

Programmanr. 2
13-5-2023

Meisjes, 400m wisselslag

Junioren 1 en 2
Resultaten

| rang | naam | vereniging | intijd | | tijd | | RT | |
|------|------------------|---------------|---------------|-----------|----------------|-------|---------------|-------|
| 1. | Carlijn Dezutter | Scheldestroom | 6:54.90 | 201100770 | 6:30.37 | +0,83 | | |
| | 50m: 43.81 | 43.81 | 150m: 2:25.80 | 49.03 | 250m: 4:07.72 | 53.64 | 350m: 5:47.85 | 45.00 |
| | 100m: 1:36.77 | 52.96 | 200m: 3:14.08 | 48.28 | 300m: 5:02.85 | 55.13 | 400m: 6:30.37 | 42.52 |

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| rang | naam | vereniging | intijd | | tijd | | RT | |
|------|------------------------|------------------------|---------------|-----------|----------------|---------|---------------|-------|
| 1. | Yill van Bezouw | Hieronymus | 5:54.61 | 201100704 | 5:56.98 | +0,67 | | |
| | 50m: 35.54 | 35.54 | 150m: 2:03.06 | 45.00 | 250m: 3:36.81 | 49.70 | 350m: 5:13.69 | 44.81 |
| | 100m: 1:18.06 | 42.52 | 200m: 2:47.11 | 44.05 | 300m: 4:28.88 | 52.07 | 400m: 5:56.98 | 43.29 |
| 2. | Jayna Wagemakers | AquaDream | 6:22.59 | 201000226 | 6:04.34 | +0,82 | | |
| | 50m: 38.39 | 38.39 | 150m: 2:13.67 | 45.00 | 250m: 3:47.86 | 48.89 | 350m: 5:23.69 | 44.51 |
| | 100m: 1:28.67 | 50.28 | 200m: 2:58.97 | 45.30 | 300m: 4:39.18 | 51.32 | 400m: 6:04.34 | 40.65 |
| 3. | Evelien Goorhuis | Hieronymus | 6:22.75 | 201000194 | 6:10.76 | +0,77 | | |
| | 50m: 35.87 | 35.87 | 150m: 2:07.89 | 47.61 | 250m: 3:47.17 | 52.81 | 350m: 5:26.11 | 44.72 |
| | 100m: 1:20.28 | 44.41 | 200m: 2:54.36 | 46.47 | 300m: 4:41.39 | 54.22 | 400m: 6:10.76 | 44.65 |
| 4. | Renske van den Bosch | V.Z.V. Njord | 6:04.28 | 201001828 | 6:13.69 | +0,97 | | |
| | 50m: 40.04 | 40.04 | 150m: 2:16.84 | 47.09 | 250m: 3:56.82 | 53.95 | 350m: 5:33.91 | 41.46 |
| | 100m: 1:29.75 | 49.71 | 200m: 3:02.87 | 46.03 | 300m: 4:52.45 | 55.63 | 400m: 6:13.69 | 39.78 |
| 5. | Kendra van der Voort | Arethusa | 6:40.27 | 201100536 | 6:28.99 | +0,80 | | |
| | 50m: 45.11 | 45.11 | 150m: 2:29.80 | 50.15 | 250m: 4:11.50 | 53.78 | 350m: 5:48.23 | 43.15 |
| | 100m: 1:39.65 | 54.54 | 200m: 3:17.72 | 47.92 | 300m: 5:05.08 | 53.58 | 400m: 6:28.99 | 40.76 |
| 6. | Brecht van Ravensteijn | Arethusa | 6:34.84 | 201100738 | 6:32.52 | +0,84 | | |
| | 50m: 45.59 | 45.59 | 150m: 2:30.10 | 49.41 | 250m: 4:09.55 | 51.20 | 350m: 5:46.56 | 44.78 |
| | 100m: 1:40.69 | 55.10 | 200m: 3:18.35 | 48.25 | 300m: 5:01.78 | 52.23 | 400m: 6:32.52 | 45.96 |
| 7. | Ilja van Gemeren | Arethusa | 6:22.92 | 201001330 | 6:34.74 | +0,79 | | |
| | 50m: 43.56 | 43.56 | 150m: 2:26.98 | 48.74 | 250m: 4:08.58 | 51.74 | 350m: 5:49.15 | 45.58 |
| | 100m: 1:38.24 | 54.68 | 200m: 3:16.84 | 49.86 | 300m: 5:03.57 | 54.99 | 400m: 6:34.74 | 45.59 |
| 8. | Annelotte Lagendaal | O.Z. & P.C. De Warande | 6:59.74 | 201003354 | 6:50.59 | +0,77 | | |
| | 50m: 45.85 | 45.85 | 150m: 2:32.80 | 50.47 | 250m: 4:21.38 | 59.53 | 350m: 6:07.34 | 45.05 |
| | 100m: 1:42.33 | 56.48 | 200m: 3:21.85 | 49.05 | 300m: 5:22.29 | 1:00.91 | 400m: 6:50.59 | 43.25 |
| 9. | Selena Geeven | Arethusa | 6:58.38 | 201000844 | 7:01.00 | +0,88 | | |
| | 50m: 45.86 | 45.86 | 150m: 2:30.82 | 50.57 | 250m: 4:24.80 | 1:03.98 | 350m: 6:15.36 | 46.69 |
| | 100m: 1:40.25 | 54.39 | 200m: 3:20.82 | 50.00 | 300m: 5:28.67 | 1:03.87 | 400m: 7:01.00 | 45.64 |

Programmanr. 2
13-5-2023

Meisjes, 400m wisselslag

Junioren 1 en 2
Resultaten

| rang | naam | vereniging | intijd | | tijd | | RT | |
|------|------------------|--------------|---------------|-----------|----------------|---------|---------------|-------|
| 1. | Esra Simon | Hellas-Glana | 6:14.44 | 201100004 | 6:05.17 | +0,70 | | |
| | 50m: 35.45 | 35.45 | 150m: 2:04.96 | 48.25 | 250m: 3:45.79 | 51.96 | 350m: 5:23.45 | 43.81 |
| | 100m: 1:16.71 | 41.26 | 200m: 2:53.83 | 48.87 | 300m: 4:39.64 | 53.85 | 400m: 6:05.17 | 41.72 |
| 2. | Alaine Lomans | Eszet | 6:02.89 | 201000420 | 6:11.72 | +0,65 | | |
| | 50m: 37.77 | 37.77 | 150m: 2:12.06 | 48.25 | 250m: 3:52.22 | 54.23 | 350m: 5:29.78 | 42.97 |
| | 100m: 1:23.81 | 46.04 | 200m: 2:57.99 | 45.93 | 300m: 4:46.81 | 54.59 | 400m: 6:11.72 | 41.94 |
| 3. | Sterre de Veen | Hellas-Glana | 6:16.01 | 201100086 | 6:11.98 | +0,65 | | |
| | 50m: 39.79 | 39.79 | 150m: 2:18.83 | 48.43 | 250m: 3:56.48 | 50.74 | 350m: 5:31.65 | 43.76 |
| | 100m: 1:30.40 | 50.61 | 200m: 3:05.74 | 46.91 | 300m: 4:47.89 | 51.41 | 400m: 6:11.98 | 40.33 |
| 4. | Elize Wijzenbeek | Hellas-Glana | 6:47.72 | 201001338 | 6:48.09 | +0,84 | | |
| | 50m: 45.40 | 45.40 | 150m: 2:29.02 | 49.85 | 250m: 4:18.81 | 1:01.86 | 350m: 6:06.98 | 46.66 |
| | 100m: 1:39.17 | 53.77 | 200m: 3:16.95 | 47.93 | 300m: 5:20.32 | 1:01.51 | 400m: 6:48.09 | 41.11 |

Programmanr. 2, Dames, 400m wisselslag

Programmanr. 2
13-5-2023

Meisjes, 400m wisselslag

Juniorren 3 en 4
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | | |
|------|---------------------|------------------------|---------|---------------|----------------------|---------------|-------|
| 1. | Noor Ruitenbeek | Z & PC De Zeeuwse Kust | 6:33.89 | 200900250 | 6:18.54 +0,73 | | |
| | 50m: 37.25 | 37.25 150m: 2:13.66 | 49.46 | 250m: 3:57.98 | 56.67 | 350m: 5:37.26 | 42.46 |
| | 100m: 1:24.20 | 46.95 200m: 3:01.31 | 47.65 | 300m: 4:54.80 | 56.82 | 400m: 6:18.54 | 41.28 |
| 2. | Lotte van den Hoven | De Marlijn (SG) | 6:28.96 | 200900158 | 6:44.15 +0,84 | | |
| | 50m: 43.77 | 43.77 150m: 2:30.28 | 52.70 | 250m: 4:15.10 | 56.67 | 350m: 6:00.83 | 46.97 |
| | 100m: 1:37.58 | 53.81 200m: 3:18.43 | 48.15 | 300m: 5:13.86 | 58.76 | 400m: 6:44.15 | 43.32 |

Programmanr. 2
13-5-2023

Meisjes, 400m wisselslag

Juniorren 3 en 4
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | | |
|------|----------------------|----------------------------|---------|---------------|----------------------|---------------|-------|
| 1. | Luus Gielens | PSV | 5:40.36 | 200900138 | 5:24.63 +0,85 | | |
| | 50m: 34.84 | 34.84 150m: 1:56.58 | 41.00 | 250m: 3:25.17 | 48.27 | 350m: 4:49.21 | 37.18 |
| | 100m: 1:15.58 | 40.74 200m: 2:36.90 | 40.32 | 300m: 4:12.03 | 46.86 | 400m: 5:24.63 | 35.42 |
| 2. | Bregje Dekkers | PSV | 5:35.46 | 200900746 | 5:29.94 +0,83 | | |
| | 50m: 34.11 | 34.11 150m: 1:54.64 | 41.62 | 250m: 3:23.89 | 48.89 | 350m: 4:53.13 | 39.75 |
| | 100m: 1:13.02 | 38.91 200m: 2:35.00 | 40.36 | 300m: 4:13.38 | 49.49 | 400m: 5:29.94 | 36.81 |
| 3. | Julie van Nispen | Z&PV Nuenen | 5:32.62 | 200800290 | 5:30.27 +0,83 | | |
| | 50m: 35.72 | 35.72 150m: 2:02.14 | 42.90 | 250m: 3:29.28 | 47.30 | 350m: 4:56.08 | 37.31 |
| | 100m: 1:19.24 | 43.52 200m: 2:41.98 | 39.84 | 300m: 4:18.77 | 49.49 | 400m: 5:30.27 | 34.19 |
| 4. | Iris Tilburg | Arethusa | 5:41.35 | 200902662 | 5:38.40 +0,73 | | |
| | 50m: 35.19 | 35.19 150m: 2:01.09 | 42.25 | 250m: 3:30.68 | 48.00 | 350m: 4:59.58 | 39.84 |
| | 100m: 1:18.84 | 43.65 200m: 2:42.68 | 41.59 | 300m: 4:19.74 | 49.06 | 400m: 5:38.40 | 38.82 |
| 5. | Annebel Kluijtmans | Arethusa | 5:58.49 | 200900808 | 5:51.37 +0,86 | | |
| | 50m: 37.26 | 37.26 150m: 2:05.15 | 42.73 | 250m: 3:36.89 | 50.04 | 350m: 5:10.40 | 42.97 |
| | 100m: 1:22.42 | 45.16 200m: 2:46.85 | 41.70 | 300m: 4:27.43 | 50.54 | 400m: 5:51.37 | 40.97 |
| 6. | Lotte Blanken | SBC2000 | 6:07.12 | 200801476 | 5:52.79 +0,75 | | |
| | 50m: 37.86 | 37.86 150m: 2:10.83 | 45.36 | 250m: 3:43.21 | 48.72 | 350m: 5:15.43 | 42.05 |
| | 100m: 1:25.47 | 47.61 200m: 2:54.49 | 43.66 | 300m: 4:33.38 | 50.17 | 400m: 5:52.79 | 37.36 |
| 7. | Vera Bastiaensen | Hieronymus | 5:46.02 | 200800572 | 5:54.21 +0,72 | | |
| | 50m: 36.93 | 36.93 150m: 2:09.90 | 46.51 | 250m: 3:41.35 | 47.51 | 350m: 5:12.93 | 42.69 |
| | 100m: 1:23.39 | 46.46 200m: 2:53.84 | 43.94 | 300m: 4:30.24 | 48.89 | 400m: 5:54.21 | 41.28 |
| 8. | Sarah Wessels | Hieronymus | 5:54.31 | 200802728 | 5:54.86 +0,75 | | |
| | 50m: 35.15 | 35.15 150m: 2:04.91 | 47.07 | 250m: 3:41.25 | 49.75 | 350m: 5:14.84 | 41.32 |
| | 100m: 1:17.84 | 42.69 200m: 2:51.50 | 46.59 | 300m: 4:33.52 | 52.27 | 400m: 5:54.86 | 40.02 |
| 9. | Manaudou Verhaar | AquaDream | 6:00.94 | 200801376 | 6:06.59 +0,66 | | |
| | 50m: 36.86 | 36.86 150m: 2:05.08 | 44.56 | 250m: 3:45.19 | 55.60 | 350m: 5:24.93 | 42.20 |
| | 100m: 1:20.52 | 43.66 200m: 2:49.59 | 44.51 | 300m: 4:42.73 | 57.54 | 400m: 6:06.59 | 41.66 |
| 10. | Rona Goverde | Hieronymus | 6:22.76 | 200900298 | 6:11.28 +0,79 | | |
| | 50m: 38.24 | 38.24 150m: 2:16.72 | 49.30 | 250m: 3:57.04 | 52.61 | 350m: 5:32.67 | 41.04 |
| | 100m: 1:27.42 | 49.18 200m: 3:04.43 | 47.71 | 300m: 4:51.63 | 54.59 | 400m: 6:11.28 | 38.61 |
| 11. | Marith Ewijk | Waalwijkse Zwem Vereniging | 6:00.80 | 200801414 | 6:18.89 +0,76 | | |
| | 50m: 35.50 | 35.50 150m: 2:13.71 | 46.87 | 250m: 3:53.63 | 54.54 | 350m: 5:34.75 | 45.46 |
| | 100m: 1:26.84 | 51.34 200m: 2:59.09 | 45.38 | 300m: 4:49.29 | 55.66 | 400m: 6:18.89 | 44.14 |
| 12. | Alexx Broekman | Arethusa | 6:07.52 | 200902374 | 6:20.53 +0,86 | | |
| | 50m: 39.14 | 39.14 150m: 2:20.53 | 50.28 | 250m: 4:00.87 | 54.36 | 350m: 5:39.44 | 43.95 |
| | 100m: 1:30.25 | 51.11 200m: 3:06.51 | 45.98 | 300m: 4:55.49 | 54.62 | 400m: 6:20.53 | 41.09 |
| 13. | Britt van der Ham | Waalwijkse Zwem Vereniging | 6:34.64 | 200801320 | 6:37.47 +0,79 | | |
| | 50m: 45.12 | 45.12 150m: 2:29.48 | 48.77 | 250m: 4:13.85 | 55.75 | 350m: 5:54.11 | 44.10 |
| | 100m: 1:40.71 | 55.59 200m: 3:18.10 | 48.62 | 300m: 5:10.01 | 56.16 | 400m: 6:37.47 | 43.36 |
| 14. | Ilona Helmons | Hieronymus | 6:46.81 | 200903522 | 6:37.48 +0,54 | | |
| | 50m: 43.42 | 43.42 150m: 2:26.96 | 49.29 | 250m: 4:10.01 | 55.44 | 350m: 5:55.90 | 47.20 |
| | 100m: 1:37.67 | 54.25 200m: 3:14.57 | 47.61 | 300m: 5:08.70 | 58.69 | 400m: 6:37.48 | 41.58 |
| 15. | Sophie van Velthoven | De Treffers | 6:32.40 | 200801914 | 6:39.42 +0,94 | | |
| | 50m: 41.98 | 41.98 150m: 2:23.50 | 49.11 | 250m: 4:11.34 | 59.42 | 350m: 5:55.91 | 45.90 |
| | 100m: 1:34.39 | 52.41 200m: 3:11.92 | 48.42 | 300m: 5:10.01 | 58.67 | 400m: 6:39.42 | 43.51 |
| 16. | Elaine Geeven | Arethusa | 6:50.87 | 200801972 | 6:48.41 +0,90 | | |
| | 50m: 43.15 | 43.15 150m: 2:27.52 | 52.11 | 250m: 4:20.67 | 1:03.86 | 350m: 6:05.71 | 43.10 |
| | 100m: 1:35.41 | 52.26 200m: 3:16.81 | 49.29 | 300m: 5:22.61 | 1:01.94 | 400m: 6:48.41 | 42.70 |
| 17. | Abygail Rusch | De Treffers | 6:30.71 | 200800464 | 6:52.45 +0,78 | | |
| | 50m: 45.22 | 45.22 150m: 2:37.21 | 52.91 | 250m: 4:25.40 | 58.22 | 350m: 6:10.92 | 46.27 |
| | 100m: 1:44.30 | 59.08 200m: 3:27.18 | 49.97 | 300m: 5:24.65 | 59.25 | 400m: 6:52.45 | 41.53 |

Programmanr. 2, Dames, 400m wisselslag

Programmanr. 2
13-5-2023

Meisjes, 400m wisselslag

Junioren 3 en 4
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | | | |
|------|---|-----------------------------|---------------|-----------|------------------|---------|---------------|-------|
| 1. | Myrthe Stelten * | Hellas-Glana | 5:48.12 | 200900234 | 5:51.87 +0,77 | | | |
| | 50m: 37.09 | 37.09 | 150m: 2:08.82 | 47.24 | 250m: 3:41.88 | 47.42 | 350m: 5:12.78 | 42.97 |
| | 100m: 1:21.58 | 44.49 | 200m: 2:54.46 | 45.64 | 300m: 4:29.81 | 47.93 | 400m: 5:51.87 | 39.09 |
| 2. | Veerle Claessens | ZEPS | 6:23.13 | 200800100 | 6:30.03 +0,79 | | | |
| | 50m: 40.98 | 40.98 | 150m: 2:22.44 | 48.14 | 250m: 4:05.24 | 56.30 | 350m: 5:47.62 | 44.89 |
| | 100m: 1:34.30 | 53.32 | 200m: 3:08.94 | 46.50 | 300m: 5:02.73 | 57.49 | 400m: 6:30.03 | 42.41 |
| 3. | Fenna Greijn | ZPC De Rog Weert | 6:42.79 | 200900654 | 6:38.00 +0,68 | | | |
| | 50m: 38.36 | 38.36 | 150m: 2:23.76 | 55.33 | 250m: 4:07.71 | 53.34 | 350m: 5:52.05 | 47.63 |
| | 100m: 1:28.43 | 50.07 | 200m: 3:14.37 | 50.61 | 300m: 5:04.42 | 56.71 | 400m: 6:38.00 | 45.95 |
| 4. | Lynn Peters | Mosa-Regio | 6:22.62 | 200900454 | 6:42.63 +0,81 | | | |
| | 50m: 41.12 | 41.12 | 150m: 2:24.91 | 49.10 | 250m: 4:09.16 | 55.78 | 350m: 5:56.72 | 47.45 |
| | 100m: 1:35.81 | 54.69 | 200m: 3:13.38 | 48.47 | 300m: 5:09.27 | 1:00.11 | 400m: 6:42.63 | 45.91 |
| DIS | Laura Dumont | SG Patrick - De Roersoppers | 6:32.81 | 200900020 | +WB +0,74 | | | |
| | AF - De aangegeven afstand niet uitgezwommen. | | | | | | | |
| | 50m: 38.65 | 38.65 | 150m: 2:28.80 | 1:03.70 | 250m: | 350m: | | |
| | 100m: 1:25.10 | 46.45 | 200m: | | 300m: | 400m: | | |

Programmanr. 2
13-5-2023

Meisjes, 400m wisselslag

Jeugd 1 en 2
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | | | |
|------|-------------------|------------|---------------|-----------|------------------|-------|---------------|-------|
| 1. | Isa Jansen | SBC2000 | 5:30.25 | 200701176 | 5:36.05 +0,74 | | | |
| | 50m: 35.04 | 35.04 | 150m: 2:03.84 | 43.52 | 250m: 3:31.60 | 46.00 | 350m: 4:57.90 | 39.53 |
| | 100m: 1:20.32 | 45.28 | 200m: 2:45.60 | 41.76 | 300m: 4:18.37 | 46.77 | 400m: 5:36.05 | 38.15 |
| 2. | Livia Groenewegen | PSV | 5:44.69 | 200700244 | 5:50.17 +0,84 | | | |
| | 50m: 38.03 | 38.03 | 150m: 2:06.28 | 43.01 | 250m: 3:40.45 | 50.64 | 350m: 5:10.47 | 39.51 |
| | 100m: 1:23.27 | 45.24 | 200m: 2:49.81 | 43.53 | 300m: 4:30.96 | 50.51 | 400m: 5:50.17 | 39.70 |
| 3. | Shanna Joppe | Hieronymus | 5:49.15 | 200601186 | 5:56.46 +0,77 | | | |
| | 50m: 37.99 | 37.99 | 150m: 2:10.93 | 46.63 | 250m: 3:46.02 | 49.45 | 350m: 5:17.27 | 40.71 |
| | 100m: 1:24.30 | 46.31 | 200m: 2:56.57 | 45.64 | 300m: 4:36.56 | 50.54 | 400m: 5:56.46 | 39.19 |
| 4. | Birgit Hage | PSV | 5:49.57 | 200602898 | 5:57.54 +1,08 | | | |
| | 50m: 34.71 | 34.71 | 150m: 2:01.88 | 44.52 | 250m: 3:39.49 | 54.34 | 350m: 5:17.39 | 42.69 |
| | 100m: 1:17.36 | 42.65 | 200m: 2:45.15 | 43.27 | 300m: 4:34.70 | 55.21 | 400m: 5:57.54 | 40.15 |

Programmanr. 2
13-5-2023

Meisjes, 400m wisselslag

Jeugd 1 en 2
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | | | |
|------|-------------------|------------|---------------|-----------|------------------|-------|---------------|-------|
| 1. | Nina Derckx | ZEPS | 6:03.36 | 200700030 | 5:50.92 +0,78 | | | |
| | 50m: 37.19 | 37.19 | 150m: 2:08.12 | 43.63 | 250m: 3:41.09 | 51.68 | 350m: 5:12.37 | 41.07 |
| | 100m: 1:24.49 | 47.30 | 200m: 2:49.41 | 41.29 | 300m: 4:31.30 | 50.21 | 400m: 5:50.92 | 38.55 |
| 2. | Myrthe Paas | ZEPS | 6:00.34 | 200600410 | 6:07.26 +0,81 | | | |
| | 50m: 38.15 | 38.15 | 150m: 2:12.55 | 48.26 | 250m: 3:52.85 | 53.57 | 350m: 5:26.93 | 40.75 |
| | 100m: 1:24.29 | 46.14 | 200m: 2:59.28 | 46.73 | 300m: 4:46.18 | 53.33 | 400m: 6:07.26 | 40.33 |
| 3. | Benthe van de Ree | HZPC | 6:03.98 | 200701226 | 6:19.83 +0,97 | | | |
| | 50m: 39.08 | 39.08 | 150m: 2:17.70 | 48.97 | 250m: 3:59.03 | 54.01 | 350m: 5:38.14 | 42.66 |
| | 100m: 1:28.73 | 49.65 | 200m: 3:05.02 | 47.32 | 300m: 4:55.48 | 56.45 | 400m: 6:19.83 | 41.69 |

Programmanr. 2, Dames, 400m wisselslag

Programmanr. 2
13-5-2023

Dames, 400m wisselslag

Senioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|--------------------|---------------------|---------|---------------|----------------------|
| 1. | Esmee van den Hout | Scheldestroom | 6:02.32 | 200503696 | 6:12.49 +0,77 |
| | 50m: 38.19 | 38.19 150m: 2:14.99 | 50.88 | 250m: 3:52.30 | 48.25 |
| | 100m: 1:24.11 | 45.92 200m: 3:04.05 | 49.06 | 300m: 4:41.81 | 49.51 |
| 2. | Nasca van Dijk | De Marlijn (SG) | 6:12.84 | 200300816 | 6:26.56 +0,78 |
| | 50m: 37.10 | 37.10 150m: 2:15.42 | 51.70 | 250m: 4:02.08 | 56.42 |
| | 100m: 1:23.72 | 46.62 200m: 3:05.66 | 50.24 | 300m: 4:59.37 | 57.29 |

Programmanr. 2
13-5-2023

Dames, 400m wisselslag

Senioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|------------------------|----------------------------|---------|---------------|----------------------|
| 1. | Kim Jansen van Galen | PSV | 5:06.79 | 200201594 | 5:06.63 +0,73 |
| | 50m: 31.06 | 31.06 150m: 1:50.63 | 43.06 | 250m: 3:13.85 | 40.90 |
| | 100m: 1:07.57 | 36.51 200m: 2:32.95 | 42.32 | 300m: 3:55.97 | 42.12 |
| 2. | Nikita van den Ouden | Z&PV Nueneen | 5:13.58 | 199900622 | 5:13.85 +0,68 |
| | 50m: 32.04 | 32.04 150m: 1:51.22 | 41.44 | 250m: 3:17.04 | 45.12 |
| | 100m: 1:09.78 | 37.74 200m: 2:31.92 | 40.70 | 300m: 4:02.72 | 45.68 |
| 3. | Valesca van den Bogert | Hieronymus | 5:15.63 | 200102138 | 5:15.48 +0,72 |
| | 50m: 32.51 | 32.51 150m: 1:52.78 | 41.80 | 250m: 3:17.54 | 43.65 |
| | 100m: 1:10.98 | 38.47 200m: 2:33.89 | 41.11 | 300m: 4:01.35 | 43.81 |
| 4. | Roos Englebert | Hieronymus | 5:25.85 | 200200606 | 5:15.54 +0,73 |
| | 50m: 34.07 | 34.07 150m: 1:53.13 | 40.79 | 250m: 3:17.89 | 45.00 |
| | 100m: 1:12.34 | 38.27 200m: 2:32.89 | 39.76 | 300m: 4:03.27 | 45.38 |
| 5. | Isa Schellekens | Zegenwerp | 5:22.29 | 200002330 | 5:25.72 +0,77 |
| | 50m: 33.71 | 33.71 150m: 1:55.29 | 41.05 | 250m: 3:22.61 | 46.53 |
| | 100m: 1:14.24 | 40.53 200m: 2:36.08 | 40.79 | 300m: 4:09.74 | 47.13 |
| 6. | Manon Ritten | PSV | 5:30.12 | 200002440 | 5:28.32 +0,78 |
| | 50m: 33.50 | 33.50 150m: 1:56.87 | 44.44 | 250m: 3:27.15 | 47.15 |
| | 100m: 1:12.43 | 38.93 200m: 2:40.00 | 43.13 | 300m: 4:16.99 | 49.84 |
| 7. | Gwen Eygendaal | O.Z. & P.C. De Warande | 5:50.46 | 200404680 | 5:53.56 +0,80 |
| | 50m: 36.41 | 36.41 150m: 2:06.95 | 46.18 | 250m: 3:41.55 | 50.32 |
| | 100m: 1:20.77 | 44.36 200m: 2:51.23 | 44.28 | 300m: 4:32.48 | 50.93 |
| 8. | Liselotte Joling | PSV | 5:48.40 | 197500268 | 5:58.10 +0,87 |
| | 50m: 36.61 | 36.61 150m: 2:08.62 | 49.48 | 250m: 3:45.95 | 50.25 |
| | 100m: 1:19.14 | 42.53 200m: 2:55.70 | 47.08 | 300m: 4:37.76 | 51.81 |
| 9. | Isabel van Alebeek | Waalwijkse Zwem Vereniging | 6:16.20 | 200301694 | 6:03.00 +0,78 |
| | 50m: 35.74 | 35.74 150m: 2:07.89 | 48.14 | 250m: 3:45.19 | 50.37 |
| | 100m: 1:19.75 | 44.01 200m: 2:54.82 | 46.93 | 300m: 4:36.75 | 51.56 |
| 10. | Selina Janssen | Neptunus'58 | 6:08.19 | 199905974 | 6:11.65 +0,70 |
| | 50m: 34.84 | 34.84 150m: 2:05.55 | 49.39 | 250m: 3:50.67 | 55.72 |
| | 100m: 1:16.16 | 41.32 200m: 2:54.95 | 49.40 | 300m: 4:47.84 | 57.17 |
| 11. | Elce Dollekens | Waalwijkse Zwem Vereniging | 6:15.95 | 200400544 | 6:25.57 +0,74 |
| | 50m: 37.58 | 37.58 150m: 2:14.94 | 50.52 | 250m: 4:00.33 | 53.70 |
| | 100m: 1:24.42 | 46.84 200m: 3:06.63 | 51.69 | 300m: 4:54.41 | 54.08 |

Programmanr. 2
13-5-2023

Dames, 400m wisselslag

Senioren
Resultaten

| rang | naam | vereniging | intijd | tijd | RT |
|------|-----------------|---------------------|---------|---------------|----------------------|
| 1. | Jessie Bodden | Hellas-Glana | 5:33.13 | 200401650 | 5:28.58 +0,82 |
| | 50m: 33.60 | 33.60 150m: 1:56.54 | 43.47 | 250m: 3:25.71 | 46.79 |
| | 100m: 1:13.07 | 39.47 200m: 2:38.92 | 42.38 | 300m: 4:12.88 | 47.17 |
| 2. | Kim Crins | RZL | 6:07.41 | 200501212 | 6:06.27 +0,78 |
| | 50m: 37.56 | 37.56 150m: 2:11.77 | 47.19 | 250m: 3:50.63 | 51.79 |
| | 100m: 1:24.58 | 47.02 200m: 2:58.84 | 47.07 | 300m: 4:44.06 | 53.43 |
| 3. | Quinty Rouschop | Hellas-Glana | 5:50.02 | 200300208 | 6:12.66 +0,80 |
| | 50m: 37.91 | 37.91 150m: 2:12.29 | 46.45 | 250m: 3:50.12 | 52.06 |
| | 100m: 1:25.84 | 47.93 200m: 2:58.06 | 45.77 | 300m: 4:44.36 | 54.24 |
| 4. | Sabien Timmers | Noord Limburg(SG) | 6:03.74 | 199904440 | 6:19.52 +0,74 |
| | 50m: 35.79 | 35.79 150m: 2:11.31 | 48.99 | 250m: 3:53.68 | 54.18 |
| | 100m: 1:22.32 | 46.53 200m: 2:59.50 | 48.19 | 300m: 4:48.97 | 55.29 |

Programmanr. 2, Dames, 400m wisselslag, Senioren

| rang | naam | vereniging | intijd | | tijd | | RT | |
|-------|--------------------|------------|---------------|-------|---------------|-------|---------------|-------|
| AFGEM | Verena van Rens | Mosa-Regio | 5:47.46 | | 200401304 | | | |
| BM | Merel Schravendijk | KNZB | 5:01.32 | | 200503382 | | 5:13.00 +0,67 | |
| | 50m: 31.88 | 31.88 | 150m: 1:51.47 | 41.10 | 250m: 3:15.79 | 44.18 | 350m: 4:35.97 | 35.61 |
| | 100m: 1:10.37 | 38.49 | 200m: 2:31.61 | 40.14 | 300m: 4:00.36 | 44.57 | 400m: 5:13.00 | 37.03 |