

Programmanr. 156
29-01-2017

Meisjes, 400m wisselslag

Junioren 3
Resultaten

rang	naam	vereniging	startnr.	tijd	RT
1.	Britta Koehorst	RTC - De Lansingh	200300246	5:06.07	+0,73
	50m: 31.85	31.85 150m: 1:48.85	40.00 250m: 3:10.59	42.61 350m: 4:30.96	36.92
	100m: 1:08.85	37.00 200m: 2:27.98	39.13 300m: 3:54.04	43.45 400m: 5:06.07	35.11
2.	Amy de Sain	De Dolfijn	200304690	5:09.24	+0,84
	50m: 31.62	31.62 150m: 1:48.77	40.48 250m: 3:13.59	45.16 350m: 4:35.41	36.45
	100m: 1:08.29	36.67 200m: 2:28.43	39.66 300m: 3:58.96	45.37 400m: 5:09.24	33.83
3.	Maaïke Issard	De Houtrib	200300022	5:14.73	+0,79
	50m: 32.95	32.95 150m: 1:51.72	40.09 250m: 3:16.41	44.73 350m: 4:39.43	37.81
	100m: 1:11.63	38.68 200m: 2:31.68	39.96 300m: 4:01.62	45.21 400m: 5:14.73	35.30
4.	Joy van Dieren	De Dinkel	200300182	5:19.02	+0,75
	50m: 32.71	32.71 150m: 1:53.35	39.77 250m: 3:18.90	47.66 350m: 4:44.64	37.10
	100m: 1:13.58	40.87 200m: 2:31.24	37.89 300m: 4:07.54	48.64 400m: 5:19.02	34.38
5.	Kim de Jong	LINK	200301026	5:19.10	+0,78
	50m: 34.49	34.49 150m: 1:59.51	42.00 250m: 3:24.35	44.05 350m: 4:44.56	36.68
	100m: 1:17.51	43.02 200m: 2:40.30	40.79 300m: 4:07.88	43.53 400m: 5:19.10	34.54
6.	Judith Houtvast	Hellas-Glana	200300714	5:19.12	+0,73
	50m: 33.00	33.00 150m: 1:56.44	43.50 250m: 3:24.84	45.75 350m: 4:46.45	36.22
	100m: 1:12.94	39.94 200m: 2:39.09	42.65 300m: 4:10.23	45.39 400m: 5:19.12	32.67
7.	Amber Celie	De Dolfijn	200300756	5:21.17	+0,79
	50m: 34.69	34.69 150m: 1:54.71	41.80 250m: 3:21.93	47.52 350m: 4:46.26	37.00
	100m: 1:12.91	38.22 200m: 2:34.41	39.70 300m: 4:09.26	47.33 400m: 5:21.17	34.91
8.	Jocelyn Horbeek	ZPC De Hof	200300302	5:22.48	+0,78
	50m: 34.69	34.69 150m: 1:56.17	41.96 250m: 3:22.34	45.96 350m: 4:47.54	37.67
	100m: 1:14.21	39.52 200m: 2:36.38	40.21 300m: 4:09.87	47.53 400m: 5:22.48	34.94
9.	Kim Zwinkels	ZPCH	200300422	5:24.61	+0,79
	50m: 33.63	33.63 150m: 1:55.67	42.90 250m: 3:26.30	48.99 350m: 4:50.41	35.75
	100m: 1:12.77	39.14 200m: 2:37.31	41.64 300m: 4:14.66	48.36 400m: 5:24.61	34.20
10.	Suze Kuipers	Orca	200301714	5:24.68	+0,80
	50m: 34.02	34.02 150m: 1:55.11	39.82 250m: 3:21.68	48.04 350m: 4:48.56	38.12
	100m: 1:15.29	41.27 200m: 2:33.64	38.53 300m: 4:10.44	48.76 400m: 5:24.68	36.12
11.	Nora Brouwer	Aquapoldro	200300480	5:30.22	+0,77
	50m: 34.80	34.80 150m: 1:57.67	42.42 250m: 3:26.31	47.05 350m: 4:53.06	39.40
	100m: 1:15.25	40.45 200m: 2:39.26	41.59 300m: 4:13.66	47.35 400m: 5:30.22	37.16
12.	Lionne Klarenbeek	ZPC De Hof	200300108	5:30.26	+0,89
	50m: 33.61	33.61 150m: 1:56.63	43.43 250m: 3:26.15	47.32 350m: 4:54.50	39.64
	100m: 1:13.20	39.59 200m: 2:38.83	42.20 300m: 4:14.86	48.71 400m: 5:30.26	35.76
13.	Milou ten Koppel	Deltasteur	200302572	5:30.50 *	+0,97
	50m: 33.91	33.91 150m: 1:58.48	42.82 250m: 3:25.76	46.76 350m: 4:54.08	39.98
	100m: 1:15.66	41.75 200m: 2:39.00	40.52 300m: 4:14.10	48.34 400m: 5:30.50	36.42
14.	Alessia Sluis	Dedemsvaart-AC	200300896	5:36.77	+0,75
	50m: 34.92	34.92 150m: 2:00.55	43.15 250m: 3:30.07	47.23 350m: 4:58.56	40.15
	100m: 1:17.40	42.48 200m: 2:42.84	42.29 300m: 4:18.41	48.34 400m: 5:36.77	38.21
15.	Eline Gros	Aqua-Novio'94	200302700	5:37.83	+0,75
	50m: 35.76	35.76 150m: 2:03.04	43.91 250m: 3:33.39	47.64 350m: 5:01.83	38.85
	100m: 1:19.13	43.37 200m: 2:45.75	42.71 300m: 4:22.98	49.59 400m: 5:37.83	36.00
16.	Josse Bergman	VZC E&P	200305146	5:39.27	+0,66
	50m: 36.37	36.37 150m: 2:03.82	44.11 250m: 3:34.41	49.62 350m: 5:03.02	40.33
	100m: 1:19.71	43.34 200m: 2:44.79	40.97 300m: 4:22.69	48.28 400m: 5:39.27	36.25
17.	Marlijn Zwart	HZPC	200300972	5:40.23	+0,76
	50m: 35.31	35.31 150m: 2:00.38	42.39 250m: 3:30.80	48.13 350m: 5:00.49	40.33
	100m: 1:17.99	42.68 200m: 2:42.67	42.29 300m: 4:20.16	49.36 400m: 5:40.23	39.74
18.	Anna Tinga	De Forel	200302734	5:40.35 *	+0,76
	50m: 35.89	35.89 150m: 1:58.22	40.90 250m: 3:31.96	52.89 350m: 5:02.80	38.28
	100m: 1:17.32	41.43 200m: 2:39.07	40.85 300m: 4:24.52	52.56 400m: 5:40.35	37.55
19.	Lena Minderaa	DWK	200300252	5:53.16	+0,84
	50m: 36.34	36.34 150m: 2:06.57	45.11 250m: 3:41.07	51.10 350m: 5:13.54	41.03
	100m: 1:21.46	45.12 200m: 2:49.97	43.40 300m: 4:32.51	51.44 400m: 5:53.16	39.62
NG	Imke Beekman	Albion d'ELFT (SG)	200301950		