



Overijsselse Kampioenschappen korte baan  
Zwolle, 9- - 17-11-2024

Programmanr. 108  
9-11-2024 - 16:35

Dames, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
<b>Gebjr 2011 - 2013</b>						
1.	Isabel Amelink	Deltasteur	5:51.16	201100196	<b>5:54.16</b>	
	50m: 37.28	37.28 150m: 2:12.19	48.57	250m: 3:46.47	48.22 350m: 5:16.96	39.10
	100m: 1:23.62	46.34 200m: 2:58.25	46.06	300m: 4:37.86	48.39 400m: 5:54.16	37.20
2.	Lisa Boogaard	Deltasteur	6:12.14	201100990	<b>6:01.76</b>	
	50m: 38.81	38.81 150m: 2:13.26	48.01	250m: 3:49.88	51.35 350m: 5:23.24	40.63
	100m: 1:25.25	46.44 200m: 2:58.53	45.27	300m: 4:42.61	52.73 400m: 6:01.76	38.52
3.	Maurieke Frijstein	Deltasteur	6:20.38	201100198	<b>6:06.76</b>	
	50m: 42.60	42.60 150m: 2:19.57	44.77	250m: 3:54.19	48.37 350m: 5:26.97	41.64
	100m: 1:34.80	52.20 200m: 3:05.82	46.25	300m: 4:45.33	51.14 400m: 6:06.76	39.79
4.	Manoah Dekker	Deltasteur	6:23.08	201100656	<b>6:11.14</b>	
	50m: 44.33	44.33 150m: 2:25.49	48.80	250m: 3:56.62	46.28 350m: 5:30.04	44.97
	100m: 1:36.69	52.36 200m: 3:10.34	44.85	300m: 4:45.07	48.45 400m: 6:11.14	41.10
5.	Jinthe Kuiper	SWOL 1894	6:28.52	201200688	<b>6:14.91</b>	
	50m: 42.63	42.63 150m: 2:22.99	46.93	250m: 3:57.92	48.90 350m: 5:32.42	42.36
	100m: 1:36.06	53.43 200m: 3:09.02	46.03	300m: 4:50.06	52.14 400m: 6:14.91	42.49
6.	Femke Keizer	Dedemsvaart-AC	6:51.90	201200272	<b>6:32.80</b>	
	50m: 45.29	45.29 150m: 2:27.22	48.56	250m: 4:12.17	56.75 350m: 5:50.76	44.12
	100m: 1:38.66	53.37 200m: 3:15.42	48.20	300m: 5:06.64	54.47 400m: 6:32.80	42.04
7.	Fayenne Hemmelder	WS Twente	7:26.19	201200538	<b>6:41.26</b>	
	50m: 43.62	43.62 150m: 2:29.81	55.44	250m: 4:17.17	56.36 350m: 5:58.34	47.18
	100m: 1:34.37	50.75 200m: 3:20.81	51.00	300m: 5:11.16	53.99 400m: 6:41.26	42.92
8.	Noor Wierda	WS Twente	7:07.13	201200542	<b>6:58.22</b>	
	50m: 43.84	43.84 150m: 2:35.43	50.73	250m: 4:24.55	58.25 350m: 6:12.08	48.35
	100m: 1:44.70	1:00.86 200m: 3:26.30	50.87	300m: 5:23.73	59.18 400m: 6:58.22	46.14
DIS	Karlijn Siero	de IJssel	6:50.36	201201758		
	<i>SS - Met handen over elkaar keer- of eindpunt aangetikt.</i>					

**Gebjr 2009 - 2010**

1.	Nienke Bulter	De Dinkel	5:42.59	200902188	<b>5:36.26</b>	
	50m: 37.16	37.16 150m: 2:01.67	43.96	250m: 3:31.75	46.93 350m: 4:58.82	38.27
	100m: 1:17.71	40.55 200m: 2:44.82	43.15	300m: 4:20.55	48.80 400m: 5:36.26	37.44
2.	Simone Faber	Deltasteur	5:32.30	200900710	<b>5:36.55</b>	
	50m: 35.58	35.58 150m: 2:02.62	43.93	250m: 3:34.62	49.28 350m: 5:02.06	38.63
	100m: 1:18.69	43.11 200m: 2:45.34	42.72	300m: 4:23.43	48.81 400m: 5:36.55	34.49
3.	Emma Steenbrink	O Z & P C	5:45.45	200901376	<b>5:37.29</b>	
	50m: 35.31	35.31 150m: 2:00.96	42.49	250m: 3:32.08	50.05 350m: 5:00.87	38.13
	100m: 1:18.47	43.16 200m: 2:42.03	41.07	300m: 4:22.74	50.66 400m: 5:37.29	36.42
4.	Daphne Dijksselhof	Dedemsvaart-AC	5:48.69	200901690	<b>5:44.89</b>	
	50m: 36.66	36.66 150m: 2:07.03	44.47	250m: 3:41.09	50.75 350m: 5:09.12	37.44
	100m: 1:22.56	45.90 200m: 2:50.34	43.31	300m: 4:31.68	50.59 400m: 5:44.89	35.77
5.	Kayleigh van Doeselaar	Sg - E Z C L	6:11.69	201000478	<b>5:57.60</b>	
	50m: 37.21	37.21 150m: 2:09.70	47.32	250m: 3:48.08	53.67 350m: 5:19.89	39.09
	100m: 1:22.38	45.17 200m: 2:54.41	44.71	300m: 4:40.80	52.72 400m: 5:57.60	37.71
6.	Mila Soethof	De Dinkel	5:54.23	200900482	<b>5:58.51</b>	
	50m: 37.24	37.24 150m: 2:09.29	44.17	250m: 3:44.74	51.86 350m: 5:19.81	41.28
	100m: 1:25.12	47.88 200m: 2:52.88	43.59	300m: 4:38.53	53.79 400m: 5:58.51	38.70
DIS	Florien Pot	O Z & P C	5:33.65	201000768		
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>					



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Gebjr 2007 - 2008

1.	Emmelien Smelt	ZVZwartsluis	5:29.63	200800012	<b>5:20.22</b>			
	50m: 32.94	32.94	150m: 1:51.28	39.99	250m: 3:17.91	47.12	350m: 4:44.43	38.84
	100m: 1:11.29	36.35	200m: 2:30.79	39.51	300m: 4:05.59	47.68	400m: 5:20.22	35.79
2.	Marlouke Weijland	Deltasteur	5:29.59	200800152	<b>5:35.29</b>			
	50m: 35.72	35.72	150m: 2:01.72	42.40	250m: 3:32.74	48.12	350m: 4:59.35	38.70
	100m: 1:19.32	43.60	200m: 2:44.62	42.90	300m: 4:20.65	47.91	400m: 5:35.29	35.94
3.	Flore Blok	O Z & P C	5:46.05	200804348	<b>5:40.34</b>			
	50m: 34.69	34.69	150m: 2:00.31	45.06	250m: 3:31.93	47.32	350m: 5:02.80	40.93
	100m: 1:15.25	40.56	200m: 2:44.61	44.30	300m: 4:21.87	49.94	400m: 5:40.34	37.54
4.	Esmee Nieuwenhuis	ZPC De Hof	5:44.42	200701444	<b>5:51.35</b>			
	50m: 37.92	37.92	150m: 2:06.76	46.56	250m: 3:45.97	55.39	350m: 5:15.73	35.38
	100m: 1:20.20	42.28	200m: 2:50.58	43.82	300m: 4:40.35	54.38	400m: 5:51.35	35.62
5.	Leyona Lichtendonk	Dedemsvaart-AC	5:36.52	200700010	<b>6:01.33</b>			
	50m: 35.24	35.24	150m: 2:07.62	46.30	250m: 3:45.53	53.32	350m: 5:21.51	39.80
	100m: 1:21.32	46.08	200m: 2:52.21	44.59	300m: 4:41.71	56.18	400m: 6:01.33	39.82
NG	Esmee van Dijk	Het Ravijn	5:44.92	200803180				

Gebjr 2005 - 2006

1.	Marlies Dijsselhof	Dedemsvaart-AC	5:14.45	200601046	<b>5:37.33</b>			
	50m: 34.34	34.34	150m: 2:00.99	42.79	250m: 3:29.21	46.84	350m: 4:57.95	40.54
	100m: 1:18.20	43.86	200m: 2:42.37	41.38	300m: 4:17.41	48.20	400m: 5:37.33	39.38

2004 en eerder

1.	Ismay Lichtendonk	Dedemsvaart-AC	4:56.43	200400622	<b>5:05.07</b>			
	50m: 30.96	30.96	150m: 1:46.63	38.62	250m: 3:08.69	42.81	350m: 4:31.74	37.77
	100m: 1:08.01	37.05	200m: 2:25.88	39.25	300m: 3:53.97	45.28	400m: 5:05.07	33.33