

Event 8  
20-1-2024 - 14:54

Women, 400m Freestyle

Senioren Open  
Results

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 1 en 2</b>					
1.	Yill van Bezouw	Hieronymus	4:47.21	201100704	<b>4:48.09</b> +0,80
	50m: 32.06	32.06 150m: 1:44.27	36.70	250m: 2:58.01	36.99
	100m: 1:07.57	35.51 200m: 2:21.02	36.75	300m: 3:35.63	37.62
				350m: 4:13.07	37.44
				400m: 4:48.09	35.02
2.	Anna Lepoutre	Psv	4:51.95	201100534	<b>4:53.03</b> +0,71
	50m: 33.20	33.20 150m: 1:46.40	36.84	250m: 3:01.32	37.37
	100m: 1:09.56	36.36 200m: 2:23.95	37.55	300m: 3:38.97	37.65
				350m: 4:16.63	37.66
				400m: 4:53.03	36.40
3.	Lola Verheijen	Psv	4:59.95	201100832	<b>4:55.55</b> +0,73
	50m: 33.00	33.00 150m: 1:48.36	38.07	250m: 3:04.67	38.19
	100m: 1:10.29	37.29 200m: 2:26.48	38.12	300m: 3:42.81	38.14
				350m: 4:19.55	36.74
				400m: 4:55.55	36.00
4.	Elke Kriesels	Hieronymus	5:07.19	201100898	<b>5:03.26</b> +0,79
	50m: 34.22	34.22 150m: 1:51.30	39.37	250m: 3:09.37	39.02
	100m: 1:11.93	37.71 200m: 2:30.35	39.05	300m: 3:48.38	39.01
				350m: 4:26.55	38.17
				400m: 5:03.26	36.71
5.	Alissa Rooijackers	Nuenen	5:20.81	201101892	<b>5:14.99</b>
	50m: 34.48	34.48 150m: 1:54.24	40.44	250m: 3:15.53	40.58
	100m: 1:13.80	39.32 200m: 2:34.95	40.71	300m: 3:55.90	40.37
				350m: 4:36.62	40.72
				400m: 5:14.99	38.37
6.	Pien Walstra	De Treffers	5:40.61	201101034	<b>5:25.19</b> +0,85
	50m: 37.36	37.36 150m: 2:00.88	42.34	250m: 3:25.43	42.92
	100m: 1:18.54	41.18 200m: 2:42.51	41.63	300m: 4:07.02	41.59
				350m: 4:47.75	40.73
				400m: 5:25.19	37.44
7.	Lise Markes	Sbc2000	5:26.61	201101276	<b>5:26.48</b>
	50m: 36.39	36.39 150m: 1:58.95	42.48	250m: 3:24.34	42.82
	100m: 1:16.47	40.08 200m: 2:41.52	42.57	300m: 4:06.47	42.13
				350m: 4:48.01	41.54
				400m: 5:26.48	38.47
8.	Kendra van der Voort	Arethusa	5:23.37	201100536	<b>5:26.72</b> +0,85
	50m: 36.00	36.00 150m: 1:58.06	42.23	250m: 3:23.52	42.52
	100m: 1:15.83	39.83 200m: 2:41.00	42.94	300m: 4:06.47	42.95
				350m: 4:47.97	41.50
				400m: 5:26.72	38.75
9.	Tesse van de Wetering	Arethusa	5:34.01	201200780	<b>5:34.79</b>
	50m: 37.70	37.70 150m: 2:04.38	44.04	250m: 3:32.03	43.94
	100m: 1:20.34	42.64 200m: 2:48.09	43.71	300m: 4:15.47	43.44
				350m: 4:56.79	41.32
				400m: 5:34.79	38.00
10.	Dagmar Wierckx	Sbc2000	5:43.95	201101278	<b>5:37.11</b> +0,96
	50m: 38.31	38.31 150m: 2:04.45	44.26	250m: 3:31.19	43.40
	100m: 1:20.19	41.88 200m: 2:47.79	43.34	300m: 4:14.38	43.19
				350m: 4:56.94	42.56
				400m: 5:37.11	40.17
11.	Brecht van Ravensteijn	Arethusa	5:35.19	201100738	<b>5:37.15</b>
	50m: 37.51	37.51 150m: 2:01.96	42.73	250m: 3:28.72	43.34
	100m: 1:19.23	41.72 200m: 2:45.38	43.42	300m: 4:12.33	43.61
				350m: 4:55.03	42.70
				400m: 5:37.15	42.12
12.	Fleur Buijs	Hieronymus	5:45.89	201100676	<b>5:39.08</b> +0,65
	50m: 37.16	37.16 150m: 2:02.36	43.35	250m: 3:29.35	43.49
	100m: 1:19.01	41.85 200m: 2:45.86	43.50	300m: 4:12.99	43.64
				350m: 4:55.54	42.55
				400m: 5:39.08	43.54
13.	Emma van den Berg	V.Z.V. Njord	5:31.89	201100830	<b>5:48.13</b> +0,65
	50m: 37.02	37.02 150m: 2:02.83	43.84	250m: 3:33.71	45.47
	100m: 1:18.99	41.97 200m: 2:48.24	45.41	300m: 4:18.98	45.27
				350m: 5:03.74	44.76
				400m: 5:48.13	44.39
14.	Zora Spriet	Zwemvereniging De Zilvermeer	6:01.00	201100532	<b>5:51.67</b> +0,58
	50m: 40.00	40.00 150m: 2:10.84	45.58	250m: 3:41.72	45.29
	100m: 1:25.26	45.26 200m: 2:56.43	45.59	300m: 4:26.69	44.97
				350m: 5:12.14	45.45
				400m: 5:51.67	39.53
15.	Evelien de Rooij	De Treffers	5:50.29	201102074	<b>5:52.51</b>
	50m: 38.43	38.43 150m: 2:05.09	44.37	250m: 3:37.87	46.65
	100m: 1:20.72	42.29 200m: 2:51.22	46.13	300m: 4:23.99	46.12
				350m: 5:09.64	45.65
				400m: 5:52.51	42.87
16.	Marina Petkovic	Psv	5:48.88	201102494	<b>5:53.21</b> +0,83
	50m: 39.63	39.63 150m: 2:08.50	44.67	250m: 3:38.46	45.05
	100m: 1:23.83	44.20 200m: 2:53.41	44.91	300m: 4:24.41	45.95
				350m: 5:12.48	48.07
				400m: 5:53.21	40.73
17.	Kate Broekman	Arethusa	5:51.27	201200176	<b>5:56.09</b>
	50m: 38.98	38.98 150m: 2:08.49	45.17	250m: 3:40.31	46.00
	100m: 1:23.32	44.34 200m: 2:54.31	45.82	300m: 4:27.04	46.73
				350m: 5:12.91	45.87
				400m: 5:56.09	43.18
18.	Amy de Kooter	De Biesboschzwemmers	6:06.72	201100128	<b>5:56.16</b> +0,70
	50m: 38.74	38.74 150m: 2:08.41	45.69	250m: 3:40.42	45.74
	100m: 1:22.72	43.98 200m: 2:54.68	46.27	300m: 4:28.07	47.65
				350m: 5:15.28	47.21
				400m: 5:56.16	40.88

Event 8, Women, 400m Freestyle

Junioren 3 en 4

1.	Bregje Dekkers	Psv	4:31.65	200900746	<b>4:39.10</b>	+0,61		
	50m: 32.01	32.01	150m: 1:41.70	34.98	250m: 2:52.74	35.41	350m: 4:03.71	35.50
	100m: 1:06.72	34.71	200m: 2:17.33	35.63	300m: 3:28.21	35.47	400m: 4:39.10	35.39
2.	Kinley Cole	Psv	4:48.66	200903696	<b>4:44.09</b>	+0,70		
	50m: 32.55	32.55	150m: 1:44.42	36.22	250m: 2:57.52	36.53	350m: 4:09.61	35.66
	100m: 1:08.20	35.65	200m: 2:20.99	36.57	300m: 3:33.95	36.43	400m: 4:44.09	34.48
3.	Renske van den Bosch	V.Z.V. Njord	5:13.66	201001828	<b>5:04.30</b>			
	50m: 34.80	34.80	150m: 1:52.25	39.19	250m: 3:10.46	39.16	350m: 4:27.58	38.41
	100m: 1:13.06	38.26	200m: 2:31.30	39.05	300m: 3:49.17	38.71	400m: 5:04.30	36.72
4.	Rona Goverde	Hieronymus	5:06.39	200900298	<b>5:06.66</b>	+0,78		
	50m: 34.41	34.41	150m: 1:51.97	38.99	250m: 3:10.35	39.34	350m: 4:28.65	38.94
	100m: 1:12.98	38.57	200m: 2:31.01	39.04	300m: 3:49.71	39.36	400m: 5:06.66	38.01
5.	Jayna Wagemakers	Hieronymus	5:13.43	201000226	<b>5:13.48</b>	+0,63		
	50m: 34.57	34.57	150m: 1:53.45	40.10	250m: 3:14.52	39.97	350m: 4:35.55	40.45
	100m: 1:13.35	38.78	200m: 2:34.55	41.10	300m: 3:55.10	40.58	400m: 5:13.48	37.93
6.	Lotje Koenraads	Sbc2000	5:18.98	200900896	<b>5:22.19</b>			
	50m: 35.67	35.67	150m: 1:56.79	41.49	250m: 3:21.60	42.79	350m: 4:44.65	40.96
	100m: 1:15.30	39.63	200m: 2:38.81	42.02	300m: 4:03.69	42.09	400m: 5:22.19	37.54
7.	Alexx Broekman	Arethusa	5:16.94	200902374	<b>5:23.11</b>	+0,83		
	50m: 35.70	35.70	150m: 1:58.37	41.95	250m: 3:22.02	41.72	350m: 4:45.69	41.90
	100m: 1:16.42	40.72	200m: 2:40.30	41.93	300m: 4:03.79	41.77	400m: 5:23.11	37.42
8.	Hanna Advokaat	Psv	5:29.80	200901502	<b>5:24.77</b>			
	50m: 36.65	36.65	150m: 1:58.53	41.80	250m: 3:22.27	41.98	350m: 4:45.35	40.81
	100m: 1:16.73	40.08	200m: 2:40.29	41.76	300m: 4:04.54	42.27	400m: 5:24.77	39.42
9.	Lara Mueller	Arethusa	5:31.94	200903610	<b>5:25.91</b>	+0,79		
	50m: 37.68	37.68	150m: 2:01.40	42.12	250m: 3:25.81	42.50	350m: 4:48.89	41.11
	100m: 1:19.28	41.60	200m: 2:43.31	41.91	300m: 4:07.78	41.97	400m: 5:25.91	37.02
10.	Marit Libregts	O.Z. & P.C. De Warande	5:33.90	200901652	<b>5:28.71</b>	+0,70		
	50m: 37.62	37.62	150m: 2:02.95	43.62	250m: 3:28.93	42.55	350m: 4:52.73	41.06
	100m: 1:19.33	41.71	200m: 2:46.38	43.43	300m: 4:11.67	42.74	400m: 5:28.71	35.98
11.	Annelie Batenburg	Psv	5:22.92	201001962	<b>5:32.03</b>	+0,74		
	50m: 36.66	36.66	150m: 2:00.41	42.19	250m: 3:25.93	42.49	350m: 4:50.68	42.29
	100m: 1:18.22	41.56	200m: 2:43.44	43.03	300m: 4:08.39	42.46	400m: 5:32.03	41.35
12.	Evi Grauwman	Sbc2000	5:20.94	200902326	<b>5:34.41</b>			
	50m: 38.23	38.23	150m: 2:03.28	43.25	250m: 3:29.64	43.17	350m: 4:54.44	42.26
	100m: 1:20.03	41.80	200m: 2:46.47	43.19	300m: 4:12.18	42.54	400m: 5:34.41	39.97

Jeugd 1 en 2

1.	Isa Jansen	Sbc2000	4:50.10	200701176	<b>4:45.97</b>	+0,77		
	50m: 31.60	31.60	150m: 1:43.45	36.53	250m: 2:56.84	36.89	350m: 4:10.60	36.83
	100m: 1:06.92	35.32	200m: 2:19.95	36.50	300m: 3:33.77	36.93	400m: 4:45.97	35.37
2.	Lotte Blanken	Sbc2000	5:04.00	200801476	<b>4:56.92</b>	+0,73		
	50m: 32.71	32.71	150m: 1:45.81	36.85	250m: 3:02.21	38.35	350m: 4:19.71	39.02
	100m: 1:08.96	36.25	200m: 2:23.86	38.05	300m: 3:40.69	38.48	400m: 4:56.92	37.21
3.	Jansje de Ridder	De Biesboschwimmers	5:16.03	200800194	<b>5:03.31</b>			
	50m: 33.66	33.66	150m: 1:48.99	37.92	250m: 3:06.51	38.96	350m: 4:24.64	39.12
	100m: 1:11.07	37.41	200m: 2:27.55	38.56	300m: 3:45.52	39.01	400m: 5:03.31	38.67
4.	Livia Groenewegen	Psv	5:01.97	200700244	<b>5:05.33</b>	+0,79		
	50m: 32.74	32.74	150m: 1:47.79	38.19	250m: 3:05.94	39.30	350m: 4:26.01	40.23
	100m: 1:09.60	36.86	200m: 2:26.64	38.85	300m: 3:45.78	39.84	400m: 5:05.33	39.32
5.	Manadou Verhaar	AquaDream	5:08.69	200801376	<b>5:06.35</b>	+0,70		
	50m: 33.82	33.82	150m: 1:50.24	38.92	250m: 3:09.48	40.07	350m: 4:28.54	39.49
	100m: 1:11.32	37.50	200m: 2:29.41	39.17	300m: 3:49.05	39.57	400m: 5:06.35	37.81
6.	Liza Theuns	Wzsv	5:18.40	200702172	<b>5:16.56</b>			
	50m: 33.13	33.13	150m: 1:49.98	39.03	250m: 3:11.92	40.82	350m: 4:36.32	42.65
	100m: 1:10.95	37.82	200m: 2:31.10	41.12	300m: 3:53.67	41.75	400m: 5:16.56	40.24
7.	Sarah s.i.	Hieronymus	5:19.19	200802728	<b>5:19.32</b>	+0,69		
	50m: 34.52	34.52	150m: 1:53.93	40.70	250m: 3:16.41	41.50	350m: 4:39.44	41.21
	100m: 1:13.23	38.71	200m: 2:34.91	40.98	300m: 3:58.23	41.82	400m: 5:19.32	39.88
8.	Marith Ewijk	Wzsv	5:16.06	200801414	<b>5:20.36</b>	+0,76		
	50m: 34.42	34.42	150m: 1:54.13	40.63	250m: 3:16.77	41.69	350m: 4:40.64	41.38
	100m: 1:13.50	39.08	200m: 2:35.08	40.95	300m: 3:59.26	42.49	400m: 5:20.36	39.72

Event 8, Women, 400m Freestyle

Senioren 1 en ouder

1.	Liselotte Joling	Psv	4:48.82	197500268	<b>4:47.48</b>	+0,83
	50m: 34.12	34.12	150m: 1:46.79	36.11	250m: 2:59.96	36.25
	100m: 1:10.68	36.56	200m: 2:23.71	36.92	300m: 3:36.40	36.44
					350m: 4:12.38	35.98
					400m: 4:47.48	35.10
2.	Marte Vlieg	VZ&PC Nautilus	4:52.62	200304996	<b>4:50.12</b>	+0,80
	50m: 32.83	32.83	150m: 1:45.57	36.95	250m: 3:00.10	37.08
	100m: 1:08.62	35.79	200m: 2:23.02	37.45	300m: 3:37.28	37.18
					350m: 4:14.54	37.26
					400m: 4:50.12	35.58
3.	Anne Paulusse	O.Z. & P.C. De Warande	4:53.68	200200834	<b>4:50.95</b>	
	50m: 32.30	32.30	150m: 1:42.88	35.47	250m: 2:56.33	37.23
	100m: 1:07.41	35.11	200m: 2:19.10	36.22	300m: 3:34.09	37.76
					350m: 4:12.47	38.38
					400m: 4:50.95	38.48
4.	Myrthe Vos	Psv	4:50.43	200601684	<b>4:52.90</b>	+0,77
	50m: 33.01	33.01	150m: 1:46.58	37.52	250m: 3:01.77	37.85
	100m: 1:09.06	36.05	200m: 2:23.92	37.34	300m: 3:39.01	37.24
					350m: 4:16.77	37.76
					400m: 4:52.90	36.13
5.	Fenne Peters	Psv	4:48.36	200601388	<b>4:58.83</b>	+0,74
	50m: 31.62	31.62	150m: 1:44.55	37.23	250m: 3:01.45	38.48
	100m: 1:07.32	35.70	200m: 2:22.97	38.42	300m: 3:40.48	39.03
					350m: 4:20.04	39.56
					400m: 4:58.83	38.79
6.	Lieke van Geijn	O.Z. & P.C. De Warande	5:03.51	200600314	<b>4:59.51</b>	+0,71
	50m: 33.18	33.18	150m: 1:47.01	37.50	250m: 3:03.61	38.64
	100m: 1:09.51	36.33	200m: 2:24.97	37.96	300m: 3:42.55	38.94
					350m: 4:21.68	39.13
					400m: 4:59.51	37.83
7.	Larissa Jansen	Psv	5:04.98	199500660	<b>4:59.96</b>	
	50m: 33.89	33.89	150m: 1:49.02	37.91	250m: 3:05.03	38.10
	100m: 1:11.11	37.22	200m: 2:26.93	37.91	300m: 3:43.65	38.62
					350m: 4:22.26	38.61
					400m: 4:59.96	37.70
8.	Michelle van Dijk	Dzt'62	5:05.15	199806564	<b>5:00.13</b>	+0,57
	50m: 32.44	32.44	150m: 1:46.89	37.98	250m: 3:04.94	39.32
	100m: 1:08.91	36.47	200m: 2:25.62	38.73	300m: 3:44.11	39.17
					350m: 4:22.60	38.49
					400m: 5:00.13	37.53
9.	Ana Carlotta Poma	Psv	5:12.24	200605324	<b>5:10.41</b>	+0,54
	50m: 33.84	33.84	150m: 1:49.95	38.79	250m: 3:09.52	39.34
	100m: 1:11.16	37.32	200m: 2:30.18	40.23	300m: 3:50.27	40.75
					350m: 4:31.13	40.86
					400m: 5:10.41	39.28
10.	Tamar Roosen	V.Z.V. Njord	5:14.57	200501168	<b>5:17.36</b>	+0,67
	50m: 33.69	33.69	150m: 1:50.45	38.89	250m: 3:12.02	41.19
	100m: 1:11.56	37.87	200m: 2:30.83	40.38	300m: 3:53.76	41.74
					350m: 4:36.23	42.47
					400m: 5:17.36	41.13