

JJS deel 4
Papendrecht, 20-4-2024

Programmanr. 10
20-4-24 - 14:30

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging				intijd				tijd				RT
Junioren 1 en 2														
1.	Evy v. Nimwegen <i>*bu 400</i>	z.c De Schotejil				6:29.86		201100168		6:19.79		+0,63		
	50m: 41.28 100m: 1:30.21	41.28 48.93	150m: 2:20.18 200m: 3:08.76	49.97 48.58	250m: 4:01.26 300m: 4:53.60	52.50 52.34	350m: 5:37.70 400m: 6:19.79	44.10 42.09						
2.	Eline van Berkel	De Geul				NT		201200232		7:02.24		+0,91		
	50m: 50.07 100m: 1:50.13	50.07 1:00.06	150m: 2:42.93 200m: 3:33.99	52.80 51.06	250m: 4:31.40 300m: 5:29.63	57.41 58.23	350m: 6:17.03 400m: 7:02.24	47.40 45.21						
Junioren 3 en 4														
1.	Ilse Stout	Acz				6:00.98		201001704		6:02.34		+0,69		
	50m: 36.94 100m: 1:24.44	36.94 47.50	150m: 2:12.03 200m: 2:57.59	47.59 45.56	250m: 3:50.13 300m: 4:42.84	52.54 52.71	350m: 5:23.74 400m: 6:02.34	40.90 38.60						
2.	Femke Sonneveld	Poseidon'56				NT		200902802		6:16.69		+0,80		
	50m: 42.71 100m: 1:33.18	42.71 50.47	150m: 2:20.49 200m: 3:06.67	47.31 46.18	250m: 4:01.01 300m: 4:56.61	54.34 55.60	350m: 5:37.75 400m: 6:16.69	41.14 38.94						
3.	Anne van Buren	Acz				NT		200903752		6:41.53		+0,81		
	50m: 42.85 100m: 1:37.52	42.85 54.67	150m: 2:29.51 200m: 3:19.91	51.99 50.40	250m: 4:15.05 300m: 5:12.45	55.14 57.40	350m: 5:58.55 400m: 6:41.53	46.10 42.98						
Jeugd 1 en ouder														
1.	Carmen Lems	Acz				5:40.11		200402632		5:26.54		+0,74		
	50m: 33.21 100m: 1:12.97	33.21 39.76	150m: 1:55.99 200m: 2:39.60	43.02 43.61	250m: 3:24.80 300m: 4:12.02	45.20 47.22	350m: 4:50.53 400m: 5:26.54	38.51 36.01						
2.	Katinka van Dongen	ZZ&PC De Devel				6:15.00		197700190		5:58.55		+0,76		
	50m: 34.98 100m: 1:16.39	34.98 41.41	150m: 2:06.08 200m: 2:54.47	49.69 48.39	250m: 3:46.40 300m: 4:39.64	51.93 53.24	350m: 5:20.21 400m: 5:58.55	40.57 38.34						
3.	Daphne van Tilburg	De Geul				6:14.26		200500580		5:59.96		+0,78		
	50m: 36.86 100m: 1:24.53	36.86 47.67	150m: 2:11.07 200m: 2:57.55	46.54 46.48	250m: 3:49.07 300m: 4:41.47	51.52 52.40	350m: 5:22.05 400m: 5:59.96	40.58 37.91						