

Programmanr. 84 Meisjes, 400m wisselslag Junioren 1  
 16-12-2018 Resultaten

Nederlands Record Junioren	4:54.16	Niamh Hofland	Nottingham (GBR)	08-11-2015
Nederlands Record 11 jaar	5:39.10	Merle Verkijk	Zoetermeer	03-12-2005

rang	naam	vereniging	startnr.	tijd	RT		
1.	Yara Mels	TRB-RES	200700232	<b>5:45.11</b>	+0,69		
	50m: 36.35	36.35 150m: 2:06.65	44.35	250m: 3:40.17	49.54	350m: 5:08.61	38.90
	100m: 1:22.30	45.95 200m: 2:50.63	43.98	300m: 4:29.71	49.54	400m: 5:45.11	36.50
2.	Nynke Boerefijn	De Fuut	200700114	<b>5:58.33</b>	+0,83		
	50m: 40.68	40.68 150m: 2:19.54	44.99	250m: 3:55.27	50.06	350m: 5:21.28	36.29
	100m: 1:34.55	53.87 200m: 3:05.21	45.67	300m: 4:44.99	49.72	400m: 5:58.33	37.05
3.	Féline Sam	ZVZ	200700018	<b>6:00.70</b>	+0,85		
	50m: 37.99	37.99 150m: 2:14.70	44.92	250m: 3:53.10	54.09	350m: 5:23.41	38.19
	100m: 1:29.78	51.79 200m: 2:59.01	44.31	300m: 4:45.22	52.12	400m: 6:00.70	37.29
4.	Lyke Bellert	ZVV	200701424	<b>6:04.57</b>	+0,91		
	50m: 39.19	39.19 150m: 2:12.74	44.79	250m: 3:52.04	54.24	350m: 5:26.52	40.46
	100m: 1:27.95	48.76 200m: 2:57.80	45.06	300m: 4:46.06	54.02	400m: 6:04.57	38.05
5.	Stella van Droffelaar	ZVVS	200700048	<b>6:22.91</b> *	+0,73		
	50m: 41.47	41.47 150m: 2:20.35	47.16	250m: 4:00.10	53.51	350m: 5:39.45	45.02
	100m: 1:33.19	51.72 200m: 3:06.59	46.24	300m: 4:54.43	54.33	400m: 6:22.91	43.46