



Jaargangfinale 2024  
Dordrecht, 30-6-2024

Programmanr. 2  
30-6-2024

Meisjes, 400m vrije slag

meisjes minioren 5  
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Benthe de Beer	PSV	5:26.44	201302638	5:25.62 +0,62		
	50m: 35.11	35.11 150m: 1:56.93	42.08	250m: 3:21.29	42.47	350m: 4:45.68	41.57
	100m: 1:14.85	39.74 200m: 2:38.82	41.89	300m: 4:04.11	42.82	400m: 5:25.62	39.94
2.	Lenny Bokkers	De Zwoer	5:24.93	201300390	5:27.72 +0,77		
	50m: 34.83	34.83 150m: 1:56.69	42.11	250m: 3:21.33	42.84	350m: 4:46.43	42.49
	100m: 1:14.58	39.75 200m: 2:38.49	41.80	300m: 4:03.94	42.61	400m: 5:27.72	41.29
3.	Tamara Geuzebroek	Azc	5:40.49	201300894	5:41.55 +0,50		
	50m: 35.50	35.50 150m: 1:59.86	43.35	250m: 3:28.56	44.71	350m: 4:57.73	44.43
	100m: 1:16.51	41.01 200m: 2:43.85	43.99	300m: 4:13.30	44.74	400m: 5:41.55	43.82
4.	Boukje de Baedts	Het Y	5:38.43	201300756	5:44.13		
	50m: 36.62	36.62 150m: 2:02.79	43.80	250m: 3:32.68	45.06	350m: 5:02.05	44.63
	100m: 1:18.99	42.37 200m: 2:47.62	44.83	300m: 4:17.42	44.74	400m: 5:44.13	42.08
5.	Migle Groeneweg	SCOM/De Zeehond'73 (SG)	6:07.90	201300702	5:53.94 +0,82		
	50m: 40.23	40.23 150m: 2:09.28	44.76	250m: 3:40.40	45.46	350m: 5:10.70	44.57
	100m: 1:24.52	44.29 200m: 2:54.94	45.66	300m: 4:26.13	45.73	400m: 5:53.94	43.24
6.	Lisa Krispijn	ZPC Numansdorp	6:06.44	201300568	5:58.28 +0,73		
	50m: 39.01	39.01 150m: 2:09.08	45.82	250m: 3:42.37	47.16	350m: 5:15.14	45.72
	100m: 1:23.26	44.25 200m: 2:55.21	46.13	300m: 4:29.42	47.05	400m: 5:58.28	43.14
7.	Phebe Brouwers	Hieronymus	6:26.18	201301496	5:59.30 +0,76		
	50m: 38.38	38.38 150m: 2:08.04	46.33	250m: 3:41.91	47.23	350m: 5:16.07	46.54
	100m: 1:21.71	43.33 200m: 2:54.68	46.64	300m: 4:29.53	47.62	400m: 5:59.30	43.23
8.	Fenna Beumer	Rz	6:03.17	201300176	6:04.43 +0,74		
	50m: 39.81	39.81 150m: 2:10.90	46.08	250m: 3:45.63	47.49	350m: 5:19.69	46.61
	100m: 1:24.82	45.01 200m: 2:58.14	47.24	300m: 4:33.08	47.45	400m: 6:04.43	44.74
9.	Eveline van den Enden <i>*bu 400m</i>	Hellas-Glana	6:05.89	201300914	6:08.57		
	50m: 36.77	36.77 150m: 2:06.38	46.62	250m: 3:42.78	48.50	350m: 5:20.46	48.89
	100m: 1:19.76	42.99 200m: 2:54.28	47.90	300m: 4:31.57	48.79	400m: 6:08.57	48.11
10.	Lena van den Berg	Het Y	6:24.78	201302228	6:08.70 +0,76		
	50m: 39.02	39.02 150m: 2:11.51	47.52	250m: 3:48.37	48.33	350m: 5:25.68	47.47
	100m: 1:23.99	44.97 200m: 3:00.04	48.53	300m: 4:38.21	49.84	400m: 6:08.70	43.02
11.	Elbrich Damoiseaux	Swol 1894	6:26.11	201301614	6:09.77 +0,75		
	50m: 38.19	38.19 150m: 2:10.62	46.91	250m: 3:46.00	47.03	350m: 5:22.84	48.17
	100m: 1:23.71	45.52 200m: 2:58.97	48.35	300m: 4:34.67	48.67	400m: 6:09.77	46.93
12.	Inoa Bremer	MSV-Zeemacht	6:12.26	201300280	6:14.43 +0,90		
	50m: 39.43	39.43 150m: 2:15.34	48.42	250m: 3:54.46	49.96	350m: 5:32.23	49.17
	100m: 1:26.92	47.49 200m: 3:04.50	49.16	300m: 4:43.06	48.60	400m: 6:14.43	42.20
13.	Fardau Loots	HZ&PC Heerenveen	6:19.14	201300376	6:14.59 +0,82		
	50m: 40.79	40.79 150m: 2:15.94	48.23	250m: 3:52.97	48.85	350m: 5:29.98	48.06
	100m: 1:27.71	46.92 200m: 3:04.12	48.18	300m: 4:41.92	48.95	400m: 6:14.59	44.61
14.	Tara van 't Veer	Blue Marlins	6:13.19	201300496	6:15.37		
	50m: 40.65	40.65 150m: 2:15.16	47.44	250m: 3:53.83	49.87	350m: 5:30.66	47.58
	100m: 1:27.72	47.07 200m: 3:03.96	48.80	300m: 4:43.08	49.25	400m: 6:15.37	44.71
15.	Elize Theodore	TriVia	6:28.72	201301104	6:15.93 +0,80		
	50m: 40.64	40.64 150m: 2:17.41	49.49	250m: 3:58.25	50.31	350m: 5:33.98	46.13
	100m: 1:27.92	47.28 200m: 3:07.94	50.53	300m: 4:47.85	49.60	400m: 6:15.93	41.95
16.	Naomi Mosselman	Hieronymus	6:34.80	201300316	6:16.23 +0,49		
	50m: 39.54	39.54 150m: 2:10.42	46.66	250m: 3:48.38	49.32	350m: 5:28.02	50.05
	100m: 1:23.76	44.22 200m: 2:59.06	48.64	300m: 4:37.97	49.59	400m: 6:16.23	48.21
17.	Marit Vuist	Steenwijk 1934	6:12.52	201300530	6:19.29		
	50m: 41.15	41.15 150m: 2:19.28	50.14	250m: 3:59.09	50.42	350m: 5:37.85	49.31
	100m: 1:29.14	47.99 200m: 3:08.67	49.39	300m: 4:48.54	49.45	400m: 6:19.29	41.44
18.	Puck Hoekman	WS Twente	6:35.73	201300574	6:23.03 +0,88		
	50m: 42.89	42.89 150m: 2:23.50	50.71	250m: 4:04.49	50.29	350m: 5:41.18	46.38
	100m: 1:32.79	49.90 200m: 3:14.20	50.70	300m: 4:54.80	50.31	400m: 6:23.03	41.85
19.	Fleur Aaldenberg <i>*bu 200m</i>	Swol 1894	6:39.08	201300572	6:25.05 +0,69		
	50m: 42.09	42.09 150m: 2:17.66	48.26	250m: 3:56.41	49.42	350m: 5:38.13	50.41
	100m: 1:29.40	47.31 200m: 3:06.99	49.33	300m: 4:47.72	51.31	400m: 6:25.05	46.92



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rang	naam	vereniging	intijd		tijd	RT	
20.	Fenna Visser	Gzc Donk	6:23.77	201300678	<b>6:27.54</b>		
	50m: 43.31	43.31 150m: 2:23.59	50.76	250m: 4:03.68	50.35	350m: 5:43.78	49.50
	100m: 1:32.83	49.52 200m: 3:13.33	49.74	300m: 4:54.28	50.60	400m: 6:27.54	43.76
21.	Sanne Reuver	ZC Polaris	6:17.27	201300168	<b>6:28.06</b>	+0,53	
	50m: 43.57	43.57 150m: 2:23.87	50.97	250m: 4:03.28	49.21	350m: 5:41.85	48.16
	100m: 1:32.90	49.33 200m: 3:14.07	50.20	300m: 4:53.69	50.41	400m: 6:28.06	46.21
22.	Nadine Beishuizen	ZPC Hoogeveen	6:28.79	201300058	<b>6:31.56</b>		
	50m: 39.80	39.80 150m: 2:17.97	50.81	250m: 4:00.80	51.32	350m: 5:44.66	51.29
	100m: 1:27.16	47.36 200m: 3:09.48	51.51	300m: 4:53.37	52.57	400m: 6:31.56	46.90
23.	Maartje Wagner	Z&PC Alkemade	6:32.05	201300776	<b>6:31.87</b>	+0,89	
	50m: 43.01	43.01 150m: 2:22.26	50.45	250m: 4:04.28	50.91	350m: 5:46.51	50.01
	100m: 1:31.81	48.80 200m: 3:13.37	51.11	300m: 4:56.50	52.22	400m: 6:31.87	45.36
24.	Maja Ponikwia	Z&PC Alkemade	6:26.83	201300778	<b>6:38.60</b>	+0,62	
	50m: 40.45	40.45 150m: 2:19.82	51.03	250m: 4:05.61	54.15	350m: 5:50.52	51.93
	100m: 1:28.79	48.34 200m: 3:11.46	51.64	300m: 4:58.59	52.98	400m: 6:38.60	48.08