

NationaleZwemCompetitie-deel2  
Denekamp, 11/1/2025

Programmanr. 5  
11/01/2025 - 14:50

Dames, 400m wisselslag

Senioren Open  
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Dachen Haaijer	ZPC Hoogeveen 1	4:53.89	200800380	<b>5:00.53</b>
	50m: 31.84	31.84	150m:	250m:	350m:
	100m: 1:09.64	37.80	200m: 2:25.71	300m:	400m: 5:00.53
2.	Famke Irvine	Zpc Amersfoort 2	5:29.29	200501724	<b>5:24.51</b>
	50m: 31.47	31.47	150m:	250m:	350m:
	100m: 1:10.39	38.92	200m: 2:30.15	300m:	400m: 5:24.51
3.	Imre Bouwland	ZPC Hoogeveen 1	5:28.16	200700388	<b>5:32.12</b>
	50m: 34.28	34.28	150m:	250m:	350m:
	100m: 1:14.99	40.71	200m: 2:34.73	300m:	400m: 5:32.12
4.	Eline Lutters	De Dinkel 1	5:24.48	200600322	<b>5:34.94</b>
	50m: 33.24	33.24	150m:	250m:	350m:
	100m: 1:13.24	40.00	200m: 2:38.70	300m:	400m: 5:34.94
5.	Laurie Aarninkhof	De Dinkel 1	5:29.66	199800822	<b>5:45.14</b>
	50m: 33.38	33.38	150m:	250m:	350m:
	100m: 1:14.04	40.66	200m: 2:42.07	300m:	400m: 5:45.14
6.	Delphine van Putten	WS Twente 1	5:40.77	200501588	<b>5:47.10</b>
	50m: 38.75	38.75	150m:	250m:	350m:
	100m: 1:24.63	45.88	200m: 2:50.73	300m:	400m: 5:47.10
7.	Lidia v. Bon-Rosenbrand	Zpc Amersfoort 2	5:55.88	197000054	<b>5:50.64</b>
	50m: 35.89	35.89	150m:	250m:	350m:
	100m: 1:16.85	40.96	200m: 2:52.61	300m:	400m: 5:50.64
8.	Kirsten Opmeer	Zpc Amersfoort 2	5:56.02	199800014	<b>5:53.96</b>
	50m: 35.85	35.85	150m:	250m:	350m:
	100m: 1:19.79	43.94	200m: 2:49.83	300m:	400m: 5:53.96
9.	Lotte Oude Lenferink	WS Twente 1	5:42.48	200000496	<b>6:11.25</b>
	50m: 37.70	37.70	150m:	250m:	350m:
	100m: 1:27.85	50.15	200m: 2:56.70	300m:	400m: 6:11.25