

Competitie Eredivisie deel 2 ZPC AMERSFOORT
Amersfoort, 11-1-2025

Programmanr. 5
11-1-2025 - 14:31

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Femke Spiering	ZPC AMERSFOORT 1	4:49.72	200204514	4:51.95
	50m: 29.41	29.41	150m: 29.41	250m: 35.00	350m: 4:51.95
	100m: 1:03.59	34.18	200m: 34.18	300m: 4:51.95	400m: 4:51.95
2.	Serena Stel	De Dolfijn	4:46.66	199801528	4:53.05
	50m: 31.87	31.87	150m: 31.87	250m: 37.00	350m: 4:53.05
	100m: 1:08.89	37.02	200m: 37.02	300m: 4:53.05	400m: 4:53.05
3.	Marin Wieling	ZPC AMERSFOORT 1	5:13.34	200501220	5:09.74
	50m: 31.10	31.10	150m: 31.10	250m: 38.22	350m: 5:09.74
	100m: 1:09.32	38.22	200m: 38.22	300m: 5:09.74	400m: 5:09.74
4.	Tamara Grove	De Dolfijn	5:11.31	199601266	5:12.58
	50m: 32.51	32.51	150m: 32.51	250m: 38.79	350m: 5:12.58
	100m: 1:11.30	38.79	200m: 38.79	300m: 5:12.58	400m: 5:12.58
5.	Lieke Oude Lenferink	De Dolfijn	NT	200200068	5:14.45
	50m: 31.31	31.31	150m: 31.31	250m: 37.68	350m: 5:14.45
	100m: 1:08.99	37.68	200m: 37.68	300m: 5:14.45	400m: 5:14.45
6.	Colinda van der Zanden	Aqua-Novio'94	5:16.16	200502618	5:15.06
	50m: 31.08	31.08	150m: 31.08	250m: 36.59	350m: 5:15.06
	100m: 1:07.67	36.59	200m: 36.59	300m: 5:15.06	400m: 5:15.06
7.	Rani Skrabanja	Hellas-Glana 1	5:25.74	199800992	5:18.64
	50m: 33.84	33.84	150m: 33.84	250m: 39.64	350m: 5:18.64
	100m: 1:13.48	39.64	200m: 39.64	300m: 5:18.64	400m: 5:18.64
8.	Bridget Vermeer	ZPC AMERSFOORT 1	5:07.28	200501766	5:18.94
	50m: 31.19	31.19	150m: 31.19	250m: 38.84	350m: 5:18.94
	100m: 1:10.03	38.84	200m: 38.84	300m: 5:18.94	400m: 5:18.94
9.	Alinda Dingshoff	De Dolfijn	4:52.56	200000928	5:25.68
	50m: 31.30	31.30	150m: 31.30	250m: 36.42	350m: 5:25.68
	100m: 1:07.72	36.42	200m: 36.42	300m: 5:25.68	400m: 5:25.68
10.	Emma Ketelaars	Hellas-Glana 1	5:20.57	200800354	5:25.75
	50m: 32.08	32.08	150m: 32.08	250m: 39.54	350m: 5:25.75
	100m: 1:11.62	39.54	200m: 39.54	300m: 5:25.75	400m: 5:25.75
11.	Mandy van Rossum	Aqua-Novio'94	5:19.71	200204904	5:26.28
	50m: 33.31	33.31	150m: 33.31	250m: 40.06	350m: 5:26.28
	100m: 1:13.37	40.06	200m: 40.06	300m: 5:26.28	400m: 5:26.28
12.	Isa Willemssen	Aqua-Novio'94	5:33.77	199900628	5:29.31
	50m: 33.16	33.16	150m: 33.16	250m: 42.22	350m: 5:29.31
	100m: 1:15.38	42.22	200m: 42.22	300m: 5:29.31	400m: 5:29.31
13.	Marte Vlieg	Aqua-Novio'94	5:35.00	200304996	5:32.43
	50m: 31.94	31.94	150m: 31.94	250m: 37.40	350m: 5:32.43
	100m: 1:09.34	37.40	200m: 37.40	300m: 5:32.43	400m: 5:32.43
14.	Romy de Graaf	Hellas-Glana 1	5:34.24	201003660	5:34.43
	50m: 34.84	34.84	150m: 34.84	250m: 41.83	350m: 5:34.43
	100m: 1:16.67	41.83	200m: 41.83	300m: 5:34.43	400m: 5:34.43
15.	Femke Scheepers	Hellas-Glana 1	5:45.90	200500584	5:55.33
	50m: 34.13	34.13	150m: 34.13	250m: 42.34	350m: 5:55.33
	100m: 1:16.47	42.34	200m: 42.34	300m: 5:55.33	400m: 5:55.33