

Limietwedstrijd 2024 lange baan Eindhoven
 Eindhoven, 18-2-2024

 Programmanr. 1
 18-2-2024

Dames, 400m vrije slag

 Senioren Open
 Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Kirsten Verhalle	PSV	4:29.57	200400210	4:31.44 +0,73
	50m: 30.61	30.61 150m: 1:38.38	34.26 250m: 2:47.58	34.71 350m: 3:57.87	35.26
	100m: 1:04.12	33.51 200m: 2:12.87	34.49 300m: 3:22.61	35.03 400m: 4:31.44	33.57
2.	Nikita van den Ouden	PSV	4:33.40	199900622	4:31.60 +0,70
	50m: 30.85	30.85 150m: 1:39.48	34.80 250m: 2:48.71	34.31 350m: 3:58.52	34.96
	100m: 1:04.68	33.83 200m: 2:14.40	34.92 300m: 3:23.56	34.85 400m: 4:31.60	33.08
3.	Jade van der Schrier	AZC	4:32.31	200800692	4:34.64 +0,76
	50m: 30.91	30.91 150m: 1:39.94	35.18 250m: 2:51.14	35.75 350m: 4:01.44	34.93
	100m: 1:04.76	33.85 200m: 2:15.39	35.45 300m: 3:26.51	35.37 400m: 4:34.64	33.20
4.	Julie van Nispen	Z&PV Nuenen	4:39.91	200800290	4:36.30 +0,78
	50m: 31.49	31.49 150m: 1:42.30	35.55 250m: 2:52.97	35.08 350m: 4:02.83	34.48
	100m: 1:06.75	35.26 200m: 2:17.89	35.59 300m: 3:28.35	35.38 400m: 4:36.30	33.47
5.	Angelique van Vark	Gzc Donk	4:26.29	199701478	4:40.49 +0,69
	50m: 31.65	31.65 150m: 1:40.80	34.67 250m: 2:51.67	35.67 350m: 4:05.20	36.78
	100m: 1:06.13	34.48 200m: 2:16.00	35.20 300m: 3:28.42	36.75 400m: 4:40.49	35.29
6.	Luus Gielens	PSV	4:44.00	200900138	4:46.81 +0,87
	50m: 32.51	32.51 150m: 1:44.70	36.44 250m: 2:58.30	36.73 350m: 4:11.47	36.41
	100m: 1:08.26	35.75 200m: 2:21.57	36.87 300m: 3:35.06	36.76 400m: 4:46.81	35.34
7.	Djelaysa Buunk	Z & PC De Zeeuwse Kust	4:53.60	200900536	4:52.98 +0,81
	50m: 33.03	33.03 150m: 1:46.81	37.07 250m: 3:01.82	37.23 350m: 4:17.02	37.78
	100m: 1:09.74	36.71 200m: 2:24.59	37.78 300m: 3:39.24	37.42 400m: 4:52.98	35.96
8.	Kirsten Walraven	Z & PC De Zeeuwse Kust	4:52.54	200001358	4:53.72 +0,79
	50m: 32.41	32.41 150m: 1:45.24	36.39 250m: 3:00.24	37.53 350m: 4:16.43	38.06
	100m: 1:08.85	36.44 200m: 2:22.71	37.47 300m: 3:38.37	38.13 400m: 4:53.72	37.29
9.	Erin de Jong	Gzc Donk	4:46.96	201000024	4:57.70 +0,95
	50m: 32.86	32.86 150m: 1:47.31	37.99 250m: 3:04.46	38.52 350m: 4:20.44	38.06
	100m: 1:09.32	36.46 200m: 2:25.94	38.63 300m: 3:42.38	37.92 400m: 4:57.70	37.26
10.	Nina van der Schrier	AZC	4:52.02	201000444	5:01.54 +0,73
	50m: 33.03	33.03 150m: 1:47.67	37.83 250m: 3:04.88	39.01 350m: 4:23.55	39.33
	100m: 1:09.84	36.81 200m: 2:25.87	38.20 300m: 3:44.22	39.34 400m: 5:01.54	37.99
11.	Danique Klomp	Nederweert	5:04.27	200202912	5:09.16 +0,71
	50m: 32.65	32.65 150m: 1:49.64	39.17 250m: 3:09.86	40.02 350m: 4:31.08	40.47
	100m: 1:10.47	37.82 200m: 2:29.84	40.20 300m: 3:50.61	40.75 400m: 5:09.16	38.08
12.	Elke Kriesels	Hieronymus	5:03.26	201100898	5:11.44 +0,75
	50m: 35.11	35.11 150m: 1:53.74	39.06 250m: 3:13.31	39.79 350m: 4:33.70	39.92
	100m: 1:14.68	39.57 200m: 2:33.52	39.78 300m: 3:53.78	40.47 400m: 5:11.44	37.74
13.	Tine Maris	ZDKB	5:04.45	ZDKB/21043/06	5:13.45 +0,67
	50m: 34.96	34.96 150m: 1:53.30	39.65 250m: 3:14.05	40.09 350m: 4:35.01	40.18
	100m: 1:13.65	38.69 200m: 2:33.96	40.66 300m: 3:54.83	40.78 400m: 5:13.45	38.44
14.	Jansje de Ridder	De Biesboschwimmers	5:01.23	200800194	5:13.96 +0,71
	50m: 34.73	34.73 150m: 1:54.74	40.94 250m: 3:16.08	40.28 350m: 4:36.12	39.82
	100m: 1:13.80	39.07 200m: 2:35.80	41.06 300m: 3:56.30	40.22 400m: 5:13.96	37.84
15.	Rona Goverde	Hieronymus	5:06.39	200900298	5:14.59 +0,84
	50m: 35.20	35.20 150m: 1:55.12	40.86 250m: 3:16.89	41.12 350m: 4:37.60	39.81
	100m: 1:14.26	39.06 200m: 2:35.77	40.65 300m: 3:57.79	40.90 400m: 5:14.59	36.99
16.	Noor Derison	ZDKB	5:18.15	ZDKB/21115/07	5:15.97 +0,68
	50m: 34.12	34.12 150m: 1:51.48	39.40 250m: 3:13.19	41.14 350m: 4:36.16	41.35
	100m: 1:12.08	37.96 200m: 2:32.05	40.57 300m: 3:54.81	41.62 400m: 5:15.97	39.81
17.	Simone Brobbel	ZPC Numansdorp	5:14.52	201200058	5:16.24 +0,73
	50m: 35.84	35.84 150m: 1:56.99	41.35 250m: 3:18.91	40.90 350m: 4:38.68	39.40
	100m: 1:15.64	39.80 200m: 2:38.01	41.02 300m: 3:59.28	40.37 400m: 5:16.24	37.56
18.	Maud Weijmans	HZPC	4:52.86	200103830	5:17.35 +0,75
	50m: 35.72	35.72 150m: 1:53.88	39.45 250m: 3:14.87	40.36 350m: 4:36.28	40.57
	100m: 1:14.43	38.71 200m: 2:34.51	40.63 300m: 3:55.71	40.84 400m: 5:17.35	41.07
19.	Jennifer Koonen	Zwemsport Parkstad	5:17.12	200500386	5:19.49 +0,71
	50m: 35.71	35.71 150m: 1:56.20	40.76 250m: 3:18.62	41.38 350m: 4:40.80	40.75
	100m: 1:15.44	39.73 200m: 2:37.24	41.04 300m: 4:00.05	41.43 400m: 5:19.49	38.69
20.	Alissa Rooijackers	Z&PV Nuenen	5:14.99	201101892	5:21.22 +0,71
	50m: 35.81	35.81 150m: 1:57.36	41.62 250m: 3:20.10	40.47 350m: 4:42.09	40.74
	100m: 1:15.74	39.93 200m: 2:39.63	42.27 300m: 4:01.35	41.25 400m: 5:21.22	39.13
21.	Julia Ketelaars	Hellas-Glana	5:12.50	201200028	5:22.07 +0,68
	50m: 35.17	35.17 150m: 1:56.40	41.59 250m: 3:20.23	41.50 350m: 4:44.52	41.85
	100m: 1:14.81	39.64 200m: 2:38.73	42.33 300m: 4:02.67	42.44 400m: 5:22.07	37.55
22.	Alaine Lomans	Hellas-Glana	5:22.48	201000420	5:27.54 +0,60
	50m: 36.87	36.87 150m: 1:59.71	41.01 250m: 3:23.67	42.18 350m: 4:47.58	41.40
	100m: 1:18.70	41.83 200m: 2:41.49	41.78 300m: 4:06.18	42.51 400m: 5:27.54	39.96

Limietwedstrijd 2024 lange baan Eindhoven
 Eindhoven, 18-2-2024

Programmanr. 1, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT
23.	Hanna Advokaat	PSV	5:31.66	200901502	5:28.06 +0,77
	50m: 36.77	36.77 150m: 2:00.47	42.83	250m: 3:24.77	41.85 350m: 4:48.17
	100m: 1:17.64	40.87 200m: 2:42.92	42.45	300m: 4:06.72	41.95 400m: 5:28.06
24.	Vere van Klooster	AZC	5:43.55	201002128	5:31.53 +0,71
	50m: 36.68	36.68 150m: 2:00.57	42.52	250m: 3:25.83	42.83 350m: 4:50.92
	100m: 1:18.05	41.37 200m: 2:43.00	42.43	300m: 4:08.18	42.35 400m: 5:31.53
25.	Liza Theuns	WZV	5:19.65	200702172	5:32.64 +0,76
	50m: 35.44	35.44 150m: 1:57.34	41.54	250m: 3:22.83	42.98 350m: 4:49.71
	100m: 1:15.80	40.36 200m: 2:39.85	42.51	300m: 4:06.21	43.38 400m: 5:32.64
26.	Vicky Horens	Hellas-Glana	5:24.52	201200252	5:33.33 +0,57
	50m: 37.41	37.41 150m: 2:02.01	43.25	250m: 3:28.70	42.92 350m: 4:54.08
	100m: 1:18.76	41.35 200m: 2:45.78	43.77	300m: 4:11.47	42.77 400m: 5:33.33
27.	Anouk Gerlings	ZDKB	5:40.63	ZDKB/21040/07	5:34.48 +0,69
	50m: 36.26	36.26 150m: 1:59.47	42.58	250m: 3:25.78	42.86 350m: 4:52.10
	100m: 1:16.89	40.63 200m: 2:42.92	43.45	300m: 4:09.15	43.37 400m: 5:34.48
28.	Vlada Filimonov	De Bevelanders	5:29.11	201002642	5:36.52 +0,81
	50m: 37.13	37.13 150m: 2:01.49	42.78	250m: 3:27.58	43.73 350m: 4:55.27
	100m: 1:18.71	41.58 200m: 2:43.85	42.36	300m: 4:11.24	43.66 400m: 5:36.52
29.	Sophie Hoogervorst	AZC	5:48.69	201100252	5:42.15 +0,63
	50m: 36.94	36.94 150m: 2:00.11	42.99	250m: 3:28.88	44.63 350m: 4:58.22
	100m: 1:17.12	40.18 200m: 2:44.25	44.14	300m: 4:13.30	44.42 400m: 5:42.15
30.	Maybel Hansen	ZDKB	6:27.63	ZDKB/21117/09	5:44.42 +0,77
	50m: 38.06	38.06 150m: 2:07.09	45.18	250m: 3:38.72	45.94 350m: 5:05.68
	100m: 1:21.91	43.85 200m: 2:52.78	45.69	300m: 4:22.49	43.77 400m: 5:44.42
31.	Sophie Verdult * eindpunt	De Krabben	5:51.36	201002564	5:47.70 +0,84
	50m: 38.89	38.89 150m: 2:06.27	44.33	250m: 3:35.74	45.04 350m: 5:05.94
	100m: 1:21.94	43.05 200m: 2:50.70	44.43	300m: 4:20.78	45.04 400m: 5:47.70
32.	Sophie Ferwerda	Gzc Donk	5:31.07	200902984	5:48.42 +0,76
	50m: 37.11	37.11 150m: 2:04.41	44.03	250m: 3:34.80	45.35 350m: 5:05.84
	100m: 1:20.38	43.27 200m: 2:49.45	45.04	300m: 4:20.55	45.75 400m: 5:48.42
33.	Valerie Rienties	Zwemsport Parkstad	5:43.80	201200400	5:49.82 +0,54
	50m: 37.10	37.10 150m: 2:05.45	45.39	250m: 3:36.16	45.27 350m: 5:07.57
	100m: 1:20.06	42.96 200m: 2:50.89	45.44	300m: 4:22.13	45.97 400m: 5:49.82
34.	Renske Coppens	Vivalo	5:18.78	200900440	5:54.19 +0,79
	50m: 39.39	39.39 150m: 2:06.27	44.23	250m: 3:38.71	46.29 350m: 5:09.92
	100m: 1:22.04	42.65 200m: 2:52.42	46.15	300m: 4:24.86	46.15 400m: 5:54.19
35.	Jolie van Ark	AZC	5:52.62	201101644	5:54.59 +0,80
	50m: 38.18	38.18 150m: 2:07.44	43.97	250m: 3:38.83	45.32 350m: 5:10.86
	100m: 1:23.47	45.29 200m: 2:53.51	46.07	300m: 4:25.28	46.45 400m: 5:54.59
36.	Lotte Nies	Nederweert	5:45.23	200703856	5:55.53 +0,81
	50m: 37.54	37.54 150m: 2:06.36	46.02	250m: 3:40.16	47.39 350m: 5:13.26
	100m: 1:20.34	42.80 200m: 2:52.77	46.41	300m: 4:26.77	46.61 400m: 5:55.53
37.	Djamila Theunissen	Mosa-Regio	5:48.42	201000054	5:56.18 +0,59
	50m: 37.80	37.80 150m: 2:07.35	46.02	250m: 3:40.15	46.35 350m: 5:13.31
	100m: 1:21.33	43.53 200m: 2:53.80	46.45	300m: 4:27.29	47.14 400m: 5:56.18
38.	Fenne Hardeman	Hellas-Glana	5:35.55	201100244	5:56.58 +0,59
	50m: 39.87	39.87 150m: 2:09.40	44.88	250m: 3:41.55	45.95 350m: 5:13.22
	100m: 1:24.52	44.65 200m: 2:55.60	46.20	300m: 4:27.93	46.38 400m: 5:56.58
39.	Hanne Coemans	ZDKB	5:58.94	ZDKB/21073/09	5:56.74 +0,71
	50m: 37.69	37.69 150m: 2:06.82	45.79	250m: 3:39.47	46.22 350m: 5:13.00
	100m: 1:21.03	43.34 200m: 2:53.25	46.43	300m: 4:26.13	46.66 400m: 5:56.74
40.	Zora Spriet	Hieronymus	5:51.67	201100532	5:58.78 +0,61
	50m: 40.49	40.49 150m: 2:13.54	47.23	250m: 3:46.29	46.37 350m: 5:18.50
	100m: 1:26.31	45.82 200m: 2:59.92	46.38	300m: 4:32.43	46.14 400m: 5:58.78
41.	Sanae Chetouani	ZWK Merlet	NT	200602810	6:01.14 +0,77
	50m: 38.48	38.48 150m: 2:05.86	43.84	250m: 3:37.27	46.05 350m: 5:14.02
	100m: 1:22.02	43.54 200m: 2:51.22	45.36	300m: 4:25.31	48.04 400m: 6:01.14
42.	Danné van Munster	Hellas-Glana	5:49.50	200901262	6:01.92 +0,61
	50m: 38.25	38.25 150m: 2:09.86	46.98	250m: 3:43.90	46.94 350m: 5:18.09
	100m: 1:22.88	44.63 200m: 2:56.96	47.10	300m: 4:31.33	47.43 400m: 6:01.92
43.	Elaine Geeven	Arethusa	5:36.60	200801972	6:12.69 +0,87
	50m: 39.17	39.17 150m: 2:11.92	46.85	250m: 3:49.89	49.21 350m: 5:28.94
	100m: 1:25.07	45.90 200m: 3:00.68	48.76	300m: 4:40.31	50.42 400m: 6:12.69
44.	June Schuurmans	Hellas-Glana	6:31.25	201100874	6:15.62 +0,76
	50m: 39.93	39.93 150m: 2:15.69	48.90	250m: 3:54.64	49.63 350m: 5:32.60
	100m: 1:26.79	46.86 200m: 3:05.01	49.32	300m: 4:44.12	49.48 400m: 6:15.62

Programmanr. 1, Dames, 400m vrije slag, Senioren Open

rang	naam	vereniging	intijd	tijd	RT			
45.	Kaat Coemans	ZDKB	NT	ZDKB/21090/11	6:17.13 +0,82			
	50m: 39.36	39.36	150m: 2:12.75	48.07	250m: 3:51.03	48.98	350m: 5:30.15	49.32
	100m: 1:24.68	45.32	200m: 3:02.05	49.30	300m: 4:40.83	49.80	400m: 6:17.13	46.98
46.	Fleur Braam	Zwemsport Parkstad	6:30.46	201002000	6:19.64 +0,77			
	50m: 40.63	40.63	150m: 2:15.59	48.76	250m: 3:53.89	49.57	350m: 5:32.99	49.33
	100m: 1:26.83	46.20	200m: 3:04.32	48.73	300m: 4:43.66	49.77	400m: 6:19.64	46.65
47.	Vera Vermeulen	BZV 's-Hertogenbosch	NT	199902944	6:39.72 +0,59			
	50m: 40.82	40.82	150m: 2:17.16	49.61	250m: 4:00.69	52.33	350m: 5:46.66	52.65
	100m: 1:27.55	46.73	200m: 3:08.36	51.20	300m: 4:54.01	53.32	400m: 6:39.72	53.06
48.	Ildi van der Heijden	Z.V. Tiamat	6:53.57	200105022	6:45.12 +0,90			
	50m: 42.37	42.37	150m: 2:20.57	50.46	250m: 4:05.80	52.42	350m: 5:52.65	53.07
	100m: 1:30.11	47.74	200m: 3:13.38	52.81	300m: 4:59.58	53.78	400m: 6:45.12	52.47
49.	Hamsha Suthakaran	TRB/RES	NT	200505400	6:48.55 +0,81			
	50m: 43.28	43.28	150m: 2:24.19	51.90	250m: 4:09.91	52.95	350m: 5:58.74	54.93
	100m: 1:32.29	49.01	200m: 3:16.96	52.77	300m: 5:03.81	53.90	400m: 6:48.55	49.81