

Programmanr. 8
5-7-2025 - 11:00

Dames, 400m wisselslag

alg. leeftijdsgroep
Resultaten

rang	naam	vereniging	intijd	tijd	RT
1.	Marte Hieke van der Kamp	HZ&PC Heerenveen	4:48.50 200500218	4:44.21 *	
	50m: 100m:	150m: 200m:	250m: 300m:	350m: 400m:	4:44.21
2.	Djanilla Brink	Team NL - De Dolfijn	4:49.95 200600988	4:52.31 *	
	50m: 100m:	150m: 200m:	250m: 300m:	350m: 400m:	4:52.31
3.	Ylène Zondervan	ZPC AMERSFOORT	5:20.60 201200016	5:18.05 *	
	50m: 100m:	150m: 200m:	250m: 300m:	350m: 400m:	5:18.05
4.	Wieke Dekker	De Dolfijn	5:33.43 201002020	5:23.79 *	
	50m: 100m:	150m: 200m:	250m: 300m:	350m: 400m:	5:23.79
5.	Brechtje Slootweg	ZPC AMERSFOORT	5:26.83 201101744	5:27.54 *	
	50m: 100m:	150m: 200m:	250m: 300m:	350m: 400m:	5:27.54
6.	Ilse Jongepier	TriVia	5:26.34 201000006	5:30.42 *	
	50m: 100m:	150m: 200m:	250m: 300m:	350m: 400m:	5:30.42
7.	Fenne Peters *400	PSV	5:42.65 200601388	5:37.44	+0,76
	50m: 34.78 100m: 1:16.74	34.78 150m: 2:00.73 41.96 200m: 2:43.24	43.99 250m: 3:30.09 46.85 300m: 4:17.93 47.84	350m: 4:59.18 41.25 400m: 5:37.44 38.26	
8.	Yanique Bax	ZPC AMERSFOORT	5:36.74 201001428	5:37.99 *	
	50m: 100m:	150m: 200m:	250m: 300m:	350m: 400m:	5:37.99
9.	Moniek van Langevelde	DWK	5:30.84 199803160	5:40.42 *	
	50m: 100m:	150m: 200m:	250m: 300m:	350m: 400m:	5:40.42
10.	Myrthe Bruinsma *100	ZPC AMERSFOORT	5:49.96 201101108	5:45.59	+0,79
	50m: 36.21 100m: 1:19.82	36.21 150m: 2:04.62 43.61 200m: 2:47.09	44.80 250m: 3:36.59 49.50 300m: 4:26.82 50.23	350m: 5:07.99 41.17 400m: 5:45.59 37.60	
11.	Isa Segenhout	Orca Leeuwarden	5:53.68 201000128	5:50.73	+0,73
	50m: 34.50 100m: 1:19.75	34.50 150m: 2:04.28 45.25 200m: 2:48.36	44.53 250m: 3:40.26 51.90 300m: 4:32.53 52.27	350m: 5:12.22 39.69 400m: 5:50.73 38.51	
12.	Jasmijn Scott *100	De Duinkickers	5:56.23 201001236	5:53.58	+0,58
	50m: 40.60 100m: 1:27.46	40.60 150m: 2:15.05 46.86 200m: 3:00.33	47.59 250m: 3:46.78 46.45 300m: 4:35.58 48.80	350m: 5:15.88 40.30 400m: 5:53.58 37.70	
13.	Yfke Wijnalda	ZPC AMERSFOORT	6:00.24 201002618	5:56.47	+0,60
	50m: 36.46 100m: 1:21.20	36.46 150m: 2:07.35 44.74 200m: 2:52.18	46.15 250m: 3:46.40 54.22 300m: 4:39.52 53.12	350m: 5:18.67 39.15 400m: 5:56.47 37.80	
14.	Gerlin van de Krol *100	DWK	5:59.70 201101412	6:01.23	+0,73
	50m: 38.80 100m: 1:24.76	38.80 150m: 2:15.34 45.96 200m: 3:02.37	50.58 250m: 3:46.78 44.41 300m: 4:33.24 46.46	350m: 5:18.59 45.35 400m: 6:01.23 42.64	
15.	Floore Boekema	De Duinkickers	6:01.30 200901764	6:02.82	+0,81
	50m: 36.61 100m: 1:23.77	36.61 150m: 2:11.31 47.16 200m: 2:56.86	47.54 250m: 3:49.07 52.21 300m: 4:42.80 53.73	350m: 5:23.97 41.17 400m: 6:02.82 38.85	
16.	Kim Bouman	ZPC AMERSFOORT	6:07.14 201000262	6:09.50	
	50m: 34.77 100m: 1:18.34	34.77 150m: 2:03.12 43.57 200m: 2:47.89	44.78 250m: 3:44.67 56.78 300m: 4:43.71 59.04	350m: 5:27.13 43.42 400m: 6:09.50 42.37	
17.	Syll Rinsma	DZ&PC	6:12.31 201200798	6:10.88 *	+0,81
	50m: 39.81 100m: 1:29.51	39.81 150m: 2:18.58 49.70 200m: 3:07.19	49.07 250m: 3:57.54 50.35 300m: 4:50.49 52.95	350m: 5:31.59 41.10 400m: 6:10.88 39.29	



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rang	naam	vereniging		intijd		tijd		RT	
18.	Femke Mandema *50	Flevo		6:19.67 201100396		6:12.62		+0,63	
	50m: 40.88	40.88	150m: 2:14.43	47.23	250m: 3:57.39	53.98	350m: 5:34.00	41.51	
	100m: 1:27.20	46.32	200m: 3:03.41	48.98	300m: 4:52.49	55.10	400m: 6:12.62	38.62	
19.	Ranomi Zeegers	De Vikings		6:28.21 201201512		6:21.05		+0,82	
	50m: 41.76	41.76	150m: 2:25.49	50.37	250m: 4:04.67	53.07	350m: 5:42.61	43.12	
	100m: 1:35.12	53.36	200m: 3:11.60	46.11	300m: 4:59.49	54.82	400m: 6:21.05	38.44	
20.	Nine Boekema *50	De Duinkickers		6:45.04 201200214		6:24.01 *		+0,75	
	50m: 44.09	44.09	150m: 2:25.95	48.05	250m: 4:06.24	53.77	350m: 5:42.03	42.63	
	100m: 1:37.90	53.81	200m: 3:12.47	46.52	300m: 4:59.40	53.16	400m: 6:24.01	41.98	