

Limietwedstrijd LB voorjaar 2026 deel 2
Amersfoort, 8-3-2026

Programmanr. 9
8-3-2026 - 15:09

Dames, 400m wisselslag

Senioren Open
Resultaten

| rang | naam | vereniging | intijd | tijd | RT | | | |
|------|-------------------|----------------|---------------|-----------|---------------------------|---------|---------------|-------|
| 1. | Meike Pekelsma | ZPC Hoogeveen | 6:16.36 | 201300086 | 6:16.93 +0,66 | | | |
| | 50m: 39.32 | 39.32 | 150m: 2:16.91 | 49.02 | 250m: 3:58.56 | 53.17 | 350m: 5:36.70 | 44.13 |
| | 100m: 1:27.89 | 48.57 | 200m: 3:05.39 | 48.48 | 300m: 4:52.57 | 54.01 | 400m: 6:16.93 | 40.23 |
| 2. | Nikki de Heij | BZ en PC | 7:46.71 | 201101194 | 6:20.81 * +0,72 | | | |
| | 50m: 42.52 | 42.52 | 150m: 2:23.34 | 48.30 | 250m: 4:03.26 | 53.15 | 350m: 5:39.64 | 40.37 |
| | 100m: 1:35.04 | 52.52 | 200m: 3:10.11 | 46.77 | 300m: 4:59.27 | 56.01 | 400m: 6:20.81 | 41.17 |
| 3. | Frieda Machartzki | GoSwim | 6:56.87 | 201102204 | 6:50.99 +0,79 | | | |
| | 50m: 45.55 | 45.55 | 150m: 2:33.61 | 54.69 | 250m: 4:24.85 | 58.60 | 350m: 6:09.03 | 46.71 |
| | 100m: 1:38.92 | 53.37 | 200m: 3:26.25 | 52.64 | 300m: 5:22.32 | 57.47 | 400m: 6:50.99 | 41.96 |
| 4. | Julie Lindgreen | Wiekslag | 6:25.70 | 201301624 | 6:56.60 +0,64 | | | |
| | 50m: 41.13 | 41.13 | 150m: 2:28.32 | 52.18 | 250m: 4:19.63 | 59.31 | 350m: 6:09.75 | 49.01 |
| | 100m: 1:36.14 | 55.01 | 200m: 3:20.32 | 52.00 | 300m: 5:20.74 | 1:01.11 | 400m: 6:56.60 | 46.85 |
| 5. | Dannique Koolen | ZPC AMERSFOORT | 7:00.58 | 199904048 | SM14 7:24.66 +0,66 | | | |
| | 50m: 44.25 | 44.25 | 150m: 2:42.43 | 58.66 | 250m: 4:40.87 | 1:00.75 | 350m: 6:35.10 | 49.68 |
| | 100m: 1:43.77 | 59.52 | 200m: 3:40.12 | 57.69 | 300m: 5:45.42 | 1:04.55 | 400m: 7:24.66 | 49.56 |