

Provinciale Kampioenschappen korte baan  
Rotterdam, 9- - 10-11-2024

Programmanr. 19  
10-11-2024 - 10:15

Dames, 400m wisselslag

2012 en eerder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
<b>Gebjr 2011 - 2012</b>					
1.	Malin Roozeboom	WVZ	5:15.68	201100006	<b>5:14.70</b> +0,58
	50m: 34.71	34.71 150m: 1:56.31	40.00	250m: 3:19.77	45.01 350m: 4:40.40
	100m: 1:16.31	41.60 200m: 2:34.76	38.45	300m: 4:04.43	44.66 400m: 5:14.70
2.	Milou Filemon	Blue Marlins	5:24.11	201100078	<b>5:28.81</b> 36.87
	50m: 36.31	36.31 150m: 1:59.44	40.29	250m: 3:27.89	48.24 350m: 4:53.33
	100m: 1:19.15	42.84 200m: 2:39.65	40.21	300m: 4:16.46	48.57 400m: 5:28.81
3.	Odenza Soselisa	Blue Marlins	5:34.80	201101780	<b>5:38.52</b> +0,56
	<i>*Backuptijd 100m</i>				
	50m: 33.66	33.66 150m: 1:56.68	42.28	250m: 3:29.73	51.06 350m: 5:00.05
	100m: 1:14.40	40.74 200m: 2:38.67	41.99	300m: 4:18.82	49.09 400m: 5:38.52
4.	Anouk Mulder	De Columbiaan	6:20.54	201200962	<b>5:51.65</b> +0,67
	50m: 38.07	38.07 150m: 2:11.35	45.89	250m: 3:45.53	52.23 350m: 5:14.83
	100m: 1:25.46	47.39 200m: 2:53.30	41.95	300m: 4:35.24	49.71 400m: 5:51.65
5.	Alaine Dumont	De Watervogels	5:52.70	201102140	<b>5:57.39</b> +0,65
	50m: 34.62	34.62 150m: 2:05.01	46.64	250m: 3:42.62	51.32 350m: 5:17.38
	100m: 1:18.37	43.75 200m: 2:51.30	46.29	300m: 4:32.68	50.06 400m: 5:57.39
6.	Evy v. Nimwegen	z.c De Schotejil	6:19.79	201100168	<b>6:12.62</b> 42.59
	50m: 39.22	39.22 150m: 2:15.17	47.90	250m: 3:55.44	51.75 350m: 5:30.19
	100m: 1:27.27	48.05 200m: 3:03.69	48.52	300m: 4:47.60	52.16 400m: 6:12.62
7.	Sarah van Elleswijk	WVZ	6:32.83	201101126	<b>6:16.19</b> 44.81
	<i>*Backuptijd 400m</i>				
	50m: 40.37	40.37 150m: 2:16.15	47.86	250m: 3:54.87	52.00 350m: 5:31.18
	100m: 1:28.29	47.92 200m: 3:02.87	46.72	300m: 4:46.37	51.50 400m: 6:16.19
8.	Mare Engelse	NieMo Barracuda	6:44.59	201100826	<b>6:31.16</b> 48.16
	<i>*Backuptijd 100m</i>				
	50m: 43.40	43.40 150m: 2:22.17	46.64	250m: 4:05.27	56.29 350m: 5:45.51
	100m: 1:35.53	52.13 200m: 3:08.98	46.81	300m: 4:57.35	52.08 400m: 6:31.16
9.	Eline van Berkel	De Geul	6:57.35	201200232	<b>6:38.78</b> 46.41
	<i>*Backuptijd 50m en 100m</i>				
	50m: 46.21	46.21 150m: 2:30.62	47.88	250m: 4:13.93	53.43 350m: 5:56.03
	100m: 1:42.74	56.53 200m: 3:20.50	49.88	300m: 5:09.62	55.69 400m: 6:38.78
10.	Floortje Bakker	Blue Marlins	6:48.51	201101124	<b>6:40.05</b> 42.37
	50m: 44.78	44.78 150m: 2:31.67	50.53	250m: 4:18.32	57.63 350m: 5:58.89
	100m: 1:41.14	56.36 200m: 3:20.69	49.02	300m: 5:16.52	58.20 400m: 6:40.05
11.	Anouck Dobbelaar	ZV Vlaardingen-Schiedam	6:32.16	201200982	<b>6:40.58</b> +0,94
	50m: 43.73	43.73 150m: 2:30.38	51.75	250m: 4:14.23	55.67 350m: 5:59.58
	100m: 1:38.63	54.90 200m: 3:18.56	48.18	300m: 5:13.69	59.46 400m: 6:40.58
DIS	Julia Bannatyne	BZ&PC	5:46.95	201201020	
	<i>RC - Rugligging verlaten tijdens de race zonder het keerpunt in te zetten.</i>				
NG	Anouk Cornelissen	De Watervogels	6:47.75	201100084	
<b>Gebjr 2009 - 2010</b>					
1.	Suuz Griekspoor	Noordwijkerhout	5:20.92	200901204	<b>5:24.83</b> +0,56
	50m: 34.03	34.03 150m: 1:57.75	42.60	250m: 3:24.72	44.87 350m: 4:48.97
	100m: 1:15.15	41.12 200m: 2:39.85	42.10	300m: 4:11.49	46.77 400m: 5:24.83
2.	Tess van de Steeg	WVZ	5:42.37	201000016	<b>5:30.78</b> +0,66
	50m: 34.78	34.78 150m: 1:57.73	41.67	250m: 3:24.41	45.89 350m: 4:51.95
	100m: 1:16.06	41.28 200m: 2:38.52	40.79	300m: 4:11.63	47.22 400m: 5:30.78
3.	Erin de Jong	GZC DONK	5:26.10	201000024	<b>5:32.86</b> +0,76
	<i>*Backuptijd 400m</i>				
	50m: 34.74	34.74 150m: 1:56.58	42.49	250m: 3:27.43	49.78 350m: 4:54.77
	100m: 1:14.09	39.35 200m: 2:37.65	41.07	300m: 4:17.26	49.83 400m: 5:32.86
4.	Nina Tetteroo	De Columbiaan	5:35.61	201000048	<b>5:34.04</b> 38.00
	50m: 36.67	36.67 150m: 2:03.00	42.88	250m: 3:32.83	47.32 350m: 4:58.09
	100m: 1:20.12	43.45 200m: 2:45.51	42.51	300m: 4:20.09	47.26 400m: 5:34.04
5.	Jasmijn Schoonen	Wiekslag	5:36.18	200901196	<b>5:37.25</b> +0,66
	50m: 36.85	36.85 150m: 2:06.49	45.32	250m: 3:34.62	45.01 350m: 5:00.35
	100m: 1:21.17	44.32 200m: 2:49.61	43.12	300m: 4:21.01	46.39 400m: 5:37.25
6.	Hadewych Forschelen	MNC Dordrecht	5:39.07	200903572	<b>5:37.90</b> +0,61
	50m: 36.67	36.67 150m: 2:04.17	44.20	250m: 3:35.95	49.30 350m: 5:02.95
	100m: 1:19.97	43.30 200m: 2:46.65	42.48	300m: 4:25.52	49.57 400m: 5:37.90

Provinciale Kampioenschappen korte baan  
Rotterdam, 9- - 10-11-2024

Programmanr. 19, Meisjes, 400m wisselslag, Gebjr 2009 - 2010

rang	naam	vereniging	intijd		tijd	RT	
7.	Manou Longayroux	Blue Marlins	5:31.94	201000580	<b>5:44.12</b>		
	50m: 34.44	34.44 150m: 1:59.81	43.45	250m: 3:32.56	49.63	350m: 5:03.97	41.93
	100m: 1:16.36	41.92 200m: 2:42.93	43.12	300m: 4:22.04	49.48	400m: 5:44.12	40.15
8.	Nienke v. Weenen	z.c De Schotejil	6:03.15	201000282	<b>5:50.28</b>		
	50m: 35.07	35.07 150m: 2:06.07	46.04	250m: 3:41.20	50.54	350m: 5:12.48	39.77
	100m: 1:20.03	44.96 200m: 2:50.66	44.59	300m: 4:32.71	51.51	400m: 5:50.28	37.80
9.	Annika Binneveld	De Duck	6:21.34	201001268	<b>5:59.50</b>	+0,47	
	50m: 36.97	36.97 150m: 2:07.04	46.38	250m: 3:44.43	52.68	350m: 5:20.73	42.50
	100m: 1:20.66	43.69 200m: 2:51.75	44.71	300m: 4:38.23	53.80	400m: 5:59.50	38.77
10.	Esmée van Sliedregt	ZOB'66	6:01.91	200902608	<b>6:04.54</b>	+0,65	
	50m: 40.37	40.37 150m: 2:14.99	46.39	250m: 3:53.79	53.02	350m: 5:27.81	41.47
	100m: 1:28.60	48.23 200m: 3:00.77	45.78	300m: 4:46.34	52.55	400m: 6:04.54	36.73
11.	Merel Doest	ZV Vlaardingen-Schiedam	6:16.53	201001142	<b>6:15.10</b>	+0,51	
	50m: 39.59	39.59 150m: 2:16.91	47.05	250m: 3:57.84	54.79	350m: 5:36.27	43.49
	100m: 1:29.86	50.27 200m: 3:03.05	46.14	300m: 4:52.78	54.94	400m: 6:15.10	38.83
12.	Femke Sonneveld	Poseidon'56	6:16.69	200902802	<b>6:23.31</b>		
	50m: 44.51	44.51 150m: 2:24.37	48.01	250m: 4:07.92	56.89	350m: 5:45.13	40.89
	100m: 1:36.36	51.85 200m: 3:11.03	46.66	300m: 5:04.24	56.32	400m: 6:23.31	38.18
13.	Hei Yiu Tang	Feijenoord Albion Zwemclub	6:31.32	200902148	<b>6:31.08</b>	+0,76	
	50m: 39.51	39.51 150m: 2:19.09	49.45	250m: 4:02.04	52.30	350m: 5:44.85	46.32
	100m: 1:29.64	50.13 200m: 3:09.74	50.65	300m: 4:58.53	56.49	400m: 6:31.08	46.23
NG	Gwen Hermans	De Columbiaan	5:44.79	200900058			

Gebjr 2007 - 2008

1.	Jade van der Schrier	AZC	5:09.36	200800692	<b>4:58.56</b>	+0,56	
	50m: 31.90	31.90 150m: 1:48.46	37.94	250m: 3:09.28	44.14	350m: 4:27.28	33.20
	100m: 1:10.52	38.62 200m: 2:25.14	36.68	300m: 3:54.08	44.80	400m: 4:58.56	31.28
2.	Sophie van Leent	Blue Marlins	5:34.79	200800522	<b>5:34.51</b>		
	50m: 35.01	35.01 150m: 2:00.45	44.45	250m: 3:30.52	47.01	350m: 4:56.86	39.02
	100m: 1:16.00	40.99 200m: 2:43.51	43.06	300m: 4:17.84	47.32	400m: 5:34.51	37.65
3.	Julia van Wingerden	ZZ&PC De Devel	6:14.29	200800436	<b>6:00.69</b>	+0,60	
	50m: 36.10	36.10 150m: 2:04.39	46.02	250m: 3:43.07	52.72	350m: 5:19.67	42.46
	100m: 1:18.37	42.27 200m: 2:50.35	45.96	300m: 4:37.21	54.14	400m: 6:00.69	41.02
4.	Samantha van der Jagt	Poseidon'56	5:57.77	200700220	<b>6:06.35</b>	+0,84	
	50m: 39.48	39.48 150m: 2:15.38	47.64	250m: 3:52.73	50.43	350m: 5:25.10	41.99
	100m: 1:27.74	48.26 200m: 3:02.30	46.92	300m: 4:43.11	50.38	400m: 6:06.35	41.25
5.	Carice Forschelen	MNC Dordrecht	6:06.07	200804338	<b>6:10.37</b>	+0,67	
	50m: 38.79	38.79 150m: 2:14.36	47.56	250m: 3:54.45	52.70	350m: 5:31.28	40.71
	100m: 1:26.80	48.01 200m: 3:01.75	47.39	300m: 4:50.57	56.12	400m: 6:10.37	39.09
6.	Daynah de Snaijer	SG LinK-ZV Zoetermeer	6:14.95	200802266	<b>6:16.26</b>		
	50m: 40.74	40.74 150m: 2:18.68	48.78	250m: 3:59.40	53.24	350m: 5:36.04	40.80
	100m: 1:29.90	49.16 200m: 3:06.16	47.48	300m: 4:55.24	55.84	400m: 6:16.26	40.22
7.	Florien van Veenen	WZK Zwemmen	6:19.47	200801242	<b>6:18.54</b>		
	50m: 39.02	39.02 150m: 2:18.65	49.70	250m: 4:01.17	55.76	350m: 5:38.61	43.65
	100m: 1:28.95	49.93 200m: 3:05.41	46.76	300m: 4:54.96	53.79	400m: 6:18.54	39.93
NG	Sanne Pruntel	ZV Vlaardingen-Schiedam	6:14.50	200802010			

2006 en eerder

1.	Marijke Kommers	NieMo Barracuda	5:53.77	199305334	<b>5:56.18</b>	+0,62	
	50m: 41.39	41.39 150m: 2:18.06	46.58	250m: 3:50.30	46.92	350m: 5:18.05	40.03
	100m: 1:31.48	50.09 200m: 3:03.38	45.32	300m: 4:38.02	47.72	400m: 5:56.18	38.13
2.	Daphne van Tilburg	De Geul	5:59.96	200500580	<b>6:06.73</b>	+0,77	
	50m: 37.03	37.03 150m: 2:13.38	46.98	250m: 3:51.05	50.80	350m: 5:26.55	42.33
	100m: 1:26.40	49.37 200m: 3:00.25	46.87	300m: 4:44.22	53.17	400m: 6:06.73	40.18
NG	Angelique van Vark	GZC DONK	5:00.74	199701478			