

Programmanr. 13
5-10-2025 - 14:37

Dames, 400m vrije slag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | | | |
|------|--------------------|-----------------------------|---------------|-----------|----------------|-------|---------------|-------|
| 1. | Lotte Frissen | SG Patrick - De Roersoppers | 4:47.20 | 200701354 | 4:51.40 | | | |
| | 50m: 33.05 | 33.05 | 150m: 1:46.15 | 37.16 | 250m: 3:01.27 | 37.60 | 350m: 4:15.89 | 37.13 |
| | 100m: 1:08.99 | 35.94 | 200m: 2:23.67 | 37.52 | 300m: 3:38.76 | 37.49 | 400m: 4:51.40 | 35.51 |
| 2. | Nina Derckx | ZEPS | 4:57.88 | 200700030 | 4:56.19 | | | |
| | 50m: 34.70 | 34.70 | 150m: 1:49.20 | 37.47 | 250m: 3:05.14 | 37.93 | 350m: 4:19.57 | 36.82 |
| | 100m: 1:11.73 | 37.03 | 200m: 2:27.21 | 38.01 | 300m: 3:42.75 | 37.61 | 400m: 4:56.19 | 36.62 |
| 3. | Meike van de Ree | HZPC | 4:48.14 | 200402646 | 4:59.20 | | | |
| | 50m: 32.94 | 32.94 | 150m: 1:46.61 | 37.20 | 250m: 3:02.56 | 38.12 | 350m: 4:20.48 | 39.11 |
| | 100m: 1:09.41 | 36.47 | 200m: 2:24.44 | 37.83 | 300m: 3:41.37 | 38.81 | 400m: 4:59.20 | 38.72 |
| 4. | Floor Weijmans | HZPC | 4:57.41 | 199502522 | 5:01.19 | | | |
| | 50m: 34.38 | 34.38 | 150m: 1:48.64 | 37.61 | 250m: 3:04.68 | 38.33 | 350m: 4:22.64 | 38.85 |
| | 100m: 1:11.03 | 36.65 | 200m: 2:26.35 | 37.71 | 300m: 3:43.79 | 39.11 | 400m: 5:01.19 | 38.55 |
| 5. | Rachelle Luimes | Hellas-Glana 2 | 5:11.73 | 200500654 | 5:08.39 | | | |
| | 50m: 34.47 | 34.47 | 150m: 1:51.62 | 39.07 | 250m: 3:11.27 | 39.89 | 350m: 4:30.80 | 39.30 |
| | 100m: 1:12.55 | 38.08 | 200m: 2:31.38 | 39.76 | 300m: 3:51.50 | 40.23 | 400m: 5:08.39 | 37.59 |
| 6. | Senna Bongartz | SG Patrick - De Roersoppers | 5:07.31 | 200301826 | 5:09.90 | | | |
| | 50m: 37.05 | 37.05 | 150m: 1:55.58 | 39.24 | 250m: 3:13.85 | 38.95 | 350m: 4:31.75 | 38.95 |
| | 100m: 1:16.34 | 39.29 | 200m: 2:34.90 | 39.32 | 300m: 3:52.80 | 38.95 | 400m: 5:09.90 | 38.15 |
| 7. | Femke Scheepers | Hellas-Glana 2 | 5:15.18 | 200500584 | 5:15.30 | | | |
| | 50m: 33.08 | 33.08 | 150m: 1:49.14 | 38.67 | 250m: 3:07.86 | 39.83 | 350m: 4:31.35 | 42.29 |
| | 100m: 1:10.47 | 37.39 | 200m: 2:28.03 | 38.89 | 300m: 3:49.06 | 41.20 | 400m: 5:15.30 | 43.95 |
| 8. | Benthe van de Ree | HZPC | 5:01.39 | 200701226 | 5:23.50 | | | |
| | 50m: 34.36 | 34.36 | 150m: 1:53.61 | 40.27 | 250m: 3:16.86 | 41.46 | 350m: 4:41.14 | 42.53 |
| | 100m: 1:13.34 | 38.98 | 200m: 2:35.40 | 41.79 | 300m: 3:58.61 | 41.75 | 400m: 5:23.50 | 42.36 |
| 9. | Myrthe Paas | ZEPS | 5:13.87 | 200600410 | 5:35.83 | | | |
| | 50m: 36.43 | 36.43 | 150m: 1:58.51 | 41.90 | 250m: 3:24.41 | 43.34 | 350m: 4:52.06 | 43.98 |
| | 100m: 1:16.61 | 40.18 | 200m: 2:41.07 | 42.56 | 300m: 4:08.08 | 43.67 | 400m: 5:35.83 | 43.77 |
| 10. | Riky Smeets-Jansen | ZEPS | 5:53.55 | 198401142 | 5:44.96 | | | |
| | 50m: 38.66 | 38.66 | 150m: 2:05.69 | 43.97 | 250m: 3:34.65 | 44.48 | 350m: 5:03.75 | 44.34 |
| | 100m: 1:21.72 | 43.06 | 200m: 2:50.17 | 44.48 | 300m: 4:19.41 | 44.76 | 400m: 5:44.96 | 41.21 |
| 11. | Eva Wassenberg | SG Patrick - De Roersoppers | 5:47.37 | 200702706 | 5:57.90 | | | |
| | 50m: 38.90 | 38.90 | 150m: 2:07.56 | 44.84 | 250m: 3:40.98 | 46.49 | 350m: 5:14.27 | 47.11 |
| | 100m: 1:22.72 | 43.82 | 200m: 2:54.49 | 46.93 | 300m: 4:27.16 | 46.18 | 400m: 5:57.90 | 43.63 |