

Programmanr. 102
21-12-2018

Dames, 400m vrije slag

Senioren PARA
Resultaten

rang	naam	vereniging							tijd	RT	para
1.	Liesette Bruinsma	HPC PARA - HZ&PC Heerenveen	200004346	S11	5:16.36	+0,67					948
	50m: 34.42	34.42	150m: 1:55.29	39.63	250m: 3:14.66	40.38	350m: 4:36.87	40.39			
	100m: 1:15.66	41.24	200m: 2:34.28	38.99	300m: 3:56.48	41.82	400m: 5:16.36	39.49			
2.	Jonne Moleman	LinK	200006264	S7	5:16.64	+0,94					842
	<i>Nederlands Record PARA</i>										
	50m: 35.05	35.05	150m: 1:54.13	39.98	250m: 3:15.00	40.59	350m: 4:36.34	40.59			
	100m: 1:14.15	39.10	200m: 2:34.41	40.28	300m: 3:55.75	40.75	400m: 5:16.64	40.30			
3.	Manon Vermarien	ZPC AMERSFOORT	199705680	S10	4:57.35	+0,78					748
	50m: 34.15	34.15	150m: 1:46.99	36.89	250m: 3:02.53	37.89	350m: 4:19.03	38.53			
	100m: 1:10.10	35.95	200m: 2:24.64	37.65	300m: 3:40.50	37.97	400m: 4:57.35	38.32			