



Limietwedstrijd deel 2
Zwolle, 26-11-2023

Programmanr. 39
26-11-2023 - 16:40

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Maud Dokter	Steenwijk 1934	4:49.09	200601672	4:59.75			
	50m: 33.44	33.44	150m: 1:49.28	38.18	250m: 3:06.83	38.78	350m: 4:23.28	37.78
	100m: 1:11.10	37.66	200m: 2:28.05	38.77	300m: 3:45.50	38.67	400m: 4:59.75	36.47
2.	Emma Steenbrink	WS Twente	5:03.04	200901376	5:06.70			
	50m: 34.42	34.42	150m: 1:51.74	38.99	250m: 3:10.68	38.90	350m: 4:29.08	38.91
	100m: 1:12.75	38.33	200m: 2:31.78	40.04	300m: 3:50.17	39.49	400m: 5:06.70	37.62
3.	Cato Tulen	SWOL 1894	5:07.16	200701946	5:10.54			
	50m: 33.85	33.85	150m: 1:53.32	40.34	250m: 3:14.65	40.25	350m: 4:33.83	39.65
	100m: 1:12.98	39.13	200m: 2:34.40	41.08	300m: 3:54.18	39.53	400m: 5:10.54	36.71
4.	Florien Pot	WS Twente	5:17.31	201000768	5:11.64			
	50m: 35.49	35.49	150m: 1:54.96	40.35	250m: 3:16.13	40.71	350m: 4:35.10	39.32
	100m: 1:14.61	39.12	200m: 2:35.42	40.46	300m: 3:55.78	39.65	400m: 5:11.64	36.54
5.	Jesmé Haytink	WS Twente	5:17.40	201000382	5:12.63			
	50m: 34.79	34.79	150m: 1:55.28	39.96	250m: 3:16.79	40.54	350m: 4:35.97	38.75
	100m: 1:15.32	40.53	200m: 2:36.25	40.97	300m: 3:57.22	40.43	400m: 5:12.63	36.66
6.	Annefleur Schraa	SWOL 1894	5:29.29	201100044	5:23.90			
	50m: 36.77	36.77	150m: 1:59.16	41.92	250m: 3:23.41	41.50	350m: 4:46.43	40.92
	100m: 1:17.24	40.47	200m: 2:41.91	42.75	300m: 4:05.51	42.10	400m: 5:23.90	37.47
7.	Sara van Dijk	TriVia	5:46.77	201001120	5:37.73			
	50m: 36.55	36.55	150m: 2:02.66	43.62	250m: 3:30.00	43.87	350m: 4:57.06	43.02
	100m: 1:19.04	42.49	200m: 2:46.13	43.47	300m: 4:14.04	44.04	400m: 5:37.73	40.67
8.	Elin Visser	SWOL 1894	7:08.49	201101948	6:37.05			
	50m: 43.41	43.41	150m: 2:25.86	51.01	250m: 4:08.66	50.75	350m: 5:50.06	50.05
	100m: 1:34.85	51.44	200m: 3:17.91	52.05	300m: 5:00.01	51.35	400m: 6:37.05	46.99