

Competitie deel 2 Eredivisie  
Nijmegen, 11-11-2023

Programmanr. 7  
11-11-2023 - 14:22

Dames, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd				tijd	RT
1.	Marrit Steenberg	PSV 1	4:37.18				200000086	<b>4:39.25</b>
	50m: 28.36	150m: 1:39.40	250m: 2:55.08	350m: 4:08.25				
	100m: 1:01.86	200m: 2:16.26	300m: 3:35.62	400m: 4:39.25				
2.	Imani de Jong	PSV 1	4:52.39				200200464	<b>4:54.12</b>
	50m: 29.93	150m: 1:44.19	250m: 3:05.64	350m: 4:23.18				
	100m: 1:04.70	200m: 2:23.59	300m: 3:49.75	400m: 4:54.12				
3.	Kirsten Verhale	PSV 1	4:56.12				200400210	<b>4:56.03</b>
	50m: 30.14	150m: 1:42.19	250m: 3:02.43	350m: 4:22.00				
	100m: 1:04.67	200m: 2:19.13	300m: 3:46.19	400m: 4:56.03				
4.	Marjolein Delno	VZC	4:41.85				199400024	<b>5:06.21</b>
	50m: 30.96	150m: 1:46.85	250m: 3:10.00	350m: 4:31.55				
	100m: 1:07.29	200m: 2:25.88	300m: 3:55.05	400m: 5:06.21				
5.	Tess Panjer	VZC	5:08.32				200403060	<b>5:09.10</b>
	50m: 33.03	150m: 1:52.93	250m: 3:15.98	350m: 4:35.75				
	100m: 1:11.89	200m: 2:32.01	300m: 4:00.39	400m: 5:09.10				
6.	Colinda van der Zanden	Aqua-Novio'94	5:27.55				200502618	<b>5:16.16</b>
	50m: 31.26	150m: 1:50.97	250m: 3:16.69	350m: 4:39.87				
	100m: 1:08.94	200m: 2:31.97	300m: 4:02.62	400m: 5:16.16				
7.	Alexandra Gepkens	VZC	5:30.33				200701690	<b>5:18.73</b>
	50m: 33.36	150m: 1:54.33	250m: 3:18.51	350m: 4:40.64				
	100m: 1:12.66	200m: 2:35.72	300m: 4:02.43	400m: 5:18.73				
8.	Isa Willemsen	Aqua-Novio'94	5:42.44				199900628	<b>5:33.77</b>
	50m: 32.03	150m: 1:52.53	250m: 3:25.74	350m: 4:57.44				
	100m: 1:12.89	200m: 2:31.67	300m: 4:19.49	400m: 5:33.77				
9.	Mandy van Rossum	Aqua-Novio'94	5:34.23				200204904	<b>5:34.79</b>
	50m: 31.86	150m: 1:56.15	250m: 3:25.44	350m: 4:55.71				
	100m: 1:10.97	200m: 2:39.65	300m: 4:13.23	400m: 5:34.79				