

Programmanr. 29
 15-2-2015 - 15:35

Dames, 400m wisselslag

 Senioren Open
 Resultaten

Rang									In.tijd	Tijd		
1.	Merle Verkijk								4:56.42	199400278 5:11.65		
	50m:	32.00	32.00	150m:	1:49.14	40.79	250m:	3:14.52	45.67	350m:	4:37.05	36.83
	100m:	1:08.35	36.35	200m:	2:28.85	39.71	300m:	4:00.22	45.70	400m:	5:11.65	34.60
2.	Eef Hollander								NT	199602074 5:34.95		
	50m:	33.71	33.71	150m:	1:56.18	42.58	250m:	3:29.27	51.52	350m:	4:57.74	38.01
	100m:	1:13.60	39.89	200m:	2:37.75	41.57	300m:	4:19.73	50.46	400m:	5:34.95	37.21
3.	Roos van Esch								5:25.28	198200468 5:39.11		
	50m:	35.01	35.01	150m:	1:58.82	43.86	250m:	3:30.88	49.56	350m:	5:00.23	39.85
	100m:	1:14.96	39.95	200m:	2:41.32	42.50	300m:	4:20.38	49.50	400m:	5:39.11	38.88
4.	Lindi Verkooijen								5:39.14	199503826 5:51.14		
	50m:	36.86	36.86	150m:	2:10.42	45.63	250m:	3:42.15	48.10	350m:	5:11.56	41.00
	100m:	1:24.79	47.93	200m:	2:54.05	43.63	300m:	4:30.56	48.41	400m:	5:51.14	39.58
5.	Sabien Timmers								5:45.93	199904440 6:05.36		
	50m:	39.39	39.39	150m:	2:16.50	47.28	250m:	3:52.89	51.92	350m:	5:25.27	40.51
	100m:	1:29.22	49.83	200m:	3:00.97	44.47	300m:	4:44.76	51.87	400m:	6:05.36	40.09