Programmanr. 5 — Dames, 400m wisselslag — Senioren Open
7/11/2026 - 14:20 — Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Sietske Veldkamp	ZPC De Hof	5:24.00	199501628	**5:26.09**	
	50m: 34.46	34.46 150m:		250m:	350m:	
	100m: 1:15.34	40.88 200m:		300m:	400m: 5:26.09	
2.	Ine-Joy Tilburg	Z&PV de Veene	5:57.25	201002036	**5:39.99**	
	50m: 34.83	34.83 150m:		250m:	350m:	
	100m: 1:17.32	42.49 200m:		300m:	400m: 5:39.99	
3.	Meyke Haytink	WS Twente 1	5:38.28	200801188	**5:43.02**	
	50m: 35.18	35.18 150m:		250m:	350m:	
	100m: 1:17.74	42.56 200m:		300m:	400m: 5:43.02	
4.	Aukje Markerink	ZPC De Hof	5:52.92	200802196	**5:54.89**	
	50m: 35.85	35.85 150m:		250m:	350m:	
	100m: 1:20.42	44.57 200m:		300m:	400m: 5:54.89	
5.	Iris Lok	WS Twente 2	5:46.55	200301094	**5:56.03**	
	50m: 37.64	37.64 150m:		250m:	350m:	
	100m: 1:22.81	45.17 200m:		300m:	400m: 5:56.03	
6.	Pien Ooijman	WS Twente 2	5:56.86	200504500	**6:05.65**	
	50m: 41.12	41.12 150m:		250m:	350m:	
	100m: 1:31.91	50.79 200m:		300m:	400m: 6:05.65	
7.	Deborah Wissink	ZPC De Hof	5:55.72	199503484	**6:05.76**	
	50m: 38.88	38.88 150m:		250m:	350m:	
	100m: 1:27.27	48.39 200m:		300m:	400m: 6:05.76	
8.	Ilse Siemerink	WS Twente 2	6:34.34	200502512	**6:29.76**	
	50m: 40.82	40.82 150m:		250m:	350m:	
	100m: 1:31.02	50.20 200m:		300m:	400m: 6:29.76	
AFGEM	Jalie Visschedijk	Z&PV de Veene	NT	200104126		
AFGEM	Fayenne Hemmelder	WS Twente 1	6:10.96	201200538		