

Limietwedstrijd LB deel 1 ZPC AMERSFOORT 2025
Amersfoort, 26-1-2025

Programmanr. 1
26-1-2025 - 14:15

Dames, 400m vrije slag

2012 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Evy Rozeboom	Team NL - DAW	4:35.45	200601338	4:32.96 +0,74
	50m: 31.44	31.44 150m: 1:40.76	34.74	250m: 2:50.50	35.17 350m: 3:59.93
	100m: 1:06.02	34.58 200m: 2:15.33	34.57	300m: 3:25.29	34.79 400m: 4:32.96
2.	Nynke Boerefijn	ZPC AMERSFOORT	4:28.94	200700114	4:35.99 +0,85
	50m: 30.76	30.76 150m: 1:40.70	34.87	250m: 2:51.59	35.13 350m: 4:01.64
	100m: 1:05.83	35.07 200m: 2:16.46	35.76	300m: 3:26.81	35.22 400m: 4:35.99
3.	Marin Wieling	ZPC AMERSFOORT	4:41.26	200501220	4:39.89 +0,73
	50m: 31.41	31.41 150m: 1:42.47	35.85	250m: 2:54.54	36.24 350m: 4:05.83
	100m: 1:06.62	35.21 200m: 2:18.30	35.83	300m: 3:30.64	36.10 400m: 4:39.89
4.	Fenne Metten	ZPC AMERSFOORT	4:38.56	201000102	4:40.47 +0,58
	50m: 31.91	31.91 150m: 1:42.44	35.75	250m: 2:54.30	36.27 350m: 4:06.64
	100m: 1:06.69	34.78 200m: 2:18.03	35.59	300m: 3:30.70	36.40 400m: 4:40.47
5.	Suuz Griekspoor	Noordwijkerhout	4:46.05	200901204	4:51.50 +0,57
	50m: 32.09	32.09 150m: 1:44.56	36.66	250m: 2:59.62	37.80 350m: 4:15.05
	100m: 1:07.90	35.81 200m: 2:21.82	37.26	300m: 3:37.34	37.72 400m: 4:51.50
6.	J. van Omme - van Veen	Zwemvereniging Hoogland	5:04.24	199603192	4:56.10 +0,77
	50m: 32.69	32.69 150m: 1:46.87	37.69	250m: 3:03.16	38.30 350m: 4:19.70
	100m: 1:09.18	36.49 200m: 2:24.86	37.99	300m: 3:41.18	38.02 400m: 4:56.10
7.	Erin de Jong	Gzc Donk	4:54.26	201000024	4:56.18 +0,83
	50m: 32.19	32.19 150m: 1:45.06	36.96	250m: 3:01.33	38.04 350m: 4:18.79
	100m: 1:08.10	35.91 200m: 2:23.29	38.23	300m: 3:40.10	38.77 400m: 4:56.18
8.	Ylène Zondervan	ZPC AMERSFOORT	4:55.75	201200016	4:56.26 +0,61
	50m: 33.15	33.15 150m: 1:46.36	37.17	250m: 3:02.69	38.13 350m: 4:18.63
	100m: 1:09.19	36.04 200m: 2:24.56	38.20	300m: 3:41.03	38.34 400m: 4:56.26
9.	Yanique Bax	ZPC AMERSFOORT	5:06.28	201001428	4:58.73 +0,58
	50m: 35.09	35.09 150m: 1:50.49	37.97	250m: 3:06.49	38.24 350m: 4:22.54
	100m: 1:12.52	37.43 200m: 2:28.25	37.76	300m: 3:44.45	37.96 400m: 4:58.73
10.	Dewi Meijer	De Dolfijn	4:48.35	201000302	5:00.65 +0,80
	50m: 33.98	33.98 150m: 1:49.65	38.51	250m: 3:06.75	38.42 350m: 4:23.93
	100m: 1:11.14	37.16 200m: 2:28.33	38.68	300m: 3:45.55	38.80 400m: 5:00.65
11.	Alexandra Gekens	VZC	4:44.47	200701690	5:02.86 +0,70
	50m: 34.05	34.05 150m: 1:49.04	37.66	250m: 3:06.42	38.53 350m: 4:24.72
	100m: 1:11.38	37.33 200m: 2:27.89	38.85	300m: 3:45.64	39.22 400m: 5:02.86
12.	Lian Vonk	ZPC AMERSFOORT	5:00.04	201001606	5:04.01 +0,54
	50m: 33.38	33.38 150m: 1:47.21	37.46	250m: 3:04.86	39.00 350m: 4:25.62
	100m: 1:09.75	36.37 200m: 2:25.86	38.65	300m: 3:45.40	40.54 400m: 5:04.01
13.	Wieke Dekker	De Dolfijn	4:50.96	201002020	5:11.76 +0,85
	50m: 35.14	35.14 150m: 1:54.48	40.08	250m: 3:14.57	39.83 350m: 4:33.91
	100m: 1:14.40	39.26 200m: 2:34.74	40.26	300m: 3:54.40	39.83 400m: 5:11.76
14.	Lieke Broere	De Otters Het Gooi	5:01.36	200303890	5:15.14 +0,79
	50m: 34.55	34.55 150m: 1:54.18	40.15	250m: 3:15.67	40.87 350m: 4:36.18
	100m: 1:14.03	39.48 200m: 2:34.80	40.62	300m: 3:56.02	40.35 400m: 5:15.14
15.	Noa Spaans	De Dolfijn	5:00.09	201100222	5:16.88 +0,68
	50m: 36.25	36.25 150m: 1:55.29	39.59	250m: 3:15.59	40.35 350m: 4:37.78
	100m: 1:15.70	39.45 200m: 2:35.24	39.95	300m: 3:56.59	41.00 400m: 5:16.88
16.	Hanna Heller	ZPC AMERSFOORT	4:58.92	201102730	5:20.14 +0,85
	50m: 35.23	35.23 150m: 1:54.03	40.39	250m: 3:17.02	41.71 350m: 4:40.55
	100m: 1:13.64	38.41 200m: 2:35.31	41.28	300m: 3:59.74	42.72 400m: 5:20.14
17.	Louise Terwisscha	ZPC AMERSFOORT	5:14.71	201201240	5:20.22 +0,82
	50m: 36.79	36.79 150m: 1:57.47	40.75	250m: 3:20.39	40.98 350m: 4:42.16
	100m: 1:16.72	39.93 200m: 2:39.41	41.94	300m: 4:01.67	41.28 400m: 5:20.22
18.	Esmee de Raadt	Feijenoord Albion	5:45.49	201002328	5:23.76 +0,69
	50m: 34.68	34.68 150m: 1:55.31	40.93	250m: 3:19.33	42.10 350m: 4:43.69
	100m: 1:14.38	39.70 200m: 2:37.23	41.92	300m: 4:01.62	42.29 400m: 5:23.76
19.	Elke van Dorst	CWW Swimteam	5:34.60	200702816	5:41.36 +0,78
	50m: 38.35	38.35 150m: 2:04.47	43.49	250m: 3:32.55	43.77 350m: 4:59.62
	100m: 1:20.98	42.63 200m: 2:48.78	44.31	300m: 4:17.43	44.88 400m: 5:41.36
20.	Frederique Bos	Gzc Donk	5:40.18	201004030	5:41.84 +0,69
	50m: 34.06	34.06 150m: 1:59.22	44.19	250m: 3:27.58	44.20 350m: 4:58.41
	100m: 1:15.03	40.97 200m: 2:43.38	44.16	300m: 4:13.14	45.56 400m: 5:41.84
21.	Bente Toth	ZPC AMERSFOORT	5:44.34	201102818	5:43.93 +0,70
	50m: 36.53	36.53 150m: 2:02.32	44.16	250m: 3:31.46	45.06 350m: 5:01.50
	100m: 1:18.16	41.63 200m: 2:46.40	44.08	300m: 4:16.64	45.18 400m: 5:43.93
22.	Frieda Machartzki	GoSwim	6:16.22	201102204	6:05.71 +0,87
	50m: 39.94	39.94 150m: 2:13.02	47.42	250m: 3:47.95	47.60 350m: 5:23.08
	100m: 1:25.60	45.66 200m: 3:00.35	47.33	300m: 4:35.44	47.49 400m: 6:05.71

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Amersfoort, 26-1-2025

Programmanr. 1, Dames, 400m vrije slag, 2012 en ouder

rang	naam	vereniging	intijd		tijd	RT		
23.	Annemarie Neessen	GoSwim	6:42.50	201102502	6:15.81	+0,68		
	50m: 39.72	39.72	150m: 2:12.82	48.21	250m: 3:50.17	48.61	350m: 5:30.23	50.64
	100m: 1:24.61	44.89	200m: 3:01.56	48.74	300m: 4:39.59	49.42	400m: 6:15.81	45.58
24.	Angelique Wammes	Zwemvereniging Hoogland	6:16.65	198403604	6:20.87	+0,72		
	50m: 40.78	40.78	150m: 2:15.42	48.28	250m: 3:53.41	49.54	350m: 5:32.72	50.00
	100m: 1:27.14	46.36	200m: 3:03.87	48.45	300m: 4:42.72	49.31	400m: 6:20.87	48.15
25.	Anne Sophie Moinot	De Dolfijn	7:06.83	201202768	7:03.95	+0,75		
	50m: 47.01	47.01	150m: 2:35.75	55.57	250m: 4:27.07	55.88	350m: 6:15.95	54.16
	100m: 1:40.18	53.17	200m: 3:31.19	55.44	300m: 5:21.79	54.72	400m: 7:03.95	48.00