

Limietwedstrijd LB deel 2 ZPC AMERSFOORT 2025
Amersfoort, 9-2-2025

Programmanr. 1
9-2-2025 - 14:15

Dames, 400m wisselslag

2012 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Fenne Metten	ZPC AMERSFOORT	5:26.33	201000102	5:19.60 +0,76			
	50m: 33.26	33.26	150m: 1:53.01	40.44	250m: 3:19.79	47.37	350m: 4:44.51	37.03
	100m: 1:12.57	39.31	200m: 2:32.42	39.41	300m: 4:07.48	47.69	400m: 5:19.60	35.09
2.	Brechtje Slootweg	ZPC AMERSFOORT	5:26.83	201101744	5:39.37 +0,81			
	50m: 34.57	34.57	150m: 1:58.02	42.54	250m: 3:31.86	51.77	350m: 5:01.98	38.41
	100m: 1:15.48	40.91	200m: 2:40.09	42.07	300m: 4:23.57	51.71	400m: 5:39.37	37.39
3.	Meike van der Klugt	WVZ	5:57.99	201100808	5:48.48 +0,88			
	50m: 36.60	36.60	150m: 2:09.05	45.80	250m: 3:40.89	46.74	350m: 5:10.17	41.34
	100m: 1:23.25	46.65	200m: 2:54.15	45.10	300m: 4:28.83	47.94	400m: 5:48.48	38.31
4.	Lili Oosting *	DWK	5:52.23	200900384	5:50.93 +0,75			
	50m: 36.58	36.58	150m: 2:02.74	43.52	250m: 3:39.72	52.27	350m: 5:13.23	40.02
	100m: 1:19.22	42.64	200m: 2:47.45	44.71	300m: 4:33.21	53.49	400m: 5:50.93	37.70
5.	Isabella Ekberg	ZPC AMERSFOORT	5:46.89	201202206	5:59.25 +0,68			
	50m: 36.32	36.32	150m: 2:08.50	47.67	250m: 3:46.33	52.06	350m: 5:20.67	40.32
	100m: 1:20.83	44.51	200m: 2:54.27	45.77	300m: 4:40.35	54.02	400m: 5:59.25	38.58
6.	Noortje Bisperink	ZPC AMERSFOORT	6:02.36	201100486	6:01.39 +0,73			
	50m: 38.03	38.03	150m: 2:09.11	42.60	250m: 3:46.43	54.70	350m: 5:22.21	39.74
	100m: 1:26.51	48.48	200m: 2:51.73	42.62	300m: 4:42.47	56.04	400m: 6:01.39	39.18
7.	Myrthe Bruinsma	ZPC AMERSFOORT	6:15.25	201101108	6:01.91 +0,73			
	50m: 36.67	36.67	150m: 2:11.15	47.16	250m: 3:46.21	50.59	350m: 5:21.84	43.84
	100m: 1:23.99	47.32	200m: 2:55.62	44.47	300m: 4:38.00	51.79	400m: 6:01.91	40.07
8.	Aniek Garritsen	De IJsselmeeuwen	6:07.82	199504290	6:11.31 +0,73			
	50m: 36.04	36.04	150m: 2:08.49	47.71	250m: 3:49.67	53.78	350m: 5:27.54	44.68
	100m: 1:20.78	44.74	200m: 2:55.89	47.40	300m: 4:42.86	53.19	400m: 6:11.31	43.77
9.	Wies Hermans	Zpch	6:38.96	201000452	6:15.60 +0,71			
	50m: 40.57	40.57	150m: 2:13.73	44.76	250m: 3:52.11	53.71	350m: 5:34.22	45.18
	100m: 1:28.97	48.40	200m: 2:58.40	44.67	300m: 4:49.04	56.93	400m: 6:15.60	41.38
10.	Nynke Muntinga	Zpch	6:40.94	201100060	6:21.36 +0,48			
	50m: 40.18	40.18	150m: 2:17.59	49.27	250m: 4:00.84	54.44	350m: 5:39.80	43.71
	100m: 1:28.32	48.14	200m: 3:06.40	48.81	300m: 4:56.09	55.25	400m: 6:21.36	41.56
11.	Pleun Schouten	De IJsselmeeuwen	6:31.75	201002106	6:25.98 +0,72			
	50m: 39.18	39.18	150m: 2:18.78	53.54	250m: 4:04.67	55.24	350m: 5:44.76	44.16
	100m: 1:25.24	46.06	200m: 3:09.43	50.65	300m: 5:00.60	55.93	400m: 6:25.98	41.22
12.	Bente Toth	ZPC AMERSFOORT	6:24.43	201102818	6:30.68 +0,72			
	50m: 42.39	42.39	150m: 2:24.82	49.74	250m: 4:08.52	56.48	350m: 5:48.33	44.24
	100m: 1:35.08	52.69	200m: 3:12.04	47.22	300m: 5:04.09	55.57	400m: 6:30.68	42.35
13.	Femke Mandema	Flevo	6:22.04	201100396	6:33.95 +0,63			
	50m: 40.57	40.57	150m: 2:20.06	49.83	250m: 4:06.29	56.10	350m: 5:50.42	46.44
	100m: 1:30.23	49.66	200m: 3:10.19	50.13	300m: 5:03.98	57.69	400m: 6:33.95	43.53
DIS	Gerlin van de Krol	DWK	6:40.54	201101412				
	<i>VE - Afwisselende bewegingen van de benen of voeten ten opzichte van elkaar gemaakt.</i>							
DIS	Dannique Koolen	ZPC AMERSFOORT	7:24.10	199904048	SM14			
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>							
DIS	Dewi ten Have	Zpch	6:08.20	200703738				
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>							