

KNZB Regio Oost Circuit deel 3

Programmanr. 2  
15-2-2025 - 17:22

Dames, 400m vrije slag

Senioren Open  
Resultaten

Punten: FINA 2023

rang	naam	vereniging	intijd	tijd	Pnt	
<b>Gebjr 2011 - 2013</b>						
1.	Nikita van den Berg	Octopus-ZVV (SG)	5:38.69	201102130	<b>5:39.44</b>	316
	50m: 38.43	38.43	150m: 42.98	250m: 2:47.83	350m: 5:39.44	
	100m: 1:21.41	42.98	200m: 2:47.83	300m: 5:39.44	400m: 5:39.44	
2.	Naomi van 't Hul	Nunspeet	6:22.86	201100264	<b>5:59.81</b>	265
	50m: 40.75	40.75	150m: 45.34	250m: 3:00.43	350m: 5:59.81	
	100m: 1:26.09	45.34	200m: 3:00.43	300m: 5:59.81	400m: 5:59.81	
3.	Maud Lamfers	Aquapoldro	6:38.46	201201350	<b>6:03.56</b>	257
	50m: 37.99	37.99	150m: 45.35	250m: 2:57.12	350m: 6:03.56	
	100m: 1:23.34	45.35	200m: 2:57.12	300m: 6:03.56	400m: 6:03.56	
<b>Gebjr 2009 - 2010</b>						
1.	Thirza van Kampen	Nunspeet	6:27.49	201002754	<b>6:10.64</b>	243
	50m: 41.76	41.76	150m: 48.36	250m: 3:08.18	350m: 6:10.64	
	100m: 1:30.12	48.36	200m: 3:08.18	300m: 6:10.64	400m: 6:10.64	
AFGEM	Nathalie Beernink	Nunspeet	6:30.26	201002756		
<b>Gebjr 2007 - 2008</b>						
1.	Britt Hopman	Octopus-ZVV (SG)	5:17.06	200702688	<b>5:24.50</b>	362
	50m: 37.31	37.31	150m: 41.20	250m: 2:41.70	350m: 5:24.50	
	100m: 1:18.51	41.20	200m: 2:41.70	300m: 5:24.50	400m: 5:24.50	
<b>2006 en ouder</b>						
1.	Feline Slijkhuis	Octopus-ZVV (SG)	4:48.40	200501042	<b>4:53.78</b>	488
	50m: 33.87	33.87	150m: 35.79	250m: 2:24.86	350m: 4:53.78	
	100m: 1:09.66	35.79	200m: 2:24.86	300m: 4:53.78	400m: 4:53.78	