

Limietwedstrijd lange baan deel 3
Nijmegen, 15-3-2025

Programmanr. 29
15-3-2025 - 16:50

Dames, 400m vrije slag

2016 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Colinda van der Zanden	Aqua-Novio'94	4:41.50	200502618	4:42.48
	50m: 1:07.77	150m: 2:21.55	250m: 350m: 4:42.48		
	100m: 1:09.99	200m: 2:27.67	300m: 400m: 5:01.31		
2.	Noor Polman	CWW Swimteam	4:54.54	200501248	5:01.31
	50m: 1:09.99	150m: 2:27.67	250m: 350m: 5:01.31		
	100m: 1:09.99	200m: 2:27.67	300m: 400m: 5:01.31		
3.	Myrthe Rozendaal	Aqua-Novio'94	5:02.33	201000790	5:04.49
	50m: 1:11.07	150m: 2:28.83	250m: 350m: 5:04.49		
	100m: 1:11.07	200m: 2:28.83	300m: 400m: 5:04.49		
4.	Leonoor Smale	Aqua-Novio'94	5:13.30	200800942	5:12.56
	50m: 1:13.12	150m: 2:34.08	250m: 350m: 5:12.56		
	100m: 1:13.12	200m: 2:34.08	300m: 400m: 5:12.56		
5.	Anouk Hacken	Zegenwerp	5:28.76	200404418	5:31.60
	50m: 1:14.30	150m: 2:38.36	250m: 350m: 5:31.60		
	100m: 1:14.30	200m: 2:38.36	300m: 400m: 5:31.60		
6.	Elke van Dorst	CWW Swimteam	5:26.71	200702816	5:39.30
	50m: 1:19.38	150m: 2:46.08	250m: 350m: 5:39.30		
	100m: 1:19.38	200m: 2:46.08	300m: 400m: 5:39.30		
7.	Kyana de Vries	ZWK Merlet	5:45.91	200901260	5:52.75
	50m: 1:22.68	150m: 2:53.90	250m: 350m: 5:52.75		
	100m: 1:22.68	200m: 2:53.90	300m: 400m: 5:52.75		
8.	Lana Zuidwijk	ENC Arnhem	5:58.68	201001988	6:01.06
	50m: 1:26.34	150m: 3:00.06	250m: 350m: 6:01.06		
	100m: 1:26.34	200m: 3:00.06	300m: 4:32.80	400m: 6:01.06	
9.	Dieudonné Vermaas	ZWK Merlet	6:23.75	201201440	6:06.54
	50m: 1:23.54	150m: 3:00.32	250m: 350m: 6:06.54		
	100m: 1:23.54	200m: 3:00.32	300m: 400m: 6:06.54		
10.	Esmee Koning	SWOL 1894	5:58.87	200903234	6:11.33
	50m: 1:28.04	150m: 3:04.49	250m: 350m: 6:11.33		
	100m: 1:28.04	200m: 3:04.49	300m: 400m: 6:11.33		