

SFWM 2026
Amsterdam, 11- - 12-7-2026

Programmanr. 6
11-7-2026 - 12:37

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT
1.	Yanique Bax	ZPC AMERSFOORT				5:22.28 201001428				5:20.73				+0,68
	50m: 31.63	31.63	150m: 1:50.79	40.87	250m: 3:17.47	47.63	350m: 4:44.23	37.93						
	100m: 1:09.92	38.29	200m: 2:29.84	39.05	300m: 4:06.30	48.83	400m: 5:20.73	36.50						
2.	Jaylin Roks	Hieronymus				5:55.07 201300620				5:43.86				+0,74
	50m: 38.01	38.01	150m: 2:08.22	43.01	250m: 3:40.12	49.70	350m: 5:08.39	38.67						
	100m: 1:25.21	47.20	200m: 2:50.42	42.20	300m: 4:29.72	49.60	400m: 5:43.86	35.47						
3.	Dominique Forschelen	MNC Dordrecht				6:06.02 201300602				5:52.32				+0,82
	50m: 37.93	37.93	150m: 2:09.77	44.27	250m: 3:45.19	52.39	350m: 5:15.44	38.51						
	100m: 1:25.50	47.57	200m: 2:52.80	43.03	300m: 4:36.93	51.74	400m: 5:52.32	36.88						
4.	Noor van der Ploeg	Hieronymus				6:29.78 201201694				6:13.11				+0,78
	<i>*150 *350</i>													
	50m: 38.07	38.07	150m: 2:14.39	48.58	250m: 3:53.48	51.87	350m: 5:32.25	44.91						
	100m: 1:25.81	47.74	200m: 3:01.61	47.22	300m: 4:47.34	53.86	400m: 6:13.11	40.86						
5.	Isa Nijdam	Orca Leeuwarden				6:51.02 201301206				6:45.22				+0,74
	<i>*100 *150 *200</i>													
	50m: 44.68	44.68	150m: 2:33.23	53.31	250m: 4:22.69	56.90	350m: 6:04.70	42.79						
	100m: 1:39.92	55.24	200m: 3:25.79	52.56	300m: 5:21.91	59.22	400m: 6:45.22	40.52						
AFGEM	Louise Terwisscha	ZPC AMERSFOORT				5:57.98 201201240								