

Programmanr. 1  
16-11-2019 - 13:20

Dames, 400m vrije slag

Senioren Open  
Resultaten

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

rang	naam	vereniging	intijd	tijd	RT
<b>Junioren 1 en 2</b>					
1.	Yara Mels	Trb/Res	5:00.08	200700232	4:53.47 +0,73
	50m: 32.83	150m: 1:46.50	250m: 3:02.35	350m: 4:18.56	
	100m: 1:09.44	200m: 2:24.69	300m: 3:40.51	400m: 4:53.47	
2.	Ylva Konings	PSV	5:01.34	200700148	4:57.35 +0,75
	50m: 33.03	150m: 1:47.88	250m: 3:04.41	350m: 4:20.96	
	100m: 1:10.01	200m: 2:25.92	300m: 3:42.87	400m: 4:57.35	
3.	Rosa Kremers	Trb/Res	5:10.59	200701224	5:07.01 +0,76
	50m: 32.83	150m: 1:48.04	250m: 3:07.54	350m: 4:29.49	
	100m: 1:10.19	200m: 2:27.30	300m: 3:48.74	400m: 5:07.01	
4.	Lotte Mudde	Zeester Meerval	5:20.97	200700502	5:09.94 +0,82
	50m: 35.01	150m: 1:54.65	250m: 3:13.70	350m: 4:31.48	
	100m: 1:14.49	200m: 2:34.86	300m: 3:52.24	400m: 5:09.94	
5.	Livia Groenewegen	PSV	5:17.70	200700244	5:12.12 +0,79
	50m: 34.16	150m: 1:51.72	250m: 3:11.94	350m: 4:32.90	
	100m: 1:12.76	200m: 2:31.22	300m: 3:52.15	400m: 5:12.12	
6.	Isa Jansen	Sbc2000	5:30.65	200701176	5:17.09 +0,72
	50m: 35.54	150m: 1:55.70	250m: 3:17.10	350m: 4:38.41	
	100m: 1:15.29	200m: 2:36.01	300m: 3:57.60	400m: 5:17.09	
7.	Viviënne Bosch	Waalwijkse Zwem Vereniging	5:18.74	200700796	5:19.18 +0,68
	50m: 32.90	150m: 1:50.30	250m: 3:14.05	350m: 4:39.22	
	100m: 1:10.62	200m: 2:32.37	300m: 3:56.24	400m: 5:19.18	
8.	Kenza van Kapel	Waalwijkse Zwem Vereniging	5:19.38	200700798	5:19.36 +0,69
	50m: 34.50	150m: 1:53.87	250m: 3:15.99	350m: 4:39.33	
	100m: 1:13.50	200m: 2:34.60	300m: 3:57.55	400m: 5:19.36	
9.	Maud van Zwienen	Trb/Res	5:32.19	200703734	5:23.22 +0,79
	50m: 35.07	150m: 1:56.85	250m: 3:22.40	350m: 4:49.25	
	100m: 1:15.73	200m: 2:39.76	300m: 4:05.97	400m: 5:23.22	
10.	Rosalie van der Bijl	Hieronymus	5:30.68	200701644	5:23.72 +0,73
	50m: 35.83	150m: 1:57.82	250m: 3:21.09	350m: 4:43.02	
	100m: 1:16.34	200m: 2:39.00	300m: 4:02.40	400m: 5:23.72	
11.	Elske van der Ven	PSV	5:26.79	200800904	5:25.59 +0,81
	50m: 37.18	150m: 1:59.18	250m: 3:23.11	350m: 4:46.53	
	100m: 1:17.75	200m: 2:40.93	300m: 4:05.07	400m: 5:25.59	
12.	Evy de Rot	AquaDream	5:33.96	200700786	5:25.70 +0,74
	50m: 36.45	150m: 1:58.30	250m: 3:21.62	350m: 4:42.18	
	100m: 1:17.17	200m: 2:39.38	300m: 4:02.92	400m: 5:25.70	
13.	Laura van Lierop	PSV	5:22.72	200700810	5:26.59 +0,66
	50m: 36.65	150m: 1:58.30	250m: 3:22.24	350m: 4:46.01	
	100m: 1:16.74	200m: 2:40.25	300m: 4:04.43	400m: 5:26.59	
14.	Tasnim Bezbiz	Z&PC Zegenwerp	5:36.54	200700492	5:27.38 +0,80
	50m: 34.96	150m: 1:57.90	250m: 3:24.56	350m: 4:50.83	
	100m: 1:15.81	200m: 2:40.49	300m: 4:08.50	400m: 5:27.38	
15.	Pien de Lange	Sbc2000	5:45.22	200700834	5:28.49 +0,74
	50m: 35.84	150m: 1:58.90	250m: 3:23.81	350m: 4:49.40	
	100m: 1:16.62	200m: 2:40.54	300m: 4:06.52	400m: 5:28.49	
16.	Manaudou Verhaar	AquaDream	5:50.44	200801376	5:30.58 +0,70
	50m: 36.06	150m: 1:59.87	250m: 3:26.58	350m: 4:50.78	
	100m: 1:18.49	200m: 2:43.24	300m: 4:09.59	400m: 5:30.58	
17.	Julie van Nispen	Z&PV Nuenen	5:39.80	200800290	5:32.91 +0,79
	50m: 37.68	150m: 2:03.26	250m: 3:29.58	350m: 4:53.47	
	100m: 1:20.98	200m: 2:46.65	300m: 4:11.96	400m: 5:32.91	
18.	Liselotte Hendriks	Arethusa	5:43.58	200702158	5:33.27 +0,72
	50m: 36.32	150m: 2:02.46	250m: 3:28.97	350m: 4:54.46	
	100m: 1:19.07	200m: 2:45.50	300m: 4:11.83	400m: 5:33.27	
19.	Megan Claassen	Dommelbaarzen	5:46.02	200700570	5:40.19 +0,85
	50m: 36.17	150m: 2:01.97	250m: 3:30.94	350m: 4:59.10	
	100m: 1:17.82	200m: 2:46.64	300m: 4:15.93	400m: 5:40.19	
20.	Vera Bastiaensen	Hieronymus	5:51.88	200800572	5:40.51 +0,99
	50m: 36.59	150m: 2:01.68	250m: 3:30.24	350m: 4:58.71	
	100m: 1:18.93	200m: 2:45.81	300m: 4:15.00	400m: 5:40.51	
21.	Carlijn de Dauw	Sbc2000	5:50.58	200702386	5:40.70 +0,75
	50m: 37.38	150m: 2:04.33	250m: 3:32.77	350m: 4:59.46	
	100m: 1:20.47	200m: 2:48.52	300m: 4:16.44	400m: 5:40.70	

Programmanr. 1, Meisjes, 400m vrije slag, Junioren 1 en 2

rang	naam	vereniging	intijd	tijd	RT
22.	Liselot van der Velden	Z&PV Nuenen	5:42.81	200700456	5:44.74 +0,84
	50m: 36.86	150m: 2:02.05	250m: 3:29.11	350m: 4:55.33	
	100m: 1:18.55	200m: 2:45.83	300m: 4:12.67	400m: 5:44.74	
23.	Marith Ewijk	Trb/Res	5:44.03	200801414	5:45.08 +0,73
	50m: 36.02	150m: 2:02.96	250m: 3:31.86	350m: 4:59.90	
	100m: 1:19.17	200m: 2:47.41	300m: 4:16.47	400m: 5:45.08	

Junioren 1 en 2

1.	Suzie Pellis	Hieronymus	6:09.78	200701600	S9	5:50.43	506
	50m: 37.18	150m: 2:06.04	250m: 3:37.11	350m: 5:07.64			
	100m: 1:20.23	200m: 2:51.53	300m: 4:23.18	400m: 5:50.43			

Junioren 3 en 4

1.	Noor Vermeer	Sbc2000	4:51.63	200600752		4:41.84	+0,81
	50m: 32.94	150m: 1:44.56	250m: 2:57.98	350m: 4:09.00			
	100m: 1:08.50	200m: 2:21.35	300m: 3:33.77	400m: 4:41.84			
2.	Indy van Laarhoven	Trb/Res	4:47.06	200500710		4:42.00	+0,75
	50m: 31.82	150m: 1:42.72	250m: 2:55.71	350m: 4:07.78			
	100m: 1:06.77	200m: 2:19.39	300m: 3:31.86	400m: 4:42.00			
3.	Emma-Leigh Barkhuis	PSV	4:52.67	200505228		4:47.33	+0,73
	50m: 32.13	150m: 1:43.95	250m: 2:57.18	350m: 4:10.88			
	100m: 1:07.58	200m: 2:20.58	300m: 3:33.88	400m: 4:47.33			
4.	Lieke van Geijn	Trb/Res	5:01.47	200600314		4:52.55	+0,75
	50m: 32.17	150m: 1:45.12	250m: 2:59.81	350m: 4:16.20			
	100m: 1:08.19	200m: 2:22.00	300m: 3:37.99	400m: 4:52.55			
5.	Félinn van Lienden	Hieronymus	4:57.35	200602038		4:57.05	+0,78
	50m: 32.92	150m: 1:46.32	250m: 3:01.39	350m: 4:19.11			
	100m: 1:09.21	200m: 2:23.76	300m: 3:40.03	400m: 4:57.05			
6.	Leonie Habraken	Argo	5:00.88	200501184		5:03.44	+0,92
	50m: 35.06	150m: 1:51.20	250m: 3:08.27	350m: 4:26.23			
	100m: 1:12.55	200m: 2:29.68	300m: 3:47.25	400m: 5:03.44			
7.	Eliza Hamelink	PSV	4:54.32	200502116		5:04.00	+0,80
	50m: 33.09	150m: 1:47.84	250m: 3:06.03	350m: 4:25.91			
	100m: 1:09.75	200m: 2:26.88	300m: 3:46.02	400m: 5:04.00			
8.	Mirthe Vlegels	Hieronymus	5:08.63	200503486		5:14.99	+0,74
	50m: 35.20	150m: 1:53.34	250m: 3:14.46	350m: 4:35.86			
	100m: 1:13.98	200m: 2:33.93	300m: 3:55.37	400m: 5:14.99			
9.	Claire Alizé	PSV	5:19.87	200601104		5:24.48	+0,76
	50m: 35.98	150m: 1:56.76	250m: 3:20.31	350m: 4:43.72			
	100m: 1:15.78	200m: 2:38.35	300m: 4:02.35	400m: 5:24.48			
10.	Luna van Tilburg	O.Z. & P.C. De Warande	5:24.41	200502160		5:26.67	+0,71
	50m: 35.12	150m: 1:56.45	250m: 3:20.83	350m: 4:46.60			
	100m: 1:15.28	200m: 2:38.40	300m: 4:03.74	400m: 5:26.67			

Jeugd 1 en 2

1.	Lize van den Nieuwenhuijzen	Nextline Swimming	4:26.07	200304454		4:27.55	+0,77
	50m: 30.65	150m: 1:37.53	250m: 2:46.04	350m: 3:55.03			
	100m: 1:03.63	200m: 2:11.67	300m: 3:20.66	400m: 4:27.55			
2.	Mila Maas	PSV	4:35.46	200302966		4:36.05	+0,75
	50m: 31.37	150m: 1:39.66	250m: 2:49.49	350m: 4:00.19			
	100m: 1:05.16	200m: 2:14.51	300m: 3:24.48	400m: 4:36.05			
3.	Coco Sowden	PSV	4:36.35	200405910		4:40.07	+0,71
	50m: 31.82	150m: 1:42.80	250m: 2:53.97	350m: 4:05.47			
	100m: 1:06.97	200m: 2:18.21	300m: 3:30.00	400m: 4:40.07			
4.	Luka de Neef	AquaDream	4:38.25	200401824		4:43.50	+0,64
	50m: 32.30	150m: 1:42.84	250m: 2:54.93	350m: 4:07.38			
	100m: 1:07.62	200m: 2:18.75	300m: 3:31.38	400m: 4:43.50			
5.	Kim Roestenberg	Trb/Res	4:47.13	200402670		4:46.08	+0,81
	50m: 32.14	150m: 1:43.74	250m: 2:56.57	350m: 4:09.79			
	100m: 1:07.59	200m: 2:20.06	300m: 3:33.09	400m: 4:46.08			
6.	Yanna van der Heijden	Tempo Valkenswaard	4:50.66	200301334		4:50.71	+0,69
	50m: 32.05	150m: 1:43.29	250m: 2:56.97	350m: 4:12.79			
	100m: 1:07.37	200m: 2:19.90	300m: 3:34.49	400m: 4:50.71			
NG	Gwen Eygendaal	O.Z. & P.C. De Warande	4:59.61	200404680			

Programmanr. 1, Dames, 400m vrije slag

Senioren

1.	Nienke Jonk	Hieronymus	4:27.89	200203000	4:25.51	+0,66
	50m: 30.73	150m: 1:38.11	250m: 2:46.09	350m: 3:53.66		
	100m: 1:04.00	200m: 2:12.19	300m: 3:19.83	400m: 4:25.51		
2.	Manon van Esch	PSV	4:24.00	199702090	4:25.71	+0,70
	50m: 30.57	150m: 1:38.00	250m: 2:46.09	350m: 3:53.52		
	100m: 1:04.10	200m: 2:12.26	300m: 3:19.71	400m: 4:25.71		
3.	Nikita van den Ouden	Z&PV Nuenen	4:30.14	199900622	4:29.70	+0,67
	50m: 30.88	150m: 1:39.41	250m: 2:48.38	350m: 3:57.33		
	100m: 1:04.99	200m: 2:14.03	300m: 3:22.85	400m: 4:29.70		
4.	Lonneke Kampman	Nextline Swimming	4:25.52	200100146	4:30.41	+0,77
	50m: 30.60	150m: 1:38.96	250m: 2:48.14	350m: 3:57.85		
	100m: 1:04.40	200m: 2:13.64	300m: 3:23.03	400m: 4:30.41		
5.	Roos Englebert	Hieronymus	4:36.06	200200606	4:33.12	+0,78
	50m: 31.31	150m: 1:39.89	250m: 2:49.35	350m: 3:59.39		
	100m: 1:05.30	200m: 2:14.65	300m: 3:24.42	400m: 4:33.12		
6.	Anne Paulusse	Trb/Res	4:40.29	200200834	4:35.42	+0,69
	50m: 31.14	150m: 1:39.70	250m: 2:49.44	350m: 4:00.47		
	100m: 1:05.27	200m: 2:14.24	300m: 3:24.79	400m: 4:35.42		
7.	Isa Schellekens	Z&PC Zeegenwerp	4:45.26	200002330	4:37.08	+0,77
	50m: 31.46	150m: 1:42.08	250m: 2:52.17	350m: 4:02.39		
	100m: 1:06.42	200m: 2:17.43	300m: 3:27.22	400m: 4:37.08		
8.	Sterre van de Goor	PSV	4:37.45	200102168	4:39.75	+0,81
	50m: 31.28	150m: 1:40.74	250m: 2:52.22	350m: 4:04.51		
	100m: 1:05.64	200m: 2:16.27	300m: 3:28.27	400m: 4:39.75		
9.	Melissa van der Geld	Trb/Res	4:39.57	199506250	4:39.94	+0,76
	50m: 31.01	150m: 1:39.83	250m: 2:50.75	350m: 4:03.77		
	100m: 1:05.20	200m: 2:15.06	300m: 3:27.05	400m: 4:39.94		
10.	Amy van Lier	O.Z. & P.C. De Warande	4:31.26	199603022	4:41.42	+0,75
	50m: 31.17	150m: 1:40.83	250m: 2:51.86	350m: 4:04.51		
	100m: 1:05.60	200m: 2:16.22	300m: 3:27.78	400m: 4:41.42		
11.	Liselotte Joling	PSV	4:47.04	197500268	4:51.30	+0,87
	50m: 33.48	150m: 1:46.76	250m: 3:01.21	350m: 4:15.17		
	100m: 1:09.69	200m: 2:24.23	300m: 3:38.02	400m: 4:51.30		
12.	Valesca van den Boert	Hieronymus	4:41.32	200102138	4:54.13	+0,73
	50m: 33.04	150m: 1:46.82	250m: 3:02.08	350m: 4:17.73		
	100m: 1:09.26	200m: 2:24.42	300m: 3:40.13	400m: 4:54.13		

Senioren

1.	Britt van Diessen	Trb/Res	6:04.99	198900900	S10	6:06.68	+0,82	399
	50m: 39.26	150m: 2:11.45	250m: 3:46.02	350m: 5:21.42				
	100m: 1:24.64	200m: 2:58.81	300m: 4:33.54	400m: 6:06.68				