

Programmanr. 8
16/11/2024 - 15:35

Dames, 400m vrije slag

2012 en eerder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Onder 14 (2011-2012)					
1.	Yill van Bezouw	Hieronymus	4:32.04	201100704	4:31.60 +0,77
	50m: 30.85	30.85 150m: 1:39.49	34.52 250m: 2:48.70	34.64 350m: 3:58.95	35.05
	100m: 1:04.97	34.12 200m: 2:14.06	34.57 300m: 3:23.90	35.20 400m: 4:31.60	32.65
2.	Anna Lepoutre	Psv	4:42.10	201100534	4:42.14 +0,61
	50m: 32.56	32.56 150m: 1:44.29	36.09 250m: 2:56.31	36.05 350m: 4:07.61	35.95
	100m: 1:08.20	35.64 200m: 2:20.26	35.97 300m: 3:31.66	35.35 400m: 4:42.14	34.53
3.	Alissa Rooijackers	Z&PV Nuenen	5:07.37	201101892	5:00.85 +0,68
	50m: 33.13	33.13 150m: 1:47.61	37.67 250m: 3:04.19	38.54 350m: 4:23.11	39.56
	100m: 1:09.94	36.81 200m: 2:25.65	38.04 300m: 3:43.55	39.36 400m: 5:00.85	37.74
4.	Kendra van der Voort	Arethusa	5:17.93	201100536	5:07.58
	50m: 34.92	34.92 150m: 1:53.72	39.98 250m: 3:13.33	39.51 350m: 4:31.14	37.94
	100m: 1:13.74	38.82 200m: 2:33.82	40.10 300m: 3:53.20	39.87 400m: 5:07.58	36.44
5.	Brecht van Ravensteijn	Arethusa	5:24.05	201100738	5:08.45 +0,72
	50m: 35.00	35.00 150m: 1:53.68	40.01 250m: 3:13.48	39.54 350m: 4:32.08	38.73
	100m: 1:13.67	38.67 200m: 2:33.94	40.26 300m: 3:53.35	39.87 400m: 5:08.45	36.37
6.	Fleur Buijs	Hieronymus	5:16.37	201100676	5:10.92 +0,87
	50m: 34.52	34.52 150m: 1:51.66	39.09 250m: 3:11.91	40.42 350m: 4:31.70	39.42
	100m: 1:12.57	38.05 200m: 2:31.49	39.83 300m: 3:52.28	40.37 400m: 5:10.92	39.22
7.	Lise Markes	Sbc2000	5:26.48	201101276	5:12.76
	50m: 36.33	36.33 150m: 1:56.30	40.57 250m: 3:17.76	40.29 350m: 4:36.67	39.16
	100m: 1:15.73	39.40 200m: 2:37.47	41.17 300m: 3:57.51	39.75 400m: 5:12.76	36.09
8.	Tesse van de Wetering	Arethusa	5:20.44	201200780	5:21.11 +0,75
	50m: 36.05	36.05 150m: 1:56.81	40.93 250m: 3:19.34	41.17 350m: 4:42.27	41.86
	100m: 1:15.88	39.83 200m: 2:38.17	41.36 300m: 4:00.41	41.07 400m: 5:21.11	38.84
9.	Zora Spriet	Hieronymus	5:28.37	201100532	5:25.60 +0,70
	50m: 36.30	36.30 150m: 1:58.38	41.18 250m: 3:21.53	41.14 350m: 4:45.47	41.87
	100m: 1:17.20	40.90 200m: 2:40.39	42.01 300m: 4:03.60	42.07 400m: 5:25.60	40.13
10.	Dagmar Wierckx	Sbc2000	5:33.88	201101278	5:28.97 +0,88
	50m: 37.35	37.35 150m: 2:00.08	42.15 250m: 3:24.24	42.67 350m: 4:48.29	40.96
	100m: 1:17.93	40.58 200m: 2:41.57	41.49 300m: 4:07.33	43.09 400m: 5:28.97	40.68
11.	Marina Petkovic	Psv	5:48.88	201102494	5:31.84
	50m: 37.96	37.96 150m: 2:01.51	42.44 250m: 3:25.89	42.25 350m: 4:51.26	42.49
	100m: 1:19.07	41.11 200m: 2:43.64	42.13 300m: 4:08.77	42.88 400m: 5:31.84	40.58
12.	Emma van den Berg	V.Z.V. Njord	5:31.89	201100830	5:44.21
	50m: 37.54	37.54 150m: 2:03.43	43.56 250m: 3:31.89	44.63 350m: 5:01.49	44.46
	100m: 1:19.87	42.33 200m: 2:47.26	43.83 300m: 4:17.03	45.14 400m: 5:44.21	42.72
13.	Juna van Gennip	Psv	5:43.23	201201378	5:46.93 +0,86
	50m: 38.69	38.69 150m: 2:04.16	43.15 250m: 3:33.42	44.71 350m: 5:03.70	45.10
	100m: 1:21.01	42.32 200m: 2:48.71	44.55 300m: 4:18.60	45.18 400m: 5:46.93	43.23
14.	Kate Broekman	Arethusa	5:51.27	201200176	5:48.98
	50m: 37.62	37.62 150m: 2:06.07	45.14 250m: 3:37.24	46.15 350m: 5:05.96	43.21
	100m: 1:20.93	43.31 200m: 2:51.09	45.02 300m: 4:22.75	45.51 400m: 5:48.98	43.02
15.	Amy de Kooter	De Biesboschzwemmers	5:56.16	201100128	5:50.93 +0,83
	50m: 38.43	38.43 150m: 2:06.24	44.64 250m: 3:37.13	45.47 350m: 5:08.06	45.42
	100m: 1:21.60	43.17 200m: 2:51.66	45.42 300m: 4:22.64	45.51 400m: 5:50.93	42.87
AFGEM	Ize Thijs	ZV Hydra	5:55.54	201101388	

Onder 16 (2010-2009)

1.	Renske van den Bosch	V.Z.V. Njord	5:04.30	201001828	5:01.40
	50m: 33.80	33.80 150m: 1:50.99	38.99 250m: 3:08.93	38.66 350m: 4:25.73	37.71
	100m: 1:12.00	38.20 200m: 2:30.27	39.28 300m: 3:48.02	39.09 400m: 5:01.40	35.67
2.	Jayna Wagemakers	Hieronymus	5:13.43	201000226	5:01.79 +0,77
	50m: 33.92	33.92 150m: 1:51.28	39.17 250m: 3:09.93	39.23 350m: 4:26.76	37.93
	100m: 1:12.11	38.19 200m: 2:30.70	39.42 300m: 3:48.83	38.90 400m: 5:01.79	35.03
3.	Rona Goverde	Hieronymus	5:06.39	200900298	5:08.52 +0,78
	50m: 33.96	33.96 150m: 1:51.83	39.14 250m: 3:12.08	40.25 350m: 4:31.44	39.54
	100m: 1:12.69	38.73 200m: 2:31.83	40.00 300m: 3:51.90	39.82 400m: 5:08.52	37.08

Programmanr. 8, Meisjes, 400m vrije slag, Onder 16 (2010-2009)

rang	naam	vereniging	intijd	tijd	RT			
4.	Isus Verdysseidonk	Psv	5:15.54	201002878	5:10.17			
	50m: 35.04	35.04	150m: 1:52.82	39.19	250m: 3:11.61	39.50	350m: 4:31.23	39.76
	100m: 1:13.63	38.59	200m: 2:32.11	39.29	300m: 3:51.47	39.86	400m: 5:10.17	38.94
5.	Hanna Advokaat	Psv	5:12.20	200901502	5:15.84	+0,88		
	50m: 35.08	35.08	150m: 1:53.32	39.65	250m: 3:13.59	40.01	350m: 4:35.47	41.34
	100m: 1:13.67	38.59	200m: 2:33.58	40.26	300m: 3:54.13	40.54	400m: 5:15.84	40.37
6.	Isa van der Sanden	De Krabben	5:28.28	200903452	5:15.95	+0,85		
	50m: 36.62	36.62	150m: 1:57.82	40.84	250m: 3:19.91	41.26	350m: 4:39.23	39.48
	100m: 1:16.98	40.36	200m: 2:38.65	40.83	300m: 3:59.75	39.84	400m: 5:15.95	36.72
7.	Lotje Koenraads	Sbc2000	5:18.98	200900896	5:17.98	+0,35		
	50m: 35.27	35.27	150m: 1:55.19	40.90	250m: 3:18.07	41.28	350m: 4:40.85	41.16
	100m: 1:14.29	39.02	200m: 2:36.79	41.60	300m: 3:59.69	41.62	400m: 5:17.98	37.13
8.	Eva Steggerda	Sbc2000	5:23.08	200901506	5:19.02	+0,87		
	50m: 36.21	36.21	150m: 1:56.99	40.99	250m: 3:19.61	41.66	350m: 4:40.36	39.75
	100m: 1:16.00	39.79	200m: 2:37.95	40.96	300m: 4:00.61	41.00	400m: 5:19.02	38.66
9.	Annelotte Lagendaal	O.Z. & P.C. De Warande	5:17.30	201003354	5:20.19	+0,81		
	50m: 35.19	35.19	150m: 1:53.22	39.42	250m: 3:14.81	40.99	350m: 4:38.83	42.29
	100m: 1:13.80	38.61	200m: 2:33.82	40.60	300m: 3:56.54	41.73	400m: 5:20.19	41.36
10.	Alexx Broekman	Arethusa	5:16.00	200902374	5:23.12	+0,88		
	50m: 34.79	34.79	150m: 1:56.65	41.54	250m: 3:19.67	41.39	350m: 4:42.95	41.62
	100m: 1:15.11	40.32	200m: 2:38.28	41.63	300m: 4:01.33	41.66	400m: 5:23.12	40.17
11.	Evi Grauwmans	Sbc2000	5:20.94	200902326	5:24.42			
	50m: 35.52	35.52	150m: 1:56.60	40.91	250m: 3:20.09	42.40	350m: 4:43.43	41.34
	100m: 1:15.69	40.17	200m: 2:37.69	41.09	300m: 4:02.09	42.00	400m: 5:24.42	40.99
12.	Lara Müller	Arethusa	5:25.91	200903610	5:26.04	+0,67		
	50m: 36.65	36.65	150m: 1:58.52	41.55	250m: 3:23.01	42.69	350m: 4:47.93	42.33
	100m: 1:16.97	40.32	200m: 2:40.32	41.80	300m: 4:05.60	42.59	400m: 5:26.04	38.11
13.	Ilja van Gemeren	Arethusa	5:30.23	201001330	5:29.97	+0,76		
	50m: 35.36	35.36	150m: 1:57.33	41.51	250m: 3:22.69	42.70	350m: 4:48.14	42.55
	100m: 1:15.82	40.46	200m: 2:39.99	42.66	300m: 4:05.59	42.90	400m: 5:29.97	41.83

Onder 18 (2008-2007)

1.	Veerle Hildebrand	Psv	4:33.25	200801830	4:31.78	+0,70		
	50m: 30.00	30.00	150m: 1:37.87	34.47	250m: 2:47.82	35.13	350m: 3:57.84	34.94
	100m: 1:03.40	33.40	200m: 2:12.69	34.82	300m: 3:22.90	35.08	400m: 4:31.78	33.94
2.	Nieke Dovic	Psv	4:48.51	200700238	4:47.85	+0,82		
	50m: 32.51	32.51	150m: 1:44.33	36.26	250m: 2:57.66	36.60	350m: 4:11.47	37.07
	100m: 1:08.07	35.56	200m: 2:21.06	36.73	300m: 3:34.40	36.74	400m: 4:47.85	36.38
3.	Isa Jansen	Sbc2000	4:43.28	200701176	4:48.66	+0,81		
	50m: 31.75	31.75	150m: 1:43.69	36.14	250m: 2:57.85	37.29	350m: 4:12.02	37.31
	100m: 1:07.55	35.80	200m: 2:20.56	36.87	300m: 3:34.71	36.86	400m: 4:48.66	36.64
4.	Lotte Blanken	Sbc2000	4:56.92	200801476	4:50.23			
	50m: 32.48	32.48	150m: 1:45.70	37.08	250m: 2:59.66	36.79	350m: 4:14.90	37.41
	100m: 1:08.62	36.14	200m: 2:22.87	37.17	300m: 3:37.49	37.83	400m: 4:50.23	35.33
5.	Eleni Olimpiou	Psv	5:03.16	200804924	4:56.10	+0,65		
	50m: 32.71	32.71	150m: 1:47.17	37.78	250m: 3:03.95	38.50	350m: 4:19.56	36.92
	100m: 1:09.39	36.68	200m: 2:25.45	38.28	300m: 3:42.64	38.69	400m: 4:56.10	36.54
6.	Anne Madelief van Buren	Psv	5:13.06	200803856	5:08.16	+0,70		
	50m: 31.42	31.42	150m: 1:48.07	39.15	250m: 3:07.89	40.07	350m: 4:28.71	40.33
	100m: 1:08.92	37.50	200m: 2:27.82	39.75	300m: 3:48.38	40.49	400m: 5:08.16	39.45
7.	Liza Theuns	Waalwijkse Zwem Vereniging	5:15.52	200702172	5:12.42	+0,72		
	50m: 33.59	33.59	150m: 1:50.87	39.00	250m: 3:10.50	40.46	350m: 4:32.90	41.22
	100m: 1:11.87	38.28	200m: 2:30.04	39.17	300m: 3:51.68	41.18	400m: 5:12.42	39.52
8.	Manadou Verhaar	AquaDream	5:06.35	200801376	5:14.46	+0,75		
	50m: 34.54	34.54	150m: 1:53.87	40.56	250m: 3:14.08	40.28	350m: 4:35.23	40.16
	100m: 1:13.31	38.77	200m: 2:33.80	39.93	300m: 3:55.07	40.99	400m: 5:14.46	39.23
9.	Phyllis Legein	Psv	5:12.90	200801396	5:18.85			
	50m: 33.31	33.31	150m: 1:49.81	39.26	250m: 3:13.30	42.09	350m: 4:37.54	42.16
	100m: 1:10.55	37.24	200m: 2:31.21	41.40	300m: 3:55.38	42.08	400m: 5:18.85	41.31
10.	Mila Hermans	Dzt'62	5:19.62	200801006	5:29.76	+0,71		
	50m: 36.64	36.64	150m: 1:56.97	40.68	250m: 3:21.69	42.53	350m: 4:48.60	43.13
	100m: 1:16.29	39.65	200m: 2:39.16	42.19	300m: 4:05.47	43.78	400m: 5:29.76	41.16

Programmanr. 8, Meisjes, 400m vrije slag, Onder 18 (2008-2007)

rang	naam	vereniging	intijd		tijd	RT
AFGEM	Jansje de Ridder	De Biesboschzwemmers	5:01.23	200800194		
AFGEM	Maud van Zwienen	O.Z. & P.C. De Warande	4:52.21	200703734		

18 en ouder (2006 e.e.)

1.	Imani de Jong	Psv	4:10.34	200200464	4:10.65	+0,71
	50m: 28.79	28.79 150m: 1:31.20	31.39	250m: 2:34.95	31.96	350m: 3:39.50
	100m: 59.81	31.02 200m: 2:02.99	31.79	300m: 3:07.21	32.26	400m: 4:10.65
2.	Yara van Kalmthout	Psv	4:11.77	200200984	4:17.45	+0,69
	50m: 29.26	29.26 150m: 1:33.28	32.24	250m: 2:38.64	32.64	350m: 3:44.95
	100m: 1:01.04	31.78 200m: 2:06.00	32.72	300m: 3:11.76	33.12	400m: 4:17.45
3.	Nikita van den Ouden	Psv	4:21.54	199900622	4:23.34	+0,72
	50m: 30.04	30.04 150m: 1:36.80	33.35	250m: 2:43.48	33.31	350m: 3:50.72
	100m: 1:03.45	33.41 200m: 2:10.17	33.37	300m: 3:17.21	33.73	400m: 4:23.34
4.	Roos Englebort	Hieronymus	4:29.90	200200606	4:32.84	+0,77
	50m: 30.69	30.69 150m: 1:39.08	34.46	250m: 2:49.13	35.12	350m: 3:58.99
	100m: 1:04.62	33.93 200m: 2:14.01	34.93	300m: 3:24.35	35.22	400m: 4:32.84
5.	Isa Schellekens	Zegenwerp	4:34.46	200002330	4:33.45	
	50m: 31.38	31.38 150m: 1:40.45	34.51	250m: 2:49.90	34.99	350m: 3:59.40
	100m: 1:05.94	34.56 200m: 2:14.91	34.46	300m: 3:24.64	34.74	400m: 4:33.45
6.	Liselotte Joling	Psv	4:47.48	197500268	4:51.57	+0,86
	50m: 34.44	34.44 150m: 1:49.26	37.16	250m: 3:02.72	36.40	350m: 4:15.63
	100m: 1:12.10	37.66 200m: 2:26.32	37.06	300m: 3:39.37	36.65	400m: 4:51.57
7.	Maud Weijmans	Z&PV Nuenen	4:58.78	200103830	4:53.53	
	50m: 34.60	34.60 150m: 1:49.40	37.39	250m: 3:03.79	37.03	350m: 4:17.48
	100m: 1:12.01	37.41 200m: 2:26.76	37.36	300m: 3:40.65	36.86	400m: 4:53.53
8.	Lieke Smits	Tempo Valkenswaard	5:00.98	199604646	4:54.49	+0,74
	50m: 32.29	32.29 150m: 1:45.68	36.82	250m: 3:00.94	37.76	350m: 4:17.57
	100m: 1:08.86	36.57 200m: 2:23.18	37.50	300m: 3:39.10	38.16	400m: 4:54.49
9.	Lieke van Geijn	Sbc2000	4:54.99	200600314	4:56.05	+0,72
	50m: 32.68	32.68 150m: 1:46.29	37.25	250m: 3:01.38	37.91	350m: 4:18.30
	100m: 1:09.04	36.36 200m: 2:23.47	37.18	300m: 3:39.73	38.35	400m: 4:56.05
10.	Daniek van den Berg	Dbd	5:00.41	200505398	5:00.27	+0,67
	50m: 33.95	33.95 150m: 1:48.86	37.92	250m: 3:06.47	38.86	350m: 4:24.69
	100m: 1:10.94	36.99 200m: 2:27.61	38.75	300m: 3:45.40	38.93	400m: 5:00.27
11.	Tamar Roosen	V.Z.V. Njord	5:05.86	200501168	5:04.23	
	50m: 34.58	34.58 150m: 1:50.92	38.73	250m: 3:09.13	39.11	350m: 4:27.21
	100m: 1:12.19	37.61 200m: 2:30.02	39.10	300m: 3:48.20	39.07	400m: 5:04.23
12.	Michelle van Dijk	Dzt'62	5:00.13	199806564	5:05.49	+0,80
	50m: 34.40	34.40 150m: 1:51.10	38.90	250m: 3:09.71	39.35	350m: 4:28.29
	100m: 1:12.20	37.80 200m: 2:30.36	39.26	300m: 3:48.98	39.27	400m: 5:05.49
13.	Larissa Jansen	Psv	4:59.96	199500660	5:06.07	+0,85
	50m: 34.60	34.60 150m: 1:51.27	38.71	250m: 3:08.97	38.63	350m: 4:27.93
	100m: 1:12.56	37.96 200m: 2:30.34	39.07	300m: 3:48.25	39.28	400m: 5:06.07