

Programmanr. 3
 16-06-2023 - 16:59

Meisjes, 400m wisselslag

 Junioren 3 en 4
 Resultaten

Punten: FINA 2023

rang	naam	vereniging	200800112	tijd	RT	FINA
1.	Frouke Ludwig <i>Kampioenschapsrecord</i>	DZ&PC	200800112	5:05.99	+0,71	659
	50m: 31.23 31.23 150m: 1:45.51 37.86 250m: 3:08.46 45.06 350m: 4:30.27 35.25 100m: 1:07.65 36.42 200m: 2:23.40 37.89 300m: 3:55.02 46.56 400m: 5:05.99 35.72					
2.	Dachen Haaijer	ZPC Hoogeveen	200800380	5:06.65	+0,76	655
	50m: 33.09 33.09 150m: 1:53.73 40.72 250m: 3:16.55 44.51 350m: 4:34.67 34.68 100m: 1:13.01 39.92 200m: 2:32.04 38.31 300m: 3:59.99 43.44 400m: 5:06.65 31.98					
3.	Charlotte Leijnse	Blue Marlins	200802948	5:10.71	+0,76	630
	50m: 31.54 31.54 150m: 1:48.81 40.17 250m: 3:14.52 46.61 350m: 4:36.16 35.03 100m: 1:08.64 37.10 200m: 2:27.91 39.10 300m: 4:01.13 46.61 400m: 5:10.71 34.55					
4.	Nova Nijziel	PSV	200804416	5:15.20	+0,68	603
	50m: 31.80 31.80 150m: 1:49.31 40.44 250m: 3:14.26 44.92 350m: 4:38.59 37.55 100m: 1:08.87 37.07 200m: 2:29.34 40.03 300m: 4:01.04 46.78 400m: 5:15.20 36.61					
5.	Elin Ditewig	VZC	200900392	5:16.18	+0,80	597
	50m: 31.69 31.69 150m: 1:50.68 40.26 250m: 3:16.98 46.31 350m: 4:40.36 36.72 100m: 1:10.42 38.73 200m: 2:30.67 39.99 300m: 4:03.64 46.66 400m: 5:16.18 35.82					
6.	Fay Boxum	DZ&PC	200900060	5:18.94	+0,76	582
	50m: 32.65 32.65 150m: 1:52.28 40.42 250m: 3:16.68 45.30 350m: 4:42.12 38.30 100m: 1:11.86 39.21 200m: 2:31.38 39.10 300m: 4:03.82 47.14 400m: 5:18.94 36.82					
7.	Laura van Etten	HZ&PC Heerenveen	200800264	5:19.90	+0,81	577
	50m: 33.65 33.65 150m: 1:53.45 38.17 250m: 3:18.51 47.35 350m: 4:43.05 37.23 100m: 1:15.28 41.63 200m: 2:31.16 37.71 300m: 4:05.82 47.31 400m: 5:19.90 36.85					
8.	Meyke v. Nimwegen	De Schotelij	200800106	5:20.76	+0,76	572
	50m: 33.60 33.60 150m: 1:54.44 40.68 250m: 3:20.12 45.86 350m: 4:44.00 37.44 100m: 1:13.76 40.16 200m: 2:34.26 39.82 300m: 4:06.56 46.44 400m: 5:20.76 36.76					
9.	Juliëtte Woltjes	VZC	200900774	5:24.28	+0,91	554
	50m: 33.01 33.01 150m: 1:56.90 43.26 250m: 3:24.08 45.90 350m: 4:50.00 36.39 100m: 1:13.64 40.63 200m: 2:38.18 41.28 300m: 4:13.61 49.53 400m: 5:24.28 34.28					
10.	Bregje Dekkers	PSV	200900746	5:24.79	+0,71	551
	50m: 34.33 34.33 150m: 1:55.68 41.22 250m: 3:24.47 48.41 350m: 4:49.58 37.02 100m: 1:14.46 40.13 200m: 2:36.06 40.38 300m: 4:12.56 48.09 400m: 5:24.79 35.21					
11.	Julie van Nispen	Z&PV Nuenen	200800290	5:25.36	+0,81	548
	50m: 35.33 35.33 150m: 2:00.31 41.86 250m: 3:27.73 48.21 350m: 4:50.86 35.43 100m: 1:18.45 43.12 200m: 2:39.52 39.21 300m: 4:15.43 47.70 400m: 5:25.36 34.50					
12.	Luus Gielens	PSV	200900138	5:25.48	+0,86	548
	50m: 34.10 34.10 150m: 1:55.56 41.52 250m: 3:24.08 47.50 350m: 4:49.90 38.07 100m: 1:14.04 39.94 200m: 2:36.58 41.02 300m: 4:11.83 47.75 400m: 5:25.48 35.58					
13.	Emmelien Smelt	ZV Zwartsluis	200800012	5:26.63	+0,71	542
	50m: 31.71 31.71 150m: 1:52.05 42.26 250m: 3:21.59 47.81 350m: 4:49.69 38.85 100m: 1:09.79 38.08 200m: 2:33.78 41.73 300m: 4:10.84 49.25 400m: 5:26.63 36.94					
14.	Amber Kunst	DAW	200900680	5:33.04	+0,70	511
	50m: 34.87 34.87 150m: 2:01.67 42.59 250m: 3:29.29 46.47 350m: 4:56.75 40.17 100m: 1:19.08 44.21 200m: 2:42.82 41.15 300m: 4:16.58 47.29 400m: 5:33.04 36.29					
15.	Silke Hooghiemstra	HZ&PC Heerenveen	200901224	5:33.46	+0,64	509
	50m: 33.28 33.28 150m: 1:54.93 42.95 250m: 3:25.50 49.48 350m: 4:55.63 40.48 100m: 1:11.98 38.70 200m: 2:36.02 41.09 300m: 4:15.15 49.65 400m: 5:33.46 37.83					
16.	Caitlin Sülter	VZC	200900046	5:33.96	+0,81	507
	50m: 32.48 32.48 150m: 1:55.06 43.18 250m: 3:27.95 50.18 350m: 4:56.31 38.09 100m: 1:11.88 39.40 200m: 2:37.77 42.71 300m: 4:18.22 50.27 400m: 5:33.96 37.65					
17.	Hannah Markovinovic	WS Twente	200803266	5:33.97	+0,65	507
	50m: 33.84 33.84 150m: 1:57.26 43.14 250m: 3:29.19 48.86 350m: 4:56.93 38.29 100m: 1:14.12 40.28 200m: 2:40.33 43.07 300m: 4:18.64 49.45 400m: 5:33.97 37.04					
18.	Iris Tilburg	Arethusa	200902662	5:34.52	+0,73	504
	50m: 35.16 35.16 150m: 1:59.49 42.01 250m: 3:28.62 47.84 350m: 4:56.99 38.84 100m: 1:17.48 42.32 200m: 2:40.78 41.29 300m: 4:18.15 49.53 400m: 5:34.52 37.53					

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rang	naam		vereniging					tijd	RT	FINA	
19.	Tess Vonk		De Geul		200900024			5:35.91	+0,63	498	
	50m:	32.40	150m:	1:56.62	45.70	250m:	3:26.40	44.78	350m:	4:55.54	41.51
	100m:	1:10.92	200m:	2:41.62	45.00	300m:	4:14.03	47.63	400m:	5:35.91	40.37
20.	Julia Agricola		DZ&PC		200800266			5:36.65	+0,70	495	
	50m:	33.23	150m:	1:58.35	46.27	250m:	3:30.60	48.70	350m:	4:58.62	39.46
	100m:	1:12.08	200m:	2:41.90	43.55	300m:	4:19.16	48.56	400m:	5:36.65	38.03
21.	Madeleine Bertram		De Dolfijn		200900516			5:37.31	+0,70	492	
	50m:	34.83	150m:	1:59.96	42.63	250m:	3:33.09	51.40	350m:	5:01.68	37.61
	100m:	1:17.33	200m:	2:41.69	41.73	300m:	4:24.07	50.98	400m:	5:37.31	35.63
22.	Pascalie Smal		DAW		200802958			5:37.79	+0,63	490	
	50m:	32.39	150m:	1:57.21	45.63	250m:	3:30.09	47.81	350m:	4:58.03	40.52
	100m:	1:11.58	200m:	2:42.28	45.07	300m:	4:17.51	47.42	400m:	5:37.79	39.76
23.	Liv Heijdra		WVZ		200800736			5:39.65	+0,75	482	
	50m:	33.72	150m:	2:00.55	45.65	250m:	3:30.89	47.41	350m:	5:01.97	42.25
	100m:	1:14.90	200m:	2:43.48	42.93	300m:	4:19.72	48.83	400m:	5:39.65	37.68
24.	Lotte Lübbers		KSN (SG)		200900190			5:39.90	+0,77	481	
	50m:	37.04	150m:	2:05.69	43.34	250m:	3:36.66	48.89	350m:	5:04.05	38.13
	100m:	1:22.35	200m:	2:47.77	42.08	300m:	4:25.92	49.26	400m:	5:39.90	35.85
25.	Suuz Griekspoor		Noordwijkerhout		200901204			5:40.08	+0,75	480	
	50m:	34.09	150m:	2:01.37	44.32	250m:	3:32.77	48.12	350m:	5:01.74	39.76
	100m:	1:17.05	200m:	2:44.65	43.28	300m:	4:21.98	49.21	400m:	5:40.08	38.34
26.	Nienke Koster		ZPC Hoogeveen		200900612			5:40.46	+0,67	478	
	50m:	35.93	150m:	2:01.57	42.90	250m:	3:32.54	48.34	350m:	5:02.47	40.12
	100m:	1:18.67	200m:	2:44.20	42.63	300m:	4:22.35	49.81	400m:	5:40.46	37.99
27.	Diede de Vries		De Fuut		200803558			5:42.24	+0,75	471	
	50m:	36.07	150m:	2:06.91	46.59	250m:	3:36.75	44.89	350m:	5:03.35	40.92
	100m:	1:20.32	200m:	2:51.86	44.95	300m:	4:22.43	45.68	400m:	5:42.24	38.89
28.	Isa Kerpels		ZPC Hoogeveen		200800880			5:42.52	+0,84	470	
	50m:	39.26	150m:	2:08.30	42.92	250m:	3:38.96	48.08	350m:	5:04.16	38.58
	100m:	1:25.38	200m:	2:50.88	42.58	300m:	4:25.58	46.62	400m:	5:42.52	38.36
29.	Grace Peters		Blue Marlins		200901474			5:43.52	+0,82	466	
	50m:	35.48	150m:	2:03.10	46.68	250m:	3:35.49	47.80	350m:	5:05.26	41.25
	100m:	1:16.42	200m:	2:47.69	44.59	300m:	4:24.01	48.52	400m:	5:43.52	38.26
30.	Jenny Muntinga		ZPCH		200900450			5:44.98	+0,67	460	
	50m:	35.07	150m:	2:04.80	45.87	250m:	3:39.20	50.37	350m:	5:08.02	38.52
	100m:	1:18.93	200m:	2:48.83	44.03	300m:	4:29.50	50.30	400m:	5:44.98	36.96
31.	Sterre Dietvorst		ZPC AMERSFOORT		200900726			5:46.54	+0,81	454	
	50m:	35.03	150m:	2:06.79	46.11	250m:	3:39.10	49.14	350m:	5:09.09	38.74
	100m:	1:20.68	200m:	2:49.96	43.17	300m:	4:30.35	51.25	400m:	5:46.54	37.45
32.	Jessy van Vlimmeren		Hieronymus		200801452			5:46.81	+0,70	453	
	50m:	33.52	150m:	2:00.84	46.36	250m:	3:35.70	49.52	350m:	5:08.03	41.52
	100m:	1:14.48	200m:	2:46.18	45.34	300m:	4:26.51	50.81	400m:	5:46.81	38.78
33.	Ilana Gentile		Orca		200801558			5:46.89	+0,75	452	
	50m:	34.74	150m:	2:04.70	47.55	250m:	3:38.95	49.10	350m:	5:08.98	39.51
	100m:	1:17.15	200m:	2:49.85	45.15	300m:	4:29.47	50.52	400m:	5:46.89	37.91
34.	Myrthe Stelten		Hellas-Glana		200900234			5:48.15	+0,75	447	
	50m:	35.08	150m:	2:06.97	47.34	250m:	3:38.67	47.56	350m:	5:09.81	41.82
	100m:	1:19.63	200m:	2:51.11	44.14	300m:	4:27.99	49.32	400m:	5:48.15	38.34
35.	Jannoula Jaspers		De Vikings		200800202			5:49.32	+0,68	443	
	50m:	35.60	150m:	2:07.65	46.10	250m:	3:38.60	46.84	350m:	5:10.18	43.61
	100m:	1:21.55	200m:	2:51.76	44.11	300m:	4:26.57	47.97	400m:	5:49.32	39.14
36.	Anna Strang van Hees		De Duinkikers		200902566			5:49.54	+0,88	442	
	50m:	37.77	150m:	2:08.35	45.11	250m:	3:42.45	50.01	350m:	5:12.36	39.77
	100m:	1:23.24	200m:	2:52.44	44.09	300m:	4:32.59	50.14	400m:	5:49.54	37.18
37.	Esmee van der Tuuk		ZPC Hoogeveen		200800682			5:50.89	+0,84	437	
	50m:	37.75	150m:	2:05.53	42.44	250m:	3:39.94	53.58	350m:	5:13.50	38.90
	100m:	1:23.09	200m:	2:46.36	40.83	300m:	4:34.60	54.66	400m:	5:50.89	37.39
38.	Annebel Kluijtmans		Arethusa		200900808			5:51.33	+0,87	435	
	50m:	39.34	150m:	2:09.50	42.40	250m:	3:40.50	48.50	350m:	5:12.59	42.81
	100m:	1:27.10	200m:	2:52.00	42.50	300m:	4:29.78	49.28	400m:	5:51.33	38.74

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rang	naam		vereniging					tijd	RT	FINA		
39.	Marjolie Spelde		ZC Borger		200900266			5:52.65	+0,81	430		
	50m:	35.90	35.90	150m:	2:04.45	43.73	250m:	3:38.90	52.40	350m:	5:13.41	40.43
	100m:	1:20.72	44.82	200m:	2:46.50	42.05	300m:	4:32.98	54.08	400m:	5:52.65	39.24
40.	Marlouke Frijstein		ZV 44		200800152			5:54.33	+0,73	424		
	50m:	38.51	38.51	150m:	2:12.48	47.82	250m:	3:47.08	48.92	350m:	5:16.77	38.99
	100m:	1:24.66	46.15	200m:	2:58.16	45.68	300m:	4:37.78	50.70	400m:	5:54.33	37.56
41.	Chiara Lammertink		VZC		200902200			5:54.82	+0,86	423		
	50m:	35.53	35.53	150m:	2:04.51	45.92	250m:	3:42.13	52.01	350m:	5:16.88	39.66
	100m:	1:18.59	43.06	200m:	2:50.12	45.61	300m:	4:37.22	55.09	400m:	5:54.82	37.94
42.	Sofie Vos		ZPC Hoogeveen		200800804			5:55.03	+0,86	422		
	50m:	38.58	38.58	150m:	2:08.94	44.53	250m:	3:43.12	51.65	350m:	5:16.27	40.09
	100m:	1:24.41	45.83	200m:	2:51.47	42.53	300m:	4:36.18	53.06	400m:	5:55.03	38.76
43.	Ilse Rozema		Blue Marlins		200803318			5:57.91	+0,64	412		
	50m:	31.93	31.93	150m:	1:58.47	46.63	250m:	3:36.70	53.32	350m:	5:15.60	41.89
	100m:	1:11.84	39.91	200m:	2:43.38	44.91	300m:	4:33.71	57.01	400m:	5:57.91	42.31
44.	Niobe Maduro		Aqua-Novio'94		200800378			5:59.30	+0,75	407		
	50m:	35.90	35.90	150m:	2:09.94	47.61	250m:	3:48.02	51.72	350m:	5:19.77	40.99
	100m:	1:22.33	46.43	200m:	2:56.30	46.36	300m:	4:38.78	50.76	400m:	5:59.30	39.53
DIS	Karlijn Siderius		DWK		200900032							
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>											
DIS	Rixt Rothschild		ZC Borger		200900026							
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>											