

KNZB Regio Oost Circuit deel 4

Programmanr. 1
22-3-2025

Dames, 400m wisselslag

Senioren Open
Resultaten

Punten: FINA 2023

rang	naam	vereniging	intijd	tijd	Pnt	
Gebjr 2011 - 2013						
1.	Melissa ter Horst	ZV Overbetuwe	6:51.46	201100678	6:29.31 294	
	50m: 43.37	43.37 150m: 2:24.03	48.83	250m: 4:05.41	54.00 350m: 5:46.71	46.92
	100m: 1:35.20	51.83 200m: 3:11.41	47.38	300m: 4:59.79	54.38 400m: 6:29.31	42.60
Gebjr 2009 - 2010						
1.	Janne van Sommeren	DWV	NT	201003236	6:38.36 274	
	50m: 43.37	43.37 150m: 2:25.67	52.90	250m: 4:11.24	53.50 350m: 5:53.74	47.12
	100m: 1:32.77	49.40 200m: 3:17.74	52.07	300m: 5:06.62	55.38 400m: 6:38.36	44.62
2.	Sofie Bulsink	ZV Overbetuwe	7:32.42	201001470	7:37.16 181	
	50m: 48.45	48.45 150m: 2:47.13	1:01.67	250m: 4:47.97	1:03.02 350m: 6:45.67	55.25
	100m: 1:45.46	57.01 200m: 3:44.95	57.82	300m: 5:50.42	1:02.45 400m: 7:37.16	51.49
2006 en ouder						
1.	Anouk van Beugen	ZV Overbetuwe	6:52.53	200303586	6:45.70 260	
	50m: 47.10	47.10 150m: 2:35.74	51.11	250m: 4:19.77	53.63 350m: 6:01.45	46.11
	100m: 1:44.63	57.53 200m: 3:26.14	50.40	300m: 5:15.34	55.57 400m: 6:45.70	44.25
2.	Noor van den Anker	DWV	NT	200203372	6:56.02 241	
	50m: 40.35	40.35 150m: 2:20.58	50.91	250m: 4:12.13	1:01.47 350m: 6:05.02	50.19
	100m: 1:29.67	49.32 200m: 3:10.66	50.08	300m: 5:14.83	1:02.70 400m: 6:56.02	51.00