

Programmanr. 27
21-5-2022 - 15:10

Dames, 400m vrije slag

Senioren Open
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
Brabants Kampioen Junioren 1 en 2								
1. Tess Vonk	De Biesboschzwemmers	5:06.53	200900024	5:02.56 +0,67	1:13.38	2:31.88	3:48.39	5:02.56
50m: 34.91	34.91	150m: 1:52.93	39.55	250m: 3:09.49	37.61	350m: 4:25.85	37.46	
100m: 1:13.38	38.47	200m: 2:31.88	38.95	300m: 3:48.39	38.90	400m: 5:02.56	36.71	
2. Bregje Dekkers	PSV	5:09.60	200900746	5:04.70 +0,70	1:12.31	2:30.14	3:48.67	5:04.70
50m: 34.38	34.38	150m: 1:51.39	39.08	250m: 3:09.90	39.76	350m: 4:27.51	38.84	
100m: 1:12.31	37.93	200m: 2:30.14	38.75	300m: 3:48.67	38.77	400m: 5:04.70	37.19	
3. Kinley Cole	PSV	5:25.98	200903696	5:15.71 +0,80	1:13.61	2:35.99	3:57.52	5:15.71
50m: 34.23	34.23	150m: 1:54.23	40.62	250m: 3:15.82	39.83	350m: 4:37.76	40.24	
100m: 1:13.61	39.38	200m: 2:35.99	41.76	300m: 3:57.52	41.70	400m: 5:15.71	37.95	
4. Iris Tilburg	Arethusa	5:17.29	200902662	5:22.37 +0,82	1:14.05	2:37.27	4:01.21	5:22.37
50m: 34.14	34.14	150m: 1:54.74	40.69	250m: 3:19.11	41.84	350m: 4:42.61	41.40	
100m: 1:14.05	39.91	200m: 2:37.27	42.53	300m: 4:01.21	42.10	400m: 5:22.37	39.76	
5. Pien Koop	Hieronymus	5:30.17	200900558	5:23.24 +0,79	1:15.21	2:38.30	4:02.37	5:23.24
50m: 35.12	35.12	150m: 1:56.54	41.33	250m: 3:20.32	42.02	350m: 4:43.85	41.48	
100m: 1:15.21	40.09	200m: 2:38.30	41.76	300m: 4:02.37	42.05	400m: 5:23.24	39.39	
6. Lotje Koenraads	SBC2000	5:36.73	200900896	5:26.77 +0,75	1:17.75	2:43.10	4:08.31	5:26.77
50m: 36.67	36.67	150m: 2:00.02	42.27	250m: 3:25.04	41.94	350m: 4:49.22	40.91	
100m: 1:17.75	41.08	200m: 2:43.10	43.08	300m: 4:08.31	43.27	400m: 5:26.77	37.55	
7. Bo Bontrup	PSV	5:32.01	200902150	5:29.30 +0,72	1:17.06	2:42.56	4:08.45	5:29.30
50m: 35.72	35.72	150m: 1:59.53	42.47	250m: 3:25.39	42.83	350m: 4:49.54	41.09	
100m: 1:17.06	41.34	200m: 2:42.56	43.03	300m: 4:08.45	43.06	400m: 5:29.30	39.76	
8. Evelien Goorhuis	Hieronymus	5:34.72	201000194	5:30.62 +0,81	1:16.12	2:41.48	4:08.58	5:30.62
50m: 35.67	35.67	150m: 1:58.57	42.45	250m: 3:24.98	43.50	350m: 4:51.91	43.33	
100m: 1:16.12	40.45	200m: 2:41.48	42.91	300m: 4:08.58	43.60	400m: 5:30.62	38.71	
9. Alexx Broekman	Arethusa	5:37.68	200902374	5:38.46 +0,84	1:19.99	2:48.03	4:16.38	5:38.46
50m: 36.96	36.96	150m: 2:03.95	43.96	250m: 3:32.98	44.95	350m: 4:59.87	43.49	
100m: 1:19.99	43.03	200m: 2:48.03	44.08	300m: 4:16.38	43.40	400m: 5:38.46	38.59	
10. Rona Goverde	Hieronymus	5:45.03	200900298	5:40.76 +0,88	1:19.38	2:47.54	4:16.48	5:40.76
50m: 36.35	36.35	150m: 2:03.39	44.01	250m: 3:31.70	44.16	350m: 4:59.65	43.17	
100m: 1:19.38	43.03	200m: 2:47.54	44.15	300m: 4:16.48	44.78	400m: 5:40.76	41.11	
11. Annelie Batenburg	PSV	5:43.30	201001962	5:50.19 +0,78	1:21.41	2:51.67	4:24.34	5:50.19
50m: 38.21	38.21	150m: 2:06.36	44.95	250m: 3:38.42	46.75	350m: 5:09.41	45.07	
100m: 1:21.41	43.20	200m: 2:51.67	45.31	300m: 4:24.34	45.92	400m: 5:50.19	40.78	
12. Marit Libregts	O.Z. & P.C. De Waranc	5:38.89	200901652	5:51.93 +0,81	1:22.09	2:53.66	4:25.90	5:51.93
50m: 38.42	38.42	150m: 2:06.97	44.88	250m: 3:40.30	46.64	350m: 5:12.08	46.18	
100m: 1:22.09	43.67	200m: 2:53.66	46.69	300m: 4:25.90	45.60	400m: 5:51.93	39.85	
13. Arlyn Schouten	Z&PV Nuenen	5:42.22	200900830	6:10.93 +0,71	1:24.37	2:59.41	4:35.70	6:10.93
50m: 39.08	39.08	150m: 2:12.33	47.96	250m: 3:48.02	48.61	350m: 5:25.07	49.37	
100m: 1:24.37	45.29	200m: 2:59.41	47.08	300m: 4:35.70	47.68	400m: 6:10.93	45.86	
Limburgs Kampioen Junioren 1 en 2								
1. Luus Gielens	Hellas-Glana	5:10.12	200900138	5:11.78 +0,83	1:13.26	2:34.84	3:56.65	5:11.78
50m: 34.80	34.80	150m: 1:54.38	41.12	250m: 3:17.11	42.27	350m: 4:36.39	39.74	
100m: 1:13.26	38.46	200m: 2:34.84	40.46	300m: 3:56.65	39.54	400m: 5:11.78	35.39	
2. Myrthe Stelten	Hellas-Glana	5:09.94	200900234	5:12.91 +0,79	1:13.94	2:34.73	3:56.09	5:12.91
50m: 34.74	34.74	150m: 1:54.13	40.19	250m: 3:15.36	40.63	350m: 4:36.36	40.27	
100m: 1:13.94	39.20	200m: 2:34.73	40.60	300m: 3:56.09	40.73	400m: 5:12.91	36.55	
3. Jaydee Leenders	Noord Limburg(SG)	5:25.23	200900112	5:14.55 +0,74	1:12.98	2:33.61	3:55.37	5:14.55
50m: 33.99	33.99	150m: 1:52.35	39.37	250m: 3:13.96	40.35	350m: 4:36.17	40.80	
100m: 1:12.98	38.99	200m: 2:33.61	41.26	300m: 3:55.37	41.41	400m: 5:14.55	38.38	
4. Fenna Zusterzeel	ZPC De Rog Weert	5:22.07	201000008	5:28.67 +0,77	1:15.83	2:40.17	4:05.48	5:28.67
50m: 35.20	35.20	150m: 1:57.72	41.89	250m: 3:22.53	42.36	350m: 4:47.95	42.47	
100m: 1:15.83	40.63	200m: 2:40.17	42.45	300m: 4:05.48	42.95	400m: 5:28.67	40.72	
5. Julie Simonis	Zwemsport Parkstad	5:48.68	201000144	5:50.62 +0,73	1:22.06	2:54.05	4:26.08	5:50.62
50m: 37.92	37.92	150m: 2:07.63	45.57	250m: 3:40.09	46.04	350m: 5:09.94	43.86	
100m: 1:22.06	44.14	200m: 2:54.05	46.42	300m: 4:26.08	45.99	400m: 5:50.62	40.68	
6. Sophie Reijnders	RZ	5:49.25	200900086	5:51.37 +0,74	1:18.77	2:50.22	4:23.81	5:51.37
50m: 37.02	37.02	150m: 2:03.52	44.75	250m: 3:37.66	47.44	350m: 5:09.32	45.51	
100m: 1:18.77	41.75	200m: 2:50.22	46.70	300m: 4:23.81	46.15	400m: 5:51.37	42.05	
7. Isis Sikes	HZPC	5:44.03	201000182	6:03.98 +0,73	1:25.85	2:58.93	4:33.18	6:03.98
50m: 40.32	40.32	150m: 2:11.69	45.84	250m: 3:45.19	46.26	350m: 5:19.43	46.25	
100m: 1:25.85	45.53	200m: 2:58.93	47.24	300m: 4:33.18	47.99	400m: 6:03.98	44.55	

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Brabants Kampioen Junioren 3 en 4

1. Veerle Hildebrand	PSV	5:08.82	200801830	4:58.64	+0,79	1:10.60	2:27.02	3:43.54	4:58.64		
50m:	33.67	33.67	150m:	1:48.57	37.97	250m:	3:05.13	38.11	350m:	4:21.73	38.19
100m:	1:10.60	36.93	200m:	2:27.02	38.45	300m:	3:43.54	38.41	400m:	4:58.64	36.91
2. Julie van Nispen	Z&PV Nuenen	5:09.07	200800290	5:01.33	+0,85	1:12.65	2:29.97	3:47.39	5:01.33		
50m:	33.94	33.94	150m:	1:51.68	39.03	250m:	3:08.99	39.02	350m:	4:25.57	38.18
100m:	1:12.65	38.71	200m:	2:29.97	38.29	300m:	3:47.39	38.40	400m:	5:01.33	35.76
3. Isa Jansen	SBC2000	5:14.51	200701176	5:01.35	+0,78	1:12.23	2:29.80	3:47.17	5:01.35		
50m:	33.92	33.92	150m:	1:51.02	38.79	250m:	3:08.61	38.81	350m:	4:25.42	38.25
100m:	1:12.23	38.31	200m:	2:29.80	38.78	300m:	3:47.17	38.56	400m:	5:01.35	35.93
4. Yara Mels	PSV	4:59.91	200700232	5:06.43	+0,77	1:12.10	2:29.42	3:48.83	5:06.43		
50m:	34.45	34.45	150m:	1:50.61	38.51	250m:	3:09.15	39.73	350m:	4:28.36	39.53
100m:	1:12.10	37.65	200m:	2:29.42	38.81	300m:	3:48.83	39.68	400m:	5:06.43	38.07
5. Manadou Verhaar	AquaDream	5:16.11	200801376	5:13.52	+0,71	1:14.29	2:34.50	3:55.20	5:13.52		
50m:	34.93	34.93	150m:	1:53.49	39.20	250m:	3:14.32	39.82	350m:	4:34.53	39.33
100m:	1:14.29	39.36	200m:	2:34.50	41.01	300m:	3:55.20	40.88	400m:	5:13.52	38.99
6. Livia Groenewegen	PSV	5:06.88	200700244	5:14.08	+0,79	1:12.33	2:31.88	3:53.60	5:14.08		
50m:	34.11	34.11	150m:	1:51.98	39.65	250m:	3:13.08	41.20	350m:	4:34.72	41.12
100m:	1:12.33	38.22	200m:	2:31.88	39.90	300m:	3:53.60	40.52	400m:	5:14.08	39.36
7. Lotte Mudde	Zeester Meerval	5:22.24	200700502	5:14.80	+0,86	1:13.41	2:33.68	3:55.12	5:14.80		
50m:	34.95	34.95	150m:	1:53.17	39.76	250m:	3:14.01	40.33	350m:	4:34.99	39.87
100m:	1:13.41	38.46	200m:	2:33.68	40.51	300m:	3:55.12	41.11	400m:	5:14.80	39.81
8. Liselotte Hendriks	Nextline swimming	5:17.94	200702158	5:17.12	+0,84	1:13.31	2:34.01	3:56.82	5:17.12		
50m:	34.81	34.81	150m:	1:53.22	39.91	250m:	3:15.21	41.20	350m:	4:37.88	41.06
100m:	1:13.31	38.50	200m:	2:34.01	40.79	300m:	3:56.82	41.61	400m:	5:17.12	39.24
9. Liza Theuns	Waalwijkse Zwem Verer	5:25.32	200702172	5:19.65	+0,80	1:13.07	2:36.86	4:00.87	5:19.65		
50m:	34.15	34.15	150m:	1:54.49	41.42	250m:	3:18.61	41.75	350m:	4:41.53	40.66
100m:	1:13.07	38.92	200m:	2:36.86	42.37	300m:	4:00.87	42.26	400m:	5:19.65	38.12
10. Phyllis Legein	PSV	5:19.61	200801396	5:20.93	+0,85	1:13.91	2:36.37	3:59.95	5:20.93		
50m:	35.08	35.08	150m:	1:54.53	40.62	250m:	3:17.64	41.27	350m:	4:41.33	41.38
100m:	1:13.91	38.83	200m:	2:36.37	41.84	300m:	3:59.95	42.31	400m:	5:20.93	39.60
11. Marith Ewijk	Waalwijkse Zwem Verer	5:16.11	200801414	5:24.73	+0,76	1:14.31	2:37.28	4:01.52	5:24.73		
50m:	34.17	34.17	150m:	1:55.79	41.48	250m:	3:19.27	41.99	350m:	4:43.29	41.77
100m:	1:14.31	40.14	200m:	2:37.28	41.49	300m:	4:01.52	42.25	400m:	5:24.73	41.44
12. Vera Bastiaensen	Hieronymus	5:30.18	200800572	5:31.30	+0,75	1:19.00	2:44.02	4:10.03	5:31.30		
50m:	37.20	37.20	150m:	2:01.68	42.68	250m:	3:27.39	43.37	350m:	4:51.69	41.66
100m:	1:19.00	41.80	200m:	2:44.02	42.34	300m:	4:10.03	42.64	400m:	5:31.30	39.61
13. Vivienne Bosch	Waalwijkse Zwem Verer	5:29.95	200700796	5:35.66	+0,72	1:15.21	2:41.59	4:11.08	5:35.66		
50m:	35.33	35.33	150m:	1:57.22	42.01	250m:	3:26.78	45.19	350m:	4:53.79	42.71
100m:	1:15.21	39.88	200m:	2:41.59	44.37	300m:	4:11.08	44.30	400m:	5:35.66	41.87

Limburgs Kampioen Junioren 3 en 4

1. Suze Creemers	Hellas-Glana	5:11.19	200700738	4:47.96	+0,79	1:09.36	2:22.88	3:35.84	4:47.96		
50m:	32.72	32.72	150m:	1:45.68	36.32	250m:	2:59.32	36.44	350m:	4:11.81	35.97
100m:	1:09.36	36.64	200m:	2:22.88	37.20	300m:	3:35.84	36.52	400m:	4:47.96	36.15
2. Nina Derckx	Zeps	5:23.52	200700030	5:19.92	+0,79	1:15.92	2:38.14	4:01.23	5:19.92		
50m:	36.06	36.06	150m:	1:56.67	40.75	250m:	3:19.51	41.37	350m:	4:41.72	40.49
100m:	1:15.92	39.86	200m:	2:38.14	41.47	300m:	4:01.23	41.72	400m:	5:19.92	38.20
3. Isis van Kuijk	HZPC	5:22.65	200700442	5:20.27	+0,76	1:16.00	2:38.84	4:02.36	5:20.27		
50m:	35.68	35.68	150m:	1:57.78	41.78	250m:	3:20.53	41.69	350m:	4:42.79	40.43
100m:	1:16.00	40.32	200m:	2:38.84	41.06	300m:	4:02.36	41.83	400m:	5:20.27	37.48
4. Veerle Claessens	Zeps	5:24.14	200800100	5:29.18	+0,79	1:15.55	2:39.69	4:04.52	5:29.18		
50m:	35.54	35.54	150m:	1:57.42	41.87	250m:	3:21.82	42.13	350m:	4:47.61	43.09
100m:	1:15.55	40.01	200m:	2:39.69	42.27	300m:	4:04.52	42.70	400m:	5:29.18	41.57

Brabants Kampioen Jeugd 1 en 2

1. Birgit Hage	PSV	5:06.55	200602898	5:00.38	+0,89	1:13.02	2:31.52	3:48.57	5:00.38		
50m:	35.31	35.31	150m:	1:52.24	39.22	250m:	3:10.10	38.58	350m:	4:26.04	37.47
100m:	1:13.02	37.71	200m:	2:31.52	39.28	300m:	3:48.57	38.47	400m:	5:00.38	34.34
2. Shanna Joppe	Hieronymus	5:03.80	200601186	5:06.03	+0,81	1:13.69	2:31.50	3:49.37	5:06.03		
50m:	35.52	35.52	150m:	1:52.58	38.89	250m:	3:10.69	39.19	350m:	4:28.47	39.10
100m:	1:13.69	38.17	200m:	2:31.50	38.92	300m:	3:49.37	38.68	400m:	5:06.03	37.56
3. Lieke van Geijn	O.Z. & P.C. De Waranc	4:52.55	200600314	5:15.50	+0,73	1:14.35	2:34.88	3:55.82	5:15.50		
50m:	35.57	35.57	150m:	1:54.37	40.02	250m:	3:15.45	40.57	350m:	4:36.00	40.18
100m:	1:14.35	38.78	200m:	2:34.88	40.51	300m:	3:55.82	40.37	400m:	5:15.50	39.50

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Brabants Kampioen Senioren

1. Anna van Droffelaar	PSV	4:39.04	200400258	4:28.77	+0,65	1:02.81	2:11.45	3:20.43	4:28.77		
50m:	29.76	29.76	150m:	1:37.25	34.44	250m:	2:45.76	34.31	350m:	3:55.55	35.12
100m:	1:02.81	33.05	200m:	2:11.45	34.20	300m:	3:20.43	34.67	400m:	4:28.77	33.22
2. Kim Jansen van Galen	PSV	4:45.30	200201594	4:32.34	+0,78	1:07.32	2:17.12	3:25.41	4:32.34		
50m:	32.34	32.34	150m:	1:42.53	35.21	250m:	2:51.30	34.18	350m:	3:59.01	33.60
100m:	1:07.32	34.98	200m:	2:17.12	34.59	300m:	3:25.41	34.11	400m:	4:32.34	33.33
3. Manon Ritten	PSV	4:30.30	200002440	4:34.72	+0,81	1:05.35	2:15.95	3:25.95	4:34.72		
50m:	30.98	30.98	150m:	1:40.48	35.13	250m:	2:50.56	34.61	350m:	4:01.31	35.36
100m:	1:05.35	34.37	200m:	2:15.95	35.47	300m:	3:25.95	35.39	400m:	4:34.72	33.41
4. Nikita van den Ouden	Z&PV Nuenen	4:39.29	199900622	4:34.76	+0,66	1:05.64	2:16.36	3:27.03	4:34.76		
50m:	31.21	31.21	150m:	1:41.12	35.48	250m:	2:51.63	35.27	350m:	4:02.14	35.11
100m:	1:05.64	34.43	200m:	2:16.36	35.24	300m:	3:27.03	35.40	400m:	4:34.76	32.62
5. Zanthé Janssen	PSV	4:42.47	200201786	4:42.40	+0,75	1:07.93	2:18.66	3:30.79	4:42.40		
50m:	32.21	32.21	150m:	1:43.12	35.19	250m:	2:54.23	35.57	350m:	4:07.15	36.36
100m:	1:07.93	35.72	200m:	2:18.66	35.54	300m:	3:30.79	36.56	400m:	4:42.40	35.25
6. Isa Schellekens	Zegenwerp	4:37.08	200002330	4:47.32	+0,82	1:09.65	2:21.69	3:34.58	4:47.32		
50m:	32.97	32.97	150m:	1:45.61	35.96	250m:	2:57.83	36.14	350m:	4:11.70	37.12
100m:	1:09.65	36.68	200m:	2:21.69	36.08	300m:	3:34.58	36.75	400m:	4:47.32	35.62
7. Sterre van de Goor	PSV	4:43.70	200102168	4:49.05	+0,77	1:08.51	2:21.79	3:35.53	4:49.05		
50m:	32.51	32.51	150m:	1:45.17	36.66	250m:	2:58.27	36.48	350m:	4:12.89	37.36
100m:	1:08.51	36.00	200m:	2:21.79	36.62	300m:	3:35.53	37.26	400m:	4:49.05	36.16
8. Janneke Lenderink	PSV	4:48.00	200100328	4:56.18	+0,71	1:10.39	2:26.13	3:41.64	4:56.18		
50m:	33.24	33.24	150m:	1:48.16	37.77	250m:	3:03.98	37.85	350m:	4:19.88	38.24
100m:	1:10.39	37.15	200m:	2:26.13	37.97	300m:	3:41.64	37.66	400m:	4:56.18	36.30
9. Liselotte Joling	PSV	4:57.57	197500268	4:56.47	+0,85	1:10.63	2:27.13	3:42.84	4:56.47		
50m:	33.24	33.24	150m:	1:48.34	37.71	250m:	3:04.30	37.17	350m:	4:20.35	37.51
100m:	1:10.63	37.39	200m:	2:27.13	38.79	300m:	3:42.84	38.54	400m:	4:56.47	36.12
10. Sanne Lukken	PSV	4:56.05	200400030	5:07.79	+0,76	1:11.93	2:29.10	3:47.94	5:07.79		
50m:	33.95	33.95	150m:	1:49.92	37.99	250m:	3:07.80	38.70	350m:	4:27.65	39.71
100m:	1:11.93	37.98	200m:	2:29.10	39.18	300m:	3:47.94	40.14	400m:	5:07.79	40.14
11. Yanna van der Heijden	Tempo Valkenswaard	4:50.66	200301334	5:41.31	+0,71	1:15.88	2:41.41	4:11.16	5:41.31		
50m:	36.00	36.00	150m:	1:58.27	42.39	250m:	3:26.18	44.77	350m:	4:56.31	45.15
100m:	1:15.88	39.88	200m:	2:41.41	43.14	300m:	4:11.16	44.98	400m:	5:41.31	45.00

Limburgs Kampioen Senioren

1. Carolien Beckers	Zwemsport Parkstad	4:46.96	200200078	4:46.40	+0,76	1:07.92	2:20.28	3:33.71	4:46.40		
50m:	31.76	31.76	150m:	1:44.07	36.15	250m:	2:56.67	36.39	350m:	4:10.70	36.99
100m:	1:07.92	36.16	200m:	2:20.28	36.21	300m:	3:33.71	37.04	400m:	4:46.40	35.70
2. Jessie Bodden	Hellas-Glana	4:39.05	200401650	4:51.90	+0,74	1:07.54	2:22.02	3:38.09	4:51.90		
50m:	31.56	31.56	150m:	1:44.50	36.96	250m:	3:00.01	37.99	350m:	4:16.00	37.91
100m:	1:07.54	35.98	200m:	2:22.02	37.52	300m:	3:38.09	38.08	400m:	4:51.90	35.90
3. Fiona Meuffels	RZ	5:00.36	199504366	5:05.08	+0,70	1:10.55	2:27.63	3:47.77	5:05.08		
50m:	33.52	33.52	150m:	1:48.66	38.11	250m:	3:07.37	39.74	350m:	4:27.27	39.50
100m:	1:10.55	37.03	200m:	2:27.63	38.97	300m:	3:47.77	40.40	400m:	5:05.08	37.81
4. Sophie Albers	HZPC	4:45.84	200300990	5:06.80	+0,75	1:12.95	2:30.71	3:49.63	5:06.80		
50m:	34.85	34.85	150m:	1:51.43	38.48	250m:	3:10.18	39.47	350m:	4:28.69	39.06
100m:	1:12.95	38.10	200m:	2:30.71	39.28	300m:	3:49.63	39.45	400m:	5:06.80	38.11