

Programmanr. 11  
 17-06-2023 - 9:20

## Meisjes, 400m wisselslag

 Junioren 1 en 2  
 Resultaten

Punten: FINA 2023

rang	naam		vereniging					tijd	RT	FINA
1.	Malin Roozeboom		WVZ		201100006			<b>5:34.07</b>	+0,86	506
	50m: 34.61	34.61	150m: 2:01.30	43.21	250m: 3:31.13	48.63	350m: 4:57.83			37.42
	100m: 1:18.09	43.48	200m: 2:42.50	41.20	300m: 4:20.41	49.28	400m: 5:34.07			36.24
2.	Erin de Jong		GZC DONK		201000024			<b>5:37.30</b>	+0,81	492
	50m: 34.28	34.28	150m: 1:58.96	43.92	250m: 3:30.74	49.34	350m: 4:59.92			38.81
	100m: 1:15.04	40.76	200m: 2:41.40	42.44	300m: 4:21.11	50.37	400m: 5:37.30			37.38
3.	Marre van der Wal		Bolsward-Workum (SG)		201000046			<b>5:41.72</b>	+0,80	473
	50m: 37.84	37.84	150m: 2:07.52	44.45	250m: 3:38.12	45.93	350m: 5:04.06			39.10
	100m: 1:23.07	45.23	200m: 2:52.19	44.67	300m: 4:24.96	46.84	400m: 5:41.72			37.66
4.	Noa van Zalk		ZPC AMERSFOORT		201102534			<b>5:44.84</b>	+0,72	460
	50m: 34.93	34.93	150m: 2:02.11	45.33	250m: 3:36.75	50.69	350m: 5:07.05			38.98
	100m: 1:16.78	41.85	200m: 2:46.06	43.95	300m: 4:28.07	51.32	400m: 5:44.84			37.79
5.	Paula Spans		ZV 44		201000064			<b>5:44.96</b>	+0,79	460
	50m: 34.46	34.46	150m: 2:03.20	44.77	250m: 3:35.45	47.85	350m: 5:06.64			41.23
	100m: 1:18.43	43.97	200m: 2:47.60	44.40	300m: 4:25.41	49.96	400m: 5:44.96			38.32
6.	Yill van Bezouw		Hieronymus		201100704			<b>5:44.97</b>	+0,76	460
	50m: 35.66	35.66	150m: 2:04.20	45.15	250m: 3:36.87	48.91	350m: 5:06.86			40.25
	100m: 1:19.05	43.39	200m: 2:47.96	43.76	300m: 4:26.61	49.74	400m: 5:44.97			38.11
7.	Nadia van der Wal		ZPCH		201003114			<b>5:45.84</b>	+0,71	456
	50m: 34.92	34.92	150m: 2:03.15	45.19	250m: 3:34.08	47.23	350m: 5:04.35			41.97
	100m: 1:17.96	43.04	200m: 2:46.85	43.70	300m: 4:22.38	48.30	400m: 5:45.84			41.49
8.	Maya Fahmi		De Dolfijn		201003278			<b>5:46.50</b>	+0,69	454
	50m: 35.47	35.47	150m: 2:03.78	46.84	250m: 3:38.30	49.86	350m: 5:08.93			38.60
	100m: 1:16.94	41.47	200m: 2:48.44	44.66	300m: 4:30.33	52.03	400m: 5:46.50			37.57
9.	Fenne Metten		ZPC AMERSFOORT		201000102			<b>5:47.46</b>	+0,78	450
	50m: 36.57	36.57	150m: 2:02.95	43.78	250m: 3:37.14	52.13	350m: 5:09.99			39.58
	100m: 1:19.17	42.60	200m: 2:45.01	42.06	300m: 4:30.41	53.27	400m: 5:47.46			37.47
10.	Fenna Zusterzeel		PSV		201000008			<b>5:49.76</b>	+0,71	441
	50m: 37.21	37.21	150m: 2:07.69	42.53	250m: 3:39.24	49.72	350m: 5:10.84			41.37
	100m: 1:25.16	47.95	200m: 2:49.52	41.83	300m: 4:29.47	50.23	400m: 5:49.76			38.92
11.	Linou van Kampen		ZPCH		201000594			<b>5:50.52</b>	+0,81	438
	50m: 36.28	36.28	150m: 2:07.66	47.08	250m: 3:40.68	48.33	350m: 5:11.93			41.62
	100m: 1:20.58	44.30	200m: 2:52.35	44.69	300m: 4:30.31	49.63	400m: 5:50.52			38.59
12.	Nina van der Schrier		AZC		201000444			<b>5:50.75</b>	+0,88	437
	50m: 35.55	35.55	150m: 2:07.06	43.42	250m: 3:41.92	52.28	350m: 5:13.50			38.93
	100m: 1:23.64	48.09	200m: 2:49.64	42.58	300m: 4:34.57	52.65	400m: 5:50.75			37.25
13.	Nina Tetteroo		De Columbiaan		201000048			<b>5:51.08</b>	+0,96	436
	50m: 37.05	37.05	150m: 2:09.19	46.24	250m: 3:43.41	49.57	350m: 5:13.28			39.64
	100m: 1:22.95	45.90	200m: 2:53.84	44.65	300m: 4:33.64	50.23	400m: 5:51.08			37.80
14.	Frédérique Nijziel		PSV		201103114			<b>5:51.67</b>	+0,80	434
	50m: 33.67	33.67	150m: 1:58.77	45.77	250m: 3:38.23	55.09	350m: 5:13.91			39.43
	100m: 1:13.00	39.33	200m: 2:43.14	44.37	300m: 4:34.48	56.25	400m: 5:51.67			37.76
15.	Elin Baars		DWK		201000138			<b>5:54.65</b>	+0,83	423
	50m: 37.60	37.60	150m: 2:08.25	46.98	250m: 3:42.64	50.52	350m: 5:15.33			41.23
	100m: 1:21.27	43.67	200m: 2:52.12	43.87	300m: 4:34.10	51.46	400m: 5:54.65			39.32
16.	Odenza Soselisa		Blue Marlins		201101780			<b>5:54.83</b>	+0,75	423
	50m: 34.05	34.05	150m: 2:02.22	46.79	250m: 3:38.43	51.29	350m: 5:13.93			43.92
	100m: 1:15.43	41.38	200m: 2:47.14	44.92	300m: 4:30.01	51.58	400m: 5:54.83			40.90
17.	Carla Moreno Palacios		De Dolfijn		201002302			<b>5:55.16</b>	+0,68	421
	50m: 36.85	36.85	150m: 2:08.93	46.91	250m: 3:44.07	49.93	350m: 5:16.70			41.45
	100m: 1:22.02	45.17	200m: 2:54.14	45.21	300m: 4:35.25	51.18	400m: 5:55.16			38.46
18.	Milou Filemon		ZZ&PC De Devel		201100078			<b>5:55.23</b>	+0,76	421
	50m: 39.14	39.14	150m: 2:09.61	44.17	250m: 3:45.44	51.92	350m: 5:17.16			40.60
	100m: 1:25.44	46.30	200m: 2:53.52	43.91	300m: 4:36.56	51.12	400m: 5:55.23			38.07
19.	Wieke Dekker		De Dolfijn		201002020			<b>5:57.92</b>	+0,74	412
	50m: 38.79	38.79	150m: 2:13.94	46.78	250m: 3:48.22	48.24	350m: 5:18.71			41.72
	100m: 1:27.16	48.37	200m: 2:59.98	46.04	300m: 4:36.99	48.77	400m: 5:57.92			39.21

## Programmanr. 11, Meisjes, 400m wisselslag, Junioren 1 en 2

rang	naam	vereniging	tijd	RT	FINA
20.	Anne Engbersen	De Fuut	201000044	<b>5:59.59</b> +0,84	406
	50m: 36.67	150m: 2:08.71	250m: 3:46.63	350m: 5:20.43	41.90
	100m: 1:23.46	200m: 2:53.61	300m: 4:38.53	400m: 5:59.59	39.16
21.	Anouk Steller	WVZ	201000004	<b>5:59.63</b> +0,87	406
	50m: 34.93	150m: 2:02.89	250m: 3:42.10	350m: 5:19.20	41.05
	100m: 1:17.99	200m: 2:47.39	300m: 4:38.15	400m: 5:59.63	40.43
22.	Julia D browska	Blue Marlins	201000300	<b>5:59.90</b> +0,84	405
	50m: 33.40	150m: 2:03.45	250m: 3:42.24	350m: 5:19.32	42.15
	100m: 1:16.75	200m: 2:49.04	300m: 4:37.17	400m: 5:59.90	40.58
23.	Romée Smit	MSV-Zeemacht	201100438	<b>6:00.50</b> +0,75	403
	50m: 38.37	150m: 2:12.27	250m: 3:47.55	350m: 5:22.37	43.76
	100m: 1:27.27	200m: 2:56.10	300m: 4:38.61	400m: 6:00.50	38.13
24.	Jayna Wagemakers	AquaDream	201000226	<b>6:03.49</b> +0,76	393
	50m: 37.33	150m: 2:10.78	250m: 3:46.58	350m: 5:22.70	45.59
	100m: 1:24.76	200m: 2:57.30	300m: 4:37.11	400m: 6:03.49	40.79
25.	Maryse Kuijper	DWK	201000692	<b>6:03.50</b> +0,89	393
	50m: 39.31	150m: 2:13.02	250m: 3:48.80	350m: 5:22.87	42.18
	100m: 1:26.75	200m: 2:57.36	300m: 4:40.69	400m: 6:03.50	40.63
26.	Evelien Goorhuis	Hieronymus	201000194	<b>6:04.69</b> +0,78	389
	50m: 35.30	150m: 2:06.91	250m: 3:47.22	350m: 5:24.23	43.00
	100m: 1:19.36	200m: 2:53.67	300m: 4:41.23	400m: 6:04.69	40.46
27.	Freeke Super	PSV	201003638	<b>6:05.28</b> +0,64	387
	50m: 36.16	150m: 2:07.31	250m: 3:47.02	350m: 5:25.09	41.97
	100m: 1:20.49	200m: 2:53.27	300m: 4:43.12	400m: 6:05.28	40.19
28.	Lola Verheijen	PSV	201100832	<b>6:05.70</b> +0,81	386
	50m: 36.14	150m: 2:11.60	250m: 3:50.99	350m: 5:28.07	41.36
	100m: 1:21.42	200m: 2:58.91	300m: 4:46.71	400m: 6:05.70	37.63
29.	Ilse Jongepier	THOR	201000006	<b>6:06.40</b> +0,82	384
	50m: 38.56	150m: 2:14.64	250m: 3:52.56	350m: 5:27.90	41.49
	100m: 1:28.03	200m: 3:00.17	300m: 4:46.41	400m: 6:06.40	38.50
30.	Annelie Batenburg	PSV	201001962	<b>6:08.49</b> +0,77	377
	50m: 35.52	150m: 2:12.56	250m: 3:49.69	350m: 5:24.94	45.51
	100m: 1:22.08	200m: 3:01.29	300m: 4:39.43	400m: 6:08.49	43.55
31.	Femke ter Horst	ZPC Hoogeveen	201000108	<b>6:08.62</b> +0,86	377
	50m: 37.75	150m: 2:09.27	250m: 3:51.14	350m: 5:28.21	42.16
	100m: 1:21.32	200m: 2:55.93	300m: 4:46.05	400m: 6:08.62	40.41
32.	Elke Kriesels	Hieronymus	201100898	<b>6:10.24</b> +0,77	372
	50m: 39.01	150m: 2:17.05	250m: 3:56.86	350m: 5:30.14	41.12
	100m: 1:28.54	200m: 3:05.11	300m: 4:49.02	400m: 6:10.24	40.10
33.	Manou Longayroux	ZZ&PC De Devel	201000580	<b>6:10.86</b> +0,64	370
	50m: 37.48	150m: 2:15.72	250m: 3:56.34	350m: 5:31.60	42.20
	100m: 1:26.83	200m: 3:02.90	300m: 4:49.40	400m: 6:10.86	39.26
34.	Tessa van Beek	DWK	201001446	<b>6:12.31</b> +0,78	366
	50m: 37.54	150m: 2:11.94	250m: 3:50.88	350m: 5:30.85	44.53
	100m: 1:23.41	200m: 2:59.11	300m: 4:46.32	400m: 6:12.31	41.46
35.	Senna Boogmans	De Duinkkikers	201000640	<b>6:13.43</b> +0,82	362
	50m: 37.41	150m: 2:11.95	250m: 3:55.20	350m: 5:32.32	40.99
	100m: 1:25.03	200m: 2:58.59	300m: 4:51.33	400m: 6:13.43	41.11
36.	Tess van de Steeg	WVZ	201000016	<b>6:13.50</b> +0,89	362
	50m: 36.16	150m: 2:14.25	250m: 3:50.73	350m: 5:29.43	46.29
	100m: 1:24.08	200m: 3:00.74	300m: 4:43.14	400m: 6:13.50	44.07
37.	Anna Lepoutre	PSV	201100534	<b>6:14.10</b> +0,77	360
	50m: 35.53	150m: 2:10.47	250m: 3:52.16	350m: 5:32.15	42.98
	100m: 1:20.66	200m: 2:58.00	300m: 4:49.17	400m: 6:14.10	41.95
38.	Alaine Lomans	Eszet	201000420	<b>6:14.22</b> +0,62	360
	50m: 37.75	150m: 2:13.22	250m: 3:54.63	350m: 5:32.26	43.03
	100m: 1:24.53	200m: 2:59.52	300m: 4:49.23	400m: 6:14.22	41.96
39.	Mattea Gliese-Slooijer	De Dinkel	201100008	<b>6:15.59</b> +0,86	356
	50m: 39.71	150m: 2:18.66	250m: 3:59.97	350m: 5:37.38	41.67
	100m: 1:31.25	200m: 3:04.43	300m: 4:55.71	400m: 6:15.59	38.21

## Programmanr. 11, Meisjes, 400m wisselslag, Junioren 1 en 2

rang	naam		vereniging				tijd	RT	FINA		
40.	Famke Franzen		De Schotejil		201000058		<b>6:15.88</b>	+0,84	355		
	50m:	36.50	150m:	2:15.73	51.58	250m:	3:57.18	54.48	350m:	5:35.03	43.81
	100m:	1:24.15	200m:	3:02.70	46.97	300m:	4:51.22	54.04	400m:	6:15.88	40.85
41.	Lynn ten Berge		De Dinkel		201000884		<b>6:16.66</b>	+0,85	353		
	50m:	37.16	150m:	2:16.27	51.16	250m:	4:00.28	55.40	350m:	5:36.99	40.04
	100m:	1:25.11	200m:	3:04.88	48.61	300m:	4:56.95	56.67	400m:	6:16.66	39.67
42.	Eva de Man		Aqua-Novio'94		201000294		<b>6:19.55</b>	+0,80	345		
	50m:	39.69	150m:	2:20.64	48.97	250m:	4:00.17	55.07	350m:	5:38.85	42.82
	100m:	1:31.67	200m:	3:05.10	44.46	300m:	4:56.03	55.86	400m:	6:19.55	40.70
43.	Elin Reinstra		TriVia		201100842		<b>6:21.01</b>	+0,80	341		
	50m:	40.55	150m:	2:20.08	47.62	250m:	4:00.90	54.93	350m:	5:39.20	43.36
	100m:	1:32.46	200m:	3:05.97	45.89	300m:	4:55.84	54.94	400m:	6:21.01	41.81
44.	Tess Meeuwissen		De Columbiaan		201000370		<b>6:25.30</b>	+0,66	330		
	50m:	38.16	150m:	2:16.37	49.49	250m:	3:58.81	54.49	350m:	5:40.62	46.16
	100m:	1:26.88	200m:	3:04.32	47.95	300m:	4:54.46	55.65	400m:	6:25.30	44.68
45.	Kim Bouman		ZPC AMERSFOORT		201000262		<b>6:27.43</b>	+0,92	324		
	50m:	39.13	150m:	2:18.77	50.21	250m:	4:02.49	57.78	350m:	5:45.51	45.03
	100m:	1:28.56	200m:	3:04.71	45.94	300m:	5:00.48	57.99	400m:	6:27.43	41.92
46.	Ashley Mercera		SG SCOM/de Zeehond'73		201000178		<b>6:31.58</b>	+0,80	314		
	50m:	41.18	150m:	2:30.45	55.14	250m:	4:13.92	53.36	350m:	5:50.20	43.65
	100m:	1:35.31	200m:	3:20.56	50.11	300m:	5:06.55	52.63	400m:	6:31.58	41.38
DIS	Eefje van Hinsbergen		Blue Marlins		201002252						
	<i>VG - Bij de laatste armsglag voor keer- en/of eindpunt de armen niet over het water naar voren gebracht.</i>										
DIS	Mariia Kostina		Blue Marlins		201002042						
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>										
DIS	Casharell Kraan		Blue Marlins		201103426						
	<i>SS - Met handen over elkaar keer- of eindpunt aangetikt.</i>										
DIS	Chloé in 't Veen		WVZ		201100010						
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>										