

Programmanr. 17  
11-1-2025 - 17:57

Meisjes, 400m vrije slag

Gebjr 2009 - 2013  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Tessa Zevenbergen	Aquapoldro	5:07.47	201002662	<b>5:09.35</b>			
	50m: 34.17	34.17	150m: 1:52.88	39.44	250m: 3:13.80	40.32	350m: 4:33.05	39.12
	100m: 1:13.44	39.27	200m: 2:33.48	40.60	300m: 3:53.93	40.13	400m: 5:09.35	36.30
2.	Lynn Rozendal	NDD	5:19.89	200901038	<b>5:15.79</b>			
	50m: 34.65	34.65	150m: 1:53.25	39.65	250m: 3:14.96	41.31	350m: 4:36.67	40.77
	100m: 1:13.60	38.95	200m: 2:33.65	40.40	300m: 3:55.90	40.94	400m: 5:15.79	39.12
3.	Lenore Donker	NDD	5:38.96	201000080	<b>5:36.71</b>			
	50m: 35.88	35.88	150m: 1:59.93	43.07	250m: 3:28.85	44.77	350m: 4:55.73	42.52
	100m: 1:16.86	40.98	200m: 2:44.08	44.15	300m: 4:13.21	44.36	400m: 5:36.71	40.98
4.	Karlijn Siero	De IJssel	5:35.04	201201758	<b>5:41.62</b>			
	50m: 37.29	37.29	150m: 2:04.54	44.10	250m: 3:32.69	44.43	350m: 5:02.23	44.37
	100m: 1:20.44	43.15	200m: 2:48.26	43.72	300m: 4:17.86	45.17	400m: 5:41.62	39.39
5.	Froukje van Leeuwen	De Berkelduikers	5:30.11	200901208	<b>5:59.10</b>			
	50m: 36.58	36.58	150m: 2:04.43	45.57	250m: 3:39.51	48.05	350m: 5:12.84	46.05
	100m: 1:18.86	42.28	200m: 2:51.46	47.03	300m: 4:26.79	47.28	400m: 5:59.10	46.26
6.	Lisanne Uil	Aquapoldro	6:23.14	201000296	<b>6:43.47</b>			
	50m: 39.82	39.82	150m: 2:17.99	51.16	250m: 4:04.48	53.58	350m: 5:53.03	53.86
	100m: 1:26.83	47.01	200m: 3:10.90	52.91	300m: 4:59.17	54.69	400m: 6:43.47	50.44