

Hengelo Long Course Challenge 2020  
Hengelo, 12- - 14-8-2020



Programmanr. 7  
12-8-2020 - 19:07

Dames, 400m wisselslag

Senioren Open  
Resultaten Finale

Punten: FINA 2020

rang	naam		vereniging				tijd	RT	FINA		
1.	Femke Spiering		HPC - VZC			200204514	<b>5:04.27</b>		670		
	50m:	30.78	150m:	1:46.97	39.63	250m:	3:11.64	45.06	350m:	4:31.33	33.67
	100m:	1:07.34	200m:	2:26.58	39.61	300m:	3:57.66	46.02	400m:	5:04.27	32.94
2.	Daniëlle Meinema		SWOL 1894			200300534	<b>5:28.36</b>		533		
	50m:	33.75	150m:	1:57.65	44.27	250m:	3:25.58	44.98	350m:	4:51.56	38.54
	100m:	1:13.38	200m:	2:40.60	42.95	300m:	4:13.02	47.44	400m:	5:28.36	36.80
3.	Isa Maes		Feijenoord Albion Zwemclub			200500110	<b>5:49.75</b>		441		
	50m:	32.97	150m:	2:02.38	46.56	250m:	3:36.40	48.31	350m:	5:08.77	41.68
	100m:	1:15.82	200m:	2:48.09	45.71	300m:	4:27.09	50.69	400m:	5:49.75	40.98