

Programmanr. 5  
11-1-2025 - 17:20

Dames, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Isa van Ditshuizen	De Berkelduikers	6:16.05	200201002	<b>5:59.45</b>			
	50m: 37.01	37.01	150m: 2:09.29	46.24	250m: 3:44.34	47.53	350m: 5:18.31	44.75
	100m: 1:23.05	46.04	200m: 2:56.81	47.52	300m: 4:33.56	49.22	400m: 5:59.45	41.14
2.	Azra Guler	NDD	6:01.17	200503054	<b>6:11.79</b>			
	50m: 40.46	40.46	150m: 2:17.87	48.32	250m: 3:56.85	52.87	350m: 5:31.79	41.78
	100m: 1:29.55	49.09	200m: 3:03.98	46.11	300m: 4:50.01	53.16	400m: 6:11.79	40.00
3.	Marieke Haafkes	Aquapoldro	6:03.50	200104348	<b>6:12.78</b>			
	50m: 37.42	37.42	150m: 2:07.71	43.32	250m: 3:46.15	53.98	350m: 5:28.95	48.20
	100m: 1:24.39	46.97	200m: 2:52.17	44.46	300m: 4:40.75	54.60	400m: 6:12.78	43.83
4.	Anouk Menkveld	De Berkelduikers	NT	200402260	<b>6:36.05</b>			
	50m: 43.49	43.49	150m: 2:26.09	49.80	250m: 4:10.05	55.87	350m: 5:52.88	45.05
	100m: 1:36.29	52.80	200m: 3:14.18	48.09	300m: 5:07.83	57.78	400m: 6:36.05	43.17