

Limietwedstrijd KB ZPC AMERSFOORT  
Amersfoort, 3-11-2024

Programmanr. 29  
3-11-2024 - 16:40

Dames, 400m vrije slag

2012 en eerder  
Resultaten

voorlopige resultaten

rang	naam	vereniging	intijd	tijd	RT		
	Chiara Lammertink	ZPC AMERSFOORT	4:46.27	200902200	<b>4:39.88</b> +0,79		
	50m: 31.28	31.28 150m: 1:40.38	34.77	250m: 2:51.74	36.22	350m: 4:05.07	36.64
	100m: 1:05.61	34.33 200m: 2:15.52	35.14	300m: 3:28.43	36.69	400m: 4:39.88	34.81
	Eline Lutters	De Dinkel	4:40.11	200600322	<b>4:43.23</b> +0,77		
	50m: 31.56	31.56 150m: 1:42.48	36.06	250m: 2:54.55	36.03	350m: 4:07.41	36.17
	100m: 1:06.42	34.86 200m: 2:18.52	36.04	300m: 3:31.24	36.69	400m: 4:43.23	35.82
	Anne Engbersen	ZPC AMERSFOORT	4:49.95	201000044	<b>4:49.78</b> +0,81		
	50m: 31.30	31.30 150m: 1:41.92	35.53	250m: 2:56.05	37.59	350m: 4:12.29	38.09
	100m: 1:06.39	35.09 200m: 2:18.46	36.54	300m: 3:34.20	38.15	400m: 4:49.78	37.49
	Dante van Meene	DAW	4:49.91	200900678	<b>4:54.14</b> +0,78		
	50m: 32.42	32.42 150m: 1:45.48	37.23	250m: 3:01.89	38.38	350m: 4:17.46	37.74
	100m: 1:08.25	35.83 200m: 2:23.51	38.03	300m: 3:39.72	37.83	400m: 4:54.14	36.68
	Noortje Bisperink	ZPC AMERSFOORT	5:01.68	201100486	<b>4:58.51</b> +0,80		
	50m: 33.04	33.04 150m: 1:48.37	38.12	250m: 3:05.46	38.44	350m: 4:22.50	38.21
	100m: 1:10.25	37.21 200m: 2:27.02	38.65	300m: 3:44.29	38.83	400m: 4:58.51	36.01
	Yanique Bax	ZPC AMERSFOORT	4:54.36	201001428	<b>4:59.39</b> +0,58		
	50m: 33.85	33.85 150m: 1:49.65	38.67	250m: 3:06.45	38.31	350m: 4:22.93	37.83
	100m: 1:10.98	37.13 200m: 2:28.14	38.49	300m: 3:45.10	38.65	400m: 4:59.39	36.46
	Yuna van den Idsert	DAW	4:53.78	201001196	<b>5:04.72</b> +0,73		
	50m: 33.26	33.26 150m: 1:49.22	38.65	250m: 3:07.89	39.72	350m: 4:26.23	39.26
	100m: 1:10.57	37.31 200m: 2:28.17	38.95	300m: 3:46.97	39.08	400m: 5:04.72	38.49
	Claire Bosch	De Dinkel	4:57.51	200401480	<b>5:05.03</b> +0,74		
	50m: 33.66	33.66 150m: 1:49.43	38.49	250m: 3:07.93	39.47	350m: 4:26.59	39.12
	100m: 1:10.94	37.28 200m: 2:28.46	39.03	300m: 3:47.47	39.54	400m: 5:05.03	38.44
	Romyrle ter Maat	De Dinkel	6:01.63	201100030	<b>5:43.62</b> +0,79		
	50m: 37.33	37.33 150m: 2:04.73	44.09	250m: 3:34.24	44.58	350m: 5:02.32	42.70
	100m: 1:20.64	43.31 200m: 2:49.66	44.93	300m: 4:19.62	45.38	400m: 5:43.62	41.30