

NZC deel 1
Hardenberg, 3-10-2026

Programmanr. 13
3-10-2026 - 15:09

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Masha Odijk	de IJssel		5:20.97		199904922		5:24.49
	50m: 36.71	36.71	150m: 1:59.49	41.98	250m: 3:23.70	42.05	350m: 4:46.53	41.49
	100m: 1:17.51	40.80	200m: 2:41.65	42.16	300m: 4:05.04	41.34	400m: 5:24.49	37.96
2.	Lena Stevcic-Lukic	de IJssel		NT		200804122		5:29.50
	50m: 35.86	35.86	150m: 1:57.91	41.81	250m: 3:22.75	42.69	350m: 4:48.26	42.40
	100m: 1:16.10	40.24	200m: 2:40.06	42.15	300m: 4:05.86	43.11	400m: 5:29.50	41.24
3.	Chantal Meyerink	De Grunte		5:36.20		199105212		5:31.45
	50m: 36.62	36.62	150m: 2:02.56	43.29	250m: 3:28.43	42.37	350m: 4:52.12	41.25
	100m: 1:19.27	42.65	200m: 2:46.06	43.50	300m: 4:10.87	42.44	400m: 5:31.45	39.33
4.	Eline Pullen	De Grunte		5:34.94		200500630		5:38.80
	50m: 37.78	37.78	150m: 2:03.83	43.68	250m: 3:31.23	43.49	350m: 4:57.04	42.80
	100m: 1:20.15	42.37	200m: 2:47.74	43.91	300m: 4:14.24	43.01	400m: 5:38.80	41.76
5.	Silvia Vos	Swol1894 2		5:55.74		201000442		5:52.21
	50m: 37.96	37.96	150m: 2:05.09	44.60	250m: 3:38.26	46.64	350m: 5:10.96	46.44
	100m: 1:20.49	42.53	200m: 2:51.62	46.53	300m: 4:24.52	46.26	400m: 5:52.21	41.25
6.	Alysha Peters	de IJssel		5:43.18		200500064		6:06.05
	50m: 38.85	38.85	150m: 2:08.75	46.27	250m: 3:43.20	47.71	350m: 5:18.61	47.97
	100m: 1:22.48	43.63	200m: 2:55.49	46.74	300m: 4:30.64	47.44	400m: 6:06.05	47.44
7.	Tess Bokhove	De Grunte		NT		200900890		6:20.52
	50m: 41.77	41.77	150m: 2:19.14	49.91	250m: 3:58.70	49.50	350m: 5:37.36	49.03
	100m: 1:29.23	47.46	200m: 3:09.20	50.06	300m: 4:48.33	49.63	400m: 6:20.52	43.16
8.	Marieke Roolvink	Hera'11		6:41.65		198001836		6:35.23
	50m: 40.53	40.53	150m: 2:20.04	52.99	250m: 4:02.14	52.19	350m: 5:46.29	51.56
	100m: 1:27.05	46.52	200m: 3:09.95	49.91	300m: 4:54.73	52.59	400m: 6:35.23	48.94
9.	Debbie Broekhof	Hera'11		6:42.28		199806220		6:57.22
	50m: 41.47	41.47	150m: 2:21.49	52.67	250m: 4:12.85	55.95	350m: 6:03.96	54.93
	100m: 1:28.82	47.35	200m: 3:16.90	55.41	300m: 5:09.03	56.18	400m: 6:57.22	53.26
AFGEM	Anne Boswinkel	Swol1894 2		6:08.31		200801724		