

Limiet lange baan
Oosterhout, 30-3-2025

Programmanr. 38
30-3-2025 - 16:46

Dames, 400m vrije slag

2012 en ouder
Resultaten

rang	naam	vereniging	intijd		tijd	RT
1.	Lotte Blanken	Sbc2000	5:09.52	200801476	5:06.01	
	50m: 33.18	33.18	150m: 1:50.67	39.05	250m: 3:10.12	39.62
	100m: 1:11.62	38.44	200m: 2:30.50	39.83	300m: 3:50.42	40.30
					350m: 4:29.31	38.89
					400m: 5:06.01	36.70
2.	Lieselot Penning	ZZ&PC De Devel	5:33.35	201200052	5:09.03	
	50m: 35.21	35.21	150m: 1:53.20	39.44	250m: 3:12.40	39.51
	100m: 1:13.76	38.55	200m: 2:32.89	39.69	300m: 3:52.00	39.60
					350m: 4:31.34	39.34
					400m: 5:09.03	37.69
3.	Jansje de Ridder	De Biesboschzwemmers	5:13.96	200800194	5:09.22	
	50m: 34.74	34.74	150m: 1:52.98	39.86	250m: 3:12.13	39.99
	100m: 1:13.12	38.38	200m: 2:32.14	39.16	300m: 3:51.97	39.84
					350m: 4:31.49	39.52
					400m: 5:09.22	37.73
4.	Eva Steggerda	Sbc2000	5:19.02	200901506	5:21.16	
	50m: 35.91	35.91	150m: 1:55.56	39.90	250m: 3:18.86	42.10
	100m: 1:15.66	39.75	200m: 2:36.76	41.20	300m: 4:00.05	41.19
					350m: 4:41.24	41.19
					400m: 5:21.16	39.92
5.	Lise Markes	Sbc2000	5:12.76	201101276	5:21.48	
	50m: 35.16	35.16	150m: 1:55.37	40.65	250m: 3:17.07	41.34
	100m: 1:14.72	39.56	200m: 2:35.73	40.36	300m: 3:58.83	41.76
					350m: 4:41.46	42.63
					400m: 5:21.48	40.02
6.	Anne de Beer	ZWK Merlet	5:16.78	200502878	5:28.15	
	50m: 35.72	35.72	150m: 1:57.57	42.24	250m: 3:22.98	42.62
	100m: 1:15.33	39.61	200m: 2:40.36	42.79	300m: 4:06.28	43.30
					350m: 4:48.48	42.20
					400m: 5:28.15	39.67
7.	Amy de Kooter	De Biesboschzwemmers	5:50.93	201100128	5:53.89	
	50m: 39.06	39.06	150m: 2:08.17	45.35	250m: 3:40.44	46.71
	100m: 1:22.82	43.76	200m: 2:53.73	45.56	300m: 4:26.18	45.74
					350m: 5:11.49	45.31
					400m: 5:53.89	42.40