

LAC deel 1
Sommelsdijk, 2-11-2024

Programmanr. 2
2-11-24 - 12:35

400m vrije slag

Gebjr 2013 - 2014
Resultaten

rang	naam	vereniging		intijd		tijd		RT
Gebjr 2013 - 2014, Meisjes								
1.	Fenna Bogerman	De Schotejil		7:16.51		201301596		6:29.45
	50m: 40.71	40.71	150m: 2:16.52	48.43	250m: 3:56.70	50.13	350m: 5:38.70	51.58
	100m: 1:28.09	47.38	200m: 3:06.57	50.05	300m: 4:47.12	50.42	400m: 6:29.45	50.75
2.	Meike Sijtsma	De Schotejil		NT		201400150		6:51.18
	50m: 42.21	42.21	150m: 2:22.99	52.04	250m: 4:09.80	53.70	350m: 5:55.30	53.00
	100m: 1:30.95	48.74	200m: 3:16.10	53.11	300m: 5:02.30	52.50	400m: 6:51.18	55.88
3.	Lara van Poortvliet	De Stelle		NT		201302412		7:00.73
	50m: 44.31	44.31	150m: 2:30.27	54.28	250m: 4:21.17	55.47	350m: 6:12.73	55.53
	100m: 1:35.99	51.68	200m: 3:25.70	55.43	300m: 5:17.20	56.03	400m: 7:00.73	48.00
4.	Gemma Nagtegaal	De Gooye		NT		201301696		8:00.77
	50m: 53.83	53.83	150m: 2:55.20	1:00.90	250m: 5:01.23	1:04.06	350m: 7:08.78	1:02.84
	100m: 1:54.30	1:00.47	200m: 3:57.17	1:01.97	300m: 6:05.94	1:04.71	400m: 8:00.77	51.99