

Limietwedstrijd KB ZPC AMERSFOORT
Amersfoort, 3-11-2024

Programmanr. 1
3-11-2024 - 14:15

Dames, 400m wisselslag

2012 en eerder
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
1.	Fenne Metten	ZPC AMERSFOORT	5:26.33	201000102	5:25.41 +0,68	
	50m: 33.85	33.85 150m: 1:55.87	41.07	250m: 3:24.66	49.15 350m: 4:50.88	37.04
	100m: 1:14.80	40.95 200m: 2:35.51	39.64	300m: 4:13.84	49.18 400m: 5:25.41	34.53
2.	Nienke Bulter	De Dinkel	5:42.59	200902188	5:37.86 +0,84	
	50m: 37.13	37.13 150m: 2:02.28	44.19	250m: 3:32.84	47.47 350m: 5:00.13	39.06
	100m: 1:18.09	40.96 200m: 2:45.37	43.09	300m: 4:21.07	48.23 400m: 5:37.86	37.73
3.	Mare Offringa	SG. Bolsward-Workum	5:45.90	201001110	5:42.83 +0,79	
	50m: 37.14	37.14 150m: 2:06.89	43.19	250m: 3:39.19	49.29 350m: 5:06.20	37.91
	100m: 1:23.70	46.56 200m: 2:49.90	43.01	300m: 4:28.29	49.10 400m: 5:42.83	36.63
4.	Brechtje Slootweg	ZPC AMERSFOORT	5:53.09	201101744	5:43.36	
	50m: 34.99	34.99 150m: 2:02.24	44.67	250m: 3:35.08	49.97 350m: 5:06.14	39.33
	100m: 1:17.57	42.58 200m: 2:45.11	42.87	300m: 4:26.81	51.73 400m: 5:43.36	37.22
5.	Elle van Gemeren	DAW	5:48.21	201100428	5:43.52 +0,77	
	50m: 37.94	37.94 150m: 2:05.39	44.83	250m: 3:36.86	48.14 350m: 5:04.25	41.64
	100m: 1:20.56	42.62 200m: 2:48.72	43.33	300m: 4:22.61	45.75 400m: 5:43.52	39.27
6.	Sanne Mulder	WVZ	5:48.40	200900280	5:44.38 +0,57	
	50m: 35.55	35.55 150m: 2:03.44	45.24	250m: 3:35.71	49.61 350m: 5:06.67	40.54
	100m: 1:18.20	42.65 200m: 2:46.10	42.66	300m: 4:26.13	50.42 400m: 5:44.38	37.71
7.	Esmee de Raadt	Feijenoord Albion	6:24.63	201002328	5:44.77 +0,74	
	50m: 36.41	36.41 150m: 2:03.04	43.96	250m: 3:35.89	48.63 350m: 5:05.46	42.22
	100m: 1:19.08	42.67 200m: 2:47.26	44.22	300m: 4:23.24	47.35 400m: 5:44.77	39.31
8.	Meike van der Klugt	WVZ	5:51.00	201100808	5:45.54 +0,90	
	50m: 38.73	38.73 150m: 2:11.97	44.25	250m: 3:40.39	45.31 350m: 5:07.91	41.57
	100m: 1:27.72	48.99 200m: 2:55.08	43.11	300m: 4:26.34	45.95 400m: 5:45.54	37.63
9.	Mattea Gliese-Slooijer	De Dinkel	5:57.76	201100008	5:48.91 +0,86	
	50m: 37.32	37.32 150m: 2:06.05	43.21	250m: 3:39.12	50.91 350m: 5:10.50	39.49
	100m: 1:22.84	45.52 200m: 2:48.21	42.16	300m: 4:31.01	51.89 400m: 5:48.91	38.41
10.	Myrthe Bruinsma	ZPC AMERSFOORT	6:20.44	201101108	5:58.03 +0,83	
	50m: 37.28	37.28 150m: 2:11.61	47.26	250m: 3:44.78	48.37 350m: 5:18.12	43.10
	100m: 1:24.35	47.07 200m: 2:56.41	44.80	300m: 4:35.02	50.24 400m: 5:58.03	39.91
11.	Louise Terwisscha	ZPC AMERSFOORT	6:21.88	201201240	6:06.55 +0,89	
	50m: 41.60	41.60 150m: 2:19.32	47.52	250m: 3:56.89	51.67 350m: 5:28.72	40.45
	100m: 1:31.80	50.20 200m: 3:05.22	45.90	300m: 4:48.27	51.38 400m: 6:06.55	37.83
12.	Imke Oude Engberink	De Dinkel	6:35.87	201100818	6:16.62 +0,67	
	50m: 40.65	40.65 150m: 2:19.37	49.76	250m: 4:02.40	55.29 350m: 5:38.71	40.13
	100m: 1:29.61	48.96 200m: 3:07.11	47.74	300m: 4:58.58	56.18 400m: 6:16.62	37.91
13.	Isaura van den Brink	DAW	6:38.47	201102540	6:24.94 +0,59	
	50m: 36.88	36.88 150m: 2:17.17	48.25	250m: 4:00.64	56.54 350m: 5:42.72	44.05
	100m: 1:28.92	52.04 200m: 3:04.10	46.93	300m: 4:58.67	58.03 400m: 6:24.94	42.22
14.	Elin Berfelo	MZ&PC De Reest	6:29.99	201102816	6:28.70	
	50m: 44.84	44.84 150m: 2:32.02	49.46	250m: 4:12.96	52.38 350m: 5:48.97	42.84
	100m: 1:42.56	57.72 200m: 3:20.58	48.56	300m: 5:06.13	53.17 400m: 6:28.70	39.73
15.	Bente Toth	ZPC AMERSFOORT	6:30.00	201102818	6:30.94 +0,71	
	50m: 44.54	44.54 150m: 2:26.06	47.44	250m: 4:09.61	56.62 350m: 5:49.17	45.69
	100m: 1:38.62	54.08 200m: 3:12.99	46.93	300m: 5:03.48	53.87 400m: 6:30.94	41.77
DIS	Janna van Dijk	DAW	6:01.64	201004128		
	SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.					