

Programmanr. 4
12-3-2023 - 11:55

Dames, 400m wisselslag

Juniores 1 en ouder
Resultaten

Rang							Tijd			RT		
1.	Djanilla Brink			De Dolfijn		200600988	5:01.75		+0,77			
	50m:	31.51	31.51	150m:	1:50.02	40.61	250m:	3:10.49	40.55	350m:	4:27.98	35.10
	100m:	1:09.41	37.90	200m:	2:29.94	39.92	300m:	3:52.88	42.39	400m:	5:01.75	33.77
2.	Megan Jonkman			Blue Marlins		200600508	5:09.12		+0,79			
	50m:	31.86	31.86	150m:	1:50.61	42.09	250m:	3:15.89	45.12	350m:	4:35.51	34.72
	100m:	1:08.52	36.66	200m:	2:30.77	40.16	300m:	4:00.79	44.90	400m:	5:09.12	33.61
3.	Hedwig Bolt			HZ&PC Heerenveen		200602660	5:14.70		+0,78			
	50m:	32.66	32.66	150m:	1:53.71	41.42	250m:	3:18.44	44.38	350m:	4:40.24	36.02
	100m:	1:12.29	39.63	200m:	2:34.06	40.35	300m:	4:04.22	45.78	400m:	5:14.70	34.46
4.	Marte-Hieke van der Kamp			HZ&PC Heerenveen		200500218	5:14.76		+0,75			
	50m:	33.04	33.04	150m:	1:50.26	39.06	250m:	3:16.18	47.22	350m:	4:40.79	36.11
	100m:	1:11.20	38.16	200m:	2:28.96	38.70	300m:	4:04.68	48.50	400m:	5:14.76	33.97
5.	Angelique van Vark			GZC DONK		199701478	5:16.11		+0,71			
	50m:	33.24	33.24	150m:	1:55.97	42.11	250m:	3:22.42	45.18	350m:	4:43.34	35.11
	100m:	1:13.86	40.62	200m:	2:37.24	41.27	300m:	4:08.23	45.81	400m:	5:16.11	32.77
6.	Nikita van den Ouden			Nuenen		199900622	5:16.44		+0,67			
	50m:	32.14	32.14	150m:	1:51.65	41.35	250m:	3:16.56	44.61	350m:	4:39.78	37.27
	100m:	1:10.30	38.16	200m:	2:31.95	40.30	300m:	4:02.51	45.95	400m:	5:16.44	36.66
7.	Frouke Ludwig			DZ&PC		200800112	5:19.05		+0,72			
	50m:	32.24	32.24	150m:	1:49.17	39.19	250m:	3:14.63	47.29	350m:	4:41.73	38.70
	100m:	1:09.98	37.74	200m:	2:27.34	38.17	300m:	4:03.03	48.40	400m:	5:19.05	37.32
8.	Rinske Bouman			Blue Marlins		200400578	5:26.29		+0,79			
	50m:	34.06	34.06	150m:	1:56.25	42.32	250m:	3:25.14	44.60	350m:	4:51.68	40.46
	100m:	1:13.93	39.87	200m:	2:40.54	44.29	300m:	4:11.22	46.08	400m:	5:26.29	34.61
9.	Charlotte Woltjes			VZC		200700110	5:26.37		+0,80			
	50m:	34.40	34.40	150m:	1:56.82	41.90	250m:	3:25.57	48.30	350m:	4:51.19	36.97
	100m:	1:14.92	40.52	200m:	2:37.27	40.45	300m:	4:14.22	48.65	400m:	5:26.37	35.18
10.	Vera van der Meer			VZC		200701508	5:32.58		+0,83			
	50m:	34.25	34.25	150m:	1:55.62	41.58	250m:	3:27.10	49.81	350m:	4:55.75	39.60
	100m:	1:14.04	39.79	200m:	2:37.29	41.67	300m:	4:16.15	49.05	400m:	5:32.58	36.83
11.	Eline van Rijn			DAW		200700918	5:34.24		+0,66			
	50m:	34.93	34.93	150m:	2:01.53	43.77	250m:	3:29.83	46.77	350m:	4:56.76	39.07
	100m:	1:17.76	42.83	200m:	2:43.06	41.53	300m:	4:17.69	47.86	400m:	5:34.24	37.48
12.	Erin de Jong			GZC DONK		201000024	5:45.19		+0,78			
	50m:	35.26	35.26	150m:	2:01.49	43.50	250m:	3:35.26	51.33	350m:	5:06.66	39.67
	100m:	1:17.99	42.73	200m:	2:43.93	42.44	300m:	4:26.99	51.73	400m:	5:45.19	38.53
13.	Chantal Beijer			Team Noord-Holland (SG)		199700884	5:53.45		+0,76			
	50m:	35.46	35.46	150m:	2:04.98	46.24	250m:	3:39.36	48.11	350m:	5:12.50	42.51
	100m:	1:18.74	43.28	200m:	2:51.25	46.27	300m:	4:29.99	50.63	400m:	5:53.45	40.95
14.	Melanie Marinus-Cruz			Blue Marlins		200404702	5:54.17		+0,74			
	50m:	37.21	37.21	150m:	2:07.98	46.99	250m:	3:44.52	50.03	350m:	5:15.69	40.01
	100m:	1:20.99	43.78	200m:	2:54.49	46.51	300m:	4:35.68	51.16	400m:	5:54.17	38.48
15.	Esmee van der Tuuk			ZPC Hoogeveen		200800682	5:55.64		+0,85			
	50m:	37.26	37.26	150m:	2:05.49	43.29	250m:	3:42.18	54.87	350m:	5:17.39	39.75
	100m:	1:22.20	44.94	200m:	2:47.31	41.82	300m:	4:37.64	55.46	400m:	5:55.64	38.25
16.	Jessy van Vlimmeren			Hieronymus		200801452	5:58.09		+0,75			
	50m:	33.47	33.47	150m:	2:02.81	47.88	250m:	3:41.03	51.69	350m:	5:16.38	43.27
	100m:	1:14.93	41.46	200m:	2:49.34	46.53	300m:	4:33.11	52.08	400m:	5:58.09	41.71