

Event 1
09/11/2024 - 13:15

Women, 400m Medley

2012 and older
Results

rang	naam	vereniging	intijd	tijd	RT
Onder 14 (2011-2012)					
1.	Elke Kriesels	Hieronymus	5:43.10	201100898	5:37.87
	50m: 34.58	34.58 150m: 2:01.43	43.45 250m: 3:32.96	49.51 350m: 5:01.33	38.04
	100m: 1:17.98	43.40 200m: 2:43.45	42.02 300m: 4:23.29	50.33 400m: 5:37.87	36.54
2.	Pien Walstra	De Treffers	5:54.90	201101034	5:42.37
	50m: 36.35	36.35 150m: 2:05.15	44.77 250m: 3:39.24	51.13 350m: 5:07.77	37.85
	100m: 1:20.38	44.03 200m: 2:48.11	42.96 300m: 4:29.92	50.68 400m: 5:42.37	34.60
3.	Lise Markes	Sbc2000	5:48.38	201101276	5:42.49
	50m: 35.05	35.05 150m: 2:02.31	44.41 250m: 3:33.91	48.11 350m: 5:04.82	40.91
	100m: 1:17.90	42.85 200m: 2:45.80	43.49 300m: 4:23.91	50.00 400m: 5:42.49	37.67
4.	Brecht van Ravenstein	Arethusa	6:06.47	201100738	5:48.72
	50m: 38.08	38.08 150m: 2:09.90	45.08 250m: 3:42.09	48.05 350m: 5:10.92	40.91
	100m: 1:24.82	46.74 200m: 2:54.04	44.14 300m: 4:30.01	47.92 400m: 5:48.72	37.80
5.	Kendra van der Voort	Arethusa	6:22.35	201100536	5:57.84
	50m: 39.88	39.88 150m: 2:15.98	46.75 250m: 3:50.63	49.57 350m: 5:21.08	39.64
	100m: 1:29.23	49.35 200m: 3:01.06	45.08 300m: 4:41.44	50.81 400m: 5:57.84	36.76
6.	Dagmar Wierckx	Sbc2000	6:15.65	201101278	5:59.10
	50m: 38.16	38.16 150m: 2:08.95	45.98 250m: 3:46.44	51.81 350m: 5:20.47	42.44
	100m: 1:22.97	44.81 200m: 2:54.63	45.68 300m: 4:38.03	51.59 400m: 5:59.10	38.63
7.	Zora Spriet	Hieronymus	6:18.08	201100532	6:17.51
	50m: 43.17	43.17 150m: 2:22.33	47.27 250m: 3:59.63	50.96 350m: 5:34.22	42.96
	100m: 1:35.06	51.89 200m: 3:08.67	46.34 300m: 4:51.26	51.63 400m: 6:17.51	43.29
8.	Kate Broekman	Arethusa	6:47.32	201200176	6:43.00
	50m: 44.23	44.23 150m: 2:30.70	51.26 250m: 4:17.77	57.87 350m: 6:01.11	45.35
	100m: 1:39.44	55.21 200m: 3:19.90	49.20 300m: 5:15.76	57.99 400m: 6:43.00	41.89
Onder 16 (2009-2010)					
1.	Luus Gielens	Psv	5:07.89	200900138	5:07.37
	50m: 33.32	33.32 150m: 1:49.61	38.17 250m: 3:13.45	45.53 350m: 4:34.07	36.04
	100m: 1:11.44	38.12 200m: 2:27.92	38.31 300m: 3:58.03	44.58 400m: 5:07.37	33.30
2.	Bregje Dekkers	Psv	5:09.48	200900746	5:07.64
	50m: 33.40	33.40 150m: 1:51.81	40.34 250m: 3:15.58	45.07 350m: 4:35.07	34.14
	100m: 1:11.47	38.07 200m: 2:30.51	38.70 300m: 4:00.93	45.35 400m: 5:07.64	32.57
3.	Jayna Wagemakers	Hieronymus	5:47.23	201000226	5:39.31
	50m: 35.47	35.47 150m: 2:01.69	42.12 250m: 3:30.92	47.76 350m: 5:00.87	40.78
	100m: 1:19.57	44.10 200m: 2:43.16	41.47 300m: 4:20.09	49.17 400m: 5:39.31	38.44
4.	Renske van den Bosch	V.Z.V. Njord	5:47.63	201001828	5:42.25
	50m: 37.07	37.07 150m: 2:03.29	43.16 250m: 3:35.14	50.07 350m: 5:03.99	38.78
	100m: 1:20.13	43.06 200m: 2:45.07	41.78 300m: 4:25.21	50.07 400m: 5:42.25	38.26
5.	Isa van der Sanden	De Krabben	5:46.81	200903452	5:48.26
	50m: 38.22	38.22 150m: 2:09.24	44.01 250m: 3:41.06	48.62 350m: 5:10.51	40.66
	100m: 1:25.23	47.01 200m: 2:52.44	43.20 300m: 4:29.85	48.79 400m: 5:48.26	37.75
6.	Ilja van Gemeren	Arethusa	6:14.24	201001330	5:57.34
	50m: 37.67	37.67 150m: 2:10.09	45.50 250m: 3:42.47	48.59 350m: 5:15.81	43.50
	100m: 1:24.59	46.92 200m: 2:53.88	43.79 300m: 4:32.31	49.84 400m: 5:57.34	41.53
7.	Bo Bontrup	Psv	5:44.44	200902150	5:57.87
	50m: 35.50	35.50 150m: 2:05.65	47.61 250m: 3:40.89	49.36 350m: 5:16.15	43.79
	100m: 1:18.04	42.54 200m: 2:51.53	45.88 300m: 4:32.36	51.47 400m: 5:57.87	41.72
8.	Lotje Koenraads	Sbc2000	6:10.99	200900896	6:01.51
	50m: 40.12	40.12 150m: 2:15.29	47.93 250m: 3:50.84	48.09 350m: 5:22.30	41.63
	100m: 1:27.36	47.24 200m: 3:02.75	47.46 300m: 4:40.67	49.83 400m: 6:01.51	39.21
9.	Annebel Kluijtmans	Arethusa	5:44.48	200900808	6:07.21
	50m: 36.04	36.04 150m: 2:05.33	42.68 250m: 3:38.98	51.18 350m: 5:18.85	47.18
	100m: 1:22.65	46.61 200m: 2:47.80	42.47 300m: 4:31.67	52.69 400m: 6:07.21	48.36
DSQ	Isa Goedhart	BZV 's-Hertogenbosch	6:25.58	201000672	
	AA - De start ingezet voor het startsignaal (en wel gezwommen).				

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Onder 18 (2007-2008)

1.	Isa Jansen	Sbc2000	5:17.52	200701176	5:21.70	+0,75
	50m: 33.25	33.25	150m: 1:53.61	40.17	250m: 3:18.36	45.19
	100m: 1:13.44	40.19	200m: 2:33.17	39.56	300m: 4:04.27	45.91
					350m: 4:43.52	39.25
					400m: 5:21.70	38.18
2.	Lotte Blanken	Sbc2000	5:35.51	200801476	5:31.59	+0,80
	50m: 34.95	34.95	150m: 1:59.66	41.85	250m: 3:26.27	46.06
	100m: 1:17.81	42.86	200m: 2:40.21	40.55	300m: 4:14.45	48.18
					350m: 4:54.49	40.04
					400m: 5:31.59	37.10
3.	Ines Keijzers	Nuenen	6:14.43	200704296	6:01.21	+0,66
	50m: 36.26	36.26	150m: 2:08.49	48.83	250m: 3:45.57	50.50
	100m: 1:19.66	43.40	200m: 2:55.07	46.58	300m: 4:35.90	50.33
					350m: 5:19.56	43.66
					400m: 6:01.21	41.65
4.	Eline van Dijk * 350 mtr	V.Z.V. Njord	6:14.22	200703660	6:12.29	+0,77
	50m: 39.63	39.63	150m: 2:14.74	48.85	250m: 3:54.46	52.99
	100m: 1:25.89	46.26	200m: 3:01.47	46.73	300m: 4:47.17	52.71
					350m: 5:31.36	44.19
					400m: 6:12.29	40.93
5.	Jansje de Ridder	De Biesboschwemmers	6:06.96	200800194	6:13.79	
	50m: 36.81	36.81	150m: 2:12.49	48.60	250m: 3:55.36	55.49
	100m: 1:23.89	47.08	200m: 2:59.87	47.38	300m: 4:52.83	57.47
					350m: 5:33.56	40.73
					400m: 6:13.79	40.23
6.	Britt van der Ham	Wzv	6:19.11	200801320	6:28.18	
	50m: 41.50	41.50	150m: 2:20.96	47.12	250m: 4:03.97	56.53
	100m: 1:33.84	52.34	200m: 3:07.44	46.48	300m: 5:00.93	56.96
					350m: 5:44.81	43.88
					400m: 6:28.18	43.37
DSQ	Manaudou Verhaar	AquaDream	5:51.62	200801376		+0,57
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>					

18 en ouder (2006 e.e.)

1.	Kirsten Verhale	Psv	4:56.03	200400210	4:51.42	+0,74
	50m: 30.60	30.60	150m: 1:43.47	37.45	250m: 3:01.82	42.20
	100m: 1:06.02	35.42	200m: 2:19.62	36.15	300m: 3:44.58	42.76
					350m: 4:18.46	33.88
					400m: 4:51.42	32.96
2.	Nikita van den Ouden	Psv	4:49.21	199900622	4:54.69	
	50m: 30.75	30.75	150m: 1:44.72	38.31	250m: 3:04.40	42.32
	100m: 1:06.41	35.66	200m: 2:22.08	37.36	300m: 3:46.63	42.23
					350m: 4:20.85	34.22
					400m: 4:54.69	33.84
3.	Roos Englebert	Hieronymus	5:11.88	200200606	4:58.34	
	50m: 32.53	32.53	150m: 1:48.38	39.17	250m: 3:08.48	41.78
	100m: 1:09.21	36.68	200m: 2:26.70	38.32	300m: 3:50.73	42.25
					350m: 4:25.26	34.53
					400m: 4:58.34	33.08
4.	Isa Schellekens	zegenwerp	5:17.18	200002330	5:02.29	+0,57
	50m: 32.33	32.33	150m: 1:49.45	38.59	250m: 3:09.39	42.85
	100m: 1:10.86	38.53	200m: 2:26.54	37.09	300m: 3:52.99	43.60
					350m: 4:27.70	34.71
					400m: 5:02.29	34.59
5.	Valesca van den Bogert	Hieronymus	5:05.64	200102138	5:10.34	+0,75
	50m: 32.19	32.19	150m: 1:51.22	41.08	250m: 3:13.86	42.24
	100m: 1:10.14	37.95	200m: 2:31.62	40.40	300m: 3:56.36	42.50
					350m: 4:33.69	37.33
					400m: 5:10.34	36.65
6.	Fiona Meuffels	Psv	5:42.02	199504366	5:33.82	
	50m: 33.24	33.24	150m: 1:57.80	43.46	250m: 3:27.40	46.56
	100m: 1:14.34	41.10	200m: 2:40.84	43.04	300m: 4:15.44	48.04
					350m: 4:54.98	39.54
					400m: 5:33.82	38.84
7.	Liselotte Joling	Psv	5:36.31	197500268	5:44.61	+0,88
	50m: 36.17	36.17	150m: 2:03.81	46.17	250m: 3:37.18	48.81
	100m: 1:17.64	41.47	200m: 2:48.37	44.56	300m: 4:26.98	49.80
					350m: 5:06.77	39.79
					400m: 5:44.61	37.84
8.	Birgit Hage	Psv	5:41.71	200602898	6:02.62	
	50m: 36.53	36.53	150m: 2:06.11	46.57	250m: 3:44.60	54.91
	100m: 1:19.54	43.01	200m: 2:49.69	43.58	300m: 4:42.15	57.55
					350m: 5:23.39	41.24
					400m: 6:02.62	39.23