

Limietwedstrijd Korte Baan
Eindhoven, 19-10-2025

Programmanr. 1
19-10-2025 - 13:15

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Lola Verheijen	PSV		4:37.50		201100832		4:40.39 +0,56
	50m: 29.87	29.87	150m: 1:39.44	34.91	250m: 2:52.31	36.91	350m: 4:05.51	36.24
	100m: 1:04.53	34.66	200m: 2:15.40	35.96	300m: 3:29.27	36.96	400m: 4:40.39	34.88
2.	Tereza Boom	PSV		4:52.35		200904028		4:48.75 +0,57
	50m: 31.67	31.67	150m: 1:43.27	36.19	250m: 2:56.43	36.73	350m: 4:11.57	37.81
	100m: 1:07.08	35.41	200m: 2:19.70	36.43	300m: 3:33.76	37.33	400m: 4:48.75	37.18
3.	Martha Luise Blum	SG Rhein-Mosel		4:58.07		423080		4:53.13
	50m: 31.50	31.50	150m: 1:43.71	37.03	250m: 2:59.59	37.44	350m: 4:16.73	38.63
	100m: 1:06.68	35.18	200m: 2:22.15	38.44	300m: 3:38.10	38.51	400m: 4:53.13	36.40
4.	Julia Dijkstra	PSV		4:47.59		200904546		4:53.82 +0,58
	50m: 32.50	32.50	150m: 1:43.84	36.37	250m: 2:59.43	37.64	350m: 4:16.53	38.43
	100m: 1:07.47	34.97	200m: 2:21.79	37.95	300m: 3:38.10	38.67	400m: 4:53.82	37.29
5.	Brecht van Ravensteijn	Arethusa		5:08.45		201100738		5:00.50
	50m: 33.07	33.07	150m: 1:48.32	38.19	250m: 3:05.14	38.73	350m: 4:22.42	38.72
	100m: 1:10.13	37.06	200m: 2:26.41	38.09	300m: 3:43.70	38.56	400m: 5:00.50	38.08
6.	Benthe de Beer	PSV		5:05.61		201302638		5:01.18
	50m: 33.00	33.00	150m: 1:47.87	37.63	250m: 3:04.99	38.97	350m: 4:23.19	39.09
	100m: 1:10.24	37.24	200m: 2:26.02	38.15	300m: 3:44.10	39.11	400m: 5:01.18	37.99
7.	Isus Verdysseidnck	PSV		5:02.67		201002878		5:06.18
	50m: 33.67	33.67	150m: 1:50.37	39.12	250m: 3:08.51	39.09	350m: 4:27.62	39.43
	100m: 1:11.25	37.58	200m: 2:29.42	39.05	300m: 3:48.19	39.68	400m: 5:06.18	38.56
8.	Coco Scheepers	PSV		5:11.34		201301462		5:10.65 +0,56
	50m: 34.29	34.29	150m: 1:52.70	39.68	250m: 3:13.73	39.73	350m: 4:33.96	40.05
	100m: 1:13.02	38.73	200m: 2:34.00	41.30	300m: 3:53.91	40.18	400m: 5:10.65	36.69
9.	Hanna Advokaat	PSV		5:11.85		200901502		5:12.51
	50m: 34.54	34.54	150m: 1:52.58	39.98	250m: 3:13.18	39.88	350m: 4:33.39	40.27
	100m: 1:12.60	38.06	200m: 2:33.30	40.72	300m: 3:53.12	39.94	400m: 5:12.51	39.12
10.	Jaylin Roks	Hieronymus		5:57.85		201300620		5:16.54
	50m: 35.88	35.88	150m: 1:57.22	40.83	250m: 3:18.34	40.58	350m: 4:39.30	40.51
	100m: 1:16.39	40.51	200m: 2:37.76	40.54	300m: 3:58.79	40.45	400m: 5:16.54	37.24
11.	Ilya van Gemeren	Arethusa		5:15.91		201001330		5:17.78
	50m: 34.96	34.96	150m: 1:53.43	39.67	250m: 3:14.79	40.83	350m: 4:36.96	41.26
	100m: 1:13.76	38.80	200m: 2:33.96	40.53	300m: 3:55.70	40.91	400m: 5:17.78	40.82
12.	Jana Nelissen	PSV		5:04.92		201200350		5:18.56 +0,57
	50m: 33.62	33.62	150m: 1:51.76	40.39	250m: 3:12.64	40.04	350m: 4:36.18	42.60
	100m: 1:11.37	37.75	200m: 2:32.60	40.84	300m: 3:53.58	40.94	400m: 5:18.56	42.38
13.	Fenna Beumer	PSV		6:03.17		201300176		5:19.12
	50m: 36.99	36.99	150m: 1:58.69	41.44	250m: 3:20.19	40.02	350m: 4:42.43	40.67
	100m: 1:17.25	40.26	200m: 2:40.17	41.48	300m: 4:01.76	41.57	400m: 5:19.12	36.69
14.	Valeria Blisceac	MNC Dordrecht		NT		201002762		7:19.69 +0,72
	50m: 43.16	43.16	150m: 2:29.39	54.50	250m: 4:23.64	58.11	350m: 6:20.25	58.86
	100m: 1:34.89	51.73	200m: 3:25.53	56.14	300m: 5:21.39	57.75	400m: 7:19.69	59.44