

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

Programmanr. 5  
9-11-2024 - 10:40

Dames, 400m vrije slag

2012 en eerder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Gebjr 2011 - 2012</b>						
1.	Milou Filemon	Blue Marlins	4:46.03	201100078	<b>4:49.46</b>	
	50m: 31.91	31.91 150m: 1:44.00	36.48	250m: 2:58.13	37.34 350m: 4:12.87	37.40
	100m: 1:07.52	35.61 200m: 2:20.79	36.79	300m: 3:35.47	37.34 400m: 4:49.46	36.59
2.	Rozalia Diederiks	ZVL-1886	4:45.41	201100904	<b>4:52.92</b>	+0,80
	50m: 33.79	33.79 150m: 1:48.26	37.71	250m: 3:03.39	37.55 350m: 4:18.22	37.40
	100m: 1:10.55	36.76 200m: 2:25.84	37.58	300m: 3:40.82	37.43 400m: 4:52.92	34.70
3.	Fanni Farkas	De Columbiaan	5:10.77	201100360	<b>5:05.29</b>	+0,61
	50m: 32.80	32.80 150m: 1:48.88	38.89	250m: 3:08.21	39.31 350m: 4:27.75	39.56
	100m: 1:09.99	37.19 200m: 2:28.90	40.02	300m: 3:48.19	39.98 400m: 5:05.29	37.54
4.	Simone Brobbel	SG Hoeksche Waard	5:03.38	201200058	<b>5:05.65</b>	+0,62
	50m: 33.81	33.81 150m: 1:51.21	39.28	250m: 3:09.60	39.78 350m: 4:28.70	38.94
	100m: 1:11.93	38.12 200m: 2:29.82	38.61	300m: 3:49.76	40.16 400m: 5:05.65	36.95
5.	Anouk Mulder	De Columbiaan	5:08.41	201200962	<b>5:07.38</b>	
	50m: 34.50	34.50 150m: 1:53.21	39.75	250m: 3:12.27	39.47 350m: 4:30.93	39.34
	100m: 1:13.46	38.96 200m: 2:32.80	39.59	300m: 3:51.59	39.32 400m: 5:07.38	36.45
6.	Sophie Hoogervorst	AZC	5:13.26	201100252	<b>5:08.81</b>	
	50m: 35.82	35.82 150m: 1:54.08	39.40	250m: 3:12.21	39.25 350m: 4:30.56	38.64
	100m: 1:14.68	38.86 200m: 2:32.96	38.88	300m: 3:51.92	39.71 400m: 5:08.81	38.25
7.	Lieselot Penning	ZZ&PC De Devel	5:12.98	201200052	<b>5:09.53</b>	
	50m: 35.52	35.52 150m: 1:54.44	39.60	250m: 3:13.01	39.36 350m: 4:31.77	39.05
	100m: 1:14.84	39.32 200m: 2:33.65	39.21	300m: 3:52.72	39.71 400m: 5:09.53	37.76
8.	Saar de Graaf	ZV Vlaardingeng-Schiedam	5:36.12	201101264	<b>5:21.68</b>	
	50m: 34.92	34.92 150m: 1:54.85	40.61	250m: 3:16.62	41.08 350m: 4:34.33	38.94
	100m: 1:14.24	39.32 200m: 2:35.54	40.69	300m: 3:55.39	38.77 400m: 5:21.68	47.35
9.	Alaine Dumont	De Watervogels	5:43.44	201102140	<b>5:27.67</b>	+0,70
	50m: 35.90	35.90 150m: 1:58.04	41.89	250m: 3:23.15	42.97 350m: 4:48.22	41.99
	100m: 1:16.15	40.25 200m: 2:40.18	42.14	300m: 4:06.23	43.08 400m: 5:27.67	39.45
10.	Jet Hogervorst	De Columbiaan	5:54.26	201200738	<b>5:29.88</b>	
	50m: 36.57	36.57 150m: 1:59.41	41.88	250m: 3:25.14	42.90 350m: 4:49.49	41.89
	100m: 1:17.53	40.96 200m: 2:42.24	42.83	300m: 4:07.60	42.46 400m: 5:29.88	40.39
11.	Eva de Kieviet	SG Hoeksche Waard	5:34.25	201202064	<b>5:31.61</b>	+0,59
	50m: 38.39	38.39 150m: 2:01.95	42.25	250m: 3:27.33	42.84 350m: 4:47.42	38.43
	100m: 1:19.70	41.31 200m: 2:44.49	42.54	300m: 4:08.99	41.66 400m: 5:31.61	44.19
12.	Floortje Bakker <i>*backuptijd 400m</i>	Blue Marlins	5:37.46	201101124	<b>5:33.84</b>	+0,47
	50m: 35.84	35.84 150m: 1:59.29	42.36	250m: 3:25.42	43.19 350m: 4:51.41	42.47
	100m: 1:16.93	41.09 200m: 2:42.23	42.94	300m: 4:08.94	43.52 400m: 5:33.84	42.43
13.	Samantha Eagleton	Blue Marlins	5:34.99	201103862	<b>5:35.75</b>	+0,40
	50m: 35.79	35.79 150m: 1:58.62	42.20	250m: 3:24.92	43.26 350m: 4:52.87	43.27
	100m: 1:16.42	40.63 200m: 2:41.66	43.04	300m: 4:09.60	44.68 400m: 5:35.75	42.88
14.	Pip Verhoeven	ZZ&PC De Devel	5:43.62	201200544	<b>5:45.19</b>	
	50m: 37.22	37.22 150m: 2:05.04	44.75	250m: 3:33.96	44.48 350m: 5:02.55	44.46
	100m: 1:20.29	43.07 200m: 2:49.48	44.44	300m: 4:18.09	44.13 400m: 5:45.19	42.64
15.	Noa Milou Kooiman	Poseidon'56	5:53.24	201201134	<b>5:46.11</b>	
	50m: 36.58	36.58 150m: 2:02.77	44.27	250m: 3:32.17	44.48 350m: 5:03.27	45.68
	100m: 1:18.50	41.92 200m: 2:47.69	44.92	300m: 4:17.59	45.42 400m: 5:46.11	42.84
<b>Gebjr 2009 - 2010</b>						
1.	Nina van der Schrier	AZC	4:34.52	201000444	<b>4:33.13</b>	+0,70
	50m: 30.74	30.74 150m: 1:39.06	34.60	250m: 2:49.14	35.16 350m: 3:58.94	34.62
	100m: 1:04.46	33.72 200m: 2:13.98	34.92	300m: 3:24.32	35.18 400m: 4:33.13	34.19
2.	Suuz Griekspoor	Noordwijkerhout	4:41.06	200901204	<b>4:45.95</b>	
	50m: 31.87	31.87 150m: 1:44.00	36.59	250m: 2:57.53	36.80 350m: 4:10.36	36.21
	100m: 1:07.41	35.54 200m: 2:20.73	36.73	300m: 3:34.15	36.62 400m: 4:45.95	35.59
3.	Raegan Belmar	Blue Marlins	4:48.58	201004070	<b>4:46.09</b>	
	50m: 31.96	31.96 150m: 1:44.16	36.46	250m: 2:57.91	36.98 350m: 4:11.58	36.43
	100m: 1:07.70	35.74 200m: 2:20.93	36.77	300m: 3:35.15	37.24 400m: 4:46.09	34.51
4.	Breanna Belmar	Blue Marlins	4:52.42	201004068	<b>4:54.51</b>	+0,70
	50m: 33.01	33.01 150m: 1:47.89	37.79	250m: 3:02.63	36.58 350m: 4:17.62	37.05
	100m: 1:10.10	37.09 200m: 2:26.05	38.16	300m: 3:40.57	37.94 400m: 4:54.51	36.89
5.	Nienke v. Weenen	z.c De Schotejil	5:20.67	201000282	<b>5:07.33</b>	+0,56
	50m: 35.60	35.60 150m: 1:54.31	39.91	250m: 3:13.53	39.00 350m: 4:31.45	39.34
	100m: 1:14.40	38.80 200m: 2:34.53	40.22	300m: 3:52.11	38.58 400m: 5:07.33	35.88

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

Programmanr. 5, Meisjes, 400m vrije slag, Gebjr 2009 - 2010

rang	naam	vereniging	intijd	tijd	RT
6.	Evelien de Vree	Blue Marlins	5:14.95	201002158	<b>5:08.54</b> +0,49
	50m: 34.74	34.74 150m: 1:52.17	39.29	250m: 3:10.81	39.37
	100m: 1:12.88	38.14 200m: 2:31.44	39.27	300m: 3:50.35	39.54
				350m: 4:30.18	39.83
				400m: 5:08.54	38.36
7.	Annika Binneveld	De Duck	5:32.35	201001268	<b>5:13.86</b> +0,45
	50m: 33.82	33.82 150m: 1:51.92	40.06	250m: 3:14.76	41.17
	100m: 1:11.86	38.04 200m: 2:33.59	41.67	300m: 3:55.07	40.31
				350m: 4:36.52	41.45
				400m: 5:13.86	37.34
8.	Femke Sonneveld	Poseidon'56	5:15.26	200902802	<b>5:20.54</b> +0,68
	50m: 36.19	36.19 150m: 1:58.39	41.71	250m: 3:21.50	41.23
	100m: 1:16.68	40.49 200m: 2:40.27	41.88	300m: 4:02.46	40.96
				350m: 4:42.56	40.10
				400m: 5:20.54	37.98
9.	Elvira Rakels	Blue Marlins	6:16.92	201001238	<b>5:25.18</b> +0,62
	50m: 36.22	36.22 150m: 1:58.84	41.96	250m: 3:23.46	42.37
	100m: 1:16.88	40.66 200m: 2:41.09	42.25	300m: 4:06.47	43.01
				350m: 4:47.43	40.96
				400m: 5:25.18	37.75
10.	Brisa Dekkers	GZC DONK	5:29.45	201002164	<b>5:26.40</b>
	50m: 37.34	37.34 150m: 2:01.02	42.17	250m: 3:26.50	42.98
	100m: 1:18.85	41.51 200m: 2:43.52	42.50	300m: 4:08.18	41.68
				350m: 4:48.83	40.65
				400m: 5:26.40	37.57
11.	Emma Putters	ZV Vlaardingen-Schiedam	5:21.10	201001738	<b>5:26.59</b>
	50m: 35.49	35.49 150m: 1:57.91	42.05	250m: 3:24.08	43.23
	100m: 1:15.86	40.37 200m: 2:40.85	42.94	300m: 4:06.67	42.59
				350m: 4:47.93	41.26
				400m: 5:26.59	38.66
12.	Sophie Ferwerda	GZC DONK	5:16.54	200902984	<b>5:27.79</b> +0,61
	50m: 36.44	36.44 150m: 1:59.34	41.94	250m: 3:24.09	42.43
	100m: 1:17.40	40.96 200m: 2:41.66	42.32	300m: 4:06.64	42.55
				350m: 4:48.21	41.57
				400m: 5:27.79	39.58

Gebjr 2007 - 2008

1.	Jade van der Schrier	AZC	4:21.11	200800692	<b>4:21.05</b> +0,58
	50m: 29.97	29.97 150m: 1:35.93	33.19	250m: 2:42.69	33.29
	100m: 1:02.74	32.77 200m: 2:09.40	33.47	300m: 3:16.36	33.67
				350m: 3:49.44	33.08
				400m: 4:21.05	31.61
2.	Ilse Rozema	Blue Marlins	4:35.36	200803318	<b>4:36.93</b> +0,66
	50m: 30.90	30.90 150m: 1:41.18	35.28	250m: 2:52.12	35.40
	100m: 1:05.90	35.00 200m: 2:16.72	35.54	300m: 3:27.72	35.60
				350m: 4:02.66	34.94
				400m: 4:36.93	34.27
3.	Annedieke Scholte	Blue Marlins	4:51.68	200701110	<b>4:53.50</b> +0,76
	50m: 32.03	32.03 150m: 1:45.04	37.11	250m: 3:00.60	37.98
	100m: 1:07.93	35.90 200m: 2:22.62	37.58	300m: 3:38.53	37.93
				350m: 4:16.17	37.64
				400m: 4:53.50	37.33
4.	Marjolijn Offeringa	ZV Vlaardingen-Schiedam	5:00.43	200701788	<b>5:00.22</b> +0,30
	50m: 32.61	32.61 150m: 1:48.07	38.20	250m: 3:03.89	37.82
	100m: 1:09.87	37.26 200m: 2:26.07	38.00	300m: 3:42.16	38.27
				350m: 4:21.51	39.35
				400m: 5:00.22	38.71
5.	Eloisa Gomes Delgado	Feijenoord Albion Zwemclub	4:50.59	200700812	<b>5:05.99</b> +0,74
	<i>*backuptijd 400m</i>				
	50m: 31.87	31.87 150m: 1:46.14	38.20	250m: 3:05.64	39.62
	100m: 1:07.94	36.07 200m: 2:26.02	39.88	300m: 3:46.21	40.57
				350m: 4:26.83	40.62
				400m: 5:05.99	39.16
6.	Jade Belmar	Blue Marlins	4:58.30	200704900	<b>5:14.15</b> +0,73
	50m: 33.88	33.88 150m: 1:51.42	39.63	250m: 3:11.77	40.53
	100m: 1:11.79	37.91 200m: 2:31.24	39.82	300m: 3:52.91	41.14
				350m: 4:34.19	41.28
				400m: 5:14.15	39.96
7.	Aleyna Bakdemir	Blue Marlins	5:14.13	200804386	<b>5:14.20</b> +0,62
	<i>*backuptijd 400m tijd</i>				
	50m: 34.96	34.96 150m: 1:52.88	38.98	250m: 3:13.20	40.45
	100m: 1:13.90	38.94 200m: 2:32.75	39.87	300m: 3:54.08	40.88
				350m: 4:34.29	40.21
				400m: 5:14.20	39.91
8.	Hanna van Loenen	ZV Vlaardingen-Schiedam	5:19.73	200800836	<b>5:26.68</b> +0,64
	50m: 34.97	34.97 150m: 1:55.55	41.00	250m: 3:20.24	42.52
	100m: 1:14.55	39.58 200m: 2:37.72	42.17	300m: 4:03.15	42.91
				350m: 4:46.42	43.27
				400m: 5:26.68	40.26

2006 en eerder

1.	Angelique van Vark	GZC DONK	4:26.29	199701478	<b>4:34.21</b> +0,65
	50m: 31.05	31.05 150m: 1:39.91	34.64	250m: 2:49.82	35.16
	100m: 1:05.27	34.22 200m: 2:14.66	34.75	300m: 3:25.31	36.49
				350m: 4:00.55	35.24
				400m: 4:34.21	33.66
2.	Águila Dolsma	Blue Marlins	5:27.89	200603902	<b>5:23.92</b> +0,68 601
	50m: 35.74	35.74 150m: 1:57.94	41.61	250m: 3:21.33	41.45
	100m: 1:16.33	40.59 200m: 2:39.88	41.94	300m: 4:02.72	41.39
				350m: 4:44.77	42.05
				400m: 5:23.92	39.15
3.	Esmeralda Elbers	Blue Marlins	6:24.70	200404888	<b>6:24.62</b> +0,77
	50m: 40.10	40.10 150m: 2:13.97	48.39	250m: 3:54.71	51.21
	100m: 1:25.58	45.48 200m: 3:03.50	49.53	300m: 4:46.28	51.57
				350m: 5:38.23	51.95
				400m: 6:24.62	46.39