

Limietwedstrijd LB deel 4 ZPC AMERSFOORT
Amersfoort, 21-4-2024

Programmanr. 1
21-4-2024 - 14:15

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Ylène Zondervan	ZPC AMERSFOORT	5:42.70	201200016	5:46.29 +0,76	
	50m: 35.58	35.58 150m: 2:03.96	46.29	250m: 3:38.80	49.17 350m: 5:08.48	39.76
	100m: 1:17.67	42.09 200m: 2:49.63	45.67	300m: 4:28.72	49.92 400m: 5:46.29	37.81
2.	Anna Strang van Hees	De Duinkickers	5:49.54	200902566	5:47.90 +0,96	
	50m: 38.35	38.35 150m: 2:09.34	44.05	250m: 3:42.56	49.26 350m: 5:17.54	38.65
	100m: 1:25.29	46.94 200m: 2:53.30	43.96	300m: 4:31.89	49.33 400m: 5:47.90	37.36
3.	Puck van Wees	De Dolfijn	5:43.30	200901020	5:53.16 +0,80	
	50m: 35.63	35.63 150m: 2:05.65	46.56	250m: 3:43.33	52.01 350m: 5:15.41	40.27
	100m: 1:19.09	43.46 200m: 2:51.32	45.67	300m: 4:35.14	51.81 400m: 5:53.16	37.75
4.	Dewi Meijer	De Dolfijn	5:43.11	201000302	5:53.83 +0,74	
	50m: 35.41	35.41 150m: 2:08.54	48.22	250m: 3:47.45	52.22 350m: 5:17.65	38.11
	100m: 1:20.32	44.91 200m: 2:55.23	46.69	300m: 4:39.54	52.09 400m: 5:53.83	36.18
5.	Hadewych Forschelen	MNC Dordrecht	5:52.83	200903572	5:54.52 +0,80	
	50m: 36.40	36.40 150m: 2:06.91	46.89	250m: 3:43.57	52.65 350m: 5:15.90	41.06
	100m: 1:20.02	43.62 200m: 2:50.92	44.01	300m: 4:34.84	51.27 400m: 5:54.52	38.62
6.	Rosanne Diepeveen	De Blauwe Schuur	5:45.77	199906146	5:56.34 +0,73	
	50m: 37.23	37.23 150m: 2:06.65	46.57	250m: 3:44.56	52.87 350m: 5:17.44	40.63
	100m: 1:20.08	42.85 200m: 2:51.69	45.04	300m: 4:36.81	52.25 400m: 5:56.34	38.90
7.	Sanne Mulder	WVZ	5:48.40	200900280	5:58.43 +0,68	
	50m: 36.55	36.55 150m: 2:11.72	47.59	250m: 3:46.51	49.70 350m: 5:18.23	40.53
	100m: 1:24.13	47.58 200m: 2:56.81	45.09	300m: 4:37.70	51.19 400m: 5:58.43	40.20
8.	Noa Spaans	De Dolfijn	5:50.92	201100222	6:08.10 +0,83	
	50m: 38.04	38.04 150m: 2:14.00	45.27	250m: 3:52.59	53.33 350m: 5:28.10	43.78
	100m: 1:28.73	50.69 200m: 2:59.26	45.26	300m: 4:44.32	51.73 400m: 6:08.10	40.00
9.	Aniek Garritsen	De IJsselmeeuwen	6:07.82	199504290	6:08.14 +0,80	
	50m: 35.03	35.03 150m: 2:08.36	49.80	250m: 3:47.13	52.77 350m: 5:27.03	45.77
	100m: 1:18.56	43.53 200m: 2:54.36	46.00	300m: 4:41.26	54.13 400m: 6:08.14	41.11
10.	Sara Creemers	Hellas-Glana	6:37.98	201100242	6:13.57 +0,72	
	50m: 38.36	38.36 150m: 2:15.25	49.54	250m: 3:53.15	48.77 350m: 5:30.97	45.77
	100m: 1:25.71	47.35 200m: 3:04.38	49.13	300m: 4:45.20	52.05 400m: 6:13.57	42.60
11.	Yfke Wijnalda	ZPC AMERSFOORT	NT	201002618	6:17.55 +0,68	
	50m: 39.28	39.28 150m: 2:16.38	47.27	250m: 3:58.63	56.64 350m: 5:37.05	42.68
	100m: 1:29.11	49.83 200m: 3:01.99	45.61	300m: 4:54.37	55.74 400m: 6:17.55	40.50
12.	Noa Jaffe	De Dolfijn	6:36.58	201000726	6:17.99 +0,77	
	50m: 37.86	37.86 150m: 2:17.54	48.78	250m: 3:56.21	51.97 350m: 5:33.89	43.82
	100m: 1:28.76	50.90 200m: 3:04.24	46.70	300m: 4:50.07	53.86 400m: 6:17.99	44.10
13.	Lian Vonk	ZPC AMERSFOORT	6:39.48	201001606	6:19.03 +0,71	
	50m: 37.47	37.47 150m: 2:12.58	47.02	250m: 3:59.43	58.93 350m: 5:39.40	40.57
	100m: 1:25.56	48.09 200m: 3:00.50	47.92	300m: 4:58.83	59.40 400m: 6:19.03	39.63
14.	Myrthe Bruinsma	ZPC AMERSFOORT	6:44.37	201101108	6:30.54 +0,89	
	50m: 41.11	41.11 150m: 2:26.41	51.56	250m: 4:07.88	51.97 350m: 5:45.02	44.10
	100m: 1:34.85	53.74 200m: 3:15.91	49.50	300m: 5:00.92	53.04 400m: 6:30.54	45.52
15.	Benthe Boersma	Deltasteur	6:42.88	201100994	6:45.76 +0,81	
	50m: 47.44	47.44 150m: 2:37.54	55.51	250m: 4:23.15	55.97 350m: 6:05.45	44.33
	100m: 1:42.03	54.59 200m: 3:27.18	49.64	300m: 5:21.12	57.97 400m: 6:45.76	40.31
16.	Frieda Machartzki	GoSwim	7:15.80	201102204	7:01.37 +0,92	
	50m: 46.35	46.35 150m: 2:37.85	54.82	250m: 4:28.38	58.17 350m: 6:16.69	47.74
	100m: 1:43.03	56.68 200m: 3:30.21	52.36	300m: 5:28.95	1:00.57 400m: 7:01.37	44.68
17.	Carlijne Jans	De Fuut	6:59.69	201000322	7:05.99 +0,83	
	50m: 46.01	46.01 150m: 2:37.73	54.66	250m: 4:30.85	59.45 350m: 6:20.14	48.86
	100m: 1:43.07	57.06 200m: 3:31.40	53.67	300m: 5:31.28	1:00.43 400m: 7:05.99	45.85
18.	Jesse Rijnbeek	ZPC AMERSFOORT	NT	201000720	7:19.59 +0,89	
	50m: 49.14	49.14 150m: 2:43.65	55.69	250m: 4:37.42	1:01.24 350m: 6:30.08	50.12
	100m: 1:47.96	58.82 200m: 3:36.18	52.53	300m: 5:39.96	1:02.54 400m: 7:19.59	49.51
19.	Isabelle Barnar	GoSwim	7:46.18	201100024	8:19.33 +0,68	
	50m: 52.26	52.26 150m: 2:58.72	1:04.59	250m: 5:11.37	1:04.99 350m: 7:20.29	1:02.12
	100m: 1:54.13	1:01.87 200m: 4:06.38	1:07.66	300m: 6:18.17	1:06.80 400m: 8:19.33	59.04