

Programmanr. 2
 24-3-2013 - 14:15

Dames, 400m wisselslag

 Junioren 2 en ouder
 Resultaten

Rang					In.tijd	Tijd			
Junioren 2									
1.	Myrthe Bakker			Sbc2000	5:33.43	200000804	5:44.02		
	50m:	36.15	36.15	150m:	2:05.67	44.53	250m:	3:36.56	46.41
	100m:	1:21.14	44.99	200m:	2:50.15	44.48	300m:	4:25.70	49.14
							350m:	5:05.90	40.20
							400m:	5:44.02	38.12
2.	Amber Kerkhofs			Zv Kimbria	5:33.32	200000074	5:46.40		
	50m:	35.88	35.88	150m:	2:07.51	47.11	250m:	3:39.48	48.73
	100m:	1:20.40	44.52	200m:	2:50.75	43.24	300m:	4:28.80	49.32
							350m:	5:07.85	39.05
							400m:	5:46.40	38.55
3.	Lené Doomen			Trb/Res	5:51.69	200001330	5:58.30		
	50m:	35.00	35.00	150m:	2:10.41	48.61	250m:	3:47.38	50.78
	100m:	1:21.80	46.80	200m:	2:56.60	46.19	300m:	4:39.98	52.60
							350m:	5:20.65	40.67
							400m:	5:58.30	37.65
4.	Lieve Göbbels			Eurode Kerkrade	6:01.92	200000514	6:06.56		
	50m:	39.76	39.76	150m:	2:17.41	47.40	250m:	3:54.87	51.85
	100m:	1:30.01	50.25	200m:	3:03.02	45.61	300m:	4:46.30	51.43
							350m:	5:28.03	41.73
							400m:	6:06.56	38.53
5.	Robin Goossens			Z&PV Nuenen	5:53.59	200003128	6:07.95		
	50m:	40.20	40.20	150m:	2:18.35	47.56	250m:	3:53.98	48.56
	100m:	1:30.79	50.59	200m:	3:05.42	47.07	300m:	4:43.94	49.96
							350m:	5:26.31	42.37
							400m:	6:07.95	41.64
6.	Manon Ritten			Eurode Kerkrade	5:52.20	200002440	6:08.93		
	50m:	36.96	36.96	150m:	2:16.00	48.95	250m:	3:56.11	54.39
	100m:	1:27.05	50.09	200m:	3:01.72	45.72	300m:	4:50.27	54.16
							350m:	5:29.13	38.86
							400m:	6:08.93	39.80
Junioren 3									
1.	Nikita van den Ouden			Hieronymus	5:30.84	199900622	5:43.98		
	50m:	35.76	35.76	150m:	2:04.40	44.69	250m:	3:35.75	47.89
	100m:	1:19.71	43.95	200m:	2:47.86	43.46	300m:	4:25.85	50.10
							350m:	5:05.59	39.74
							400m:	5:43.98	38.39
2.	Anne May Alkemade			Sbc2000	5:58.45	199903374	6:06.71		
	50m:	37.87	37.87	150m:	2:13.44	46.77	250m:	3:51.37	52.68
	100m:	1:26.67	48.80	200m:	2:58.69	45.25	300m:	4:45.84	54.47
							350m:	5:26.99	41.15
							400m:	6:06.71	39.72
Jeugd 1									
1.	Silke Voets			Z&PV Nuenen	5:29.53	199806370	5:41.88		
	50m:	34.22	34.22	150m:	2:03.25	42.41	250m:	3:36.37	52.21
	100m:	1:20.84	46.62	200m:	2:44.16	40.91	300m:	4:27.05	50.68
							350m:	5:07.35	40.30
							400m:	5:41.88	34.53
2.	McKenzie Kelly			Eurode Kerkrade	5:40.16	199805438	5:45.70		
	50m:	34.19	34.19	150m:	2:00.73	45.35	250m:	3:37.59	51.66
	100m:	1:15.38	41.19	200m:	2:45.93	45.20	300m:	4:30.32	52.73
							350m:	5:10.13	39.81
							400m:	5:45.70	35.57
3.	Shania Haenen			Eurode Kerkrade	5:44.86	199802528	5:45.96		
	50m:	34.72	34.72	150m:	2:06.30	48.18	250m:	3:42.49	50.68
	100m:	1:18.12	43.40	200m:	2:51.81	45.51	300m:	4:32.66	50.17
							350m:	5:11.00	38.34
							400m:	5:45.96	34.96
4.	Eva van Ginneken			Hieronymus	5:46.01	199800164	5:48.51		
	50m:	35.47	35.47	150m:	2:03.67	45.22	250m:	3:39.05	51.24
	100m:	1:18.45	42.98	200m:	2:47.81	44.14	300m:	4:31.76	52.71
							350m:	5:10.87	39.11
							400m:	5:48.51	37.64
5.	Nadja Wortel			DIO	5:49.94	199800798	5:53.74		
	50m:	36.28	36.28	150m:	2:07.79	45.50	250m:	3:41.53	49.77
	100m:	1:22.29	46.01	200m:	2:51.76	43.97	300m:	4:32.42	50.89
							350m:	5:14.30	41.88
							400m:	5:53.74	39.44
6.	Lotte Verbiesen			Zeester Meerval	5:46.53	199802120	5:59.64		
	50m:	35.84	35.84	150m:	2:05.60	47.05	250m:	3:42.80	51.94
	100m:	1:18.55	42.71	200m:	2:50.86	45.26	300m:	4:35.83	53.03
							350m:	5:17.37	41.54
							400m:	5:59.64	42.27

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Jeugd 2

1. Esmée Six		PSV		5:29.68	199700490	5:41.62
50m: 34.54	34.54	150m: 2:00.50	44.63	250m: 3:32.03	47.75	350m: 5:03.55
100m: 1:15.87	41.33	200m: 2:44.28	43.78	300m: 4:22.66	50.63	400m: 5:41.62
						38.07
2. Joëlle Savelberg		Eurode Kerkrade		5:39.07	199702464	5:45.80
50m: 34.94	34.94	150m: 2:02.81	46.78	250m: 3:38.84	52.01	350m: 5:08.41
100m: 1:16.03	41.09	200m: 2:46.83	44.02	300m: 4:30.39	51.55	400m: 5:45.80
						37.39
3. Laurie Mabelis		Trb/Res		5:40.72	199704682	5:49.91
50m: 37.09	37.09	150m: 2:05.96	42.80	250m: 3:42.11	53.65	350m: 5:14.26
100m: 1:23.16	46.07	200m: 2:48.46	42.50	300m: 4:35.65	53.54	400m: 5:49.91
						35.65
4. Manon van Esch		Trb/Res		5:39.57	199702090	5:50.05
50m: 33.67	33.67	150m: 1:59.96	44.79	250m: 3:35.91	52.31	350m: 5:10.56
100m: 1:15.17	41.50	200m: 2:43.60	43.64	300m: 4:30.64	54.73	400m: 5:50.05
						39.49
5. Selene Wortel		DIO		5:42.08	199700654	5:52.73
50m: 35.62	35.62	150m: 2:05.77	44.62	250m: 3:40.62	49.96	350m: 5:14.38
100m: 1:21.15	45.53	200m: 2:50.66	44.89	300m: 4:33.29	52.67	400m: 5:52.73
						38.35

Senioren 1

1. Amy van Lier		Trb/Res		5:35.28	199603022	5:33.52
50m: 32.29	32.29	150m: 1:54.06	43.43	250m: 3:26.24	49.90	350m: 4:56.20
100m: 1:10.63	38.34	200m: 2:36.34	42.28	300m: 4:17.42	51.18	400m: 5:33.52
						37.32
2. Anne Gibbels		Z&PV Nuenen		5:36.58	199602298	5:56.46
50m: 35.67	35.67	150m: 2:09.91	48.96	250m: 3:46.24	48.87	350m: 5:17.51
100m: 1:20.95	45.28	200m: 2:57.37	47.46	300m: 4:36.62	50.38	400m: 5:56.46
						38.95

Senioren 2

1. Samantha Kardol		Z&PV Nuenen		5:25.36	199502972	5:34.34
50m: 34.58	34.58	150m: 1:58.20	43.43	250m: 3:30.50	50.47	350m: 4:59.93
100m: 1:14.77	40.19	200m: 2:40.03	41.83	300m: 4:21.04	50.54	400m: 5:34.34
						34.41
2. Claudia den Ottelander		Trb/Res		5:26.12	199500552	5:34.35
50m: 34.32	34.32	150m: 2:00.45	44.43	250m: 3:29.87	45.84	350m: 4:57.94
100m: 1:16.02	41.70	200m: 2:44.03	43.58	300m: 4:18.14	48.27	400m: 5:34.35
						36.41

Senioren

1. Arja den Boer		BZV 's-Hertogenbosch		5:21.11	199405634	5:33.86
50m: 34.52	34.52	150m: 1:59.07	42.91	250m: 3:29.92	48.88	350m: 4:56.69
100m: 1:16.16	41.64	200m: 2:41.04	41.97	300m: 4:18.36	48.44	400m: 5:33.86
						37.17
2. Roos van Esch		Trb/Res		5:29.67	198200468	5:40.52
50m: 35.18	35.18	150m: 1:59.88	44.07	250m: 3:32.68	49.42	350m: 5:02.58
100m: 1:15.81	40.63	200m: 2:43.26	43.38	300m: 4:23.29	50.61	400m: 5:40.52
						37.94
3. Margot Stenveld		Sbc2000		5:33.80	198804170	5:49.20
50m: 38.95	38.95	150m: 2:09.30	44.91	250m: 3:41.44	49.08	350m: 5:10.32
100m: 1:24.39	45.44	200m: 2:52.36	43.06	300m: 4:30.78	49.34	400m: 5:49.20
						38.88
4. Petri Velthuis		Zvdo'74		5:38.18	199300794	5:49.56
50m: 35.00	35.00	150m: 2:05.02	47.00	250m: 3:41.67	50.07	350m: 5:11.48
100m: 1:18.02	43.02	200m: 2:51.60	46.58	300m: 4:33.39	51.72	400m: 5:49.56
						38.08