

Limietwedstrijd Lange baan 2025 deel 1
Eindhoven, 16-2-2025

Programmanr. 1 16-2-2025	Dames, 400m vrije slag	Senioren Open Resultaten
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rang	naam	vereniging		intijd		tijd		RT
1.	Bregje Dekkers	PSV		4:30.22		200900746		4:30.53 +0,73
	50m: 31.22	31.22	150m: 1:39.33	34.28	250m: 2:47.70	34.02	350m: 3:56.58	34.41
	100m: 1:05.05	33.83	200m: 2:13.68	34.35	300m: 3:22.17	34.47	400m: 4:30.53	33.95
2.	Yill van Bezouw	Hieronymus		4:46.03		201100704		4:35.81 +0,74
	50m: 31.17	31.17	150m: 1:40.32	34.78	250m: 2:50.78	35.33	350m: 4:01.59	35.61
	100m: 1:05.54	34.37	200m: 2:15.45	35.13	300m: 3:25.98	35.20	400m: 4:35.81	34.22
3.	Kirsten Walraven	ZPC De Zeeuwse Kust		4:51.05		200001358		4:54.63 +0,81
	50m: 32.57	32.57	150m: 1:45.95	37.33	250m: 3:01.85	37.82	350m: 4:17.91	38.08
	100m: 1:08.62	36.05	200m: 2:24.03	38.08	300m: 3:39.83	37.98	400m: 4:54.63	36.72
4.	Lotte Frissen	SG Patrick - De Roersoppers		4:53.27		200701354		4:57.51 +0,74
	50m: 31.71	31.71	150m: 1:45.57	37.75	250m: 3:03.88	39.23	350m: 4:20.68	38.22
	100m: 1:07.82	36.11	200m: 2:24.65	39.08	300m: 3:42.46	38.58	400m: 4:57.51	36.83
5.	Alissa Rooijackers	Z&PV Nuenen		5:11.26		201101892		5:01.15 +0,75
	50m: 33.82	33.82	150m: 1:49.04	37.93	250m: 3:06.39	38.67	350m: 4:24.51	39.30
	100m: 1:11.11	37.29	200m: 2:27.72	38.68	300m: 3:45.21	38.82	400m: 5:01.15	36.64
6.	Julia Ketelaars	Hellas-Glana		4:58.00		201200028		5:04.35 +0,72
	50m: 34.00	34.00	150m: 1:50.71	39.10	250m: 3:09.12	39.29	350m: 4:26.79	38.42
	100m: 1:11.61	37.61	200m: 2:29.83	39.12	300m: 3:48.37	39.25	400m: 5:04.35	37.56
7.	Elke Kriesels	Hieronymus		5:10.06		201100898		5:06.23 +0,78
	50m: 33.56	33.56	150m: 1:50.29	39.18	250m: 3:09.39	39.47	350m: 4:28.23	38.94
	100m: 1:11.11	37.55	200m: 2:29.92	39.63	300m: 3:49.29	39.90	400m: 5:06.23	38.00
8.	Esra Simon	Hellas-Glana		5:05.01		201100004		5:11.77 +0,78
	50m: 36.04	36.04	150m: 1:53.62	39.01	250m: 3:12.84	39.51	350m: 4:33.12	40.58
	100m: 1:14.61	38.57	200m: 2:33.33	39.71	300m: 3:52.54	39.70	400m: 5:11.77	38.65
9.	Isus Verdysseidonk	PSV		6:00.17		201002878		5:11.92 +0,73
	50m: 35.36	35.36	150m: 1:54.06	39.41	250m: 3:13.83	39.93	350m: 4:33.71	40.00
	100m: 1:14.65	39.29	200m: 2:33.90	39.84	300m: 3:53.71	39.88	400m: 5:11.92	38.21
10.	Senna Bongartz	SG Patrick - De Roersoppers		5:13.67		200301826		5:14.86 +0,75
	50m: 35.50	35.50	150m: 1:55.39	40.59	250m: 3:15.42	40.20	350m: 4:35.44	39.80
	100m: 1:14.80	39.30	200m: 2:35.22	39.83	300m: 3:55.64	40.22	400m: 5:14.86	39.42
11.	Anne Madelief van Buren	PSV		5:48.78		200803856		5:16.13 +0,67
	50m: 34.70	34.70	150m: 1:54.79	40.82	250m: 3:15.94	41.29	350m: 4:38.56	40.54
	100m: 1:13.97	39.27	200m: 2:34.65	39.86	300m: 3:58.02	42.08	400m: 5:16.13	37.57
12.	Julie Simonis	Hellas-Glana		5:01.74		201000144		5:17.48 +0,87
	50m: 34.05	34.05	150m: 1:51.92	39.65	250m: 3:13.30	41.08	350m: 4:36.87	41.99
	100m: 1:12.27	38.22	200m: 2:32.22	40.30	300m: 3:54.88	41.58	400m: 5:17.48	40.61
13.	Hanna Advokaat	PSV		5:22.82		200901502		5:18.35 +0,87
	50m: 35.63	35.63	150m: 1:55.77	40.08	250m: 3:16.73	40.26	350m: 4:38.43	40.65
	100m: 1:15.69	40.06	200m: 2:36.47	40.70	300m: 3:57.78	41.05	400m: 5:18.35	39.92
14.	Jana Nelissen	SG Patrick - De Roersoppers		5:24.66		201200350		5:21.34 +0,71
	50m: 32.80	32.80	150m: 1:51.13	40.52	250m: 3:15.59	42.15	350m: 4:41.07	43.24
	100m: 1:10.61	37.81	200m: 2:33.44	42.31	300m: 3:57.83	42.24	400m: 5:21.34	40.27
15.	Brecht van Ravenstein	Arethusa		5:29.45		201100738		5:21.41 +0,72
	50m: 35.02	35.02	150m: 1:55.34	40.98	250m: 3:18.55	42.04	350m: 4:41.97	41.77
	100m: 1:14.36	39.34	200m: 2:36.51	41.17	300m: 4:00.20	41.65	400m: 5:21.41	39.44
16.	Isa van der Sanden	Hieronymus		5:28.28		200904528		5:23.10 +0,84
	50m: 36.39	36.39	150m: 1:58.97	41.57	250m: 3:23.17	41.71	350m: 4:45.71	40.77
	100m: 1:17.40	41.01	200m: 2:41.46	42.49	300m: 4:04.94	41.77	400m: 5:23.10	37.39
17.	Anais Hoeppe	VZV Njord		5:24.22		200402048		5:26.57 +0,65
	50m: 35.90	35.90	150m: 1:59.97	42.86	250m: 3:25.68	42.31	350m: 4:49.12	41.39
	100m: 1:17.11	41.21	200m: 2:43.37	43.40	300m: 4:07.73	42.05	400m: 5:26.57	37.45
18.	Valerie Rienties	Zwemsport Parkstad		5:18.97		201200400		5:27.33 +0,65
	50m: 36.09	36.09	150m: 1:56.96	41.21	250m: 3:20.99	42.34	350m: 4:46.28	42.24
	100m: 1:15.75	39.66	200m: 2:38.65	41.69	300m: 4:04.04	43.05	400m: 5:27.33	41.05
19.	Danné van Munster	Hellas-Glana		5:16.62		200901262		5:28.51 +0,65
	50m: 35.53	35.53	150m: 1:58.93	42.00	250m: 3:23.58	42.42	350m: 4:48.03	42.12
	100m: 1:16.93	41.40	200m: 2:41.16	42.23	300m: 4:05.91	42.33	400m: 5:28.51	40.48
20.	Anouk Hacken	Z&PC Zegenwerp		5:10.00		200404418		5:28.76 +0,77
	50m: 33.33	33.33	150m: 1:52.81	40.57	250m: 3:17.63	43.29	350m: 4:45.94	44.99
	100m: 1:12.24	38.91	200m: 2:34.34	41.53	300m: 4:00.95	43.32	400m: 5:28.76	42.82
21.	Jennifer Koonen	Zwemsport Parkstad		5:05.21		200500386		5:29.24 +0,79
	50m: 35.88	35.88	150m: 1:57.32	41.32	250m: 3:22.24	42.79	350m: 4:48.63	42.84
	100m: 1:16.00	40.12	200m: 2:39.45	42.13	300m: 4:05.79	43.55	400m: 5:29.24	40.61
22.	Zora Spriet	Hieronymus		5:39.82		201100532		5:32.01 +0,69
	50m: 37.88	37.88	150m: 2:01.06	42.23	250m: 3:26.60	42.72	350m: 4:51.62	42.72
	100m: 1:18.83	40.95	200m: 2:43.88	42.82	300m: 4:08.90	42.30	400m: 5:32.01	40.39

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

rang	naam	vereniging				intijd				tijd				RT	
23.	Ines Keijzers *	Z&PV Nuenen				5:38.61				200704296				5:34.39	+0,67
	50m: 36.38	36.38	150m: 1:59.83	42.45	250m: 3:26.23	43.65	350m: 4:53.14	43.68							
	100m: 1:17.38	41.00	200m: 2:42.58	42.75	300m: 4:09.46	43.23	400m: 5:34.39	41.25							
24.	Maybel Hansen	Zdkb				5:30.58				ZDKB/21117/09				5:36.80	+0,69
	50m: 37.80	37.80	150m: 2:02.35	42.38	250m: 3:29.25	43.06	350m: 4:55.85	43.32							
	100m: 1:19.97	42.17	200m: 2:46.19	43.84	300m: 4:12.53	43.28	400m: 5:36.80	40.95							
25.	Sophie Verdult	De Krabben				5:47.70				201002564				5:40.15	+0,86
	50m: 37.36	37.36	150m: 2:01.07	42.89	250m: 3:28.79	43.98	350m: 4:56.63	43.80							
	100m: 1:18.18	40.82	200m: 2:44.81	43.74	300m: 4:12.83	44.04	400m: 5:40.15	43.52							
26.	Danielle Bos	ZPC De Zeeuwse Kust				6:07.87				200902946				5:41.05	+0,80
	50m: 38.13	38.13	150m: 2:04.79	44.14	250m: 3:33.80	44.66	350m: 5:00.82	43.34							
	100m: 1:20.65	42.52	200m: 2:49.14	44.35	300m: 4:17.48	43.68	400m: 5:41.05	40.23							
27.	Koosje Versteeg	HZPC				5:59.16				201100422				5:45.82	
	50m: 37.45	37.45	150m: 2:04.49	44.62	250m: 3:33.72	45.03	350m: 5:03.17	44.06							
	100m: 1:19.87	42.42	200m: 2:48.69	44.20	300m: 4:19.11	45.39	400m: 5:45.82	42.65							
28.	Renske Coppens	Vivalo				5:40.64				200900440				5:46.80	+0,82
	50m: 37.04	37.04	150m: 2:01.30	43.30	250m: 3:31.00	45.09	350m: 5:02.34	45.33							
	100m: 1:18.00	40.96	200m: 2:45.91	44.61	300m: 4:17.01	46.01	400m: 5:46.80	44.46							
29.	Eveline van den Enden	Hellas-Glana				5:47.81				201300914				5:48.65	+0,81
	50m: 38.29	38.29	150m: 2:05.58	43.94	250m: 3:35.09	44.70	350m: 5:04.03	43.06							
	100m: 1:21.64	43.35	200m: 2:50.39	44.81	300m: 4:20.97	45.88	400m: 5:48.65	44.62							
30.	Charey-Ann van Rijn	VZV Njord				6:09.11				201101716				5:55.19	+0,78
	50m: 37.92	37.92	150m: 2:05.81	44.91	250m: 3:39.23	47.19	350m: 5:12.33	46.13							
	100m: 1:20.90	42.98	200m: 2:52.04	46.23	300m: 4:26.20	46.97	400m: 5:55.19	42.86							
31.	Sophie Runia	Dzt'62				6:03.00				201300930				6:00.09	+0,76
	50m: 39.56	39.56	150m: 2:13.88	47.44	250m: 3:47.49	46.38	350m: 5:19.68	45.31							
	100m: 1:26.44	46.88	200m: 3:01.11	47.23	300m: 4:34.37	46.88	400m: 6:00.09	40.41							
32.	Louane Carfantan	MZ&PC Maastricht				5:43.85				201101042				6:00.14	+0,72
	50m: 37.26	37.26	150m: 2:04.04	45.06	250m: 3:38.42	48.26	350m: 5:13.90	48.08							
	100m: 1:18.98	41.72	200m: 2:50.16	46.12	300m: 4:25.82	47.40	400m: 6:00.14	46.24							
33.	Hannah Clemens	Hellas-Glana				6:03.12				201102200				6:01.89	+0,76
	50m: 39.64	39.64	150m: 2:13.91	47.50	250m: 3:47.55	46.78	350m: 5:20.48	46.27							
	100m: 1:26.41	46.77	200m: 3:00.77	46.86	300m: 4:34.21	46.66	400m: 6:01.89	41.41							
34.	Floor Smedts	De Rog				NT				201101988				6:13.40	+0,67
	50m: 39.97	39.97	150m: 2:12.79	47.03	250m: 3:49.33	48.34	350m: 5:27.28	48.97							
	100m: 1:25.76	45.79	200m: 3:00.99	48.20	300m: 4:38.31	48.98	400m: 6:13.40	46.12							
35.	Kaelyn Schouten	Z&PV Nuenen				6:09.54				200903322				6:20.34	+0,68
	50m: 42.32	42.32	150m: 2:15.31	47.37	250m: 3:53.51	49.28	350m: 5:33.64	50.41							
	100m: 1:27.94	45.62	200m: 3:04.23	48.92	300m: 4:43.23	49.72	400m: 6:20.34	46.70							
AFGEM	Kyana de Vries	ZWK Merlet				5:45.91				200901260					