

Limietwedstrijd kb ZPC AMERSFOORT
Amersfoort, 19-11-2023

Programmanr. 29
19-11-2023 - 16:44

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Vera Wassink	ZPC AMERSFOORT	4:40.91	200604976	4:42.97 +0,74			
	50m: 32.25	32.25	150m: 1:44.44	36.34	250m: 2:56.34	35.63	350m: 4:08.49	35.88
	100m: 1:08.10	35.85	200m: 2:20.71	36.27	300m: 3:32.61	36.27	400m: 4:42.97	34.48
2.	Manon Kloosterman	Zwemlust- den Hommel	4:48.38	199702082	4:50.48 +0,71			
	50m: 32.30	32.30	150m: 1:44.54	36.62	250m: 2:58.76	37.15	350m: 4:14.09	37.73
	100m: 1:07.92	35.62	200m: 2:21.61	37.07	300m: 3:36.36	37.60	400m: 4:50.48	36.39
3.	Sterre Dietvorst	ZPC AMERSFOORT	4:53.46	200900726	4:50.99 +0,76			
	50m: 31.56	31.56	150m: 1:45.36	37.39	250m: 3:00.62	37.64	350m: 4:15.27	37.48
	100m: 1:07.97	36.41	200m: 2:22.98	37.62	300m: 3:37.79	37.17	400m: 4:50.99	35.72
4.	Anne-Irene Ducheine	Zwemvereniging Hoogland	4:48.84	199506824	4:55.82 +0,59			
	50m: 33.72	33.72	150m: 1:47.70	37.28	250m: 3:03.54	38.04	350m: 4:18.86	37.35
	100m: 1:10.42	36.70	200m: 2:25.50	37.80	300m: 3:41.51	37.97	400m: 4:55.82	36.96
5.	Isis Verhoeff	De Otters Het Gooi	4:56.93	200902962	4:57.08			
	50m: 33.51	33.51	150m: 1:47.85	37.88	250m: 3:03.99	38.25	350m: 4:20.22	37.92
	100m: 1:09.97	36.46	200m: 2:25.74	37.89	300m: 3:42.30	38.31	400m: 4:57.08	36.86
6.	Iris de Schrijver	CWW Swimteam	5:04.80	200600536	5:06.51 +0,79			
	50m: 34.83	34.83	150m: 1:53.17	39.58	250m: 3:11.66	38.97	350m: 4:29.15	38.77
	100m: 1:13.59	38.76	200m: 2:32.69	39.52	300m: 3:50.38	38.72	400m: 5:06.51	37.36
7.	Pieke Beekhuis	ZPC AMERSFOORT	5:20.15	201000090	5:17.64 +0,73			
	50m: 34.87	34.87	150m: 1:53.25	40.22	250m: 3:14.40	40.91	350m: 4:36.62	41.27
	100m: 1:13.03	38.16	200m: 2:33.49	40.24	300m: 3:55.35	40.95	400m: 5:17.64	41.02
8.	Eva Maria Keet	ZPC AMERSFOORT	5:37.38	201003006	5:35.11 +0,80			
	50m: 33.44	33.44	150m: 1:54.84	42.15	250m: 3:23.22	44.45	350m: 4:51.02	44.15
	100m: 1:12.69	39.25	200m: 2:38.77	43.93	300m: 4:06.87	43.65	400m: 5:35.11	44.09
9.	Maud Hofman	De Otters Het Gooi	5:49.38	201101460	5:38.89 +0,54			
	50m: 37.84	37.84	150m: 2:04.40	42.58	250m: 3:30.81	43.44	350m: 4:57.13	43.36
	100m: 1:21.82	43.98	200m: 2:47.37	42.97	300m: 4:13.77	42.96	400m: 5:38.89	41.76
10.	Sanne Wolsheimer	De IJsselmeeuwen	7:06.44	200901646	6:28.29 +0,58			
	50m: 39.83	39.83	150m: 2:16.36	49.00	250m: 3:57.66	50.54	350m: 5:39.39	50.33
	100m: 1:27.36	47.53	200m: 3:07.12	50.76	300m: 4:49.06	51.40	400m: 6:28.29	48.90