

36e DWT Internationale Paastoernooi
Haarlem, 31-3- - 1-4-2024

Programmanr. 42
01-04-2024 - 11:48

Dames, 400m vrije slag

Senioren Open
Resultaten

Paasrecords Sen 1+	4:42.88	Anneloes Peulen	NED	Haarlem	01-04-2013
Paasrecords Jgd 1+2	4:48.61	Chantal Beijer	NED	Haarlem	20-04-2014
Paasrecords Jun 3-4	4:50.44	Yvonne Engel	NED	Haarlem	02-04-2018
Paasrecords Jun 1-2	4:58.67	Kaylee de Jong	NED	Haarlem	01-04-2013

rang	naam	vereniging	intijd	tijd
Junioren 1 en 2				
1.	Julia Bannatyne	BZ en PC	5:14.57 201201020	5:16.40
	50m: 34.97	34.97 150m:	250m:	350m:
	100m: 1:15.28	40.31 200m: 2:39.26	300m:	400m: 5:16.40
2.	Eva Barendse	ZV De Zaan	6:41.68 201201030	6:22.66
	50m: 41.74	41.74 150m:	250m:	350m:
	100m: 1:29.84	48.10 200m: 3:08.56	300m:	400m: 6:22.66
3.	Lola Opdam	DAW	7:10.55 201103150	6:59.78
	50m: 46.00	46.00 150m:	250m:	350m:
	100m: 1:38.77	52.77 200m: 3:25.70	300m:	400m: 6:59.78

Junioren 3 en 4				
1.	Marre van der Wal	SG. Bolsward-Workum	4:52.83 201000046	4:53.87
	50m: 33.63	33.63 150m:	250m:	350m:
	100m: 1:10.66	37.03 200m: 2:25.89	300m:	400m: 4:53.87
2.	Wieke Dekker	De Dolfijn	5:05.43 201002020	4:58.35
	50m: 33.78	33.78 150m:	250m:	350m:
	100m: 1:11.66	37.88 200m: 2:28.38	300m:	400m: 4:58.35
3.	Yuna van den Idsert	DAW	5:00.86 201001196	5:08.46
	50m: 34.09	34.09 150m:	250m:	350m:
	100m: 1:12.12	38.03 200m: 2:32.55	300m:	400m: 5:08.46
4.	Mare Offringa	SG. Bolsward-Workum	5:30.86 201001110	5:08.60
	50m: 33.86	33.86 150m:	250m:	350m:
	100m: 1:11.34	37.48 200m: 2:29.43	300m:	400m: 5:08.60
5.	Lena Offringa	SG. Bolsward-Workum	5:36.34 200901150	5:20.68
	50m: 35.40	35.40 150m:	250m:	350m:
	100m: 1:14.09	38.69 200m: 2:36.84	300m:	400m: 5:20.68
6.	Anna Schuurman	SG. Bolsward-Workum	5:26.69 201000076	5:26.11
	50m: 35.50	35.50 150m:	250m:	350m:
	100m: 1:15.23	39.73 200m: 2:38.92	300m:	400m: 5:26.11

Jeugd 1 en 2				
1.	Meret Caspers	DWT	NT 200802826	5:42.33
	50m: 38.05	38.05 150m:	250m:	350m:
	100m: 1:20.23	42.18 200m: 2:47.08	300m:	400m: 5:42.33

Senioren 1 en ouder				
1.	Melissa Zwaan	DAW	4:55.65 199103666	5:08.80
	50m: 34.29	34.29 150m:	250m:	350m:
	100m: 1:12.90	38.61 200m: 2:32.07	300m:	400m: 5:08.80
2.	Lotte van Gessel	ZV De Zaan	NT 200300900	5:09.39
	50m: 35.25	35.25 150m:	250m:	350m:
	100m: 1:14.00	38.75 200m: 2:35.29	300m:	400m: 5:09.39
3.	Nynke Maarhuis	DWT	NT 200503640	5:13.22
	50m: 36.40	36.40 150m:	250m:	350m:
	100m: 1:15.29	38.89 200m: 2:36.47	300m:	400m: 5:13.22
4.	Alina Spijkerman	DAW	5:22.76 197701220	5:21.33
	50m: 35.10	35.10 150m:	250m:	350m:
	100m: 1:14.33	39.23 200m: 2:36.34	300m:	400m: 5:21.33