

Lac Deel 4  
Hengelo, 27-2-2026

Programmanr. 5  
27-2-2026 - 18:50

Dames, 400m wisselslag

2013 en ouder  
Resultaten

rang	naam	vereniging	intijd	tijd	RT			
1.	Meyke Haytink	WS Twente	5:40.17	200801188	<b>5:42.37</b>			
	50m: 35.68	35.68	150m: 2:06.71	48.63	250m: 3:38.23	44.41	350m: 5:04.28	39.43
	100m: 1:18.08	42.40	200m: 2:53.82	47.11	300m: 4:24.85	46.62	400m: 5:42.37	38.09
2.	Jesmé Haytink	WS Twente	5:43.04	201000382	<b>5:50.72</b>			
	50m: 35.98	35.98	150m: 2:06.59	47.13	250m: 3:41.32	49.14	350m: 5:12.32	40.43
	100m: 1:19.46	43.48	200m: 2:52.18	45.59	300m: 4:31.89	50.57	400m: 5:50.72	38.40
3.	Lara Heesterbeek	WS Twente	6:24.04	201200102	<b>6:01.21</b>			
	50m: 39.96	39.96	150m: 2:10.89	44.14	250m: 3:46.42	50.58	350m: 5:20.34	42.41
	100m: 1:26.75	46.79	200m: 2:55.84	44.95	300m: 4:37.93	51.51	400m: 6:01.21	40.87
4.	Fayenne Hemmelder	WS Twente	6:10.96	201200538	<b>6:22.65</b>			
	50m: 39.43	39.43	150m: 2:22.37	51.45	250m: 4:02.59	49.86	350m: 5:39.49	44.83
	100m: 1:30.92	51.49	200m: 3:12.73	50.36	300m: 4:54.66	52.07	400m: 6:22.65	43.16
5.	Silke van den Berg	Sg - E Z C L	6:21.99	201000752	<b>6:23.34</b>			
	50m: 39.57	39.57	150m: 2:18.50	49.70	250m: 4:02.19	54.20	350m: 5:42.36	44.28
	100m: 1:28.80	49.23	200m: 3:07.99	49.49	300m: 4:58.08	55.89	400m: 6:23.34	40.98
6.	Ilse Siemerink	WS Twente	6:34.34	200502512	<b>6:36.75</b>			
	50m: 42.19	42.19	150m: 2:25.44	51.15	250m: 4:12.28	57.98	350m: 5:53.98	43.52
	100m: 1:34.29	52.10	200m: 3:14.30	48.86	300m: 5:10.46	58.18	400m: 6:36.75	42.77
7.	Gwen Schuur	De Grunte	6:40.23	201000698	<b>6:48.67</b>			
	50m: 44.75	44.75	150m: 2:30.71	53.40	250m: 4:17.54	56.03	350m: 6:03.72	48.60
	100m: 1:37.31	52.56	200m: 3:21.51	50.80	300m: 5:15.12	57.58	400m: 6:48.67	44.95
8.	Britt van der Aa	ZPC De Hof	7:18.18	201002626	<b>7:24.42</b>			
	50m: 49.27	49.27	150m: 2:47.21	58.42	250m: 4:43.79	1:00.29	350m: 6:36.14	51.46
	100m: 1:48.79	59.52	200m: 3:43.50	56.29	300m: 5:44.68	1:00.89	400m: 7:24.42	48.28