

PWK 2024-2025 Utrecht Sessie 3 en 4
Veenendaal, 16- - 17-11-2024

Programmanr. 31
17-11-2024 - 14:15

Dames, 400m wisselslag

12 jaar en ouder
Resultaten

Punten: AQUA 2024

rang	naam	vereniging	intijd	tijd	Pnt
12 - 13 jaar					
1.	Noa van Zalk	ZPC AMERSFOORT	5:30.25	201102534	5:24.89 506
	50m: 33.01 100m: 1:12.26	33.01 150m: 39.25 200m: 2:36.07		250m: 300m:	350m: 400m: 5:24.89
2.	Ylène Zondervan	ZPC AMERSFOORT	5:24.98	201200016	5:27.26 495
	50m: 34.53 100m: 1:15.53	34.53 150m: 41.00 200m: 2:38.41		250m: 300m:	350m: 400m: 5:27.26
3.	Brechtje Slotweg	ZPC AMERSFOORT	5:43.36	201101744	5:33.65 467
	50m: 34.08 100m: 1:14.49	34.08 150m: 40.41 200m: 2:39.16		250m: 300m:	350m: 400m: 5:33.65
4.	Hanna Heller	ZPC AMERSFOORT	6:01.52	201102730	5:43.80 427
	50m: 36.33 100m: 1:20.39	36.33 150m: 44.06 200m: 2:48.71		250m: 300m:	350m: 400m: 5:43.80
5.	Isabella Ekberg	ZPC AMERSFOORT	6:00.27	201202206	5:46.89 415
	50m: 35.55 100m: 1:19.22	35.55 150m: 43.67 200m: 2:51.39		250m: 300m:	350m: 400m: 5:46.89
6.	Noortje Bisperink	ZPC AMERSFOORT	5:49.12	201100486	5:48.96 408
	50m: 38.01 100m: 1:24.95	38.01 150m: 46.94 200m: 2:46.22		250m: 300m:	350m: 400m: 5:48.96
7.	Myrthe Bruinsma	ZPC AMERSFOORT	5:58.03	201101108	5:53.36 393
	50m: 37.19 100m: 1:24.56	37.19 150m: 47.37 200m: 2:57.22		250m: 300m:	350m: 400m: 5:53.36
8.	Louise Terwisscha	ZPC AMERSFOORT	6:06.55	201201240	6:06.32 353
	50m: 41.73 100m: 1:32.16	41.73 150m: 50.43 200m: 3:04.78		250m: 300m:	350m: 400m: 6:06.32
9.	Bente Toth	ZPC AMERSFOORT	6:30.94	201102818	6:24.43 305
	50m: 40.96 100m: 1:31.69	40.96 150m: 50.73 200m: 3:06.69		250m: 300m:	350m: 400m: 6:24.43
10.	Liza van Ginkel	VZC	6:50.57	201200680	6:30.40 291
	50m: 42.82 100m: 1:35.22	42.82 150m: 52.40 200m: 3:20.48		250m: 300m:	350m: 400m: 6:30.40
11.	Frieda Machartzki	GoSwim	7:01.37	201102204	6:45.12 261
	50m: 43.72 100m: 1:36.63	43.72 150m: 52.91 200m: 3:21.74		250m: 300m:	350m: 400m: 6:45.12
12.	Roos Flikweert	VZC	6:55.13	201101578	6:45.13 FJ 1 261
	50m: 39.45 100m: 1:31.07	39.45 150m: 51.62 200m: 3:13.73		250m: 300m:	350m: 400m: 6:45.13
13.	Emma Juliette Jansen	ZPC AMERSFOORT	6:40.54	201200158	6:45.13 FJ 2 261
	50m: 44.28 100m: 1:41.00	44.28 150m: 56.72 200m: 3:26.00		250m: 300m:	350m: 400m: 6:45.13
14.	Doris van den Broek	De Duinkickers	7:02.53	201200774	6:57.12 239
	50m: 48.13 100m: 1:46.07	48.13 150m: 57.94 200m: 3:31.37		250m: 300m:	350m: 400m: 6:57.12
15.	Sophia Boughdir	Zwemvereniging Utrecht	6:57.63	201101398	7:04.07 227
	50m: 39.93 100m: 1:30.51	39.93 150m: 50.58 200m: 3:21.00		250m: 300m:	350m: 400m: 7:04.07
16.	Floor Flikweert	VZC	6:57.38	201101576	7:13.89 212
	50m: 43.50 100m: 1:39.36	43.50 150m: 55.86 200m: 3:32.75		250m: 300m:	350m: 400m: 7:13.89
14 - 15 jaar					
1.	Juliëtte Woltjes	VZC	5:01.36	200900774	5:02.08 629
	50m: 31.18 100m: 1:08.21	31.18 150m: 37.03 200m: 2:25.30		250m: 300m:	350m: 400m: 5:02.08
2.	Elin Ditewig	VZC	4:57.58	200900392	5:08.03 594
	50m: 30.68 100m: 1:07.06	30.68 150m: 36.38 200m: 2:24.20		250m: 300m:	350m: 400m: 5:08.03
3.	Fenne Metten	ZPC AMERSFOORT	5:25.41	201000102	5:16.83 545
	50m: 33.13 100m: 1:11.56	33.13 150m: 38.43 200m: 2:30.60		250m: 300m:	350m: 400m: 5:16.83
4.	Anna Strang van Hees	De Duinkickers	5:34.77	200902566	5:42.34 432
	50m: 37.39 100m: 1:21.97	37.39 150m: 44.58 200m: 2:48.80		250m: 300m:	350m: 400m: 5:42.34

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Programmanr. 31, Meisjes, 400m wisselslag, 14 - 15 jaar

rang	naam	vereniging	intijd	tijd	Pnt
5.	Juno de Roos	De Zwoer	6:00.22	200901868	5:56.25 384
	50m: 37.73	37.73 150m:	250m:	350m:	
	100m: 1:23.44	45.71 200m: 2:55.72	300m:	400m: 5:56.25	
6.	Lian Vonk	ZPC AMERSFOORT	6:12.37	201001606	5:57.59 379
	50m: 35.81	35.81 150m:	250m:	350m:	
	100m: 1:21.81	46.00 200m: 2:50.92	300m:	400m: 5:57.59	
7.	Yfke van der Leij	VZC	6:03.11	201000028	6:07.36 350
	50m:	150m:	250m:	350m:	
	100m: 1:24.38	200m: 2:56.81	300m:	400m: 6:07.36	
8.	Sterre Dirar	ZPC Watervlo	6:14.68	200900354	6:12.52 335
	50m: 41.04	41.04 150m:	250m:	350m:	
	100m: 1:31.41	50.37 200m: 3:03.08	300m:	400m: 6:12.52	
9.	Alya Basaran	Zwemlust- den Hommel	6:07.23	200904280	6:14.29 331
	50m: 38.53	38.53 150m:	250m:	350m:	
	100m: 1:26.69	48.16 200m: 2:55.38	300m:	400m: 6:14.29	
10.	Yfke Wijnalda	ZPC AMERSFOORT	6:17.55	201002618	6:20.95 314
	50m: 39.67	39.67 150m:	250m:	350m:	
	100m: 1:30.71	51.04 200m: 3:06.14	300m:	400m: 6:20.95	

16 - 17 jaar

1.	Rhodee van den Ham	De Duinkickers	4:55.15	200700090	4:56.48 666
	50m: 32.05	32.05 150m:	250m:	350m:	
	100m: 1:09.15	37.10 200m: 2:24.51	300m:	400m: 4:56.48	
2.	Noa Ottens	VZC	5:30.40	200702256	5:24.77 506
	50m: 32.99	32.99 150m:	250m:	350m:	
	100m: 1:11.85	38.86 200m: 2:34.73	300m:	400m: 5:24.77	
3.	Annika Hogenhuis	Zwemlust- den Hommel	5:32.79	200701340	5:27.10 496
	50m: 34.40	34.40 150m:	250m:	350m:	
	100m: 1:16.16	41.76 200m: 2:41.20	300m:	400m: 5:27.10	
4.	Melissa Busink	ZPC Watervlo	5:54.42	200704000	6:00.91 369
	50m: 38.15	38.15 150m:	250m:	350m:	
	100m: 1:24.13	45.98 200m: 2:57.87	300m:	400m: 6:00.91	
5.	Naomi Hoogeboom	ZPC Woerden	5:58.71	200802420	6:02.51 364
	50m:	150m:	250m:	350m:	
	100m: 1:22.78	200m: 2:56.34	300m:	400m: 6:02.51	