

Limietwedstrijd Onder 12 jaar  
Zwolle, 23-2-2025

Programmanr. 42  
23-2-2025 - 16:00

Meisjes, 400m vrije slag

11 jaar  
Resultaten

Punten: AQUA 2024

Rang					Geb.					Tijd	Pnt
1.	Tuintjer, Esmee				13	Orca Leeuwarden				<b>5:34.29</b>	331
	50m:	35.52	35.52	150m:		250m:	350m:	350m:	5:34.29		
	100m:	1:18.09	42.57	200m:	2:43.79	300m:	400m:	400m:			
2.	Theodore, Elize				13	TriVia				<b>5:43.40</b>	305
	50m:	37.58	37.58	150m:		250m:	350m:	350m:	5:43.40		
	100m:	1:20.60	43.02	200m:	2:48.93	300m:	400m:	400m:			
3.	Hensen, Evelien				13	TriVia				<b>5:52.40</b>	282
	50m:	39.85	39.85	150m:		250m:	350m:	350m:	5:52.40		
	100m:	1:25.35	45.50	200m:	2:58.92	300m:	400m:	400m:			
4.	Loots, Fardau Minke				13	HZ&PC Heerenveen				<b>6:01.39</b>	262
	50m:	39.96	39.96	150m:		250m:	350m:	350m:	6:01.39		
	100m:	1:25.71	45.75	200m:	2:58.15	300m:	400m:	400m:			
5.	Aaldenberg, Fleur				13	SWOL1894				<b>6:02.02</b>	260
	50m:	41.19	41.19	150m:		250m:	350m:	350m:	6:02.02		
	100m:	1:27.73	46.54	200m:	3:01.21	300m:	400m:	400m:			
6.	Heesakkers, Babette				13	Polaris				<b>6:02.45</b>	259
	50m:	41.22	41.22	150m:		250m:	350m:	350m:	6:02.45		
	100m:	1:26.51	45.29	200m:	2:58.56	300m:	400m:	400m:			
7.	Venekamp, Julia				13	ZC Borger				<b>6:04.39</b>	255
	50m:	40.52	40.52	150m:		250m:	350m:	350m:	6:04.39		
	100m:	1:26.22	45.70	200m:	3:01.59	300m:	400m:	400m:			
8.	Reuver, Sanne				13	Polaris				<b>6:14.13</b>	236
	50m:	43.13	43.13	150m:		250m:	350m:	350m:	6:14.13		
	100m:	1:30.86	47.73	200m:	3:07.88	300m:	400m:	400m:			
9.	Ykema, Fenna				13	HZ&PC Heerenveen				<b>6:14.21</b>	236
	50m:	42.80	42.80	150m:		250m:	350m:	350m:	6:14.21		
	100m:	1:30.77	47.97	200m:	3:07.27	300m:	400m:	400m:			
10.	de Vries, Ilse				13	Polaris				<b>6:29.02</b>	210
	50m:	43.06	43.06	150m:		250m:	350m:	350m:	6:29.02		
	100m:	1:31.60	48.54	200m:	3:12.62	300m:	400m:	400m:			
11.	Nijdam, Isa				13	Orca Leeuwarden				<b>6:37.91</b>	196
	50m:	42.91	42.91	150m:		250m:	350m:	350m:	6:37.91		
	100m:	1:32.01	49.10	200m:	3:13.94	300m:	400m:	400m:			
12.	Mahr, Aiysha				13	De Dolfijn				<b>6:58.97</b>	168
	50m:	44.56	44.56	150m:		250m:	350m:	350m:	6:58.97		
	100m:	1:36.93	52.37	200m:	3:23.17	300m:	400m:	400m:			
13.	Akkerman, Jasmijn				13	SWOL1894				<b>7:04.55</b>	161
	50m:	43.83	43.83	150m:		250m:	350m:	350m:	7:04.55		
	100m:	1:36.84	53.01	200m:	3:27.93	300m:	400m:	400m:			