

Paascup Zutphen
Zutphen, 19-4-2025

Programmanr. 20
19-4-2025 - 18:33

Dames, 300m wisselslag

2012 en ouder
Resultaten

rang	naam	vereniging	intijd	tijd	RT
Gebjr 2012					
1.	Jaurieke Morren	SG Octopus - ZVV	NT	201200292	4:33.12
	50m: 40.85	40.85	150m:	250m:	
	100m:		200m:	300m: 4:33.12	
2.	Karlijn Siero	de IJssel	NT	201201758	4:35.20
	50m: 41.68	41.68	150m:	250m:	
	100m:		200m:	300m: 4:35.20	
3.	Dirrienne Morren	SG Octopus - ZVV	NT	201203410	5:22.51
	50m: 43.76	43.76	150m:	250m:	
	100m:		200m:	300m: 5:22.51	
4.	Fayah Fernandes Lopes	De Vrije Slag	5:56.98	201200354	5:34.22
	50m: 53.95	53.95	150m:	250m:	
	100m:		200m:	300m: 5:34.22	
Gebjr 2011					
1.	Meila Broenink	Batavia Swim	NT	201102332	4:40.52
	50m: 40.56	40.56	150m:	250m:	
	100m:		200m:	300m: 4:40.52	
2.	Melissa ter Horst	ZV Overbetuwe	NT	201100678	4:48.01
	50m: 42.39	42.39	150m:	250m:	
	100m:		200m:	300m: 4:48.01	
3.	Marit Magendans	De Vrije Slag	5:52.96	201101934	5:09.09
	50m: 46.82	46.82	150m:	250m:	
	100m:		200m:	300m: 5:09.09	
4.	Keysha Kasima	Batavia Swim	NT	201101158	5:18.05
	50m: 48.92	48.92	150m:	250m:	
	100m:		200m:	300m: 5:18.05	
Gebjr 2010					
1.	Hayleigh Onstwedder	Batavia Swim	NT	201002902	4:29.94
	50m: 39.70	39.70	150m:	250m:	
	100m:		200m:	300m: 4:29.94	
2.	Enieke Lijftogt	De Vrije Slag	4:39.39	201001322	4:34.92
	50m: 37.99	37.99	150m:	250m:	
	100m:		200m:	300m: 4:34.92	
3.	Pleun Schouten	De IJsselmeeuwen	4:43.32	201002106	4:36.28
	50m: 37.43	37.43	150m:	250m:	
	100m:		200m:	300m: 4:36.28	
4.	Sofie Bulsink	ZV Overbetuwe	NT	201001470	5:27.27
	50m: 46.34	46.34	150m:	250m:	
	100m:		200m:	300m: 5:27.27	
Gebjr 2009					
1.	Marloes Overbeek	de IJssel	4:59.42	200903232	4:38.34
	50m: 39.72	39.72	150m:	250m:	
	100m:		200m:	300m: 4:38.34	
2.	Sanne Wolsheimer	De IJsselmeeuwen	NT	200901646	5:00.44
	50m: 42.52	42.52	150m:	250m:	
	100m:		200m:	300m: 5:00.44	
Gebjr 2008					
1.	Nova Bel	de IJssel	5:08.44	200803634	4:57.64
	50m: 43.44	43.44	150m:	250m:	
	100m:		200m:	300m: 4:57.64	
2.	Louise Neef	de IJssel	NT	200804616	5:12.03
	50m: 46.90	46.90	150m:	250m:	
	100m:		200m:	300m: 5:12.03	

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Gebjr 2007

1. Tess Wakker		De Rijn	4:35.00	200700154	4:27.59
50m:	36.08	36.08	150m:	250m:	
100m:			200m:	300m:	4:27.59
2. Mariëlle Jans		SG Octopus - ZVV	NT	200703828	5:16.66
50m:	47.07	47.07	150m:	250m:	
100m:			200m:	300m:	5:16.66

Gebjr 2006

1. Lois Hofman		SG Octopus - ZVV	NT	200602040	4:30.30
50m:	38.98	38.98	150m:	250m:	
100m:			200m:	300m:	4:30.30

Masters 20+

1. Welmoed Doornbos		De IJsselmeeuwen	4:34.76	200203352	4:41.03
50m:	36.63	36.63	150m:	250m:	
100m:			200m:	300m:	4:41.03
2. Anouk van Beugen		ZV Overbetuwe	NT	200303586	4:56.82
50m:	47.17	47.17	150m:	250m:	
100m:			200m:	300m:	4:56.82

Masters 35+

1. Monique Kok		SG Octopus - ZVV	NT	198605398	5:26.38
50m:	48.55	48.55	150m:	250m:	
100m:			200m:	300m:	5:26.38