

Programmanr. 29
20-5-2023

Meisjes, 400m vrije slag

Junioren 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Vlada Filimonov	De Bevelanders	5:35.83	201002642	5:31.04 +0,82
	50m: 36.74	36.74 150m: 2:00.72	42.16	250m: 3:26.18	42.18
	100m: 1:18.56	41.82 200m: 2:43.02	42.30	300m: 4:08.77	40.09
				350m: 4:50.95	
				400m: 5:31.04	
2.	Sanne Bos	De Schelde	5:57.15	201000404	5:44.74 +0,88
	50m: 37.15	37.15 150m: 2:06.69	45.55	250m: 3:35.51	44.08
	100m: 1:21.14	43.99 200m: 2:50.73	44.04	300m: 4:20.12	40.54
				350m: 5:04.20	
				400m: 5:44.74	
3.	Morrison Schram	De Schelde	5:51.03	201100686	5:47.68 +0,81
	50m: 38.45	38.45 150m: 2:06.23	44.84	250m: 3:35.13	44.85
	100m: 1:21.39	42.94 200m: 2:50.63	44.40	300m: 4:20.64	42.19
				350m: 5:05.49	
				400m: 5:47.68	

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Junioren 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Anna Lepoutre	PSV	5:22.61	201100534	5:12.27 +0,70
	50m: 34.40	34.40 150m: 1:52.17	39.38	250m: 3:12.38	40.30
	100m: 1:12.79	38.39 200m: 2:32.57	40.40	300m: 3:52.94	39.03
				350m: 4:33.24	
				400m: 5:12.27	
2.	Fenna Zusterzeel	PSV	5:19.90	201000008	5:17.46 +0,71
	50m: 33.17	33.17 150m: 1:52.33	39.92	250m: 3:15.12	41.63
	100m: 1:12.41	39.24 200m: 2:33.26	40.93	300m: 3:56.95	38.88
				350m: 4:38.58	
				400m: 5:17.46	
3.	Renske van den Bosch	V.Z.V. Njord	5:37.44	201001828	5:17.47 +0,93
	50m: 35.67	35.67 150m: 1:56.49	40.39	250m: 3:18.41	40.35
	100m: 1:16.10	40.43 200m: 2:37.44	40.95	300m: 3:59.56	37.56
				350m: 4:39.91	
				400m: 5:17.47	
4.	Evelien Goorhuis	Hieronymus	5:30.62	201000194	5:21.29 +0,74
	50m: 34.56	34.56 150m: 1:55.88	41.53	250m: 3:19.48	40.39
	100m: 1:14.35	39.79 200m: 2:37.90	42.02	300m: 4:01.35	39.55
				350m: 4:41.74	
				400m: 5:21.29	
5.	Lola Verheijen	PSV	5:34.28	201100832	5:22.62 +0,83
	50m: 35.74	35.74 150m: 1:57.94	41.43	250m: 3:21.97	40.15
	100m: 1:16.51	40.77 200m: 2:40.46	42.52	300m: 4:03.62	38.85
				350m: 4:43.77	
				400m: 5:22.62	
6.	Elke Kriesels	Hieronymus	5:36.40	201100898	5:29.38 +0,87
	50m: 36.67	36.67 150m: 1:59.07	41.63	250m: 3:23.14	42.96
	100m: 1:17.44	40.77 200m: 2:41.19	42.12	300m: 4:05.92	40.50
				350m: 4:48.88	
				400m: 5:29.38	
7.	Alissa Rooijackers	Z&PV Nuenen	5:44.59	201101892	5:35.14 +0,74
	50m: 36.98	36.98 150m: 2:02.14	43.23	250m: 3:29.84	41.32
	100m: 1:18.91	41.93 200m: 2:45.61	43.47	300m: 4:12.61	41.21
				350m: 4:53.93	
				400m: 5:35.14	
8.	Jayna Wagemakers	AquaDream	5:37.21	201000226	5:35.48 +0,80
	50m: 36.73	36.73 150m: 2:01.74	42.83	250m: 3:28.54	42.89
	100m: 1:18.91	42.18 200m: 2:44.90	43.16	300m: 4:11.99	40.60
				350m: 4:54.88	
				400m: 5:35.48	
9.	Annelotte Lagendaal	O.Z. & P.C. De Warande	5:45.38	201003354	5:40.21 +0,83
	50m: 36.68	36.68 150m: 2:00.79	43.30	250m: 3:28.86	44.22
	100m: 1:17.49	40.81 200m: 2:44.73	43.94	300m: 4:13.67	42.32
				350m: 4:57.89	
				400m: 5:40.21	
10.	Saar Vermeer	SBC2000	6:00.46	201000174	5:54.08 +0,88
	50m: 40.42	40.42 150m: 2:11.65	45.92	250m: 3:43.98	44.76
	100m: 1:25.73	45.31 200m: 2:57.56	45.91	300m: 4:30.61	38.71
				350m: 5:15.37	
				400m: 5:54.08	
11.	Elisabeth Straver	PSV	6:04.25	201000074	6:01.01 +0,76
	50m: 37.82	37.82 150m: 2:10.19	47.81	250m: 3:42.40	46.00
	100m: 1:22.38	44.56 200m: 2:56.36	46.17	300m: 4:29.78	45.23
				350m: 5:15.78	
				400m: 6:01.01	
12.	Dagmar Wierckx	SBC2000	6:04.77	201101278	6:04.63 +0,83
	50m: 40.08	40.08 150m: 2:13.63	47.44	250m: 3:48.17	45.12
	100m: 1:26.19	46.11 200m: 3:01.22	47.59	300m: 4:36.03	43.48
				350m: 5:21.15	
				400m: 6:04.63	
13.	Vera Broekman	Arethusa	5:50.93	201001454	6:05.33 +0,59
	50m: 39.46	39.46 150m: 2:12.92	47.47	250m: 3:48.61	46.47
	100m: 1:25.45	45.99 200m: 3:00.39	47.47	300m: 4:35.97	42.89
				350m: 5:22.44	
				400m: 6:05.33	
14.	Emma van den Berg	V.Z.V. Njord	6:02.42	201100830	6:10.35 +0,88
	50m: 39.76	39.76 150m: 2:14.21	48.57	250m: 3:49.28	47.63
	100m: 1:25.64	45.88 200m: 3:01.86	47.65	300m: 4:38.23	44.49
				350m: 5:25.86	
				400m: 6:10.35	
15.	Selena Geeven	Arethusa	5:58.48	201000844	6:14.47 +0,82
	50m: 39.83	39.83 150m: 2:12.67	47.39	250m: 3:49.33	49.09
	100m: 1:25.28	45.45 200m: 3:00.83	48.16	300m: 4:39.16	46.22
				350m: 5:28.25	
				400m: 6:14.47	

Programmanr. 29, Dames, 400m vrije slag

Programmanr. 29
20-5-2023

Meisjes, 400m vrije slag

Junioreren 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Julie Simonis	Hellas-Glana	5:26.93	201000144	5:26.24 +0,76			
	50m: 36.17	36.17	150m: 1:58.18	41.63	250m: 3:22.44	42.05	350m: 4:46.34	41.81
	100m: 1:16.55	40.38	200m: 2:40.39	42.21	300m: 4:04.53	42.09	400m: 5:26.24	39.90
2.	Sterre de Veen	Hellas-Glana	5:21.23	201100086	5:30.95 +0,70			
	50m: 35.58	35.58	150m: 1:57.01	41.95	250m: 3:23.95	43.69	350m: 4:51.79	43.71
	100m: 1:15.06	39.48	200m: 2:40.26	43.25	300m: 4:08.08	44.13	400m: 5:30.95	39.16
3.	Alaine Lomans	Eszet	5:22.48	201000420	5:33.81 +0,69			
	50m: 36.81	36.81	150m: 2:00.80	42.41	250m: 3:25.97	43.46	350m: 4:52.48	42.89
	100m: 1:18.39	41.58	200m: 2:42.51	41.71	300m: 4:09.59	43.62	400m: 5:33.81	41.33
4.	Esra Simon	Hellas-Glana	5:41.08	201100004	5:41.26 +0,68			
	50m: 37.18	37.18	150m: 2:02.12	43.16	250m: 3:31.08	44.53	350m: 5:00.32	44.56
	100m: 1:18.96	41.78	200m: 2:46.55	44.43	300m: 4:15.76	44.68	400m: 5:41.26	40.94
5.	Elize Wijzenbeek	Hellas-Glana	5:38.81	201001338	5:53.72 +0,79			
	50m: 38.55	38.55	150m: 2:08.13	45.50	250m: 3:42.09	47.46	350m: 5:13.42	44.96
	100m: 1:22.63	44.08	200m: 2:54.63	46.50	300m: 4:28.46	46.37	400m: 5:53.72	40.30
6.	Louane Carfantan	MZ&PC Maastricht	5:41.13	201101042	5:54.66 +0,75			
	50m: 41.31	41.31	150m: 2:15.14	47.46	250m: 3:48.14	45.87	350m: 5:15.27	41.97
	100m: 1:27.68	46.37	200m: 3:02.27	47.13	300m: 4:33.30	45.16	400m: 5:54.66	39.39
7.	Evi Bouten	Mosa-Regio	6:04.07	201000270	6:15.72 +0,77			
	50m: 40.23	40.23	150m: 2:12.94	46.83	250m: 3:49.29	48.06	350m: 5:29.63	51.31
	100m: 1:26.11	45.88	200m: 3:01.23	48.29	300m: 4:38.32	49.03	400m: 6:15.72	46.09

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Meisjes, 400m vrije slag

Junioreren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Djelaysa Buunk	Z & PC De Zeeuwse Kust	4:53.60	200900536	4:53.90 +0,79			
	50m: 33.06	33.06	150m: 1:46.73	36.92	250m: 3:02.12	37.83	350m: 4:18.01	37.23
	100m: 1:09.81	36.75	200m: 2:24.29	37.56	300m: 3:40.78	38.66	400m: 4:53.90	35.89

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Meisjes, 400m vrije slag

Junioreren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Bregje Dekkers	PSV	4:46.44	200900746	4:41.89 +0,69			
	50m: 32.19	32.19	150m: 1:42.37	35.64	250m: 2:54.14	36.00	350m: 4:06.45	35.94
	100m: 1:06.73	34.54	200m: 2:18.14	35.77	300m: 3:30.51	36.37	400m: 4:41.89	35.44
2.	Luus Gielens	PSV	4:48.53	200900138	4:44.00 +0,82			
	50m: 33.07	33.07	150m: 1:45.49	36.08	250m: 2:58.78	36.61	350m: 4:11.18	35.27
	100m: 1:09.41	36.34	200m: 2:22.17	36.68	300m: 3:35.91	37.13	400m: 4:44.00	32.82
3.	Veerle Hildebrand	PSV	4:51.93	200801830	4:44.37 +0,72			
	50m: 32.35	32.35	150m: 1:43.95	36.37	250m: 2:56.32	36.36	350m: 4:09.29	36.61
	100m: 1:07.58	35.23	200m: 2:19.96	36.01	300m: 3:32.68	36.36	400m: 4:44.37	35.08
4.	Julie van Nispen	Z&PV Nuenen	4:42.34	200800290	4:45.95 +0,87			
	50m: 32.05	32.05	150m: 1:43.87	36.40	250m: 2:57.56	36.79	350m: 4:10.81	36.89
	100m: 1:07.47	35.42	200m: 2:20.77	36.90	300m: 3:33.92	36.36	400m: 4:45.95	35.14
5.	Kinley Cole	PSV	5:00.79	200903696	4:53.84 +0,75			
	50m: 32.51	32.51	150m: 1:46.52	37.46	250m: 3:02.59	37.67	350m: 4:18.27	36.83
	100m: 1:09.06	36.55	200m: 2:24.92	38.40	300m: 3:41.44	38.85	400m: 4:53.84	35.57
6.	Iris Tilburg	Arethusa	4:59.96	200902662	4:59.11 +0,75			
	50m: 33.13	33.13	150m: 1:48.81	38.32	250m: 3:06.39	38.82	350m: 4:22.39	37.62
	100m: 1:10.49	37.36	200m: 2:27.57	38.76	300m: 3:44.77	38.38	400m: 4:59.11	36.72
7.	Lotte Blanken	SBC2000	5:25.77	200801476	5:13.22 +0,73			
	50m: 35.42	35.42	150m: 1:55.15	40.37	250m: 3:16.40	40.17	350m: 4:36.34	39.39
	100m: 1:14.78	39.36	200m: 2:36.23	41.08	300m: 3:56.95	40.55	400m: 5:13.22	36.88
8.	Jansje de Ridder	De Biesboschzweimmers	5:28.78	200800194	5:16.03 +0,69			
	50m: 35.86	35.86	150m: 1:56.52	40.93	250m: 3:18.21	40.68	350m: 4:38.77	39.52
	100m: 1:15.59	39.73	200m: 2:37.53	41.01	300m: 3:59.25	41.04	400m: 5:16.03	37.26
9.	Manaudou Verhaar	AquaDream	5:13.52	200801376	5:19.74 +0,75			
	50m: 34.94	34.94	150m: 1:55.19	40.46	250m: 3:16.49	40.83	350m: 4:39.31	41.32
	100m: 1:14.73	39.79	200m: 2:35.66	40.47	300m: 3:57.99	41.50	400m: 5:19.74	40.43

Programmanr. 29, Meisjes, 400m vrije slag, Junioren 3 en 4

rang	naam	vereniging	intijd	tijd	RT
10.	Rona Goverde	Hieronymus	5:27.82	200900298	5:20.86 +0,79
	50m: 35.49	35.49 150m: 1:57.28	41.74	250m: 3:20.59	41.86
	100m: 1:15.54	40.05 200m: 2:38.73	41.45	300m: 4:02.77	42.18
				350m: 4:42.68	39.91
				400m: 5:20.86	38.18
11.	Vera Bastiaensen	Hieronymus	5:18.42	200800572	5:22.13 +0,75
	50m: 35.27	35.27 150m: 1:55.29	40.59	250m: 3:18.17	41.55
	100m: 1:14.70	39.43 200m: 2:36.62	41.33	300m: 4:00.29	42.12
				350m: 4:41.82	41.53
				400m: 5:22.13	40.31
12.	Alexx Broekman	Arethusa	5:38.46	200902374	5:28.46 +0,79
	50m: 35.51	35.51 150m: 1:59.60	42.62	250m: 3:25.31	43.13
	100m: 1:16.98	41.47 200m: 2:42.18	42.58	300m: 4:07.78	42.47
				350m: 4:49.60	41.82
				400m: 5:28.46	38.86
13.	Lotje Koenraads	SBC2000	5:26.77	200900896	5:28.78 +0,84
	50m: 36.89	36.89 150m: 2:00.32	42.42	250m: 3:25.90	42.87
	100m: 1:17.90	41.01 200m: 2:43.03	42.71	300m: 4:08.03	42.13
				350m: 4:49.83	41.80
				400m: 5:28.78	38.95
14.	Hanna Advokaat	PSV	5:38.96	200901502	5:31.66 +0,84
	50m: 36.68	36.68 150m: 2:00.46	42.34	250m: 3:27.08	43.65
	100m: 1:18.12	41.44 200m: 2:43.43	42.97	300m: 4:09.59	42.51
				350m: 4:52.24	42.65
				400m: 5:31.66	39.42
15.	Elaine Geeven	Arethusa	5:36.78	200801972	5:36.60 +0,84
	50m: 38.13	38.13 150m: 2:03.77	44.07	250m: 3:30.13	43.16
	100m: 1:19.70	41.57 200m: 2:46.97	43.20	300m: 4:13.55	43.42
				350m: 4:56.30	42.75
				400m: 5:36.60	40.30
16.	Marith Ewijk	Waalwijkse Zwem Vereniging	5:24.73	200801414	5:39.24 +0,79
	50m: 35.45	35.45 150m: 2:00.23	43.45	250m: 3:28.80	44.31
	100m: 1:16.78	41.33 200m: 2:44.49	44.26	300m: 4:13.15	44.35
				350m: 4:57.62	44.47
				400m: 5:39.24	41.62
17.	Evi Grauwmans	SBC2000	5:46.22	200902326	5:41.39 +0,76
	50m: 38.81	38.81 150m: 2:05.95	44.44	250m: 3:34.53	44.55
	100m: 1:21.51	42.70 200m: 2:49.98	44.03	300m: 4:18.48	43.95
				350m: 5:01.17	42.69
				400m: 5:41.39	40.22
18.	Lara Müller	Arethusa	5:44.69	200903610	5:45.31 +0,86
	50m: 38.05	38.05 150m: 2:04.92	43.84	250m: 3:33.96	44.90
	100m: 1:21.08	43.03 200m: 2:49.06	44.14	300m: 4:18.68	44.72
				350m: 5:03.23	44.55
				400m: 5:45.31	42.08

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Meisjes, 400m vrije slag

Junioren 3 en 4
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Myrthe Stelten	Hellas-Glana	5:08.21	200900234	5:05.63 +0,73
	50m: 33.92	33.92 150m: 1:51.76	39.40	250m: 3:10.95	38.95
	100m: 1:12.36	38.44 200m: 2:32.00	40.24	300m: 3:50.80	39.85
				350m: 4:28.93	38.13
				400m: 5:05.63	36.70
2.	Jaydee Leenders	Noord Limburg(SG)	5:14.55	200900112	5:05.80 +0,73
	50m: 33.81	33.81 150m: 1:51.68	39.46	250m: 3:11.63	39.92
	100m: 1:12.22	38.41 200m: 2:31.71	40.03	300m: 3:50.55	38.92
				350m: 4:29.35	38.80
				400m: 5:05.80	36.45
3.	Noa Roberts	Hellas-Glana	5:26.63	200800702	5:17.30 +0,72
	50m: 35.20	35.20 150m: 1:52.98	39.36	250m: 3:14.18	41.31
	100m: 1:13.62	38.42 200m: 2:32.87	39.89	300m: 3:56.60	42.42
				350m: 4:38.29	41.69
				400m: 5:17.30	39.01
4.	Emma Ketelaars	RZ	5:37.64	200800354	5:17.42 +0,71
	50m: 34.55	34.55 150m: 1:53.18	40.35	250m: 3:15.69	41.43
	100m: 1:12.83	38.28 200m: 2:34.26	41.08	300m: 3:57.35	41.66
				350m: 4:38.13	40.78
				400m: 5:17.42	39.29
5.	Phyllis Legein	ZPC Nederweert	5:19.61	200801396	5:19.43 +0,81
	50m: 34.60	34.60 150m: 1:53.83	40.76	250m: 3:17.29	41.79
	100m: 1:13.07	38.47 200m: 2:35.50	41.67	300m: 3:59.23	41.94
				350m: 4:40.38	41.15
				400m: 5:19.43	39.05
6.	Veerle Claessens	ZEPS	5:29.18	200800100	5:28.95 +0,82
	50m: 36.27	36.27 150m: 1:58.41	41.46	250m: 3:23.16	42.11
	100m: 1:16.95	40.68 200m: 2:41.05	42.64	300m: 4:05.94	42.78
				350m: 4:47.37	41.43
				400m: 5:28.95	41.58
7.	Anouk Leurs	ZEPS	5:39.28	200900232	5:35.75 +0,73
	50m: 36.79	36.79 150m: 2:02.90	43.18	250m: 3:30.99	43.97
	100m: 1:19.72	42.93 200m: 2:47.02	44.12	300m: 4:14.37	43.38
				350m: 4:56.97	42.60
				400m: 5:35.75	38.78
8.	Fenna Greijn	ZPC De Rog Weert	5:34.23	200900654	5:38.13 +0,64
	50m: 38.57	38.57 150m: 2:04.14	43.55	250m: 3:30.60	43.39
	100m: 1:20.59	42.02 200m: 2:47.21	43.07	300m: 4:14.10	43.50
				350m: 4:57.82	43.72
				400m: 5:38.13	40.31
9.	Sophie Reijnders	RZ	5:37.78	200900086	5:48.12 +0,77
	50m: 37.49	37.49 150m: 2:04.47	44.66	250m: 3:35.99	46.20
	100m: 1:19.81	42.32 200m: 2:49.79	45.32	300m: 4:19.78	43.79
				350m: 5:05.62	45.84
				400m: 5:48.12	42.50
10.	Renske Coppens	Noord Limburg(SG)	5:35.58	200900440	5:52.41 +0,81
	50m: 35.54	35.54 150m: 2:02.50	44.43	250m: 3:34.94	45.93
	100m: 1:18.07	42.53 200m: 2:49.01	46.51	300m: 4:22.20	47.26
				350m: 5:07.98	45.78
				400m: 5:52.41	44.43

Programmanr. 29, Dames, 400m vrije slag

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20-5-2023

Meisjes, 400m vrije slag

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Isa Jansen	SBC2000	4:50.10	200701176	4:50.51 +0,79	
	50m: 32.44	32.44	150m: 1:45.70	37.14	250m: 3:00.37	37.77
	100m: 1:08.56	36.12	200m: 2:22.60	36.90	300m: 3:37.19	36.82
2.	Myrthe Vos	PSV	4:59.77	200601684	5:00.08 +0,78	
	50m: 33.02	33.02	150m: 1:48.57	38.09	250m: 3:06.21	39.16
	100m: 1:10.48	37.46	200m: 2:27.05	38.48	300m: 3:45.89	39.68
3.	Yara Mels	Hieronymus	5:04.75	200700232	5:00.24 +0,76	
	50m: 34.15	34.15	150m: 1:49.82	37.90	250m: 3:07.18	38.48
	100m: 1:11.92	37.77	200m: 2:28.70	38.88	300m: 3:46.11	38.93
4.	Shanna Joppe	Hieronymus	5:03.80	200601186	5:08.25 +0,78	
	50m: 34.15	34.15	150m: 1:51.02	38.71	250m: 3:10.01	39.53
	100m: 1:12.31	38.16	200m: 2:30.48	39.46	300m: 3:49.74	39.73
5.	Lotte Mudde	Arethusa	5:14.80	200700502	5:10.97 +0,87	
	50m: 34.74	34.74	150m: 1:51.57	38.94	250m: 3:10.51	39.41
	100m: 1:12.63	37.89	200m: 2:31.10	39.53	300m: 3:50.96	40.45
6.	Birgit Hage	PSV	5:00.38	200602898	5:11.12 +0,90	
	50m: 35.48	35.48	150m: 1:53.55	39.54	250m: 3:12.92	39.92
	100m: 1:14.01	38.53	200m: 2:33.00	39.45	300m: 3:52.93	40.01
7.	Lieke van Geijn	O.Z. & P.C. De Warande	5:11.91	200600314	5:11.76 +0,75	
	50m: 34.46	34.46	150m: 1:51.83	39.12	250m: 3:11.44	40.09
	100m: 1:12.71	38.25	200m: 2:31.35	39.52	300m: 3:52.63	41.19
8.	Liza Theuns	Waalwijkse Zwem Vereniging	5:19.65	200702172	5:32.62 * +0,82	
	50m: 33.95	33.95	150m: 1:54.50	41.20	250m: 3:21.29	43.37
	100m: 1:13.30	39.35	200m: 2:37.92	43.42	300m: 4:05.27	43.98

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Meisjes, 400m vrije slag

Jeugd 1 en 2
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Suze Creemers	Hellas-Glana	4:45.71	200700738	4:47.03 +0,77	
	50m: 32.40	32.40	150m: 1:44.62	36.02	250m: 2:57.37	36.22
	100m: 1:08.60	36.20	200m: 2:21.15	36.53	300m: 3:34.40	37.03
2.	Lotte Frissen	SG Patrick - De Roersoppers	5:06.40	200701354	5:00.68 +0,73	
	50m: 34.15	34.15	150m: 1:50.63	38.79	250m: 3:07.88	38.77
	100m: 1:11.84	37.69	200m: 2:29.11	38.48	300m: 3:46.33	38.45
3.	Nina Derckx	ZEPS	5:19.92	200700030	5:17.31 +0,79	
	50m: 35.19	35.19	150m: 1:55.64	40.87	250m: 3:18.45	41.19
	100m: 1:14.77	39.58	200m: 2:37.26	41.62	300m: 3:59.57	41.12

Programmanr. 29
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Dames, 400m vrije slag

Senioren
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Anouck Romeijnsen	Z & PC De Zeeuwse Kust	5:10.81	200402808	5:14.74 +0,74	
	50m: 34.75	34.75	150m: 1:53.37	39.83	250m: 3:14.47	40.53
	100m: 1:13.54	38.79	200m: 2:33.94	40.57	300m: 3:55.72	41.25

Programmanr. 29, Dames, 400m vrije slag

Programmanr. 29
20-5-2023

Dames, 400m vrije slag

Senioren
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Yara van Kalmthout	PSV	4:20.46	200200984	4:23.72 +0,73			
	50m: 30.65	30.65	150m: 1:38.45	34.11	250m: 2:45.20	33.34	350m: 3:51.55	33.05
	100m: 1:04.34	33.69	200m: 2:11.86	33.41	300m: 3:18.50	33.30	400m: 4:23.72	32.17
2.	Anna van Droffelaar	PSV	4:28.77	200400258	4:28.99 +0,65			
	50m: 31.58	31.58	150m: 1:40.29	34.32	250m: 2:47.85	33.64	350m: 3:56.04	34.22
	100m: 1:05.97	34.39	200m: 2:14.21	33.92	300m: 3:21.82	33.97	400m: 4:28.99	32.95
3.	Kim Jansen van Galen	PSV	4:32.34	200201594	4:32.19 +0,72			
	50m: 31.80	31.80	150m: 1:41.58	34.91	250m: 2:50.59	33.99	350m: 3:58.66	33.62
	100m: 1:06.67	34.87	200m: 2:16.60	35.02	300m: 3:25.04	34.45	400m: 4:32.19	33.53
4.	Manon Ritten	PSV	4:33.54	200002440	4:33.84 +0,78			
	50m: 31.34	31.34	150m: 1:41.08	34.72	250m: 2:50.39	34.46	350m: 3:59.67	34.76
	100m: 1:06.36	35.02	200m: 2:15.93	34.85	300m: 3:24.91	34.52	400m: 4:33.84	34.17
5.	Nikita van den Ouden	Z&PV Nuenen	4:33.40	199900622	4:40.33 +0,70			
	50m: 32.09	32.09	150m: 1:42.69	35.82	250m: 2:53.72	35.42	350m: 4:05.51	35.91
	100m: 1:06.87	34.78	200m: 2:18.30	35.61	300m: 3:29.60	35.88	400m: 4:40.33	34.82
6.	Roos Englebert	Hieronymus	4:47.24	200200606	4:52.72 +0,73			
	50m: 33.13	33.13	150m: 1:47.39	37.51	250m: 3:02.43	37.26	350m: 4:16.65	36.96
	100m: 1:09.88	36.75	200m: 2:25.17	37.78	300m: 3:39.69	37.26	400m: 4:52.72	36.07
7.	Liselotte Joling	PSV	4:56.47	197500268	4:57.86 +0,87			
	50m: 33.87	33.87	150m: 1:49.18	38.09	250m: 3:05.26	37.90	350m: 4:21.41	37.94
	100m: 1:11.09	37.22	200m: 2:27.36	38.18	300m: 3:43.47	38.21	400m: 4:57.86	36.45
8.	Larissa Jansen	PSV	5:04.98	199500660	5:14.23 +0,85			
	50m: 35.10	35.10	150m: 1:52.63	38.91	250m: 3:11.53	39.71	350m: 4:33.49	41.56
	100m: 1:13.72	38.62	200m: 2:31.82	39.19	300m: 3:51.93	40.40	400m: 5:14.23	40.74
9.	Michelle van Dijk	Dzt'62	5:05.15	199806564	5:15.16 +0,81			
	50m: 34.52	34.52	150m: 1:53.04	40.06	250m: 3:15.04	41.14	350m: 4:37.01	40.75
	100m: 1:12.98	38.46	200m: 2:33.90	40.86	300m: 3:56.26	41.22	400m: 5:15.16	38.15
10.	Gwen Eygendaal	O.Z. & P.C. De Warande	5:00.25	200404680	5:16.22 * +0,77			
	50m: 34.92	34.92	150m: 1:54.17	40.04	250m: 3:15.62	40.93	350m: 4:37.26	40.30
	100m: 1:14.13	39.21	200m: 2:34.69	40.52	300m: 3:56.96	41.34	400m: 5:16.22	38.96
11.	Selina Janssen	Neptunus'58	5:12.84	199905974	5:18.16 +0,79			
	50m: 35.30	35.30	150m: 1:54.22	40.16	250m: 3:16.23	41.32	350m: 4:39.15	41.55
	100m: 1:14.06	38.76	200m: 2:34.91	40.69	300m: 3:57.60	41.37	400m: 5:18.16	39.01
12.	Marte Vlieg	Zeester Meerval	5:07.62	200304996	5:19.40 +0,88			
	50m: 35.40	35.40	150m: 1:54.83	40.69	250m: 3:17.54	41.55	350m: 4:40.72	41.27
	100m: 1:14.14	38.74	200m: 2:35.99	41.16	300m: 3:59.45	41.91	400m: 5:19.40	38.68
NG	Kim Roestenberg	PSV	4:55.85	200402670				

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Dames, 400m vrije slag

Senioren
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Jennifer Koonen	Zwemsport Parkstad	5:13.69	200500386	5:17.12 +0,77			
	50m: 34.49	34.49	150m: 1:54.45	39.64	250m: 3:15.72	40.66	350m: 4:37.57	41.11
	100m: 1:14.81	39.32	200m: 2:35.06	40.61	300m: 3:56.46	40.74	400m: 5:17.12	39.55