

Brabantse Winter Kampioenschappen - Weekend 2
Tilburg, 6 & 7-12-2025

Programmanr. 8
06/12/2025 - 15:33

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging				intijd		tijd		RT
Onder 14										
1.	Benthe de Beer	PSV				5:01.18	201302638	5:01.64		+0,71
	50m: 34.68	34.68	150m: 1:51.00	38.13	250m: 3:08.39	38.57	350m: 4:25.23	38.31		
	100m: 1:12.87	38.19	200m: 2:29.82	38.82	300m: 3:46.92	38.53	400m: 5:01.64	36.41		
2.	Jana Nelissen	PSV				5:04.92	201200350	5:03.06		+0,70
	50m: 33.70	33.70	150m: 1:48.88	38.20	250m: 3:07.15	39.05	350m: 4:24.55	38.69		
	100m: 1:10.68	36.98	200m: 2:28.10	39.22	300m: 3:45.86	38.71	400m: 5:03.06	38.51		
3.	Fenna Beumer	PSV				5:19.12	201300176	5:11.32		+0,75
	50m: 35.11	35.11	150m: 1:53.50	39.54	250m: 3:12.99	39.47	350m: 4:32.65	39.42		
	100m: 1:13.96	38.85	200m: 2:33.52	40.02	300m: 3:53.23	40.24	400m: 5:11.32	38.67		
4.	Tesse van de Wetering	Arethusa				5:12.25	201200780	5:11.94		+0,79
	50m: 34.69	34.69	150m: 1:53.94	40.21	250m: 3:15.11	40.56	350m: 4:36.44	40.37		
	100m: 1:13.73	39.04	200m: 2:34.55	40.61	300m: 3:56.07	40.96	400m: 5:11.94	35.50		
5.	Jaylin Roks	Hieronymus				5:16.54	201300620	5:18.24		+0,74
	50m: 35.25	35.25	150m: 1:55.72	40.62	250m: 3:17.90	40.60	350m: 4:40.34	40.78		
	100m: 1:15.10	39.85	200m: 2:37.30	41.58	300m: 3:59.56	41.66	400m: 5:18.24	37.90		
6.	Anoek van den Bosch	V.Z.V. Njord				5:28.27	201200368	5:18.45		+0,93
	50m: 35.49	35.49	150m: 1:56.17	40.54	250m: 3:18.30	41.22	350m: 4:40.07	40.23		
	100m: 1:15.63	40.14	200m: 2:37.08	40.91	300m: 3:59.84	41.54	400m: 5:18.45	38.38		
7.	Sophie Runia	Dzt'62				5:39.73	201300930	5:23.64		+0,74
	50m: 35.55	35.55	150m: 1:57.36	41.81	250m: 3:21.90	41.59	350m: 4:45.76	41.73		
	100m: 1:15.55	40.00	200m: 2:40.31	42.95	300m: 4:04.03	42.13	400m: 5:23.64	37.88		
8.	Femke van den Oven	Sbc2000				5:29.50	201300130	5:26.68		+0,81
	50m: 37.00	37.00	150m: 1:58.29	41.10	250m: 3:22.65	42.78	350m: 4:46.46	41.82		
	100m: 1:17.19	40.19	200m: 2:39.87	41.58	300m: 4:04.64	41.99	400m: 5:26.68	40.22		
9.	Maay-Jessica Hessels	Sbc2000				5:37.79	201301666	5:34.43		+0,82
	50m: 36.04	36.04	150m: 2:01.38	43.13	250m: 3:28.50	43.89	350m: 4:56.39	43.60		
	100m: 1:18.25	42.21	200m: 2:44.61	43.23	300m: 4:12.79	44.29	400m: 5:34.43	38.04		
10.	Kate Broekman	Arethusa				5:48.98	201200176	5:46.65		+0,90
	50m: 37.45	37.45	150m: 2:05.87	44.87	250m: 3:36.67	45.51	350m: 5:05.92	44.33		
	100m: 1:21.00	43.55	200m: 2:51.16	45.29	300m: 4:21.59	44.92	400m: 5:46.65	40.73		

Onder 16

1.	Isus Verdysseidonk	PSV		5:06.18		201002878		4:52.75 +0,79
	50m: 33.45	33.45	150m: 1:47.59	37.50	250m: 3:02.55	37.04	350m: 4:16.44	37.07
	100m: 1:10.09	36.64	200m: 2:25.51	37.92	300m: 3:39.37	36.82	400m: 4:52.75	36.31
2.	Brecht van Ravensteijn	Arethusa		4:58.31		201100738		4:53.47 +0,73
	50m: 33.08	33.08	150m: 1:47.76	37.45	250m: 3:03.27	37.88	350m: 4:18.30	37.63
	100m: 1:10.31	37.23	200m: 2:25.39	37.63	300m: 3:40.67	37.40	400m: 4:53.47	35.17
3.	Fleur Buijs	Hieronymus		4:55.42		201100676		4:58.00 +0,80
	50m: 33.35	33.35	150m: 1:47.92	37.75	250m: 3:04.41	38.22	350m: 4:21.61	38.85
	100m: 1:10.17	36.82	200m: 2:26.19	38.27	300m: 3:42.76	38.35	400m: 4:58.00	36.39
4.	Jayna Wagemakers	Hieronymus		5:01.79		201000226		4:58.59 +0,78
	50m: 33.43	33.43	150m: 1:48.47	38.08	250m: 3:05.33	38.87	350m: 4:22.63	38.39
	100m: 1:10.39	36.96	200m: 2:26.46	37.99	300m: 3:44.24	38.91	400m: 4:58.59	35.96
5.	Kendra van der Voort	Arethusa		4:58.23		201100536		4:59.88 +0,86
	50m: 34.28	34.28	150m: 1:50.87	38.76	250m: 3:08.37	38.44	350m: 4:24.22	37.94
	100m: 1:12.11	37.83	200m: 2:29.93	39.06	300m: 3:46.28	37.91	400m: 4:59.88	35.66
6.	Emma Stokmans	PSV		4:52.75		201004190		5:01.26 +0,70
	50m: 34.35	34.35	150m: 1:50.78	37.96	250m: 3:07.07	38.00	350m: 4:24.06	38.96
	100m: 1:12.82	38.47	200m: 2:29.07	38.29	300m: 3:45.10	38.03	400m: 5:01.26	37.20
7.	Lise Markes	Sbc2000		5:04.92		201101276		5:06.30 +0,73
	50m: 33.90	33.90	150m: 1:50.12	38.50	250m: 3:09.51	40.34	350m: 4:29.13	39.58
	100m: 1:11.62	37.72	200m: 2:29.17	39.05	300m: 3:49.55	40.04	400m: 5:06.30	37.17
8.	Door van Haperen	Sbc2000		5:15.79		201002874		5:13.80 +0,89
	50m: 35.24	35.24	150m: 1:54.06	39.73	250m: 3:14.81	40.49	350m: 4:36.10	40.30
	100m: 1:14.33	39.09	200m: 2:34.32	40.26	300m: 3:55.80	40.99	400m: 5:13.80	37.70

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Tilburg, 6 & 7-12-2025

Programmanr. 8, Meisjes, 400m vrije slag, Onder 16

rang	naam	vereniging				intijd				tijd				RT
9.	Dagmar Wierckx	Sbc2000				5:08.30 201101278				5:14.00				+0,78
	50m: 34.87	34.87	150m: 1:53.69	39.76	250m: 3:14.64	40.81	350m: 4:36.96	41.30						
	100m: 1:13.93	39.06	200m: 2:33.83	40.14	300m: 3:55.66	41.02	400m: 5:14.00	37.04						
10.	Jante Cremers	Tempo Valkenswaard				5:17.25 201102406				5:15.22				+0,99
	50m: 33.65	33.65	150m: 1:52.40	40.16	250m: 3:13.87	40.85	350m: 4:36.53	41.69						
	100m: 1:12.24	38.59	200m: 2:33.02	40.62	300m: 3:54.84	40.97	400m: 5:15.22	38.69						
11.	Zora Spriet	Hieronymus				5:25.60 201100532				5:22.56				+0,77
	50m: 35.72	35.72	150m: 1:56.98	41.54	250m: 3:20.84	41.66	350m: 4:43.40	40.87						
	100m: 1:15.44	39.72	200m: 2:39.18	42.20	300m: 4:02.53	41.69	400m: 5:22.56	39.16						
AFGEM	Alissa Rooijackers	Z&PV Nuenen				4:57.56 201101892								
NG	Anna Lepoutre	PSV				4:33.44 201100534								

Onder 18

1.	Luus Gielens	PSV				4:26.34 200900138				4:25.63				+0,80
	50m: 30.51	30.51	150m: 1:38.45	34.15	250m: 2:45.96	33.41	350m: 3:52.97	33.24						
	100m: 1:04.30	33.79	200m: 2:12.55	34.10	300m: 3:19.73	33.77	400m: 4:25.63	32.66						
2.	Lotte Blanken	Sbc2000				4:45.83 200801476				4:45.47				+0,82
	50m: 31.54	31.54	150m: 1:43.26	36.41	250m: 2:56.95	36.99	350m: 4:10.82	36.81						
	100m: 1:06.85	35.31	200m: 2:19.96	36.70	300m: 3:34.01	37.06	400m: 4:45.47	34.65						
3.	Julia Dijkstra	PSV				4:47.59 200904546				4:52.14				+1,75
	50m: 32.63	32.63	150m: 1:44.78	36.35	250m: 2:59.85	37.76	350m: 4:15.84	38.33						
	100m: 1:08.43	35.80	200m: 2:22.09	37.31	300m: 3:37.51	37.66	400m: 4:52.14	36.30						
4.	Jansje de Ridder	De Biesboschwemmers				4:58.83 200800194				5:04.85				+0,79
	50m: 33.30	33.30	150m: 1:48.70	38.36	250m: 3:07.22	38.91	350m: 4:26.51	39.88						
	100m: 1:10.34	37.04	200m: 2:28.31	39.61	300m: 3:46.63	39.41	400m: 5:04.85	38.34						
5.	Eva Steggerda	Sbc2000				5:10.36 200901506				5:06.58				+0,90
	50m: 33.72	33.72	150m: 1:49.27	38.67	250m: 3:08.48	39.84	350m: 4:28.66	40.07						
	100m: 1:10.60	36.88	200m: 2:28.64	39.37	300m: 3:48.59	40.11	400m: 5:06.58	37.92						
6.	Anne Madelif van Buren	PSV				5:02.74 200803856				5:07.31				+0,71
	50m: 34.85	34.85	150m: 1:53.14	39.69	250m: 3:12.62	39.31	350m: 4:30.91	38.39						
	100m: 1:13.45	38.60	200m: 2:33.31	40.17	300m: 3:52.52	39.90	400m: 5:07.31	36.40						
AFGEM	Rona Goverde	Hieronymus				5:08.52 200900298								

18 en ouder

1.	Roos Englebert	Hieronymus				4:22.32 200200606				4:25.06				+0,79
	50m: 30.52	30.52	150m: 1:37.58	33.69	250m: 2:45.29	33.98	350m: 3:52.70	33.65						
	100m: 1:03.89	33.37	200m: 2:11.31	33.73	300m: 3:19.05	33.76	400m: 4:25.06	32.36						
2.	Isa Schellekens	Zegenwerp				4:33.45 200002330				4:31.36				+0,71
	50m: 31.22	31.22	150m: 1:39.33	33.93	250m: 2:48.11	34.56	350m: 3:57.70	34.70						
	100m: 1:05.40	34.18	200m: 2:13.55	34.22	300m: 3:23.00	34.89	400m: 4:31.36	33.66						
3.	Isa Jansen	Sbc2000				4:40.52 200701176				4:40.23				+0,83
	50m: 31.11	31.11	150m: 1:41.24	35.31	250m: 2:53.18	36.10	350m: 4:05.60	36.18						
	100m: 1:05.93	34.82	200m: 2:17.08	35.84	300m: 3:29.42	36.24	400m: 4:40.23	34.63						
4.	Liselotte Joling	PSV				4:45.59 197500268				4:48.80				+0,88
	50m: 34.03	34.03	150m: 1:46.81	35.92	250m: 2:59.79	36.16	350m: 4:12.94	36.41						
	100m: 1:10.89	36.86	200m: 2:23.63	36.82	300m: 3:36.53	36.74	400m: 4:48.80	35.86						
5.	Anne de Beer	ZWK Merlet				5:06.99 200502878				5:03.39				+0,78
	50m: 34.45	34.45	150m: 1:49.98	38.08	250m: 3:07.15	38.88	350m: 4:25.70	39.32						
	100m: 1:11.90	37.45	200m: 2:28.27	38.29	300m: 3:46.38	39.23	400m: 5:03.39	37.69						
6.	Tamar Roosen	V.Z.V. Njord				5:04.23 200501168				5:09.77				+0,76
	50m: 34.59	34.59	150m: 1:51.09	39.08	250m: 3:10.50	39.97	350m: 4:31.00	40.35						
	100m: 1:12.01	37.42	200m: 2:30.53	39.44	300m: 3:50.65	40.15	400m: 5:09.77	38.77						