

Programmanr. 18
 20-9-2015 - 16:00

Dames, 400m vrije slag

 Senioren Open
 Resultaten

rang	naam	vereniging		intijd		tijd		RT
1.	Nienke Jonk	Hieronymus		4:58.55		200203000		4:47.30 +0,63
	50m: 31.24	31.24	150m: 1:42.76	36.24	250m: 2:55.39	36.09	350m: 4:05.44	33.90
	100m: 1:06.52	35.28	200m: 2:19.30	36.54	300m: 3:31.54	36.15	400m: 4:47.30	41.86
2.	Selene Wortel	Hieronymus		4:50.70		199700654		4:49.71 +0,73
	50m: 31.92	31.92	150m: 1:44.33	36.48	250m: 2:58.89	37.61	350m: 4:13.87	37.64
	100m: 1:07.85	35.93	200m: 2:21.28	36.95	300m: 3:36.23	37.34	400m: 4:49.71	35.84
3.	Sanne van Gelder	Hieronymus		4:59.24		199803390		5:11.27 +0,85
	50m: 33.31	33.31	150m: 1:47.93	38.06	250m: 3:08.20	40.55	350m: 4:31.04	41.64
	100m: 1:09.87	36.56	200m: 2:27.65	39.72	300m: 3:49.40	41.20	400m: 5:11.27	40.23
4.	Carina Spronk	zv De Vennen		4:57.30		199702382		5:15.68 +0,89
	50m: 35.06	35.06	150m: 1:55.32	40.53	250m: 3:16.28	40.45	350m: 4:36.24	39.43
	100m: 1:14.79	39.73	200m: 2:35.83	40.51	300m: 3:56.81	40.53	400m: 5:15.68	39.44