



KNZB Competitie deel 2
Zwolle, 11-1-2025

Programmanr. 17
11-1-2025 - 14:10

Meisjes, 400m vrije slag

Gebjr 2009 - 2013
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Florien Pot	O Z & P C	4:46.81	201000768	4:50.83
	50m: 32.27	32.27 150m: 1:44.69	36.46 250m: 2:59.25	37.62 350m: 4:13.99	37.38
	100m: 1:08.23	35.96 200m: 2:21.63	36.94 300m: 3:36.61	37.36 400m: 4:50.83	36.84
2.	Nikki Groot Rouwen	O Z & P C	5:27.86	200900106	5:24.13
	50m: 35.37	35.37 150m: 1:56.95	41.36 250m: 3:20.46	41.83 350m: 4:43.94	41.77
	100m: 1:15.59	40.22 200m: 2:38.63	41.68 300m: 4:02.17	41.71 400m: 5:24.13	40.19
3.	Denise Thül	SWOL 1894	5:34.60	200902530	5:27.13
	50m: 34.94	34.94 150m: 1:56.79	41.45 250m: 3:21.06	42.56 350m: 4:46.54	42.71
	100m: 1:15.34	40.40 200m: 2:38.50	41.71 300m: 4:03.83	42.77 400m: 5:27.13	40.59
4.	Eva Eikelboom	SG Octopus - ZVV	5:22.64	200903718	5:28.55
	50m: 35.07	35.07 150m: 1:55.35	40.45 250m: 3:19.59	42.30 350m: 4:45.59	43.17
	100m: 1:14.90	39.83 200m: 2:37.29	41.94 300m: 4:02.42	42.83 400m: 5:28.55	42.96
5.	Eva Oude Egbrink	O Z & P C	5:43.86	200900242	5:31.83
	50m: 37.39	37.39 150m: 1:59.65	41.79 250m: 3:25.88	43.51 350m: 4:51.19	41.87
	100m: 1:17.86	40.47 200m: 2:42.37	42.72 300m: 4:09.32	43.44 400m: 5:31.83	40.64
6.	Minke Tamminga	SWOL 1894	6:36.93	201002562	5:35.58
	50m: 37.97	37.97 150m: 2:02.93	43.06 250m: 3:29.79	43.69 350m: 4:57.24	43.71
	100m: 1:19.87	41.90 200m: 2:46.10	43.17 300m: 4:13.53	43.74 400m: 5:35.58	38.34
7.	Emma Broekhuysen	SWOL 1894	6:38.73	200900560	5:37.23
	50m: 36.99	36.99 150m: 2:02.43	43.50 250m: 3:30.64	44.54 350m: 4:56.89	42.72
	100m: 1:18.93	41.94 200m: 2:46.10	43.67 300m: 4:14.17	43.53 400m: 5:37.23	40.34
8.	Linde Kamman	SWOL 1894	5:46.38	201000742	5:39.28
	50m: 36.51	36.51 150m: 2:00.32	42.92 250m: 3:29.58	44.73 350m: 4:58.52	44.05
	100m: 1:17.40	40.89 200m: 2:44.85	44.53 300m: 4:14.47	44.89 400m: 5:39.28	40.76
9.	Maud Sellis	SG Octopus - ZVV	6:05.64	201101172	5:43.72
	50m: 37.24	37.24 150m: 2:04.93	44.85 250m: 3:33.58	44.56 350m: 5:01.20	42.09
	100m: 1:20.08	42.84 200m: 2:49.02	44.09 300m: 4:19.11	45.53 400m: 5:43.72	42.52
10.	Anna Fix	SWOL 1894	6:14.15	200900360	5:49.06
	50m: 36.60	36.60 150m: 2:02.56	43.69 250m: 3:32.57	45.64 350m: 5:03.42	45.47
	100m: 1:18.87	42.27 200m: 2:46.93	44.37 300m: 4:17.95	45.38 400m: 5:49.06	45.64
11.	Lisa van Velzen	SWOL 1894	6:01.86	200901062	5:53.11
	50m: 36.67	36.67 150m: 2:02.81	44.18 250m: 3:32.50	44.76 350m: 5:06.15	47.35
	100m: 1:18.63	41.96 200m: 2:47.74	44.93 300m: 4:18.80	46.30 400m: 5:53.11	46.96
12.	Pien van Niersen	SG Octopus - ZVV	7:14.62	201001610	6:09.04
	50m: 39.77	39.77 150m: 2:11.79	46.94 250m: 3:48.82	48.98 350m: 5:26.03	47.77
	100m: 1:24.85	45.08 200m: 2:59.84	48.05 300m: 4:38.26	49.44 400m: 6:09.04	43.01
13.	Esmee Koning	SWOL 1894	5:58.87	200903234	6:09.27
	50m: 42.10	42.10 150m: 2:14.68	46.81 250m: 3:48.91	47.32 350m: 5:23.04	46.97
	100m: 1:27.87	45.77 200m: 3:01.59	46.91 300m: 4:36.07	47.16 400m: 6:09.27	46.23
14.	Liselore Mateboer	SWOL 1894	6:45.97	201000094	6:18.59
	50m: 39.95	39.95 150m: 2:11.33	46.94 250m: 3:49.39	49.64 350m: 5:30.47	50.63
	100m: 1:24.39	44.44 200m: 2:59.75	48.42 300m: 4:39.84	50.45 400m: 6:18.59	48.12