

Limietwedstrijd kb ZPC AMERSFOORT
Amersfoort, 19-11-2023

Programmanr. 1
19-11-2023 - 14:15

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT		
1.	Britt Colijn	ZV New Wave Almere	5:22.90	200700544	5:17.64 +0,82		
	50m: 33.99	33.99 150m: 1:51.68	39.95	250m: 3:17.14	45.51	350m: 4:41.48	37.53
	100m: 1:11.73	37.74 200m: 2:31.63	39.95	300m: 4:03.95	46.81	400m: 5:17.64	36.16
2.	Benthe Martens	ZPC AMERSFOORT	5:23.21	200700310	5:26.32 +0,77		
	50m: 35.23	35.23 150m: 1:59.10	44.08	250m: 3:27.82	45.86	350m: 4:51.13	36.95
	100m: 1:15.02	39.79 200m: 2:41.96	42.86	300m: 4:14.18	46.36	400m: 5:26.32	35.19
3.	Esm�e de Gans	ZPC AMERSFOORT	5:47.81	200900134	5:29.70 +0,72		
	50m: 33.66	33.66 150m: 1:57.53	42.47	250m: 3:23.93	45.39	350m: 4:51.23	38.64
	100m: 1:15.06	41.40 200m: 2:38.54	41.01	300m: 4:12.59	48.66	400m: 5:29.70	38.47
4.	Noa van Zalk	ZPC AMERSFOORT	5:44.84	201102534	5:40.18 +0,52		
	50m: 34.76	34.76 150m: 2:00.94	43.84	250m: 3:33.34	49.50	350m: 5:02.65	38.92
	100m: 1:17.10	42.34 200m: 2:43.84	42.90	300m: 4:23.73	50.39	400m: 5:40.18	37.53
5.	Anne Engbersen	ZPC AMERSFOORT	5:56.91	201000044	5:44.27 +0,80		
	50m: 37.16	37.16 150m: 2:06.08	41.74	250m: 3:38.55	49.67	350m: 5:06.74	38.83
	100m: 1:24.34	47.18 200m: 2:48.88	42.80	300m: 4:27.91	49.36	400m: 5:44.27	37.53
6.	Gwen Hermans	De Columbiaan	5:48.29	200900058	5:44.79		
	50m: 34.28	34.28 150m: 1:56.84	42.00	250m: 3:30.16	52.00	350m: 5:05.46	42.11
	100m: 1:14.84	40.56 200m: 2:38.16	41.32	300m: 4:23.35	53.19	400m: 5:44.79	39.33
7.	Yl�ne Zondervan	ZPC AMERSFOORT	5:50.14	201200016	5:45.45 +0,76		
	50m: 35.88	35.88 150m: 2:02.77	45.28	250m: 3:36.23	49.83	350m: 5:05.99	40.06
	100m: 1:17.49	41.61 200m: 2:46.40	43.63	300m: 4:25.93	49.70	400m: 5:45.45	39.46
8.	Pleun Schouten	De IJsselmeeuwen	NT	201002106	6:24.44 +0,74		
	50m: 40.13	40.13 150m: 2:17.41	49.53	250m: 4:01.79	55.53	350m: 5:41.14	43.34
	100m: 1:27.88	47.75 200m: 3:06.26	48.85	300m: 4:57.80	56.01	400m: 6:24.44	43.30