

Programmanr. 131
6-11-2016

Dames, 400m vrije slag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	pnt.		
1.	Jonne Moleman	AZC	5:04.48	200006264 S10	5:03.67	+0,84 725		
	50m: 34.06	34.06	150m: 1:49.75	38.57	250m: 3:07.77	38.65	350m: 4:25.92	39.22
	100m: 1:11.18	37.12	200m: 2:29.12	39.37	300m: 3:46.70	38.93	400m: 5:03.67	37.75
2.	Inge Belfor	NTC PARA-De Columbiaan	5:18.89	200100578 S10	5:13.88	+0,80 656		
	50m: 34.08	34.08	150m: 1:49.89	38.57	250m: 3:09.03	39.36	350m: 4:32.22	42.12
	100m: 1:11.32	37.24	200m: 2:29.67	39.78	300m: 3:50.10	41.07	400m: 5:13.88	41.66
3.	Vivian Brak	ZPC Woerden	5:30.89	199000520 S14	5:26.64	+0,90 628		
	50m: 35.22	35.22	150m: 1:55.70	41.22	250m: 3:20.61	42.50	350m: 4:45.19	42.56
	100m: 1:14.48	39.26	200m: 2:38.11	42.41	300m: 4:02.63	42.02	400m: 5:26.64	41.45
4.	Sanne Hoving	HZ&PC Heerenveen	5:44.23	200003332 S9	5:51.00	+1,05 425		
	50m: 38.47	38.47	150m: 2:05.13	43.83	250m: 3:35.08	45.32	350m: 5:05.41	45.15
	100m: 1:21.30	42.83	200m: 2:49.76	44.63	300m: 4:20.26	45.18	400m: 5:51.00	45.59