

BWK 2018  
Eindhoven, 17, 18, 24 & 25 november 2018

Programmanr. 1  
17-11-2018 - 13:30

Dames, 400m vrije slag

Senioren Open  
Resultaten

Nederlands Record 3:57.76 Sharon van Rouwendaal 13-033 Doha (QAT) 5-12-2014

rang	naam	vereniging	intijd	tijd	RT	
<b>Junioren 1</b>						
1.	Yara Mels	Trb/Res	5:13.43	200700232	<b>5:05.98</b>	
	50m: 34.50	34.50 150m: 1:51.29	38.83	250m: 3:10.04	39.31 350m: 4:30.55	40.22
	100m: 1:12.46	37.96 200m: 2:30.73	39.44	300m: 3:50.33	40.29 400m: 5:05.98	35.43
2.	Rosa Kremers	Trb/Res	5:27.31	200701224	<b>5:18.09</b>	
	50m: 34.48	34.48 150m: 1:55.28	41.57	250m: 3:18.54	41.18 350m: 4:41.68	41.14
	100m: 1:13.71	39.23 200m: 2:37.36	42.08	300m: 4:00.54	42.00 400m: 5:18.09	36.41
3.	Lotte Mudde	Zeester Meerval	5:33.13	200700502	<b>5:20.97</b>	+0,96
	50m: 35.86	35.86 150m: 1:57.05	41.08	250m: 3:21.09	42.26 350m: 4:43.15	40.69
	100m: 1:15.97	40.11 200m: 2:38.83	41.78	300m: 4:02.46	41.37 400m: 5:20.97	37.82
4.	Tasnim Bezbiz	SWNZ	5:45.47	200700492	<b>5:36.54</b>	+0,82
	50m: 36.23	36.23 150m: 2:01.82	43.84	250m: 3:30.43	44.43 350m: 4:58.34	43.86
	100m: 1:17.98	41.75 200m: 2:46.00	44.18	300m: 4:14.48	44.05 400m: 5:36.54	38.20
5.	Kenza van Kapel	Trb/Res	5:50.34	200700798	<b>5:37.11</b>	+0,82
	50m: 37.78	37.78 150m: 2:03.32	43.22	250m: 3:30.88	43.78 350m: 4:58.60	43.78
	100m: 1:20.10	42.32 200m: 2:47.10	43.78	300m: 4:14.82	43.94 400m: 5:37.11	38.51
6.	Livia Groenewegen	PSV	5:45.84	200700244	<b>5:37.74</b>	+0,77
	50m: 36.69	36.69 150m: 2:02.26	43.53	250m: 3:29.79	43.69 350m: 4:57.13	42.86
	100m: 1:18.73	42.04 200m: 2:46.10	43.84	300m: 4:14.27	44.48 400m: 5:37.74	40.61
7.	Isa Jansen	Sbc2000	5:45.89	200701176	<b>5:38.27</b>	+0,84
	50m: 36.70	36.70 150m: 2:02.01	43.28	250m: 3:29.96	43.84 350m: 4:57.77	43.43
	100m: 1:18.73	42.03 200m: 2:46.12	44.11	300m: 4:14.34	44.38 400m: 5:38.27	40.50

**Junioren 1**

DIS Suzie Pellis Hieronymus 6:22.84 200701600 S9  
*AA - Gestart voor het startsignaal (en wel gezwommen).*

**Junioren 2**

1.	Noor Vermeer	Sbc2000	5:05.28	200600752	<b>4:57.83</b>	
	50m: 33.92	33.92 150m: 1:48.91	38.04	250m: 3:04.89	37.98 350m: 4:20.56	37.83
	100m: 1:10.87	36.95 200m: 2:26.91	38.00	300m: 3:42.73	37.84 400m: 4:57.83	37.27
2.	Félinn van Lienden	Hieronymus	5:09.36	200602038	<b>5:03.70</b>	+0,73
	50m: 34.36	34.36 150m: 1:50.36	38.30	250m: 3:08.19	38.88 350m: 4:26.05	39.09
	100m: 1:12.06	37.70 200m: 2:29.31	38.95	300m: 3:46.96	38.77 400m: 5:03.70	37.65
3.	Valerie van der Velden	PSV	5:15.44	200600860	<b>5:17.12</b>	+0,76
	50m: 35.06	35.06 150m: 1:54.99	40.30	250m: 3:17.34	41.22 350m: 4:38.42	40.47
	100m: 1:14.69	39.63 200m: 2:36.12	41.13	300m: 3:57.95	40.61 400m: 5:17.12	38.70
4.	Lieke van Geijn	Trb/Res	5:33.16	200600314	<b>5:19.12</b>	+0,70
	50m: 34.72	34.72 150m: 1:53.81	39.59	250m: 3:16.13	41.73 350m: 4:39.43	41.58
	100m: 1:14.22	39.50 200m: 2:34.40	40.59	300m: 3:57.85	41.72 400m: 5:19.12	39.69
5.	Claire Alizé	PSV	5:34.19	200601104	<b>5:30.25</b>	+0,74
	50m: 37.34	37.34 150m: 2:00.48	42.04	250m: 3:25.00	42.40 350m: 4:49.30	42.00
	100m: 1:18.44	41.10 200m: 2:42.60	42.12	300m: 4:07.30	42.30 400m: 5:30.25	40.95

**Junioren 3**

1.	Indy van Laarhoven	AquaDream	4:58.99	200500710	<b>4:49.42</b>	+0,77
	50m: 33.01	33.01 150m: 1:45.74	36.85	250m: 2:58.73	36.69 350m: 4:12.65	37.27
	100m: 1:08.89	35.88 200m: 2:22.04	36.30	300m: 3:35.38	36.65 400m: 4:49.42	36.77
2.	Eliza Hamelink	PSV	5:03.39	200502116	<b>4:58.83</b>	+0,74
	50m: 33.68	33.68 150m: 1:46.61	36.64	250m: 3:02.49	38.52 350m: 4:21.29	39.44
	100m: 1:09.97	36.29 200m: 2:23.97	37.36	300m: 3:41.85	39.36 400m: 4:58.83	37.54
3.	Veerle van Hugten	Dzt'62	5:06.81	200502508	<b>4:59.95</b>	+0,63
	50m: 33.89	33.89 150m: 1:49.86	38.35	250m: 3:07.44	38.93 350m: 4:24.26	37.95
	100m: 1:11.51	37.62 200m: 2:28.51	38.65	300m: 3:46.31	38.87 400m: 4:59.95	35.69
4.	Leonie Habraken	Argo	5:14.73	200501184	<b>5:00.88</b>	+0,69
	50m: 36.24	36.24 150m: 1:52.34	38.35	250m: 3:09.37	38.35 350m: 4:25.18	37.46
	100m: 1:13.99	37.75 200m: 2:31.02	38.68	300m: 3:47.72	38.35 400m: 5:00.88	35.70
5.	Mirthe Vlegels	Hieronymus	5:20.83	200503486	<b>5:08.63</b>	+0,65
	50m: 33.53	33.53 150m: 1:49.54	38.69	250m: 3:09.23	40.05 350m: 4:29.66	40.19
	100m: 1:10.85	37.32 200m: 2:29.18	39.64	300m: 3:49.47	40.24 400m: 5:08.63	38.97

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Programmanr. 1, Meisjes, 400m vrije slag, Junioren 3

rang	naam	vereniging	intijd	tijd	RT
6.	Indy Mels	Trb/Res	5:14.41	200501354	<b>5:15.06</b> +0,80
	50m: 34.08	34.08 150m: 1:50.10	38.95	250m: 3:12.30	41.84 350m: 4:35.09
	100m: 1:11.15	37.07 200m: 2:30.46	40.36	300m: 3:54.62	42.32 400m: 5:15.06
7.	Luna van Tilburg	O.Z. & P.C. De Warande	5:23.30	200502160	<b>5:26.60</b> +0,73
	50m: 34.98	34.98 150m: 1:55.67	41.07	250m: 3:19.20	41.82 350m: 4:45.26
	100m: 1:14.60	39.62 200m: 2:37.38	41.71	300m: 4:02.08	42.88 400m: 5:26.60

Jeugd 1 en 2

1.	Lize van den Nieuwehuijzen	Nextline Swimming	4:28.41	200304454	<b>4:27.70</b> +0,80
	50m: 30.52	30.52 150m: 1:37.10	33.62	250m: 2:45.38	34.17 350m: 3:54.56
	100m: 1:03.48	32.96 200m: 2:11.21	34.11	300m: 3:19.84	34.46 400m: 4:27.70
2.	Luka de Neef	AquaDream	4:50.72	200401824	<b>4:38.25</b> +0,63
	50m: 32.53	32.53 150m: 1:42.98	34.60	250m: 2:52.90	34.78 350m: 4:03.55
	100m: 1:08.38	35.85 200m: 2:18.12	35.14	300m: 3:28.11	35.21 400m: 4:38.25
3.	Merel Musters	PSV	4:54.81	200304042	<b>4:46.68</b> +0,72
	50m: 33.01	33.01 150m: 1:45.95	36.70	250m: 2:59.50	36.43 350m: 4:12.71
	100m: 1:09.25	36.24 200m: 2:23.07	37.12	300m: 3:36.24	36.74 400m: 4:46.68
4.	Kim Roestenberg	Trb/Res	4:58.34	200402670	<b>4:47.13</b> +0,76
	50m: 32.73	32.73 150m: 1:45.34	36.56	250m: 3:00.02	37.10 350m: 4:12.70
	100m: 1:08.78	36.05 200m: 2:22.92	37.58	300m: 3:36.60	36.58 400m: 4:47.13
5.	Sophie Albers	ZWK Merlet	5:03.57	200300990	<b>4:59.33</b> +0,73
	50m: 33.82	33.82 150m: 1:50.32	38.57	250m: 3:06.44	37.86 350m: 4:22.03
	100m: 1:11.75	37.93 200m: 2:28.58	38.26	300m: 3:44.13	37.69 400m: 4:59.33
6.	Sanne Lukken	PSV	4:59.26	200400030	<b>5:02.75</b> +0,76
	50m: 33.42	33.42 150m: 1:47.50	37.42	250m: 3:04.28	38.48 350m: 4:23.41
	100m: 1:10.08	36.66 200m: 2:25.80	38.30	300m: 3:43.69	39.41 400m: 5:02.75
AFGEM	Janne Slegers	Tempo Valkenswaard	4:58.90	200404090	

Jeugd 1 en 2

1.	Diede Struijk	Z&PV Nuenen	5:43.93	200403824	S12	<b>5:46.90</b> +0,83	267
	50m: 40.69	40.69 150m: 2:09.64	44.11	250m: 3:38.24	44.20	350m: 5:06.28	43.70
	100m: 1:25.53	44.84 200m: 2:54.04	44.40	300m: 4:22.58	44.34	400m: 5:46.90	40.62

Senioren 1 en ouder

1.	Manon van Esch	Trb/Res	4:29.43	199702090	<b>4:24.98</b> +0,65
	50m: 30.05	30.05 150m: 1:36.77	33.92	250m: 2:45.05	34.08 350m: 3:52.66
	100m: 1:02.85	32.80 200m: 2:10.97	34.20	300m: 3:19.25	34.20 400m: 4:24.98
2.	Nikita van den Ouden	Z&PV Nuenen	4:32.35	199900622	<b>4:30.14</b> +0,71
	50m: 30.50	30.50 150m: 1:38.02	34.21	250m: 2:46.99	34.45 350m: 3:57.29
	100m: 1:03.81	33.31 200m: 2:12.54	34.52	300m: 3:22.04	35.05 400m: 4:30.14
3.	Inge Arts <i>Brabants Record</i>	ZWK Merlet	4:32.37	199203076	<b>4:30.21</b> +0,78
	50m: 31.20	31.20 150m: 1:39.21	34.36	250m: 2:48.21	34.22 350m: 3:56.87
	100m: 1:04.85	33.65 200m: 2:13.99	34.78	300m: 3:22.95	34.74 400m: 4:30.21
4.	Amy van Lier	O.Z. & P.C. De Warande	4:39.44	199603022	<b>4:31.26</b> +0,73
	50m: 31.06	31.06 150m: 1:39.33	34.56	250m: 2:48.52	34.49 350m: 3:57.75
	100m: 1:04.77	33.71 200m: 2:14.03	34.70	300m: 3:23.13	34.61 400m: 4:31.26
5.	Selene Wortel	Hieronymus	4:34.44	199700654	<b>4:32.57</b> +0,73
	50m: 31.03	31.03 150m: 1:41.45	35.92	250m: 2:51.42	33.41 350m: 3:59.86
	100m: 1:05.53	34.50 200m: 2:18.01	36.56	300m: 3:25.80	34.38 400m: 4:32.57
6.	Melissa van der Geld	O.Z. & P.C. De Warande	4:38.83	199506250	<b>4:39.57</b> +0,52
	50m: 31.22	31.22 150m: 1:41.17	35.26	250m: 2:52.20	35.55 350m: 4:03.63
	100m: 1:05.91	34.69 200m: 2:16.65	35.48	300m: 3:27.57	35.37 400m: 4:39.57
7.	Sterre van de Goor	PSV	4:37.45	200102168	<b>4:39.66</b> +0,79
	50m: 32.03	32.03 150m: 1:41.71	35.11	250m: 2:52.73	35.71 350m: 4:04.34
	100m: 1:06.60	34.57 200m: 2:17.02	35.31	300m: 3:28.29	35.56 400m: 4:39.66
8.	Isa Schellekens	SWNZ	4:56.24	200002330	<b>4:45.26</b> +0,76
	50m: 31.29	31.29 150m: 1:41.09	35.55	250m: 2:54.70	37.17 350m: 4:09.02
	100m: 1:05.54	34.25 200m: 2:17.53	36.44	300m: 3:31.71	37.01 400m: 4:45.26
9.	Anne Paulusse	O.Z. & P.C. De Warande	4:43.99	200200834	<b>4:45.36</b> +0,82
	50m: 32.28	32.28 150m: 1:43.20	35.71	250m: 2:55.84	36.39 350m: 4:09.75
	100m: 1:07.49	35.21 200m: 2:19.45	36.25	300m: 3:32.75	36.91 400m: 4:45.36
10.	Liselotte Joling	PSV	4:48.28	197500268	<b>4:47.04</b> +0,82
	50m: 33.71	33.71 150m: 1:46.71	36.81	250m: 2:59.46	35.52 350m: 4:11.67
	100m: 1:09.90	36.19 200m: 2:23.94	37.23	300m: 3:35.52	36.06 400m: 4:47.04

BWK 2018  
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Programmanr. 1, Dames, 400m vrije slag, Senioren 1 en ouder

rang	naam	vereniging	intijd		tijd	RT
11.	Roos Englebert	Hieronymus	4:51.87	200200606	<b>4:47.52</b>	+0,58
	50m: 33.16	33.16	150m: 1:44.69	35.92	250m: 2:57.71	36.64
	100m: 1:08.77	35.61	200m: 2:21.07	36.38	300m: 3:34.69	36.98
					350m: 4:11.60	36.91
					400m: 4:47.52	35.92
12.	Denise van der Burgt	Zeester Meerval	4:43.93	200201812	<b>4:55.29</b>	
	50m: 33.74	33.74	150m: 1:48.41	37.54	250m: 3:02.93	37.46
	100m: 1:10.87	37.13	200m: 2:25.47	37.06	300m: 3:40.56	37.63
					350m: 4:18.23	37.67
					400m: 4:55.29	37.06
13.	Danila van den Hoogenband	Z&PV Nuenen	4:55.18	199001558	<b>5:02.28</b>	+0,71
	50m: 34.04	34.04	150m: 1:50.31	38.14	250m: 3:06.55	38.22
	100m: 1:12.17	38.13	200m: 2:28.33	38.02	300m: 3:45.36	38.81
					350m: 4:24.41	39.05
					400m: 5:02.28	37.87
AFGEM	Amy Verhouden	PSV	4:46.33	200101400		

Senioren 1 en ouder

1.	Britt van Diessen	Trb/Res	6:00.12	198900900	S10	<b>6:04.99</b>	+0,84	185
	50m: 39.77	39.77	150m: 2:13.12	46.87	250m: 3:46.65	46.94	350m: 5:20.82	47.12
	100m: 1:26.25	46.48	200m: 2:59.71	46.59	300m: 4:33.70	47.05	400m: 6:04.99	44.17