

Programmanr. 17
11-1-2025

Meisjes, 400m vrije slag

Gebjr 2009 - 2013
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Tess Vonk	De Geul		4:48.42		200900024		4:46.96
	50m: 32.11	32.11	150m: 1:44.52	36.34	250m: 2:58.15	36.88	350m: 4:10.65	35.72
	100m: 1:08.18	36.07	200m: 2:21.27	36.75	300m: 3:34.93	36.78	400m: 4:46.96	36.31
2.	Femke Sonneveld	Poseidon'56		5:15.26		200902802		5:18.45
	50m: 35.74	35.74	150m: 1:55.69	40.36	250m: 3:17.58	41.17	350m: 4:39.01	40.60
	100m: 1:15.33	39.59	200m: 2:36.41	40.72	300m: 3:58.41	40.83	400m: 5:18.45	39.44
3.	Anne Lisman	De Biesboschzwemmers		5:46.78		200900168		5:47.44
	50m: 39.19	39.19	150m: 2:05.20	43.67	250m: 3:34.71	44.84	350m: 5:04.52	45.01
	100m: 1:21.53	42.34	200m: 2:49.87	44.67	300m: 4:19.51	44.80	400m: 5:47.44	42.92
4.	Anieke aan de Wiel	De Biesboschzwemmers		NT		200901358		6:04.70
	50m: 35.37	35.37	150m: 2:01.07	44.34	250m: 3:35.30	47.78	350m: 5:12.32	48.68
	100m: 1:16.73	41.36	200m: 2:47.52	46.45	300m: 4:23.64	48.34	400m: 6:04.70	52.38
5.	Lois Brussé	Poseidon'56		6:04.48		201202310		6:08.21
	50m: 38.01	38.01	150m: 2:10.55	47.38	250m: 3:46.77	48.50	350m: 5:23.99	47.74
	100m: 1:23.17	45.16	200m: 2:58.27	47.72	300m: 4:36.25	49.48	400m: 6:08.21	44.22
6.	Sofie Zevenhoven	De Geul		NT		201002202		6:33.66
	50m: 43.19	43.19	150m: 2:22.71	49.97	250m: 4:05.28	51.24	350m: 5:44.56	47.84
	100m: 1:32.74	49.55	200m: 3:14.04	51.33	300m: 4:56.72	51.44	400m: 6:33.66	49.10