



Overijsselse Kampioenschappen korte baan  
Zwolle, 9 - 17/11/2024



Programmanr. 403  
17/11/2024 - 14:00

Dames, 400m vrije slag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Gebjr 2011 - 2013</b>					
1.	Isabel Amelink	Deltasteur	5:02.61	201100196	<b>4:56.86</b>
	50m: 32.38	32.38 150m: 1:47.62	38.43 250m: 3:04.20	38.33 350m: 4:20.60	38.31
	100m: 1:09.19	36.81 200m: 2:25.87	38.25 300m: 3:42.29	38.09 400m: 4:56.86	36.26
2.	Mattea Gliese-Slooijer	De Dinkel	5:07.76	201100008	<b>5:04.24</b>
	50m: 33.28	33.28 150m: 1:50.26	39.09 250m: 3:08.70	39.46 350m: 4:26.83	39.31
	100m: 1:11.17	37.89 200m: 2:29.24	38.98 300m: 3:47.52	38.82 400m: 5:04.24	37.41
3.	Lisa Boogaard	Deltasteur	5:24.25	201100990	<b>5:09.85</b>
	50m: 35.53	35.53 150m: 1:55.49	40.56 250m: 3:15.53	39.78 350m: 4:34.40	39.30
	100m: 1:14.93	39.40 200m: 2:35.75	40.26 300m: 3:55.10	39.57 400m: 5:09.85	35.45
4.	Maurieke Frijstein	Deltasteur	5:18.22	201100198	<b>5:10.06</b>
	50m: 33.73	33.73 150m: 1:52.05	39.80 250m: 3:13.20	40.40 350m: 4:33.00	39.78
	100m: 1:12.25	38.52 200m: 2:32.80	40.75 300m: 3:53.22	40.02 400m: 5:10.06	37.06
5.	Imke Oude Engberink	De Dinkel	5:34.96	201100818	<b>5:21.35</b>
	50m: 37.35	37.35 150m: 1:59.56	41.27 250m: 3:22.67	41.95 350m: 4:44.94	40.49
	100m: 1:18.29	40.94 200m: 2:40.72	41.16 300m: 4:04.45	41.78 400m: 5:21.35	36.41
6.	Sophie Kortenschijl	WS Twente	5:32.16	201100672	<b>5:22.37</b>
	50m: 34.67	34.67 150m: 1:55.48	41.38 250m: 3:17.98	40.97 350m: 4:43.01	42.00
	100m: 1:14.10	39.43 200m: 2:37.01	41.53 300m: 4:01.01	43.03 400m: 5:22.37	39.36
7.	Aimee van Tongeren	O Z & P C	5:35.76	201100214	<b>5:25.68</b>
	50m: 34.36	34.36 150m: 1:54.87	40.98 250m: 3:19.28	42.38 350m: 4:44.00	41.71
	100m: 1:13.89	39.53 200m: 2:36.90	42.03 300m: 4:02.29	43.01 400m: 5:25.68	41.68
8.	Jinthe Kuiper	SWOL 1894	5:57.59	201200688	<b>5:27.72</b>
	50m: 36.85	36.85 150m: 1:59.90	41.49 250m: 3:24.68	41.85 350m: 4:49.35	42.56
	100m: 1:18.41	41.56 200m: 2:42.83	42.93 300m: 4:06.79	42.11 400m: 5:27.72	38.37
9.	Manora Ponne	Steenwijk 1934	5:22.18	201102222	<b>5:31.74</b>
	50m: 33.74	33.74 150m: 1:53.70	41.19 250m: 3:19.57	43.23 350m: 4:47.56	44.15
	100m: 1:12.51	38.77 200m: 2:36.34	42.64 300m: 4:03.41	43.84 400m: 5:31.74	44.18
10.	Manoah Dekker	Deltasteur	5:25.51	201100656	<b>5:34.91</b>
	50m: 37.20	37.20 150m: 2:01.09	42.39 250m: 3:27.33	43.30 350m: 4:54.42	43.36
	100m: 1:18.70	41.50 200m: 2:44.03	42.94 300m: 4:11.06	43.73 400m: 5:34.91	40.49
11.	Karlijn Siero	de IJssel	5:45.39	201201758	<b>5:35.04</b>
	50m: 35.83	35.83 150m: 2:00.55	42.86 250m: 3:28.56	44.31 350m: 4:54.60	41.94
	100m: 1:17.69	41.86 200m: 2:44.25	43.70 300m: 4:12.66	44.10 400m: 5:35.04	40.44
12.	Do Klaassen	Deltasteur	5:58.15	201200236	<b>5:40.11</b>
	50m: 39.86	39.86 150m: 2:06.12	43.46 250m: 3:32.25	42.54 350m: 5:00.53	44.45
	100m: 1:22.66	42.80 200m: 2:49.71	43.59 300m: 4:16.08	43.83 400m: 5:40.11	39.58
13.	Femke Keizer	Dedemsvaart-AC	6:04.02	201200272	<b>5:48.20</b>
	50m: 38.05	38.05 150m: 2:04.79	44.12 250m: 3:35.23	46.06 350m: 5:06.85	45.44
	100m: 1:20.67	42.62 200m: 2:49.17	44.38 300m: 4:21.41	46.18 400m: 5:48.20	41.35
14.	Nadie Schuurman	SWOL 1894	6:10.02	201201232	<b>5:50.61</b>
	50m: 37.19	37.19 150m: 2:05.49	44.86 250m: 3:36.15	45.17 350m: 5:06.90	45.39
	100m: 1:20.63	43.44 200m: 2:50.98	45.49 300m: 4:21.51	45.36 400m: 5:50.61	43.71
15.	Fayenne Hemmeler	WS Twente	6:08.28	201200538	<b>5:56.69</b>
	50m: 38.22	38.22 150m: 2:08.28	46.03 250m: 3:39.83	46.57 350m: 5:12.75	46.13
	100m: 1:22.25	44.03 200m: 2:53.26	44.98 300m: 4:26.62	46.79 400m: 5:56.69	43.94
16.	Elbrich Damoiseaux	SWOL 1894	6:09.77	201301614	<b>6:03.59</b>
	50m: 39.06	39.06 150m: 2:12.17	46.38 250m: 3:46.73	46.48 350m: 5:20.18	45.53
	100m: 1:25.79	46.73 200m: 3:00.25	48.08 300m: 4:34.65	47.92 400m: 6:03.59	43.41
17.	Marit Vuist	Steenwijk 1934	6:12.52	201300530	<b>6:04.11</b>
	50m: 39.75	39.75 150m: 2:13.09	47.05 250m: 3:49.22	47.89 350m: 5:23.14	45.90
	100m: 1:26.04	46.29 200m: 3:01.33	48.24 300m: 4:37.24	48.02 400m: 6:04.11	40.97
NG	Noor Wierda	WS Twente	6:05.22	201200542	
<b>Gebjr 2009 - 2010</b>					
1.	Florien Pot	O Z & P C	4:51.28	201000768	<b>4:46.81</b>
	50m: 33.23	33.23 150m: 1:46.83	37.40 250m: 3:00.54	36.81 350m: 4:13.57	36.37
	100m: 1:09.43	36.20 200m: 2:23.73	36.90 300m: 3:37.20	36.66 400m: 4:46.81	33.24
2.	Emma Steenbrink	O Z & P C	4:58.53	200901376	<b>4:47.09</b>
	50m: 32.73	32.73 150m: 1:44.91	36.54 250m: 2:59.00	36.85 350m: 4:12.99	36.85
	100m: 1:08.37	35.64 200m: 2:22.15	37.24 300m: 3:36.14	37.14 400m: 4:47.09	34.10
3.	Simone Faber	Deltasteur	4:45.64	200900710	<b>4:48.41</b>
	50m: 33.41	33.41 150m: 1:47.00	36.65 250m: 3:01.91	37.58 350m: 4:14.93	36.45
	100m: 1:10.35	36.94 200m: 2:24.33	37.33 300m: 3:38.48	36.57 400m: 4:48.41	33.48

Programmanr. 403, Meisjes, 400m vrije slag, Gebjr 2009 - 2010

rang	naam	vereniging	intijd	tijd	RT
4.	Daphne Dijsselhof	Dedemsvaart-AC	4:52.49	200901690	<b>4:57.28</b>
	50m: 33.37	33.37 150m: 1:48.13	37.69	250m: 3:04.34	38.36
	100m: 1:10.44	37.07 200m: 2:25.98	37.85	300m: 3:42.13	37.79
				350m: 4:20.49	38.36
				400m: 4:57.28	36.79
5.	Nienke Bulter	De Dinkel	5:08.62	200902188	<b>4:59.95</b>
	50m: 34.23	34.23 150m: 1:49.28	37.99	250m: 3:05.68	38.37
	100m: 1:11.29	37.06 200m: 2:27.31	38.03	300m: 3:44.06	38.38
				350m: 4:22.25	38.19
				400m: 4:59.95	37.70
6.	Jesmé Haytink	WS Twente	5:12.63	201000382	<b>5:06.58</b>
	50m: 34.29	34.29 150m: 1:51.70	39.04	250m: 3:11.14	39.72
	100m: 1:12.66	38.37 200m: 2:31.42	39.72	300m: 3:50.19	39.05
				350m: 4:29.53	39.34
				400m: 5:06.58	37.05
7.	Mila Soethof	De Dinkel	5:10.61	200900482	<b>5:08.37</b>
	50m: 33.25	33.25 150m: 1:50.47	38.97	250m: 3:10.58	40.11
	100m: 1:11.50	38.25 200m: 2:30.47	40.00	300m: 3:51.07	40.49
				350m: 4:30.62	39.55
				400m: 5:08.37	37.75

Gebjr 2007 - 2008

1.	Leyona Lichtendonk	Dedemsvaart-AC	4:43.79	200700010	<b>4:47.32</b>
	50m: 32.38	32.38 150m: 1:44.27	36.37	250m: 2:58.28	36.87
	100m: 1:07.90	35.52 200m: 2:21.41	37.14	300m: 3:35.23	36.95
				350m: 4:12.19	36.96
				400m: 4:47.32	35.13
2.	Esmee Nieuwenhuis	ZPC De Hof	4:48.96	200701444	<b>4:53.79</b>
	50m: 32.91	32.91 150m: 1:47.29	37.68	250m: 3:03.33	37.71
	100m: 1:09.61	36.70 200m: 2:25.62	38.33	300m: 3:41.47	38.14
				350m: 4:18.66	37.19
				400m: 4:53.79	35.13
3.	Marlouke Weijland	Deltasteur	4:55.47	200800152	<b>4:55.85</b>
	50m: 33.23	33.23 150m: 1:48.12	37.88	250m: 3:04.82	38.45
	100m: 1:10.24	37.01 200m: 2:26.37	38.25	300m: 3:43.23	38.41
				350m: 4:20.36	37.13
				400m: 4:55.85	35.49
4.	Flore Blok	O Z & P C	4:59.97	200804348	<b>4:58.38</b>
	50m: 33.78	33.78 150m: 1:48.71	37.89	250m: 3:05.37	38.63
	100m: 1:10.82	37.04 200m: 2:26.74	38.03	300m: 3:43.44	38.07
				350m: 4:21.65	38.21
				400m: 4:58.38	36.73
5.	Karlijn Dijkshoorn	Steenwijk 1934	5:02.19	200803926	<b>5:00.86</b>
	50m: 32.28	32.28 150m: 1:47.28	38.01	250m: 3:05.04	38.87
	100m: 1:09.27	36.99 200m: 2:26.17	38.89	300m: 3:44.54	39.50
				350m: 4:23.49	38.95
				400m: 5:00.86	37.37
6.	Meyke Haytink	WS Twente	5:07.51	200801188	<b>5:02.71</b>
	50m: 33.98	33.98 150m: 1:50.84	38.49	250m: 3:07.81	38.77
	100m: 1:12.35	38.37 200m: 2:29.04	38.20	300m: 3:46.72	38.91
				350m: 4:26.09	39.37
				400m: 5:02.71	36.62
7.	Sofie Kragt	Dedemsvaart-AC	5:03.99	200701020	<b>5:05.07</b>
	50m: 33.66	33.66 150m: 1:51.36	38.98	250m: 3:09.29	39.18
	100m: 1:12.38	38.72 200m: 2:30.11	38.75	300m: 3:48.49	39.20
				350m: 4:28.06	39.57
				400m: 5:05.07	37.01
8.	Cato Tulen	SWOL 1894	5:06.82	200701946	<b>5:05.78</b>
	50m: 34.10	34.10 150m: 1:51.51	39.05	250m: 3:10.67	39.29
	100m: 1:12.46	38.36 200m: 2:31.38	39.87	300m: 3:50.96	40.29
				350m: 4:29.69	38.73
				400m: 5:05.78	36.09
9.	Anique Polinder	Dedemsvaart-AC	5:08.29	200800008	<b>5:08.83 *</b>
	50m: 32.00	32.00 150m: 1:48.71	39.64	250m: 3:08.75	40.04
	100m: 1:09.07	37.07 200m: 2:28.71	40.00	300m: 3:49.80	41.05
				350m: 4:30.67	40.87
				400m: 5:08.83	38.16
10.	Elien Groothuismink	SWOL 1894	5:09.19	200800920	<b>5:15.94</b>
	50m: 34.09	34.09 150m: 1:51.38	39.08	250m: 3:13.32	40.87
	100m: 1:12.30	38.21 200m: 2:32.45	41.07	300m: 3:55.24	41.92
				350m: 4:36.17	40.93
				400m: 5:15.94	39.77

Gebjr 2005-2006, 2004 en ouder

1.	Eline Lutters	De Dinkel	4:44.91	200600322	<b>4:41.91</b>
	50m: 31.23	31.23 150m: 1:42.37	36.34	250m: 2:54.60	35.66
	100m: 1:06.03	34.80 200m: 2:18.94	36.57	300m: 3:30.74	36.14
				350m: 4:06.68	35.94
				400m: 4:41.91	35.23
2.	Julia van den Bosch	Deltasteur	4:43.31	200600232	<b>4:45.49</b>
	50m: 31.61	31.61 150m: 1:43.24	36.38	250m: 2:57.37	36.88
	100m: 1:06.86	35.25 200m: 2:20.49	37.25	300m: 3:35.20	37.83
				350m: 4:11.10	35.90
				400m: 4:45.49	34.39
3.	Maud Dokter	Steenwijk 1934	4:49.31	200601672	<b>5:10.56</b>
	50m: 33.50	33.50 150m: 1:50.37	39.08	250m: 3:10.97	40.74
	100m: 1:11.29	37.79 200m: 2:30.23	39.86	300m: 3:51.21	40.24
				350m: 4:30.98	39.77
				400m: 5:10.56	39.58

2004 en eerder

1.	Ismay Lichtendonk	Dedemsvaart-AC	4:21.41	200400622	<b>4:19.66</b>
	50m: 28.90	28.90 150m: 1:33.49	32.79	250m: 2:40.14	33.29
	100m: 1:00.70	31.80 200m: 2:06.85	33.36	300m: 3:13.77	33.63
				350m: 3:47.55	33.78
				400m: 4:19.66	32.11
2.	Claire Bosch	De Dinkel	5:01.97	200401480	<b>5:00.84</b>
	50m: 34.04	34.04 150m: 1:49.30	37.66	250m: 3:05.57	38.20
	100m: 1:11.64	37.60 200m: 2:27.37	38.07	300m: 3:44.03	38.46
				350m: 4:22.62	38.59
				400m: 5:00.84	38.22