	37.47 150m: 2:02.76	42.79	250m: 3:30.51	43.91 350m: 4:56.10
	100m: 1:19.97	42.50 200m: 2:46.60	43.84	300m: 4:13.50	42.99 400m: 5:38.36
12.	Jaurieke Morren	SG Octopus - ZVV	5:38.76	201200292	5:39.43
	50m: 35.77	35.77 150m: 2:01.11	43.89	250m: 3:29.26	44.44 350m: 4:58.85
	100m: 1:17.22	41.45 200m: 2:44.82	43.71	300m: 4:14.47	45.21 400m: 5:39.43
13.	Nikita van den Berg	SG Octopus - ZVV	5:47.40	201102130	5:39.61
	50m: 37.94	37.94 150m: 2:03.81	43.13	250m: 3:29.96	42.89 350m: 4:57.11
	100m: 1:20.68	42.74 200m: 2:47.07	43.26	300m: 4:13.23	43.27 400m: 5:39.61
14.	Elisha Kragten	Aqua-Novio'94	5:48.35	201200822	5:42.87
	50m: 36.33	36.33 150m: 2:03.12	44.07	250m: 3:31.40	44.51 350m: 5:00.77
	100m: 1:19.05	42.72 200m: 2:46.89	43.77	300m: 4:15.61	44.21 400m: 5:42.87
15.	Linn Frunt	DWK	5:46.88	201101420	5:44.75
	50m: 38.04	38.04 150m: 2:04.68	43.50	250m: 3:33.85	44.94 350m: 5:02.56
	100m: 1:21.18	43.14 200m: 2:48.91	44.23	300m: 4:18.18	44.33 400m: 5:44.75
16.	Linde Bakkenes	DWK	5:54.86	201201662	5:46.00
	50m: 39.15	39.15 150m: 2:06.70	43.75	250m: 3:35.10	44.11 350m: 5:02.76
	100m: 1:22.95	43.80 200m: 2:50.99	44.29	300m: 4:19.56	44.46 400m: 5:46.00
17.	Moira Iseger	DWK	5:41.06	201101908	5:46.55
	50m: 36.69	36.69 150m: 2:03.10	44.39	250m: 3:33.79	45.29 350m: 5:05.16
	100m: 1:18.71	42.02 200m: 2:48.50	45.40	300m: 4:20.01	46.22 400m: 5:46.55
18.	Lotte Boone	De Woelwaters	5:45.07	201101792	5:57.11
	50m: 39.81	39.81 150m: 2:08.37	45.43	250m: 3:41.38	46.66 350m: 5:13.25
	100m: 1:22.94	43.13 200m: 2:54.72	46.35	300m: 4:27.33	45.95 400m: 5:57.11

Programmanr. 403, Meisjes, 400m vrije slag, Gebjr 2011 - 2013

rang	naam	vereniging	intijd		tijd	RT
19.	Isabelle Meeuwenberg	De Rijn	6:23.41	201200086	6:27.03	
	<i>100m*, 150m*, 200m*, 300m*, 350m*</i>					
	50m: 40.73	40.73	150m: 2:16.02	47.85	250m: 3:57.08	50.67
	100m: 1:28.17	47.44	200m: 3:06.41	50.39	300m: 4:47.55	50.47
					350m: 5:39.89	52.34
					400m: 6:27.03	47.14
20.	Gwyneth van der Spek	Batavia Swim	7:04.86	201102806	7:14.56	321
	50m: 51.69	51.69	150m: 2:44.92	56.98	250m: 4:38.15	55.71
	100m: 1:47.94	56.25	200m: 3:42.44	57.52	300m: 5:33.09	54.94
					350m: 6:27.03	53.94
					400m: 7:14.56	47.53

Gebjr 2009 - 2010

1.	Tara Langkamp	Aqua-Novio'94	4:45.46	200900362	4:44.89	
	<i>150m*, 300m*</i>					
	50m: 31.32	31.32	150m: 1:42.13	36.06	250m: 2:55.82	36.51
	100m: 1:06.07	34.75	200m: 2:19.31	37.18	300m: 3:32.34	36.52
					350m: 4:09.14	36.80
					400m: 4:44.89	35.75
2.	Charlotte Landman	CWW Swimteam	4:51.52	200901290	4:48.66	
	50m: 31.62	31.62	150m: 1:43.64	36.35	250m: 2:58.00	37.59
	100m: 1:07.29	35.67	200m: 2:20.41	36.77	300m: 3:35.71	37.71
					350m: 4:12.55	36.84
					400m: 4:48.66	36.11
3.	Jaydee Leenders	Aqua-Novio'94	4:53.44	200900112	4:49.31	
	50m: 31.62	31.62	150m: 1:42.96	36.25	250m: 2:57.57	37.53
	100m: 1:06.71	35.09	200m: 2:20.04	37.08	300m: 3:35.61	38.04
					350m: 4:13.59	37.98
					400m: 4:49.31	35.72
4.	Elin Baars	DWK	4:53.06	201000138	4:49.60	
	50m: 33.27	33.27	150m: 1:46.71	36.98	250m: 3:01.71	37.61
	100m: 1:09.73	36.46	200m: 2:24.10	37.39	300m: 3:38.52	36.81
					350m: 4:15.27	36.75
					400m: 4:49.60	34.33
5.	Myrthe Rozendaal	Aqua-Novio'94	4:53.31	201000790	4:54.21	
	50m: 32.60	32.60	150m: 1:45.46	36.65	250m: 3:00.57	37.60
	100m: 1:08.81	36.21	200m: 2:22.97	37.51	300m: 3:38.64	38.07
					350m: 4:16.85	38.21
					400m: 4:54.21	37.36
6.	Lili Oosting	DWK	4:57.36	200900384	4:58.61	
	50m: 33.89	33.89	150m: 1:49.24	38.39	250m: 3:06.50	38.50
	100m: 1:10.85	36.96	200m: 2:28.00	38.76	300m: 3:44.41	37.91
					350m: 4:22.30	37.89
					400m: 4:58.61	36.31
7.	Myla Klaassen	Aqua-Novio'94	4:47.34	200900110	5:00.71	
	<i>50m*, 250m*</i>					
	50m: 32.43	32.43	150m: 1:46.43	37.68	250m: 3:04.88	39.84
	100m: 1:08.75	36.32	200m: 2:25.04	38.61	300m: 3:44.11	39.23
					350m: 4:22.53	38.42
					400m: 5:00.71	38.18
8.	Elin Das	NDD	5:10.37	200901036	5:05.46	
	50m: 33.40	33.40	150m: 1:50.00	38.93	250m: 3:09.01	39.93
	100m: 1:11.07	37.67	200m: 2:29.08	39.08	300m: 3:48.52	39.51
					350m: 4:27.62	39.10
					400m: 5:05.46	37.84
9.	Sofie van Poecke	DWK	5:07.96	201001448	5:08.75	
	50m: 33.44	33.44	150m: 1:49.84	38.89	250m: 3:08.78	39.58
	100m: 1:10.95	37.51	200m: 2:29.20	39.36	300m: 3:48.68	39.90
					350m: 4:28.92	40.24
					400m: 5:08.75	39.83
10.	Tessa Zevenbergen	Aquapoldro	5:07.47	201002662	5:13.17	
	50m: 34.13	34.13	150m: 1:53.59	40.68	250m: 3:15.08	40.84
	100m: 1:12.91	38.78	200m: 2:34.24	40.65	300m: 3:55.21	40.13
					350m: 4:35.03	39.82
					400m: 5:13.17	38.14
11.	Eva de Man	Aqua-Novio'94	5:08.66	201000294	5:14.22	
	50m: 33.81	33.81	150m: 1:50.73	39.13	250m: 3:10.75	39.97
	100m: 1:11.60	37.79	200m: 2:30.78	40.05	300m: 3:51.23	40.48
					350m: 4:32.53	41.30
					400m: 5:14.22	41.69

Gebjr 2007 - 2008

1.	Jinte van Ginkel	DWK	4:58.99	200701286	4:51.40	
	50m: 32.94	32.94	150m: 1:46.08	36.87	250m: 3:00.45	37.22
	100m: 1:09.21	36.27	200m: 2:23.23	37.15	300m: 3:37.69	37.24
					350m: 4:15.10	37.41
					400m: 4:51.40	36.30
2.	Niobe Maduro	Aqua-Novio'94	4:47.41	200800378	4:53.28	
	50m: 33.73	33.73	150m: 1:49.38	37.69	250m: 3:03.89	37.30
	100m: 1:11.69	37.96	200m: 2:26.59	37.21	300m: 3:40.50	36.61
					350m: 4:17.08	36.58
					400m: 4:53.28	36.20
3.	Laura Volkers	DWK	5:01.16	200800056	4:59.89	
	50m: 33.15	33.15	150m: 1:48.17	37.63	250m: 3:04.71	38.37
	100m: 1:10.54	37.39	200m: 2:26.34	38.17	300m: 3:43.18	38.47
					350m: 4:21.69	38.51
					400m: 4:59.89	38.20
4.	Rosalie Bressers	RZC	5:12.19	200703820	5:03.01	
	50m: 32.71	32.71	150m: 1:46.76	37.73	250m: 3:04.38	38.74
	100m: 1:09.03	36.32	200m: 2:25.64	38.88	300m: 3:43.43	39.05
					350m: 4:19.68	36.25
					400m: 5:03.01	43.33
5.	Felice Baris	NDD	4:54.38	200701822	5:08.99	
	50m: 33.98	33.98	150m: 1:51.51	39.06	250m: 3:10.19	39.70
	100m: 1:12.45	38.47	200m: 2:30.49	38.98	300m: 3:49.65	39.46
					350m: 4:29.87	40.22
					400m: 5:08.99	39.12
6.	Nynke van Leeuwen	De Berkelduikers	5:06.64	200701272	5:17.97	
	50m: 31.84	31.84	150m: 1:49.42	39.65	250m: 3:12.69	41.92
	100m: 1:09.77	37.93	200m: 2:30.77	41.35	300m: 3:55.04	42.35
					350m: 4:37.35	42.31
					400m: 5:17.97	40.62



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



Programmanr. 403, Dames, 400m vrije slag

Gebjr 2005 - 2006

1.	Colinda van der Zanden	Aqua-Novio'94	4:29.11	200502618	4:36.26			
	50m: 29.71	29.71	150m: 1:39.62	35.72	250m: 2:51.19	35.74	350m: 4:01.49	35.19
	100m: 1:03.90	34.19	200m: 2:15.45	35.83	300m: 3:26.30	35.11	400m: 4:36.26	34.77
2.	Myrthe Dam	Zuiderzeewimmers	4:53.18	200602336	4:50.23			
	50m: 32.60	32.60	150m: 1:44.78	36.80	250m: 2:59.56	37.42	350m: 4:14.45	36.99
	100m: 1:07.98	35.38	200m: 2:22.14	37.36	300m: 3:37.46	37.90	400m: 4:50.23	35.78
3.	Lynn Rötter 200m*	ZPC Livo	4:53.58	200600950	4:51.00			
	50m: 32.17	32.17	150m: 1:46.10	37.33	250m: 3:01.36	37.58	350m: 4:16.26	37.18
	100m: 1:08.77	36.60	200m: 2:23.78	37.68	300m: 3:39.08	37.72	400m: 4:51.00	34.74
4.	Noor Polman	CWW Swimteam	5:01.05	200501248	4:54.54			
	50m: 32.75	32.75	150m: 1:46.15	37.12	250m: 3:01.85	38.03	350m: 4:18.57	38.46
	100m: 1:09.03	36.28	200m: 2:23.82	37.67	300m: 3:40.11	38.26	400m: 4:54.54	35.97
5.	Feline Slijkhuis 300m*, 350m*	SG Octopus - ZVV	4:51.36	200501042	4:56.01			
	50m: 32.47	32.47	150m: 1:46.10	37.18	250m: 3:01.96	37.46	350m: 4:18.55	38.19
	100m: 1:08.92	36.45	200m: 2:24.50	38.40	300m: 3:40.36	38.40	400m: 4:56.01	37.46
6.	Iris de Schrijver	CWW Swimteam	5:06.51	200600536	5:11.58			
	50m: 33.85	33.85	150m: 1:50.01	38.75	250m: 3:09.41	39.90	350m: 4:30.78	41.20
	100m: 1:11.26	37.41	200m: 2:29.51	39.50	300m: 3:49.58	40.17	400m: 5:11.58	40.80
7.	Senna Levering 150m*	DWK	5:10.12	200603892	5:12.16			
	50m: 34.67	34.67	150m: 1:53.29	39.47	250m: 3:12.57	39.71	350m: 4:32.81	40.52
	100m: 1:13.82	39.15	200m: 2:32.86	39.57	300m: 3:52.29	39.72	400m: 5:12.16	39.35
8.	Bloem Muijlaert	SG Octopus - ZVV	5:09.86	200602754	5:18.56			
	50m: 33.71	33.71	150m: 1:51.93	40.01	250m: 3:13.49	40.85	350m: 4:37.30	42.03
	100m: 1:11.92	38.21	200m: 2:32.64	40.71	300m: 3:55.27	41.78	400m: 5:18.56	41.26

2004 en eerder

1.	Michelle van Wijk	WWV Winterswijk	4:32.29	200204746	4:36.54			
	50m: 30.80	30.80	150m: 1:40.52	35.31	250m: 2:52.30	35.92	350m: 4:02.76	35.03
	100m: 1:05.21	34.41	200m: 2:16.38	35.86	300m: 3:27.73	35.43	400m: 4:36.54	33.78
2.	Moniek van Langevelde 150m*	DWK	4:41.08	199803160	4:39.61			
	50m: 32.25	32.25	150m: 1:44.42	36.40	250m: 2:56.14	35.33	350m: 4:05.94	34.68
	100m: 1:08.02	35.77	200m: 2:20.81	36.39	300m: 3:31.26	35.12	400m: 4:39.61	33.67
3.	Femke van Wijk	WWV Winterswijk	4:43.69	200403434	4:43.61 *			
	50m: 31.66	31.66	150m: 1:42.75	35.73	250m: 2:55.12	36.48	350m: 4:07.65	36.10
	100m: 1:07.02	35.36	200m: 2:18.64	35.89	300m: 3:31.55	36.43	400m: 4:43.61	35.96
4.	Marte Vlieg	Aqua-Novio'94	4:46.89	200304996	4:48.74			
	50m: 32.26	32.26	150m: 1:43.77	35.84	250m: 2:57.05	36.72	350m: 4:11.90	37.72
	100m: 1:07.93	35.67	200m: 2:20.33	36.56	300m: 3:34.18	37.13	400m: 4:48.74	36.84
5.	Aline Meuleman 300m*, 350m*	ZPC Livo	4:54.41	200401136	4:55.43			
	50m: 32.73	32.73	150m: 1:46.52	37.74	250m: 3:01.93	37.47	350m: 4:19.15	38.55
	100m: 1:08.78	36.05	200m: 2:24.46	37.94	300m: 3:40.60	38.67	400m: 4:55.43	36.28
6.	Vera Martens	RZC	5:01.19	199600852	4:59.15			
	50m: 33.17	33.17	150m: 1:47.79	37.80	250m: 3:04.36	38.24	350m: 4:21.85	38.85
	100m: 1:09.99	36.82	200m: 2:26.12	38.33	300m: 3:43.00	38.64	400m: 4:59.15	37.30
7.	Nienke Verploeg	Olympia	5:02.56	200000438	5:02.97			
	50m: 32.99	32.99	150m: 1:48.28	38.17	250m: 3:06.43	39.07	350m: 4:25.10	39.02
	100m: 1:10.11	37.12	200m: 2:27.36	39.08	300m: 3:46.08	39.65	400m: 5:02.97	37.87