

LB wedstrijd DAW - 1
Alkmaar, 26-1-2025

Programmanr. 1
26-1-2025 - 14:00

Dames, 400m vrije slag

2012 en ouder
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Gebjr 2009 - 2012								
1. Yuna van den Idsert	DAW	4:50.87	201001196	5:05.16	1:12.47	1:19.28		
50m:		150m:		250m:	350m:			
100m: 1:12.47		200m: 2:31.75		300m:	400m: 5:05.16			
2. Sarah Akil	Het Y	5:10.70	200900984	5:20.11	1:14.43	1:21.62		
50m:		150m:		250m:	350m:			
100m: 1:14.43		200m: 2:36.05		300m:	400m: 5:20.11			
3. Megan Snoek	De Reuring	5:17.82	200900888	5:24.87	1:11.37	1:21.04		
50m:		150m:		250m:	350m:			
100m: 1:11.37		200m: 2:32.41		300m:	400m: 5:24.87			
4. Liv Schoon	DAW	5:25.55	201202112	5:26.54	1:14.63	1:24.17		
50m:		150m:		250m:	350m:			
100m: 1:14.63		200m: 2:38.80		300m:	400m: 5:26.54			
5. Janna van Dijk	DAW	5:20.11	201004128	5:31.14	1:17.15	1:23.11		
50m:		150m:		250m:	350m:			
100m: 1:17.15		200m: 2:40.26		300m:	400m: 5:31.14			
6. Elisa Obdam	DAW	6:12.80	201201444	5:44.24	1:19.65			
50m:		150m:		250m:	350m:			
100m: 1:19.65		200m:		300m:	400m: 5:44.24			
7. Meila Broenink	Batavia Swim	5:53.81	201102332	5:45.33	1:20.78	1:29.41		
50m:		150m:		250m:	350m:			
100m: 1:20.78		200m: 2:50.19		300m:	400m: 5:45.33			
8. Lenthe Licht	DAW	5:49.70	201003668	5:47.15	1:20.38	1:27.73		
50m:		150m:		250m:	350m:			
100m: 1:20.38		200m: 2:48.11		300m:	400m: 5:47.15			
Gebjr 2007 - 2008								
1. Nora de Hollander	Zpch	5:15.54	200704926	5:08.07	1:15.10	1:19.55		
50m:		150m:		250m:	350m:			
100m: 1:15.10		200m: 2:34.65		300m:	400m: 5:08.07			
2. Nina de Witt	Het Y	5:31.05	200801858	5:33.94	1:19.11	1:24.32		
50m:		150m:		250m:	350m:			
100m: 1:19.11		200m: 2:43.43		300m:	400m: 5:33.94			
2006 en ouder								
1. Kim Groeneveld	DAW	4:51.24	200100924	5:02.92	1:11.48	1:17.53		
50m:		150m:		250m:	350m:			
100m: 1:11.48		200m: 2:29.01		300m:	400m: 5:02.92			
2. Bianca Groot	MSV-Zeemacht	5:10.09	197000652	5:29.11	1:17.12	1:23.24		
50m:		150m:		250m:	350m:			
100m: 1:17.12		200m: 2:40.36		300m:	400m: 5:29.11			
3. Y. Canter Visscher	MSV-Zeemacht	NT	200505446	6:40.19	1:24.49	1:46.00		
50m:		150m:		250m:	350m:			
100m: 1:24.49		200m: 3:10.49		300m:	400m: 6:40.19			
4. Annette van Dok	MSV-Zeemacht	7:31.35	196800742	6:55.81	1:35.90	1:45.08		
50m:		150m:		250m:	350m:			
100m: 1:35.90		200m: 3:20.98		300m:	400m: 6:55.81			