

1e Internationaal PaasY-toernooi
Amsterdam, 19- - 20-4-2025

Programmanr. 12
19-4-2025 - 15:50

Dames, 400m vrije slag

2017 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
Gebjr 2015 - 2017								
1.	N. da Silva de Jong	Het Y	NT	201600538	8:08.27 * +0,72			
	50m: 51.92	51.92	150m: 3:00.45	1:05.96	250m: 5:08.92	1:04.16	350m: 7:12.45	1:00.12
	100m: 1:54.49	1:02.57	200m: 4:04.76	1:04.31	300m: 6:12.33	1:03.41	400m: 8:08.27	55.82
Gebjr 2013 - 2014								
1.	Veronika Parkhomenko	De Meeuwen Diemen	5:24.54	201301610	5:02.98 +0,82			
	50m: 35.23	35.23	150m: 1:53.63	39.63	250m: 3:11.95	39.28	350m: 4:28.78	37.48
	100m: 1:14.00	38.77	200m: 2:32.67	39.04	300m: 3:51.30	39.35	400m: 5:02.98	34.20
2.	Boukje de Baedts	Het Y	5:11.47	201300756	5:06.70 +0,68			
	50m: 35.12	35.12	150m: 1:52.71	38.87	250m: 3:10.88	38.91	350m: 4:28.73	38.41
	100m: 1:13.84	38.72	200m: 2:31.97	39.26	300m: 3:50.32	39.44	400m: 5:06.70	37.97
3.	Jolie Fransen	Wvz	5:32.56	201400034	5:34.16 +0,76			
	50m: 37.03	37.03	150m: 2:00.96	42.67	250m: 3:27.51	43.31	350m: 4:54.91	43.84
	100m: 1:18.29	41.26	200m: 2:44.20	43.24	300m: 4:11.07	43.56	400m: 5:34.16	39.25
4.	Roos van Wingerden	Blue Marlins	6:12.91	201300946	6:03.28 +0,66			
	50m: 39.16	39.16	150m: 2:12.46	46.76	250m: 3:46.96	47.68	350m: 5:19.89	45.55
	100m: 1:25.70	46.54	200m: 2:59.28	46.82	300m: 4:34.34	47.38	400m: 6:03.28	43.39
5.	Lily de Ben	Blue Marlins	6:31.27	201301834	6:29.55 +0,83			
	50m: 42.71	42.71	150m: 2:20.80	50.27	250m: 4:03.11	51.09	350m: 5:42.02	48.71
	100m: 1:30.53	47.82	200m: 3:12.02	51.22	300m: 4:53.31	50.20	400m: 6:29.55	47.53
6.	Tamira Rafaan	Blue Marlins	9:14.88	201401746	7:55.51 58.08			
	50m: 49.83	49.83	150m: 2:51.59	1:02.02	250m: 4:54.20	1:01.34	350m: 6:53.67	58.08
	100m: 1:49.57	59.74	200m: 3:52.86	1:01.27	300m: 5:55.59	1:01.39	400m: 7:55.51	1:01.84
Gebjr 2011 - 2012								
1.	Bente van Lare	De Meeuwen Diemen	6:12.04	201201516	6:04.85 +0,65			
	50m: 40.72	40.72	150m: 2:13.69	47.15	250m: 3:48.15	47.04	350m: 5:21.95	47.00
	100m: 1:26.54	45.82	200m: 3:01.11	47.42	300m: 4:34.95	46.80	400m: 6:04.85	42.90
Gebjr 2009 - 2010								
1.	Mare Offringa	SG. Bolsward-Workum	4:54.81	201001110	4:57.69 +0,77			
	50m: 32.76	32.76	150m: 1:47.97	37.75	250m: 3:04.78	38.06	350m: 4:20.97	38.16
	100m: 1:10.22	37.46	200m: 2:26.72	38.75	300m: 3:42.81	38.03	400m: 4:57.69	36.72
2.	Sarah Akil	Het Y	4:59.32	200900984	5:06.51 +0,78			
	50m: 34.04	34.04	150m: 1:50.82	38.67	250m: 3:09.46	39.27	350m: 4:28.70	39.50
	100m: 1:12.15	38.11	200m: 2:30.19	39.37	300m: 3:49.20	39.74	400m: 5:06.51	37.81
3.	Eva Blokzijl	Het Y	5:41.97	201003214	5:46.06 +0,88			
	50m: 38.50	38.50	150m: 2:06.73	44.71	250m: 3:34.84	44.58	350m: 5:02.44	43.78
	100m: 1:22.02	43.52	200m: 2:50.26	43.53	300m: 4:18.66	43.82	400m: 5:46.06	43.62
4.	Sarah Sasbrink	De Meeuwen Diemen	NT	200904218	5:55.31 +0,79			
	50m: 39.74	39.74	150m: 2:09.91	45.77	250m: 3:42.64	46.23	350m: 5:15.34	45.70
	100m: 1:24.14	44.40	200m: 2:56.41	46.50	300m: 4:29.64	47.00	400m: 5:55.31	39.97
2006 en ouder								
1.	Anne Noom	Het Y	4:40.91	199800062	4:41.00 +0,74			
	50m: 31.75	31.75	150m: 1:41.67	35.22	250m: 2:53.65	36.03	350m: 4:06.11	36.19
	100m: 1:06.45	34.70	200m: 2:17.62	35.95	300m: 3:29.92	36.27	400m: 4:41.00	34.89
2.	Renske Dutilh	Het Y	4:40.26	200201188	4:43.02 +0,73			
	50m: 31.64	31.64	150m: 1:41.97	35.89	250m: 2:54.12	36.16	350m: 4:07.43	36.74
	100m: 1:06.08	34.44	200m: 2:17.96	35.99	300m: 3:30.69	36.57	400m: 4:43.02	35.59