

Limietwedstijd Hieronymus deel 1
Roosendaal, 6-11-2022

Programmanr. 16
6-11-2022 - 15:10

Dames, 400m vrije slag

alg. leeftijdsgroep
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Nikita van den Ouden	Z&PV Nuenen	4:30.20	199900622	4:35.74 +0,69	
	50m: 30.05	30.05 150m: 1:39.28	35.00	250m: 2:49.98	35.26 350m: 4:01.18	35.44
	100m: 1:04.28	34.23 200m: 2:14.72	35.44	300m: 3:25.74	35.76 400m: 4:35.74	34.56
2.	Lieke Duijinkerke	Z & PC De Zeeuwse Kust 1	4:58.49	200700468	4:48.15 +0,79	
	50m: 31.97	31.97 150m: 1:42.94	35.95	250m: 2:57.68	37.69 350m: 4:12.41	37.36
	100m: 1:06.99	35.02 200m: 2:19.99	37.05	300m: 3:35.05	37.37 400m: 4:48.15	35.74
3.	Iris Tilburg	Arethusa	5:17.29	200902662	5:00.68 +0,83	
	50m: 33.22	33.22 150m: 1:48.30	38.21	250m: 3:06.16	38.84 350m: 4:23.79	38.69
	100m: 1:10.09	36.87 200m: 2:27.32	39.02	300m: 3:45.10	38.94 400m: 5:00.68	36.89
4.	Britt Bakers	Z&PC Zegenwerp	5:07.97	200403258	5:07.92 +0,80	
	50m: 32.41	32.41 150m: 1:46.80	38.07	250m: 3:06.38	40.32 350m: 4:27.67	40.91
	100m: 1:08.73	36.32 200m: 2:26.06	39.26	300m: 3:46.76	40.38 400m: 5:07.92	40.25
5.	Renske van den Bosch	V.Z.V. Njord	5:48.43	201001828	5:33.84 +0,89	
	50m: 37.42	37.42 150m: 1:59.95	41.49	250m: 3:25.58	43.02 350m: 4:53.03	43.15
	100m: 1:18.46	41.04 200m: 2:42.56	42.61	300m: 4:09.88	44.30 400m: 5:33.84	40.81
6.	Irene Goorhuis	Hieronymus	5:36.72	200800928	5:39.22 +0,74	
	50m: 36.43	36.43 150m: 2:00.91	43.24	250m: 3:27.69	43.52 350m: 4:57.14	45.05
	100m: 1:17.67	41.24 200m: 2:44.17	43.26	300m: 4:12.09	44.40 400m: 5:39.22	42.08
7.	Esmee de Raadt	ZPB H&L Productions	5:50.44	201002328	5:42.28 +0,62	
	50m: 36.37	36.37 150m: 2:03.48	44.20	250m: 3:32.12	44.29 350m: 5:00.63	43.70
	100m: 1:19.28	42.91 200m: 2:47.83	44.35	300m: 4:16.93	44.81 400m: 5:42.28	41.65
8.	Meike de Waard	O.Z. & P.C. De Warande	5:57.41	200702380	5:45.03 +0,90	
	50m: 38.21	38.21 150m: 2:03.82	43.71	250m: 3:32.65	44.32 350m: 5:02.49	45.05
	100m: 1:20.11	41.90 200m: 2:48.33	44.51	300m: 4:17.44	44.79 400m: 5:45.03	42.54
9.	Alissa Rooijackers	Z&PV Nuenen	NT	201101892	5:52.87 44,97	
	50m: 38.75	38.75 150m: 2:08.41	45.53	250m: 3:38.84	45.00 350m: 5:10.14	44.97
	100m: 1:22.88	44.13 200m: 2:53.84	45.43	300m: 4:25.17	46.33 400m: 5:52.87	42.73
10.	Demi Bos * eindtijd	Niemo Barracuda	6:09.35	201001282	5:53.83 +0,65	
	50m: 40.17	40.17 150m: 2:09.03	44.51	250m: 3:41.48	46.49 350m: 5:11.69	44.76
	100m: 1:24.52	44.35 200m: 2:54.99	45.96	300m: 4:26.93	45.45 400m: 5:53.83	42.14
11.	Annika van Leeuwen	Sbc2000	6:03.11	199705790	6:12.45 +0,87	
	50m: 39.70	39.70 150m: 2:11.59	46.56	250m: 3:47.15	48.19 350m: 5:25.12	48.85
	100m: 1:25.03	45.33 200m: 2:58.96	47.37	300m: 4:36.27	49.12 400m: 6:12.45	47.33
12.	Charey-Ann van Rijn	V.Z.V. Njord	6:05.00	201101716	6:15.55 +0,71	
	50m: 39.87	39.87 150m: 2:12.62	47.58	250m: 3:50.71	48.57 350m: 5:28.92	49.52
	100m: 1:25.04	45.17 200m: 3:02.14	49.52	300m: 4:39.40	48.69 400m: 6:15.55	46.63
13.	Ilona Helmons	Hieronymus	6:24.21	200903522	6:20.08 +0,66	
	50m: 38.79	38.79 150m: 2:08.24	45.43	250m: 3:41.83	48.14 350m: 5:14.91	46.33
	100m: 1:22.81	44.02 200m: 2:53.69	45.45	300m: 4:28.58	46.75 400m: 6:20.08	1:05.17
14.	Vlada Filimonov	De Bevelanders	6:18.11	201002642	6:22.12 +0,77	
	50m: 37.37	37.37 150m: 2:03.15	43.53	250m: 3:30.57	43.69 350m: 5:00.67	45.04
	100m: 1:19.62	42.25 200m: 2:46.88	43.73	300m: 4:15.63	45.06 400m: 6:22.12	1:21.45
15.	Selena Geeven	Arethusa	6:14.62	201000844	6:22.78 +0,85	
	50m: 42.06	42.06 150m: 2:17.06	48.56	250m: 3:55.49	49.48 350m: 5:34.85	49.97
	100m: 1:28.50	46.44 200m: 3:06.01	48.95	300m: 4:44.88	49.39 400m: 6:22.78	47.93
16.	Kendra van der Voort	Arethusa	NT	201100536	6:23.66 50,44	
	50m: 42.09	42.09 150m: 2:17.08	48.26	250m: 3:56.75	50.32 350m: 5:38.41	50.44
	100m: 1:28.82	46.73 200m: 3:06.43	49.35	300m: 4:47.97	51.22 400m: 6:23.66	45.25
17.	Eva Steggerda	Sbc2000	NT	200901506	6:29.03 +0,84	
	50m: 1:23.49	1:23.49 150m: 3:00.18	49.03	250m: 4:38.99	48.45 350m: 6:29.03	
	100m: 2:11.15	47.66 200m: 3:50.54	50.36	300m: 5:23.89	44.90 400m: 6:29.03	
18.	Vera Broekman	Arethusa	NT	201001454	6:30.01 +0,55	
	50m: 39.95	39.95 150m: 2:17.80	50.21	250m: 3:57.43	49.62 350m: 5:34.91	48.07
	100m: 1:27.59	47.64 200m: 3:07.81	50.01	300m: 4:46.84	49.41 400m: 6:30.01	55.10
19.	Brecht van Ravenstein * eindtijd	Arethusa	NT	201100738	6:33.72 1:03,04	
	50m: 41.99	41.99 150m: 2:17.73	48.00	250m: 3:53.50	48.56 350m: 5:30.68	48.73
	100m: 1:29.73	47.74 200m: 3:04.94	47.21	300m: 4:41.95	48.45 400m: 6:33.72	1:03.04
20.	Annelieke Verriet	V.Z.V. Njord	6:28.61	200300552	6:34.95 +0,75	
	50m: 42.90	42.90 150m: 2:21.09	49.99	250m: 4:02.09	50.69 350m: 5:41.96	49.89
	100m: 1:31.10	48.20 200m: 3:11.40	50.31	300m: 4:52.07	49.98 400m: 6:34.95	52.99