

KNZB Regio Oost Circuit deel 4

Programmanr. 1
7-3-2026 - 15:00

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Gebjr 2012 - 2014						
1.	Kaily Remmers	Dedemsvaart-AC	6:44.48	201301020	6:36.36	
	50m: 42.03	42.03 150m: 2:24.07	51.08	250m: 4:09.72	55.73 350m: 5:15.57	8.71
	100m: 1:32.99	50.96 200m: 3:13.99	49.92	300m: 5:06.86	57.14 400m: 6:36.36	1:20.79
Gebjr 2008 - 2009						
1.	Bibi Weideman	Dedemsvaart-AC	6:49.28	200903652	6:41.52	
	50m: 42.62	42.62 150m: 2:27.96	52.84	250m: 1:41.85	53.12 350m: 5:56.94	44.87
	100m: 1:35.12	52.50 200m: 3:18.95	50.99	300m: 5:12.07	54.33 400m: 6:41.52	44.58
2007 en ouder						
1.	Leonie Smit	EZCL (SG)	6:42.43	200301978	6:25.16	
	50m: 42.25	42.25 150m: 2:21.20	48.42	250m: 4:02.20	53.12 350m: 5:42.57	46.04
	100m: 1:32.78	50.53 200m: 3:09.08	47.88	300m: 4:56.53	54.33 400m: 6:25.16	42.59
2.	Lieke Kamphuis	EZCL (SG)	6:44.73	200701448	7:03.91	
	50m: 44.10	44.10 150m: 2:31.82	54.55	250m: 4:24.90	57.71 350m: 6:13.81	50.54
	100m: 1:37.27	53.17 200m: 3:27.19	55.37	300m: 5:23.27	58.37 400m: 7:03.91	50.10