

Programmanr. 1  
9-11-2024 - 14:00

Dames, 400m vrije slag

12 jaar en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>12 - 13 jaar</b>					
1.	Noa van Zalk	ZPC AMERSFOORT	4:43.80	201102534	<b>4:45.09</b>
	50m: 31.62	31.62 150m:	250m:	350m:	350m:
	100m: 1:06.66	35.04 200m: 2:18.70	300m:	400m: 4:45.09	
2.	Ylène Zondervan	ZPC AMERSFOORT	4:47.79	201200016	<b>4:51.23</b>
	50m: 31.84	31.84 150m:	250m:	350m:	350m:
	100m: 1:07.61	35.77 200m: 2:22.07	300m:	400m: 4:51.23	
3.	Brechtje Slootweg	ZPC AMERSFOORT	4:53.26	201101744	<b>4:54.14</b>
	50m: 33.58	33.58 150m:	250m:	350m:	350m:
	100m: 1:10.59	37.01 200m: 2:26.03	300m:	400m: 4:54.14	
4.	Mette Hogenhuis	Zwemlust- den Hommel	5:16.72	201101254	<b>5:02.50</b>
	50m: 32.93	32.93 150m:	250m:	350m:	350m:
	100m: 1:11.42	38.49 200m: 2:29.68	300m:	400m: 5:02.50	
5.	Hanna Heller	ZPC AMERSFOORT	4:58.92	201102730	<b>5:06.57</b>
	50m: 33.52	33.52 150m:	250m:	350m:	350m:
	100m: 1:10.70	37.18 200m: 2:27.73	300m:	400m: 5:06.57	
6.	Louise Terwisscha	ZPC AMERSFOORT	5:09.52	201201240	<b>5:08.50</b>
	50m: 34.96	34.96 150m:	250m:	350m:	350m:
	100m: 1:13.92	38.96 200m: 2:32.69	300m:	400m: 5:08.50	
7.	Isabella Ekberg	ZPC AMERSFOORT	5:49.29	201202206	<b>5:16.00</b>
	50m: 33.79	33.79 150m:	250m:	350m:	350m:
	100m: 1:11.49	37.70 200m: 2:31.60	300m:	400m: 5:16.00	
8.	Myrthe Bruinsma	ZPC AMERSFOORT	5:21.74	201101108	<b>5:20.56</b>
	50m: 35.48	35.48 150m:	250m:	350m:	350m:
	100m: 1:16.20	40.72 200m: 2:40.01	300m:	400m: 5:20.56	
9.	Liza van Ginkel	VZC	6:09.38	201200680	<b>5:34.65</b>
	50m: 36.44	36.44 150m:	250m:	350m:	350m:
	100m: 1:18.56	42.12 200m: 2:44.15	300m:	400m: 5:34.65	
10.	Floor Flikweert	VZC	5:42.22	201101576	<b>5:42.46</b>
	50m: 36.94	36.94 150m:	250m:	350m:	350m:
	100m: 1:18.35	41.41 200m: 2:45.99	300m:	400m: 5:42.46	
11.	Bente Toth	ZPC AMERSFOORT	5:56.30	201102818	<b>5:44.34</b>
	50m: 34.70	34.70 150m:	250m:	350m:	350m:
	100m: 1:16.42	41.72 200m: 2:44.64	300m:	400m: 5:44.34	
12.	Fabienne van Remmerden	Zwemlust- den Hommel	6:05.62	201201190	<b>5:50.35</b>
	50m: 36.24	36.24 150m:	250m:	350m:	350m:
	100m: 1:19.01	42.77 200m: 2:52.20	300m:	400m: 5:50.35	
13.	Emma Juliette Jansen	ZPC AMERSFOORT	5:57.74	201200158	<b>5:50.40</b>
	50m: 36.75	36.75 150m:	250m:	350m:	350m:
	100m: 1:17.78	41.03 200m: 2:47.53	300m:	400m: 5:50.40	
14.	Massa Dahan	VZC	6:16.17	201202204	<b>5:51.84</b>
	50m: 37.79	37.79 150m:	250m:	350m:	350m:
	100m: 1:19.82	42.03 200m: 2:49.03	300m:	400m: 5:51.84	
15.	Aden Koksall	ZPC Watervlo	6:12.35	201202484	<b>5:54.27</b>
	50m: 37.39	37.39 150m:	250m:	350m:	350m:
	100m: 1:21.06	43.67 200m: 2:50.60	300m:	400m: 5:54.27	
16.	Nine Boekema	De Duinkickers	6:04.58	201200214	<b>5:55.22</b>
	50m: 37.60	37.60 150m:	250m:	350m:	350m:
	100m: 1:22.03	44.43 200m: 2:56.31	300m:	400m: 5:55.22	
17.	Robyn van Bers	De Zwoer	5:58.11	201100792	<b>5:55.90</b>
	50m: 37.78	37.78 150m:	250m:	350m:	350m:
	100m: 1:21.18	43.40 200m: 2:51.89	300m:	400m: 5:55.90	
18.	Roos Flikweert	VZC	5:43.69	201101578	<b>5:56.46</b>
	50m: 37.33	37.33 150m:	250m:	350m:	350m:
	100m: 1:19.52	42.19 200m: 2:51.50	300m:	400m: 5:56.46	
19.	Doris van den Broek	De Duinkickers	6:17.98	201200774	<b>6:26.13</b>
	50m: 41.99	41.99 150m:	250m:	350m:	350m:
	100m: 1:30.36	48.37 200m: 3:10.73	300m:	400m: 6:26.13	
20.	Femke Postma	De Duinkickers	6:06.72	201200346	<b>6:35.86</b>
	50m: 38.87	38.87 150m:	250m:	350m:	350m:
	100m: 1:27.71	48.84 200m: 3:09.64	300m:	400m: 6:35.86	

Programmanr. 1, Dames, 400m vrije slag

14 - 15 jaar

1.	Fenne Metten	ZPC AMERSFOORT	4:36.71	201000102	<b>4:34.49</b>
	50m: 30.33	30.33 150m:		250m:	350m:
	100m: 1:04.74	34.41 200m: 2:15.52		300m:	400m: 4:34.49
2.	Anne Engbersen	ZPC AMERSFOORT	4:49.95	201000044	<b>4:45.04</b>
	50m: 31.56	31.56 150m:		250m:	350m:
	100m: 1:06.84	35.28 200m: 2:19.85		300m:	400m: 4:45.04
3.	Mandy Berndsens	VZC	5:15.67	201001138	<b>4:52.36</b>
	50m: 31.49	31.49 150m:		250m:	350m:
	100m: 1:07.12	35.63 200m: 2:20.99		300m:	400m: 4:52.36
4.	Yanique Bax	ZPC AMERSFOORT	4:54.36	201001428	<b>4:53.05</b>
	50m: 33.09	33.09 150m:		250m:	350m:
	100m: 1:09.28	36.19 200m: 2:24.21		300m:	400m: 4:53.05
5.	Sterre Dietvorst	ZPC AMERSFOORT	4:50.99	200900726	<b>4:59.88</b>
	50m: 31.77	31.77 150m:		250m:	350m:
	100m: 1:08.30	36.53 200m: 2:25.47		300m:	400m: 4:59.88
6.	Lian Vonk	ZPC AMERSFOORT	5:04.03	201001606	<b>5:03.08</b>
	50m: 33.25	33.25 150m:		250m:	350m:
	100m: 1:11.10	37.85 200m: 2:29.62		300m:	400m: 5:03.08
7.	Anna Strang van Hees	De Duinkickers	4:52.59	200902566	<b>5:03.87</b>
	50m: 33.55	33.55 150m:		250m:	350m:
	100m: 1:10.28	36.73 200m: 2:27.47		300m:	400m: 5:03.87
8.	Eva Maria Keet	ZPC AMERSFOORT	5:35.11	201003006	<b>5:11.36</b>
	50m: 34.26	34.26 150m:		250m:	350m:
	100m: 1:12.73	38.47 200m: 2:31.85		300m:	400m: 5:11.36
9.	Kim van de Heisteeg	De Fuut	5:30.46	200900956	<b>5:11.53</b>
	50m: 34.92	34.92 150m:		250m:	350m:
	100m: 1:13.16	38.24 200m: 2:33.59		300m:	400m: 5:11.53
10.	Floore Boekema	De Duinkickers	5:15.94	200901764	<b>5:16.28</b>
	50m: 34.57	34.57 150m:		250m:	350m:
	100m: 1:12.66	38.09 200m: 2:34.43		300m:	400m: 5:16.28
11.	Daniela Malipiero	ZPC AMERSFOORT	5:39.31	200900496	<b>5:18.08</b>
	50m: 33.92	33.92 150m:		250m:	350m:
	100m: 1:12.50	38.58 200m: 2:32.88		300m:	400m: 5:18.08
12.	Yfke van der Leij	VZC	5:20.63	201000028	<b>5:19.03</b>
	50m: 35.76	35.76 150m:		250m:	350m:
	100m: 1:15.53	39.77 200m: 2:38.22		300m:	400m: 5:19.03
13.	Alya Basaran	Zwemlust- den Hommel	5:10.13	200904280	<b>5:20.44</b>
	50m: 34.80	34.80 150m:		250m:	350m:
	100m: 1:14.47	39.67 200m: 2:36.85		300m:	400m: 5:20.44
14.	Sterre Dirar	ZPC Watervlo	5:30.57	200900354	<b>5:23.15</b>
	50m: 35.74	35.74 150m:		250m:	350m:
	100m: 1:15.83	40.09 200m: 2:38.01		300m:	400m: 5:23.15
15.	Yfke Wijnalda	ZPC AMERSFOORT	5:22.61	201002618	<b>5:27.91</b>
	50m: 35.14	35.14 150m:		250m:	350m:
	100m: 1:15.23	40.09 200m: 2:39.78		300m:	400m: 5:27.91
16.	Benedikta Holbach	ZPC AMERSFOORT	5:27.85	201003220	<b>5:34.42</b>
	50m: 37.00	37.00 150m:		250m:	350m:
	100m: 1:19.36	42.36 200m: 2:45.46		300m:	400m: 5:34.42
17.	Margriet van den Hoven	Zwemlust- den Hommel	5:38.21	201000576	<b>5:37.21</b>
	50m: 34.46	34.46 150m:		250m:	350m:
	100m: 1:15.22	40.76 200m: 2:43.00		300m:	400m: 5:37.21

16 - 17 jaar

1.	Nynke Boerefijn	ZPC AMERSFOORT	4:18.76	200700114	<b>4:19.45</b>
	50m: 28.95	28.95 150m:		250m:	350m:
	100m: 1:01.46	32.51 200m: 2:08.26		300m:	400m: 4:19.45
2.	Annika Hogenhuis	Zwemlust- den Hommel	4:51.85	200701340	<b>4:46.39</b>
	50m: 32.08	32.08 150m:		250m:	350m:
	100m: 1:07.33	35.25 200m: 2:20.14		300m:	400m: 4:46.39
3.	Noa Ottens	VZC	4:46.22	200702256	<b>4:46.91</b>
	50m: 32.13	32.13 150m:		250m:	350m:
	100m: 1:07.48	35.35 200m: 2:19.43		300m:	400m: 4:46.91
4.	Rosalie Braspeninx	ZPC Woerden	4:52.67	200702530	<b>4:48.01</b>
	50m: 31.94	31.94 150m:		250m:	350m:
	100m: 1:08.11	36.17 200m: 2:21.75		300m:	400m: 4:48.01
5.	Alexandra Gepkens	VZC	4:44.47	200701690	<b>4:52.82</b>
	50m: 31.18	31.18 150m:		250m:	350m:
	100m: 1:06.26	35.08 200m: 2:20.54		300m:	400m: 4:52.82

Programmanr. 1, Meisjes, 400m vrije slag, 16 - 17 jaar

rang	naam	vereniging	intijd	2008	tijd	RT
6.	Diede de Vries	Zwemlust- den Hommel	4:52.75	200803558	<b>4:56.95</b>	
	50m: 32.68	32.68 150m:		250m:	350m:	
	100m: 1:09.20	36.52 200m: 2:24.40		300m:	400m: 4:56.95	
7.	Mijke van Hal	Zwemlust- den Hommel	4:57.65	200800362	<b>5:02.29</b>	
	50m: 33.94	33.94 150m:		250m:	350m:	
	100m: 1:11.46	37.52 200m: 2:28.98		300m:	400m: 5:02.29	
8.	Jade van Berlo	Zwemclub Zeist	5:07.09	200803934	<b>5:10.31</b>	
	50m: 34.53	34.53 150m:		250m:	350m:	
	100m: 1:13.16	38.63 200m: 2:31.91		300m:	400m: 5:10.31	
9.	Iris Goes	Zwemlust- den Hommel	5:08.11	200701704	<b>5:13.64</b>	
	50m: 33.76	33.76 150m:		250m:	350m:	
	100m: 1:12.62	38.86 200m: 2:33.11		300m:	400m: 5:13.64	
10.	Ifke Stam	De Duinkickers	5:14.18	200800374	<b>5:15.18</b>	
	50m: 33.85	33.85 150m:		250m:	350m:	
	100m: 1:12.68	38.83 200m: 2:33.73		300m:	400m: 5:15.18	
11.	Liselotte ter Huurne	Zwemlust- den Hommel	5:10.86	200701596	<b>5:17.35</b>	
	50m: 35.20	35.20 150m:		250m:	350m:	
	100m: 1:14.48	39.28 200m: 2:35.60		300m:	400m: 5:17.35	
12.	Lena van Rooden	ZPC Watervlo	5:19.11	200801952	<b>5:19.64</b>	
	50m: 35.44	35.44 150m:		250m:	350m:	
	100m: 1:14.47	39.03 200m: 2:36.83		300m:	400m: 5:19.64	

18 jaar en ouder

1.	Manon Kloosterman	Zwemlust- den Hommel	4:49.07	199702082	<b>4:46.79</b>	
	50m: 31.58	31.58 150m:		250m:	350m:	
	100m: 1:07.28	35.70 200m: 2:21.41		300m:	400m: 4:46.79	