

O12 Jaarganglimiet 2025  
Kampen, 1-3-2025

Programmanr. 2  
1-3-2025 - 16:45

Meisjes, 400m vrije slag

2013 en later  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>O12</b>					
1.	Nova Volmer	Deltasteur	NT 201300426	<b>5:21.54</b>	
	50m: 36.39	36.39 150m: 1:58.12	41.65 250m: 3:21.53	41.45 350m: 4:42.62	39.91
	100m: 1:16.47	40.08 200m: 2:40.08	41.96 300m: 4:02.71	41.18 400m: 5:21.54	38.92
2.	Elbrich Damoiseaux	Swol 1894	5:55.57 201301614	<b>5:36.67</b>	
	50m: 36.68	36.68 150m: 2:01.32	42.99 250m: 3:29.35	44.26 350m: 4:56.83	43.71
	100m: 1:18.33	41.65 200m: 2:45.09	43.77 300m: 4:13.12	43.77 400m: 5:36.67	39.84
3.	Julie Lindgreen	Wiekslag	6:03.74 201301624	<b>5:47.30</b>	
	50m: 35.53	35.53 150m: 2:01.62	44.36 250m: 3:33.44	45.93 350m: 5:05.28	45.85
	100m: 1:17.26	41.73 200m: 2:47.51	45.89 300m: 4:19.43	45.99 400m: 5:47.30	42.02
4.	Mirthe Ettema	TriVia	6:27.48 201300992	<b>5:47.99</b>	
	50m: 36.51	36.51 150m: 2:04.48	45.22 250m: 3:35.75	45.35 350m: 5:05.29	44.41
	100m: 1:19.26	42.75 200m: 2:50.40	45.92 300m: 4:20.88	45.13 400m: 5:47.99	42.70
5.	Fleur Aaldenberg	Swol 1894	6:39.08 201300572	<b>5:50.60</b>	
	50m: 37.89	37.89 150m: 2:06.89	45.32 250m: 3:38.10	45.34 350m: 5:07.51	45.06
	100m: 1:21.57	43.68 200m: 2:52.76	45.87 300m: 4:22.45	44.35 400m: 5:50.60	43.09
6.	Fardau Minke Loots	HZ&PC Heerenveen	5:52.59 201300376	<b>5:56.79</b>	
	50m: 38.23	38.23 150m: 2:08.13	45.37 250m: 3:40.69	47.18 350m: 5:12.71	46.65
	100m: 1:22.76	44.53 200m: 2:53.51	45.38 300m: 4:26.06	45.37 400m: 5:56.79	44.08
7.	Babette Heesakkers	ZC Polaris	6:33.80 201301966	<b>5:59.94</b>	
	50m: 39.18	39.18 150m: 2:09.90	46.33 250m: 3:43.37	46.73 350m: 5:15.16	45.17
	100m: 1:23.57	44.39 200m: 2:56.64	46.74 300m: 4:29.99	46.62 400m: 5:59.94	44.78
8.	Fenna Ykema	HZ&PC Heerenveen	6:18.79 201300122	<b>6:06.74</b>	
	50m: 40.51	40.51 150m: 2:12.84	47.11 250m: 3:46.71	46.64 350m: 5:21.60	47.02
	100m: 1:25.73	45.22 200m: 3:00.07	47.23 300m: 4:34.58	47.87 400m: 6:06.74	45.14
9.	Senna Oosterkamp	HZ&PC Heerenveen	6:15.59 201300976	<b>6:07.54</b>	
	50m: 41.74	41.74 150m: 2:17.10	47.74 250m: 3:52.33	47.82 350m: 5:26.45	46.56
	100m: 1:29.36	47.62 200m: 3:04.51	47.41 300m: 4:39.89	47.56 400m: 6:07.54	41.09
10.	Sanne Reuver	ZC Polaris	6:02.29 201300168	<b>6:08.26</b>	
	50m: 42.36	42.36 150m: 2:18.03	48.31 250m: 3:53.77	47.41 350m: 5:26.28	46.10
	100m: 1:29.72	47.36 200m: 3:06.36	48.33 300m: 4:40.18	46.41 400m: 6:08.26	41.98
11.	Ilse de Vries	ZC Polaris	6:19.14 201301154	<b>6:40.35</b>	
	50m: 43.02	43.02 150m: 2:25.48	51.68 250m: 4:07.59	51.80 350m: 5:50.38	51.82
	100m: 1:33.80	50.78 200m: 3:15.79	50.31 300m: 4:58.56	50.97 400m: 6:40.35	49.97
<b>O11</b>					
1.	Julia Dijkstra	Orca Leeuwarden	NT 201400330	<b>5:57.55</b>	
	50m: 38.60	38.60 150m: 2:07.25	45.02 250m: 3:39.14	45.89 350m: 5:12.68	47.12
	100m: 1:22.23	43.63 200m: 2:53.25	46.00 300m: 4:25.56	46.42 400m: 5:57.55	44.87
2.	Josefyn Bruins	ZC Polaris	6:32.93 201400388	<b>6:17.59</b>	
	50m: 41.16	41.16 150m: 2:15.91	47.44 250m: 3:53.44	49.32 350m: 5:31.37	48.43
	100m: 1:28.47	47.31 200m: 3:04.12	48.21 300m: 4:42.94	49.50 400m: 6:17.59	46.22
3.	Aicha Hamdi	Batavia Swim	NT 201400134	<b>6:31.45</b>	
	50m: 42.96	42.96 150m: 2:22.38	51.24 250m: 4:05.14	51.02 350m: 5:49.82	53.48
	100m: 1:31.14	48.18 200m: 3:14.12	51.74 300m: 4:56.34	51.20 400m: 6:31.45	41.63
4.	Hailey Schneider	ZC Polaris	6:48.90 201401476	<b>6:33.00</b>	
	50m: 40.13	40.13 150m: 2:19.44	50.99 250m: 4:03.23	52.13 350m: 5:46.31	51.16
	100m: 1:28.45	48.32 200m: 3:11.10	51.66 300m: 4:55.15	51.92 400m: 6:33.00	46.69
5.	Elise Desnos	De Dolfijn	NT 201400200	<b>6:33.11</b>	
	50m: 44.18	44.18 150m: 2:25.55	51.19 250m: 4:08.95	52.00 350m: 5:48.99	49.08
	100m: 1:34.36	50.18 200m: 3:16.95	51.40 300m: 4:59.91	50.96 400m: 6:33.11	44.12