

Programmanr. 1
13-1-2024 - 13:45

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd			tijd			RT	
Junioren 1 en 2										
1.	Yill van Bezouw	Hieronymus	5:20.96			201100704			5:30.55	+0,79
	50m: 34.32	34.32	150m: 1:58.74	43.00	250m: 3:26.92	46.46	350m: 4:53.01	39.51		
	100m: 1:15.74	41.42	200m: 2:40.46	41.72	300m: 4:13.50	46.58	400m: 5:30.55	37.54		
2.	Lise Markes	Sbc2000	6:03.41			201101276			5:58.16	+0,85
	50m: 36.62	36.62	150m: 2:07.84	46.62	250m: 3:42.75	50.11	350m: 5:18.21	44.63		
	100m: 1:21.22	44.60	200m: 2:52.64	44.80	300m: 4:33.58	50.83	400m: 5:58.16	39.95		
3.	Brecht van Ravensteijn	Arethusa	6:32.52			201100738			6:06.47	
	50m: 40.48	40.48	150m: 2:17.77	48.28	250m: 3:52.20	48.13	350m: 5:25.78	43.09		
	100m: 1:29.49	49.01	200m: 3:04.07	46.30	300m: 4:42.69	50.49	400m: 6:06.47	40.69		
4.	Kendra van der Voort	Arethusa	6:28.99			201100536			6:22.35	+0,89
	50m: 42.26	42.26	150m: 2:23.98	48.76	250m: 4:03.19	51.20	350m: 5:41.72	43.89		
	100m: 1:35.22	52.96	200m: 3:11.99	48.01	300m: 4:57.83	54.64	400m: 6:22.35	40.63		
5.	Tesse van de Wetering	Arethusa	6:41.31			201200780			6:33.32	+0,77
	50m: 43.24	43.24	150m: 2:28.86	50.23	250m: 4:11.71	55.23	350m: 5:53.21	44.31		
	100m: 1:38.63	55.39	200m: 3:16.48	47.62	300m: 5:08.90	57.19	400m: 6:33.32	40.11		
6.	Kate Broekman	Arethusa	6:58.61			201200176			6:51.61	
	50m: 46.82	46.82	150m: 2:37.67	52.82	250m: 4:24.18	56.87	350m: 6:07.51	46.04		
	100m: 1:44.85	58.03	200m: 3:27.31	49.64	300m: 5:21.47	57.29	400m: 6:51.61	44.10		
Junioren 3 en 4										
1.	Luus Gielens	Psv	5:08.89			200900138			5:10.98	+0,87
	50m: 32.96	32.96	150m: 1:50.98	39.84	250m: 3:15.03	46.61	350m: 4:35.76	35.63		
	100m: 1:11.14	38.18	200m: 2:28.42	37.44	300m: 4:00.13	45.10	400m: 5:10.98	35.22		
2.	Bregje Dekkers	Psv	5:09.48			200900746			5:20.11	+0,71
	50m: 33.85	33.85	150m: 1:54.80	42.23	250m: 3:21.31	45.13	350m: 4:44.05	36.31		
	100m: 1:12.57	38.72	200m: 2:36.18	41.38	300m: 4:07.74	46.43	400m: 5:20.11	36.06		
3.	Kinley Cole	Psv	5:43.29			200903696			5:34.96	+0,76
	50m: 34.98	34.98	150m: 1:58.81	42.33	250m: 3:30.72	50.32	350m: 4:59.35	37.65		
	100m: 1:16.48	41.50	200m: 2:40.40	41.59	300m: 4:21.70	50.98	400m: 5:34.96	35.61		
4.	Renske van den Bosch	V.Z.V. Njord	6:04.28			201001828			5:48.47	
	50m: 38.21	38.21	150m: 2:07.39	43.31	250m: 3:40.00	49.92	350m: 5:10.27	39.15		
	100m: 1:24.08	45.87	200m: 2:50.08	42.69	300m: 4:31.12	51.12	400m: 5:48.47	38.20		
5.	Annebel Kluijtmans	Arethusa	5:44.48			200900808			5:52.06	+0,71
	50m: 38.42	38.42	150m: 2:05.57	41.41	250m: 3:35.61	47.83	350m: 5:08.66	43.28		
	100m: 1:24.16	45.74	200m: 2:47.78	42.21	300m: 4:25.38	49.77	400m: 5:52.06	43.40		
6.	Jayna Wagemakers	Hieronymus	5:48.86			201000226			5:59.51	
	50m: 36.89	36.89	150m: 2:06.16	42.68	250m: 3:40.38	50.90	350m: 5:18.44	44.90		
	100m: 1:23.48	46.59	200m: 2:49.48	43.32	300m: 4:33.54	53.16	400m: 5:59.51	41.07		
7.	Rona Goverde	Hieronymus	6:00.40			200900298			6:00.00	+0,90
	50m: 38.21	38.21	150m: 2:10.76	46.64	250m: 3:46.47	51.17	350m: 5:21.46	42.20		
	100m: 1:24.12	45.91	200m: 2:55.30	44.54	300m: 4:39.26	52.79	400m: 6:00.00	38.54		
8.	Kyana de Vries	ZWK Merlet	5:59.31			200901260			6:01.21	+0,80
	50m: 37.67	37.67	150m: 2:08.50	45.39	250m: 3:42.27	47.75	350m: 5:16.49	44.98		
	100m: 1:23.11	45.44	200m: 2:54.52	46.02	300m: 4:31.51	49.24	400m: 6:01.21	44.72		
9.	Alexx Broekman	Arethusa	5:46.62			200902374			6:10.81	+0,98
	50m: 37.71	37.71	150m: 2:13.52	47.02	250m: 3:52.14	53.20	350m: 5:28.41	42.38		
	100m: 1:26.50	48.79	200m: 2:58.94	45.42	300m: 4:46.03	53.89	400m: 6:10.81	42.40		
10.	Ilja van Gemeren	Arethusa	6:22.92			201001330			6:19.21	
	50m: 41.38	41.38	150m: 2:21.29	49.05	250m: 3:58.89	51.07	350m: 5:36.03	44.99		
	100m: 1:32.24	50.86	200m: 3:07.82	46.53	300m: 4:51.04	52.15	400m: 6:19.21	43.18		
Jeugd 1 en 2										
1.	Julie van Nispen	Z&PV Nuenen	5:25.39			200800290			5:14.94	+0,85
	50m: 33.54	33.54	150m: 1:55.04	40.17	250m: 3:19.82	46.46	350m: 4:41.73	35.61		
	100m: 1:14.87	41.33	200m: 2:33.36	38.32	300m: 4:06.12	46.30	400m: 5:14.94	33.21		
2.	Isa Jansen	Sbc2000	5:17.52			200701176			5:21.79	+0,74
	50m: 33.61	33.61	150m: 1:55.09	39.83	250m: 3:20.16	45.39	350m: 4:44.59	38.49		
	100m: 1:15.26	41.65	200m: 2:34.77	39.68	300m: 4:06.10	45.94	400m: 5:21.79	37.20		
3.	Lotte Blanken	Sbc2000	5:52.79			200801476			5:40.01	+0,77
	50m: 35.55	35.55	150m: 2:02.52	43.20	250m: 3:32.88	47.83	350m: 5:03.48	41.89		
	100m: 1:19.32	43.77	200m: 2:45.05	42.53	300m: 4:21.59	48.71	400m: 5:40.01	36.53		

Programmanr. 1, Meisjes, 400m wisselslag, Jeugd 1 en 2

rang	naam	vereniging	intijd	tijd	RT
4.	Livia Groenewegen	Psv	5:47.87	200700244	5:42.03 +0,81
	50m: 35.00	35.00 150m: 2:00.77	42.67 250m: 3:32.96	49.53 350m: 5:02.08	40.26
	100m: 1:18.10	43.10 200m: 2:43.43	42.66 300m: 4:21.82	48.86 400m: 5:42.03	39.95
5.	Manadou Verhaar	AquaDream	6:00.94	200801376	5:51.62 +0,70
	50m: 33.99	33.99 150m: 1:58.60	44.03 250m: 3:35.97	53.99 350m: 5:12.05	41.20
	100m: 1:14.57	40.58 200m: 2:41.98	43.38 300m: 4:30.85	54.88 400m: 5:51.62	39.57

Senioren 1 en ouder

1.	Nikita van den Ouden	Psv	4:49.21	199900622	4:55.17 +0,71
	50m: 30.26	30.26 150m: 1:43.74	38.51 250m: 3:02.63	42.24 350m: 4:20.83	35.64
	100m: 1:05.23	34.97 200m: 2:20.39	36.65 300m: 3:45.19	42.56 400m: 4:55.17	34.34
2.	Robin Goossens	Z&PV Nuenen	4:58.42	200003128	5:02.74 +0,72
	50m: 31.76	31.76 150m: 1:50.31	40.89 250m: 3:09.63	40.86 350m: 4:27.51	37.13
	100m: 1:09.42	37.66 200m: 2:28.77	38.46 300m: 3:50.38	40.75 400m: 5:02.74	35.23
3.	Selene Wortel	Hieronymus	5:14.96	199700654	5:14.05 +0,69
	50m: 32.25	32.25 150m: 1:52.07	41.33 250m: 3:17.04	44.28 350m: 4:38.49	36.44
	100m: 1:10.74	38.49 200m: 2:32.76	40.69 300m: 4:02.05	45.01 400m: 5:14.05	35.56
4.	Valesca van den Bogert	Hieronymus	5:10.65	200102138	5:17.71 +0,74
	50m: 33.08	33.08 150m: 1:53.60	41.37 250m: 3:19.18	44.39 350m: 4:41.08	37.83
	100m: 1:12.23	39.15 200m: 2:34.79	41.19 300m: 4:03.25	44.07 400m: 5:17.71	36.63
5.	Liselotte Joling	Psv	5:36.31	197500268	5:41.64 +0,65
	50m: 36.01	36.01 150m: 2:03.81	46.03 250m: 3:35.98	48.38 350m: 5:04.59	39.10
	100m: 1:17.78	41.77 200m: 2:47.60	43.79 300m: 4:25.49	49.51 400m: 5:41.64	37.05
6.	Fiona Meuffels	Psv	5:36.85	199504366	5:42.02 +0,71
	50m: 35.24	35.24 150m: 2:04.31	45.24 250m: 3:35.48	46.66 350m: 5:02.72	39.26
	100m: 1:19.07	43.83 200m: 2:48.82	44.51 300m: 4:23.46	47.98 400m: 5:42.02	39.30
7.	Isabel van Alebeek	Waalwijkse Zwem Vereniging	5:49.86	200301694	5:49.13 +0,77
	50m: 34.31	34.31 150m: 1:59.54	43.88 250m: 3:34.95	51.08 350m: 5:07.95	41.72
	100m: 1:15.66	41.35 200m: 2:43.87	44.33 300m: 4:26.23	51.28 400m: 5:49.13	41.18
8.	Anne de Beer	ZWK Merlet	5:46.13	200502878	5:56.71 +0,79
	50m: 37.78	37.78 150m: 2:08.37	45.39 250m: 3:40.19	47.77 350m: 5:15.01	43.91
	100m: 1:22.98	45.20 200m: 2:52.42	44.05 300m: 4:31.10	50.91 400m: 5:56.71	41.70
9.	Birgit Hage	Psv	5:41.71	200602898	5:58.39 +0,85
	50m: 34.76	34.76 150m: 2:02.20	44.47 250m: 3:39.81	55.05 350m: 5:17.52	41.03
	100m: 1:17.73	42.97 200m: 2:44.76	42.56 300m: 4:36.49	56.68 400m: 5:58.39	40.87